

CURRICULUM VITAE



1	NAME	:	Dr.K.RAJENDRAN	
2	DESIGNATION	:	Assistant Professor	
3	AGE and DATE OF BIRTH	:	38, 21- 10 1978	
4	SEX	:	Male	
5	CASTE and RELIGION	:	KonguVellalar - Hindu	
6	EDUCATIONAL QUALIFICATION	:	B.SC, B.P.E.d, M.P.Ed, M.Phil, Ph.D, M.B.A, D.Litt, N.I.S, NET, SLET..	
7	OFFICIAL ADDRESS	:	Department of Physical Education and Sports Sciences Annamalai University	
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1. EDUCATIONAL QUALIFICATIONS (SSLC Onwards)

Qualification	SUBJECT	YEAR OF COMPLETION	Board/College/University	Grade/Class
D.Litt	Phy- Edu	2019	Maldives University	Awarded
B,SC	Microbiology	2001	Madras University	II - Class
B.P.Ed	Phy-Edu	2002	Bharathiar University	I- Class
M.P.Ed	Phy-Edu	2004	Pondicherry University	I- Class
M.Phil	Phy-Edu	2006	Annamalai University	I- Class
Ph.D	Phy-Edu	2010	Annamalai University	Awarded
NET	Phy-Edu	2004	UGC - Delhi	Lectureship
SLET	Phy-Edu	2011	Bharathiar University	Lectureship
N.I.S	Athletics	2015	LNCPE- Kerala	I - Class
M.B.A	Sports management	2016-2018	TNPESU-Chennai	I - Class

SPECIALIZATIONS - Theory and Practical

Level	Any Three
UG	Athletics, Kabaddi , volleyball and kho-kho, Boxing
PG	Athletics, Kabaddi , volleyball and kho-kho, Boxing

2. RESEARCH EXPERIENCE

DEGREE	Total Number of Years	YEAR OF COMPLETION
Master Degree	13years	---
M.Phil	13years	---
Ph.D	12 years	----

3. TEACHING EXPERIENCE

COURSE		THEORY		Total no of years
		SUBJECT	Duration	
BACHEL ER DEGREE	B.P.E	Rules of games and sports	1 hour	13
	B.P.Ed	Education Psychology	45 min	13
MASTER DEGREE	M.P.E.d	Rules of games and sports	1 hour	13
M.Phil	NIL	-----	-----	-----
PhD	YES	Training Methods	Full-Time	10
OTHERS	NET – Coaching Class for PG Students in the year – 2006-2016.	As per UGC syllabus	20 hours	5 hours

4. RESEARCH CONTRIBUTION (Number of Research Scholars)

DEGREE	YEARS	STATUS	NUMBER OF STUDENTS REGISTERED	NUMBER OF STUDENTS COMPLETED
M.P.Ed	2005- till date	---	---	---
M.Phil		Regular – 9 Correspondence-11	20	20
Ph.D		Completed	3	3

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I. Books Published in National Publishers with ISBN no:

1. Bio-mechanics and application of bio- mechanical principles in track and field events Teacher publishing house – 2016.
2. Track and field events layout and marking – Mercury printers and publishers – 2016.

II. International Research Papers Published in Refereed Journals with ISSN/ISBN (Throughout the Career)

1. The Effect of resistance plyometric training program on agility power and resting heart of adolescent girls.
2. Effect of 12 weeks walking programme on selected biochemical parameters among middle aged type-II diabetic patients.
3. Effect of resisted sprint training and plyometric training on selected hematological variables among college kabaddi players.
4. Identity and social position of sports women in indian association.
5. Efficacy of varied intensity interval training on selected motor fitness components among college men.
6. Relationship of anthropometric measurements to performance in cricket.
7. Comparative effect of yoga practices and exercise on haematological variables.
8. Comparison of occupational stress among selected working professionals.
9. Analysis of academic achievements on selected motor skills related performance among the eight grade response.

10. Personality Traits Need Patterns and Locus of Control of Tamilnadu and Pondicherry Kabaddi Players.

11. Effect of Multi-Component Kinetic Education on Static Balance Ability of School Children.

12. Ascertain of Emotional Aspects amid the semi Finalist Team at South Zone Volleyball Competition

13. Effect of Multi-Component Kinetic Education on Static Balance Ability of School Children.

14. Influence of Nutrition in Physical Education and Talent Development among Students of Physical Education.

15. Participation Motives and Gender Difference in Taekwondo Players.

16. Anxiety Stage and Coping Strategies of College Men and Women Students.

17. Biomechanics investigation of spiking in volleyball.

18. Insinuation of diet and nutrition for sports performance.

19. Perceptive injury in games the task of technology.

20. Emotional maturity stage of athletes and non athletes.

21. A proportional study of stress control and intellectual wellness measurement of active and inactive boys.

22. Role of anxiety on the physical fitness performance of cricket players.

23. A Comparison of men and women swimming injuries on Inter- district competition in tamilnadu.

24. Impact of speed training permutation with plyometric training and running ABC training on preferred speed parameters.

