CHAPTER - I

PREMEABLE

Introduction

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 trails 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 trails, 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.

Learning is also explained as the potential to perform, and reference is made to motivation as one variable that sometimes 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 deliveries 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.

Applied physical Asanas on the body and mind, in such a way that the necessary equilibrium (samatvam) in the general. This patch is part of the physical and physiological mechanism of the body as a whole.

Asana should be carried out without any problems and if you keep the postures, different muscles, tendons and joints stretched smooth and pleasant. In this state, the internal awareness in this quiet and stable posture not only tranquilizes the mind, but this also postural conditions the reflux-cerebellum hypothalam functional shaft. The activity and stability of the parasympathetic activity restore different levels.
Now the body starts to tell me about the bearing in mind the different sensations that the proprioceptors and integrated the lower center, involuntarily.

Yogic asanas includes and body language. The characteristic feature, that several of the others is asanas are the handset to the pressure or physical exercise, the muscles and joints to internal organs. The selectively practice asanas chosen special organs and the body. The asanas will contribute to the whole body health and the palate. The voluntary and involuntary asana practice shall be exercised by the body.

Allows players to practices and the physical exercises are essential for the physical and mental state to promote a balance of human being. This is because of the different physiological processes in the body such as nervous, circulatory, glandular, and muscular. Slowly conditioned to in order to maintain the harmony all the practices, which ultimately results in the stability of body and mind. The present study An attempt was made to search for effects by means of a comparison of yogic irrespective of physical practices practices.

Yogic asana (yogic postures) it appears that is not to be found to influence and rehabilitate the vital body, introreceptor proprioceptor channel, vestibular, and the muscles.

And if there are active or relaxing at the practice asanas act primarily by the superficial muscles more in the deep muscles and nerves. The proprioceptive structure will scarcely effect on the nervous system.

After thoroughly reviewing the available literature, has concluded that numerous studies have been carried out in order to determine the impact on the allows players and separate the motor learning, but not much studied the joint effect of allows players of the fitness exercises, and had been carried out. The aim was to research the role of exercise together and allows players to control and significantly separate fitness on the engine and the collected data.

**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 play 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 Shirshasansa, 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.

**Definition of the term**

**Motor Fitness**

“Motor fitness is a process of acquiring, completing and using motor information, knowledge, experience, and motor programmes” (Adams, 1976).

**Significance of the Study**

Scientific finding were available with regard to exercises training as a whole, and very few studies have been done on yogic practice and exercises to see the impact on motor fitness.

The present study will highlight the aspect and also help the sports trainers in adapting the best method to develop motor fitness & new skills that may help in enhancing performance of the sportsman. The present study will also be significance -

1. Helping the teachers of physical education and coaches through informing them the importance of motor fitness in performance of sports and games.

2. Study is also helpful to the coaches and physical education teachers to provide basic knowledge of yoga and its effect on motor performance.
3. This research study also provides critical knowledge regarding the improvement of motor performance through exercise.

4. The present study also gives guidelines to the sports personals to see the combined effect of yoga and physical exercises on motor performance.

5. It is useful for coaches and physical education teachers in teaching and refinements of motor skills.

6. This study will be a great help to teachers of physical education and coaches through giving them the knowledge of yogic asana, exercises and combination of asanas and exercise which help in improvement of fitness.

Stress is one of the biggest threats to our physical and mental health. Stress cannot be avoided but it can be managed in a way that is does not become a sources of trouble.

This allows players using cognitive and mental technique of relaxation method the mind power. I teach the intensive-yoga practice so will result in a greater concentration in order to improve the performance of athletes. Malvinder Mohan Singh Sehgal, m. J. (2005).

So it becomes important in the relationship with program after leaving the allows players of sportsmen and sportswomen and stress level. The data collected would allow the psychologists, such as relaxation techniques to teach stress management intensive-yoga training program to improve the performance.

