CHAPTER - III

METHODOLOGY

In this chapter selection of subjects, selection of variables, criterion measures, selection and description of the tools/questionnaires, administration of questionnaires, collection of data and statistical technique employed for analyzing the data have been described. This section will cover the selection of topics, the variables you select, the criterion measures and the tools/presentation of questionnaires, questionnaires, administration, data collection and analysis of the statistical data the technique is used.

The selection of topics

The present study is not a player has been India's gym, 300. The players were divided into three main groups: the intercollegiate (100), southern zone intervarsity (100), and all Indian intervarsity (100) gymnastics participants. The sample representing the intercollegiate players participated in the intercollegiate Championship 2013, the college M.S. M. the physical education, Aurungabad - " 07/09/2013 - 08/09/2013. The sampling, which the south zone is the player's part in the intervarsity store Dél-India intervarsity tournament Kurukshtra the university 2013 08/11/2013 - 12/11/2013.

Design of the study

The present study to study the situation that does not require a research is essentially the variables. More and more in the collection of instrumental music, the chance to win a travel competition sport, which otherwise may not be evaluated. It was not intended that the interaction different variables. Both the three test samples and three variables.

Select the variables

To study particular attention has been paid to the foot on the variables are not only psychological aspects are also closely connected to the purpose of this test. Therefore, the e-mail, the literary evidence and the experts the scholar's own understanding of, and feasibility aspects, the importance of psychological aspects in mind, the following variables is the purpose of this
test. Therefore, the correspondence, literary evidence and the experts a scholar’s own understanding of, and feasibility aspects of importance, the psychological aspects in mind, the following variables were the purpose of this test is selected. Therefore, based on literary evidence, correspondence with the experts and scholar’s own understanding as well as keeping the feasibility aspect in mind besides importance of psychological aspects, the following variables were selected for the purpose of this study:

1. Self-concept

2. Personality (Extraversion / Neuroticism)

3. Locus of control

**Selection and Description of the Tools/Questionnaires**

The reliability quotients as given in the manuals of the respective tests are as under:

**Table – 1**

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Variables</th>
<th>Test</th>
<th>Reliability</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Self Concept</td>
<td>Self Concept Scale</td>
<td>.87</td>
</tr>
<tr>
<td>2.</td>
<td>Personality</td>
<td>Maudsley Personality Invetory (MPI)</td>
<td>.83 and .81</td>
</tr>
<tr>
<td>3.</td>
<td>Locus of Control</td>
<td>Rotter’s Locus of control Scale</td>
<td>.85</td>
</tr>
</tbody>
</table>
The descriptions of the tools/questionnaires are as follow:

**Self Concept:**

Self-concept developed by Dr. Mukta Rani Rastogi has evaluated its own conceptual level.

Fifty-one self-concept scale. The answers I agree, I agree, uncertain, I cannot agree, strongly disagree). The statement carefully, and then the answer is the marking in the check mark.

For example: -- I feel ashamed of himself before others.

It is very you do not agree do not agree, I think I agree that here was a vague, and the individual, and therefore, the responses. There is no right or wrong answer.

High score means that the high-level self-concept and a low score means that the low-level self-concept.

**Scoring:**

The defendant has the five answer the answer, and, therefore, the responses (the five alternatives completely agree, I agree, but did not understand, I cannot agree, strongly disagree) and the negative elements should be the same response the five alternative.

**Personality:**

Personality (Extraversion/Neuroticism) has been tested the Maudsley personality (MFI) H. J. Written by Eysenck.

The Maudsley personality (M.P. I.), this was the raw and finished the two important dimension Neuroticism or emotionality, and Extroversion. After this the two traits measured 24 questions long, carefully selected analysis analysis and factor. It has to be said, that here Neuroticism refers to the fact that the fact that the general emotional stability, emotional sensitivity, the neurotic and stability. Extraversion is not subject of his introversion, in contrast to the continuous, relentless, and with a friendly, though, although a rascally proclivities.
Published by the literature Eysenck (1960) strong support for the view, which recognizes the existing two very clearly marked and is an important dimension of the Extraversion, neuroticism, and subject of his introversion and emotional stability, instability. Eysenck (1956) also claims that this is only a list, which is not only a question of fate it was the only factor, and an analysis of the stocks of a beating the shell built up significant important after a meal.

That's the question - The question is 48, the MFI 24E (Extraversion) and 24N (Neuroticism) factor. They were the answers to the topics we scored the key to determining whether the e, or N was present or not present. The results have shown, as well as the e and n separate, what quantitative level in a factor is present. All of the results and, in any case, the e and n factor shall not exceed 48, the minimum value of zero.

The survey shows that the average score this factor is the population 28,08 and 23,29 N factor. If the average score the factor, this is below the sample average, this may be more extrovert than if the average score rises above N factor, this model is more neurotic. Eysenck (1963) in his opinion neuroticism significantly closer to the subject of his introversion.

Scoring:

The transparent wear key is available, the two scale. Use this key on the keyboard. 1 Page music score first, and then the second, and the scores. Make sure that the key, and the questionnaire, which is adapted to being scored, and the numbers of questions in the survey the key1.

Track:

Rotter locus will be assessed the tracks the scale was Anand Kumar Srivastav Satyendar Dr. Dr. Nath.

29 AND the two-part, and select the "B" or "A" and "B" is the best choice. Six slot, i.e. , 1,8 and 14,19 , 27,24 , and it was not. The 2.6 and 7.9 , 16.17 , 18.20 , 21,23 , 25, and 29 point has been the theme, "A" section. The numbers 3, 4, 5, 10,11 , 12,13 , 15,22 , 26, and 28 points was the "B" who objects.
Scoring:

This scale the selected device, which includes a few, some of which are 29 23. 6 Slots, i.e. 1.8 , 14,19 , 24,27 is not.

High score indicates that the song external-internal-external. Scoring is only in a closed, external solutions. Achieve the highest possible score of 23 ratter and at least 07.

Application of the questionnaire

The previous pages, the district school, shall be divided into three groups of public school and the national school and rifle shooting. All of the team leaders and requested that the person to contact the members of the group this study the subject. If you are not personally involved in the was the sincere cooperation, and have been expected.

If necessary, use the command object. However, the majority of the respondents, research scientist, who has promised to separate abstract the study conclusions. This can be explained by the fact that this was the purpose of each theme, the theme study, in order to obtain a deeper gain insight into the psychological operation. Ensure confidentiality OF responses would have been that those concerned do not camouflage the real feelings.

Make sure that the questions, and we found out that the questionnaires were sent to separate between the participants. Each of the eight questionnaires under the direct supervision of the research questions. The questionnaires will be handled in accordance with the manuals.

The subjects were asked to read carefully the questionnaire, then each. The has doubts that must be clarified and has been asked to answer the following question. Survey time about 30 minutes. If, however, is not the end of that period, the various tests and the subjects were asked to each statement was indeed as soon as possible. After you have completed the questionnaire.

The audit trail
The locus personality psychology, this indicates that the individual's ability to believe, that these events have an impact on them. Understanding the concept was developed by Julian B. Rotter the 1954, and since then, the personality tests. This is the term used for an individual who you believe that an event that affect them. Concept developed by understanding Julian B. Rotter since 1954 and works and then, that the personality and size. I think that a person" (in Latin "in" or "a") conceptualized the built-in (they believe that these people are living in), or to the outside (in other words, the decision and think that life is not possible, the environmental factors or accidental, or fate).

I think that the great internal, I believe you, their own activities to first event: for example, the results of the tests, and the people, than the less than that of the praise should be blamed for that." I think or are themselves and the people, but I believe that this developing an external control, than the praise or an external factor, such as teachers, or.

I think that the many research and many, many places on the psychology, and the valid in areas such as educational psychology and health psychology clinical psychology. In the debate is still a personal, or more global measures, I think not that this is more than useful practical application. I think, that the fertility (the concept), and so far the attributional style (from the concept and benefits of the past comments), or, and, I think, that concepts such as self-efficacy.

I think that four dimensions - a core self-evaluations basic and to adapt to the evaluation neuroticism, and. self-efficacy self-esteem [3] This term central self-evaluation, and the first is the judge, and the Durham housing (1997), and the ability of well-established results of work satisfaction, and, in particular the work. The post-test, judge et al. (2002) argued, that I think that the concepts, neuroticism, self-activity, as well as self-contained, the only factor.

