CHAPTER - II

Review of Related Literature

Any research work needs to be validated with the strength drawn from various relevant studies, available literature and methodologies adopted to conduct the research. Accordingly chapter II presents the relevant literature reviewed in connection with the present study.

Bhiwani has emerged as a sports hub of Boxing and Wrestling. Marshall Alfred’s (1920)\(^1\) book on clustering of certain trades can explain the phenomenon in appropriate words. In his book, The Principal of Economics, Marshall Alfred has explained the clustering of certain localized business units in certain areas. Skilled workers gathered within the narrow boundaries of a manufacturing town. Bhiwani with its Boxing clubs seems to be synonym with business units. “When an industry has thus chosen a locality for itself, it is likely to stay there long: so great are the advantages which people following the same skilled trade getting from near neighborhood to one another. The mysteries of the trade become no mysteries; but are as it were in the air, and children learn many of them unconsciously”.

1920’s -30 sports era\(^2\)

Media gives prominence to Sport creating Male and Female Sporting Stars. The public flocked to sporting events in record numbers to be entertained by a host of sporting celebrities, both male and female. Sports which grew and flourished in the nineteen twenties due to unprecedented publicity and promotion included baseball, tennis, golf, swimming, football and Boxing. Newspapers, magazines, radio and movies all played a role in boosting the profile of sport and the sporting giants.

The 1920’s were a transition period for many sports. It wasn’t anything like today’s athlete's making big money, using steroids, or promoting a med fast diet. Sports that had up until that time been largely amateur events caught the eye of promoters who could see an opportunity to capitalize and make money. The

\(^1\) Marshall Alfred “Principal of Economics”; (1920) IV<X Industrial Organization. The concentration of specialized Industries in particular Localities.8th ED., Pub-London Macmillan and Co., Ltd

professional football league, golf tours, and tennis circuit were organized. Media publicity ensured large crowds and guaranteed the financial success of the ventures, allowing new stadiums to be built and providing steadily increasing salaries for the sports stars. The sports stars of this era remain well known even today; such was their fame and the publicity they received. Very few will not have heard of Babe Ruth in baseball, Jack Dempsey in Boxing, Johnny Weissmuller in swimming, Knute Rockne in football and Red, Bill Tilden and Helen Wills in tennis, and Bobby Jones and Glenna Collett in golf.

The purpose of Gardner’s study (1939) is to measure the effect of various motivational techniques on speed, skill, strength, and accuracy. Test items selected for each specific factor were speed- 60 yard dash, zig zag run, strength- chins ups and push-ups; skill- basket ball wall volley, and for accuracy - basket ball pass test. One hundred college students enrolled in the required physical education programs were selected at random and then assigned at random to five groups of 20 students each for each test administered. Different motivational techniques were employed with each group; use of scale with or without encouragement, competition between individuals and teams, all-out encouragement individually and in class situations, resting the lower 50% of a group use of the average and best of three scores, and being tested individually in a class situation with no motivation.

The analysis of variance was used to analyze the data. Significant differences were found between the basket ball wall volley test and the chinning test: in the basket ball wall volley test, the best of the three scores resulted in the greatest statistical differences; and the use of scales scores with encouragement for the chinning test yielded the greatest significant differences.

Ulrich and Bruce (1957) studied to investigate the relationship, existing between specific kinds of motivation and work output, oxygen consumption, mechanical efficiency, and several aspects of cardio-respiratory response in men and women. It

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4 Celeste Ulrich and Roger K. Bruce,” Effect of Motivational Stress Upon Physical Performance.” Research Quarterly 28 (1957): 403-412
was found that the reaction of men and women to motivation is similar in kind and quality; that motivational techniques elicited greater work output; and when motivational stressors indicating success are employed, the gross mechanical efficiency of the body is greater when neutral stressor or stressors indicating failure are employed.

Miller conducted a study (1961)\(^5\) to find out the effect of emotional stress on high school Track and Field performance. Performance records were kept through March and April on fifty randomly selected students in grades 10th to 12th participating interscholastic track and field. Pre meet tests were completed a half hour before the start of the competition and the some data were collected on two non-meet days. Subjects were classified as outstanding, average and poor competitors on the combined rating of three coaches. A significant relationship was found between emotional stress and consistency of competitive performance. Other conclusions were a high level of confidence was desirable, physical emotional stimulation was beneficial up to some threshold beyond which performance suffered, poor competitors showed less emotional stress; stress was invoked by peer or self expectations as well as fear of opponents or competitors and the desiccating capsule provoked valid, reliable and highly desirable for collecting data in the field.

Cummiskey studied (1963)\(^6\) the effect of motivational and verbal reinforcement on the subjects ranging 10-13 years old boys, who were divided into skill levels by a classification test and assigned to treatments consisting of verbal encouragement, mechanical reinforcement, and the imposed stimulation while performing a wall volley and a paper and pencil cancellation test.

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One experiment involved a single treatment and a post treatment test and the second involved five trial treatments and a post treatment. Both verbal encouragement and mechanical reinforcement hindered in the wall volley with a single treatment improved performance and the effects were more pronounced among the high skill.

Reid evaluated (1963) the attitude towards physical education and studied the personnel, facilities and programs in selected high schools in South Carolina. He used the Weir’s attitude inventory and modified Laport Score Card to collect data. In his study he revealed that there was paucity of facilities and equipments in these high schools and personnel showed favorable attitude towards physical education.

The purpose of the Strong’s study (1963) was to determine the effect of six motivating conditions of the performances of sixth grade children on seven physical fitness tests. Data were obtained from three administrations of the seven tests, the final two of which were conducted with the subjects on the experimental groups performing under one of six motivating conditions.

Two of the motivating conditions were found to be more effective than other four, and motivation improved boy’s performance than girl’s performance. The validity of the measures of physical fitness tests is dependent upon the motivating conditions under which the tests are administered.

Pontheieux and Borker (Dec.1965) investigated the relationship between socio-economic status and the seven aspects of physical fitness measured by AAPHER youth fitness test. The subjects of the study were 329 girls and 304 boys of age 10, 11 and 12 years, who were attending the public schools of a small central Texas community. Significant relationship was found, but they did not favor one’s status


group in all the components of fitness. There were indications that those of lower status were faster, better coordinated and had more endurance but the upper class girls were stronger in arm and shoulder girdle strength, in abdominal and hip flexion muscles, and in muscle expansiveness. Results indicated the lower status boys were faster and better co-ordinate but the high status boys served better in combined agility and speed and in strength of abdominal and hip flexion muscles.

Wilkinson (1966) selected eighty boys randomly from each of 4 age levels (7-8, 10-11, 13-14, and 17-18 years). Subjects were tested for muscular endurance of the right arm with an ergograph, and the results were used to equate three treatment groups and a control group. The test was repeated three weeks later. The praise groups were given verbal encouragement and reproof groups were subject to verbal discouragement during the later part of the test. The “aspiration groups set hoped for goals after being told their initial scores. The control group had the initial instructions repeated. Analysis of covariance showed that verbal encouragement, verbal discouragement, and the level of aspiration were all highly effective (.01) motivators for 7-8 and 10-11 years old. No motivational variable was significantly effective with the other two.

Williams (1966) studied the relationship of race and socio-economic status to motor skills in elementary school children. Motor abilities and athletes’ skills were determined by administering the George’s children’s physical adaptation scale and athlete skills survey to each subject. An analysis of data revealed that the difference existed between black and whites, and between socio-economical status and motor performance. Blacks were significantly superior to whites as compared on motor ability scores and blacks to each level of socio-economical status consistently demonstrated higher motor ability scores than did the whites at comparable level.

