

Mohammad Ali Faridi Dastjerdi

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PROFILE

Fitness and Corrective Exercise Coach and University Instructor with 15+ years of experience working with bodybuilding and sports clubs, rehabilitation clinics, charities, patient support organizations, and academic environments, aiming to enhance the lives of ordinary people and patients via fitness, bodybuilding, and customized training based on accurate postural examination. I seek international work opportunities to expand and excel as a coach with relevant organizations, physiotherapy, therapeutic clinics, sports clubs, bodybuilding centers, and patient treatment clinics.

HIGHLIGHTS

- Knowledgeable and experienced in the postural examination
- Design of workout routines based on the applicant's body assessment and therapeutic and fitness goals.
- Experienced massage therapist

WORK EXPERIENCE

Sep. 2021 - Present

Chairman of the Corrective Exercises Committee

IFPE Academy, Berlin, Germany

International fitness pro-education

- Chairman of the Corrective Exercises Committee
- Instructor for corrective Exercises training
- Coordinator and recruiter of training instructors

Jan. 2020 - Present

Bodybuilding and Corrective Exercise Coach

Ravis Sport Complex, Isfahan, Iran

- Postural examination of applicants starting physical activity and exercise with diseases such as diabetes and neuromuscular diseases (MS, Polio, etc.)
- Designing appropriate training for people and improving their level of physical fitness

Jan. 2018 – Jan. 2020

Bodybuilding and Corrective Exercise Coach

Afarinesh Salamat Sports Club, Isfahan, Iran

Jan. 2017 – Jan. 2019

Fitness Coach for Spinal Cord Injury Patients

Isfahan Spinal Cord Injury Support Association, Isfahan, Iran

Spinal Cord Injury Support Charity

- Assessed the physical condition of patients with spinal cord injury with different degrees of training relevant to their physical abilities

Sep. 2016 - Present

Special Physical Education Instructor

Faculty of Sports Sciences, University of Isfahan, Isfahan, Iran

- Teaching physical education
- Teaching physical fitness concepts and increasing the level of physical fitness of undergraduate students with particular patients who were not medically allowed to participate in physical education classes with other healthy students

Achievements

- Gained experience in dealing with people with different diseases and designing exercises for any level of physical fitness

Jan. 2015 – Jan. 2018

Bodybuilding and Corrective Exercise Coach

Saraye Varzesh Sports Club, Isfahan, Iran

Jan. 2012 - Present

Physical Activity and Diabetes Advisor

Isfahan Kourosh Health and Diabetes Clinic, Isfahan, Iran

- Assessing the physical fitness level of mainly middle-aged and elderly diabetes patients
- Advising patients on physical activity and diabetes
- Holding group classes on sports and diabetes

Jan. 2007 – Jan. 2011

Fitness and Corrective Exercise Coach for Disabled Persons

Noavaran Varzesh Sports Club, Isfahan, Iran

- Assessed the physical condition of disabled patients with different degrees of training relevant to their physical abilities

EDUCATION

Oct. 2015 – Dec. 2019

Master's degree in Sports Injuries and Corrective Exercises

University of Isfahan, Isfahan, Iran

- Thesis: Effect of 8 weeks selected yoga exercises on balance, motor function, and quality of life in diabetic neuropathy patients

Jan. 2006 – Jun. 2010

Bachelor's degree in Sport Sciences

University of Isfahan, Isfahan, Iran

- Final project: The effect of a four-year rehabilitation period on the static balance of a 21-year-old male brain trauma patient

VOLUNTEER EXPERIENCES

2022

Fitness Challenge Competitions Referee

Bodybuilding Society, Isfahan, Iran

2007 - 2009

Sport Sciences Examiner

University of Isfahan, Isfahan, Iran

INTERNSHIPS

2008 - 2010

Intern

Rehabilitation Unit, Cardiovascular Research Center, Isfahan University of Medical Sciences

- Learned how to properly perform the exercises prescribed by a cardiologist for heart patients.

TRAINING & CERTIFICATIONS

2021

Master Trainer C-License, IFPE Academy, Berlin, Germany

2020

Personal Fitness Trainer, IFPE Academy, Berlin, Germany

2020

Conditioning coach for sports, Sport Sciences Research Institute of Iran, Tehran, Iran

2018	Patient students' physical activity in PE class, Sport Sciences Research Institute of Iran, Tehran, Iran
2018	Exercise advice on health and illness, Isfahan Sports Medicine Association, Isfahan, Iran
2017	Report and scientific article writing, University of Isfahan, Isfahan, Iran
2017	Second Class Coaching Certificate, Bodybuilding and Powerlifting Federation, Isfahan, Iran
2017	Nutrition in Diabetic Athletes, Isfahan University of Medical Sciences, Isfahan, Iran
2017	Saharman approach in assessment, diagnosis, and corrective exercises for lower back movement syndromes, University of Isfahan Faculty of Exercise Sciences, Isfahan, Iran
2016	Sports Massage Certificate, Isfahan Sports Medicine Association, Isfahan, Iran
2016	Basic First Aid, Iranian Red Crescent Society, Isfahan, Iran
2016	Functional Movement Screen (FMS), University of Isfahan Faculty of Exercise Sciences, Isfahan, Iran
2016	Exercise supplements and nutrition for athletes, Isfahan University of Medical Sciences, Isfahan, Iran
2015	Diabetes and complete portfolio of insulin and pen instruction of use, Isfahan Kourosh Diabetes Center and Novonordisk Pars, Isfahan, Iran
2012	Physical activity and musculoskeletal diseases, Isfahan University of Medical Sciences, Isfahan, Iran
2010	Corrective movement training course for physicians and physical education experts, University of Isfahan Faculty of Exercise Sciences, Isfahan, Iran
2009	Third Class Coaching Certificate, Bodybuilding and Powerlifting Federation, Isfahan, Iran
2008	Fitness Coaching Diploma, Sport Aerobic and Fitness, Isfahan, Iran
2006	Ninjutsu Black Belt Technical Certificate, Tehran, Iran

MEMBERSHIPS

2016	Volunteer Member. Iranian Red Crescent Society, Isfahan, Iran
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PERSONAL SKILLS

Language Skills

- English: Intermediate proficiency
- Farsi (Persian): Native proficiency

