



SYED MUHAMMAD AOUN SHAH

International Athlete
Gold Medalist

EXPERIENCED SPORTS EDUCATOR & FITNESS COACH

CONTACT

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241/A Mazher Al - Qayyum
Road Tulsa lalazaar
Rawalpindi

EDUCATION

2018 - 2021
UNIVERSITY OF KARACHI

- MSc - Health, Physical
Education & Sports Sciences

SKILLS

- Physical Education Instruction
- Fitness & Strength
Conditioning
- Event Organizer
- Martial Arts & Self-Defense
Training
- Refereeing & Officiating
- Team Leadership & Student
Motivation
- Equipment & Inventory
Management

LANGUAGES

- English
- Urdu
- Punjabi

PROFILE

Dedicated sports professional with three decades of experience in physical education, sports coaching, fitness training, and team management across academic and military institutions. Skilled in developing athletes' physical and mental abilities, organizing sports programs, and promoting discipline, teamwork, and wellness.

PROFESSIONAL EXPERIENCE

Beaconhouse

SEP 2024 - FEB 2025

Physical Education & Sports Teacher

- Conduct PE classes and training sessions to enhance student fitness and sportsmanship.
- Organized sports activities and promote healthy competition.

GIK Institute of Engineering Sciences & Technology

Mar 2021 -

Sports Officer / Fitness Trainer / Team Coach

Sep 2024

- Organized university-level sports events
- Trained and managed cricket, football, boxing, and Taekwondo teams.
- Organized Interservice Championships, cricket, football, boxing, and Taekwondo.

Pakistan Army

2010 - 2021

Physical Training Instructor / Assistant Sports Officer

- Developed and implemented structured fitness regimes for soldiers.
- Led physical training, team-building activities, and sports tournaments.
- Managed sports gear and maintained discipline in athletic programs.

CERTIFICATIONS & ACHIEVEMENTS

- 5th Dan Black Belt - Martial Arts (UK, 2023)
- 1st & 2nd Dan Black Belts - Kukkiwon (South Korea)
- Referee & Coaching Courses - Pakistan Football Federation (2023-2024)
- Asian Taekwondo Union Referee Certification (2023)
- Golden Teacher Award - Martial Arts (2023)
- Pakistan Strength & Conditioning Association - Level I & II
- Refresher Coaching Course - Pakistan Sports Board (2023)
- COAS International Taekwondo Championship Competitor (2021)
- Instructor Certification - Junior Leaders Academy (2012)

REFERENCE

- Available upon request