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Further analysis of data demonstrated that as the level of socio-economic status improved in the case of blacks, motor ability scores also increased. However, when socio levels were compared on motor performance without regard to race non-significant differences were observed.

**Johnson and Nelson** studied (1967) the effect of applying different motivational techniques during training and in testing upon strength performance. After initial testing, 120 male subjects formed four experimental groups and trained on 150 metric press exercise three days per week for eight weeks. An ISO scale was used to obtain training and testing scores for each subject. Following 6 weeks under the assign type of motivation and then later was again tested under a special motivational testing situation which resembled an athletic contest. The findings in this study would appear to warrant the conclusions that motivational training promotes significant strength gains, where as non motivational training is of little practical value concerning strength improvement when tested under conditions of no consciously induced motivation, and a special motivational testing situation (with resemblance to an athletic contest.) will significantly increase strength scores of training groups over those scores achieved during training.

**Young** (1970) while comparing the motor performance with socio-economic status , tested 5th and 6th middle class and 5th and 6th lower class , Five and six years old children for height, weight and performance in motor skill. The result showed that, the middle class students were significantly taller than the lower class. Significant difference favoring lower class girls and boys were indicated in both. In throwing accuracy and distance, middle class boys recorded better on the distance throwing then the girls for either class. Lastly, middle class girls and lower class boys were faster than middle class boys and lower class girls in running 30 yards dash.


Williams (1970) found that blacks were superior to whites in motor ability scores at each socioeconomic level. Higher economic level produced higher motor ability scores for blacks.

Tu and Rothstein investigated (1970) to find out the improvement of jogging performance through application of personality specific motivational techniques. The Female junior High school students were classified as having dependency-motive orientation or independency motive orientation. Half of the each motive orientation group was randomly assigned to teach imposed goal setting, the remaining half to student goal setting. The resultant four groups participated in a six week, thirteen session program. A 2x2x13 factorial design with repeated measures on the last factor was used to analyze jogging times. It was concluded that jogging time decreased significantly over the thirteen sessions, and that independency-motive orientation subject improved at a significantly faster rate when they set their own goals, while dependency motive oriented subjects improved significantly later when goals were teacher imposed.

Olson’s study was designed (1973) to ascertain if archery performance would be improved when the instructor used certain methods of external motivation compared with performance when the instructor eliminated these methods. An attempt was made to determine whether certain personality traits as measured by Edward Personality Inventory would be related to performance under experimental control conditions (n=44). Both groups received the same basic instruction in archery, and in addition, the instructor utilized several common motivational techniques with the

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experimental group. During the last week of the experiment both groups were evaluated on archery performance by use of the AAPHER indoor archery performance under the conditions; however, the control group was (p<.01) more motivate to succeed EPI index. The EPI traits, motivated to succeed, plans work efficiently, and cooperativeness, emerged as being somehow related to performance both between and among groups.

He compared team competition, teacher imposed level of aspiration, and student set level of aspiration in college archery classes on the basis of improvement in scores. The most favorable conditions early in the program appeared to be individual student set goals. The group with teacher-imposed goals improved less than the other two groups.

Team competition produced positive improvement throughout the progress, especially in the later phase. Student set levels of aspiration followed by team competition appeared to be the most desirable sequence. Greater improvement occurred before then after the midpoint in the program. Students who consistently set attainable goals showed more consistent improvement than those who consistently set goals higher than their achievement.

According to Gurneu (1975)\textsuperscript{17}, athletes are recruited from higher socio-economical levels. In a sample of 509 male athletes who took part in 1971 Canada Winter Games, he found that professional, managerial and high status occupations were represented by white collards. The sample was, underrepresented in blue collar (especially unskilled labor) Occupations.

**Duke** administered a questionnaire (1975)\textsuperscript{18} to the coaches of the 72 selected schools of the Louisiana high schools Atlanta association to survey the needs and problems of interscholastic athletic program. The result indicated that a majority of coaches were well prepared in teacher education. They believe that teacher should not be held


\textsuperscript{18} Derwood N. Duke,” A Survey of Selected Needs and Problems of Inter-Scholastic Athletic Programme for Boys in Senior High Schools in Louisiana.” Dissertation Abstract International 35 (1975); 4227-A.
responsible for athletic injuries. Coaches were underpaid for their duties and responsibilities. Principal indicated a need for financial support of inter scholastic athletic programs. Players discipline was considered as a lesser problem, principal and coaches favored the

Yiannakis made a detailed study Published in RQ, AAHPER (1976)\(^\text{19}\) on preference for dangerous sports by the first born. It was purpose of this study to investigate the concept of birth order and its relationship to preference for three conditions of dangerous sports. First born (N=67) and later born male college students were compared, using discriminate analysis, on their preference for participation in such sports as judo, football, lacrosse, sky diving, ski-jumping, and motor cycle racing. The results indicated that in general, first borns were more likely to avoid dangerous sports than later born.

The greatest discrimination was found in those sports in which the severity of physical injury is perceived high and the opportunity to attain a measure of security and peer sport under stress is low.

Yadav (1980)\(^\text{20}\) administered socio-economic three-scale questionnaire to assess socio-economic status of university athletes and non athletes. He concluded that there is no difference between athletes and non athletes in socio-economic status. He further concluded that games and sports like tennis and swimming attract participants from high socioeconomic status group. While Wrestling and kho-kho are more popular in the lower and middle strata. In another study Mr. Nehra (1976), concluded that Cricket players belong to the highest socioeconomic status and athletes to the lower strata. The area of social setting in sports needs a data based study in line with theory of stratification. The present study is an endeavor to come across the relation


of social background in sports, and the reason for involvement in sports as career activity to suit to their life chances and life styles.

The social upward mobility may be considered in terms of job seeking, especially in Govt. departments and to attain the label of international category for better social position through sports and games, value boys place on sport. Peers, compared to the family teachers, were the strongest predictor of children’s active sport involvement. Within the family context, father proved to be the most important agent of sport socialization. The opposite sex modeling effects were present for both sexes, while The role of family in the socialization of children in to sports was studied by Givi Masoud in (1983). The purpose of the study was twofold (1) To investigate the role of significant others in general and role of family members in particular in the socialization of children in to sports and (2) to examine in greater detail the role of mothers in the sports socialization of children as well as to consider the process of sex typing and its relationship to sports. It was concluded that the value girls place on sport is equal to the boys were exposed to the same sex modeling also. Father landed to sex-type sports more than mothers. Influencing mothers were from a higher educational background, had greater athletic ability, and were more active both currently and during childhood than were the rest of the mothers. Mental status of the mothers was not a significant factor in children’s sport socialization.

Hitchman (1983) gave substantial evidence that under certain conditions rewards can lead to a decrease in intrinsic motivation for an activity. In sports, it has become a common and expected practice to award ribbon, trophies, and certificates to contestants. The present study was designed to investigate the effect of awarding ribbons for performance in a soccer skill. The subjects were 989 boys ranging from 7-17 years of age who attended a series of one week soccer camps.

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After performing the soccer skill contest, the subjects received either a reward contingent upon their performance, a reward just for participating (non-contingent reward), or no reward at all. Intrinsic motivation was measured by questionnaire. The result indicated that boys receiving a contingent reward had a higher level of intrinsic motivation, for the soccer skill contest than boys who received a non-contingent reward or no reward. Younger boys had higher level of intrinsic motivation than the older boys, and those who performed well showed higher intrinsic motivation for the contest than those who performed less well.

With respect to the perceived performance variable not surprisingly, boys who performed well in the contest perceived that they did better than boys who had not performed as well. The younger boys generally had a higher perception of their performance than the older boys. Older boys, on the other hand, had accurate perception of their performance than younger boys and differentiated better among different performance levels. Finally, boys who received a contingent reward were more realistic in their perception of performance than boys in the non-contingent and no reward conditions.

