

Curriculum Vitae

Male

D.O.B. 23 January 1997

Number of years working in industry: 8 years 1 month

Candidate ID Number: 172577

Nationality: French, Algerian

Language Skills:

Fluent: English, French

Good: Arabic

Basic: Spanish

Permitted to work in: European Union, Algeria

Position Sought: Fitness Professional, Nutrition Coach

Personal Statement

I'm very rigorous in my work, and I stand out for my work ethic, my seriousness and my attention to details. I've always wanted to work abroad, particularly in the Arab World, having lived in Morocco (Rabat) for 16 years. Furthermore, I also had the opportunity to spend some time in Qatar in Doha with a member of my family who is a Fitness Coach in Doha (company: AlterEgo), which reinforced my desire to pursue my career in the Middle East.

Seeking work in international locations

Employment History:

January 2018 - Present - Fitness Professional at (most recent employer hidden for confidentiality) Chambéry, France, (Home/Mobile)

Duties included:

Personal Trainer :

Implementation of adapted training and nutrition programs, follow-up and advice. Private sessions and planning.
Working Online

September 2021 - September 2024 - Fitness Professional at Centre Atlantis Arlysère, Ugine, France, (Health Club)

Duties included:

As the head coach :

Implementation of training and nutrition programs

Fitness coach tutoring (internships)

Animation and supervision of the fitness room

Equipment management

Purchase of gym equipment and investment

Budget management

Follow-up of equipment maintenance

Group classes (cross-training, functional training, stretching, mobility, ...)

Social Media management

Setting up events, challenges and competitions.

Also as a personal trainer :

Implementation of adapted training and nutrition programs, follow-up and advice.

Private sessions and planning.

Education and Qualifications:

2023 Online

Master Precision Nutrition LVL 1 : PN1-NC

Nutrition

Nutrition Programs

Macro Nutrition

Micro nutrition

Health

Physiology

2020 University Savoie Mont-Blanc France, Bourget du lac, Chambéry, 73000

Master's degree 2 : STAPS (Sciences and techniques of physical activities and sports) sp. EEPA Engineering and Ergonomic of Physical Activity) sp. HEI Human-environment interface

Sports Science

Sports engineering

R&D: product or service management/design/improvement

Innovation Management

Studies and analysis of sports and physical activities

Design of work/sport environments

2023 Precision Nutrition

Precision Nutrition Lvl 1 : PN1-NC - 2023

- Nutrition
- Macro nutrition
- Micro nutrition
- Customer relations
- Programming
- Physiology
- Neurophysiology
- Behavioral studies

2020 University Savoie Mont Blanc

Master 2 STAPS EEPA (Engineering and Ergonomics of Physical Activity) - University Savoie Mont Blanc - 2019-2020

- Neurophysiology & Neurophysiology of exercise
- Biomechanics
- Anatomy
- Biology
- Physiology & Physiology of exercise
- Sociology
- Psychology
- R&D: product or service management/design/improvement
- Innovation Management
- Studies and analysis of sports and physical activities
- Design of work/sport environments
- Coaching: training and nutrition

Vocational Qualifications

First aid + Portable defibrillator training

Hobbies and Interests

- Fitness/Sports : with years of practice in team and individual sports (at national level : Volleyball, Basketball)
- Martial arts (years of practice : Boxing, Karate, Kick Boxing)
- Swimming
- Music : Guitar
- E-sport
- Reading

CV created at www.spastaff.com

