PREFACE

In ancient Greece, Socrates, Aristotle and Plato were of the opinion that physical training was must for youth. In India physical activities were an essential part of education in ancient times. The meaning of the physical education has changed many a time, The term, "physical education" include many types of phenomena. Physical education training is an organized instruction in motor activities that contribute to the Physical growth, health and body image of an individual. It is more than physical training, play games, physical culture, health education and recreation.

Physical fitness is defined as the capacity of the body to adopt and recover from strenuous exercise. The sports performance depends largely on physical fitness components like speed, strength, power, agility, flexibility and co-ordination. The process of improvement of motor abilities is also called conditioning. Physical fitness is a matter of fundamental importance to the well being of the every individual in the field of physical education. Physical fitness components and specific training package of technical skills are very important factors for athletics. These components of training package and development of technical ability are more important to the long jumpers, in the competition period. "Physical fitness is one's richest possession which cannot be purchased, it has to be earned through a daily routine of physical exercises". Hence, the researcher decided to undertake this research how for the specific circuit training will help the athletes of long jump event to enhance the physical fitness and as well as long jump performance. The researcher is of sincere confidence that this research would be an added contribution to the Sports and physical education professionals.

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