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# SPORTS TRAINING METHODS IN PHYSICAL EDUCATION

Dr. P. Kumaravelu



## About the Author

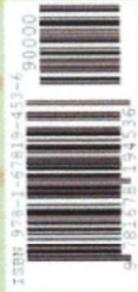


Dr. P. Kumaravelu

Dr. P. Kumaravelu has served as physical director in Dhanalakshmi srivivas Group of Institutions, currently he is serving as Asst. Prof in Tamil Nadu Physical and Sports University. He was awarded the Ph.D. degree in "Effect of Moderate and High Intensity Strength Training and De-Training on Selected Strength and Physiological Variables of boys". He has Published more than 40 research paper in several reputed Journal t National and International Level. He also presented different articles in seminars/ conferences/ workshop etc..... Dr. P. Kumaravelu is also member of National, Professional and Statutory body.

Dr. P. Kumaravelu has served as Joint Secretary of Sports in Tamil Nadu Physical and Sports University. He has three Universities Board on member in Tamil Nadu; he has introduced so many football, volleyball and badminton for the state level players. He is handball and kabaddi state level qualified referee.

He was life time member of Tamil Nadu Physical and Sports University to teacher association, and so many..... Supervised many research scholars successfully.



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## About the Book

This book is designed as a text book for the post graduate students in Physical Education. This book deals with Introduction to Sports Medicine, Program Management, Spine Injuries and Exercise and Upper Extremity Injuries and Exercise. According to new syllabus (M.P.Ed 2019-2020) National Council of Teacher Education Programme. This present book humble attempt by the authors the needs of the students preparing examination.

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**Dr. P. Kumaravelu and Dr. T. Arun Prasanna**

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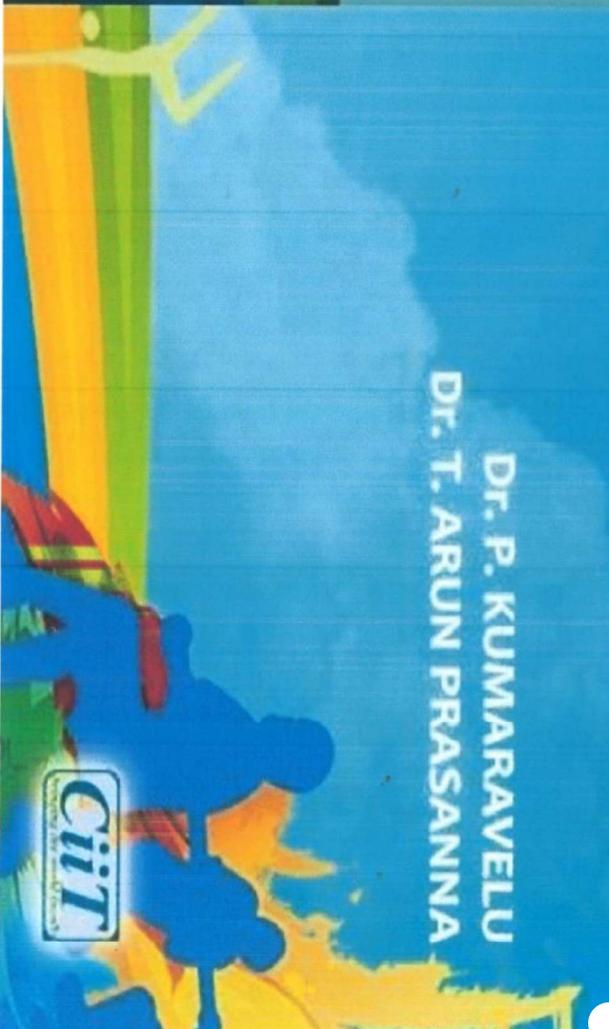
The book is designed as a text book for the B.P.Ed graduate students in Physical Education. This book deals with introduction to Test, Measurement and Evaluation, Criteria and Administration of Test, Physical Fitness Test, Sports Skill Test. The present book covers new syllabus for the course (B.P.Ed 2020-2021) by National Council of Teachers Education Programme. This present book humble attempt by the authors meet the needs of the students preparing for semester exams.



