



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

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