



UMAIR RAZIQ KHATTAK

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PROFESSIONAL SUMMARY

Dedicated BS Health & Physical Education graduate from NUML with comprehensive academic and practical training in multiple sports disciplines. Experienced athlete, certified coach, and event organizer with proven achievements in Gymnastics, Martial Arts, Taekwondo, Boxing, Cricket, and Self Defence. Completed official management practicum at Pakistan Sports Board focusing on sports management and injury rehabilitation. Gold Medalist, Black Belt holder, and "Best Coach" award recipient with strong foundation in Sports Medicine, Sports Nutrition, and Exercise Physiology.

EDUCATION

BS Health & Physical Education

National University of Modern Languages (NUML), Islamabad

Feb 2022 - Jan 2026 | CGPA: 3.31/4.00 | 1st Division

Key Subjects & Practical Training: Sports Psychology, Exercise Physiology, Sports Biomechanics, Sports Nutrition, Scientific Sports Coaching, Sports Medicine, Teaching Practice, Athletics, Gymnastics

Practicum & Training: Injury Rehabilitation, Sports Management at Pakistan Sports Board, Teaching Practice, Sports Event Management

LANGUAGES

• English • Urdu • Pashto • Punjabi

PROFESSIONAL CERTIFICATIONS

- **IFCA - International Fitness & Coaching Association** | Certified Fitness Trainer | Level 1 Award | March 29, 2026 | Exp: 29/03/2028
- **Self Defence Course** | Pak Tigers Martial Arts, LSE Harley Street RWP | 02-11-2022 to 02-12-2022
- **Self Defence Seminar** | Pakistan Bredan Fou Martial Arts Federation | 1st Position
- **Junior Taekwondo Championship 2021** | Gymnastics | Black Belt | Age 17

COACHING & PROFESSIONAL EXPERIENCE

- **Best Coach Award** | Olympics Taekwondo Championship 2023, Bahria Town RWP/ISB | Coached athletes to gold medal performance.
- **Best Coach Award** | Safari Juniors Championship 2022 | Led junior athletes in gymnastics and martial arts.
- **Coach** | Pak Tigers Martial Arts, LSE - Lincolns School of Education | Conducted self defence and martial arts training.
- **Event Organizer** | NUML Department of HPE 2024 | Certificate of Appreciation for organizing departmental sports event.
- **Event Organizer** | 4th Gofast Rising Star Taekwondo Championship | Managed tournament operations.
- **Sports Practicum** | Pakistan Sports Board | Official training in sports management and injury rehabilitation.

SPORTS ACHIEVEMENTS & AWARDS

- **Gymnastics:** Gold Medal - Olympics Taekwondo Championship 2023; Gold Medal - Safari Juniors Championship 2022; 1st Position - Sports Department Punjab Talent Hunt 2018-19
- **Martial Arts & Self Defence:** 1st Position - Self Defence Seminar; 1st Position - Street Workout Competition; Certificate - Azadi Festival Boxing & Martial Arts 2022

- **Cricket:** Appreciation Certificate - All Pakistan Open Tape Ball Cricket Tournament 2025, Anti Narcotics Force; Participation - RDCA Inter Colleges T-20 2018
- **Boxing & Others:** Appreciation Certificate - International Boxing Day; Best Performance in Sports - Govt Gordon College 2020/2021; 2nd Position in Race - Green Leads School System 2016-17

CORE COMPETENCIES

- **Sports Disciplines:** Gymnastics, Taekwondo, Martial Arts, Boxing, Cricket, Self Defence, Street Workout, Swimming, Athletics - Studied and Practiced Professionally
- **Coaching & Training:** Physical Education Teacher, Sports Coordinator, Skill Development, Strength & Conditioning, Multi-Sport Training, Team Management
- **Sports Science:** Sports Medicine, Sports Nutrition, Injury Rehabilitation, Exercise Physiology, Biomechanics
- **Event Management:** Tournament Organization, Sports Day Planning, Pakistan Sports Board Practicum Experience
- **Certifications:** Certified Fitness Trainer IFCA Level 1, Self Defence Course, Black Belt Taekwondo

CAREER FOCUS

Seeking PE Teacher / Sports Coordinator role with focus on coaching **swimming, gymnastics, and multiple sports**. Specialized in implementing sports medicine and nutrition protocols for student athletes. Experienced in injury rehabilitation and organizing inter-school tournaments.