

# ERODE SENGUNTHAR ENGINEERING COLLEGE



## DEPARTMENT OF PHYSICAL EDUCATION

### FITNESS CENTRE FACILITIES

#### **Faculty In-Charge**

**P. Marimuthu - Director of Physical Education**

**M. Priyadharshini - Assistant Director of Physical Education**

The Department of the Physical Education aims is to enable the students to appreciate and understand the value of Physical Education and its relationship to a healthy, active lifestyle, work to their optimal level of physical fitness and develop the motor skills necessary to participate successfully in a variety of competitions. The students should be able to reflect upon and evaluate their performance in order to set goals for future development.

The total playground area is more than 30,000 square meters. Students are encouraged to participate in many tournaments like Anna University and Open tournaments. Additionally, Sports day competition gives opportunity to the students to expose the talents in their respective specialization.

#### **Aims & Objectives:**

- To obtain at least 40 medals in the academic year
- Provides many different physical activities as their choices
- Providing intensive sports facilitates to enjoy a wide variety of competitive and non-competitive activities.
- Actively teaches cooperation, fair play, and responsible participation in sports competitions.
- Developing sports performance by providing sufficient facilities and efficient coaches, especially those who are athletically gifted.

#### **Special services**

- Sports Quota is available for the preeminent sports persons
- Special coaching has been given to sports students by specialist coaches
- Transport facilities have been provided after evening practice.
- Outstanding sports performers are honored by giving cash award during the sports day celebrations.

### Details of Fitness Centre Equipment's:

S. No	Particulars	Details	Count
1.	Details of Fitness Centre	12 Station Multi-Purpose Gym	01
		Peck Duck	01
		Twister sittings & Standing	02
		Air Stride	01
		Abdomen & Leg curl	01
		Rowing Equipment with Meter	01
		Tummy Vibrate	01
		Weight Lifting Set	01 Set
		Multi Adjustable Bench	01
		Squat Power Rack	01
		Preacher Curl Bench	01
		Abdominal Gym	01
		Seated Calf Raise	01
		Dumbbels-6kg,8kg,10kg	01set/each kg
		Up Right Bike	02
		Recumbent Bike	02
		Spin Bike	02
		Functional Train	01
		Multi Press	01
		Inner/Outer Thigher	01
		Leg Press/Calf	01
		Leg Exten/Curl	01
		Scott Bench	01
		Roman Chair	01
		Seated Calf	01
		Multi Adj Bench	01
		Draw Muscle	01
		Dumbell Rack	01
		Dumbell Round Set	01
		Plate Olympic Set	01
		Plate Tree	01
		Knee Raise	01
		Olympic Bar Set	01

	Medicine Ball Stand	01
	Medicine Ball Set	01
	Tread Mill	02
	Elliptical	02
	Lat Pull Down Row	01
	Pec Fly/Rear Delt	01
	Smith Machine	01
	Leg Press/Half Sqt	01
	Flat Bench	01
	Utility Bench	01

## FITNESS CENTRE PHOTOS



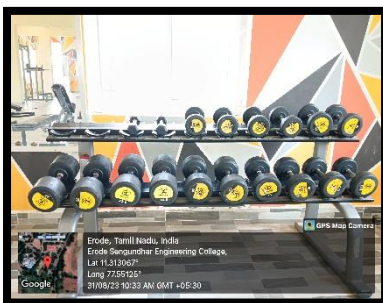
**Squat Power Rack**



**Seated Calf Raise**



**Abdominal Gym**



**Dumbbell Rack**  
**Dumbbells-6kg,8kg,10kg**



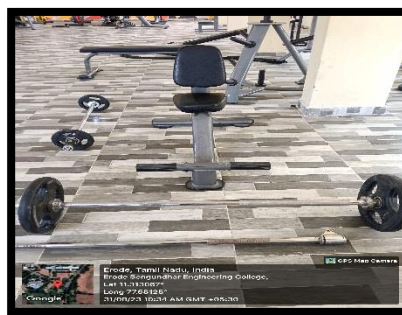
**Up Right Bike, Recumbent Bike**  
**Spin Bike**



