

Curriculum Vitae

Male

D.O.B. 14 April 1999

Number of years working in industry:

2 years 5 months



Candidate ID Number: 180292

Nationality: Tunisian

Language Skills:

Fluent: English, Arabic

Good: French

Permitted to work in: Tunisia

Position Sought: Fitness Professional

Personal Statement

As a recent graduate with 3 years of experience in the fitness industry, customer service, and building a professional career, I bring enthusiasm, energy, and valuable experience to everything I do. I am a quick learner, reliable, and accountable, ready to join your team immediately. I am eager to contribute my skills, energy, and experience to help achieve the goals of your organization.

Seeking work in international locations

Employment History:

May 2022 - October 2024 - Fitness Professional at (most recent employer hidden for confidentiality) Sousse, Tunisia, (Hotel Fitness Centre)

Duties included:

- Conduct personalized fitness assessments & design training programs
- Provide one-on-one coaching for weight loss, muscle toning, & rehab
- Monitor client progress & adjust training plans
- Educate on proper exercise techniques & injury prevention
- Offer nutritional & lifestyle guidance
- Lead GX classes (aerobics, functional training, HIIT, strength & flexibility)
- Conduct engaging & safe group workouts for all levels
- Ensure proper form, motivation & engagement
- Create a positive & inclusive training atmosphere

Career Break - Training - industry-related

Education and Qualifications:

2022 LesMills International

International LesMills BodyCombat Instructor

Give Body combat Classes

2022 The Higher Institute of Sport and Physical Education in Kef

National Bachelor's Degree in Sports and Physical Education National Certified Fitness Trainer level2

- Fitness Training / Personal Training
- Aerobics and Step Class Instructor
- Les Mills BodyCombat / BodyPump Instructor
- Conditioning and Strengthening Classes Instructor

2022 National Bachelor's Degree in Sports and Physical Education

- Anatomy & Physiology
- Exercise Physiology
- Biomechanics
- Sports Training & Conditioning
- Kinesiology
- Nutrition & Sports Science
- Injury Prevention & Rehabilitation
- Coaching & Pedagogy

The Higher Institute of Sport and Physical Education in Kef

Hobbies and Interests

- Reading new articles related to the sports field
- Reading psychology books
- Cooking and trying new healthy recipes
- Running and endurance training
- Hiking and outdoor activities
- Exploring new fitness trends and workout techniques

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