



# PRIYA SINGLA

Professional Athlete and Trainer



## PERSONAL DETAILS

A disciplined and self-motivated athlete with a recent course in Athlete Management. An awarded sports persona with excellent levels of fitness. Looking for positions with sports organizations as a trainer where I can leverage my skills in sports coaching, health and fitness, and team development.



### Phone Number

94676430990



### Email Address

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### LinkedIn URL

[linkedin.com/in/priya-singla](https://www.linkedin.com/in/priya-singla)



### Address

13 Nehru Street,  
Manali



## SKILLS ( TECHNOLOGY / FUNCTIONAL )

- Hand-eye Coordination  
★★★★★
- Athletic Coaching  
★★★★★
- Performance Evaluation  
★★★★★
- Teamwork and Leadership  
★★★★★
- Fitness Mentoring  
★★★★★



## EXPERIENCE / INTERNSHIP

### KPS Public School, Chandigarh

KPS Public School, Chandigarh Jun 2018 – Sept 2018

- Effectively communicated rules and procedures of relevant sports by conducting training workshops.
- Advised, guided and counselled athletes on their nutrition, health, safety and use of various sports equipment.
- Assessed and evaluated the performance of athletes during training and contests.
- Understood strengths of the players and inspire them to overcome their weaknesses by different types of coaching styles.



## EDUCATION

### IGIPESS, Manali 2019

Bachelor of Physical Education

### Deen Dyal School, Hissar 2015

Higher Secondary

### Deen Dyal School, Hissar 2013

Senior Secondary



## PROJECTS

### The Impact of Unexpected Exercises on an Untrained Individual

- Assisted a senior professor in studying the impact using RPE values and FS scale.
- Purpose of the study was to determine the role of tele anticipation in sedentary population.
- Received citations from 3 major national journals.



## PROFESSIONAL ENHANCEMENTS

### Awards

- Awarded "Best Athlete Award" by Haryana Sports Association in 2018.

### Courses

- Athlete Management Course from Sports Management Worldwide, 2019



## EXTRA-CURRICULAR

### Positions of Responsibility

- Vice-President of college's NCC club.

### Volunteering

- Volunteered for awareness program on World Sports Day, 2017.
- Taught sports to slum children as a member of Khel NGO from 2017 to 2018.

### Participations / Sports

- Gold medal winner in Inter-College Gymnast Competition, 2019.
- Gold medallist, National Level Swimming Championship, 2018.
- Bronze medal winner in International level athletic competition, 2018.
- Silver Medal winner in National Gymnast Competition, 2017.

### Languages

English, Hindi, Punjabi, Italian