CHAPTER VI
RESULT AND DISCUSSION

Discussion of Findings

Physical education and sport, which forms an integral part of the education, scientific progress is also affected. Now, Therefore, a good performance because of a new relationship that will ensure our claims are substantiated scientific training method and method application sports exercises such as sports technical and tactics, advanced sports gear and equipment, as well as with other components, and conditions, sports training.

All data analysis is located in India importance of difference between intervarsity intervarsity, south zone players and intercollegiate Volleyball self-concept is significantly different from the F value, there are more and more 45.39, ruler F 0.05 (2,297) = 4.71. it is obvious there are important differences between all India and intercollegiate intervarsity intervarsity and in the southern region, and intercollegiate players 0.05 level, own-, concept and average deviation 14.53 and 8.6 more high, critical difference 6.01. Because of this, the zero hypothesis will be rejected and all players India intervarsity has proven to be a high self-concept when compared to intervarsity and southern area intercollegiate players. In addition, there is no significant difference between all India intervarsity intervarsity players and in the southern region is self-concept differences, what does that mean if there is less than 5.93 6.01 significant difference. Because of this, the zero hypothesis is accepted between these groups.

Importance of data analysis are all India difference between intervarsity intervarsity, south zone and intercollegiate Volleyball players is largely extroversion test as different obtain the F - value more more 111.02 ruler F 0.05 (2,297) = 4.71. it is obvious all-important difference between India and the south zone intervarsity intervarsity intervarsity, and all India and in the southern region and intercollegiate intervarsity and intercollegiate player in extroversion 0.05 level average difference values 7.51, 10.64 and 3.13 more high critical temperature difference 2.05. Because of this, the zero hypothesis will be rejected and all India players extroversion
intervarsity has proven to be higher than in southern area intervarsity and intercollegiate players.

All data analysis is located in India importance of difference between intervarsity intervarsity, south zone and important intercollegiate Volleyball players differed greatly in neuroticism test obtain the F value 55.77, too more more ruler F 0.05 (2,297) = 4.71. it is obvious there are important differences between all India intervarsity intervarsity players and in the southern region, all India intervarsity and in the southern region and intercollegiate intervarsity and intercollegiate players, 0.05 level, i think average difference as: 8.02, 10.18 and 2.16 more high, critical difference 1.59. Because of this, the zero hypothesis will be rejected and all India intervarsity players that I think that has proved to be more control when compared to high-southern area intervarsity and intercollegiate players.

An analysis of the data of all of the difference between Indian intervarsity, south zone intervarsity intercollegiate gymnastic and the trajectory of the F values differed significantly, the achieved 86,12 is much more than that (F 0.05 (2,297 ) = 4.71. It is understood, of course, that there is significant difference for all Indian and south zone intervarsity gamers, and the South Indian intervarsity and intercollegiate zone intervarsity intercollegiate players and the 0.05 level to the trajectory of the average difference, 8.02, 10.18 and 2.16 greater than the critical difference 1.59. Thus, the null hypothesis was rejected, and it has shown that the Indian players of intervarsity greater than the southern zone intervarsity and intercollegiate players.

The results of various tests in the form of descriptive data such as mean and standard deviation in case of intercollegiate players are presented in Table – 2

Self concept is 172.39 and 13.01, extroversion is 25.62 and5.05, neuroticism is 15.59and3.94, and locus of control is 8.36 and2.89.

The results of various tests in the form of descriptive data such as mean and standard deviation in case of south zone intervarsity players are presented in Table – 3
As shown in Table-3 the mean score of south zone intervarsity gymnastic players in self concept is 180.99 and 13.33, extroversion is 28.75 and 5.35, neuroticism is 20.91 and 4.56, and locus of control is 10.52 and 3.26.

The result of various tests in the form of descriptive data such as mean and standard deviation in case of All India intervarsity players are presented in Table – 4.

As shown in Table-4 the mean score of all India intervarsity gymnastic players in self concept is 186.92 and 13.54, extroversion is 36.26 and 6.01, neuroticism is 22.59 and 4.74, and locus of control is 18.54 and 4.30.

One way analysis of variance (F-ratio) was applied to find out the significance of mean difference among all India intervarsity south zone intervarsity and intercollegiate gymnastic players on each of the psychological variable. Least Significance Difference test of Post-Hoc comparison was used to determine the significance of difference between ordered paired means at 0.05 level. One-way analysis of variance and L.S.D. of each variable are given from Table-5 to 12 and illustrated in Figure- 1 to 4.

One-way analysis of variance of self-concept is presented in Table – 5 and portrayed in Figure – 1.

It is evident from Table-5 that all India intervarsity, south zone intervarsity and intercollegiate gymnastic players on self concept is significantly differed as the obtained F value of 45.39 is much more than tabulated F 0.05 (2,297) = 4.71.

As the F-ratio was found to be significant, Least Significance Difference (L.S.D.) test of Post-Hoc comparison was applied to study the significance of difference between all India intervarsity, south zone intervarsity and intercollegiate gymnastic players and the data pertaining to this is presented in Table – 6.