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DR. DURAISAMI



# YOGIC DIET FOR HEALTH

**Mr.R.VENUGOPAL** B.Com, M.Sc., MPhil. NET(yoga),(Ph.D.Yoga)

**Dr. V. DURAISAMI, M.Sc, M.Phil, Ph.D**

**Title of the Book** : YOGIC DIET FOR HEALTH

**Author** : Mr.R.VENUGOPAL & Dr. V. DURAISAMI

**Language** : English

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Restricted Diet

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Characteristics - Benefits - Eating Guidelines

Diet Planning - Overcome Bad Eating Habits

Food Habits - Punjab, Bengal, A.P, Tn, Maharashtra, Gujarat

Yogic Dieting Guidelines For Various Professionals



**Mr.R.VENUGOPAL**, B.Com, M.Sc.Yoga, MPhil.(yoga), NET(yoga) qualified,(PhD.Yoga).,Yoga Teacher In Vidyalaya Sr Sec School (CBSE) Virugambakam Chennai 92, for past 20 years. His area of specialization are Yoga Therapy, Patanjali yoga sutras, Upanishads and Practical aspect of yoga.



**Dr. V. DURAISAMI** working as a Assistant Professor, Department of yoga, Tamilnadu physical education and sports university, Chennai, He is in yoga profession for the around 15 years to impart yoga and yoga therapy in its purest form, in our own time tested traditional way.



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**Dr. V. DURAISAMI, M.Sc, M.Phil, Ph.D**

People diet for all types of reasons as there are no shortage of reasons for wanting to live a healthier life. There are also a wide variety of options when it comes to selecting a diet that might work for all. Here is a closer look at some of the different types of diets that people are using all around the world.



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**Dr. V. DURAISAMI** working as a Assistant Professor, Department of yoga, Tamilnadu physical education and sports university, Chennai, He is in yoga profession for the around 15 years to impart yoga, yoga therapy and naturopathy in its purest form, in our own time tested traditional way.

**Title of the Book :**           **MANAGEMENT OF NUTRITION AND  
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**Author :**                   **Mrs. V.SUJATHA & Dr. V. DURAISAMI**

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**Title of the Book :** Basic Concepts of Yoga Therapy  
**Author :** Mrs. K.TAMILSELVI  
**Dr. V. DURAISAMI**  
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## **PRINCIPLES OF NATUROPATHY AND AYURVEDA IN YOGA**



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**Title of the Book :** Principles of Naturopathy and Ayurveda In Yoga

**Author :** **Mrs. C. MAGESHWARI &  
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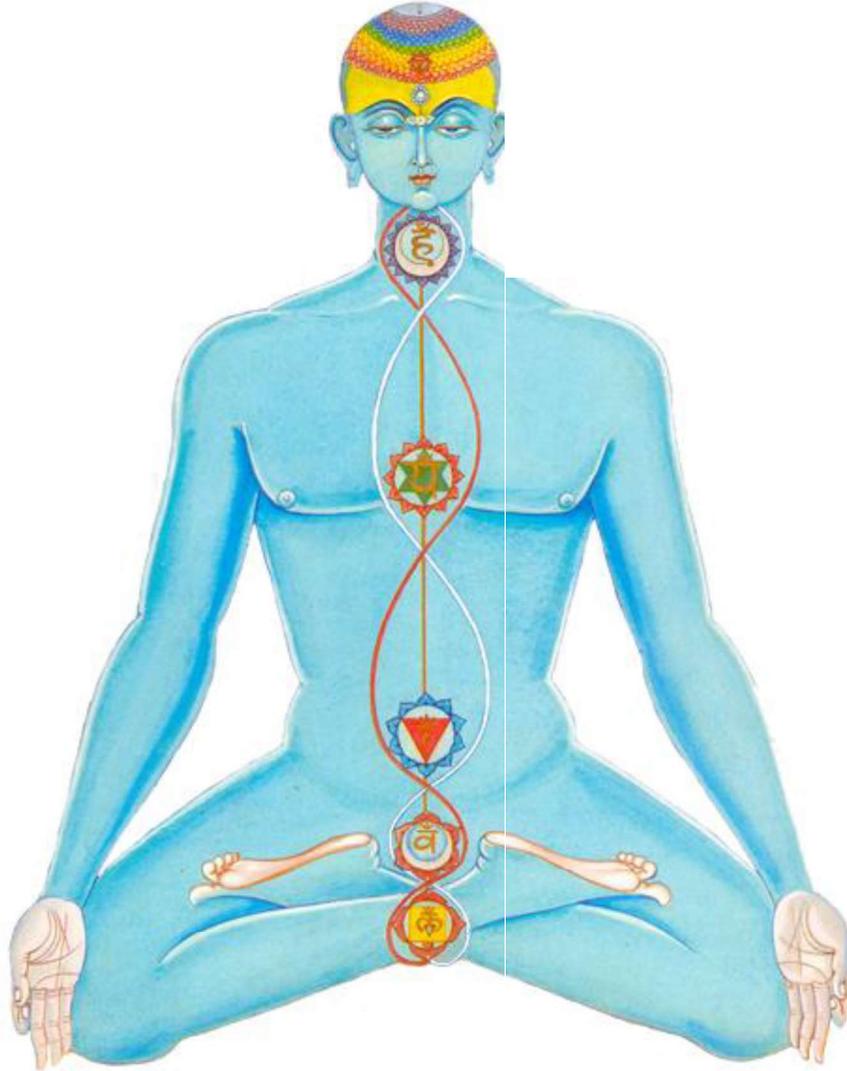
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Department of yoga, Tamilnadu physical education and sports university, Chennai, He is in yoga profession for the around 15 years to impart yoga and yoga therapy in its purest form, in our own time tested traditional way.

