



# MOUHAMED SAADALLAH

Sports teacher, Special educator

## SUMMARY

I am a special education teacher who has worked with students ranging from kindergarten through high school. I am a certified educator who works hard to help students. Also I am a licensed health and fitness expert, and I specialize in creating exercise programs to fit each client's individual strengths and needs.

## EDUCATION

**Fundamental degree in physical education:** 3, 2019  
The Higher Institute of Sport  
**Physical Education** - Tunis

National Baccalaureate  
Diploma Sport Specialty, 2015  
said boubaker high school

## EXPERIENCE

**Sports and Fitness Trainer**, 06/2022 to

Current

Fitness Park - moknine, monastir

**Kids' karate trainer**, 03/2021 to Current

Fit land - moknine, monastir

**Karate trainer**, 06/2020 to 11/2021

The r6 martial arts school sport - monastir, monastir

**Sports and Fitness Trainer**, 03/2018 to 12/2019

Star fitness - moknine, monastir

- work part-time

**Fitness trainer**, 01/2017 to 11/2019

just 4 fit - monastir, teboulba

### Function and task:

- Accompaniment of clients during their exercises.
- Aerobics court.
- participation in the development of the gym via
- Distribution of leaflets.
- Advising clients on their nutrition and lifestyle.
- Recruit, train and fire employees.
- Management of the planning of the supervising team.

## SKILLS

- Current fitness trends
- Designing exercise programmes
- Record-keeping
- Human anatomy understanding
- Personal Training
- Weight Training
- Fitness Advisor
- Nutrition Advisor
- Healthy Lifestyle Advisor

## CERTIFICATIONS

- Certificate of APA: certificate of adapted physical activity.
- Certificate of TRM: of muscle building theory.
- Success karate specialty.
- National Basic License Certificate.
- 1st Dan of KARATE DO of traditional BUDO.
- High level karate competition course.
- kick and Thai Boxing

## LANGUAGES

**Arabic:** First Language

▪ **English:**

Upper Intermediate

▪ **French:**

Advanced

▪ **Arabic:**

Proficient