

## PERSONAL INFORMATION

Abdallah Abdelsalam



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✉ [Abdallah.Raa97@gmail.com](mailto:Abdallah.Raa97@gmail.com)

Sex Male | Date of birth 28/01/1997 | Nationality Egyptian

## PREFERRED JOB

- Nutritionist at the National Center for Giftedness and Olympic champion at the Ministry of Youth and Sports
- Nutritionist and Bodybuilding trainer at Popeye Gym in Qena
- Bodybuilding trainer at Nag Hamdallah Youth Center in Al-Ashraf Al-Sharqiya

## STUDIES APPLIED FOR

MSc in Physical Education and Health Sciences

## WORK EXPERIENCE

- |             |  |
|-------------|--|
| 2016 – 2021 | <b>Football Coach at Qift Sports Club School</b>                 |
| 2017 - 2019 | <b>Third-Degree Referee in the Egyptian Football Association</b> |

## EDUCATION

- |             |   |
|-------------|---|
| 2021 - 2022 | <b>Pre-Master in the College of Physical Education (Department of Sports Health Sciences)</b><br>College of Physical Education, South Valley University<br>General grade for academic courses: <b>(B) – Very Good</b> |
| 2020 - 2021 | <b>Diploma in sports injuries and physical rehabilitation</b><br>College of Physical Education, South Valley University<br>General grade for academic courses: <b>(B -) – Good</b>                                    |
| 2015 – 2019 | <b>Bachelor's degree in Physical Education, specializing in Sports Training</b><br>College of Physical Education, South Valley University<br>Overall grade: Good <b>(74.77%)</b>                                      |
| 2014 - 2015 | <b>Certificate of completion of high school education (scientific section)</b>  |

Qena Education Directorate, QeftJoint high school  
Total in degrees: (263 degrees only)

## INTERNSHIPS & COURSES

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### Certifications

#### **1- Nutrition Specialist Course**

ANP - Academy , October 2022

#### **2- Sport Injuries & Rehabilitation Course**

Egyptian Olympic Committee, Olympic Academy for Sports Leaders  
15/4/2022 – 26/4/2022

#### **3- Fundamentals of Digital Transformation Certificate**

Centre of Knowledge and E-Services , South Valley University  
5 Mandatory Modules +2: (Mobile App. – Web Editing)  
23 April 2022

#### **4- Certified Personal Trainer Course**

120 Credit Hours

Under Recommendation of The Cooperation Protocol Between  
-The Arab Federation of Bodybuilding & Fitness (A.F.B.F)  
-The International Cooperation Office For Development The National Projects (IC)  
December 2019

#### **5- Integrated diploma in self-art management and body control in its various stages and three courses**

The International Cooperation Office for Development and Management The Public and National Projects  
15/12/2019

#### **6- A training course on "Cognitive awareness of the methods and methods of correct motor performance"**

The International Cooperation Office for Development and Management the Public and National Projects  
15/12/2019

#### **7- A training course on "Knowledge awareness of the food system and its importance in shaping bodies"**

The International Cooperation Office for Development and Management the Public and National Projects  
15/12/2019

#### **8- A training course on "Knowledge awareness of the capabilities of the human psyche"**

The International Cooperation Office for Development and Management the Public and National Projects  
15/12/2019

**9- ICDL Teacher**

Certification Date: 24/10/2019  
Skills Card No: EGT 190 212377  
ICDL ID No: 29701282701399

**10- Certified Strength and Conditioning Course**

Under the supervision of:

- International Academy of Sports Science and Technology
- The Austrian Federation for Sport and Physical Culture

Course Content:

Physical Fitness Concepts – Training Principles and Methods – Monitoring Training Load – Muscular & Energy Fitness – Exercise Physiology – Sports Nutrition – Biomechanics and Applies Human Anatomy Strength Training – Speed Training – Endurance Training – Flexibility Training – Coordination Training – Power Training – Core Muscle Training – Functional Fitness – Complex Training – Periodization.