**Title of the Book :** Orientation To Patanjali Yogasutra Gheranda Samhita And Hathayoga Pradipika

**Author** : Mrs. C. MAGESHWARI, M.A, (Ph.D ) &  
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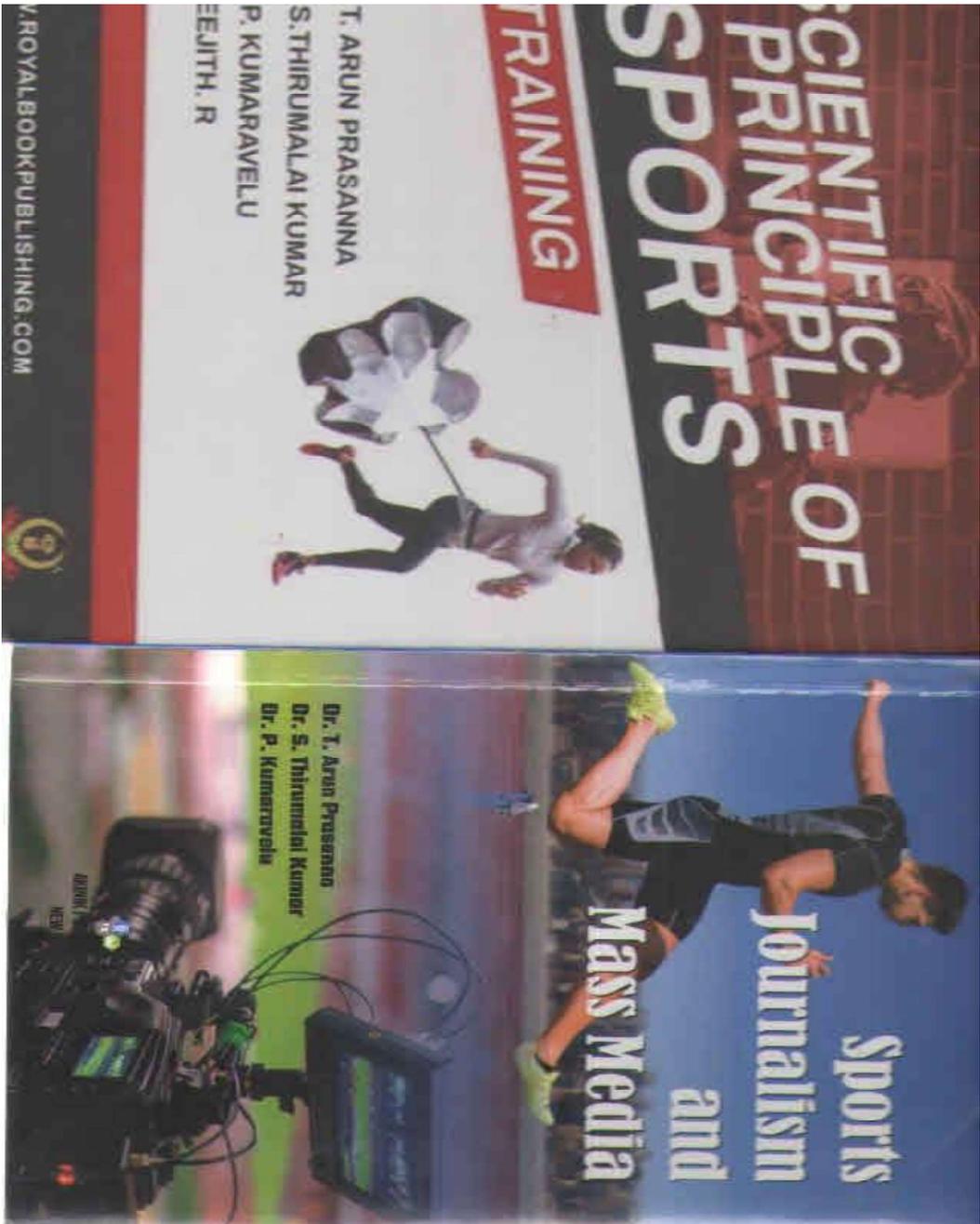
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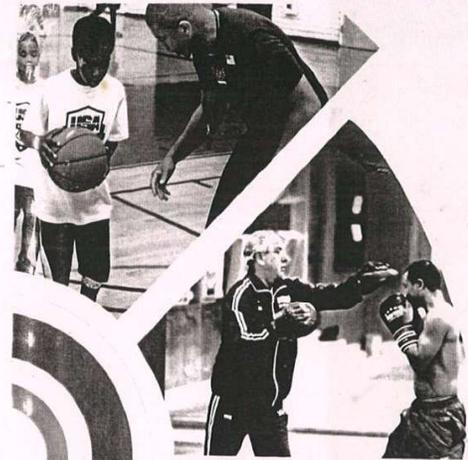


