

MOHAMED SAIFUDEEN SR

Sports Science Professional

Goal-oriented Strength and Conditioning Coach with solid background in building and managing individual and group training programs. Experienced optimizing athletic performance through speed, strength and power conditioning. Detail-oriented, systematic and driven to achieve remarkable results with every athlete.

Education

2021-06

Bachelor of Science: (HONS) Sports And Exercise Science

Sri Ramachandra University - Chennai, India

- Final Grade: 81%
- 8.1 GPA/CGPA
- Honors 8 Semesters, 4 Years
- Strength and Conditioning , Center for Sports Science, Completed 2021
- 3rd position - South Zone - University Tennis Match
- University Tennis Team - 2019 - 2021
- **Dissertation: Impairment of Cognitive Function in High Altitude: A Systematic Review**
- **Internship:** Center for Sports Science

Strength and Conditioning - 6 months

Exercise Physiology - 2 months

Nutrition - 2 months

Psychology - 1 month

High Altitude Training - 15 days

Biokinetics - 15 days

2024-06

Master of Science: Exercise Physiology And Nutrition

Tamil Nadu Physical Education & Sports University - Chennai, India

- Basketball University Team, 2021 to 2022
- Tennis University Team, 2021 to 2022
- Clinical Internship, Voluntary Health Services Hospital, Completed 2022

Contact

Address

Chennai, India 600085

Phone

+919626812681

E-mail

saiffitness.in@gmail.com

LinkedIn

<https://www.linkedin.com/in/mohamed-saifudeen-023a>

Personal Details

Date of Birth: 25/05/1999

Nationality: Indian

Marital Status: Single

Gender: Male

Languages

English

●●●●●●●●
Advanced (C1)

Tamil

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Advanced (C1)

Hindi

●●●●●●●●
Upper intermediate (B2)

Urdu

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Upper intermediate (B2)

- Gym Internship, 24x7 Fitness Studio, 2023
- Village Placement Program, 2023
- Organizing Head, International Nutritional Week Workshop, 2021 to 2022 and 2022 to 2023.
- Organizing Head, SCUBA Diving Workshop, 2022-2023
- **Dissertation: Effect of SMART Warm-up Protocol on Selected Physiological and Physical Variables among School Level Boys Tennis Players.**

Certifications

2020-01 Certified Tennis Instructor, Professional Tennis Registry - 2020-2021

Work History

2019-02 - 2020-01 **Fitness Trainer**
Baseline Tennis Academy (BLTA) , Thoraipakam, Chennai.

- Provided fitness assessments and program planning.
- Demonstrated how to carry out various routines and exercises.
- Boosted client motivation through consistent encouragement, support, and progress tracking.
- Trained more than 15 tennis players

2019-06 - 2020-02 **Fitness Intern**
F3 Fitness And Sports, RA Puram, Chennai

- Set up and broke down equipment before and after classes.
- Shadowed seasoned personal trainers during one-on-one and group sessions, gaining valuable insights into individualized and group coaching styles.
- Educated clients on proper exercise techniques, minimizing injury risk and promoting safe workout habits.
- Facilitated pre-and post-workout stretching sessions for clients, resulting in improved flexibility and reduced muscle soreness.

2020-07 - 2020-08 **Exercise Physiology Intern**

Skills

Exercise Prescription

Periodization Planning

Research Application

Biomechanics Knowledge and Video analysis

Body composition analysis

Organizational Skills

Teamwork and Collaboration

Clinical Exercise Testing

Functional movement screening

Sport-Specific Training

Musculoskeletal Assessment

Exercise Prescription

Center For Sports Science, Chennai

- Conducted fitness tests to establish baseline measurements and track improvement over time.
- Assisted in research initiatives focused on advancing knowledge within the field of exercise physiology.
- Learned to test and measure strength, motor development and function, sensory perception, functional capacity and respiratory and circulatory efficiency.
- Created fitness and exercise programs to help patients recover from chronic diseases and improve overall physical health.
- Operated isokinetic and isometric strength, balance and gas exchange analysis system physical performance testing equipment to conduct neuromuscular function and cardiopulmonary fitness assessments.
- Collaborated closely with other healthcare providers to develop comprehensive care plans.
- Carried out non-invasive cardiopulmonary tests with respiratory gas measurements (VO₂, VCO₂, VE) to athletes.
- Monitored patient blood pressure, ECG and distress levels during exercise.
- Monitored athlete for ECG changes, cardiac arrhythmias, blood pressure and symptoms before, during and after exercise.

**2020-08 -
2021-06**

Fitness Assistant

Chennai Tennis Center, Chennai

- Coordinated healthy and safe use of fitness tools, equipment and spaces to prevent injuries.
- Assisted Head Strength and Conditioning coach conducting fitness assessment for tennis players.
- Observed and assisted the head strength and conditioning coach while training tennis players.
- Broadened my understanding of how to train tennis players according to their skill levels and the demands of their sport.

**2020-09 -
2020-10**

Sports Psychology Intern

Center For Sports Science, Chennai

- Contributed to a positive team environment by

collaborating with fellow interns on group projects and presentations.

