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# **SOUNDARYA Institute of Management & Science**

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**Edited by :**

**Dr. K. S. Anil Kumar**

**Dr. N. D. Virupaksha**

**Mr. P. M. Harish**

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# COMPARISON OF YOGIC PHYSICAL CULTURE AND ISOMETRICS STATUS OF HIGHER SECONDARY SCHOOL GIRLS

**\*Abida Begu, \*\* Dr. R. Srinivas,**

**\*Physical Education Director, GFGCW, Ramanagar, Karnataka.**

**\*\*Professor UCPE, Bangalore University, Bangalore, Karnataka**

## ABSTRACT

## INTRODUCTION

Physical activity has very serious implications for the health and well being all individuals, Adoption of this new life style has resulted in a new category of disease, which is directly or indirectly the result of physical inactivity. Yoga physical actives consider able yogic physical culture and it's contribute in towards physical fitness, practice of yoga asana had improved various components of physical fitness such as flexibility, strength, speed, balance and cardio vascular fitness. Isometric exercise could improve the speed of execution of single movements. Researchers have shown that isometrics develop both strength and endurance and improve the exercise blood flow. Isometric exercises accelerate the heart rate and this could be helpful for muscular endurance.

## METHOD

For the purpose of the study was to compare the yogic physical activities and Isometrics, are experimental and control groups followed. The subject Randomized clustered sampling was followed. The total 90 subject selected there age were 14-16. Who were studying IX and X higher secondary school, Ramanagara. Subject were divided into three groups each group 30 subjects, the control groups was not given any type of exercise.

## STATISTICAL ANALYSIS

Simple techniques like Mean and SD were used to see the nature of the variables. Intra group and intergroup comparisons were made through t-test.

## RESULTS

All the groups showed significant improvement in explosive strength irrespective of the exercises given to them.

## CONCLUSION

Yogic asanas and combination exercises were most effective in the reduction of suprailiac skin fold measurement. In this aspect, the intergroup comparison revealed that the t-ratio comparing isometric with yogic physical culture group was significant

**Key Words:** Isometric, Yogic physical cultural.

## **REVIVING A FORGOTTEN SPORT TOWARDS COMMUNITY EMPOWERMENT**

**Anjan Kumar B J**

**Physical Education Director Govt. First Grade College,  
Sulibele, Hosakote Taluk, Bangalore Rural District-562129**

### **ABSTRACT**

India is a home for several distinctive sports both individual & collective. Our history & heritage is replete with several such sport events which instilled a spirit of good sportsmanship as well as spirit of unity. One such sport event which is known for its rarity & uniqueness is Mallakambha is a distinctive sport which has uniqueness & rarity besides it has been a very good community sport. Mallakambha has been considered as a traditional sport with flavors of promoting excellent health & gymnastic temperaments. But this has been long neglected as modern sports took over. Youth were attracted towards popular games & this customary practice of Mallakambha was almost forgotten, but several attempts have been made to revive this rare fusion sport. This paper argues the immediate necessity to revive this sport with a dual dimension of making our youth healthy & continuation of our rich cultural heritage.

**KEY WORDS:** Mallakambha, Heritage sport, Health conscious youth. Community Empowerment, Reviving through governmental policies

## **VALUE OF MEDICAL SCREENING IN SPORTS**

**Dr. Vinod C. Nayak**

**Associate Professor, Kasturba Medical College, Manipal University,  
Manipal**

I am presenting a case of a 14 yr old boy, who was practicing karate after classes. A normal kick to the abdomen resulted in severe haemorrhage due to rupture of the spleen which was already enlarged due to underlying pathology. I am hereby discussing the details of the case, which highlights the importance of medical screening of the students prior to participation in sport.

**Key Words:** Medical screening, Sports

## **FACTS ABOUT FOOD SUPPLEMENTS**

**B.S. Tilak Kumar**

**Research Scholar, University College of Physical Education,  
Bangalore University, Jnanabharathi campus,  
Bangalore-560056**

### Understanding Food supplements

In general, Food supplements are concentrated sources of nutrients taken as a dietary top-up. Supplements contain higher amounts of nutrients than are found in most foods. Today's dietary supplements include vitamins, minerals, herbals and botanicals, amino acids, enzymes, and many other products.

Dietary supplements or food supplements come in a variety of forms: traditional tablets, capsules, and powders, as well as drinks and energy bars. Popular supplements include vitamins D and E; minerals like calcium and iron; herbs such as ginseng and garlic; and specialty products like glucosamine, pro-biotics and fish oils.

### Why do fitness experts refer food supplements?

Generally, you do not need to take food supplements if you are healthy and eat a normal balanced diet. That means a diet which contains a variety of foods, including starchy foods (preferably wholegrain), fruit and vegetables, low-fat dairy Products, lean meat and fish. Too much and long duration of certain supplements can be harmful and cause unwanted side effects.

In certain circumstances your doctor may advise you to take a food supplement e.g. supplements may be needed for fragile bones and sometimes older people may have difficulty absorbing the nutrients they need from food and need to take extra in supplement form.

### Are food supplements safe?

Every country has introduced new rules to help ensure food supplements are safe and proper labeling. Only certain nutrients may be used in food supplements and these may only be used in amounts that do not pose a health risk. Maximum safe levels for some supplements have yet to be set.

### How to Select of Food supplements

- What the ingredients are
- How much to take, and how often
- The amount of each nutrient in a supplement, expressed as a percentage of RDA (the recommended daily allowance for an adult)
- Biological value
- Glycemic index

Will supplements replace regular meal?

Taking supplements will not correct a poor diet. We get a lot more from foods than just one or two vitamins or minerals; we also get energy, protein, fiber and other natural compounds that can have beneficial effects on our health. It's the combination of nutrients working together in food that keeps us healthy.

Precautions before taking a supplement

Most people who take food supplements don't check first with their Dietitian or a Nutritionist. If you are thinking about trying a supplement, here are a couple of important points to bear in mind:

- Do watch out for unreasonable health claims
- Don't mix food supplements and medicines, Some food supplements can interact with medicines. So if you are taking any medication, seek advice from either a GP or dietitian.
- Do eat a healthy, balanced diet
- Eat a variety of foods, including whole grains, fruit and vegetables, lean meat and fish.
- Eat only small amounts of sugary and fatty foods such as chocolate, biscuits and crisps.
- Don't take more than the recommended daily dose
- Taking too much of a supplement can be harmful, or even toxic. If the manufacturer recommends just one a day, two are unlikely to be any better for you, and may even be harmful.

## **A COMPARATIVE STUDY OF AGGRESSION LEVEL BETWEEN YOGA PERSONS AND ATHLETES.**

**Bhagyalakshmi. N**  
**Jindal First Grade College for Women, Bangalore**

**Abstract**

**Introduction:**

Sports offer an especially attractive research setting for those interested in the testing of predictions derived from various theories of human behavior. Aggression, which is said to have its roots in the instinct of pugnacity, has for reaching social and psychological consequences for men's civilized life. Possession, expansion and domination are major underlying motives of aggression.

**Methodology:**

Buss and perry aggression questionnaire test conducted to both yoga persons and athletes.



This test consists of 20 questions and each had 5 points with total of 100 points to score, and these are based on psychological aspects.

**Result:**

After completion of this test when compared to yoga persons, athletes have more aggressive and extremely characteristic in nature, where yoga persons had less aggressive has has an extremely uncharacteristic in nature.

**Conclusion:**

By this we can conclude that athletes have more aggressive in nature when compared to yoga persons.

**Key words:** Yoga parsons, Athletes, Aggression, Behavior, Motives, Extremely characteristic, extremely uncharacteristic.

## **“HYPO-KINETICS DIEASES REASONS AND REMEDIES – AN ANALYSIS”**

**Dileep Kumar S U- M.P.Ed Scholar,  
University college of Physical Education,  
Bangalore University, Bangalore**

**INTRODUCTION**

As the term ‘Hypo’ means ‘less’ and ‘Kinetics’ means ‘movement’. Hypo kinetic diseases are caused due to lack of physical activity according to dictionary Hypo kinetic means “lower then the average levels of muscular movement. Thus Hypo kinetic diseases are conditions that occur from a sedentary life. This includes:

- Cardiovascular disease
- Some forms of cancer
- Back problems
- Obesity
- Type 2 diabetes
- Osteoporosis
- Osteoarthritis
- Mental health
- High Blood pressure
- Heart disease

The present paper is designed to bring forth the strong presence and impact of Hypo-kinetic diseases in individuals as they age.

## **METHODOLOGY**

A questionnaire was prepared and administered for 600 people randomly for the age group of 30 to 70 years. The questionnaire was designed to obtain data regarding the life style and the health problems that each individual was undergoing. The data collected was analysed after segregating the individuals on the basic of physical activities performed by them regularly. They categorized into two basic groups as physically active and physical inactive/ sedentary group.

## **RESULTS OF THE STUDY**

The results of the study denoted that the group if people who were classified under the physically active group reported delay in onset of some of the Hypo-Kinetics diseases and when compared to the sedentary group the physically active group reported fewer count of Hypo-kinetics diseases.

## **CONCLUSION**

People who have physically active life style which mot only includes regular involvement in some kind of physical fitness activity but also practiced and evolved healthy practices in acts in daily life or in better position to escape or delay the onset of Hypo-Kinetics diseases.

# **“PHYSICAL EDUCATION AND RELATED ISSUES IN EDUCATION SYSTEM”**

**\* Dr. Manjunatha A M, \*\*Dr. Shoba A**

**\* Asst. Director of Physical Education, Tumkur University, Tumkur.**

**\*\* Physical Cultural Instructor, G.F.G.C. Peenya, Bangalore**

## **ABSTRACT**

If education or academics related only about acquiring knowledge embedded in text books, then in today's era knowledge is at finger tips and everybody has open access to knowledge and every one if interested can obtain the same from any place and not necessarily attending the classes. Yet we all know that regular classes can never be estimated in par with acquiring knowledge in any other way, as it involves one of the most important concepts of life that is- socialization and physical education and sports are the best media to promote practice of these socialization process among individuals. In this regard I would further wish to say that the main reasons for many of not only the social problems, but also the ethical problems, anti social practices and the health problems in society are on rising trend and are the direct results of non existence of physical education and sports in active mode in all stages of education which would have its impact throughout life.