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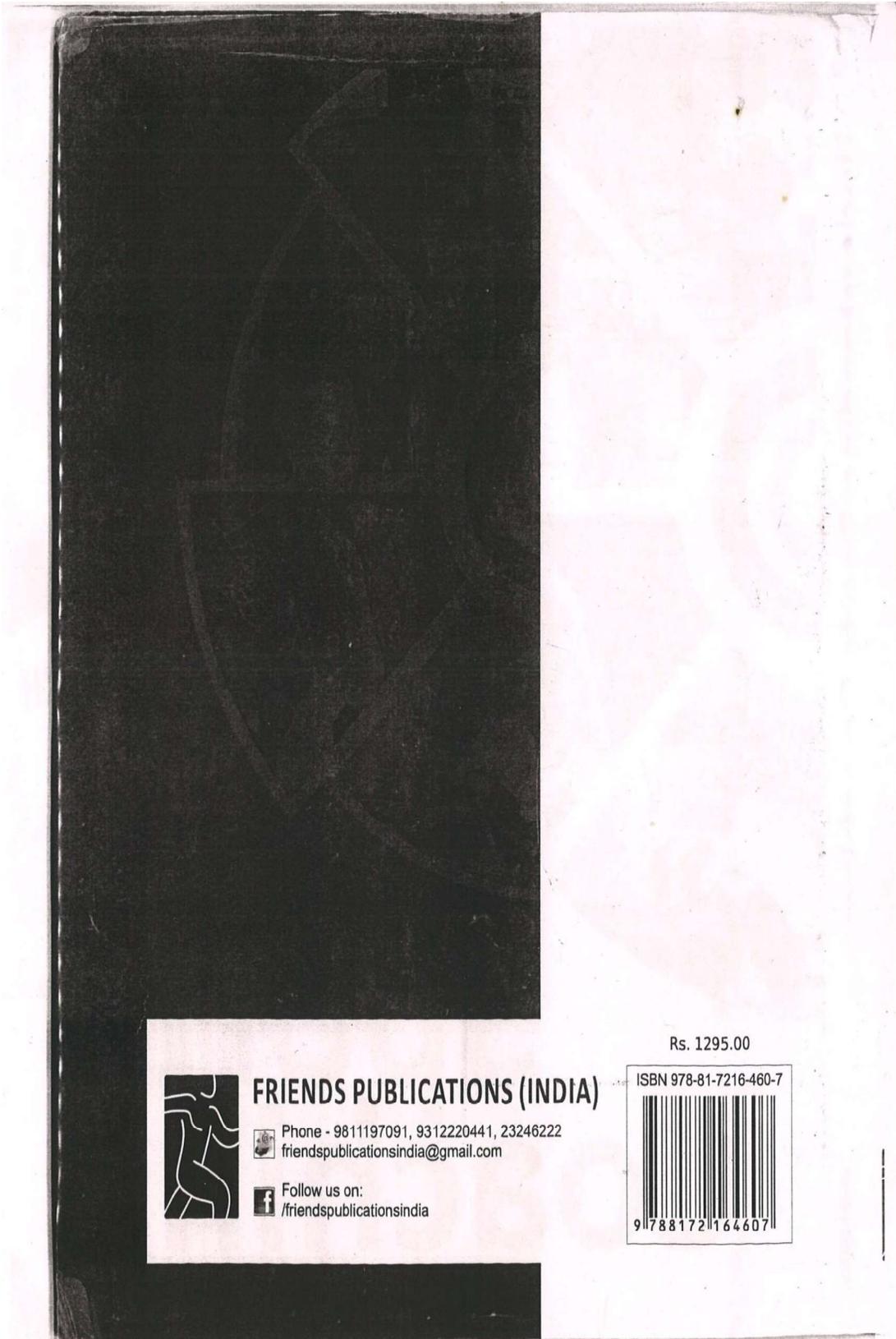
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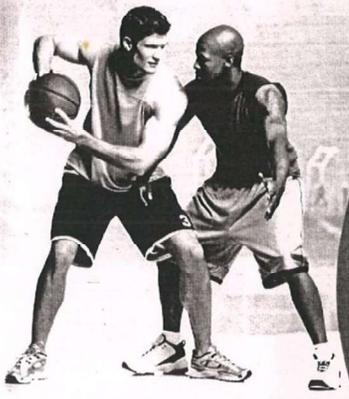