Table-6 reveals that significant difference exists between all India intervarsity and intercollegiate and south zone intervarsity and intercollegiate players at the 0.05 level in the self-concept, as the mean difference of 14.53 and 8.6 is higher than the critical difference of 6.01. Hence the null hypothesis is rejected and it was proved that all India intervarsity players have higher self-concept as compared to south zone
intervarsity and intercollegiate players. Moreover, there is no significant difference between all India intervarsity and south zone intervarsity players on the level of self-concept, as the mean differences of 5.93 is less than critical difference 6.01. Therefore the null hypothesis is accepted between these groups.

One-way analysis of variance of extroversion is given in Table-7 and graphically portrayed in Figure – 2.

It is evident from Table-7 that all India intervarsity, south zone intervarsity and intercollegiate gymnastic players on extroversion test significantly differed as the obtained F – value of 111.02 is more than the tabulated F 0.05 (2,297) = 4.71.

As the F-ratio was found to be significant, Least Significant Difference (L.S.D.) test of Post-Hoc comparison was applied to study the significance of difference between the all India intervarsity, south zone intervarsity and intercollegiate gymnastic players and the data is presented in Table – 8.

It is obvious from Table-8 that there is significant difference among all India intervarsity and south zone intervarsity; all India intervarsity and intercollegiate and south zone intervarsity and intercollegiate player on extroversion at 0.05 level as the mean difference values of 7.51, 10.64 and 3.13 are higher than the critical difference of 2.05. Hence the null hypothesis is rejected and it was proved that all India intervarsity players have higher extroversion as compared to south zone intervarsity and intercollegiate players.

Analysis of variance of neuroticism is presented in Table – 9 and graphically portrayed in Figure – 3.

It is evident from Table-9 that all India intervarsity, south zone intervarsity and intercollegiate gymnastic players on neuroticism test significant differed as the obtained F-value of 55.77 is much more than the tabulated F 0.05 (2,297) = 4.71.

As the F-ratio was found to be significant, Least Significant Difference (L.S.D.) test of Post-Hoc comparison was applied to study the significance of difference between the all India intervarsity, south zone intervarsity and intercollegiate gymnastic players and the data is presented in Table – 10.
It is obvious from Table-10 that there is significant difference among all India intervarsity and intercollegiate and south zone intervarsity and intercollegiate player on neuroticism at 0.05 level as the mean difference values of 7 and 5.32 are higher than the critical difference of 1.90. Hence the null hypothesis is rejected and it was proved that all India intervarsity players have higher neuroticism as compared to south zone intervarsity and intercollegiate players. Moreover, there is no significant difference between all India intervarsity and south zone intervarsity players on the level of neuroticism, as the mean differences of 1.68 is less than critical difference 1.90. Therefore the null hypothesis is accepted between these groups.

One-way analysis of variance of locus of control is presented in Table – 11 and portrayed in

It is evident from Table-11 that all India intervarsity, south zone intervarsity and intercollegiate gymnastic players on locus of control is significantly differed as the obtained F value of 86.12 is much more than tabulated F 0.05 (2,297) = 4.71.

As the F-ratio was found to be significant, Least Significance Difference (L.S.D.) test of Post-Hoc comparison was applied to study the significance of difference between all India intervarsity, south zone intervarsity and intercollegiate gymnastic players and the data pertaining to this is presented in Table – 20.

Table-12 reveals that significant difference exists between all India intervarsity and south zone intervarsity players; all India intervarsity and intercollegiate and south zone intervarsity and intercollegiate players at the 0.05 level in the locus of control, as the mean difference of 8.02, 10.18 and 2.16 is higher than the critical difference of 1.59. Hence the null hypothesis is rejected and it was proved that all India intervarsity players have higher locus control as compared to south zone intervarsity and intercollegiate players.

World-class gymnast of server agility server flexibility routine dance moves, 90 seconds in length, acrobatic somersaults features, such as the dancing, and the foam beam. A 125 cm (4 feet 1 inches) to 500 cm (5 ft 16 in.) long and 10 cm (3.9 in.) wide. This is the case, the stability, flexibility, and peace of mind, and strong.
The Board of Trustees, the past, the naked live on earth, and the carpet, and the wrestlers on carpet, such as. The carpet today when 12m x 12m and is usually a hard foam, or foam washers, spring, the "spring" floor. This is a hard surface, the more reflection or gymnasts, the spring on the height and the soft axle can be on earth. Dance, 90 seconds in Standard gymnasts. Must be accompanied by the music. A small gym, organizations, such as the United States of America Volleyball club association (USAIGC gymnasts), must be tested, clear vocals, music[9], gym, but in the United States, the fall will be the result as[10] a series of vocal competitions, and the music, the dancing, acrobatic skills and turns, or piviots" one of his legs. Flexibility to support world-class four-bar is usually at least one wireless rear support. the gym, if necessary, the sportsmen and sportswomen and safely secured. (7) in the United States of America, 2-3, 8-10, for at least 3 - 4.

The men on a spring floor 12m gymnasts. In addition, on the contrary, the flexibility, reliability, and stability. Server class gymnast of server agility flexibility to take into account, such as, among other things, as strong as a balance sheet, and the name is. Four men the floor routines, 60-70, 60-70, 60-70, the total seconds, in contrast, the music and women. The gymnasts, the man at least once under the floor.

5.75 M, and the server, and world-class gymnast of server agility, room, and hang it on the height and area. O, and the normal balance, strength, power, and the dynamic, which prevents. The static at least some gymnasts, but two or three. Assemble and disassemble and difficult process.

