

# Resume

**Name** : **ZAMIRULLAH KHAN**  
**Present position** : Associate Professor  
**Date of Birth** : 10.04.1969  
**Father's Name** : Mr. Rahmatullah Khan  
**Nationality** : Indian  
**Postal Address** : Department of Physical Education,  
A.M.U., Aligarh 202002, U.P.

## **Educational Qualifications:**

<b>Examination passed</b>	<b>Year of Passing</b>	<b>Board/ University</b>	<b>Subjects offered</b>	<b>Division &amp; % of Marks</b>
Graduation	1988	Panjab Univ. Chandigarh	Physical Education, English & Geography	2 <sup>nd</sup> , 58.9
Post Graduation	1990	Panjab Univ. Chandigarh	Physical Education	1 <sup>st</sup> , 65.8
Ph.D.	2001	A.M.U Aligarh	Physical Education	Awarded

## **UGC – NET Qualified- 1995**

### **Research Experience:**

- a. Ph.D. titled “A study of attitude school students towards Physical Education in relation to their motor fitness, academic anxiety and academic achievement”.
- b. **Six research theses** have been evaluated successfully.
- c. **Four** research scholars are **enrolled** for Ph.D. degree.

### **Major Research Project:**

Completed a UGC Sponsored Major Research project titled “**Preparation of Web based gateway for the resources in Physical Education**”. 2008

### **Publications:**

#### **Books:**

1. Authored book entitled “Physical Education” for class XI, 1996, Vishvas Publications, Pvt. Ltd., Chandigarh.(last edition 2012)
2. Authored book entitled “Physical Education” for class XII, 1996, Vishvas Publications, Pvt. Ltd., Chandigarh.(last edition 2012)

### **Papers published in journals:**

1. Paper entitled “Level of self esteem in men and women north zone Badminton Players” Published in International Organization of scientific research Journal of Sports and Physic Education Volume: I Issue: 6 2014: Page59-60.
2. Paper entitled “A study of Awareness Towards Doping in Sports” Published in Indian Journal of Scholarly Research Volume: 3 Issue: 10 October 2014: Page14-16.
3. Paper entitled “An Appraisal of Performance Failure among All India Hockey Players” Published in International Multidisciplinary Journal Volume: I Issue: VIII of November, 2013: Page1872-1878.
4. Paper entitled “Effect of elbow flecion on gripstrength invertical and horizontal directions” Published in Journal of human ergology., 42: Page13-22, 2013
5. Paper entitled “Sports achievement motivation and sports competition anxiety among international table tennis players”. published in Horizon Palestra International Journal of Health, Sports and Physical Education Vol. 1 No.2, Jan 2013, page 29-32.
6. Paper entitled “A study of Emotional Intelligence between Inter Iniversity and Inter Collegiate Hockey Players”. Published in Malaysian Journal of Sports Science and Recreation. Volume 9, No.1, 2013.
7. Paper entitled “A study on Body Image and Self- Concept of Soccer Players” published in Indian Streams Research Journal Vol. 2 No.12, Jan 2013, page 50-54.
8. Paper entitled “Fear of Failure in Asian Badminton Players” published in journal IJPESYS, Vol. 1 No. 4 2012, page 17-19.
9. Paper entitled “A study of sports achievement motivation and sports competition anxiety in youth national volleyball players” published in journal IJPESYS, Vol. 1 No.3 2012, page 39-42.
10. Paper entitled “Assessment of Self-Concept between state and National level Soccer players” published in journal Human Kinetics, Vol. 2 No.2 2012, page 28-30.
11. Paper entitled “Sports Achievement Motivation in National and International Athletes: A Comparative study” published in journal IJPEFS (on line), Vol. 1 No.1 2012, page 9-13.