The influence of social group, past experience and attitude on participation and non participation in sports and physical activities was studied by Hammit Sarah (1984)\(^{23}\). The study represented an attempt to determine the relative effect of attitudes towards participation, social group influence and past experience on the present level of college age persons in sports/physical activities. A four page questionnaire was given to three hundred students in the registration line in the University of Tennessee, Knoxville, in the fall of 1983. Of the questionnaire distributed, 227 were used in statistical analysis. Section of the questionnaire was grouped under the topic of level of participation, past influenced by the past experiences, social group experiences and attitudes. Multiple regressions were used to explain the percentage of variance in participation level attributable to past experience, social group, influence and attitudes towards participation and that increases in the level of participation were associated with an increased positive experiences in sports and or/physical activities, influence of the social group, personal participation and attitudes towards participation. Al linkage scale was used to assess the strength of the subject's responses to each category being primary independent measure. Pearson' scale was used to determine the relationship

\(^{23}\)“The influence of social group, past experience and attitude on participation and non participation in sports and physical activities” Hammit Sarah p (1984).
between level of participation attitudes towards participation, an increased social group influence and an increased amount of past participation experiences. Path analysis procedures further suggested that attitudes influence participation behavior through an effect on person’s intentions to participate. Furthermore the social group appeared to have a greater influence on persons who participate than who do not.

Cyntheia’s study (1985)\textsuperscript{24} tested a theoretical explanation of how social class background influences degree and kind of sports participation. Two theoretical construct of social class; life chances-economic opportunity set were operationalised with in the context of sports participating and tested to determine how will they explain the social class / sport participation linkage. Life chances or the distribution of material goods and services consisted of the availability/usage of sports equipments, facilities / club membership, and instruction / programs. Life style or values beliefs and practices consisted of selected parental achievement and gender role socialization practices that encourages, fail to encourage, or discourage sports participation. Social class background was determined using the Duncan socio-economic index. A self administered questionnaire was distributed to a stratified random sample of 340 students (80 female atheletes, 119 female non athletes, 80 male atheletes, 61 male non athletes) attending a California high school. The test re-test reliability of the questionnaire was $r = .95$. Results indicated that social class and gender interact such that degree of sports participation is stratified along social class lines for females but transcends the social structure for males. No linkage between kind of sports participation, as indicated by either the team / combative versus individual / dual nature of sports or by the expense of participation in sports, and the social class background of its participants was found. Life chances explained a significant portion of the degree of sports participation / social class linkage among male and female non athletes but did not explain a significant portion of the sports / class linkage.

Charles. A. Bucher and Deborah (1987)\textsuperscript{25} explained that as popularly used, the word personality has a number of meanings. When we say that someone has a lot of

\textsuperscript{24} The influence of social class background on childhood sports involvement. Cyntheia Ann Hasrook (Dissertation abstract International volume 45 no.11 May, 1985.

\textsuperscript{25} Charles.A. Bucher and Deborah A.Wuest, Foundation of physical education and sports, (Time mirror/Mosby college publishing, St. Lou Torpnto, 1987, 10th edi.)pp.7
personality, we are usually referring to that individual's social effectiveness and appeal. Sometimes, we use the word personality to describe an individual's most striking characteristics. We may refer to someone as having an "aggressive personality", or a "shy personality".

When psychologists talk about personality, however, they are concerned primarily with individual differences, the characteristics that distinguish one individual from another. Psychologists do not agree on an exact definition of the term. But for our purpose, we will define personality as the characteristic pattern of behavior, thought, and emotions that determine a person’s adjustment to the environment. In physical education, personality can be defined as the stable characteristics of a person including abilities, talents, habits, preferences, weaknesses, moral attributes and a number of other important qualities that vary from person to person. There are different theories which vary according to what the theories assume to be the underlying bases of personality. The specific personality variables emphasized the attitude about people they reflect, and the importance they assign to the different forces that effect behavior.

Personality begins to develop at birth, when infant interact with those around him. A good sportsman better understand an individual's behavior and tendencies. This information can be used to predict behavior and to eliminate situations that will produce undesirable behavior and those all of these depend upon personality and with the help of physical education and sports make him a good person or citizen who's may be improved to the extent of trying to maximize the training competitive performances and participating and this would lead to a rise in the efficiency of the training system or program.

The coach and physical education teacher must know different type of personality traits of sportsman. The personality, the type of athletes will vary the game and sports in which particular athletes engage. It is highly essential that coach must know the personality of every athlete. He will be working during session so as to make effective use of various approach available to him to make his coaching more effective within means and forms of communication motivational techniques and teaching procedure varies in accordance with the degree to which the individual athlete and then many fast different personality traits. Personality is the integration of all the traits.
The purpose of Crocker’s study (Nov. 1988)\(^{26}\) was to SMT in quasi-experimental controlled study with high performance youth athletes. The study sample consisted of the 1987 Alberta Canada games men and women’s (under 19) volleyball teams, separated into control and treatment groups, within each team on the basis of geographical location. The treatment group was administered an eight week package consisting of one hour modules. All subjects were evaluated on effective, cognitive, and performance measures at pre-treatment and post treatment, while the treatment players were also evaluated at six month post treatment.

The analysis of post treatment found that the treatment subjects had fewer negative thoughts to videotaped volleyball stressor and superior performance compared to the control group; the positive thoughts were in expected direction. The anxiety measures however did not reveal in the direction of the hypothesized results. Following analysis revealed some gender differences with the women’s team exhibiting more durable treatment effects, although this data is confounded with time. The challenge cup analysis revealed that the male control group had lower cognitive anxiety while the control females had lower somatic anxiety in some games compared to the treatment group. Based on the converging results, it was concluded, with some cautions, that SMT is an effective stress management program with high performance youth volleyball players.

Singh K.J (1989)\(^{27}\) conducted a study on socio-economic and cultural background and special achievements of sportswomen, of Amritsar District and found out the socioeconomic cultural and achievements of sportsmen belonging to team and individual sports. A sample of 80 subjects was randomly selected from the District of Amritsar. The participation level of sportswomen came from higher castes. Religion can be seen influencing sports participation and social background has effect on participation and in sports and also on their achievements.


\(^{27}\) Kanval Jeet Singh (1989), Socio-economic and cultural background of sports women of Amritsar district “UGC National seminar on recent development in physical education and sports science in India
Hogg’s (1989) studies of motivational factors influencing the performance of elite women athletes was identified by professional women tennis players and professional women bowlers. Data were collected by means of modified ethnographic technique involving the use of open ended interview. The recorded interview was transcribed and analyzed in depth to determine if any recurring themes existed. Motivational factors influencing the performance of elite women athletes were found to differ according to the sport participated in and were dependent on the athlete’s initial, involvement with the sport. The result of the study provided qualitative data to the area of motivation within the world of professional women’s athletics.

William Jeans describes the peak performance (1993) as “Peak performances are those magic moments when an athlete puts it all together- both physically and mentally. The performance is exceptional, seemingly transcending ordinary level of play. Privette defined peak performance as behavior which exceeds one’s average performance” or “an episode of superior functioning”. Comparatively these performances often results in personal best. They are the ultimate high, the thrilling moment that athletes and coaches work for in their per suite of excellence. Unfortunately, they are also relatively rare and according to many athletes, non voluntary. It is safe to assume that peak performance is a consequence of both physical and mental factors. Mind and body cannot be separated. A pre condition to peak performance is a certain level of physical conditioning and mastery of the physical skills involved in performance”.

