

PARDIS MOGHAZY

EXPERIENCE

SELF DEFENSE INSTRUCTOR AND FITNESS TRAINER

Captain Rabia Mansour Club, Alexandria Jul 2021 - Present

- Instructing trainees in self-defense techniques and how to defend themselves against attacks.
- Instructing trainees to strengthen their bodies without the use of machines.
- Training participants in how to correctly use body strength, weight, and momentum to hit an attacker to escape tight situations effectively
- Instructing participants in maintaining exertion levels to maximize benefits from exercise routines.
- Administer emergency first aid, wrap injuries, treat minor chronic disabilities, or refer injured persons to physicians.
- Offering alternatives during classes to accommodate different levels of fitness.
- Observing participants and informing them of corrective measures necessary for skill improvement.
- Planning routines, and choosing appropriate music, to ensure a variety of exercises and for each set of muscles, depending on participants' capabilities and limitations, while maintaining their interest.
- Teaching proper breathing techniques used during physical exertion.
- Evaluating individuals' abilities, needs, and physical conditions, and develop suitable training programs to meet any special requirements.
- Monitoring participants' progress and adapt programs as needed.
- Providing students with information and resources regarding nutrition, weight control, and lifestyle issues.
- Advising clients about proper clothing and shoes.

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☎ 20-111-916-8880

📍 Alexandria, Egypt

EDUCATION

CAIRO UNIVERSITY

Cairo

*Bachelor of Mass Communication
Media and Mass Communication
(Jan 2017)*

ADDITIONAL SKILLS

- Arabic - Native
- English - Intermediate
- Personal and Direct communication skills
- Organizational skills
- Groups management

CERTIFICATIONS

- Certified Personal Trainer - ISSA
- Nutrition Courses - Udemy and under ISSA
- Communication and Marketing by Google



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FITNESS INSTRUCTOR

Curves Gym for Women, Riyadh – 2016 to 2017

- Instructed female members on how to perform exercises correctly.
- Co-led groups with the main trainer, as needed.
- Reviewed progress with participants over time.

REFERENCES

References available upon request