12. Paper entitled "A study on Social Intelligence of the students of Physical education" published in journal IJSSPE, Vol. 2 No.1 2011, page 57-59.
13. Paper entitled "Gender difference in achievement motivation of intervarsity level badminton players" Journal of Physical education and Sport Vol. 11 No 3 2011 page 255-258.
14. Paper entitled "Sports Achievement Motivation and Sports Competition Anxiety: A Relationship Study" Journal of Education and Practice. Vol.2, No. 4, 2011 page 1-5
15. Paper entitled "Emotional and Social Intelligence among Physical education students: A comparative Study" Human Kinetics A journal of Physical Education and Fitness, Vol.2 No. 2, 2011 page 6-9
16. Paper entitled "A Study of Achievement motivation of university level male and female basket ball players." Published in Journal of Entire Research Vol.3 No.1 Januray 2011, page 81-82.
17. Paper entitled "Anxiety among Players of Asian Countries: A Study" Published in Journal of Health and Fitness, Vol. 2 No. 2010
18. Paper entitled "Comparative Study on Competitive Anxiety of Athletes at Different Level of Competition" published in Journal of Vyayam-Vidnyan Vol. 43 No 3, August-2010.
19. Paper entitled "Sports Achievement Motivation among Asian Players: A study" published in AMASS Multilateral Research Journal, Vol. 2, No2, 2010 page 7-9.
20. Paper entitled " Difference of values amongs hockey and cricket players" published in AMASS Multilateral Research Journal, Vol. 2, No 2, 2010 page 123-126.
21. Paper entitled "Comparative Study on Chest Width and Hip Width of the All India Intersvarsity, National and State Level Long Distance Runners" published in the proceedings of All India Seminar on Ergonomics for Improved Productivity, organized by Deptt. Of Mechanical Engineering, A M U Aligarh, 2009, page 361-365.
22. Paper entitled "Comparative study on Adjustment of male and female swimmers" published in journal Scientific Journal in sport and exercise .Vol.2 No1 2006 page 14-17.
23. Paper entitled "Gender differences in attitude of school students towards Physical Education" published in the proceedings of the National

Conference cum-Workshop on Sports and Society organised by Department of Physical Education, Panjab University, Chandigarh, Feb. 22-23, 2003, page 68-70.

**Paper Presented in International Conference/Seminar/Symposium/Workshop:**

1. Presented a paper entitled “ **Emotional Intelligence of Physical education students**” at international symposium on Global Trends of Physical Education and Sports in 21<sup>st</sup> Century, organized by Noida College of Physical Education, Dadri, G B Nagar, U.P. April 2-3,2011.
2. Presented a paper entitled “**Correlation between Competitive anxiety and General Well being of selected Male Sports group**” at International Conference and Workshop of Physical Education organized by K.M.C. Manipal, Karnatka, April 24-26, 2006.

**Paper Presented/Lecture delivered in National conference/seminar/workshop:**

- 1 Presented a paper entitled “**Aspiration among University and College Sportsperson: A Comparative study.** In National Seminar on Scientific Support in Sports, organized by Deptt. Of Physical Health and Sports Education, A M U Aligarh on January 30-31, 2011.
- 2 Presented a paper entitled “**Achievement motivation and sports competitive anxiety among Asian players.**” In National Seminar on Scientific Support in Sports, organized by Deptt. Of Physical Health and Sports Education, A M U Aligarh on January 30-31, 2011.
- 3 Presented a paper entitled “**Emotional intelligence of hockey players at different level of participation: A Comparative study.** In National Seminar on Scientific Support in Sports, organized by Deptt. Of Physical Health and Sports Education, A M U Aligarh on January 30-31, 2011.
- 4 Delivered a lecture on “**Role of sports infrastructure in promotion of sports**” as a resource person for subject refresher course in Physical education at UGC Academic Staff College, A M U Aligarh, on 8 February, 2011.
- 5 Delivered a lecture on “**Importance of P R in Promotion of Physical Education**” as a resource person for subject refresher course in Physical education at UGC Academic Staff College, A M U Aligarh, on 3 February, 2011.

- 6 Presented a paper entitled “**Comparative Study on Competitive Anxiety of Different Level of Competition.**” In National Seminar on Scientific Innovations in Sports organized by Deptt. Of Physical Health and Sports Education, A M U Aligarh on February 13-14, 2010.
- 7 Presented a paper entitled “**A Comparative Study of Emotional Intelligence between Male and Female Badminton Players**” In National Seminar on Scientific Innovations in Sports organized by Deptt. Of Physical Health and Sports Education, A M U Aligarh on February 13-14, 2010.
- 8 Presented a paper entitled “**Difference of Values Amongst Hockey and Cricket Players**” In National Seminar on Scientific Innovations in Sports organized by Deptt. Of Physical Health and Sports Education, A M U Aligarh on February 13-14, 2010.
- 9 Presented a paper “**Comparative Study on Chest Width and Hip Width of the All India Interverisity, National and State Level Long Distance Runners**” in All India Seminar on Ergonomics for Improved Productivity, organized by Deptt. Of Mechanical Engineering, A M U Aligarh-202002. 21-22 November, 2009.
- 10 Presented a paper “**A study on social Intelligence among Students of Physical Education**” in National Conference organized by Doon College of Education, Saharanpur U.P. 31<sup>st</sup> October to 1<sup>st</sup> November, 2009.
- 11 Presented a paper entitled “**Inter Correlation between Ego Strength and General Well-being of Male Sports persons of various games**” in national conference organized by NIET & Deptt. Of Psychology, Osmania University, Hyderabad. January 18-20, 2007.
- 12 Presented a paper entitled “**Comparative study on Adjustment of Male and Female Swimmers**” in National Seminar Workshop organised by Dr. S.A. College of Physical Education, Trichendur, Dec. 17 to 19, 2004.
- 13 Presented a paper entitled “**Gender differences in attitude of school students towards Physical Education**”. In the National Conference cum-Workshop on Sports and Society organised by Department of Physical Education, Panjab University, Chandigarh, Feb. 22-23, 2003.
- 14 Presented a paper entitled “**Muslim Women and participation in sports**”. In the National Seminar on Sports Sciences in new millennium”, organised by Department of P.H. & S.E., AMU, Aligarh, Feb. 27-28, 2000.