Arnold (1993) made a study on the influence of parental psychological factors on school age children’s health related physical fitness. The purpose of the study was to determine the influence of parental physical activity level and their sports involvement on school age children's health related fitness, test item performance levels. The health related fitness level of 384 volunteer school age children from

selected elementary and secondary schools were assessed by means of a mailed parental questionnaire. The result of the study revealed that parents physical activity level, attitude toward physical activity socio-economical status, educational level and past sports involvement can significantly influence school age children’s health related fitness, test item performance levels at different age levels. The results of the study also revealed that parent’s attitude towards physical activity, socio-economical status, educational level and past sports involvement - are significantly associated with school age children’s health related physical fitness percentile rank scores.

_Haryana Govt._ (1994) has followed the youth sports Trust and is encouraging sports from grass root level. The Youth Sport Trust is an independent charity, established in 1994 by Sir John Beckwith CBE and Duncan Goodhew MBE, with a mission to build a brighter future for young people through PE and sport. We are focused on creating a world-leading PE and sport system that reaches, inspires and engages all young people – whatever their age or ability. “We are working hard to encourage all young people to take part in sport and PE, both in and out of school time. We encourage children to do more PE and sport by developing different ways of getting them interested and involved. This can be everything from running training camps for the next generation of Olympic hopefuls, or using sport as a way of helping youngsters who may be struggling at school or introducing new ways for young people to lead and volunteer in sport in their community”.

The Youth Sport Trust supports schools to use sport to raise standards, achievement and attainment across all subject areas. And, there is a growing belief that PE and school sport can make a major contribution to many agendas – educational achievement, public health, community cohesion and, of course, sporting performance at the highest level.

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The purpose of the Wendell’s study (1994)\textsuperscript{32} was to differentiate in sports participation in rural South Dakota town and those from national urban areas from a previous study (U F A, 1990). Specifically, participants and non participants were compared to ascertain motivating factors that influence their choice. The sample population (no 257) consisted of students from two South east Dakota class "B" school. The data were collected from each school. Comparative data were generated to survey differences between the rural sampling and the urban study. The questionnaires obtained total inventory means and category means for grade level. Descriptive data indicated that 43% youth in South Dakota’s rural schools participate in organized athletic programs while their urban counterpart only show 21% national participation (AFA1990). Secondly rural parents play a greater role in the activity decision of their children, where as peers have more influence as socializing agents for urban youths. 78%of the rural students reported that they lived with both of their parents. This is considerably higher than the 42% national average of urban households (Children's Defense Fund 1992).

Gibbins and et al (1995)\textsuperscript{33} studied the commitment to the principles of sportsperson ship and it is an acknowledged goal for school physical education. However, few programs have been implemented to investigate moral development changes in physical activity settings. A field experiment was designed to examine the effect of participation in educational activities selected from Fair Play for Kids (1990) on the moral judgment, reason, intention, and prosocial behavior of children (N = 452) in the 4th through 6th grades. Six intact classrooms at each grade level (N = 18) were randomly assigned to the following groups: (a) control, (b) Fair Play for Kids curriculum during physical education only, or (c) Fair Play for Kids curriculum during all school subjects. Experimental protocol extended for 7 months of an academic year, and moral development indicators were assessed prior to and

\textsuperscript{32} Athletic participation; " A survey comparing Rural and urban youth"-Wendell Sadler and Thomas Green, Tarldon State University, and Leo "lucky" Huber, the university of South Dakota,1994.

following the intervention. Using class as the unit of analysis, 3 x 2 (Group x Time) repeated measures analyses of variance revealed that both treatment groups were significantly higher than the control group at posttest for moral judgment, reason, and intention scores. For students within classes, repeated measures analyses showed that treatment group participants had significantly higher posttest scores on all 4 measures as compared to students in the control group. Results provide initial validation of the Fair Play for Kids curriculum for effecting change in the moral development of elementary school students.

Porter E Michel (1998)\(^{34}\) made deep study about the clustering in specialized areas and stated that the new microeconomics of competition is contained in frameworks that structure the complexity of competition and inform managers of the choices they must make. The role of location has shifted from factor endowments and size to productivity growth; factor inputs are abundant and accessed via globalization. To increase productivity, factor inputs must improve in efficiency, qualify and ultimately specialization to particular cluster areas. A cluster is a critical mass of companies in a particular location (a country, state, region or even a city). Governments have significant roles in creating an environment to support rising productivity, and companies have a different agenda than just building offices or factories. The impacts of this approach on contemporary policy issues, especially the environment and inequality, are presented.

Rallet and Torre (1998)\(^{35}\) discuss whether in fact the transfer of tacit knowledge requires permanent relocation. They make the point that ‘organizational’ rather than physical proximity may suffice nowadays. Organizational proximity arises from being a member of the same professional community. Such ‘communities’ are characterized by collective value systems, which tend to homogenize individual behaviors in given situations, and lead them to develop common ways to think and

\(^{34}\) Porter Michael E, Business Economics, (January 1998) "The Adam Smith Address: Location, Clusters, and the ‘New’ Microeconomics of Competition

solve problems. This collective culture then guarantees that members of the group will spontaneously give the same interpretation to exchanged data or text even if they are located in different places.

Kamlesh (1998)\textsuperscript{36} the physical education profession is entering one of the most exciting, dynamic eras in its history. Traditionally, the physical education profession has been viewed as providing services within the educational field, specifically to the schools and to the school aged population. However within the last 15 years, the scope of physical education has expanded tremendously, Employment opportunity has grown from traditional career of teaching and coaching in schools, to teaching and coaching careers in nonteaching schools settings, health and fitness careers, Sports management careers and media careers. This growth has been influenced by many factors. The fitness boons and increase in leisure time has created a market for physical education programs to serve the individuals of all ages and needs.

Avery D. Faigenbaum and et al (1999)\textsuperscript{37} compared the effects of a low repetition–heavy load resistance training program and a high repetition–moderate load resistance training program on children. They used 11 girls and 32 boys between the ages of 5.2 and 11.8 years as subjects

\textbf{Intervention.} In twice-weekly sessions of resistance training for 8 weeks, children performed 1 set of 6 to 8 repetitions with a heavy load \((n = 15)\) or 1 set of 13 to 15 repetitions with a moderate load \((n = 16)\) on child-size exercise machines. Children in


the control group (n = 12) did not resistance train. One repetition maximum (RM) strength and muscular endurance (repetitions performed post training with the pre training 1-RM load) were determined on the leg extension and chest press exercises.

Results. One RM leg extension strength significantly increased in both exercise groups compared with that in the control subjects. Increases of 31.0% and 40.9%, respectively, for the low repetition–heavy load and high repetition–moderate load groups were observed. Leg extension muscular endurance significantly increased in both exercise groups compared with that in the control subjects, although gains resulting from high repetition–moderate load training (13.1 ± 6.2 repetitions) were significantly greater than those resulting from low repetition–heavy load training (8.7 ± 2.9 repetitions). On the chest press exercise, only the high repetition–moderate load exercise group made gains in 1-RM strength (16.3%) and muscular endurance (5.2 ± 3.6 repetitions) that were significantly greater than gains in the control subjects.

Conclusion. These findings support the concept that muscular strength and muscular endurance can be improved during the childhood years and favor the prescription of higher repetition–moderate load resistance training programs during the initial adaptation period.