2.8 CM and 2.5 m thick, or a fiber bar-servers, the flexibility, the tree, and a giant or a giant (bar, handstand), skills, and the steel looking in the direction of travel. Both are giant, a good point, and a three stunning, the appropriate amount of time. In general leather rod handle.

Women, too, the men gymnasts, each year, including the difficulties, and the general options. Rhythmic Volleyball his faction feared party, but only a tiny fraction of women's competition, but the new version, the discipline of chemical precursors (see ).A Japanese man VolleyballThis rhythmic ballet, sports, Volleyball, mix, and dancemanagement. Sports, five different information on the device, tape, ropes, but roll-hoop Scheffer, clubs, floor area, more and more and more acrobatic routines with
the attractive exterior. 5 Gymnasts. If a dynamic process that should be an assessment of the possible 30 points; artistic (Music) and set the choreography and the average rating.

Six women and the place of birth, and the last class, the students and the year of birth international competition "gymnasts in Russia, training, and, in general, the very young age and peak adolescents generally in Europe (15 - 19) and of the late twenties and early. The "Sport" , and. Olympic Games, world championships European Championships of the World Championship Grand Prix series.

Flexible rubber or plastic (e.g., synthetic rubber, rubber 18 - ... 20 CM IN DIAMETER, 400 g any color and class gymnast of server agility flexible hinge and the server is an important part of regular, useful, the devices. Class server class gymnast of server agility flexibility should be use both hands the problem is still present, the total area. Ball, lines, gymnasts, heavy.

The relationship between the physical fitness and anthropometric characteristics of the Thai army (RTA) staff. Body weight, height, waist, hips circumference was measured and blood pressure. Body mass index (BMI) and waist-hip ratio (Whr) calculated. After that, the 20-year man in the on-site 4,030 60 years was the 2-minute push ups/sit-ups and push-ups and the 2-km is the muscular strength and Cardio-respiratory Endurance life. Data were analyzed the relationship between BMI and anthropometric variables and blood pressure and physical fitness. The average BMI RTA staff was 24.0 + 3.3 kg/m² respectively. Correlation coefficient The BMI, waist circumference (r = 0.847, p<0.001 ), right, such as the BMI and Whr (r = 0.553 , p < 0.001 ) .The systolic blood pressure (SBP) and Diastolic Blood Pressure (DBP) BMI was significant positive correlation. The numbers of push-ups/sit-ups and push-ups negative correlation (r = 0.109 -0.121 BMI and, or), while 2-km, positive correlation between the BMI (r = 0.291 , p<0.001 ) .summary for more BMI, it shall endeavor to the RTA staff low physical fitness.

The training the selected anthropometric, physiological, and biochemical variables the Elite hockey player. A total of 30 the Indian men's hockey players (age: 23.00 -30.00 years old) are logged in. The courses it is divided into 2 parts (a) preparatory phase (PP, 8 week) and the (b) phase (CP, 4 weeks) .the training program
includes the aerobic, anaerobic and skill development, and is already 4 hours/day, 5 days/week. Selected variable is zero (baseline data, BD) and PP and CP. A significant increase (P<0.05), the lbm and the handle and the serum level of urea, uric acid metabolism strong acid acid metabolism and metabolic HDLC, and significant decrease (P<0.05) Body Fat, al-maximum heart rate recovery heart rate, hemoglobin, total cholesterol, triglycerides, not detected by the LDLC PP and comparison of CP in the BD of the training. No significant changes occurred, the body weight, resting heart rate, VO2max and anaerobic power, the training of players. Whereas the data for the hockey player's only limited in India, the present study may provide useful information for coaches training program.

Relationship between self-report prior to the examination of emotions and emotional intelligence Dysfunctional hemoglobin or intravascular dyes can cause inaccurate and imprecise and inaccurate for optimal athletic performance. Participant-athletes (n = 284) after completing a self-report of the emotional intelligence, and the two pre-competitive excitement; (a) for optimal performance experienced feelings, emotions and (b) even a Dysfunctional hemoglobin or intravascular dyes can cause inaccurate and imprecise the blood and the blood. The theoretical predictions, showing the results again with a pleasant feeling MANOVA for optimal performance, and unpleasant feelings Dysfunctional hemoglobin or intravascular dyes can cause inaccurate and the blood that is inaccurate. Emotional intelligence correlates with the lectures the low scores and a pleasant feeling in emotional intelligence before the individual's self-report an uncomfortable experience intense emotion the Dysfunctional hemoglobin or intravascular dyes can cause inaccurate and incorrect blood and the blood. It is recommended that future research links should be reviewed, and the emotional intelligence and emotional regulation strategies used by athletes.

Examined the factorial validity of a 33-in his own emotional intelligence scale (EI: Schutte et al., 1998) of sportsmen and sportswomen. In chapter 1 of the EIS, a committee of experts (n = 9) .even the A-E, that the life EI EI and the others. He looked at the content items, awareness-raising, and the use of emotions. The content validity of items 6 factors: the presentation of your own feelings, my feelings, and optimism, his own feelings, social skills, and to the other. Enhanced results 13-items,
which are not directly to the emotional experience and, therefore, that such items should be maintained. 2. Second step: competitive model tested: one of the factors, the normal way that the EI research and of the 5-factor (some grounds for optimism, it should be discarded one scale following stage 1) identification of stage 1. Confirmatory factor analysis (CFA), the EIS data 1,681 athletes are not acceptable indices is proven to be the 33-point the only factor is acceptable indices and the 6-factor. After the analyzed data 13-item is missing, and the emotional basis of CFA partial results content the only factor, and additional assistance to the five factor (optimism, the points shall be discarded). However, promising results, the fact that the proposed agenda for further validation.

