

Dr. P.K.SENTHILKUMAR

G-Block, S2-Second Floor
" Kirita" Steps Stone Apartment,
Sakthi Nagar, Kaspapuram,
East Tambaram
Chennai - 600126.
TamilNadu.

Cell: 98654 17000

pks.tnpesu@gmail.com



Designation	Associate Professor Head i/c
Name of the Institution	Department of Exercise Physiology and Biomechanics Tamil Nadu Physical Education and Sports University, Melakottaiyur (Post), Vandalur (Via) Chennai - 600 127, TamilNadu.
Father's name	P.KUPPUSAMY
Date of Birth	15.02.1970
Marital status.....		Married
Sex	Male
Religion	Hindu
Nationality	Indian

ACADEMIC QUALIFICATIONS

Exam passed	University/Board / Institution	Year of Passing	Subject in Which Degree awarded	% of Marks
B.P.E.S	Annamalai University	1993	Physical Education	62.00
M.P.E.S	Annamalai University	1995	Physical Education	65.30
M.Sc (Ex. Phy & Nut)	Tamilnadu Physical Education and Sports University		Exercise Physiology and Nutrition	78.13
M.Phil	Annamalai University	1997	Physical Education	64.60
Ph.D	Tamilnadu Physical Education and Sports University	2011	Physical Education	Highly Commanded

ADDITIONAL QUALIFICATION

- Passed **SLET** State level Educational Test for Lectureship held at Bharathidasan University in the year 1997.
- Completed '**International Society for the Advancement of Kinanthropometry**' Training Course **LEVEL ONE ANTHROPOMETRIST** (Technician Restricted Profile) in the year 2009.
- Completed '**International Society for the Advancement of Kinanthropometry**' Training Course **LEVEL TWO ANTHROPOMETRIST** (Technician Full Profile) in the year 2011.
- Passed State Level Referee Test in Kabaddi organised by the Kabaddi Association of Tamil Nadu.

TEACHING EXPERIENCE

Designation	Name of the Institution	Period of Service
Assistant Professor	Dept. of Exercise Physiology and Nutrition Tamil Nadu Physical Education and Sports University, Chennai-600 127.	10.10.2007 to Till date
Physical Education Teacher	Govt. Higher. Sec .School, Kanur	05.01.2005 to 09.10.2007
Director of Physical Education	Hindusthan College of Arts and Science, Coimbatore.	28.08.1998 to 04.01.2005 6 Years and 8 Months

RESEARCH TITLE IN Ph.D, M.Phil AND MASTER DEGREE LEVEL

- PhD** Effect of Varied Intensities and frequencies of Bicycle Ergometer Training on Selected Physical, Physiological and Biochemical parameters among college men Volleyball Players.
- M.Phil** Analysis of Body Mass Index Muscularity Percent body Fat Lean Body Mass and Maximal Oxygen Uptake among Male and Female of Different age Groups.
- M.P.E.S** Comparative study of Body Surface area and Maximal Oxygen Uptake among Football and Volleyball Players.
- M.Sc** Effect of Whey Protein Supplementation and Functional Resistance Training on Selected Body composition and cardiopulmonary parameters among sports Men of Sedentary Males

**ACADEMIC STAFF COLLEGE ORIENTATION/REFRESHER COURSE
ATTENDED:**

Name of the course	Place	Duration	Sponsoring Agency
Orientation Course	Bharathidasan University, Triuchirappalli, year 2010	02.03.2010 to 29.03.2010	U.G.C. Sponsored Course
Refresher Course	Bharathidasan University, Triuchirappalli, year 2012	10.05.2012 to 30.05.2012	U.G.C. Sponsored Course
Refresher Course	University of Madras, Chennai, year 2014	14.11.2014 to 04.12.2014	U.G.C. Sponsored Course
Short Term course	School of Education, Central University of Kerala, Tejaswini Hills, Periyar (PO), Kasaragod.	03.04.2019 to 09.04.2019	U.G.C. Sponsored Course

BOOKS PUBLISHED

S.No	Author name / co-author name / title of the Book / name of the publisher month and date	ISBN No.
1	DR. P. K. SETHILKUMAR & DR. R. SUBRAMANIAN 'SPORTS NUTRITION' Sports Educational Technologies, New Delhi – 110002, Year -2013.	978-93-84603-07-6
2	DR. R. SUBRAMANIAN & DR. P. K. SETHILKUMAR 'SPORTS TRAINING' Sports Educational Technologies, New Delhi – 110002, Year -2012.	978-93-84603-08-3

MONOGRAPHS

- **Sports, Media and Society** for M.Sc. Sports Journalism.
- **Sports Information Technology**-Unit V for M.B.A. Sports Information Technology.
- **Introduction to Basic Nutrition** for P.G. Diploma in Fitness and Nutrition.
- **Health Promotion and Nutritional care** for P.G.Diploma in Fitness and Nutrition.
- **Nutrition and Weight Management** for P.G.Diploma in Obesity and Weight Management.