25. Influence of plyometric training circuit training and weight training on muscular endurance flexibility and jumping ability among Inter collegiate volleyball players.

26. Effect of yoga nidra and autogenic training on frame of mind among volleyball players.

27. Analysis of arm and shoulder girdle strength and agility of college level male baseball Pitchers and non Pitchers.

28. Influence of play and movement activities in developing self awareness and self confidence of school children.

29. A Proportional Study of stress control and intellectual wellness measurement of active and inactive boys.

30. Influence of plyometric training circuit training and weight training on leg strength back strength anaerobic power among Inter collegiate volleyball players.

31. Modern technology cross point with sports.

32. Impact of speed training combination with plyometric training and running ABC training on Preferred Power Parameters of untrained men.

33. Investigation of sports goal orientation between men and women kabaddi players in different geography.

34. Influence of isotonic and isometric strength training on selected physical fitness variables among college football players.

35. A learn on the consequence of mobility exercise on the modification of performance in agility.

36. Effect of yogic practices and detraining on muscular endurance of inter-collegiate women cricket players.

37. Persuade of high and medium intensity of weight training on chosen speed variables between untrained boys.

38. Relationship among height weight and motor nerve transmission velocity in aerobic trained athletes.

39. Effect of yoga on cardio respiratory system and body composition of school going children.

40. Effect of varied intensities of weight training on selected power parameters among untrained women.

41. Influence of game specific training programme on selected physical fitness components among kabaddi players.

42. Reaction time of female with admiration to personality of stimulus and age.

43. Relationship of range of movement around joints and selected physique characteristics of sprinters.

- 44.** Waist – to – hip ratio is the better predictor of abdominal adiposity than BMI in type 2 diabetics.
- 45.** Effect of resistance training on selected strength on muscle groups among college men volleyball players.
- 46.** Relative effect of power exercise packages on selected motor fitness variables among foot ball players.
- 47.** Impact of different loads of weight training on selected strength parameters among untrained men.
- 48.** Effect of physical activity on health related quality of life in retired women in IOC.
- 49.** Impact of multidimensional training plan on selected motor fitness variables among college female kabaddi players.
- 50.** Reimbursement of strengthening exercise for matured men peoples in cuddalore district.
- 51.** A study of sports and recreational activities of pura village and their attitude towards these activities.
- 52.** Impact of yogasana exercise and step aerobics training on selected physiological parameters among school boys.
- 53.** Manipulate of yogic practices on preferred physiological and emotional variables of adolescents girls.
- 54.** Impact of different types of stretching with precise hockey training parcels on variety of motion of hockey players.

55. Impact of mixture of personal stiff resistance drills and plyometric with and without yogic practices on chosen physical and physiological variables among youngster girls.

56. Impact of explicit artistic gymnastics dexterity training of high school girls.

57. Investigation of sprinting biomechanics and 100 m world records of 100 years.

58. Sports management and sports marketing bionetwork in india.

59. A philosophical viewpoint on sports learning.

60. Dietary attentiveness between inter college female players of tamilnadu.

61. Responsibility of sports psychologist for team performance in games.

62. Influence of different types of stretching with precise football training parcels on variety of motion of football players.

63. Yoga and intellectual wellbeing: an evaluation between college sports men.

64. Effect of Resisted and unresisted sprint training on selected speed parameters of physically untrained men.

65. Effect of resisted sprint training on selected physiological parameters of untrained Men.

66. Effect of resisted aerobic, unresisted anaerobic and mixed training on the resting state Plasma fibrinogen and HDL cholesterol among previously untrained Men.

67. Physiological Index and physical performance capacity of agricultural women workers in Tamilnadu.

68. Effect of resisted and unresisted aquatic plyometric training on selected physical fitness variables among kabaddi players.

69. Effect of sand and land plyometric training on speed and explosive power among kabaddi players.

70. Comparative study of selected kinanthropometric measurements of male sprinters and long distance runners of annamalai university.

71. Effect of strength training and plyometric training on selected power parameters.

72. A Comparative Study of menta health between fisheries and non- fisheries kabaddi Players in puducherry Region.

73. Effect of meditation and aerobic dance exercise on psychological variables.

74. A Study of the Job Satisfaction and Job Stress on Secondary School Physical Education Teachers.

75. Influence of 12 weeks aerobic training on selected health related physical fitness variables of overweight Men.

76. Influence of Progressive Muscle lessening Exercise on Selected Physiological Personality Traits of Female Kabaddi Players.

