

## **MESSAGE FROM VICE-CHANCELLOR**

*Dear Learners,*

Education and innovation are the basic desiderata of any nation aspiring for Progress. Innovation is made more meaningful and accepted only when it is based on research findings. 21st Century is designated as a knowledge century. Everyone should realize that knowledge is the fulfillment of human life.

Today, Universities are considered as key institution in the process of Social change and development and hence, play a key role in societal transformation of the country and the world at large.

Tamil Nadu Physical Education and Sports University is unique and first of its kind in India as an affiliating University, exclusively for Physical Education and Sports, offering innovative professional and allied courses at the undergraduate, post graduates and Research levels. It is one of the most renowned Institution of Higher Education, functioning with the objective of providing quality education to all segment of the society at the door steps of the needy.

I wish the prospective learners to make use of the opportunities made available by the Tamil Nadu Physical Education and Sports University to enrich their knowledge and skill in the chosen field for their individual development and for the development of nation's human resources and excellence in sports.

I wish you all success.

Dr. R. Thirumalaisamy,  
Vice-Chancellor

## **OFFICERS OF THE UNIVERSITY**

### **Chancellor:**

His Excellency **Shri.Surjith Singh Barnala**,  
The Governor of Tamil Nadu.

### **Pro-Chancellor:**

Hon'ble **Thiru.Dr.K.Ponmudi**,  
The Minister for Higher Education, Govt of Tamil Nadu.

### **Vice-Chancellor**

**Dr.R.Thirumalaisamy**

**Registrar** : Dr.R.Ramanarayanan

**Finance Officer** : Thiru.D.Senguttuvan

**Controller of Examinations** : Dr.P.Samraj

**Assistant Registrar** : Thiru.N.Gurusamy

## **CONTACT ADDRESS**

The Registrar,  
Tamil Nadu Physical Education and Sports University,  
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## ***VISION OF THE UNIVERSITY***

“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”

## ***MOTTO OF THE UNIVERSITY***

***“EXCELLENCE IN PHYSICAL EDUCATION AND SPORTS”***

## ***MISSION OF THE UNIVERSITY***

- 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 Programmes 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 of Knowledge through scholarly work and publications, and disseminate the findings to the professionals, faculty and students;
- To facilitate the application of research findings 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 establish linkages and networking with national and international specialized agencies and institutions and keep abreast of the latest developments in the field of Physical Education and Sports;
- To actively design programme 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 mature citizens;

- To support and assist the conduct of State and National level coaching camps in various sports disciplines, spot, nurture and groom the talent for National and International competitions and
- To establish a fully automated modern Library and Information centre equipped with Books, Journals, CDs, Online Databases etc and cater to the informational needs of the academic community making innovative use of IT and Communication Technology.

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

#### **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. The said Act came into force with effect from 15<sup>th</sup> September 2005 after obtaining the accent from His Excellency, the President of India on 05.08.2005.

### ***REGULAR COURSES OFFERED BY THIS UNIVERSITY UNDER VARIOUS DEPARTMENTS:***

#### ***Faculty of Teacher Education:***

The Faculty of Teacher Education has two Departments; - The Department of Physical Education and the Department of Yoga - with the main objective of preparing competent, capable teachers in Physical Education and Yoga.

### **1. Department of Physical Education**

Physical Education is an inter-disciplinary subject involving a study of Education, Human Physiology, Anatomy and Social Sciences. It is the foundation for lifelong fitness and high performance in competitive sports. The Department has designed a relevant curriculum that includes both theoretical and practical components. The Physical Education teachers graduating from the Department will be fully equipped to be employed as Physical Directors in schools, colleges and Universities and also as Sports Managers and Sports Officers in public and private sector institutions.