INVITED LECTURES OR PRESENTATIONS

- ❖ Given Lecture on the topic of **'Nutritional need for Performance'** on October 30th Clinic on **Asian coaches Day** organized by Tamilnadu Football Federation,
- ❖ Given Lecture on the topic of **'Nutritional Ergogenic Aids'**. "Short course on "Modern Trends on Physical Education and Sports Science" on November 12th to 16th, 2018, organized by National Institute of Technical Teachers Training and Research (MHRD).
- ❖ Given Lecture on the topic of **'Sports Nutrition and Ergogenic Aids'**. National workshop on "Professional Preparation in Physical Education and Sports Science –A Multi Disciplinary Approach" on November 22nd to 28th, 2018. organized by Department of Physical Education, TNPESU
- ❖ Given Lecture on the topic of **'Exercise Prescription for overweight and obesity'** National seminar on "Adolescent Obesity: Physical Fitness and Dietary Approach to weight Loss" on December 13th, 2018. Department of Biochemistry, Sacred Heart College, Tirupattur.
- ❖ Given Lecture on the topic of **'Sports Nutrition'**. One day faculty development program for school Physical Education Director and Teachers" on December 14th, 2018. Sri Subramanya college of Engineering and Technology, Palani.
- ❖ Given Lecture on the topic of **'Weight Management Principles and Practices'**, NSS Special camp on March 26th, 2019 organized by NSS Unit, TNPESU.
- ❖ Given Lecture on the topic of **"Exercise Physiology"** UGC Coaching class on December 13th, 2018. Organized by Department of Physical Education, Bharathiar University, Coimbatore.
- ❖ Given Lecture on the topic of **"Ergogenic Aids in Sports" Refresher Course** Organized by Department of Physical Education, University of Madras Chennai.

ACADEMIC DISTINCTION:

- ❖ Best Oral Presentation IInd Prize in “**International** Conference on sports and nutrition” conducted by Avinashilingam Institute for home science and higher education for Women University.
- ❖ Received award “**PHYSICAL EDUCATION MAMAYTHAI**” from Kattumnai Tamil Sangam.

EXTENTION WORK

- ❖ RUSA - Coordinator, TNPESU.
- ❖ Former, NSS Coordinator, TNPESU.
- ❖ Former, **Senate Member**, Bharathiar University, Coimbatore.
- ❖ Acted as a chairperson in “International workshop on “Health, Physical Education and Computer Science in Sports 2012” organised by Indian federation of computer science in sports, Osmania University, Hyderabad, India, August, 2012.
- ❖ Acted as a chairperson in “International Conference on Better life and Better world, through Yoga with Allied Sports Sciences” conducted by Department of yoga, and in association with National Association of Physical Education and Sports Sciences, TamilNadu physical education and Sports University, Chennai, February, 2012.
- ❖ Acted as a Chairperson in National seminar on recent development in Sports and Yogic Science, on March 19th & 20th, 2015, organised by Alagappa University College of Physical Education, Alagappa University.
- ❖ Acted as a Chairperson in International conference on Health indicators for Physical and Cognitive Fitness Education, on February 26th & 27th, 2016, organised by Faculty of Education, Alagappa University.
- ❖ Acted as a Chairperson in International Conference on “Modern trends in Emerging Trends in Sports Medicine Physical Education Sports Science and Yoga” 18th and 19th January, 2017, organised by TamilNadu physical education and Sports University, Chennai.
- ❖ Acted as a Chairperson in National seminar on Road Map to 2020 Olympics on February 23rd & 24th, 2017, organised by Sri Ramakrishna Mission Vidyalaya, Maruthi college of Physical Education.

- ❖ Acted as a Chairperson in National Conference on “Physical Education and Sports in India” o 10th March 2017, organised by Christian College of Physical Education, Nagorkoil
- ❖ Acted as a Chairperson in International conference on Focus on Mindfulness: Glimpses of Neuroscience Education, on December 7th & 8th. 2017, organised by Department of Physical Education and Health Sciences, Alagappa University.
- ❖ Acted as a Chairperson in National Conference on “Modern Perspectives of Sports Science and Yoga for the Enhancement of Sports Performance” on March 2018, organised by Ganesar College of Arts and Science.
- ❖ Acted as a Chairperson in International Conference on Ports Vision and Mission for Grooming Athletes and Para Athletes for Olympics -2020, on 16th and 17th March, 2018, organised by College of Physical Education & Para Sports Centre, Alagappa University.
- ❖ Acted as a Chairperson in International Conference on Exercise Physiology and Nutrition for Enhancing Health, Fitness and Sports Performance, on 5th and 7th March, 2019, organised by Department of Exercise Physiology and Biomechanics, Tamilnadu Physical Education and Sports University, Tamilnadu.

