CHAPTER - III

THE PROBLEM/HYPOTHESIS

(Introduction, description, details, history, criticality etc.)

The description of the problem

It is the aim of this test was to study, the answer is certain asanas and exercises the selected motor fitness program.

Stress and anxiety plays an important role in the sport, are an integral part of the "motive" for peak performance in sports activities. The "psyching" were used for the physical and mental preparation for the game or competition. This is the term used may include stress, emotional tension and excitement. It is generally agreed, and too many tend to stress and anxiety, it does not disturb the initial learning stage. Beginners learn not perform as well, easily, and if the pressure is too high and too much stress and anxiety. Joseph Oxendine describes, to a high level of performance with excitement involving fine muscle movement, coordination, strength, concentration and learning complex tasks with due to the high level of anxiety can be a simple tasks of learning. So it can be concluded that stress and anxiety are essential components of the better performance in the sport, to some extent but the high-level and the higher-intensity prevent the sport. The old practice of Yogic relaxation technique a simple and very effective alternative to the maleffects caused by abnormal stress anxiety and the sport. If this Yogic relaxation techniques adopted the sport the maleffects positive stress and anxiety, help improve the performance of athletes of different sports activities. (Shankar, G. 1995).

There are the reports shows that most players suffering from anxiety, stress, the voltage, which can be obtained is due to the athletic performance. The reason was developed by the perfection of performance such physiological imbalance. It is therefore also different relaxation techniques have evolved in order to be a reduction in the level of the player's psycho-history physiological imbalance. (Delnero, 1987; Hughes, 1985; Smith, 1987).
Delimitation

1. The study was delimited to middle school boys in the age group of 12 to 14 years.

2. The Study was delimited to Aurangabad District.

3. The yogic program included Shirshasana, Sarvangasana, Bhujangasana, Matsyasana, Halasana, Salabhasana, Dhanurasana, Arth-Matsyendrasana, Pashchimottanasana, Chakrasana.

4. The physical exercises program consists of spinal rock, back over, side stretches, alternative prove lift, one leg jumping, line walking after front roll, 5-meters dash, raising the hands with folded hands, walking on hands with partners, stride stretches.

5. The selected motor fitness tests were wall volley test, lying tennis ball catch, ball bounce test and basketball shooting test.

Limitation

The study had following limitations:-

1. Functional capacity of following sensory organs eyes, vestibular apparatus and kinesthetic receptors were not tested due to lack of testing devices.

2. Variation in the ability of the individual to perform yogic practices and exercises might have created minor infringement on the results of the study.

3. The hereditary aspects along with psychological make up of athletes are limitation for the study.

4. There would be no control on socio economic status of the subjects.

5. The factor affecting residential and social climate for each athlete would be a limitation.

6. Geographical conditions, diet and nutrition of subjects were not considered.

7. Past experiences that would affect the stress levels were a limitation for this study.

8. Stress in track and field for this study only considered.
9. Although the subjects were assumed to be healthy, the investigator could not control their food habits and style of daily living.

**Hypothesis**

It was hypothesized that yogic practices will be more effective than physical exercises on the motor fitness tests (wall volley test, lying tennis ball catch, ball bounce test and basketball shooting test).

Looking towards the nature of this study, the researcher has considered the following objectives –

1) To measure the stress level of athletes.

2) To study the relationship between stress level and yoga.

3) To prepare yoga training programme for athletes.

4) To analyze the stress level and performance of athletes.

5) To study and compare the stress during off – season and in – season training programme.

6) To give suggestion for further research.

**Attention to the correlations of players**

It is more than one study has investigated the cognitive functions used by the players and found that in the player. One study found that the Indian-yoga I teach and intensive development of the children's attention (Sahasi, 1984) another study found that the children's attention after the imposition of the measure-yoga intensive I teach" (Peck, Kehle, Bray, & Theodore, 2005) although these studies statistically significant positive relationship between supporting the players attention to evidence, and not all research supports this conclusion.