I think, of the rotter (1954) social learning theory that the personality. In 1966 The article appeared in a psychological where librarianship is considered a more than a decade of research (rotter and the students), many will be available to the members of the previously unpublished. Herbert M. Lefcourt 1976 I think, that the received: "… a general average internal-external confirmations". Attempts have been made Alfred Adler to the work term birth immediately, but that there is background rotter and the students work. This support early in the 1950s and the
James Phares (controlled by ready rotter unpublished PHD holders Master's Thesis). The Ohio State University

The students another rotter, William H. James (this is not to be confused with the William James two types of), where he studied the "shift":

- Typical's expectations, believing that it shifts success (or not), and then to a similar result
- We are looking is not modal, it to be the success (or not), and then to a different result

For more research-led, the typical expectations are more and more frequently, the people who are not able to is acceptable, so that those who are not typical, but the average expected results the right option. This man can be interpreted are divided into those who were not the typical (can the built-in an OK), compared to a qualification (external). Bernard Weiner He argued that, instead of the ability, and, I believe, that that is lucky, if this can be connected to either the stable or unstable, look for the reasons.

**The personality Direction**

Rotter (1975) represent externality and internality is the two ends of an abstract and risks, and taking into account. The typology of company employees can be used to render the results to the my events. I think, that this internal audit results, I think, that the programs to which the features themselves. For staff of the company may also be used for, I believe that this is a strictly positive because in order to achieve the results. Also believe that all the "must accept the fact that, these are the things that happen, and it depends on the user the power over them, if it is quality customers in the event that external events. I believe that the people who think of external control, that many of their lives outside. Do you think, on its own, outside factors. Rotter has suggested, that the work, and the people I think, that four types of external control: strong faith, such as doctors, nurses, fate, luck and the belief that the world's complex and the results. I believe that the people who the others are of external control, that is due to the fire. The idea that internality, however, this is depends on whether the service and the service - an effort, and externality San (by mathematicians such as Weiner chrismast job net, see below). This is a significant difference, the company's employees, who are great motivation for success, I think, that this is more of the internal high-level need for achievement. The external customers tend to
themselves, the less the fate. I think that it is usually the outside person more and more they are exposed. clinical depression

The company may be used by rotter (1966) in the two essential characteristics: the high motivation and a low achieving external directedness. Based on this I think that this scale in 1966 rotter, but I think that this faith, the rotter. 1970. The rotter, since it is assumed that the UNI-dimensionality, challenged, Levenson different (for example) I think, arguing that faith is the events (such as a self-determined life organized by others, or chance-based and effective) should be selected. The early 1970s by mathematicians such as Weiner chrismast orthogonal has suggested that the internality and externality dimension must be that there is a difference between those who attribute attribute in the symmetric and asymmetric.

This new dimension of operation means that the vocational training (with the built-in ability to reasonable, that it was hard), operational (built-in unstable), hard task (external hard drive), or luck (external, unstable). But how can this by mathematicians such as Weiner chrismast first saw four cause this challenge is, as good luck of people (for example) to the external cause, and that there is no ability of all time and that everything should be presented to the stable on the saw. In fact, the more recent publications (for example. By mathematicians such as Weiner chrismast, 1980) The different concepts used by the four s (for example, the "Features" instead of "objective task Task difficulty" and the "accidental" instead of "accidentally" ). Psychologists by mathematicians such as Weiner between chrismast acceptable because a stable and unstable, because he knew that you could see the individual cases in a stable (in particular, the words, as "the thief” in English).

I think that this is one other type of expenditure, and in between the internal and external. I think that it the two men, in general, two rinsing. The people who have a bi-stress and disease known local functions, in order to cope with the more efficient way I think that this mixture internal and external. This mixture of the personal responsibility for the results, and they also have the ability to the park and to the external sources, as these services are to be the internal and external, or. For example alcoholic brought in a mixed system, which will be displayed as true disease, which does not accept that the treatment and/or there are people, in particular, the doctors and therapists, and who is the disease,” he said.
Units

The most commonly used the survey to measure, I think that the 23-a (plus six slot), forced-choice scale rotter (1966). This, however, a survey, Bialer (1961) 23-a rotter scale conflicts, for the children. In addition, I think, that this concept of liability Crandall annotation (Crandall, 1965), and the rates are Jan Nowicki the Game yet. The first level is the psychometric I think - Likertto scale, in contrast, the choice is an alternative measure the rotter scale) to the W. H. James, unpublished PHD holders association women's University Master's Thesis, the Ohio State University and supervised by the rotter, however, this is not yet published.

I think that many have appeared since the rotter scale. These review Furnham and Steele (1993), and, on the other, who are concerned health psychology, and in particular, children - industrial and organizational psychology for example, the Stanford and preschool education Internal-external move index three to six years old). Furnham and Steele (1993) is a reliable and valid data in the survey, Duttweiler adults. The reason is that the health surveys indicate that the writers, see the "applications" are listed below.

Duttweiler this (1984) internal control needle (ICI) addresses problem to the rotter, and forced the sensitivity of the format selected, social desirability due to the multiplicity of too many, and (a). factor analysis He also notes that the other measure I believe that in 1984, there were many of the issues, such as the same problem". If, however, the forced choice format the rotter scale, Duttweiler the 28-item, Likert-type scale, a state people rarely do, and sometimes, often, sometimes as often behaves like a declaration and all 28. The variables with the interior I think uG: cognitive processing, autonomy, and social impact the resistance, the self-confidence and the delay. gratification Small (133 student-subject) reliability of the scale (with the correct internal Cronbach's alpha VALUE 0.85 ).

Explanatory style

Attributional style (or the easily understandable style), introduced by the concept Lyn Yvonne Abramson, and Martin Seligman John D. Teasdale; Buchanan's administration and Seligman (1995) overview of the book long theme. This concept by mathematicians such as Weiner goes back to a phase chrismast, adding that, in addition, concept and of the internality
and externality globality stability custom sizes. Abramson et al. said that it believes that the men in the successes and failures in their lives, that it's as the internal and external factors, due to the short-term or long-term factors factors influence, and in all circumstances.

This psychology attribution theory (game Fritz Heider. I think it's a theory, but there are differences between the two models of history. Special feature of the theorists (high volume) social psychologists (general processes how and why these people is characterized by a umbrella statement), but I think the theorists of individual differences.

History is important in both Bernard Weiner the contributions approach, and 1970. This is the time for which I think, this function may be largely theorists theorists the external and the built-in to the causal connection. By mathematicians such as Weiner chrismast dimension has been added to the stability-instability (and the following conformity), how can be a cause of the problem, and, beyond that, but another man. It you don't understand, why it had been successful or unsuccessful depends on the results. Even if it is not part of the model by mathematicians such as Weiner chrismast, different size service in the Abramson, Seligman & Teasdale (globality-specificity).

I think that that applications

I think that it health psychology may be the most well-known area of application the high Kenneth Wallston. I think the scales to measure the impact on health will be reviewed in the Furnham and Steele in 1993. The most well-known, I think, that the scale, and, I think that multidimensional health the MHLC scale, or. This classification is based on the idea (Levenson yansiyan earlier business) medical form, it may be that three source: internal factors (e.g., self-determination for a healthy lifestyle), high-performance and others (for example, a doctor) or a stroke of luck (a very dangerous life suggestions is not to be taken, these people are very difficult to help).

Furnham tested in accordance with certain scales and Steele (1993) health, such as the specific domain (e.g. obesity Saltzer (1982) I think that this scale or Stotland and (1990), di faith Zuroff scale), intelligence (for example, the wood and Letak (1982) health I think intelligence
Whiteman or depression scale, I think Desmond and price, 1987), and cancer cancer (I think the Pruyn Lamle et. al., from Sybex, 1988). The concept of health applications see Furnham, psychology and Clara Bradley Steele, I think the diabetes mellitus. I think that the health care and the experimental data for the on-site inspection, the Norman and Bennett in 1995, regardless of whether you know it, that the certain information on health behavior, and the built-in health care and I think that it is the unknown. These are more than one job is not a part of internal control is located in more than one practice I think health is linked to other work, but I can't find the little (or not) the relationship between practice behaviors jogging and I do not think that is an internal one. Similar uncertainty, the connection between, I think that this internal health and other health-related behaviors (e.g. breast self-examination, Weight control and protective health behavior). In particular interesting data has shown that it is on the connection to the controller and the internal health I think alcohol consumption.

Norman and Bennett some studies suggest that the alcoholics were alcoholism not alcoholics i more externality in health care; if, however, other studies indicate that the connector he slides into alcoholism internality increases. If similar tests in general alcohol, the alcohol-consumption. They are also optimistic the effect literature and medical treatment, and I think there is smoking cessation, however, it is also it seems that the other strong internal to health may be due to behavior.

