



ZAHRA BAKHSHIAN

S W I M M I N G I N S T R U C T O R

MY PERSONAL HISTORY

As an educator, I have over ten years of experience working to provide swimming and fitness education to students from high school to university level.

RELATED TALENTS

- Motivational educator
- Great communicator
- Works well with kids, teens, and adults
- Highly knowledgeable of students' fitness needs
- Diving qualifications

CONTACT INFORMATION

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VOLUNTEERISM

Riverside International Church
June 2018 - present
- Teaches health classes and sports clinics to youth members of the center on weekends

WORK BACKGROUND

P.E. DEPARTMENT HEAD

Azad, Alzahra & Payam Noor University, Iran | 1990- 2018

- Formulates lesson plans for the school year to promote fitness among students
- Guides students through everyday Physical Education and Swimming classes

PERSONAL TRAINER

1988 - 2021

- Guided students through exercise and sports to promote active lifestyles
- Educated students and adults about fitness and physical health

ACADEMIC BACKGROUND

OFFICIAL COACH IRAN SWIMMING FEDERATION

2000-2018

- Official coach for the Iranian Swimming Federation
- Responsible for the training of other swimming coaches and officiating them as Official Swimming Federation Coaches Trained Coaches

MASTER IN SPORT

*BA Physical Education, University of Theran
Graduated 2017*

- Graduated Class of 2017
- Minor in Educational Leadership
- Subject: swimming, first aid, fitness, nutrition, anatomy, psychology