

Hossam Enaya

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AREAS OF EXPERTISE

Strength and conditioning specialist, sports nutrition, lecturer

QUALIFICATION

NSCA-CSCS Certified Strength and Conditioning Specialists.

ISSA-SSC Specialist in Strength and Conditioning.

ISSA-CFT Certificate Fitness Trainer.

TRX Suspension training course

NSCA CEU approved 2020 Recovery methods (sleep coach)

EXOS Energy Systems Development

ACE approved continuing education course "Understanding the Fascial Network"

ACE approved continuing education course "A MOVEMENT-BASED APPROACH TO STRENGTH TRAINING"

GGA PT Personal Trainer.

GGA Workshop for plyometric training.

GGA Workshop cybex biomechanics and power training.

GGA Workshop for personal training advance technique & nutrition.

GGA Workshop for personal training sales.

GGA workshop for gym management and paper work.

ARC Study in (First aid) from the American Red Cross.

Study in (CPR) from American Red Cross.

Certificate of attendance Biomechanics of Resistance Training seminar With Dr. Mark B Slavin international director.

Study in physiotherapy and court injuries.

AFFA Workshop mechanics of injury prevention.

Study in volley ball trainers from Federation of volley ball.

Studying now TOT "train of the trainer" course

PROFESSIONAL EXPERIENCE

Strength and conditioning coach

- *Head coach at ignite gym*
- *S&C Coach for handball men team of Al-Ahly club 2020-2021*
- *S&C Coach for Basketball men team of Misr leltaamen 2018 - 2019*
- *S&C Coach for Basketball men team of el shams club 2017--2018 season*
- *S&C Coach for Many of national teams athletes such as Hand ball and basketball (juniors)*
- *Several squash PSA players*

Career achievement

Egyptian cup championship with handball men team of AL-Ahly season 2020 - 2021

Owner and founder of CDC coach development center

This company provider and organizer workshops, seminars in sports sciences field, for professional fitness trainers and s&c coaches.

Working from 2017.

Lecturer

- ***Founder and owner of CDC coach development center***
 - ***At "gold's gym academy Middle East" though CFT program from ISSA***
 - ***At "gold's gym academy Middle East" though functional training workshop 15 CEUs (creator and presenter).***
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Fitness manager

- ***Gold's Gym Sheraton 1/4/2016- 1/10/2019***
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Senior Trainer

- ***Gold's Gym Heliopolis Jan 2012 – march 2016***
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Personal Trainer

- ***Gold's Gym Heliopolis March 2011- Dec 2011***
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Personal Trainer & Aerobics Instructor

- ***Samia Allouba Gym Sep 2008 – Jan 2011***
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Volley Ball Trainer for Youth age (8-10)

- ***Gezira Sporting Club 2005-2006***
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Volley Ball Coach

- ***MSA University Men Team season 2007 –2008***
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Volley Ball Trainer for Youth age (13)2006 –2007

- ***Arab Contractors Club.***

EDUCATION

Bachelor of Science, Faculty of Physical Education, Helwan University, Egypt, June 2006.

Major Section: Volleyball Training

Grade : fair

AWARDS

- Best performance at Gold's Gym Heliopolis (2011)
 - Best performance in house training quarter 2 (2012)
 - Best performance in house training quarter 4 (2012)
 - Best fitness manager at golds gym Sheraton (2017)
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SKILLS

Language Skills

Arabic: Mother Tongue

English: Good (reading, writing and speaking)

Soft Skills

Strong communication skills in English and Arabic.

Good presentation skills.

Well- organized and can work under pressure.

Ability to learn new tasks quickly.

Ability to investigate problems and apply reasonable solutions.

Computer Skills

Windows, Office, Internet, PowerPoint

PERSONAL DATA

Date of Birth: 18/9/1985

Marital Status: Married

Nationality: Egyptian

References

References available upon request