Sports have a very prominent role in modern society. It is important to an individual a group, a nation, indeed the world. There are, for example, today more nation compete in the Olympic Games than the member of nations affiliated to the United Nations.

Sports competition offer us heroes, heroines and ideal people that we can look up to, achievement that we can marvel at for many youth, the sports stars are better known than the leading politician of a country.

Sports have ever reflected development in society sport; indeed have been a mirror of society.

In the modern scientific age and in every field of human endeavor systematic objective and scientific procedures are followed in accordance with principles based on experience, understanding and application of knowledge of science. The field of game and sports is an exception to this. In advanced countries like USA Germany Russia, Australia, Britain and others, the rapid progress in the field of games and sports like athletics, hockey, cricket, soccer etc has taken place and their international achievement have been possible only due to research, experience.

Again it has been said, "If wealth is lost nothing is lost. If Profile is lost, something is lost. If character is lost, everything is lost."

Every individual is concerned with profile from the cradle to the grave. The life span can be lengthened if we acquire a little knowledge of how we can maintain it. So it is important to understand the meaning of profile. The word "Health" first appeared in English language approximately the year
1000 A.D. as a means of referring to the quality of soundness and wholeness of body in a very broad sense.

Profile is man’s natural condition, his birth right, the term profile has different meaning with different people. It represents broader and more complex entity. Outside the classroom the question, „What is Profile”? is seldom asked. Most people assume that they know what profile is and see no point in discussing the matter. They are far more likely to ask just: What is cancer or heart disease? Anyone with superficial knowledge of these disease conditions knows that complete answers to these questions do not yet exist. The implicit assumptions about profile are the profile is the absence of disease.

The Old English term „Profile’ was a condition of being hale, that is safe and sound. A physician defines it as normal functioning of body organs and systems.

According to the Encyclopedia of Profile. „It is that state in which the individual is able to mobilize at his resource-intellectual, emotional and physical for optimum daily living.“

The definition has been frequently criticized but also praised and on occasions used as a tool for innovative change. It presents a triad of dimensions:

(a) Physical

(b) Mental and

(c) Social well-being

In addition, other aspects which have not been included, such as spiritual well being and holistic profile, merit attention. The WHO Definition lends itself to scientific investigation; However, it exists within a spiritual context, which is viewed in highly individual ways.
The WHO Definition has been discussed in details to have better understanding. For physical and mental well-being there is a reasonably firm acceptance of the reality of mental profile; one who lacks the quality of mental profile, such as a person with severe depression, is all regardless of how healthy he or she may be physically. The acceptance of mental or emotional problems is much more certain where something "physical" is involved either as symptom or as a causative factor.

**IMPORTANT OF PSYCHOLOGICAL PROFILE IN SPORTS**

Coaches, psychical educationists and sports scientists have always expressed a great need to know more about those psychological principles, which are helpful in improving the motor skills of the players. Psychological factors such as reaction time, movement time, emotional phenomena like competitive anxiety and some more personality traits like extraversion and neuroticism and many other psychological factors.

**REACTION TIME AND SPORTS**

There are many occasions in sports we see where Physical & Psychological are very vital factors. In general, these are characteristics of great athletes in the sports performance at the higher competitive level. The results of sports Competitions have revealed that the champion sprinters win races and set world records by small fractions of seconds. In a contest, where races and events are won by a fraction of seconds, the role of reaction time becomes very significant. The sprinter, who can react to the sound of the starter's pistol slightly faster than his opponent, has a considerable advantage. In an event, which may last less than ten seconds, Psychological becomes even more important. It may be started that quick or fast reactions distinguish the average from the superior performer in many motor skills. Individuals who react quicker and move faster have an obvious advantage over those who are slower.
Singer & Milre (1975) reported that in the 1972 Olympic Games, in Munich, an American swimmer lost the gold medal by a few thousand of a second. There are many examples where one finds out that medal or games have been won or lost by a seemingly insignificant amount of time. They further stated that when the athlete attempts to determine what he could have done, to better that time, invariably he must consider the factor of Physical & Psychological Coaches, recognizing the importance of fast reactions and movement in athletics, devote many hours in drills to develop and maintain them. All though improvements occur through practice, they are nevertheless limited by one’s neuromuscular structure, i.e. all movements are connected by neural mechanisms as well as being dependent upon muscular mechanisms, an individual may have quick reactions but not move his body with similar quickness and vice-versa.