University Student emotional maturity. Already selected the detectives watching two hundred (N = 200) male and female subjects, one of which being the hundred (N = 100), sportspersons (N = 50 male and 50 female) and N = one hundred (N = 100), sportspersons (N = 50 male and 50 female), who n = the different and campus the Panjab University, Chandigarh. Sportspersons were those who already have taken part in the college and the university tournaments different games/sports. Sportspersons were not students who did not participate in the game or sport. Each year the age between 18-26 would have passed. The necessary data in the present study "emotional maturity questionnaire" Singh and Bhargava (1988) was used (t-test, and it was the difference in the scores between certain variables sportspersons male and female, male sportspersons sportspersons sportspersons and the female is not. The results there are considerable differences in the variable sportspersons social exclusion for men and women. However, if there is no significant difference in emotional, personality, emotional instability, lack of independence, "emotional maturity" (full) sportspersons sportspersons to men and women. The results are taking account of the sportspersons sportspersons for men and women didn't find out there was no significant difference in emotional instability, emotional, personality, social exclusion, independence and because of the lack of any emotional maturity.

Studied the relationship between happiness and the emotional intelligence 10 female student is involved in the Iranian university sports Olympiad Semnan. The survey randomly selected 302 women to students, that the whole population of the female students are involved in the Iranian university sports Olympiad 10. Data were
collected, the study used standardized questionnaires three questionnaire: Oxford's joy; the emotional intelligence questionnaire Brodberry questionnaire and personal and professional information. The data analyzed using SPSS. The results show that the significant correlation between happiness and emotional intelligence, emotional intelligence, and that the best predictor.

The cognitive psychological factors are the sportsmen and sportswomen competition between professional training and the distinction between the open and closed professional sport. In addition, the successful participants, discriminating factors less successful skills open and closed professional sport was football, the sport. A total of 40 athletes in higher education (n = 20; footballers) to the open-readiness and (n = 20; gymnasts the sport has been completed, the emotional intelligence questionnaire (EIQ16) .The EIQ accurately measures 16 emotional competencies in the feelings of others and feelings (16, to assist the his own emotional meanings, and treat it as such. Student's t-test data on the differences between independent groups. A p < 0.05 was significant. The results revealed significant difference in self-analysis (p=0.0004 ), the others (p=0.0137 Pass Pass), (p=0.0274 ), I thought (p=0.0189 ), judgment (p = 0.0010 ), problem solving (p=0.0310 ) (p=SHALL BE 0.0036 ), (p = 0.0013 ), openness (p=0.0061 ) (p=0.0562 ) (p=0.0490 ) and others (p < 0.05 ) in an open and closed athletes skill. Further results in the discrimination is not significant difference (p=0.1789 ), sensitivity (p=0.0761 ), symptoms (p=0.2617 ), results (p = 0.0770 ) and monitoring (p=0.2258 ) (P > 0.05 ), .summary, emotional intelligence is an important mechanism sport area (Meyer and Fletcher, 2007) the emotional intelligence. The track and field (Zizzi et al. , 2003). The prime minister claimed that the emotional intelligence, team cohesion, and the pressure.

Studied the emotional intelligence the comparison was made for the Elite athlete many sports, athletes. In fact, inter alia, 90 160 women handball teams, futsal, basketball player, participate in the Premier League 2009-2010 by Research In Motion Limited in research conducted by Research In Motion Limited (30 women and 70 in Motion Limited is not all group) athlete filled in the rod kit (EQ-i) emotional quotient of the questionnaire. This 15 subscales a comprehensive assessment of emotional intelligence. Statistical evaluation of the results showed that
the subscales to problem solving, the happiness, the independence, the self-actualization, stress tolerance, emotional self-awareness, interpersonal relationship, optimism, self-contained, impulse control, empathy and significantly higher than the athletes and sportsmen and sportswomen. Comparison between groups, it was discovered that significant differences between the players is also a very fanatic the Cornelius may appear farfetched, it should be the other group. The showed no significant difference of sportsmen and sportswomen sportsmen and sportswomen. It seems that assumption may seem farfetched the fanatic that assumption as Cornelius may be very easy-to-it's very easy for his own emotional awareness was not significantly different from that of the athletes basketball players ( <0.05 ).

taking into account that the above findings, we can say that the higher emotional intelligence, the athletes and sportsmen and sportswomen, because they are only dealing with emotions the different conditions of training and continuously and the competition. You will also learn emotional intelligence, and how it can be, it appears that participation in sports activities can be taken into account this function in the development.

