



AMIRA RAIS

PHYSICAL EDUCATION TEACHER & FITNESS TRAINER

About Me

organizes and conducts planned and delivered physical education lessons for groups, focusing on cardio, strength, and flexibility, in line with educational objectives.

Experience

Online Coaching : Nov 2023 – Present

Provided personalized physical education and fitness programs to clients worldwide through online platforms. Developed lesson plans, demonstrated exercises via live sessions, monitored progress, and adjusted training according to individual needs.

Fitness instructor : September 2022 – September 2023

Sports Dimensions; Abha; Saudi arabia

Head Coach : January 2022 – July 2022

X gym Fitness Studio; Jizan; Saudi arabia

Fitness instructor : august 2021 – December 2021

Jet Club ; Rades; Tunisia

Fitness instructor : October 2020 – August 2021

California Gym ; Boumhel; Tunisia

Fitness instructor : january 2020 – march 2020

Fitness club and Spa ; Megrine; Tunisia

Fitness instructor : August 2019 – august 2020

Fitness Time ; Madina Jadida; Tunisia

Education

2018/2020

Applied licence in sports training includes many specialities such as:
-TRM (muscle strengthening technique)
-Aerobic
-APA (adapted physical activity)
-Kung fu (Sanshou)

*High Institute of Sport and Physical
Education of Ksar-Saïd | ISSEP*

2014/2017

Baccalaureat in economics and management

*Madina Jadida 3
high school*

Contact

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Skills

- lesmills(Pump, Balance, combat)
- Strengthening
- process flow
- visual design
- leadership
- coaching
- discipline

Language

French

English

arabic

Deutsch

Espagnol