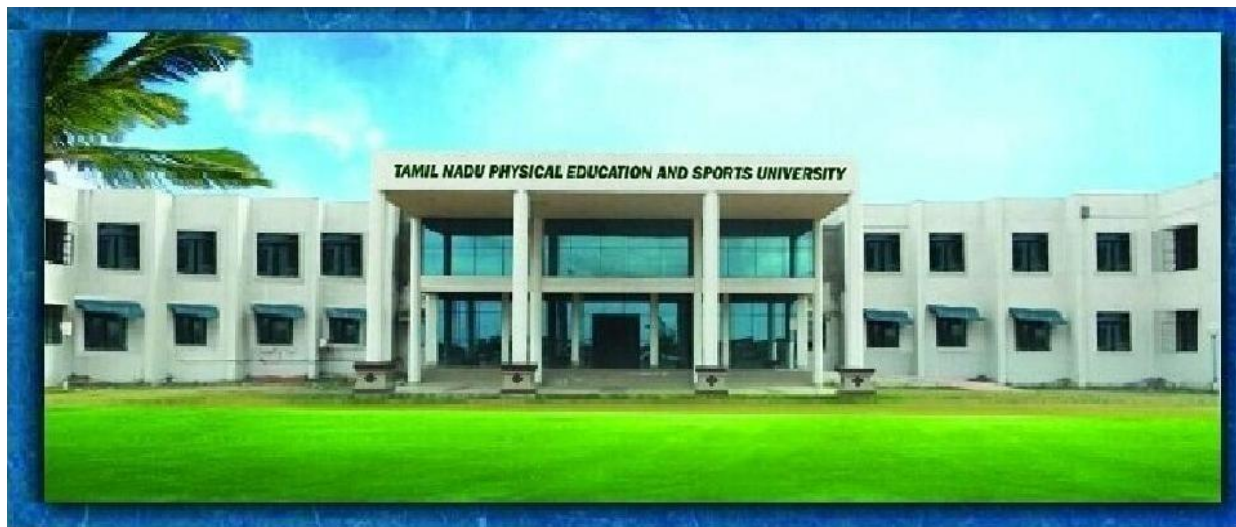


# **Annual Quality Assurance Report (AQAR) 2016-17**



**Track ID: TNUNPE11511**

## **Tamil Nadu Physical Education and Sports University**

**(Estd. by the Govt. of Tamil Nadu Under Act No.9 of 2005)**

**Accredited with "B++" Grade by NAAC**

**India's First State University in Physical Education and Sports**

**Melakottaiyur Post, Chennai- 600 127, Tamil Nadu, India**

**Website: [www.tnpesu.org](http://www.tnpesu.org)**

**Submitted to**

**NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL (NAAC)**

**BANGALORE**

**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**

**IQAC – AQAR**

**2016-2017**

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**COMPOSITION OF INTERNAL QUALITY ASSURANCE CELL**

<b>Chairperson</b>	<b>Dr. A. M. Moorthy</b> (Vice-Chancellor)
<b>A few Senior Administrative Officers</b>	<b>Dr. T. Radhakrishnan</b> (Registrar) <b>Dr. Murugavalavan</b> (i/c Controller of Examination) <b>Dr. C. Armugam</b> (i/c Director, School of Distance Education)
<b>Senior Teachers</b>	<b>Dr. P. Samraj</b> , Professor and Head, Dept. of Physical Education
	<b>Dr. Grace Helina</b> Professor and Head, Dept. of Exercise Physiology and Nutrition & Biomechanics)
	<b>Dr. R. Elangovan</b> , Professor and Head, Dept. of Yoga
	<b>Dr. S. Thirumalaikumar</b> Professor, Dept. of Physical Education
	<b>Dr. R. Subramanian</b> , Professor, Dept. of Advanced Coaching and Training & Sports Technology
	<b>Dr. P. Rajini Kumar</b> , Asst. Professor Dept. of Exercise Physiology & Biomechanics
	<b>Dr. V. Ramesh Kumar</b> , Asst. Professor, Dept. of Sports Management and Sports Psychology & Sociology
<b>Member of the Management</b>	Finance Officer
<b>Nominees from Local Society</b>	PWD Technical Executive Engineer
<b>Students</b>	<b>Ms. Shrividya S ; Mr. A. Sridharan</b>
<b>Alumni</b>	<b>Mr. Satish Babu</b> , CLRI
<b>Nominees from Employers</b>	<b>Member Secretary</b> - Sports Development Authority of Tamil Nadu <b>Director</b> , School Education
<b>Stake holders</b>	<b>Principal</b> , YMCA College of Physical Education) <b>Mr. S. Raman</b> , (Table Tennis- Arjuna Awardee )
<b>IQAC Director</b>	<b>Dr. Shahin Ahmed</b> , Professor, Dept. of Sports Management and Sports Psychology & Sociology

## The Annual Quality Assurance Report (AOAR) of the IOAC (For Universities)

Institutions Accredited by NAAC need to submit an Annual self-reviewed progress report i.e. Annual Quality Assurance Report (AQAR) to NAAC, through its IQAC. The report is to detail the tangible results achieved in key areas, specifically identified by the IQAC at the beginning of the Academic year. *The AQAR period would be the Academic Year. (For example, July 1, 2017 to June 30, 2018)*

### PART - A

#### Data of the Institution

(data may be captured from IIQA)

**1. Name of the Institution**

Tamil Nadu Physical Education and Sports University

Name of the Head of the institution

Dr. A. M. MOORTHY

Does the institution function from own campus: Yes

Phone no./Alternate phone no:

044-27477906

Mobile no :

09884403817

Registered Email

regtnpesu@gmail.com

Alternate Email

tnpesu@rediffmail.com

Address :

Vandalur-Kelambakkam Road,

Melakotaiyur Post, Kandigai.

City/Town :

Kancheepuram

State/UT :

Tamil Nadu

Pin Code :

600 127

**2. Institutional status:**

• University:

State / Central / Deemed / Private

(Tick appropriate)

• Type of Institution:

Co-education / Men / Women

• Location :

Rural /  Semi-urban / Urban

• Financial Status:

Centrally funded /  State funded / Private

(please specify)

Name of the IQAC Co-ordinator/Director: Dr. Shahin Ahmed

Phone no. /Alternate phone no. :

09841246509 / 06381274527

IQAC e-mail address:

tnpesuiqac@gmail.com

Alternate Email address:

naactnpesu@gmail.com

**3. Website address:**

[www.tnpesu.org](http://www.tnpesu.org)

Web-link of the AQAR: (Previous Academic Year):

<http://www.tnpesu.org/AQAR2016-17.pdf>

4. Whether Academic Calendar prepared during the year?

Yes /  No....., if yes, whether it is uploaded in the Institutional website:  Yes

Weblink: <http://www.tnpesu.org/AQAR2016-17.pdf>

5. Accreditation Details

Cycle	Grade	CGPA	Year of Accreditation	Validity Period
1 <sup>st</sup>	B++	2.92	2016	2016 -2021

6. Date of Establishment of IQAC: 03/09/2016

7. Internal Quality Assurance System

7.1 Quality initiatives by IQAC during the year for promoting quality culture		
Item /Title of the quality initiative by IQAC	Date & duration	Number of participants/beneficiaries
• Orientation Day for the Fresher's	09/08/2016 11am to 1 pm	Students of TNPESU
• First Meeting of the IQAC	03/09/2016	11
• Orientation Program for the students – Library Service	12/09/2016 11 am to 12 noon	Students of TNPESU
• Attempts were made to collaborate with other universities through MoU	09/12/2016, 24/05/2017	Students of TNPESU
• Conducted personality development program for Non-teaching	11/12 2016	19
• Biometric System Introduced	01/11/2016	Teaching and Non-Teaching staff and students
• Implemented Feedback System through all stakeholders	April 2017	All the stakeholders

8. Provide the list of Special Status conferred by Central/ State Government-

UGC/CSIR/DST/DBT/ICMR/TEQIP/World Bank/CPE of UGC etc.

Institution/ Department/Faculty	Scheme	Funding agency	Year of award with duration	Amount
Dept. of Exercise Physiology and Biomechanics	Innovative Project	TANII	2016	13,000,000
Library Services				2.5 crores

9. Whether composition of IQAC as per latest NAAC guidelines: Yes/No:

\*upload latest notification of formation of IQAC (**Enclosed in the Annexure**)

10. No. of IQAC meetings held during the year:

The minutes of IQAC meeting and compliance to the decisions have been uploaded on the institutional website.....

Yes/No

(Please upload, minutes of meetings and action taken report)

11. Whether IQAC received funding from any of the funding agency to support its Activities during the year? Yes No

If yes, mention the amount: Year:

12. Significant contributions made by IQAC during the current year (maximum five bullets)

- Various activities were conducted by the Departments (Academic and Sports) to foster excellence:
- Efforts made to organize Workshops/Seminars and also an international workshop was conducted to deepen, heighten and sharpen awareness/ intellect
- Inter-Collegiate tournaments in Handball, Football and Athletics, SDAT Inter University Football Men and Women Tournament and All India Inter-University Korfball tournament for Men and Women were organized by the University.
- MoU's were initiated with other Universities. .
- A research coordinator was nominated among the faculty to foster research activities among the faculty members, scholars and student.
- Meetings were convened for discussing the 12-B status, NAAC, Preparation of proposals for projects, Re-structuring the Departments and TNPESU Statutes.
- Introduced Biometric System for teaching and non-teaching staff

**13. Plan of action chalked out by the IQAC in the beginning of the Academic year towards Quality Enhancement and the outcome achieved by the end of the Academic year**

Plan of Action	Achievements/Outcomes
<ul style="list-style-type: none"> <li>➤ To increase the admission in the following years</li> <li>➤ To prepare academic calendar at the beginning of every semester for effective planning of teaching learning process.</li> <li>➤ To organize tournaments between staff and students</li> <li>➤ To obtain feedback from the students</li> <li>➤ To initiate Enrichment Programs for Non-teaching</li> <li>➤ To submit AISHE Report</li> <li>➤ Extension of buildings for classroom, library, hostel, sports science labs and sports complex</li> </ul>	<p>Attempts are being made through paper advertisements, social media etc.,</p> <p>The academic calendar was prepared by a committee of faculty members.</p> <p>The tournaments were conducted between the staff and students.</p> <p>Measures were taken to obtain the feedback from all the stakeholders.</p> <p>A program on Personality Development was organized for the non-teaching staff.</p> <p>AISHE Report submitted</p> <p>Inauguration and laying foundation stone for new buildings by the Honorable Chief Minister on 24/06/17</p>

**14. Whether the AQAR was placed before statutory body? Yes/No:**  No

Name of the statutory body: No Date of meeting(s):

**15. Whether NAAC/or any other accredited body(s) visited IQAC or interacted with it to Assess the functioning?**

Yes/  No

Date: -

**16. Whether institutional data submitted to AISHE:  Yes/ No**

Year: 2017

Date of Submission: 17/03/2017

**17. Does the Institution have Management Information System?**

Yes / No

If yes, give a brief description and a list of modules currently operational.  
(Maximum 500 words)

Yes

- The biometric system is used effectively to record attendance of teaching and non-teaching staff.
- This University Library has been fully automated using NIRMALS Pro 4.2®, Library automation software. The software facilitates Library management in several aspects such as Gate Entry Management System, automated circulation of books, Book Purchase, Bibliographic data entry and retrieval, Journal Subscription module, Theses entry module, Membership data management module, Article Indexing module, Online Public Access Catalogue module. Daily reports pertaining to the above Library operations shall be generated using this software. This software also facilitates the students to access all the library resources in a single platform that is online open access catalogue. And they have the chance to reserve the books which is under lending. Stock verification can be made using this software.
- The office of the Controller of Examination has partial automation system which is from OG Software Solution Pvt. Limited.
- The Automation of Admissions and the office of the Controller of Examination services work has been entrusted to National Information Center, Chennai for the development of management information system for the courses offered in Regular and Distance Mode.



## Part-B

<b>CRITERION I - CURRICULAR ASPECTS</b>			
<b>1.1 Curriculum Design and Development</b>			
1.1.1 Program for which syllabus revision was carried out during the Academic year			
Name of program	Program Code	Dates of revision	
Certificate in Yoga		15.06.2017	
Diploma Course in Yoga			
PG Diploma in Yoga			
PG Diploma in Yoga Therapy			
B.Sc Yoga			
M.Sc Yoga			
M.Sc Yoga Therapy			
M.Phil Yoga (Part time and Full time)		15.06.2017	
MBA (Sports Management)			
M.Sc Psychology		15.06.2017	
M.Sc Sports Psychology			
M.Sc Sports Psychology & Sociology			
M.Phil Psychology			
M.Phil Sports Psychology			
M.Phil Sports Psychology & Sociology			
B.Sc Sports Coaching		08.06.2017	
M.Sc Sports Coaching			
1.1.2 Program/courses focused on employability/ entrepreneurship/ skill development during the Academic year			
Program with Code	Date of Introduction	Course with Code	Date of Introduction
NIL	NIL	NIL	NIL
<b>1.2 Academic Flexibility</b>			

1.2.1 New programs /courses introduced during the Academic year					
Program/Course			Date of introduction		
M.Sc Sports Psychology			15.06.2017		
M.Phil Sports Psychology					
1.2.2 Programs in which Choice Based Credit System (CBCS)/Elective Course System implemented at the University level during the Academic year.					
Name of Programs adopting CBCS	UG	PG	Date of implementation of CBCS / Elective Course System	UG	PG
Efforts were being taken to introduce CBCS System	-	-	-	-	-
<b>1.3 Curriculum Enrichment</b>					
1.3.1 Value-added courses imparting transferable and life skills offered during the year					
Value added courses			Date of introduction	Number of students enrolled	
Proposed to offer through Choice Based Credit System.			-	-	
1.3.2 Field Projects / Internships under taken during the year					
Project/Program Title			No. of students enrolled for Field Projects / Internships		
<b><i>B.P. Ed. Physical Education</i></b>					
Intensive Teaching Practice at schools			100		
Project Sports Meet			100		
Village Placement Program			100		

<b><i>M.P. Ed Physical Education</i></b>	
Intensive Coaching Practice at schools	35
Project Sports Meet	35
Village Placement Program	35
<b><i>M.Phil Physical Education</i></b>	
Village Placement Program	14
<b><i>M.Sc Yoga</i></b>	
Internship – I – Teaching Practice II – Alternative Therapy Centers	04
<b><i>M.Phil Yoga</i></b>	
	15
<b><i>M.Sc Exercise Physiology &amp; Nutrition</i></b>	
Internship –	
• Sri Ramachandra Medical University	
• Atlier’s Fitness Centre	01
<b><i>M.Sc Sports Biomechanics &amp; Kinesiology</i></b>	
CLRI (Internship)	04
<b><i>MBA (Sports Management)</i></b>	
Internship - Organisation	10
Project Work - Organisation	10
<b><i>M.Phil Sports Management</i></b> Project Work	
	01
<b><i>M.Phil Sports Psychology &amp; Sociology</i></b>	
Project Work	04
<b><i>B.Sc Sports Coaching</i></b>	
Internship – Coaching Practice at Government Higher Secondary School, Melakottaiyur	31
<b><i>M.Sc Sports Coaching</i></b>	
Field Project - SDAT, Chennai	02
<b><i>M.Tech Sports Technology</i></b>	
University Laboratory (In-house)	08

#### **1.4 Feedback System**

1.4.1 Whether structured feedback received from all the stakeholder

1) Students	2) Teachers	3) Employers	4) Alumni	5) Parents
<b>Yes</b>	<b>Yes</b>	<b>Yes</b>	<b>Yes</b>	<b>Yes</b>

1.4.2 How the feedback obtained is being analyzed and utilized for overall development of the institution?  
(maximum 500 words)

As feedback is a fundamental learning and teaching activity, it has a significant impact on student learning and achievement. It serves as an important function of assessment with regard to the programs offered at the university. It also gives the information about the relevance of the course content and about the teacher. It is an effective strategy, which helps the students to understand the subject being studied and gives them clear guidance on how to improve their learning. It is the core professional responsibility of all the staff of the university to develop high quality curriculum design, teaching methodology and improvise student learning. At TNPESU, the feedback system is implemented by distributing the feedback forms to the students at the end of the semester with regard to the course curriculum and teacher effectiveness for all the courses offered by the Departments. The information is thus collected is statistically analyzed and the results are graphically represented and are used as feedback to further improve the system. To get better results, the students also need to be considered as one of the important component to give the feedback about the course content, hence a student representative and an alumni also should be a part and parcel of the Board of Studies Committee. So, in future, they also need to be included in the Board, and changes in the curriculum to be made according to the need of the market. The other stakeholders include the parents where the feedback forms were distributed through the students before the end of the semester. The alumni feedback forms were circulated, when the alumni visit the institution during the informal alumni meeting or when they come to the institution as a referee/coach/evaluator/ seminars and workshops. Steps are being taken to collect the feedback of the students when they go for internship or get employed through campus interviews from the employers. As they are also one of the vital source to give the feedback of our students performance, they also would be considered in future.

**CRITERION II -TEACHING-LEARNING AND EVALUATION****2.1 Student Enrolment and Profile****2.1. 1 Demand Ratio during the year**

Name of the Programme	Number of seats available	Number of applications received	Students Enrolled
B.P.Ed., Physical Education	100	168	100
M.P. E., Physical Education	40	28	08
M.Phil Physical Education	14	54	14
M.Sc Yoga	20	08	05
M.Phil Yoga	20	15	15
B,Sc Exercise Physiology & Nutrition	50	20	12
M.Sc Exercise Physiology & Nutrition	20	10	05
M.Phil Exercise Physiology & Nutrition	08	02	02
M.Sc Sports Biomechanics & Kinesiology	20	06	06
MBA (Sports Management)	60	18	01
M.Phil Sports Management	08	01	01
M.Sc Psychology	20	04	04
M.Sc Sports Psychology & Sociology	20	02	02
M.Phil Sports Psychology & Sociology	08	04	04
B.Sc Sports Coaching	50	42	31
M.Sc Sports Coaching	15	02	02
M.Tech Sports Technology	18	12	09

### Catering to Student Diversity

#### Student - Full time teacher ratio (current year data)

Year	Number of students enrolled in the institution (UG)	Number of students enrolled in the institution (PG)	Number of full time teachers available in the institution teaching only UG courses	Number of full time teachers available in the institution teaching only PG courses	Number of teachers teaching both UG and PG courses
2016-2017	105	260	-	25	25
	Support Staff (Statistics+Medical Officer+ 2 Physiotherapists)				04
Total		365			29

#### Teaching - Learning Process

##### 2.3.1 Percentage of teachers using ICT for effective teaching with Learning Management Systems (LMS), E-learning resources etc. (current year data)

Number of teachers on roll	Number of teachers using ICT ( <i>LMS, e-Resources</i> )	ICT tools and resources available	Number of ICT enabled classrooms	Number of smart classrooms	E-resources and techniques used	
08 PE	08	LCD	07		LCD	
03 Yoga	03					
04 EP	04					01
02 SM	02					
04 SP	02					
02 ATC	02					
02 ST	02					
Support Staff (Statistics+Medical Officer+ 2 Physiotherapists)	04					

2.3.2 Students mentoring system available in the institution? Give details. (maximum 500 words)

The University has mentor-mentee system to provide guidance to the students on their academics and other personal related issues. Based on the student teacher ratio, each faculty is assigned a batch of few students, where the concerned teacher from the university serves as a mentor . A close and professional relationship would be maintained between the faculty members and the student. A prefixed time (4 to 5 pm) is allocated once in 15 days to meet the mentor for this purpose. The mentors will have one to one contact with the students and identify the needs of the students. The mentors will make sure the students to understand the curriculum. The students have to meet their mentors on a regular basis and the progress of the students are monitored by the mentors. Any issues or problems which the student faces related to academic, curricular and extra-curricular activities or others are brought to the knowledge of the concerned teacher, Head of the Department and if required to the parents, through the mentors and the issues are sorted out accordingly. Students are encouraged to participate in various Seminars, Symposiums, Workshops, Conferences and Internship programs and guidance is provided by the mentors if they feel comfortable. If any student is poor in any of the subjects, the students are advised to meet their mentors for their remedial. The mentors play a key role in identifying the strength and weakness of their respective students and make them aware of the growth opportunities by appropriately guiding them. If any grievances are there with regard to any kind of harassment within the campus, there are different cells that functions to cater to the needs of the students, such as SC/ST Cell, Anti –Ragging Cell, Student Grievance Cell and the Women Complaint Cell.

Number of students enrolled in the institution	Number of fulltime teachers	Mentor: Mentee Ratio
365	25	1:15

<b>2.4 Teacher Profile and Quality</b>				
<b>2.4.1 Number of full time teachers appointed during the year</b>				
No. of sanctioned positions	No. of filled positions	Vacant positions	Positions filled during the current year	No. of faculty with Ph.D
14 PE	08	06	05	08
04 Yoga	03	01	-	03
04 EP	03	01	-	03
04 BM	01	03	-	01
04 SM	02	02	Nil	02
04 SPS	04	04	-	04
04 ACT	02	02	--	02
04 ST	02	02	Nil	02
Supporting Staff Statistics+Medical Officer+2 Sports Physioltherapists	04			02
<b>Total</b>	<b>29</b>			<b>27</b>



<b>2.4.2 Honours and recognitions received by teachers</b> (received awards, recognition, fellowships at State, National, International level from Government, recognised bodies during the year )				
Year of award	Name of full time teachers receiving awards from state level, national level, international level		Designation	Name of the award, fellowship, received from Government or recognized bodies
21.06.16	Dr. R. Elangovan	Professor and Head, Dept. of Yoga	Life Time Achievement Award Tamil Nadu Vilayattu Yogasana Association, Chennai	
04.09.16			Yuva Shree Kalaibhooshan, PCY & RC	
28.09.16			Yoga Chandran, Yuva Yoga Mandiram Trust	
30.11.16			Yoga Suryan, Yuva Yoga Mandiram Trust	
<b>2.5 Evaluation Process and Reforms</b>				
2.5.1 Number of days from the date of semester-end/ year- end examination till the declaration of results during the year				
Programme Name	Program me Code	Semester/ year	Last date of the last semester-end/ year- end examination	Date of declaration of results of semester-end/ year-end examination
M.Phil – Physical Education	03	April – 2016	07.05.2016	23.06.2016
M.P.Ed	02			
B.P.Ed	01			
M.Phil Yoga	10			
M.Sc. Yoga	06			
M.Phil Exercise Physiology and Nutrition	13			
M.Sc Exercise Physiology and Nutrition	08			
B.Sc Exercise Physiology and Nutrition	12			
M.Phil Biomechanics and Kinesiology	21			
M.Sc Biomechanics and Kinesiology	16			
M.Phil Sports Psychology & Sociology	23			
M.Sc Sports Psychology	24			
M.Sc Psychology	22			
M.Phil Sports Management	09			
MBA Sports Management	07			
M.Tech Sports Technology	20			
M.Sc Sports Coaching	18			
B.Sc Sports Coaching	17			

2.5.2 Average percentage of Student complaints/grievances about evaluation against total number appeared in the examinations during the year <i>*Do not include re-evaluation/ re-totalling</i>				
Number of complaints or grievances about evaluation		Total number of students appeared in the examination		Percentage
Nil		Nil		Nil
<b>No complaints or grievances about evaluation were received</b>				
<b>2.6 Student Performance and Learning Outcomes</b>				
2.6.1 Program outcomes, program specific outcomes and course outcomes for all programs offered by the institution are stated and displayed in website of the institution (to provide the weblink)				
Enclosed in the Annexure				
2.6.2 Pass percentage of students				
Program Code	Program name	Number of students appeared in the final year examination	Number of students passed in final Semester /year examination	Pass Percentage
02	M.Ped	35	35	100%
03	M.Phil PE	14	14	100%
06	M.Sc Yoga	04	04	100%
10	M.Phil Yoga	15	15	100%
12	B,Sc Exercise Physiology & Nutrition	08	04	50%
08	M.Sc Exercise Physiology & Nutrition	01	01	100%
13	M.Phil Exercise Physiology & Nutrition	02	02	100%
16	M.Sc Sports Biomechanics & Kinesiology	04	04	100%
07	MBA (Sports Management)	10	09	90%
09	M.Phil Sports Management	01	01	100%
23	M.Phil Sports Psychology & Sociology	04	04	100%
17	B.Sc Sports Coaching	30	20	67%
18	M.Sc Sports Coaching	02	02	100%
20	M.Tech Sports Technology	08	08	100%

**2.7 Student Satisfaction Survey**

2.7.1 Student Satisfaction Survey (SSS) on overall institutional performance (Institution may design the questionnaire) (results and details be provided as weblink)

Enclosed in the Annexure

**CRITERION III - RESEARCH, INNOVATIONS AND EXTENSION****3.1 Promotion of Research and Facilities**

3.1.1 Teachers awarded National/International fellowship for advanced studies/ research during the year

Level	Name of the teacher awarded the fellowship	Name of the Award	Date of Award	Awarding Agency
National	Nil	Nil	Nil	Nil
International	Nil	Nil	Nil	Nil

3.1.2 Number of JRFs, SRFs, Post Doctoral Fellows, Research Associates and other fellows in the Institution enrolled during the year

Name of Research fellowship	Duration of fellowship	Funding agency
Nil	Nil	Nil

<b>3.2 Resource Mobilization for Research</b>				
3.2.1 Research funds sanctioned and received from various agencies, industry and other organisations				
Nature of the Project	Duration	Name of the funding Agency	Total grant sanctioned	Amount received during the year
Major projects	2016-2019	TANII	13.122 Crores	-
*Dept. of Exercise Physiology and Sport Bio Mechanics			2.51 Crores	96.5 lakhs
*Library				
Minor Projects			-	
Interdisciplinary Projects	-	-	-	-
Industry sponsored Projects	-			
Projects sponsored by the University	-	-	-	-
Students Research Projects ( <i>other than compulsory by the University</i> )	-	-	-	-
International Projects	-	-	-	-
Any other(Specify)	-	-	-	-
Total	-	-		-
<b>3.3 Innovation Ecosystem</b>				
3.3.1 Workshops/Seminars Conducted on Intellectual Property Rights (IPR) and Industry-Academia Innovative practices during the year				
Title of Workshop/Seminar		Name of the Dept.		Date(s)
NIL		NIL		NIL
3.3.2 Awards for Innovation won by Institution/Teachers/Research scholars/Students during the year				
Title of the innovation	Name of the Awardee	Awarding Agency	Date of Award	Category
NIL	NIL	NIL	NIL	NIL
3.3.3 No. of Incubation centre created, start-ups incubated on campus during the year				
Incubation Centre	Name		Sponsored by	
NIL	NIL		NIL	
Name of the Start-up	Nature of Start-up		Date of commencement	
NIL	NIL		NIL	

### 3.4 Research Publications and Awards

#### 3.4.1 Ph. Ds awarded during the year

Name of the Department	No. of Ph. Ds Awarded
Physical Education	50
Yoga	08
Sports Psychology	01
Advanced Sports Coaching	03
Sports Technology	01

#### 3.4.2 Research Publications in the Journals notified on UGC website during the year

Type	Department	No. of Publication	Average Impact Factor, if any
National International	Physical Education	03 10	
National International	Yoga	01	
National International	Exercise Physiology & Biomechanics	09	
National International	Sports Management	02	

National	Sports Psychology & Sociology	04	
International		02	
National	Advanced Sports Coaching & Training	01	
International		02	
National	Sports Technology	03	6.725
International			
Total		37	

3.4.3 Books and Chapters in edited Volumes / Books published, and papers in National/International Conference Proceedings per Teacher during the year

Department	No. of publication
PE	16
Yoga	03 Books 01 Chapter
EP	07
SM SPS	01 02 chapter 06
AC ST	03 01

3.4.4 Patents published/awarded during the year

Patent Details	Patent status <b>Published/Filed</b>	Patent Number	Date of Award
<b>NIL</b>	<b>NIL</b>	<b>NIL</b>	<b>NIL</b>

3.4.5 Bibliometrics of the publications during the last Academic year based on average citation index in Scopus/  
Web of Science or PubMed/ Indian Citation Index

Title of the paper	Name of the author	Title of the journal	Year of publication	Citation Index	Institutional affiliation as mentioned in the publication	Number of citations excluding self citations
<b>NIL</b>	<b>NIL</b>	<b>NIL</b>	<b>NIL</b>	<b>NIL</b>	<b>NIL</b>	<b>NIL</b>

3.4.6 h-Index of the Institutional Publications during the year. (based on Scopus/ Web of science)

Title of the paper	Name of the author	Title of the journal	Year of publication	h-index	Number of citations excluding self citations	Institutional affiliation as mentioned in the publication
<b>NIL</b>	<b>NIL</b>	<b>NIL</b>	<b>NIL</b>	<b>NIL</b>	<b>NIL</b>	<b>NIL</b>

3.4.7 Faculty participation in Seminars/Conferences and Symposia during the year :

No. of Faculty	International level	National level	State level	Local level
Attended Seminars/ Workshops	25	40		
Presented papers	15	35		
Resource Persons	5	10		

**3.5 Consultancy**

3.5.1 Revenue generated from Consultancy during the year

Name of the Consultant(s) department	Name of Consultancy project	Consulting/Sponsoring Agency	Revenue generated (amount in rupees)
<b>NIL</b>	<b>NIL</b>	<b>NIL</b>	<b>NIL</b>

3.5.2 Revenue generated from Corporate Training by the institution during the year				
Name of the Consultant(s) & Department	Title of the Program	Agency seeking training	Revenue generated (amount in rupees)	Number of trainees
<b>NIL</b>	<b>NIL</b>	<b>NIL</b>	<b>NIL</b>	<b>NIL</b>

### 3.6 Extension Activities

3.6.1 Number of extension and outreach programmes conducted in collaboration with industry, community and Non-Government Organisations through NSS/NCC/Red cross/Youth Red Cross (YRC) etc., during the year

Title of the Activities	Organising unit/ agency/ collaborating agency	Number of teachers <b>coordinated</b> in such activities	Number of students participated in such activities
NSS Regular	07 units	NSS Program Officers	700
Special Activities	07 units	NSS Program Officers	350
<b>Village Placement Program</b>	Village	08 PE	132
	Sadanand Mutt, Perungalathur	03 Yoga	20
	Village	02 SM	10
	Bishop Allen Home for Children, Egmore, Chennai	04	04

3.6.2 Awards and recognition received for extension activities from Government and other recognized bodies during the year

Name of the Activity	Award/recognition	Awarding bodies	No. of Students benefited
<b>NIL</b>	<b>NIL</b>	<b>NIL</b>	<b>NIL</b>



3.6.3 Students participating in extension activities with Government Organisations, Non-Government Organisations and programs such as Swach Bharat, Aids Awareness, Gender Issue, etc. during the year

Name of the scheme	Organising unit/ agency/ collaborating agency	Name of the activity	Number of teachers <b>coordinated</b> in such activities	Number of students participated in such activities
NIL	NIL	NIL	NIL	NIL

**3.7 Collaborations**

3.7.1 Number of Collaborative activities for research, faculty exchange, student exchange during the year

Nature of Activity	Participant	Source of financial support	Duration
NIL	NIL	NIL	NIL

3.7.2 Linkages with institutions/industries for internship, on-the-job training, project work, sharing of research facilities etc. during the year

Nature / Title of linkage	NAME OF THE SCHOOL	ADDRESS OF INTERNSHIP SCHOOL	Duration (From-To)	participant
Internship/ Intensive Teaching and Coaching Practice	MCC Campus School,,	East Tambaram. Chennai	01 - 02-2017 to 14-02-2017	Student's of Physical Education
	Zion Mat. Higher Secondary School			
	C.S.I. Corley Higher Secondary School,	Tambaram.chennai-59		
	Delhi Public School, near, IIIT&DM	Melakottaiyur, Chennai – 600 127		
	Shanthi NIKETHAN Mat. Hr. Sec. School	Sembakkam, chennai-73		
		Ottery, Vandalur,chennai-48		
	Government Higher Secondary School	Thalambur,chennai		
	Agni College of Technology,	Annai Therasa Nagar,zamin pallvaram,chennai-600117		
	St.Vincent Pallotti Mat. Higher Secondary School,	Chitlapakkam,chennai-600064		
		Thalambur,chennai		
Violet Mat. Higher Secondary School,	Melakottaiyur, Chennai – 600 127			

3.7.3 MoUs signed with institutions of national, international importance, other universities, industries, corporate houses etc. during the year

Organisation	Date of MoU signed	Purpose and Activities	Number of students/teachers participated under MoUs
Dr. MGR Medical University	09.12.2016	To conduct joint educational and research activities in the area of Biomechanics	VC TNPESU VC- TN Dr.MGR Medical University, Registrar, TNPESU One faculty member from Biomechanics
Chettinad Hospital	2016	To conduct joint educational and research activities	VC TNPESU, Dean of Research Registrar, Head of the Department of Physical Education and a Medical Officer
Bhramakumaris	24/5/2017 under process	Research/Teaching /Training	03

**CRITERION IV - INFRASTRUCTURE AND LEARNING RESOURCES**

**4.1 Physical Facilities**

4.1.1 Budget allocation, excluding salary for infrastructure augmentation during the year

Budget allocated for infrastructure augmentation	Budget utilized for infrastructure development
3,45,50,000	3,45,50,000

4.1.2 Details of augmentation in infrastructure facilities during the year

Facilities	Existing	Newly added
Campus area	125 acres	-
Class rooms	18	
Laboratories	04	
Seminar Halls	02	
Classrooms with LCD facilities	02	
Classrooms with Wi-Fi/ LAN	01	
Seminar halls with ICT facilities		
Video Centre	-	
No. of important equipments purchased ( $\geq$ 1-0 lakh) during the current year.		
Value of the equipment purchased during the year (Rs. in Lakhs)		36,99,227.00
Others		

