

ERODE SENGUNTHAR ENGINEERING COLLEGE



DEPARTMENT OF PHYSICAL EDUCATION

FITNESS CENTRE FACILITIES

Faculty In-Charge

P. Marimuthu - Director of Physical Education

M. Priyadarshini - 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
		Dumbbells-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
		Dumbbell Rack	01
		Dumbbell 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 Meachine	01
Leg Press/Half Sqt	01
Flat Bench	01
Utility Bench	01

FITNESS CENTRE PHOTOS



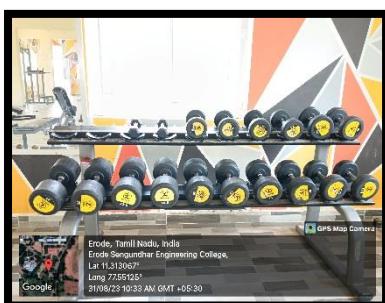
Squat Power Rack



Seated Calf Raise



Abdominal Gym



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



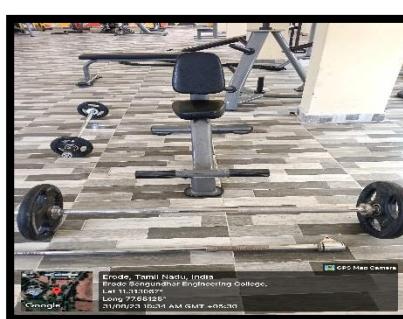
Up Right Bike, Recumbent Bike
Spin Bike



Seated Calf Raise



Plate Tree
Plate Olympic Set



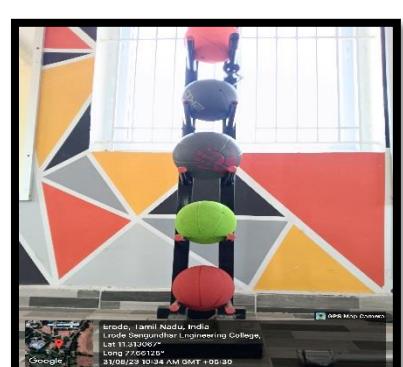
Scott Bench



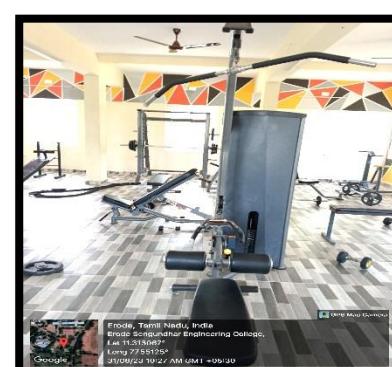
Mild Steel Hip Shaper Dual



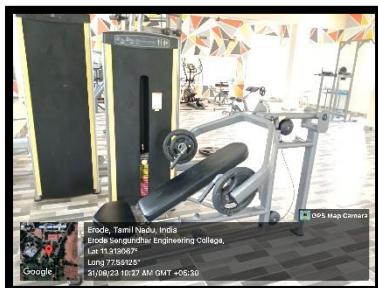
Pec Fly/Rear Delt
Medicine Ball Set



Medicine Ball Stand,



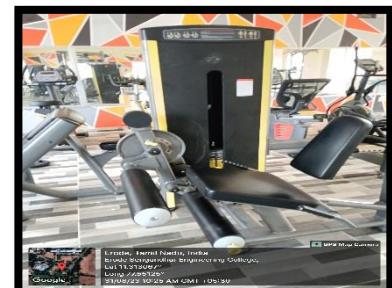
Lat Pull Down Row



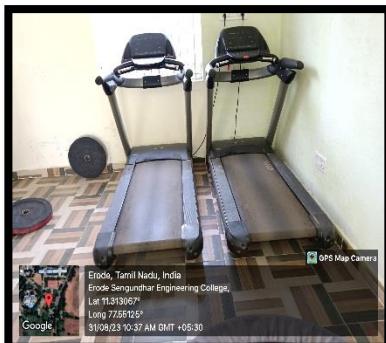
Multi Press



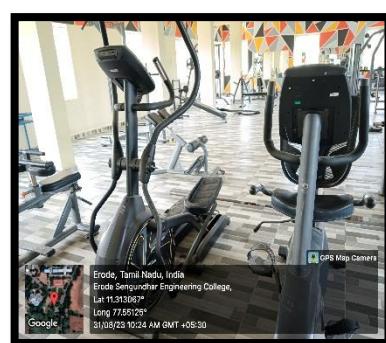
Leg Press/Calf



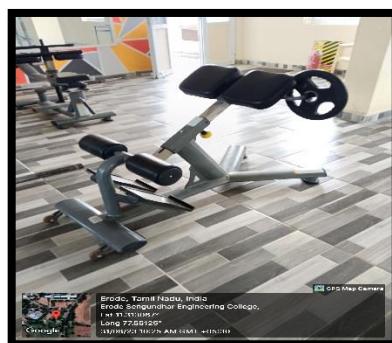
Leg Press/Half Sqt



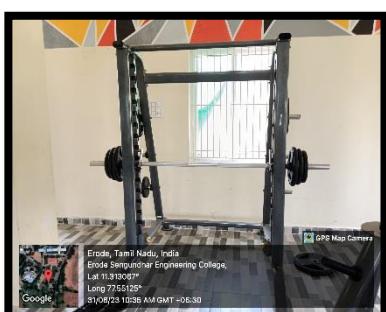
Tread Mill



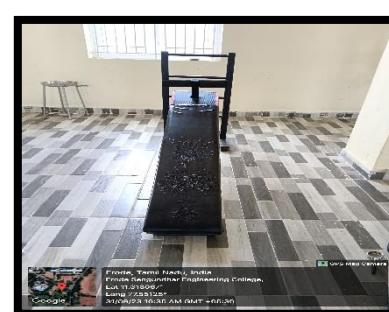
Elliptical



Roman Chair



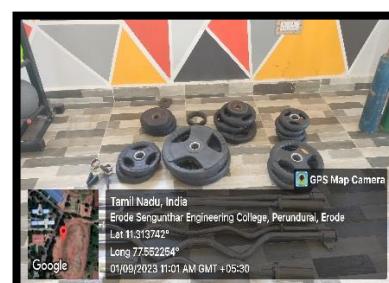
Smith Meachine



Utility Bench



Inner/Outer Thigher



**Olympic Bar Set
Dumbbell Round Set**