I. FACULTY OF TEACHER EDUCATION			
1.Department of Physical Education			
S. No	Courses	Duration	Eligibility
1	Ph.D in Physical Education	3/2 Years	MPEd or its Equivalent Degree Approved by the Syndicate of TNPESU

			or MPhil in Physical Education
2	M.Phil in Physical Education	1 Year	MPEd or its Equivalent Degree Approved by the Syndicate of TNPESU.
3	P.G. Diploma in Fitness and Wellness Management	1 Year	Any Degree Recognised by the Syndicate of TNPESU
4	P.G. Diploma in Adapted Physical Education	1 Year	Any Degree Recognised by the Syndicate of TNPESU
5	P.G. Diploma in Applied Statistics in Physical Education	1 Year	Any Degree Recognised by the Syndicate of TNPESU

## 2. Department of Yoga:

Regular practice of Yoga has become a way of life to millions of people throughout the world. The course in Yoga is aimed at “Yoking all powers of Body Mind and Spirit”. The curriculum, with theoretical and practical inputs, will provide the practitioners relaxation, exercise, positive thinking, etc. The graduates can become yoga teachers in Schools, Colleges, and Fitness Centre.

I. FACULTY OF TEACHER EDUCATION			
2 .Department of Yoga			
S.No	Courses	Duration	Eligibility
1	Ph.D in Yoga	3/2 Years	MSc (Yoga) or MPhil in Yoga.
2	M.Phil in Yoga	1 Year	MSc (Yoga).
3	M.Sc. (Yoga)	2 Years	Any Degree Recognised by the Syndicate of TNPESU
4	P.G.Diploma in Yoga	1 Year	Any Degree Recognised by the Syndicate of TNPESU
5	P.G.Diploma in Yoga For Fitness and Wellness	1 Year	Any Degree Recognised by the Syndicate of TNPESU

### ***FACULTY OF SPOTS AND YOUTH AFFAIRS:***

The Faculty of Sports and Youth Affairs has been established with 2 Departments - the Department of Advanced Training and Coaching and the Department of Youth Affairs and Adventure Sports (as a supportive Department).

## 1. Department of Advanced Training and Coaching:

The programmes offered by the Department of Advanced Training and Coaching are aimed at graduates aspiring to become coaches and trainers in various Sports disciplines. The courses will provide a clear understanding of the scientific techniques, strategies and specific knowledge in the chosen disciplines to the students. The rigorousness of such programmes will help the prospective coaches to sharpen and tone up the technical skills of the players under their control. The graduates can become trainers / Coaches in Schools, Colleges, Sports Academics, Centre of Excellence in Government / Private Sectors.

II FACULTY OF SPORTS AND YOUTH AFFAIRS			
1. Department of Advanced Training and Coaching			
S. No	Courses	Duration	Eligibility
1	Ph.D in Advanced Training and Coaching	3/2 Years	MSc (Sports Coaching) or MPhil in Advanced Training and Coaching or MPEd with Diploma in Coaching.
2	M.Phil in Advanced Training and Coaching	1 Year	MSc (Sports Coaching) or MPEd with Diploma in Coaching.
3	M.Sc. (Sports Coaching)	2 Years	Any Degree Recognised by the Syndicate of TNPESU with Diploma in Sports Coaching
4	Diploma in Sports Coaching	1 Year	Any Degree with Two Times Representation in Senior State/Inter University/Inter Services / Inter Department (Or) Any Degree and BPEd / MPEd with one Time Representation in Senior State / Inter University/Inter Services / Inter Department (Or) A Medalist in the Recognised International Event / Competition with a pass in the Tenth Standard.

## ***FACULTY OF ALLIED HEALTH SCIENCES:***

The Allied Health Sciences significantly contribute to optimum performance in the field of Physical Education and Sports. Hence this Faculty with the following Departments have been established:

Department of Exercise Physiology and Nutrition, Department of Sports Psychology and Sociology, Department of Biomechanics and Kinesiology, Department of Statistics and Computer Applications (Supportive Department), Department of Communication and Journalism (Supportive Department).