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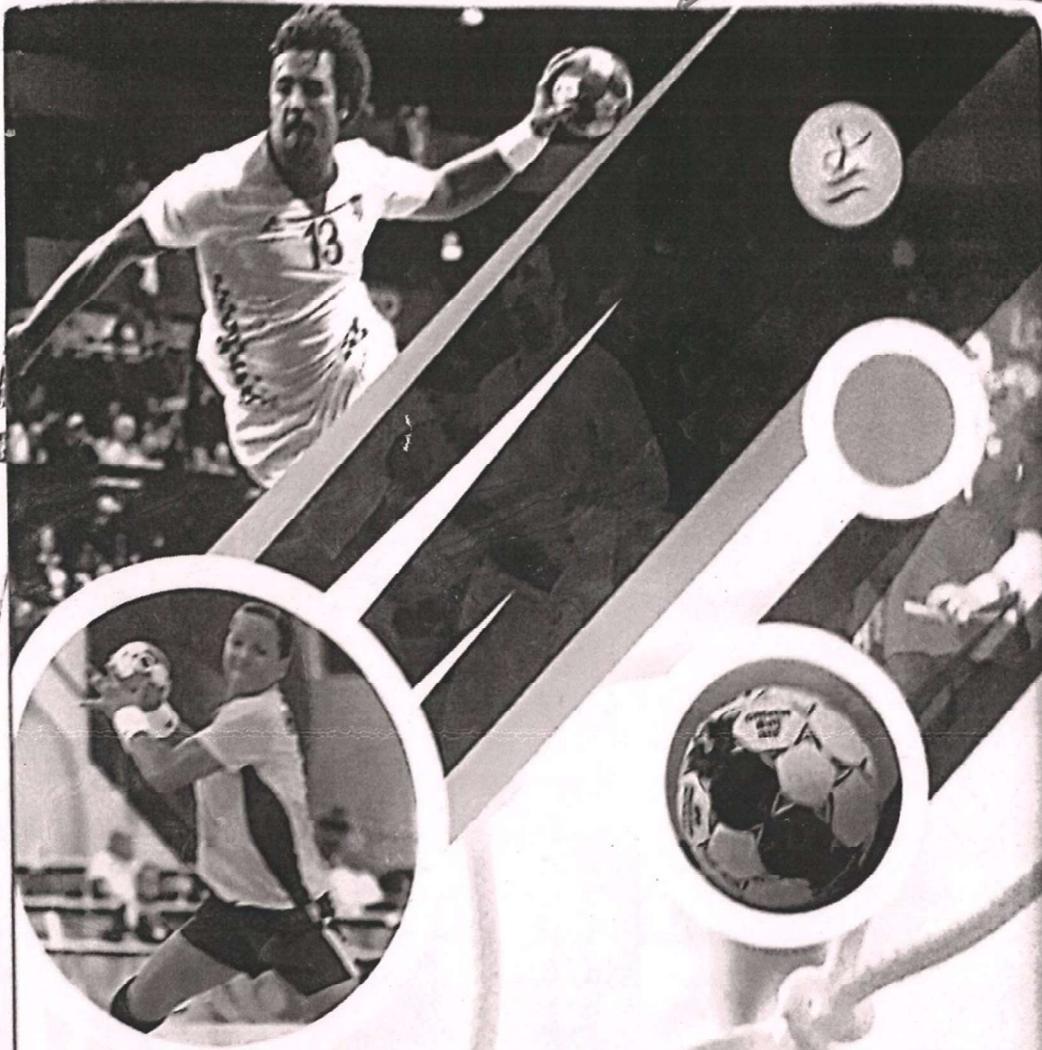
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# ORGANIZATION, ADMINISTRATION AND SUPERVISION IN PHYSICAL EDUCATION

