

Curriculum- Vitae

Dr.R.Ashok Kumar

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Objective

To be highly innovative, result oriented and to give more and gain more experiences in the field of health related fitness & wellness , sports & games fitness, research works and to prove myself an efficient responsible holder in the field of fitness and physical education.

Professional Experiences

My professional experience includes:

- ✓ Teaching
- ✓ Sports training
- ✓ Fitness training
- ✓ Organizing
- ✓ Administration

Personal Details

Name	:	R.Ashok Kumar
Date of Birth	:	05.02.1979
Nationality	:	Indian
Religion	:	Hindu
Sex	:	Male
Languages Known	:	Tamil, English

Previous Experiences

- ✓ As a guest lecturer of Bharathiar University, Dept of Physical Education from March'2006 to October'2007.
- ✓ As a Fitness Manager at FitnessONE Health studio, Coimbatore, from 12th November 2007 to 30th October 2008.
- ✓ As a personal fitness trainer for more number of VIP's for about past 7 years.
- ✓ As coach for more colleges in several games from post graduate onwards.
- ✓ As a Lecturer in the School of Physical Education and Research, Karpagam University, Coimbatore from 07.07.2009 to 06.12.2009.
- ✓ As a Director of Physical Education at Dr.Mahalingam College of Engineering and Technology, Pollachi from 07.12.2009 – 31.05.2014.
- ✓ Till now as a Director of Physical Education at NGM College, Pollachi from 02.06.2014.

Research Work

- Ph.D – Effects of varied combinations of concurrent aerobic and strength training programme on selected skill performance and fitness related parameters of male basketball players.
- M.Phil – Effect of combination of high intensity resistance training and skill training on the development of jumping ability, anaerobic capacity and skill performance of inter collegiate men basketball player.
- M.P.Ed – The effect of regimen of drills to develop fundamental skills of basketball and physical fitness components in high school girls.

General Education

School studies (from LKG – 12th std) @ VMHS, Pollachi,Cbe-Dist , T.N.

Bachelor in commerce @ STC College, Pollachi, Cbe- Dist ,T.N

Academic Details

Course	Year	Institution	Class
Ph.D., Phy.Edn	August'09	Bharathiar University	Awarded
M.Phil., Phy.Edn	March'06	Bharathiar University	First
M.P.Ed	April 2005	Bharathiar University	First
B.P.Ed	April 2003	M.C.P.E, Cbe.	First
P.G.D.FM	May 2007	Bharathiar University	First
P.G.D.Y.Ed	May 2006	Bharathiar University	First
B.Com	April 2002	STC , Pollachi , Cbe-Dt	First

Certificate Education

- ✓ Certified in Fitness consultant – M.C.P.E ., Cbe-Dt,T.N
- ✓ Certified Fitness trainer under FASTRAC Fitness Course – FitnessONE ,CHENNAI
- ✓ Certified First- Aid Trainer under St.John Ambulance

Journal Publications at International Level

- Published a paper “ Combined Effect of Plyometric Training and Skill Training on the development of Fitness related parameters and skill performance variables among male volleyball players”, in the International Journal of Health, Physical Education & Computer Science in Sports , Volume:8.No.1 Issue :October to December 2012 , ISSN – 2231 - 3265. Pg.No: 15 – 17.
- “Effect of Jump Rope and Resistance Training with and without skill Training on Physical Fitness Variable among Intercollegiate Male Volleyball Players”, in the International Journal of Recent Research and Applied Studies, Volume 5, Issue 9 (4) September 2018 ISSN: 2349 - 4891
- Effects of Volleyball Specific Resistance Training and Skill Training Packages on the Development of Leg Explosive Power and Speed on the Higher Secondary Level School Boys, International Journal of Innovative Research & Development, March, 2016 Vol 5 Issue 4, ISSN 2278 – 0211, Pg.No: 231-235
- Effect of Volleyball Specific Resistance Training and Skill Training Packages on the Development of Flexibility and Muscular Strength and Endurance on the Higher Secondary Level School Boys, International Journal of Innovative Research & Development, March, 2016 Vol 5 Issue 4, ISSN 2278 – 0211, Pg.No: 225-230
- An Effective Approach through Strength, Endurance and Skill Training Program Combinations on Flexibility and Dribbling of Male Basketball Players, International Journal of Innovative Research & Development, March, 2016 Vol 5 Issue 4, ISSN 2278 – 0211, Pg.No: 221-224

- An Effective Approach through Strength, Endurance and Skill Training Program Combinations on Muscular Strength and Endurance and Explosive Power of Male Basketball Players, International Journal of Innovative Research & Development, March, 2016 Vol 5 Issue 4, ISSN 2278 – 0211, Pg.No: 218-220

Journal Publications at Asian Level

- Published a paper “Effect Of Varied Yogic Practices On Body Mass Index Component Of Obese Engineering College Men Students”, in the Asian Journal Physical Education and Computer Science in Sports, Volume No.8, No.1.pp 43-44, January 2013 to June 2013, ISSN 0975-7732, Journal Impact Factor 0.5190.