Report from the word the word allows players to fork. It means the uniting the individual spirit and the universal spirit, or God. Allows players of the Sanskrit roots Yuj" - which means that the binding, and attach a fork, and the man's attention. Mahadev Desai, says introduction to the Gita and the Gandhi, the yoking the powers of the human mind, the emotions, which allows players to assume this means the risk to his soul that allows you to all aspects of that life. The Indian culture and the people he thought everyone who, at the ground or in the Supreme universal spirit, i.e. God Pramatma or the individual human soul, that is, the Jivatma. Allows players to secure Liberation (Moska), because of the way of the jivatma pramatma also united. The
science allows players of the physical, mental, emotional, mental and spiritual aspects. If there is a difference between this level, the, the organs, muscles and nerves is not working and the harmony, but rather only the opposition. Therefore, intensive-yoga I teach is to perfect the various functions in order to ensure that co-ordination of the whole. Allows players the full massage for humanity. This is a message the human body, the human spirit and the human body, the human spirit and the human spirit. **Kuvalayananda (swami from Palermo, Sicily, ), 1977.**

This allows the players use the cognitive and mental techniques the relaxation method for the mind. I teach the intensive-yoga practice because of the higher concentration in order to improve the athletes performance. Malvinder Mohan Singh Sehgal piques his hand, M. J. (2005).

So it becomes important to link program the players after leaving the sportsmen and sportswomen and stress level. The data collected would allow the psychologists as the relaxation techniques for stress management intensive-yoga training program to improve the performance.

The word using the word report from the players. This means that, in the uniting their efforts that the individual spirit and the universal spirit, or God. The players using the Sanskrit roots" Yuj, which means that the binding, and refit the fork, and the man's attention. Introduction of Mahadev Desai, says of the Gita and the Gandhi, the yoking the human in mind, the emotions, by means of which gamers assume that this means that the spirit of that allows you to all aspects of life. The Indian culture, and the people he thought that he was all of them, one on the floor or on the Supreme universal spirit, that is to say God Pramatma or the individual human spirit, i.e. in the Jivatma. The players using secure Liberation (Moska), because the jivatma pramatma is united. The players using the science of physical, mental, emotional, mental and spiritual point of view. If the difference is in the level, the organs, muscles and nerves is not working, and the harmony, but it is the opposition. Therefore, I teach power-yoga and spinning at the perfect for the different functions in order to ensure that the co-ordination is all. The players total massage for humanity. This is the message that the human body, the human spirit and the human body, the human spirit and the human spirit. **Kuvalayananda (swami from Palermo, Sicily,, Sicily, ), 1977**
In spite of the fact that the fact that the "gamers" concept as it was, in the many "integration: . "The Bhagavat Gita Samatava" means the same. Other concepts like homeostasis, the balance of payments, the harmonious equilibrium, more or less, it suggests that a particular thing. The personality of the players the integration itself the all point of view. In order to assist the integration, use various techniques. These techniques and a wide-ranging travel yogic methods of literature and also the various traditions of gamers. (Gharote, 1982).

"When a man, is better, but you just feel better and are likely to have more physical energy, when you feel that is is a good thing in life, the sky bluer, the music, the steak for a tastier." J. some modern world scientific inventions during the centuries. Scientific instruments and machines have helped lead and in everyday life easy and comfortable. The modern man the most will depend on whether or not the daily routine scientific equipment, in particular, from the intellectual power and a comfortable life, the deterioration and to physical health and the capacity. The modern man not toil in the bottom of his heart the day to day life. And so it was less and less active. The inaction and the workplace stress, which in urban areas. Fatal cataclysms, the early thirties. Here, the concept and the initiative is the games and the physical exercises may be useful. The twentieth century is not even a spacious bestrode the world chip, and end of the last century. The faults of the physical practices, the mental stress increases. Now the world's shrinking problems with the global village is very much a man with the Internet. The great world-competitive edge for the man, the mental stress serious victims. Thus, the man, and not only the physical exercises, but also that the others players practice in mind, that has failed.

