



**தமிழ்நாடு உடற்கல்வியியல் மற்றும்
விளையாட்டுப் பல்கலைக்கழகம்
மேலக்கோட்டையூர், சென்னை - 600 127.**

**TAMIL NADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY**

Vandalur - Kelambakkam Road, Melakottaiyur (Post),
Chennai - 600 127.

Phone : 044 - 27477919 / 27477926

E-mail : sportsuniversitydde2007@gmail.com / tnpesusde@gmail.com

Website : www.tnpesu.org

Accredited with "B++" Grade by NAAC

**தொலைமுறைக் கல்வி கூடம்
SCHOOL OF DISTANCE EDUCATION**

(Established in 2007)

PROSPECTUS

September / October 2020 Session

&

February / March -2021 Session

Message from Vice - Chancellor

Dear Learners,

The School of Distance Education was established in the year 2007 with a great vision to impart education to all who could not get an opportunity of learning through face to face educational system in conventional mode.



I feel very much proud to mention here that the School Distance Education of our University was recently granted an approval by Distance Education Bureau to offer Degree, PG Diploma, Diploma and Certificate programs through Distance mode. All these programs are very much unique and provide Competitive edge to every learner in the present scenario. Further, the Tamil Nadu Physical Education and Sports University is also focusing on the ideation and Knowledge creation of the Faculty members who handle personal contact programs (PCP) to empower the learners to excel in their pursuit of success.

I hope that the program chosen by you will surely enrich your knowledge and quench the thirst of learning a unique program.

Wishing you all the very best in your endeavors...

Dr. Sheila Stephen
Vice - Chancellor

Registrar's Message:



Dear Students,

In the pursuit of overcoming the void of insufficiency in the field of Physical Education, Sports, Yoga and allied Programmes, the School of Distance Education of Tamil Nadu Physical Education and Sports University today, is an exceptional and exquisite learning hub offering a variety of career-oriented programs in the field of Yoga, Sports management, Psychology and its relevant programs, thus providing an opportunity for the sports lovers, Physical educationists and even people from all walks of life of various age categories to acquire knowledge and responsive to the emerging needs of the present scenario.

In this Juncture, I am delighted to say that this university got an approval from University Grants Commission / Distance Education Bureau - New Delhi, recently to offer a total number of 52 programs in Under Graduate, Post Graduate, PG Diploma, Diploma and Certificate level.

Therefore, learning any one of these programs of your interest through Distance mode of this University will surely prove out to be a ray of hope and open new opportunities for higher education without any constraints.

I wish each and every aspirant and welcome you to be a part of Tamil Nadu Physical Education and Sports University to have unique learning experiences.

Dr. V. GOPINATH
Registrar

Message from Director SDE

Dear Learners,



Dear Learners,

Greetings From Shool of Distance Education, Tamil Nadu Physical Education and Sports University.

It is my great privilege to welcome each and every one of you to one of the India's renowned sports Universities. The Tamil Nadu Physical Education and Sports University was established to promote sports and identity the sporting talents among young generation to achieve greater levels in National and International level sporting events. The School of Distance Education (SDE) of Tamil Nadu Physical Education and Sports University was established in the year 2007 with a vision to impart higher education to the students who, due to various circumstances, cannot undergo face to face education. Over the years, the School of Distance Education turned as a main focus for students who cannot afford or not willing to join colleges or who are employed or who are seeking and additional Qualification. There is a vast array of courses - Degree, PG Diploma, Diploma ad Certificate are being offered thro' School of Distance Education with the approval of University Grants Commission /Distance Education Bureau, New Delhi.

In order to facilitate the independent study, all the learning resources of the SDE are prepared meticulously in self learning format with subject experts. The Personal Contact Programs are handled by experienced faculties drawn from our University departments, affiliated Colleges and other Higher Educational Institution's. Some of the highly technical and practical oriented courses are handled by the faculties who have vast knowledge in these subjects. We are confident and happy to state that the degree you receive from the School of Distance Education will surely help you to gain more competence and prepare to face the job market.

The Course offered by School of Distance Education will surely quench the thirst of Physical Education Personals, Medical Professionals, Teaching Community, Officers, Administrators and even common public.

I appeal you all to join with us to get the benefit of obtaining knowledge.

Wish you all the very best!!!

Dr. D. Sathiakumar

Application Form & Prospectus



Through Online Only	: Rs.300/- by online payment Only www.tnpesu.edu.in
Tution Fee Pay Cash Challan	: Indian Bank, A/c.No. 744881356 Nallambakkam Branch (Challan can be downloaded from Website) University
For Further Details Website	: www.tnpesu.org



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

(Established by the Govt. of Tamil Nadu Act No. 9 of 2005)
(A State Government University)

Accredited with "B++" Grade by NAAC

School of Distance Education

(Established in 2007)

AUTHORITIES

Vice -Chancellor

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Registrar

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DISTANCE EDUCATION

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**THE STUDENTS ARE ADVISED
TO KEEP THIS HANDBOOK SAFELY
TILL THE COMPLETION OF THE
PROGRAM**

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Chennai - 600 127

PROFILE

The Tamil Nadu Physical Education and Sports University established by an Act of the Government of Tamil Nadu in 2004, is unique and the first of its kind in India as an affiliatory University, exclusively for Physical Education and Sports. After obtaining the assent from his Excellency the president of India on 5th August 2005, the said act came into force with effect from 15th September 2005.

It is a rare coincidence that the University has started functioning from December 2005, declared by the United Nations as International year for Sport and Physical Education. At present the University has three Faculties, Five departments and Twenty one affiliated Colleges. Further the University now offers select Physical Education and Allied Courses, through Collaborative programme and Distance Education stream also.

VISION

“To engage in relentless pursuit of excellence in the promotion and development of Physical Education and Sports through innovative programmes 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”

MISSION

- To create an ideal academic environment for Learning, Scholarship, Professionalism, and collaboration that fosters Excellence in active student learning and professional growth.
- To Design and introduce innovative, integrated, inter-disciplinary curriculum in Physical Education and various Sports and games and allied areas and provide Leadership to the profession.
- To offer unique graduate, Post-graduate and research Programs in Physical Education, Sports and allied fields.
- To produce competent health conscious Physical Education teachers at various levels, who will be fully equipped to impart instruction in Physical Education and undertake Physical activity programmes for children and youth.
- To develop High-Tech research facilities and contribute to the body to knowledge through scholarly work and publications, and disseminate the findings to the professionals, faculty and students.
- To facilitate the application of research finding to refine and sharpen the coaching and training techniques in Physical Education and Sports.
- To closely collaborate and coordinate with the State and National bodies in Physical Education and Sports, in matters of common interest and concern.
- To actively design program for the promotion and development of fitness and health concept among the students, faculty and the community around so as to mould them into physically fit and emotionally matured citizens.