A General Social Survey was conducted in Canada in 1998. The survey interviewed almost 11,000 Canadians aged 15 and over in the 10 provinces and provides information about how people spent their time and who was with them during one day's activities. Respondents were asked whether they or any other household members had regularly participated in any sport during the previous 12 months; they were also asked whether they or any other household member had participated in amateur sport as a coach, sports official/referee/umpire, administrator or helper. Frances Kremarik\(^{38}\) used this data for this article in 2000. The article concluded that more than half of Canadian children aged 5 to 14 are active in organized sports like soccer, swimming, hockey basketball and baseball. If their family provides a supportive environment for athletic pursuits however, children are more likely to take part than if the family does not. Children who come from families where parents are

\(^{38}\) Frances Kremarik “A family affair :Children’s participation in sports” presented in a seminar CANADIAN SOCIAL TRENDS autumn 2000 Statistics Canada — Catalogue No. 11-008
involved in organized sports as athletes or volunteer administrators are significantly more likely to participate than other children. But income also plays an important role in determining whether children will be athletically active. Having adequate funds gives children more opportunities to have fun playing sports.

**Michael Porter** stated (2000)\(^{39}\) that clusters are geographic concentrations of interconnected companies, specialized suppliers, service providers, and associated institutions in a particular field that are present in a nation or region. Clusters arise because they increase the productivity with which companies can compete.

The development and upgrading of clusters is an important agenda for governments, companies, and other institutions. Cluster development initiatives are an important new direction in economic policy, building on earlier efforts in macroeconomic stabilization, privatization and market opening, and reducing the costs of doing business.

In relation to Amsterdam being the main location in the sixteenth and seventeenth centuries for prominent artists, **Cowen** (2000)\(^{40}\) states that most of the prominent Dutch artists of this time period were not born in Amsterdam but settled there because of its well-developed art market and economy. Hence, it appears that Amsterdam was able to attract the most prominent artists because it had ‘created’ the right infrastructure. While such provision requires wealth, it does not follow that wealth per se is a sufficient causal factor.

**Kane** has studied the racial issues (2000)\(^{41}\) influencing sports. He considered the reason that racial issues in sport capture the attention of so many people is a result of demographics. African-Americans, who earlier in the century were segregated into black leagues, have in less than 50 years become the dominant racial group in basketball and football, despite the fact that they only make up 12.6\% of the US population (U.S. Census Bureau, 1998). Today black players constitute 77\% of the NBA, 64\% of the WNBA, 65\% of the NFL, and 15\% of MLB (Lapchick and

\(^{39}\) [http://www.isc.hbs.edu/econ-clusters.htm](http://www.isc.hbs.edu/econ-clusters.htm)


\(^{41}\) Race and sports, [www.science.smith.edu/exer_sci/ESS200/Raceh/Race03.htm](http://www.science.smith.edu/exer_sci/ESS200/Raceh/Race03.htm)
Mathews, 1999). As well, in college 60% of male Division I basketball players and 51% of football players are black. African-American females constitute 35% of Division I basketball players and 31% of cross country-track and field athletes (NCAA, 1988). Since Keino’s world records at 3,000 and 5,000 meters in the mid-1960s and his victory over America’s best miler, Jim Ryun, in the 1968 Olympics, Kenyans and North Africans have dominated the distance events. In an attempt to explain why Kenyan runners have become the dominant force in distance running, Moore (1990) examined Kenyan culture and its physical environment. Essentially, he found that a combination of factors are responsible for their success, including: (a) living at an altitude of 7,000 feet, (b) eating a diet high in complex carbohydrates, (c) being part of a community in which running is the primary means of transportation, and (d) coming from a stoic culture which reinforces competition and the suppression of pain. The result of such a profile suggests that, over time, Kenyans may have developed biological traits that would give them an advantage in the longer distances where they have been so successful. But the vigorous culture in which they live also is probably responsible for their attitude about running, and their striving to achieve success on the world stage.

Interestingly, the profile of many black athletes devoting a vast amount of time and energy to practice over long durations dovetails nicely with the work by Ericsson and his colleagues (Ericsson, Krampe, & Tesch-Romer, 1993; Ericsson, & Charness, 1994) which shows that expert performance is predominantly mediated by acquired complex perceptual-motor skills and physiological adaptations rather than innate abilities.

Lory Crano and at el. (March 2001)42 studied that the decision to encourage in good sport conduct depends upon many social and psychological factors. Goal perspective theory suggest that moral values and attitudes (e.g., sportsperson ship) may be influenced by the type of goal adopted by the individual or fostered in the climate (Duda, 1993, Nicholls, 1989). Researchers have found that among male athletes a task orientation positively predict sportsperson ship (Dunn and Dunn, 1999) while a low

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ego orientation combined with ego involving climate negatively predict sportsperson ship. (Treasure, 1998) Therefore, the first purpose of this study was to extend this research by examining the perception of the motivational climate and goal orientation on female athlete’s sportsperson ship orientations. It was hypothesized that a task involving climate and a task orientation would positively predict, while an ego orientation and ego involving would negatively predict sportsperson ship. The second purpose was to compare two partial mediations structural equations, examining the potential relationship between goal orientation, climate and sportsperson ship. Participants were 54 female high school athletes participating in a conference for sports leaders and 98 female volleyball players. The athletes completed three inventories including the perceived motivational climate in sports questionnaire-2 (Newlon and Duda 1997) The Task an Ego Orientation in Sports questionnaire (Duda and Nicholls 1992 ) and the multi-dimensional sportsperson ship orientation scale (MSOS; Valler and ,Brier, Bloch and Provencher 1997) regression analysis revealed that task orientation positively predict respect for social.

**Murray** (2003)\(^{43}\) attempted to explain the ‘patterns and trajectories of human accomplishment’ using five broad causal factors: peace, prosperity, role models, elite cities and freedom of action. His main emphasis was on explaining the pattern of creativity (scientific and artistic) over time, whereas the focus here is on the geographic spread of visual artistic creativity at certain periods of time. Clearly both approaches overlap and the much broader canvas taken by Murray is a very useful backdrop for the more detailed and specific work that might follow from this paper. It is interesting to note that Murray used some elementary regression analysis to examine his hypotheses. Regression analysis applied to theories where the variables are difficult to define, and even more difficult to measure in any meaningful way, can though give a spurious ‘scientific rigour’ to what in essence have to be explanations based on logical argument, ‘suggestive’ general evidence and case-study type material. Most if not all of the explanatory factors used in this study fall into this category, although future work will attempt to quantify and test for some of the hypotheses.

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Alomani (2003)\textsuperscript{44} made a study of the impact of social, political and cultural forces on school sports and physical education in Kuwait. The way these forces impinge on sports and physical education in Kuwait, show current and future trends. Data have been collected from school physical education teachers, school heads, parents, educationists and senior govt. officials. Hypothesis was that students sports and physical education are negatively affected by the above factors, that the public perceives school sports relatively, prefers government attention to be directed towards 'academics subjects', despite the awareness of its health benefits to present and future generations.

**Maughan and others** studied the effect of diet (published in 2004)\textsuperscript{45} on sports. According to them, for the athlete training hard, nutritional supplements are often seen as promoting adaptations to training, allowing more consistent and intensive training by promoting recovery between training sessions, reducing interruptions to training because of illness or injury, and enhancing competitive performance. Surveys show that the prevalence of supplement use is widespread among sportsmen and women, but the use of a few of these products is supported by a sound research base and some may even be harmful to the athlete. Special sports foods, including energy bars and sports drinks, have a real role to play, and some protein supplements and meal replacements may also be useful in some circumstances. Where there is a demonstrated deficiency of an essential nutrient, an increased intake from food or from supplementation may help, but many athletes ignore the need for caution in supplement use and take supplements in doses that are not necessary or may even be harmful. Some supplements do offer the prospect of improved performance; these include creatine, caffeine, bicarbonate and, perhaps, a very few others. There is no evidence that prohormones such as androstenedione are effective in enhancing muscle mass or strength, and these prohormones may result in negative health consequences.

