



RESUME / VITA

A Physical Educationist with born skill in the area of Teaching & Coaching

Dr. BINTHU MATHAVAN. S, Ph.D

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Objective: To utilize my skills and training in a challenging work environment

Where I can contribute to the success of the team and the Institution...

Educational Qualification

Pursuing post doctorate in physical education at Pondicherry central university

Highest Degree : Ph.D in Physical Education

Specialization : Football

University : Pondicherry University

Title : *Effect of Plyometric and Core Training on Selected Physical Physiological and Skill Related Performance Variables among Men Football Players*

Second Highest Degree: Master of Philosophy in Physical Education (M.Phil)

Specialization : Sports medicine (Subject), Football (Game)

University : Pondicherry University, India,

Year of Passing : May, 2011

Class/Percentage : First **90% (Gold Medal)**

Master's Degree : Master of Physical Education (M.P.Ed)

Specialization : Football/Volleyball, Athletics and Basketball
University : Pondicherry University, India,
Year of Passing : May, 2010
Class/Percentage : First **78% (Gold Medal)**

Master's Degree : Bachelor's of Physical Education (B.P.Ed)

University : Alagappa University, India,
Year of Passing : April, 2008
Class/Percentage : First **71%**

Post Graduate Diploma : P.G. Diploma in yoga

Year of Passing : Dec, 2009
University : Annamalai University, India,
Class/Percentage : First

Post Graduate Diploma: P.G. Diploma in Health Fitness and Life Style Management

Year of Passing : May, 2010
University : Pondicherry University, India,
Class/Percentage : First

Bachelor's Degree : Bachelor of Science in physical education

Specialization : Football, Volleyball
University : Manonmaniam Sundaranar University, Tirunelveli, India,
Year of Passing : April, 2007
Class/Percentage : First

Technical Qualification in sports

- ❖ **Tamilnadu State** level official in athletics.
- ❖ **Tamilnadu State** level official in handball.
- ❖ **Tamilnadu State** level official in kabaddi.
- ❖ **Tamilnadu State** level official in football
- ❖ Attended district level trainers camp for fencing at Tirunelveli.

Other Qualification

1. Attended level one Anthropometrist **ISAK** training course at Pondicherry university from August 1st to 5th.

UGC-SET and NET Qualification

- UGC-SET Physical Education, Regn.No: 10200003 Year of passing 2012.
 ➤ UGC-NET Physical Education, Regn.No: 36470105 Year of passing 2012.

Awards / Fellowship Received:

1. **BHARATHA RATHNA Dr. B.R. AMBEDKAR** gold medal for the degree of (Master of Philosophy in physical education) award received from President of India for outstanding performance in the best SC/ST student among M.PHIL courses in Pondicherry University in the year 2013.
2. Former president of India **Shri. K.R.NARAYANAN** gold medal received for outstanding performance in best SC student among P.G. Courses in the year- may 2010 in Pondicherry University.

Book publication

- **“Impact of Core Training and Plyometric Training to Soccer Players” LAP LAMBERT academic publication ISBN:978-3-659-88642-3 Year-2016**

Research Experience:

- *Ph.D., Registered from date 12/09/2011 to completed 02/05/2014.*
- *Worked as Project Assistant 11/06/2014 to 10/06/2015 at Pondicherry University.*
- *Registered Post Doctorate From 01/07/2015 to till date Pondicherry University.*

List of Publications (International Journals/ online):

Sl.NO	Name of the Journal with ISSN	Volume No	Month/year/ Page Nos.	Authors	Title of the paper
1	International Journal of Social Sciences & Interdisciplinary Research (ISSN-2277677X)	VOL.1 NO.3	July- Sept. 2012 page:- 123-127 Impact factor 0.407	Binthu Mathavan & Dr.A.Praveen	Influence Of Short Term Training Programme On Selected Motor Ability Variables Among Pondicherry Inter University Women Football Players
2	Zenith International Journal of Multidisciplinary Research (ISSN 2231-5780)	VOL.2	Issue 8; August 2012; page:- 24-30 Impact factor 0.675	Binthu Mathavan & Dr.A.Praveen	Effect Of Core Training On Cardio Respiratory Endurance And Shooting For Accuracy Variables Of Football Players

