

**RUN FOR COMPETITION, JOG FOR FITNESS, WALK FOR HEALTH**

**Mr. SANDEEP.ULLAL**

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**STATEMENT OF OBJECTIVE:** I am looking forward to join an Institution where I will use my knowledge to the maximum, so that it could help me to enhance my skills the same contribute to the goals of your Institution. Seeking challenging career in the field of **PHYSICAL EDUCATION AND SPORTS** and also a thirst to earn both Name and Fame.

**PERSONAL SKILLS:** Fast learner and Adapt well to change; Proactive and self-motivation; Ready to work in group; Leadership quality; Hard Working with full dedication.

**STRENGTHS:** Quick adaptability, Good Communication Skills, Ability to work efficiently and effectively.

**ACADEMIC QUALIFICATION**

<b>DEGREE</b>	<b>BOARD OF EXAMINATION</b>	<b>COLLEGE/INSTITUTION/ UNIVERSITY</b>
<b>B.A</b>	Mangalore University	University College, Mangalore
<b>B.P.Ed</b>	Mangalore University	Dept. of P.G Studies and Research in Physical Education and Sports, Mangalore University
<b>M.P.Ed</b>	Mangalore University	Dept. of P.G Studies and Research in Physical Education and Sports, Mangalore University
<b>N.I.S (C.C)</b>	SAI Bangalore	SAI Southern Centre, Bangalore
<b>M.Phil</b>	Bharathiar University	Bharathiar University, Coimbatore
<b>NET</b>	UGC	National Educational Testing (NET) Bureau

## PERSONAL ACHIEVEMENTS

- Member of Bangalore University B.P.Ed Examination Board for Theory and Practical.
- Member of Selection committee Mangalore University, All India Inter University Softball Men team.
- Member of Selection committee Mangalore University, All India Inter University Softball Women team.
- Member of Selection committee Mangalore University, Inter University Cricket Men team.
- Member of Selection committee Mangalore University, Inter University Basketball Women team.
- Member of Selection committee Mangalore University, Inter University Cricket Women team.
- Team Manager of Mangalore University All India Inter University Softball men team.
- Member of Selection committee New Mangalore Port Trust (NMPT) Cricket men team.
- Team Manager of Mangalore University Inter University South Zone Cricket Men team and secured Fourth Position.
- NSS Assistant officer for 4 years (2017-2021).

## DETAILS OF PAPERS PRESENTED IN SEMINARS/CONFERENCES

TITLE OF THE ARTICLE	AUTHOR	NAME OF THE PROGRAMME	ORGANIZER	DATE	LEVEL
Quality of Teaching and coaching sports in colleges	SANDEEP.U	NAAC Sponsored National Seminar on Teaching-learning in physical education: Quality concerns	Sri. Ramakrishna mission VidyalayaMaruthi College of Physical education	18 <sup>th</sup> & 19 <sup>th</sup> March 2011	National level
Talent identification in sports	SANDEEP.U	UGC Sponsored National Conference on Recent Trends in Yoga and Physical Education	Dept of Physical Education, Virudhunagar Hindu NadarsenthikumarNadar college	11 <sup>th</sup> – 12 <sup>th</sup> , August 2011	National level
Rehabilitation Process of the common injuries in Athletics	SANDEEP.U	UGC sponsored National Seminar on Understanding and Managing the injured athletes	Kukke shri Subrahmanyeshwara college Subrahmaya, DK, Karnataka	3 <sup>rd</sup> & 4 <sup>th</sup> Feb. 2012	National level