The present paper is prepared with the objective of bringing out the present scenario of existing form of physical education at undergraduate education with the desired form of physical education.

The paper is constructed within the following frame work:

- Constituent of Department of physical education.
- Infrastructure and material facilities to the dept.
- Financial setup for the dept.
- Work to be performed by the physical education department.
- Performance evaluation of the department.
- Official and administrative support from the officials and higher administration.

### **CONCLUSION:**

Physical education as a subject has so much to offer for the betterment and wellbeing of the humans that it becomes the social responsibility of the people framing the academic education for students at undergraduate to do justification not only to the subject- physical education but to the society and human race by compulsorily introducing the subject to all streams of undergraduates in some form or the other.

## **A STUDY ON ANXIETY AMONG WOMEN HOCKEY PLAYERS OF KARNATAKA STATE**

**Dr. Pulikeshi Y. Shetteppanavar**  
**Deputy Director of Physical Education,**  
**University of Mysore, Mysore**

In the present study an attempt has been made to study the Anxiety among the women Hockey Players of Karnataka State. The study is descriptive in nature and the sample was selected through Random Sampling Technique. The data was collected using Burns Anxiety Inventory through survey method. The result revealed that majority of the participants had Average level of Anxiety (59%), 24% of them had high level of Anxiety and as low as 17% of them had low level of Anxiety and no significant difference was found between the women hockey players having different length of experience in their anxiety. The study may provide useful information to the sports society to put a great deal of time and effort to enhance better achievement and putting more emphasis of scientific conditioning methods to accelerate development and optimize performance by balancing the anxiety level of the female hockey players.

## **PHYSICAL EDUCATION AND HEALTH AMONG YOUTHS**

**Dr. K. S. Bhagyajyothi, P.E.D.**

### **ABSTRACT**

Health is everything to all people, a precious commodity, which enables us to live our lives to the full yet is really cherished only when it begins to fade away. In today's world aging with health and dignity is vital for economically developing countries as stated in the second world assembly on aging in 2002 by world health organization (WHO). The correlation between reported motivation and attention increased with age during these activities, which suggests that adolescents may be learning to coordinate these two elements.

## **CHALLENGES FACED BY PHYSICAL EDUCATORS AT UNDERGRADUATE EDUCATION**

**\* Dr. Shoba A, \*\* Dr. Manjunatha A M**

**\*Physical Cultural Instructor, G.F.G.C. Peenya, Bangalore.**

**\*\*Asst. Director of Physical Education, Tumkur University, Tumkur.**

### **ABSTRACT**

In India right from the epic age 'Body, mind and soul' have been given equal importance and the philosophy of education has always been epi-centric of the above mentioned aspects. Physical activity has been an important part of all sorts of education system in India right from any available source of revelations regarding education. But after independence though there were many committees formed for determining the form of physical education in the education, it is a known fact that till today the physical education in the whole education system is not very impressive in terms of reaching the aim of human wellbeing, developing social values and moulding the idealistic personality in students. The reasons for the same may be very difficult to assess but by understanding the challenges that are common for most of the physical educators to some extent help us to reduce the distance in achieving the desired aims and objectives of the physical education.

# **PSYCHOSOCIAL INFLUENCE OF PHYSICAL EDUCATION AND SPORTS**

**\* Chandrashekar, \*\* Dr. Srinivasa R**

**\*Physical Education Director, Smt. G B A Govt. First Grade College, Shiggaon.**

**\*\*Associate Professor, University College of Physical Education, Bangalore University, Bangalore.**

## **Abstract**

Sports psychology is an interdisciplinary science that drawn on knowledge from many related field including biomechanics, physiology, kinesiology and psychology. It involves the Study of how psychological factors effects performance and how participation in sports and exercise effect psychological and physiological factors. In addition to instruction and training of psychological skills for performance improvement, applied sport psychology may include work with athletics, coaches and parents regarding injury, rehabilitation, communication, team building and career transitions.

Sports psychology was primary the domain of physical educators, not researchers, which can explain the lack of a consistent history many instructors sought to explain the various phenomena associated with sports and physical activity and developed sports psychology laboratories.

The birth of sports psychology in Europe happened in Germany. The first Sports psychology laboratory was founded by Dr. Carl Diem in Berlin, in the early 1920.

Recent evidence also suggests that besides mental health and well being sport practice can improve general cognitive abilities. When requiring sufficient cognitive demands, physical activity seems to be an optimal way to improve cognition, possibly more efficiently than causative training or physical exercise alone.

**Key words:** Biomechanics, Physiology, Kinesiology, Rehabilitation, Team building.

# **THE INFLUENCE OF PHYSICAL ACTIVITY ON PSYCHOLOGICAL HEALTH**

**\* Dr. Manjappa.P, \*\* Dr. S. S HASARANI**

**Phy.Edu.Teacher/Sports Secretary, Author, Counselor, G.H.S. S.G.halli,  
Bangalore-560079,**

**Dept\_ of Public Instructions, Govt of Karnataka.**

**Email: vjp1359@gmail.com.**

**\*\* Former principal, L.N.C.P.E, Trivandrum, Kerala, India.**

**Director of Physical Education. Department of Sports Science. Mekelle  
University, Mekelle, Ethiopia.**

## **Abstract:**

“Health is not a mere absence of disease. It is a dynamic expression of life in terms of how joyful, loving and enthusiastic you are”. One who is stable and established in the self is healthy. Identifying a healthy person doesn't only entail physical fitness, but more crucial is ones mental fitness. The enthusiasm in life shows how healthy you are. Modern information technology and automatic world men and women deeply believe in the Greek concept of a “strong mind in a strong body”. The surveys all over the world found that those who have deep commitment to EXERCISE feel more relaxed, less tired, more disciplined, more attractive, more self confident more productive in work and in general they are more with themselves. Many cross-sectional studies of endurance athletes and players have found more favorable profiles of mood states than their sedentary counter parts. In the world of Marathoners, it was found that they have more vigor, but less tension, depression, anger, fatigue and confusion than the average adult males. Some of the physical diseases are thought to be particularly prone to be made by mental factors such as stress, anxiety and depression. Sometimes psychological, emotional or mental stress may have a physiological effect on the body, leading to a psychosomatic illness. Recent research has revealed that inappropriate activation of the autonomous nervous apparatus, endocrine network (hormones and internal secretion glands), and the immune system accounts for several of the known paths that link emotional overload to a condition of organic dysfunction and, in some cases, even physical damage. Many Researchers around the world have been eagerly conducting the studies on common belief that physical activity improves psychological health. In recent years many studies have contributed with better and significant results in measurable psychological improvements in depression, anxiety, intelligence, self concepts and other psychological parameters.

**Keywords:** Exercise, Fitness, Health, Psychology.

## **CHALLENGES FACED BY PHYSICAL EDUCATORS**

**Mr. S.Sandeep Kumar**

**Darshan College of Commerce & Management, Bangalore: 560059**

**E-mail: Sandeep.login23@gmail.com.**

### **ABSTRACT**

The scope of physical education is vast and the problems included there in are baffling indeed. The problems that generally stare in the face of effective organization of physical activities in the schools are lack of adequately qualified physical education personnel, lack of facilities for Medical examination, lack 'of properly developed playground, an academically loaded curriculum, lack of time; lack of funds, lack of provision of mid-day meals and the practice of double shifts.

The purpose of this study was to analyze how the challenges of urban schools influence physical education teachers' emotional understanding and connections with their students and the implications on their teaching.

Teachers reported five unique challenges that significantly shaped their thinking about students and their careers, along with strategies they used to overcome or manage those challenges. The challenges were: (a) insufficient instructional resources, (b) implementing culturally relevant pedagogy, (c) dealing with community violence, (d) integrating more games in curricula, and (e) teaching in a culture of basketball. Implications centered on the guilt-inducing nature of urban teaching, developing an informed and realistic vision of urban physical education, and the role of teacher preparation and professional development.

As per the outlook the physical educators faced a stiff challenge in today's world and here is the same Academic qualification of athletes, Emphasis on winning in youth sports, Equity, Gambling, Drug Abuse, Increasing Salaries, and Violence.

**OVERSPEED UPHILL AND DOWN HILL SPRINTING CHANGES  
KINEMATIC PARAMETERS FOR ATHLETES COMPARED WITH  
CINDER  
TRACK SPRINTING – A VIDEO ANALYSIS**

**\*GOVINDARAO ITRAJU, \*\*Dr.G.VINOD KUMAR,**

**\* Ph.D Scholar, Department of Physical Education and Sports,  
Pondicherry University, Puducherry.**

**\*\* Associate Professor, Department of Physical Education and Sports,  
Pondicherry University, Puducherry.**

**Abstract**

The purpose of this study was to examine the overspeed uphill and downhill sprinting changes kinematic parameters for athletes compared with cinder track sprinting during the acceleration and top-speed phases of a sprint by the video analysis. 10 volunteer subjects completed 3 trials of each of 4 conditions: uphill sprinting (UHS); downhill sprinting (DHS); cinder track sprinting (CTS); and, sprint start (SS). One trial per subject per condition was randomly selected for kinematic analysis. Video coverage was collected in the sagittal plane for 20mts full strides and analysed in Ariel Performance Analysis System (APAS) software. Statistical analysis found no significant differences between uphill sprinting and downhill sprinting for any kinematic parameters. No significant differences were found between UHS and SS for any kinematic parameters. UHS differed significantly ( $p>0.05$ ) from both DHS and SS for average running speed, stride length and ground contact time, Further research is needed to clarify the usefulness of uphill sprinting and downhill sprinting as training techniques to improve sprint performance.

