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INDEX

• University Sports for Olympic Medal / <i>Dr. Gundeep Singh</i>	17
• Science Of Sports Training / <i>Dr. A. K. Uppal</i>	29
• What Makes A Fastest Runner: A Structural & Functional Insight? / <i>Dr. Meenu Dhillon, Ms. Jyotsna Aggarwala</i>	34
• Vision 2020: Third Force And Sports Psychology / <i>Prof. Pratap Singh Tiwari</i>	37
• Peak Performance In Sports / <i>Dr. R. Thirumalaisamy</i>	40
• Prevalence Of Physical Inactivity In School Going Children: Total Physical Fitness Test (TPFT) Study, Kerala, 2008 / <i>Dr. G. Kishore</i>	43
• Professional And Academic Development In Physical Education & Sports Sciences To Be Skilled India - A Vision Document 2018 / <i>Dr. Dhananjay Shaw</i>	55
• Mental Toughness - A Psychological Tool For Transforming Setbacks Into Successes / <i>Prof. (Mrs). Vasanthi Kadiravan</i>	62
• Marathon Running And Health Benefits / <i>Dr. George Abraham</i>	66
• Compression Of Will To Win Between Different Colleges And Different Universities Male Football Players / <i>Dr. S. N. Singh, Dr. Kuldeep Malik</i>	71
• An Analysis On The Role Of Aerodynamics On Swing Bowling In Cricket / <i>Dr. Rajkumar G. Karve</i>	74
• Sports Tourism in Hadoti Region: Way Forward Opportunities and Challenges / <i>Dr. Anukrati Sharma, Dr. Vijay Singh</i>	79
• Swimming: As Physical Activity For Better Lifestyle Management / <i>Dr. Rakesh Gupta, Ms. Meenakshi Pahuja</i>	87
• Performance Analysis: Essential Tool for Peak Performance / <i>Dr. Umesh J. Rath</i>	90
• Effect Of Diabetes On The Lifestyle Of Patients Suffering From Diabetes / <i>Dr. Yeshbeer Singh, Dr. Chetan Sharma</i>	93
• Effect of Aerobic Exercises on selected Physiological Variables of College Students / <i>Dr. Shoukat Hussain</i>	96
• Actions to be adopted by government and people to attain Olympic Medals / <i>Dr. Yogesh Kumar</i>	99
• Relationship Between Aerobic Fitness And Heart Rate Recovery Followed By Maximal Anaerobic Exercise In Combative Sports / <i>Dr. Neha</i>	102
• Health Fitness And Wellness And Their Process Of Development / <i>Dr. Lokendra Pal Singh Chauhan</i>	106
• Technology As A Modern Tool In Sports / <i>Dr. Yeshwant V. Patil</i>	110
• Comparison of kicking leg's mechanics of instep kick between male and female soccer players of Bangladesh / <i>Shaybal Chanda, Prof. Sumanta Kumar Mondal</i>	113
• Talent Identification - Procedure and Process of Nurturing / <i>Dr. Anil Deshmukh</i>	125
• Correspondence between Health, Fitness and Wellness / <i>Dr. Anil Vaidya</i>	128