### **COURSES ATTENDED:**

1. Attended short term course on “**E-Resources for Research**” conducted by UGC Academic staff College, A M U Aligarh from 16 to 21 December 2011.
2. Attended short term course on “ **Introduction to web Designing using HTML**” conducted by the Computer Centre, A M U Aligarh, 2 to 9 January, 2006.
3. Attended UGC Sponsored **Orientation Course** in the subject of Physical Education, organized by UGC Academic Staff College, A M U Aligarh, from 10.04.2002 to 02.05.2002.
4. Attended UGC Sponsored **Refresher Course** in the subject of Computer Applications (Interdisciplinary), organized by UGC Academic Staff College, A M U Aligarh, from 10.04.2002 to 02.05.2002.
5. Attended **Certificate Course in Yoga** organised by Netaji Subhas National Institute of Sports Patiala. (1992).
6. Attended **Water Sports Camp** at Pong Dam (Himachal Pradesh) organized by Mountaineering and Allied Sports Department Manali, Himachal Pradesh.(1989)

### **Teaching Experience: 23 years**

- i. Working as associate Professor in the Department of Physical Health and Sports Education, A.M.U., Aligarh since 21.9.2005.to date.
- ii. Worked as Assistant Professor in the Department of Physical Health and Sports Education, A.M.U., Aligarh from 20.9.1996 to 20.9.2005.
- iii. Worked as P.G.T. of Physical Education in Pt. M.L.S.D.. Public School, Chandigarh from 1.8.1992 to 19.9.1996.
- iv. Worked as Physical Education Teacher in Bhartia Vidya Bhawan, Chandigarh from 28.11.1992 to 31.07.1992.
- v. Worked as Physical Education Instructor in St. Joseph’s High School Chandigarh from 1.7.1990 to 27.11.1990.

### **Details of Innovations/Contribution in Teaching:**

- a. Time table in charge since 2006 till date.
- b. Acted as **Conference Secretary** to organize I<sup>st</sup> International Conference on Physical Education and Sports Sciences” Organized by the Department of Physical Health & Sports Education A. M. U., Aligarh, U.P. India on November 16-18, 2013.

- c. Acted as **Organizing Secretary** in the National Workshop on “Biofeedback in Sports” Organized by the Department of Physical Health & Sports Education A. M. U., Aligarh, U.P. India on November 13, 2011.
- d. Worked as **Paper setter** for M P Ed Examintion, 2011, Ch. Charan Singh University, Meerut. U.P. India.
- e. Acted as **Organizing Secretary** in the National Seminar on “Scientific Support in Sports” Organized by the Department of Physical Health & Sports Education A. M. U., Aligarh, U.P. India on January 30-31, 2011.
- f. Worked as **Scrutinizer** for Under Graduate and Post Graduate Courses for the session 2011-2012.
- g. **Member** of Faculty of Social Sciences from 2010 to 2012
- h. Acted as **Resource Person** in the National Seminar on “Scientific Innovations in Sports” Organized by the Department of Physical Health & Sports Education A. M. U., Aligarh, U.P. India on February 13-14, 2010.
- i. Acted as **Co-Chair Person** in Scientific Session during the National Seminar Organized by the Department of Physical Health & Sports Education A. M. U., Aligarh, U.P. India on February 13-14, 2010.
- j. Acted as **Moderator** of question paper for **B.P.Ed.** course Session 2010-2011, of A M U Aligarh.
- k. Acted as **Moderator** of question paper for SSC part I/II (Class IX & X) examination 2010-2011, of A M U Aligarh.
- l. Acted as **Co-ordinator** for admission to **B.P.Ed.** course Session 2010-2011, of A M U Aligarh.
- m. **Member** to conduct Sports Trial for nomination (admission) of candidates to various courses under Sports Category 2010.
- n. Acted as **Evaluator** of MPE Exams for Ch. Charan Singh University, Meerut U.P. on 18.07.2010.
- o. Worked as **Examiner** to conduct practical in Physical Health Education, of SSC Part-II Class X, Session 2009-10.
- p. Acted as **Resource person** National Conference organized by Doon College of Education, Saharanpur U. P. 31<sup>st</sup> October to 1<sup>st</sup> November, 2009.
- q. Acted as **External examiner** to conduct Comprehensive Viva of BPE II at School of Physical Education, Devi Ahilya University, Indore (M.P.) 13.05.2009.