**KEYWORDS:** Sprinting, Kinematics, Uphill sprinting, Downhill sprinting overspeed.



# **THE EFFECT OF PRANAYAMA ON PSYCHO-PHYSIOLOGICAL ASPECTS AND PERFORMANCE ABILITY OF STATE LEVEL WEIGHTLIFTERS**

**\* Dr. V.R. Parihar, \*\* Gaikwad R. D.**

**\*Head of the department Dept. of Phy.Edn. N.S.B. College Nanded S.R.T.M. Uni. Nanded. E-mail : drvparihar@gmail.com**

**\*\* Research Scholar, N.S.B. College Nanded S.R.T.M. Uni. Nanded. E-mail : rajugaikwad358@gmail.com**

## **ABSTRACT**

The present study was undertaken with a view to evaluate the efficacy of pranayama on psycho-physiological aspects and performance abilities of state level weightlifters. To achieve the purpose of this study out of Sixty(n=60), Forty elite weightlifters (n = 40) from Marathwada Region of Maharashtra State, were selected randomly as sample by employing Fishers Random Table. The subjects' age group was ranged from 18 to 25 Years.

This study was conducted with the following objectives in perspective: To assess status of psychological, morphological, physiological components and weight lifting performance of state level weight lifters. To design specific yoga training especially pranayama techniques considering the performance improvement in the weightlifters. To see the effect of pranayama practices on selected psychological, morphological and physiological of state level weight lifters. To see the effect of pranayama training on overall performance of weight lifters.

Pranayama training contributes to improve body mass index, breath holding capacity, and circulo-respiratory function by reducing pulse rate and blood pressure, which are the attributing factors of weightlifting performance.

Eight weeks intervention of Pranayama does not alter the personality profile of the weightlifters.

Pranayama training improves both snatch as well as clean and jerk performance in weightlifting.

**Key words :** Weight lifting, Pranayama, Psycho-Physiological, Respiratory Function, Vital Capacity.

## **INTER RELATIONSHIP BETWEEN YOGA AND SPORTS**

**\*Kum. Neeta. Deshi, \*\*Sri. Shrinivasa,**

**\*Research scholar DOS in PE & SS KSWU Bijapur, Karnataka  
E-mail: neetareddydeshi@gmail.com**

**\*\*Asst. Professor DOS in PE & SS KSWU Bijapur, Karnataka.  
E-mail: srinivask657300@yahoo.com**

### **ABSTRACT**

Yoga is a discipline that seers and saints have been practicing since ancient times to bring flexibility to the spine and joints, to keep the muscles of the body pliable and youthful, increase circulation in arteries and strengthen internal organs. And yet, yoga is so much more than this. Yoga has been said to help strengthen the power of concentration, to banish constipation, to relieve stomach disorders, improve muscle coordination and reduce excess body fat. Yoga has also been said to strengthen the mind-body connection, bring calmness and relaxation to mind, enhance self-confidence, strengthen self-discipline and self-resolve, reduce stress / anxiety and increase vitality and energy throughout the body. Evidently, it would appear that yoga has extensive benefits and can help us to be a more balanced, relaxed, focused, efficient and effective person. The benefits of yoga can thus be applied to a variety of disciplines including professional sporting athletes. This paper will highlight the benefits for professional athletes through the practice of Yoga and explore how Yoga can significantly enhance their performance.

In order to understand how Yoga can benefit professional sports persons, it is necessary to explore what is required to play a sport and play it well. It is well acknowledged that to play any sport, whether it be tennis, volleyball, surfing, swimming or running, we must develop the basic skills and continually train the body so that we can apply the skill in a refined and polished way. This of course requires considerable time, energy and commitment to practice the skill at hand. Having a body that is flexible, strong and controlled is also another important consideration, if one is not able to move the body with the grace, velocity and speed required, then performance will be lack lustre. Similarly, if a person is not able to maintain endurance or stamina for the required duration, the performance will be diminished. In order to play a sport well, it is also necessary that a person is able to focus and concentrate with confidence on the task at hand without distraction or timidity. As such, dealing with distractions, adversity and stress is an important component. Sporting mentor B.P Bam highlights this point by stating "sporting skills require the attainment of deep focus", "living in every moment" and emphasizes that 'the toughest part of any achievement is the handling of distractions and adverse conditions'. If one is not able to 'score the goal' or 'serve the ball' at the critical match point or deal with crowds who are 'cheering or booing', victory will be far away. As such, in addition to being able to maintain mental poise and balance, it is essential for a professional athlete to have a high degree of alertness, concentration and focus throughout the sporting event.

## **CONTRIBUTION OF KODAGU TOWARDS INDIAN SPORTS**

**\* Nachappa M A, \*\*Dr. K K Amarnath**

**\* Research Scholar University College of Physical education Bangalore  
University, Bangalore Ph. No. 9449363239  
Email : nachappa.niran08@gmail.com**

**\*\* Associate Professor**

**University College of Physical education Bangalore University, Bangalore  
Ph. No. 9449751141 Email : kkamarnathucpe@gmail.com**

### **ABSTRACT**

Kodagu and Sports, especially Hockey, go hand in hand. They're almost inseparable. It is a well known fact that almost every Kodava possesses the athletic streak; men and women alike. This streak in turn, gives them an affinity for the famous game of Hockey – India's National sport. Many well known players from this tiny district of Kodagu have brought us glory by playing for India on the International front. Kodagu has contributed a lot towards sports. This paper is an attempt to discuss the contribution of Kodagu towards Indian sports.

## **“COMPARATIVE ANALYSES OF SELF-ESTEEM AND LIFE STYLE ASSESSMENT BETWEEN EDUCATION AND PHYSICAL EDUCATION TRAINEES”**

**\* Siddalingamurthy B R, \*\* Virupksha N D**

**\*Physical Education Director, the Oxford College of Science, H S R layout,  
Bangalore, karnataka, email; sidduped@gmail.com**

**\*\*Deputy Director, Department of Physical Education, Kuvempu  
University, Shankarghatta, Karnataka, email; vsporty@gmail.com**

### **ABSTRACT**

#### **Introduction:**

Lifestyle assessment is likely to be an important part of developing effective intervention strategies, given the likely importance of feedback, reinforcement and individualized advice in facilitating behavioral change. However, dietary and physical activity assessment is fraught with difficulty. First, dietary assessment is by self-report with is likely to differ from actual behavior for a number of reasons belief, memory, bias, intention. Second, actual behavior may be very difficult to measure. Keys of healthy lifestyle:-regular physical activities, eating well, managing stress, etc.

Self-esteem is a widely used concept both in popular language and in psychology. It refers to an individual's sense of his or her value or worth or the extent to which a person values, approves of appreciates, prizes or likes him or herself. The most broad and frequently cited definition of self-esteem within psychology is who described it as a favorable or unfavorable attitude toward the self.

### **Objective of the Study:**

The objective of the study was to comparative the self-esteem and lifestyle assessment between education and physical education trainees.

### **Procedure:**

To attain the objective of the study 120 physical education and education trainees, from education [B.Ed] 60 trainees, from physical education [B P Ed] 60 trainees were selected for this study and standardized questionnaire constructed by Williams for self-esteem and Allen for lifestyle assessment was used to collect the selected psychological variables. The data collected for study was analyzed by using statistical technique't' test.

### **Result:**

The statistical analysis shows that there was significant difference in the selected psychological variables self-esteem and lifestyle assessment between education and physical education trainees.

### **Conclusion:**

it was concluded that there is a significant difference in lifestyle assessment variable, but in self-esteem variable in some areas such as intelligence, personality, success and freedom from guilty were not significant. In the areas appearance, competence, unconditional worth, self-forgiveness, acceptance of weakness and self-love there is a significant difference between education and physical education trainees.

**Key words;** Self-esteem, Lifestyle, Education and Physical education

## **“ANALYSIS OF ANNUAL PERFORMANCE INDEX AS IN THE UGC GUIDELINES”**

**Dr. Shoba A**

**Physical cultural instructor, Govt. First. Grade College,  
Peenya, Bangalore University, Bangalore**

### **INTRODUCTION**

Annual performance index as the name itself speaks out it is the performance expressed in terms of scores every year. Now the question is why annual performance index? What does it comprises? Why should we know about it? And how to plan for scoring in all categories mentioned in API format?

### **OBJECTIVE:**

Well I knew everyone had access for the present API format but still there was lots of doubt regarding the activities to be done to score on indexes. Lot of physical educationists serving at undergraduate education, including myself was still struggling with the contents of API and how to approach it systematically every year. Thus with the objective of bringing clear consensus about the annual performance index for physical educationist at undergraduate courses this paper is been presented.

### **METHODOLOGY:**

- The data regarding the API is as per the APPENDIX-III: TABLE-IV- Category- I, II, III of UGC Guidelines.
- The data regarding present situation of understanding and scoring as per the prescribed API among the physical education teachers is collected through interaction with various physical educationists serving at undergraduate education and self experience.

### **ANALYSIS AND INTERPRETATION**

Analysis of the data collected is done with what practically is possible in the present scenario of physical educationist's role at undergraduate level of education. Interpretations are drawn as to what is possible and what is not possible to be performed in the prescribed format of API scoring.

### **CONCLUSION:**

To conclude it is not at all difficult to score whatever the minimum prescribed scores as mentioned in each category of API format but as long as the services of the physical educationists are considered we shall not restrict ourselves with in the boundaries and document building process essential for career advancement but instead strive hard and efficient to reach and serve the students best.

## **A STUDY ON ANAEROBIC CAPACITY AMONG PHYSICAL EDUCATION TRAINEES**

**\* Chethan Ram P, \*\*Praveen Kumar M.K.**

**\* Physical Education Teacher, Euro School, North Campus,  
Balajinagar,Sathnur Village, Bagaloor post . Bangalore – 562 149**

**\*\* Physical Education Instructor, Govt. First Grade College, Kadur,  
Chikkamagaluru District, E-mail: praveenmalige@gmail.com**

### **ABSTRACT**

The purpose of the present study was to determine the anaerobic capacity between physical education trainees of Kuvempu University and Davanagere University. To obtain data for this study, one hundred (n=100) subjects were randomly selected out of which fifty (n=50) from Kuvempu University and fifty (n=50) from Devanagere University affiliated colleges. The age of the subjects ranged from 22 to 28 years. To collect the required data for anaerobic capacity Margaria Step Test was used. T test was applied to determine the significance of difference between the selected subjects. The level of significance was set at 0.05. The results revealed no significant difference between Physical education trainees of Kuvempu University and DavanagereUniversity on variables of anaerobic capacity.