Dr. Lillypushpam Isaac



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Dr. Lillypushpam Isaac



Dr. Lillypushpam Isaac is a well known and renowned name in the field of Physical Education serving as an Assistant Professor since 2007 in Tamil Nadu Physical Education and Sports University, Chennai, India's first State University in Physical Education and Sports. She achieved some noteworthy achievements in the field of Physical Education and its related fields. Basically

she is an athlete in National level as well as all round championship holder. She is experienced person in teaching and coaching as well as good in extra curricular activities. She did her B.P.Ed. course from MVCA College of Physical Education, Chennai, M.Phil. and Doctor of Philosophy in Physical Education from Abanegga College of Philosophy in Karaiyakkudi, Tamil Nadu.

Professional Courses pursued:  
• NIS Course in Athletics • Certificate Course in Yoga • Fit and Rescue Service Course  
She is good Physical Educator. She has more than 20 years service in the field of Physical Education. She has participated in many national and international conferences and presented about thirty (30) Research papers. She has published so many research articles in reputed journals. She has guided and guided 12 Research Scholars for Doctor of Philosophy in Physical Education and more than 50 M.Phil. scholars in Tamil Nadu Sports University.

At the same time she is grateful to Her Husband Dr. K. Ilari Kumar who helped her to publish the present book.

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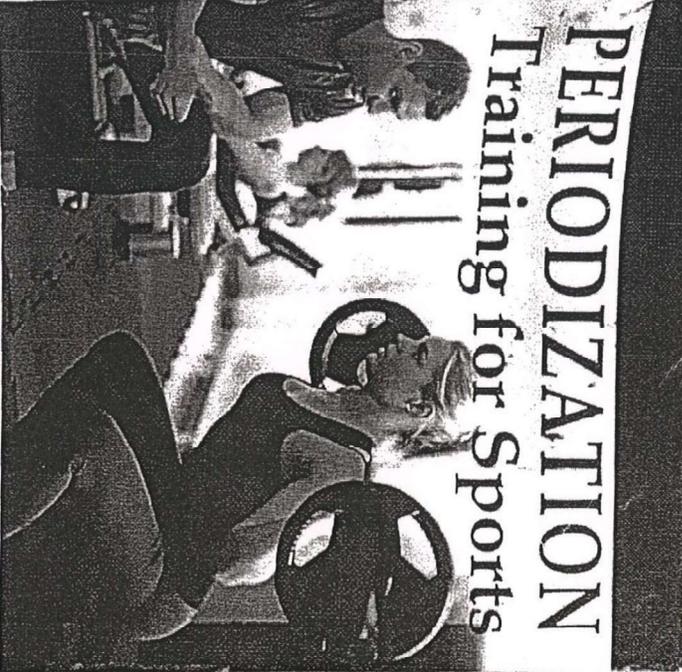
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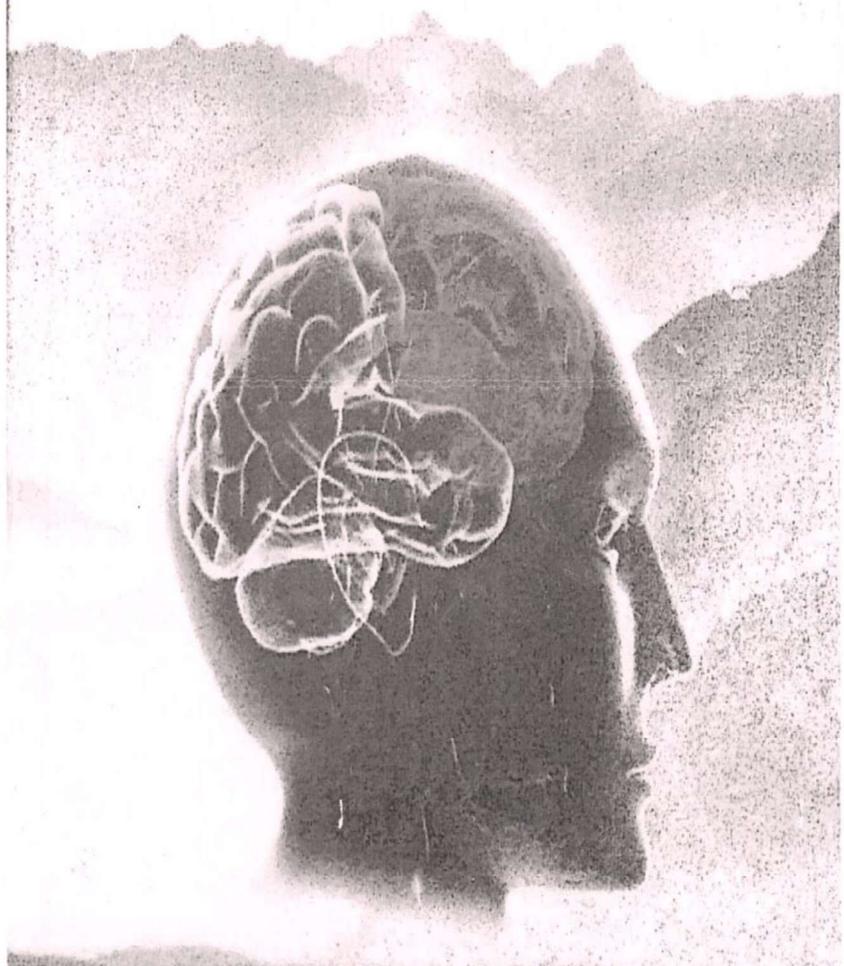