List of Approved Learner's Support Centers

Sl. No.	Centre code	Name of the College
1	0101	TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY Melakkottiyur Post, Vandalur, to Kelambakkam Main Road, Chennai - 127. 044 - 27477919 sportsuniversitydde2007@gmail.com / tnpesusde@gmail.com
2	0102	Dr. George Abraham / Principal YMCA COLLEGE OF PHYSICAL EDUCATION (AUTONOMOUS) Nandanam, Chennai - 600 035. Phone No. 044-2434 4816, 044 - 2436 1069 ymca_phy_edn@yahoo.co.in
3	0103	Ms. Stella Mary / Co-ordinator, APOLLO COLLEGE OF NURSING Vanagaram to Ambattur Main Road Ayanambakkam, Chennai - 600 095. apollocollegeofnursing@gmail.com / 044 - 2653 4387 / 9282126666
4	0104	Dr.M. Inbavalli / Principal MARUDHAR KESARI JAIN COLLEGE Vaniyambadi - 635 751 / Tel : +91 4174 225300, 224300 mkjcpprincipal@gmail.com
5	0105	Dr.S. Jayaprakash / Principal, VETHATHIRI MAHARISHI COLLEGE OF YOGA, 26, Second Seaward Street, Valmiki Nagar, Thiruvanmaiyyur, Chennai - 600 041. vmcy@vethathiri.ac.in
6	0106	Dr.V. Mohan / Principal, DR. MOHANS DIABETES EDUCATION ACADEMY & DR. MOHANS DIABETES SPECIALITES CENTRE 6B, Conran Smith Rd, Gopalapuram, Chennai - 600 086 drmohans@diabetes.ind.in / 9944049992
7	0107	Dr.P. Samraj / Principal DR. SIVANTHI ADITANAR COLLEGE OF PHYSICAL EDUCATION Tirunelveli Road, Tiruchendur - 628 215. Phone No. 04639-245110, 04639-245124 / drsacpe@aei.edu@in
8	0108	Dr.(Mrs) J.V. Sasireka /Principal SRI SARADA COLLEGE OF PHYSICAL EDUCATION FOR WOMEN Fairlands, Salem - 636 016 Phone No. 0427-4550283 sscpe@salem@gmail.com

Excellence in Physical Education and Sports

9	0109	Dr. P. Kanagsabai / Principal MEENATCHI PHYSICAL EDUCATION COLLEGE Trichy Main Road, M.R. Kalvi Nagar, Thathanur (Po), Udayarpalayam (Tk), Ariyalur Dt - 621 804. Phone No : 04331 - 245283 04331-245123 mpechathanur@gmail.com mpechathanur@gmail.com
10	0110	Dr. N. Bright Selva Kumar / Principal CHRISTIAN COLLEGE OF PHYSICAL EDUCATION K.P. Road, Kanyakumari Dist. Nagercoil - 629 003. Phone No. : 04652-227011, 9944420837 email : brightsports@rediffmail.com
11	0111	Dr.K. Senthil Kumar / Principal SELVAM COLLEGE OF PHYSICAL EDUCATION Salem Road, Ponnusamy Nagar, Pappinayakkapatty (Po), Namakkal - 637003. Phone No. 04286-645603 selvamphyedu2006@gmail.com
12	0112	Dr.P. Gopinath / Principal ST.JOHN'S COLLEGE OF PHYSICAL EDUCATION Veeravanallur - 627 426 Tirunelveli - Dist. Phone No. 04634-288707. stjohnsbpedcollege@gmail.com
13	0113	Ms.S. Theresa Mercelin / Principal SELVAM COLLEGE OF YOGA AND RESEARCH CENTRE Chemmuthal Saral Villai, Nathahi Street, Tholayavattam Post, Kanniyakumari Dt - 629157 scyrc.edu@gmail.com
14	0114	Dr.G. Ravindran / Principal KOVILOOR ANDAVAR COLLEGE OF PHYSICAL EDUCATION AND SPORTS SCIENCE, Koviloor Madalayam, Koviloor - 630 307. Phone No. 04565-238291/235510 kacpe396@gmail.com
15	0115	Mr.K. Megaraj / Co-ordinator's SRI RENUGAMBAL COLLEGE OF PHYSICAL EDUCATION C.C. Road, Ettivadi, Polur - 606 907. Tiruvannamalai Dist. Phone No. 04181-222688 / 98431 85182 sretpolur@gmail.com
16	0116	Mr. R. Nithyanandan / Co-ordinator SREE RAMU COLLEGE OF ARTS AND SCIENCE N.M. Sungam, Vedasandur (Po) Pollachi-642007- Phone - 04259-286969 Cell No. 9942905589 sreeramucas@yahoo.com
17	0117	Dr.Mrs. Amudha / Principal CHERAN COLLEGE OF PHYSICAL EDUCATION No.9D/3, Ramakrishnapuram, Karur - 639001, Tamil Nadu - cheranbped@gmail.com

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18	0118	R. Manivannan / Co-ordinator SRI PARANJOTHI YOGA COLLEGE, Sri Paranjothi Nagar, Thirumurthi Hills - 642112. Udumalper Taluk, Tirupur District, Tamil Nadu, admin@yogacollege.net
19	0119	Dr. S. Thilagarani / Principal i/c PGP COLLEGE OF YOGA AND RESEARCH CENTRE Namakkal - 637 207. Karur Main Road, Pilaikalathur Paramathi 04286- 267404, Cell 9176471000. yogapincipal@pgpews.com
20	0120	Dr.R.P. Rejulal, Principal AVE MARIA EDUCATIONAL AND CHARITABLE TRUST Panaravilai, Kannankarai, Veeyanoor Post, Kanyakumari Dist - 629 177, Phone : 04651/282310 / 9443150352 maria.college.of.engineering@gmail.com
21	0121	Dr.R. Karpagam / Co-ordinator, KATHIR COLLEGE OF ARTS AND SCIENCE Wisdom Tree, Nelambur, Coimbatore - 641062. Tamil Nadu. 0422-22203767 / 68 9629923399 - kathircaas@gmail.com
22	0122	M.B.Palanikumar / Co-ordinator, PASUMPON MUTHURAMA LINGA THEVAR PHYSICAL EDUCATION COLLEGE Plot No.3, Vadugapatti, Usilampatti, Madurai - 625 532, 19 Phone : 04552-252016 / 253370 E-mail : pmtcbped@gmail.com
23	0123	Dr.Chandramohan / Principal VIDYA GIRI COLLEGE OF ARTS AND SCIENCE Sakkottai Main Road, Veerasekarapuram, Pudukkottai Tamil Nadu - 630 108. principalvcas@gmail.com / 9443130431
24	0124	Dr.P. Sujatha / Co-ordinator, MCGANS ACADEMY OF YOGA AND SPORTS Perar, Kotagiri Road, Mynala Post Ooty, The Nilgiris 643 002 Mcgansyogasports@gmail.com / 9500118833
25	0125	Dr.A. Devaraj / Co-ordinator KAMARAJ COLLEGE, Thoothukudi - 3 Phone No. 0461 - 2377925, 9894697387 kcdistanceeducation@gmail.com
26	0126	Dr.P.Elangovan / Co-ordinator ABI & ABI COLLEGE ARTS, SCIENCE & TECHNOLOGY ABI & ABI Nagar, Kumbakonam Main Road, Thanjavur - 613003. abiabiccollege5000@gmail.com Contact : 04362-253555, 9751145000
27	0127	Dr.M. Lekshmanaswamy / Principal KONGUNADU ARTS AND SCIENCE COLLEGE, G.N. Mills, Coimbatore - 641 029 Contact No. : 8883771666 principal@kongunaducollege.ac.in

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Vandalur-Kelambakkam Road, Melakottaiyur (Post), Chennai - 600 127. 044-27477919 / 27477926
E-mail : sportsuniversityde2007@gmail.com / website : www.tnpsu.org / Distance Education

SCHOOL OF DISTANCE EDUCATION
ELIGIBILITY CRITERIA AND FEE STRUCTURE

S. No.	Course Code	Name of Programme	Programme Code	Eligibility	Duration	Tuition Fee	Structure
					Fees Per Year		
UNDER GRADUATE COURSES (Bachelor's Degree) - SEMESTER PATTERN							
1	003	B.Sc.,in Yoga	BSY	10+2	3 years	4480	