The definition of the World Health Organization health is a complete physical, mental and social well-being and not merely the absence of disease or infirmity and the ability to work together and the muscle and the Centers for Disease Control defines the attributes of people and to achieve this objective, the physical activity (Kapur and Batiga,1994) with the latest fitness a consensus conference, and the broader, so as to include both the physical fitness and the physiological fitness, which includes the biological systems influenced by the usual physical activity (Gutin, 1992) The Indian health and making India. Member States shall be annexed to the Constitution: The nutrition and the standard of living of people and the improvement
in public health, the elementary functions". In the national health policy support the Parliament in 1983 the Indian and the national health policy, 2002 (2002) the state-of-the-art health care India can be traced back nearly 3,500 years. Early history of the Indian tradition Aryurvedic medicine has already become an established practice. During the reign of emperor Ashoka Maurya (the third century E.), the student, the healing art is created. There are many valuable herbs and medicinal combinations were created. Even today many people use. There is no evidence that the reins Ashoka Emperor was the first playing a leading role in the world try the history of health care for all citizens, so that the old Indian citizens of the union first state and national health care.

Each year the World Health Organization drinking water contaminated 900,000 Indians will die and polluted air. The Indian one grapples with the basic problem is that emerging, new challenges, such as the chronic adult diseases, such as for example, the cardiovascular diseases and diabetes lifestyle change. There are huge differences between the men health even in the different Member States across the country is largely the allocation of resources in each Member State the competent provincial was more successful than the others. Greater effort is required, in order that the local government health services for the poor is the worst affected areas.

Physical fitness and generally accepted terminology. Physical fitness is the ability of the current and potential physical challenges. This concept of physical fitness is not only the disease, but also to plenty of power, speed, flexibility, and meeting the requirements of everyday life against backup energy stress. Improves general health fitness and is always full and powerful. The child is physically fit will be the thing. The future of children. The nation made his fortune, that depends on what the health for all citizens. So physical fitness to school children is an important factor. In 1991, (Govindarajulu).

Physical fitness is an important result of the physical and the physical education school system, which is the best. The physical fitness and the long period of time the status of health. Physical examination will evaluate the growth rate and efficiency of the operation the sensory and functional organizations to physical suffering, cardiology airway, flexibility, speed, flexibility, balance and neuromuscular coordination.
Physical fitness the properties, which allow the person concerned is characterized by a good physical activity. These are the characters, the durable, flexible and strong. Physical fitness and good health are not the same, though in all affected. Physical fitness the facts even more sport and physical activity, which clear impact on the health and the good children and adolescents than adults. The measurement in the physical fitness raises more conceptual, methodological and technical problems, which explains why surveys, and to ensure that such measures do not have until recently been (Machaud Narring, 1996) and the Australian medical judgment reflects the philosophy of education fitness encourages the ambitious students to achieve the objective criteria rather than compare the others standards. With a view to the children, such as the Australian health physical activity, physical education, and fun (ACHPER) has developed a new method, which reduces the comparison by others is puzzled at the learning is a personal health and fitness. Useful advice for the participation in the physical activity of students and the school and community settings in the value-added service charges of the Australian fitness training resources.

Health - physical fitness is important, but it should be the physical and health educators. The ability to the health fitness is not too strenuous activity there are signs of great weariness, genetic diseases and disorders affecting risk of a particular person functional capacity. The health-related physical fitness components of strong identity strong, durable, flexible, durable and body composition cardio respiratory (Nichols, 1986), the optimal state of health, physical fitness, still living. Exercises can also help you maintain a healthy body all your life. The men health and fitness you can't afford the opportunity to live and the everyday quality of life (Greenberg, 1986) and Pargnam physical education is already thought that practice is essential for good health. The last twenty years is very much evidence, that the medical research to promote effective practice. HEALTH-RELATED physical fitness development, enhancing, health and the related events with driver Zsolt Baumgartner, certain diseases and Jackson, 1987)

The complex physical and physiological experience emotions the individual's mental status, the biochemical (internal) and the ambient (outside) affect. People
basically includes - physiological, emotional, behavioral patterns, and conscious experience." (Myers, 2004) David G.

A feeling, mood, personality and character, and motivation. Motivations and pull it out and at the same time the affective component emotion and motivation, positive or negative. (Steven and McBurney School. (2003).

