



MOHD AFIQ BIN MAT ARIS

Age: 27 | Race: Malay | Citizen: Malaysian | Marital Status: Single

Career Objectives

To obtain responsible position as what I am qualified for where I am able to contribute my productivity towards the nation/company.

Address: F 332, Pekan Singkir Darat, 08110 Bedong, Kedah | Tel No.: 017-4763889 | Email: afiqmataris@gmail.com



Computer Skills

Familiar with all the basic functionalities of :

- Windows XP
- Windows 7
- Windows 8
- Windows 8.1
- Microsoft Office Application and Excel 2003 and 2007
- Powerpoint Applications



Other Skills

- Sport Massage
- First Aid
- Coaching
- Physical Fitness Trainer
- Production
- Office Works



Languages

Malay	100%
English	80%



References

Kapt. (B) Prof. Madya Dr.
Anuar bin Suun
Senior Lecturer
UiTM Shah Alam (Retired)
Tel No.: +6019-2338646

Wan Nor Azman bin Zainol
Head of Unit
Kedah Co-Curriculum Centre,
Jabatan Pelajaran Negeri Kedah
Tel No.: +6019-4227443



Education

- 2012 – 2016 **Universiti Teknologi MARA (UiTM)**
Bachelor Degree in Sport Science
CGPA : 3.21
- 2008 – 2011 **Universiti Teknologi MARA (UiTM)**
Diploma in Wood Technology
CGPA : 3.25



Working Experiences

Part Time Job | One Year

Occasionally under Majlis Sukan Negeri (MSN)

- Providing first aid services and injury care for athletes and staffs.
- Sports massage therapy for athletes and staffs of MSN Selangor and Football Association of Selangor pre and post-events.
- Advisor for athletes on fitness routine and conditioning.

Industrial Training during Bachelor Degree study | 3 Months

Pusat Kokurikulum Jabatan Pelajaran Negeri Kedah Kem Singkir

Industrial Training during Diploma study | 6 Weeks

Keruing Mahir Sdn Bhd



Extra-Curricular Activities

- President of Kelab Cabaran Altitud Faculty of Sport Science & Recreation UiTM Shah Alam.
- Member of Secretariat Mahasiswa Fakulti, Faculty of Sport Science & Recreation UiTM Shah Alam.
- Member of Briged Sukarelawan UiTM Shah Alam.
- Orientation Committee of Minggu Destini Siswa UiTM Jengka.
- Commander of Kesatria Negara UiTM Jengka.
- Volunteered in XTERRA Putrajaya Malaysia 2014.
- Volunteered as Team Pacat Crew in running events : King of Kemensah Trail, King of Sungai Lembing, and Putrajaya 100 miles.
- Participated in Leadership events Career Summit for Future Malaysian Leaders (CASFUMAL) 2009.
- Active in outdoors and recreation since 2008. Main discipline is hiking and followed by kayak.
- Active in Badminton since 2003. Participated in :
 - Kejohanan Badminton Majlis Sukan Sekolah-Sekolah Malaysia Peringkat Negeri.
 - Karnival Sukan Mahasiswa UiTM Semalaysia 2008.
 - Pertandingan Badminton Komuniti & ICT 2012 Peringkat Parlimen Jerai.
- Active in Mountain Bike since 2008. Participated in :
 - Karnival Mountain Bike MASKOM 2010.
 - Langkawi International Mountain Bike Challenge.
 - Kejohanan Sukan Antara Kolej (SUKOL) UiTM Shah Alam.
- Granted Basic Recreational Coaching Course Certification by Malaysian Outdoor & Recreation Instructor Association (MORIA).
- Certified Members of Red Crescent Society of Malaysia.