Studied the emotional intelligence and the atmosphere and the Elite team handball teams players performance. The statistical population handball teams players include the Iranian men (n = 115) (9 teams) participated in the excellent handball teams in Iran (march 2010) were n=95 participants voluntary athletes (M = 21/46, SD = 2/31) completed emotional intelligence scale (EIS 5, al-scale (self-awareness, self-management of the self, motivation, empathy, social skills) .The 5-point scale anchored "Not at all" (0), a "very" (4), and the Brunel scale scale 6al(i do not anger, depression, fatigue, voltage, and vigor) is a 5-track 1 Likert scale (strongly agree) to 5 (strongly disagree) .Feltz, self-assessment of the effectiveness of the questionnaire for athletes self-efficiency. The handball teams player's performance, and at the end of the program consists of three parts, the competition, competitions (upper section: high-performance, part two: medium-performance, part three: poor performance) in order to ensure that analyze the data, the K_S (PE0/05) and he was convinced that the data is normal behavior descriptive statistics (mean, standard error) and multivariate ANOVA was carried out post-hoc the emotional intelligence, the ingredients, the statistical significance level p',05, Pearson coefficients0/05) differences. The pH research also showed that the own the (F = 5/29, 0/000) and power (P<F = 3/46,
0/000) p<handball teams players. In spite of the fact that there was no significant link to the self-awareness (sig = 0/23) and empathy (sig = 0/16) emotional intelligence, the general was the link significant (F = 6/28, 0/03) emotional intelligence, and P<performance.

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

Having regard to the fact that physical activity and meditation may have a positive impact has been demonstrated to be the makes it possible, that the physical activity and meditative elements, it may also be affected by coordinated. 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.

Deasi (1979) studied the asanas of basketball skill development. The two groups have been selected 20 students a random 11. And the 12. The team have the necessary skill basketball six weeks. It also recommends that the prescribed by the law practice asana series after half an hour to lesson the basketball. Group B was tough, and only the basketball, the boy's basketball AAPHER at beginning and end of the trial period. Deasi has determined that, if the skill development of the asanas dribbling'an appropriate technique of practical education recording skills and abilities the basketball, however, this does not affect.

Gharote and Gangully (1973) studied the yogic physical fitness. Cardiovascular fitness plays an essential role in the health and physical fitness. The students in Harward eleven men and the study indicated that the one-hour daily schedule pranayam yogic also significantly improved, cardiology
Effect of yogic practices examined Gharote (1970) the muscles strength and durability. The 12 selected performance and durability, and performance measurement for the yogic training before three weeks training program was 12. The training program be checked within a period of three weeks, strong and durable and significant improvement is the abdominal muscles the females was not.

Studied Gharote physical fitness is in practice the selected yogic exercises. The 40 local students was divided into the high school, selected at random and the experimental group in the physical fitness index Fleishman fitness test the battery. The experimental group was training the selected yogic edge during the three weeks. The training period was 30 minutes after the experimental period each group was the Fleishman battery usability testing. Fitness index, and the result is the individual elements, as well as statistically compared to the group. The results showed that the experimental group showed significant results of physical fitness. Inter alia, that the test number is not the experienced significant results, shuttle and balance of payments.

Studied the basketball training. Primary purpose was to learn about and make a note of the prepared by training and in the long distances after the basketball. The secondary purpose was to examine the training the arm strength. The initial tests of accuracy and 12 - 18 feet away from it. A score 50, the baskets. Four weeks later, the pilot period are classified into four groups. The 100 days the seven theme jump shot. All four of the group deals with the: (1) Jump Shot 12 meters; (2) Jump shot for 12 feet and weight-training; (3) Jump shot 18 feet (4) Jump shot 18 meters and the training. The trained weights training group three weeks. Increase the accuracy of the jump shot distance distance to the practice. This was the training is not a significant effect by hand tying or accuracy was also increased significantly.

Found that in the yogic asana tasks more efficient, but the two groups were compared with asana practice and combined group significant differences. Then automatically the appropriate internal have been developed. In this section the sensual signals proprioceptors or experience. Cerebral centers balance the tower, and the desire for vestibular balance sheet assets and the inner ear.
Found that it was because in our case the physical practice optimized and
tonicity yogic asana combined practice in the muscles, tendons and joints. The muscle
tension increases or decreases, the compound if the exact power does not work with
the certified by freemen (1965). During the development of power-lifting was asana
practical fact that passive stretching or twisting and writhing and twisting asana
simple (simple and easy maintenance) in the final, different muscles, tendons and
joints stretched smooth and pleasant. Due to the internal awareness not only of the
trquilizes the, that the event, the hypothalamus and cerebellum functional shaft
postural the asana practice. The Parasympathetic activity and activity will be set. Now
the body of bearing in mind the different sensations, movement, and balance the body
interceptors for example, the muscles and tendons, the spindle. In practice, the
proprioceptors in Asana and is integrated in the lower center hub and an upper-middle
cortex does not help them.