• Sports Sponsorships Approaches in the Digital Age / <i>Dr. Divakar Ruikar</i>	131
• Physical Inactivity: Fourth Greatest Risk Factor For Poor Health / <i>Dr. Madhusudan Marwal</i>	134
• Adapted Physical Education: A Specially Designed Physical Education Programs / <i>Dr. Nitin Deulkar</i>	137
• Sports tourism: A Fast Growing Niche in the Tourism Market Today / <i>Dr. Sagar P. Narkhede</i>	140
✓ Sports Science for Sports Performance Enhancement / <i>Dr. Santosh Tayade</i>	143
• Survey Of Physical Education In Today's Schools / <i>Dr. Dilip Malekar</i>	145
• Potential of India As A Sports Tourism Destination / <i>Dr. Kalyan Maldhure</i>	148
• Psychology In Sports / <i>Dr. Kishor Tayade</i>	151
• To Battle Occupational Stress – Need Of Great Importance In The Present Indian / <i>Dr. Pramod N. Humbad</i>	154
• The Importance of Health & Wellness for Healthy Living / <i>Dr. Shyam Kela</i>	162
• Feedback On Performance Of Serving And Reception Skills In Volleyball / <i>Prof. Bajirao Ingole</i>	165
• Social Impacts of Sport Tourism Events / <i>Prof. Atul Patil</i>	169
• Sports Tourism Enhance Sports Destination Development / <i>Prof. Avinash Vitthalrao Kharat</i>	172
• Quality Physical Education: Characteristics & Components / <i>Prof. Balasaheb Paul</i>	175
• The Importance of Wellness for succeed in life / <i>Prof. Pankaj Sharma</i>	178
• Fitness for Good Health / <i>Prof. Sarjerao Rambhau Wagh</i>	181
• A Study On Relationship Between Self Confidence, Socio-Economic Status And Physical Fitness Components Among Gulbarga District Men Cricket Players / <i>Mallikarjun Sharanappa</i>	184
• A Therotical Study On Self-Confidence In Sports / <i>Sanjeevkumar Appe, Dr. N.G. Kannur</i>	189
• A Study On The Influence Of Self Confidence And Achievement Motivation On The Performance Of Women Athletes / <i>Shankar Sure, Naghabhushan L Awarad</i>	195
• A Comparative Study On Motor Fitness Among Senior And Junior Basketball Players Of Gulbarga District / <i>Chandrakant Shirol, Vijay Kumar</i>	201
• A Comparative Study On The Mcdonald Soccer Skill Test Performance Of Biadr And Kalaburagi District Men Inter-Collegiate Football Players / <i>Jaiprakash Samuel, Dr. Girwalkar Sunita S</i>	204
• A Therotical Study On The Role And Importance Of Psychology In Basketball Game / <i>Dr. Shivakumar</i>	207
• An Investigation On Specific Motor Fitness And Physiological Variables Of Bowlers & Batsman Of Goa State / <i>Chandu G. Lamani, Dr. Pratap Singh Tiwari</i>	211
• A Therotical Study On Physical Education And Sports In India: A Women's Perspective / <i>Dr. Prasannakumar Shivasharanappa, Dr. Rajanna</i>	216
• A Therotical Study On The Role Of Yoga In Sports / <i>Dr. Rajanna</i>	220
• An Analysis On Great Indian Cricketer Babaji Palwankar Baloo And His Performances / <i>Pradeep Kumar U, Dr. Pratap Singh Tiwari</i>	223
• An Analysis On The Sportsman Personality Of Dronacharya Awardee Sri. N. Lingappa Through Opinions Of Relatives, Friends, Colleagues And His Contributions To Indian Athletics <i>Vaasokkumar R. Vijayar, Dr. Pratap Singh Tiwari</i>	228

SPORTS SCIENCE FOR SPORTS PERFORMANCE ENHANCEMENT

Dr. Santosh Tayade*

ABSTRACT

This paper will seek to provide a comprehensive description of Sports Sciences. The main focus of this paper is how Sport science focus on the scientific testing of athletes during off season, pre-season and competition season. This paper will discuss how sports sciences cover a broad range of fields including human physiology, psychology and biomechanics, and their relationship to sports performance, health and well-being.

Key words: Sports Science, Sports Performance.

INTRODUCTION

Sports Science is a very wide field of academics which is slowly coming into prominence in India and abroad. Sports Science is a wide topic on sports dealing with the theories and principles to do sports and exercise in the most scientific way. This field of studies is growing every day and it makes way to a career in fitness, leisure related industries, healthcare and pharmaceuticals.

Sports Science is a broad field of study that includes training modalities for improved performance; development of methods that allow athletes to train at higher intensities, more efficiently, and without injury; and the development of equipment or gear that improves performance.

Importance of Sports Science :-

The importance of sport science is the prediction of an individual's ability relating to the sporting world, the individualization of training programs according to specific needs and to identify possible strengths, weaknesses and prevent future injuries.

Sport science focus on the scientific testing of athletes during off season, pre-season and competition season. Fitness components that are focused upon include the following: Aerobic capacity, anaerobic capacity, Muscle power, strength, endurance, Agility and Speed. Sport specific tests are used, areas of concern are identified and worked upon, fitness levels are monitored and recovery techniques are incorporated.

The relationships between science and sport :-

Sport science is concerned with applying the study of movement/science to sporting activities. The main purpose of sport science is to assist an athlete in maximizing his potential with the least possible risk of injury. The relationships between sport sciences and sports are complex and changeable, and it is not clear how they reciprocally influence each other.

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THIS IS TO CERTIFY THAT

Prof. /Dr. /Mr. / Ms. *Santosh.....Tayade.....*

From *Shri.....Ganesh.....Kala.....Mahavidyalaya.....Kumbhari.....*

has participated in the 4th National Conference on Physical
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244

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