



BJORN STILTEN

STRENGTH &
CONDITIONING
FOOTBALL COACH

PERSONAL MOTTO

It is not about how good you are.
It is about how good you want to be.

SPORT-SPECIFIC QUALIFICATIONS

- UEFA A qualification
- UEFA B physical coach qualification
- EXOS sports performance specialist
- NSCA sports performance specialist
- Allround RTP-coach (REHABOOM)
- Master sports nutrition (FSI)

CONTACT INFORMATION

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PROFESSIONAL CAREER

PHYSICAL COACH NATIONAL U15

RBFA | JUL 2023 - PRESENT

HEAD S&C COACH

K. BEERSCHOT AV (ACADEMY) | JUL 2016 - PRESENT

LECTURER SPORT SCIENCE FOOTBALL COACH - PE TEACHER

STOPSPOORT ANTWERPEN | SEP 2020 - PRESENT

COACH EDUCATOR FOOTBALL

RBFA - VOETBAL VLAANDEREN | JUL 2018 - PRESENT

CLUB AUDITOR

DOUBLE PASS N.V. | SEP 2019 - JUN 2021

ACADEMIC QUALIFICATIONS

MSC. STRENGTH & CONDITIONING

ST.-MARY'S UNIVERSITY (TWICKENHAM) | JUN 2024

POSTGRADUATE FUNCTIONAL TRAINER

HOWEST HOGESCHOOL | JUN 2021

EBASO PHYSICAL EDUCATION & MOVEMENT SCIENCE

KDG HOGESCHOOL | JUN 2020

BACHELOR SPORT MANAGEMENT

VIVES HOGESCHOOL | JUN 2012