<b>4.2 Library as a Learning Resource</b>									
4.2.1 Library is automated {Integrated Library Management System (ILMS)}									
Name of the ILMS software		Nature of automation (fully or partially)			Version		Year of automation		
Nirmal Library Automation Process		Fully			4.2.0		2008		
4.2.1 Library Services:									
		Existing		Newly added		Total			
		No.	Value	No.	Value	No.	Value		
Text Books		3040	22,49,152	404	6,38,248	3444	28,87,400		
Reference Books									
e-Books		12	12,100						
Journals									
e-Journals									
Digital Database									
CD & Video							5,50,000		
Library automation									
Weeding (Hard & Soft)									
Others (specify)							29,42,400		
4.2.2 E-content developed by teachers such as: e-PG-Pathshala, CEC (under e-PG-Pathshala CEC (Under Graduate) SWAYAM other MOOCs platform NPTEL/NMEICT/any other Government initiatives & institutional (Learning Management System (LMS) etc									
Name of the teacher		Name of the module			Platform on which module is developed		Date of launching e - content		
NIL		NIL			NIL		NIL		
<b>4.3 IT Infrastructure</b>									
4.3.1 Technology Upgradation (overall)									
	Total Computer	Computer Labs	Internet	Browsing Centres	Computer Centres	Office	Departments	Available band width (MGBPS)	Others
Existing	75	01	Enabled	The computer Lab is enabled with internet and it is used for teaching, learning, research and browsing activities		VC, Registrar Finance, SDE, COE = 20	Library and other Departments 25	1GB	To be initiated ICT , E-Library
Added	-	-	-	-		-	-	-	-
Total	75	01				20	25		

4.3.2 Bandwidth available of internet connection in the Institution (Leased line)			
.....1GB..... MBPS /GBPS			
4.3.3 Facility for e-content			
Name of the e-content development facility		Provide the link of the videos and media centre and recording facility	
NIL		NIL	
<b>4.4 Maintenance of Campus Infrastructure</b>			
4.4.1 Expenditure incurred on maintenance of physical facilities and academic support facilities, excluding salary component, during the year			
Assigned budget on academic facilities	Expenditure incurred on maintenance of academic facilities	Assigned budget on physical facilities	Expenditure incurred on maintenance of physical facilities
50,00,000	50,00,000	3,45,50,000	3,45,50,000
4.4.2 Procedures and policies for maintaining and utilizing physical, academic and support facilities - laboratory, library, sports complex, computers, classrooms etc. (maximum 500 words) (information to be available in institutional Website, provide link)			
Enclosed in the Annexure			
<b>CRITERION V - STUDENT SUPPORT AND PROGRESSION</b>			
<b>5.1 Student Support</b>			
5.1.1 Scholarships and Financial Support			
	Name /Title of the scheme	Number of students	Amount in Rupees
Financial support from institution	SC/ST/BC/MBC	118	5,30,249

Financial support from other sources					
a) National	Rajeev Gandhi Fellow Ship	04	7,59.000		
b) International	NIL	NIL	NIL		
5.1.2 Number of capability enhancement and development schemes such as Soft skill development, Remedial coaching, Language lab, Bridge courses, Yoga, Meditation, Personal Counselling and Mentoring etc.,					
Name of the capability enhancement scheme	Date of implementation	Number of students enrolled	Agencies involved		
Yoga for all	August 2016	Students of TNPESU	Dept. of Yoga		
Psychological Counseling Services	09/12/2015	Students of TNPESU	Dept. of Sports Psychology and Sociology		
Student Mentoring	26/10/2016	Students of TNPESU	Dept. of Yoga		
5.1.3 Students benefited by guidance for competitive examinations and career counseling offered by the institution during the year					
Year	Name of the scheme	Number of benefited students by Guidance for Competitive examination	Number of benefited students by Career Counseling activities	Number of students who have passed in the competitive exam	Number of students placed
NIL	NIL	NIL	NIL	NIL	NIL

5.1.4 Institutional mechanism for transparency, timely redressal of student grievances, Prevention of sexual harassment and ragging cases during the year

Total grievances received	No. of grievances redressed	Average number of days for grievance redressal
---------------------------	-----------------------------	--

**No Grievances received with regard to any harassment**

## 5.2 Student Progression

5.2.1 Details of campus placement during the year

On campus			Off Campus		
Name of Organizations Visited	Number of Students Participated	Number of Students Placed	Name of Organizations Visited	Number of Students Participated	Number of Students Placed
Inspiring Fitness Services (OPC) Pvt. Ltd Chennai	49	05	-	-	-
SV EduSports Pvt. Ltd, Bangalore	33	11	-	-	-
Rite Stride Pvt. Ltd, Chennai	37	11			
Indian Public Schools, Coimbatore, Chennai	41	07			

5.2.2 Student progression to higher education in percentage during the year

Year	Number of students enrolling into higher education	Programme graduated from	Department graduated from	Name of institution joined	Name of Programme admitted to
2016-17	03	B. P.Ed	Physical Education	TNPESU	M.Ped
	02	M.P.Ed			M.Phil
	03	M.Phil			Ph. D
	02	M.Sc	Yoga	TNPESU	M.Phil
	03	M. Phil			Ph.D
	02	B.Sc	Exercise Physiology	TNPESU	M.Sc
	01	M.Sc			M.Phil
	01	M.Phil			Ph.D
	01	M.B.A	Sports Management	TNPESU	Ph. D
	01	M.Sc	Sports Psychology	TNPESU	Ph.D
	02	B.Sc	Advanced Training & Coaching	YMCA & TNPESU	B.P.Ed M.B.A

5.2.3 Students qualifying in state/ national/ international level examinations during the year  
(eg:NET/SET/SLET/GATE/GMAT/CAT/GRE/TOFEL/Civil Services/State Government Services)

Items	No. of Students selected/qualifying	Registration number/roll number for the exam
NET	02	-
SET	-	-
SLET	-	-
GATE	-	-
GMAT	-	-
CAT	-	-

GRE	-	-
TOFEL	-	-
Civil Services	-	-
State Government Services	-	-
Any Other	-	-

5.2.4 Sports and cultural activities / competitions organised at the institution level during the year

Enclosed in the Annexure

Activity	Level	Participants

### 5.3 Student Participation and Activities

5.3.1 Number of awards/medals for outstanding performance in sports/cultural activities at national/international level (award for a team event should be counted as one)

Year	Name of the award/ medal	National/ International	Sports	Cultural	Student ID number	Name of the student
2016-2017	Bronze	National (All India Inter-University)	Fencing (Saber)	-	-	Kishore Kumar
	Biomechanist	International Rio Olympics Common Wealth Game Asian Games	Hockey	-	-	Amutha Prakash

5.3.2 Activity of Student Council & representation of students on academic & administrative bodies/committees of the institution (maximum 500 words)

Initiatives are being taken to form Student Council to cater to the needs of the students. The representatives from each class is being included in organizing any sport or cultural event in the institution. The students play a vital role in organizing the seminars/workshops/conferences in the department in terms of event



management along with the faculty members. A marginal representation is there in the academic body as some of the departments have included either their past or present student in the committee of Board of Studies. During the Project Meet, the students are given the autonomy to be the project heads in designing, organizing and executing the sports event, which is in the form of tournaments conducted for the other departments and the schools and colleges outside the University. The students also involve themselves by serving as umpires or referees during the inter-department/college/university tournaments.

### **5.3 Alumni Engagement**

5.3.1 Whether the institution has registered Alumni Association? Yes/No, if yes give details (maximum 500 words):

Attempts are being taken to establish the Alumni association, but the old passed out students come together to the department and meet the Department Heads and faculty members and used to conduct meetings once in a year. Efforts are being taken to have an official registration and it is in the process.

5.3.2 No. of registered Alumni: **2,252**

5.3.3 Alumni contribution during the year (in Rupees) : **93,375**

5.3.4 Meetings/activities organized by Alumni Association :

The Alumni meet once in a year at departmental level. Though the alumni association is not established, but the alumni interact with the faculty members. They bring in their expertise and share their experience with the students. During these interactions, they share their expertise and experience with the students. Since few alumni are a part of this institution in the capacity of teachers, they look forward to coordinate with the old students for the betterment of the institution and uses their expertise in the form of coaching, referring and as well as evaluators the students of TNPESU,

## **CRITERION VI -GOVERNANCE, LEADERSHIP AND MANAGEMENT**

### **6.1 Institutional Vision and Leadership**

6.1.1 Mention two practices of decentralization and participative management during the last year (maximum 500 words)

Institutional vision reflects on the quality programs offered at the University. Sports University is one of the decentralized part of the Youth Welfare and Sports Development Department (YWSDD). Hence, the YWDD, are active participants in the governance of the university. The decentralization comes into effect as the YWDD processes all the proposals sent for funding from the government. The Finance Committee is the apex body to sanction the financial requirement and they play a pivotal role in managing suggesting directing the university.

The academic works are channeled through the Heads of the Departments of the University. The responsibility of decision making is decentralized in department with regard to courses, curriculum, members of the board of the studies, examiners, eminent speakers to address the students. The Heads of the Departments of different faculties of Physical Education and Sports Sciences, helps the successful implementation of program.

6.1.2 Does the institution have a Management Information System (MIS)?

Yes, the institution has a management Information System.

### **6.2 Strategy Development and Deployment**

6.2.1 Quality improvement strategies adopted by the institution for each of the following (with in 100 words each):

- ❖ Curriculum Development ;
  - The university has taken keen interest in updating curriculum by conducting Board of Studies Meeting comprising of subject experts with professional experience.
  - It is conducted periodically for all the programs offered by the University.
  - A detailed and elaborate deliberations takes place to improve the content of the course, as per the current needs of the society/field of study.
  - By revising the curriculum time to time ( once in a year or two) the gap between the existing curriculum and the professional requirement is narrowed down, so that the students passing out after the completion of the course find themselves best fit in their professional endeavors.
  - The curriculum is approved by the Academic Council and the Syndicate.

❖ **Teaching and Learning**

- The faculty members are encouraged to attend seminars, workshops and conferences.
- Internet facilities are available, to update themselves with the current developments in their respective fields.
- The faculty members are facilitated to upgrade their skill and knowledge in the emerging trends through enrichment courses.
- They are motivated to use innovative teaching methodologies.
- Resourceful Library facility is available for referring books, journals etc.
- Faculty members are persuaded to take initiatives to become competent in their field and find innovations in their teaching approaches.

❖ **Examination and Evaluation**

- The Institution follows continuous internal evaluation system through various components like periodic class tests, model examinations, home assignments, presentation, project, viva-voce and End-Semester examinations.
- The ratio of internal and external evaluation is 25:75 for UG and PG courses. For M.Phil Programs the ratio of internal and external evaluation is 40:60.
- The evaluation of the student's performance is done through Central Valuation, where external subject experts are invited.

❖ **Research and Development**

- As TNPESU focuses on achieving academic brilliance, a conducive and supportive environment is provided to the faculty members to pursue research work.
- The faculty members are encouraged to publish research papers in national and international journals.
- The departments of the University are equipped with adequate infrastructural facilities to carry out the research projects. For eg. Sports Technology having modeling analysis lab which is equipped with ANSYS, a software for sports product design and analysis, and also has Dart Fish, a software for players performance analysis.
- The University publishes Biannual Journal of Physical Education and Sports Science. Every department consists of Department Research Committees which function during the admission of the students for Ph.D research scholars by scrutinizing their application, drawing equalization in relation to the related degree programs and selecting the candidates through entrance tests and interviews.
- The activities are monitored and carried out by the Research Coordinator.

❖ **Library, ICT and Physical Infrastructure / Instrumentation**

- The university library is fully automated and well-stocked. It obtains new books periodically once in a year. OPAC (On line Public Access Catalogue) terminal is installed in the library for browsing online catalogue.

- The staff and the students can check their issue status, search resources through different search criteria's ( Title, Author, Class No. Subject, words in title/author) . Every department has aLCD projector.
- A common hall with 39 computers are available for the faculty members and the students. All computers are connected with LAN and internet.

❖ **Human Resource Management**

- The university has well laid rules and regulations approved by the Syndicate for the recruitment process. It is being followed systematically.
- The University appoints adequate number of qualified faculty through the procedure of open advertisement and interview by internal and external expert committee.
- The University contributes an amount equal to the employee share for EPF with Pension scheme and Medical Insurance for self , spouse and children.
- Medical Leave provision is given to the faculty and the staff members based on the reques .
- On duty leave is provided for the faculty members to attend enrichment courses/seminar courses/seminars/conference/workshop and exam related duties.

❖ **Industry Interaction / Collaboration**

- The University has initiated Memorandum of Understanding with two local Medical Universities for joint innovative sports sciences courses curriculum design and implementation.
- It has also associated with the Brahmakumaris organization for teaching, research and training in Yoga.
- The University also initiated to collaborate with Sports Authority of India for technical collaboration in the establishment of Sports Doping Laboratory.

❖ **Admission of Students**

- The University publishes updated prospectus well before the Announcement of the admission advertisement.
- It contains the details for the courses offered, eligibility for admission to the courses, fee structure and important dates of admission process, facilities available, and the instructions to the candidates.
- The prospectus if given to the students along with admission application.
- All the information are updated in the website.

6.2.2 : Implementation of e-governance in areas of operations:

❖ **Planning and Development**

- The signing of MoU with the reputed institutions supports to interact our faculty members with them to identify the industrial related problems.
- Once in a year the proposals from TANII is invited and the faculty members submit a proposal from different departments, which is purely innovative in nature.

❖ **Administration :**

- The university is taking efforts to bring e-governance in the process of administration.

❖ **Finance and Accounts**

- Student's yearly tuition fee structure and hostel and mess fees are managed through fee collection and balances. Managing assets and all applicable accounting information.

❖ **Student Admission and Support :**

- Based on the courses shown on the website, the students apply for various courses through downloading the application forms.
- Admission of the students are done on merit. Credit of attendance is given to students for participation in sports competition
- Weight-age is given students in admission for students who excel in sports • The student is permitted to go for camps organized before an event.
- The students are supported with scholarship based on their communities.
- The First year students are given a brief introduction and procedures about the support services such the functioning of different cells as Anti-ragging, Student Grievance Cell, Women Complaint Cell etc through orientation.

❖ **Examination**

- Examination department of this University is fully equipped in terms of adequate trained man-power and systems/machineries for conducting University examination, centralized valuation of answer papers, conducting clinical/practical examinations, OMR for scanning data.
- Processing of results with software.
- COE section does printing question papers and students' academic records. All the above activities are carried out in secured manner in the section itself
- Advanced software is available in the examination section for processing the results.

### 6.3 Faculty Empowerment Strategies

6.3.1 Teachers provided with financial support to attend conferences / workshops and towards membership fee of professional bodies during the year

Year	Name of teacher	Name of conference/ workshop attended for which financial support provided	Name of the professional body for which membership fee is provided	Amount of support
2016-2017	NIL	NIL	NIL	NIL

6.3.2 Number of professional development / administrative training programs organized by the University for teaching and non teaching staff during the year

Year	Title of the professional development program organised for teaching staff	Title of the administrative training program organised for non-teaching staff	Dates (from-to)	No. of participants (Teaching staff)	No. of participants (Non-teaching staff)
2016	-	Office Administration		-	20
2016	-	File Management and Maintenance of Records		-	22
2017	-	Purchase Procedures		-	20

6.3.3 No. of teachers attending professional development programs, viz., Orientation Program, Refresher Course, Short Term Course, Faculty Development Programs during the year

Title of the professional development program	Number of teachers who attended	Date and Duration (from – to)
Refresher Course in Physical Education & Sports Sciences	01	11/01/2017 to 31/01/2017

6.3.4 Faculty and Staff recruitment (no. for permanent/fulltime recruitment):			
Teaching		Non-teaching	
Permanent	Fulltime	Permanent	Fulltime
Nil	Nil	Nil	Nil
6.3.5 Welfare schemes for			
Teaching -:			
<ul style="list-style-type: none"> <li>* Attempts to promote the teachers for different grades through CAS</li> <li>* Building of quarters in the premises for the teaching staff</li> <li>* Health Centre functioning during the working hours.</li> <li>* Organising health camps by the University Health Center</li> </ul>			
Non teaching			
<ul style="list-style-type: none"> <li>* Timely Promotions for the staff</li> <li>* Building of quarters in the premises for the non-teaching faculty.</li> <li>* Health Centre functioning during the working hours.</li> <li>* Organising health camps by the University Health Center</li> </ul>			
Students			
<ul style="list-style-type: none"> <li>* Free access to computer centre</li> <li>* Students undergo health checkup and fitness tests at the time of admission.</li> <li>* Students receive free medical consultation and treatment if they suffer health related issues.</li> <li>* Psychological Services are offered to any emotional related issues</li> </ul>			
<b>6.4 Financial Management and Resource Mobilization</b>			
<p>6.4.1 Institution conducts internal and external financial audits regularly The accounts of the Institution is being audited annually by the Local Fund Auditors, who are appointed by the State Government. Regular Audit is being conducted by the Local Fund auditors and Audit for the financial Year 2016-2017. i.e for the year ending up to 31.03.2017, have been completed by them.</p> <p>Moreover, the Accountant general of India, Government of India is also conducting annual Audit every year. Audit up</p>			

to the financial year 2016-2017 have been over i.e for the year ending 31.03.2017 have been completed by them.

Regarding Internal Audit, the finance Officer ( on deputation from Tamil Nadu Secretariat, Service at the level of Under Secretary to Government Finance Department) of the University regularly monitors the financial aspects of University

6.4.2 Funds / Grants received from management, non-government bodies, individuals, philanthropies during the year(not covered in Criterion III)

Name of the non government funding agencies/ individuals	Funds/ Grants received in Rs.	Purpose
<b>NIL</b>	<b>NIL</b>	<b>NIL</b>

6.4.2 Total corpus fund generated

NIL

### 6.5 Internal Quality Assurance System

6.5.1 Whether Academic and Administrative Audit (AAA) has been done?

Audit Type	External		Internal	
	Yes/No	Agency	Yes/No	Authority
Academic	No	-		
Administrative	Yes	1. Local Fund Audit, Government of Tamil Nadu 2. Accountant General, Government of Tamil Nadu	Yes	Finance Officer

6.5.2 What efforts are made by the University to promote autonomy in the affiliated/constituent colleges? (if applicable)

The University is an affiliatory university functioning in various parts of Tmil Nadu, The YMCA college of Physical Education, Chennai and Maruthi College of Physical Education, Coimbatore are given autonomous status and freedom to implement all academic activities and research. The affiliated colleges are given research centers to run their Ph.D research program for regular Ph.D candidates. These colleges are also given the freedom to conduct inter-collegiate tournaments of the university and the preference of conducting coaching camps on various sport and games on voluntary basis. The faculty members of these colleges are also given the chance to accompany the team as coach/team manager to participate in inter-university tournaments.



6.5.3 Activities and support from the Parent – Teacher Association (at least three)				
<ul style="list-style-type: none"> <li>• Parent Teachers Association is yet to be established, but the parents are called whenever there is any crisis and the head of the Department and other faculty members interact with the parents.</li> <li>• Some of the parents also serve as coaches /referees in the University tournaments.</li> </ul>				
6.5.4 Development programs for support staff (at least three)				
<ul style="list-style-type: none"> <li>• Promotions were given as and when they were eligible.</li> <li>• Enrichment program was conducted for the non-teaching staff.</li> <li>• Assisting each employee to upgrade their knowledge in administration related matters by permitting them to take any short term courses outside the university such Anna university, NICK etc</li> <li>• Yoga classes helps the staff to improve the mental and physical.</li> </ul>				
6.5.5 Post Accreditation initiative(s) (mention at least three)				
<ul style="list-style-type: none"> <li>• Feedback System of all stakeholders</li> <li>• Mentor-Mentee System</li> <li>• Implementation of Biometric System</li> <li>• Expansion of the University Infra Structure</li> </ul>				
6.5.6				
a. Submission of Data for AISHE portal : Yes				
b. Participation in NIRF : (Yes / <input type="checkbox"/> No)				
c. ISO Certification : (Yes / No)				
d. NBA or any other quality audit : (Yes /No)				
6.5.7 Number of Quality Initiatives undertaken during the year				
Year	Name of quality initiative by IQAC	Date of conducting activity	Duration (from-----to-----)	Number of participants
2016-2017	Established Feedback System from all stakeholders	Before the commencement of semester Exams	02 days	Students from all the departments
	Faculty Enrichment Program for Non-teaching	12/9/16	10 -4 pm	Non-teaching staff
	Discussion with the HOD's to submit the proposals to the Funding Agencies, Restructuring the Departments	14/09.2016	12- 2 pm	12
	Inauguration of additional classrooms, Research Labs and Men and Women's Hostel	24.06.2017	8-10 am	Senior Officials of Teaching and Non-teaching
	Emphasizing to adhere to the rules and regulations to enhance the quality of work	14/09/2017	11 to 2 pm	Teaching and Non-teaching

## CRITERION VII - INSTITUTIONAL VALUES AND BEST PRACTICES

### 7.1 - Institutional Values and Social Responsibilities

#### 7.1.1 Gender Equity (Number of gender equity promotion program organized by the institution during the year)

Title of the program	Period ( <b>from-to</b> )	Participants	
		Female	Male
Independence Day	15/08/2016	65	150
Sadhbhavana Diwas	20/08/2016	60	240
Pongal	11/01/2017	80	250
Republic Day	26/01/2017	70	200
International Women's Day	08/03/ 2016	12	35
International Yoga Day	21/06/2017	110	250

#### 7.1.2 Environmental Consciousness and Sustainability/Alternate Energy initiatives such as: Percentage of power requirement of the University met by the renewable energy sources

Initiatives are being taken to set up solar power stations

#### 7.1.3 Differently abled (Divyangjan) friendliness

Items Facilities	Yes/No	No. of Beneficiaries
Physical facilities		
Provision for lift		
Ramp/ Rails	☐	01
Braille Software/facilities		
Rest Rooms		
Scribes for examination		
Special skill development for differently abled students		
Any other similar facility		

#### 7.1.4 Inclusion and Situatedness

Enlist most important initiatives taken to address locational advantages and disadvantages during the year

Year	Number of initiatives to address locational advantages and	Number of initiatives taken to engage with and contribute to local	Date and duration of the initiative	Name of the initiative	Issues addressed	Number of participating students and

	disadvantages	community				staff
-	-	-	-	-	-	-

### 7.1.5 Human Values and Professional Ethics

Code of conduct (handbooks) for various stakeholders

Title	Date of Publication	Follow up (maximum 100 words each)
-	-	-

### 7.1.6 Activities conducted for promotion of universal Values and Ethics

Activity	Duration (from-----to----- --)	Number of participants
Lecture on the birth anniversary of Swami Vivekananda – National Youth Day	12/01.2017 11am to 1 pm	180
Celebration of Birth and Death Anniversaries of Dr. Ambedkar	4/04/2016 06/12/2016	150 150
<b>Community Service</b>		
Celebration of Children Day at children special school, Mambakkam Village	14 <sup>th</sup> November 2016	250 students
Distribution of food , clothes to the victims of Vardha Storm	16 <sup>th</sup> December 2016	190 students

Leadership Program for character development	Project Meet	Students of Physical Education
Coaching/ Referring	Inter departmental, collegiate and interuniversity tournaments	Students from the Departments of : <ul style="list-style-type: none"> <li>• Physical Education</li> <li>• Advanced Coaching and Training</li> </ul>

7.1.7 Initiatives taken by the institution to make the campus eco-friendly (at least five)

- Tree Plantation in the University Campus
- Placing Dustbins at the prominent places of the university
- Turning off unnecessary lights in conference rooms, classrooms, lecture halls when they are not in use.
- Tobacco and Alcohol Free Campus
- LPG is used for cooking in the hostel which is carbon neutral

**7.2 Best Practices**

Upload details of two best practices successfully implemented by the institution as per NAAC format in your institution website, provide the link

Enclosed in the Annexure

**7.3 Institutional Distinctiveness**

Provide the details of the performance of the institution in one area distinctive to its vision, priority and thrust  
Provide the weblink of the institution in not more than 500 words

Enclosed in the Annexure

8. Future Plans of Action for next academic year (500 words)

- Extension of Infrastructure in terms of playfields, library, hostel and academic buildings.
- To create advanced facilities for teaching and training in each and every department,
- To develop collaborative academic and research programs with National and International institutions and industries
- The e-Governance to be implemented in all sections of University administration and academic establishments for quick and efficient information exchange.
- E- waste management to be implemented.

Name Dr. SHAHIN AHMED



Signature of the Coordinator, IQAC

Name Dr. SHEILA STEPHEN



Signature of the Chairperson, IQAC

**Dr. SHAHIN AHMED**  
M.A., M.Phil., Ph.D., M.B.A.  
Professor & Head,  
Dept. of Sports Management,  
Sports Psychology & Sociology  
Tamil Nadu Physical Education &  
Sports University, Chennai - 600 127.

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**Dr. Sheila Stephen**  
Vice-Chancellor  
Tamil Nadu Physical Education and Sports University  
Melakottaiyur, Chennai-600 127.

# **ANNEXURES**

**COMPOSITION OF INTERNAL QUALITY ASSURANCE CELL**

<b>Chairperson</b>	<b>Dr. A. M. Moorthy</b> (Vice-Chancellor)
<b>A few Senior Administrative Officers</b>	<b>Dr. T. Radhakrishnan</b> (Registrar) <b>Dr. Murugavalavan</b> (i/c Controller of Examination) <b>Dr. C. Armugam</b> (i/c Director, School of Distance Education)
<b>Senior Teachers</b>	<b>Dr. P. Samraj</b> , Professor and Head, Dept. of Physical Education
	<b>Dr. Grace Helina</b> Professor and Head, Dept. of Exercise Physiology and Nutrition & Biomechanics)
	<b>Dr. R. Elangovan</b> , Professor and Head, Dept. of Yoga
	<b>Dr. S. Thirumalaikumar</b> Professor, Dept. of Physical Education
	<b>Dr. R. Subramanian</b> , Professor, Dept. of Advanced Coaching and Training & Sports Technology
	<b>Dr. P. Rajini Kumar</b> , Asst. Professor Dept. of Exercise Physiology & Biomechanics
	<b>Dr. V. Ramesh Kumar</b> , Asst. Professor, Dept. of Sports Management and Sports Psychology & Sociology
<b>Member of the Management</b>	Finance Officer
<b>Nominees from Local Society</b>	PWD Technical Executive Engineer
<b>Students</b>	<b>Ms. Shrividya S ; Mr. A. Sridharan</b>
<b>Alumni</b>	<b>Mr. Satish Babu</b> , CLRI
<b>Nominees from Employers</b>	<b>Member Secretary</b> - Sports Development Authority of Tamil Nadu <b>Director</b> , School Education
<b>Stake holders</b>	<b>Principal</b> , YMCA College of Physical Education) <b>Mr. S. Raman</b> , (Table Tennis- Arjuna Awardee )
<b>IQAC Director</b>	<b>Dr. Shahin Ahmed</b> , Professor, Dept. of Sports Management and Sports Psychology & Sociology

## CALENDAR FOR THE ACADEMIC YEAR 2016 - 2017

### JULY - 2016

DATE	DAY	PARTICULARS	WORKING DAYS
1	Friday	University reopens after summer vacation for Teaching Staff - Odd Semester Begins - Classes commence for I year students	1
2	Saturday	Holiday	-
3	Sunday	Holiday	-
4	Monday	Classes commence for II and III year students	2
5	Tuesday		3
6	Wednesday		4
7	Thursday	Ramzan – Holiday	-
8	Friday		5
9	Saturday	Holiday	-
10	Sunday	Holiday	-
11	Monday		6
12	Tuesday		7
13	Wednesday		8
14	Thursday		9
15	Friday		10
16	Saturday	Holiday	-
17	Sunday	Holiday	-
18	Monday		11
19	Tuesday		12
20	Wednesday		13
21	Thursday		14
22	Friday		15
23	Saturday	Holiday	-
24	Sunday	Holiday	-
25	Monday		16
26	Tuesday		17
27	Wednesday		18
28	Thursday		19
29	Friday		20
30	Saturday	Holiday	-
31	Sunday	Holiday	-
<b>No of Working Days</b>			<b>20</b>



## AUGUST - 2016

DATE	DAY	PARTICULARS	WORKING DAYS
1	Monday		21
2	Tuesday		22
3	Wednesday		23
4	Thursday		24
5	Friday		25
6	Saturday	Holiday	-
7	Sunday	Holiday	-
8	Monday		26
9	Tuesday		27
10	Wednesday		28
11	Thursday		29
12	Friday		30
13	Saturday	Holiday	-
14	Sunday	Holiday	-
15	Monday	Independence day - Holiday	-
16	Tuesday		31
17	Wednesday		32
18	Thursday		33
19	Friday		34
20	Saturday	Holiday	-
21	Sunday	Holiday	-
22	Monday		35
23	Tuesday		36
24	Wednesday		37
25	Thursday	Krishna Jayanthi – Holiday	-
26	Friday		38
27	Saturday	Holiday	-
28	Sunday	Holiday	-
29	Monday	Celebration of National Sports Day	39
30	Tuesday		40
31	Wednesday		41
<b>No of Working Days</b>			<b>21</b>

## SEPTEMBER - 2016

DATE	DAY	PARTICULARS	WORKING DAYS
1	Thursday		42
2	Friday		43
3	Saturday	Holiday	-
4	Sunday	Holiday	-
5	Monday	Teachers Day / Vinyagar Chaturthi - Holiday	-
6	Tuesday		44
7	Wednesday		45
8	Thursday		46
9	Friday		47
10	Saturday	Holiday	-
11	Sunday	Holiday	-
12	Monday		48
13	Tuesday	Bakrid – Hoilday	-
14	Wednesday		49
15	Thursday		50
16	Friday		51
17	Saturday	Holiday	-
18	Sunday	Holiday	-
19	Monday		52
20	Tuesday		53
21	Wednesday		54
22	Thursday		55
23	Friday		56
24	Saturday	Holiday	-
25	Sunday	Holiday	-
26	Monday		57
27	Tuesday		58
28	Wednesday		59
29	Thursday		60
30	Friday		61
<b>No of Working Days</b>			<b>20</b>

## OCTOBER - 2016

DATE	DAY	PARTICULARS	WORKING DAYS
1	Saturday	Holiday	-
2	Sunday	Gandhi Jayanthy – Holiday	-
3	Monday		62
4	Tuesday		63
5	Wednesday		64
6	Thursday	Last date for submission of Examinations Application without penalty	65
7	Friday		66
8	Saturday	Holiday	-
9	Sunday	Holiday	-
10	Monday	Audhapooja - Holiday	-
11	Tuesday	Vijayadasami- Holiday	-
12	Wednesday	Muharam –Holiday	-
13	Thursday		67
14	Friday		68
15	Saturday	Holiday	-
16	Sunday	Holiday	-
17	Monday	Last date for submission of Examinations Application with penalty	69
18	Tuesday		70
19	Wednesday		71
20	Thursday		72
21	Friday		73
22	Saturday		-
23	Sunday		-
24	Monday		74
25	Tuesday		75
26	Wednesday		76
27	Thursday		77
28	Friday		78
29	Saturday	Deepavali – Holiday	-
30	Sunday	Holiday	-
31	Monday		79
<b>No of Working Days</b>			<b>18</b>

## NOVEMBER - 2016

DATE	DAY	PARTICULARS	WORKING DAYS
1	Tuesday		80
2	Wednesday		81
3	Thursday		82
4	Friday		83
5	Saturday	Holiday	-
6	Sunday	Holiday	-
7	Monday		84
8	Tuesday		85
9	Wednesday		86
10	Thursday		87
11	Friday		88
12	Saturday	Holiday	-
13	Sunday	Holiday	-
14	Monday		89
15	Tuesday		90
16	Wednesday	Commencement of University Examinations	
17	Thursday		
18	Friday		
19	Saturday	Holiday	
20	Sunday	Holiday	
21	Monday		
22	Tuesday		
23	Wednesday		
24	Thursday		
25	Friday		
26	Saturday	Holiday	
27	Sunday	Holiday	
28	Monday	<b>Even Semester Begins</b>	-
29	Tuesday		-
30	Wednesday		-
<b>No of Working Days</b>			<b>14</b>

## DECEMBER - 2016

DATE	DAY	PARTICULARS	WORKING DAYS
1	Thursday		-
2	Friday		-
3	Saturday	Holiday	-
4	Sunday	Holiday	-
5	Monday		1
6	Tuesday		2
7	Wednesday		3
8	Thursday		4
9	Friday		5
10	Saturday	Holiday	-
11	Sunday	Holiday	-
12	Monday	Miladi- Nabi – Holiday	-
13	Tuesday		6
14	Wednesday		7
15	Thursday		8
16	Friday		9
17	Saturday	Holiday	-
18	Sunday	Holiday	-
19	Monday		10
20	Tuesday		11
21	Wednesday		12
22	Thursday		13
23	Friday		14
24	Saturday	Winter Vacation Commences for Students and Teaching Staff - Holiday	-
25	Sunday	Christmas – Holiday	-
26	Monday		-
27	Tuesday		-
28	Wednesday		-
29	Thursday		-
30	Friday		-
31	Saturday	Holiday	-
<b>No of Working Days</b>			<b>14</b>

## JANUARY - 2017

DATE	DAY	PARTICULARS	WORKING DAYS
1	Sunday	New Year Day – Holiday	-
2	Monday	Classes Commence After Winter Vacation for Students and Teaching Staff	15
3	Tuesday		16
4	Wednesday		17
5	Thursday		18
6	Friday		19
7	Saturday	Holiday	-
8	Sunday	Holiday	-
9	Monday		20
10	Tuesday		21
11	Wednesday		22
12	Thursday		23
13	Friday		24
14	Saturday	Pongal – Holiday	-
15	Sunday	Uzhavar Thirunal – Holiday	-
16	Monday	Thiruvalluvar Day - Holiday	-
17	Tuesday		25
18	Wednesday		26
19	Thursday		27
20	Friday		28
21	Saturday	Holiday	-
22	Sunday	Holiday	-
23	Monday		29
24	Tuesday		30
25	Wednesday		31
26	Thursday	Republic Day - Holiday	-
27	Friday		32
28	Saturday	Holiday	-
29	Sunday	Holiday	-
30	Monday		33
31	Tuesday		34
<b>No of Working Days</b>			<b>20</b>

**FEBRUARY - 2017**

DATE	DAY	PARTICULARS	WORKING DAYS
1	Wednesday		35
2	Thursday		36
3	Friday		37
4	Saturday	Holiday	-
5	Sunday	Holiday	-
6	Monday		38
7	Tuesday		39
8	Wednesday		40
9	Thursday		41
10	Friday		42
11	Saturday	Holiday	-
12	Sunday	Holiday	-
13	Monday		43
14	Tuesday		44
15	Wednesday		45
16	Thursday		46
17	Friday		47
18	Saturday	Holiday	-
19	Sunday	Holiday	-
20	Monday		48
21	Tuesday		49
22	Wednesday		50
23	Thursday		51
24	Friday		52
25	Saturday	Holiday	-
26	Sunday	Holiday	-
27	Monday		53
28	Tuesday		54
<b>No of Working Days</b>			<b>20</b>

