

Kholoud Adel

PHYSICAL EDUCATION GRADUATE | SPORTS COACH

CONTACT

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SUMMARY

Passionate and dedicated Physical Education graduate with a strong background in basketball, artistic gymnastics, and fitness coaching. Experienced in both training and officiating, with proven ability to work with different age groups in schools, academies, and gyms. Skilled in designing training programs, sports nutrition, InBody analysis, first aid (CPR), and sports injury 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)**
 - Supervised gym floor operations, ensuring member safety and correct exercise execution.
 - Provided personalized fitness guidance and equipment orientation to diverse clients.
- **Forma Gym (2023)**

Basketball Coach

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

Artistic Gymnastics Coach

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

Basketball Referee (3rd Degree)

- **Egyptian Basketball Federation (2022)**

EDUCATION

Bachelor of Physical Education

Alexandria University Faculty of Physical Education for Girls

- **Major:** Artistic Gymnastics & Basketball
- **GPA:** 3.03
- **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