\textsuperscript{44} Assam Alomni "The impact of social, political and cultural forces on school sports and physical education in kuwait" PhD in sports studies, 2003, through web site.
\textsuperscript{45} Dietary supplements RON J. MAUGHAN, DOUG S. KING and TREvor LEA, Journal of Sports Sciences, 2004, 22, 95–113
as well as positive drug tests. Contamination of supplements that may cause an athlete to fail a doping test is widespread.

**Kiran Sandhu** (2004)\(^{46}\) writes in her book that “Availability of facilities, support system within family, community and society leads to awareness for taking part in sports is higher than before among general population. She also enquires about the possibilities of taking part in sports if given proper motivation, incentives career progression and talent channelization.

**Dev S Sukumar** 2005)\(^{47}\) presented a paper on tourism marketing and management in an international conference in 2005 on Tourism Marketing, Management Issues.” The main purposes of this paper was to analyze the regional promotion strategies of the UEFA Euro 2004 and (ii) to contribute for the improvement of planning and implementation strategies of tourism marketing at regional level. Data regarding these strategies were collected and synthesized. We verified if these strategies match some of the theoretical issues of promotion and tourism marketing. Despite the fact that already many studies have been made, internationally, on the impact of sport events, the present study contains something new as it introduces an ante analysis on the regional promotion strategies of major sport events.

Unlikely, the results show that no specific and integrated regional promotion strategy was pursuit, and no substantial additional financial effort was made. In what concerns the private regional tourism agents, no promotion could be found. The main tourism promotion competition came from across the border with dynamic promotion actions of the nearby Spanish regional tourism responsible

**Chien-Yu Lin and et al** (2007)\(^{48}\) studied the relationship of politics and sports. If ever there was a perfect marriage, one would be hard pressed to find a more compatible couple than sport and politics. State intervention in sport has been

\(^{46}\) Sandhu Kiran, “Professional preparation and curriculum documents in physical education and sports”. Friends Publication: new Delhi, India (2004).


evidenced in many countries throughout history. Today, sport and politics are still inextricably intertwined and often work to demonstrate social, economic, or political supremacy over another nation. The aim of this paper is therefore to articulate rationales for state intervention in sport as a way of providing a background for analyzing the relationship between sport and state-politics. The last section of this paper identifies a more sophisticated body of theoretical concepts including hegemony theory, which gives substantial weight to cultural practices in analyzing political-economic and non-economic activities such as sport which play a vital role in the articulation and consolidation of power relations.

According to Dr. Kansal (2008)49 the first step of a physical education teacher or coach is to classify the participating sports person/athletes into homogenous or heterogeneous groups on some scientific lines so that one can measure present or current status of the students or team players, with respect to their health, fitness and performance. Measurements and evaluation are invariably used to select the best few participants for various categories of sports /athletics events on the basis of some scientific tests.

Measurement and evaluation enables the physical education teacher / coach to notice the training effects objectively by testing the trainee before and after the training unit of instructions. And thus diagnose the trainee’s weaknesses and strength or needs and provide him the required assistance. This motivates the trainee positively for faithful and sincere participation which enable him to achieve his predefined goals.

Dawn Anderson and at el (2010)50. Studied Participation in sports and recreation based OSU program. Youth development programming has been linked to the enhancement of youth interpersonal skills (Collingwood, Sunderlin, and Kohl,1994, Hattie et al.,1997); increased social competence and increased athletic competence (Biddle and Armstrong,1992; Donaldson and Roman,2006, Harter!981).While there


has been much research conducted on long term sport/recreation based youth development programs. Little is known about sports/recreation based youth development summer camps and their outcomes. Research conducted thus far, however, has demonstrated promising results regarding youth benefits from participation in these programs, (Ullrich-French, McDonough, Smith and Harper, 2008). As such, the purpose of the study (2010) was to (a) understand key outcomes from youth participation in OSU’s 2008 National Youth Sport Program, an intensive sports based summer youth development camp, and (b) gain an understanding of program strengths and areas for improvement that could be used to enhance the following year’s programs design.

A total of 408 youth ages 9-16 years (M age = 11.65 years, SD = 1.64) completed a pre/post questionnaire assessing social competence (Anderson-Butcher, and Conroy, 2002); and over all athletic and sport-specific competence (Amorose, 2002). Ten site observations were conducted to explore staff youth interactions, success of specific activities, and youth engagement. Paired mean t tests compared pre test and post test responses on targeted outcomes. Site observation data were recorded on an observation sheet, and themes were generated across site visits to determine areas of strength and improvement. Results demonstrated significant increase in participant’s perceptions of overall athletic competence and competence in volleyball, swimming, aerobics, and whiffleball. No significant difference was found in participant’s perception of social competence, belonging, or competence in football, track or basketball.

Qualitative data suggested thematic areas of programmatic weakness included (a) lack of time on task (b) poor behavioral management, and (c) lack of coaching strategies focused on social competence development. While OSU’s NYSP provided campers with many sports specific gains, camper’s social competence and sense of belonging were not impacted. Since coaches were not implementing specific social competence strategies as part of their practice and activities and because campers often were not fully engaged in activities, there is little surprise that there was no difference in these outcomes. This highlights the need for training to help coaches identify and implement strategies to better target these outcomes. Together, these data strengthened the design of OSU’s 2009 camp, now called LIFE Sports, and should help inform the design of other sports based youth development summer camps.
According to Dev S Sukumar (2010), multiethnic studies reported (published in March 2010.) that African, American and Asian Americans have a lower amount of physical activity participation than other race groups (Kenya, Brodsky, Divale, Allegrante and Fullilove, 2003). Although research has investigated relationship between race and participation in physical activity, these studies solely focused on the patterns of participation in physical activities of ethnic minority college students who were born in the United States, and few studies have focused on international students who comprised more than 5% of the total undergraduate and 10% of the total graduate collegiate population in the US Council of Graduate School (2004).

Tocho Yoh (2010), studied ,” Motivation toward Participating in Physical activity Among International Students‖. The effect of participation in physical activity due to other challenges they face while residing in United States. The, purpose of this study was to investigate Participants for the study were 521 international students from five universities in the Midwestern US. Descriptive statistics of means, standard deviation, and percentage were used. Analysis of variance (ANOVAs) was also used to examine whether the motivational attitudes in physical education differed among participants’ gender and class levels. Through the varimax rotation, the four major motivations – self worth, organic development, social development, and lifetime uses- were identified. The result indicated that the factor of organic development (keeping good health and physical condition, getting regular exercise, developing and maintaining sound and proper physical conditioning) and lifetime uses (developing skills for lifetime and learning activities which could be continued outside of school) were valued as the most important motivations to participate in physical activity among participants. ANOVA found that the motivational attitudes did not significantly differ between genders. Administrator of international students and campus recreation program needs to understand the findings motivational attitudes did not significantly differ between genders. Administrator of international students and campus recreation program needs to understand the findings of the study to promote a more physically active lifestyle to international college students in the United States.

Michael Cottingham in March (2010) studied the impact of socio-economic status on the coach athlete relationship and social cohesion. The 1st hypothesis predicted the negative correlation between socio-economic status and coach-athlete relationship. The 2nd hypothesis was that there would be no relationship between social cohesion and socio-economic status and the third hypothesis was that socio-economic status would have an impact on the relationship between social cohesion and the coach athlete relationship. One hundred forty-one baseball and soft ball players from nine high schools in central and south Mississippi participated in this study. Participants were surveyed at the end of the regular season but prior to the post season. They responded to the questions regarding their socio-economic status, team social cohesion (GEQ; Carron, Brawley and Widmeyer, 2002), and their perception of their coach-athlete relationship (CART-Q) Jowett and Cockerill, 2002). Pearson’s correlation was used to analyze the first two hypotheses. There was a non significant correlation between socio-economic status and the averaged total scores of the CART-Q, r (136) =.031. A positive correlation was found for socio-economic status and the total mean scores of the GEQ social subscale, r9136) =.231p<.05. The third hypothesis was tested first by performing a correlation between coach –athletes relationship and social cohesion, r (136) =.319, p<.05. Next a partial correlation was conducted with the aforementioned variables controlling for socio-economic status (136) =.336, p<.05. A positive relationship was evident, meaning that a socio-economic status was shown to affect the relationship between social cohesion and the coach-athlete relationship. Ancillary results showed that playing status and familial status did not impact the coach-athlete relationship.