- Assisted in the development of psychoeducational materials and questionnaires.
- Applied ethical principles throughout all professional interactions, maintaining the highest standards of confidentiality and integrity.
- Contributed to ongoing research studies, collecting and analyzing data to further the field of sports psychology.
- Enhanced client understanding of psychological concepts by conducting comprehensive assessments and presenting findings in an accessible manner.

**2020-11 -
2020-11**

Sports Nutrition Intern

Center For Sports Science, Chennai

- Educated athletes on the importance of proper pre-competition nutrition, leading to increased energy levels during events.
- Conducted body composition assessments to track progress and adjust nutrition plans accordingly for optimal results.
- Increased awareness of dietary supplement safety by educating athletes on potential risks and proper usage guidelines.
- Assisted in the creation of educational materials to increase athletes' understanding of proper nutrition and hydration habits.
- Optimized fueling strategies during training sessions by providing practical snack options based on individual preferences and needs.
- Collaborated with sports psychologists to address the potential mental and emotional aspects of disordered eating in athletes.
- Improved athlete recovery time by designing post-workout meals and snacks tailored to individual goals.
- Planned nutritious meal options for individuals with various health needs and conditions.

**2020-12 -
2020-12**

Sports Rehab Intern

Center For Sports Science, Chennai

- Collaborated with hospital departments to observe patient routine post surgery due to injury.

- Created individualized exercise programs to improve athlete mobility and function.
- Developed comprehensive treatment plans and goals to address athlete needs.
- learned to strategize Return to Sport training program for athletes post rehab.
- Planned and administered range of treatments and therapeutic exercise programs involving active and passive ranges of motion and muscle reeducation.
- Operated isokinetic and isometric strength, balance performance testing equipment to conduct fitness assessments.

2021-01 -
2021-06

Strength and Conditioning Intern

Center For Sports Science, Chennai

- Participated in ongoing professional development opportunities to stay current on industry trends and best practices.
- Evaluated athlete progress through regular testing and assessment, adjusting programs as needed for maximum effectiveness.
- Developed personalized warm-up protocols to prepare athletes for optimal performance during competitions.
- Assisted in the maintenance and organization of facility equipment, ensuring a clean and safe workout space for all users.
- Facilitated recovery strategies including foam rolling techniques, ice baths, and compression therapy sessions.
- Supported the rehabilitation process of injured athletes by designing modified training programs tailored to their needs.
- Communicated with sports medicine staff to discuss injury prevention methods, return-to-play protocols and modifications needed for injured athletes.
- Contributed to a positive training environment by fostering strong relationships with athletes and coaching staff.
- Helped athletes set, pursue and attain individual and team goals.
- Offered constructive feedback to clients to help reach goals.

- Utilized various coaching models and techniques to maximize client success.
- Researched latest industry trends and developments to keep abreast of best practices.
- Developed and delivered presentations to educate students of sports science department on topics related to coaching.
- **Guided and trained Triathletes and squash players from Indian Triathlon and Squash Academy, SDAT Ground, Chetpet, Chennai.**
- **During my internship, I trained over 15 Khelo India rowers, both boys and girls, and they showed significant improvement in their performance, winning medals.**
- **I also had the opportunity to train an autism client, and showed progress improving fitness levels.**
- **Conducted fitness assessment for more than 10 khelo india weightlifters.**
- **Been a part of the Chennaiyin FC medical team and assisted them during the ISL football match 2019.**
- **Observed training sessions of Chennaiyin FC players and had the opportunity to train a few.**
- **Also assisted with training a national shooter and an international skater.**
- **Organised and assessed fitness assessments for over 100 athletes from various sports, including cricket, rowing, squash, football, and weightlifting.**
- **Trained athletes following the return-to-play protocol - post-rehab sessions.**
- **Trained over 10 general populations with varying fitness goals.**

2022-03 -
Current

Assistant Tennis Coach

Winners Tennis Academy, Neelankarai, Chennai

- Explained and demonstrated basic tennis techniques to team members.
- Assisted head coach in developing strategies for team success during competitive matches and tournaments.
- Improved player performance by implementing tailored training programs and providing individualized coaching.

2022-04 -
Current

Tennis Instructor

American International School , Tharamani, Chennai

- Explained and demonstrated basic tennis techniques to team beginners.
- Improved student performance by implementing tailored tennis instruction techniques for various skill levels.
- Maintained a safe playing environment by enforcing safety guidelines during all instructional sessions effectively.
- Raised awareness about the importance of sportsmanship, emphasizing fair play during lessons and competition situations.
- Promoted a positive learning environment by maintaining open communication with students and their families.

2023-03 -
Current

Strength and Conditioning Coach

F3 Fitness And Sports, Chennai

- Educated athletes on proper lifting technique, reducing the risk of injury during weight room sessions.
- Enhanced athlete performance by designing and implementing customized strength and conditioning programs.
- Conducted regular performance testing to assess the efficacy of implemented programs and identify areas of improvement.
- **In 2023, I assisted and trained two TNCA second division cricket teams, one of which was promoted to the first division.**