

BENISON TJ

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PHYSICAL EDUCATOR

Forward-thinking, enthusiastic physical education professional dedicated to promoting physical and mental well-being through dynamic education and training programs that support development and enhance health and physical education experiences. Serves as a role model through extensive participation in fitness activities and coaching of competitive and noncompetitive activities with a focus on team sportsmanship, physical strength, endurance, and flexibility.

- Strong experience in the field of Physical Education
- Strong experience of Physical Fitness Training
- Excellent knowledge of exercise philosophy, kinesiology and educational psychology
- Sound knowledge of injury prevention techniques and administering first-aid Skilled in planning and implementing physical education programs
- Ability to work with middle school and high school students, worked in “special need” school , as a adaptive HPE Teacher (Part Time)
- **Specialization in Soccer [Football]**

CORE COMPETENCIES

Physical Education	Theory session	Physical Fitness	Administration
Assessment	Confidence Building	Research Aptitude	Service Training
Coaching	Classroom Management	Weight Management	Kinesiology

ORGANIZATIONAL SCAN

BHARATIYA VIDYA BHAVAN'S School KANJANY

INDIA

PHYSICAL EDUCATION TEACHER

2 YEAR

Bharatiya Vidya Bhavan's Is a renowned school in India, a place where innovation, creativity and talents are constantly fostered through various networks.

Bharatiya Vidya Bhavan's motto is to provide learning environment to nurture the child intellectually, spiritually, socially and physically through a core curriculum and enrichment classes.

The Institute provides the right impetus and environment to absorb modern technology and strive for global achievement. We have an outstanding campus in which we carry out our mission of educating students to be responsible world citizens and life-long learners.

AMIRTA VIDYALAYAM CHAVKKAD

THRISSUR, KERALA

PHYSICAL EDUCATION TEACHER

1 YEAR

Amirta Vidyalayam Chavakkad, Kerala is a Renowned CBSE School in India which provides ample opportunities for the students to develop their academic skills and to fine-tune their latent talents in creativity, sports and dare to test the unknown.

ACCOUNTABILITIES:

- Created lesson plans and delivered instruction for physical education classes with an emphasis on achieving social and life skills through physical activities and teambuilding.
- Used team sports to create a sense of unity amongst the students while promoting a competitive desire to improve individual skills.
- Encouraged the importance of living a healthy and active lifestyle to all students through the promotion of accountability in nutrition and physical activity.
- Administering basic physical fitness tests and working on improvising results
- Building health and stamina in students with different exercise routine and suggesting food to consume
- Motivated students in taking up sports and improving their fitness
- Supervised students and ensured they played the sports games without any injury
- Inventing and executing creative work out routine and keeping students interested in exercising

ACADEMIC CREDENTIALS

- M.Phil. from SRM University, Chennai
- Master of PHYSICAL EDUCATION from Sree Sankaracharya University of Sanskrit
- Bachelor's degree in PHYSICAL EDUCATION from Christ College, Irinjalakuda Thrissur, Kerala, India in the year 2014. [**Specialization in Soccer**]
- MBA in Sports Management from Tamil Nadu Physical Education And Sports University (**Waiting Certificate**)
- Higher Secondary (XII), from St Aloysius Hss Elthuruth in the year 2009.

ACHIEVEMENTS

- Sree sankaracharya University Inter centre Football, athletics winner in the year of 2014-2015 ,2015-2016
- Participated in Sree Sankaracharya university Volleyball& Cross country team in the year 2014- 2015, 2015- 2016 respectively
- Got first position in inter center athletic meet in the year 2014-2015. The event is 4*400m relay.
- 2017/JULY DID "D" **LICENSE in football UNDER AIFF.**
- ALL INDIA FOOTBALL REFEREE C-4(RIN NO260819)
- K.S.B.A BODY BUILDING & FITNESS TRAINING COURSE COMPLETED.(OLYMPIC COUNCIL OF ASIA.)
- DIPLOMA IN YOGA TEACHER'S TRAINING UNDER STED COUNCIL [GOVT. OF N.C.T. NEW DELHI]
- COMPLETED EMERGENCY RESPONSE AND FIRST AID TRAINING COURSE (IIEMS)INDIAN INSTITUTE OF EMERGENCY MEDICAL SERVICES.

PUBLICATION

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PERSONAL DOSSIER

Date of Birth	25 July 1990
Nationality	Indian
Marital Status	Single
Languages Known	English, Malayalam, Hindi & Tamil
Permanent Address	Therattil house, Manalur Po, Thrissur.

DECLARATION

I hereby declare that all the information furnished in this document is true to my knowledge and belief.

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