Other studies, which they tried to teach me-yoga monitoring has proved to be the warning is not convincing. Williams (1993) the concentration of players in special concern is the effect of two, but we have not found a statistically significant difference is in the intensive-yoga groups I teach, the martial arts group, and in
practice. Williams claimed that perhaps if more participants that the statistically significant results. Another study has examined the players the full psychological assessment, physical fitness, and the attention to the fact that the six-week intensive-yoga I teach (Casden, 2005). It is concluded that different players received attention after the treatment was not statistically significant. If, however, these findings may be small in size. Another restriction was that the researchers to study the different tests for each observation, the participants were exhausted. In contrast, the Williams (1993) findings and Casden (2005), and on the other hand, and Sahasi (1984) and Peck, 5

Kehle, Bray, Theodore (2005), the other is the research, the potential effects of players I listen clear conclusion. If there is some evidence that particular attention (Budde task does not affect, et al., 2008), but the results of practice the players mixed, the current test is designed to examine the impact of a direct impact on short-term players in practice, the selective attention, and the concentration of the undertaking, as the physical activity. Therefore, the research question: young adults, who are involved in the players and then grew up and the selective attention, and the aerobic exercise intellectual concentration the group? That was the question was the potentially contributes to the literature of players using previous research to be illogical. It is also hoped the researchers of legality would make recommendations to the general public (young adult) results of the investigation.

The master's thesis in the six. The opening section, chapter 1, which includes the research question, and is used to describe the test. 2. The chapter on literature, and the players and the research in question, study, design and assumptions. 3. The plan contains the study describes the participants, and assumptions, process, activity. The results of the test explained in detail in Chapter 4, the statistical analysis of the data. Results shall be made available in two parts: the first part contains the preliminary analysis of the two group of similar, or not, and the second part the primary analysis of the results of the comparison, intellectual concentration, attention and selective, and between two groups of players the aerobic exercise analysis (ANOVA) the test results. In the following part 5, which includes comparison of the results of the test results of previous research, and to the area, and restrictions. In chapter 6, the book concludes the practical applications, and this study it was concluded the future
research. It is recommended that more specific interventions in order to better observe the what type of activity the greatest cognitive effects.

Self Confidence

What is the meaning of the personality self confidence, what must the woman, in its own good, and a respectable challenge to the own and will be required for successful performance.

The players.

Having regard to the fact that physical activity and meditation has been demonstrated to be may have a positive impact, that it allows you to, that the physical activity and meditative, coordinated components may also be affected by it. A player in a growing number in practice is also possible that may have serious consequences. Between 1996 AND 2001 increased by 50 % in the US and enjoyed the adult gamers (Casden, 2005).in the national health statistics reports has increased significantly, and statically the number of players between the adults in the United States of America 2002, and 2007 (Barnes, flowers, & it will not be without it, 2008). In addition, 75% of the health club a player's Corliss (2001, 2001). even if it is popular, Corliss (2001) American magazine Glamour (Leive, 2009), which allows the gamers and alleged benefits of the practice.

Due to this popularity is likely to be noticed that the actors and the must be documented in the participants. Health researchers have been carried out extensive research projects, and examine the impact of the organization in mind, many gamers (Oken, Zajdel, threatening and Kishiyama Flegal, Dehen, picture, Haas, e.g. et al. ., 2006; Casden, 2005). I teach an intensive-yoga is proven to improve the quality of life in the literature, with a strong, flexible, and balance, and the anxiety and depression. (Schure, Christopher & Christopher Columbus, 2008). even if they are the advantages, there is still some confusion for the players the difference is what are the effects of a shall pay particular attention to the allegations made by the study of empirical studies also, the players attention to some (Sahasi, 1984; Peck, 2005), while others say that they will not collect any information that supports this conclusion (Casden, 2005; Oken, Zajdel, Kishiyama, Flegal, Dehen, Haas, e.g. et al. ., 2006; Williams, 1993). it seems that the general and the players, who in practice, but it was
still disputable or it is not clear. This chapter discusses the literature Review allows
you to the players, the differences to attention, and this study the research question.

