

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

CHENNAI

PREAMBLE

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.

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. The University has **four Faculties, eleven Departments and seven affiliated Colleges**. Further the University has proposals to offer select Physical Education and Allied Courses, through Distance Education stream also.

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 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 infuse in the students, spirit of competition and sportsmanship that will facilitate a healthy lifestyle;**

- **To make a careful focusing of the university's resources in the areas of the university's interests, quality of its programmes, effectiveness of its research and out-reach activities;**
- **To closely collaborate and coordinate with the State and National bodies, in Physical Education and Sports, in matters of common interest and concern;**

VISION

"To engage in relentless pursuit of Excellence in the promotion and development of Physical Education and Sports through innovative programme 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"

FACULTY OF TEACHER EDUCATION

The **faculty of Teacher Education** has two Departments

- **Department of Physical Education**
- **Department of Yoga**

with the main objective of preparing competent, capable teachers in Physical Education and Yoga.

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. The education imparted by the Department to the Physical Education teacher- trainees will make them good teachers.

Courses Offered:

- **B.P.E (Bachelor Of Physical Education) 3 years**
- **B.P.Ed (Bachelor Of Physical Education) 1 year**
- **M.P.Ed (Master Of Physical Education) 2 years**
- **M.Phil (Course in Physical Education) 1 year**
- **Ph.D.**
- **D.Lit/Dsc**

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.

Courses Offered:

- **M.Sc(Yoga)**
- **P.G.Diploma in Yoga**
- **Ph.D.**

FACULTY OF SPORTS AND YOUTH AFFAIRS

The Faculty of Sports and Youth Affairs has been established with 2 Departments

- **Department of Advanced Training and Coaching**
- **Department of Youth Affairs and Adventure Sports (as a supportive Department).**

Department of Advanced Training and Coaching

The programme offered by the Department of Advanced Training and Coaching are aimed at graduates aspiring to become coaches and trainers in various Sports disciplines. The course will provide a clear understanding of the scientific techniques, strategies and specific knowledge in the chosen disciplines to the students. The rigours of such programmes will help the prospective coaches to sharpen and tone up the technical skills of the players under their control

Courses offered:

- **Diploma in Coaching**
- **M.Sc in Coaching**
- **Ph.D.**

Department of Youth Affairs and Adventure Sports

The Department of Youth Affairs and Adventure Sports will develop innovative programmes to motivate the youth of the country, create an abiding interest and awareness in Adventure Sports, such as, trekking, cycling, rock climbing, Aviation and Oceanic Sports etc. and make them enjoy the excitement and exhilaration of such sports.

FACULTY OF HEALTH AND ALLIED 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 has 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)**
- **Department of Exercise Physiology and Nutrition**

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.

Courses offered:

- **M.Sc in Sports Psychology and Sociology**
- **P.G. Diploma in Sports Psychology and Sociology**
- **Ph.D.**

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.

Courses offered:

- **M.Sc in Sports Psychology and Sociology**
- **P.G. Diploma in Sports Psychology and Sociology**
- **Ph.D.**

Department of Biomechanics 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.

Courses offered:

- **M.Sc in Sports Biomechanics and Kinesiology**
- **P.G. Diploma in Sports Biomechanics and Kinesiology**
- **Ph.D.**

Department of Statistics and Computer Applications

The Department of Statistics and Computer Applications will be a central facility networking and providing IT and Communication facilities to various departments in the University. The department will train the Physical Education professionals and make them knowledgeable in the application of Computer in their chosen field.

Use of Computers for Advanced Statistical Analysis of various data will help in consolidating the research findings and lead to speedy dissemination of the same to those who need it.

The Department will play a crucial role in supporting the teaching and research work of the University.

FACULTY OF MANAGEMENT

The Faculty of Management has two departments

- **Department of Sports Management**
- **Department of Sports Technology**

The sound management of any organisation 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.

Department of Sports Management

The Department of Sports Management will concentrate on turning out efficient Sports Managers who will be in-charge of Sports Production Management, Sports Marketing

Management

etc.

Courses offered:

- **M.B.A. in Sports Production Management**
- **M.B.A. in Sports Marketing Management**
- **M.B.A. in Sports Promotion Management**
- **P.G. Diploma in Sports Production Management**
- **P.G. Diploma in Sports Marketing Management**
- **P.G. Diploma in Sports Promotion Management**
- **Ph.D.**

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 and help to cope with the modern development - Designing establishing and maintaining Infrastructure like Stadia, Gym, Artificial Surface, Swimming Pool developing and operating Robots for various activities, use of modern gadgets in the production of sports equipments, in enhancing performance, etc.