## 1. Department of Exercise Physiology and Nutrition

The thrust of the programmes offered by the department will be on total fitness that integrates Medical fitness, Nutritional Fitness, Mental fitness and social fitness. The effect of exercise on neuro - muscular, Cardiovascular and Physiological systems are given due coverage. Further, the curriculum provides an insight into the importance of nutrition, nutrition standard, balanced diets and calorific values required for various levels of sports men. The graduates can become specialist in Exercise Physiology in SAI Centre, Sports Academies, Professional Colleges and Universities.

III. FACULTY OF ALLIED HEALTH SCIENCES			
1. Department of Exercise Physiology and Nutrition			
S. No	Courses	Duration	Eligibility
1	Ph.D in Exercise Physiology and Nutrition	3/2 Years	MSc (Exercise Physiology and Nutrition) or MPhil in Exercise Physiology and Nutrition.
2	M.Phil in Exercise Physiology and Nutrition	1 Year	MSc (Exercise Physiology and Nutrition).
3	M.Sc. (Exercise Physiology and Nutrition)	2 Years	BSc in Exercise Physiology and Nutrition or BSc in Physical Education or BSc in Nutrition and Dietics or BSc in Bio-Technology or BSc in Micro-Biology or BSc in Chemistry or BSc in Physics or BSc in Nursing or BSc in Zoology or BSc in Botany or BSc in Bio-Chemistry or BPE or BPEd.
4	M.Sc. (Fitness Management)	2 Years	Any Degree Recognised by the Syndicate of TNPESU
5	P.G. Diploma in Sports Physiotherapy	1 Year	B.P.T. of Any Recognised University and Approved by the Syndicate of TNPESU
6	B.Sc. (Exercise Physiology and Nutrition)	3 Years	A Pass in HSc or its Equivalent Examinations (Group I or Group II) Recognised by the Syndicate of TNPESU

## 2. Department of Sports Psychology and Sociology

Sports psychology deals with understanding human behaviour in sports setup. It underlines various psychological variables that influence sports performance. A study of sports psychology suggests ways and means to develop psychological skills to optimize sports performance. Sports Sociology studies society's multidimensional influence on sports and helps to understand different cultures and their implications on sports performance. Sports by itself influences, the society and brings out changes in the outlook of the society. Outstanding sports personalities bring out remarkable changes in the attitude and approach of the society to sports. The graduates can become specialist in Sports Psychology in SAI Centre, Sports Academies, Professional Colleges and Universities.

III. FACULTY OF ALLIED HEALTH SCIENCES			
2. Department of Sports Psychology and Sociology			
S. No	Courses	Duration	Eligibility
1	Ph.D in Sports Psychology and Sociology	3/2 Years	MSc (Sports Psychology and Sociology) or MPhil in Sports Psychology and Sociology.
2	M.Phil in Sports Psychology and Sociology	1 Year	MSc (Sports Psychology and Sociology).
3	M.Sc. (Sports Psychology and Sociology)	2 Years	Any Degree Recognised by the Syndicate of TNPESU

## 3. Department of Sports Bio-mechanics and Kinesiology

The programme offers a clear understanding of the human movement especially in relation to Applied Sports. A study of Biomechanics will help to analyse and interpret the cause and effect of the forces applied to and by the body. The study of Kinesiology will be of immense benefit to people wanting to improve overall health and performance. It is committed to training professionals who will have a strong foundation in the study of "movement" in sports from both theoretical and applied perspectives. The graduates can become specialist in Sports Biomechanics and Kinesiology in SAI Centre, Sports Academies, Professional Colleges and Universities.

