CHAPTER-V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

SUMMARY

The process of identifying the most talented athletes to involve them in an organized training program has to be one of the most important concerns of contemporary sports. Everyone can learn to sing, dance, or paint, but all individuals cannot ever reach a greater level of mastery in these fields. It is observed from the findings of the research attempts that the mastery in any field is possible by nurturing the learners from a very young stage. Similarly in the field of sports too, it is important to identify the most talented individuals at an early age, monitor and assist them continuously in developing towards the highest level of mastery.
As for as elite athletes are concerned, the work of the coach and time spent for training them play major role besides their natural innate abilities. Otherwise the talent of the coach, time and energy become a sheer waste and meaningless. Therefore, the main objective of the talent identification is to spot out and select those athletes who are endowed with the latent potentials for a chosen sport.

Talent identification is not a new concept in the arena of sports field. However there is not much formal research endeavours especially in the developing countries like India. In the late 1960’s and early 1970’s, most East European Countries established specific methods for identifying potentially high-class athletes. Some of the selection procedures were discovered and directed by scientists who then suggested the coaches to use the necessary abilities for a particular sport.

Scientific selection is the method by which a coach selects prospective youngsters proven with natural abilities
for a given sport. These athletes perform better and smarter than those of the other kind.

High performance athletics necessitates specific profiles of outstanding bio-motor abilities and strong physiological traits. The science of training has made impressive steps forward in the past decades, which is on the main reasons for constant improvements in athletic performance. Other dramatic improvements have also been made quality of training.

The purpose of the present investigation was to revalidate and construct the norms for the World Beaters Talent Spotting Scheme for the eighth standard girls of Tamil Nadu state. To achieve the purpose, sixty subjects studying eighth standard from Government Girls Higher Secondary School, Thirumayam, Pudukkottai District and Sacred Heart Girls Higher Secondary School, Pudukkottai, and Mount Zion Matriculation Higher Secondary Schools, Pudukkottai were selected at random to establish scientific authenticity of the items of the World Beaters Talent Spotting Scheme. To
construct the norms for the test items of the World Beaters Talent Spotting Scheme, 1500 subjects studying eighth standard from 15 districts of Tamil Nadu state, India, were selected at random. The age of the subjects ranged from 12 to 13 years. The test items such as 50 Meters Run, Shot Put (4kg), Long Jump, 6x10 Meters Shuttle Run and 600 Meters Run respectively of the World Beaters Talent Spotting Scheme as recommended by the Youth Welfare and Sports Department, Government of Tamil Nadu, India, were selected as criterion measures. The data collected from the subjects were statistically analysed for testing scientific authenticity and to construct norms.

**CONCLUSIONS**

The following conclusions were drawn within the limitations of present study.

1) 50 Meters Run was considered as a standardized test to measure the speed ability of eighth standard girls of Tamil Nadu State, India.
2) Shot Put (4 Kg) was considered as a standardized test to measure the strength ability of eighth standard girls of Tamil Nadu State, India.

3) Long Jump was considered as a standardized test to measure the explosive power of eighth standard girls of Tamil Nadu State, India.

4) 6x10 Meters Shuttle Run was considered as a standardized test to measure the agility of eighth standard girls of Tamil Nadu State, India.

5) 600 Meters Run was considered as a standardized test to measure the endurance ability of eighth standard girls of Tamil Nadu State, India.

6) The percentile norms constructed from the study was similar to the existing norms.

**RECOMMENDATIONS**

On the basis of the findings and conclusions made in this present study, the following recommendations are made:
1) It is recommended that the test items of the World Beaters Talent Spotting Scheme can be used as a tool to identify the talents of the school girls in the age group of 12 to 13 years.

2) The physical education teachers, coaches and trainers may use this battery to find out the inherent qualities of the young children.

3) The coaches and trainers could systematize and modify their training programme from the findings of this study.

4) Different methods of training must be framed by laying emphasis on the development of skills which are significantly related to athletic potential ability at different levels.

5) This study will provide an effective tool for measuring the level of physical fitness among school children.
6) This study will help the coaches and physical education teachers to identify the talented girls for their training.

7) Similar study may be conducted among the boys of eighth standard of Tamil Nadu state, India.

8) Similar study may be conducted among the boys & girls of sixth and seventh standard of Tamil Nadu state, India.