77. Effect of aerobic dance training on cardio respiratory among college level football players.

78. Comparison of sports achievement on kabaddi players between rural and urban men and women

79. Effect of ladder training on agility among college level football players.

80. Analysis of mental health of among school students of cuddalore district.

81. Correlation of selected physical variables with playing ability among college level handball players.

82. Problems in the Development of Sports in Schools and the Community in India.

National conference and proceedings published

1. Comparative effects of bunch medium and elongated blocks spacing in crouch start on acceleration speed.

2. Effect of yogasana and bicycle riding exercises on selected blood lipid parameters among obese girls.

3. Effect of training with gym ball and medicine ball on motor fitness – A comparative study.

4. Effect of yogic pranayama on status of physiological parameters.

5. A study on difference of hand timing and electronic timing in 100 M Run.
6. Self confidence on athletes in relation to their performance.
7. A comparative study of Lungs capacity and body mass index between physical education and non-physical education students.
8. Influence of yogic practice on quality of life for chronic lower back pain patients.
9. Personality traits emotional intelligence of former International High Jumper Nallusamyannavi.

Research papers was presented in international level seminars and conferences

1. Effect of interval circuit training on bio- chemical variables among college male students.
2. Effect of stick drill training on cardio respiratory system and body composition of untrained women.
3. Health awareness to human society.
4. Positive approach of physical education in society.

Research papers was presented in national level seminars and conferences

1. Effect of varied intensities of power training on selected strength parameters.
2. Effect of sprint training on selected lipid profile among college male students.

- 3.** Investigation of the changes in selected biochemical and hematological parameters resulting from aerobic exercise and treadmill.
- 4.** Relationship of perceived motivational climate to goal orientation and mental toughness of and female student athletes.
- 5.** A comparative study sports competition anxiety between male and female weight lifters of puducherry.
- 6.** Influence of selected yogic practices on stress management of software students in Annamalai University.
- 7.** Effect of interval training on selected physical fitness and physiological parameters.
- 8.** Effect of harness running on selected speed related parameters.
- 9.** Effect of aerobic training and acceleration sprint training on vital capacity.
- 10.** Impact of continuous bicycle riding aerobic exercise on total protein.
- 11.** A comparative study of personality differences among athletes and non – athletes.
- 11.** Effect of swimming programme on body weight and blood sugar in diabetic patients.
- 12.** Influence of cardio respiratory fitness for better healthy life.
- 13.** Effect of yogasana practices on motor fitness.

14. Analysis of physical performance between trained sprinters and weight lifters.

15. Quantification of physical and physiological responses to two different intensity of circuit training among college men.

16. Effect of resistance training and fartlek training on selected physiological variables among college kabaddi men students.

INTERNATIONAL AND NATIONAL WORKSHOP PARTICIPATED

1. International workshop on advanced scientific training and coaching.

2. National workshop on physiological adaptation on training and nutrition.

3. National workshop on sports medicine.

4. National workshop on association of Indian universities sports organization.

5. National workshop on yoga therapy.

6. National workshop on athletics.

7. National workshop on track and field: planning, construction, rules and interpretations.

8. National workshop on computer assisted statistical application for different experimental designs.

9. Computerized statistical application in physical education and sports research.

HIGEST SPORTS ACHIVEMENTS IN: **ATHLETICS**

1. Represented Periyar University athletic team (Decathlon) in the All - India Inter University Athletic Meet held at ManonmaniamSundaranar University Tirunelveli during the year 1997 – 1998.

2. Secured Bronze Medal in Decathlon in the senior open State Athletic Meet held at Chennai in the year 1999-2000.

3. Represented Bharathiar University athletic team (Decathlon) in the All - India Inter University Athletic Meet held at Calicut University Kerala during the year 2001 – 2002.

4. Represented Pondicherry University athletic team (Decathlon) in the All - India Inter University Athletic Meet held at Gulbarga University Gulbarga during the year 2002– 2003.

6. Secured Gold Medal in Periyar University 4x400mts relay during the year 1999 – 2000.

7. Secured Bronze Medal in (Decathlon) in Coimbatore inter - collegiate athletic Association and games.

8. Secured Silver Medal in 400mts in Inter Collegiate Sports during the year 2001 – 2002.

9. Lot of achievements in district levels in athletics.

HIGEST SPORTS ACHIVEMENTS IN GAMES: **KABADDI**

1.Represented Pondicherry University Kabaddi team in the South Zone Inter University tournament held at Annamalai University, chidambaram during the year 2003-2004.

2. Runner up in (district level) kabaddi tournament in super senior category in the year 1996 – 1997.

3.Runner up in (district level) kabaddi tournament in senior category in the year 1993 – 1994.

4.Runner up in (Zonal level) kabaddi tournament in senior category in the year 1993 – 1994.

HIGEST SPORTS ACHIVEMENTS IN GAMES: **KHO- KHO**

1. Third position in the Periyar University kho-kho Tournaments held during the year 1999 – 2000.

TECHNICAL OFFICIAL TEST

1. Exam passed in (athletics) state level qualified official during the year 2002.

The above said information is true to best of my knowledge.

Thanking you

Place: Annamalai Nagar

Date: 16- 2-2018

Yours Sincerely

(k. Rajendran)