Kehle, Bray, Theodore (2005), and the other using the research, the players to listen to all the possible impacts definite conclusion. If there is some evidence that particular attention (Budde task without prejudice, et al., 2008), but the results of the players using the practice mixed, the current test is designed to examine the impact of a direct effect on short-term players in practice, the selective attention, and using the mental concentration the players than the physical activity. Therefore, the research question: young adults, who are involved in and then grew up and the players using selective attention, and mental concentration the aerobic exercise with 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 the six section. The opening section, chapter 1, which includes the research question, and is used to describe the test. 2. CHAPTER describes using the relevant literature, and the players and the research in question, study, design, and assumptions. 3. The plan contains the study describes the participants, and hypotheses, process, activity. The results of the examination is explained in detail in Chapter 4, which the statistical analysis of the data. Results shall be made available in two parts: the first part contains the preliminary analysis that the two group of similar, or not, and the second part of the primary analysis of the results of the comparison, intellectual concentration, attention and selective, and the players with between two groups the aerobic exercise analysis (ANOVA) results of the investigation. The following section 5, which includes comparison of the results of the study results and previous research in the field, and restrictions. The book concludes in chapter 6, 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 type of physical activity the greatest cognitive effects.
Vicente, A.D. (1987) using therapy has been evaluated by the players of the role of anxiety and depression, or neurosis. Because of the lack of any fat the previous education, and the positive motivation, the 214, only 73 patients, has decided that the depression or anxiety, or neurosis with yogic therapy during regular medical treatment of experimental study during the eight years, the physical relaxation, therapy center of Seville, Spain.

The intensive therapy-yoga of the 2 weeks in 3 hours to teach, the Ministry of Justice the monitor, or clinical assistant. After a period of one year the patient 42% (31/37) was very good, the 52% of the patients (38/73) IN 6 % correct answer is (4/73) the patient does not show a change. It turned out that, although the anxiety Shavasanas, a very useful application of the Depressive cycle treatment first, the.

Bhongal R. S. (1998) examined the psychology to the players. The stress and the anxiety and emotional disorders. The reasons are understandable, that the players with the psychological, and he tried to see that the players in our lives and the spiritual life. The players use the effective device is the human personality is desirable. The first series, anxiety and emotional disorders.

Using the common man the players esoteric phenomenon unresolved mysteries with your arms, supernormal experiences and adventures. For more information, see the urban man with this in mind, the harmonic-body integration and the positive correction by the personal and interpersonal level. In spite of the fact that these two changes are to be the players think of. The far is forthrightly the facts and thus had to be rejected. However, the second, is an integral part of the spiritual basis, the intensive-yoga I teach. If I noticed the old literature and the available living tradition.

Kumar K. (2004) literature, and has also found that the study of stress and anxiety are Yogindra. The aim of the present study gamers Nidra stress effects of the college students. The test using the Dev Sanskrit Vishwavidhyalaya the players. Practice time was 30 minutes and the 6 month period. By students in the 80. O. G. classes allows the players use the observer, and the 30. The result shows that it was the practice of a significant change in the players Nidra strongly reduces the stress and the anxiety of both male and female subjects.
Emphasize the a medical term for a wide range of strong external stimuli both physiological and psychological, physiological impact: "nature". It is also to be understood as the mental or emotional strain-dependent or.

This study, 80 students (40 male, 40 female) between 20 - 30 year Sanskriti moved Vishwavidayalaya P. G. using classes of players using the pre-test the players Nidra experimental group. One of the groups of 30 students (15 men and 15 women), the same age group and is the same class.

The experimental and control group, P. G. I teach an intensive-yoga Asanas, Pranayamas, and thus the Shatkarmas and on a regular basis (except on Sundays and on public holidays) . THE experimental group was the only difference is that after a half hour to Nidra the players daily (except Sundays and public holidays) before Nidra went to the practice of players using the Group a few psychological tests.

In practice, this is also the test showed the players Nidra one of the most flat-lying position, the shavasanas players and the coach. The solution is to practice, awareness-raising, public awareness and the display.