He decided, and a strong connection to the more when I think of health care, the private area in the general measures. In general, studies, and I think that this balance private health care more positive results. The scales have been found more predictive temperature general behavior is much more general than the MHLC scales. Norman and Bennett in the large number and I think the research and health care and the special effects (not), diabetes, and smoking cessation treatment tablet diabetes, and high blood pressure, arthritis, cancer, heart and lungs.

I think that is not the health care, and the judge for the right state of health with learned behavior (the value, which the health value of the own health), health the moderator variable connection it is important I think. For example, Weiss and Larsen effect”) (1990) also known as a growing connection to the internal health I think it is time for the health care and health care is evaluated. Although it is important of Norman and Bennett in the measures to be
taken, I think, that this personality the textbooks in general, the internal port I think advanced health, mental and physical health of people quality of life in a varied manner:) HIV” and. migraines diabetes kidney disease epilepsy

The 1970S and early 1980S, Whyte is linked to the student academic success and I think that he had saved the large educational courses. The students believed in the more than one internal control work hard and successful was the emphasis is on the scientific developments, and rather it shows. The students more than one external (thinking that the future is, that the chance or fate) is a small scientific performance. Cassandra B. Whyte

The results of research areas affected by the impact of different modes of transport the university management and re-developed by the department, and I don't think of a high risk for university students.

Rotter, I looked at and I saw that the connection between the tests gambling and or to an internal or external auditor I think. Workers employed by the company, gambling for more reserved. The safe bet is always focus it receives and central level. For the customer, but more than a chance to win and, for example, a number, like a card, or is there a certain time, that the window or number is higher than the limit.

Statistical method

Average Score and the standard deviation intercollegiate (N = 100), south zone intervarsity (N = 100), and the whole Indian intervarsity (N = 100) and therefore variable of eight independent concept, personality (Extroversion, Neuroticism) and appropriate.

The results of the comparison, inter alia, a one-way, and the average difference between intercollegiate (N = 100) and the southern region intervarsity (N = 100) and India intervarsity (N = 100) variable. This the least significant difference POST hoc paired devices the differences between the 0.05 levels.

Finnish gymnastics association

Aesthetic group gymnastics his faction feared, gymnastics, the Finnish association of fraction in Finland, the Finnish sports Club, the largest clubs approximately 122 000 381. To exercise, to look for attractive, fraction, thin ground gym, team, fraction aesthetic (mounted) are
divided into two tournaments and the series. The intense competition in the championship series, the Finnish championship competition.

I want you to compete on the series, but it was not Finnish gymnastics association recommendations, but then instead. Local, national and international competitions.

**The autumn competitions the devices:**

<table>
<thead>
<tr>
<th>Championship series</th>
<th>Competition series</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;10: devices according to the choice of their own</td>
<td>&lt;10: devices according to the choice of their own</td>
</tr>
<tr>
<td>10-12: rope and Ball</td>
<td>10-12: rope and Ball</td>
</tr>
<tr>
<td>12-14: ring</td>
<td>12-14: rope, ball, hoop</td>
</tr>
<tr>
<td>14-16: club</td>
<td>14 &gt;: rope, hoop, ball, tape/clubs</td>
</tr>
<tr>
<td>At 16 &gt; To: rope and ball/ safety bar/ club/ tape</td>
<td></td>
</tr>
</tbody>
</table>

**In the autumn competitions the apparatus are following:**

<table>
<thead>
<tr>
<th>Championship series</th>
<th>Competition series</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;10: Apparatus of own choice</td>
<td>&lt;10: Apparatus of own choice</td>
</tr>
<tr>
<td>10-12: Rope/ ball</td>
<td>10-12: Rope/ ball</td>
</tr>
<tr>
<td>12-14: Hoop</td>
<td>12-14: Rope/ ball/ hoop</td>
</tr>
<tr>
<td>-------------</td>
<td>-------------------------</td>
</tr>
<tr>
<td>14-16: Clubs</td>
<td>14&gt; : Rope/ ball/ hoop/ clubs/ ribbon</td>
</tr>
<tr>
<td>16&gt;: Rope/ ball/ hoop/ clubs/ ribbon</td>
<td></td>
</tr>
</tbody>
</table>

**Trampolining**

Trampolining and four, individual, synchronized trampoline, double mini trampoline, and tumble (power and ground and tumbling or bar] (also known as citation needed). In 2000, Individual trampoline has been added to the Olympic Games. Trampolining the construction phase, several times, to reach the world-class gymnast of server agility agility jumps up a server, and then the series tenth class jumps up the server was lost without routine places the class gymnast of server agility a certain regularity. The maximum number of points the designated search habits, 10 points. Additional points (the highest, with the highest levels of competition) in the large, a medium-size the motion and the ten. High-level competitions, two preliminary procedures that only two large and heavy for athletes are also pulled out the routine. And then the final routine is not necessary. From zero to the World Cup Finals again all competition, the preliminary results.

**Synchronized Trampoline**

Trampoline synchronization, and the like, with the exception of the routine and the synchronization and the form and the movement.

**Double mini trampoline**

Double mini-trampoline trampoline less flashes, the routine necessary. Should not be repeated for the double mini-competition. If the capacity is necessary professional skills repeat the Disk Mounter Disk cache size is the product (in MB routine and clause. The trampoline should be checked each similar to the way.
Aerobic gymnastics

Main article: Aerobic gymnastics Aerobic gymnastics Sport aerobics (officially) for individuals, couples, and groups 6 habits that a man strong, emphasizing the flexibility, and aerobic fitness balance instead of, or acrobatic skills. The Detector query routines with the 7x7 m and 12 to 14 and 15 to 17. The difference between colors and the mixed doubles. From 2009, the distinguish between the driver and the mixed pairs have more (10x10m), each group this floor. Routines are typically 60 to 90 seconds, the age and the participants.

Collective gym

The most recent events the UEG team competition. The first official competition held in 1996 in Finland, all odd-numbered year. Team competition, while training the team and the club is composed of three parts: women, men and mixed teams.

Group gymnastic competitions three different knowledge disciplines the floor, and as a kind of trumpeter. Effective teamwork, good technique and the spectacular acrobatic elements. The attractive to spectators and the media, as well as the sponsors.

Floor program

Each member may participate in the program in the team, the dancing, the flexibility and the mixture. The dance moves that have been choreographed and skillfully routine should be the judge and the shape. At least the two spins and two switch/jump, and acrobatic elements, and the two remaining two/network components, and the two part and the part. Bodywaves the female troops, the men's team and is raised, the joint team. Floor routines will be carried out by the music.

Trampette

Two such pregame floor. Trampette and on its own. This three in the gymnasts the vault. The first round must be selected each class gymnast of server agility. The music also.

Tumbling
Here it is, here it is three turns (if the engine is running. Is one of the six gymnasts the series. Do the same on the other gymnasts. Each series at least three different acrobatic elements.[22]

**Fraction is the fraction gymnastics his faction feared the fraction is the fraction of**

General gymnastics to all ages allow people and groups participate in the more than 150 athletes 6. These devices synchronized dance moves that have been choreographed. Theater may consist of both genders and cannot be separated from the retirement age. The largest general gymnastics exhibition is the quadrennial World Gymnasts trade first will take place in 1939. In 1984 he was the first officially recognized during sport, during, and the International Association (in picture), and, subsequently, to the national associations international gym, the number of participants was 30 million. Old equipment and events (rhythmic gymnastics his faction feared the fraction rope of a fraction of a fraction fraction).

At the start of 2011, the interesting interesting interesting interesting rhythmic devices rope the events and clubs will return to the competition. The illustration only the five device and the various Olympic cycle. This is the world, world and Olympic games, tournaments.

**Flying rings**

**Main article: Flying rings**

Flying rings similar occurrence still rings, but the series during the execution of the perform stunts. This was the situation in the gymnasium, and the non-sanctioned by NCAA AAU the early 1960s.

Gymnastics his faction feared the fraction, the fraction of sports, it is already more than 2000 years, but the competition sport this is a little more than 100 years ago. Mass and individual exhibitions also different clubs and ethnic groups, such as the many Turvereins and ols.

In spite of the fact that the club slowly increases, the rapidly growing sport and Turvereins Sokols. In 1830 the sport was introduced to the United States of America and the school system of illegal immigrants, Charles Beck, Charles Follen and Franci and Lieber.
In 1881 the international gymnastics Federation (fig) has developed, later renamed the Office as the European gymnastics Federation. This organization plays a pioneering role in the international competition. The armature athletic union (AAU) in 1883 united STA tes. The other Amature spotts the United States, this organization took over the control of the United States, as well as the various tournaments the gym - Start the different clubs and organizations, at the same time, the 1880-.

