

International Journal of Physical Education Health & Sports Sciences

VOLUME : 03

ISSUE : 01

MARCH 2014



A Journal of Physical Education Foundation of India

INTERNATIONAL JOURNAL OF PHYSICAL EDUCATION HEALTH & SPORTS SCIENCES

CONTENT

- Manifestation of the Burnout Syndrome in Mexican College Athletes /
Gómez JA, Salazar CM., Hernández JA., Quintana L., Sánchez M. 07
- Sports Competitive Anxiety and State - Trait Anxiety Status of
Sportspersons Participating in Different Sports / Md. Shafiquel Islam,
Md. Ashadur Rahman, Dr. Abu Shaleh, Md. Musa Kobir 17
- Effect of Yogasanas and Suryanamaskar on Selected Psychological
Variables Among School Girls / A.Yuvaraj, T. Ramesh 24
- Relational Health of Female College Athletes in Kerala /
Dr. Jimmy Joseph, Dr. T.I. Manoj 30
- Age-associated Changes of Speed and Agility in 10 to 14 years
Rural Boys / Dr. Pintu Sil 39
- A Comparative Study of Socio-Economic Status Between State Level
Athletes and Gymnasts of Primary Schools in West Bengal /
Dr. Sandip Sankar Ghosh, Azizul Haque 44
- A Comparative Study of Anxiety on Short and Long Distance Indian
Athletes / Syed. Tariq Murtaza, Mohd. Imran, Hitesh C. Rawal 48
- Assessment of Muscular Fitness among the students of Kashmir using
Kraus-Weber Tests / Ishtiaq Ahmad Bhat, Sakeena Bashir 52
- Health - Related Physical Fitness Components Between Government
and Public School Girls of Chandigarh / Jaspreet Kashyap 59
- Comparative Analysis of Selected Physical and Physiological Variables
Between Active and Sedentary Women / Devi Laxmi 63
- Influence of Imparting Health-Awareness Programme on Mental Health
of Under Graduate Students / Rajarshi kayal 68
- Postural Deformities in Lower Extremities Among School Children /
Ramananda Ningthoujam 78
- Challenges and Problems of Indian Women in sports /
Anu Gill, Ajay Kumar 85
- Construction of Rating Scales for Hitting Dribbling and Scooping

in Hockey / Dr. Minakshi Pathak	90
▪ Benefits of Hatha Yoga / Piyush Jain, Vikram Kuntwar, Dr. C.S. Tomar	98
▪ Doping and its effects / Dr. R.Y. Deshmukh, Divakar V. Ruikar	103
▪ Effects of Exercise on Endocrine System / Dr. Deepak Bachewar, Dr. Anil Tripathi	107
▪ Physiological Changes Due to Exercise / Dr. Umesh Rathi, Dr. Ajay S. Bonde	110
▪ Effect of Isotonic and Isometric exercises on swimming performance of school swimmers / Dr. Sinku Kumar Singh, Dr. Bhagat Singh Rathi, Prabjyot Singh Tuteja	114
▪ Analysis of Memory and Attention Between Single and Multi-Technique in Sports / Dr. Krishnakant	122
▪ Comparative Effect of Creatine Supplementation on Blood Ammonia and Intermittent Running Performance on Vegetarian and Non-Vegetarian Active Males / Savalan Seyedjalali, Nayana Nimkar	126
▪ Guidelines for Authors	134