In recent years, there has been an increasing amount of attention of the inter-relationship of personality variables and psychological factors with athletic performance. Most of this work has been concerned with delineating personality traits of athletes, differentiating among individuals by sports and level of success etc. Studies of measurement of personality traits of athletes and players are vital, if we are to secure the information needed by sports psychologists and coaches, who are charged with the responsibility for selection, counseling and also the training of the athletes for competition. It is assumed that the physical abilities of an individual are related to his personality structure, because the environment in which physical abilities are displayed (i.e. in games and sports) constitutes and ideal setting for the development of desirable personality characteristics such as sociability, emotional stability, confidence, cooperativeness, personal adjustment and extraversion, which are very essential for increasing the athletic ability of the players and sportsmen.
PROBLEM ON HAND, IMPORTANCE & SCOPE OF THE PROJECT

Extraversion has been found to be highly related or supportive to dominance and sociability in athletes and sports participants (Sperling 1942, Tillman 1964, Ruffer 1965, Whiting & Stembrige 1965 Werner and Gottheil 1966, Burner 1969, Kane 1970 and Ikegami 1970).

The dominance traits appears to be one of the important personality traits of sportmen which has two interesting implications for sports performance, e.g. (1) Eysenck expects extraverts to have low tolerances for sensory deprivation and higher tolerances for physical pain because they have higher thresholds of arousal. It explains why athletes are, in fact, highly physically active and relatively tolerant of physical pain, which is required in may endurance events and in the hard physical training programmes required for skill perfection. (2) It is generally accepted that an optional level of arousal, stimulation or activation, exists in each person where his performance is maximal. It is usually represented by an inverted U-curve relationship which shows that a person’s level of arousal increases performance increases up to an optional point, after which further increases in level of arousal result in a deterioration of performance.

EMOTION AND SPORTS

High emotionality in athletes would appear to indicate three things: (1) because neuroticism has virtually a zero relationship to intelligence, achievement by highly emotional athletes in sports is due to something other than intelligence (ii) neuroticism is probably related to successful athletic performance through its manifestation in persistence, and (iii) high anxious subjects show high speed of learning, and superior performance in relatively simple tasks, or in complex tasks where faulty associations have not been present.
COMPETITIVE ANXIETY AND SPORTS

The way of Handling of Anxiety would attach the success. Anxiety may have a positive motivating or interfering attach.

Anxiety may be helpful in tasks that require strength of power. Extremely High anxiety will always attach performance. Researches including singer (1972) and Tutko (1977) have found supporting evidence for the inverted U-hypothesis, measuring the effect of anxiety on the performance of athletic teams as well as sportsmen.

Singer (1980) have examined the relationship between anxiety and learning. The relationship can be illustrated by the inverted U-hypothesis, which states –performance improves with increasing, levels of arousal (anxiety) to an optimum point, whereupon further increases in arousal (anxiety) cause performance impairment. Tutko (1971) obtained supporting evidence for the inverted U-hypothesis in his research measuring the effect of anxiety on the performance of anxiety felt by an athletic teams. His results showed that the level of anxiety felt by an athlete determined the extent to which he learned. For example, the athlete who was not anxious about the upcoming athletic competition paid less attention to the information given by a coaching staff. On the other hand, the athlete who was concerned about an approaching competition became excessively anxious, this also interfered with learning. Tutko suggested that the athlete, who could maintain a moderate level of anxiety, would be the most efficient performer. Hence, the major reason for the interest of coaches and sports participants in an anxiety state is to understand how it affects sports performance.