POST GRADUATE (Master's Degree) - SEMESTER PATTERN

1	111	M.Sc.,in Yoga	MSY	Any Graduate (10+2+3)		7840	
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P G DIPLOMA PROGRAMMES

3	234	P.G. Diploma in Sports Management	PGDSM	Any Graduate (10+2+3)	2 Years	5600	
4	202	P.G. Diploma in Counselling	PGDC	Any Graduate (10+2+3)	2 Years	4480	
5	203	P.G. Diploma in Exercise Science	PGDET	Any Paramedical Courses B.Sc. Phy.,Edn., B.P.Ed., M.P.Ed., B.P.E., B.Sc., & M.Sc., Exercise Physiology and Nutrition, M.Sc., Bio-Mechanics and Kinesiology and Yoga	2 Years	4480	
6	205	P.G. Diploma in Fitness and Nutrition	PGDFN	Any Graduate (10+2+3)	2 Years	4480	
7	206	P.G. Diploma in Fitness and Wellness Management	PGDFWM	Any Graduate (10+2+3)	2 Years	4480	
8	207	P.G. Diploma in GYM / Fitness Instructor	PGDGF	Any Graduate (10+2+3)	2 Years	5600	
9	208	P.G. Diploma in Karate	PGDK	Any Graduate (10+2+3) & Black Belt Above II Dan	2 Years	5600	
10	209	P.G. Diploma in Kubudo	PGDKU	Any Graduate (10+2+3)	2 Years	5600	
11	210	P.G. Diploma in Memory Development & Psycho Neurobis	PGDMDPN	Any Graduate (10+2+3)	2 years	4480	
12	212	P.G. Diploma in Obesity & Weight Management	PGDOWM	Any Graduate (10+2+3)	2 Years	4480	
13	213	P.G. Diploma in Onfield Sports Injury Management	PGDOSIM	Any Graduate (10+2+3) & B.P.T / M.P.T with 50%	2 Years	6720	
14	214	P.G. Diploma in Panchakarma Therapy	PGDPT	Any Graduate (10+2+3)	2 Years	5600	
15	215	P.G. Diploma in Silambam Fencing	PGDSF	Any Graduate (10+2+3)	2 Years	5600	
16	219	P.G. Diploma in VARMA and Thokkanam (Massage) Sciences	PGDVTMS	Any Graduate (10+2+3)	2 Years	6720	
17	220	P.G. Diploma in Yoga	PGDY	Any Graduate (10+2+3)	2 Years	4480	
18	222	P.G. Diploma in Yoga and Naturopathy	PGDYN	Any Graduate (10+2+3)	2 Years	4480	
19	226	P.G. Diploma in Yoga Therapy, Varma and Herbal Science	PGDYVHS	Any Paramedical Courses B.Sc., Phy.,Edn., B.P.Ed., M.P.Ed., B.P.E., B.Sc., & M.Sc., Exercise Phylogoy and Nutrition, M.Sc., Bio-Mechanics and Kinesiology and Yoga	2 Years	6720	
20	230	P.G. Diploma in Yoga Therapy	PGDYT	Any Graduate (10+2+3)	2 Years	6720	
21	231	P.G. Diploma in Adventures Sports	PGDAS	Any Graduate (10+2+3)	2 Years	32000	

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DIPLOMA PROGRAMMES

22	301	Diploma in Aerobic Instructor	DAI	10+2 or any ITI / Diploma	1 Year	13440	
23	303	Diploma in GYM / Fitness Instruction	DGF	10+2 or any ITI / Diploma	1 Year	4480	
24	304	Diploma in Judo	DJ	10+2 or any ITI / Diploma	1 Year	4480	
25	305	Diploma in Kalaripayattu	DKA	10+2 or any ITI / Diploma	1 Year	4480	
26	306	Diploma in Karate	DKA	10+2 or any ITI / Diploma	1 Year	4480	
27	307	Diploma in Kubudo	DKU	10+2 or any ITI / Diploma	1 Year	4480	
28	308	Diploma in Kungfu	DKUN	10+2 or any ITI / Diploma	1 Year	4480	
29	309	Diploma in Life Guard Training	DLGT	10+2 or any ITI / Diploma with 400 Mtrs Swimming	1 Year	4480	
30	310	Diploma in Memory Development & Psycho Neurobics	DMDPN	10+2 or any ITI / Diploma	1 Year	4480	
31	312	Diploma in Panchakarma Therapy	DPT	10+2 or any ITI / Diploma	1 Year	4480	
32	314	Diploma in Silambam Fencing	DSF	10+2 or any ITI / Diploma	1 Year	4480	
33	316	Diploma in Taekwondo	DTA	10+2 or any ITI / Diploma	1 Year	4480	
34	318	Diploma in VARMA and Thokkanam (Massage) Sciences	DVTMS	10+2 or any ITI / Diploma	1 Year	4480	
35	320	Diploma in Yoga	DYO	10+2 or any ITI / Diploma	1 Year	3360	
36	322	Diploma in Yoga and Naturopathy	DYN	10+2 or any ITI / Diploma	1 Year	3360	
37	325	Diploma in Yoga and Human Excellence	DYHE	10+2 or any ITI / Diploma	1 Year	1500	
38	328	Diploma in Adventures Sports	DAS	10+2 or any ITI / Diploma	1 Year	32000	
39	329	Diploma in Yoga for Youth Empowerment	DYYE	10+2 or any ITI / Diploma	1 Year	600	

CERTIFICATE PROGRAMMES

40	401	Certificate in Aerobic Instructor	CAI	10th or its equivalent	6 Months	11200	
41	402	Certificate in GYM / Fitness Instruction	CGFI	10th or its equivalent	6 Months	2800	
42	404	Certificate in Karate	CKA	10th or its equivalent	6 Months	2800	
43	405	Certificate in Kubudo	CKU	10th or its equivalent	6 Months	2800	
44	406	Certificate in Kungfu	CKUN	10th or its equivalent	6 Months	2800	
45	407	Certificate in Memory Development & Psycho Neruobics	CMDPN	10th or its equivalent	6 Months	2240	
46	408	Certificate in Panchakarma Therapy	CPT	10th or its equivalent	6 Months	2800	
47	410	Certificate in Silambam Fencing	CSF	10th or its equivalent	6 Months	2800	
48	412	Certificate in Yoga	CYO	10th or its equivalent	6 Months	2240	
49	414	Certificate in Yoga and Naturopathy	CYN	10th or its equivalent	6 Months	2240	
50	416	Certificate in Yoga for Human Excellence	CYHE	10th or its equivalent	6 Months	2240	
51	420	Certificate in Yoga for Youth Empowerment	CNY	10th or its equivalent	6 Months	400	
52	422	Certificate course in yoga Education (School Student)		10th or its equivalent	6 Months	500	

Note : A Course will be offered only when a minimum of 10 Students have enrolled for it.

Admission for Distance Education through online only

COST OF APPLICATION AND PROSPECTUS :

All courses : Rs.300/-

APPLICATION FEE (Not Refundable or Adjustable)

**LAST DATE FOR SUBMISSION OF APPLICATION
30TH APRIL 2021 FOR FEB - MAR 2021
ACADEMIC SESSION**

ADMISSION

The Candidate may seek admission either directly to the University or through any one of the approved Learner's Support Centres of our University. The list of approved Learner's support Centres are given in the University Website www.tnpesu.org and prospectus.

If the Candidates enroll *directly* with the University, the Course Materials shall be directly sent to them and they have to attend the Contact classes at the Venue arranged by the School of Distance Education.

If the candidates enroll through Learner's Support Centres, the Course Materials shall be only sent to the Learner's Support Centers and Students have to attend the Contact classes (PCP) arranged by the Centers at their places.