Journal Publications at National Level

- Published a paper “Effects of varied combinations of aerobic training followed by strength training on speed, flexibility, aerobic capacity and dribbling performance of male basketball players “ in the Journal of physical education , sports and fitness, Volume:1 , Issue:1 September 2012, ISSN – 2278 -9782.

Paper Presented in National Conferences

- Dr.R.Ashok Kumar, Director of Physical Education presented a paper on Effect of Jump Rope Training & Specific Skill training on th development of Motor Fitness & Skill performance abilities of female volleyball players in the UGC Sponsored National Seminar on Sound Body Sound Min Fitness Through Yoga & Sports organized by GTN Arts College , Dindgul on 25th & 26th March 2015.

- Presented the paper “Effect of short term training and regular resistance training on the development of physical fitness variables and skill performance of male basketball players” in a national level UGC sponsored conference held at University College of Arts, Tumkur University during September 2014. **ISBN:978-93-82694-15-1.**
- Presented the paper “Effect of combination of plyometric and skill training on the development of performance related parameters and skill performance variables of school level volleyball players” in a national level UGC sponsored conference held at University College of Arts, Tumkur University during September 2014. **ISBN:978-93-82694-15-1.**
- Presented the paper “Effects of varied combinations of aerobic training followed by strength training on speed, flexibility, aerobic capacity and dribbling performance of male basketball players, in a national level UGC Sponsored seminar on “Physiological Aspects of Training Nutrition Recovery and Performance” held at Mannar Thirumalai Naicker College, Madurai on 10th August 2012. **ISBN: 978 – 93-80657-73-8.**
- Presented the paper “ Combined effect of plyometric training and skill training on the development of fitness related parameters and skill performance variables among male volleyball players, in a national level seminar on “ Doping in sports – Invigoration, Prerequisites and Misapprehensions” held at National College, Tiruchirapalli on 28th July 2012. **ISBN : 978-81 – 9091 8961**

- Presented the paper “Impact on selected fitness exercise programme for rural and urban based school students in Coimbatore and Tiruppur districts” in National level UGC Sponsored Seminar on “Development of sports in rural areas: issues and challenges” held at Gobi arts and science college, Gobichettipalayam from 16th to 17th December 2011. **ISBN:-978-81-910200-6-9.**
- Presented the paper “Effect of Brisk walking on Triglycerides among old”, in National level UGC Sponsored Seminar on “Recent Trends on Yoga and Physical Education” held at VHNSN College, Virudhunagar from 11th to 12th August 2011. **ISBN : 978 81 – 910426 -8 -9.**
- Presented the paper “Effects of varied combinations of concurrent aerobic and strength training programme on aerobic capacity, upper body and lower body strength of male basketball players”, in National level UGC Sponsored Seminar on “Recent Trends on Yoga and Physical Education” held at VHNSN College , Virudhunagar from 11th to 12th August 2011. **ISBN : 978 81 – 910426 -8 -9**
- Presented a paper in National level Seminar on “New trends in Sports Medicine” held at BHARATHIAR UNIVERSITY, Coimbatore from 26 to 27th Feb’2007.
- Presented the paper “Effects of varied combinations of concurrent aerobic and strength training programme on selected skill performance and fitness related parameters of male basketball players”, in National level UGC Sponsored Seminar on “Recent Technologies in Sports Sciences” held at BHARATHIAR UNIVERSITY, Coimbatore from 22nd to 23rd March 2010.

Course / Workshop attended

- Successfully completed “First Aid Training Programme conducted by St.John Ambulance.
- Successfully completed six weeks of Fitness consultant course at Maruthi College of Physical Education.
- Successfully completed FASTRAC Fitness Management for Fitness Trainers course in “ACADEMY OF FITNESS MANAGEMENT”,Kilpauk,Chennai -10
- Successfully completed INTERNATIONAL PERFORMANCES SCIENCES short-term sports training workshop held at KARUNYA UNIVERSITY from 27thto 29th Nov’2008.
- Participated in the National level Workshop on “RESEARCH METHODOLOGY AND STATISTICS IN PHYSICAL EDUCATION” held at BHARATHIAR UNIVERSITY, Coimbatore from 16th to 17th March’2009.

Seminar Participation

- Participated in the National level Seminar on “Multi Dimensional Approach For Excellence in Sports” held at MARUTHI COLLEGE OF PHYSICAL EDUCATION from 28th to 30th March 2006.

