Preface

High level sports performance depends upon various factors, such as genetic factors, training status, physical structure, nutrition factors, psychological factors, physiological factors, socio-economic factors and techniques. Success in competitive sports places high psycho-physical demands on the athletes.

However, the requirement of the above factors will vary from game to game and sport to sport.

The athletes have to be physically fit, technically sound and tactically prepared to have a firm grip over competitive situation to excel in the concerned sport event in order to achieve peak performance.

Keeping the above facts in mind, the researcher has selected the topic to know the status of the above factors.

The study will help to know the level of anxiety, life style, achievement motivation and socio-economic status to fix the training load for the improvement of the sports performance.

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