Personal contact programs (PCP) are mandatory for all courses mentioned in the List.

DIRECT ADMISSION WITH THE UNIVERSITY

The following documents are to be attached in PDF format and the original credentials will be verified.

☞ The Original Certificates of SSLC / HSC / Diploma Certificate or Degree or Provisional Certificate. (Original Certificate will be returned immediately after verification).

☞ Demand Draft / Cash Challan (Indian Bank) A/c No. : 744881356, Nallambakkam Branch for the prescribed tuition fee to be drawn in favor of "The Director, SDE, Tamil Nadu Physical Education and Sports University", Payable at Chennai (Refer to Annexure - I for fee details).

☞ The School of Distance education will issue the Course Completion Certificate for those who successfully Complete the course and apply for it.

☞ Please note that no other additional fee is payable by the Candidates to the Learner's support Centers except Examination Fee and Other fee if any officially collected by the University.

**THE DIRECTOR
SCHOOL OF DISTANCE EDUCATION
Tamil Nadu Physical Education and Sports University**
Vandalur - Kelambakkam Road, Melakottaiyur (POST), Chennai -0600 127.
Ph : 044/ 27477919 / 27477926
e-mail : sportsuniversitydde2007@gmail.com
Website : www.tnpesu.org / Distance Education

ADMISSION CONFIRMATION :

☞ After scrutinizing the documents, the School of Distance Education shall confirm Admission to the eligible candidates by assigning Register Number which will be communicated through email given by the candidate.

☞ Students are instructed to keep their ID card in safe custody till they complete their course of study. Once the Candidate is admitted, his / her registration is valid for the entire period of study subject to the payment of Course fee for the respective year.

PERSONAL CONTACT PROGRAM

The Personal contact program will be conducted in two spells of classes for a minimum duration of 70 hours for Theory papers and 140 hours for programmes involving both theory and practicals in a year/semester. Students should make their own arrangement for their boarding and lodging at the center's where PCP's are held.

A Circular of details of date, venue and time for the Personal Contact Program will be sent to the centres. The Study centre will intimate all the Particulars to the Students with prior notice (through Phone, email / website).

80% of Attendance is mandatory for PCP classes. Attendance certificate will be issued at the end of the Personal Contact Program (PCP). Only those who attend the Personal contact programs and maintain 80% of attendance are eligible to appear for the University examination. The practical classes will be conducted at the University/respective centre. The practical examination will be conducted during each semester. Attendance certificate with the application form, must be sent to the University's Examination section at the end of the semester. If it is not attached, the concerned candidate will not be permitted to attend the examination.

ENQUIRY AND CORRESPONDENCE

All enquiries and correspondences (Admission) should be addressed to.

THE DIRECTOR
SCHOOL OF DISTANCE EDUCATION
Tamil Nadu Physical Education and Sports University
 Vandalur - Kelambakkam Road, Melakottaiyur (POST), Chennai -0600 127.
 Ph : 044/ 27477919 / 27477926
 e-mail : www.sportsuniversitydde2007@gmail.com
 Website : www.tnpsu.org / Distance Education

Enquires relevant to the University Examinations should be addressed to (Mark sheet, Provisional, Genuineness, and Convocation)

THE CONTROLLER OF EXAMINATIONS
Tamil Nadu Physical Education and Sports University
 Vandalur - Kelambakkam Road, Melakottaiyur (POST), Chennai -0600 127.
Ph : 044/ 27477914 / 27477915 / 27477917
 e-mail : tnpsucoe@gmail.com
 Website : www.tnpsu.org / Distance Education

Instructions To the Candidates

1. Before submitting the filled-in-application, the candidates should ensure their eligibility for admission to the program for which they apply.
2. The Candidates should clearly specify their course and name of the Learner's support center in their Application.
3. The Candidates who acquired P.G. Qualification directly Under Open University stream are not eligible for admission to another P.G. program.
4. All fees should be paid in the form of Demand Draft, drawn in favour of The Director, SDE, Tamil Nadu Physical Education and Sports University, Payable at any one of the following banks in Chennai.

Note: Please keep your payment receipt till the end of the course

- ☞ State Bank of India
 - ☞ Canara Bank
 - ☞ Indian Bank
 - ☞ Indian Overseas Bank
 - ☞ Syndicate Bank
 - ☞ Punjab National bank
 - ☞ Central Bank of India
 - ☞ United Commercial Bank
 - ☞ Union Bank of India
 - ☞ Tamil Nadu Mercantile Bank
 - ☞ ICICI Bank
 - ☞ Lakshmi Vilas Bank
 - ☞ City Union Bank
 - ☞ Vijaya Bank
 - ☞ Bank of Baroda
 - ☞ Pandyan Grama Bank
 - ☞ Karur Vysya Bank
 - ☞ Bank of India
 - ☞ Outstation Bank
 - ☞ HDFC Bank
- (OR)

Remittance through Cash Challan (Indian Bank, A/c No. 744881356)

5. The Candidates should mention their (i) Name in Capital Letters (English & Tamil) (ii) Address in capital Letters. (English & Tamil)
6. **The Following Documents should be uploaded along with the application through online to all courses:**
 - a. **Transfer Certificate** from the Head of the Institution where the applicant last studied.
 - b. **Statement of Marks of the Qualifying Examination.** (Candidates who have passed the qualifying examination (Degree Course) from this University / other Universities should enclose all the original statements of marks right from their secondary school education along with the application form).
 - c. **Provisional Pass Certificate / Degree (Diploma) Certificate** of the Qualifying Examination
 - d. **Equivalency and Genuineness Certificate in case of candidates from other states.**
7. The demand draft should reach the School of Distance Education within 15 days from the date of its issue by the bank
8. **Demand Draft should be payable at chennai only; Demand Draft payable outside Chennai will not be accepted.**
9. The Students are permitted to pay the fee year-wise.
10. **Fee once paid shall neither be refunded nor adjusted towards any other payment.**
11. Cheques, Postal Orders and Money orders will not be accepted under any circumstances.
12. Applicants should fill-up the application form and Student Identity Card in block letters in his/her own handwriting and duly sign in the space provided.
13. Incomplete applications will be rejected.
14. Admission cannot be claimed as a matter of right.
15. Before submitting the application, the applicant should make note of the application number.
16. Whenever the candidate corresponds with the School of Distance Education, he/she has to quote his/her Enrolment Number, the

- Program and the details fo learner's Support Centre through whom they have enrolled.
17. • **As per UGC D.O.No.1-6/2007(CPP-II) dated 28.12.2012 The Student(s) cannot be allowed to pursue two programmes simultaneously. However, a student enrolled in a degree programme under regular mode may be allowed to pursue a maximum of one additional degree programme simultaneously under open/distance mode from the same or a different university. However, two degree programmes under regular mode may not be allowed simultaneously as it may create logistic, administrative and academic problems.**
 - **A student pursuing a degree programme under regular mode may be allowed to pursue a maximum of one certificate/diploma/advanced diploma/PG diploma programme simultaneously either in regular or open and distance mode in the same university or from other institutions.**
 18. The University reserves the right not to conduct any of the programmes if the Circumstances so warrant.
 19. If the certificate submitted by the applicant is in any language other than English / Tamil, an English version of the Certificate, duly attested by a Gazette Officer should be enclosed failing which such certificate will not be considered.
 20. In case of Certificates / Degree of Foreign Educational Institutions, such Institution must be the Members of Association Indian Universities or Commonwealth Universities.
 21. The Directorate reserves the right to revise, modify, add / or delete any part of the syllabus, Considering the welfare of the students.
 22. For the second and third year, the study materials will be dispatched by the directorate through post on receipt of the tuition fee for the respective year to the Learner's support centers.
 23. All the Original Certificates should be attached along with the Online application form for the course to which the candidate is interested to apply.
 24. For all Certificates courses completion of (Pass) SSLC / 10th std from a recognized board is mandatory.
 25. For candidates who are pursuing PG Courses, the Top 25% of the candidates are eligible to opt Thesis / Dissertation / Project in the Post Graduate Programme offered by School of Distance Education. Others can select the optional papers enlisted by School of Distance Education.