Research Guidance

- At present guiding Ph.D Research Scholars as follows;
 - M.BALU , Ph.D – Physical Education (PT) , July 2017 batch
 - V.KARTHIK RAJA , Ph.D – Physical Education (PT) , July 2017 batch
 - T.AYYAPPAN, Ph.D – Physical Education (PT) , July 2018 batch
 - R.SURESH KUMAR, Ph.D – Physical Education (PT) , October 2018 batch

Membership in University Level Tournaments

- As a selection committee member in the Bharathiar University Inter – collegiate Ball badminton, Taekwondo, Softball and Handball tournament.
- As a selection committee Member in the Bharathiar University Inter-collegiate Handball tournament.
- As a selection Committee Member in Anna University, Chennai Inter Zone Men Boxing Event.
- As a selection Committee Member in Anna University, Chennai Inter Zone Men & women Cross Country Race.
- As a selection Committee Member in Anna University, Chennai Inter Zone Men & women Yoga Competition.
- As a selection Committee Member in Anna University of Technology, Coimbatore Zone-1 Men Basketball Tournament.
- As a selection Committee Member in Anna University of Technology, Coimbatore Inter Zone Men Basketball Tournament.
- As a selection Committee Member in Anna University of Technology, Coimbatore Inter Zone Men Handball Tournament.

Role as Team manager / Coach

- As a Team manager coach of Bharathiar University Tennis Team to represent South Zone Inter University Tennis tournament held at SRM University, Chennai
- As a Team Manager / Coach of Anna University of Technology, Coimbatore Basketball Team to represent South Zone Inter University Men Basketball Tournament held at ANNAMALAI UNIVERSITY, CHIDAMBARAM.

- As a Team Manager / Coach of Anna University of Technology, Coimbatore Handball Team to represent South Zone Inter University Men Handball Tournament held at KAKATIYA UNIVERSITY, WARANGAL(AP).

Organizing Tournaments

- As a convener of Bharathiar University Inter – collegiate Cricket Tournament.
- As a Convener of Anna University of Technology, Coimbatore Zone-1 and Inter Zone Men Basketball Tournament.
- As a Convener of Anna University of Technology, Coimbatore Zone-1 and Inter Zone Women Volleyball Tournament.
- As a Convener of Anna University , Chennai Zone-10 Men Cricket Tournament.
- Inter Institution Tournaments between Engineering, Polytechnic and Arts colleges.

Specialized Area

Health related fitness training, Athletics, Handball, Basketball and Cricket

Organizing & Officiating

- Organized Inter -state competitions , state level and District level competitions.
- Officiated All India Hand Ball Tournament'08 – KCT College, cbe-Dt.
- As a Coordinator in KOVAI VIZHA Cricket Tournament 2008.
- Organized South Zone Inter – University Kabaddi Tournament -2004
- Organized South West Inter – University Volleyball Tournament -2003
- Officiated for School sports meet for about 10 years.
- Officiated Inter- Collegiate Athletic Meets for about 6 years.
- Officiated South Zone CBCS Athletic Meet.

- As a Chief Coordinator Organized Pavizham UTV Cricket Tournament 2008 and got LIMCA record.
- As a Chief Coordinator Organized Pavizham UTV Cricket Tournament 2009 towards GUINNESS proposing.

Officiating Qualifications

- State level Kabaddi official.
- State level Handball official.
- State level Athletics official.

Achievements

- Produced 6 and above All India Inter University level players.
- Produced 30 and above Inter University level players
- As a Physical Director of Dr.Mahalingam College of engineering and Technology achieved Anna University Zone – 1, Overall Championships in Athletics, Sports & Games in Men and Women during 2009, 2010, 2011, 2012 & 2013.
- Rank holder of Bharathiar University for the year 2003 in BPED Degree.
- Represented Bharathiar University Inter Collegiate Athletic Meet.
- Represented Bharathiar University Inter Collegiate Handball Tournament.
- Represented Inter- Physical Education Tournament in Athletics.
- Represented Inter - Physical Education Tournament in Handball.
- Represented at State level in Basketball.
- Represented at State level in Cricket.
- Represented Coimbatore District Cricket Association Tournaments.

Other Services

- Serves in NSS at Saraswathi Thyagaraja College, Pollachi during under graduation.

- Serves in NSS for INDEPENDENCE DAY PARADE SELECTION IN THE YEAR 2004 at Bharathiar University (Between States of Karnataka, Kerala, Tamilnadu and Pondicherry).

Declaration

I hereby declare that the above-furnished information are true to the best of my knowledge.

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[R.ASHOK KUMAR]