

**Rasheed**

**United Arab Emirates**

**E-mail**:[rasheed-393655@2freemail.com](mailto:rasheed-393655@2freemail.com)



**Personal information**

* **Date of Birth**: 23rdMar,1993
* **Marital Status:** Single
* **Gender**: Male
* **Place of Birth**: Nablus city
* **Nationality**: Jordanian
* **Driving License**:International Driving Permit



**Education**

* **2012 - 2017**: Bachelor degree in Physical Education-Training |AN-Najah National University, Nablus-Palestine**| My Average** 2.62 (Good)
* **2007 - 2012**: High School Certification (TAWJEHI) | Al-SaadiaSecondary School, Qalqilya-Palestine **| My Average** 79.2

**Experiences**



 **May 2018 till now:** A planner of nutrition programs for various clients.

 **May 2014 to June 2019:** A personal trainer

“dealt with wide spectrum of People .

**Achievements:**

* Helping people to obtain their goals and dreams to get a healthy lifestyle of living
* Motivating a group of clients to achieve their fitness goals.
* Group exercise leadership.
* High experience of nutrition and diet advise.
* Exercise modification and injury prevention.

 **September 2016 to January 2017:** A trainee at Al- Shariah Secondary MalesSchool in Qalqilya for 4 months.

**Achievements:**

* Demonstrated and educated students in the fundamentals of body movement through dance exercise and athletic games.
* Evaluated student’s growth and athletic abilities and developed individualized instruction plans.
* Participated in field trips and extracurricular activities to promote exercise and healthful activities.
* Provided health and physical fitness education in classroom setting.
* Promoted team work through group sport activities and partner-related games.
* Planned educational lessons in coordination with other athletic and related-academic teachers.
* Maintain athletic supply inventory and requisition new sporting goods as needed.

**Courses**



* Basketball judication course (affiliated to the Palestinian Sports Union)
* CPR, first aid and AED courses.

**Qualifications**



* Certified Preparation coach.
* Experienced nutrition supplements adviser.
* Intelligible designer of nutrition programs and diets.
* Friendly Customer care assistant.
* Skilled physical therapist.
* Qualified Group Training coach.
* Specialized body building trainer.



**Language Skills:**

**Arabic** (Native Language)



**English:** Reading (Very Good)



Writing: (Very Good)

Conversation: (Very Good)

Understand: (Very Good)

 **Skills**

* Microsoft Office
* Printing Arabic - English
* Internet skills, Social media and Google skills
* Basic PR (Public Relations) skills
* Online counselling

**Abilities**



* Communication skills and Leadership.
* Ability to work under pressure.
* Ability to work independently and in a team environment
* Problem solving and analysis skills.
* Ability to achieve immediate and long-term goals and meet operational deadlines.

**Hobbies**



* Sports
* Intercultural learning
* Internet
* Learning Languages
* Photography
* Online purchase

**Objectives**



* To obtain a position in a stable work environment with growth potential.
* Hard working.
* Looking to utilize my skills and enrich my knowledge.
* Obtain more experience.