RESEARCH PAPERS PUBLISHED (REFEREED JOURNALS)

S.No	Title of the Article	Name of the Journal Vol. No & PP	Impact Factor
1	Relationship between selected Performances oriented fitness and Basal Serum Testosterone in University level basketball players.	Journal of Physical Education and Allied Disciplines Vol.1: No.1, April-2010, pp.43-45. ISSN: 0974-343X	
2	Analysis of volleyball service skill test in two different situations.	Journal of Physical Education and Allied Disciplines Vol.2: No.1, January-2011, pp.26-30. ISSN: 0974-343X	
3	Effect of varied intensities of Bicycle Ergometer Training on VO ₂ Max and Percent Body Fat among Soccer Player.	Scientific Journal of Physical Education and Allied subjects Vol. 1: No.1, July-2011, pp.127-132. ISSN: 2231-041X	

4	Influence of Treadmill and Cycle Ergometer Training on Maximal Oxygen Uptake and Percent Body Fat among Sedentary Males.	Journal of Physical Education and Allied Disciplines; Vol.31: No.1, January-2012, pp.47-51. ISSN:0974-343X	
5	Effect of aerobic exercise with low calorie dietary intervention on body composition parameters in middle aged obese women.	Journal of Physical Education and Allied Health Sciences, Vol.2: No.1, Jan-Jun, 2012 pp.39-43. ISSN: 2249-2380	
6	Effect of Yogic Practices and Brisk walking on systolic and Diastolic Blood Pressure among Type II Diabetes Men.	Journal of Physical Education and Allied Health Sciences; Vol.2: No.1, , Jan-Jun, 2012 pp.99-103.ISSN:2249-2380	
7	Effect of Step Aerobic Exercises and Fish Oil Supplementation on Selected Lipid Profile Parameters in Obese Women.	Journal of Physical Education and Allied Health Sciences, Vol.2: No.2, July-Dce, 2012 pp.84-91. ISSN:2249-2380	
8	Effect of Yogi practice on selected Physiological Biochemical and Psychological variables among Asthma patients.	International Journal of Physical Education Sports and Yogic Sciences, Vol.1: No.4, August-2012, pp.39-40. ISSN: 2249-8575	
9	Effect of treadmill training on Health related Physical fitness variables among sedentary men.	Journal of Physical Education and Allied Disciplines Vol.4: No.1, January-2013, pp.76-82. ISSN: 0974-343X	
10	Effect of specific Spinning Cycle Exercise and Protein Supplementation on selected Lipid Profile variables among Obese Men Software Professionals	Journal of Physical Education and Allied Disciplines Vol.4: No.2, July-2013, pp.69-78. ISSN: 0974-343X	
11	Effect of specific Nutritional Supplementation Desupplementation and Resupplementation on folic acide and iron status of anemic college women	Journal of Physical Education and Allied Disciplines Vol.4: No.2, July-2013, pp.79-88.ISSN:0974-343X	
12	Effect of varied intensity of interval training on selected Physical Physiological and Performance variables among school boys.	HORIZON PALAESTRA International Journal of Health Sports and Physical Education, Vol.2: No.1, July-2013, pp.6-12. ISSN: 2278-2982	