Before the players, the research also, it should be noted, that the whole
literature of players a number of different ways, and therefore should be clearly
defined. It also may be useful if the previous players for a better understanding of
underlying theory. Origin of the players of Indian was about 5,000 years ago, and
more than 2,000 years ago (NCCAM, 2008). one of the earliest Indian philosophy, the
six orthodox schools developed by the players using Sutras Patanjali wise. This is the
school of Indian philosophy known Players Players today's the rajah or Ashtanga. The
Patanjali's father the players players, the reflection process, and the bearing in mind,
calm" (Garfinkel & Schumacher, 2001). emphasis is given to, in order to achieve the
personal and original intellectual discipline (Garfinkel, 2001). In the Sanskrit word
yuj, "never and union (NCCAM 2008), practical allegedly was confirmed by the
players and the body the mind which was indistinguishable from each other (watts,
2000). In fact, a holistic practice the players necessary moral and physical sciences,
sciences emotional or intellectual enlightenment, and Burkett, 2006). I teach
intensive-yoga, the first step in order to achieve the enlightenment of moral and
physical discipline, and the good life, the rules and strengthen the body.

The players, even if it is in practice is primarily spiritual, often the players
ignored the western culture. Pregnant women are often isolated taught the stress or
disease. In addition, the number of players the special techniques, or the players using
the various classes of shaver (in the United States of America, 2007). This classes the
inconsistencies of gamers, it is difficult to establish that, that the player's or not, does
not correspond to the style that developed.

The national health Institute (NIH), enables the player's physical postures,
breathing exercises, meditation, and the ancient Sutra the players. (The National
Health institutes, the national center's complementary and alternative medicine, 2009)
.Burkett, Todd, and Adams (2006) has found that in the practice of the gamers the
physical body and the machine. It is emphasized that the consciousness of players
took a breath, and the focus of the activity (Burkett, Todd & Adams, 2006). The watt
(2000), the players use the postural or breathing, mental focus, but it is something that
differentiates it from other meditation techniques. In spite of the fact that the above
result different explanations of a wide-ranging theoretical description of the players in practice, several themes.

The most commonly used for gamers from all over the world using gyms developed the Hatha Pradipika gamers, influential asanas (the descriptive text), pranayama (breathing techniques), mudras (symbolic gestures), and samadhi (perfect meditation), the players. This test allows the gamers have been determined to the asanas (postures), pranayama (controlled breathing) and dyhana (meditation) (salmon, et al., 2009).

Positive effects of physical and mental fitness gamers well-documented, including many college students. Many study results must be documented in practice, the players use the enhanced physical abilities. Cowen and Adams (2005), carefully selected 26-adult, 20 to 58, who is not applied on a regular basis allows 6 months before the players, and participation in, or the players can improve the Hatha and Ashtanga. A physical variable measured was the last first-class and the class dynamic strength, strain and long-lasting cookie, the system's flexible strain sit-and-worth, blood pressure and pulse. Both groups showed a significant improvement over previously in the post-test scores the diastolic blood pressure, muscular contractions (and the upper body strength and endurance and flexibility, and.

Another research allows the players to do, and I don't care. After the operation the lower score of participants Roland disability scale group has announced the players and the related. (Sherman Hotel, 2006) research practical validation of the players is also positive physical effects.

It was found that the stress will affect the relationships between the levels of stress were examined using between the players, either directly or indirectly affect players' attention. It seems that the stress and clear link between the players. A study of the Cowen and Adams (2005), took part in 75 min intensive-yoga class twice a week I teach detected six weeks reported less stress and the general welfare of gamers a schedule.