A certain amount of anxiety is needed for peak performance. Our body's autonomous nervous system prepares for competition with the -fight or flight‖ response which quickness reaction time, sharpens our senses and increases our strength. But excessive anxiety, however, is debilitating to performance. It physically inhibits performance by causing extreme muscle
tension, shortness of breath and nausea. For athletes, excessive anxiety would mean difficulty in acquiring necessary skills for their sports.

It is clear to most people involved in the various starts of competitive sport that intense competition creates varying levels of anxiety within performers. What is becoming more obvious is the fact that some performers react adversely to the competitive situation by reaching states of hyper-anxiousness which often results in the inability to achieve optimum levels of performance (Spielberger, 1966, Matens, 1977). Cratty (1973) also stated, “Research indicates that anxiety improves motor performance on simple tasks, but impedes complex motor behavior.”

Martens (1973) has described competitive trait anxiety as “a tendency to perceive competitive situations with feelings of apprehension or tension” while state anxiety refers to stress. Therefore trait anxiety is a relatively stable characteristic while state anxiety is predicated by more immediate factors which pose a threat to the individual.

**COMPETITIVE TRAIT ANXIETY AND SPORTS**

Competitive trait anxiety is a situation, which is specific modification of the trait anxiety construct developed by Spielberger (1966). According to Spielberger, fear of failure and fear of physical harm appear to be the most prevalent determinants of A-state in competitive sport. It is assumed that competitive A-trait would be an important mediator in the competitive situation, but not in a non-competitive situation. In a non-competitive, no difference is expected in A-state between low and high competitive A-trait persons but in a competitive situation, high competitive A-trait persons will manifest higher levels of A-state than low competitive A-trait persons.

In the field of sports, there are many situations which produce anxiety-ridden behaviors that have many implications for the players. Usually an individual may experience general or specific anxiety when faced with some stressful situation. Most of the time, many athletes and players under
potential stress are more anxious about failing to come to the social expectation then they are about the physical harm, which might happen to them during performance. There is also a feeling of social embarrassment due to failure in sports, especially in higher competitive sports.

The little evidence, which is available, shows some relationship between anxiety and sport performance, especially between A-state and performance. Many sports experts believe that a little A-state is helpful as it prepares the athletes for competition but too much A-state is through to be harmful for peak performance. It means that performance improves as A-state or arousal increase up to some optimal point, but subsequently, additional increase in A-state are detrimental to performance.

A number of research efforts have been directed recently at showing a relationship competitive trait anxiety and state anxiety. Similar work has also been completed showing the effects of success/failure on both pre-and post-game state anxiety levels. These studies provide data concerning factors related to inducing stress in competitive sports. While attempting to predict various levels of state anxiety, most research has concentrated on using only one independent variable. It has been found that individuals differ in their tendencies to exhibit high levels of A-state in sports, which means that athletes differ in competition A-trait and those differences in A-traits will results in persons showing different levels of A-state in the same competitive situations. Thus a specific competitive environment may be optimal for one person but not for another. Moreover, the optimal levels of A-state for one sports may not necessarily be the optimal level for another sports to achieve superior performance. According to Oxendine (1970) football blocking and tackling as well as weight lifting require extremely high A-state whereas basketball, boxing and soccer require moderate A-state. On the other hand, archery, bowling and golf require low A-state for optimal performance.

Some researchers (Martens & Gill. 1976; Martens, 1977; Scanlan & Passer, 1978) have consistently found high A-trait individual manifest grater
A-trait individuals. However little is known about the manner in which competitive trait anxiety influence perceived threat during actual competition with an opponent of equal ability.