**Key Words:** Anaerobic capacity, Physical education.

## **IMPORTANCE OF NUTRITION IN SPORTS TRAINING**

**\* Pruthvi Raj G D, \*\* Dr. KK Amarnath**

**\* Research Scholar, U C P E Bangalore University Bangalore,  
E-mail: pruthvigd02@gmail.com**

**\*\* Associate Professor U C P E Bangalore University Bangalore**

### **ABSTRACT**

Nutrition plays a vital role in improving sports performance of an athlete. Aim of this paper is to know about the need of nutrition in sports training and gain knowledge of nutrition. This paper may help the coaches to construct proper training schedule and it may make the coaches and athletes aware of nutrients to be taken when an athlete undergoes sports training. It may help the coaches to understand the nutrients requirement of an athlete while training. Here importance of nutrition in sports training has been discussed in brief.

## CHALLENGES FACED BY PHYSICAL EDUCATORS

\* Shivakumar.K.R, \*\* Dr.B.Navaneethan

\* Research Scholar, Bharathiyar University, Coimbatore.

\*\* Physical Education Director, PSG College of Arts & Science,  
Coimbatore, Tamilnadu, India.

### Abstract

#### INTRODUCTION :

Basic education remains one of the fundamental rights of every citizen, although its orientation has somehow shifted from the achievement of the idealistic goals such as freedom, personal growth or humanity towards the pursuit of economic goals on the level of every individual, institution and society as a whole. Institutions to educate their citizens with the necessary competencies (instead of just discipline-based knowledge) to face the challenges of the new millennium. The scope of physical education is vast and the problems included there in are baffling indeed. The problems that generally stare in the face of effective organization of physical activities in the schools and colleges are lack of adequately qualified physical education personnel, lack of facilities for Medical examination, lack of properly developed playground, an academically loaded curriculum, lack of time; lack of funds. In every school / colleges there should be an organizer of games and sports who may be designated as P. E. T. / PED. The person should be appointed on ground of aptitude and interest in games. Though physical education personnel will be in sole charge of the organization of physical activities in the school yet other teachers should be assigned duties to assist the physical education personnel in his work. A committee consisting of representatives of students, few teachers and the physical education personnel should be formed to plan and organize games and sports. In fact, the play ground is the uncovered school and boys receive a training there which is not less important. For imparting instruction in the class room a sound classification is essential. Similarly for providing games to students according to their interests and capacities, proper groups of students are to be made. All students cannot play all games and all of them are not interested in the same game, Grouping of students should be made according to their age, physique, interest and capacity.

**Key words:** Technology, Gadgets, Curriculum, Society.

## **MOTOR FITNESS OF VOLLEYBALL PLAYERS AND ATHLETES**

**\* Srinivasa S, \*\* Ajay Kumar P.V.**

**\* Physical Education Teacher , Govt. High School, Singrihalli,  
Harapanahalli email: mpedsrinivasa@gmail.com**

**\*\* Lingadahalli, Tarikere Taluk, Chikkamagaluru District,  
E-mail: sportsajaypv@gmail.com**

### **ABSTRACT:**

A totally fit individual must have the motor ability also. Motor fitness is also one of the important aspects for physical education activity. A totally educated person is one who has fully developed his ability to utilize constructively all of his potential capacities as a person in relation to world in which he lives. Man is the most intelligent and admirable being among all the creations of god. His quest for knowledge is internal and insatiable and education completely modifies the behavior and personality of the individual. It is striving to maintain or increase as high as possible one's own capacities in all activities with a standard of excellence.

The purpose of the study was to compare the Motor fitness of Volleyball players and athletes of Davangere District. For this study sixty subjects were selected from each sport. Tests were conducted on the selected motor fitness components such as agility, power, and flexibility. The subjects are randomly selected and the age group of the subjects is 18-25 years. The data was collected and analyzed by using statistical technique 't' test. The results showed that there is a significant difference between Volleyball players and athletes.

**Key Words:** Motor fitness, Agility, Power and Flexibility

## **COMPETENCIES REQUIRED FOR PHYSICAL EDUCATORS**

**Dr. K.K. Amarnath**

**Associate Professor, University College of Physical Education, Bangalore  
University, Bangalore 560 056, Email : kkamarnathucpe@gmail.com**

### **ABSTRACT**

Professional qualification entails a person to secure job. Additional qualification provides further knowledge and may enhance the area of service. Competency adds life and strength to the duties and responsibilities. It bolsters self confidence and helps achieve the desired results more effectively. The physical education teachers are very prominent people in any educational institutions. In fact they are the livewires of the Institution. They should possess many qualities to be successful physical educators. They should have professional, personal and social qualities. The physical education teachers require competency in not one area but in many areas. This paper is an attempt to discuss the competencies required for physical educators.

**Keywords :** Profession, Competency, Physical Educators.



## **TITLE OF THE PAPER “CHALLENGES FACED BY PHYSICAL EDUCATORS”**

**Mr. Naveen Kumar. P**  
**Reva First Grade College, Sanjaynagar, Bangalore**  
**E-Mail: naveenkumarp@revainstitution.org**

### **ABSTRACT**

This qualitative study the experiences of Bangalore university affiliated colleges Physical Education Director. In depth interviews were conducted with 10 experienced PED from BU Colleges using phenomenological research methods. The participants included both male and female PE each with an average of 10 years teaching experience. The study sought to gain the teachers experiences on issues regarding pedagogy and administration of PE programmes in Colleges. From these experiences the study identified best practice in Colleges, the challenges faced by Directors and how these challenges are overcome. Analysis of documents from the respective Colleges was used to supplement information gained from interviews and literature review

## **ANALYSIS OF PHYSICAL FITNESS PSYCHOLOGICAL AND SOCIO ECONOMIC STATUS OF PHYSICAL EDUCATION AND GENERAL EDUCATION TEACHERS OF BANGALORE**

**\* Mr.Kishor .V , \*\* Dr. Sundar Raj Urs**

**\*PhD Research Scholar, Karpagam University,**

**\*\*Principal and Associate Professor, UCPE, Bangalore University,  
Bangalore.**

Teachers are arguably the most important group of professionals for our nation's future. Today, teachers are playing a very vital role and their work can be divided into five different categories of duties namely, planning, teaching, evaluative, and administrative and various unclassified ones. A teacher requires a greater variety of talents than any other teaching area. His responsibilities are diverse and the society looks up to him as a leader who can create and maintain general fitness of the sedentary people in the machine age. While teaching has traditionally been a respected occupation, the teachers have begun to suffer from lack of support, recognition and respect from public. Teachers feel their workload heavier, strenuous and difficult too. They face a lot of problems due to longer working hours, inadequate facilities/materials, clerical work and non congenial working conditions. In proportion to the expectations of the society, the teachers are not given due place and recognition. This leads to mal-adjustment, stress and this dissatisfaction.

## **ROLE OF PHYSICAL EDUCATION & SPORTS IN AN ACADEMIC SYSTEM**

**\* Dr. Arshad Pasha, \*\* Dr. T.C.Manjunath, \*\*\* Dr. Arifulla Khan**

**\* Director of Physical Education, Sports & NSS Officer  
HKBK College of Engineering, Bangalore, Karnataka  
Email id : drsapashahkbk@ gmail.com**

**\*\* Principal, HKBK College of Engineering, Bangalore, Karnataka  
Email id : dr.manjunath.phd@ieee.org**

**\*\*\* Director of Physical Education, Sports & NSS Officer  
Ghousia College of Engineering, Ramnagar, Karnataka**

### **ABSTRACT**

Physical Education and Sports play a fundamental role in the early development of children and are considered to be an important component of quality education. Sports contribute a great deal in holistic development of children and boost academic performances as well. Children also learn the importance of key values such as honesty, team work, trust and leadership through participation in sports and physical education. A great increase has been occurred during recent years in the number of children and adolescents participating in organized sports and cultural activities.

**Keywords** : Motor skills, Sports, NSS, Health, Contribution.

## **PHYSICAL FITNESS OF RESIDENTIAL AND NON-RESIDENTIAL SCHOOL GIRLS**

**\* Roopa K.c, \*\* Ravindra Gouda S M, \*\*\* N D Virupaksha**

**\* Research Scholar, Department Of Physical Education, Kuvempu  
University, Karnataka. India**

**\*\*Research scholar, Department of physical education, Kuvempu  
University, Karnataka.**

**\*\*\*Deputy Director, Department of physical education, Kuvempu  
University, Karnataka.**

### **Abstract:**

Physical fitness provides capacity for activity. Physical fitness has been consider as one of the most important requirement of the sports performance, greater the physical fitness better the

physical endurance and precise will be movement, which are essential for any sports.

Purpose of the study was to compare the Physical Fitness of morarji desai Residential and Non-Residential School Girls in haveri district. For this study sixty subjects were selected. Tests were conducted on the selected physical fitness components and the data collected was analyzed by using statistical technique's' test. The results showed that the non-residential school girls are significantly better in power and residential school girls are good in speed.

## **EFFECTS OF PLYOMETRIC TRAINING ON LOWER LIMBS FOR PRE-UNIVERSITY COLLEGE BOYS**

**\* Kumara Swamy, \*\* Dr. A.m. Manjunath, \*\*\* Sanjeev. S. Patil**

**Physical Education Director, Don Bosco Institute Of Technology  
Mysore Roadn Bangalore-560074  
Email: kumaraped@gmail.com**

Sports as an activity offers an opportunity for self-knowledge, self expression, and fulfillment: personal achievement, skill acquisition and demonstration of ability; social interaction, enjoyment, good health and well-being. It promotes involvement, integration of society, especially when sports activities have accepted as a integral part of the culture of every society in every nation.

The sports depending upon the aim to be achieved can be classified in to various areas: PU College sports, rehabilitations sports, recreation and fitness sports, industry sports and performance sports. Each area of sports caters to different section of the society and has different aims. The sports area which has gained immense importance in recent times, and has made sports more popular and has contributed much towards the development of organized sports science I the performance sports.

