

Mostafa Mahmoud ALI

Strength and Conditioning Specialist

Contact

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Education

Faculty of Physical education
Helwan university
Expected graduation year 2025.
Cumulative grade very good

Key Skills

Kids handling
Multitask
Team management
Time management
Communication
Customer handling

Objective

Strength and conditioning coach is responsible for establishing and maintaining a strength and conditioning programs for all sports with three major goals of improving athletic performance, reducing athletic injuries, and teaching lifelong fitness and movement skills.

Experience

Feb 2022-present part time
Rehabilitation specialist sports injury • insist physiotherapy

Sep 2023 -present part time
Fitness coach swimming • spirit academy

December 2022- February 2024
Strength and conditioning specialist • Hero padel academy

August 2022- January 2023
Swimming coach • El aalamy academy

Courses

July 2023 -August 2023
Strength and conditioning course at coach development center

23 Feb 2024
Functional training workshop at the fitness community

References

Available upon request.