## CONTENTS

SL. NO.	DESCRIPTION	PAGE
	LICT OF TABLES	
	LIST OF TABLES	
	LIST OF FIGURES	
	LIST OF ABBREVIATION	
	PREFACE	
CHAPTER - i :	INTRODUCTION	
1.1	General Introduction	
1.2	Organised Physical Education in India	
1.3	Perspective of Physical Education for women in India	
1.4	Women in Sports.	3
1.5	Women in Sports-Physiological aspects	4
1.6	Women in Sports-Psychological aspects	6
1.7	A profession of Physical Education and Leadership	7
1.8	Current Global Trends	9
1.9	Statement of the Problem	. 10
1.10	Purpose of the Study	10
1.11	Significance of the Study	11
1.12	Limitation of the Study	11
1.13	Delimitation of the Study	12
1.14	Hypothesis	12
CHAPTER - II:	REVIEW OF RELATED LITERATURE	
2.1	On Fitness Dimension	13
2.2	On Physiological Potentialities	15
2.3	On Psychological Dimension	19
2.4	On Psycho-physiological Reactivities	21

SL. NO.	DESCRIPTION	PAGE
---------	-------------	------

CHAPTER - III :	MATERIALS AND METHODS	
3.1	Subject	24
3.2	3.2 Criteria Measured	
3.2.1	Physical Fitness	25
3.2.2	Physical Activities	25
3.2.3	Physiological Variables	
3.2.4	Psychological Variables	25
3.2.5	Psycho-Physiological Reactivites	25
3.3	Procedure for Administering Tests.	26
3.3.1	Measurement of Personal Data	26
3.3.2	Measurement of Physical Fitness	26
3.3.3	Assessment of Performance in Activities	32
3.3.4 Measurement of Physiological Potentialities		33
3.3.5	3.3.5 Measurement of Psychological variables	
3.3.6	Measurement of Psycho-Physiological Reactivity	40
3.4	Design of the study	45
3.5	Reliability and validity of the Tests	48
3.6	Statistical Procedure	
CHAPTER - IV:	RESULTS AND DISCUSSIONS	
4.1	Personal Data	50
4.1.1	Age	51
4.1.2	Height	51
4.1.3	Weight	51
4.2	Fitness variables	51
4.2.1	Strength Test	53
4.2.2	Muscular Endurance Test	54
4.2.3	Agility Test	54
4.2.4	Leg Power Test	54

SL. NO.	DESCRIPTION	PAGE
4.2.5	Speed Test	54
4.2.6	Cardiorespiratory Endurance Test	54
4.2.7	Discussion	57
4.3	Performance in Selected Activities	59
4.3.1	Formal Activity	60
4.3.2	Rhythmical Activity	60
4.3.3	Individual Activity	62
4.3.3.1	Gymnastics	63
4.3.3.2	Track & Field	64
4.3.3.3	Tenikoit	64
4.3.3.4	Badminton	65
4.3.4	Group Activity	65
4.3.4.1	Kabaddi	65
4.3.4.2	Kho Kho	67
4.3.4.3	Netball	67
4.3.4.4	Volleyball	67
4.4	Physiological Variables	69
4.4.1	Resting Heart Rate	70
4.4.2	Exercise Heart Rate	71
4.4.3	Physical Efficiency Index	73
4.4.4	Vo <sub>2</sub> max	74
4.5	Psychological variables	77
4.5.1	Sports Achievement Motivation	78
4.5.2	Anxiety	79
4.5.3	Leadership	82
4.6	Psycho-physiological Reactivity	84
4.6.1	Reaction Time	86
4.6.1.1	Simple Reaction Time	86

SL. NO.	DESCRIPTION	PAGE
4.6.1.2	Choice Reaction Time	87
4.6.2	Galvanic Skin Response	87
4.7	Coefficient of Correlation	89
4.8	Concluding Discussion	91
CHAPTER - V :	SUMMARY, CONCLUSIONS	
	AND RECOMMENDATIONS	
5.1	Summary	93
5.2	Conclusions	95
5.2.1	On Fitness Dimension	95
5.2.2	On Performance Dimension	96
5.2.3	On Physiological Dimension	97
5.2.4	On Psychological Dimension	97
5.2.5	On Psycho-physiological Reactivity	98
5.2.6	General Concluding Remarks	98
5.3	Recommendations	99
LIST OF REFERENCES		100
APPENDICES		119