Performances outcomes are more likely to be achieved when what is done prior to and during a competition. They have been planned; practiced and shown to be successful. In contests, an athlete should never use new approaches techniques, or strategies, without first being tested, refined and practiced.

The world training has been a part of human language since ancient times. It denotes the process of preparation for some task. This process invariably extents to a number of days and even months and years. The term 'Training' is widely used in sports. There is however, some disagreement among sports coaches and among science scientists regarding the exact meaning of this word. Some exports, exceptionally belonging to sports medicine, understand sports training as basically doing physical exercises. Several terms used in training. Ex strength training, interval training technical training reflects this line of thinking.

## **ANALYSIS OF SELECTED PSYCHOLOGICAL VARIABLES AMONG ALL INDIA INTER UNIVERSITY MEN HANDBALL PLAYERS AND KHOKHO PLAYERS.**

**\* Dr. G.Vasanthi \*\* Mohanasundaram.S.**

**\* Associate Professor, Department Of Physical Education and Sports,  
Pondicherry University. Email : drvasanthipu@gmail.com.**

**\*\* Research Scholar, Department Of Physical Education and Sports,  
Pondicherry University. Email : mohan.physicaleducation@gmail.com.**

### **Abstract**

The purpose of this study is to find out the aggression, achievement motivation between all India inter university handball and khokho players. For this purpose 200 men players were randomly selected, in which one hundred were handball players, who participated in the All India inter university handball tournament conducted by Annamalai university, Chidambaram for the year 2005-06 and one hundred men Kho-kho players, who participated in the All India inter university Kho-kho tournament conducted by Periyar university, Salem for the year 2005-06. The investigator administered questionnaire for 200 players and collected the data during their rest times before the actual competition began. The total responses in each questionnaire were analyzed statistically by using 't' test. The results revealed that there existed significant differences in aggression and achievement motivation between handball and khokho players. This shows that aggression and achievement motivation is found to be significantly higher for the handball players when compared to the Kho-kho players.

**Key words:** Aggression, Achievement Motivation, Handball, Kho kho.

## **IMPROVE YOUR PERFORMANCE: SPORTS NUTRITION FOR YOUTH**

**\* YADAV. KRISHNA. R, \*\* BHAI NAIK. SUDHIR V., \*\*\* Laxmeshwar.  
Basavangouda, \*\*\*\* KRISHNAPPA.M K.**

**\* Research scholar University College of Physical. Education, Bangalore  
University, Bangalore.**

**\*\* Physical Education Director, Seshadripuram first Grade college  
Yelahanka, Bangalore**

**\*\*\* Lecturer in M.V.AS. Shri.K.G.Nadgir College of Physical Education,  
Dharwad.**

**\*\*\*\* Research scholar University College of Physical. Education,  
Bangalore University, Bangalore**

### **Abstract:**

Sports nutrition consists of products designed for and used by athletes, exercisers and sportspeople to improve their nutritional intake and/or some aspect of health, wellbeing, performance, muscle growth and/or recovery from exercise. The vast majority of sports nutrition products are formulated with natural ingredients, ranging from milk, fibers, sugars or vegetable starches to vitamins, minerals and more unique ingredients such as non-essential nutrients and herbs. Often, these products are referred to as sports "supplements". However, since far greater than half of the aggregate sales of the sports nutrition industry is accounted for by carbohydrates, proteins and fats, the maker of "sports nutrition" is probably more appropriate because it reflects the fact that these products are primarily composed of the very same major constituents found in common foods. The present paper is an attempt to guidelines to all sports lovers.

**Keywords:** Nutrition, Exercise, Calorie, Hydration.

## **YOGA AND EMOTIONAL INTELLIGENCE**

**Sujatha,  
Research Scholar,  
Bangalore University, Bangalore.**

There is a big demand of emotional intelligence to solve the uninvited problems in our society. Everyday news cites hundred cases of suicide due to depression, schizophrenia, neuroses and various psychological disorders. So, out of these terrible situations the only way is to develop emotional intelligence. It is observed that Indian saints were very peaceful in their living because they were practicing yoga. This paper described how emotional intelligence is related with yoga. It is intuiting to note that the body-mind relationship is characteristic of modern problem.

## **ROLE OF PHYSICAL EDUCATORS AT COLLEGES AND UNIVERSITY**

**M.S. SANTHOSHA**

**Physical Education Director, Don Bosco Institute Of Bio-Sciences And  
Management Studies.**

**Email : mssanthosh146@gmail.com**

### **Abstract**

The Physical Educator aims at the overall development of the students through its various sports programmed and inculcates in them discipline, team spirit, teamwork, co-operation, sportsmanship and tolerance. A number of recreational and sports programmed are available for the students to refresh and relax. Fitness centre with advanced fitness equipments facilitate the students to stay physically fit and face any physical challenges.

The Department of Physical Education provides ample opportunities to the students to take part in sports and games through intramural and extramural sports competitions. Students are encouraged to participate in many tournaments like Anna University and Open tournaments. Further the inter department tournaments give opportunity to the students to exhibit the talents in their respective specialization. Physical Educator generally encourages a healthy and balanced lifestyle in their students.

A physical educator considers the student as a storehouse of various mental social and physical qualities. He tries to develop all the innate qualities with the help of various physical activities. The real challenge though is for the Physical educators to assess and push students to achieve their best without leaving anyone out.

## **NEED OF NUTRITION IN SPORTS PERFORMANCE**

**N G Ravikumar**

**Physical Education Director, Kumadvathi College of Education,  
Shikaripur, Shivamoga, Karnataka, Email : ravikumarnrg79@gmail.com**

### **Abstract**

Sports nutrition is the practical science of hydrating and fueling before, during, and after exercise. Executed properly, sports nutrition can help promote optimal training and performance. Done incorrectly or ignored, it can derail training and hamper performance. Athletes are becoming more and more interested in how their diet affects sports performance. It is now recognised that the right diet, combined with proper training and coaching can significantly improve sports performance. An adequate diet, in terms of quantity and quality, before, during and after training and competition, can maximise performance. Therefore planning your diet is just as important as planning your training programme and the two must work together. Unfortunately in our country very little stress is given to sports nutrition. Sports persons they do not have any diet concept. They don't know which type of food and how much they should take before, during and after their training and competition. Sometimes, they take more protein intake will build up more muscle mass and without knowing thinking that greater that excessive protein cannot increase muscle strength rather can do more harm due to their side effects.

## **SPORTS INJURIES AND INJURY MANAGEMENT**

**Mr. Kiran .G.N. \*\* Prof. R.srinivasa**

**\* UCPE, Bangalore University, Jnanabharati, Bangalore**

**E Mail : kirannagappa@gmail.com**

**\*\* UCPE, Bangalore University, Jnanabharati, Bangalore**

### **ABSTRACT**

Sports Injuries, classification of sports injuries, extrinsic injuries, intrinsic injuries, overuse injuries prevention of injuries and safety in sports treatment, Managing soft and hard tissue injuries.

**Key words:** Extrinsic Intrinsic, Overuse Injuries, Treatment Management.

## **A COMPARATIVE STUDY ON MENTAL TOUGHNESS AMONG KUVEMPU UNIVERSITY INTERCOLLEGIATE VOLLEYBALL AND HANDBALL FEMALE PLAYERS**

**\* Ms.Sharada. K, \*\* Dr. Rani Sandhu**

**\* Physical Education Director, MLA Academy of Higher Learning,  
Malleshwaram, Bangalore -03**

**\*\* Physical Education Director, MLA First Grade College for Women,  
Malleshwaram, Bangalore -03**

### **Abstract**

This study investigates the components of mental toughness of valley ball and hand ball players at university level and need of motivation level, coping skills, confidence maintenance, cognitive skill, discipline and goal directedness, competitiveness, possession of prerequisite physical and mental requirements, team unity preparation skills, psychological hardness, religious conviction and ethics. This study torches the light on need of toughness level at university level valley ball and Hand ball players

**Key words:** Toughness, Mental skill, Physical skills and Women players

## **EFFECT OF AEROBIC, CALLISTHENIC AND YOGIC EXERCISES ON MENTAL HEALTH AND FLEXIBILITY OF SCHOOL BOYS OF NON-PARTICIPANTS OF SPORTS**

**\* Sreenivasa. G.M, \*\* Dr. P.C. Krishnaswamy, \*\*\*Dr.Raghupathi.K**

**\* Research Scholar, Nagarjuna University, Guntur, A.P.  
Email :Sreenivasagms@gmail.com**

**\*\* Professor, University College of Physical Education, Bangalore  
University. Email : kswamypc@gmail.com.**

**\*\*\* Physical Education Director, Indian Academy Pre-University College,  
Bangalore. Email : ragupathi.reddy3@gmail.com.**

### **ABSTRACT**

The purpose of study was to determine the effect of aerobic, callisthenic and yogic exercises on selected psycho-physical variables. To achieve the purpose of the study, Sixty (60) IX standard school boys of non-participants of sports and studying in Government Schools of Solur, Narasapura, and Mudavadi, Tumkur District, Karnataka were selected as subjects randomly. Their age ranged from 13 to 15 years. The study was confined to the mental health



and flexibility variables. The Mental Health Status Scale developed by Abraham and Prasanna (1981) was used to assess the mental health of subjects and flexibility was tested with sit and reach test and recorded in. To find out the variance in the selected criterion variables due to the application of independent variable (treatment), Analysis of Covariance (ANCOVA) was applied and the level of significance was set at the 0.05 and 0.01 levels on each criterion variable. The result indicated that experimental groups (Aerobic, Callisthenic and Yogic exercises groups) were significantly improved the Mental Health and Flexibility when compared with the control group. It was also indicated that yoga group had significantly improved the mental health and flexibility greater than aerobic and callisthenic exercises training groups respectively. The study suggested that the results would provide a scientific base and guidance to the coaches and physical educationists to design the training program for school boys of non-participants of sports.