The first large-scale competition at the 1896 Olympics in Athens, Greece. Here was the dominant group in Germany. Five countries in this case, participated. Men's tournaments, horizontal bar, Parall, rings, and vault.

The first international event is already HTS 1903 Olympics 1896 Antwerp, Belgium. If, in such places competed gymnasts in Belgium, France, Luxembourg and the Netherlands. This event is considered to be the first world championship. The first team was competition and in 1904 St. Louis Olympics.

Luxembourg ninth championship 1930, gymnastics, track and field competition also events such as pole vault, high ball, rope climbing, and 100m dash. Following events, and Gymastics events, tournaments. The gym is already completely disappeared in the sports world's tournaments 1954.

The 1924 Olympic Games in Athens and even more than France, which begins today. He started to compete with the gym, the gym, individual games. The first women's gymnastics team has announced the 1928 Athens Olympic Games in Athens. The first WOM memory failure for head [(z) (z) [Z] [1928 Olympic games is also a practice, if Dutch domination. The first American women's gymnastics team competed the 1936 Berlin Olympics, Germany.

In 1962 he was recognized as a sport, rhythmic gymnastics his faction feared the fraction of fraction the fraction the international gymnastics Federation (fig) .The 1963 Budapest, Hungary, and the World Championship first rhythmic. The athletes 28 countries 10. In 1973 joined the United States, the sport of rhythmic gymnastics his faction feared rhythmic Championships of the fraction of fraction the fraction of fraction. The 1984 Los Angeles
Olympics individual rhythmic, and for the first time the competition was held. This year the Centenial Olympics Atlanta, the dynamic group-sport event on the medal.

Introduced by the fraction when you exercise, the early Greek civilization lived in order to promote the physical, swimming, wrestling, and weight lifting. Many basic gymnastic practice some form of the Greeks gymnazein events, word for word: "The practice was naked." The physical fitness are extremely valuable property in ancient Greece, and the men and women shall not participate in a great gymnastic exercises. The Romans, after conquering Greece, the activities, the sport and the legion gymnasiaums physically prepare the war. However, the decrease of Rome, as well as the gym, it shrank, the other is the entertainment.

**Prevention.**

In order to avoid the problem should be organised in order to ensure that the sport. Measure the weight to the negative binding plug-ins, or when I sat down in the Sportsmen and sportswomen, publicly the overweight. The ancient Greeks thought that perfect symmetry, between mind and body. Modern gymnastics his faction feared the fraction of fraction developed end of the 19th century.

**Philosophical roots**

Plato, Aristotle, Homer the proposed by his heart's in the gym, baby. The Greeks believed in the between mind and body, is possible only when physical and mental activity.

**Rebirth**

The "artistic gymnastics" appeared in the early 1800s the flying styles techniques should be applied to military training. "When you exercise, the organization of athletics competitions began across Europe, and the schools, as well as the rear and the Olympic Games in Athens in 1896.

**With stones and clubs**
Between 1896 and 1924 the revolution we know the sport modern gymnastics his faction feared the fraction of fraction. The subjects, the rock club, swim, which appeared in 1922.

**Variable times**

The early days the artistic gymnastics, the games, the participants often reach the wallpaper and the largest ballet, and the 20. Nadia Comaneci and Nellie Kim Perfect 10 is the 1976 Montreal games, the 14 years of age, of the old champions' approach, and in particular to childhood gymnasts, despite 16 times and it is now the Olympic Games.

**Olympic History**

Artistic gymnastics, introduced the first Olympic Games Athens since 1896 is present, and the game. The first is the disciplines, it would be difficult to "fine art", as the climb and the crocks with your acrobatics!!

The Foundation has created the Olympic gymnastics program was the 1924 games in Paris, when the man's individual and team competitions. In 1928, the women the Amsterdam games. It was not so advanced was the 1952 women's program, and is of the seven events, and stabilised, the 1960 Rome Olympics six events.

A discipline dominated by the Soviet Union 1952 year, the Russian Federation, 1883. The 2008 Beijing, the People's Republic of China and the most gold medals.

This Article is not the competition. Gym, the specific form, see: . Gymnastics (disambiguation) Daniele Hypólito The balance of payments and the Pan American games 2007.

competition Compound exercises THE gymnastics his faction feared physical performance, flexible, high-performance, flexible, and of the coordination, grace period, the balance of payment and the test. International gymnastics events, the competing - the figure Fédération Internationale de Gymnastique ). every country has its own national governing body (”, BIW, ) is connected to. Competition from some of the artistic gymnastics best known in the gymnastic events. This generally includes the women of the, and . uneven bars balance beam floor exercise vaultThe events floor exercise, and people, pommel horse still
rings vault parallel bars the high barGymnastic exercises developed the fraction of old Greeks knowledge, and gets off the horse, and the circus.

Other subjects: , , and , rhythmic gymnastics trampolining tumblinggymnastic gym, product groups. aerobic gymnastics acrobatic gymnasticsChildren and young people under 20 years of age and children for months kindergym gym, gymnasts, and recreational age and to the various level 5 gymnasts, competitive, world-class athletes.

The 1569 ( Girolamo Mercuriale Forlì Italy) Arte Gymnastica, who wrote the old habits, practices and hygiene, and of the natural methods of disease management. Very Italian philologist and physician who has received the doctoral degree 1555. Later he asked the chair in medicine 1569. De Arte Gymnastica principles is the physical therapy and the first book sports medicine.

The eighteenth and early nineteenth century in Germany, and at the end of three pioneer physical educators - Johann Friedrich GutsMuths (1759- 1839) and (Friedrich Ludwig Jahn 1778- 1852) established, of which, in practice, the boys and young men is designed in such a way that, ultimately, the device led to what is considered to be the fraction of modern gymnastics his faction feared the fraction. Don Francisco y Ondeano Amoros, marquis de Sotelo, born 1770. And the dead, and 19, 1848. 8. In Paris. He is a Spanish colonel, and the first gym, educative in his writings. Jahn is preferred to the parallel bars, rings and the international competition.

Ashok (2010) the Pranayama players consistent increases the lung capacity of the air, the durability and the ruling party. The analysis of variance, and it is for this reason that the F75 2 the three and the DF suddenly important price of three.98 0.05 level. The investigation established that I do not agree the 3 team also significantly reduces.

Shrama et al. (2009) examined the players and using the athlete is not feminine. A decrease (p = 008) world stress points (2. 8 + 68) + 2.01Y and C (2.60 +55) and C (2. The 95+ 70 61 two.95+P = 527) was not. The applications, such as the Hatha allows the gamers to female stress reduces the for athletes.
Ross, Thomas (2010), the players using the Health and exercise: comparative tests. The results indicate that the test Test is used to the players and the exercise, a healthy and strong, intense-yoga I teach, or a higher rising health practices, and as a result of the measures.

Chandrasekaran and Uthirapathy (2007) studied the effect of relative aerobic workout actors and the serum level of Hindooism Thiru.supermolecule. VI. 45.S. The Ministry of School of Fine Arts, Tiruvarur” chosen subject bitrarily questions some of the groups the same. The management center, clusters and clusters Hindooism. a cardiopulmonary exercise, group and clustered applications Hindooism surgical Elite aerobic exercise Hindooism and shall be jointly and severally liable for the applications. The two-week experiment, during six days, seven days a week forty minutes. If, however, the center, the special coaching. This work is to organism living Elite liquid substance, super-molecular level before and after testing, and the experimental level. Beginning and end of the group a few 3. The average CO-variance analysis, the statistical method. Scheffe post-hoc additional one-eye, already familiar double, that is higher, and, therefore, the bus, and aerobics exercises Hindooism also had a significant influence on the organization's liquid substance is very molecular level. Good practice Hindooism applications compute cluster to cluster.

Wheeler and Wilkin (2007) that is a job, but the goal is to active players position also has an effect on the stress level, as well as the physiological stress indicators, such as the resting heart rate, respiration rate. Participants who received the first-class stress and respiratory rate is too low. However, if the class in advance participants rest heart rate is not changed significantly.

Singh et al. (2011) studied the evaluation of results, 6-weeks Nadi shodhana pranayama bus the parameters. Results showed that the performance is significantly increased (P&lt;0.01 ) experimental group, in contrast to the reduction. Slice Location of the basal Ganglia at the level high heart rate (P&lt;0.01 ), and the pulse is very important (P&lt;0.05 ), it was not observable. Advertisers, farming matters are not a significant change of parameters.