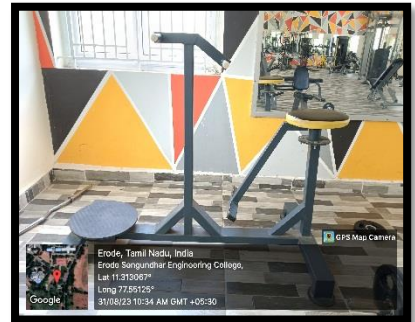
**Seated Calf Raise**



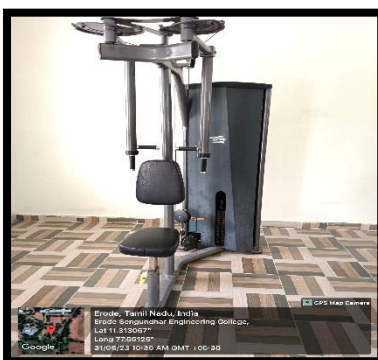
**Plate Tree**  
**Plate Olympic Set**



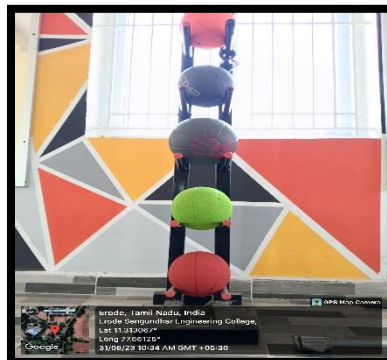
**Scott Bench**



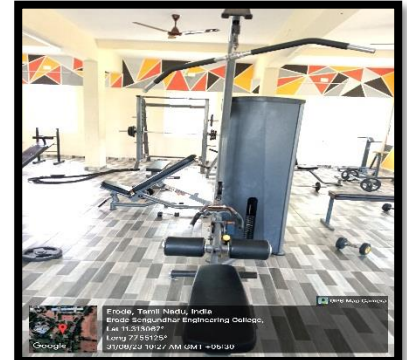
**Mild Steel Hip Shaper Dual**



**Pec Fly/Rear Delt**  
**Medicine Ball Set**

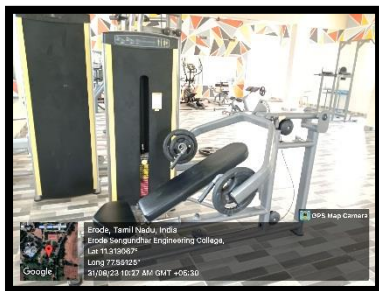


**Medicine Ball Stand,**



**Lat Pull Down Row**

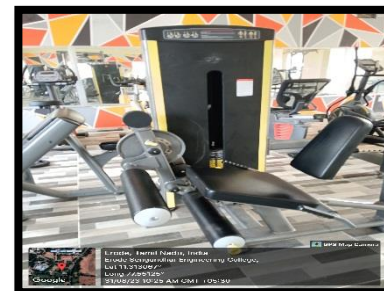




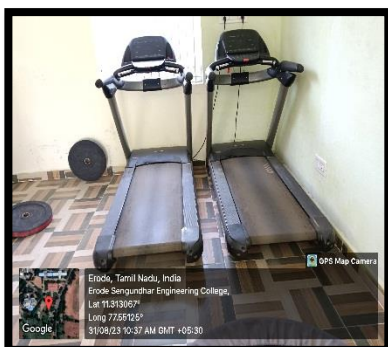
**Multi Press**



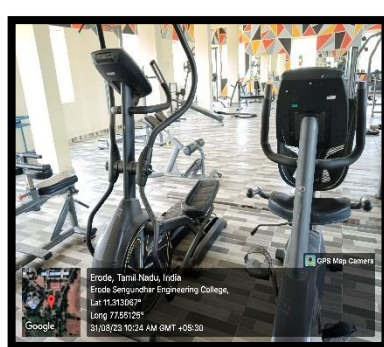
**Leg Press/Calf**



**Leg Press/Half Sqt**



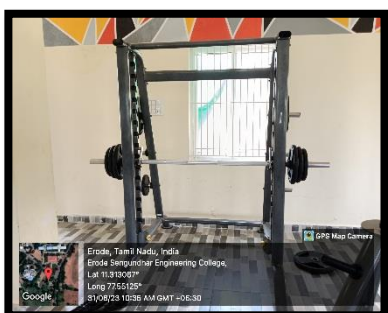
**Tread Mill**



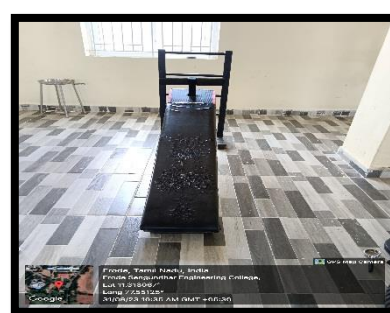
**Elliptical**



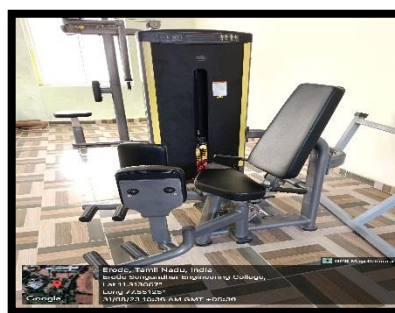
**Roman Chair**



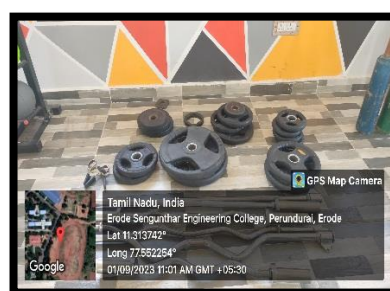
**Smith Machine**



**Utility Bench**



**Inner/Outer Thigher**



**Olympic Bar Set  
Dumbbell Round Set**