

Dr. X. CHRISTY Assistant Professor Division of Physical Education Karunya Institute of Technology and Sciences Karunya Nagar – 641114 Coimbatore District, Tamil Nadu, India Email.id: xchristy@karunya.edu Mobile: 8072437678			
Google Scholar ID: cnDQ3oAAAAJ			
ORCID ID: 0000-0003-2488-5280 Researcher ID: HLH- 4556-2023		Scopus ID:	
Research Area - Sports Training - Sports Physiology		Subject Teaching - Research and Methodology - Sports Training - Advanced Statistics - Exercise physiology and Rehabilitation	
Research Experience: 10 years		Teaching Experience: 6 years	
Research Credentials (as on – Source: Google Scholar)			
H-index: 1		Citations: i10-index:	
Research Guidance		Ph.D.	
Completed		-	
Ongoing		4	
Publications		International	National
Journal		3	3
Conference / Seminar		3	6
Educational Qualification			
Ph.D.	Alagappa University College of Physical Education, Karaikudi	2022	
M. P. Ed	Alagappa University College of Physical Education, Karaikudi	2016	
B. P. Ed	Alagappa University College of Physical Education, Karaikudi	2014	

Most Recent Publications:

- “Effects of individualized resistance training, speed–agility–quickness (SAQ) training, and their combined application on selected physical fitness and skill-related performance parameters of intercollegiate men’s football players. International Journal of Applied and Natural Sciences (IJANS) ISSN (P): 2319–4014; ISSN (E): 2319–4022 Vol. 15, Issue 1, Jan–Jun 2026; 25–28

- “Effect of agility and core strength training on selected explosive power among American football players”. International Conference on Sports Sciences: Trends, Challenges & Innovation- TCI 2025.
- “Effect of Fartlek Training with Pranayama Practices on Physiological Variables among College Students”. International Conference on Practical Wisdom of Yogioc Science: Applications in Health, Education and Research. 2024, ISBN Number : 978-81-980757-0-3.
- “Building of the Structural Equation Model of Badminton Player’s Variable Direction Ability and its Radiance to Sports Teaching”. International Journal for ReAttach Therapy and Developmental Diversities, Vol. 6 No. 10s(2) (2023), E-ISSN: 2589-7799.
- “Effect of Fartlek Training on Heart Rate among College Women Athletes” International Journal of Research and Analytical Reviews. Vol. 10 Issue 4, 2023, ISSN 2349-5138.
- “Effect of Fartlek Training on Heart Rate among College Women Athletes” International Journal of Research and Analytical Reviews. Vol. 10 Issue 4 2023. ISSN 2349-5138.