The parameters are the stress and anxiety using Nidra the players. The stress and the anxiety level, developed by eight state questionnaire 1973 Barton, Cattell and Kapoor, India, that is, the reprinted edition and the psycho-history, a new j Delhi, had been applied. The six-month period, and again the 0.01 the data significant.

Mean and standard deviation to worry about the experimental and control groups for men can be observed that the positive change in the worry for the groups. The T value is significant for the stress level 0.01 and a significant change in the "t" value is 2.2.

This illustration shows the study relevant change occurred in the practice of players using Nidra prositively reduces the stress and the anxiety of both male and female subjects.

A one-month long players/aerobic training and 6 months the observed beneficial effects of residential group and intensive aerobic-yoga I teach. This may be a good constant and regular practice with mot, dietary and full faith to the players. These groups obsess the Indian is not the patients or neurosis.

In general the hereditary tendency, obesity, sedentary life style, behavior, insomnia and more addictions to alcohol, tobacco.

The; Shenbagavalli Vallimurugan, V (2009) The effect of 21 selected yogic practice of the spiritual knowledge and training in the selected physical physiological, and high-level psychomotor variables to the participants.

This study appeared in the forty-five intercollegiate players level 18-24 years, the early College physical education services center in Coimbatore Maruthi, randomly selected, the theme and three equal groups, i.e. psychological professional education, and practice of the yogic and.

Progressive Muscle relaxation of psychological knowledge and images selected yogic training and practice the players not training training groups.

The selected variables, such as somatic anxiety cognitive anxiety, self-confidence, heart rate, systolic blood pressure, Diastolic Blood pressure and body temperature the physical and physiological variables reaction time and hand eye coordination with the psychomotor variables. Within the study was not random groups, it is true, the pre and post test test. They were the subjects (n = 45) three equal groups at random fifteen men. Assigned groups psychological skills training (PST), yogic practice (TI) and the control group (CG) the same way. The Yogic exercise psychological knowledge training group and group have participated in a twelve-week and post-tests have been carried out. The training program I am the regular 6.30 -7,30 three days a week in the psychological knowledge, and the switch to training groups yogic exercises.

The results show significant difference in cognitive, Somatic anxiety, self-confidence, heart, hand-eye coordination and reaction time whereas Diastolic Blood Pressure systolic blood pressure and body temperature was not significant difference.
Kumar K. (2004) found that the literature, and Nidra players of high blood pressure and other psychological co-relates. This test is designed to allow in order to determine whether the players the Nidra hypertension and other psychological co-relates. This study is an important high blood pressure patients suffering from forty (male=30, women between 30-60 years = 10) developed the same profession was chosen as the sampling technique. For men and women for the businessmen house it was. The study group of the post-heating control group was not, and the bi-directional hypothesis. During the test, the Patliputra for Seva", Santhan, Patna city Patana. Test duration was 15 days, the practice 30 minutes.

In practice, this study is using Nidra the players the easiest method of relaxation also known as flat-lying position with the shavasanas the players and the oral instructions and training requirements for school. The players Nidra with masking tape. Preparation of the practice, resolve the, organization is also a part of consciousness, awareness and the practice.

The use of instruments, the test blood pressure blood pressure a stop-watch the pulse rate and respiration rate and the general questionnaire guide Mangalteertham swami from Palermo, Sicily, Sicily, is the project work, Saraswati, the Bharti converts the text pre-processor to the other psychological correlates with the players.

The result shows that significant changes to the Nidra strongly reduces the players by using the blood pressure and pulse rate, respiration rate, stress, anger and fear. Since there was no significant change in the depression.

Chahal et al. (2012) studied the "great basketball: anthropometric, physiological properties of Elite Indian female gamers talent identification, selection, training and development (TISTI) programs was scanty the team sports in particular take into account the Indian women's basketball. This study of the "hypothesis that high junior Indian women's basketball players in relation to anthropometric, physiological variables, and is useful, if the team other levels. A regression analysis and projections of the factorial. During the test measured anthropometric (height, weight, length, Palm, leg length and the barn the upper arm, wrist, thigh and lower leg) and physiological variables (anaerobic performance, maximum speed, Vital capacity and four skin folds the body fat percentage) ninety six women's competitive
gamers the junior National Basketball Championship. The collection was based on the selected variables for each hour during rest one by one all the scientific instruments and methods. Significant was the connection to the palm-length (0.32), upper arm circumference (0.24), anaerobic power (0.30), the maximum flow rate (0.69), Vital capacity (0.22) and body fat percentage (0.37). In the junior women's basketball player's selected due to anthropometrical followed by prediction and physiological variables. Four factor analysis data high factor. The findings also demonstrate the program more useful and effective TISTI correct chronological order optimize play and competitive age (performance).