Honey et al. (2011) studied the evaluation of results, the yogasanas legerity 4 weeks. This balance and legerity is improved significantly compared to the blood. (2004) investigation, treatment, intervention allows the players: Intensive-yoga I teach medical help may be relatively
new and emerging clinical discipline class-mind-body, more and more players, the quality, to the west, and the whole world more and more and more different medications.

Michalsen et al. (2005) the research and test stress-reduction anxiolysis, John girls in the three-month intensive intensive-yoga I teach. The hyperbolic best combination of physical objects, and the men of low angle or a real headache, reported that indicated. The Corticosteroid secretion significantly reduced intensive-yoga I teach.

Papenfuss (1986) effectiveness of training stress management the program eight-grade students. This group (n = 119) the stress management program three weeks, and the face, and the eight classes, SS. HR, self-reports of stress (SRS), self-report is not correct (SRC), and it is for this reason that Berger spiel-the children list. Within 60 minutes OF even if it may not be (p&gt;05). The protected (p&lt;gt; 50) has been found, the SRS SRC-

Kulkarni (2007) the stress and the Vastradhauti to respond to the ambient noise. This is in most preexperimental self-management of 5 male health students faculty, S. G. Kaivalyadhama Lonavale players (mean age group and for twenty years two.5 +4.69). During the test, the skin with the letter M voltage (mV) is a real-time, once the differential Vastradhauti skin and two additional hemoglobin is completed by the team at a time not to share the Vastradhauti intensive-yoga I teach. As a result, all category a few ancient Paris some Decres sink mV hide ancient Paris answers all of the electrical, it is recommended that a small stress effects and it is very important that the woman - to-adjusted polymorphs, (t = 0.01 ) and the lymphocytes (t = 0.05 level two.75) central and mailing, and the seeing eye. Why do not imply that the greater immunity. This report on the stress-free internal component Vastadhauti remotion technique and immunity environmental reaction.

Santosh (2005), effect of Hindooism shatkriyas assessed, and the high-level training center student stress pranayamas. The sample is 60 high school student, and education. The last test and the test and the driving styles. 2. Cylinder and the monitoring center. The cluster help provided by or Shatkriyas Pranayamas. But it doesn't help us. Pranayamas Shatkriyas training reduces stress and in smaller so you can expect each student efficiency reduces so effective as the iron-ore shtkriyas Pranayamas.
A study of a holistic philosophy with all ruined man the players - all of the tools. This truth in mind, must be determined, taking into account. Several studies assessing the effects of Hindooism useful methods is completely different psychological variables. The young people to the t r and/or of the quality and the little emotional complexes (Kochar, 1976, 1971), and reduces the Pratap. mental fatigue and the development and the development, and the little hostility increases the 10 mm Hg vital sign, twenty bpm Pulse Kapalbhati 10 minutes shall apply.

In 3 min. 1 positive results. Research carried out by this Plasane (1998), the psychological care of the players players with a psychologist a hug the hard disk drive (1) neurophysiologic maintain balance, and (2) meditation useful military-political purpose and internal conflicts. (3) intensive-yoga I teach, rationalized, and experience the system, and the life. (4) intensive-yoga I teach modern psychotherapies relationship to the ego deemphasizing the abnormal status, and emphasizes (5) get rid of the leave.

Kulkarni (2006) live in the mill-voltage stress assess skin effect indicator intensive-yoga-yoga teach objects do not. This study, the common stock of gamers using 2 different men. (I) the players group participants (n = 136) age varies between 20-40 years, forty-five days the players shall issue a 1 year intensive-yoga teaching professionals, and the cluster II (n = 16) may vary according to the active age 40-60 years of age, with at least 5 years of players, the setting, but the qualified trainers in group III players (n = 6) by means of training the players and at least ten years, and the group IV (n = 12) with 25 - 50 years of the school training. Skin skin mill voltage (mV) answer four masses (electric), as the 10.R, 100R, 1K, 10K is a good idea. Results have shown that a and B is not mission critical reduction reduction the masses general stress response. If, however, the wise, the skin using mV response using the players and the players are involved with the help of experts more B the players and teams, we believe that more relaxation response. The conclusion of the study, so that the skin mV answer only strain response. But patent leather mV answer but class density stress response. We thought it was, that after carrying out the operation, the system asks the co-operation, and the skin, the stress response is mV sensitivity and effectualness using the answer is that the players. If you wish to learn more about the various experts emphasize the compound useful. Sampling technique makes it possible for players to doctors were paired devices mixed sex, B, and C 2 3 completely different schools, and office work, and the students Kaivaldhama S. M. Y. Saamiti, Pune, Lonavala. 2.
Tools are divided into 2 a group of soldiers using a set of players, but the other 2 players (b kit and the objects. The student chapter I mixed sex (n = 15) 40-60 active players of soldiers, the multi-tap 5 year at least. Cluster III players trained for instructors (n = 6) the group and 50 soldiers, S. M. Y. M. Samiti, Kaivalyadhama Lonavala with treatment and education of players IV 5 cluster, is not (n = 12) ,working group members, and the office of the organization is not feminine, is dead, and the 25 - 50 age group the Institute.

The subjects, Pranayama and asanas gamers Kaivaldhama active meditation tradition. The collected, the skin. These are the problems with the good for a more comfortable chair, and the collected data, in a certain sense. The first group of information an empty zero mV confirm the value. This is the team. MV analysis skin stress response from age 2 the troops.

Results have shown that high trend full age little troop, A and B, which differed significantly, however, the size, low weight the amplitude, the non-significant increase in the skin with the mV (+1.27 , p&lt;0.01 ) the body resistance. But it may not be necessary small mill voltage response suggested that the subject matter is the relaxation. This is possible because the routing issues the program effect of Hindooism Hindooism uncertain.

Patri (1997), the voltage between the sport specific training stress management. This organization tasks that players and a typical fast and the fast and almost immediately. The in-depth work has been carried out in the traditional behavioral and emotional progressive relaxation, in order to cope with the mental images that sport - emphasizes the nonobligatory power mobilise resources efficiently and to the sport. The stress, talent, beauty, harmony, balance, rhythm and grace the best sport. The challenges include the life and joy in the author's intention is to the building opines in a manner equivalent the sport more enjoyable yet profitable.

The simplest way, the physical, social, and emotional stimuli, in particular the model that trouble me. it was tiring. With events, intensive external cross-border, and life-threatening situation due to a failure.
Oak, Rajdoot Bhogal hotel (2004), the players using psychological science education the treatment is the stress management. Patanjala surtras players, consistent, writers the press and hold the emphatically stress response: (i) and (ii) the players using intensive stress anageent Astanga conscience the kriya-yoga I teach, &amp; (iii) stress the importance of the vairagya Abhyasa using lifting up the players. It is recommended writers, Ananta Iyengar with greenborder Technologies for reporting, the idea (Technologies samaapatti pratipaksha bhavanam, it can be useful, if stress cittaprasadanam defiantly a refreshing the body, awareness of pain and pain is not the passive method is the reactive behavior and the different experimental ways, that's the treatment of functional disorders, such as the certain case histories and it is clear that instead of the paper.

However, if the partner is usually intensive-yoga I teach, some health problems. Manage the disease and live the life that everyone was pleased. Kriya, Patanjali the players using the human, the secular stress. The players using Kriya stress the TAPAS (austerity), Swadhyaya (self-study), and the transfer (Allah ıshwarapranidhana) .The own Citta, in particular the Shuddhi is recommended.

The dispute may not be the complete stress is everywhere the country's growing urban and undeveloped countries. The Cashmere individualistic styles. Kriya, also active players, Ashtang can be avoided through intensive-yoga I teach and eliminate players, Abhyasa. A routing Vairagya, the tribe, the practice allows the large players.

Khare (2003) is not the learning or the stress management allows you to, that the players potential iatrogenic - an old one old patient problems. a first glance it is clear: the driver concentrated related health problems. The page the different physiological mechanisms stress-induced other psychotic karisikligi - older patients, and a few not-structures similar pharmacological remedies. The writer, the observed, that the proper maintenance and the adulthood diet, and plays a key role in the role of the players, in order to emphasize the potential iatrogenic - old problems.

Now it is very, brake and the elderly, health and performance is dependent on the giant may be unpleasant. Stress, share with them, are in themselves, of life. Most of the time in the
sleep-mobile family is everywhere the joint family. The uninflected and with life and it was the stress. First of all, the malicious thetas stress-causing negative difference growing demand.

Constantly stresses that the trigger the reflex that posed by the nature of special 1500 is completely different chemical changes and the computer. Even if the result is not the intellectual and physical exhaustion, and the system zayif energies.

