

Habiba Adel

PHYSICAL EDUCATION GRADUATE | SPORTS COACH

CONTACT

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SUMMARY

Motivated and enthusiastic Physical Education graduate with a strong focus on basketball and rhythmic gymnastics. Experienced in coaching and developing athletes across different age groups in schools, academies, and sports centers. Demonstrates strong skills in training program design, performance development, sports nutrition, InBody analysis, first aid (CPR), and injury prevention and rehabilitation.

ATHLETIC BACKGROUND

Former Competitive Basketball Player

- Represented prestigious clubs including **Al Ittihad Alexandria Club**, **EI Teram Club**, and **EI Olympi Club**

WORK EXPERIENCE

Gym Floor Instructor

- **Power House Gym (2025)**
- **Forma Gym (2023)**
- Supervised gym floor operations, ensuring member safety and correct exercise execution.
- Provided personalized fitness guidance and equipment orientation to diverse clients.

Basketball Coach

- **mericana Club (2021)**
- **Sport Zone Academy (2021)**
- Focused on skill development, tactical awareness, and physical conditioning.

Artistic Gymnastics Coach

- **Ahmed Said Academy (2023)**
- **Olympic Champion Academy, Smouha Club (2022)**
- Coached young children (ages 3–4) in basic gymnastics movements

Basketball Referee (3rd Degree)

- **Egyptian Basketball Federation (2022)**

EDUCATION

Bachelor of Physical Education

Alexandria University Faculty of Physical Education for Girls

- **Major:** Rhythmic Gymnastics & Basketball
- **GPA:** 2.9
- **Graduation Year:** 2024

CERTIFICATION

- **Certified Personal Trainer (Gym Coach)** September 2025
Completed 80 accredited hours covering Exercise Physiology, Functional Anatomy, Biomechanics, and Program Design. Awarded with a Grade of [A+]
- **Sports Nutrition Specialist** September 2025
Completed 50 accredited hours focused on Macronutrients/Micronutrients, InBody Analysis, Metabolic Equations, and Nutrition Plan Development

Issuing Authority: Training Academy of Sports Science (TASS) – ACE Approved.

Affiliations: PBLs Academy & Egyptian Federation of Sport Culture (ESCA).

- **First Aid, Basic Life Support (BLS) & CPR** April 2023

Issuing Authority: Egyptian Medical Syndicate & Middle East Paramedics Foundation

- **Physical Fitness Trainer** March 2022
- **Sports Injury Rehabilitation Specialist (Level 1)** December 2021

Issuing Authority: Faculty of Physical Education for Girls – Alexandria University