


CURRICULUM VITAE

NAME Syed Muhammad Bilal Gillani	Father NAME Syed Muhammad Ishaq Gillani	NATIONALITY Pakistani	PICTURE 
GENDER Male	DATE & PLACE OF BIRTH 21-06-1991, Lahore	CURRENT MAILING ADDRESS 192-R Block Model Town Extension Lahore	
OBJECTIVE: I am a hard-working, intelligent, honest, and detailed oriented person. I am a self-starter and self-motivated person and can take on tasks that may not be part of the job description. I have abilities to handle changing priorities. I work well with others to accomplish a common goal. I want to work in an institute that offers a creative & professional environment.			
WORK EXPERIENCE: Sports Coordinator, Afro Asian Institute. 01-09-2023 – Until now.			
2. AREA/S OF SPECIALIZATION: 1. Scientific Sports Coaching & Training. 2. Fitness and Athletic Performance. 3. Sports Nutrition.			
3. ACADEMIC BACKGROUND:			
DEGREE Ph.D. in Sports Sciences & Physical Education	YEAR AWARDED Continue*	FIELD OF STUDY Sports Sciences & Physical Education	INSTITUTION/COUNTRY University of Lahore
MPhil in Sports Sciences & Physical Education (Gold Medalist)	2019	Sports Sciences & Physical Education	University of Lahore
MSc. in Sports Sciences & Physical Education	2016	Sports Sciences & Physical Education	University of Lahore
Bachelor of Arts	2014	Political Science & Journalism	Punjab University
I-Com	2011	Commerce	BISE Lahore
Matriculation	2007	Science	Divisional Public-School Model Town Lahore

4. TITLE OF RESEARCH (SPECIALIZATION)

M.Phil.: **NUTRITIONAL SUPPLEMENTS USAGE AMONG ATHLETES AND ITS EFFECTS ON THEIR HEALTH**

5. LIST OF PUBLICATIONS

1. **Syed Muhammad Bilal Gillani**, Soniha Aslam. 2023. Role of Natural Protein Adequate Intake in Enhancing Anaerobic Power of Bodybuilders Following 8-Week Resistance Training Program. THE SKY-IJPEHSAS, Vol. 07, 2023
2. Dr. Mohibullah Khan Marwat, Dr. Hummaira Farah, Dr. Farooq Hussain, Muhammad Safdar Ali, Samera Saman, **Syed Muhammad Bilal Gillani**. 2023. Role of Heredity and Lifestyle in the Development of Obesity among Male Adolescents. Al-Qantara, Volume 9, Issue 2, Pages 14-22, 2023
3. **Syed Muhammad Bilal Gillani**, Yasmeen Iqbal, Soniha Aslam. 2023. The Role Of Whey Protein Supplementation In Enhancing Anaerobic Power Of Bodybuilders Following 8-Week Resistance Training Program. 2022, Vol. 6, No. 11, 3495-3506
4. Basit Ali, **Syed Muhammad Bilal Gillani**, Muhammad Zeeshan Butt. 2022. **Effect of Isometric Squat Exercise on Sprint Performance of Football Players**. THE SKY-IJPEHSAS, Vol. 06, 2022
5. Dr. Mohibullah Khan Marwat, Dr. Rahila Nizami, Hummaira Farah, **Syed Muhammad Bilal Gillani**, Yasir Ali, Samera Saman, Sofia Saba. 2022. **Role of Strength and Power in Athletic Performance**. Journal of Positive School Psychology, 2022, Vol. 6, No. 7, 2969-2980.
6. Asif Riaz, **Syed Muhammad Bilal Gillani**, Syed Ihtisham Ahmed. 2022. **An Analysis of the Impact of Cognitive Coaching on the Performance of Tennis Players**. THE-SHIELD, Vol. 17, 2022
7. Ihsan Yousaf, Aamina Bibi, Ayesha Qudus, **Syed Muhammad Bilal Gillani**, Muhammad Farhan Tabassum. 2022. **Influence Of Aggression On The Bowling Performance Of Fast Bowlers In Cricket: A Study On College Players**. Webology, Vol. 19, Number 2, 2022.
8. Sumara Iqbal, **Syed Muhammad Bilal Gillani**, Syed Ihtisham Ahmed. 2021. **Determinants of Burnout among Athletes: A Gender Analysis**. THE-SHIELD, Vol. 16, 2021
9. Muhammad Zeeshan Butt, **Syed Muhammad Bilal Gillani**, Basit Ali. 2021. **AWARENESS OF SPORT MASSAGE THERAPY AMONG UNIVERSITY LEVEL FOOTBALL PLAYERS IN PAKISTAN**. THE SKY-IJPEHSAS, Vol. 05, 2021
10. Saira Aziz Mughal, **Syed Muhammad Bilal Gillani**, Asad Hussain Shaikh. 2020. **Assessment of Effect of Diet and Exercise on Intervention of Thyroid Hormone, Body Composition & Bone Density**. THE-SHIELD, Vol. 15, 2020
11. **Syed Muhammad Bilal Gillani**, Syed Ihtisham Ahmed, Basit Ali. 2020. **Nutritional Supplements & Athletes: An Analysis of Potential Side Effects**. THE SKY-IJPEHSAS, Vol. 04, 2020
12. **Syed Muhammad Bilal Gillani**, Shahzaman Khan, Yasmeen Iqbal, Syed Ihtisham Ahmed, Muhammad Irfan Bashir, Aima Gilani, Sunila Naz. 2019. **Utilization of Nutritional Supplements Among Gym Going Athletes**. AJAHS VOL. 04 ISSUE 02 APR-JUN. 2019
13. Muhammad Irfan Bashir, **Syed Muhammad Bilal Gillani**, Syed Ihtisham Ahmed, Hafiz Syed Arsalan Gilani, Muhammad Salman Bashir. 2017. **Comparative Study of Ketoprofen and Ethyl Chloride With Two Different Steroids for Management of Pain in Injury of Athletes**. AJAHS VOL. 02 ISSUE 01 JAN-MAR. 2017