Some investigators have suggested that a moderate amount of anxiety in players is often a help to peak performance. Mc. Gowan (1969) found that basketball players scoring moderately high in a test of anxiety performed better in competitive situation than did those with lower anxiety scores. Hammer (1969) got similar results when measuring effect of anxiety on performance among wrestlers.

It is clear that intense competition-creates varying levels of anxiety within performers. Now is widely accepted that anxiety both trait and particularly state, plays an influential role in the sports performance of athletes. However, its effects are not unidirectional but can be accommodated within the framework of the inverted U-hypothesis. Hence, it is generally considered that performance is optimal at intermediate levels of anxiety. At a trait level, it has frequently been found that the best athletes tend to relatively low in anxiety.

It is only recently that sports administrators and coaches have realized the importance of the psychological preparation and training of players to enable them to bear the strain and stresses inherent in sports participation.

It is played outdoor and indoor between teams, in which six members in each side within the playing area.

The history volleyball game is not very old. He wed to start a simple game that could be played by both fit and ~mfit It also could be played almost anywhere. Basically this game was played for recreation. He divided a group into two teams and asked them to toss an inflated basketball bladder over a net, thus the game of volleyball was born. Its first name was "MINOTONETTE". Dr. A.T. Halsted of Springfield College later
named it as volleyball because the ball has to be volleyed with hands, from one side to the other.

In its early form minotonette required nine players, in three rows of three. Team rotation was a special feature ensuring that all players took turns in all positions on the court during the game. The full playing area was 50 ft. (15.24m) X25ft. (7.62m) divided by a net at a height of about 6 ft. 6 inch (2m).

At the 1896 YMCA conference the name of this new game was changed to volleyball. Later, the height of net was increased to 7 ft. and 6 inches (2.28m) and the teams were reduced to six players. The court was slightly enlarged and a special light leather ball was introduced. Earlier the rules and regulations of the volleyball were very simple but later on they become very complicated.

Through YMCA it gained worldwide popularity. By then it was seen as a competitive sport along with an enjoyable leisure activity. The first attempt to bring standardized organisation into volleyball came in 1936 during the Berlin Olympics. The first international volleyball tournament was held at the world university games in 1939. The war years then gave a boost to the game; many soldiers played volleyball during training, and many used it as a form of exercise and recreation while interned in prison camps.

In April 1947 FIVB (International volleyball federation), was formed with its head quarters in Paris and with 14 members. The first world volleyball championship was held in 1949 at Prague (Czechoslovakia). Where Russia had beats Czechoslovakia in the final. The first Asian volleyball championship was held at Tokyo (Japan) in 1955 and in this championship, India had beaten Japan in the final. Today there are approximately 202 member countries in the international volleyball federation and the sports has over 84 million registered players, making it world's major recreational sports.
Volleyball was introduced in India by the YMCA. The volleyball federation of India was formed in 1950 to coordinate the activities of various state associations and to promote this game at the national level, and almost all-state association became the member of it. An Indian team selected at Kolkata in 1952, had taken part in the world volleyball championship at Moscow but could not show better performance.

Since its introduction, the game had got wide popularity, it is played in each and every part of our country. Now this game stands in top priority list of SAI, the main reason for its popularity is that the game is very cheap requiring a ball, a net and a small playing area, making it the game of masses. Almost all schools, colleges, community centres are having volleyball courts, where people of both sexes and different age groups play this game for recreation and competitive purpose. It promotes health, body control, alertness, coordination and team spirit.