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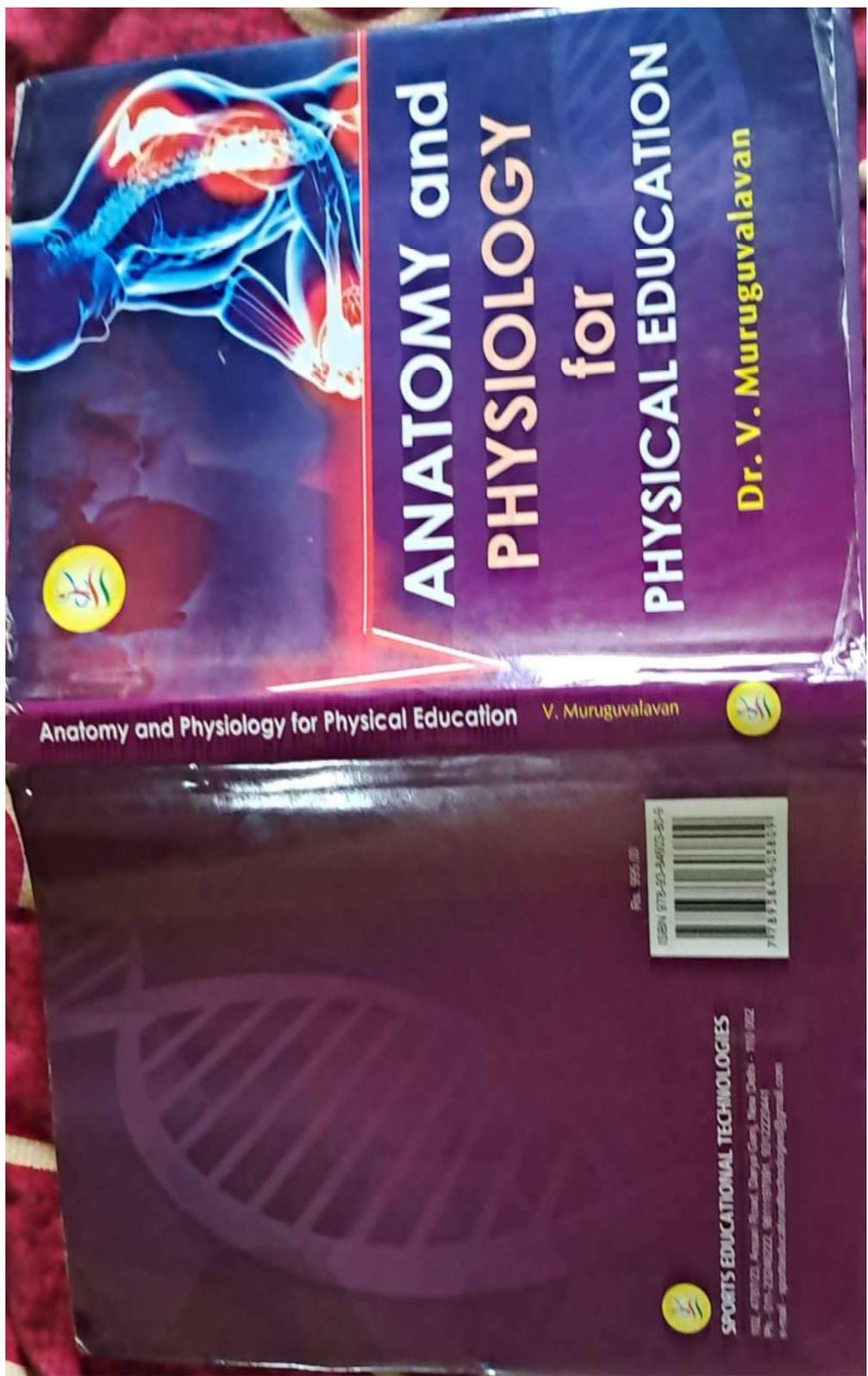