Courses offered:

- **M.B.A. in Sports Infrastructure Management**
- **M.B.A. in Sports Information Technology**
- **P.G. Diploma in Sports Infrastructure Management**
- **P.G. Diploma in Sports Information Technology**
- **Ph.D.**

COURSES OFFERED

FACULTY OF TEACHER EDUCATION

Department of Physical Education

Undergraduate Courses

Courses	Eligibility	Duration
B.P.E	As per NCTE Norms	3 Years
B.P.Ed	As per NCTE Norms	1 Year

PostGraduate Courses

Courses	Eligibility	Duration
M.P.Ed	As per NCTE Norms	

Research

Courses	Eligibility	Duration
M.Phil.	M.P.Ed	2 Years
Ph.D	M.P.Ed/M.Phil	
D.Sc./D.Litt	Ph.D.(or)Equivalent	

P.G. Diploma Courses

Courses	Eligibility	Duration
P.G. Diploma in Movement Education	Any Degree	1 Year
P.G. Diploma in Adapted Physical Education	Any Degree	1 Year
P.G. Diploma in Fitness Management	Any Degree	1 Year

Department of Yoga

Courses	Eligibility	Duration
M.Sc(Yoga)	Any Degree with Diploma in Yoga	2 Years
P.G. Diploma in Yoga	Any Degree	1 Year

FACULTY OF SPORTS AND YOUTH AFFAIRS

Department of Advanced Training and Coaching

Courses	Eligibility	Duration
Diploma in Coaching	Any Degree with representation in Inter University/State in specific Sport/Game	2 Years
M.Sc in Coaching	Diploma in Coaching	2 Years
Ph.D.	M.Sc in Coaching	3 Years

Note: Sportsmen having represented in International Games/Sports would be exempted from possessing a Degree for admission to the Diploma in Coaching.

FACULTY OF MANAGEMENT

Department of Sports Management

Postgraduate Courses

Courses	Eligibility	Duration
M.B.A - Sports Production Management	Any Degree	2 Years
M.B.A - Sports Marketing Management	Any Degree	2 Years
M.B.A - Sports Promotion Management	Any Degree	2 Years

P.G. Diploma Courses

Courses	Eligibility	Duration
P.G. Diploma in Production Management	Any Degree	1 Year
P.G. Diploma in Marketing Management	Any Degree	1 Year
P.G. Diploma in Sports Promotion Management	Any Degree	1 Year

Research

Courses	Eligibility	Duration
Ph.D. Programmes	M.B.A - Sports Management	3 Years

Department of Sports Technology

Postgraduate Courses

Courses	Eligibility	Duration
M.B.A - Infrastructure Management	Any Degree	2 Years
M.B.A - Sports Marketing Information System	Any Degree	2 Years

P.G. Diploma Courses

Courses	Eligibility	Duration
P.G. Diploma in Infrastructure Management	Any Degree	1 Year
P.G. Diploma in Sports Marketing Information System	Any Degree	1 Year

Research

Courses	Eligibility	Duration
Ph.D. Programmes	M.B.A - Sports Technology	3 Years

FACULTY OF HEALTH AND ALLIED SCIENCES

Postgraduate Courses

Courses	Eligibility	Duration
M.Sc. - Physiology and Nutrition	Any Degree	2 Years
M.Sc. - Psychology and sociology	Any Degree	2 Years
M.Sc. - Sports Bio-Mechanics & Kinesiology	Any Degree	2 Years
M.Sc. - Sports Medicine & Phyiotherapy	Any Degree	2 Years

P.G. Diploma Courses

Courses	Eligibility	Duration
P.G. Diploma in Physiology and Nutrition	Any Degree	1 Year
P.G. Diploma in Psychology and sociology	Any Degree	1 Year
P.G. Diploma in Sports Bio-Mechanics & Kinesiology	Any Degree	1 Year
P.G. Diploma in Sports Medicine & Phyiotherapy	Any Degree	1 Year

Research

Courses	Eligibility	Duration
Ph.D. Programmes	P.G. in specific allied health science	3 Years