**Keywords :** Aerobic, Callisthenic, Yogic, Psycho-Physical, Non-Participants of Sports.

## **ANALYSIS OF ANTHROPOMETRIC MEASUREMENTS OF ATHLETES AND JUDOKAS**

**\* Sanjeev S Patil, \*\* Dr. A.M. Manjunatha**

**\*Research scholar & physical education teacher,  
Dravidian university, kuppam.**

**\*\* Assistant Director, Department of Physical Education, Tumkur  
University, Karnataka.**

### **ABSTRACT:**

It is well known fact that sports is the only one area where modification and sculpturing (beauty) takes place on human body because of this in sports importance has been given to anthropometric studies. It is known fact sports training and nutritional diet brings a greater change in anthropometric structure and size. So it is a present need of a day to understand and gain the knowledge, it is possible only by applying the anthropometric techniques.

The application of anthropometrical techniques helps in understanding and developing athletic physique which helps coaches in identifying talent, designing individualized training regiments to suit each athlete according to the body build and helping athlete to maintain proper body composition. A rare study on anthropometry of south Indian sports family has heightened its importance for researcher to take above mentioned topic for the research.

The main purpose of the study was to analyze the anthropometric variables Chest width, Knee width (R+L), and Ankle diameter (R+L), of athletics and combative sportsmen. For this study data was collected from forty National level athletics and players each. Subjects were selected randomly and the age of the subjects was ranging from 20-25 years. The data collected was treated with the statistical technique's T test and found there is a significant difference between athletics and judoka.

**Key words:** Anthropometry, Chest, Knee, Ankle and Judoka.

## **INTERPRETATION OF INDIAN TRADITIONAL GAMES ON PHYSIOLOGICAL AND SKILL RELATED FITNESS**

**\* Ravindra Gouda S M, \*\* Virupaksha N D**

**\*Research Scholar, Department of Physical Education, Kuvempu  
University, Shankarghatta, Karnataka**

**\*\*Co-ordinator, Department of Physical Education, Kuvempu University,  
Shankarghatta, Karnataka**

### **Abstract:**

The main objective of this study was to compare the physiological variable and skill related fitness such as breath hold, balance and endurance of national level Kho-Kho and Atya-Patya male players. To achieve the purpose of the study data was collected from sixty players of each game, who have represented Karnataka state in Kho--Kho and Atya-Patya game. The age of the subjects were ranging from 18-25 years. The data collected was treated with the statistical technique 't' and found there is a significant difference in breath hold, balance and endurance between Kho-Kho and Atya-Patya male players.

## **FUELLING FOR GLORY: NUTRITION AND PERFORMANCE IN SPORTS**

**\* Sudeep Kumar.R**

**\*\* Dr.K.Murugavel., Ph.D**

### **Abstract**

Physical activity, athletic performance and recovery from exercise are enhanced by optimal nutrition. This paper couples a rigorous, systematic, evidence-based analysis of nutrition and performance-specific literature with current scientific data related to energy needs, assessment of body composition, strategies for weight change, nutrient and fluid needs, special nutrient needs during training and competition, the use of supplements, nutrition recommendations for vegetarian athletes and the roles and responsibilities of sports dietitians. Energy and macronutrient needs, especially carbohydrate and protein, must be met during times of high physical activity to maintain body weight, replenish glycogen stores and provide adequate protein to build and repair tissue. Fat intake should be sufficient to provide the essential fatty acids and fat-soluble vitamins, as well as contribute energy for weight maintenance. Adequate food and fluid should be consumed before, during, and after exercise to help maintain blood glucose concentration during exercise, maximize exercise performance and improve recovery time. Athletes should be well hydrated before exercise and drink enough fluid during and after exercise to balance fluid losses. Sports beverages containing carbohydrates and electrolytes may be consumed before, during, and after exercise to help maintain blood glucose concentration, provide fuel for muscles and decrease risk of dehydration and hyponatremia. Vitamin and

mineral supplements are not needed if adequate energy to maintain body weight is consumed from a variety of foods. However, athletes who restrict energy intake, use severe weight-loss practices, eliminate one or more food groups from their diet, or consume unbalanced diets with low micronutrient density, may require supplements. Because regulations specific to nutritional ergogenic aids are poorly enforced, they should be used with caution, and only after careful product evaluation for safety, efficacy, potency and legality.

**Key words:** Sports activities, food, supplements, nutrition, fluids, performance, ideal diet, enhanced performance.

## **EFFECT OF SHORT TERM TRAINING AND REGULAR RESISTANCE TRAINING ON THE DEVELOPMENT OF PHYSICAL FITNESS VARIABLES AND SKILL PERFORMANCE VARIABLES OF MALE BASKETBALL PLAYERS**

**\* Muniraj M G, \*\* Dr. R Ashok kumar**

**\* St Claret College, Research Scholar, Karpagam University,  
E-mail : munirajumg23475@gmail.com**

**\*\* Research Guide, Karpagam University**

### **ABSTRACT**

There are many different methods of strength training. One form of resistance exercise that has drawn attention is short term training. Evidence of increasing interest is becoming more apparent with the rise of internet references. This form of training has been presented as a safe and effective means of building strength in both beginning and advanced weight training (Westcott, 1999). Short term training, originated in 1982 by Ken Hutchins, was developed in an osteoporosis study with older women because of the need to utilize a safer speed for subjects to perform the resistance exercises. The result was the beginning of a new resistance training technique, which became known as short term training. In a standard Nautilus training protocol, 8-12 repetitions are performed (Westcott, 1999). Each repetition represents a two-second concentric action, a one-second pause, followed by a four-second eccentric action. The total time for the set requires approximately 55-85 seconds for completion. The short term protocol represents 4-6 repetitions consisting of a 10-second concentric phase followed by a four-second eccentric phase. This protocol also requires about 55-85 seconds for completion. One possible advantage of short term training is that it involves less momentum, resulting in a more evenly applied muscle force throughout the range of motion.

In the present study the data was analyzed in two parts: 1) Training effects of each group on skill performance and physical fitness components in order to analyze the treatment effect of training "t" ratio was used. 2) To compare the significance of the mean differences among the four groups on skill performance and physical fitness variables analysis of co-variance was used, when the F-ratio was significant Scheffe's post hoc test was used to find out which treatment used in the present study is the source for the significance of adjusted post test means.

## **IMPROVE YOUR PERFORMANCE: SPORTS NUTRITION FOR YOUTH**

**\* Krishna R Yadav, \*\* Sudhir V. Bhai Naik., \*\*\* Basavangouda. Laxmeshwar, \*\*\*\* Krishnappa M K**

**\* Research Scholar University College of Physical. Education, Bangalore University, Bangalore**

**\*\* Physical Education Director,  
Seshadripuram First Grade College Yelahanka, Bangalore**

**\*\*\* Lecturer In M.v.as. Shri.k.g.nadgir College of Physical Education, Dharwad.**

**\*\*\*\* Research Scholar University College of Physical. Education, Bangalore University, Bangalore**

### **Abstract:**

Sports nutrition consists of products designed for and used by athletes, exercisers and sportspeople to improve their nutritional intake and/or some aspect of health, wellbeing, performance, muscle growth and/or recovery from exercise. The vast majority of sports nutrition products are formulated with natural ingredients, ranging from milk, fibres, sugars or vegetable starches to vitamins, minerals and more unique ingredients such as non-essential nutrients and herbs. Often, these products are referred to as sports “supplements”. However, since far greater than half of the aggregate sales of the sports nutrition industry is accounted for by carbohydrates, proteins and fats, the maker of “sports nutrition” is probably more appropriate because it reflects the fact that these products are primarily composed of the very same major constituents found in common foods. The present paper is an attempt to guidelines to all sports lovers.

**Keywords:** Nutrition, Exercise, Calorie, Hydration.

## **PERSPECTIVES OF PHYSICAL EDUCATION DIRECTORS IN COLLEGES**

**\*Dr. Venkatesh P. \*\* Dr. Prasannakumar D. R.**

**\* Physical Education Director, Mahantswamy Arts,science & Commerce College, Haunsbhavi.**

**\*\* Physical Education Director, Govt First Grade College, Hirekerur.**

### **Abstract:**

This study shows the perspectives of twenty five Physical Education directors in colleges who teach youngsters physical education in colleges with large student: teacher ratios. The physical education directors taught classes with student: teacher ratios of up to 75:1 per class. Interviews were conducted with each physical education directors. The questions were written to inquire about specific variables that effect on physical education in colleges: biggest issue faced when teaching, delivering daily quality physical education, class management time, adequate equipment, safe learning environment, and learning opportunities. Results indicated that large class sizes interfered with their ability to offer quality physical education programs to students. The physical education specialists indicated that they, as well as their profession, were marginalized by others' attitudes. In spite of teaching environments that include large class sizes, lack of administrative support, peer apathy toward physical education as a legitimate academic discipline, and insufficient equipment to provide maximum participation for all students, the participants in this study were driven by a desire to see their students excel and develop a positive attitude toward physical activity.

**Keywords:** Large Classes, Class management, Quality Instruction, Marginalization

## **PHYSICAL ACTIVITY AND HEALTH AMONG YOUTHS**

**\* Usha Nandini, \*\* Ramesh Babu K R**

**\* Physical Education Director, Government First Grade College,  
Yelahanka.**

**\*\* Physical Education Director, Government First Grade College, Magadi.**

### **Abstract**

Insufficient physical activity is a risk factor for people who are overweight or obese and for many related chronic diseases. Regular physical activity is associated with immediate and long-term health benefits such as easier weight control, lower blood pressure, improved cardio-respiratory function and enhanced psychological well-being. Active children are more likely to become active adults. As children age into adolescence, their physical activity declines. Increased use of television, video and computer games has resulted in decreased physical activity in Indian youth. Parents and school environments provide a unique opportunity to promote healthy eating and physical activity in young people. Poor diet and inactivity are leading contributors to overweight and obesity in adolescents. Health education can contribute directly to a student's ability to successfully. The obesity rate has more than doubled for adolescents aged 12-19 years over the last two decades. Overweight adolescents are 70% more likely of becoming overweight or obese adults. This increases to 80% if one or more parent is overweight or obese. Empty calories from added sugars and solid fats account for 40% of children's and adolescents daily caloric intake. Nearly half of these empty calories come from soda, fruit drinks, dairy and grain desserts, pizza and whole milk. Children are more active when schools offer well-designed playgrounds, open spaces, and available facilities and equipment. Health and fitness are linked to improve academic achievement and grades, and cognitive ability, as well as reduced truancy.