## DETAILS OF RESEARCH PAPERS PUBLISHED

### 1. Refereed Journals

Title of the Article	Author	Name of the Journal Vol. no.	Level	Impact Factor
Effect of Achievement, Motivation and socio economic status on Sports performance of sports women in Karnataka State	SANDEEP.U	IFCSS VOL.9 NO.1	<b>NATIONAL</b>	0.05190 ISSN:0975 -7732
Effect of Achievement, Motivation and socio economic status on Sports performance of sports women in Karnataka State	SANDEEP.U	IJHPECCS VOL.12NO. 1	<b>INTER-NATIONAL</b>	0.624 ISSN:2321 -3265
A comparative Study of Toughness in Kabaddi and Kho-Kho Players of Mangalore University	SANDEEP.U	LSIJEVOL.3 Issue II	<b>INTER-NATIONAL</b>	ISSN:2320 -6357
The effect of regular multi activity programme of B.P.Ed Degree course on Physical Fitness of students of bachelor of Physical Education, Mangalore University	SANDEEP.U	LSIJEVOL.3 Issue II	<b>INTER-NATIONAL</b>	ISSN:2320 -6357
The Relationship Between Body Composition And Motor Fitness of High school Boys	SANDEEP.U	LSIJEVOL.3 Issue III	<b>INTER-NATIONAL</b>	ISSN:2320 -6357
The Study was To Compare The Physical Fitness of Basketball Players And Football Players of Mangalore university	SANDEEP.U	LSIJEVOL.3 Issue III	<b>INTER-NATIONAL</b>	ISSN:2320 -6357
Green Banking : Issues and Challenges	SANDEEP.U	International Journal of Physical I sports and Health	<b>INTER-NATIONAL</b>	ISSN:2250 -1991 5.215
Comparative study on health related Physical Fitness and Motor Fitness of college women in sullia Taluk, Karnataka state	SANDEEP.U	International Journal of Review of Research	<b>INTER-NATIONAL</b>	(ISRA): 5.38 IJPESH 2016
The effect of yogic practices on selected physical fitness variables of collegiate women	SANDEEP.U	LSIJEVOL. 3 Issue III	<b>INTER-NATIONAL</b>	ISSN:2320 -6357
Significant Difference Between Health Related Physical Fitness of Mangalore University P.G. Students	SANDEEP.U		<b>INTER-NATIONAL</b>	ISSN:2249 -894x 3.1402(UIF)
The sports sponsorship trends in Dakshina District of Karnataka state and resulting in participation and performance	SANDEEP.U	International Journal of Physical Education, sports and Health	<b>INTER-NATIONAL</b>	(ISRA): 5.38 IJPESH 2016
The comparative study on vital capacity of high school volleyball and handball players of Mangalore Taluk of Karnataka state	SANDEEP.U	International Journal of Physiology, Nutrition and Physical Education	<b>INTER-NATIONAL</b>	RJIF 5.43
A comparative study on common injuries among the Greco roman and free style wrestlers among university wrestlers.	SANDEEP.U	International Journal of Physiology, Nutrition and Physical Education	<b>INTER-NATIONAL</b>	RJIF 5.43
Compare intelligence and motor educability among high school boys and girls of Kundapur Taluk, Karnataka state	SANDEEP.U	International Journal of Physiology, Nutrition and Physical Education	<b>INTER-NATIONAL</b>	RJIF 5.43
A Comparative study on Physical Fitness Variables of Kho-Kho and Kabaddi Players of High school boys of Bangalore South	SANDEEP.U	International Journal of Physiology, Nutrition and Physical Education	<b>INTER-NATIONAL</b>	RJIF 5.43

## ADDITIONAL QUALIFICATION

- Qualified State level Athletic Official.
- Qualified State level Volleyball Official.
- Participated Short -term sports coaching camp in basketball coach.

