



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Accredited with "B" Grade by NAAC
India's First State University in Physical Education and Sports

CRITERION 1

Key Indicator - 1.1.2

1.1.2 The Programmes offered by the institution focus on employability/entrepreneurship skill development and their course syllabi are adequately revised to incorporate contemporary requirements

PROGRAMMES FOCUSED ON VARIOUS SKILLS	NO. OF COURSES
EMPLOYABILITY	64
ENTERPRENEURSHIP	33
SKILL DEVELOPMENT	35

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Tamilnadu Physical Education
and
Sports University
Chennai - 600 127.



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EMPLOYABILITY

S.NO	NAME OF THE COURSES
1.	TRAINING AND COMPETITION NUTRITION
2.	EXERCISE AND DIET PRESCRIPTION FOR SPECIAL POPULATION
3.	HEALTH FITNESS AND PERFORMANCE ASSESSMENT
4.	NUTRITIONAL PLANNING FOR SPORTS AND EXERCISE
5.	KINANTHROPOMETRY
6.	TRAINING AND PERFORMANCE
7.	EXERCISE FOR SPECIAL POPULATION
8.	CLINICAL DIETICS
9.	RULES AND REGULATION OF SPORT/GAME-VOLLEY BALL
10.	RULES AND REGULATION OF SPORT/GAME-FOOTBALL
11.	RULES AND REGULATION OF SPORT/GAME-KABADI
12.	RULES AND REGULATION OF SPECIFIED SPORT (ATHLETICS)
13.	RULES AND REGULATION OF SPORT/GAME-HOCKEY
14.	TECHNIQUES AND TECHNICAL TRAINING OF SPORTS/ GAMES-(VOLLEY BALL)
15.	TECHNIQUES AND TECHNICAL TRAINING OF SPORTS/ GAMES-(FOOT BALL)
16.	TECHNIQUES AND TECHNICAL TRAINING OF SPORTS/ GAMES-(KABADI)
17.	TECHNIQUES AND TECHNICAL TRAINING OF SPORTS/ GAMES-(ATHELETICS)
18.	TECHNIQUES AND TECHNICAL TRAINING OF SPORTS/ GAMES-(HOCKEY)
19.	TACTICS AND TACTICAL DEVELOPMENT OF SPECIFIED SPORT/GAME (VOLLEY BALL)
20.	TACTICS AND TACTICAL DEVELOPMENT OF SPECIFIED SPORT/GAME (FOOT BALL)
21.	TACTICS AND TACTICAL DEVELOPMENT OF SPECIFIED SPORT/GAME (KABADI)
22.	TACTICS AND TACTICAL DEVELOPMENT OF



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	SPECIFIED SPORT/GAME (ATHELETICS)
23.	TACTICS AND TACTICAL DEVELOPMENT OF SPECIFIED SPORT/GAME (HOCKEY)
24.	SPECIFIC MOTOR QUALITIES OF SPORT/GAME (VOLLEY BALL)
25.	SPECIFIC MOTOR QUALITIES OF SPORT/GAME (FOOTBALL)
26.	SPECIFIC MOTOR QUALITIES OF SPORT/GAME (KABADI)
27.	SPECIFIC MOTOR QUALITIES OF SPORT/GAME (ATHELETICS)
28.	SPECIFIC MOTOR QUALITIES OF SPORT/GAME (HOCKEY)
29.	TEAM PREPARATION , COACHING AND MATCH ANALYSIS OF SPORT/GAME (VOLLEYBALL)
30.	TEAM PREPARATION , COACHING AND MATCH ANALYSIS OF SPORT/GAME (FOOTBALL)
31.	TEAM PREPARATION , COACHING AND MATCH ANALYSIS OF SPORT/GAME (KABADI)
32.	TEAM PREPARATION , COACHING AND MATCH ANALYSIS OF SPORT/GAME (ATHELETICS)
33.	TEAM PREPARATION , COACHING AND MATCH ANALYSIS OF SPORT/GAME (HOCKEY)
34.	E-COMMERCE
35.	SPORTS MARKETING
36.	SPORTS FACILITY MANAGEMENT
37.	SPORTS MEDIA &EVENT MANAGEMENT
38.	SOFT SKILLS - I (ORAL COMMUNICATION)
39.	SOFT SKILLS - II(WRITTEN COMMUNICATION)
40.	SOFT SKILLS - III (REPORT WRITING AND PRESENTATION)
41.	SOCIOLOGY OF HEALTH
42.	FUNDAMENTALS OF COUNSELING SKILLS
43.	PSYCHOLOGICAL TESTING AND ASSESSMENT - I
44.	PSYCHOLOGICAL TESTING AND ASSESSMENT - II
45.	CLASSICAL YOGIC PRACTICES - I
46.	FUNDAMENTALS OF YOGA
47.	PREPARED YOGIC FOOD



