

Alaa Hani Elreefy

Fitness Trainer

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Education

- **BSC degree in Kung Fu and Athletics** (October 2018 – June 2022)
 - **University:** Faculty of Physical Education, Sadat University.
 - **Grade:** Very Good with Degree of Honor.

Experiences

- Have one year of experience in sports training in gyms on fitness, and aerobics classes.
- Have experience in Tabata classes .
- Have one year of experiences in sports rehabilitation, sports massage (Soft, Hard, Rehabilitative, and therapeutic Handmade) for women only.
- Have experience in Dry Cupping only, Chiropractic, and Physical Therapy.
- I have a lot of experience in teaching in schools, by virtue of my two years of practical education in school.
- Have experiences in Kickboxing and Kung Fu.
- have 3 years of experience in swimming, experience in teaching rescue skills, and experience in dealing with adults and children.
- karate Player and holds a brown belt in 2020 from the Egyptian Karate Federation.
- Swimming Player and holds Drowning Rescue and First Aid.
- Sanda kung fu player with a yellow belt in 2021 from the Egyptian Federation of Shu and Kung Fu.
- Kickboxing player and participated in the Egyptian Open Championship of the Egyptian Kickboxing Federation

Licenses & Certifications

- Personal Trainer Certificate (PT) in 2021.
- Certified Fitness Trainer Training Course (CFT) in 2021.
- Sport Training Loads Planning Course in 2021.
- Sports Nutrition Training Course in 2021.

- Sports Injuries Course in 2021.
- Sports Nutrition Training Course from Cambridge University in 2019.
- Sports Injuries Course from Cambridge University in 2019.
- Participated in workshop to use Acupuncture at Profit Academy for sports facilities in 2021.
- Participated in workshop about using Chiropractic at Profit Academy for Sport Facilities in 2021.
- Obtaining First Aid from the Red Crescent in 2019.

Language

- Arabic: Mother Tongue.
- English: Good.

Experience places

- Perfect gym in sadat city .
- O2 in Dokki .

Additional information:.

Date of birth: 7th, June 2000.

Marital Status: Single.

Address: Minouf, Menoufia.