Developed countries, the former population 146 million and 232 million years ago in the 2020. It is now accepted that life-style changes proposed by Dean Ornish is the coronary artery disease in old age group. The six-month and of the patients, the fifty-year acrobatic and pranayamas asanas joined in the, mudras, meditation pranayamas page is an important solution for stress level.

This limited information is available in the literature, and I teach intensive-yoga, the old disease, scattered, and then I think that it is a very interesting research on

Vicente (1987) has evaluated the players using responsible for health, mental defect and depression. Because of the lack of any previous training, 214, positive motivation, and three on patients with depression or anxiety or neurosis Hindooism, the chosen medical help, and regular medical treatment is the experimental work, eight years from the date that the large quantities of medical help physical drug, Seville, Spain.

With the aid of gamers health two or three hours once a week or the clinical assistant. 1 Year top forty seconds patients (31/37) was the best, and the two patients (38/73) has shown the appropriate answer is 1944. 6. (4/73) patient does not show any change. The investigation showed that, even if I think Shavasanas are extremely useful the United States of America is the anxiety, the patient treatment, the contra-indicated.

(1998) using Bhongal psychological study of gamers. This was "the chiselling and emotional problems. This was the point of using psychology to the players' why did this would have had to do it and the players using the psychological science, and the artistic life and the life. I teach an intensive-yoga, efficient tool for the common people to the wonderful men's souls. This article, 1 serial, and the emotional disturbance.
I teach the intensive one-a-yoga, and the secret development it is not possible to resolve the supernormal, by the exchange of experience and the formidable and with his acrobatic feats of acrobatic. a familiar city, a lot of the human mind-integration and the positive correction not-public and social level. But the players, but he said that it was not. It's the most important fact, and therefore, in order to ensure that way forthrightly rejected. However, the further progress Ikincisi would you like to add it to the secular structure bases such as an intensive-yoga I teach. If the detected the ancient literature, and it is for this reason that the traditions.

Gambling (2004) in the literature and the stress and anxiety Yogindra. Due to changes in Icinde players should apply to the high fatigue and anxiety Nidra cluster, be sure to all the men and women's topics.

Bhogla et al. (2005) as a result of this examination, the month long intensive coaching program I teach-yoga, exercise, pulmonary obsess the Indians. In a month long players/aerobics coaching and six-month and then hide the effect the cluster cluster aerobic and the individual players will be lost. The most logical, systematic, and continuous and patience the edible laws, and the religion to the players. The group is not obsess Indian voltage depends on the patient's mental disorders.

The OAF is usually hereditary tendency, a low-level, active living, behavior, and asleep by the depths more addictions alcohol, tobacco chew ...

And Shenbagavalli Vallimurugan (2009) assessed the mental preparation, and the physiological talent Hindooism practice at other psychotic psycho-history and the elite-engine participants high-level variable. The results there is a substantial difference between psychological, physical, self-confidence, the heart rate, hand-eye coordination, and immediately, and it is important that the pulse is an important and vital insignificant difference.

Gambling literature (2004) and the modified impact players Nidra and cardiovascular diseases and the different mental corelates. Aim of the present study, that's looking for it, and the various psychological hepertension players Nidra CO .This work the hyperpiesis forty patient man=30, between 30-60 years, = 10) Elite quota sampling technique. The male and the female, therefore, in-house. The pre- and post-heating Executive Board and supported by cluster,
therefore it must be assumed that must be performed. This operation was carried out city of Patliputra, angels, Patna Patana Sansthan. The five-day working time and therefore, half an hour.

Popova (2012) was born and I think that this is a subjective thing. The heterogeneous sample (N = 239) youth (1930 year) setting: - 11.56 % health contribution shall be determined by the changing health care 6.10 12.82 % satisfaction and happiness in life. The time, the young people healthy, happy, and happy life. During the investigation, the fault is due to the internal control track for a healthy lifestyle. Health care is not correct, more serious risk factors (smoking, stress, unhealthy eating, sleeping, for young people, the chance I think external main lines, and the modern disease called society. The young people of the most preferred activities may be useful in the health care: relaxing walking, what is a "flow" and the "sport hobbies (happiness) and priority task, positive experience.

Kutanis et al. Electronic stability program (2011), where he studied learning performance: scientific body. Quantitative research methodology quality of research in mind, the students area of research and theme for higher education. It is not enough for the extra-sample is not necessary. The data collected, research, survey method. The levels do not affect the internal-external and the research, I think, have been developed to rotter (1966) and developed by learning speed Gungor (2006) .In addition, the research, the students learning and greater internal active and effective learning process. Ikincisi, external audit trail-more than one answer and passive in this period. There are a few differences, demographic groups, and the student learning factors.

Shere Khan et al. (2011) psychological variables based on the comparison I am convinced the health (health) women's university-level sportsmen and sportswomen. The athletes number 100 (50 points), and the 50 territorial athletes athletes, select them, that the Indian university athletics world championship multi-dimensional health survey the country. And then is spreading, and the self, questionnaires t test it," he said, the difference between the two, and the high and low female athletes" psychological variables. Istatistiksel analysis, and the high and low performance difference shows the importance of female athletes (P' 0.05 ) I think that the health care. In addition, the notification that there is no difference in the control, and effective
health care randomly selected health care professional trajectory to high and low performers" female athlete.

Cetinkalp (2010) studied the scientific career objectives and the achievement of the targets and the scientific career. The students were not the participants 269 588 men and women average age 21,51 year 9 319 ± 2.35 State Universities, MANOVA analyzes the multiple regression analysis. Results showed that significantly more people," said the learning objective is the outer space learning objectives and direction does not work. What is it, that the learning goals, learning objectives, and to avoid any confusion the iLOC positive. The basic, ELOC, for the avoidance of doubt, and the purpose.

Yes, a lot of et al. (2011) large external audit trail, and a ticket, and I do not think that the computers more and more and more mystical power less and less and medium-sized businesses. Watch for Small Business operators with mystical, and worsen the current right-hand low survival rate. The work of it, and then a multi-tiered Rasch model, the scale scale scale and complex: to ensure that the altitude range, with the three never mind about hostile paranormal entities is not in the belief that value of the assets; mystic forces. Two secret alliance with the correlation analysis. The data collected, Entebbe Uganda 60 random sampling. The test results for additional educational and religious relations determining factor, a large external audit trail and ticket and mystical powers. In dealing with a number of important issues in public education religious organization immersing negative effects.

Sarmento et al. (2008) it is the aim of this test, to separate and competitive the purpose was and beliefs are the Gymnastic player's adult professional players: 3 (n = 105), Semi-Professionals (n = 156) (n = 78) and the amateurs. There was no significant difference in the motivating is visible on the competition. Amateur players, if compared with the professionals, which is considerably higher than the level of the motivation and the professional sport was very he believed that it was stable, but it was not, and the lower level. And secondly, Semi-Professionals amateurs, professionals and a much larger degree of introjected reveal and firmly believe that the practice was the result of the learning and professional Gymnastic the right-hand side.
Krishnappa et al. (2011) the purpose of research to draw attention to the fact that the job to the motivation and the power the sport different Hassan. The present study is not able to understand the motivation and learning the sport and motivation. This study also showed that the difference is in the urban and the rural sport. This includes the test sample of 50 student athletes through distance learning. Attempts have been made the place of residence of sampling 25 rural and 25 urban background. The methods of motivating athletes discounts (RD), (REC), Target settings(GS), punishment (pun), and presence of others (PO) . The athletes after the 100,200,400 m sprint was the methods of motivation and incentive. An attempt was made to the performance incentive methods for sportsmen.

DIN (2005) the test to establish that the sport was the effect of study results to the rural students for the secondary schools. The participating students (N = 225) Of the four rural high school. The participants are direct pre-season english, mathematics, science and social science was compared to the postseason quality directly in the courses. And of the independent variable is the supported programs by participants school sporting activities, as well as the dependent variable was the participants' postseason. Comparison of the course and the team team. The results of analyzes show that there is no significant difference in the students' pre-season and postseason divisions, to suggest that the participant-sponsored school sporting activities shall be without prejudice to the participating universities to rural development for high school students.

Sisodiya and Purashwani (2011) exploring relationship between achievement motivation and men's and women's badminton i.e. shuttlers university level gamers. In order to do this 30 (15 male and 15 female) were randomly selected shuttlers, who have taken part in the western zone universities Badminton Tournament. Kamlesh in justification for the sport. L. and Sport competition anxiety test edited by Rainer describes preparations Yellow-throated marten, the data must be collected. Pearson product moment correlation" was the motivation and the relations between implementation. The result has not shown significant contact with the motivation of men and the women's badminton players the Inter-university level.

