



Name: Dr. BINTHU MATHAVAN. S, Ph.D

Designation: Assistant Professor

Dept of physical education and sports,

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Educational Qualification

Post -Doctorate in physical education,

University - Pondicherry central university, From-01/07/2015 to 20/01/2020

Title: Effect of Core Training and Rope Jump Training on Selected Physical Physiological and Skill Related Performance Variables Among College Level Men Football Players

Highest Degree : Ph.D in Physical Education

Specialization : Football

University : Pondicherry University

Year of Passing : May 2nd 2014

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

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

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 **82% (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

Area of Interest in Research

- *Obesity and Physical Therapy*
- *Human Motion Analysis (Sports Performance)*
- *Methods of Training for Sports*
- *Sports Psychology*

Specialization

- **Theory-** Sports Medicine, Sports Training, Test and Measurement, and Research Methodology.
- **Practical-** Football, Volleyball, Badminton & Kabaddi.

Technical Qualification in Sports

- ❖ Qualified State level official in athletics.
- ❖ Qualified State level official in handball.
- ❖ Qualified State level official in kabaddi.
- ❖ Qualified State level official in football
- ❖ Qualified trainer for fencing.

Other Qualification

1. **Qualified AIFF 'D' License coach in Football**
2. Qualified level one Anthropometrist **ISAK** training course at Pondicherry university from August 1st to 5th 2011 .

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. Received gold medal for the degree of Master of Philosophy in physical education, received from President of India for best student among M.Phil courses in Pondicherry University in 2011.
2. Gold medal received for outstanding performance among P.G. Courses in May 2010 at 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*
- *“Sports Coaching and officiating in physical education” Notion publication ISBN:9798885461016 Year-2021.*

Patent Published

1. Madiyajagn Mouttayan, SB Mathavan et al., (2022) Patent Entitled on the title “AN ARTIFICIAL INTELLIGENCE BASED SYSTEM FOR PROACTIVE NETWORK SECURITY” in German.
<https://register.dpma.de/DPMAreister/pat/register?AKZ=2020221056757&CURSOR=0>

Research Experience:

- *Ph.D., Registered from date 12/09/2011 to completed 02/05/2014.*
- *Worked as Project Assistant 11/06/2014 to 11/06/2015 at Pondicherry University.*
- *Post Doctorate From 01/07/2015 to 20/01/2020 Pondicherry University.*
- *Served as Assistant Professor in Central University of Punjab, Bathinda from 24-01-2020 to 27-06-2023.*

Research Guidance

- Guided 8 Master’s degree theses and submitted

Coaching Experience

- Acted as Head Coach for AIU Competition Football Men & Women teams from 2020-23 at Central University of Punjab.
- Acted as Assistant Football Coach for Men & Women's teams From 2013 to 2020 at Pondicherry University.

List of Publications :

1. Binthu Mathavan & Dr.A.Praveen, Influence Of Short Term Training Programme On Selected Motor Ability Variables Among Pondicherry Inter-University Women Football Players, **International Journal of Social Sciences & Interdisciplinary Research (ISSN-2277677X), VOL.1 NO.3**, July- Sept. 2012 page:- 123-127, **Impact factor - 0.407.**
2. Binthu Mathavan & Dr.A.Praveen, Effect Of Core Training On Cardio Respiratory Endurance And Shooting For Accuracy Variables Of Football Players, **Zenith International Journal of Multidisciplinary Research (ISSN 2231-5780), VOL.2**, Issue 8; August 2012; page:- 24- 30, **Impact factor - 0.675.**
3. Binthu Mathavan, "Relationship Between Upper Body Anthropometric Parameters And Throwing Performance Of Handball Players", **International Journal of Scientific and Research Publications(ISSN 2250-3153), VOL. 2**, Issue 9, Sep 2012 page 1-3, **Impact factor 1.22.**
4. Binthu Mathavan & Dr.A.Praveen, "Comparative Study on Agility and Endurance Between Football and Basketball Players" **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.
5. Binthu Mathavan & Dr.A.Praveen, "Impact Of Plyometric And Core Training On Strength Endurance And Respiratory Rate Variables Among Men Football Players" **Zenith International Journal of Multidisciplinary Research (ISSN 2231-5780), Vol.4 (4)**, April 2014, Impact factor 0.675, pp. 114-127.