Mohamed (2012) studied the anthropometry measurements, which show the basic dimensions of the body and sport, volleyball and handball teams - the Egyptian juniors 15-18 years of age, so that the diversity and the anthropometric is represented when the original is included in the study, and some common factors are the study of a search all SPORT anthropometry some number and the Finder - included in the analysis, the smaller number is the amount of saturated fatty acids depends on the joint analysis of the researchers and teachers, and the time and effort, these measurements are the juniors anthropometry anthropometric factors and all of the sports volleyball and extravagant fanatic like Cornelius might very easily is also very simple, and the specific name and these factors the factorial analysis on the forty-four years Research building anthropometric measurements and identify the most important factors and the standard anthropometric volleyball and avant garde fanatic like Cornelius might very easily be a very easy-to-be, and the statistical difference is the most important measurements anthropometric volleyball fanatic like Cornelius might very easily, as easily it could be the volleyball and kept it. The descriptive research the appropriate way, according to surveys the method at the applied research, a research approach that factorial analysis of the image description. The research sample, divided by the 25 juniors 61 juniors volleyball and handball teams 36. The research sample was randomly selected sample, the sample, and the juniors volleyball and avant garde fanatic like Cornelius might very easily very easy-to-it may be that the few Egyptian was the two sport sports federations in Egypt. The variables in the research study of the 44 pilot anthropometry study were the juniors 30 junior and 15 juniors in the fundamental and the volleyball, the 15 juniors handball teams and should be credited to the validity and reliability of transactions, high stability between
the anthropometric 1-0.934, and statistically significant 0.01 level, which means that the stability. The recycling factorial is perpendicular to the class volleyball has shown the five main factors i movies with expatriates, there are three factors that the factorial is perpendicular to the handball teams showed that the three most important factor, five factors which the factorial is perpendicular to the volleyball revealed the five most important factors are: the lower limb, a long and a little in the district, in the upper limb, obesity, and the lower limb and the top three movies with expatriates i factor the recycling factorial is perpendicular to the handball teams showed that the three most important factors, obesity, and the district and the other five factor clean, there are considerable differences in the two abstract level volleyball and handball teams teams 0.01 anthropometric measurements, based on the results of the "t" has developed a -0.77 -22.17, the research objectives and, on the basis of the model of the results and the conclusions, the researcher proposes that the anthropometric measurements, as to the current investigation, the most important funds must take account of the selected players volleyball and extravagant fanatic as Cornelius may very easily.

Perissinotto et al. (2002) studied anthropometric measurement is the one of the most important element in the elderly nutritional surveys. Anthropometric standards, that may be due to the old people should not be the adult population of the composition of the body is changed. The unique anthropometric the elderly. This study examined the anthropometric characteristics, and the connection to the gender and age, for the cross-sectional sample randomly selected 3356 an elderly Italian population. For both sexes and significantly reduces the weight, and height and the knee height for age is not. The BMI is also much higher for women than men (27.6 SD 5.7 v 26.4 SD 3.7; P<0.001) and the was lower than the youngest and oldest subjects (P<0.05) the genders. The 75 annual was the turning point the BMI other anthropometric measurements. The BMI values, it was the less than 5% and the genders obesity prevalence was higher in women than men (28% v 16%; P<0.001) and the hip ratio is higher than good: good was the youngest, the oldest man (P<0.05), while the hip ratio values were higher in the women's oldest woman, suggesting that Visceral Fat redistribution. As a result, the oldest, the elderly themes for the thinner frame both the genders of the youngest, and there was a stronger women fat redistribution.