III. FACULTY OF ALLIED HEALTH SCIENCES			
3. Department of Sports Bio-mechanics and Kinesiology			
S. N	Courses	Duration	Eligibility
1	Ph.D in Sports Biomechanics and Kinesiology	3/2 Years	MSc (Sports Biomechanics and Kinesiology) or MPhil in Sports Biomechanics and Kinesiology.
2	M.Phil in Sports Biomechanics and Kinesiology	1 Year	MSc (Sports Biomechanics and Kinesiology).
3	M.Sc. (Sports Biomechanics and Kinesiology)	2 Years	Any Degree Recognised by the Syndicate of TNPESU

### ***Faculty of Management:***

The Faculty of Management has two departments - the Department of Sports Management and the Department of Sports Technology.

### **1. Department of Sports Management**

The sound management of any organization requires the application of scientific principles of management. While many of these principles are common to all spheres, every discipline has its own specialties to be taken care of. In the field of Physical Education and Sports this requires much more than knowledge of Sports and Athletics. The Department of Sports Management will concentrate on turning out efficient Sports Managers who will be in-charge of various Sports bodies, Team management, Event management, Facilities management, Sports infrastructure management, Sports information management, Sports marketing management, etc.

IV. FACULTY OF MANAGEMENT			
1. Department of Sports Management			
S No	Courses	Duration	Eligibility
1	Ph.D in Sports Management	3/2 Years	MBA (Sports Management) / MBA (General) or MPhil in Sports Management / MPhil in Management
2	M.Phil in Sports Management	1 Year	MBA (Sports Management) or MBA (General) or MPEd or MPE or MS (Sports Coaching)
3	MBA (Sports Management)	2 Years	Any Degree Recognised by the Syndicate of TNPESU

## 2. Department of Sports Technology

The tools of today's technology revolution can be applied to the field of Sports Administration and Management. The advances in science and technology have extended a helping hand to every discipline and the field of sports and games is not an exception. A knowledge of the use of technology in effecting changes to the system to cope with the modern development - Designing Infrastructure like Stadium, Gym, etc. developing and operating Robots for various activities, injury prevention and rehabilitation, diagnosing problems confronting the sporting potential of individuals, use of modern gadgets in the production of sports equipments, in enhancing performance, etc. The graduates can become Sports Designers for designing the modern infrastructure facilities for Sports and Games, designing Sports Equipments, designing sports goods and services and designing sports software.

IV. FACULTY OF MANAGEMENT			
2. Department of Sports Technology			
S No	Courses	Duration	Eligibility
1	Ph.D in Sports Technology	3/2 Years	MBA (Sports Technology) / or MPhil in Sports Technology.
2	M.Phil in Sports Technology	1 Year	MBA (Sports Technology)
3	MBA (Sports Technology)	2 Years	Any Degree Recognised by the Syndicate of TNPESU

### Research Laboratories of Various Departments of the University:

1. Exercise Physiology Lab
2. Sports Psychology and Sociology Lab
3. Yoga Practical Lab
4. Test and Measurement Lab
5. Exercise Physiology and Nutrition Lab
6. Business Application software Lab
7. Fitness and Physiotherapy Lab
8. Computer lab
9. Sports Technology Lab

### **Choice Based Credit System:**

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The Choice Based Credit System (CBCS) is followed for all the Regular courses offered by various Departments of the University.

### **Village Placement Programme:**

The Village Placement Programme (VPP) is compulsory for all the Regular Courses of the University. As a Part of VPP, each student of the Regular Course should stay for four days in a Village and undertake services activities such as health awareness campaign, literacy programmes, awareness programmes on clean environment and safe drinking, etc., for rural development. VPP has two credits for all the Courses under CBCS.

### **Scholarship:**

The Scholarships are available to the eligible students under various schemes of the State / Central Governments.

### **Central Library of the University:**

The University Central Library has a collection of 1,000 carefully culled volumes of Books and 40 National/International Journals and Magazines. The functioning of the library is fully automated with the help of latest designed Library automation software, which includes Digital Repository Module.

### **Placement Activities:**

The Placement Cell of the University is taking care of the Training and Placement Activities of the students. Various Training Programmes are conducted for Students for enhancing their Soft Skills, Leadership Qualities, Communication skills, etc., and thereby making themselves employable in the job market.