### MARCH - 2017

DATE	DAY	PARTICULARS	WORKING DAYS
1	Wednesday		55
2	Thursday	Last date for submission of Examination Application without penalty	56
3	Friday		57
4	Saturday	Holiday	-
5	Sunday	Holiday	-
6	Monday		58
7	Tuesday		59
8	Wednesday	World Women's Day	60
9	Thursday		61
10	Friday		62
11	Saturday	Holiday	-
12	Sunday	Holiday	-
13	Monday	Last date for submission of Examination Application with penalty	63
14	Tuesday		64
15	Wednesday		65
16	Thursday		66
17	Friday		67
18	Saturday	Holiday	-
19	Sunday	Holiday	-
20	Monday		68
21	Tuesday		69
22	Wednesday		70
23	Thursday		71
24	Friday		72
25	Saturday	Holiday	-
26	Sunday	Holiday	-
27	Monday		73
28	Tuesday		74
29	Wednesday	Telugu New Year – Holiday	-
30	Thursday		75
31	Friday		76
<b>No of Working Days</b>			<b>22</b>



## APRIL - 2017

DATE	DAY	PARTICULARS	WORKING DAYS
1	Saturday	Holiday	-
2	Sunday	Holiday	-
3	Monday		77
4	Tuesday		78
5	Wednesday		79
6	Thursday		80
7	Friday		81
8	Saturday	Holiday	-
9	Sunday	Mahaveer Jayanthi - Holiday	-
10	Monday		82
11	Tuesday		83
12	Wednesday		84
13	Thursday		85
14	Friday	Tamil New Year - Good Friday - Dr. Ambedkar Jayanthi - Holiday	-
15	Saturday	Holiday	-
16	Sunday	Easter - Holiday	-
17	Monday		86
18	Tuesday		87
19	Wednesday		88
20	Thursday		89
21	Friday		90
22	Saturday	University Examinations Commence	-
23	Sunday	Holiday	-
24	Monday		
25	Tuesday		
26	Wednesday		
27	Thursday		
28	Friday		
29	Saturday	Holiday	-
30	Sunday	Holiday	-
<b>No of Working Days</b>			<b>13</b>

**MAY - 2017**

DATE	DAY	PARTICULARS	WORKING DAYS
1	Monday	May Day – Holiday Summer Vacation Commence Teaching Staff	-
2	Tuesday		-
3	Wednesday		-
4	Thursday		
5	Friday		
6	Saturday	Holiday	
7	Sunday	Holiday	
8	Monday		
9	Tuesday		-
10	Wednesday		-
11	Thursday		
12	Friday		
13	Saturday	Holiday	
14	Sunday	Holiday	
15	Monday		
16	Tuesday		-
17	Wednesday		-
18	Thursday		
19	Friday		
20	Saturday	Commencement of DDE Examinations – Holiday	
21	Sunday	Holiday	
22	Monday		
23	Tuesday		-
24	Wednesday		-
25	Thursday		
26	Friday		
27	Saturday	Holiday	
28	Sunday	Holiday	
29	Monday		
30	Tuesday		-
31	Wednesday		-

## JUNE - 2017

DATE	DAY	PARTICULARS	WORKING DAYS
1	Thursday		
2	Friday		
3	Saturday	Holiday	
4	Sunday	Holiday	
5	Monday		
6	Tuesday		-
7	Wednesday		-
8	Thursday		
9	Friday		
10	Saturday	Holiday	
11	Sunday	Holiday	
12	Monday		
13	Tuesday		-
14	Wednesday		-
15	Thursday		
16	Friday		
17	Saturday	Holiday	
18	Sunday	Holiday	
19	Monday		
20	Tuesday		-
21	Wednesday		-
22	Thursday		
23	Friday		
24	Saturday	Holiday	
25	Sunday	Holiday	
26	Monday	Ramzan – Holiday	
27	Tuesday		-
28	Wednesday		-
29	Thursday		
30	Friday		

### Academic year 2017-2018

**The University will reopen after summer vacation for Teaching Staff and Students on 03-07-2017**

# **TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**

## **Minutes of the IQAC Meeting**

**Date: 03.09.2016 11 a.m**

**Venue: Syndicate Hall**

### **Members Present**

1. Dr. A.M. Moorthy, Vice –Chancellor
2. Dr. T. Radhakrishnana, Registrar, TNPESU
3. Dr. C. Arumugam, Director i/c Director, School of Distance Education
4. Dr. V. Murugavalavan, Controller of Examinations i/c
5. . Dr. P. Samraj, Professor and Head, Dept. of Physical Education
6. Dr. Grace Helina, Professor and Head, Dept. of Exercise Physiology and Biomechanics
7. Dr. R. Elangovan, Professor and Head, Dept. of Yoga.
- 8 Dr. S. Thirumalaikumar, Professor, Dept. of Physical Education.
9. Dr. R. Subramanian, Professor, Dept. of Sports Advanced Training and Coaching.
- 10.. Dr. P. Rajini Kumar, Assistant Professor, Department of Exercise Physiology and Biomechanics,
11. Dr. Ramesh Kumar, Asst. Professor, Dept. of Sports Management and Sports Psychology & Sociology.
12. Ms. Sri Vidhya S, Ph. D Research Scholar, Department of Sports Management and Sports Psychology & Sociology,
13. Mr. A. Sridharan, PhD Research Scholar, Department of Physical Education, TNPESU

14. Mr. Satish Babu, Alumni, Department of Sports Biomechanics, TNPESU, Physiotherapist, CLRI

15. Dr. Shahin Ahmed , IQAC Director , & Professor, Dept. of Sports Management and Sports Psychology & Sociology

Leave of Absence was granted to Dr.P.Samraj and Mr. Satish Babu.

The meeting was presided by the Vice –Chancellor Dr. A.M. Moorthy

Dr. Shahin Ahmed , Director, IQAC briefed about the aim, functions and role of IQAC. She explained the tentative action plan for the academic year.

**The Following Agenda were discussed in detail.**

- *Fresher's Orientation*
- *Initiating Student Feedback*
- *Faculty Enrichment Program*
- *Tournament for Non-Teaching and Teaching*
- *Implementation of Biometric system*

Dr. Radhakrishnan briefed about the importance of quality enhancement in all spheres in the University. Dr. Elangovan stressed that yoga be inculcated among the students as a part of curriculum enhancement. Dr. R. Subramanian emphasized the importance of talent identification to be focused as a measure for qualitative assessment. Dr. S. Thirumalaikumar focused on the strengthening of the measures for quality enhancement. At the end of the discussion Vote of Thanks was proposed by the Dr. Shahin Ahmed , IQAC Director , & Professor, Dept. of Sports Psychology TNPESU.

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# **TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**

## **REPORT ON ORIENTATION PROGRAM FOR THE FRESHER'S**

An orientation program was scheduled on 09th August 2016, for the students who joined the courses in our University. Dr. A.M. Moorthy, Vice-Chancellor welcomed the students and the teaching faculty members. Dr. T. Radhakrishnan, Registrar, spoke about the importance of physical education and other sports sciences and the facilities available to them in the campus. Dr. P. Samraj, Professor and Head, Dept. of Physical Education addressed the students and made them aware of the courses available to them, and also being the Warden of the Men's Hostel briefed about the behavior that was expected of them in and around the campus. Dr. Grace Helina, Professor and Head, Dept. of Exercise Psychology and Biomechanics , Dr. R. Elangovan, Professor and Head, Dept. of Yoga, Dr. V.Mangaiyarkarasi, Professor and Head, Dept. of Sports Management and Sports Psychology & Sociology, Dr. Ramakrishnan, Professor and Head, Dept. of Advanced Training and Coaching and Sports Technology, briefed about the various courses that were offered in their respective departments. Dr. V. Murugavalavan, Controller In-Charge briefed about the examination procedures, and also being the Medical Officer briefed about the medical services that were offered in the campus. Dr. C. Arumugam, Director in-charge, School of Education highlighted about the courses that were offered in the Distance Education, and urged the students to enroll the students along with their regular courses. Dr. P. Gopinathan, Asst, Professor , Dept. of Sports Management and Sports Psychology & Sociology and also the Sports Secretary addressed the students and briefed about the procedures and encouraged them

to participate in the forthcoming tournaments. Dr. P. Rajini Kumar, Asst. Professor, Dept. of Exercise Psychology and Biomechanics and also the NSS coordinator urged the students to enroll themselves in the community service. Dr. S. Prem Kumar, Professor, Dept. of Sports Management and Sports Psychology & Sociology and also the placement officer stressed the essence of campus interviews to get them placed after the completion of their programs. Mr. C. Manoj Kumar, Physiotherapist and also in charge of student travel concession spoke about the procedure to be followed for availing the transport concession. Dr. J. Anitha, Asst. Professor in Statistics, briefed about the timings of the university bus for the day scholars. Dr. S.Thirumalaikumar, Professor, Dept. of Physical Education, and Coordinator of Students Grievance Cell informed about the cell. Dr. P.Kumaravelu, Asst. Professor, Dept. of Physical Education and Dr. Shahin Ahmed, Professor, Dept. of Sports Management and Sports Psychology and Sociology, and also both of them being the Deputy Wardens spoke about the guidelines to be followed while staying in the hostel and also she being the co-ordinator for the Psychological Counseling Cell informed about the services offered to the students. Finally, Dr. R. Subramanian, Professor, Dept. of Advanced Coaching and Training and Special Officer to the Vice-Chancellor proposed vote of thanks.

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# **TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**

## Library Services - Orientation Program

The University Library of Tamil Nadu Physical Education and Sports University conducted Library Orientation for the students who were admitted for U.G / P.G. / M. Phil courses in the academic year 2016-2017. This orientation was conducted on 12<sup>th</sup> of September 2016. Fresher's from Physical Education, Yoga, Sports Management, Sports Psychology & Sociology and Advanced Sports Coaching and Training and Sports Technology had participated. In this orientation Dr. N. Ashok Kumar, Assistant Librarian of this University had introduced about the Library resources, services, Library rules and the ways to utilize the services. Also he had informed about the membership guidelines and issued membership application form to all the students. Finally he concluded that the students should be disciplined and behave accordingly in the Library premises and with the Library staffs while availing their services.



# TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

## **ENRICHMENT PROGRAM FOR NON-TEACHING STAFF**

On behalf of the Internal Quality Assurance Cell, a program for non-teaching staff was conducted to enrich the personality of non-teaching staff. **Dr. Nirmala Narayanan**, Asst. Professor of Psychology, Kanyaka Parameshwari College for Women, Chennai and a renowned corporate trainer conducted a one-day training program on 11<sup>th</sup> December 2016. The areas focused were communication skills, assertive training, leadership and team management. . About 23 non-teaching staff had participated in the program. The program was started with Dr. Radhakrishnan, Registrar who welcomed the staff members and emphasized the importance of enriching oneself in the competitive world. The program came to an end with Dr. Shahin Ahmed, Director, IQAC by proposing vote of thanks.

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## **Student Performance and Learning Outcomes**

Program outcomes, program specific outcomes and course outcomes for all programs offered by the institution are stated and displayed in Website of the institution (to provide the weblink)

### **DEPARTMENT OF PHYSICAL EDUCATION**

#### **PROGRAMME OUTCOMES**

##### **PO1.**

**Domain knowledge:** Apply the knowledge of basic sciences that may be relevant and appropriate to physical education and sports sciences leading to solution of complex sports related issues and problems.

##### **PO2.**

**Problem analysis:** Ability to Identify, define the actual requirements, formulate, research literature, and analyze complex physical education and sports sciences related problems to reaching substantiated conclusions.

##### **PO3.**

**Design/Development of Solutions:** Ability to design, implement, and evaluate process or program to meet desired needs in the field of physical education and sport sciences.

##### **PO4.**

**Individual and team work:** Ability to function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings to accomplish a common goal.

##### **PO5.**

**Ethics:** Understanding of professional, ethical, legal, security, social issues and responsibilities in teaching, learning and evaluation.

**PO6.**

**Communication:** Ability to communicate effectively among a range of audiences/ stakeholders

**PO7**

**Impact:** Ability to analyze the local and global impact of physical activities and sports and games on individuals, organizations and society.

**PO8**

**Professional Development:** Recognition of the need for and an ability to engage in continuing professional development

**PO9**

**Identification of Needs:** Ability to identify and analyze user needs and take them into account in the selection, creation, evaluation, and administration of physical education and sport sciences programs.

**PO10**

**Integration:** Ability to incorporate effectively integrate Science/ Technology/ IT-based solutions to applications

## **MASTER OF PHYSICAL EDUCATION (M.P.Ed.)**

### **Program Specific outcomes (PSOs)**

The Master of Physical Education(M.P.Ed.) Programme is a professional Programme meant for preparing physical education teacher for senior secondary (classes XI and XII ) level as well as assistant professor / directors / sports officers in colleges /universities and teacher educators in college of physical education and university departments of physical education. The curriculum and syllabus have been structured in such a way that each of the course meets one or more of the outcomes related to the skills, knowledge, and behaviors that students acquire as they progress through the program. Further, each course in the program spells out clear instructional objectives which are mapped to the student outcomes.

## **MASTER OF PHYSICAL EDUCATION (B. P.Ed.)**

### **Program Specific outcomes (PSOs)**

The Bachelor of Physical Education(B.P.Ed.) Programme is a professional Programme meant for preparing physical education teacher for high school (classes I to X ) level. The curriculum and syllabus have been structured in such a way that each of the course meets one or more of the outcomes related to the skills, knowledge, and behaviors that students acquire as they progress through the program. Further, each course in the program spells out clear instructional objectives which are mapped to the student outcomes.

## **MASTER OF PHYSICAL EDUCATION (M.P.Ed.)**

### **CORE PAPER - I**

#### **RESEARCH PROCESS IN PHYSICAL EDUCATION AND SPORTS SCIENCES**

##### **Learning outcomes**

1. Identify the research problem in the field of physical Education and sports
2. Know to Summarize the various research literature
3. Understand and apply the basics of statistics in research.
4. Organize the samples and sampling techniques which is relevant to the study.
5. Apply the systematic methods in writing research thesis

### **CORE PAPER II**

#### **YOGIC SCIENCES**

##### **Learning outcomes**

1. Understand the basic Concepts of Yoga
2. Apply the principles of Yoga to live healthy and active life style.
3. Promote the awareness of health through yoga
4. Analyse the techniques and of body posture to bring out healthy change.
5. Develop the knowledge through practice, participate and organize.

## **CORE PAPER III**

### **TESTS, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION**

#### **Learning outcomes**

1. Understand the Test, Measurement and Evaluation in physical education, Health and Fitness.
2. Know about the different types of test for different sports and games.
3. Apply the tests in minor research areas.
4. Analyse the performance and movements in the field of sports.
5. Evaluate the battery test and others tests prescribed by the government efficiently.

## **CORE PAPER V**

### **APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS**

#### **Learning outcomes**

- Understand and apply the statistics in research.
- Organize the samples and sampling techniques which is relevant to the study.
- Apply the statistics in research thesis for evaluation

## **CORE PAPER VI**

### **SPORTS BIOMECHANICS AND KINESIOLOGY**

#### **Learning outcomes**

1. Identify biomechanical, health, physiological, and psychological limitations to and interventions for improving physical performance.
2. Analyse and explain the mechanisms underlying biomechanical, physiological, and psychological changes that occur during after acute and chronic exercise.
3. Develop physical conditioning programs based on scientific principles designed to develop physical fitness and improve athletic performance
- 4 . Understand mechanical principles can be applied to the analysis of human movement to assess and improve performance and reduce risk of injury.
- 5 Know effectiveness of human movement using mechanical principles.

## **CORE PAPER VII**

### **SPORTS PSYCHOLOGY AND SOCIOLOGY**

#### **Learning outcomes**

1. Explain group mechanisms and group psychology in a sports context
2. Reflect upon motivational psychology as applied to sports activities
3. Formulate relevant constructs of exercise psychology
4. Demonstrate the ability to discuss sociological theories, concepts, and ideas in large and small groups and to express empirically as well as theoretically-based opinions.
5. To apply core sociological theories to specific social problems in order to analyse social problems.

## **CORE PAPER IX**

### **SPORTS MEDICINE, ATHLETIC CARE AND REHABILITATION**

#### **Learning outcomes**

1. Understand the primary responsibilities the sports trainer has in preventing sports injuries and providing initial care for injured athletes.
2. Demonstrate the basics of sport first aid during and after game situation.
3. Recognise and appropriately treat common sports injuries and conditions from onset through rehabilitation.
4. Identify and apply knowledge of anatomy to the design and execution of research studies.

## **CORE PAPER X**

### **PHYSIOLOGY OF EXERCISE**

#### **Learning outcomes**

1. Understand the basic principles of physiology and Exercise Physiology
2. Apply the knowledge in the field of physical education and movement activity.
3. Analyze the practical knowledge during the practical situation.
4. Remember and recall the definition of physiology and co-relate the principles of physiology.
5. Appraise the effects during the training and practical sessions



## **CORE PAPER XI**

### **SCIENTIFIC PRINCIPLES OF SPORTS TRAINING**

#### **Learning outcomes**

1. Understand training as performance based science
2. Explain different means and methods of various training
3. Prepare training schedule for various sports and games
4. Appraise types of periodization for performance development
5. Create various training facilities and plans for novice to advance performers

## **CORE PAPER XIII**

### **INFORMATION AND COMMUNICATION TECHNOLOGY (ICT) IN PHYSICAL EDUCATION**

#### **Course Outcome**

1. Understand concept of information and communication technology in physical education field
2. Analyse sporting data of various types via astute use of statistical packages.
3. Practice mathematics, statistics, information technology in sport technology related problems.
4. Offer Hands on Knowledge in information and communication Technology

## **CORE PAPER XIV**

# **SPORTS MANAGEMENT AND CURRICULUM DESIGN IN PHYSICAL EDUCATION**

### **Course Outcome**

1. Know sports management and employ principles of strategic planning, and financial and human resource management.
2. Assess marketing needs and formulate short term and long term solutions.
3. Conceive, plan, execute, and evaluate a sports event.
4. Introduce the teaching and curriculum objectives and course module design
5. Analyse the planning strategies, teaching, learning and assessment
6. Develop strategies to promote quality learning, practice marking and consider methods of course and self-evaluation
7. Evaluating learning intentions and the process that is guided through explicit and manageable criteria.

# **B. P.Ed**

## **CORE PAPER – I**

### **HISTORY, PRINCIPLES AND FOUNDATIONS OF PHYSICAL EDUCATION**

#### **Learning Course Outcome**

1. Know the origin and development of Physical Education
2. Apply the knowledge of Olympism in organizing various sport activities.
3. Distinguish the functional operations on National and International Olympic Federations.
4. Distinguish the functional operations on National and International Olympic Federations.
5. Analyze the concepts and issues pertaining to Physical Education.
6. Formulate the principles, philosophy and concepts about Physical Education

## **CORE PAPER – II**

### **ANATOMY, PHYSIOLOGY AND HEALTH EDUCATION**

#### **Learning Outcomes**

1. Understand the basic principles of Anatomy, Physiology and Health Education
2. Apply the knowledge in the field of physical education and movement activity.
3. Analyze the practical knowledge during the practical situation.
4. Remember and recall the definition of anatomy and physiology and co-relate the principles of physiology.
5. Appraise the effects of health condition during the training and practical sessions

## **CORE PAPER – III**

### **YOGA EDUCATION**

#### **Learning Outcomes**

1. Understand the basic Concepts of Yoga
2. Apply the principles of Yoga to live healthy and active life style.
3. Promote the awareness of health through yoga
4. Analyze the techniques and of body posture to bring out healthy change.
5. Able to execute loosening exercise , Asanas, Pranayama and Shatkriyas.

## **CORE PAPER – V**

### **SPORTS TRAINING**

#### **Learning Outcomes**

1. Understand training as performance based science
2. Explain different means and methods of various training
3. Prepare training schedule for various sports and games
4. Appraise types of periodization for performance development
5. Create various training facilities and plans for novice to advance performers

## **CORE PAPER – VI**

### **ORGANIZATION, ADMINISTRATION AND METHODS IN PHYSICAL EDUCATION**

#### **Learning Outcomes**

1. Understand the principles and process of Administration and Management
2. Administer physical education and sports programs in schools.
3. Develop appropriate physical education curriculum, tools and budget to manage school programs
4. Appraise and manage physical education facilities and personnel in school
5. Design tournament fixtures and structures to organize competitions

## **CORE PAPER VII**

### **THEORIES OF SPORTS AND GAMES, COACHING AND OFFICIATING- PART I**

#### **Learning Outcomes**

1. Able to mark Track and Field and Officiate
2. Able to understand the rules of the games and sports
3. Able to give seeding and Heats in Track and Field. Combined Events .
4. Design and practice the new methods of technique of officiating.

## **CORE PAPER – IX**

### **MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION**

#### **Learning Outcomes**

1. Understand the basics of Test, Measurement and Evaluation in physical education, Health and Fitness.
2. Know about the different types of test for different sports and games.
3. Apply the tests in minor research areas.
4. Analyze the performance and movements in the field of sports.
5. Evaluate the battery test and others tests prescribed by the government efficiently.

## **CORE PAPER X**

### **RESEARCH AND STATISTICS IN PHYSICAL EDUCATION**

#### **Learning Outcomes**

1. Identify the research problem in the field of physical Education and sports
2. Know to Summarize the various research literature
3. Understand and apply the basics of statistics in research.
4. Organize the samples and sampling techniques which is relevant to the study.

## **CORE PAPER XI**

### **SPORTS MANAGEMENT, RECREATION AND CAMPING**

#### **Learning Outcome**

1. Know sports management and employ principles of strategic planning, and financial and human resource management.
2. Assess marketing needs and formulate short term and long term solutions.
3. Develop critical thinking in analysing sport management issues and in managerial planning and decision making.
4. Able to organize recreational camp and activities.

## **CORE PAPER XIII**

### **THEORIES OF SPORTS AND GAMES, COACHING AND**

#### **OFFICIATING- PART II**

#### **Learning Outcomes**

1. Know the fundamental of all the games and sports
2. Understand the rules of all the games and sports
3. Preparing the students for the competition
4. Classify the students accordingly for various games and sports.
5. Design and practice the new methods of technique and training.

## **CORE PAPER XIV**

### **KINESIOLOGY AND BIOMECHANICS**

#### **Learning Outcomes**

1. Analyze and explain the mechanisms underlying biomechanical, physiological, and psychological changes that occur during after acute and chronic exercise.
2. Understand mechanical principles can be applied to the analysis of human movement to assess and improve performance and reduce risk of injury.
3. Know effectiveness of human movement using mechanical principles.

## **CORE PAPER XV**

### **SPORTS PSYCHOLOGY AND SOCIOLOGY**

#### **Learning Outcomes**

- 1.Explain group mechanisms and group psychology in a sports context
- 2.Reflect upon motivational psychology as applied to sports activities
- 3.Formulate relevant constructs of exercise psychology
- 4.Demonstrate the ability to discuss sociological theories, concepts, and ideas in large and small groups and to express empirically as well as theoretically-based opinions.
5. To apply core sociological theories to specific social problems in order to analyze social problems.



## **OLYMPIC MOVEMENT**

### **Learning Outcomes**

1. Understand the Educational and cultural values of Olympic movement.
2. Analyze the Modern Olympic Games and Rules of Eligibility for Competition.
3. Know about The organizational structure and functions of Para Olympic Games
4. Analyze the Achievement of India in Team Games and Individual Sports.

## **GENDER STUDIES**

### **Learning Outcome**

1. Able to explain and understand the concepts of gender studies
2. Able to interpret and identify the gender issues and problems

## **SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION**

### **Learning Outcome**

1. Perform and report on the exploratory analysis of data collected using sports technology
2. Analyze sporting data of various types via astute use of statistical packages.
3. Practice mathematics, statistics, information technology in sport technology related problems.
4. Support a conclusion based upon quantitative prediction, performance and analysis of a sporting team, code, or gaming environment.
5. Offer Hands on Knowledge in sports Technology

## **DISABILITY AND INCLUSIVE EDUCATION**

### **Course Outcome**

- Understand about classification of Disabilities.
- Understand adopted games for disability persons.
- Known the benefits of exercise for disability persons.

## **SPORTS NUTRITION AND WEIGHT MANAGEMENT**

### **Learning Outcomes**

1. Restate the role of nutrients and caloric requirements
2. Sketch the basic classification, functions and utilization of nutrients.
3. Point out diet for various competitions and nutrient supplements for performance.
4. Evaluate the factors affects weight management and solutions for obesity.
5. Design caloric requirements for various sports and age groups.

## **CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS**

### **AND WELLNESS**

#### **Learning Outcome**

1. Discuss research from a multidisciplinary perspective relative to current issues in physical activity and health.
2. Apply qualitative research methods to explore and critically examine a variety of curricular topics.
3. Demonstrate application of relevant research and theory to a contemporary issue in physical activity and exercise science.
4. Explain the contemporary issues and to pertaining to the physical activity and health field.

## DEPARTMENT OF YOGA

### Programme outcome: MSc in Yoga

The **Master Of Science In Yoga (MSc in Yoga )** is a **Two year** professional Programme imparting knowledge and skills about every facet of Yoga. This program has been designed for meeting the demand of the growing needs of experts in Yoga and related fields . To equip the participants to run their own Yoga Centers. To train them to introduce yoga in Schools, Colleges and Universities **After** successful completion of this programme, graduates will able to: Integrate and apply **knowledge** of yoga and spiritual evolution for the practice of yoga as healthcare therapy. Design advanced yoga based therapies to meet identified needs within economic, environmental and social constraints. Recognize the need to engage in lifelong learning through continuing education and research.

- Eligible for the post of Assistant Professor
- Eligible for NET/ SET/Ph. D
- Eligible to do Research on National & International Level.
- Spiritually becomes strong.

### Course Outcome - MSc Yoga

Semester I		
Paper code	Title	Subject Outcomes
06101	Fundamentals of Yoga Education	<p>Gain knowledge about the Indian philosophy.</p> <p>Learn about the history of yoga, classical yoga texts, yogic gurus, and contributions of yoga to religions</p> <p>Understand the various paths of yoga, schools of yoga, and astanga yoga</p>
06102	Applied Anatomy and Physiology	<p>Learn about the anatomy of human body from the cell structure to the major systems of the body</p> <p>Understand the physiology, unique anatomical features, and the functions of the major systems of the body</p> <p>Insight into the effect of yogic practices on each individual systems of the body</p>
06103	Methods of Yogic Practice-I	<p>Learn about the essentials of the yogic practices</p>

		Exposed to techniques of loosening the joints and Surya Namaskar  Oriented to some of the preliminary asanas, pranayama, kriya, bandhas, mudras and meditation
<b>Elective</b>		
06104A	Health, Fitness, Wellness and Yogic Diet	Understand the meaning, definitions, dimensions, and scope of health, fitness and wellness  Insight into the causes of illness and the management of those ill-health through yoga  Gain knowledge about the nutrition, components of nutrition and their impact on health. Also the principles and characteristics of yogic diet are expounded
<b>Practicals</b>		
06105	Applied Physiology	Learn about the measurement of physiological variables such as temperature, pulse rate, respiratory rate and blood pressure  Physical examination of sensory function and muscles is learnt  Oriented to identify a organ specimen and explain its functions
06106	Practical Training in Yoga-I	Exposed to techniques of loosening the joints and Surya Namaskar  Oriented to some of the preliminary asanas, pranayama, kriya, bandhas, mudras and meditation
06107	Fitness, Wellness and Yogic Diet	Orientation of aerobic exercise programmes and their relation to fitness and wellness  Learn the preparation of naturopathy foods for health and for specific diseases.  Study how to frame diet charts
<b>Semester II</b>		

06201	Introduction to Siddha and Naturopathy	In-depth understanding of the history, principles, and theories of siddha and naturopathy  Learn the various treatment modalities of diseases through siddha and naturopathy
06202	Yoga and Psychology	Learn about the scope of psychology in yoga and the concept of developmental psychology  Gain an understanding in yogic psychology and spirituality  Understand the impact of yoga on various psychological disorders
06203	Methods of Yogic Practice-II	Learn about the essentials of the yogic practices  Exposed to techniques of loosening the joints and Surya Namaskar  Oriented to some of the moderate-level asanas, pranayama, kriya, bandhas, mudras and meditation
<b>Elective</b>		
06204A	Yoga and Alternative Medicine and Therapies	Gain knowledge about the concepts and principles of yoga therapy, Ayurveda, siddha, naturopathy, acupuncture, acupressure, and physiotherapy  Understand the treatment modalities in yoga therapy, Ayurveda, and siddha for life-style disorders
<b>Practicals</b>		
06205	Psychological Testing in Yoga	Understand various emotional states and gain competency in measuring these variables through different psychological tools
06206	Practical Training in Yoga-II	Exposed to techniques of loosening the joints and Surya Namaskar  Oriented to some of the moderate-level to advanced asanas, pranayama, kriya, bandhas, mudras and meditation
06207	Village Placement Programme	Apply knowledge of yogic counseling and

		<p>case-history taking of participants of the programme</p> <p>Gain competence in practical training and teaching of public members of a village in yogic practices</p> <p>Apply techniques of yogic therapy, alternative medicine, naturopathy, and yogic diet to the common public</p>
<b>Semester III</b>		
06301	Research Processes and Statistics in Yoga	<p>Understand the nature and scope of research in yoga, various research methods and design, and areas of research</p> <p>Gain practical competency in statistical concepts related to experimental research</p>
06302	Computer Applications in Yoga	<p>Develop theoretical and practical aspects of MS Word, Excel, PowerPoint and Internet</p> <p>Ability to apply these applications in thesis and record preparation, and during presentations and demonstrations</p>
06303	Methods of Yogic Practice-III	<p>Learn about the essentials of the yogic practices</p> <p>Exposed to techniques of loosening the joints and Surya Namaskar</p> <p>Oriented to some of the moderate-level to advanced asanas, pranayama, kriya, bandhas, mudras and meditation</p>
<b>Elective</b>		
06304A	Yoga Therapy for Common Ailments	<p>Gain the ability to visually and physically examine, interview and perform nadi pariksha of the subjects</p> <p>Ability to frame therapeutic modules of yogic practices for common disorders</p>
<b>Practicals</b>		
06305	Computer Applications in Yoga	Gaining the ability in the hands-on application of MS word, spread sheet, power point and Internet

		<p>Ability to create and design presentations on topics</p> <p>Do data gathering in the Net</p> <p>Ability to generate flow charts, tables, and graphics in the documents</p>
06306	Practical Training in Yoga-III	<p>Learn about the essentials of the yogic practices</p> <p>Exposed to techniques of loosening the joints and Surya Namaskar</p> <p>Oriented to some of the moderate-level to advanced asanas, pranayama, kriya, bandhas, mudras and meditation</p>
06307	Internship (Hospitals; Yoga, health or Naturopathy Centres)	<p>Experience in designing yogic programmes for various age groups and people with disorders</p> <p>Practical teaching of yogic practices based on the needs and requirement of the subjects</p>
<b>Semester IV</b>		
06401	Methodology of Teaching Yoga	<p>Understand the principles, scope and factors of yoga education</p> <p>Gain knowledge about the various methods in teaching yoga</p> <p>Gain competency in using teaching aids, preparing lesson plan, and organizing yoga related programmes</p>
06402	Introduction to Ayurveda	<p>Understanding the philosophy, principles, and concepts of Ayurveda</p> <p>Introduced to basic Ayurveda texts and authors</p> <p>Learn the various treatment modalities of diseases through Ayurveda</p>
06403	Methods of Yogic Practice-IV	<p>Learn about the essentials of the yogic practices</p> <p>Exposed to techniques of loosening the joints and Surya Namaskar</p>

		Oriented to some of the moderate-level to advanced asanas, pranayama, kriya, bandhas, mudras and meditation
<b>06404</b>	Thesis	<p>Acquire practical skills in systematic investigation of a research problem</p> <p>Organize the samples and sampling techniques which is relevant to the study.</p> <p>Apply the statistics in research thesis for evaluation</p> <p>Learn measurement of clinical symptoms and psychological parameters</p> <p>Organizing the data and presenting it as a thesis</p>
06405	Practical Training in Yoga-IV	<p>Learn about the essentials of the yogic practices</p> <p>Exposed to techniques of loosening the joints and Surya Namaskar</p> <p>Oriented to some of the moderate-level to advanced asanas, pranayama, kriya, bandhas, mudras and meditation</p>
<b>Teaching</b>		
06406	Teaching Practice in Yoga Centers or Educational Institutions	<p>Experience in designing yogic programmes for various age groups</p> <p>Practical teaching of yogic practices based on the needs and requirement of the subjects</p>



# **DEPARTMENT OF EXERCISE PHYSIOLOGY AND BIOMECHANICS**

## **EXERCISE PHYSIOLOGY AND NUTRITION - B.Sc**

### **Programme Specific:**

The B.Sc Exercise physiology and Nutrition offered by the Department will be on total fitness that integrates medical fitness, Nutritional Fitness, Physical, Mental and Social Fitness. The effect of Exercise on various system are given due coverage. The unique features in the internship programme offered to students at various hospital and fitness centers further the curriculum provides an insight into the importance of Nutrition, Nutrition standard, balanced diet and calorific value required for various levels of sportsmen.

### **Course Outcome:**

#### **BASIC ANATOMY & PHYSIOLOGY – I :**

By learning the subject the students will be aware of the various anatomical structures present and Physiological functions of the Human body.

#### **FOOD SCIENCE:**

Nutrients and their primary functions , Recognize common characteristics of well-nourished people , Recognize symptoms of malnutrition and nutrition assessment .

#### **KINESIOLOGY:**

To understand the various movements and muscles of the body.

#### **SPECIAL ENGLISH I (C) :**

Students can analyze a poem, prose short story and grammar .\

#### **ENGLISH I :**

Students can learn theme, ideas and information from Listening from a poem, prose, short story.

#### **BASIC ANATOMY & PHYSIOLOGY – II :**

By learning the subject the students will be aware of the various anatomical structures present and functions of Human body.