February 2019

**11- Functional Fitness Training**

Under Supervision of

- International Academy of Sports Science and Technology
- The Austrian Federation for Sport and Physical Culture

Course Content:

Health & Wellness Concepts – Fitness definitions – Training Load, Principles & Methods – Functional Training Benefits – Functional Movement Patterns – Functional Training Equipment – Functional Training of Sport.

September 2017

**12- Sports Nutrition Specialist Training**

Under the supervision of:

- International Academy of Sports Science and Technology
- The Austrian Federation for Sport and Physical Culture

Course Content:

- 1- Fitness, Health and Wellness Concepts
- 2- Introduction in Sports Nutrition
- 3- Calories, Nutrients & Water
- 4- Body Composition & Weight Management
- 5- Exercising to Lose Weight
- 6- Design Nutrition Programs for Special Population

September 2017

## CONFERENCES

- Certifications**
- 1- The Seventh Conference of Young Researchers for Physical Education, entitled "A strategic vision towards a better future for Arab sports in light of climate changes" Qena - South Valley University, on October 26, 2022
  - 2- 2nd International Conference for Sport Medicine & Kinesiotherapy under the supervision of the Egyptian Association for Sport Medicine & Kinetic Therapy and lifestyle Rehabilitation Center.
- Workshops:**
- Rehabilitation Progeam Design
  - Spinal Menipulation (Chiropractic – Mobilisation)
  - Sports injuries and TCM
- During the period of March 24:25 , 2022

## PERSONAL SKILLS

**Mother tongue(s)** Arabic

**Other language(s)**

English

UNDERSTANDING		SPEAKING		WRITING
Listening	Reading	Spoken interaction	Spoken production	
C1	B2	B1	B2	B2

Levels: A1/2: Basic user - B1/2: Independent user - C1/2 Proficient user  
Common European Framework of Reference for Languages

- Communication skills**
- 1- Good written and verbal communication skills. Speaking in public, to groups, or via electronic media.
  - 2- Skilled at evaluating options and generating solutions.
  - 3- Good communication abilities acquired via my work and training experience in the past.
  - 4- Excellent interpersonal skills.

**Organisational / managerial skills**

Gymnastics and swimming are two sports that require organization and management skills. Other sports that require this expertise include football, basketball, handball, and volleyball.

**Job-related skills**

- 1- Trained to perform metabolic testing
- 2- Engaging and friendly interpersonal style
- 3- Detailed understanding of anatomy
- 4- Secure knowledge of safe exercise practices for seniors
- 5- Up-to-date understanding of the latest developments in exercise science

**Computer skills**

Good knowledge of Microsoft Office <sup>TM</sup> (Word <sup>TM</sup>, Excel <sup>TM</sup> and PowerPoint <sup>TM</sup>).

**ADDITIONAL  
INFORMATION****Memberships**

- 1- Membership in the Syndicate of Sports Professions in Egypt
- 2- Membership in the Egyptian Olympic Committee , Olympic Academy For Sports Leaders
- 3- Member of International Academy of Sports Science and Technology , Vienna – Austria – Membership Number E00939

**Volunteering**

- Egyptian National Foundation For Culture and Science - ( **270 Hours** )
- Luxor For Development and Training – ( **2 Years** )

**References**

These Professors that are aware of my professional background and character:

▪ **Prof.Dr.Ahmed Abd El-Salam**

Professor of Sports and Physical Rehabilitation  
Head of Physical Hygiene Sciences Department, South Valley University, Qena, Egypt.  
E-Mail: [dr.ahmedatito@gmail.com](mailto:dr.ahmedatito@gmail.com)

▪ **Prof. Dr. Youssuf Ahmed Gherbawy**

President of South Valley University ,  
South Valley University, Qena, Egypt.  
E-Mail: [Youssuf.gherbawy@Svu.edu.eg](mailto:Youssuf.gherbawy@Svu.edu.eg)

▪ **Prof. Dr. Ahmed Akawy Abdel-Aziz Ahmed**

Vice President for Postgraduate and Research Affairs Office  
South Valley University, Qena, Egypt.  
E-Mail: [Ahm\\_akawy@sci.svu.edu.eg](mailto:Ahm_akawy@sci.svu.edu.eg)