

Mustafa Miro


STRENGTH & CONDITIONING COACH

Contact info

 Mustafamiro98@gmail.com

 [Mustafa Miro](#)

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 +971567617957

 Dubai, UAE

Languages

English: Advanced proficiency

Arabic: Native speaker

Skills

Strength & Conditioning

Personal training

Athletic training

Fitness

Exercise Physiology

Sports

Performance

Sports Nutrition

Injury Prevention

Teamwork

Communication

CPR and First Aid.

Education

B.A in English Literature - Damascus University

2016/2017 - 2022/2023

Certificates

Bodybuilding And Powerlifting Coach - Level Beginner

-Syrian Bodybuilding And Powerlifting Federation-2018

Bodybuilding And Powerlifting Coach - Level 1

-Syrian Bodybuilding And Powerlifting Federation-2019

Bodybuilding And Powerlifting Coach - Level 2

-Syrian Bodybuilding And Powerlifting Federation-2021

Strength System International Certification Level 1

-Clean Health-2021

Strength System International Certification Level 2

-Clean Health-2021

Power For Sports Performance -NCSF 2021

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Work experience

- Personal Trainer
-Spa Gym -Sep/2018 - Sep/2019
- Personal Trainer
-A.K Gym-April/2020 - Nov/2021
- Strength And Conditioning Intern Coach
Centric Force Coaching Team
-Place : Bloom By Lily
-Feb/2022 - May/2022
- Strength And Conditioning Coach And Team Member
In Centric Force Coaching Team
-Place : Bloom By Lily
-May/2022 - Jan/2023
- Strength And Conditioning Coach
-Al-Jaish Club - Men's Basketball
-2022/2023 Full Season
- Strength And Conditioning Coach
-Syrian National Team - Men's Basketball
-Jul/2023 - Aug/2023 (Seasonal)
+Feb/2024 (Seasonal)
- Freelance Strength And Conditioning Coach
-Pro Gym Moulla
-Jan/2023 - April/2024
- Strength And Conditioning Coach
-Al-Karamah SC - Men's Basketball
-Mar/2024 - April/2024 (Contract)

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Certificates

- Micro-Dosing Performance In-Season Training For Team Sports
-NDY Performance-2022
- CPR-AED Certificate
-American Community School - Amman/Jordan-2023
- The Quadrant System : Navigating Stress In Team Sports
-AthleteFramework-2023
- IELTS Certification (Academic) -2024