13	Influence of Aerobic and Anaerobic Training on selected Physical Fitness variables among school Boys.	International Journal of Sports Technology, Management and Allied Science, Vol. 3: No.1, Jan-Mar-2014, pp.39-40. ISSN: 2319-5274	
14	Effect of elliptical cross trainer on selected Haematological profile in juvenile men.	Journal of Physical Education and Sports Sciences, Vol.6: Issue, 1, June-2014, pp.39-43. ISSN: 0976-6678	
15	Effect of specific nutritional Supplementation, De-supplementation and Re-supplementation on selected Haematological variables among college women.	Journal of Physical Education and Sports and Fitness, Vol.1: Issue, 3, June-2014, pp.1-9. ISSN:2278-9782	
16	Effect of Floor Aerobic Exercise and Low Diet on Body Mass Index and Percent Body Fat in Obese Young Adult Men	Journal of Physical Education and Sports and Fitness, Vol.1: Issue, 3, June-2014, pp.26-33. ISSN:2278-9782	
17	Efficacy of Aerobic And Circuit Strength Training on Selected Blood Lipid Profile in Sedentary Men.	International Journal of Sports Technology, Management and Allied Science, Vol-3 No.2, April-June-2014, pp.52-57. ISSN: 2319-5274	
18	Effect of speed agility Quickness and Plyometric training on selected Physical Fitness variables among college men kabaddi player.	International Journal of Physical Education, Vol.7: No.1, April-2014, pp.39-40. ISSN: 0974-2638.	
19	Effect of Multigym Training on Selected Health Related Fitness Components among Adult Men.	w.starresearchjournal.com (Star International Journal) Physical Education, Vol.2 Issue 12(4), December (2014), pp.20-24. ISSN:2321-676X.	
20	Influence of Yoga asana and Pranayama on Selected Physiological Parameters in Post Graduate Students.	Journal of Physical Education and Sports and Allied Discipline, Vol.5: Issue, 1&2, July-2014, pp.10-5. ISSN:0974 - 343X.	

21	Influence of Aerobic and Circuit Strength Training on Cardiorespiratory Endurance on Flexibility in Sedentary men	Journal of Physical Education and Sports and Allied Discipline, Vol.5: Issue, 1&2, July-2014, pp.61-67. SSN:0974 -343X	
22	Effect of suryanamaskar practices compared with physical exercises on selected biochemical parameters of College women.	International Journal of Recent Research and Applied Studies, Volume 2, Issue (2), February, 2015, ISSN: 2349-4891	
23	Influence of Physical Exercises And Surya Namaskar Practices on Selected Health Related Physical Fitness Components of College Women.	Academic Sports Scholar, Volume 4: Issue 1, Jan 2015. ISSN : 2277-3665	
24	Comparative Effect of Aerobics and Resistance Exercises on Selected Physiological Variables among Obese Children	Indian Streams Research Journal, Volume - 5 Issue - 5 June – 2015, Available online at www.isrj.org. ISSN No : 2230-7850	3.1560
25	Effect of Low and High Intensity Resistance Training on Selected Physical Fitness Variables among College Level Men Kabaddi Players	Academic Sports Scholars Volume -4 Issue - 8 Aug – 2015, Available online at www.Isrj.in. ISSN 2277-3665	2.1052 (UIF)
26	Effect of Resistance Training With Varied Nutritional Supplementation on Clean and Jerk and Snatch among Sub Junior National Weightlifter	Academic Sports Scholars Volume -4 Issue - 9 Sept - 2015, Available online at www.Isrj.in. ISSN 2277-3665	2.1052 (UIF)
27	Effect of Resistance Training with Whey Protein Isolates and Whey Protein Concentrate Supplementation on Muscular Power and Muscular Strength among Sub Junior National Weightlifter	International Journal of Recent Research and Applied Studies, Volume 2, Issue 9 (2) September 2015, ISSN: 2349 – 4891	
28	Effect of Moderate and Low Intensities of Resistance Training on selected Morphological Prameters among men Kabaddi Players.	Journal of Physical Education and Allied Disciplines Vol.6: No.1, January-2015, pp.43-48. ISSN: 0974-343X	

29	Effect of SAQ and Swiss ball Training on Lunge and Fleche Performance among State Level Women Fencers	Journal of Physical Education and Allied Disciplines Vol.6: No.1, pp.72-79, January, 2015. . ISSN: 0974-343X	
30	Effect of Plyometric and Functional Core Training on Selected Body Composition among Basketball Players	International Journal of Recent Research and Applied Studies (Multidisciplinary Open Access Refereed e-Journal) Volume 2, Issue 3(14) March 2015, ISSN: 2349 – 4891	
31	Effect of Functional Core Training on Selected Skill performances among Basketball Players	International Journal of Recent Research and Applied Studies, Volume 2, Issue 7 (9) July 2015, ISSN: 2349 – 4891	
32	Effect of Plyometric Training on Selected Body Composition among Basketball Players	International Journal of Recent Research and Applied Studies, Volume 2, Issue 9 (9) September 2015, ISSN: 2349 – 4891	
33	Effect of Plyometric and Functional Core Training on Selected Physical Fitness Components among Basketball Players	International Journal of Recent Research and Applied Studies, Volume 2, Issue 10 (9) October 2015, ISSN: 2349 – 4891	
34	Efficacy of Brisk Walking and Elliptical Training on Cardiorespiratory Endurance and Mean Arterial Blood Pressure among Sedentary Women	International Journal of Recent Research and Applied Studies, Volume 3, Issue 3 (10) March 2016, ISSN: 2349 – 4891	
35	Influence of Brisk Walking and Elliptical Training on Basal Metabolic Rate and Resting Pulse Rate among Sedentary Women	Indian Streams Research Journal International Recognized Multidisciplinary Research Journal, Volume - 6 Issue - 2 March – 2016, ISSN: 2230-7850	4.1625 (UIF)
36	Non Operative Treatment for Anterior Cruciate Ligament Injury	Golden Research Thoughts, International Recognition Multidisciplinary Research Journal, Volume - 5 Issue - 9 March – 2016, ISSN: 2231-5063	3.4052 (UIF)