6. Binthu Mathavan & Dr.A.Praveen, “Effect Of Core Training and plyometric Training on selected performance variables for shooting and dribbling among men football players” **Online International Interdisciplinary Research Journal** ISSN 2249-9598, Vol.V, Issue-II, Mar-Apr 2015, pp.228-236, **Impact factor, 2.217**
7. 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”, **Asian Journal of Applied Research P-ISSN: 2395-0382, E-ISSN: 2395-1702**, Vol.I, Issue-I, Apr -2015, pp-46-55.
8. 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”, **Asian Journal of Multidisciplinary Research**, E-ISSN: 2395-1710, Volume 01 Issue-01, Apr- 2015, pp-43-48.
9. Dr.S. Binthu Mathavan, “Short Term Training Programme’s Impact on the variables of Dribbling and Kicking Performance among University men Soccer Players”, *International Journal of Sports and Physical Education (IJSPE)*, Volume 1, Issue 1, July 2015, PP 23-28.
10. Dr.S. Binthu Mathavan, “Effect Of Tiny Term Inter University Training On Selected Muscular Endurance And Throw In Performances Among University Men Football Players”, **International Journal of Multidisciplinary Research and Modern Education** ISSN (Online): 2454 – 6119, Volume I, Issue I, 2015 Sep, Page; 139-145.
11. Dr. S. Binthu Mathavan, “Exploration on Selected Psychological variables among Kaaladi, Pondicherry and SRM University Men Soccer Players”, **International Journal of Recent Research and Applied Studies**, ISSN; 2349 4891, Volume 2, Issue 11, Nov 2015, Page; 46-51, **Impact Factor- 2.656**.
12. Dr. S. Binthu Mathavan, “Psychological Analysis on Pondicherry University, Kaaladi

University and Kannur University Men Soccer Players” **International Journal of Research in Management, Science and Technology**, *ISSN: 2249 -3506*, Volume-05 Issue-10, *Jul-Dec 2015*, **Impact Factor**, 0.325.

13. Dr. S. Binthu Mathavan, “Emotional Investigation on Sports Competitions Anxiety, Task and Ego Orientation among University Men Soccer Players”, **International Journal of Sports and Physical Education (IJSPE)**, *ISSN 2454-6380*, Volume 2, Issue 1, 2016, PP 1-5, March 2016.
14. Dr. S. Binthu Mathavan, “Efficacy of plyometric training on selected physiological variables resting Heart rate and respiratory rate for football players”, **International journal of current research (IJCR)** *ISSN 0975-833X*, Vol. 8, Issue, 06, pp.33772-33774, June, 2016.
15. Dr. S. Binthu Mathavan, “Prediction of selected anthropometric parameters on straid length performance for college level men short and long-distance runners”, **International Journal of Advances in Scientific Research**, Volume 2, Issue-7, pp.134-138, July 2016, **ISSN: 2395-3616**.
16. Dr. S. Binthu Mathavan, “Impression of core training on selected biological variables resting pulse and respiratory rate among college level men soccer players”, **International Journal of Applied Research**, *ISSN Print: 2394-7500*, **Impact Factor: 5.2**, August-2016.
17. Dr. S. Binthu Mathavan, “Analysis of selected psychological parameters among Telangana, Andhra Pradesh, and Kerala statemen’s anthosh trophy soccer players”, **International journal of sports exercise and health research**, Page 1-7, January- April 2017, Volume-1.
18. Dr. S. Binthu Mathavan, “Core training’s outcome on selected physical Variables explosive power and flexibility in men Football players”, **International Research Journal of Human Resources and Social Sciences**, Vol. 4, Issue 1, *ISSN(O): (2349-4085)*, January 2017 **Impact Factor- 5.414**.