Previous research has shown that there are differences in the experience of those from various socio-economic levels. It would be naïve to assume these different perspective and experiences would not manifest once an individual enters an athletic environment.

This would suggest that coaches who have members of their teams from lower socio-economic status will need to invest more effort to develop social cohesion but should not have great concerns with respect to the coach-athlete relationship. This study should be conducted again, perhaps in more urban environments and with other sports.

Parental influence has been described (Published in March 2010)\(^{54}\) as key correlate of youth physical activity, although the exact mechanism of this influence is not well understood. **Carrilee Acor May** worked on the Youth Physical Activity Promotion model developed by Welk serves as the theoretical basis for the present study as parental influence has proffered as an important reinforcing factor in the model. The model theorizes that parental factors have both a direct and indirect effect on youth physical activity behavior. The primer purpose of this study was to examine the relationship between selected parental influences and PA behavior in children residing in a remote rural community. Volunteer participants included 154 students in grade 4-12 from a small remote-rural school in the Midwest and one of their parents. To measure PA each student completed either the Physical Activity Questionnaire for Adults, a seven day recall instrument. Parental beliefs were measured using an eighty–item questionnaire, which was an adaptation of instruments used by Kimiecik and Horn. The instrument included sub scales to measure parental value, reasons for participation, family environment, expectations, and importance of physical activity. Parental stage for change for exercise behavior was also measured. A two way analysis of variance revealed no difference in PA between boys and girls, but results indicated that PA significantly decline as grade level increases (effect size = 0.27). Pearson correlation between the parental influence measures and children’s PA were surprisingly low. The only significantly correlation occurred for the importance subscale (r=.26) and reasons subscale (r=.25) for girls. None of the parental variables were significantly related to boys PA. Results of a forward step wise multiple regression analysis performed on the entire sample yielded a model consisting of two predictor variables, age and parental values that significantly explained children’s PA.

\(^{54}\) Carrilee Acor May, Larry D. Hensley, and Kevin Finn, University of Northern Iowa, “Parental Influence on Children’s Physical Activity” Research Quarterly Exercise and sport (March 2010)
accounting for 24% of the variance in PA. However, age alone accounted for 20% of explained variance. The findings of the study provide little support for the importance of parental influence on children’s PA and raise questions about the utility of the YPAP model.

Previous studies have documented differences in rates of participation in physical activity and preventable health problems among racial/ethnic groups. In addition, social support from family and friends has been associated with increased physical activity participation. Thus given the correct health issues effecting our nation (e.g., obesity, cardiovascular disease, diabetes), it is important to examine the role of family and cultural influence on physical activity in diverse racial/ethnic groups. The purpose of this study was to explore the relationship among family structure, race/ethnicity, and participation in PA. We interviewed 16 Southeastern US families, with at least one child above the age of 10 years. The sample included 1 mixed (Asian American and European white) American, 4 African black American, 5 Asian American, and 6 European American families.

**Marco S Boscolo and Bhiba** Interpreting research (2010) correctly said that the one of the most important aspects of research is transferring statistical research into practice. To do so, a researcher needs to understand the difference between statistical and practical significance and to report statistics correctly, especially the significant ones, so that readers will not misinterpret the results.

Literature that leads many to believe a certain intervention will be effective in practice. This is an incorrect way of using the results of a statistical significance test, because the significance in this case could be greatly influenced by sample size; A large sample size can make any study result statistically significant even with small mean differences the focus of the reporting, therefore, should focus on practical significance (i.e., what is the true meaning of a study’s findings?). To do so effective size or magnitude of the intervention or treatment must first be determined, then, true meaning of change or difference must be defined. And interpreted based on nature or construct the studied variable represents; finally 95% confidence limit of the true

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value must be reported. In addition, related assumptions of a specific statistical test should be examined and reported. If these assumptions are violated, making inferences from the sample data to the population is risky. Using some real life examples, this session will distinguish between statistical and practical significance and provide a strong argument for why the later is more important than the former. Finally, how to determine practical significance based on the information of statistical significance tests and related information derived from significance test (e.g., effort size and Meta analysis results) will be introduced step by step using a real-life example.32.

**Spiridoula Vazou’s** study examined (June, 2010) Variation in the perception of peer and coach generated motivational within and between teams and (b) individual and group –level factors that can account for these variations. Participation was 483 athletes between 12-16 years old. The result showed that perception of both peer and coach- generated climate varied as a function of group level variables, namely team success, coach’s gender (except for peer ego-involving climate) and team type (only for coach ego involving climate). Perception of peer and coach generated climate also varied as a function of individual- level variables, namely athletes’ task and ego orientation, gender and age (only for coach task –involving and peer ego-involving climate). Moreover, within –team variations in perception s of peer and coach-generated climate as a function of task and ego orientation level were identified. Identifying and controlling the factors that influence Perception of peer and coach generated climate may be important in strengthening task- involving motivational cues.

**Gretchen and Heather** studied (Sept. 2010) the improvement of core strength to avoid injuries. According to them, safe and correct performance of movement skills

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57 Gretchen D. Oliver and Heather R. Adams-Blair,” Improving Core Strength to Prevent Injury.” Journal of Physical Education, Recreation and Dance; Vol. 81 No. 7 (Sept. 2010) p.15
require postural or core control. Typically a coach or physical educator will define core stability as a level of strength or endurance of abdominal musculature. But the core described as the lumbo-pelvic-hip complex, comprises many more muscles than just the abdominals. Wilson, Dougherty, Ireland and Davis (2005). Body is described as a kinetic link, whereby, the energy generated at one link is transferable to the next link. Regardless of the of the sports, it is essential to have correct biomechanical positioning in order to maximize energy effectively whereas weak core will not allow optimal force or energy production and will ultimately depend on other areas to make up for the lack of force production. Therefore it is important for the coaches, practitioners, Physical educators to understand the injury implications associated with weak core. Single plane exercises will not allow proper conditioning of the core and its functions in the kinetic chain. Training pelvic neutral and then maintaining a pelvic neutral throughout multi-plane activities will help in the development of a functional, stable core. Practitioner must remember that postural and core central is at the center of all movement and therefore, at the centre of athletic performance.

Ashwini Nachappa (2010)\textsuperscript{58} a former international athlete on Oct 16, 2010 said. “You could say there is a generational shift (among women athletes), There is an enormous talent pool in non-urban areas. The stories we got to hear of those athletes were amazing.” Ashwini, who runs a sports academy in Kodagu, says she has had “no problems from parents, whether of boys or girls”, in allowing their kids to pursue sport.