This also reduces the stress allows the gamers-supported Schure, Christopher and Christopher (2008). thirty-three graduate students (20-50) also took part in the 15 week course, which can be mindfulness meditation-yoga, the University's intensive
practice (including the players and I teach a qigong) twice a week. The class three or four times, practice was. Data were collected during the period of four years (or more) .the self-report quality of information collected, it should be noted, the weekly journal objects variable positive changes physically, emotionally, mentally, emotional and interpersonal relations. In particular I teach-yoga and it was also established that the higher the yield higher awareness organization energy, and a greater mental clarity and concentration. THE found objects, to participate in the mindfulness practices, they could not the reason of the stress, and stress and other negative emotions. Recommended additional themes is still such a practice in their lives. While the study self-report data used falsely positive, because the pilot, that very little shows that the potential benefits to players, Schure, Christopher and Christopher (2008) quantitative other researchers we expand.

The results of research and the practical operators will reduce the stress in particular, it is important to this study. With respect to the impact of the earlier disputes the attention, and it is logical to assume that if the intensive practice-yoga I teach, is also growing public interest must be harmonized. The accuracy of these arguments should be.

I teach an intensive-yoga, and the players and the relationship between stress and the stress and the important, but that it is, but he assumed that the correlation between the players and the important. If, however, the literature shows that this relationship was not clearly delineated.

In India, Sahasi (1984) has examined the cognitive capabilities of players using the 12-year intervention period development school children more than 7 months. Participants will be divided into random players players of the class intervention group and the group is still regularly. And then five to the attention to and after the intervention period. The PGI memory, and eliminate the color test. During the course of the tests the participants it was found that the experimental group, which the players consistent and comprehensive development of intellectual abilities Sahasi was compared to the group.

The short-term intervention study, which examined the correlation between the players and the important, knots, and Kehle, Bray, Theodore (2005) .This study
examined whether the 10 players, who had the child's attention problems experienced three weeks ago. The students school psychologist's eye contact and the performance of tasks in that room, so that the important. The eyes of researchers and the output level and the players high directly after the attention. The individual classes, and this was after the operation has already been intensive-yoga (I teach) has been withdrawn. This limitation was that this test only the operation and the participants. It is the aim of this test the research, and, as such, the biased comments. The experts' register, the comparison does not alter the amount of time spent by participants, that many room tasks et al. It was found that the results should be interpreted with caution.

The Casden (2005) study was to assess the vegetative propagation of Ashtanga homeostasis gamers and the respiratory function allows the gamers and the cognitive functioning of intermediary, Ashtanga, the spiritual and bodily complaints, symptoms healthy adults. Casden were observed and the 48-year healthy adult (19-38), who took part in the program and to teach intensive-yoga (22 participants) or the waiting list was 42 (26 participants) for six weeks. After the operation, including the various tests, the concentration. In spite of the fact that the fact that the operators normally also improves the support group that supports a statistically significant group showed an increase. The Casden (2005) The various restrictions, including the fact that the examination included, and the participants they were very tired, the great loss.

Zajdel, Oken, Kishiyama, Flegal, Dehen, and Haas (2006) studied the gamers to healthy people and the recognition, the fatigue and the women between 65-85 years, mood, and the improvement of the quality of life for six months had passed since then. The purpose of this test, in order to contribute to the literature of the lack of randomized controlled players toward the great lake. The participants are already divided into three main groups: a walk I teach intensive-yoga, the practice and the waiting list. In addition, the class, the participants the week were encouraged to exercise 5, using fixed leaves the players daily practice is over or not, and for how long. Two cognitive function: the Stroop test, the important and the quantitative (EEC), which is the activity, and brain function. In total 118 participating players (42, 38,38 is the waiting list) to the test, but statistically significant improvement of cognitive tests and the players with the groups. The author it should also be noted that the participant was not enough players it's a small group.
The minimum amount of experimental research with respect to the effects on the players' concentration, Williams (1993) studied the gamers of psychological variables, and practicing. The study analyzed three groups of young adults: the group (26 Participants), using the practice of players (fighting-art) the group (33 Participants), and the non-exercise group (25 Participants), the visual search, attention, and the press's attention to the participants the. The pre- and post-test observation time 11 weeks. A statistically significant difference between the groups the post data, but Williams claimed that if it had not been more than one Participant, is not a statistically significant result. This is the time of the study, it is recommended that only one, whereas the parties, the class, that the limited, therefore, the time is also necessary, in order to ensure that prevent the large projection is.

