



Currently, Moga Punjab



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Gagan26kumar@gmail.co

PROFESSIONAL SUMMARY

Devoted fitness coach professional with demonstrable experience helping students improve fitness and enhance strengths. Helps students achieve goals by designing tailored fitness strategies and constant motivation. First aid trained professional, expert in body anatomy and rehabilitation.

CORE QUALIFICATIONS

- Nutrition assessment and planning
- Programme development
- Human anatomy expertise
- Rehabilitation techniques
- Zumba
- Fitness assessments

GAGAN KUMAR

EXPERIENCE

April 2023 – Current

California public school, Moga Punjab

Scholars public school, jadla |Nawanshahr, Punjab

April 2022 to March 2023

- Encouraged clients to engage in group fitness classes and other gym activities to meet fitness goals.
- Managed planning of effective exercises for clients, creating based on individual needs, strengths and weaknesses.
- Instructed participants in correct posture and technique to prevent injury.
- Monitored class activities, assessing performance to maintain student safety.
- Ability to communicate complex nutritional information into understandable user-friendly guidance.

EDUCATION

2022

Bachelor of Physical Education & Sports (Graduate) | Sports & Recreational

Specialization Football

GNA University, Phagwara, PB

CERTIFICATIONS

- Science of Exercise (University of Colorado)
- Weight Management : Beyond Balancing Calories) Emory University
- The Health Effects of climate change (Harvard University)
- AIU All India University national games football participation in 2019 & 2021

LANGUAGES

English: First Language

English:

B2

Upper Intermediate