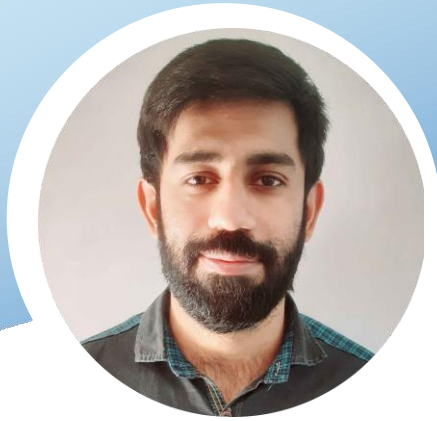




ZAHID NAWAZ

Sports Educator & Lecturer | Football Player & Coach

PROFILE

Experienced and passionate Health Educator with a love for teaching and empowering my students through powerful health awareness.

CONTACT



zahidcr99@gmail.com



03066467747



Permanent Address:

Mahar Colony Bhera Near Govt.
Boys High School Bhera District
Sargodha. 40540

WORK EXPERIENCE

LECTURER PHYSICAL EDUCATION

2025-Present

Government graduate college Mandi-Bahauddin

- Working as a Leceturer CTI intern

SPORTS TEACHER

2022-2025

Army Public School DCI Islamabad.

- The physical Training Instructor is to encourage and motivate children to be active.
- Plan different recreational activities important for the growth of students.
- Providing opportunities for the students to engage in physical activity before or after school.

LECTURER PHYSICAL EDUCATION

2021-2022

Misali Ravian School & College Sargodha.

- Guided participants in safe exercise practices, keeping in mind the physical limitations of specific participants.
- Handled the paperwork and assisted with the physical transfer of residents.
- Engaged in program and school events.
- Completing the Course in the given time duration.

ASSISTANT FOOTBALL COACH

2020-2021

Bhera Football Club.

- Assisted the Head Coach with all tasks and implementation of drills.
- Assisted the Head Coach with daily tasks and program planning.
- Designed powerful defensive and offensive plans.
- Designed warm-up and cool-down Sessions.

LANGUAGE

Urdu	★★★★★
English	★★★★☆

SKILLS

Leadership and Teamwork	★★★★☆
Communication	★★★★☆
Fast Learner	★★★★☆
Time Management	★★★★☆
Computer Skills	★★★★☆
Critical thinking & problem solving	★★★★☆

EDUCATION

UNIVERSITY OF SARGODHA

Masters in Physical Education

September 2018 – September 2020

- Silver Medalist
- 2 Years of Leadership Experience as a Class CR

UNIVERSITY OF SARGODHA

Bachelor in Arts (B.A)

August 2016 – August 2018

- 2nd division
- Football team captain.

GOVERNMENT DEGREE COLLEGE BHERA

Fsc (Pre-Engineering)

August 2013 – July 2016

- 2nd division
- Playing as a Football player in a college team.

GOVERNMENT BOYS HIGH SCHOOL BHERA

Matric (Science group)

August 2011 – July 2013

- 1st division
- Playing as a Football player in a school team.
- Association.

PROJECT TITLE:

- ✓ The Mental Skills Training Program of University Soccer Players.

HOBBIES

- Football
- Jumping Rope

COURSES/ CERTIFICATIONS

- AFC Futsal Level 1 Coaching Course, Pakistan Football Federation
- EE Player Course by England Football
- FA level 1 by England Football

ACHIEVEMENTS

- Gold medal in Cricket Spring Gala DCI 2023/24
- Gold medal in Volleyball Spring Gala DCI 2023
- Silver medal in Master's in Physical Education 2020
- Participated in the 2nd Euro Pak International Conference on Sports Sciences and Physical Education held at AIOU from 11-13 October 2019.
- Participated in the Nutritional Effect on Human Day Seminar chaired by Dr. Abdul Waheed Mughal and Dr. Zafar Iqbal Butt held at the University of Sargodha.
- Participated in Sports Training and Methodology one-day seminar chaired by Dr. Imam at the University of Sargodha.
- Participated in BADMINTON TECHNICAL OFFICIALS/COACHING workshop at Sargodha's university.
- Playing as a football player at the school level.
- 10 years experience as a football player at the city level.
- Attending Sports for Life online Tennis Coaching Workshop in collaboration with Sindh Tennis Association.

REFERENCE

- Available upon request.