37	An Experimental Study on Bone Mineral Density among Sedentary Men	International Multidisciplinary Research Journal, Golden Research Thoughts, Volume - 6 Issue - 4 October – 2016, ISSN: 2231-5063	4.6052 (UIF)
38	Impact of Selected Yogic Practices and Aerobic Dance on Cardiorespiratory Endurance and Flexibility among Juvenile Male	International Multidisciplinary Research Journal, Golden Research Thoughts, Volume - 6 Issue - 3 September – 2016, ISSN: 2231-5063	4.6052 (UIF)
39	Impact of Functional Strength Training on Selected Body Composition Parameters among Men with Osteopenia	International Multidisciplinary Research Journal Indian Stream Research Journal, Volume - 6 Issue - 10 November – 2016, ISSN: 2230-7850	4.1625 (UIF)
40	Effect of Physical Education Programme and Handball Drills on Musculoskeletal Fitness among High School Handball Players	Journal of Physical Education and Sports and Allied Discipline, Vol.6, 7&8: Issue, 2, 1&2, July 2015-July 2017 pp.51-58.	
41	Effect of Circuit and Interval Training on Selected Physical and Physiological Variables among Badminton Players	Journal of Physical Education and Sports and Allied Discipline, Vol.6, 7&8: Issue, 2, 1&2, July 2015- July 2017 pp.59-65. ISSN:0974 -343X	
42	Effect of Circuit and Interval Training on Selected Physical and Physiological Variables among Badminton Players	Journal of Physical Education and Sports and Allied Discipline, Vol.6, 7&8: Issue, 2, 1&2, July 2015- July 2017 pp.59-65. ISSN:0974 -343X	
43	Efficacy of specific skill and neuromuscular training on speed and explosive power among badminton players	International Journal of Physiology, Nutrition and Physical Education 2019; 4(1): 1455-1457, ISSN: 2456-0057	(RJIF): 5.48
44	Efficacy of functional core training and slide board training on selected range of motion parameters among young active men.	International Journal of Physiology, Nutrition and Physical Education 2019; 4(1): 1661-1663. www.journalofsports.com	(RJIF): 5.48

45	Efficacy of specific skill and neuromuscular training on speed and explosive power among badminton players.	International Journal of Physiology, Nutrition and Physical Education 2019; 4(1): 1455-1457.	(RJIF): 5.48
46	Efficacy of cardio resistance training and concurrent training on resting metabolic rate and respiratory Rate among sedentary males.	International Journal of Physiology, Nutrition and Physical Education 2019; 4(1): 1816-1819, www.journalofsports.com	(RJIF): 5.48
47	Effect of specific skill and neuromuscular training on selected skill performance variable among State level male badminton players.	International Journal of Adapted Physical Education & Yoga, Vol. 4, No. 5, pp. 38 to 41, (2019), www.ijapey.info, Online Journal	(IF) : 5.864
48	Analysis of body mass index percentage of body fat and maximal oxygen consumption among male and female students of TNPESU.	International Journal of Fitness, Health, Physical Education & Iron Games, Special Issue - Vol: 6, No: 3, May- 2019.	SJIF: 7.124
49	Effects of yogic practices and brisk walking on functional variables among diabetic patients.	International Journal of Fitness, Health, Physical Education & Iron Games, Special Issue - Vol: 6, No: 3, May- 2019.	SJIF: 7.124
50	Relative effect of isolated and combined interval training and continuous running on selected endurance components among state level football players.	International Journal of Fitness, Health, Physical Education & Iron Games, Special Issue - Vol: 6, No: 3, May- 2019.	SJIF: 7.124
51	Impact of resistance training and fartlek training on pulse rate and endurance among college level football players.	International Journal of Fitness, Health, Physical Education & Iron Games, Special Issue - Vol: 6, No: 3, May- 2019.	SJIF: 7.124
52	Influence of combined cardio and resistance training on mean arterial blood Pressure and resting pulse rate among middle aged men.	International Journal of Fitness, Health, Physical Education & Iron Games, Special Issue - Vol: 6, No: 3, May- 2019.	SJIF: 7.124
53	Impact of resistance and complex training on anaerobic power and lung capacity among women kabaddi players.	Journal of Interdisciplinary Cycle Research, Volume XIII, Issue I, January/2021,PP-1720-31	