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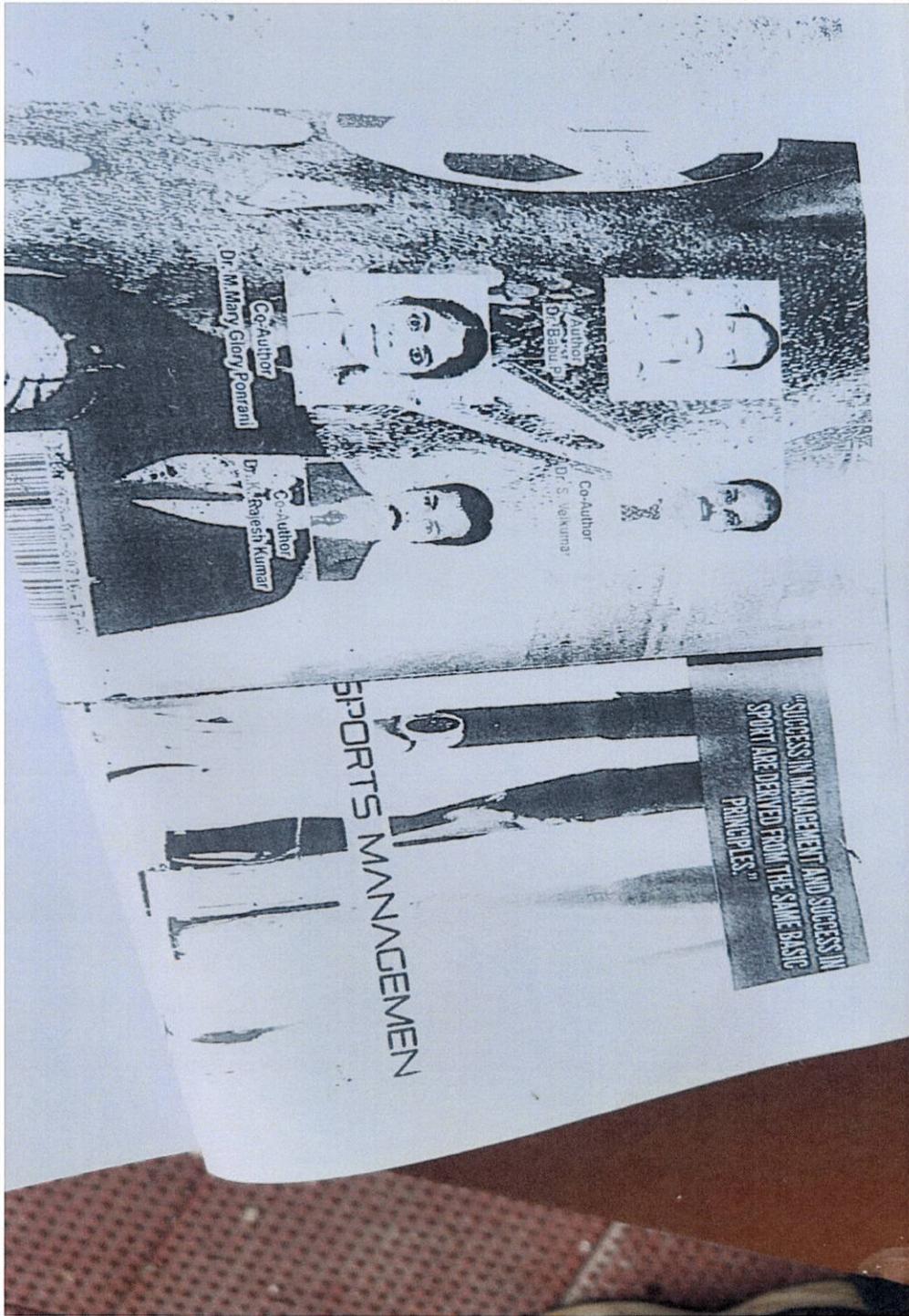
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