Dev S Sukumar (22 oct 2010)\textsuperscript{59} has expressed his views about the loudly voiced jat community. According to him Jat success story in sports may have less to do with community and more to do with the emergence of a new India that is cutting through traditional hierarchies, and moving beyond the metropolitan mindset into smaller towns. Chaka De and Bounty Aur Babli creator Jaideep Sahni has coined the term, 

\textsuperscript{58} Boys didn’t have all the fun at Commonwealth Games”by Dev S Sukumar Oct 16, 2010 1:39 IST(DNA) *

\textsuperscript{59} S.Sukumar: Eminent columnist of Hindustan Times Oct.22,2010
'India A, B and C’ to mirror this change. Wrote Sahni, “The way I see it there is an India A, India B and India C. India A is us, we’ve come from pretty privileged backgrounds, we are the top one per cent in terms of resources. India B is the India of Bunty aur Babli, who sees us on cable and wants to be like that. Then, there is India C, the tribals we used to watch dancing with Indira Gandhi when we were kids.” While India C remains deprived, the Commonwealth Games success suggests that India B has well and truly arrived on the sports field. One doesn’t have exact figures, but it’d be a reasonable assumption that more than 80 percent of our medal winners come from India B: small town people with big hearts, and a driving ambition to succeed at all costs. Then, whether it’s a Rahi Sarnobat, the teenage shooting sensation from Kolhapur, or Ashish Kumar, the first medal winning gymnast from Allahabad, there is little doubt that the real energy of Indian sport is coming from outside the big cities. The era of the elite clubs and gym khanas has slowly come to an end, with tennis perhaps the sole exception. The privileged children of India are too effete to survive in the highly competitive world of sport. By contrast, the vaulting aspirations of India B and their tough growing up years have enabled them to thrive in a similar environment. We’ve seen this ‘democratization’ of sport already take place in cricket where the dominance of the urban, upper middle class cricketer has given way to the spectacular rise of the small town boys, be it an M.S. Dhoni from Ranchi, a Harbhajan from Jalandhar or a Zaheer Khan from Shrirampur. It should come as no surprise that India’s ascent to the number one Test sport has coincided with the emergence of the India B boys in the national team.

Rajdeep Sardesai, a prominent columnist in Hindustan Times and Editor-in-chief IBN, 18 network, has rightly said (22 Oct, 2010)\(^6\) that community, environment and success in sports are directly related. This relationship has been proved by the success of Haryana sports persons. “Social scientists will point to a co-relation between community, environment and sporting success. The Masai tribesmen put Kenya on the world map with their natural aptitude as steeplechasers and middle distance runners. The Ethiopian tribes became renowned marathon runners. Runners of West African descent — whether from Jamaica or the United States — are born to run fast.

\(^6\) Rajdeep Sardesai 22ndOct,2010 Hindustan Times.
Perhaps, we now need to consider that the muscular Jats are built to wrestle or throw the discus (not to forget cricket too, blessed by the original Jat sporting icon, Kapil Dev Nikhanj, unarguably India’s finest fast bowler, and now by Virender Sehwag, the most destructive opening batsman the country has produced). Here I will like to comment that all the communities in Haryana are considered jats who speak Haryanvi, live in villages and do farming or cattle breeding except for marriage purposes.

Militancy has hit sport hard in Jammu and Kashmir (2010)\textsuperscript{61}, so much so that the Sports Authority of India (SAI) hardly has a presence in the troubled state. Manipur is a study in contrast. Though disturbed, it probably is SAI's biggest success story. The wushu medal – winners add to a glittering list of Manipuri champs making the insurgency-hit state the nation's sports powerhouse.

The Thoubal region is Manipur's home of warrior sports. Seven of the 10 Indians who contested at Guangzhou were from Manipur. Of them, four were Thoubal residents besides coach M Sachidananda and technical official M Birmani Singh.

The reasons are socio-cultural. The North-east region has shown a natural affinity for martial art. Sandhyarani boxed with five-time world champion MC Marykom, had won gold at the Punjab National Games in the early 2000s. Eventually, she chose wushu as has sport because "it was more all-round." "Since certain characteristics of Thang-Ta, a Manipuri martial and Mukna, a native sport are incorporated with wushu, players from the state find it easy to adapt to it," explains Sushil kumar Singh, secretary of the Manipur Wushu Association in Imphal. Wushu is a contact sport that involves some features of taekwondo, Wrestling and Boxing.

The number of the aspirants is so much that some of them had to be shifted to the neighboring Arunchal Pradesh. No one seems to mind, as long as the supply line was busy and running.

According to National Geographic.com\textsuperscript{62} some athletes' body chemistry is naturally enhanced by their environment. Those raised at high altitudes in countries such as Kenya, Ethiopia, and Morocco have blood that is especially rich in oxygen-bearing

\textsuperscript{61} Times of India (21/11/2010) “Manipur’s Thoubal residents proud of their star fighters.

\textsuperscript{62} science.nationalgeographic.com/science/health.../unbeatable-body\n
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hemoglobin—as long as they continue to train at altitude. Cultural factors have also encouraged their bodies to excel at certain sports. "I had to run 10 kilometers (6.2 miles) to school every day," says Tegla Loroupe, a young woman from the pastoral Pokot tribe in northern Kenya. I'd be punished if I was late." Loroupe attributes some of her success to the altitude here—about 8,000 feet (2439Mts.) and some to her cultural background. "We make the best runners. We are nomads, moving animals from place to place. As a girl it was my job to carry loads of firewood and water from the river. What it takes to build the unbeatable body."

According to Samar Halanrkar (12.8.11 Livement)⁶³, the changes Bangalore saw, occurred abruptly and unresistingly when people of the area are involved in its reshaping. Between 1981 and 2004, Bangalore gained the dubious honor of being one of the world’s fastest-growing cities. It became the India’s largest cyber city. Its population doubled, from 3.1 million to more than 6 million, compressing what should have been a slow metamorphosis into an explosion of disruptive change. Between 1995 and 2005, more than five multinational companies streamed into the city every month. For hundreds of companies and a few million people, the big picture started to emerge in Bangalore during the 1990s. It was during this decade that academic Bangalore—the city that India’s first prime minister Jawaharlal Nehru posited as the nation’s intellectual capital—primarily from the US, for cheap, intelligent labor for global technology markets. This was the formative decade for Infosys, Wipro and a handful of other Indian companies that were tapping global markets. In 1997, Karnataka became the first Indian state to announce an information technology policy. It was in the 1990s that some of the world’s biggest tech companies, such as IBM, Sun Microsystems, Cisco, Philips, Intel and Nortel, entered Bangalore. Today, Bangalore contributes about 34% to India’s total outsourcing revenue of nearly $50 billion. This flat world created for the city a wildly diverse economy. The business of technology employs a little more than half a million people, but it provides employment to maybe five times that number in sectors that closely follow the rise of a young, globalized elite. From construction to taxi services to retail to education, the demand for blue-collar, white-collar and collarless professionals is ceaseless. More

than half the population is from abroad or from other parts of India, says The Bangalore Story, a 2010 report by Tholons, a global strategic advisory company. A transformation so rapid, from small town to global metropolis, is obviously not easy on those who see change but are not a part of it. So, the 1990s saw the most visible, violent protests against change. As the economy swelled to embrace more native people, such protests quickly faded away.

**STARS (Supporting Talented Athletes on the Road to Success)**

Squads works with schools to pioneer the development of squads of young people performing at the highest level in sport. Potential elite athletes often appear in clusters rather than as isolated performers. This is no co-incidence. Talented young people working together can drive, inspire, challenge and support each other to achieve their potential. We want to help develop and foster the best environments in which talent can thrive. According to Rajdeep Sardesai (21 Oct, 2010) good work is rightly appreciated; inventions and improvements in machinery, in processes and the general organization of the business have their merits promptly discussed: if one man starts a new idea, it is taken up by others and combined with suggestions of their own; and thus it becomes the source of further new ideas. And presently subsidiary trades grow up in the neighborhood, supplying it with implements and materials, organizing its traffic, and in many ways conducing to the economy of its material.”

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64 STARS (Supporting Talented Athletes on the Road to Success)