For a game, but the number of sets dictates its length. Major international games, national league and cup matches are played over the best of five sets, while other local league games are generally the best of three. Coaches can call two 30-second (maximum) time-outs in each set. The team, line-ups and position of players are very important because the rotation of player forms a crucial part of volleyball. Players of both sides retain their position at their each service until a side-out. When the service changes to the next team, that team rotates its player’s one place in a clockwise direction. The team, which loses the service, does not rotate. You can therefore see that all players take a turn to serve. A different rotation order can be used for each new set and players on the substitute bench can be introduced into the game. Up to six substitutes may be used per set. Any player who joins the game during a set as a substitute can himself be substituted but only by the player he replaced in the first instance. Substitution must be made during a break in play and with the approval of the referee.
Following are the fundamental skills, which constitutes the volleyball game.

a) Serve    b) Pass    c) Set   d) Smash    e) Block

**Serve**

The player serves the ball from outside of his court into the opponent court. The greater stature in relation to large upper and lower extremities, with greater power may play a very vital role in effectively servicing in the opponents court.

**Defence**

Defences are mainly under arm, side arm and blocking. The players having larger upper extremities with powerful arms and greater wrist width are able to effectively execute these skills.

**Boost**

Boosting is setting the ball at an appropriate position in the air for spiking into the opponents court. It requires larger hand with powerful fingers.

**Smash**

Smashing is the most important skill in volleyball in which a player jumps up and powerfully smashes the ball in opponent's court. It requires greater stature, with greater upper & lower extremities with powerful limbs, which contributes in jump and powerful smash.

The National Association for Girls and Women in Sport continues to publish rules for intercollegiate female volleyball-competition and governing bodies recognize women's indoor and beach volleyball at the Olympic and professional levels (livestrong.com/20121.
In 1975, the first year-round training facility was developed for women's volleyball in Pasadena, Texas, two years before the first men's facility was started. As of 1997, the United States Women's Indoor Volleyball team has a year-round practice facility in Colorado Springs (livestrong.com/2012).

In spite of players like Princy, Jomol, Tiji, Priyanka and Mini etc. having excellent physique at par with their international counterparts, India does not have a significant place in international volleyball. The selected players in the national team dominate low performers of India in all anthropometrical measurements. They are lighter in proportion to stature with shorter trunks, longer extremities, broader chest and hip, with lesser endomorphic and mesomorphic components and high ectomorphic component and also have greater musculo-skeletal tissue in the thigh and upper arm, wider knees, wider elbow and lesser body fat than their low performing counterparts.

Excellence in sports is, indeed, an aspect of complex human performance, which has several dimensions. Hence, several disciplines of sports science are required to work in a coordinated manner to explore the nature of sports performance and the process of its improvements. In the last few decades, several disciplines of sports sciences have been established. They are Kinanthropometry, Sports physiology, Sports medicine, Sports training, Sports psychology, Sports pedagogy, Biomechanics etc. these sports sciences work as an integrated whole to give a superb sports performance.

There exist a qualitative and quantitative interface between one's structure and function. Structural variations in body segments affect the quality and quantity of movements. A specific type of body structure predisposes human body to advantage in the specific type of movements. Knowing this scientific interface between structure and movement is of paramount importance in deciding the limits of performance. The segmental
length and breadth determines the leverage, possessed by the body (positions of fulcrum and various lengths of load and effort arms) which in turn affects the final outcome of force created by muscles and its ultimate exploitation for the purpose of motions.

The human physique differs in a thousand ways. It can be analysed by studying the size, shape, and form of an individual. For this purpose a set of selected anthropometrical measurements are taken. The inter group comparisons are made to understand the physical peculiarities of a population. From such body measurements, it is possible to estimate the distribution of fat, bone, and muscles in one's body. This seems to be more important in the case of volleyball players where the anthropometrical and physiological parameters play a vital role in the performance.

The measurements of different body dimensions and ratios are of great relevance to the physical activity, especially in sports. The anthropometric assessment of physique involves the use of carefully defined body landmarks, specific positioning of the subject and use of appropriate instruments. The measurements that are taken on an individual are highly objective and highly reliable in the hand of a trained anthropometrist. Malina pointed out that the biological or functional significance of many dimensions has not yet been adequately established.