54	Impact of resistance and complex training on speed and Agility among women kabaddi players	The International journal of analytical and experimental modal analysis, ISSN NO: 0886-9367, Volume XIII, Issue I, January/2021, PP-1194-1204.	
55	Efficacy of SAQ training on explosive power and agility Among junior badminton players	Journal of Shanghai Jiaotong University, ISSN: 1007-1172, Volume 16, Issue 12, December – 2020, PP-154-161.	

FULL PAPER PUBLISHED IN THE PROCEEDINGS OF INTERNATIONAL CONFERENCE / SEMINARS:

S.No	Title of the Article	Name of the Programme/ Organizer	ISBN / ISSN
1	Effect of aerobic exercise with dietary interventions for managing overweight and obesity in children.	“International Conference on sports Nutrition” Avinashilingam Institute for home science and higher education for women University.	Gurgaon: Macmillan Publishers India Ltd, March, 2012, PP-22-25, ISBN: 978-9350-59339 4.
2	Analysis of Free Radicals and Antioxidants Parameters in Elite Players at Various Time Points	International Conference on Doping in Sports Invigoration, Prerequisites and Misapprehensions, Research Department of Physical Education, National College.	The Printing House, July, 2012 PP.198-202, ISBN: 978-81-9091-8961.
3	Effect of Treadmill and Elliptical training on Resting Heart Rate and VO ₂ max in sedentary male.	International Conference on Innovative Technology in Sports and Allied Sciences, Alagappa University	Universal Publishers, October, 2012, PP.221-226, ISBN: 978-81-920866-4-4.
4	Effect of circuit training on Aerobic and Anaerobic Capacity among College Men Hockey Players.	International Conference on Innovative Technology in Sports and Allied Sciences, Alagappa University	Universal Publishers, October, 2012, PP.350-354, ISBN: 978-81-920866-4-4
5	Influence of Different surfaces of Play on Energy expenditure and Dehydration in Badminton	International Conference on Innovative Technology in Sports and Allied Sciences, Alagappa University	Universal Publishers, October, 2012, PP.540-543, ISBN: 978-81-920866-4-4.

6	Effect of Progressive Treadmill Training on Selected Blood Lipid Parameters in Sedentary Males	Global Scientific Conference on Physical Education, Health and Sports Sciences, University, Amritsar	Twenty-first Century Publication, Dec, 2013, PP.298-302, ISBN: 98-93-8014-515-0.
7	Effect of Functional Resistance Training And Whey Protein Supplementation on Selected Body Composition Parameters among Young Active Men	Global Scientific Conference on Physical Education, Health and Sports Sciences, University, Amritsar	Twenty first Century Publication, 2013, PP.303-309, ISBN: 978-93-8014-515-0.
8	Efficacy of yoga Asanas and Pranayama Practices on selected Physiological Parameters among college men students	25 th Pan Asian conference of Sports & Physical Education, Osmania University	Indian Federation of Computer Science in Sports, August 2014, PP-192-194.
9	Efficacy of supplement containing Branched Chain Amino Acids during eight week Resistance Training Programme on Fat Mass, Lean Body Mass and Percent Body Fat among Young athletes	International Conference on Health indicators for Physical and Cognitive Fitness Education Faculty of Education, Alagappa University	Poocharam Printers, Karakudi, pp-499-502, ISBN:978-81-836868-8-4
10	Specific package of badminton drills on anaerobic power and forced vital capacity among badminton players	International Conference on Emerging trends in sports medicine, physical education, sports science and yoga, TNPESU	Dipti Press (OPC), Pvt.Ltd, Chennai, Jan-2017, PP-244-247, 978-81-93358399.
11	Effect of varied intensities of resistance training on selected morphological variables among college men kabaddi players	International Conference on Emerging trends in sports medicine, physical education, sports science and yoga TNPESU	Dipti Press (OPC), Pvt.Ltd, Chennai, JAN-2017, PP-268-270, 978-81-93358399.
12	Effect of suryanamaskar and polymeric training on selected physiological, bio-chemical and psychological variables among women college students	International Conference on Emerging trends in sports medicine, physical education, sports science and yoga, TNPESU	Dipti Press (OPC), Pvt.Ltd, Chennai, JAN-2017, PP-275-278, 978-81-93358399.