#### **INTRODUCTION TO HUMAN NUTRITION :**

To understand Macronutrients and their primary functions and to Gain basic knowledge of the different nutrients and their role in maintaining health of the community.

### **CLINICAL EXERCISE TESTING PROCEDURES :**

On completion of this instruction students will be able to accurately screen, assess. to utilize laboratory testing that measures heart rate, blood irredeemable uptake, body co position and flexibility.

### **SPECIAL ENGLISH II (C) :**

To expose learners to short story writing over the centuries ,to provide learners an insight into different cultures and to help learners appreciate different themes, strategies and techniques employed by the writers.

### **ENGLISH-II- DEVELOPING THE LANGUAGE SKILL:**

Students can participate various speaking activates to improve their skill of speaking such as storytelling, Conversation, dialogue completing, debate .

### **KINANTHROPOMETRY :**

Accurately use anatomical and physiological terminology , Competently use and understand the principles pretentiousness procedures for assessing human body composition .

### **SPORTS NUTRITION :**

Provide individual advice and guidance in the area of sports nutrition and to design and run a group consultation for athletes about sports nutrition.

### **CLINICAL DIETETICS :**

Prepare graduates to promote health of medically complex clients through clinical residencies and special projects in clinical nutrition.

### **SPECIAL ENGLISH III (C) :**

Should be aware of the characteristics of literature as a literary genre and Should be able to pinpoint the linguistic qualities.

### **ENGLISH- III PROGRESSIVE LANGUAGE SKILL :**

Think in a logical way by identifying the fallacies in arguments and to appreciate the value of looking at an issue from various points of view without possible biases to read and comprehend the major points discussed in various types of written .

### **EXERCISE FOR SPECIAL POPULATION :**

Students will be able to define terminology related to exercise for special populations.

**TRAINING & PERFORMANCE:**

To work with higher efficiency as Exercise Physiologist or Exercise Trainers.

**EFFECT OF EXERCISE ON VARIOUS SYSTEM:**

It explains the various physiological factors affecting sports performance, to make recommendations for enhancing the training effect after analyzing sports training plan.

**SPECIAL ENGLISH IV (c) :**

To enable the students to identify the specificities of various modes of prose writing and to equip them to write prose in as many different modes as possible

**ENGLISH IV CAREER LISTENING AND SPEAKING :**

Speak English with an unaffected accent using stress and intonation

**DSE****HEALTH EDUCATION OBJECTIVES:**

To understand the concept of optimal health in developing a personal view of health. 3. The history of national disease prevention and health promotion activities.

**STRENGTH TRAINING AND CONDITIONING:**

Interpret and Italy present knowledge of scientific literature relating to strength training.

**NUTRITIONAL ERGOGENIC AIDS AND EXERCISE PERFORMANCE :**

Gain in depth knowledge on one nutritional ergogenic aids and to evaluate an athletes diet and make valuable nutritional recommendations that will impact his/ her sports performance.

**WEIGHT MANAGEMENT COURSE OBJECTIVES:**

Gain an understanding of the basic elements of nutrition with a focus on the key nutrients in order to avoid deficiencies when working with weight loss clients

**GERIATRIC SPORTS AND NUTRITION :**

Provide individual advice and guidance in the area of Geriatric sports and to Provide individual advice and guidance in the area of Geriatric nutrition.

**FLOOR AND STEP:**

Demonstrate the ability to perform aerobic movements in various combination and forms.

## **ELEMENTARY STATISTICS IN EXERCISE PHYSIOLOGY & NUTRITION:**

To understand about the basic concepts of Statistics □ need of Statistics □ how to analysis the problem using statistics tools

## **FIRST AID AND SPORTS INJURY & PHYSIOTHERAPY :**

To know and understand the science, methods, techniques and instruments on which physiotherapy is based

**LEARNING OUTCOMES:** Students will able to design individual nutritional plan for old person based on prioritized problems and goals, justified intervention and outcome measures and within a specific time frame.

## **NUTRITION AND IMMUNE FUNCTION IN ATHLETES :**

Students will apply the concept of nutritional intervention to immune system of the athlete in various sports. And they will also insist the athlete to maintain the IMMUNE system for better performance.

## **FITNESS AND WELLNESS:**

Students will be able to explain the process to become physically fit and They will also understand how food affects your personal well-being and learn how to make smart choices.

## **STABILITY AND CORE TRAINING :**

Apply the core principles to exercise on a large stability cushion and to Understand how the unstable nature of the cushion challenges stability.

## **M.SC., EXERCISE PHYSIOLOGY AND NUTRITION**

### **Programme Specific :**

To train and prepare students for professional roles in promoting optimum health and wellness of individuals and diverse communication through the application and integration of exercise physiology and sports university, dietetics, sports, research and service. To conduct advanced research in areas related to nutrition and exercise physiology and mentor junior researchers who will become future thought leaders in the field. To prepare students for professional credentialing in health care vocational with emphasis in exercise physiology, nutrition and dietetics, fitness health promotion, disease prevention and related specialties.

### **BIOENERGETICS AND MUSCULAR PHYSIOLOGY:**

To provide foundational knowledge and skills of muscle physiology.

### **CARDIOVASCULAR AND RESPIRATORY PHYSIOLOGY:**

Critically evaluate the central and peripheral mechanism that regulate the cardiovascular and respiratory systems in exercise and their interactions.

### **ADVANCED HUMAN NUTRITION:**

The Physical and biological science foundation of the dietetics profession.

### **COMMUNICATION SKILLS:**

Speak English with an unaffected accent using stress and intonation.

### **NEURO PHYSIOLOGY:**

To interpret the knowledge of Neuro Physiology in athletes and in special population.

### **TRAINING AND COMPETITION NUTRITION:**

To impart knowledge on sports specific nutrition and hydration guidelines in power, strength, weight class- combat and racket sport athletes.

### **STATISTICS IN EXERCISE PHYSIOLOGY AND NUTRITION:**

The basic concept, need and to analyse using statistics tools.

### **ENVIRONMENTAL PHYSIOLOGY:**

To develop an understanding of the physiological adaptations that have evolved them to survive, adapt, participate and to train in various sports activities.

**RESEARCH METHODOLOGY IN EXERCISE PHYSIOLOGY AND NUTRITION:**

The basic concepts, need types of research in recent trends and how to analyse the problem using statistics techniques

**EXERCISE IN DIET PRESCRIPTION FOR SPECIAL POPULATION:**

To develop the students to become expertise in exercise testing and prescription in special population.

**ENDOCRINOLOGY:**

The student will demonstrate an understanding of the anatomy of the endocrine . The student will demonstrate an understanding of the basic properties of hormone and the student will also demonstrate the role of the hormones in maintaining body function.

**HEALTH FITNESS AND PERFORMANCE ASSESSMENT:**

Describe and discuss the relationship between physical activity and health and to assess the fitness variables.

**MUSCLE AND EXERCISE METABOLISM:**

To know the importance of muscle glycogen and blood glucose for increased ATP production within contracting skeletal muscle during exercise.

**EXERCISE BIOCHEMISTRY:**

To understand and Demonstrate technical meaning of fundamental laboratory skills by using computers to solve chemical problems.

**RENAL PHYSIOLOGY:**

To develop and in depth understanding if of kidney physiology.

**SUPPLEMENTS AND ERGOGENIC AIDS FOR PERFORMANCE ENHANCEMENT:**

To apply the knowledge and to describe the ill effects of ergogenic aids to athletics.

**NUTRITIONAL PLANNING FOR SPORTS AND EXERCISE:**

The students will be proficient in planning menus with macro and micronutrients for various sports.

**EXERCISE ASSESSMENT IN SPECIAL POPULATION:**

Become a specialized personal trainer for special population such pregnant women, children and the elderly.

**EXERCISE AND SPORTS FOR WOMEN:**

To identify the components of fitness and communicate the relationship between physical fitness, physical performance, injury prevention and nutritional intake.

# **M.Sc Sports Biomechanics and Kinesiology**

## **Program Specific Objectives of Sports Biomechanics and Kinesiology**

1. To gain knowledge on anatomy and physiology, kinesiology, biomechanics, techniques of human movement and sports skills, research and statistics, and biomechanical instrumentation and measurement in 2D and 3D with inverse dynamics.
2. To apply the principles of mechanics on the human movement and sports skills to enhance the performance and reduce the risk of injury.
3. To analyse the sports skill technique/performance qualitatively and quantitatively using the biomechanical instrumentation and measurement.
4. To gain knowledge in the area of gait analysis and analyse the normal gait and pathological gait.
5. To assess the human body posture and prescribe corrective exercise to correct postural deviations.
6. To create a platform for students to engage in sports biomechanics research and pursue higher research degrees.
7. To produce an efficient sports biomechanist to work in research laboratories, sports academies, national teams, and faculty in academic institutions.
8. To produce sports performance analyst to work with sports teams/sports clubs/research labs as sports performance analyst.

## **SEMESTER I**

### **MSBCT 101 - FUNCTIONAL ANATOMY AND PHYSIOLOGY**

#### **Learning objectives:**

1. To make the students to learn the fundamental concepts and terminology of anatomy and physiology.
2. To equip the students to learn (emphasis on Musculo-skeletal system) system of the body.
3. To help them to understand the structure and the functions of the body.
4. To make them acquire a strong foundation in anatomy which will facilitate the study of biomechanics

### **MSBCT 102 - BASIC BIOMECHANICS**

#### **Learning objectives:**

1. To enable the students to learn the basic concept of biomechanics.
2. To make the students to understand kinematic and kinetic concept of human movement.
3. To equip the students to learn the principle of aerodynamic and hydrodynamics.
4. To enable the students to acquire the skills of qualitative and quantitative of human movement.

### **MSBCT 103 – DYNAMICS OF MOTOR SKILL ACQUISITIONS**

#### **Learning objectives:**

1. To equip the students to understand the basic of skills acquisitions of sports performance.
2. To make them understand the basic of skills and selected sports movement pattern

3. To enable them to understand the link between motor skills, ability, learning and performance
4. To familiarize the students with various theories improving and affecting the sports skills performance

### **MSBDSE 101- MATHEMATICS IN BIOMECHANICS**

#### **Learning objectives:**

1. To enable the students to learn the basic mathematics related to biomechanics.
2. To make the students to apply mathematical concepts and principles to perform computations in biomechanics.
3. To enable the students to apply mathematics to solve problem related to biomechanics.
4. To equip the students to acquire a strong mathematic foundation which facilitate in learning MATLAB and simulation and modelling.

### **MSBDSE 102 – FOUNDATIONS OF FITNESS AND EXERCISE PRESCRIPTION**

#### **Learning objectives:**

1. To make the students understand the concepts of fitness
2. To equip the students to learn the tests to measure each component of fitness
3. To acquire the skills of pre exercise screening
4. To learn the principles of training
5. To equip the students to prescribe the exercise to the clients
6. To understand the fitness norms and prepare fitness report of the clients

## **SEMESTER II**

### **MSBCT 201 - KINESIOLOGY**

#### **Learning Objectives:**

1. To make students understand the in foundations of kinesiology.
2. To make them aware about the fundamental movement of human body.
3. To make them learn the role and functions of muscles.
4. To enable them to learn the exercise program to strengthen and stretch the muscles.
5. To make them to acquire a strong foundations in kinesiology.

### **MSBCT 202 – BIOMECHANICAL INSTRUMENTATION AND MESUREMENT**

#### **Learning Objectives:**

1. To familiarize the students with basic electronic devices.
2. To introduce the students the basic properties of high speed cameras and calibrations.
3. To enhance their ability to asses and analyse human locomotion.
4. To provide students with a strong mechanical foundation to acquire the professional competence, knowledge and skills.
5. To study electromyography and force platform used for kinetic quantity measurement



6. To provide knowledge about advanced equipment and their significant practical applications in biomechanics.

### **MSBCT 203 - PALPATION TECHNIQUE AND KINANTHROPOMETRY**

#### **Learning objectives:**

1. To learn the palpation technique of bones, bony landmarks, skeletal muscles and tendons of human body
2. To understand the concepts of human body measurement
3. To identify the bony landmarks of human body
4. To acquire the technique of measuring human body segments length, girth, and breadth
5. To learn the technique of measuring percent body fat using skin fold measurement
6. To assess and categorize the human body into endomorph, mesomorph and ectomorph

### **MSBDSE 201-EXERCISE AND SPORT PHYSIOLOGY**

#### **Learning objectives:**

1. To understand basic sports physiology and the physiological factors affecting health, fitness and performance.
2. To familiarise with knowledge of health and skill related components of physical fitness.
3. To explore how the body adapts sports & exercise activities.
4. To identify exercise needs of a person/team and design appropriate exercise interventions.

### **MSBDSE 202- PSYCHOLOGY OF SPORT PERFORMANCE**

#### **Learning Objectives:**

1. To make the students familiarise with concept of psychology applied in sports performance.
2. To integrate personal relevance of the selected theories, techniques, and skills to one's own sport experiences
3. To develop an understanding of how psychological factors influence performance in sport and physical activity settings
4. To develop the ability to think critically about issues in sport and physical activity.
5. To establish a solid foundation of knowledge regarding psychological theories and research in sports setting.

### **SEMESTER III**

### **MSBCT 301-MECHANICS OF TRACK AND FIELD PERFORMANCE**

#### **Learning objectives:**

1. To equip the students to learn fundamental skills and techniques of track and field events.
2. To familiarize with mechanical principles involved in skills and technique track and field events.

3. To understand and conduct the qualitative and quantitative analysis in track and field events.
4. To acquire the skills of reviewing the current research studies.

### **MSBCT 302 - MECHANICAL ANALYSIS OF SPORTS AND GAMES – PART I**

#### **Learning objectives:**

1. To provide the acquaintance about the history of games, legends, skills and technique.
2. To recognize the mechanical principles involved in various skills of a game.
3. To acquire the skills with conducting research and evaluate the data on particular skill and technique in the relevant game.
4. To enable the students to learn to prepare standard biomechanical analysis report.

### **MSBCT 303 -RESEARCH METHODS AND STATISTICAL PROCESS IN SPORTS SCIENCES**

#### **Learning objectives:**

1. To equip students with a basic concepts of research.
2. To enable the students to learn the sampling techniques.
3. To enable students to choose the most appropriate research method / design to address a particular research question.
4. To equip the students to prepare a research proposal for grants.
5. To enable the students to prepare a research thesis/report/article for a journal.
6. To enable the students to learn the basic concepts of statistics.
7. To acquire the skills of parametric and non parametric statistical methods and apply the appropriate technique for a research data analysis.

### **MSBDSE 301- SPORTS TECHNOLOGY**

#### **Learning Objectives:**

1. To enable students to learn the fundamental of sports technology.
2. To equip the students to learn the technology used in sports.
3. To understand the different types of playfield surfaces, sports equipments and its advantages.
4. To familiarise the students with the latest technology involved in sports and games.

### **MSBDSE 302 – MATLAB**

#### **Learning objectives:**

1. To enable the students understand the procedures, algorithms, and concepts require in solving specific problems.
2. To enable the students to carry out simple numerical computations and analyses using MATLAB.
3. To familiarize the students on the basic MATLAB software.
4. To prepare the students to use MATLAB in their project works.
5. To equip the students to utilize experimental, statistical and computational methods and tools necessary for 3D motion analysis.

## **SEMESTER IV**

### **MSBCT 401-- MECHANICS OF SPORTS AND GAMES SKILLS –II**

#### **Learning Objectives:**

1. To enable the students to learn the basic skills and techniques of sports and games.
2. To learn and apply the mechanical principle on the technique of sports skill.
3. To understand the technique of qualitative and quantitative analysis.
4. To equip the students to carryout 3D analysis on sports skills and generate a valid report.

### **MSBCT 402- HUMAN GAIT**

#### **Learning objectives:**

1. Know the basic parameters of human gait
2. Characterize normal human gait
3. Know the methods of gait analysis and assessment
4. Sketch the normal ranges of motion of the various joints during a gait cycle.
5. Describe various types of pathological gait.
6. Identify causes and compensation mechanisms for pathological gait.
7. Describe measurements used in analysis of human movement.
8. Review journal papers in this field.

### **MSBCT 403- SPORTS PERFORMANCE ANALYSIS**

#### **Learning Objectives:**

1. To make the students to learn the fundamental and advance strategies of performance analysis.
2. To enable the students to acquire the video capturing technique.
3. To make the students to learn and acquire the skills of using sports performance analysis software.
4. To enable the students to acquire the skills of sports performance analysis.
5. To enable the students to diagnose the strength and weakness of a player / team.
6. To create a platform for the students to choose sports perform analysis as a career.

### **MSBDSE 401- HUMAN POSTURE AND CORRECTIVE EXERCISE**

#### **Learning objectives:**

1. To learn the fundamental concepts of posture.
2. To understand the correct technique of static and dynamic posture.
3. To learn the abnormal postural deviations.
4. To learn and assess the posture and its deformities and produce a postural assessment report.
5. To indentify the abnormal postural deformities and suggestion of suitable corrective exercise.

## **MSBDSE 402-- MODELLING AND SIMULATION**

### **Learning objectives:**

1. To introduce basic concepts of the simulation and modeling.
2. To equip the students to develop basic simulation and modelling skills.
3. To understand the various types of simulation, techniques and methods
4. To familiarise the students with simulation modelling techniques in 3D motion analysis

## **MSBGE 101- KINESIOLOGY**

### **Learning objectives:**

1. To equip the students with foundations of kinesiology.
2. To familiarize the students with muscle origin, insertion and action.
3. To equip the students on gait analysis.
4. To enable the students to learn posture analysis.

## **MSBGE 201- SPORTS BIOMECHANICS**

### **Learning objectives:**

1. To equip the students to learn the basic of sports biomechanics.
2. To learn to apply the principle of physics in solving tasks associated with human locomotion.
3. To learn the internal and external forces of human movement.
4. To learn the principle of aerodynamics and hydrodynamics.

**DEPARTMENT OF SPORTS MANAGEMENT AND SPORTS  
PSYCHOLOGY & SOCIOLOGY**

***DEPARTMENT OF SPORTS MANAGEMENT***

***PROGRAMME SPECIFIC OUTCOMES***

**Programme: PhD (Sports Management)**

The Ph.D in Sports Management is a unique program offered by the Department of Sports Management of the Tamil Nadu Physical Education and Sports University. Those who possess MBA in Sports Management Degree with research aptitude are eligible for registering this Doctoral Program. After an intensive research training program, it aims at reinforcing the fundamentals and imparting advanced training, PhD students get opportunities to pursue research on interesting topics such as issues related to sports governance, sports marketing, sports organisation development, sports infrastructure development and so on. Research papers have also been published in Journals. The training and research experience enables the graduates to successfully become academicians and researchers in organisations.

**Program: M BA (Sports management)**

Sports is one such fast emerging industry in India. There is a growing demand for quality, talented sports management professionals to manage players and the business surrounding it as India is emerging as the hub for professional sports. The success of major leagues with corporate sponsorships, such as ISL, PBL, IHL, Pro Kabaddi offers abundant opportunities for economic growth and employment in the future. MBA in Sport Management is an exciting program that will help the students to develop their career in sport industry. It has been designed to meet the industry's need for well-qualified managers who can combine management and financial skills with specialist knowledge of sport. This program helps the students to acquire necessary knowledge and skills required for reflective management practice in a range of sport settings. Sports management includes business activities such as planning, organizing, directing, controlling, budgeting, client servicing,

hospitality, marketing, sponsorships, endorsements, contract negotiations, Customer Relationship Management, analytics of data and more. This program has been offered by the Department of Sports Management since the academic year 2007-2008 onwards. This programme enables the students to explore the current trends and key concepts in sport management, to understand the dynamics of Sports Industry at the national and International Level, to develop analytical and decision-making skills, to inculcate essential business and marketing skills blended with specialized knowledge in sports management, to imbibe business ethics and values, to identify and evaluate recent changes in sport participation and policies and their implications on sports development, to inculcate the knowledge on sports governance for effectively managing sport organizations and to conduct research into sport issues relevant to managing sports and sport organizations. After the completion of M.BA in Sports Management program in two years, the students are well trained to pursue their career sports organisations at middle level management. The program introduces the students to research as an exciting career option also. A few past MBA graduates are successful entrepreneurs as well.

## COURSE OUTCOMES

### DEPARTMENT OF SPORTS MANAGEMENT

#### LIST OF COURSES

Code	Course Name
MSM101	Principles of Management
MSM102	Organizational Behavior
MSM103	Business Laws
MSM104	Managerial Economics
MSM105	Management Accounting
MSM106	Quantitative Methods in Business
MSM107	Soft Skills – I (Oral Communication)
MSM201	Operations Management
MSM202	Marketing Management
MSM203	Financial Management
MSM204	Human Resource Management
MSM205	Operations Research
MSM206	Management Information System
MSM207	Soft Skills -II (Written Communication)
MSM301	Total Quality Management
MSM302	Strategic Management

MSM303	Research Methods in Business
MSM304	Sports Organization and Administration
MSM305	Sports Management Principles and Practices
MSM306	Sports Marketing
MSM307	Soft Skills -III (Report Writing and Presentation)
MSM308	Internship Report
MSM401	Sports Facility Management
MSM402	Sports Psychology and Sociology
MSM403	Project Work
	Viva-voce
MSM404	Village Placement Programme



## **COURSE OUTCOMES**

### **MSM101 : Principles of Management**

#### **Course outcomes:**

The course is intended to equip the students with basic managerial skills.

### **MSM102 : Organizational Behaviour**

#### **Course outcomes:**

The students would be able to understand the behavior of employees for achieving the organizational effectiveness.

### **MSM103 : Business Laws**

#### **Course outcomes:**

The students would acquire the basic knowledge of legal system of business which, indeed is very essential for running any business.

## **MSM104 : Managerial Economics**

### **Course outcomes:**

The course is intended to equip the students with knowledge on the macro and micro economic environment.

## **MSM105 : Management Accounting**

### **Course outcomes:**

The students would understand the fundamentals and significance of accounting system which would be helpful for managerial decision making.

## **MSM106 : Quantitative Methods in Business**

### **Course outcomes:**

The course is intended to impart knowledge on mathematical applications for effective decision making.

## **MSM107 : Soft Skills – I (Oral Communication)**

### **Course outcomes:**

The course is indented to develop Oral Communication skill of the students.

## **MSM201 : Operations Management**

### **Course outcomes:**

By studying this course, the students would be able to understand the functions of production and operations management.

## **MSM202 : Marketing Management**

### **Course outcomes:**

By studying this course, the students would be able to know the functions of marketing management.

## **MSM203: Financial Management**

### **Course outcomes:**

By studying this course, the students would be able to understand the needs and functions of financial management.

## **MSM204 : Human Resource Management**

### **Course outcomes:**

By studying this course, the students would be able to know the functions of human resource management.

## **MSM205 : Operations Research**

### **Course outcomes:**

The course is intended to equip the students with knowledge on optimization techniques.

## **MSM206: Management Information System**

### **Course outcomes:**

By studying this course, the students would be able to understand the different functional information systems and decision support systems in the organization.

## **MSM207 : Soft Skills -II(Written Communication)**

### **Course outcomes:**

The course is indented to develop written communication skill of the students.

## **MSM301 : Total Quality Management**

### **Course outcomes:**

The course is intended to equip the students with basic knowledge on managing total quality.

## **MSM302 : Strategic Management**

### **Course outcomes:**

By studying this course, the students would be able to understand the significance of strategies and managing strategies in an organisation.

## **MSM303 : Research Methods in Business**

### **Course outcomes:**

By studying this course, the students would be able to know the significance of conducting research and the research methods in business.

## **MSM304 : Sports Organization and Administration**

### **Course outcomes:**

By studying this course, the students would be able to understand how the sports organisations are governed at international, national and local levels.

## **MSM305 : Sports Management Principles and Practices**

### **Course outcomes:**

By studying this course, the students would be able to know the fundamental management principles and practices being followed at sports organisations.

## **MSM306 : Sports Marketing**

### **Course outcomes:**

By studying this course, the students would be able to understand and know the significance of sports marketing.

## **MSM307 : Soft Skills -III(Report Writing and Presentation)**

### **Course outcomes:**

The course is indented to develop the report writing skills and presentation skills of the students.

## **MSM308 : Internship Report**

### **Course outcomes:**

By undergoing the internship training in the organizations, the students would be able to know the different functional areas in the organization and also understand how each department in the organization functions.

## **MSM401 : Sports Facility Management**

### **Course outcomes:**

By studying this course, the students would be able to understand how to manage existing facilities and how to create new facilities.

## **MSM402 : Sports Psychology & Sociology**

### **Course outcomes:**

By studying this course, the students would be able to understand the significance of sports psychology in managing sports persons for better performance.



## **MSM403 : Project Work and Viva voce**

### **Course outcomes:**

By carrying out a intensive project work in an organization for two months, the students would be able to have hands on experience in identifying the real time problem in the organization and analyzing the same using relevant methods and reaching to logical conclusions.

## **MSM404 : Village Placement Programme**

### **Course outcomes:**

By spending one week time in the village for welfare measure, the students would be able to know the needs of the village and thereby they could understand what kind of remedial measures are required for the upliftment of the village and deliver the same..

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## **DEPARTMENT OF SPORTS PSYCHOLOGY AND SOCIOLOGY**

### **PROGRAM SPECIFIC OUTCOME**

#### **Programme: PhD (Sports Psychology / Sports Sociology)**

The Doctor of Philosophy (PhD) in Sports Psychology emphasizes in performance which focuses on the psychology of athletes in professions that demand excellence in Sports. This broad Sports psychology graduate program typically appeals to those looking to advance their career in various industries including sports, government or higher education institutions. After an intensive research training program, it aims at reinforcing the fundamentals and imparting advanced training, PhD students to get opportunities to pursue an cutting-edge research on interesting topics and develop new techniques . The training and research experience enables the graduates to successfully lead R&D teams in the Sports industry. Many PhD graduates are successful sports psychologists assisting the athletes to tackle their emotional issues in sports.

#### **Program : M.Phil. Sports Psychology & Sociology**

The one-year Master of Philosophy in Sports Psychology & Sociology enables the research scholars to demonstrate critical understanding, at an advanced level, of up-to-date knowledge and research methodology of a Sports Psychology/Sports Sociology. After finishing this program, students normally enroll in a Ph.D. program or they train personnel in various aspects of Sports Psychology / Sports Sociology in the Indian sports context

**Programme : M.Sc. Sports Psychology & Sociology**

The M.Sc. Sports Psychology & Sociology program of the Department of Sports Psychology and Sociology at the Tamil Nadu Physical Education and Sports University was started as a Unique Masters program in 2007. The main objective of this program would demonstrate knowledge and understanding of key theories in sports psychology and Sport Sociology, including a broad knowledge of psychological skills, strategies and techniques to facilitate performance enhancement within individuals and teams.

**Program: M.Sc. Psychology**

The two-year M.Sc. Psychology program is introduced from the academic year (2016-17). This course encourages sophisticated critical appraisal of current key debates in applied psychology. By completion of this course students will be able to demonstrate critical evaluation of psychology's contribution to human performance and well-being in different applied contexts and also develop advanced research skills in applied psychology. This course applies to a broad range of sectors and is designed for anyone wishing to understand more about the underpinning psychological research and mechanisms for employees, in organizations and business practices.

# **COURSE OUTCOME**

## **M.Sc SPORTS PSYCHOLOGY AND SOCIOLOGY**

MSPS 101: Advanced General Psychology

MSPS 102: Introduction to Sports Sociology

MSPS 103: Research Methodology

MSPS 104: Methods and Measurement in Psychology

MSPS 104B: Sociology of Health

MSPS 105 : Psychological Testing

MSPS 201: Psychological Aspects of Sports Performance

MSPS 202: Indian Social System and Sports

MSPS 203: Social Statistics

MSPS 204: Environmental Sociology

MSPS 204B: Scientific Dimensions of Sports Psychology

MSPS 301: Life Span Development

MSPS 302: Motor Learning & Psychology of Coaching

MSPS 303: Sociological Theories

MSPS 304: Counseling and Behavioral Modification

MSPS 305A: Team Cohesion and Group Dynamic

MSPS 305B: Social Problems

MSPS 401: Intervention Strategies and Sports Behavior

MSPS 402: Thesis

MSPS 403: Village Placement Program

## **M.Sc PSYCHOLOGY**

MSPSY 101: Advanced General Psychology

MSPSY 102: Biological Basis of Behaviour

MSPSY 103: Research Methodology  
MSPSY 104: Psychology of Advertising  
MSPSY 104B: Social Problems & Issues  
MSPSY 104C: Medical Sociology  
MSPSY 105: Psychological Testing  
MSPSY 201: Life Span Development  
MSPSY 202: Psychopathology-I  
MSPSY 203: Social Statistics & Computer Applications  
MSPSY 204: School Psychology  
MSPSY 204B: Gender & Society  
MSPSY 301: Advanced Social Psychology  
MSPSY 302: Guidance and Counselling  
MSPSY 303: Training and Development  
MSPSY 304: Psychopathology-II  
MSPSY 305A: Health Psychology  
MSPSY 305B: Urban Sociology  
MSPSY 305C: Management Principle & Practices  
MSPSY 401: Positive Psychology  
MSPSY 402: Thesis  
MSPSY 403: Village Placement Program

**M.Phil PSYCHOLOGY/ AND SOCIOLOGY**

MPHSPS101 : Research Methodology & Statistics  
MPHSPS102 : Applied Psychology  
MPHSPS201 : Area of Dissertation  
MPHSPS202 : Computer Operations, Communication & Education Skills  
MPHSPS203 : Dissertation  
MPHSPS204 : Village Placement Program

# **M.Sc Sports Psychology and Sociology**

## **MSPS 101**

### **Advanced General Psychology**

The main objective for this course is to forge connections among the different parts of the psychological scientific knowledge to improve the coherence of understanding and also to expand and integrate the knowledge of psychological science through exercising the higher levels of Bloom's cognitive taxonomy (e.g., application, analysis, synthesis, and evaluation).

## **MSPS 102**

### **Introduction to Sports Sociology**

#### **Course outcomes:**

This intended to focuses on sports as social phenomena and this area of study is concerned with various socio-cultural structures, patterns, and organizations or groups involved with sport.

## **MSPS 103**

### **Research Methodology**

#### **Course outcomes:**

It will give students a general introduction to postgraduate research, its methodologies, its challenges and its organisation. Students will be introduced to a range of research tools and will be equipped to plan and organise their research, as well as to communicate their findings.

## **MSPS 104 A**

## **Methods and Measurement in Psychology**

### **Course outcomes:**

Methods and Measurement in Psychology is the first integrative guide to theoretical, methodological, and applied aspects of multimethod measurement in psychological research.

## **MSPS 104 B**

### **Sociology of Health**

### **Course outcomes:**

The objective of this paper is to see how social life affects morbidity and mortality rate, and vice versa.

## **MSPS 105**

### **Psychological Testing**

### **Course outcomes:**

The students made to understand the systematic use of tests to quantify psychophysical behaviour, abilities, and problems and to make predictions about psychological performance.

## **MSPS 201**

### **Psychological aspects of Sports Performance**

**Course outcomes:**

It deals with the physical, psychological, and motivational factors involved with sports performance.

## **MSPS 202**

### **Indian Social System and Sports**

**Course outcomes:**

It enables the students to know how to build a sporting culture in India and also the socio-economic barriers in sports.

## **MSPS 203**

### **Social Statistics**

**Course outcomes:**

The students would be beneficial in learning **statistical** measurement systems to study human behavior in a **social** environment.



## **MSPS 204A**

### **Environmental Sociology**

#### **Course outcomes:**

The main focus would be to learn the relationships between society and the environment interactions.

## **MSPS 204B**

### **Scientific Dimensions of Sports Psychology**

#### **Course outcomes:**

Understanding the application of psychological theory and methods to the study of behavior resulting from or directly related to involvement in sport and physical activity.

## **MSPS 301**

### **Life Span Development**

#### **Course outcomes:**

The students would understand the exploration of how we change and grow from conception to death and the lifelong process that can be studied scientifically across three developmental domains: physical, cognitive, and psychosocial.

## **MSPS 302**

### **Motor Learning & Psychology of Coaching**

#### **Course outcomes:**

It enables the students to learn the processes involved in acquiring and refining skills and also by knowing basic concepts in finding the best instructional sequences and progressions to learn sport skills.

## **MSPS 303**

### **Sociological Theories**

#### **Course outcomes:**

To know the social world and enable prediction about future events.

## **MSPS 304**

### **Counseling and Behavioral Modification**

#### **Course outcomes:**

The students would learn to reduce or eliminate undesirable behaviors and teach or increase acceptable behaviours through counselling and behavioural modification.

## **MSPS 305A**

### **Team Cohesion and Group Dynamic**

#### **Course outcomes:**

This course outlines the concepts about group cohesiveness and dynamics in team sports performance.

## **MSPS 305B**

### **Social Problems**

#### **Course outcomes:**

The students would understand the consequence of factors extending beyond an individual's control, and the source of a conflicting opinion on the grounds of what is perceived as a morally just personal life or societal order.

## **MSPS 401**

### **Intervention Strategies and Sports Behavior**

#### **Course outcomes:**

The students are expected to learn the interventions showing professionals how to help athletes get the most out of their sport experience and maintain a healthy lifestyle.

## **MSPS 402**

### **Thesis**

#### **Course outcomes:**

This aimed to give confidence and some insights into pursuing research, presenting the results in the thesis, and publications.

## **MSPS 403**

### **Village Placement Programme**

#### **Course outcomes:**

VPP is compulsory for all the Regular Courses of the University. As a Part of VPP, each student of the Regular Course should stay for four days in a Village and undertake service activities such as health awareness campaign, literacy programmes, awareness programme of clean environment and safe drinking water, Sports Recreation etc., for rural development. VPP has two credits for all the Courses under CBCS.

# **M. Sc PSYCHOLOGY**

## **MSPSY 101**

### **Advanced General Psychology**

#### **Course outcomes:**

It is a foundational course for students who aspire to specialize in the field of Sports Psychology in future.

## **MSPSY 102**

### **Biological Basis of Behaviour**

#### **Course outcomes:**

The students would be able to understand the various biological factors that affect our behaviour and the interplay between biological processes and mental states.

## **MSPSY 103**

### **Research Methodology**

#### **Course outcomes:**

Exposure to research methods gives decision makers new analytical approaches that can be applied to practical issues also they can facilitate the critical thinking process.

