

## Curriculum Vitae

### Personal data

Date of birth: 01.09.1958  
Place of birth: Sharkia (Egypt)  
Marital status: Married, 2 children  
Nationality: German



### Employment history

#### in Germany

1989 to present

- **Impuls Wellness & Health Park Ltd. CCI. Münster & Greven**, Power Sport / Fit for life Fitness Centre
- Self- employed Trainer for Physio-Fitness, Sport-Rehabilitation, Cardio & Personal Trainer, Sport Massage & Therapy
- MTT-medical Training -Therapy, Aerobics, Pilates,
  - Supervision of sports groups from the **University of Münster**, private clients (Personal Training), Employment in various Fitness Studios in Germany and Europe
  - Supervision of numerous Workshops – worldwide
  - Employment as Aerobics Manager/Coordinator at Gold's Gym, Cairo, Egypt (2005) and Aerobics Manager/Coordinator at the Grand Gold's Gym, Jeddah, Saudi Arabia (2006)

1986 – 1988

- Trainer for Fitness u. Aerobics at the German-Saudi-Arabian Physiotherapy Centre, Jeddah, Saudi Arabia

## Advanced vocational training

2004	<b>Köln - BSA (Bundes Sportakademie) Sportrehabilitation</b> <i>Cologne – BSA (Federal Sport Academy) – Sport Rehabilitation)</i>
2002	<b>Köln - BSA (Bundes Sportakademie), Cardio-Trainer</b> <i>Cologne – BSA (Federal Sport Academy), Cardio- Trainer)</i>
2001	<b>Essen - Bildungswerk Landessportbund, NRW</b> <i>(Essen - Federal State Educational Institute - Sport Association, North Rhine-Westphalia)</i>
2001	<b>Westfälische Laufakademie, Kamen</b> <i>Westphalian Running Academy, Kamen)</i>
2000	<b>Physiotherapieschule Bergkamen, NRW</b> <i>(Physiotherapy School, Bergkamen, North Rhine- Westphalia )</i>
1998	<b>Wiesbaden - Deutscher Fitness/Aerobic Verband</b> <i>Wiesbaden – German Fitness/Aerobic Association)</i>
1996	<b>Karlsruhe - Ausbildung Body Life – Nike Academy</b> <i>Karlsruhe - Training Qualification - Body Life - Nike Academy</i>

## School Education

1965 - 1977	Primary- and Secondary School, Zagazig, Sharkia, Egypt Secondary School Qualification – Higher School Certificate, School Leaving Qualifications: Higher School Certificate, <b>final grade - good</b>
-------------	--

## Special skills

EDP	<ul style="list-style-type: none"><li>• Good knowledge of MS Power Point, MS Word, Photoshop</li></ul>
-----	--

## Languages

- Arabic (native language)
- German – very good, written and spoken –business fluent
- English – good // Spanish – Basic knowledge

## Educational path

2015 – Present	<p>Pedagogic University, Salzburg, Austria</p> <p>Dipl. Master-Coach for Sport Rehabilitation under the auspices of Magister, Franz Leberbauer</p> <p>Final grade - <b><u>(passed with an exceptionally high grade)</u></b></p> <p><b>Emphases:</b></p> <ul style="list-style-type: none"><li>▪ <b>Motoric-functional training therapy</b></li><li>▪ <b>Establishment of functionality</b></li><li>▪ <b>MTT- Medical training therapy</b></li><li>▪ <b>Sport Massage &amp; Therapy</b></li><li>▪ <b>Fascia training - Myofascial therapy</b></li><li>▪ <b>Aqua therapy</b></li><li>▪ <b>E-Gym - Rehabilitation and Fitness Equipment</b></li></ul>
1979 – 1981	<p><b>Parallel to National Theatre, Military National Service in Cairo, Egypt</b></p>
1977 – 1981	<p><b>Tuition in the Egyptian National Theatre, Cairo</b></p> <p>Traditional Egyptian Folklore (Stage choreograph)</p>
1965 – 1977	<p><b>School-Secondary School – High School Diploma</b></p> <p>Zagazig, Sharkia, Egypt. Final grade (good – B grade)</p>

## Advanced Training

1996 – 2004	<p><b>Physio-Fitness, Sport Rehabilitation, Aerobics and Pilates Trainer Instructor Courses</b></p> <p>Karlsruhe - Body Life - Nike Academy (1996), Wiesbaden - German Fitness/Aerobic Association (1998), Physiotherapy School, Bergkamen (2000), Kamen – Westphalian Running Academy, Kamen (2001), Essen - Educational Institute, Federal State Sports Association, North Rhine-Westphalia (2001) Cologne - BSA (Federal Sport Academy) - Cardio-Trainer (2002) Cologne - BSA (Federal Sport Academy) Trainer for Sport Rehabilitation (2004)</p>
-------------	--

## Practical experience

1986 – 1988

### **Employment in Saudi Arabia**

Fitness and Aerobics Trainer at the German-Saudi  
Physiotherapy Centre, Jeddah, Saudi Arabia

1981 – 1986

Employment in Argentina, Venezuela, Latin America

Musical Academy - Buenos Aires  
Aerobics Academy - Buenos Aires  
and employment as stage choreograph in Argentina and  
Latin Amerika