**Key words:** Health, Well being, Physical Activity, Obesity.

# **A STUDY ON MOTOR FITNESS OF RURAL AND URBAN HIGH SCHOOL BOYS OF DAVANGERE DISTRICT**

**\* Harisha P S, \*\* Srinivas Prabhu B. Kusgal**

**\* Physical Education Director, Government First Grade College  
Honnali, Davanagere. Karnataka, Email: harishaps09@gmail.com**

**\*\* Dhumwad, Kalaghatagi, Dharwad.  
E-mail: vasu98kusugal@gmail.com**

## **Abstract:**

## **Introduction**

Every individual on earth wants to be physically fit to carry out his day-to-day tasks or activities. These activities of individuals vary from sedentary office work to competitive sports. Physical fitness levels of these individuals depend upon the nature of the task and vice-versa.

## **Purpose**

The purpose of the study was to assess the motor fitness of rural and urban high school boys of Davangere district.

## **Procedure**

A total of 300 students, 150 from rural highschools and 150 from urban high schools boys were randomly selected as subjects for this study. The selected motor fitness variables were speed, strength, agility, and endurance. To measure these components standardized tests were used. The data collected were analyzed with statistical 't' test technique was used.

## **Results**

The statistical analysis shows that there was a significant difference in all the selected motor fitness components between rural and urban boys.

## **Conclusion**

It was concluded that rural high school boys are better in speed, endurance and agility than rural high school boys and urban boys have shown supremacy in strength than rural high school boys.

**Key words:** Rural, Urban, Speed, Strength, Endurance and Agility.

## **PERSONALITY TRAITS AND SELF-CONCEPT OF KABADDI AND VOLLEYBALL PLAYERS**

**\* Ramchandra H D**

**Physical Education Instructor, Rashtriya Sanskrit Sansthan, Rajiv Gandhi  
Campus, Sringeri – 577 139,  
email: ramuhd@gmail.com**

### **Abstract**

### **Introduction**

Sports is still a subject in the state list of the constitution so that we can have a national sports and physical education law, which will facilitate better co-ordination and monitoring of sports and physical education activity in the country. There is also an urgent need to develop sports awareness and sports consciousness amongst our people.

### **Aim**

The aim of the study was to know the difference in personality traits and self-concept between Kabaddi and volleyball players.

Procedure To achieve the aim of the study Eysneck personality questionnaire and Muktha Rani Rastogi self-concept questionnaire were administrated to the sample of ninety members who were the participants at Rashtriya Sanskrit samsthan inter institution tournament held at Sringeri, Karnataka during the academic year 2014-15. The statistical technique 't' test was used to analyze the data.

### **Results**

The statistical analysis shows that there was significant difference in the personality traits and self-concept between Kabaddi and volleyball players.

**Key words:** Personality traits and Self concept



## **ROLE OF SELECTED ANTHROPOMETRIC VARIABLES ON BASKETBALL PASSING ABILITY**

**\* Mallikarjuna Prabhu K S. \*\* Pundaleekappa B Poojar,**

**\*Physical Education Director, Govt. First Grade College, Nonavinakere,  
Tiptur Taluk Tumkur District, Karnataka state,  
E-mail: mallikarjunaprabhuksp@gmail.com**

**\*\*M.P.Ed., Scholar , Department of P.G. Studies in Physical Education,  
Kuvempu University, Shivamogga, Karnataka State,**

### **Abstract**

Introduction: The physical structure especially the height and arm length have definite and decisive advantage in many games and sports. Similarly, segmental length of individual body parts especially height and arm length are of considerable advantage in certain games. Anthropometric measurements have revealed correlation between body structure and physical characteristics and sports capabilities. This knowledge of mathematical correlation permits sports physicians to evaluate and to predict performance potentialities on the requirements of the sports and games, the prediction prognostics. The higher level performance of a basketball does not depend only on the mastery of technical, tactical aspects alone, but also upon the anthropometric measurements.

### **Objective of the study:**

The objective of the study was to know the role of selected anthropometric measurements in passing ability of basket players.

### **Methodology**

A total of 40 university level basketball players were randomly selected as subjects for this study. The anthropometric variables selected for this study were height, weight, fore arm length, leg length, upper arm girth, chest girth, thigh girth and calf girth. Passing ability data was collected by conducting standardised basketball passing test. The statistical technique pearson product moment corelation was used to analyze the data.

### **Results**

The statistical analysis shows that there was a correlation between the selected anthropometric measurements and passing ability of basketball players.

### **Key words**

Anthropometric Measurements, Height, Weight, Fore Arm Girth, Leg Length, Upper Arm Girth, Chest Girth, Thigh Girth And Calf Girth

## **SOCIO-ECONOMIC STATUS OF HOCKEY AND FOOT BALL PLAYERS**

**\* Manjanna B P, \*\*N D Virupaksha**

**\*Oxford College of Business Management, H S R Layout Bangalore  
Karnataka, Email: manjumaya776292@gmail.com**

**\*\*Deputy Director, Department of physical education, Davangere  
University, Karnataka. Email: vsporty@gmail.com**

### **Abstract**

Socio-Economic status refers to social economic standing of a person in his society. Socio-economic condition means it includes with social and economic achievements of an individual or group in society. Sports help to achieves success name, fame and money. Sport is an institutionalized competitive activity that involves vigorous physical activity that involves vigorous physical exertion or the use of relatively complex physical skill by individuals whose participation is motivated by a combination of intrinsic factors. The purpose of the study was to compare the socio-economic status of hockey and football players. To achieve the purpose of study sixty subjects were selected from each game and socio economic status was assessed by using standardised Socio Economic Status Inventory developed by R.L. Bhardwaj (2000). and the results showed that there was no significance difference was found between hockey and football men players

## **ATTITUDE OF HEAD MASTERS TOWARDS PHYSICAL EDUCATION**

**\* Shivakumar, \*\* N.D. Virupaksha**

**\* Physical Education Teacher, Cauvery Public School, Bangalore  
Email: shivutsv@gmail.com**

**\*\* Department of Physical Education, Kuvempu University, Shivamogga  
Karnataka state Email:vsporty@gmail.com**

### **ABSTRACT:**

#### **Introduction**

Attitudes, values, ideals that are propagated by education, play a significant role in building personality, individuality and the entire mental makeup of an individual. Attitudes are the prime movers of thought and action what a Headmaster thinks and feel and value is reflected in the mind and heart of the taught and these expressed attitudes to the coming generation.

## **Purpose**

The purpose of the study was to estimate the attitude of the Headmasters belonging to High schools in KadurTaluk of Chickmagalur District towards physical education

## **Methodology**

With this view an attempt has been made to study the attitude of Headmasters of government and private High schools in KadurTaluk of Chickmagalur District. The Questionnaires were administrated to the selected headmasters of government and private high school

After tabulation of the scores the attitude score of each statement was compared between government Headmasters of government and private High schools. The data collected was treated with the statistical technique "t" test to test the difference in the various aspects of attitude.

## **Results**

The result reveals that there is a significant difference in physical aspects, mental-emotional aspect, intellectual aspects, social aspects and recreational aspects

**Key Words:** Physical aspects, Mental-Emotional aspect, Intellectual aspects, Social aspects and Recreational aspects.

# **INFLUENCE OF SELECTED ANTHROPOMETRIC MEASUREMENTS ON BASKETBALL SHOOTING ABILITY**

**\* Sujan G.B., \*\* Manjappa H**

**\*Department of Physical Education, Kuvempu University, Shankarghatta, Karnataka state, E-mail:sujan153@gmail.com**

**\*\* M.P.Ed., Scholar , Department of P.G. Studies in Physical Education, Kuvempu University, Shivamogga Karnataka State, E-mail: manjappah83@gmail.com**

## **Abstract :**

Introduction: The physical structure especially the height and arm length have definite and decisive advantage in many games and sports. Similarly, segmental length of individual body parts especially height and arm length are of considerable advantage in certain games. Anthropometric measurements have revealed correlation between body structure and physical characteristics and sports capabilities. This knowledge of mathematical correlation permits sports physicians to evaluate and to predict performance potentialities on the requirements of the sports and games, the prediction prognostics. The higher level performance of a basketball does not depend only on the mastery of technical, tactical aspects alone, but also upon the anthropometric measurements.

### **Aim of the study**

The aim of the study was to know the influence of selected anthropometric measurements on shooting ability of basket players.

### **Procedure**

A total of 40 university level basketball players were randomly selected as subjects for this study. The anthropometric variables selected for this study were height, weight, fore arm length, leg length, upper arm girth, chest girth, thigh girth and calf girth. Shooting ability data was collected through shooting test. The statistical technique product moment correlation was used to analyze the data.

### **Results**

The statistical analysis shows that there was a significant correlation between the selected anthropometric measurements and shooting ability of basketball players.

**Key words:** Anthropometric Measurements, Height, Weight, Fore Arm Length, Leg Length, Upper Arm Girth, Chest Girth, Thigh Girth And Calf Girth

## **AN INVESTIGATION OF ANTHROPOMETRIC MEASUREMENTS AMONG COURT GAME PLAYERS**

**\* Swamy S. N., \*\* N. D. Virupaksha**

**\* Physical Education Teacher, Dev In National School, Bangalore.**

**E-mail: swamynandu02@gmail.com**

**\*\* Department of Physical Education, Kuvempu University, Shivamogga  
Karnataka E-mail: vsporty@gmail.com**

The objective of the study was to know the difference in the selected anthropometric measurements between handball and basketball male players. To achieve the objective of the study one hundred players, 50 from each game were randomly selected during Davangere University Intercollegiate tournaments as subjects for this study. The anthropometric measurements selected for the study was height, upper arm girth, chest girth, thigh girth, and calf girth. The statistical technique 't' test was used to analyze the data.

### **Results:**

The statistical analysis shows that there was a significant difference in the selected anthropometric measurements between handball and basketball players. The results showed that there is no significant difference in height, but there is a significant difference in the other selected anthropometric variables.