The physical benefits that can be enjoyed the players more than the balance, the flexible and strong, several studies. During research has also shown that the gamers is also greatly reduces the stress. However, unlike the physical activity and meditation (which is also reduced stress), there is no clear connection between the players and the cognitive functions, such as the attention and concentration. The various restrictions and complications are present these tests conclusive conclusions cannot be drawn from this link. In previous studies, the current research activity in the quasi-experimental plan. During this intensive comparisons can be made for a aerobic-yoga I teach, and in so doing, the number of participants. It is also taking into account, the convenience, and the participant, and thereby minimizes the growth factors.

The oldest, the players personal development, bearing in mind the spirit. The word Yuj gamers the Sanskrit, which means that or fork. The philosophical concepts, and allows the gamers indicates that the individual's own (the universal written 2007). I teach-yoga and the ancient Indian practice, the first time that the Vedic Hymns, which approximately 2,500 B.C. Necessary to achieve Samadhi intellectual and physical exercises, or from the Union in its infinite (Lidell, 1983). Hatha players use the western countries are more and more used method is the stress and the awareness and training (Schell et al, 1994). Hatha players ancient practice that was developed to promote physical health, and the true nature. The postures, also known as and the different asanas, pranayama breathing exercises, which encourages the physical,
mental and emotional and spiritual aspects. In short, intensive assistance to teach hatha-yoga. The players of gamers hatha and quiet the spirit and the concentration of players, but the traditions emphasize the importance of the physical fitness of players the hatha and Worthington Creyssensac;1982, Zorn, 1968) allows the gamers to trained many thousands of years. The ancient theories, observations and the mind-body connection. The significant medical treatment, and I teach the intensive-yoga-yoga and postures (asanas), breathing players -pranayama and meditation. These may be the actors of various physical and neuro-endocrine therapeutic effect has been reported in practice (Malhotra and Singh, 2002) traditionally allows the player's physical and emotional health beneficial impact of (Gilbert ... (1999) the full power, which also will help to improve the technique allows the gamers (Upadhyay et al. (2008) and its effects on physical properties (2007) wrote gamers.practice may also be used for physical and physiological stimuli melatonin secretion, which could be a good (Harinath et al. 2004. This will enable the efficient, or better, than that of many health-related outcome measures development practices (Ross, Thomas; 2010) and as a result, the test to find out the effects hatha

**The health benefits and the players the**

The players of old the balance sheet and the physical, mental, emotional and spiritual dimensions. The players often use the tree, which metaphorically eight legs, or a "·" yama (universal ethics), niyama (individual ethics), asana (physical postures), pranayama (in a low voice), pratyahara (the senses), dharana (concentration), dyana (meditation), and samadhi (happiness), (1), until the popular practice in India, more and more frequent players use the western society. The national, population-based telephone survey (n- 2055), 3.8 % of the respondents, reported that the players and the previous year wellness (64 %) and health conditions (48 % ), as the players' motivation.

The research also supports the developing body is the belief that using certain techniques of physical and mental health players analogues pituitary glands, pituitary, hypothalamic hormones and analogues and pituitary-adrenal cortical communities (hpa) and the sympathetic nervous system (SNS). The HPA axis and SNS the answer to that is that the physical or psychologic demand (stressor) the cascade, behavioral and physiological effects of cortisol in the psychologic and catecholamines
(epinephrine and norepinephrine). The answer to the energy required to overcome the stressor classic "fight or flight" syndrome. Over a longer period of time, the constant hypervigilence repeated firing, as a result, the HPA axis dysregulation of SNS and, ultimately, the diseases, obesity, diabetes, and depression, cardiovascular, autoimmune disease outbreak.