19. Binthu Mathavan & Dr.A.Praveen, “Analysis for Level of Selected Psychological Variables Among Puducherry Kerala and Telangana State’s Men Santhosh Trophy Soccer Players” **International journal of health, physical education & computer science sports, ISSN 2231-3265, VOL.29, NO.2**, Jan- Mar 2018 page 210-216.
20. Binthu Mathavan & Dr.A.Praveen, “Influence of core training on selected muscular endurance and passing variables for men football players”, **International Journal of Physical Education, Sports and Health, Volume 5**, 2018, Page -34-36
21. Binthu Mathavan & others, “Analysis of the factors Associated with the computer’s satisfaction level on services provided in the library with special references to engineering college in Tirunelveli,Tamilnadu”, **Journal of physical Education and sports, Volume 21, Issue 6**, ISSN-2247806X, Page -2732-2741.
22. Binthu Mathavan & others, entitled “Operative Summary: Status of Obesity Prevalence and Therapy”. **Indian Journal of Natural Sciences**, Vol.13 / Issue 73 / August / 2022, ISSN: 0976 – 0997 (Print Web of Science).
23. Dilshith, Binthu Mathavan & others “Psychological Factors Affecting the Mental Health: A Study on Elite Wushu Athletes” **Indian Journal of Natural Sciences**, Vol.13 / Issue 75 / December / 2022, ISSN: 0976 – 0997 (Print Web of Science).
24. Ankita, Poojarani & S B Mathavan “Impact of Zumba Training on Selected Physical and Physiological Variables among Students”, **Journal of Physical Education, Recreation and Sports in Sciences & Technology (PERSIST)**, Vol.VII, No:1 / Special Issue, April-20233, ISSN: 0975 – 7414 (Print), Banaras Hindu University

Conference/ Symposium (International level):

1. Binthu Mathavan, "Effect of Core Training On Selected Physical Variable of School Level Football Players," Modern Scientific Technologies to Empower Sports Personal (Avinashilingam University) Coimbatore, Mar 8th & 9th 2012, Vol .1.
3. Binthu Mathavan, "Influence of Short Term Inter-University Training Programme on Muscular Endurance and Resting Heart Rate Variables Among Pondicherry University Women Football Players," International Conference on Innovate Technology in Sports and Allied Sciences, Karaikudi, Oct 19th &20th 2012, Vol .1.
4. Binthu Mathavan, "Influence of Short Term Inter-University Training Programme on Throw in And Shooting Performance Variables among Pondicherry University Women Football Players," 24th Pan Asian Society of Sports and physical education Special emphasis on traditional Sports & Games, Kolkatta, 7th to 9th FEB 2014, Vol .1.
3. Binthu Mathavan, "OBESITY AND PHYSICAL ACTIVITY" International Conference On Issues And New Ideas In Sports Management New Delhi, 9th And 10th March 2018.

Participation in Seminar /Webinar/ Conference/ Symposium :

1. Binthu Mathavan, "Effect of Static and Dynamic Warm-Up Stretching Exercises and Injury Prevention on Pondicherry University Football Men Players," Doping in Sports-Invigoration, Prerequisites and Misapprehensions, National College, Trichy, Tamilnadu, July 2012(page:- 296-299) ISBN- 9788190918961)28th July 2012.
2. Binthu Mathavan, "Effect of Core Training On Selected Physical and Skill Related Variables Of School Level Football Players," Modern Trends In Sports Management, (Ayya Nadar Janaki Ammal College) Sivakasi, Tamilnadu, (page:-108-112) ISBN-938048714-2), 21st and 22nd march 2012, Vol-1.

3. Binthu Mathavan, "Effect of four weeks plyometric training program on selected motor qualities in school level football players," Physical Education and Sports- An Inter-Disciplinary Approach (H.H.Rajah's college) Pudukottai, 23rd February 2013, Tamilnadu, Vol-1.
4. Binthu Mathavan, "Plyometric training's impact on variables of explosive power and flexibility for college-level men football players," National seminar on healthy India Vision 2023, Alagappa University, Karaikudi, 28th-29th SEP 2015, Vol 1.
5. Participated in a national seminar on Socio-Legal and other challenges for preventing drug abuse in India: Existing approaches and agenda of reforms organized by the Department of physical education, Central University of Punjab, Bathinda, from 6 to 7 February 2020.
6. Participated one-day national webinar on New Approaches in Sports Training organized by the Department of physical education, Sri Ramakrishna Mission Vidyalaya College of Arts & Science, Tamilnadu, on May 20, 2020.
7. Participated in the International Webinar on "Truths about Heavy Resistance Training: Why it's good for all of us" Organized by the Department of Physical Education and Sports, Indian Academy Degree College- Autonomous on Thursday, 22nd October 2020.
8. Participated National Webinar on "Physical and Mental Health of Students" Organized by the Department of Physical Education and Sports, University of Calicut, Kerala, on 19th October 2020.
9. Participated in a webinar on the Importance of Physical Fitness and Wellness organized by the Department of Physical Education, SD College, Alappuzha, on 08/29/2021.
10. completed a two-week interdisciplinary refresher course/faculty development program for "Managing Online Classes & Co-creating MOOCS 11.0" from 07 - 21 February 2022, *Organized by* Teaching Learning Centre, Ramanujan College, University of Delhi.

