



PROFILE

Highly motivated fitness manager and teaching staff of 5 years of professional and academic experience seeking a challenging role as an active and effective member of a collaborative and successful team within a dynamic and ambitious organization such as Fitness Time. I am eager to leverage my skills and expertise while also seizing the opportunity to expand my knowledge and further develop professionally.

CONTACT

PHONE:

(+20) 01007614850

(+20) 01090105088

Date-of-birth:

12/03/1993

Address:

Benha- Qalyubia-Egypt

Military status:

Completed

Marital status:

married

EMAIL:

samehelhabashyy@gmail.com

PERSONAL SKILLS

- Working with teams and managing the work.
- Planning, budgeting and working with creativity.
- Ability to adapt with the work changes and stress.
- Self-motivated, detail-oriented and organized.
- Able to learn new skills.

SAMEH ELSAYED ELHABASHY

Teaching Assistant at Faculty of Physical Education – Benha uni

EDUCATION

- ❖ Registered in the second of the doctorate at Benha University.
- ❖ Holds a master's degree in sports training, Benha University.
- ❖ Bachelor of Physical Education, Benha University, with a grade of distinction with honors and the first in batch.
- ❖ Graduate of the experimental sports high school.
- ❖ Graduate of the experimental sports preparatory school.

EXPERIENCES

- ❖ Lecturer (Assistant Lecturer at the faculty of Physical Education, Benha university)
- ❖ Fitness manger 2 years at FIT&LIFT gym Qusina.
- ❖ Personal trainer at FIT&LIFT gym 2 years.
- ❖ Basketball Coach 1 yea at Benha club.
- ❖ Basketball player for 3 years.

EXTRACURRICULAR ACTIVITIES:

- ❖ Volunteering as Supervisor at Ministry of Sports and Youth for 8 years

LANGUGES

- ❖ Arabic (mother- tongue)
- ❖ English (very good)

COURSES

- ❖ Facility management course. (from FACTS ACADEMY)
- ❖ Master's degree in Sports training (Benha university)
- ❖ CPT (certified personal trainer) ISSA (international sports Academy)
- ❖ Personal Training Program Design. (ACE)
- ❖ Movement Dysfunction. (Royal Academy)
- ❖ Kettlebell & TRX workshop. (Royal Academy)
- ❖ Strength and Conditioning Specialist. (IASST)
- ❖ Nutrition for health and performance (Optimum nutrition)
- ❖ Personal training. (Global Academy)
- ❖ Basic Sport Injuries guide. (SAST)
- ❖ Basic Sports Nutrition guide (SAST)
- ❖ Basic Fitness Course (SAST)
- ❖ Sports injuries (Egyptian association for injuries and massage)