**Nadia**

**Nadia.296674@2freemail.com** 

***27 Years old, Tunisian***

**Objectives**

To secure a leadership position with a professional sport organization that embodies a

philosophy exemplifying integrity, forward thinking, cutting-edge technology, and an evidence-based approach to service and to continue working toward becoming an elite athlete.

**Athletic Achievements**

* *Tunisia Pole Vault Champions* for 7 Years in a Row, 2004 Till 2010
* *North Africa Pole Vault Champion*, 2004 and 2005
* *Africa Pole Vault Champion*, 2004 and 2005.
* World Cup Participation, 2005 and 2006 games
* Female Athlete of the year, 2005.

**Education & Qualification**

* Bachelor Degree in Physical Education and Sports from the Tunisian Sport Academy, 2010
* Baccalaureate sport Pierre De Coubertin High sport school of Tunisia, 2007

**Training**

***Certificate In Psychotherapy in National Centre of Medicine and Sciences of Sport of Tunis***

* To provide all aspects of physiotherapy care to the football squad
* To work with the rest of medical team in the treatment and monitoring of the squad injuries
* Report the Lead Psychotherapist on all matters relating to players injuries and progress
* Co-ordinate injury pre-habilitation programs of the team.
* Work closely with fitness advisors especially in the pre-habilitation and injury rehabilitation of players.
* Take part in player education in consultation with the Head of Sport Medicine on injury prevention, treatment and management.
* Attend training sessions as appropriate and matches arranged by the team manager to provide on-site physiotherapy care, including strapping, injury care etc.
* To ensure in advance that all appropriate equipment (splints, stretcher, cervical collars, ice, medical supplies etc) required for matches and training is available, in good order and transported to the venue.
* Provide a physiotherapy presence at the team hotel during the time the team is staying as appropriate
* Maintain a comprehensive, indexed database of work conducted with athletes and coaches
* Keeping up to date with new techniques and technologies available for treating patients;
* Liaising with other healthcare personnel to supply and receive relevant information about the background and progress of patients, as well as referring patients who require other specific medical attention

**Employment History**

* **2014 until now sports teacher Abudhabi**
* Observe participants and inform them of corrective measures necessary for skill improvement.
* Teach proper breathing techniques used during physical exertion.
* Instruct participants in maintaining exertion levels in order to maximize benefits from exercise routines.
* Teach and demonstrate use of gymnastic and training equipment such as trampolines and weights.
* Maintain fitness equipment.
* Conduct therapeutic, recreational, or athletic activities.
* Perform The Fitness Classes safe & effectively
* Give instruction and guidance to Fitness Studio users and supervision of this area.
* Instruct fitness classes and any other activities as offered by the fitness department.
* design exercise programs for a variety of participants utilizing the fitness program by combining individual health and fitness goals with fitness assessment results
* Participate in training session activities where required i.e. cardiovascular session (e.g. running).
* Offer useful, tactful, and safe advice to individuals regarding their sports & exercise program and/or use of equipment.

***Physical education teacher in MONJI SLIM COLLEGE 2010/2012***

* Teach sportsmanship, cooperation, work ethic and responsibility to one's team
* Monitor athletes school attendance, grades and personal conduct
* Respond to player injuries with approved first aid techniques
* Manage uniforms, equipment and school facilities in a responsible manners
* Provide coverage for absence of coaches
* Clearly communicate with Athletics Director in advance any equipments, facilities and/or travel needs
* Work in conjunction with Athletics Director to schedule athletic competition
* propriate behavior and sportsmanship in and out of the athletic arena.
* Communicate information regarding expectations, practices, competitions and other events with parents and players in a timely manners.
* **2009-2013 Athletic Coach. *Zitouna Club Tunisia***
* Teach sports techniques, playing rules, strategies and playing tactics.
* Offer alternatives during classes to accommodate different levels of fitness.
* Condition athletes appropriately for activities requiring endurance, strength and agility
* Plan practices with clear objectives and goals
* Supervise and conducting practices and contests safely: supervising locker rooms and vehicles
* Teach sportsmanship, cooperation, work ethic and responsibility to one's team
* Monitor athletes school attendance, grades and personal conduct
* Respond to player injuries with approved first aid techniques
* Manage uniforms, equipment and school facilities in a responsible manners
* Provide coverage for absence of coaches
* Clearly communicate with Athletics Director in advance any equipments, facilities and/or travel needs
* Work in conjunction with Athletics Director to schedule athletic competition
* propriate behavior and sportsmanship in and out of the athletic arena.
* Communicate information regarding expectations, practices, competitions and other events with parents and players in a timely manners.
* **2009/2010 Judge refereewith athleticTunisian federation**
* Arbitrate Local and international athletics Games
* Apply rules and laws of specialty
* Organize national and international sessions
* Create an appropriate climate and conditions to the athletes to do good results
* Register all of results and new record
* Dealing with the players in neutral
* **2008/2009. Fitnessand Aerobic Trainer. *Gym FirstTunisia***
* Offer alternatives during classes to accommodate different levels of fitness.
Plan routines, choose appropriate music, and choose different movements for each set of muscles, depending on participants' capabilities and limitations.
* Observe participants and inform them of corrective measures necessary for skill improvement.
* Teach proper breathing techniques used during physical exertion.
* Instruct participants in maintaining exertion levels in order to maximize benefits from exercise routines.
* Teach and demonstrate use of gymnastic and training equipment such as trampolines and weights.
* Maintain fitness equipment.
* Conduct therapeutic, recreational, or athletic activities.
* Monitor participants' progress and adapt programs as needed.
* Evaluate individuals' abilities, needs, and physical conditions, and develop suitable training programs to meet any special requirements.
* Plan physical education programs to promote development of participants' physical attributes and social skills.
* Provide students with information and resources regarding nutrition, weight control, and lifestyle issues.
* Administer emergency first aid, wrap injuries, treat minor chronic disabilities, or refer injured persons to physicians.
* Wrap ankles, fingers, wrists, or other body parts with synthetic skin, gauze, or adhesive tape, in order to support muscles and ligaments.
* Organize, lead, and referee indoor and outdoor games such as volleyball, baseball, and basketball.
* Organize and conduct competitions and tournaments.

**Personal Skills**

* Good communication skills, both written and verbal
* A creative approach to new campaigns
* Strong organizational skills
* A high standard of computer literacy
* Athletic, sports, integrity and physical prowess
* First Aids

**Languages**

* English: excellent
* French : excellent
* Arabic : excellent
* Spanish : excellent

**Computing tools:**

* Word
* Excel
* Internet
* Power point

**Interests & Hobbies :**

* Sport, travel, shopping, cinema………..