



JYOTHISH K.B

HOD

Physical Education

◆ CONTACT

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📍 11/58, Snehitha (H)
Tharakkalam, Chittur,
Palakkad, Kerala
India-678101

◆ EDUCATION

Pursuing PHD

Karpagam Academy of Higher
Education.

Eachanari, Coimbatore, Tamil
Nadu, India.

2021 to 2026

Master of Physical Education

(2 years)

Jl waji University

Gwalior, M.P, India

June 2003

Bachelor of Physical Education

(3 years)

LNCPE , University of Kerala, India

April 2001

Pre-Degree

Govt College Chittur

University of Calicut, India

September 1997

SSLC

Govt. High School for Boys Chittur

Kerala Board, India

March 1995

◆ ABOUT ME

Passionate Physical Education professional with 18 years of experience in instructing and mentoring secondary & higher secondary students, ages 11-18 within diverse urban and suburban educational settings. Adept in creating dynamic and inclusive physical education programs. Fostering a love for fitness and promoting overall wellbeing among students. Demonstrated success in implementing innovative teaching methodologies and achieving positive outcomes in students performance and CAIE examinations.

◆ CAREER SUMMARY

HOD - Department of Physical Education

V.V College of Science & Technology, Kanjikode, Palakkad
Kerala, India.

2020 - Present

Key Responsibilities :-

- Preparation of sports program and sports budget for each academic year and actualise the same.
- Mandatory carried out selection trails for students to participate in the various Inter collegiate, Inter-university, state and national level tournaments.
- Carried out inter departmental competitions in various sports and games.
- Attend Physical Education related meetings, workshops as required, undertakes assignments if necessary.

HOD - Department of Physical Education

OASIS INTERNATIONAL SCHOOL, Bangalore, Karnataka ,
India.

2015 - 2020

Key Responsibilities :-

- Controlled CPPI, IGCSE & Cambridge AS/A Level grades organising and conducting the sports day, Inter-school and Inter-house tournaments.
- Crafted sports curriculum & coaching major - sports & games.
- Teaching Physical Education as a subject for IGCSE and responsible for directing student academic reinforcement activities and testing
- Organising and accompanying students to adventure camps and school trips.

◆ SPORTS SPECIALISATION

- 1) Cricket 2) Badminton 3) T.T 4) Yoga
5) Athletics

◆ THEORY SPECIALISATION

- 1) Sports Medicine 2) Exercise Physiology
3) Sports Training 4) Sports Psychology
5) Sports Biomechanics 6) Health Education

◆ CORE SKILLS

- * Curriculum Development
- * Inclusive teaching
- * Student Assessment
- * Fitness Training
- * Sports Coaching
- * Extra-Curricular Activities
- * Excellent Interpersonal and Communication skills
- * Strong organisational and planning skills
- * Ability to create engaging and interactive lessons,

◆ CERTIFICATION

- ^ Diploma in Computer Office Automation.
- ^ Diploma in Yoga Education.
- ^ IBFCC - Badminton Coaching Certificate
- ^ IAAF- Athletics coaching course-Level 2

◆ PASSION

- * Research in Sports Injuries Rehabilitation
- * Sports Nutrition
- * Research in Latest Fitness management Techniques.
- * Making diet plans for fitness management.

◆ REFERENCES

- 1) Dr,P Ramachandran
Vice Principal
V.V College of science & technology
Kanjikode,Palakkad,Kerala,India
Mob:- +917306883738
- 2) Bhapi Balakrishnan
Health Executive
Dept of NHS ,Portsmouth,U.K
Mob :- +447306755592
- 3) Dr. OJ Kumareshan
Amrita University,Coimbatore
Tamil Nadu.Mob:-+919364212

Physical Education Teacher

INDUS INTERNATIONAL SCHOOL, Pune,Maharashtra India.
2012 - 2015

Key Responsibilities :-

- o Controlled PYP,IGCSE & IBDP grades organising and carried out the sports day, Inter-school and Inter house tournaments in different sports & games.
- o Team selections and preparations for TAISI, State and National tournaments.
- o Crafted sports curriculum and coaching major Sports & Games.
- o Design and implement bespoke fitness programs tailored to individual students needs, Incorporating software for tracking progress and adjusting workout plans accordingly.
- o Facilitated students with additional needs and devise adaptable lesson plan and learning strategies to ensure an equal access for every child.

Physical Education Director

AMRITA UNIVERSITY(Mysore Campus), Karnataka , India.
2008 - 2012

Key Responsibilities:-

- o Facilitated training and coaching of selected students for various Inter college,University & Inter-University sports & games tournaments.
- o To carried out and assist Inter collegiate and Inter departmental tournaments.
- o Preparation of action plan and sports budget for each academic years.
- o Carried out selection trails for students in different sports and games to participate in the Inter University, State & National competitions.

HOD - Department of Physical Education

CHILDREN SENIOR SECONDARY SCHOOL,Azamgarh,
U.P , India.

2003 - 2008

Key Responsibilities:-

- o Handled Physical Education subject Code no 048 for grade 11 and 12th standard.
- o Events co-ordinator & personal,social and health education classes for 11-16 age groups.
- o Organising Inter house and Inter school competitions
- o Specific coaching for major sports & games.

◆ LANGUAGE

- a) English – Proficient b) Hindi – Fluent
c) Malayalam – Native d) Kannada – Basic

I hereby declsre that all the information furnished above is true and connect to the best of my knowledge and belief.

((JYOTHISH K.B)