PREFACE

It is fact of life now a days that as soon as one deals with competitive sport and particularly top-level competition sport, the doctor, scientists and coaches are involved straight way. Every where multidisciplinary teams string up around training sites, seeking to isolate and identify the ingredients of success, to improve performance.

Nutrition is concerned primarily with the part played by nutrients in body growth development and maintenance. The word nutrient or "food factor" is used for specific dietary constituents such as carbohydrates, proteins, fats, vitamins and minerals. A relationship between nutrition and fitness has been recognized only recently. Athletes are now turning to nutrition to try to gain a competitive edge. Sportsman requires a well balanced diet which contains adequate energy and nutrients to maintain both normal and daily activities and activities associated with training and competition. Kinanthropometry is defined as the quantitative interface between human structure and function. This interface is examined through the measurement and analysis of age, body size, shape, proportion, composition and maturation as they relate to gross body function.

As the nutritional components and kinanthropometrical measures play a vital role in the achievement of better performance of athletes. Therefore the study entitled, "Nutritional and Kinanthropometrical Survey of North and South Indian Athletes" will provide the information to the coaches to know the relationship of performance with nutritional components and kinanthropometrical measures. It will explore selected nutritional components and
kinanthropometrical measures that may be contributory in the sprinting performance.

The first chapter is "Introduction" consists of Statement of the Problem, Delimitations, Limitations, Hypothesis, Definition and Explanation of terms and Significance of the Study.

The second chapter "Review of Related Literature" deals with the studies already completed and are directly or indirectly related to the present study.

The third chapter "Procedure" comprises of selection of subjects, selection of variables, criterion measures, reliability of data, collection of data, administration of tests and statistical techniques used for analysis of data.

The fourth chapter "Analysis of Data and Results of the study" deals with Findings and Discussion of Findings.

The fifth and last chapter comprises of Summary, Conclusions and Recommendations of the study followed by bibliography and appendix at the end.

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