

Muhammad Abdul Hannan

Graduate in Health and Physical Education

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OBJECTIVE

Motivated and goal-oriented professional with a degree in Health and Physical Education, seeking a position as Sports Officer to promote, organize, and enhance sports participation and performance across all levels. With a strong background in physical education, fitness, and sports development, I am committed to delivering inclusive, engaging, and high-impact programs that support both recreational and competitive sport. I aim to foster a positive sporting culture that emphasizes health, teamwork, and personal growth, while ensuring effective use of resources and safe sporting environments. Dedicated to leadership, communication, and continuous improvement, I strive to contribute meaningfully to the broader objectives of athletic and community development.

EXPERIENCE

- **Football Coach at 313 Football Academy (February 2025 – Present)**
Lead coach for U8, U14, and U16 teams, delivering age-appropriate training sessions focused on technical skills, tactical understanding, and player development. Foster a positive, disciplined environment that supports growth, teamwork, and competitive excellence across all age groups.
- Served as Senior Executive in Sales & Support with **IMMENTIA SMC Pvt Ltd** (July 2023-September 2024)
- Worked as a Customer Services Representative with **Medica Gateway SMC Pvt Ltd.** (August 2022-February 2023)

EDUCATION

National University of Modern Languages, Islamabad, Pakistan

Feb 2021 – Jan 2025

- Bachelor of Science Health and Physical Education
- CGPA 3.98/4.00

Relevant Courses:

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| • Sports Biomechanics | Physical Education for Special Population |
| • Administration and Management in Sports | Planning Sports Facilities |
| • Science of Sports Training | Sports Medicines |
| • Sports Nutrition | Sports Psychology |

SEMESTER PROJECTS

- Served as the main organizer for a Futsal 5-a-side Indoor Tournament and a Badminton Mixed Double's Tournament, with a strong focus on promoting and encouraging female athlete participation. Received a Certificate of Recognition from the Head of Department.
- Completed a 15-days practical training program in Sports Management, Coaching, and Rehabilitation & Injury Management at the **Pakistan Sports Board**. Received a letter of recognition for participation and performance.

AWARDS AND HONOURS

- Completed Bachelors with Highest Marks and Grades Point Average throughout the badge.
- Awarded a laptop through the Prime Minister's Laptop Scheme 2023 in recognition of academic merit.

SPORTS ACTIVITIES

- Represented NUML Football Team for Inter-universities Tournaments (2021-2023)
- Winner of District Football Championship 2021 (Poonch, AJ&K)
- Represented Islamabad Football Team 2020 under Pakistan Sports Board.
- Represented Federal Board Football Team (2015-16)
- Third Position with College Football Team (2015-16)

- Third Position with College Hockey Team(2015-16)
- Current Football Team HUMA FC Islamabad.(2019-Present)

LANGUAGES

- Urdu (Native)
- English (Proficient)

CERTIFICATIONS

- Strength and Conditioning Level I&II from **Professional Strength and Conditioning Association,Pakistan.**
- FA Playmaker Course by **England Football.**
- The Greater Game Course by **England Football.**
- Introduction to Talent Identification in Football by **England Football.**
- Play Phase by **England Football.**
- Training for Refrees Course by **Leisure Leagues.**

VOLUNTEER EXPERIENCE

- Quaid-e-Azam Inter-Provincial Games 2024 at Pakistan Sports Board. (13th - 19th December 2024)
- 1st International Conference on Social Sciences 2023 at NUML, Islamabad. (11th -12th October 2023)
- Organized a seminar on **Adapted Physical Education for Special Population** at NUML, Islamabad (17th April 2024)
- Organized a Seminar on **Importance of Rehabilitation in Sports Injuries** at NUML, Islamabad (29th March 2023)

REFERENCES

- Dr. Khushbakht Hina(**H.O.D Department of Educational Sciences NUML**)
Email: kbhina@numl.edu.pk
- MS Sumbal Kainat (**Lecturer Physical Education, Department of Educational Sciences NUML**)
Email: sumbal.kaynat@numl.edu.pk
- MR.Moheb Ullah (**Lecturer Physical Education, Department of Educational Sciences NUML**)
Email: moheb.ullah@numl.edu.pk
- MR.Khurram Alvi (**Founder & C.E.O 313 Football Academy**)
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