- r. Member of committee for constructing new syllabus for the graduation and master of physical education course Department of Physical Health & Sports Education A. M. U., Aligarh, U.P. India.
- s. Acted as **expert to update the syllabi** of Methods of teaching and management of Physical Education in the light of recent developments for Department of Physical Health & Sports Education A. M. U., Aligarh, U.P. India.
- t. Organized National Seminar / Conferences on Sports Sciences and Need based Physical Education in the year 2000 and 2002 respectively as member of academic programmes.

#### **Details of participation in Corporate life:**

- i. Acted as **Warden** Mohd. Habib Hall, 2011-12
- ii. Worked as **Provost** of Mohd. Habib Hall on 14 & 15 November, 2011, 8/12/2011, 23 & 24 February, 2012.
- iii. Worked as **Coordinator**, Centre for Professional Courses on 23 & 24 February, 2012.
- iv. Worked as **Coordinator**, Centre for Professional Courses on 21<sup>st</sup> November, 2011.
- v. Assisted the Chief Election officer in conduct of A M U Student's Union election 2011.
- vi. Worked as **Observer** for A M U MBBS Admission test of 2010-2011 at the centre of Indian Public School, Lucknow.
- vii. Worked as "**Announcer**" in **XIX Common Wealth Games**, in Karni Singh Shooting Range, New Delhi, From Oct 1-13, 2010.
- viii. **Elected member of Academic Council** from Reader's Constituency, 2008- 2010.
- ix. Acted as **Warden** Sulaiman Hall, 2005- 2006
- x. Acted as **Warden** Nadeem Tareen Hall, 2000-2002
- xi. Acted as **Warden** Allama Iqbal Hall, 1997-1999
- xii. Accompanied the University Tennis Team as **Manager** , for the North Zone interuniversity tennis championship held at Panjab university Chandigarh, Team qualified for All India Zonal Tennis Championship, 2004.
- xiii. **Elected member of Academic Council** from Lecture Constituency, 2003-2005.

#### **College Colour:**

- Got college colour of GGSDS College Chandigarh for the session 1984-85
- Got college colour of DAV College Chandigarh for the session 1987-88

#### **Sports Activities:**

- i. Secured 1<sup>st</sup> position in Chandigarh Open Boxing Championship in 1985.

- ii. Secured 1st position in Panjab University Inter College Boxing Championship in 1985.
- iii. Represented Panjab University in All India Inter-University Boxing Championship in 1985 at HAU, Hissar, Haryana.
- iv. Represented Chandigarh in Junior National Boxing Championship in 1985 at Jamshedpur, Bihar.
- v. Secured 1st position in Sub-Junior Chandigarh open boxing championship in 1986.
- vi. Represented Chandigarh in first Sub-Junior national Boxing Championship in 1986 held at Kanpur, U.P.
- vii. Secured 1st position in Panjab University Inter College Boxing Championship in 1987.
- viii. Represented Panjab University in All India Inter-University Boxing Championship in 1988 at MDU Rohtak.
- ix. Secured 2<sup>nd</sup> position in Panjab University Inter College Boxing Championship in 1988.

**Cycling:**

- i. Acted as Judge in the Chandigarh State Open Cycling Championship from 1988 to 1992.
- ii. Acted as member of technical committee in XXII Junior and VIII Sub-Junior National Cycling Championship held at Chandigarh from 21<sup>st</sup> to 25<sup>th</sup> Feb. 1990.

**Referees:**

- 1 Prof. Ikram Hussain, Deptt. of Physical Education, Aligarh Muslim University Aligarh India.
- 2 Prof. Jawaid Ali Khan, Deptt. of Physical Education, Aligarh Muslim University Aligarh India.
- 3 Prof. N S Mann, Deptt. of Physical Education Panjab University Chandigarh India