



Umair Liaqat

PhD Scholar in Sports Science |
Researcher | Lecturer & Coach
Phone: 0324-9740670
Email: m.umair.edu.pk@gmail.com
Address: Lahore, Pakistan

◆ About Me

PhD Scholar in Sports Sciences with 5+ years of teaching and coaching experience. Research-focused with publications in cognitive play, perceptual motor learning, and sports psychology. Skilled in curriculum design, student development, and academic research.

🎓 Education

- **PhD in Sports Sciences and Physical Education** – Alhamd Islamic University, Islamabad (2024–Present)
Coursework completed, research phase started
- **MPhil in Sports Sciences and Physical Education** – The University of Lahore (2020–2023)
CGPA: 3.68 – Thesis: Impact of Cognitive Play on the Perceptual Motor Learning of school aged child
- **MSc in Sports Sciences and Physical Education** – University of the Punjab (2017–2019)
- **BA** – University of Sargodha (2015–2017)
- **F.A** – BISE Lahore (2010–2012)
- **Matric (Science)** – KPSI Cadet School (2008–2010)

Professional Experience

Beaconhouse School – Sports Teacher (2024–Present)

- ✧ Designed and delivered sports curriculum for preschool and primary classes (ages 3–6).
- ✧ Organized annual sports gala and multiple inter-class tournaments with 100% student participation.
- ✧ Introduced Taekwondo, swimming, and fitness modules, improving motor skills and student engagement.
- ✧ Managed discipline, safety, and overall fitness activities during PE classes.

SCIL School – Sports Teacher (2023–2024)

- Conducted structured PE classes for middle and high school students.
- Organized sports events and competitions to enhance teamwork and leadership skills.
- Implemented student assessment strategies for physical fitness and skill development.

University of the Punjab – Physical Fitness Instructor (2021–2023)

- ✧ Designed and implemented tailored physical fitness programs for university athletes.
- ✧ Focused on event-specific conditioning to enhance athletic performance.
- ✧ Collaborated with coaches to support student-athletes' competitive readiness.

Govt. College (Boys) Gulberg – Physical Fitness Coach & Organizer (2018–2020)

- Organized inter-college competition in swimming, Taekwondo, table tennis, and other games.
- Trained athletes for district and provincial-level championship

Research Publications

1. **Umair Liaqat (2023).** *Impact of Cognitive Play on the Perceptual Motor Learning of School-Aged Children.*

Link: <https://www.jptcp.com/index.php/jptcp/article/view/3126>

2. **Umair Liaqat (2023).** *The Role of Cognitive-Behavioral Therapy in Improving Athletes' Performance.*

Link: <https://www.jptcp.com/index.php/jptcp/article/view/3062>

3. **Umair Liaqat (2025).** *The Impact of Sports Participation on the Self-Confidence of School-Aged Children.*

Link: <https://remittancesreview.com/menu-script/index.php/remittances/article/view/2735>

Conferences

- **Presenter**, “The Impact of Sports Participation on the Self-Confidence of School-Aged Children” – *9th International Academic Sports Research Congress*, Baku, Azerbaijan, 2025.
 - **Presenter**, “The Role of Cognitive-Behavioral Therapy in Improving Athletes' Performance: A Systematic Review with Adherence to PRISMA Guidelines” – *4th Euro-Pak International Conference on Sports Sciences and Education*, National Skills University, Pakistan, 2024.
 - **Presenter**, “Impact of Cognitive Play on the Perceptual Motor Learning of School-Aged Children” – *2nd International Conference on Sports, Exercise and Health Sciences*, Gomal University, Pakistan, 2025.
-

Seminars & Workshops

Participant, “*Sports Sciences for All: Integrating Exercise Physiology, Nutrition and Recovery for Lifelong Health*” – Alhamd Islamic University, Islamabad, Pakistan, 2025.

Achievements

-  **Bronze Medal in Taekwondo** – 32nd **National Games**, Lahore (2012)
 -  **2nd Position in 100m Freestyle** – All Pakistan **National Swimming Championship** (2009)
-

Skills

- ✧ Academic & Teaching
- ✧ University-level lecturing in Sports Sciences and Physical Education
- ✧ Curriculum Development in Physical Education
- ✧ Student Assessment & Evaluation

Sports Science & Psychology

- ✧ Sports Psychology & Athlete Motivation
- ✧ Exercise Physiology & Strength Training
- ✧ Sports Nutrition & Wellness
- ✧ Research & Academic Writing

Coaching & Technical

- ✧ SPSS & Microsoft Office (Word, PowerPoint, Excel)
- ✧ Coaching (Swimming, Taekwondo, Athletics)
- ✧ Event Organization & Leadership

Soft Skills

- ✧ Communication & Conflict Resolution
- ✧ Team Collaboration & Mentorship

Research & Professional Interests

- ✧ Physical Education Curriculum Design
 - ✧ Exercise Physiology & Strength Training
 - ✧ Sports Psychology & Athlete Motivation
 - ✧ Fitness & Wellness Promotion
 - ✧ Academic Research & Publications
-

Languages

- English – Fluent
- Urdu – Fluent

References

Dr. Salahuddin khan

Professor / HoD, Sports Sciences – Alhamd Islamic University

 [+92 334 7235635](tel:+923347235635)  hod.sspe@aiu.edu.pk

Dr. Akhtar Nawaz Ganjera

Professor – University of Lahore

 [+92 300 8332431](tel:+923008332431)  Akhtar.nawaz@sps.uol.edu.pk