

Dinesh Kumaravel

Senior Strength and Conditioning Coach

Chennai, Tamil Nadu · [Phone] · [Email] · [Website or LinkedIn]

PROFESSIONAL SUMMARY

Strength and conditioning coach with nine years training amateur athletes, working professionals and older adults, with a speciality in injury-aware strength programmes built with physiotherapists. Manages a coaching team, designs periodised plans and tracks client data carefully. Known for high client retention and for clear, patient coaching of people new to lifting.

SKILLS

Periodised programming · Strength and conditioning · Movement screening · Injury-aware training · Olympic lifting · Coach mentoring · Client retention · Nutrition guidance · Data tracking

EXPERIENCE

Head Coach — Strength training studio with two branches, Chennai

4 years · current

- Lead a team of six coaches delivering personal and small-group sessions to around 220 active members.
- Designed twelve-week strength blocks with quarterly testing, and members stay with the studio for 14 months on average.
- Built a referral pathway with two physiotherapy clinics, safely returning over 60 post-rehab clients to full training.
- Run monthly coach workshops on screening, cueing and programme review, and set a clear promotion ladder for trainers.

Personal Trainer — Premium health club, Chennai

3 years

- Coached 25 regular personal training clients, mainly professionals aiming for fat loss, strength and better posture.
- Ranked among the club's top three trainers for session renewals across eight consecutive quarters.
- Started a senior strength batch for members over 60, focused on balance, grip and safe lifting at home.

Conditioning Coach — Private cricket academy, Chennai

2 years

- Ran speed, agility and strength sessions for 45 junior cricketers aged 14 to 19 during season and off-season.
- Tracked workload and fitness test results to flag fast bowlers at risk of overuse injuries.

- Introduced a structured warm-up before nets that players and parents continued following at home during breaks.

EDUCATION

M.Sc. in Sports Science — Deemed university, Chennai

Dissertation on strength training for adults over fifty

B.Sc. in Physical Education — State university, Coimbatore

CERTIFICATIONS AND REGISTRATIONS

- Certified Strength and Conditioning Specialist (CSCS), NSCA
- Olympic weightlifting coaching course
- Adult CPR, AED and first aid certification

PROJECTS

- Lift for Life — twelve-week programme for older adults, with most participants improving their sit-to-stand test
- Coach Pathway — internal training ladder that helped three junior trainers move into senior coach roles

LANGUAGES

Tamil · English · Hindi