Total Publications: **13**

Total Impact Factor: **17.78**

Total Citations: **3**

Total HEC Recognized Publications: **13**

6. ATTENDED TRAININGS/WORKSHOPS/CONFERENCES/SEMINARS/SYMPOSIUMS.

1. **Volunteer Trainee in Punjab Youth Festival 2014** (organized by the Government of Punjab)
2. **Sports for All 2017** (organized by UOL)
3. **National Sports Conference – Sports Downfall and Roadmap to Success 2017** (organized by Pakistan Sports Board)
4. **Sports for All 2018** (organized by UOL)
5. **One Day Project Formulation Workshops 2018** (organized by research project committee & ORIC UOL)
6. **National Conference on Emerging Trends in Sports Sciences & Physical Education 2018** (organized by UOL)
7. **Sports Gala 2019 – Tug of War** (organized by UOL)

8. **Teaching Certificate of BWF Shuttle Time Teacher Training Course** (organized by Badminton Asia in UOL)
9. **2nd Euro Pak International Conference on Sports Sciences & Education – A Way Forward Towards Healthy Life 2019** (organized by Sarhad University)
10. **International Day of Radiology – Sports Imaging 2019** (organized by UOL)
11. **Seerat Un Nabi Seminar 2019** (organized by UOL)
12. **ICHPE – International Conference of Health Professionals Education 2019** (organized by UCMD UOL)
13. **Track & Field Coaching Course 2020** (organized by 4 Corps under the supervision of Army Sports Directorate in collaboration with Athletics Federation of Pakistan.
14. **Nutrition, Exercise, and Sports 2020** E-Learning Course from Wageningen University & Research.
15. **International Best Practices in Managing Covid-19 for the Higher Education Sector 2020** (organized by Applied HE)
16. **Implementing the United Nations Integrity Curriculum at your university (Pakistan_version) 2020** (organized by UNODC)
17. **Training of Trainers Programee – Global Integrity Education Project 2020-2021** (organized by UNODC)
18. **Organizing tournaments after the COVID-19 Pandemic in Pakistan 2021** (organized by SUKKUR IBA University)
19. **3rd Euro Pak International Online Conference on Sports Sciences & Education – Health, Sports and Society in Pandemic Era 2021** (organized by Sarhad University)
20. **Strengthening Internationalization and Global Partnerships 2022** (organized by Applied HE)
21. **“Course Designing” An Art and a Science 2022** (Organized by Teachers Training Academy, The University of Lahore)
22. **Research Method an Overview of Research Design 2022** (Organized by Teachers Training Academy, The University of Lahore)
23. **Teaching Excellence 2022** (Organized by Teachers Training Academy, The University of Lahore)
24. **Workshop on Biomechanics of Basketball and Table Tennis 2022** (organized by FAHS, UOL)
25. **International Conference on Advances in Allied Health Sciences 2022** (organized by FAHS, UOL)