PREFACE

New Millennium dawned with new challenges of which sports is not an exemption. Physical education in a new fragrant flower which unfold so many new faces to the modern technology and computerized world.

Play instinct is universal to human beings, When sports and games aims at preparing top class performers on one side, on the other, it attributes the preparation of excellent citizens, spotting the players and by proper scientific training one can contribute efficient sports professions. The biological advantages of activities geared in an adaptive way to changes in the surroundings are obviously great.

Comparative analysis of genetic variants, physiological variables, body composition and anthropometric variables among athletic performers at different topography are the shouldered responsibility of the investigator.

The investigator hopes that the result of this study may be of good help for the common man, sportsman, athletes, coaches and sports professions to improve specific performance.

Sports has developed into a distinct scientific discipline and each nation is varying with other to produce top class players to aim in international competitions. Devoted researcher are essential to identify factors that will be predictive of achieving high level skill in a given sport with proper coaching.