The Competitive sports demand event specific physique and body composition to achieve the success. De Garay et al. concluded that top-level performance in a particular event demands a particular type of body size and shape, if other aspects are being similar. They showed high correlation between the body profile of an athlete and specific task (event) in which he/she excelled. Various other studies also suggest that different body sizes, shapes and proportions are beneficial in different physical activities. Hirata suggested that a nation with people whose general physique is limited to the characteristics of champions in certain events must concentrate their sports training on those specific events only. He also concluded that
Japanese with small body-builds are best for gymnastics, long-distance running, boxing and weight lifting etc. whereas the Americans who are large and lean are best for basketball, volleyball, swimming, long jump, short and middle distance running.

Carter suggested that the athletes who wish to achieve success in sports at a high level should compare their physique with Olympic athletes. If the athlete's bodily structure is within the limit of the Olympians, he/she may achieve high performance subjected to the optimization of other factors.

Body composition is an important morpho-physiological characteristic. The methodology for the measurement of body composition has been explained by several scientists. Fat fold measurement can provide fairly consistent and meaningful information related to body fat and its distribution. The sum of 'fat fold' is an indicator of relative degree of fatness among individuals. McArdle et al. pointed out that exercise-induced change in fat fold values can be evaluated either as absolute or on percentage basis. Peterson pointed out that body fat is a very personal datum and it is strongly recommended that this information be presented discreetly.

Various scientists have extensively studied the body composition of athletes. Leasy et al. concluded that physical performance in which whole body moves, primarily depends on lean body mass (LBM). They developed regression equation for calculating body composition from performance in various tests (pull ups, standing broad jump). Arizkova pointed out that the proportion of lean body mass to fat is an indicator of degree of fitness for performance.

McArdle et al. pointed out that athlete generally have physique characteristics unique to their specific sports. For example field event athletes have relatively large quantities of lean tissues and a high percentage of body fat whereas long distance runners have the least amount of lean tissue and fat mass. He also pointed out that football players are
amongst the heaviest and leanest of all sports men. Lohman pointed out the errors involved in determining the body composition in children and youth prior to their age of chemical maturity (age 15 to 18 year for most). The fat free mass (FFM) is not stable in growing children and youths because water content decreases and body solids (bone density) increases in concentration until maturity.

Physique along with physiological factors played a significant role on the performance of basketball players which was confirmed by

**Shamim** (2002), who conducted a study on High and Low performance basketball players in India and observed that the High performers have greater stature, sitting height, weight, femur bi epicondyler diameter, humerus biepicondyler diameter, shoulder width, hip width, upper arm length, lower arm length, thigh length, lower leg length, biceps muscle girth, calf muscle girth, wrist width, hand length and total arm length. They were more meso-ectomorphic, had better segmental proportionalities than their low performing counter parts. Physiologically high performer had lower heart rate greater vital capacity with no difference in systolic and diastolic blood pressure than their low performer counter parts.

Thus we see that the size, shape and form of the players are known to play a significant role in the performance of sports persons.

Numerous factors are responsible for the performance of volleyball players. Fundamental skill of volleyball like servicing, passing, setting, smashing and blocking requires a specific type of physique having specific proportions with certain conditional abilities. The purpose of this research work is to place the comparison of anthropometrical variables between the Inter-University and college level women volleyball players.

**Inter-University volleyball players:** All India inter-varsity winners, runners and Participant players.
College level volleyball players: intercollegiate winners, runners and participants.

Selected anthropometrical parameters:

Stature, sitting height, weight, femur bi-epicondylar diameter, humerus bi-epicondylar diameter, shoulder breadth, hip breadth, thigh length, lower leg length, biceps muscle girth, calf muscle girth, skin folds (biceps, triceps, calf; suprailiac Id sub-scapular skin folds), wrist breadth, hand length, total arm length, Body Composition in term of Fat percentage.