13	Effect of dietary calcium supplementation on body composition among men with Osteopenia	International Conference on Emerging trends in sports medicine, physical education, sports science and yoga, TNPESU	Dipti Press (OPC), Pvt.Ltd, Chennai, JAN-2017, PP-492-497, 978-81-93358399.
14	Effect of core stability Training on Musculoskeletal Fitness in Badminton Players	International Congress on Renaissance in Sports Strategies, Challenges and Choices Research Department of Physical Education, National College.	The safire Offset Printers, Trichy, pp-628-632, ISBN:978-81-908942-0-3.
15	Effect of Fitness Training with and without Life Style counseling on cardiorespiratory Endurance and Level of smoking among Treatment seeking smokers.	International Conference on Physical Education, Fitness and Sports Science, Department of Physical Education, Osmania University	Indian Federation of Computer Science in Sports, September 2017, PP-258-261, ISSN:2231 3265
16	Effect of concurrent aerobic and resistance training on maximal oxygen uptake and body surface area in sedentary males	International Conference on Physical Education, Fitness and Sports Science, Department of Physical Education, Osmania University	Indian Federation of Computer Science in Sports, Sep-2017, PP-262-264, ISSN:2231 3265
17	Effect of specific skill training and neuromuscular training on speed and agility among badminton player	International Conference on Physical Education, Fitness and Sports Science, on September 2017, Department of Physical Education, Osmania University	Indian Federation of Computer Science in Sports, Sep-2017, PP-265-267, ISSN:2231 3265
18	Efficacy of functional strength training on skeletal muscle mass and bone mineral density among middle aged men	International Conference on Physical Education, Fitness and Sports Science, on September 2017, Department of Physical Education, Osmania University	Indian Federation of Computer Science in Sports, Sep-2017, PP-538-540, ISSN:2231 3265
19	Influence of complex training on aerobic power and anaerobic power among women kabaddi players	International Conference on Physical Education, Fitness and Sports Science, on September 2017, Department of Physical Education, Osmania University	Indian Federation of Computer Science in Sports, Sep-2017, PP-541-543, ISSN:2231 3265

20	Effect of Pilates exercise on cardiorespiratory endurance and flexibility among sedentary women	International Conference on Focus on Mindfulness: Glimpses of Neuroscience Education Department of Physical Education and Health Sciences Alagappa University	Poocharam Printers, Karakudi, pp-33-35, 2017, ISBN:978-8192-8690-87
21	Effect of Fitness Training With and Without Life Style Counselling on Forced Vital Capacity and Forced Expiratory Volume in one Second among Treatment Seeking Smokers.	International Conference on Focus on Mindfulness: Glimpses of Neuroscience Education Department of Physical Education and Health Sciences Alagappa University	Universal Publishers, Chennai, pp-449-423, 2017, ISBN:978-8192-8690-87
22	Relationship of Badminton Playing Ability on Speed and Agility among University Badminton Players	International Conference on Focus on Mindfulness: Glimpses of Neuroscience Education Department of Physical Education and Health Sciences Alagappa University	Universal Publishers, Chennai, pp-424-425, 2017, ISBN:978-8192-8690-87
23	Effect of functional training and dietary intervention on parathyroid Harmon (PTH) and calcitonin among men with low bone mineral density	International Conference on sports vision and mission for grooming athletes and Para athlete for Olympics Alagappa University College of Physical Education & Para Sports Centre	Penguin printers, Karaikudi, pp-20-24, March -2018, ISBN: 978-93-5300-603-7
24	Impact of Strengthening Exercise using Elastic Band on Musculoskeletal Fitness among Sedentary Men	International Conference on sports vision and mission for grooming athletes and Para athlete for Olympics, Alagappa University College of Physical Education & Para Sports Centre	Penguin printers, Karaikudi, pp-172-175, March -2018 ISBN: 978-93-5300-603-7
25	Analysis of Body Mass Index, Percentage of Body Fat and Maximal Oxygen Consumption Among Male and Female Students of TNPESU	International Conference on Exercise Physiology and Nutrition for Enhancing Health, Fitness and Sports Performance, organised by Dept of Exercise Physiology and Biomechanics, TNPESU.	Chandru Publications, Kodambakkam, Ch - 24. Printed in India at Poocharam Printers, Karaikudi ISBN : 978-81-937479-1-9 March, 2019