**MSPSY 104A**  
**Psychology of Advertising**

**Course outcomes:**

Students would be able apply and enhance their quantitative and qualitative research in a real-world environment, with potential to explore areas of ethical sensitivity and issues associated with advertising research.

**MSPSY 104B**  
**Social Problems & Issues**

**Course outcomes:**

To establish and maintain appropriate relationships and help students learn to display prosocial behavior while at school, college and beyond.

## **MSPSY 104C**

### **Medical Sociology**

#### **Course outcomes:**

The students learn the critical role social factors play in determining or influencing the health of individuals, groups, and the larger society.

## **MSPSY 105**

### **Psychological Testing**

#### **Course outcomes:**

The students made to understand the systematic use of tests to quantify psychophysical behaviour, abilities, and problems and to make predictions about psychological performance.

## **MSPSY 201**

### **Life Span Development**

#### **Course outcomes:**

The students would understand the exploration of how we change and grow from conception to death and the lifelong process that can be studied scientifically across three developmental domains: physical, cognitive, and psychosocial.

**MSPSY 202**  
**Psychopathology-I**

**Course outcomes:**

This course provides the students with a method enabling them to capture the subtle nuances of the patients' experience that constitute the essentials of the “psychiatric object”.

**MSPSY 203**  
**Social Statistics & Computer Applications**

This course Familiarizes students with the logic of behavioral statistics and the computation and interpretation of statistical analysis.

**MSPSY 204A**  
**School Psychology**

**Course outcomes:**

This course enables to learn how to apply psychological science to improve the learning process and promote educational success for all students.



## **MSPSY 204B**

### **Gender & Society**

#### **Course outcomes:**

Since gender and family values are deeply embedded in the fabric of society this course gives awareness for the students to know both moral and a legal issues in gender and society.

## **MSPSY 301**

### **Advanced Social Psychology**

#### **Course outcomes:**

Students learn about human behavior in groups and that how human behavior is influenced by others. Students would understand the socio-psychological causes and motives of human behavior in groups.

## **MSPSY 302**

### **Guidance and Counselling**

**Course outcomes:**

This course provides the students to learn the main responsibility for practical arrangements of guidance and counselling belongs to the student counsellor and to help them to develop their learning-to-learn skills and capabilities for learning.

## **MSPSY 303**

### **Training and Development**

**Course outcomes:**

It enables the students to recognize the psychological assumptions made in making training and development decisions and to manage these assumptions appropriately.

## **MSPSY 304**

### **Psychopathology-II**

**Course outcomes:**

This course is designed to learn experimental approach to the study of psychopathology.

**MSPSY 305A**  
**Health Psychology**

**Course outcomes:**

The students learn the practice and application of psychological methods to the study of behaviour relevant to health, illness and health care.

**MSPSY 305B**  
**Urban Sociology**

**Course outcomes:**

It enables to study the structures, environmental processes, changes and problems of an urban area also it provides inputs for urban planning and policy making.

**MSPSY 305C**  
**Management Principle & Practices**

**Course outcomes:**

Students examine a basic framework for understanding the role and functions of management and an explanation for the principles, concepts and techniques that can be used in carrying out these functions.

# **MSPSY 401**

## **Positive Psychology**

### **Course outcomes:**

It helps students achieve their best academic outcomes, paired with aspects from positive psychology that promote student safety and wellbeing.

# **M.PHIL SPORTS PSYCHOLOGY AND SOCIOLOGY**

## **MHPSPS 101**

### **Research Methodology & Statistics**

#### **Course outcomes:**

This paper aims to explain when to apply which statistical procedure, the concepts that govern these procedures, common errors when using statistics, and how to get the best analysis out of the data. Research methodology is taught as a base to explain statistical reasoning and familiarises students with commonly used software for statistical analysis.

## **MHPSPS 102**

### **Area of Specialization**

#### **Course outcomes:**

The area of specialization in sports psychology & Sociology provides its students with both a liberal arts education and the opportunity to explore specific areas of psychology where they have special interests.

## **MHPSPS 201**

### **Area of Dissertation**

#### **Course outcomes:**

This paper will be taught according to the syllabus of each students based on their dissertation topic which may have depth knowledge on various aspects of the study chosen.

## **MHPSPS 202**

### **Computer Operations, Communication & Educational Skills**

#### **Course outcomes:**

This paper enables the students to acquaint different parts of computer system and their functions – Understand the operations and use of computers and common Accessories – Develop skills of ICT and apply them in teaching learning context and Research – Acquire the knowledge of communication skill with special reference to its elements, types,

development and styles and also understand the terms communication Technology and Computer mediated teaching and develop multimedia /e- content in their respective subject.

## **MHPSPS 203**

### **Dissertation**

#### **Course outcomes:**

This paper is to showcase the students' skills and capacity to conduct research in the chosen discipline, and present the results through an original piece of content that will provide value for the academic and scientific community.

## **MHPSPS 204**

### **Village Placement Programme**

#### **Course outcomes:**

VPP is compulsory for all the Regular Courses of the University. As a Part of VPP, each student of the Regular Course should stay for four days in a Village and undertake service activities such as health awareness campaign, literacy programmes, awareness programme of clean environment and safe drinking water, Sports Recreation etc., for rural development. VPP has two credits for all the Courses under CBCS.

## **MHPSPS 205**

### **Internship**

#### **Course outcomes:**

To provide the students to gain professional work experience in a safe and structured environment with help from experts in the field of sports psychology. Typically an intern will be assigned a worksite mentor and internship coordinator. The worksite mentor will help train a student and advise him or her on how to navigate a particular worksite culture and interact with athletes.

**PROGRAMME SPECIFIC OUTCOME**  
**DEPARTMENT OF ADVANCED TRAINING AND**  
**COACHING**

**Programme: Ph.D ( Sports coaching)**

Ph.D in Sports coaching is a unique programme offered by the Department of Advanced Training and coaching of the Tamil Nadu Physical Education and Sports University. Those who possess the M.Sc in Sports Coaching/M,S in sports coaching with research aptitude are eligible for registering this doctoral programme. This research aims at reinforcing the fundamentals of talent Scouting at micro level & Nurturing talent towards excellence . A new powerful way to use the scholar as an instrument of influence and change; a way to grow in a systematic and scientific approach as a person and in confidence. Monitor and enhance Performance with a scientific evaluation system with sportsscience

**M.Phil (Sports coaching)**

M.Phil in Sports coaching is a exclusive programme offered by the Department of Advanced Training and coaching of the Tamil Nadu Physical Education and Sports University. Those who possess the M.Sc in Sports Coaching/M,S in sports coaching with research aptitude are eligible for registering this M.Phil programme. This research will Monitor and enhance the scientific slant in the field of sports with a methodical evaluation system. Logical interaction with Talent identification at micro level and nurturing talent towards excellence, Training and International Exposure with Scientific Sports Equipment and scientific personnel

### **M.Sc.,(Sports coaching)**

M.Sc in Sports coaching is a distinctive programme offered by the Department of Advanced Training and coaching of the Tamil Nadu Physical Education and Sports University. Those who possess the B.Sc Sports Coaching or its equivalent degree recognized by TNPESU with diploma/ P.G. diploma in sports coaching with sports background are eligible for admission in M.Sc programme. This course will support the coaches in sports science area and enhance the high level performance of the coaches. Develop the capacity to make reasoned decisions about sport issues. Support Training with Scientific and Sports Equipment and scientific personnel. To raise awareness for change and learning processes in organizations. To develop awareness of power and relational issues in groups and organizations. To develop intervention and collaboration skills increasing leadership capacity & skills

### **B.Sc., (Sports coaching)**

c., Sports coaching is a irreplaceable programme offered by the Department of Advanced Training and coaching of the Tamil Nadu Physical Education and Sports University. Those who possess the plus two with sports participation in the national/state/ district level are eligible for admission in B.Sc Sports coaching programme. This course will reinforce the fundamental sports sciences support with specified background. In addition to that this course emphasis the history and development, rules and regulations, technical and tactical developments of specified sport.

This course will help to develop all round personality of the student. In addition to that improve the physical, mental, moral and social well beings of the students. This course gives opportunities for higher standard of sports achievements and coaching abilities. Develop the capacity to make reasoned decisions about sport issues. This



course Develops skills and fitness specific to a particular sport. Training and National exposure. To raise awareness for change and learning processes in organizations

### **Post graduate Diploma in sports coaching**

Post graduate Diploma in sports coaching is a inimitable programme offered by the Department of Advanced Training and coaching of the Tamil Nadu Physical Education and Sports University. Those who possess any degree with National/all India Inter University participation are eligible for registering this programme.

This coaching programme is an influential element of the competitive experience. The coaches are a leading positive influence on today's youth. Respondents were asked to rate the overall influence of a variety of groups on young people. Across all major demographic groups, coaches rank as the number one positive influence on youth today.

At their best, coaches can help their players improve their skills, perform to their best ability, develop strong character, and gain confidence. That is, they can maximize the positive value of sport, and they can enhance the intrinsic motivation to play sport. The intrinsic values of sport and the experience of mastery are more likely to generate fair play and good sportsmanship. Coaches who overvalue winning can create an environment in which unsportsmanlike behavior flourishes. Develop skills and fitness specific to a particular sport. To produce coaches of high caliber in different disciplines of sports to broad base sports . Training & International Exposure. Work effectively within a group toward common goals

<b>Department of Sports Technology</b>	
<b>Program Outcomes</b>	<p>To impart basic concepts, skills and engineering knowledge to design and develop sports equipments, sports balls and sports goods.</p> <p>To impart knowledge on performance of players and athletes of various games and sports using engineering tools and software effectively.</p> <p>The program will help the graduates to take up responsibilities in production, testing, designing and marketing sports goods and contribute for the growth of industry.</p> <p>To make them a multidisciplinary team with sense of ethics, integrity and social responsibility</p>
<b>Programme Specific Outcome</b>	<p>After completion of the program graduates will be able to</p> <ul style="list-style-type: none"> <li>A. Apply the knowledge of science, mathematics, and engineering principles for developing problem solving attitude</li> <li>B. Identify, formulate and solve engineering problems in the domain of sports engineering field.</li> <li>C. Use different software tools for Analysis and Design sports engineering domain.</li> <li>D. Design and conduct experiments, analyse and interpret data, for development of simulation experiments.</li> <li>E. Function as a member of a multidisciplinary team with sense of ethics, integrity and social responsibility</li> </ul>

## Course outcomes

### Sports Aerodynamics

- To obtain the Theory and Experimental knowledge in the application of the aerodynamics in sports to design the high performance equipments and to optimize the performance of the athlete.

### Sports Materials Engineering and Design

- To apply the knowledge of material science for the design and manufacture of the different sports apparel and equipments to increase the athlete performance and to avoid the sports injury.

### Computer Aided Modeling [CAM] LAB

- To familiarise the students with the design and assemble of the sports equipments using the CAD Software.

### Sports Biomechanics

- To learn the basic idea to integrate the Medical and Engineering science to study the motion of the athlete to optimize the performance and safety.

### Measurement and Instrumentation in Sports Engineering

- To apply the knowledge of the electronic and sensor technology to measure performance of the athlete and to attain the biological data during the performance.

### Computer Aided Modeling & Analysis Lab

- To attain Numerical simulation to study the Structural, Fluid and FSI analysis of the sports apparel and equipment to confirm the safety and to optimize the sports performance.

### Sports Engineering and Technology

- To apply the recent trends of Engineering skill and technology for the development of the various sports in Comfort, Spectator Experience, Performance and safety.

### Robotics and artificial intelligence

- To be skilled in the use of the robotic technology in the manufacturing the sports equipments and the application of them in the training and tournament.
- To apply the recent trends of Artificial Intelligence to study the performance and predict the variables using machine learning.

### Physiology of Sports and Exercise

- To attain the knowledge in the athlete anatomy and biological science to apply the technology to measure and study the performance of the athlete.

### Principle and Design of Sports Turf

- To attain the knowledge in the different type of Turf and the impact affects the performance of the athlete
- To use the technology to design and develop the field and sports facility and infrastructure

### Advanced Recording and Analysing Techniques in Sports Movements

- To use video analysing technology to study biomechanics of the athlete, Gait analysis, equipment performance analysis and to study the trajectory in sports

### Composite and Nano Materials in Sports Applications

- To attain the knowledge in the application of the composite and nano materials in the sports apparel and the equipment.

### Software in Sports

- To gain the knowledge in present trending software for the analysis and prediction of the athlete performance and for sports safety.

### Survey and Construction Materials

- To attain the better sound in development of the different sports facility and the infrastructure

### Applied Biomaterial in sports technology

- To develop the knowledge in the application of different biomaterial implantation for athlete in the sports medicine.

### Commercialization of Sports

- To develop the entrepreneurship and management skill in the sport industry and government organisation.

### Sports Economic

- To attain the skill in Market, opportunity, labour relation, taxation and legal issue on sports industry.

### Sports Equipment Materials

- To attain the knowledge in the application of the different engineering materials in the manufacturing of the sports equipments.

### Application of Statistics in Sports

- To attain the skill in applying the maths especially statistics in the different sports to predict the success and maximum chance of winning technique.

### Sports Material Engineering

- To attain the knowledge in the science of the behaviour of the different materials application in the sports.

### RACE CAR VEHICLE DYNAMICS

- To attain the knowledge in the engineering technique to optimize the performance of the vehicle in motor sports.

### Soil and Ground Improvement Techniques

- To aware of the different sports surface engineering technique for the good performance of the athlete and to avoid the sports injury.

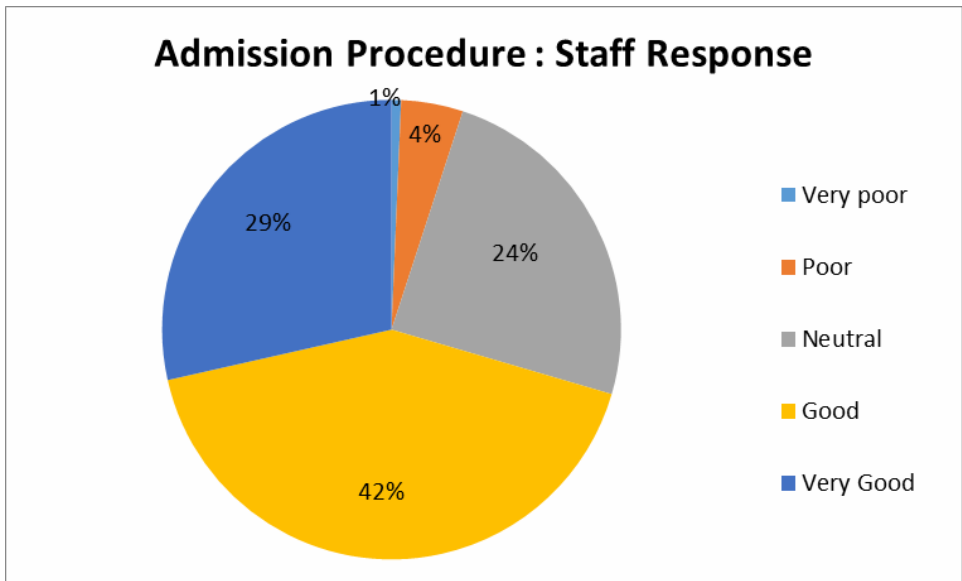
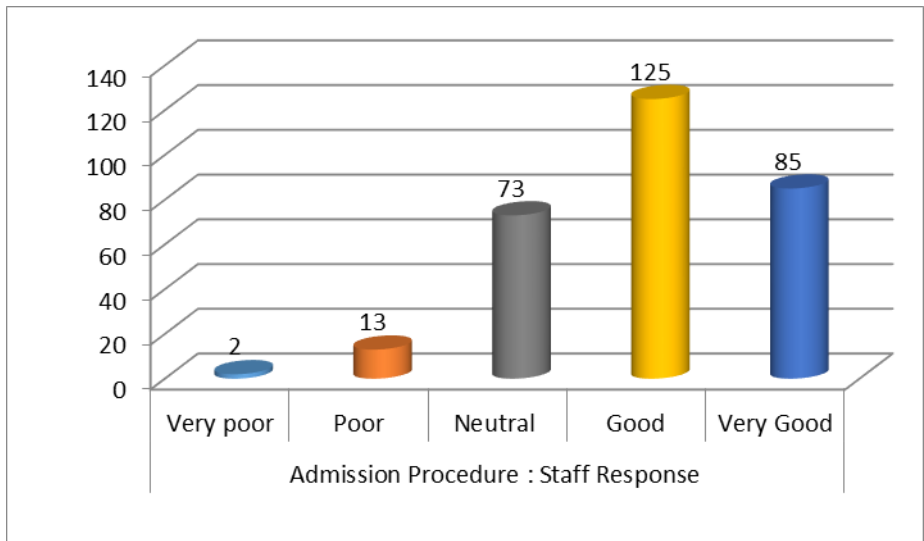
### INDUSTRIAL SAFETY

- To aware of the safety procedure during accident and the maintenance of the machinery and the production sit to avoid the accident.

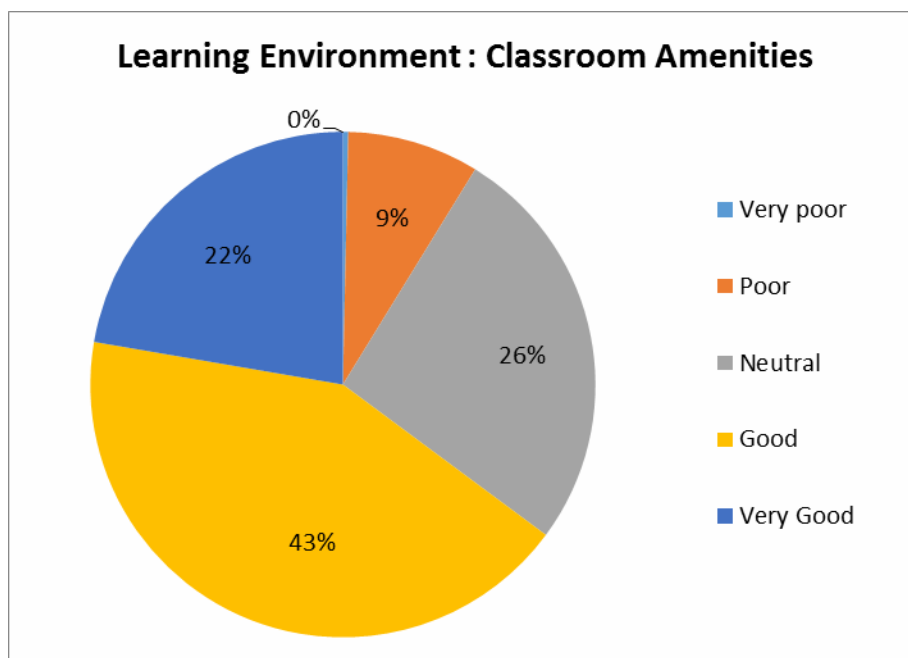
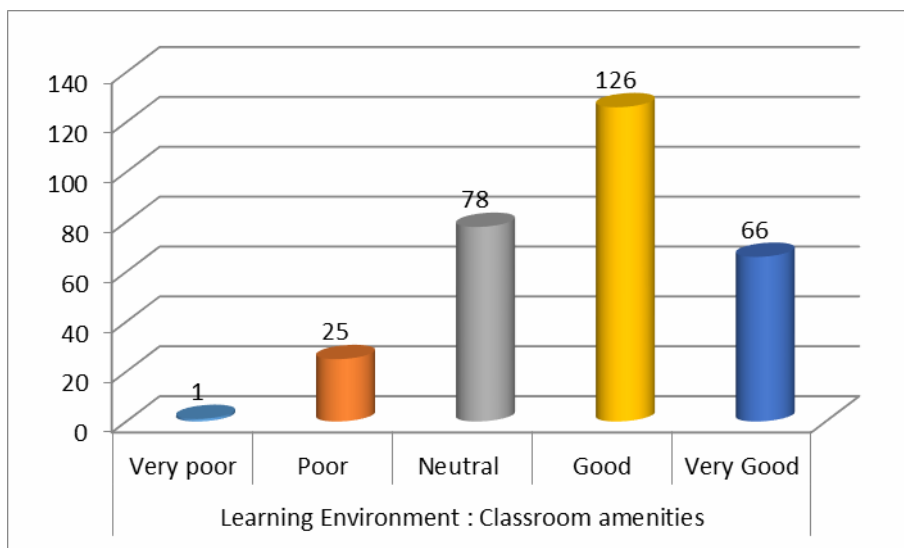
**2.7 STUDENT SATISFACTION SURVEY -  
ANNEXURE 2**

**2016-17 Compatibility Mode:**

<b>Admission Procedure : Staff Response</b>				
Very poor	Poor	Neutral	Good	Very Good
2	13	73	125	85

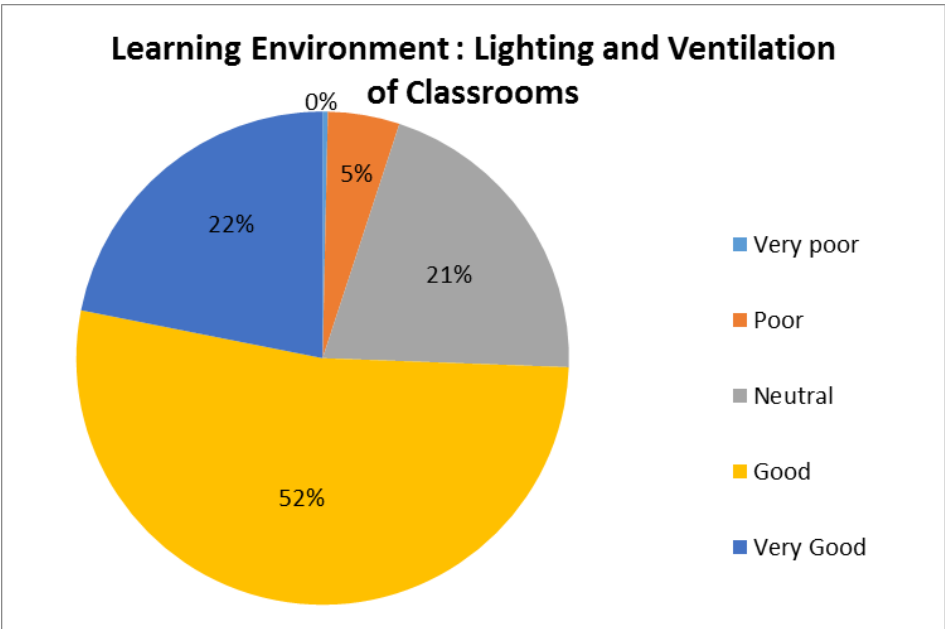
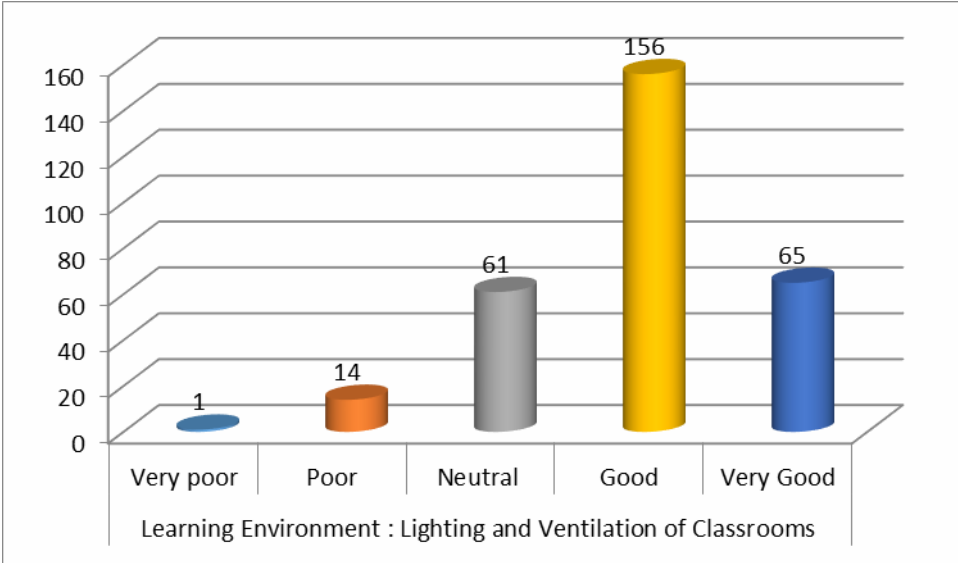


<b>Learning Environment : Classroom Amenities</b>				
Very poor	Poor	Neutral	Good	Very Good
1	25	78	126	66

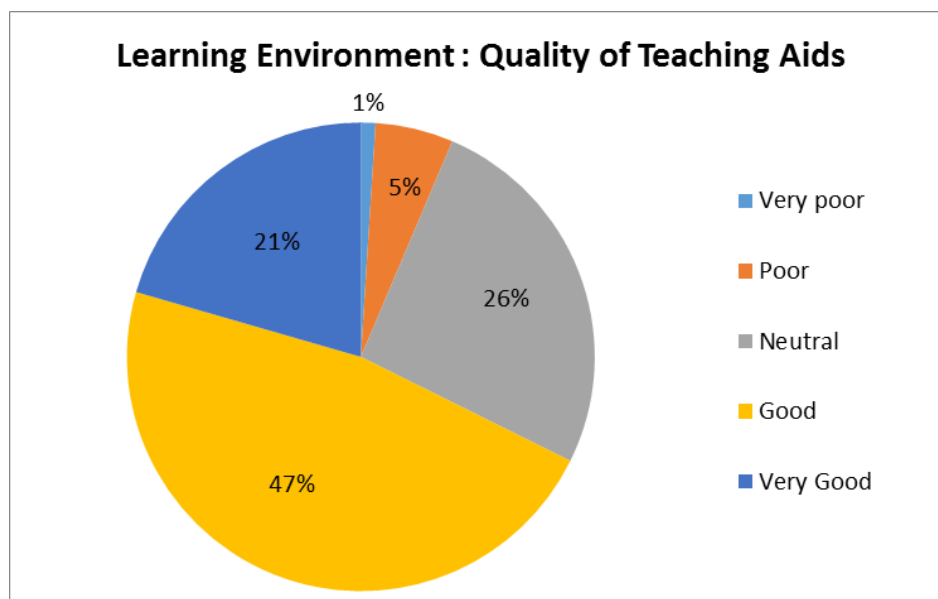
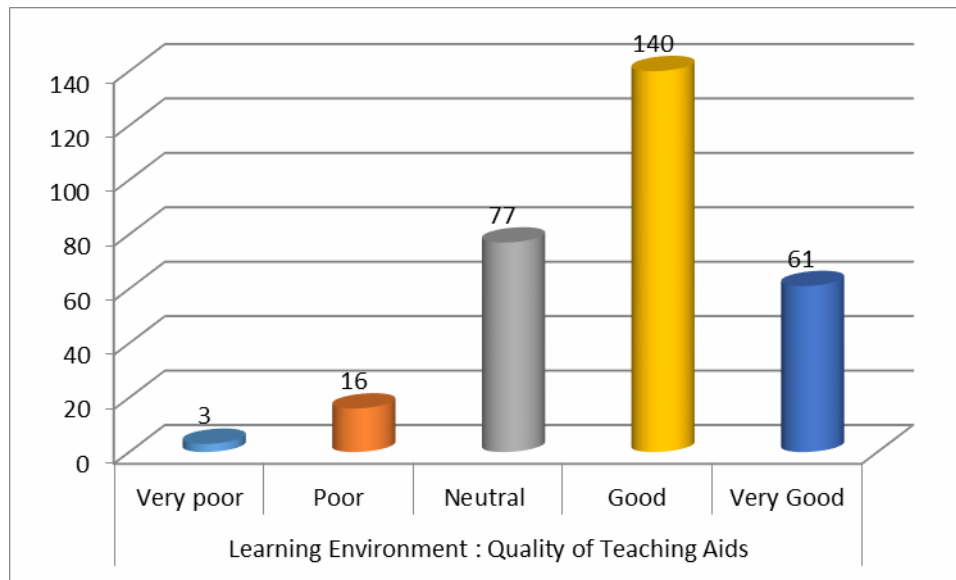




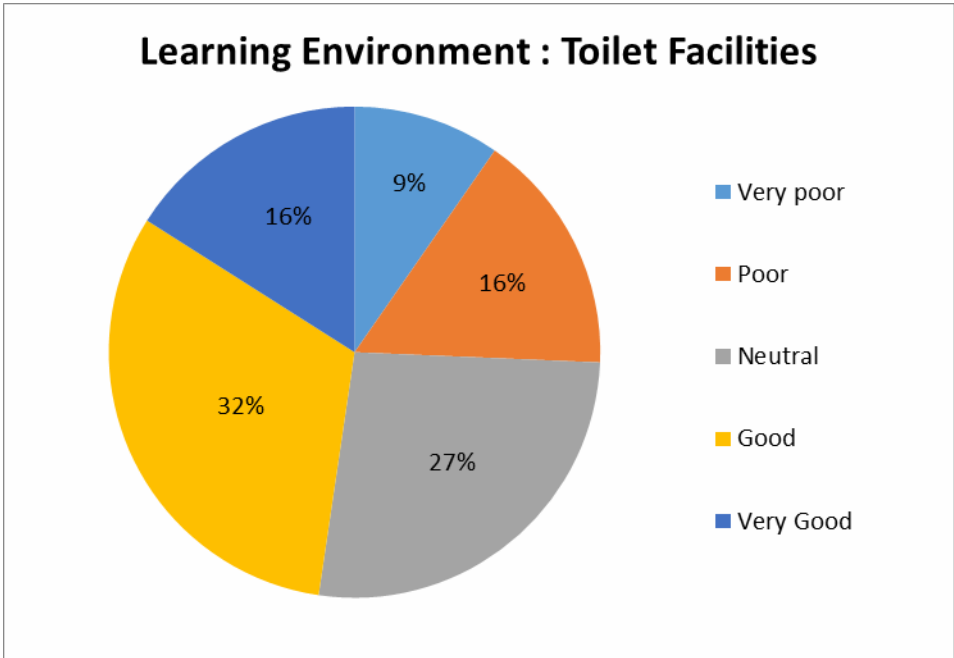
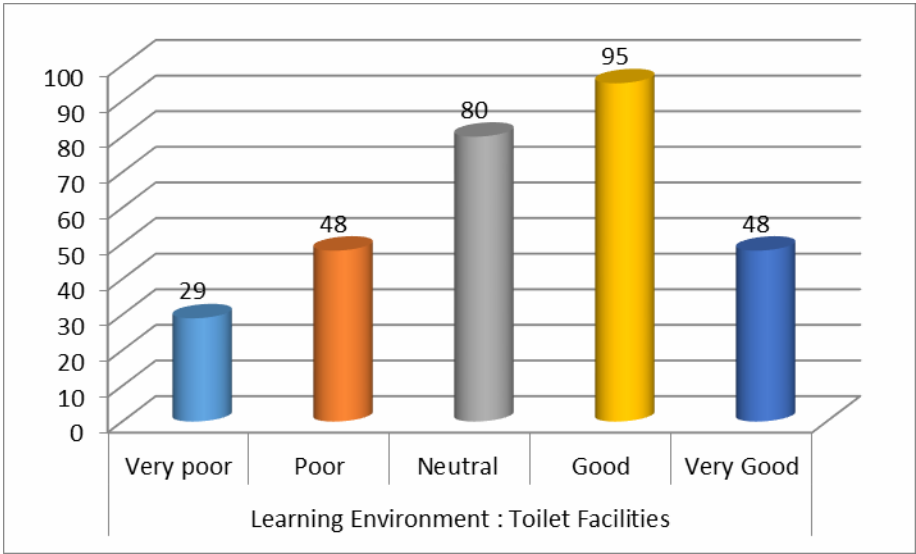
Learning Environment : Lighting and Ventilation of Classrooms				
Very poor	Poor	Neutral	Good	Very Good
1	14	61	156	65



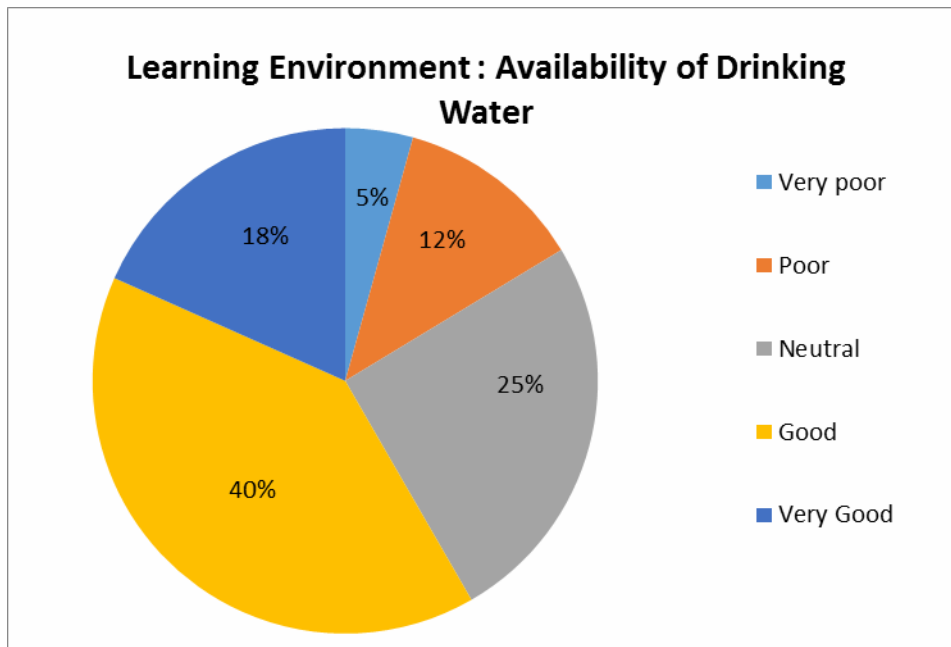
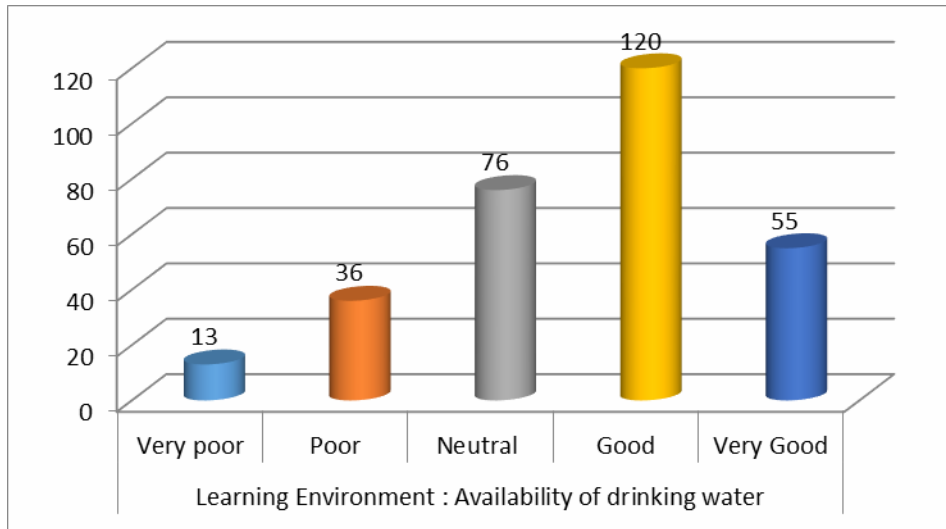
Learning Environment : Quality of Teaching Aids				
Very poor	Poor	Neutral	Good	Very Good
3	16	77	140	61