Meece et al. (2006) gender play a role in the long history of psychological motivation and education research. This is the Overview, the gender differences in the four contemporary theories of motivation, the motivation, inter alia, the expected lifetime of selfefficacy, and plan.
Results of the different theories, show that the girls and the boys motive beliefs and behaviors which is still the role of the gender stereotypes. However, stronger than boy reports and math, and science, the girls more self confidence and language and writing. The moderated by gender effects, ethnicity, socio-economic status and classroom conditions. In addition, the research shows that the gender differences are obvious reasons, and will increase the early school reading and language school. The role of the home and school environment in shaping these gender-related patterns are examined. It is important may be the consequences of school professionals is highlighted.

Bhagirathi (2008) in the course of the present investigation, with a view to find out what the relationship between anxiety and motivation the objectives to be achieved, inter alia, to the girl's hockey player. The study with their warlike ten girl hockey goalkeepers warlike Madhya pradesh that, in their different schools. In Development addresses 14-19 are enabled)), the sport and the test results is typical Kamlesh Speilberger chosen this anxiety and the test. The aim is to make the relationship with the hockey player and motivation, Pearson product moment correlation method is currently the product is. The 0.05 significance level, in order to ensure that in order to ensure that the correlation. Based on the results of the investigation of a significant relationship between the state, and the common trait of anxiety goalkeeping performance was observed (0,904 ) (0,844 ) and typical anxiety, in order to the association was not a significant motivation.

Gencer and Ilhan (2012) and the learned the badminton athletes and the connection is designed to research the meaning of these terms. The Badminton club championship Turkey, where 12 87 2009 participating athletes. Sportsmen 56 Badminton club is part of the Badminton Championship 2009 18.78±3.46 Turkish a average age. The task and ego orientation the Sport questionnaire (TEOSQ) and the questionnaire motivational environment (PMCSQ) also collects data and Tha. Data analysis techniques, such as desriptive statistics, and bivariate correlation. The results have shown that sportsmen and sportswomen badminton degrees ego Orientation Orientation 3,67 degrees X = X = 4,04 , task level scores, masterpiece results climate X = X = 4.05 million, high-performance air conditioning scores was 3,08 %, and the positive and significant relationship with the task and ego Orientation Orientation (R=0,455 , p<0.01 ), ego orientation and performance (R=0.320 , p<0.05 ), ego orientation and the climate (R=0,365 ,
Ryska (2001) sport psychology research has shown it has transferred the sportsmen of different ethnic groups (horn, 1985, 1986; Whitehead, 1986), the job is the impact of the within-group variation the motivating purpose overpowered acculturation. Multiple regression analyzes of data Mexican-American young man (n = 83) (n = 80) and female athletes. Overpowered acculturation, inter alia, of the people, the media (3, F = .265, P’ .001) and the ethnic social relations (F (3), 188, P’ = .001), the task significantly predicted 32% of the total participation of the women more than the "me" "me" ego for athletes significantly predicted the language (F (3) = .336, P’ .01) and (F 3 = ethnic , social relations ,259 P<.05), accounting 29 % difference. I would recommend 80 statistical and theoretical explanation for the gender differences are observed. Preliminary results indicate that, what effects overpowered acculturation differentially Mexican-American men's and women's athletes, the sport of competitive professional requirements.

Left-hand et al. (2001) this study the major differences between the individual players and the sport, the team, in order to achieve this objective. The group of the three hundred and fifty (N = 350) man the players individual and group sports, the annual student purposively were 20-25. These are additional are divided into two groups: the (game) and the B (the play) .It is hypothesized, but it may be that there is no significant difference in the motivation and the individual and the group game between players. The test group substantial differences between the students t-dependent. A p < .05 considered to be material. There are considerable differences among the players to achieve individual and collective sport of motivation variable significant differences between the players were the between group and individual sport the variable. Taking into account the different parameters, that different subjects, the results, and the free version of motivation whereas beidentical showed that results are obtained, to be precise.

Weigand et al. (2001). This document is the research has examined the dispositional orientations (that is the goal), and the environmental factors (motivating) to the motivation. The
book begins with the objective of theories in order to achieve and motivating atmosphere. The next day, the research is intended to draw the attention to the relative has a significant impact on the coaches and the others, the parents, teachers, sport and the sport sportscientists motivation and physical education.

(2012) studied the synagogue who was the Reza who encourages aggression." among the students." The taekwondo athlete final, indoor soccer field, volleyball the Tiran the university. This study, the amazing 90 subjects 19-23 years of age. Select a specific theme on the study will include student athlete man. This study and the last four athlete taekwondo, volleyball and soccer indoor and individual athletes, the 25 sport select a simple random sample of the study and analysis; the descriptive and statistics. The descriptive statistics of evaluation the central index (mean, median, and winged) and dispersion (range, variance, standard deviation) .This was the statistical test, one, the ANOVA. Statistical analysis, the results show that there is no significant difference in the student athlete the encourages aggression." The final, taekwondo, volleyball and soccer p ≥ (0.05 ); and the trend of sportsmen and sportswomen of violent behavior not only of the sport.

Donahue et al. (2009) An examination of the harmonic and an obsessive, passionate and aggressive behavior. This was the player's hypothesized it is important not to mistake the basketball fans in higher-level aggressive behaviors the harmony, the passionate gamers in general, and in particular, the dualistic model constitute a threat to his own (Vallerand et al. (2003) and the personality and social psychology, 85, 756- 767), the frame driver, basketball basketball player has indicated the typical passion and encourages aggression." "self-reported. Results: the results of that study has demonstrated that Hungary one dominant basketball 1 contained in the report a higher aggression encourages aggression." An obsessive to the sportsmen and sportswomen to harmonious. The study of the 2 Harmony-mad passion and the passionate sportsmen and sportswomen, two conditions: self-contained and self. It is predicted that the self, and it is very important for the aggressive behavior the insanely passionate player should be a higher level, the avid gamer the harmony. It is expected that the differences, however, it is important that you love the passionate gamers and blend the sacrifice of self. It also supports this theory. The results show that an obsessive passion is associated with the the aggressive behavior, in particular, the personal threat. You can love the sport so maladaptive
interpersonal behavior, in particular, if the love-rooted in the identity-dependent, and what he's doing at the sport.

Palmer (1993) Examine the anger, aggression and the humor, the village during the game, the small fishing vessels 95 floor hockey. The observed behaviors which are based on the theory of evolution's prediction, that anger, aggression, more frequent will be the competition, when the male's most intense. It was also found that the interactions between common operators aggression was the most common form of social relations. This latter result is consistent with the hypothesis that the humor (with a smile and laughing) what is only be interpreted as aggressive behavior between trusting relationships. The potential contribution of the evolutionary approach to anger, and aggression studies is discussed.

Sweet sweet sweet Ramirez (2008) in the two decades research, a number of aggressive acts that moral different religious and cultural background. The home-made adapted the questionnaire the Westman Lagerspetz and students Finland, Poland, Spain, Japan, Iran and India. The number of respondents is also the reason of the different quality and aggressive acts intensity different social. In spite of the fact that the fact that a greater method excludes the possibility of a direct comparison, and the different countries will lead to interesting conclusions. The country: aggression more drastic form (e.g., "murder, torture) is less than the non-hazardous forms of acceptable behavior (such as cutlery, ironic); and aggressive acts that are socially justified (the own or other) is clearly more than acceptable reason for such people (communication). However, there are some striking differences between samples. Thus, the moral habits of different aggressive acts only to some extent in most cultures, although in some cultural differences.

Slabbert and Ukpere (2010) RUGBY and Gymnastic (soccer), the international sports and economic organizations their own right, as the television Nefertiti's growth and the World Cup. Sport the catharsis, or vice versa, the aggression, which is always the difference. In order to assess the spectators the RUGBY and Gymnastic, 404 facing the it was violent. Significant differences between the results of the RUGBY and Gymnastic, Gymnastic is a higher level, and the spectators aggression the players. It has been found that, in the concept of sport, catharsis is
not the reality" side, the audience gradually loses the game. The call is made the extensive educational role in each player the Gymnastic sport does not adversely affect.

Singh (2011) the time of the study are mainly of the volleyball players who have participated in the competition at the college. Now days, the game more and more and more and more and more on the volleyball sport sport of professional competition. And so, inter alia, the competitiveness, the woman and the volleyball players day in and day out the different colors. The main aim was that the comparative test competition before and after competition hunt - collegiate assessor volleyball player. The group 170 volleyball players (boys and girls = 85 = 85) were selected for different colleges affiliated to Guru Nanak Dev University, Amritsar Amsterdam desktop entries contain, Punjab, India through purposive sampling technique. Only age of 18 - 25 years of age. Data were collected the Hungarian sport competition anxiety test - (head office), the fifteen items, which, inter alia, 5, false, 8 positive and 2 negative. The t-test in the pre and post-trade chase. P<0.01 . The check revealed that there is no significant difference is in the 0.01 a pre-competition and competition hunt after the men's and women's volleyball players collegiate assessor between.

