

Dr. Sarika

Assistant Professor

Qualifications : BPT,MSPT,Ph.D

I have teaching experience of 15 years as well as research experience of 13 years. I have been interested in exercise physiology, so past researches carried out in my lab mainly focussed on response of important physiological parameters to different kinds of stimuli like variation in lactate levels in response to commercial sports drinks and change in cholesterol levels in response to aerobic and strength training protocols etc.

My previous researches also included the effects of land and aquatic based plyometric training on agility and peak speed, comparison of dynamic and proprioceptive neuromuscular stretching intervention on performance measures and effects of concentric vs eccentric loading on cardiovascular variables. Surveys were conducted on injury profile of football, hockey and cricket players of Punjab

Current researches are mainly emphasising on sports specific skills and performance enhancement. They are based on the training protocols, which improve power, agility strength and flexibility.

My future research plans will focus on interval training and its effects on performance, buteyko breathing technique and its effects, EMG analysis during lunges on different surfaces and effects of different foot postures on fitness parameters. In addition to this I am also planning to explore different types of modified workouts like impact of high intensity interval training, sprint interval training and their effects on perceived exertion, cardiac variables and the fatigue levels

I have 18 research papers published in national and international journals. I have also worked on a project funded by UPE where analysis of fitness related hormones was done in response to different heart rate training zones. I have attended 14 workshops conducted on research methodologies, teaching methodologies, assessment tools and e learning methodologies. I have attended many national and international conferences and presented research papers also.