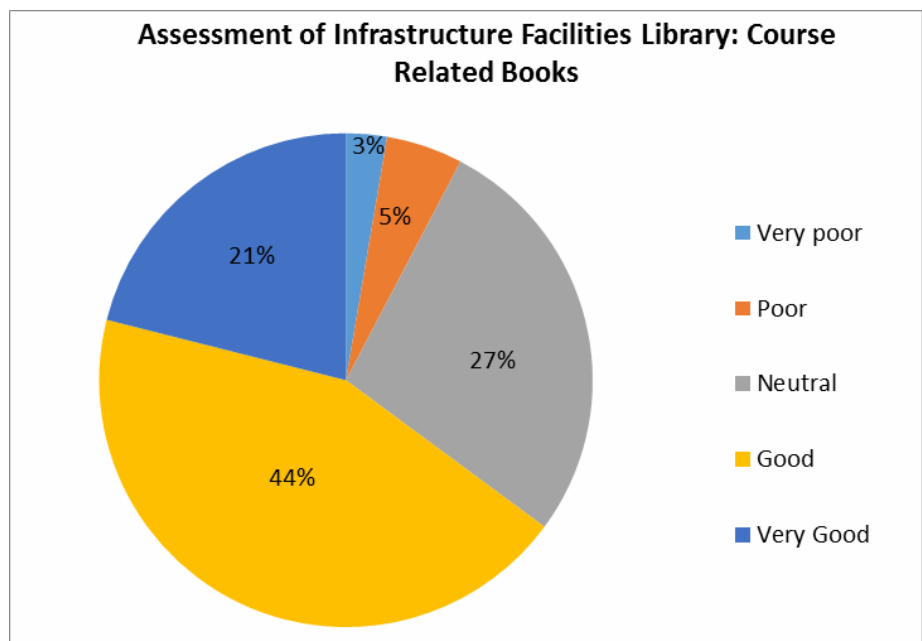
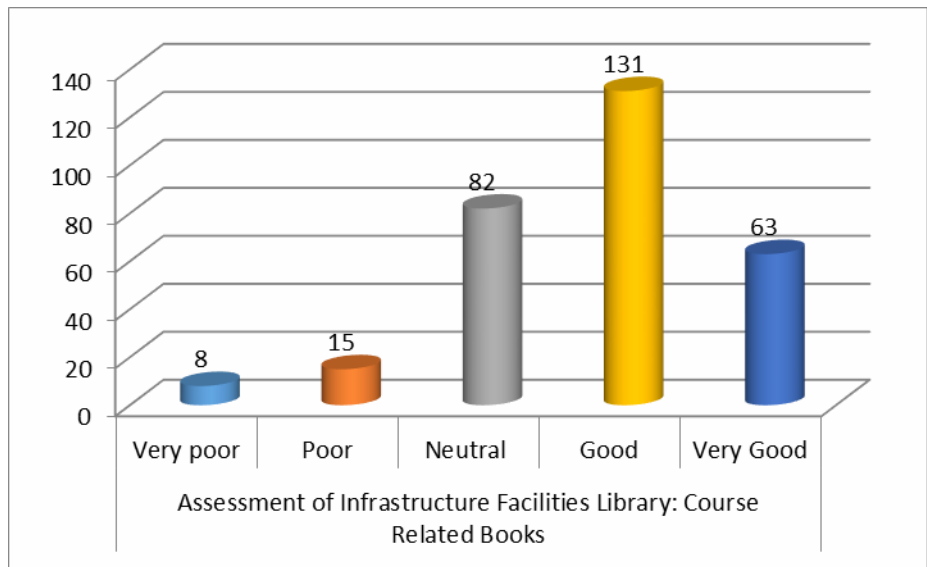
Learning Environment : Toilet Facilities				
Very poor	Poor	Neutral	Good	Very Good
29	48	80	95	48



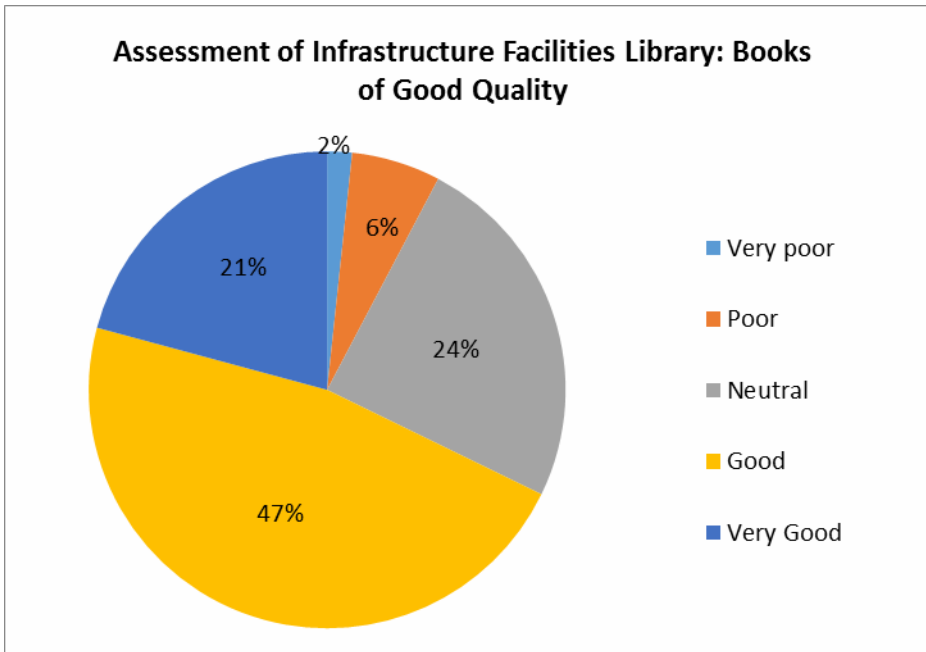
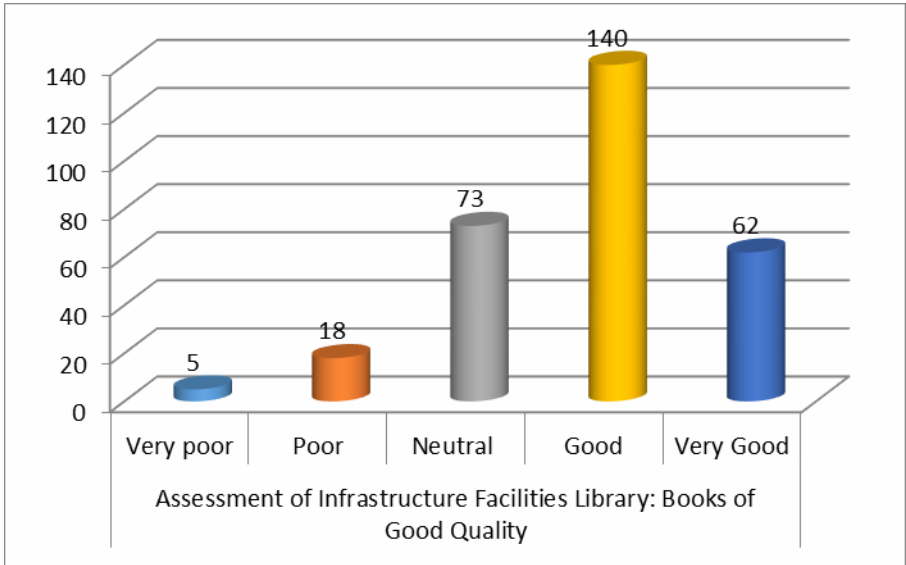
Learning Environment : Availability of Drinking Water				
Very poor	Poor	Neutral	Good	Very Good
13	36	76	120	55



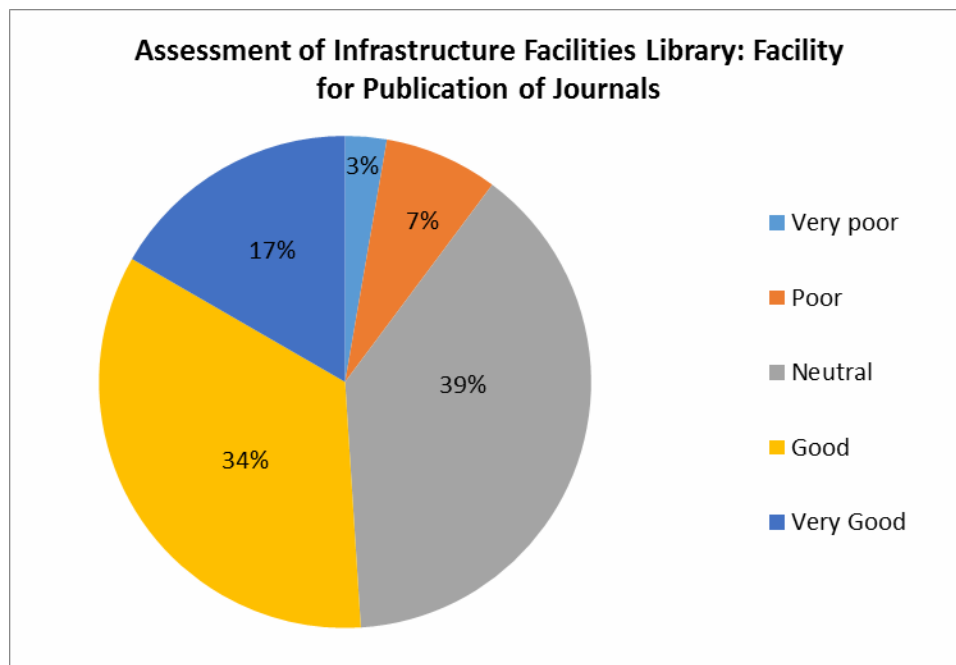
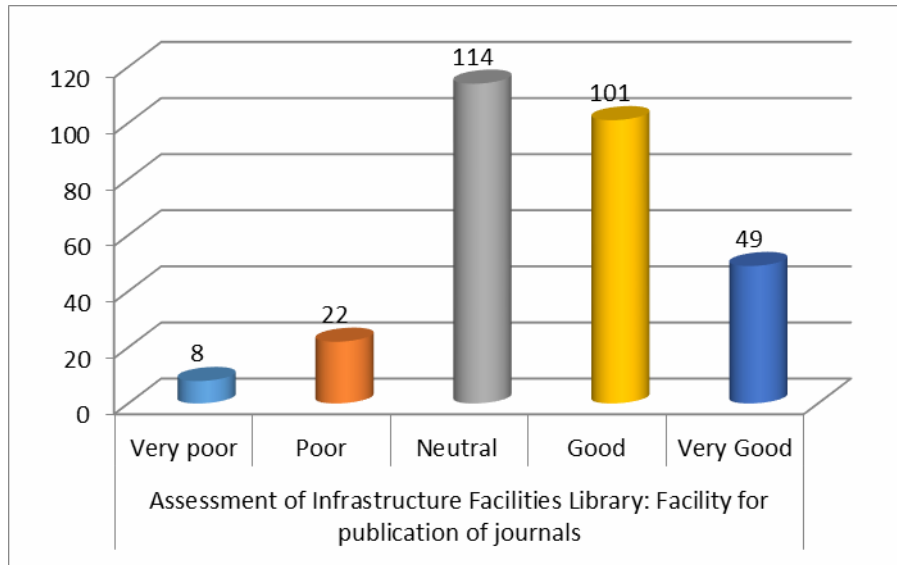
<b>Assessment of Infrastructure Facilities Library: Course Related Books</b>				
Very poor	Poor	Neutral	Good	Very Good
8	15	82	131	63



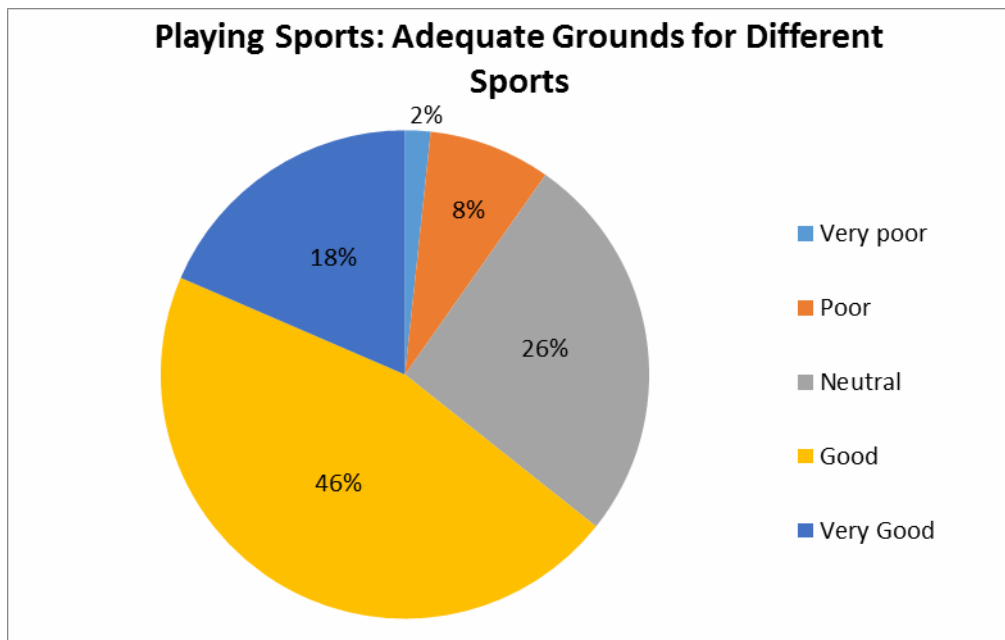
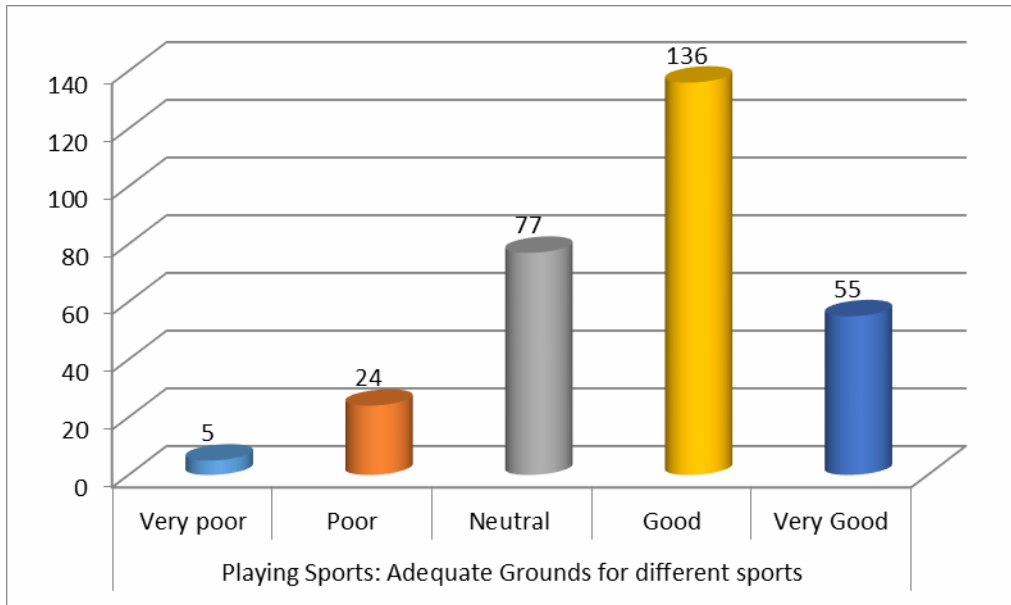
Assessment of Infrastructure Facilities Library: Books of Good Quality				
Very poor	Poor	Neutral	Good	Very Good
5	18	73	140	62



Assessment of Infrastructure Facilities Library: Facility for Publication of Journals				
Very poor	Poor	Neutral	Good	Very Good
8	22	114	101	49

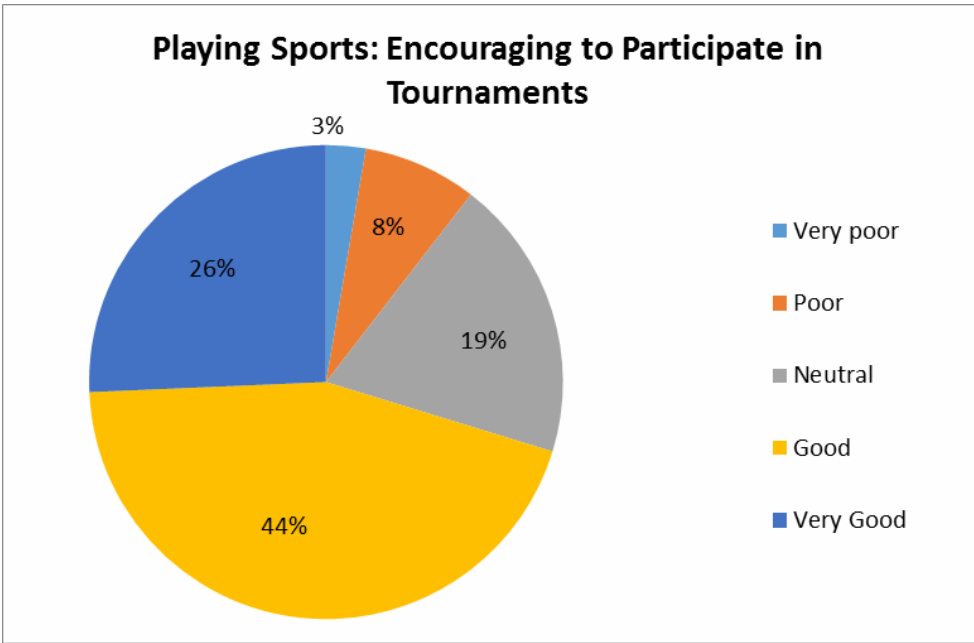
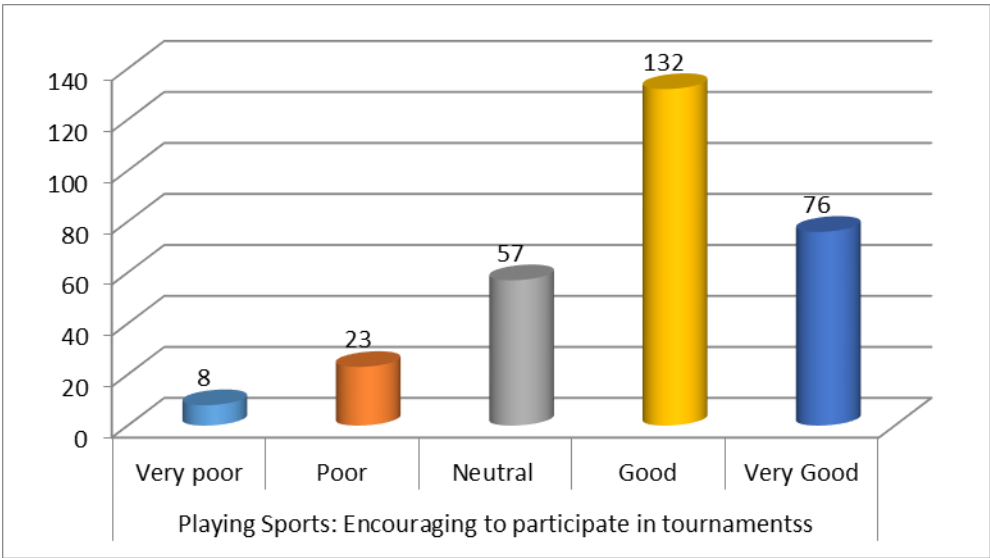


<b>Playing Sports: Adequate Grounds for Different Sports</b>				
Very poor	Poor	Neutral	Good	Very Good
5	24	77	136	55

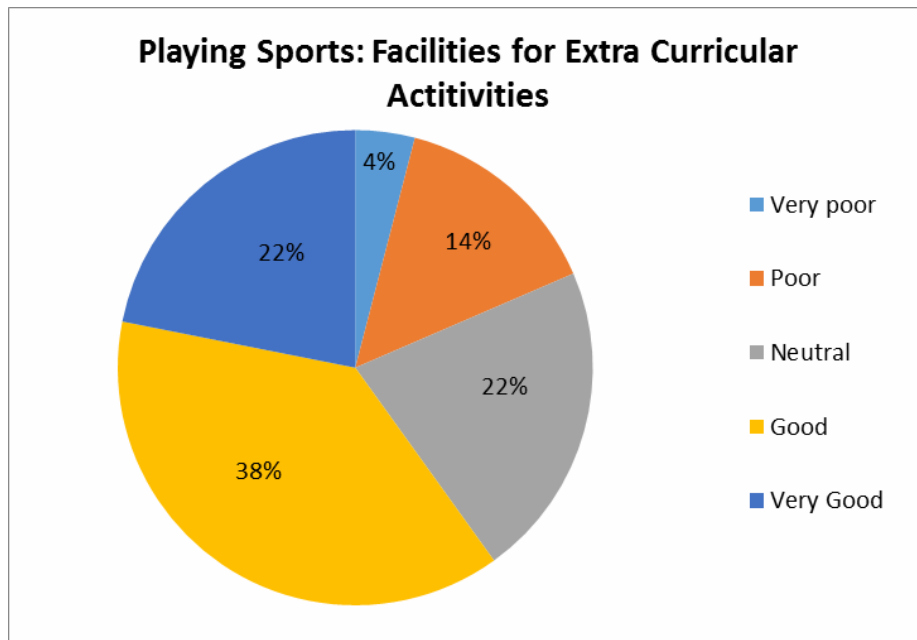
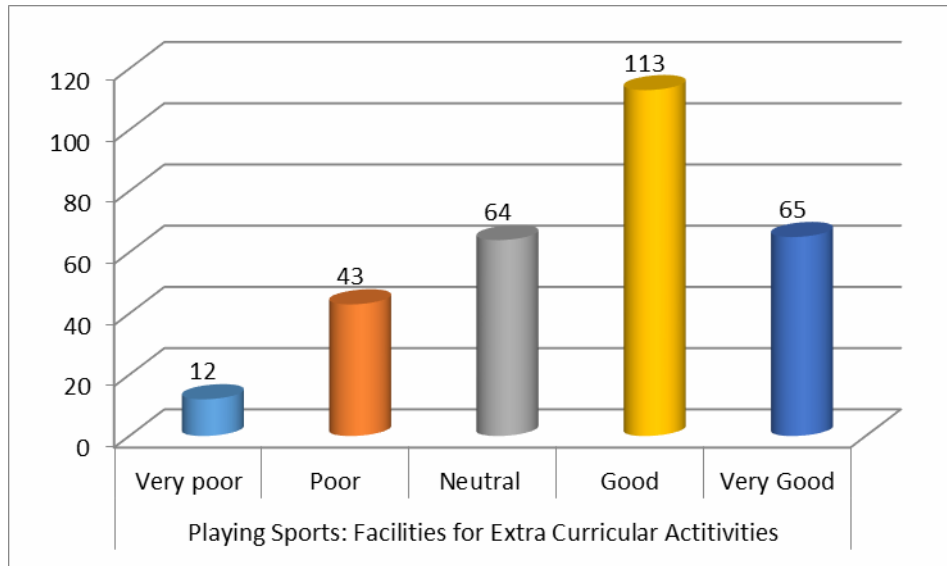




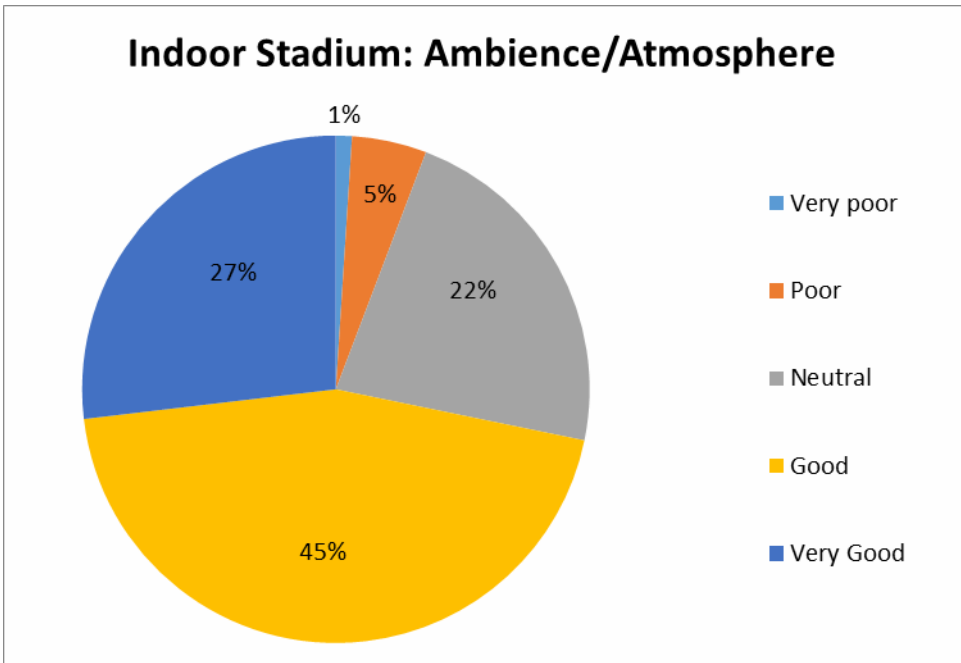
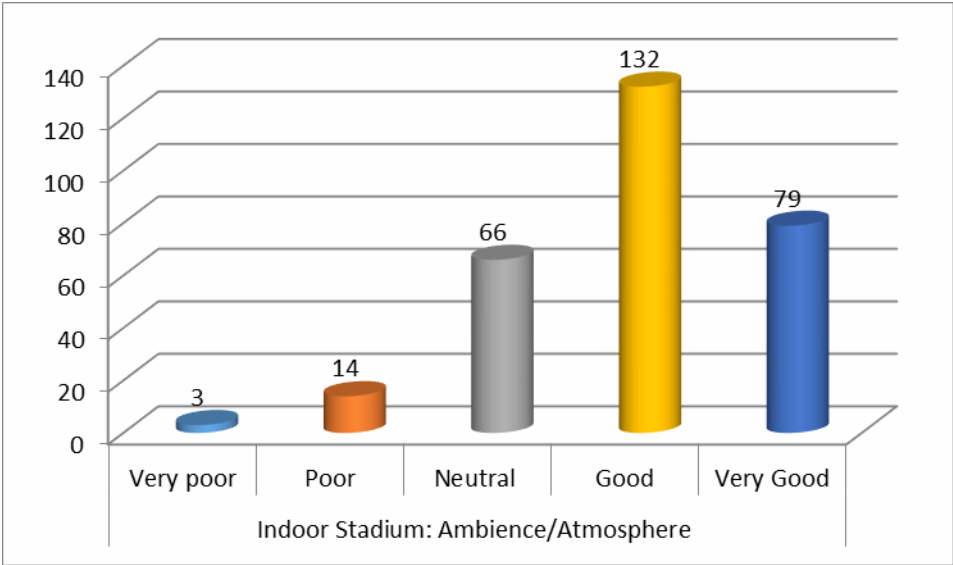
<b>Playing Sports: Encouraging to Participate in Tournaments</b>				
Very poor	Poor	Neutral	Good	Very Good
8	23	57	132	76



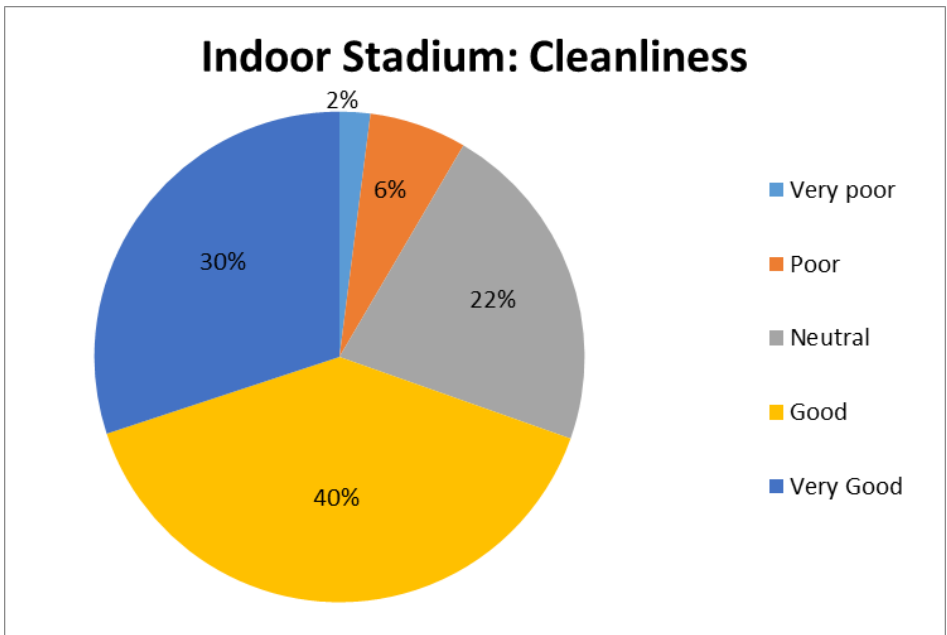
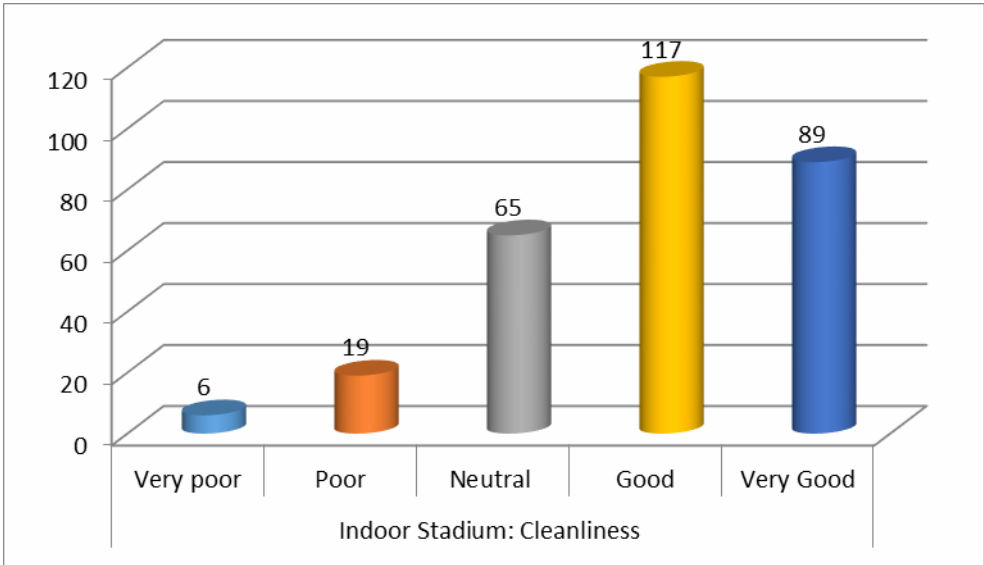
<b>Playing Sports: Facilities for Extra Curricular Activities</b>				
Very poor	Poor	Neutral	Good	Very Good
12	43	64	113	65



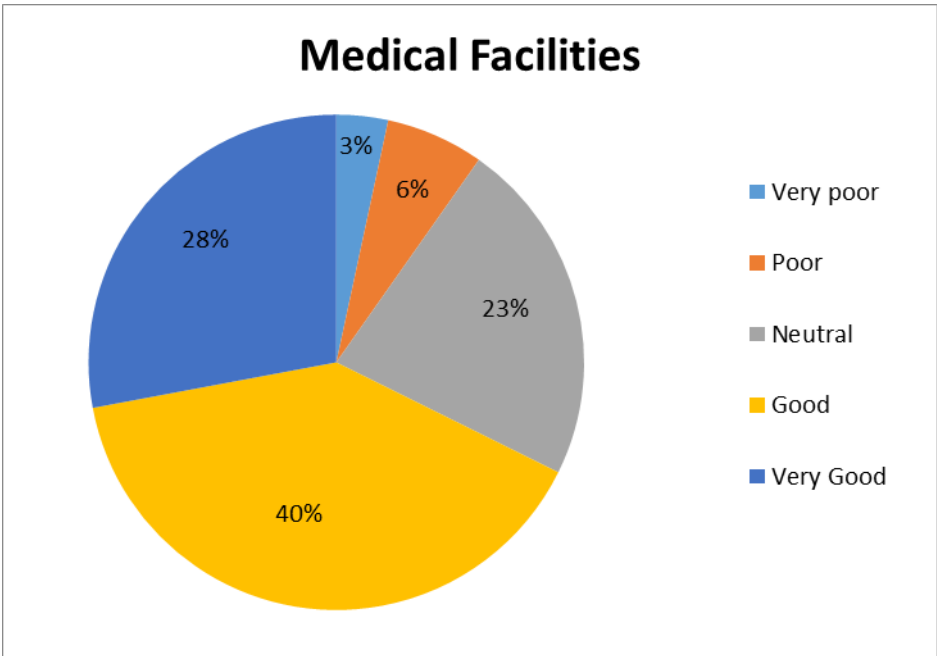
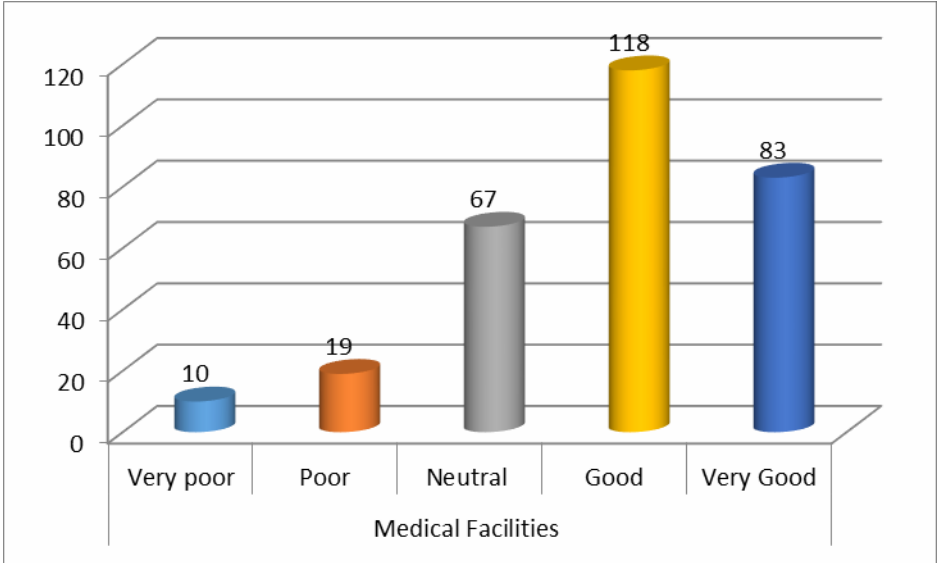
Indoor Stadium: Ambience/Atmosphere				
Very poor	Poor	Neutral	Good	Very Good
3	14	66	132	79