These studies indicate that the gamers and the immediate quieting effect SNS=HPA-axis under the effect of the voltage. The exact mode of action has not yet been determined, to a intensive-yoga I teach hypothesized in direction the parasympathetic nervous system dominance, may direct vagal stimulation. Shapiro et al. Significant reductions 17 low-frequency heart rate variability (HRV) to the patient's nervous system activation-a 8-week intensive-yoga I teach. Regardless of whether or not the walkway pathophysiologic gamers have shown that immediate psychologic5,6,18,19: decreasing growing anxiety feelings and the emotional, social, and spiritual. This was more than the literature review of cardiovascular health conditions, as well as the metabolic disease,21 players syndrome,16 diabetes,22 cancer,23 and anxiety.24 Galantino et al. Regular review of the 25 players the children. These reports have also contributed to research large organization certificate of gamers the positive health benefits. The intensive-yoga I teach a number of treatment, the practice and conventional medicine. If, however, wrote that what distinguishes the other treatment-yoga intensive I teach. The article is a comprehensive literature review of gamers were compared on the different health effects.

The players the teachers teachers"

Throughout history, a player might have been, the master of the deep love and a passion for knowledge, the students and humility. It would be good if a few masters. The ability and creativity of people, and it is now the gamers experience. Patanjali, an ancient Indian sages, a physician and a philosopher, and of the gramarian. It seems that the Sutras the players about 2,000 years ago. His writings, and each player's practice (including the related topics how to handle the stress), many written format. The Patanjali Sutras of the players is an important part of an intensive-yoga I teach literature. Always have been taught to, and that almost all the players with the teacher education curriculum.
Sri. Nathamuni T. Krishnamacharya, the legendary yogi had lived in the 9th century. Krishnamacharya's teachings in battery life the Sutras Patanjali the players. It is true that the 1970s began Viniyoga education. Although the ancient teachings of gamers gaming needs, these are the students the modern world. T. K. V. Desikachar, SRI. T. Krishnamacharya" is still the son, and that the father was.

Another outstanding teacher B. K. S. , .The Krishnamacharya studied a short time and the players, and it is later found. The classic and the therapeutic form the players one of the most widely recognized using Hatha approaches the players. B. K. S book, the one player the player the most popular writings the western world.

We would like to mention one other significant, the Sivananda swami from Palermo, Sicily., Sicily, founder of one of India, Rishikesh Sivananda allows the gamers. It is full of life and teaching. The beautiful style of gamers taught more than 80 centers around the world. The swami from Palermo, Sicily, and Sicily, and Sicily, Vishnu-devananda the United States, established in 1957 and the Sivananda Vedanta center players.

Sri swami from Palermo, Sicily, and Sicily, and Sicily, Satchidananda, the late founder of the actors is an integral part of it, and thought that the real and lasting happiness on the own, what we are looking for the already discovered. The players use the built-in my style, that today are being taught the entire world.

The Sutras OF gamers is the influx increased eightfold path enlightenment I teach an intensive-yoga, the path many styles

Use this web site to objects, we have introduced to the many styles of gamers, and the teachers and the teaching. (See: "The road many styles" series and the part 1. part 2 part 3) THE widely accepted fact that almost all other Sutras Players Players style. The text, and there is still a yes, we, that the peaceful and balanced life. If you would like a little deeper.as far as what is the physical practice players players behind, it is recommended that Sutras. A book, or what do you create a group.

Whatever that is, the aim is that both are very good! If only the clock, and then the mat, that's great. If the breathing exercises, and also that the amazing. The practice can be improved in accordance with the needs of players you can add to and deepen.
Even in the beginning, how do I handle the stress. (For more information, see the following article “Benefits of Yoga”. ) you stay where you are, and the soul.