11. Participated in National Level Workshop on Kabaddi, “Kabaddi- Standard style, Indoor Kabaddi, Beach Kabaddi, Circle Kabaddi, and Pro Kabaddi,” organized by Karishma Academy, kovilpatti -628501, Tamilnadu, from 01-06-2022 to 05-06-2022.
12. Attended a five-days workshop on “curriculum development” organized by the dept of Education & IQAC, Central University of Punjab, Bathinda, from 6th to 10th Feb 2023.
13. Participated National Webinar on “Scientific and Technological Advancements in Sports Training” Organized by the Department of Education, Mizoram University, on 4th April 2022.

Organized Programmes

1. Conducted National Webinar on Career and Professional Development in Physical Education and Sports by DPES CUPB, Bathinda, on 02/11/2020, Expert: Dr. Sandeep Tiwari.
2. Conducted National Webinar on Exercise Mother of heart on 05/02/2021 by DPES CUPB, Bathinda Expert: Dr. Rakesh Chittora, Cardiac Surgeon Fortis Escorts Hospital, Jaipur.
3. Conducted Fit India Freedom Run on Saturday, August 14, 2021, at Saturday Central University of Punjab, Bathinda.
4. Conducted special Guest Lecture entitled Sports Psychology in Performance Enhancement on 25/04/2021 10.30 am - 11.30 am in virtual mode given by Dr. Jegadeeswari., (Ph.D.), Assistant Professor, Department of Physical Education, Pondicherry University.
5. Organized a webinar Entitled “Writing and Publication of Research Article: Principles & Pitfalls” at 3 pm on 24/11/2021 through Virtual mode.
6. Organized National webinar “ Present and Proposed Scenario of Teacher Training Institutions: A feature road map for NEP-2020”, Dated 4th October 2021.

7. Participated in National seminar as an organizing committee member on “Nasha Mukti Samaj Andolan Abhiyan Kaushal Ka: Socio-Legal, Psychological and other Ways for the Prevention of Alcohol and Drug Addiction in India” at CUPB, Bathinda on 24-06-2022.

Recourse person

- Panel Discussion entitled “Staying Fit during Covid-19” Organized by NSS cell Central University of Punjab on 23rd September 2020 at 11.30 AM.
- Special Lecture has been given as a resource person on a National webinar entitled” Physical Activities to improve Immunity of our Body” at Sadakadulla Appa College, Tirunelveli, Tamilnadu on 02/07/2021.
- Acted as Co-Chairperson for National seminar on “Nasha Mukti Samaj Andolan Abhiyan Kaushal Ka: Socio-Legal, Psychological and other Ways for the Prevention of Alcohol and Drug Addiction in India” at CUPB, Bathinda on 24-06-2022.

Editorial Board

- Associate Editor in Lawarence Press Journal Since 2020.
- Editor for the International Journal of Yoga, Physiotherapy, and Physical Education.
- Editor in the International Journal of Physical Education, Sports, and Health
- Editor in the International Journal of Physiology, Sports, and Physical Education
- Acting as Editor in ARC Publications since 2017.

Academic Responsibilities Done:

- ✓ Course Co-Ordinator for the course Fitness and wellness management
- ✓ Course Co-Ordinator for Sports medicine, athletic care, and rehabilitation.
- ✓ Course Co-Ordinator for the course of Measurement and evaluation in physical education.
- ✓ Course Co-Ordinator for the course of Bio-mechanics and kinesiology in Physical Education.
- ✓ Course Co-Ordinator for the course of Research Proposal.

- ✓ Course Co-Ordinator for the Research Methodology in Physical Education (Ph.D.) course.
- ✓ Annual Sports Meet Co-Ordinator at Central University of Punjab in 2020-2022.