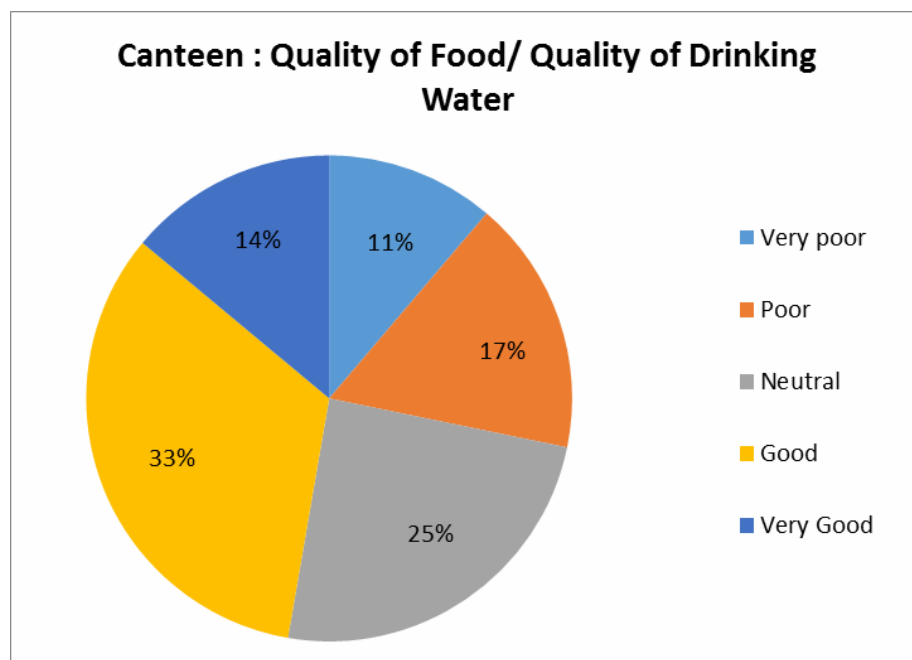
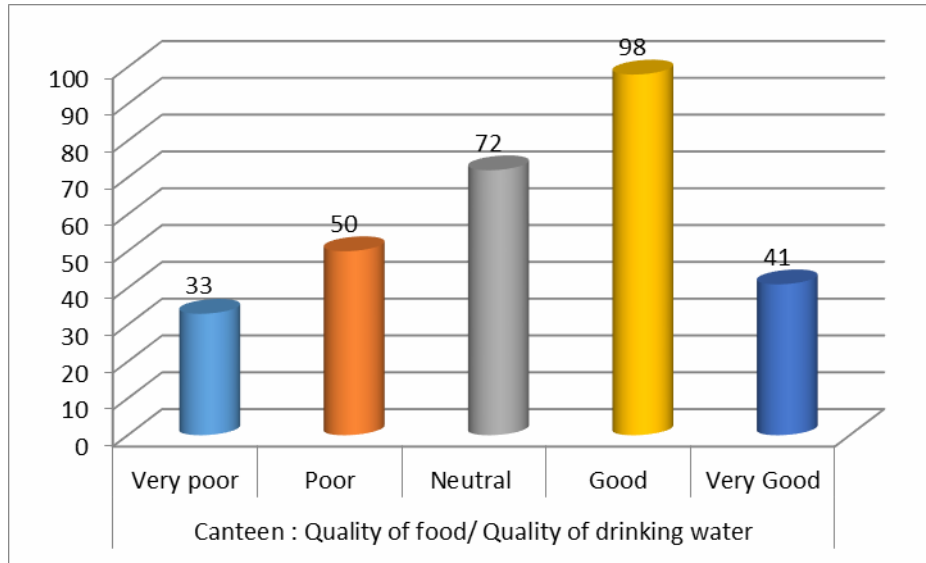
Indoor Stadium: Cleanliness				
Very poor	Poor	Neutral	Good	Very Good
6	19	65	117	89



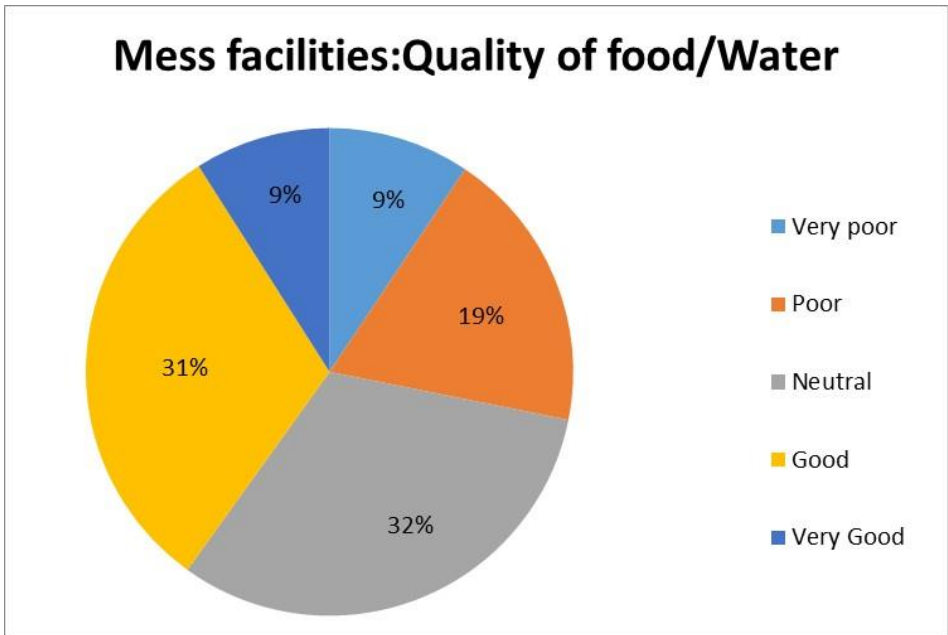
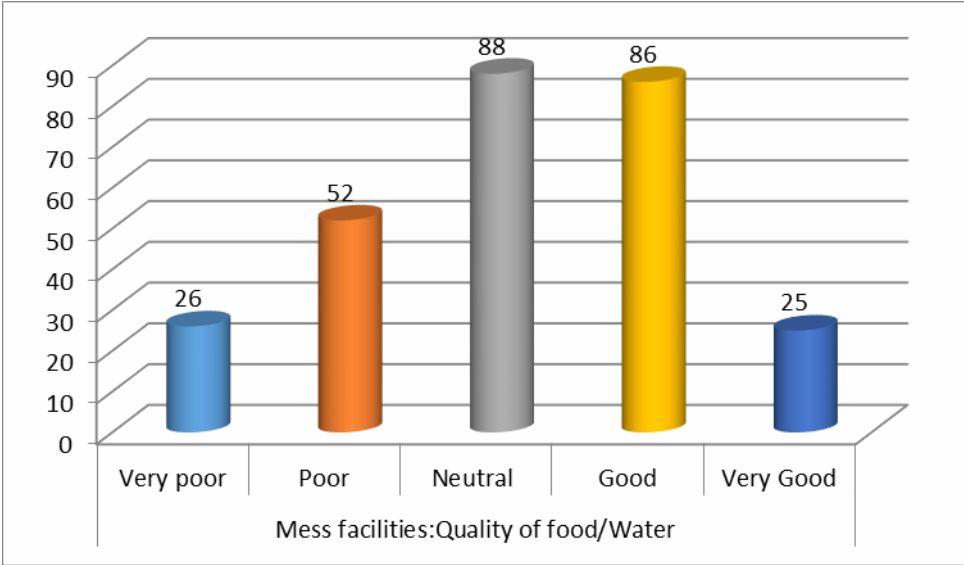
Medical Facilities				
Very poor	Poor	Neutral	Good	Very Good
10	19	67	118	83



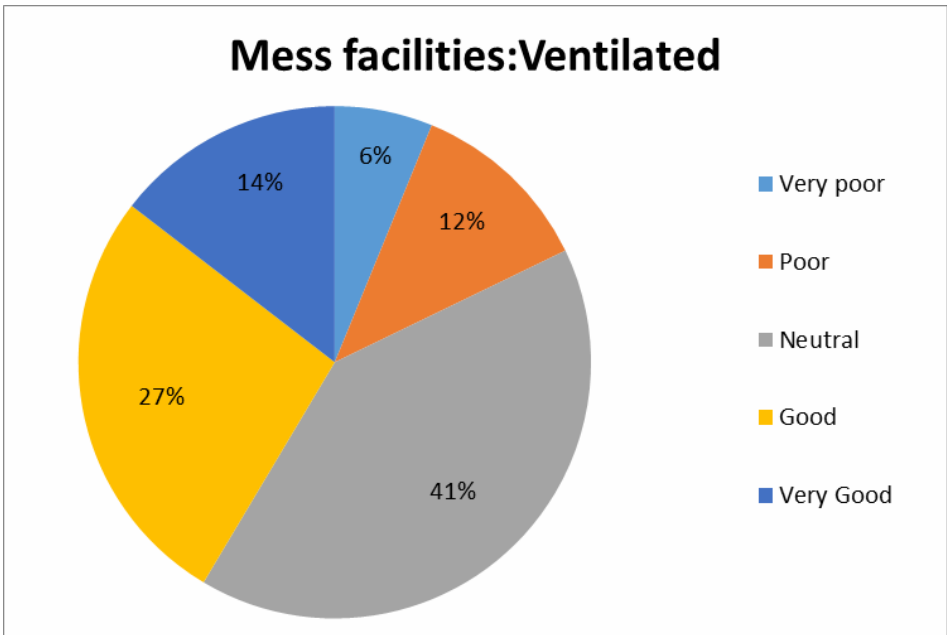
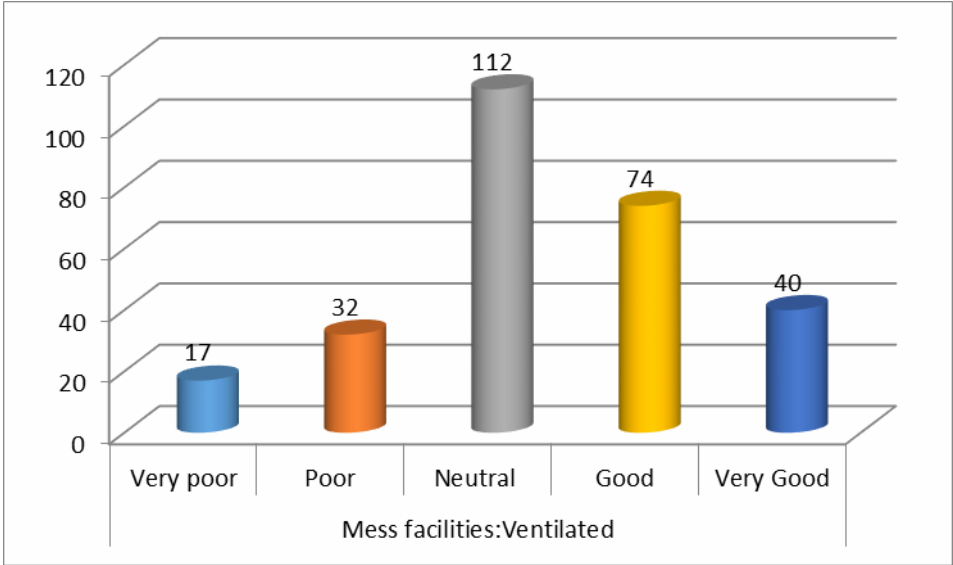
Canteen : Quality of Food/ Quality of Drinking Water				
Very poor	Poor	Neutral	Good	Very Good
33	50	72	98	41



Mess facilities: Quality of food/Water				
Very poor	Poor	Neutral	Good	Very Good
26	52	88	86	25

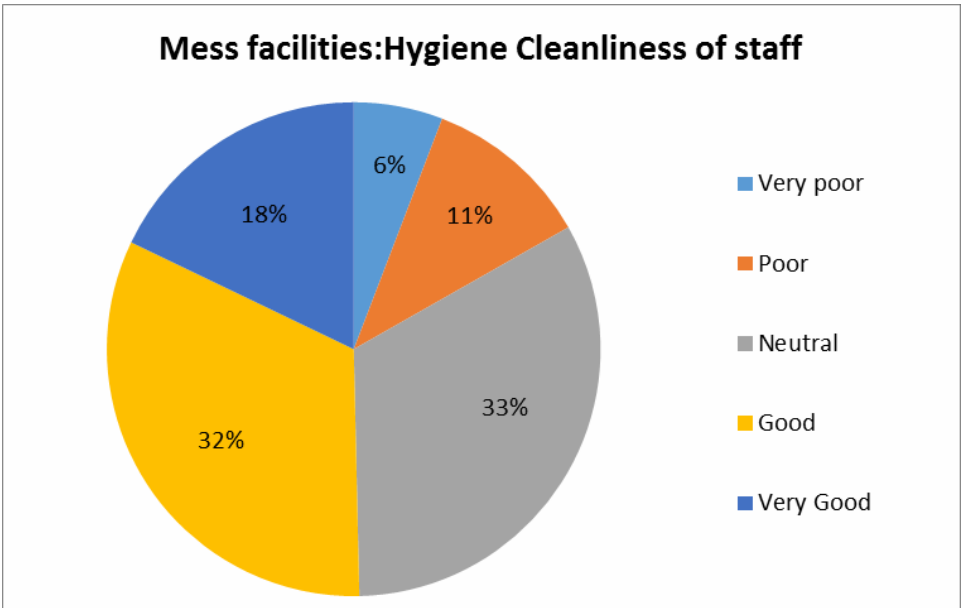
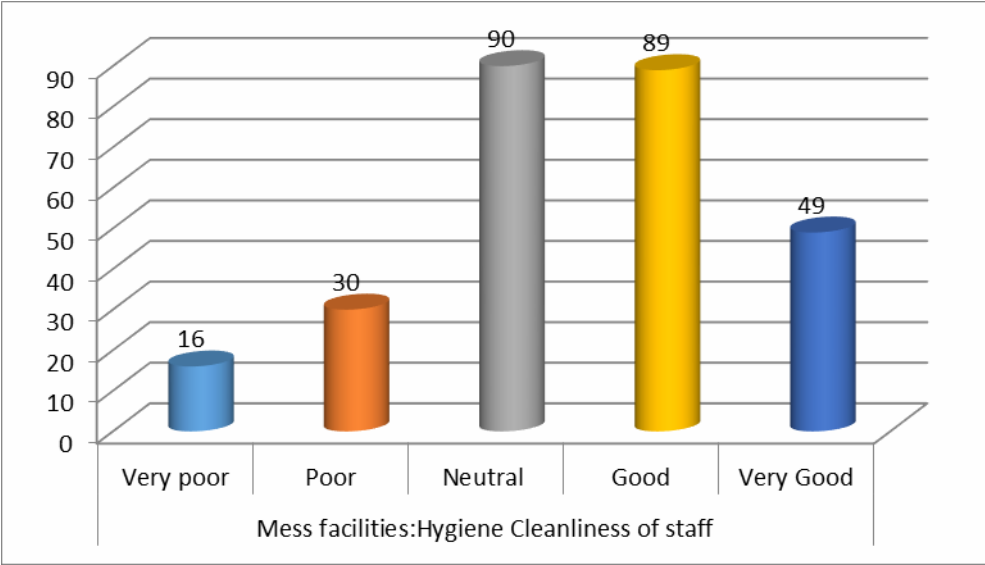


<b>Mess facilities: Ventilated</b>				
Very poor	Poor	Neutral	Good	Very Good
17	32	112	74	40

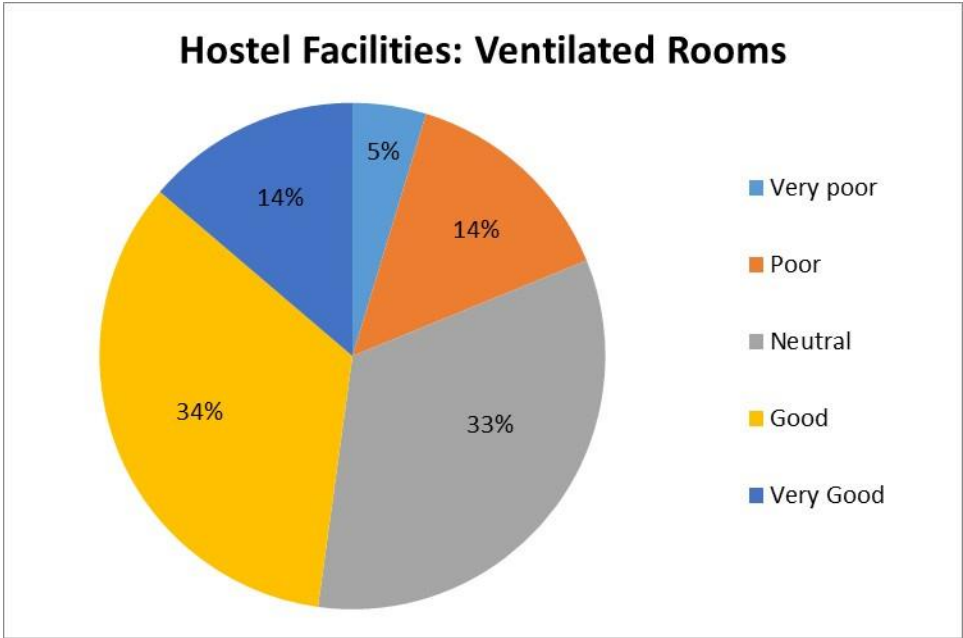
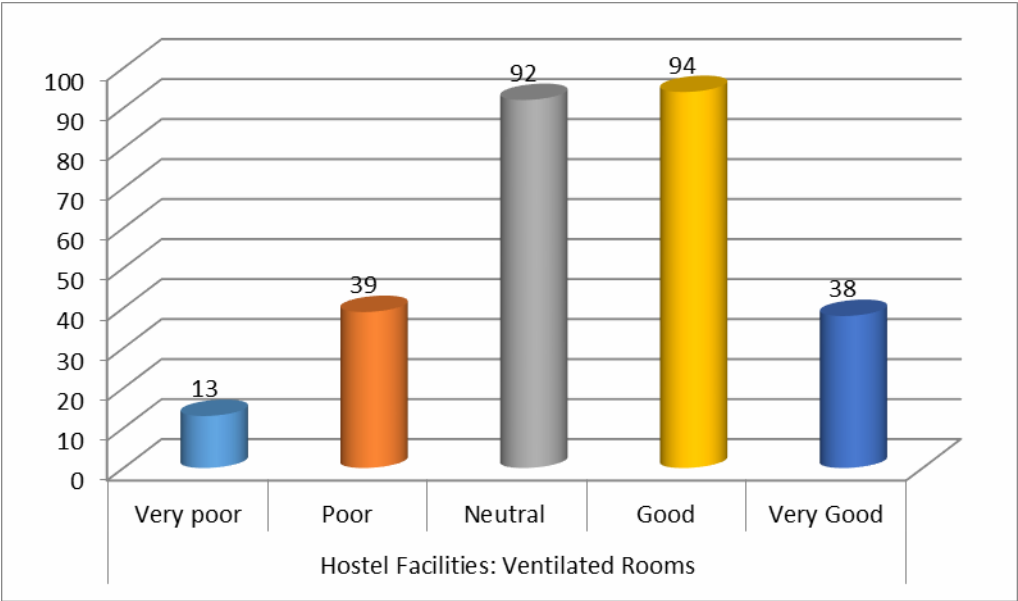




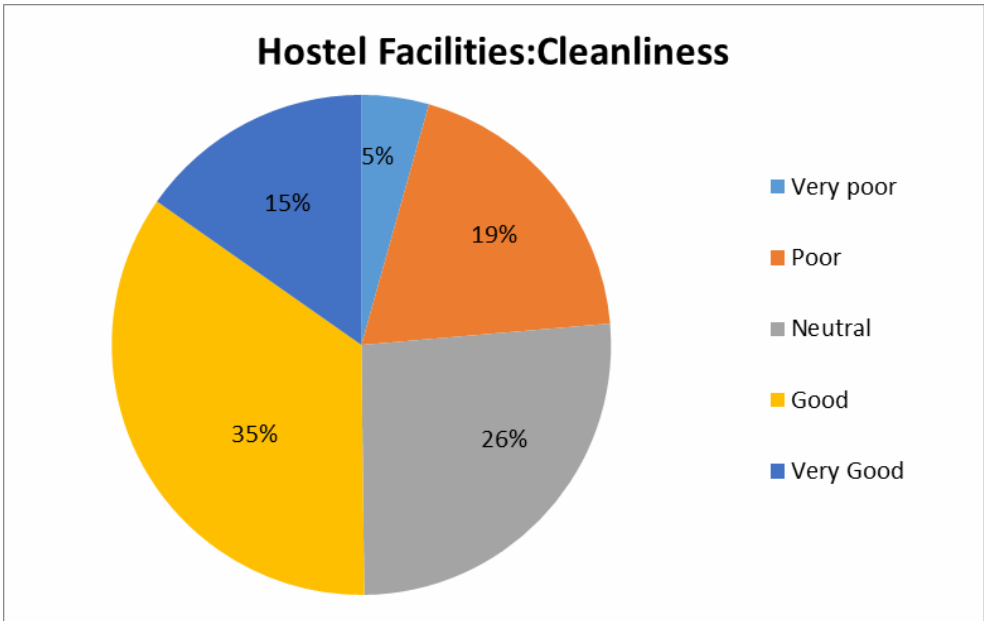
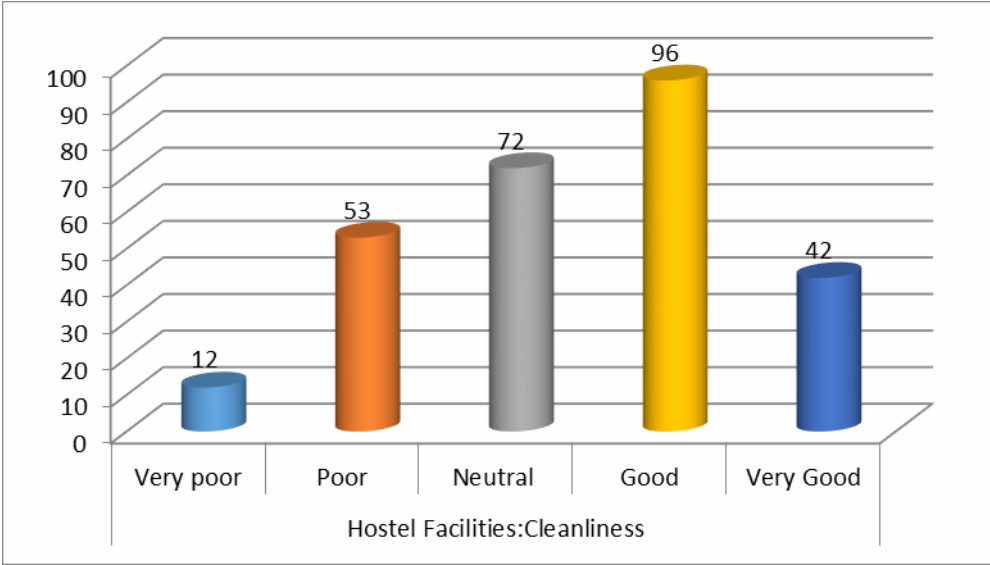
Mess facilities: Hygiene Cleanliness of staff				
Very poor	Poor	Neutral	Good	Very Good
16	30	90	89	49



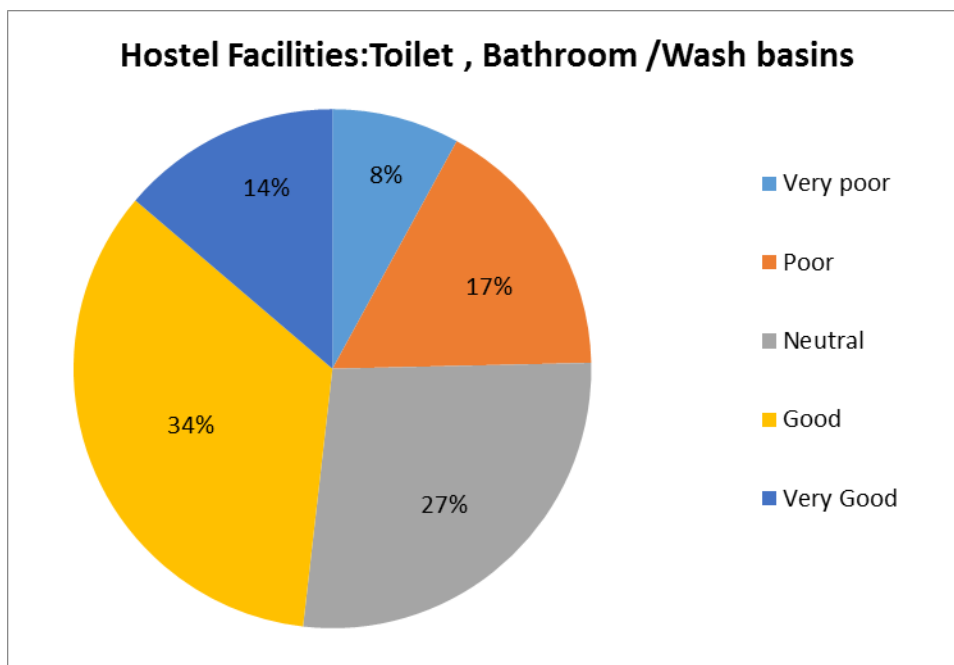
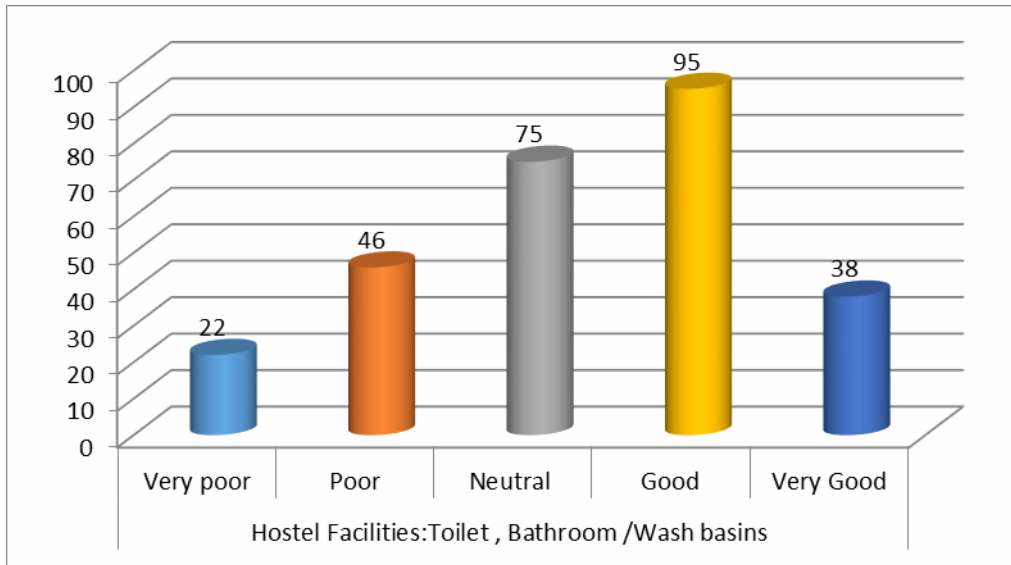
Hostel Facilities: Ventilated Rooms				
Very poor	Poor	Neutral	Good	Very Good
13	39	92	94	38



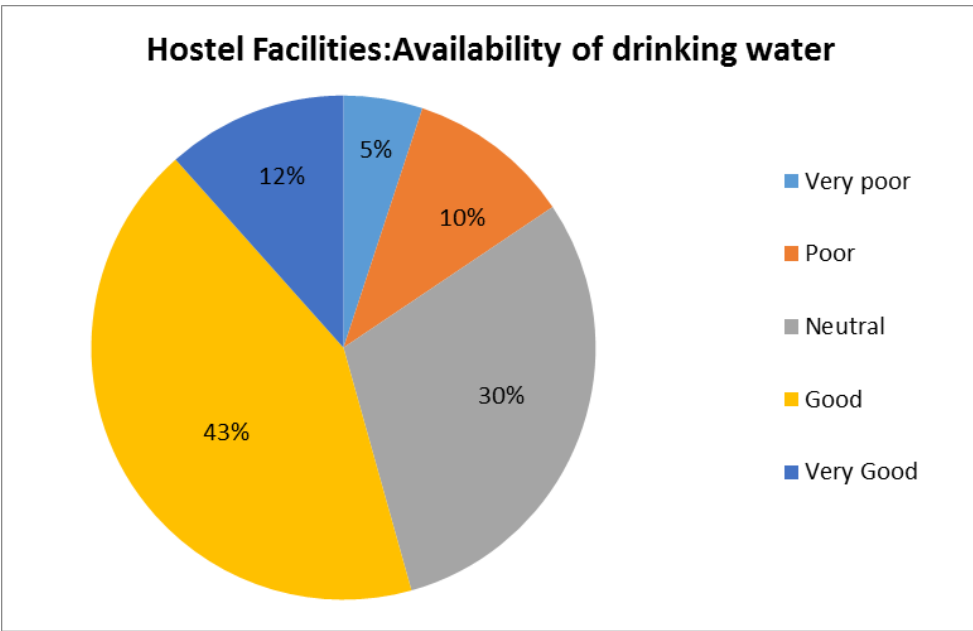
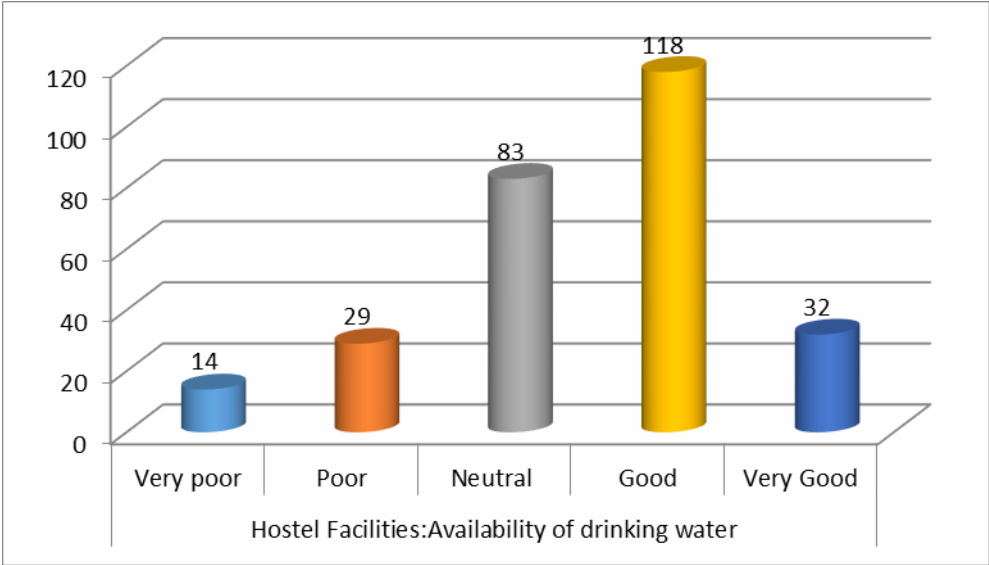
Hostel Facilities: Cleanliness				
Very poor	Poor	Neutral	Good	Very Good
12	53	72	96	42