Body Proportionality - It includes following indices -

- Sitting height-Stature index
- Lower arm length - Upper arm length index
- Hip width-Stature index
- Shoulder width-Stature index
- Ponderal index
- Hand length - Wrist width index

In India, choice of sports is determined by the child's interest, facilities available and popularity of the sports in that particular society. It is immaterial whether, his body structure is fulfilling the

Or

mechanical requirements of the game or not. If he chooses a wrong activity for which his body structure is not suited, a limit is set beyond which, his performance cannot be improved, however hard he and his coach may try.
The findings of our study are having theoretical as well as practical implications. It is showing us clear difference in majority of the anthropometrical variables of physical fitness performance volleyball players of our country and thus indicating the performance limits decided by the undertaken variables of our study.

This research work shall in turn provide guidelines to our coaches, physical educationists, and sports scientists to select appropriate talent at an early age according to the inherited anthropometrical traits, correlating with fitness performance of model high performance volleyball players of our country. As talent selected at early childhood is the best period for nurturing the required neuromuscular coordination for various volleyball skills.

PRESENT STUDY

Sports in a psycho-physical activity along with social dimension. Man has been interested in sport since inception. In all parts of societies of the world, people play one or another game and take interest in national, international competitions organized at all the levels. Sports have become an important activity of every Nation and government of every country also takes interest and motivates players providing necessary facilities.

People have started reading about improving the culture of the sports man, Social scientists including psychologists have started taking interest in it and researches have been conducted with a view to find out psychological inputs required to compete successfully. It is realized that psychology of the player is very important besides physical profile and physical proficiency.

In the past the studies have been conducted on either psychological parameters or physical parameters of the players but the studies which covered psychological as well as physical parameters are very few. Hence the study will be of great value and beneficial.
In some of the studies the psychological parameters such as emotion, self efficiency, behavior, confidence etc. were included but in this study the psychological parameters such as achievement motive, self concept, personality, and competition anxiety will be studied which are less explored?

The studies have been conducted on various physical parameters which are affecting the performance of the players but researcher felt that the basic physical parameters such as pulse rate, weight, and height have not been studied in previous studies. Hence these basic physical parameters have been included in this study.

Studies have been conducted on many games, but very few studies have concentrated on common outdoor games like football, kabaddi and indoor games like Badminton and Table-Tennis.

Level of participation is another significant variable. Which require attention but less explored? Therefore in the present research an attempt has been made to study this parameter too.

In modern sports, greater emphasis is on preparing the players both psychologically and physically by providing training to the players. The importance of psycho-physical profile affecting performance of an individual has been acknowledged by researchers. In view of this, in the present study an attempt has been made to assess psycho-physical profile of the indoor and outdoor games players.

Since most of the races are won before they start, means the sports persons is mentally (psychologically) prepared and determined and nobody can stop, him from winning. Their psychological state players an importance role. The findings of the present study will be useful in many ways.

(a) The study will help in understanding the difference in the psycho-physical profile of indoor and outdoor games players.

(b) The study will provide information to the research workers working in the field of physical education and sports.

(c) The study will also provide us the directions for improving the psycho-physical profile of both the outdoor and indoor games players participating at various levels.
OBJECTIVES / SCOPE OF THE PROJECT

(1) To study physical profile of Inter Collegiate Outdoor games players. (2) To study physical Profile of Inter Collegiate Indoor games players. (3) To study physical profile of Inter University Outdoor games players. (4) To study physical profile of Inter University Indoor games players.

(5) To study psychological profile of Inter Collegiate Outdoor games players. (6) To study psychological profile of Inter University Indoor games players. (7) To study psychological profile of Inter University Outdoor games players. (8) To study psychological profile of Inter University Indoor games players.

(9) To compare Physical profile of Inter Collegiate Outdoor and Indoor games players. (10) To compare Physical profile of Inter University Outdoor and Indoor games players. (11) To compare Psychological profile of Inter Collegiate Outdoor and Indoor games Players. (12) To compare Psychological profile of Inter University Outdoor and Indoor games Players.