OTHER FEES

Change of Learner's Support Centre	Rs.500	May be permitted in deserving cases during beginning of the academic year
Change of Name	Rs.750	Apply with original gazette Notification
Change of Address	Rs.100	-
Duplicate ID Card	Rs.150	-
Additional Lesson Material per copy	Rs.250	-
Course Completion Certificate	Rs.250	May apply to the director, SDE
Bonafied Certificate	Rs.250	May apply to the director, SDE
Re-admission	Rs.1000	May apply to the director
Migration Certificate	Rs.500	DD In Favor of Registrar - TNPESU

- ❖ **Payment proof must be produced whenever it is demanded by the university**
- ❖ **Fee must be paid for Course Completion Certificate in the final year**

PAYMENT OF II / III YEAR COURSE FEE

- ☞ Fees must be paid in the beginning of every year / semester.
- ☞ There will not be any separate communication from the School of Distance Education for payment of II/III year course fee
- ☞ The II / III Year fee to be paid whether the candidate has taken up the examinations or not / results declared or not.

COMPLETION OF COURSE

The Students are permitted to complete the course (both Theory and Practical's/ Projects/Dissertations) within 5 years from the Admission of the Course, failing which, their registration will stand automatically cancelled.

SDE EXAMINATIONS REGULATIONS :

1. Candidates are Instructed to read the following instructions relating to examinations carefully and take note of the special instructions relating to examinations.
2. The University Semester Examinations will be conducted in the month of May and December every year for January Session and December and May for July session.
3. Examination application form will be uploaded in the university website by the Controller of Examination.
4. The Candidates can download the examination applications form and submit the duly filled-in form along with all necessary enclosures before the due date to the controller of Examination.
5. The Examination fee to be paid in the form of Demand Draft to be drawn in favour of **The Registrar, TNPESU**, payable at Chennai from any nationalized Bank or Bank Challan which is available in the University website.
6. Candidates are expected to submit the filled in examination application form to the Controller of Examination office within the stipulated date
7. Payment of Exam fee :
Penalty Rs.50/- (Rupees Fifty only) will be collected per day towards late submission of examination application form.
8. Submission of Exam application form after the last date given by the controller office will not be accepted.
9. While submitting the filled-in application for examination, enclose the Photo copy of the fee Demand Draft (DD) towards the tuition fee. Otherwise, applications will not be accepted.

Note : Students who have not paid the Tuition fee will not be permitted to write the examinations under any circumstance.

10. The examinations are conducted at various centers furnished in the examination application appended to this prospectus. However, the University has the right to restrict the number of examination centres depending upon the students strength. If there are any changes it will be displayed in the university website.
11. Change of Examination Centre will not be accepted at any circumstances. Hence Candidates are advised to take enough care in filling up of the examination application.
12. Minimum 50% of the marks should be secured in the University examinations (external Examination) for a final pass in all degree and P.G. Diploma Courses.
13. Minimum 40% of the marks should be secured in the University examinations (External Examination) for a final pass in all Diploma / Certificate Courses.
14. The Examination Fee is given in Annexure -II
15. Hall -Tickets shall be issued by the controller of Examinations to the Students through the Examination Centers one/two days before the commencement of Examinations No Separate Communication will be sent to the Candidates for this purpose. Students are requested to contact their Learner's support Centers in this regard.
16. The Statement of Marks, Provisional Certificate, Degree / Diploma Certificates, publication of results shall be sent to the Candidates by the Controller of Examinations.
17. Students, who have arrears of paper, after the completion of the duration of the course of study, may also submit the examination application form to clear their arrear papers within the last date, along with the prescribed examination fee.
18. For all enquiries regarding the examinations, candidates shall contact the Controller of Examinations section.

Instructions To Learner's Support Centers

1. Personal Contact Programs :

- a) To Conduct PCP classes, a proper approval should be obtained from the Director School of Distance Education well in advance.
- b) All the PCP classes must be conducted at the University approved Learner's Support Centers only.
- c) The PCP schedule must be communicated well in advance to the students by the learner's support centers after getting the due approval from the Director- school of Distance Education.
- d) All the Learner's support centers should engage the resource persons / Teaching Faculty / Research Supervisors whose names are enlisted in the approved list of Tamil Nadu Physical Education and Sports University - School of Distance Education.

•1. Change of Center / Change of Faculty :

- No Candidate or candidates are permitted to change his/her Learner's support center unless or otherwise having any genuine reasons. However, the change of Learner's Support Centers shall be permitted only once during the course of study at the beginning of the academic session.
- Candidates who are seeking change of Learner's Support Center must obtain a 'No Objection Certificate' from the director or Co-ordinator or program i/c concerned within a month of admission and the same should be forwarded to the Director - School of distance Education for approval.
- The 30% Share amount will not be given to the Learner's Support Centers for such candidate(s) after issuing the NOC. However, the share amount will be given to the newly opted LSC by the candidate(s)
- A sum of Rs.500 is to be paid by the candidate for change of Center after getting the due approval from the Director, School of Distance Education Tamil Nadu Physical Education and Sports University.

For all queries / grievances, related to statement of marks, genuine certificate, provisional & Degree certificates, results and examinations details, the students are asked to contact the Controller of Examinations.

THE CONTROLLER OF EXAMINATIONS
Tamil Nadu Physical Education and Sports University
 Vandalur - Kelambakkam Road, Melakottaiyur (POST), Chennai - 600 127.
Website : www.tnpesu.org
 For Examinations Schedule / Result / Enquiries
 Phone : Ph : 044-27471914 / 15 / 17
 e-mail : tnpesucoe@gmail.com / tnpesudee@gmail.com

CAUTION

The School of Distance Education has no agents and takes no responsibility for their action except Approved Study centers. The address of the approved study centers are given in the University web site. Candidates can apply through the approved study centers.

NOTE

With regard to disputes arising in all matters, only the Courts and Tribunal having Jurisdiction over Chennai Shall have Jurisdiction for the Purpose of filing the suit or taking any legal proceedings against the University.

Candidates those who are pursuing PG Courses in which project / Thesis is prerequisite to complete the course, they can do either project / thesis under a supervisor or choose any one of the theory papers prescribed by the University.

COURSE DETAILS

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

CHENNAI - 600 127.