3	International Journal of Scientific and Research Publications (ISSN 2250-3153)	VOL. 2	Issue 9, Sep 2012 page 1-3 Impact factor 1.22	Binthu Mathavan	Relationship Between Upper Body Anthropometric Parameters And Throwing Performance Of Handball Players
4	International journal of health, physical education & computer science sports ISSN 2231-3265	VOL.11 NO.1	July 2013 page 145-148 Impact factor 1.937	Binthu Mathavan & Dr.A.Praveen	Comparative Study on Agility and Endurance Between Football and Basketball Players
5	Zenith International Journal of Multidisciplinary Research (ISSN 2231-5780)	Vol.4 (4),	April 2014 Impact factor 0.675 pp. 114-127	Binthu Mathavan & Dr.A.Praveen	Impact Of Plyometric And Core Training On Strength Endurance And Respiratory Rate Variables Among Men Football Players
6	Online International Interdisciplinary Research Journal ISSN 2249-9598	Vol.V Issue-II	Mar-Apr 2015 Impact factor 2.217 pp.228-236	Binthu Mathavan & Dr.A.Praveen	Effect Of Core Training and plyometric Training on selected performance variables for shooting and dribbling among men football players.
7	Asian Journal of Applied Research P-ISSN: 2395-0382 E-ISSN: 2395-1702	Vol.I Issue-I	Apr -2015 pp-46-55	Dr.Binthu Mathavan & Dr.A.Praveen	Outcome of plyometric and core training on the variables of explosive power and resting heart rate among men Football players
8	Asian Journal of Multidisciplinary Research E-ISSN: 2395-1710 P-ISSN: 2395-1729	Volume 01 Issue-01	Apr- 2015 pp-43-48	Dr.S. Binthu Mathavan & Dr.A.Praveen	Upshot Of Petite Term Inter University Training Programme On Selected Agility And Speed variables Among Pondicherry University Men Football Players
9	International Journal of Sports and Physical Education (IJSPE),	Volume 1, Issue 1	July 2015, PP 23-28	Dr.S. Binthu Mathavan	Short Term Training Programme's Impact on the variables of Dribbling and Kicking Performance among University men Soccer Players
10	International Journal of Multidisciplinary Research and Modern Education ISSN (Online): 2454 - 6119	Volume I, Issue I,	2015 Sep Page; 139-145	Dr.S. Binthu Mathavan	Effect Of Tiny Term Inter University Training On Selected Muscular Endurance And Throw In Performances Among University Men Football Players
11	Journal of Recent Research and Applied Studies ISSN; 2349 4891	Volume 2, Issue 11,	Nov 2015 Page; 46-51 Impact Factor 2.656	Dr. S. Binthu Mathavan	Exploration on Selected Psychological variables among Kaaladi, Pondicherry and SRM University Men Soccer Players
12	International Journal of Research in Management, Science and Technology ISSN: 2249 -3506	Volume-05 Issue-10	Jul-Dec 2015 Impact Factor 0.325	Dr. S. Binthu Mathavan	Psychological Analysis on Pondicherry University, Kaaladi University and Kannur University Men Soccer Players
13	International Journal of Sports and Physical Education (IJSPE), ISSN 2454-6380	Volume 2, Issue 1, 2016, PP 1-5	March 2016	Dr. S. Binthu Mathavan	Emotional Investigation on Sports Competitions Anxiety, Task and Ego Orientation among University Men Soccer Players