## DETAILS ABOUT GUIDED FOR MPED THESIES

Sl No	Title of the Thesis	Name of Students	Guide	Course	Year
1	A STUDY ON THE BLACK PEOPLE PERFORMANCE IN BEJING OLYMPICS-2008	RAMESH P C REG.NO:072230039	SANDEEP U	MPED	MAY 2009
2	DEVELOPMENT OF KHO-KHO IN DAKSHINA KANNADA DISTRICT	SUDHAKARA REG.NO:081180042	SANDEEP U	MPED	MAY 2010
3	A STUDY ON COTRIBUTIONS OF GYMNASIUM OF DAKSHINA KANNADA DISTRICT	SUDESH REG.NO:091100093	SANDEEP U	MPED	JUNE 2011
4	SPORTS SPONSORSHIP TRENDS IN COORG DISTRICT AND RESULTING IN SPORTS PARTICIPATION AND PERFORMANCE.	USHA A J REG.NO:091100093	SANDEEP U	MPED	JUNE 2011
5	EVALUVATION OF VARIOUS OFFENSIVE SKILLS OF KHO-KHO GAME	KISHORE P N REG.NO:072230027	SANDEEP U	MPED	MAY 2011
6	A APPRAISAL OF FAMILY BACKGROUND OF PHYSICAL EDUCATION STUNDENTS	DINESH REG.NO102760049	SANDEEP U	MPED	MAY 2012
7	A STUDY ON ATTITUDES OF DIFFERENT RELIGIOUS LEADERS TOWARDS PARTICIPATION IN RELIGIOUS SPORTS	HARIPRASAD REG.NO102760054	SANDEEP U	MPED	MAY 2012
8	A STUDY ON CONCENTRATION AND AGGERSSION LEVEL OF BALL BADMINTION PLAYERS OF MANGALORE UNIVERSITY	NAVEENCHANDRA REG.NO102760064	SANDEEP U	MPED	MAY 2012
9	THE SPORTS SPONSORSHIP TRENDS IN DAKSHINA KANNADA DISTRICT AND RESULTING IN SPORTS PARTICIPATION AND PERFORMANCE.	PRATHIMA M V REG.NO102760069	SANDEEP U	MPED	MAY 2012
10	A STUDY ON SPORTS FACILITY OF PRE-UNIVERSITY COLLEGE OF DAKSHINA	SANDESHA.B REG.NO102760074	SANDEEP U	MPED	MAY 2012
11	A STUDY ON YOGA TREND IN HIGH SCHOOL OF MANGALORE TALUK	SUJAYRAJU S REG.NO102760079	SANDEEP U	MPED	MAY 2012
12	A COMPARATIVE STUDY ON THE AWARENESS OF PHYSICAL EDUCATION COURSE AMONG SPORTS PERSONS AND NON-SPOTS PERSONS OF MANGALORE UNIVERSITY	VINOD M P REG.NO102760084	SANDEEP U	MPED	MAY 2012
13	A COMPARATIVE STUDY ON HEALTH RELATED PHYSICAL FITNESS OF BOYS AND GIRLS OF HIGH SCHOOL OF BANGALORE DISTRICT	UDAYACHANDRIKA BHAT REG.NO:102760131	SANDEEP U	SUMMER MPED	AUG 2013
14	A COMPARATIVE STUDY ON THE PERFORMANCE OF HIGH SCHOOL BOYS OF DIFFERENT RELIGIOUS TOWARDS SPORTS	VARADARAJ REG.NO:102760132	SANDEEP U	SUMMER MPED	AUG 2013
15	THE ATTITUDES OF HIGH SCHOOL TEACHERS TOWARDS PHYSICAL EDUCATION	RAGHAVENDRA M REG.NO.133668131	SANDEEP U	MPED	MAY 2015
16	A STUDY ON MEASURES TO DEVELOP SPORTS PARTICIPATION AND PERFORMANCE OF WOMEN IN TUMKUR UNIVERSITY	SUNIL KUMAR K B REG.NO.133668141	SANDEEP U	MPED	MAY 2015
17	A COMPARATIVE STUDY ON PHYSICAL FITNESS VARIABLES OF KHO-KHO AND KABADDI PLAYERS OF HIGH SCHOOL BOYS OF BANGALORE SOUTH	Mr. VITTHAL HERAKALLA REG NO: 142378152	SANDEEP U	MPED	MAY 2016