Subjectwise Course Details

B. Sc., Yoga

First Year - First Semester

Subject Code	Subject
BYS101	Tamil / Hindi - Paper - I
BYS102	English - Paper - I
BYS103	Fundamentals of Yoga
BYS104	Yogic Practices - I
BYS105	Basic Yoga Texts

First Year - Second Semester

Subject Code	Subject
BYS201	Tamil / Hindi - Paper - II
BYS202	English - Paper - II
BYS203	Yoga and Psychology
BYS204	Yogic Practices - II
BYS205	Anatomy and Physiology

Second Semester - Third Semester

Subject Code	Subject
BYS301	Tamil / Hindi - Paper - III
BYS302	English - Paper - III
BYS303	Methodology of Teaching Yoga
BYS304	Teaching Practice
BYS305	Health and Psychology

Second Semester - Fourth Semester

Subject Code	Subject
BYS401	Tamil / Hindi - Paper - IV
BYS402	English - Paper - IV
BYS403	Traditional Indian System of Medicines and Therapies
BYS404	Yogic Practices - III
BYS405	Diet and Nutrition

Third Year - Fifth Semester

Subject Code	Subject
BYS501	Yoga Therapy
BYS502	Patanjali Yog Sutra
BYS503	Yogic Practice - IV
BYS504	Usage of Props
BYS505	Environmental Studies

Third Year - Sixth Semester

Subject Code	Subject
BYS601	Yogic Diet
BYS602	Methods of Naturopathy
BYS603	Yogic Practice - V
BYS604	Yoga and Fitness
BYS605	Value Education

M. Sc., Yoga

First Year - First Semester

Subject Code	Subject
MYS101	Fundamentals of Yoga
MYS102	Anatomy and Physiology
MYS103	Methods of Yogic Practices
MYS104	Yogic Practice - I
MYS105	Yogic Diet

First Year - Second Semester

Subject Code	Subject
MYS201	Yoga and Psychology
MYS202	Methodology in Teaching Yoga
MYS203	Basic Yoga Texts
MYS204	Teaching Practice
MYS205	Yogic and Nutrition

Second Semester - Third Semester

Subject Code	Subject
MYS301	Yoga Therapy
MYS302	Yoga Sutras
MYS303	Hatha Yoga Texts
MYS304	Clinical Applications in Traditional Systems of Medicines and Therapies
MYS305	Methods of Naturopathy

Second Year - Fourth Semester

Subject Code	Subject
MYS401	Research Processes in Yoga
MYS402	Traditional Systems of Medicines and Therapies
MYS403	Thesis / Yoga and Health / Thirumoolar's Thirumandiram
MYS404	Yogic Practice - II
MYS405	Statistics in Yoga

PG DIPLOMA PROGRAMMES - 2 YEARS

P.G. DIPLOMA IN PANCHAKARMA THERAPY

FIRST YEAR

Subject Code	Subject
PGDPT101	Basic Concepts of Ayurveda
PGDPT102	Pancha Karma Therapy
PGDPT103	Anatomy and Physiology
PGDPT104	Personality Development and Communication Skills
Practical	Methods of Panchakarma Therapy
Practical	Applied Physiology
	VPP

SECOND YEAR

Subject Code	Subject
PGDPT201	Fundamental of Naturopathy
PGDPT202	Yogic Anatomy and Physiology and Psychology
PGDPT203	Introduction to AYUSH and Alternative Therapies
PGDPT204	Computer Applications and Value Education
Practical	Yogic Practices - I
Practical	Applied of Alternative Therapies
	Internship

P.G. DIPLOMA IN VARMA AND THOKKANAM (MASSAGE) SCIENCES

FIRST YEAR

Subject Code	Subject
PGDVTMS101	Fundamentals of VarmaTherapy
PGDVTMS102	Basics of Massage Therapy
PGDVTMS103	Anatomy and Physiology
PGDVTMS104	Personality Development and Communication Skills
Practical	Practical methods of Massage Therapy
Practical	Applied Physiology
	VPP

FIRST YEAR

Subject Code	Subject
PGDVTMS201	Applied Varma therapy
PGDVTMS202	Yogic Anatomy and Physiology and Psychology
PGDVTMS203	Introduction to AYUSH and Alternative Therapies
PGDVTMS204	Computer Applications and Value Education
Practical	Clinical Application of Varma Therapy
Practical	Application of Alternative Therapies
	Internship

P.G. DIPLOMA IN YOGA

FIRST YEAR

Subject Code	Subject
PGDY101	Fundamentals of yoga
PGDY102	Methods of Yogic Practices
PGDY103	Anatomy and Physiology
PGDY104	Personality Development and Communication Skills
Practical	Yogic Practices - I
Practical	Applied Physiology
	VPP

SECOND YEAR

Subject Code	Subject
PGDY201	Basic Yoga Text
PGDY202	Yogic Anatomy and Physiology and Psychology
PGDY203	Introduction to AYUSH & Alterative Therapies
PGDY204	Computer Applications and Value Education
Practical	Yogic Practices - II
Practical	Application of Alternative Therapies
	Internship

P.G. DIPLOMA YOGA AND NATUROPATHY

FIRST YEAR

Subject Code	Subject
PGDYN101	Fundamentals of Naturopathy
PGDYN102	Fundamentals of Yoga
PGDYN103	Anatomy and Physiology
PGDYN104	Personality Development and Communication Skills
Practical	Yogic Practices - I
Practical	Applied Physiology
	VPP

SECOND YEAR

Subject Code	Subject
PGDYN201	Nutritional Biochemistry
PGDYN202	Diet Therapy
PGDYN203	Introduction to AYUSH & Alternative Therapies
PGDYN204	Computer Applications & Value Education
Practical	Yogic Practices - II
Practical	Application of Naturopathy
	Internship

PG DIPLOMA YOGA THERAPY, VARMA AND HERBAL SCIENCES

FIRST YEAR

Subject Code	Subject
PGDYT VHS101	Basic Principles of Yoga Therapy
PGDYT VHS102	Fundamentals of Varma and Herbal Medicine
PGDYT VHS103	Anatomy and Physiology
PGDYT VHS104	Personality development and Communication and Skills
Practical	Yogic Practices with Modification - I
Practical	Applied Physiology
	VPP

SECOND YEAR

Subject Code	Subject
PGDYT VHS201	Methodology in Yoga Therapy
PGDYT VHS202	Application of Varma and Herbal Medicines
PGDYT VHS203	Introduction to AYUSH and Alternative Therapies
PGDYT VHS204	Computer Applications and Value Education
Practical	Yogic Practices with Modification - II
Practical	Clinical Application of Varma and Herbal Medicines
	Internship

P.G. DIPLOMA YOGA THERAPY

FIRST YEAR

Subject Code	Subject
PGDYT101	Basic Principles of Yoga Therapy
PGDYT102	Methodology of Yoga Therapy
PGDYT103	Anatomy and Physiology
PGDYT104	Personality Development and Communication skills
Practical	Yogic Practices with modification - I
Practical	Applied Physiology
	VPP

SECOND YEAR

Subject Code	Subject
PGDYT201	Physical Examination methods in Yoga Therapy
PGDYT202	Yoga Therapy and Ailments
PGDYT203	Introduction to Ayush and Alternative Therapies
PGDYT204	Computer Applications & Value Education
Practical	Yogic Practices with modification - II
Practical	Clinical Application of Yoga therapy
	Internship

P.G. DIPLOMA IN FITNESS AND NUTRITION

FIRST YEAR

Subject Code	Subject
PGDIPFN21CT101	Anatomy and Physiology
PGDIPFN21CT102	Basic Nutrition
PGDIPFN21CT103	Nutritional Prescription for Sports and Games
PGDIPFN21CT104	Health Promotion and Nutritional Care
PGDIPFN21CT105	Environment Studies
PGDIPFN21CT106	Floor and Step Aerobics
PGDIPFN21CT107	Strength and Conditioning
PGDIPFN21CT108	Health Behavior Psychology
PGDIPFN21CT101	Practical : Strength and Conditioning & Step and Floor Aerobics

SECOND YEAR

Subject Code	Subject
PGDIPFN21CT201	Kinesiology
PGDIPFN21CT202	Nutritional and Fitness Assessment
PGDIPFN21CT203	Exercise Prescription for Special Population
PGDIPFN21CT204	Effects of Exercise on Various Systems
PGDIPFN21CT205	Basic Statistics
PGDIPFN21CT206	Computer Application in Fitness and Nutrition
PGDIPFN21CT207	Occupational Fitness
PGDIPFN21CT208	Communication Skills
PGDIPFN21CT201	Practical : Nutritional and Fitness Assessment