## ***INSTRUCTIONS TO THE CANDIDATES:***

### **I. Application Form:**

Application forms can be had from the **The Registrar**, Tamil Nadu Physical Education and Sports University, 8th Floor, E.V.K. Sampath Maaligai, College Road, Chennai - 6 for Rs. 300/- in person or by post on payment of Rs.350 /- through a Demand Draft drawn in favour of “The Registrar”, Tamil Nadu Physical Education and Sports University, payable at Chennai along with a requisition letter with clear postal address to which the application form is to be sent. The candidates who belong to SC / ST may obtain the application form of Rs.150/- in person or Rs. 200/- by post through a Demand Draft and on submission of attested Xerox Copy of the Community Certificate. Application Form can also be downloaded from the website of the University and the same to be submitted with the Application cost.

II. The candidates applying for the M.B.A. Course have to appear for the Entrance Test conducted by this University. The date of entrance test will be intimated separately.

### **III. Enclosures:**

The following original documents to be submitted to the University at the time of admission.

1. S.S.L.C. Marksheet
2. H.Sc Marksheet
3. U.G., / P.G., Degree / Provisional Certificate
4. Transfer / Migration Certificate and
5. Community Certificate

IV. Last date for issue and submission of Application Form is

V. Filled in application form may be sent to:

**The Registrar,**  
**Tamil Nadu Physical Education and Sports University,**  
**8<sup>th</sup> Floor, EVK Sampath Maaligai, (DPI Campus),**  
**College Road, Chennai - 600 006.**  
**Phone: 044 - 28252245/47**  
**Fax: 044 - 28252246**  
**E-mail: [tnpesu@rediffmail.com](mailto:tnpesu@rediffmail.com)**  
**[www.tnpesu.org](http://www.tnpesu.org)**

## FEES STRUCTURE FOR VARIOUS COURSES:

S.No	Name of the Course	Tuition Fees Per annum	Laboratory Fees Per Year	Special Fees One Time Payment	Sports Fees Per Year	Library Fees Per Year	Village Placement Programme One Time Payment	Other Fees One Time Payment	Refundable Deposits One Time Payment	Tuition Fees Per Semester
		Rs.								
1	M.Phil in (Physical Education, Yoga, Advanced Training and Coaching, Exercise Physiology and Nutrition, Sports Management)	12,000	1,000	1,600	400	250	250	250	500	6,100
2	M.Sc Yoga	4,000	1,000	1,600	400	250	250	250	500	2,100
3	M.Sc in Sports Coaching	10,000	2,000	1,600	400	250	250	250	500	5,100
4	M.Sc in Exercise Physiology & Nutrition	4,000	1000	1,600	400	250	250	250	500	2,100
5	M.Sc in Sports Psychology and Sociology	4,000	1000	1,600	400	250	250	250	500	2,100
6	M.Sc in Sports Biomechanics and Kinesiology	4,000	500	1,600	400	250	250	250	500	2,100
7	M.B.A. in Sports Management	12,000	3,000	1,600	400	250	250	250	500	6,100
8	M.B.A. in Sports Technology	12,000	3,000	1,600	400	250	250	250	500	6,100
9	P.G. Diploma in (Fitness & Wellness Management, Adapted Physical Education, Applied Statistics in Physical Education, Yoga, Yoga for Fitness and Wellness, Sports Physiotherapy)	1400	350	1600	400	250	250	250	500	1100
10	B.Sc in Exercise Physiology and Nutrition	2000	500	1600	400	250	250	250	500	1100
11	Diploma in Yoga	1000	—	1600	400	250	250	250	500	—
12	Diploma in Coaching (Hockey, Soccer, Badminton, Basket Ball, Volley Ball) - Equivalent to NIS Programme.	10,000	1,000	1,600	400	250	250	250	500	5,100