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48.	APPLIED PHYSIOLOGY PRACTICALS
49.	ENVIRONMENTAL STUDIES
50.	BASIC YOGA TEXTS
51.	ANATOMY AND PHYSIOLOGY
52.	YOGA AND FITNESS
53.	HATHA YOGA TEXTS
54.	FUNDAMENTALS OF YOGA THERAPY
55.	PROFESSIONAL PREPARATION FOR NET/ SLET
56.	PATHOLOGY: AILMENTS AND YOGA THERAPY
57.	RESEARCH PROCESS IN YOGA THERAPY
58.	BASIC PRINCIPLES OF YOGA THERAPY
59.	YOGA THERAPY FOR HEALTH AND WELLNESS
60.	NUTRITION THERAPY AND YOGIC DIET
61.	METHODOLOGY IN YOGA THERAPY
62.	STRESS MANAGEMENT
63.	YOGA THERAPY
64.	PERSONAL L'L'YDE•VFLOPMENT_



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ENTREPRENEURSHIP

S.NO	NAME OF THE COURSES
1.	EXERCISE ASSESSMENT IN SPECIAL POPULATION
2.	STRENGTH TRAINING AND CONDITIONING
3.	WEIGHT MANAGEMENT
4.	FLOOR AND STEP AEROBICS
5.	FITNESS AND WELLNESS
6.	STABILITY AND CORE TRAINING
7.	ADVERTISING IN SPORTS
8.	ENTREPRENEURIAL DEVELOPMENT
9.	RETAIL MANAGEMENT
10.	METHODS OF NATUROPATHY
11.	YOGA FOR HEALTH
12.	TRADITIONAL INDIAN SYSTEMS OF MEDICINE AND THERAPIES
13.	VILLAGE PLACEMENT PROGRAMME
14.	COMPUTER PROGRAMING SYLLABUS- PRACTICALS
15.	YOGIC PRACTICES - I
16.	YOGIC PRACTICES - II
17.	YOGIC PRACTICES - III
18.	COMPUTER APPLICATIONS IN YOGA - 1
19.	VISITING FITNESS CENTER
20.	YOGIC PRACTICES- V
21.	YOGA THERAPY
22.	TIRUMULAR'STIRUMANTIRAM
23.	YOGIC PRACTICES - IV
24.	YOGIC PRACTICES - VI
25.	INTRODUCTION TO TRADITIONAL INDIAN SYSTEMS OF MEDICINE AND THERAPIES
26.	DIET AND NUTRITION



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27.	YOGA FOR CHALLENGED PEOPLE
28.	YOGA AND WELLNESS
29.	METHODS OF NATUROPATHY
30.	INTERNSHIP (HOSPITALS OR HEALTH CENTERS OR YOGA OR NATUROPATHY CENTRES)
31.	TEACHING PRACTICE IN EDUCATIONAL INSTITUTION
32.	TRADITIONAL INDIAN SYSTEMS OF MEDICINE AND THERAPIES
33.	CLINICAL APPLICATION IN TRADITIONAL INDIAN SYSTEMS OF MEDICINE AND THERAPIES



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SKILL DEVELOPMENT

S.NO	NAME OF THE COURSES
1.	COMMUNICATION SKILL
2.	LIFE SKILLS MANAGEMENT
3.	SOFT SKILLS – I (ORAL COMMUNICATION)
4.	SOFT SKILLS – II (WRITTEN COMMUNICATION)
5.	SOFT SKILLS – III (REPORT WRITING AND PRESENTATION)
6.	RULES AND REGULATION OF SPORT/GAME-VOLLEY BALL
7.	RULES AND REGULATION OF SPORT/GAME-FOOTBALL
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30.	TEAM PREPARATION , COACHING AND MATCH ANALYSIS OF SPORT/GAME (HOCKEY)
31.	BUSINESS COMMUNICATION
32.	BUSINESS COMMUNICATION
33.	SOFT SKILLS - I (ORAL COMMUNICATION)
34.	SOFT SKILLS - II (WRITTEN COMMUNICATION)
35.	SOFT SKILLS - III (REPORT WRITING AND PRESENTATION)


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