P.G. DIPLOMA IN COUNSELING

FIRST YEAR

Subject Code	Subject
PGDC21CT101	Psychological Process
PGDC21CT102	Biological Psychology
PGDC21CT103	Research Methodology
PGDC21CT104	Coping with Stress
PGDC21CT105	Human Growth and Development
PGDC21CT106	Psychopathology - I
PGDC21CT107	Fundamentals of Counseling Skills
PGDC21CT108	Health Psychology
PGDC21CT101	Practical : Psychological Testing - I

SECOND YEAR

Subject Code	Subject
PGDC21CT201	Counseling and Behavior Modification
PGDC21CT202	Counseling in Special Areas
PGDC21CT203	Behavioral Statistics
PGDC21CT204	Approaches to Counseling Therapy
PGDC21CT205	Positive Psychology
PGDC21CT206	Psychoopathology - II
PGDC21CT207	Psychotherapy
PGDC21CT208	Life Skills Management
PGDC21CT202	Practical : Psychological Testing - II

PG DIPLOMA IN EXERCISE SCIENCE

FIRST YEAR

Subject Code	Subject
PGDES21CT101	Anatomy & Physiology - I
PGDES21CT102	Anatomy & Physiology - II
PGDES21CT103	Exercise Psychology
PGDES21CT104	Exercise Biomechanics
PGDES21CT105	Exercise Biochemistry
PGDES21CT106	Strength Training & Conditioning
PGDES21CT101	Practical : Fitness Parameters Assessment - I
PGDES21CT102	Practical : Anatomy and Physiology Lab

SECOND YEAR

Subject Code	Subject
PGDES21CT201	Exercise Physiology
PGDES21CT202	Exercise Nutrition
PGDES21CT203	Exercise Testing and Prescription
PGDES21CT204	Sports Injuries, Prevention and Rehabilitation
PGDES21CT205	Exercise prescription for Special Population
PGDES21CT206	Fitness and Wellness
PGDES21CT201	Practical : Fitness Parameters Assessment - II
PGDES21CT202	Practical : Exercise Prescription

P.G. DIPLOMA IN KARATE

FIRST YEAR

Subject Code	Subject
PGDK101	Anatomy and Physiology
PGDK102	Science of Sports Training
PGDK103	First aid for Sports Injuries
	Practical - I
	Practical - II

SECOND YEAR

PGDK201	Fundamentals in Karate
PGDK202	Karate and Its Development
PGDK203	Anti Doping
	Practical - III
	Internship

P.G. DIPLOMA IN KUBUDO

FIRST YEAR

Subject Code	Subject
PGDKUB101	Anatomy and Physiology
PGDKUB102	Science of Sports Training
PGDKUB103	First aid for Sports Injuries
	Practical - I
	Practical - II

SECOND YEAR

Subject Code	Subject
PGDKUB201	History and Organization of Silambam Fencing
PGDKUB202	Methods of Silambam Fencing Practices
PGDKUB203	Anti Doping
	Practical - III
	Internship

P.G. DIPLOMA IN ON-FIELD SPORTS INJURY MANAGEMENT

FIRST YEAR

Subject Code	Subject
PGDOFSIM21CT101	Sports Biomechanics
PGDOFSIM21CT102	Sports Exercise Physiology
PGDOFSIM21CT103	Sports Psychology
PGDOFSIM21CT104	Sports Nutrition
PGDOFSIM21CT105	Strength Training & Conditioning
PGDOFSIM21CT106	Computer Applications
PGDOFSIM21CT101	Practical : Sports First aid
PGDOFSIM21CT102	Practical : Kinanthropometry

SECOND YEAR

PGDOFSIM21CT201	Sports Traumatology
PGDOFSIM21CT202	Fitness and Sports Injury Assessment
PGDOFSIM21CT203	Onfield Sports Injury Management
PGDOFSIM21CT204	Basic Health Statistics
PGDOFSIM21CT205	Personality Development
PGDOFSIM21CT206	Fitness and Wellness
PGDOFSIM21CT201	Practical : Onfield Fitness and Sports Injury Assessment
PGDOFSIM21CT202	Practical : Onfield Sports Injury Management

P.G. DIPLOMA IN SILAMBAM FENCING

FIRST YEAR

Subject Code	Subject
PGDSF101	Anatomy and Physiology
PGDSF102	Science of Sports Training
PGDSF103	First aid for Sports Injuries
	Practical - I
	Practical - II

SECOND YEAR

PGDSF201	History and Organization of Silambam Fencing
PGDSF202	Methods of Silambam Fencing Practices
PGDSF203	Anti Doping
	Practical - III
	Internship

P.G. DIPLOMA IN GYM / FITNESS INSTRUCTOR

FIRST YEAR

Subject Code	Subject
PGDGF101	Anatomy and Physiology
PGDGF102	Science of Sports Training
PGDGF103	First aid for Sports Injuries
	Practical - I
	Practical - II

SECOND YEAR

PGDGF201	Scientific Foundation of Fitness and Wellness
PGDGF202	Fitness Equipment Management
PGDGF203	Anti Doping
	Practical - III
	Internship

P.G. DIPLOMA IN SPORTS MANAGEMENT

Subject Code	Subject
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FIRST YEAR - I SEMESTER

PGDSM101	Principles of Management
PGDSM102	Organizational Behaviour
PGDSM103	Business Law
PGDSM104	Managerial Economics
PGDSM105	Management Accounting

FIRST YEAR - II SEMESTER

PGDSM106	Quantitative Methods in Business
PGDSM107	Management Information System
PGDSM108	Total Quality Management
PGDSM109	Strategic Management
PGDSM110	Research Methods in Business

SECOND YEAR - III SEMESTER

PGDSM201	Operations Research
PGDSM202	Operations Management
PGDSM203	Marketing Management
PGDSM204	Financial Management
PGDSM205	Human Resource Management

SECOND YEAR - IV SEMESTER

PGDSM206	Business Communication
PGDSM207	Sports Organization and Administration
PGDSM208	Sports Management Principles and Practices
PGDSM209	Sports Marketing
PGDSM210	Sports Facility Management

DIPLOMA PROGRAMS - 1 YEAR

DIPLOMA IN PANCHAKARMA THERAPY

Subject Code	Subject
DPT101	Basic Theory of Ayurveda and Anatomy
DPT102	Panchakarma and Wellness
DPT103	Yoga Therapy
Practical	Panchakarma and Yoga
	Village Placement Programme

DIPLOMA IN VARMA AND THOKKANAM (MASSAGE) SCIENCES

Subject Code	Subject
DVTMS101	Foundations of Varma and Thokkanam
DVTMS102	Varma and Thokkanam Practices
DVTMS103	Introduction to Traditional Indian Systems of Medicine and Therapies
Practical	Practical Training in Varma and Thokkanam
	Village Placement Programme

DIPLOMA IN YOGA

Subject Code	Subject
DYO101	Fundamentals of Yoga Education
DYO102	Yogic Psychology and Yogic Therapies
DYO103	Methods of Yogic Practices
Practical - I	Yogic Practices
	Village Placement Programme

DIPLOMA IN YOGA AND NATUROPATHY

Subject Code	Subject
DYN101	Fundamentals of Yogic Techniques
DYN102	Applied Anatomy and Physiology
DYN103	Basic Concepts of Naturopathy
Practical - I	Practical - I
Practical -II	Practical - II