When the yogic asanas not so simple and other muscles, tendons and are
stretched smooth and pleasant. This static stretching or twisting and winding, narrow
and winding and the passive relaxation or of the tense muscles and tendons pass
through the non-natural limits, and therefore there is not a strong reduction of the
other muscles, the muscles are also easily the passive stretching or twisting and
winding, and, therefore, the system is not. The wiry, on the other hand, to the tight
muscle tone is still the optimal power, or even deeper will be the great extent
depending on how the muscles. We know that this is the muscle tone and emotional or
psychological condition. When the muscle tone is reduced due to the passive
stretching or twisting and avoid damaging the joints, and a reassuring answer, or to
the muscles and nerves. There is no internal disturbance (Vikshepas), or clashes
(Dvandvas), unstable (AnagamejaYatava) in the body and mind. This internal
consciousness tranquillizes calm and stable posture is not only the mind, but the
conditions also postural reflux cerebellum-hypothalamus functional shaft. The
parasympathetic activity, and the resume. And now begins the body of the bearing in
mind the different feelings, the proprioceptors in the less accessible centers, and
involuntarily. Therefore, the long-term effect of such a performance is a behavioral
pattern is displayed on the zeros and ones.
Studied the individual evaluation coordination and yogic practice. Significant improvement the two hands will increase coordination and steadiness of observed objects 13 nine-month training, and the players a 24-month training yogic physical culture. Studied the mental Kocher yogic practice. He felt that it was not a significant improvement, the intellectual work 32 3 weeks training yogic physical culture themes.

**Heart disease**

**Low blood pressure, cholesterol, heart rate, and other heart disease symptoms**

Many investigation found that a player may also decrease blood pressure, cholesterol, and heart rate, the other slow development and the atherosclerosis risk factors of heart disease, Erin Olivo, he says, PHD holders, the Columbia University of Integrative medicine.

Although almost all of the job are a good influence on the players at heart of the meditative element, the experts say that must also be given to the performance the thickness of the stabilizer, ships, cardiovascular diseases, will contribute. Whereas, in the brake lining, meditation and reactive stress stress hormones also players may be lower than the nested events, which may reduce the risk of heart attack or stroke.

**Anti-lock braking system allows the gamers of coronary atherosclerosis can improve the lifestyle.**

The potential benefits of players the patients suffering from coronary artery disease, although objective, angiographic studies are lacking. Change in the way players evaluated involving possible role of retardation, atherosclerotic coronary artery disease. The randomized, prospective studies, 42 man angiographically proven coronary artery disease (CAD) and accidental the intervention group of players, this followed. The active group was the user-friendly program, which the players and the risk factors, and moderate aerobic exercise. The control group was employed by the risk factor, and the traditional methods for the American Heart Association step I the one-year, the number of players the groups showed a decrease significantly the anginal weekly episode, the work and of the body weight. The serum total cholesterol, of the JDL. the cholesterol and triglyceride levels are also was higher than the control
group. Coronary Angioplasty or bypass Revascularisation procedures (more rarely) in the intensive-yoga I teach. Repeat coronary angiography has pointed out that in a year significantly more damage (20% less energy and less than 2%) occurred 5% less energy and 37% intensive-yoga I teach. The whole program was excellent and there was no side effects. Intervention: Intensive-yoga I teach lifestyle reduces coronary atherosclerosis regression and increase the patient severe coronary artery disease. In addition, improves the in symptomatic status, functional Class and, in the risk factor.

The players of the risk factors of heart disease researchers the Bhabha atomic research center, medical department, in Mumbai, India. The new name of a city (formerly known as Mumbai Bombay. The name has not been changed in the mid-1990s. The players, the organization of psychological well-being, and cardiovascular risk factors was studying the middle aged patients. Twenty patients (16 men, 4 women), age 35-55 year mild to moderate high blood pressure and yogic practice one hour per day for three months. The high blood pressure disease, stroke risk factor for heart and kidney damage. Biochemical and physiological parameters, and the next three months intensive-yoga I teach. The biochemical blood sugar, cholesterol and blood lipid profile is also similar to those of the epinephrine catecholamines chemicals (the voltage or adrenaline). The results are very positive. Decreases the blood pressure will also decrease the blood sugar, cholesterol and triglycerides. Also the patients reported the total well-being and quality of life. The reduction will reduce the sympathetic catecholamines. The sympathetic activity indicates that the patient in the calmer and less experienced and the stress, the pressure is reduced, too. Copyright the study it was reasonable to conclude that the intensive-yoga I teach also plays an important role in the cardiovascular diseases in order to reduce risk factors and for small to medium hypertension.

Heart Rate Variability, the signal that the healthy heart, that the doctors gamers is higher than the international engineering and medical research in information technology. The autonomic nervous system controls the heart rate the two routes - The sympathetic and parasympathetic nervous systems. The former causes the heart rate increases, while the parasympathetic slows down. If in order to ensure that the two heart rate remains constant, but is ready for the changes caused by food and nutrition, the fight or flight reaction, or.
Cancer

Players in favor of the nurses in intensive-yoga exercises I teach a slight many known health benefits. The players of a lower blood pressure, and reduce stress and increase. For the treatment of cancer, chronic disease or other types of mesothelioma, the regular management allows the gamers may also be used for the holistic or traditional treatment. As with any treatment tailored to meet the players use to meet specific needs. Unsurprisingly, cancer patients are often not enough energy is felt and it is not enough for much exercise.

The treatments such as chemotherapy, simple heavy household chores, for example. Cancer patients often suffer from the eye, and muscle soreness, and many other diseases caused by mesothelioma similar to that of the lung. These problems are often may be relieved to fine the players. During the treatment the patient has occurred on the physical activity, integration, and the players at the low stress and reenergizing rejuvenating technique.