**Key words:** Anthropometry, Leg Length, Upper Arm Girth, Chest Girth, Thigh Girth, Calf Girth

## **MOTOR FITNESS AMONG HIGH SCHOOL BOYS OF CHITHRADURGA DISTRICT**

**\* Vijayakumar H, \*\* Sanjeev Kumar K.S.**

**\*Physical Education Teacher, B. L. R. High school, siriger, chithradurga  
district, E-mail: vijaykag19@gmail.com**

**\*\* Department of Physical Education, Kuvempu University,  
Shankarghatta, Karnataka state, E-mail: sanjeevsanju613@gmail.com**

### **Abstract**

Motor related physical fitness has direct relevance to performance in games and sports. It enables on individual to participate in games and sports with greater power, speed, endurance, agility, coordination, balance etc, and in turn makes him capable of attaining good performance in a sport. Physical Education gives students the knowledge and skills to make the most of their physical and mental abilities. It gives them building blocks of good health; physical fitness and skills, co-ordination and good sportsmanship. Students learn to assess their own physical fitness and skills. The purpose of the study was to compare motor fitness between Rural and urban high school boys. To achieve the purpose of the study 50 rural and 50 students urban high school boys from Chitradurga District. Motor fitness variables such as speed, Agility, power, flexibility and endurance were selected and 50 mts dash, Shuttle Run, Standing Broad Jump, Sit and Reach Test and 600 yard run and walk tests were administred respectively to gather the data for the selected motor fitness. The results showed that there was significant difference in speed and endurance, but there is no significant difference in the rest of the selected motor fitness variables.

## **PSYCHOLOGICAL PROFILE OF VOLLEYBALL AND HANDBALL PLAYERS**

**\* Vinaya H.K., \*\* Madhu N**

**\*Research Scholar, Department of P.G.Studies in Physical Education,  
Kuvempu University, Shankarghatta, Karnataka.  
E-mail: greatvinu86@gmail.com**

**\*\*Physical Education Director, R R Institute of Technology, Bangalore,  
Karnataka state. E-mail: nmadhu9888@gmail.com**

### **ABSTRACT:**

Introduction: Today in the modern competitive year every sports man is a race to excel others and competition has become a fundamental mode of human expression as it is one of the every important functions by which national and international recognition and prestige is gained. From its very simple form, sports have emerged into highly organized activity of human society and it has becomes a complex social and cultural phenomenon. Most of the games and sports activities, which originated as leisure pursuits and recreational activities have acquired a strong competitive and challenging form technological and scientific advancement has influenced the mode of selection, screening and training the athletes in various sports activ  
Purpose: The purpose of the study was to compare the selected psychological profiles between volleyball and handball male players. For this study fifty subjects were selected randomly during university inter collegiate tournaments .The selected psychological variables were sports achievement motivation and self confidence. The age group of the subjects is 16-25 years. The data was collected from the subjects by administering standardised questionnaires.

### **Results**

The results showed that there is a significant difference in the selected physical fitness between volleyball and handball male players.

**Key Words :** Psychology, Sports Achievement motivation and Self Confidence.

## **A STUDY ON ANXIETY OF VOLLEYBALL AND SOFTBALL PLAYERS**

**\* Vinoda K M, \*\* Rudresha M E.**

**\* Physical Education Director, Saptagiri College of Engineering,  
Bangalore, E-mail: kmvinodh21@gmail.com**

**\*\* M.P.Ed., Scholar, Department of P.G. Studies in Physical Education,  
Kuvempu University, Shivamogga Karnataka State,  
E-mail: merudresh@gmail.com**

### **Abstract:**

In modern competitive sports, the anxiety in sportsmen has affected their performance. As the physical load during the training of sportsman for international competition is also intensified, the sportsmen like other athletes are anxiety prone while participating in competitive sports. The objective of the study was to know the competitive anxiety among volleyball and softball players. To achieve the objective of the study 160 players were selected as subjects (60 players from each game) and The (CSAI- 2) by Martens, Vealey and Burton 1992 was administered and results showed that there was a significance difference in cognitive state anxiety, Somatic State anxiety and Self confidence between Volleyball and softball players

## **COMPARATIVE STUDY ON MOTOR FITNESS COMPONENTS BETWEEN HANDBALL AND BASKETBALL MEN PLAYERS**

**\*Mr. E.KarisiddaihWodiyar, \*\* Ravi G**

**\*Physical Education Director, Janatha Govt. First Grade College  
Basavapattana, Davanagere, Karnataka State,  
E-mail: ekwodiyar@gmail.com**

**\*\* M.P.Ed., Scholar, Department of physical Education, Kuvempu  
University, Shankarghatta E- mail: ravikgr27@gmail.com**

### **ABSTRACT**

The aim of the study was to compare the selected motor fitness between Handball and Basketball men players of Davangere University. To achieve the aim of the study sixty players thirty from each game were selected as subjects for this study and they were selected during Davangere University Inter collegiate tournaments. Speed, shoulder strength, agility, endurance, power and flexibility were selected as motor fitness variables. The data collected was treated with statistical technique 't' test and the results showed that there is a significant difference in agility, power and speed, but there is no difference in strength, endurance and flexibility between Handball and basketball men players of Davangere University.

## **A STUDY ON ANAEROBIC CAPACITY AMONG PHYSICAL EDUCATION TRAINEES**

**Chethan Ram P.\* PraveenKumar M.K\*\***

**\*Physical Education Teacher, Euro School, North Campus,  
Balajinagar,Sathnur Village, Bagaloor post . Bangalore – 562 149  
E-mail: chethanramhockey10@gmail.com**

**\*\* Physical Education Instructor, Govt. First Grade College, Kadur  
,Chickmagalur district E-mail: praveenmalige@gmail.com**

### **ABSTRACT**

The purpose of the present study was to determine the anaerobic capacity between physical education trainees of Kuvempu University and Davanagere University. To obtain data for this study, one hundred (n=100) subjects were randomly selected out of which fifty (n=50) from Kuvempu University and fifty (n=50) from Devanagere University affiliated colleges. The age of the subjects ranged from 22 to 28 years. To collect the required data for anaerobic capacity Margaria Step Test was used. T test was applied to determine the significance of difference between the selected subjects. The level of significance was set at 0.05. The results revealed no significant difference between Physical education trainees of Kuvempu University and Davanagere University on variables of anaerobic capacity.

**Key Words:** Anaerobic Capacity, Physical Education.

## **Effect of yoga on Bronchial Asthma**

**\* Veerappa B H, \*\* N D Virupaksha**

**\* Physical education teacher, Govt. High school, Shamanur, Davanger**

**\*\* Deputy Director, Department of physical education, Davangere  
University, Karnataka. E-mail: vsporty@gmail.com**

### **Abstract**

Introduction: Asthma is quite common quite disease which affects the lungs and makes breathing difficult. It is usually intermittent. In other words, it strikes the sufferer from time to time. Sometimes an attack may come quite suddenly and it may pass quite quickly, but at other times the breathing problem may last for days, or even linger for weeks or months. In some cases, asthma strikes at particular time of the year or in particular places. It can also be brought on at times of stress, for instance when you are worried or excited about something.

### **Objective of the study:**

The objective of the study was to know the effect of yoga therapy on asthma



**Methodology:**

A total of 60 subjects were selected by using inclusion and exclusion criteria from various classes of the society. Two groups were made in equal number of subject i.e. 30 each in control and experimental groups. Experimental group was treated with yoga therapy of one year to know the effect of one year yoga therapy on house dust mite. Pre and post tests scores were treated with 't' test statistical technique.

**Results:**

The statistical analysis shows that there was a significant effect only after one months yoga therapy and there is no significant effect from base line to one months therapy .

**Key words:** Asthma, Atopic, Bronchial, Yoga and Therapy

## **ANALYSIS OF SELECTED SPEED VARIABLE AMONG STATE LEVEL SPRINTERS, MIDDLE DISTANCE RUNNERS AND KHO -KHO PLAYERS.**

**\* Manjunath.S, \*\* Bhaskar. K, \*\*\* Dr. N. Chandrappa**

**\* Research Scholar, Karpagam university, Coimbatore**

**\*\* Research Scholar, Karpagam university, Coimbatore**

**\*\*\* Director, University College of Physical Education Bijapur University, Bijapur**

**ABSTRACT:**

The subjects for the present study were chosen from Karnataka state. 45 Men subjects were chosen for the study. The subjects were grouped under three categories. Sprinters[N=15] middle distance runners (N=15) and kho-kho(N=15). After collecting the data from the subjects, One-way ANOVA ('F' test) technique was used to find out the differences among sprinters, middle distance runners and Kho-Kho players in speed. Not Significant at 0.05 level of confidence.

## **RURAL SPORTS AND ITS DEVELOPMENTS**

**A.B. ANIL KUMAR**

**\*Physical education instructor, G.F .G.C. shikaripura, Kuvempu University, Karnataka.**

### **ABSTRACT**

Sport and physical education is an integral part of education and a means to achieve physical and mental health. It should not be assumed that physical education and is a fancy worthless issue and merely a means for fun and engagement of children and adolescents. In contrast, it should be considered an important component of life activities. Concepts such as fitness, health, personal and social development and mental health are closely related to sport and physical education. A historical review demonstrates that civilized nations of the world always have paid attention to the importance and role of sport and used it for development of youth and preparing them to deal with personal and social problems.

Sport and physical education is another view of join or fight with surrounding natural environment. It noteworthy that human mind requires minimal training. If circumstances are integrated with rural traditions, intrinsic rural development would be definitely followed by increased productivity of land and creatures. Sport and physical education not only facilitate human interaction with rural development factors, but it will reconcile humans with development and their economic, social, cultural activities with surrounding environment. Activities relating to sports and physical education are essential components for human resource development. It helps to promote good health, comradeship and a spirit of friendly competition, which in turn, has positive impact on the overall development of personality. This leadership can guide India towards a greater achievement. Similarly, excellence in sports enhances the sense of achievement, national pride and patriotism. Sports also provide beneficial recreation, improve productivity and foster social and cultural harmony and discipline.

**Keywords:** Fitness ,Health, SocialDevelopment, Economic and cultural activities ,recreation, discipline.