

Mohamed Khaled Shafe

Personal Trainer

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Summary

A highly experienced sports coach, trainer, and academic lecturer who is specializing in football coaching, strength & conditioning, and adaptive training for athletes with special needs. Holding a Ph.D. in Physical Education, I am bringing extensive expertise in youth development, sports science, and curriculum design. I am passionate about enhancing athletic performance, injury prevention, and special needs sports coaching.

Education

University of Sadat City, Egypt

Diploma in Physical Education for Special Needs (Expected 2025)

Ph.D. in Philosophy of Physical Education – Football 2022

Master's Degree in Physical Education – Football 2018

Bachelor's Degree in Physical Education – Football & Wrestling (With Honors) 2013

Work Experience

Sports Trainer - Abu Dhabi Determination Center, UAE | Sep 2023 – Present

- Conducting swimming training sessions for athletes with special needs.
- Designing and implementing specialized training programs for football and basketball teams.
- Organizing and supervising summer sports activities for autistic individuals at Millennium Hotel.

Special Needs Sports Supervisor - As'hab El-Giadh Club, Alexandria, Egypt | 2022 – 2024

- Managing sports training programs for athletes with disabilities.
- Developing individualized coaching plans for special needs football players.
- Coordinating with therapists and parents to enhance player development.

Football Coach - Abu Dhabi Determination Center, UAE | Summer 2024

- Training football and basketball teams for athletes with determination.
- Conducting skill development sessions focused on adaptive sports techniques.
- Organizing friendly matches and performance evaluation sessions.

Football Academy Manager - Public Service Center, University of Sadat City | 2020 – 2022

- Overseeing football academy operations, including player development programs.
- Supervising coaching staff and monitoring training effectiveness.
- Organizing internal tournaments and scouting programs.

Football Coach - Black Stars Academy, Sadat City, Egypt | 2021 – 2023

- Providing technical and tactical football training for young players.
- Developing fitness and endurance programs tailored to different age groups.
- Analyzing match performance and implementing strategic improvements.

Physical Trainer - As'hab El-Giadh Club Youth Football Sector, Alexandria, Egypt | 2021 – 2022

- Designing strength and conditioning programs for young football players.
- Conducting injury prevention training and rehabilitation exercises.
- Improving players' agility and stamina through targeted drills.

Lecturer - Faculty of Physical Education, University of Sadat City | 2022 – Present

- Teaching sports science and football coaching techniques.
- Supervising graduate research projects in sports training and performance.
- Contributing to curriculum development and scientific publications.

Assistant Lecturer - Faculty of Physical Education, University of Sadat City | 2018 – 2021

- Delivering theoretical and practical lectures in physical education.
- Assisting in research studies related to sports training and coaching.
- Organizing university sports events and training workshops.

Teaching Assistant - Faculty of Physical Education, University of Sadat City | 2013 – 2018

- Conducting practical sessions for undergraduate students.
- Assisting professors in academic research and curriculum preparation.
- Organizing inter-university sports competitions and coaching clinics.

Assistant Football Coach - Smouha Club Youth Sector, Alexandria, Egypt | 2013 – 2014

- Assisting in developing and implementing youth training programs.
- Conducting warm-up, skill development, and fitness sessions.
- Evaluating player performance and providing tactical feedback.

Training and Courses

- Personal Trainer (PT) Course – International Academy for Training & Development | Nov 2024
- English – British Council (Beginner Level D, 15 hours) | Dec 2024
- Digital Transformation Course – University of Sadat City | Jan 2022
- Faculty Members' Skills Development Program – University of Sadat City | 2017 – 2022
- English – American Cultural Center (TOEFL, Level 9) | May 2018
- International Computer Driving License (ICDL) – University of Sadat City | Jan 2018
- Injury & Physical Therapy Course – Public Service Center, University of Sadat City | May 2014



Skills

- Developing comprehensive sports coaching programs
- Enhancing physical fitness and conditioning
- Managing sports events and activities
- Utilizing digital sports analysis tools
- Training athletes with special needs
- Leading and motivating athletes
- Applying digital and IT skills in sports management
- Conducting academic teaching and research

Personal Data

- **Date of Birth:** 30/08/1992
- **Marital Status:** Married
- **Military Service:** Officer (Completed)

Licenses

- Holding a valid Egyptian Driving License

Languages

- **Arabic:** Native
- **English:** Very Good