The intensive-yoga should be taught to any way the patient is the program the best. Some cancer patients find that the weekly 30-60 minute intensive-yoga I teach repair connection and the appropriate physical status reduce stress. Others may be eligible for a day or two of daily practice. A short 10 minute morning before going to bed and another one without imposition of substantial physical results. The lifestyle change, which the players in practice, the new cancer patients the doctor.

The doctors advise patients to go to the special diagnostic and all, even it may be that the therapeutic and the player’s instructor. In addition, the communication with the doctor, the patient says that the gamers the teachers specific circumstances, and all other physical problems.

Sport scientists strive to optimize sports performance to achieve the goal, they must consider motor fitness. The motor fitness is a prerequisite of learning sports techniques for their continuous refinement and modification during the long term planning as well as short term process. The motor learning mainly has two types one is sports type another is stunt type. In this study we have taken only sports type of motor learning. Here motor fitness refers to “Ease with which an individual learns new motor skill”.
Motor fitness may be thought of as the permanent change in motor performance brought about through practice and excludes changes due to maturation, drugs, or nutrients. The concept of learning involves two main inferences: (1) that a rather permanent change in behavior, verifiable by comparing performance trials separated in time, has occurred, and (2) that the change by practice.

“That learning takes place through practice” on the first inspection appears to be a simple concept. However, members of the psychological community have been occupied for the past 100 years examining the nature and conditions of practice and precisely how practice produces permanent behavioral changes.

At times the terms learning and performance have been used interchangeably in the literature. Performance, however, is immediate and short-term in nature and subject to certain factors that fail to influence the long-term changes that take place during the learning process. Learning, however, must often be studied indirectly by inspecting measures of performance.

Studies investigating the effects of massing and distributing motor practice on learning help to clarify the distinction between learning and performance. With the massing of performance trials, little improvement often results; however, with the introduction of rest periods a marked increase in performance often is elicited. This further illustrates the rather temporary state suggested by the term “performance” implying that “fitness” is a more subtle concept that, at times, may best be facilitated when there is no performance!

Learning is defined as the permanent change in behavior brought about through practice. The motor learning may be termed a stable change in the level of skill as the result of repeated trials.

Learningisalsoexplainedasthe potentialto perform, and referenceismadeto motivation asonevariablethatsometimes invalidates the assessment of learning solely as depicted by performance changes. The findings of studies concerned with the effect of “mental practice” on skill acquisition also point to the validity of the “learning” concept. In addition to achieve, learning a complex motor act may be facilitated by “thinking through” the movements and/or by viewing others performance. Skill improvement may thus be assumed to take place as the result of silent, inactive
contemplation. These findings indicate that learning is occurring even though performance improvement measures are not recorded. The amount of “latent” learning achieved is later found by comparing the progress of the thinkers to the progress of groups who had no such opportunity.

It is also possible to learning, and the reasons a variable, and sometimes distorts the evaluation of the learning performance in print only. The results of the studies concerned the "mental" is also the professional practice of the "learning" concept. In addition, the complex learning motor can be facilitated by it, that "thinking" of movement and/or other people's performance. Skills development is to take place, so that it assumes that the result he was silent and inactive. These findings show that there is still, even if power learning development measures are not recorded. The "latent" learning can be achieved by comparing the development of later found thinkers, the ongoing groups who was not of this possibility.

The widely used the term motor competence on the learning new knowledge and likely to give the impression that special form of the motorized an aptitude for learning. That must be seen to be the usual concepts of learning than the engine delivers by improving the fitness the smoothness and accuracy or the motor skills for the skills, the possibility that the organization uses the contains skeletal muscles. Definitions mean that human behavior can be divided by the sensory and motor components of the object, the latter just fitness. You can ask questions such as, what types of situations is trained in the suitability of an engine. The purpose of the training skills is not the ability to the individual contractions of muscles related function, but the act but rather certain behaviors. The young children trying to learn how to jump out the motor skills may not in fact as far as possible to the body the muscles perfect motion but rather trying to develop a certain result is able to reach the optimal distance from the jump. As a result can be achieved by different circumstances of different function, and the same movement has a different significance depending on the situation.

The fitness is not really, but the new legislation in the learning results. These are set out in each case, a part of the constellation of many from them.
The learning skills mainly depending on the type of motor preparation of vestibular tactical kinesthetic movement on the central nervous system receptor and mechanical.

I teach an intensive-yoga an ancient scientific system really come to life, which the body and mind harmony. The Indian can have developed the spiritual progress of the individual sections allows players. They teach the intensive-yoga in all physiological functioning and the human personality. This is a very rational and scientific method by which the mental and physical balance is achieved. One thing is certain, and that is not only a wonderful power or the most common physical exercises. Physical exercises are beneficial effect on the physical system, which allows for optimal physical performance, however, it is still in very intensive practices injurious.

Physical body allows players toward perfection of the instrument are traveling. Yogic practice is formed, not only of the body but the soul also expands. Never again, allows players to acquire over involuntary muscles of different bodies. The yogic front of Yogic asanas the curriculum, i.e. the first and the third the hatha Astany allows players allows players by patanjali. Preparation of physical practices Asanas of body and mind, so that if necessary, equilibrium (Samatvam improve functions) in the general physiological mechanism short psycho-history the organization as a whole.

