
NAEIMA KHAJAVI

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Coaching Profile Summary

Olympic-level Strength & Conditioning Coach with 20+ years of experience guiding elite athletes to international podiums. Expert in Bompa periodization, performance programming, and recovery strategy. Proven success working with national teams, club programs, and youth development systems.

Athletic Achievements

- Paris 2024 – Gold & Silver medalists (Taekwondo)
- Tokyo 2020 – Olympic Gold (Karate Kumite)
- U23 & Senior Karate teams – Multiple World & Asian titles (2017–2022)
- 2006 Asian Games – 3 Silver + 2 Bronze (Wushu)
- 2002 Asian Games – Silver (Iran Volleyball Team)
- Asian Championships – Gold (Iran Junior Volleyball Team, Athletics Team)
- Silver – Esteghlal FC, Asian Club Championships
- Canoeing - Asian championships-3 silver and bronze (1997)

Coaching & Training Experience

- Certified Personal Fitness Trainer (20+ years)
- Developer of performance plans based on Bompa methodology
- Coach across disciplines: Karate, Football, Volleyball, Athletics
- Experience with Olympic, national, and youth-level athletes

Education & Certifications

Ph.D. in Physical Education – Pune University, India

Certified Strength & Conditioning Coach – Tudor Bompa Institute

AFC Football Coaching Licenses: A, B, C

Diplomas in Athletics (Hungary), Track & Field (World Athletics)

IAAF Assistant Lecturer – Nepal

Key Skills

- Elite athletic conditioning & mentorship
- Recovery science & injury prevention
- Multidisciplinary coaching strategies
- Bilingual communication (English & Farsi)
- Tools: Excel, performance software, SPSS

Career Objective

To join a high-performance athletic organization and empower athletes through evidence-based training, strategic programming, and expert mentorship.