
Bouaziz Mohamed



Belgian

Driving License

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Languages

French
English

Computer Skills

Microsoft Office
Adobe Creative Suite
Digital Marketing Design

Interests

Biographies
Martial Arts
Swimming
Athletics
Design
Scientific & Historical
Documentaries

EDUCATION

2020-2021

*Mentorship training for students – **Union of Alumni***

University of Brussels

2019-2020

Master's in Motor Sciences, Physical Education, Aggregation of Higher Secondary Education

University of Brussels

2017-2019

Master's in Motor Sciences, Physical Education, specialization in strength and conditioning

University of Brussels

Research : 'Analysis of the recovery kinetics after a weightlifting session using the 3/7 protocol'

Advisor: Prof. Jacques Duchateau

2013-2017

Bachelor's in Motor Sciences, Physical Education

University of Brussels

EXPERIENCES SUMMARY

ELITE STRENGTH & CONDITIONING

INDIVIDUAL SPORTS

TEAM SPORTS



INDIVIDUAL SPORTS

❖ Strength and Conditioning HeadCoach - BELGIUM TAEKWONDO TEAM

Olympian Champions : Sarah Chaari (BRONZE)

World Champions: Sarah Chaari (GOLD), Jaouad Achab (GOLD), Si Mohamed Ketbi (SILVER).

European Champions : Sarah Chaari, Jaouad Achab, Mourad Laachraoui, Si Mohamed Ketbi, Indra Craen, Raheleh Asemami, Badr Achab.

❖ Founder - FITFORTAETKWONDO COMPANY (www.fitfortaekwondo.org)

Your Partner in Strength and Conditioning specialized in Taekwondo.

TEAM SPORTS

❖ Field Hockey Strength and Conditioning Coach - - CHALLENGE YOURSELF

Royal Leopold Club – Royal Orée Club – Royal Racing Club

FITNESS COACHING



❖ Founder and Fitness Coach - MINDSETCOACHING COMPANY

❖ Fitness Coach - ENVOLVE GYM

❖ Fitness Coach - ROYAL FITNESS CLUB UCCLE LEOPOLD

TEACHING & SPEAKING



❖ Physical Education Teacher in High Secondary - SAINT-JOSEPH INSTITUTE, FEDERAL CATHOLIC EDUCATION, BELGIUM

❖ Speaker – UNIVERSITY OF BRUSSELS

❖ Speaker – Brussels Active Square

❖ Speaker - SOCIAL COHESION PLAN, CITY OF FONTAINE L'EVÊQUE, BELGIUM

DETAILED EXPERIENCES

ELITE STRENGTH & CONDITIONING

Strength and Conditioning Coach - BELGIUM TAEKWONDO SENIOR TEAM

June 2019 – January 2025

- **Olympic Champion** : Sarah Chaari (Bronze), 1st Belgian Athlete to win an Olympic Medal for Belgium in Taekwondo
- **World Champions**: Sarah Chaari (GOLD), Jaouad Achab (GOLD), Si Mohamed Ketbi (SILVER).
- **European Champions** : Sarah Chaari, Jaouad Achab, Mourad Laachraoui, Si Mohamed Ketbi, Indra Craen, Raheleh Asemani, Badr Achab.
- Ranking WT for more details: <http://www.worldtaekwondo.org/ranking/ranking.html>

Founder - FITFORTAEKWONDO COMPANY

January 2024 - Present

FITFORTAEKWONDO is a company specializing in physical preparation for taekwondo, combining rich practical experience and scientific knowledge. We provide turnkey solutions for federations, clubs, and athletes.

<https://www.fitfortaekwondo.org>

Field Hockey Strength and Conditioning Coach

March 2018 - January 2023

Brussels and surrounding areas

- Royal Racing Club: D1 and DH men, cadets, and school teams
- Royal Orée: DH and D3 men, D1 women, and BeGold School
- ADEPS: U15 Boys and Girls, U18 Boys, U21 Girls

January 2024 – Present

- Royal Leopold Club : From cadets to U19

TEACHING & SPEAKING

Physical Education Teacher in Higher Secondary Education - SAINT-JOSEPH INSTITUTE, FEDERAL CATHOLIC EDUCATION, BELGIUM

September 2019 - Present

Speaker – UNIVERSITY OF BRUSSELS

November 2021 - Present

Speaker: "Physical Preparation Analysis in Taekwondo" for Master's students in Physical Education with a focus on Strength and Conditioning and Training. – University of Brussels – Faculty of Motor Sciences

Speaker - SOCIAL COHESION PLAN, CITY OF FONTAINE L'EVÊQUE, BELGIUM

November 2022 - Present

Fontaine-l'Évêque, Wallonia Region, Belgium

"Physical Activity in Children, Adolescents, and Seniors" in three distinct lectures for the Social Cohesion Plan of the city of Fontaine l'Eveque, Belgium.

FITNESS COACHING

Founder and Fitness Coach - MINDSETCOACHING COMPANY

September 2019 - Present

- Personalized Coaching (with and without pathologies) and group classes.

Fitness Coach - ENVOLVE GYM

September 2022 – December 2023

- Personalized Coaching (with and without pathologies) and group classes.

- Creation and implementation of "STRONG SENIORS": group classes for SENIORS, focusing on muscular strengthening, cardio-vascular endurance, balance, and mobility.

Fitness Coach - ROYAL FITNESS CLUB UCCLE LEOPOLD

February 2019 – Present

Uccle, Brussels-Capital Region, Belgium

- Complete follow-up and coaching of fitness members with and without specific pathologies.

Founder - COACHINGPLACES COMPANY

November 2020 - November 2021 – Brussels

CoachingPlaces was a platform referencing sports coaching locations in public settings.

The project enabled hundreds of Brussels residents to discover and access equipped outdoor spaces for training during fitness closures caused by the COVID-19 pandemic.

OTHER EXPERIENCES AND INTERNSHIPS

2015-2019

- Sports Testing – Centre for Sports Performance Support (ULB), part of a thesis
- Assistant for Sponsorship and Communication for the ULB 10 km Run (over 3500 registered participants)
- Fitness Instructor – ULB Sports
- Internship at the Belgian Taekwondo NATIONAL TEAM
- Fitness internship in a company – Well-B Premium Enterprises : GlaxoSmithKline and Swift
Contract offer at the end of the internship
- Co-organizer, swimming competition (±140 swimmers) – Victor Boin Pool, Saint-Gilles, Belgium
- Entrepreneurship training – Entrepreneurs Weekend
- Internship at the ASCTR (Sports Association for People with Disabilities)
- Multisports and swimming instructor – ADEPS