

# 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

Persomal training

Athletic training

Fitness

Exercise Physiology

Sports

Performance

Sports Nutrition

Injury Prevention

Teamwork

Communication

CRP 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 Internationsl Certification Level 1

-Clean Health-2021

Strength System Internationsl 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