26	Influence of Combined Cardio and Resistance Training on Mean Arterial Blood Pressure and Resting Pulse Rate among Middle Aged Men	International Conference on Exercise Physiology and Nutrition for Enhancing Health, Fitness and Sports Performance, organised by Department of Exercise Physiology and Biomechanics, TNPESU.	Chandru Publications, Kodambakkam, Chennai - 24. Printed in India at Poocharam Printers, Karaikudi ISBN : 978-81-937479-1-9 March, 2019
27	Effects of Yogic Practices and Brisk Walking on Functional Variables among Diabetic Patients	International Conference on Exercise Physiology and Nutrition for Enhancing Health, Fitness and Sports Performance, organised by Department of Exercise Physiology and Biomechanics, TNPESU.	Chandru Publications, Kodambakkam, Chennai - 24. Printed in India at Poocharam Printers, Karaikudi ISBN : 978-81-937479-1-9 March, 2019
28	Impact of Resistance Training and Fartlek Training on Pulse Rate and Endurance Among College Level Football Players	International Conference on Exercise Physiology and Nutrition for Enhancing Health, Fitness and Sports Performance, organised by Department of Exercise Physiology and Biomechanics, TNPESU.	Chandru Publications, Kodambakkam, Chennai - 24. Printed in India at Poocharam Printers, Karaikudi ISBN : 978-81-937479-1-9 March, 2019

FULL PAPER PUBLISHED IN THE PROCEEDINGS OF NATIONAL CONFERENCE / SEMINARS:

S.No	Title of the Article	Name of the Programme/ Organizer	ISBN / ISSN
1	Influence of varied aerobic training on health related physical fitness variables among college men	"Innovative concepts in physical education and Yoga" Arul Anandar college, in collaboration with Madurai Kamaraj University, Madurai.	Shanlax Publications PP. 153-157. Feb, 2013, ISBN: 978-93-80686-07-3.

2	Effect of Physical Exercise and Suriyanamaskar Practices on selected Physiological variables among college women Students	“Innovative concepts in physical education and Yoga” Arul Anandar college, in collaboration with Madurai Kamaraj University, Madurai,.	Shanlax Publications, Feb, 2013, PP.158-159. ISBN: 978-93-80686-07-3.
3	Comparative Analysis of Bone Mineral Density among men with osteopenia and Healthy Sedentary Men.	“National Conference on Importance of Physical Education and Sports Science on Nation Building” Department of Physical Education, Coimbatore Institute of Technology	December 2014, PP.177-180. ISBN: 978-81-930396-0-1.
4	Impact of Supervised Progressive Aerobic Training on Selected Biochemical Parameters among men with type II Diabetes	UGC Sponsored National Seminar on the Role of Sports Science in achieving Human Excellence Sri Ramakrishna Mission Vidyalaya, Maruthi College of Physical Education	Sri Ramakrishna Mission Vidyalaya, Printing Press, Coimbatore, pp-38-42, March,2015 ISBN: 81-235733-1
5	Influence of aerobic training and plyometric training on selected motor ability components among women handball players	UGC Sponsored National Seminar on the Role of Sports Science in achieving Human Excellence Sri Ramakrishna Mission Vidyalaya, Maruthi College of Physical Education	Sri Ramakrishna Mission Vidyalaya, Printing Press, Coimbatore, pp-38-42, March,2015 ISBN: 81-235733-1
6	Impact of functional core training and slid board training on selected range of motion parameters among young active men	National seminar on road map to 2020 Olympics Sri Ramakrishna Mission Vidyalaya, Maruthi College of Physical Education	Sri Ramakrishna Mission Vidyalaya, Printing Press, Coimbatore, pp-107-111, ISBN 81-9235734-8
7	Effect of Strengthening Exercise Using Elastic Band on Total Muscle Mass and Percentage of Body Fat among Sedentary Men	National conference on modern perspective of sports science and yoga for the enhancement of sports performance Ganeshher College of Arts and Science	Real Impact Solutions, Chennai-127, pp-205-208, ISBN 978-93-5300-431-0

8	Effect of Concurrent Training on Selected Physical Fitness Variables of Badminton Players	National conference on modern perspective of sports science and yoga for the enhancement of sports performance Ganesh College of Arts and Science.	Real Impact Solutions, Chennai-127, pp-205-208, ISBN 978-93-5300-431-0
---	---	---	--

RESEARCH GUIDANCE:

- ❖ Number of Ph.Ds Guided: Awarded-10
- ❖ Number of M.Phils Guided: Awarded-26
- ❖ Number of M.Sc/M.P.Ed Guided: Awarded-30

PAPERS PRESENTED IN SEMINARS / CONFERENCES:

- ❖ International Level:26
- ❖ National Level: 32
- ❖ Workshop Attended :41

(P.K.SENTHILKUMAR)

Place: