



**Dr. K. Usha Rani**  
**Associate Professor**

### Contact

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**Academic Qualifications: B.Sc(Nut&Diet)., M.Sc.(Psy)., B.P.Ed., M.P.Ed.,M.Phil., PGDSM., Dip in Yoga., Ph.D**

**Teaching Experience: 16 Years**

**Research Experience: 16 Years**

### Additional Responsibilities

1. Co-ordinator – women harassment prevention cell, Alagappa University
2. PG ladies hostel, AUCPE hostel warden
3. NSS Programme officer -2000-2010
4. Cultural Co-ordinator up to 2012
5. In -charge Volley ball – (AUCPE)
6. Alagappa University Volley ball Men & Women coach.

## Areas of Research

Sports Physiology , Yoga, Training Methods

## Publications

International		National		Others
Journals	Conferences	Journals	Conferences	Books / Chapters / Monographs / Manuals
10	10	10	25	Books-1 Chapter-5 Monograph-2

## Patents

Book - Sports Physiology, ISBN No: 978-81-924835-1-1

## Distinctive Achievements / Awards

1. Women Achievers Award

## Events organized in leading roles

Number of Seminars / Conferences / Workshops / Events organized:

1. International workshop organised - 5
2. International seminar organised - 5
3. National Seminar organised - 5

## Events Participated

### Conferences / Seminars / Workshops

1. Conference - 20
2. Seminars - 25

## **Other Training Programs**

1. ISAK and WATER SPORTS COURES (10 Days)
2. A Two day national seminar on Safety and Security of Women and Girls in Public spaces: Planning and Designing Mechanism organised by Dept. Of Women's Studies, ALU with National Commission for Women, New Delhi.

## **Membership in**

### **Professional Bodies**

1. Life member in NAPCESS
2. Life Member in Indian Federation of Computer Science in Sports

### **Editorial Board**

1. International Journal of Sport, Exercise and Health Research, New Delhi

### **Academic Bodies (such as Board of Studies etc.,)**

1. Academic Board Member, Mother Therasa University, Kodaikanal
2. Board of Study Member AUCPE, Alagappa University

### **Others**

1. Alagappa University team selector for Volley ball.
2. Question paper setter for Various University – Annamalai University, Alagappa University, Avinishlingam University, Madras University, Tamilnadu Sports University
3. External member for teaching practice and paper valuation.

## **Resource persons in various capacities**

Number of Invited / Special Lectures delivered:

1. International Conference Jan 18<sup>th</sup> 2017 Tamilnadu Sports University. **“Chair Person”**
2. National seminar 12<sup>th</sup> Jan 2017 “Role of Bharatha Natiyam in Rhythamics and Physical Education” Alagappa University Chair Person
3. Chief guest Annual Sports Meet 6<sup>th</sup> Aug 2016, Savitri Vidyasala Hindu Girls Higher Secondary School & Kamakoti Vidyalaya, Trichy

## Others

1. Articles published in Newspapers / Magazines : விளையாட்டு உலகம்; - 2
2. No. of PhD Thesis evaluated : 01

## Recent Publications

1. Impact of Different types of Mallakhamb and Isometric exercises on selected biochemical variables of school boys in India, Asian Journal of Multidisciplinary Research (AJMR) , E-ISSN: 2395-1710-P-ISSN:2395-1729 Volume-1 Issue 5- PP-27-32, 2015
2. Impact of Different types of Mallakhamb and Isometric exercises on selected Fitness variables of school boys in India, Asian Journal of Applied Research (AJAR) – E-ISSN:2395-1702 P-ISSN-2395-0382, Volume-1 Issue 5- PP-11-15, 2015
3. The effect of Incline run, Decline run and running with light weight on plain surface on Cardio Respiratory endurance of college athletes in periyar University Asian Journal of Applied Research (AJAR) E-ISSN:2395-1702 P-ISSN:2395-0382 Volume-1 Issue 3- PP-6-9-2015
4. The effect of Incline run, Decline run and running with light weight on plain surface on Cardio Respiratory explosive power of college athletes in periyar University Asian Journal of Multidisciplinary Research (AJMR) E-ISSN:2395-1710-P-ISSN:2395-1729 Volume-1 Issue 3- PP-1-4-2015