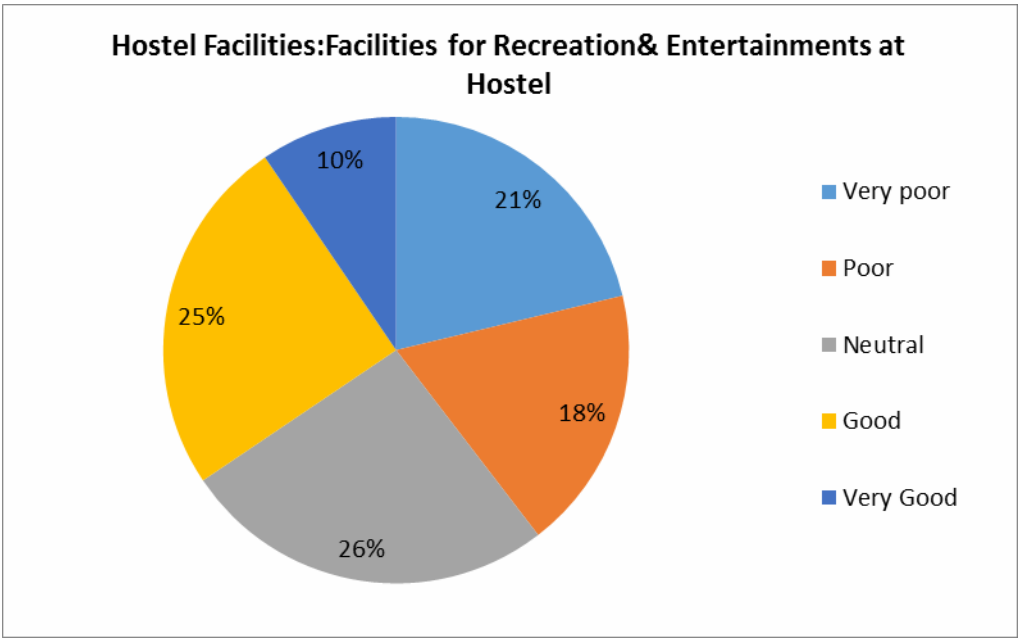
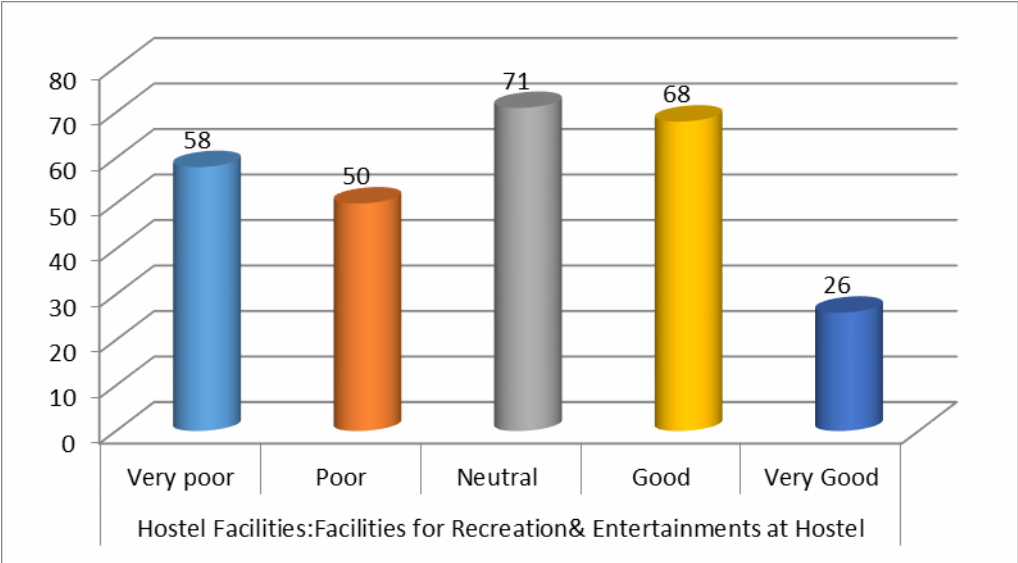
<b>Hostel Facilities: Toilet , Bathroom /Wash basins</b>				
Very poor	Poor	Neutral	Good	Very Good
22	46	75	95	38



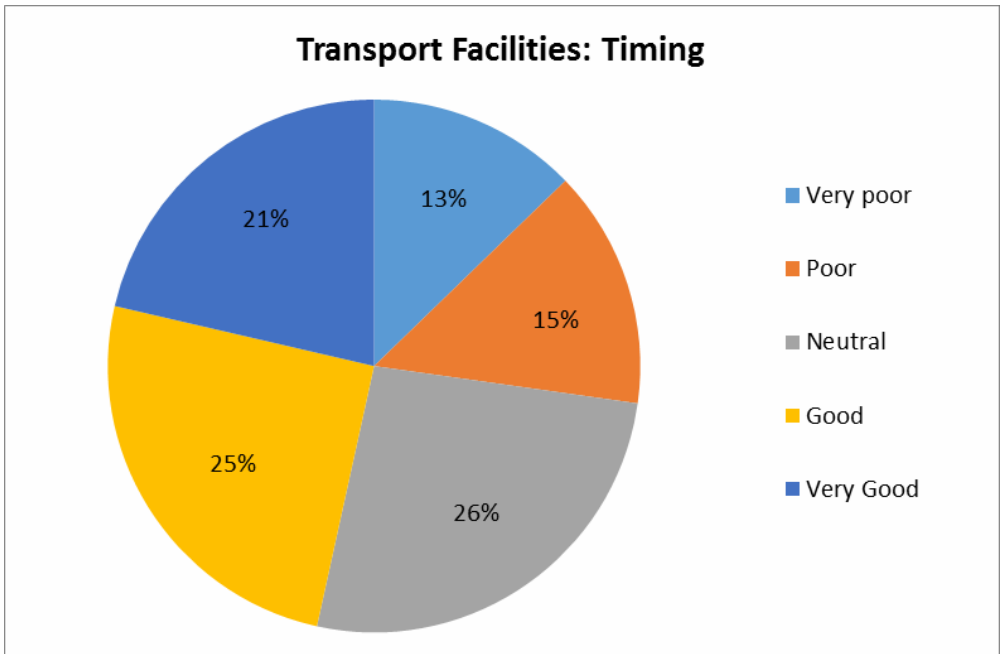
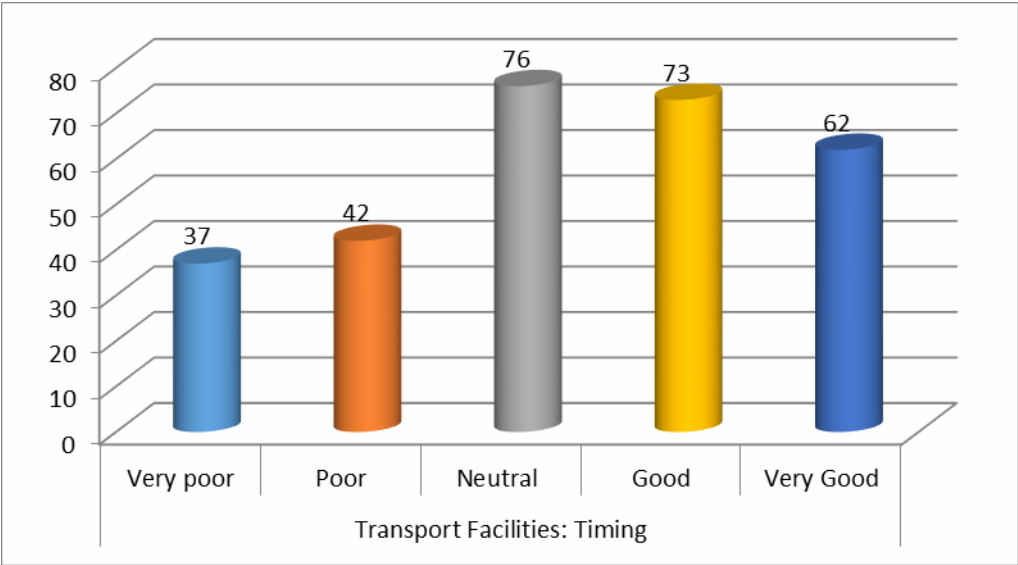
<b>Hostel Facilities: Availability of drinking water</b>				
Very poor	Poor	Neutral	Good	Very Good
14	29	83	118	32



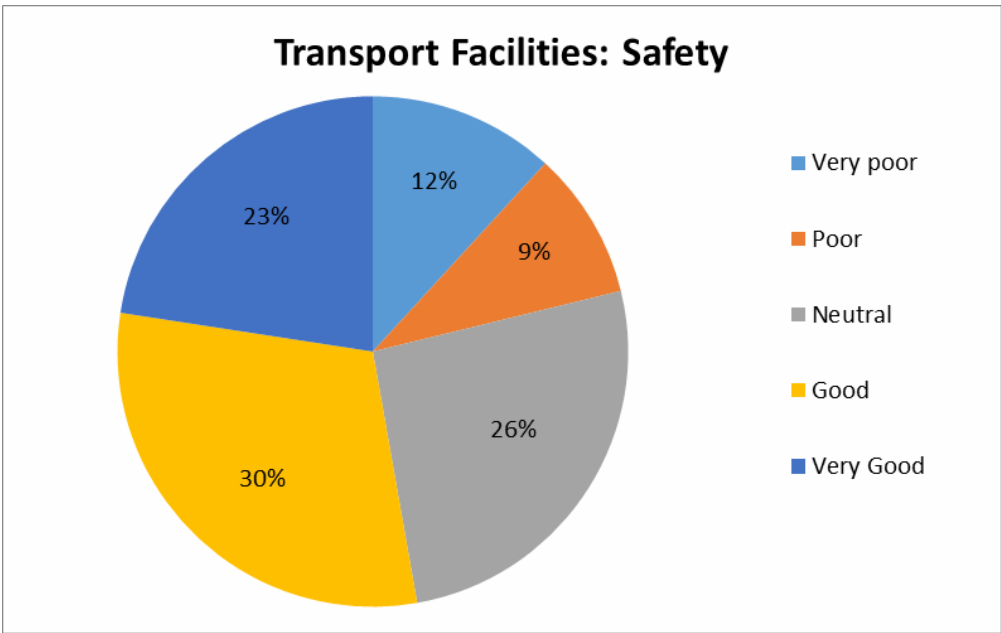
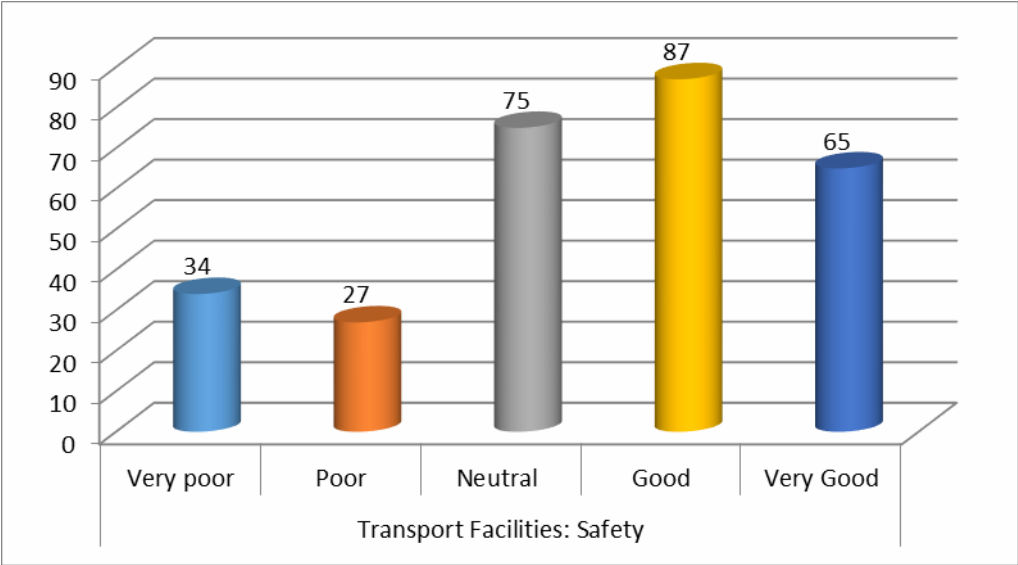
<b>Hostel Facilities: Facilities for Recreation &amp; Entertainments at Hostel</b>				
Very poor	Poor	Neutral	Good	Very Good
58	50	71	68	26



Transport Facilities: Timing				
Very poor	Poor	Neutral	Good	Very Good
37	42	76	73	62

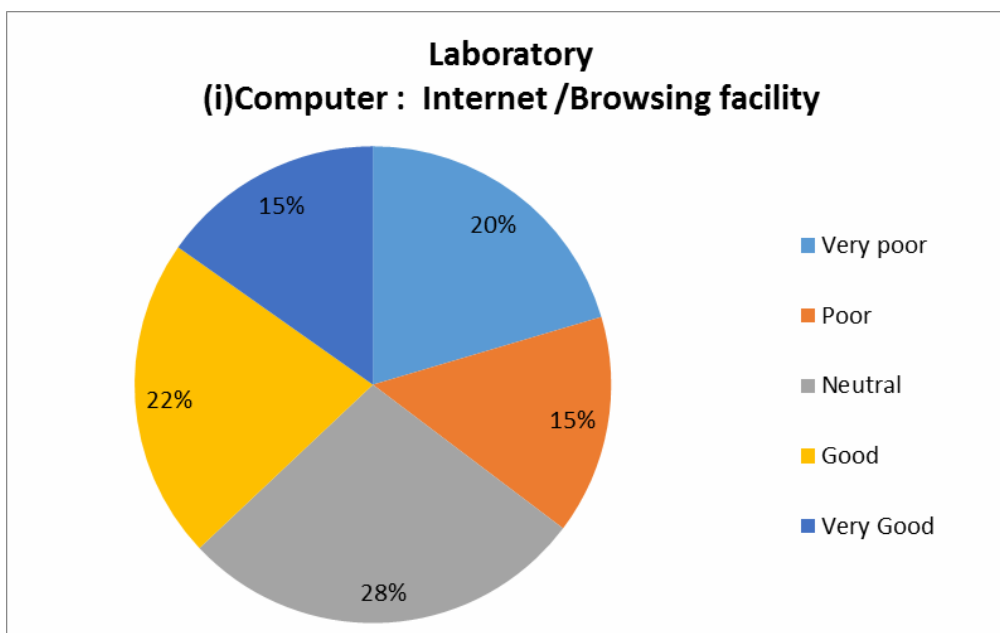
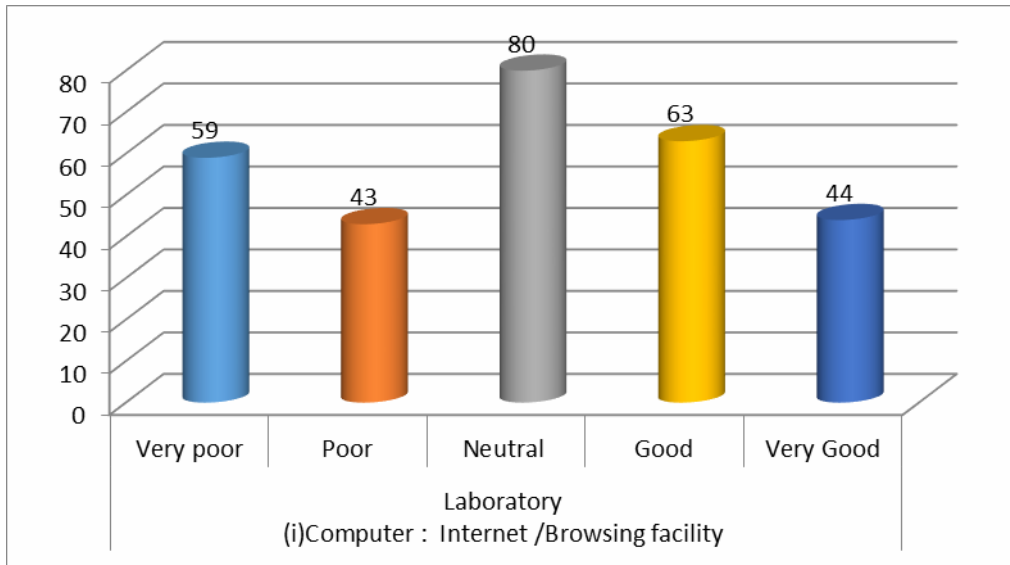


Transport Facilities: Safety				
Very poor	Poor	Neutral	Good	Very Good
34	27	75	87	65

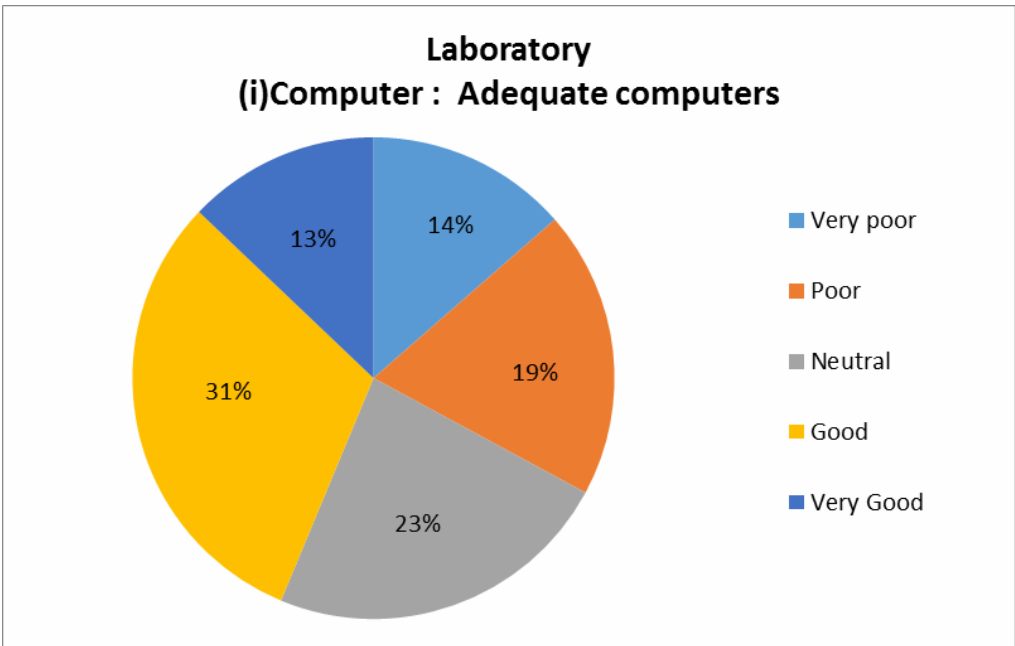
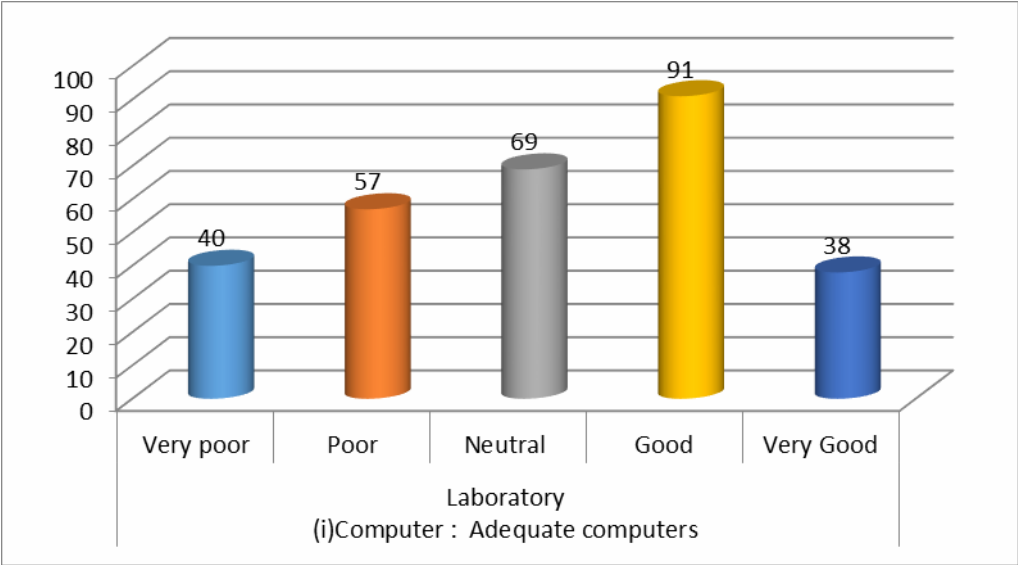




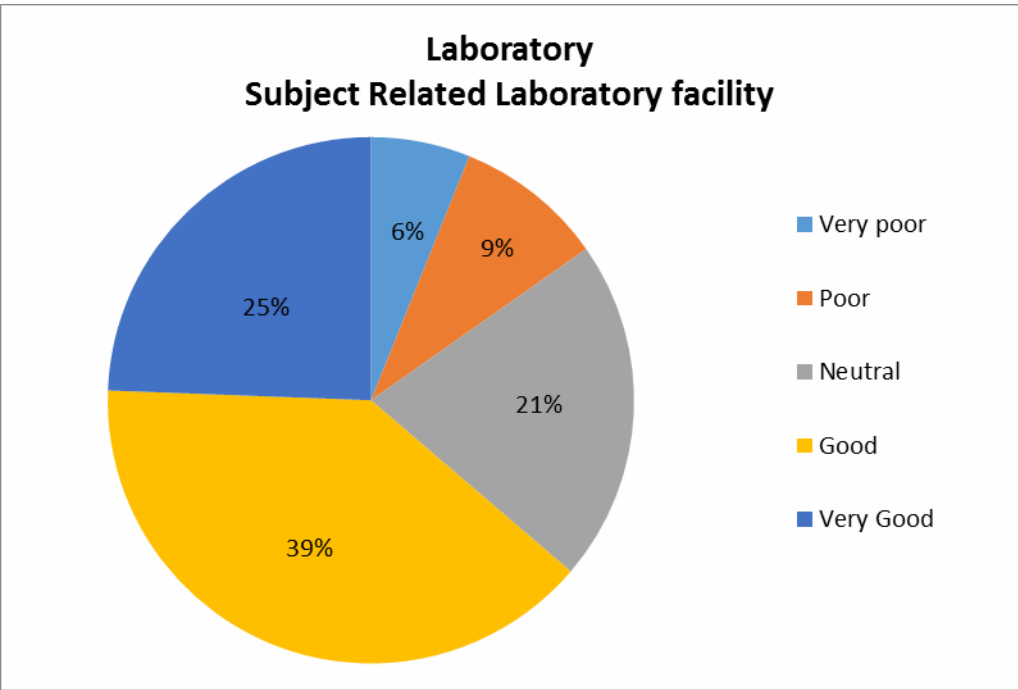
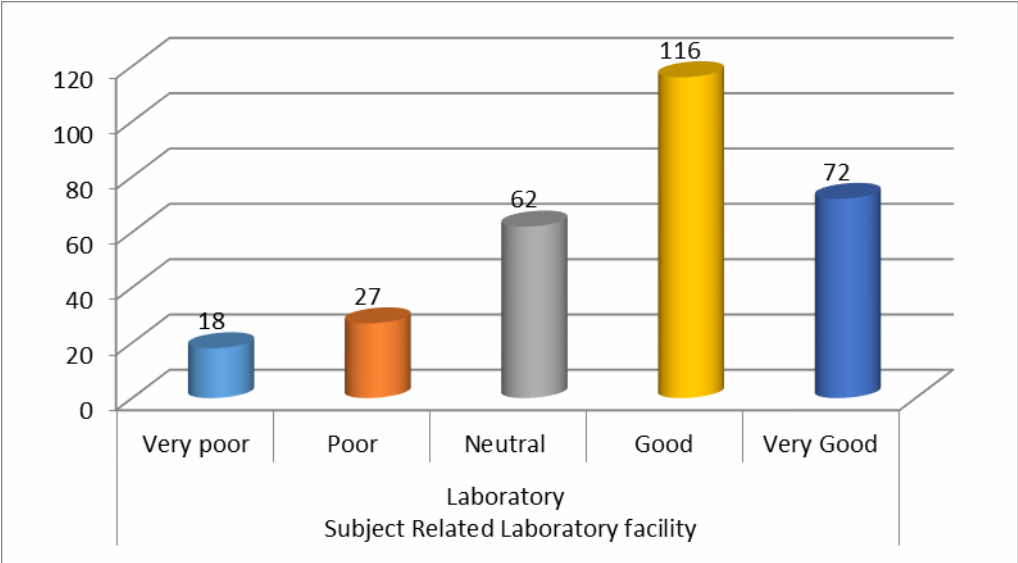
Laboratory (i) Computer : Internet /Browsing facility				
Very poor	Poor	Neutral	Good	Very Good
59	43	80	63	44



Laboratory (i)Computer : Adequate computers				
Very poor	Poor	Neutral	Good	Very Good
40	57	69	91	38



Laboratory Subject Related Laboratory facility				
Very poor	Poor	Neutral	Good	Very Good
18	27	62	116	72



## **4.4. Maintenance of Campus Infrastructure**

### **4.2 Procedures and Policies for maintaining and utilizing physical, academic and support facilities – laboratory, library, sports complex, computers, classrooms etc.,**

The University campus infrastructure is maintained by a qualified estate supervisor, who monitors the campus activities. The procedures to use the facilities and policies to maintain are formulated for the development of the infrastructure

#### **Laboratory:**

The university allots adequate funds in the annual budget to improve the laboratory facilities of every department. The Head of the Departments submit the requirements for the purchase of items for their laboratory to the Registrar. The tender is called for and the purchase is done by choosing the bidder with the lowest quote of the required specifications. The students and scholars use laboratory during their laboratory hours for gaining hands- on experience and research purpose under the supervision of the assigned teachers.

#### **Library:**

A Book exhibition is conducted in the University Campus by the University Library in a year. Books pertaining to various departments are displayed in the book exhibition. The Heads of the Departments of this University along with the other faculty members visit the exhibition and go through the contents of the books and selects the required books for

The publisher / supplier directly approaches to the faculty to get the recommendations of the books selected from their stall by having their signature in the prescribed form. Each

supplier/publisher consolidates the list and submit the original recommendations to the University Assistant Librarian. Also the HOD'S submit their book indent letter to the Assistant Librarian. The Assistant Librarian consolidates the recommendations and forwards the request to the Registrar for requesting the proforma invoice with the individual suppliers. Based on the request the suppliers/publishers submit their Performa invoice to the registrar. The Registrar places the purchase order with the individual book supplier/publisher request to supply the books within the budget allotted. Pre-Receipt bill(s) are be submitted in duplicate (2 copies). Revenue stamp are be affixed on the original bill duly signed by authorized signatory. The Publisher / Supplier submit the bills of foreign books converted to Indian rupees at the Good Office Committee Conversion rates on the date of supply of book. The staff and the students were given individual library membership card with barcode to use the library services.

### **Sports Complex**

The university requests the State Government to fund for overall development of the university. Depending on the funds allocated, the university creates and enhances the infrastructure. CCTV's cameras are installed in various places in the university campus. Out Source, Annual Maintenance Contract (AMC) for critical electrical equipment such as diesel generators, UPS, AC units and Intercom Exchange exists. The electrical personnel employed by the University are fully dedicated to maintain all electrical fittings and utility equipment. A 24 hours uninterrupted power is supplied by standby DG sets. The play fields in the university campus is let out for renting for the conduct of sports and games for schools and other organizations. Nominal charges were collected from the outsiders, at the

same time concession and full fee waiver were given to the organizations such as government schools, police departments etc., based on the nature of the program and the institution. The faculty members, students and the hostellers utilize the available sports facilities during the morning and evening hours.

### **Computers:**

The computer Center is interiorized to accommodate 36 computer and one server. The computers in the labs and other sections are maintained by Infant Peripherals where the computer repair work is done by the approval of the quote. Requests are given by the faculty in-charge of computer labs to the Registrar for the purchase of computer accessories, printer and UPS, towards the payment for computer general service, UPS battery replacement, purchase of new hard disk, supply of power adapters and other essential amenities for computer laboratory. The staff and students are permitted to use the computer lab and internet services for learning, teaching and research purpose.

### **Classrooms:**

The classrooms are maintained through the appointment of sweepers through regular and Outsourcing mode. The university seeks advice from building committee consisting of the Head of the institution, Registrar, Finance Officer, Estate Officer, PWD officials and few senior academic and administrative officers. A body of students is also formed to monitor the cleanliness of the classrooms and laboratories of the academic block.

## 5.2.4 Sports and cultural activities / competitions organised at the institution

level during the year

### Inter University tournaments organized

S.No	Name of the Tournament	Tournament date
1	SDAT State Inter University Football (Men & Women) Tournament	21-12-2016 to 23-12-2016
2	AIU All India Inter University Korfball (Mixed) Tournament	26-01-2017 to 27-01-2017
3	AIU South Zone Inter University Football I (Women) Tournament	18-08-2017 to 22-02-2017
4	AIU All India Inter Zonal University Football (Women) Tournament	25-02-2017 to 01-03-2017

## TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Inter Collegiate Tournaments organized in the University campus

S.No	Game/Event	Date	No of teams	Winner	Runner-up
1	Handball (Men)	5 & 6 <sup>th</sup> Oct.'16	7	TNPESU	YMCA
2	Football (Men)		8	Dr. SACPE	Selvam
3	Football (Women)		6	YMCA	Dr.SACPE
4	Athletics (Men and Women)	19 to 2 <sup>st</sup> Oct.'16	13	Selvam	Selvam



## TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

### South Zone and All India Inter University Tournaments Participated

S. No	Men	Women
1	Athletics	Athletics
2	Basketball	Basketball
3	Ball Badminton	Ball Badminton
4	Badminton	Football
5	Football	Hockey
6	Hockey	Cricket
7	Cricket	Handball
8	Volleyball	Kabaddi
9	Handball	Kho-Kho
10	Kabaddi	Tennis
11	Kho-Kho	Korfball
12	Tennis	Table-Tennis
13	Korfball	Archery
14	Table-Tennis	Badminton
15	Swimming	
16	Archery	
17	Best Physique	
18	Judo	
19	Boxing	

## **Best Practices**

Describe at least two institutional best practices:

### **FUNCTIONING OF INTERNAL QUALITY ASSURANCE CELL (IQAC)**

**Goal:**

In pursuit of excellence in physical education and sports, the Tamil Nadu Physical Education and Sports University strives hard in imparting quality education and research. In this direction, the crucial goal of the IQAC is to develop strategies and ensure its effective implementation in the University for achieving its motto thereby making it a renowned Institution.

**The Context:**

The IQAC has been established as a centre to facilitate and support activities of the teaching community and students. It provides all sort of assistance and guidance to the teachers and students and also acts on feedback received from all the stakeholders for ensuring overall improvement of quality. The co-ordinator of the IQAC works in co-ordination with all the Heads of Departments.

**The Practice:**

The cell functions with one individual exclusively coordinating the activities and five senior teaching members, each from different Departments, who work and support the coordinator. The cell interacts with the teachers at the departmental level periodically to get feedback and suggestions from all the teachers in the department. These will periodically be assessed by the cell and a review meeting will be held. The cell receives feedback from the students, parents and alumni and makes sure that the outcome of this feedback system is used in planning its strategies, especially in bringing transparency/objectivity/accountability in the teaching-learning-evaluation processes. It also initiates workshops and interactive sessions for the students. The

cell also acts as a documenting centre for the seminars/workshops/ publications/. Documentary files maintained in respect of those who attended /presented papers in seminar/ workshops.

**Evidence of Success:**

The major success of IQAC has been acceptance of the concept as part of the processes in the University system. The initiatives of the cell are now accepted by the teaching community and the students. The efforts of the Cell has now been well understood by the teaching and students community and they are in turn willing to help the Cell in achieving its stated short term goals.

**Problems Encountered and Resources Required:**

The primary problem encountered initially is that lack of understanding on the role, need and significance of the cell by its stakeholders and through persistent efforts by the cell, these have been overcome over a period of time.

Resource Required:

A full – fledged infrastructure support is required for better and smooth functioning.

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## **IMPROVEMENT IN STUDENTS PLACEMENT**

### **The Goal:**

Helping the students to realize their aim of getting employed on graduation, efforts have to be intensified to arrange campus interviews and prepare our students to emerge successful in them. For achieving this goal, the employability based curricular updation has to be done for all the courses of the University.

### **The Context:**

Empowering the graduates for competing in the job market is the prime task of any Institution in the prevailing scenario. Equipping the students with skills like communication skills, presentation skills, group skills, group discussion and skills to participate in an interview is of the main duties. Building a linkage with our Institute and industry circles/ other organisations is important to find placements for the students. In this background, a Placement Cell has been established in our University to provide guidance, training and placements for the graduates of the campus. The Placement Cell is committed to provide all possible assistance to its Undergraduate and Post-graduate students in their effort to find employment. The responsibility of the Training and Placement Cell is taken care of by a three-member team headed by a Co-ordinator.

### **The Practice:**

Training and Placement Cell tries to:

- Create and maintain a database on profiles of students.
- Build bridges with the industry and prospective employers.

- To ensure placements for students.

The important functions of the Cell are:

- To build and maintain good relations with the industries
- To invite companies to the University Campus (the companies can contact the Placement Officer for their requirements.)
- To arrange a pre-placement talk, after confirmation by the company
- To arrange for the test and interview
- To get feedback on our students performance etc.
- To organize personality development programmes, inviting industry experts for visiting the campus etc.,

#### **Evidence of Success:**

A number of students have been selected during the campus selection process because of the efforts of the Placement Cell. More companies and institutions come forward to the University campus seeking students who fit in their requirements. The Cell has been making concrete measures to rope in more companies/ Institutions for the process of Placements. Apart from this, many students have been advised to attend off campus interviews conducted by the companies/ Institutions.

#### **Problems Encountered and Resources Required:**

Obviously, the less student strength is a constraint for bringing the companies/ institutions to the campus. The number of students who lack communication and computing skills are comparably more in number and hence catering to the needs of all students is a challenge. Resources are required for imbibing skill-development among students.

## **Institutional Distinctiveness**

Provide the details of the performance of the institution in one area distinctive to its vision, priority and thrust. ( Provide the web link of the institution in not more than 500 words:

### **Vision:**

To engage in relentless pursuit of Excellence in the promotion and development of Physical Education and Sports through innovative programs in teaching, coaching, research and outreach activities and evolve a holistic approach to the betterment of human resources through a harmonious blend of body, mind and spirit"

### **Outreach Activities:**

Outreach programs provides a prologue to the students of TNPESU to get involved in the community services in the rural areas. The students approach the local Panchayath Head and obtain their permission by stating their purpose, before they undertake the program. The program is mandatory to all the students of the departments and they draw the schedule of activities o be conducted with the people. Each department customizes the schedule according to their area of expertise. The activities ranges from educating on personal and mental hygiene, physical fitness, training the basics in sports and games, yoga, nutrition, psycho-social aspects, Communication and leadership skills. Personal health of people depends on efforts for cure of disease and right kind of self- care. It includes healthy personal hygiene practices to prevent infection and illness such as regular bathing and washing hands with soap, cleaning teeth, preparing, safe handling and storing of food etc. Mental health also depends on the social life of a person. If we maintain healthy social relationships, help others and keep ourselves involved in other social activities, it will help us to gain positive mental health and also lead a longer healthy

life. The students are placed in the neighboring villages for a period of six to ten days. They try to understand the rural environment and under privileged sections of the society and undertake services like primary health care needs for women and children. They conduct literacy campaigns in the chosen venue. They are provided with diversified opportunities to develop their personality through community services. They interact with the local agencies as and when any need arises, during this endeavor. They emphasis the importance of primary education for allchildren. Through social activities, students inculcate social awareness, civic sense, crisis management ability, commitment to nation building, organization skill and leadership quality