5. In the present study the intermittent category sportsperson need to achieve the physical and physiological target underlying that particular sport.

6. The physical and physiological variables of the sportsperson engaged in various sports need to be analysed at regular intervals and prompt counselling of the results, will enable the sportsperson to achieve higher level of sporting excellence.

This study is supportive of other studies that have investigated the same. Similar studies on Indian athletes will demonstrate the athlete’s condition and could serve as a potential motivation, which leads to their much awaited superior performance in international arena.

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