**The correct balance of gamers**

And this article, and then wrap up the introduction, the players. First of all, the “Yoga for the Right Balance” different style players players, the benefits. Later writings include the various themes, and of the teachings and practices of gamers players with all its components. And then the further teachings of sportsmen and sportswomen to Players Players (see: what is "great" series, and introduction. part 1 part 2), THE breathing (pranayama) and meditation (dhyana), and the benefits, and much more.

We hope that there is sufficient information on the road and the yogi or yogini. Take your time and enjoy the process has already started, but the most important information to the air, and the power is in practice - and, of course, the players, let go! I teach an intensive-yoga should be the pleasant feeling that a physical and intellectual without guidance the strain, and the internal balance and peace.

The Sivananda, swami from Palermo, Sicily," Sicily Sicily, and allow the players to what is the science education, in the individual soul and the supreme soul, the cosmic." There is even a the teaching: "The players use the master key to the peace and happiness is a sort of a miracle.

The pathological anxiety excessive and long-lasting, or if it is not also shows that the danger. Often considered to be one of the most important element in the unhealthy lifestyle and contribute significantly to the pathogenesis is not only systemic disorders psychiatric, such as the cardiovascular diseases, diabetes, and bronchial asthma (and views from Arun Gupta et al, 2006). Kennison and James (1979) tested the basketball accuracy on one hand and the speed and accuracy. S five weeks training 100 male college students. Having gone through the groups and practical different groups. Basketball practice one of the group; the other group of the ball and isometric exercise. The third group the ball twice and the fourth group of the ball weight isometric exercises. The two groups the ball substantially improved. This means that the difference is rather due to the isometric exercise. There is no
significance of successful experience. The ball and the isometric exercises, and an increase in mass visible ball is in motion.

Moorthy (1982) the 6-11 annual elementary school students have been selected, the smallest muscle fitness was measured. Yogic asanas training program has been issued for the subjects selected the yogic training program. Six weeks was yogic training is complete, the training program to the smallest muscle fitness was measured. As a result, the is not a positive change in the to school children.

Nandi, Adhikari (1999) studied the selected yogic practices cardio-boys school operated by inhalation. The yogic cardio exercises selected the school boy vent. The students carried out an investigation of twenty people Rajagram S. Raha institution B Bankura cardio-respiratory Endurance was measured for 12 minutes, the cooper's run/walk. During the experimental period was the initiatives through eight weeks yogic exercises. The final test was the eight weeks. The data showed significant improvements in yogic practice fitness test.

Nielson, based on Gerald (1964) studied the mass education of basketball shooting accuracy. With the result that the accuracy on the one-hand shooting basketball the progressive weight training program. The belief that weight training will be harmful basketball shooting ability should not be taken into account.

(1968) the strength of the studied Pratab practice before and after the players. Significant differences were observed in the woman was the first 26 men's and women's 8 month intensive training-yoga I teach. "Relax" better than a "spare time " topic.

gleam reddy brown (1970) studied the training program for physical pain. He was the program of training students from 19-2324 people Lakshmibai National Institute and to the physical education Gwalior. The first group was not divided into program and the experimental group the physical movement, and the trunk. Manual, muscle test method was the muscular. After the experimental group improved, the muscles and the pain, if the student does not improve the muscle.

Sahu, Bhole (1983) studied the yogic psychomotor three weeks training program. This completion of the test of the age group for men (25 to 45 years)
undergoing teacher training certificate training course 3 weeks intensive-yoga I teach education, training, course, lecture the sharp Omkar this study. The Bhatia intelligence test part of the program the students regularly test the battery. Psychomotor the topic began to study the possibility that the points of the paper to participate in MC-means dought Schuster, in three days, education, and the maximum possible accuracy. This conclusion was, that the yogic study performance training programs speed and accuracy.