The physical activity of physical exercise, which will improve physical fitness and general health and maintain. That is the number of different reasons. "Amplifier, muscle and includes the heart and cardiovascular system and weight loss or maintenance. Regular and frequent physical exercise improves the immune system and reduces the diseases of affluence for cardiac diseases, cardiovascular disease-2 type of diabetes and obesity, increases mental health and help prevent. A child's cap obesity, more and more global problem, and the physical practice will also help to reduce the child obesity, advanced countries of the cap.

Asanas and physical exercises allows the physically. These exercises are the physical education play a major role in that, the pupils the slim and young ml. More tests and experiments have been carried out on the importance of values and asanas.
In one of the most important point before the start of the practice of asanas allows players not just the simple task, but the long-term scientific program gait.

COACHES, physical and sport scientist, endeavor to optimal hunter. In order to achieve this goal it must consider the yogic practice that the accuracy and the game, and the sport.

Sahu & Bhole (1983) found that all the activities that will require the full concentration is in the bearing in mind the breath will also be necessary to set up a time breathing, while the needle stopped a few moments. This clearly shows that the co-relation between the ghost activity and pranic breathing, like pranayam, not only contributes to Narishudhi but may have an impact on the changes to the large forms the hub of pulses, which is a permanent improvement in strength and the balance of depth and distance.

**The determination of the conditions,**

**Players use the**

The quality of life and all of the players can also man regardless of age or health. The players should not receive the Spirit. If the physiological and psychological behavior for the individual.

**Yogic practices**

The physical form of Yogic practices practices. These include the contracting authority and the organization. In particular, the physical, mental and practical Yogic basic elements of people. *(Gharote, 1982)*.

**Asana**

A certain posture Asana the body stability and the reeds the bearing in mind. In practice the asana brings purity of tabular channel in the body vitality and the body and the soul.

**Pranayama**
Pranayama and regulatory devices. "The Sanskrit prana" job, which means that the "Mission Critical" "Ayana" means that the control of vital prana Pranayama (prana) concentration and regulated breathing.

1920 The industrial revolution due to rapid development in certain sectors. The effect was not visible in the field of sport. Each player was upgrading the sport. The physical fitness. This led the development of infrastructure, such as the surface. However, if the players did not improve. The underlying psychological causes for research.

Today's life is full of voltage, time limits, traffic jams, and long hours, often, the almost infinite list. An organization's internal stress stimuli the external environment. Stress is everywhere, and in order to substantially affect the performance.

The modern world scientific approach is the sport training and coaching is also very important for high performance. Various performance factors that influence the successful player's competition in the physical fitness, the earlier data, environmental factors, psychological, and feelings.

Soon, it was recognized that the faces of men at work the various modern organizations stress and personal life. The stress of life forms an integral part of, it may not be completely eliminated. There is no escape the stress of modern life. To carry out further training, emotional or physical problem, which the voltage. The long-lasting stress the latin "Stringer" which means that narrow.

In today's age, the older races. This competition is not only the scientific field. You want to access each athlete is the best possible quality, the various methods of Olympic winners and the top of it.

"Everybody knows that "energy" the job", the more or less energy should be our life. We know that the gamers, more power to maximum power, which can be used. The teachers, and the players the thoughts, and how the anxiety, the tension, stress and anger. The performance. In this very competitive in today's world it is very important that the stable mental processes, and disciplined for optimum performance in all areas, in particular, the players and the sport, pranayama asanas (3), yoganidra.
Background of the examination

During the time of the test, it is important to emphasize that the sport and the researchers psychologists. The "suppression", the "to" and the "large" butterflies often show the different effects that stress, the person who is not able to cope with the anxiety is always present, there is a sport activity.

! The players are not terrible different situations during playback. Sometimes I am afraid that the trains the inaction. A stressful setting ensures that competitive players is not unusual, if a player who or chokes, or fear.

The background, the researcher noted that stress causes is of paramount importance to sport. In India in the sports stress is very limited. A suitable tool to measure the voltage on the country. Therefore, the research design and implementation of real significance of the stress, and therefore, this study brings up the fund.

The concept of stress

The stress caused by the latin "stringere world", which means that the "Narrow" voltage shall be determined as follows.

"Medical terms, the stress physical, or psychological effect on the psychological and physiological effects of stress or the judge, of the psychological and physiological reactions to stress and may cause the disease.

If under stress, the adrenal cortical gland releases corticosteroids and such, which converts a-the blood stream. -Immuno suppressive effect.

The Richard S. "Stress is a feeling as the man he thinks that the individual requests exceed the personal and social resources mobilization.

Hans Selye (1936), who introduced him to the endocrinologist of the stress in the life sciences industry. He was one of the founding fathers stress research. He says that in 1956 there was the fact that "stress is not necessarily something bad - it all depends on how. The stress of creative successful work, that the fault, or humiliating disadvantage" .he believed that biochemical "stress is not experienced, the positive or
negative. Hans Selys (1975-76) the stress, it is also an "eustress", "by man. The typical the acceptance. Selye developed or may be classified into three categories:

1) Distressors - Negative Stressors
2) Eustressors - Positive Stressors
3) Neutrals stressors - that it is not the negative, or positive impact on us.

WARR ACCOUNT ALREADY and wall (1975) also emphasizes the individual's voltage, anxiety, fear, anxiety and the related position psychological disorders, which are different aspects (or too small, or too much work.)