## **CONFERENCES/SEMINARS/WORKSHOPS**

- “Special Olympic Training and Clinic” held on 4<sup>th</sup> and 5<sup>th</sup> February, 2005 at Mangalore.
- Work shop on “Athletic Officiating” on 11<sup>th</sup> and 12<sup>th</sup> March, 2005 at Shirva.
- Work shop on “Volleyball Officiating” held on 2<sup>nd</sup> and 3<sup>rd</sup> April, 2005 at Mangalore.
- Symposium on “Media and Sports Management” held on 24<sup>th</sup> March, 2005 at Mangalore.
- UGC Sponsored National Level Seminar on “Physical Education, Sports and College Curriculum” held on 21<sup>st</sup> and 22<sup>nd</sup> November, 2008 at Vijaya College, Mulki.
- UGC Sponsored International Conference on “Talent Identification and Development in Physical Education and Sports” held on 29<sup>th</sup> and 30<sup>th</sup> January, 2010 at Brahmavar
- National Seminar on “Recent Trend in Physical Education, Sports, Health Education, Yoga and Stress Management” held on 11<sup>th</sup> and 13<sup>th</sup> August, 2010 at Kotayam.
- NAAC Sponsored National Seminar on “Teaching – Learning in the Physical Education: Quality Concerns” held on 18<sup>th</sup> and 19<sup>th</sup> March, 2011
- Attended Workshop on the Technical, Tactical & Organizational aspect of “Netball” organized by Mangalore University 18 & 19 March 2011
- UGC Sponsored National Seminar on “Understanding and Managing the Injured Athletes” held on 3<sup>rd</sup> and 4<sup>th</sup> February, 2012 at Shirva, Karnataka.
- UGC Sponsored National Seminar on “Sports Injuries and Rehabilitation” held on 2<sup>nd</sup> and 3<sup>rd</sup> March, 2012 at Subrahmanya.
- International Conference on Physical Education and Sports, Organized by Manipal University, under the aegis of NAPCESS, held on 8<sup>th</sup> to 12<sup>th</sup> in Manipal. Theme: “Vision 2020: Global Excellence in Physical Education and Sports Science”
- UGC Sponsored International Conference on “Health related physical fitness and wellness” in Poornaprajna College, Udupi, on 22<sup>nd</sup> and 23<sup>rd</sup> august.
- UGC Sponsored National Conference on “Effective Implementation of Sports & Games in Education Institutions”, Sri Dhavala College, Moodabidri, DK, - 574227

## **EMPLOYMENT EXPERIENCE**

Worked as a **LECTURER** (Full Time) For B.P.Ed, M.P.Ed and Summer M.P.Ed Students) in last 12 years. Department of P.G. Studies and Research in Physical Education and Sports, Mangalore University, Karnataka

## **TEACHING EXPERIENCE**

- SPORTS PSYCHOLOGY
- SPORTS SOCIOLOGY
- STATISTICS AND COMPUTER APPLICATION IN PHYSICAL EDUCATION
- PRINCIPLES OF OFFICIATING AND COACHING
- EXERCISE PHYSIOLOGY
- BIOMECHANICS AND KINESIOLOGY
- ORGANIZATION, ADMINISTRATION AND SUPERVISION IN PHYSICAL EDUCATION
- HISTORY AND FOUNDATIONS OF PHYSICAL EDUCATION
- METHODS IN PHYSICAL EDUCATION
- **GAME SPECIALISATION** : Badminton, Athletics, Volleyball, Kabaddi, Tennis, Table Tennis, Football, Cricket, Softball, Basketball, Handball, Hockey, Kho-Kho, Chess, Yoga, Aerobics Training.

## **TRAINING AND COACHING EXPERIENCE**

- Badminton, Tennis, Kabaddi, Volleyball, Soft Ball, Kho-Kho, Handball, Aerobics etc.
- Assigned as a Karnataka State Cricket Association, Dakshina Kannada Cricket Association and Sports Promoters Clubs coaching in Cricket last Ten years.

## **ORGANIZING EXPERIENCE**

- Organized various sports events at All India Inter University and South zone Inter university competition (Volleyball, Badminton, Tennis, Ball Badminton, kho-kho, Kabaddi, cricket etc.)
- Intercollegiate, State, Dasara and National level competition.