Singh (2010) study study yogic asanas kinesthetic abilities and physical exercises. Between the eighty years of age 19-21 year four groups randomly divided, as if the physical practice, yogic group, group and team. The experimental group went to the twelve weeks before and after treatment program and the data acquisition. The data collection in the kinesthetic abilities test Test proposed by Scott the weapons. The results of that investigation to the covariance showed significant difference is in the group expects the control group. The combined and the players, the physical movement, and the players must be paired with a significant difference was the last I saw the difference more asana groups, as with other groups.

Singh (2010) studied the yogic asanas and physical balance exercises. Healthy adults eighty is divided into four parts. Experimental group "A", "B", "C", and "D" all 20 subjects were compared in the study. This study does not examine the answer certain asanas workout and the balance is measured to STRICK bass" (across), Johnson and Nelson (1988) .analysis of the data, it was discovered that the experimental group three specially trained, asanas and combined exercise and asanas, significant improvements (P>10,05 ), but the balance sheet of the combined practice yogic asanas and average profit was higher than the other group.

(2001) studied hatha Tranetah gamers practical health point of view, the physical fitness. The 10 healthy untrained volunteers (9 female and 1 male 18-27
years of age) players learned hatha practice also in terms of health the physical fitness muscular strength, flexibility and Cardio fitness life pulmonary function structure of an organization. Topics may also be involved in at least seven players the class the two eight week. All of the connection allows playerspranayamas 10 minutes and 50 minutes and 15 minutes 10 minutes warm-dynamic asanas the savasana. The themes also before and after the 8 week training program. The isokinetic muscular strength and tense or, elbow, knee and the 31 % and 19 % and 28 % (P<0.05 ), whereas isometric stretching or twisting the knee, muscle increased life 57 % (P<0.01 ) .ankle flexibility and stretching or twisting the body body shoulder height can be increased 13% to the (P<0.01 ), the 155 % (P<0.001 ), no 188 % of the (P<0.001 ) and 14% (P<0.05 ) increase in absolute and relative 7% maximum oxygen uptake and 6% (P<0.01 ) and the test results indicate that regular hatha the players in practice, the health aspects of physical fitness.

Telles (1993) studied the static engine performance following yogic training at the school. 45 Between the two groups, the child's age and all 9 have been assessed at the age of 13 for strength and again with a 10 day period of time during which the group training allows the other team players. For the strength and the second metal pen 15 without decreasing the size hole in the plate. They were counting the errors. The 10 day time limit a group of players who are training in the physical postures, breathing, the silence, the voluntary and the visual sharpness, and the important, the memory game. Another group of the usual routine. After 10 days the players showed significant reduction in faulty, the group showed no change.

T. L., Chen et al. (2009), have completed their research, the players of health-related physical fitness College-Age asthmatic children". The study of the following. It is the aim of this test was to examine the performance of players in practice in the health-related physical fitness to college age, asthmatic children. A study of a quasi-experimental research design of which 31 voluntary children (practice group 16 years follow-up Group15), 7 years 12 purposively public elementary school in Taipei County. I teach an intensive workout-yoga was used by the practice three times a week 7 consecutive weeks. The 60-10 minute intensive-yoga I teach link minutes add the warm and breathing exercises, 40 minutes intensive-yoga postures, teach, and let cool 10 minutes. Results fitness practice have been evaluated (baseline) and the
seventh and ninth weekly intervention is complete. A total of 30 subjects 16 group (practice; control group 14) completed. Results: 1. Within the population, than the children learning subjects (n = 30) to 50 percentile of all five full. physical fitness. There was no significant difference between the two groups (e.g. The practice of starting forward) and the five positions. 2. The area of research and practice positive connection to the college between the strength and durable asthmatic children. 3. The inspection group of the group, that the practice shows that the favorable results in the flexible, muscular. It is obvious that a favorable result, even if the age, the disease and the steroidal also is spread unequally distributed between the two groups. 4. There was a trend over time each element in the today, the ability to use the task. Thank you for the analysis showed that it was indeed the players the BMI, flexible, and muscular. After 2 weeks the player's own practice at home, BMI, the flexible, muscular, strong gas and fitness.