DIPLOMA IN YOGA FOR HUMAN EXCELLENCE

Subject Code	Subject
DYHE101	Yogic Life
DYHE102	Sublimation and Social Welfare
DYHE103	Mental Prosperity and Human Excellence
DYHE104	Science of Divinity and Realization of Self
Practical - I	Practical - I

DIPLOMA IN YOGA FOR YOUTH EMPOWERMENT

Subject Code	Subject
DYYE101	Physical Health
DYYE102	Mental Health
DYYE103	Self Management
Practical	Yoga Practice

DIPLOMA IN MEMORY DEVELOPMENT AND PSYCHO NEUROBICS

Subject Code	Subject
DMDPN101	Science of Memory
DMDPN102	Psycho Neurobics
Practical - I	Practical - I

DIPLOMA IN AEROBIC INSTRUCTOR	
Subject Code	Subject
DAI101	Exercise Programme design, Body Conditioning, Flexibility and Injury
DAI102	Kinesiology, Exercise Physiology and Nutrition
Practical - I	Practical - I
Practical - II	Practical - II
DIPLOMA IN GYM / FITNESS INSTRUCTOR	
Subject Code	Subject
DYFI101	Anatomy and Physiology'
DGFI102	Scientific Foundations of Fitness and Wellness
Practical - I	Practical - I
Practical - II	Practical - II
DIPLOMA IN KALARIPAYATTU	
Subject Code	Subject
DKA101	Introduction Description Techniques and Therapy of Kalaripayattu
DKA102	Anatomy and Physiology
Practical - I	Empty Hand Techniques
Practical - II	Weapon Techniques
DIPLOMA IN KARATE	
Subject Code	Subject
DKA101	History of Karate
DKA102	Anatomy and Physiology
Practical - I	Practical - I
Practical - II	Practical - II
DIPLOMA IN KUBUDO	
Subject Code	Subject
DKUB101	Development of Kobudo
DKUB102	Theory of Material Arts and Kobudo
Practical	Practical
DIPLOMA IN KUNG-FU	
Subject Code	Subject
DKU101	Fundamentals and Techniques of Kung-Fu
DKU102	Methods of Kung-Fu Training
Practical-I	Practical - I
Practical-II	Practical - II

DIPLOMA IN LIFE GUARD TRAINING	
Subject Code	Subject
DLGT101	Fundamentals Organisation and Administration Life Guard Training
DLGT102	Anatomy and Physiology
Practical - I	Practical - I
DIPLOMA IN SILAMBAM FENCING	
Subject Code	Subject
DSF101	Fundamentals and Methods of Silambam Fencing
DSF102	Anatomy and Physiology
Practical - I	Practical I
Practical - II	Practical II
DIPLOMA IN TAEKWONDO	
Subject Code	Subject
DTA101	History of Taek-Wondo
DTA102	Anatomy and Physiology
Practical - I	Methods of Teak-Wondo Practices - I
Practical - II	Methods of Teak - Wondo Practices - II
DIPLOMA IN ADVENTURES SPORTS	
Subject Code	Subject
DAS101	Adventures Sports Planning and Organizations
DAS102	Safety Measures and Rescue Technique
Practical	Practical - I
	Practical - II
DIPLOMA IN JUDO	
Subject Code	Subject
	History, Techniques and Tactics of Judo
	Anatomy and Physiology
	Practical - I
	Practical - II
CERTIFICATE PROGRAMS - 6 MONTHS	
CERTIFICATE IN PANCHAKARMA THERAPY	
Subject Code	Subject
CPT101	Basic Theory of Ayurveda and Panchakarama
CPT102	Yoga Therapy
Practical	Panchakarma and Yoga - Practical
	Village Placement Programme
CERTIFICATE IN YOGA	
Subject Code	Subject
CYO101	Fundamentals of Yoga Education
Cy0102	Methods of Yogic Practices
Practical	Yogic Practices
	Village Placement Programme

CERTIFICATE IN YOGA AND NATUROPATHY

Subject Code	Subject
CYN101	Fundamentals of Yogic Technique
CYN102	Basic Concept of Naturopathy Technique
Practical	Practical

CERTIFICATE IN YOGA FOR HUMAN EXCELLENCE

Subject Code	Subject
CYHE101	Yogic Life (Physical Body, Life Force & Mind)
CYHE102	Sublimation and Social Welfare
Practical	Practical

CERTIFICATE IN YOGA FOR YOUTH EMPOWERMENT

Subject Code	Subject
CYYE101	Physical Health
CYYE102	Mental Health
Practical	Yoga Practices

CERTIFICATE IN YOGA EDUCATION

Subject Code	Subject
CYYE101	Fundamental of Yoga Education
CYYE102	Methods of Yogic Practices
Practices	Yoga Practices

CERTIFICATE IN MEMORY DEVELOPMENT AND PSYCHO NEUROBICS

Subject Code	Subject
CKUN101	Science of Memory and Psycho Neurobics
Practical	Practical

CERTIFICATE IN AEROBIC INSTRUCTOR

Subject Code	Subject
CAI101	Exercise Programme Design Muscles Energy System and Injury
Practical - I	Practical - I
Practical - II	Practical - II

CERTIFICATE IN GYM / FITNESS INSTRUCTOR

Subject Code	Subject
CGFI101	Scientific Foundations of Fitness and Wellness
CGFI102	Anatomy and Physiology
Practical - I	Practical - I

CERTIFICATE IN KARATE

Subject Code	Subject
CKA101	Fundamental of Karate
Practical	Practical - Basic Techniques - Kata, Kumite

CERTIFICATE IN KOBUDO

Subject Code	Subject
CKO101	History and Introduction of Kobudo
Practical	Practical

CERTIFICATE IN KUNG-FU

Subject Code	Subject
CKUN101	Fundamentals and Techniques of Kung-Fu
Practical	Practical

CERTIFICATE IN SILAMBAM FENCING

Subject Code	Subject
CSF101	Fundamentals and Methods of Silambam Fencing
CSF102	Anatomy and Physiology
Practical	Practical

ANNEXURE - I

SCHEDULE OF EXAMINATIONS

For details regarding the schedule and conduct of examinations, kindly contact the Controller of Examinations section.

THE CONTROLLER OF EXAMINATIONS

Tamil Nadu Physical Education and Sports University

Vandalur - Kelambakkam Road, Melakottaiyur (POST), Chennai -0600 127.

Ph : 044/ 27477914 / 27477915 / 27477917

e-mail : tnpesucoe@gmail.com Website : www.tnpesu.org / Distance Education

ANNEXURE - II

EXAMINATION FEE

S. No.	Particulars	Cert./Dip	PG Dip	U.G. Courses	P.G. Courses
1	Theory per Paper	75.00	125.00	200.00	250.00
2	For Each Practical	80.00	150.00	250.00	300.00
3	Thesis / Project	-	-	-	450.00
4	Examination Application Form	25.00	25.00	35.00	35.00
5	Mark Statement (For Each Semester)	50.00	50.00	75.00	75.00
6	Provisional Certificate	200.00	200.00	300.00	300.00
7	Degree Diploma / Convocation Fee	400.00	400.00	750.00	750.00
8	Late Fee Rs.10/ Day for 10 days	50.00	50.00	50.00	50.00

ANNEXURE - III

LIST OF EXAMINATION CENTRES

FOR EXAMINATION SCHEDULE / ENQUIRIES

Phone No. : Controller of Examination : 044 - 27477914 / 15

Distance Education Examination : 044 - 27477917

E-mail : tnpesudee@gmail.com / tnpesucoe@gmail.com