14	International journal of current research (IJCR) ISSN 0975-833X	<i>Vol. 8, Issue, 06, pp.33772-33774,</i>	<i>June, 2016</i>	Dr. S. Binthu Mathavan	Efficacy of plyometric training on selected physiological variables resting Heart rate and respiratory rate for football players
15	<i>International Journal of Advances in Scientific Research</i>	<i>Volume 2, Issue-7, pp.134-138</i>	July 2016 ISSN: 2395-3616	Dr. S. Binthu Mathavan	Prediction of selected anthropometric parameters on straid length performance for college level men short and long distance runners
16	International Journal of Applied Research	ISSN Print: 2394-7500 Impact Factor: 5.2	August-2016 ISSN Online: 2394-5869	Dr. S. Binthu Mathavan	Impression of core training on selected biological variables resting pulse and respiratory rate among college level men soccer players
17	International journal of sports exercise and health research	Page 1-7	January- April 2017 Volume 1	Dr. S. Binthu Mathavan	Analysis of selected psychological parameters among Telangana, Andhra Pradesh, and Kerala statemen's santhosh trophy soccer players
18	International Research Journal of Human Resources and Social Sciences ISSN(P): (2394-4218)	Vol. 4, Issue 1, ISSN(O): (2349-4085))	January 2017 Impact Factor- 5.414	Dr. S. Binthu Mathavan	Core training's outcome on selected physical Variables explosive power and flexibility in men Football players
19	International journal of health, physical education & computer science sports ISSN 2231-3265	VOL.29, NO.2	Jan- Mar 2018 page 210-216	Binthu Mathavan & Dr.A.Praveen	Analysis for Level of Selected Psychological Variables Among Puducherry Kerala and Telangana State's Men Santhosh Trophy Soccer Players

Conference/ Symposium (International level):

Sl.NO	Name of the conference/symposium/training/ programmes with venue	Month/year/ Page Nos.	Volume No	Title of the paper
1	Modern Scientific Technologies to Empower Sports Personal (Avinashilingam University) Coimbatore	Mar 8 th & 9 th 2012	Vol .1	Effect of Core Training On Selected Physical Variable of School Level Football Players
2	International Conference on Innovate Technology in Sports and Allied Sciences karaikudi	Oct 19 th & 20 th 2012	Vol .1	Influence of Short Term Inter University Training Programme on Muscular Endurance and Resting Heart Rate Variables Among Pondicherry University Women Football Players
3	24 th pan Asian society of sports and physical education Special emphasis on traditional sports & games kolkatta	7 th to 9 th FEB 2014	Vol 1	Influence of Short Term Inter University Training Programme on Throw in And Shooting Performance Variables among Pondicherry University Women Football Players

4	INTERNATIONAL CONFERENCE ON ISSUES AND NEW IDEAS IN SPORTS MANAGEMENT, NEW DELHI	9 TH AND 10 TH MARCH 2018	-	OBESITY AND PHYSICAL ACTIVITY
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Conference/ Symposium / (National level):

S.NO	Name of the conference/symposium/ training/ programmes with venue	Month/year/ Page Nos.	Volume No	Title of the paper
1	Doping in Sports- Invigoration, Prerequisites and Misapprehensions	July 2012(<i>page:- 296-299</i>) ISBN-9788190918961)	1	Effect of Static and Dynamic Warm-Up Stretching Exercises and Injury Prevention on Pondicherry University Football Men Players
2	Modern Trends In Sports Management (Ayya Nadar Janaki Ammal College) Sivakasi	(<i>page:-108-112</i>) ISBN-938048714-2)	1	Effect of Core Training On Selected Physical and Skill Related Variables Of School Level Football Players
3	Physical Education and Sports- An Inter Disciplinary Approach (H.H.Rajah's college) Pudukottai		1	Effect of four weeks plyometric training programme on selected motor qualities in school level football players
4	NATIONAL SEMINOR ON HEALTHY INDIA VISION 2023 ALAGAPPA UNIVERSITY, KARAUKUDI	28 th -29 th SEP 2015	Vol 1	plyometric training's impact on variables of explosive power and flexibility for college level men football players