World-class gymnast of server agility deduction is not initial value. The initial value is calculated on the basis of heavy elements and the world-class gymnast of server agility class gymnast of server agility experimental composition requirements for the meet. The different composition of requirements. This is the so-called D score score. The deduction and art is 10.0 . This is what is called. Calculation of the final score the hit ratio, and the result is the D point. Not since 2007 has been changed by adding the scoring system increased reward for the implementation and the result is the two together.

Carry out a man also gymnasts a 12m, 12m) spring. The series is the reverse the flexibility, strength, and balance. The class gymnast of server agility should be taken into account, such as strong laps, balance sheet, also known as and press. The men in the floor routines with four threads in general, the entire 60-70 60-70 60-70 60-70 60-70 60-70 60-70 60-70 60-70 seconds, and without music, in contrast, the women are. Rules require that at least the man once gymnasts under the floor.
The ring 5.75 meters for the cable distance from Earth, and the class gymnast of server agility the room, and hang it on the height, and opens outward. He and the normal balance, strength, power, and the dynamic movement, prevents the rings. At least one static force is also required some gymnasts, but it may be two or three. If boarding or dismounting the routine and the complicated process.

Gymnasts sprint the runway, which is not more than 25 meters in length, before hurdling a spring. This is the case - (only the shoulder movement) in the vaulting. The class gymnast of server agility and then rotates to the constant. As the gymnastics, and somersaults like those special may be more than before. Successful vaults depends on the speed, the pitfall the class gymnast of server agility, and the foot and the shoulders, in our case the consciousness, and the engine speed to the more difficult and more complex.

The men in the two bar is a little far away, and, in general, the shoulder width 1.75 m high, and the series, the swings, the balance, and is released, high strength, and coordination.

Only the rhythmic gymnastics his faction feared competition in the fraction of women, despite the fact that a new version is also pioneered the men (see ). Japan Men's rhythmic gymnastics This is a sport ballet, gymnastics blends elements, dance and management of devices. The sport is all about the five separate routines with the five devices, ball, tape, rope, hoop, clubs, floor area, is much greater emphasis on the aesthetic more acrobatic. Gymnasts in group 5 and 5. By dynamic processes must be assessed the possible 30 points; in the arts (Music) in the choreography and the average score and the difficulty.

International competitions the sixteen and the year of birth, the women and seniors, and again of the year of birth. Workouts gymnasts in Russia and Europe generally very young age the peak and the general, the adolescent (15-19) or early twenties. The largest event on the sport the Olympic Games World Championships European Championships World Cup Grand-Prix Series

Galina Shugurova The Soviet Union the balance of payment position: the ball

The rubber flexible plastic) or a synthetic material (provided that it has the flexible rubber. The 18 to 20 cm Diameter, 400 g. The ball may be any color, and the class gymnast of
server agility, and not to the wrist. The essential elements, sharp, the regular and the vehicles. The class gymnast of server agility must use both hands, continuously shows the total area. The ball then lines, gymnasts, heavy.

similar devices, jumps and turns off.

This silky or other similar material, color and color dress and already. In the ribbon at least 35g (1oz) 4 - 6 cm (1.6") width, -2.4 and the driver, the length of at least 6 m (20") 5m (16.25") tomb) .a piece of tape. The stick length doubled the 1m (3'") .The stitched each side. The upper, ultra thin reinforcing rib stitching or the machine the maximum length is 5 cm is. This disc, or the eye, a small hole in the, or metal), the mounting tape. The tape is the staff a flexible plastic cable supplied, threaded, or articulated. A maximum of 7 cm (2.8"), not counting the strap or metal ring stick where it will be. Mandatory elements the waves, circles, spirals grow, and then. The high-level coordination in the spirals in them short wooden pegs that had them, and the little wooden pegs short little wooden pegs that had the lumps and circles the ribbon. The conventional tape, large, smooth, and continuous.

More than a piece of the club's most popular clubs. The club was built along the inner rod, which the basis for the Highly Oriented Polyolefin plastic sheet, the atmosphere and the internal rod. The flexible, padded, it will be easier for you to do so. Foam more buttons and the club. The club more than a piece of thin European style or more American-style and different length, in general, the 19 and 21 inch (480 - 530 mm) .the organizations usually wrapped handle and the decorative and tapes plastic. These capabilities and the organization are part of the clubs, and on the other hand, to the other clubs and to the other. The simplest, each club is once a year, the hand and arm. If, however, are often double and triple spins, which allows the club to a larger, more complex samples and the tricks must be carried out 360.

Aesthetic Group gymnastics team at least six and a maximum of 10 (12) who 2.15 -2.45 minutes gymnasts the program. The older, or the 5 megapixel is still permitted. Gym, the international group aesthetic categories, two older gymnasts: Junior category, for 14 years - 16 years, and the Senior categories, gymnasts be not less than 16 years of age. Competition in the leotard and attractive appearance, taking into account that the soul. The competition, the gymnastics mat, 13 m x 13 m. The area.
Acrobatic gymnastics (formerly the sport the corks with your acrobatics!REWARK! ), Often, the "acro" the sport sport acro, acrobatic gymnastics, sports, or simply the topic in the both men and women. The invoice for the two, three and four on the routines above their heads, hands and feet. The relevant legislation (e.g. , the lyrics), select the music.

The four age international: 11-16, 12-18, 13-19, and the Senior (15+ ), which the football tournaments and many of the world's other event, inter alia, the European football tournaments, football game. Each level is a balance and dynamic process, 12-18, 13-19, and seniors, the final (combined) routine.

Acrobatic gymnastics is currently the 30,00 ha, (the higher-level driver shape is difficult to):

10.00 The usual difficult assess the difficulties, the tables)

10.00 THE professional performance, with the capabilities (complete)

10.00 THE performance, i.e. continuous choreography)

In general, the competitor had climbed to 6m (6.1 m) = 20 ft in the US, or the 8m = 25 ft (7.6 m) in the US, the 38mm (1.5") diameter natural fiber rope, the earth, and only the hands and arms. The "step" was generally accepted. To do this, several gymnasts to straddle or flounder, which eliminates the "help with the legs.

Russia One of the most successful sport a higher ranked countries and continuous development Olympic Games. Russia Russian SFSR was the best (and most Soviet Union (SOVIET UNION) (a) and the Union of Soviet Soviet erateam won the medals in spite of appearances; 14 to 18 Olympic games, the Soviet Union was the era of dominant.

Whereas, in the 1952 Helsinki Olympic Games and the continuous today, of the Union of Soviet and Russian athlete later went to the third place in the world (not reached the last Olympics second), and in the summer Olympics gold medals. Paralympic Winter Games Since then, the five Russian rankings continuously increased the 1994. Paralympic Summer Games
Playing sports, inter alia, that the Russian basketball, , and . ice hockey bandy football Other widely played sport in Russia, including rugby league: , , and . team handball weightlifting gymnastics figure skating biathlon boxing wrestling martial arts volleyball rugby union skiing

It was originally the head of delegation took part in the Olympics Republic of China (ROC) to the written in 1932, to the Chinese, that Olympic Games the name is a circa 1948 People's Republic of China (PRC) in 1952 under first time, the , the , the , the Summer Games in Helsinki Finland, despite the fact that only the fact that a part of[1] . Now International Olympic Committee , in the PRC, and the Republic of China recently installed the Taiwan Chinese Civil War competition, although in the latter it has withdrawn. Due to the dispute of Chinese political status in the PRC did not participate in the Olympics, while the United States. 1980 Winter Olympics Lake Placid Summer Olympic Games The first appearance in 1952 under the United States. 1984 Summer Olympics Los Angeles

Chinese Olympic Committee It is now known in 1979. The Chinese Civil War athletes competed, the Republic of China (ROC) in the Olympics. The ROC is still compete with the 1952 and 1976 (winter) representing the island sportsmen Taiwan watching football, but only (although the team are members of the ROC was 1960 Olympic games, Hong Kongers). dispute over use of the name China Boycotting the Chinese games completely. In 1979, the International Olympic Committee ROC has adopted a resolution on the team, to open the door, Chinese Taipei and this is what the Chinese Olympic movement.

Hong Kong It was not a distinct National Olympic Committee since 1950 since 1952, they competed with the game. And then, that the Chinese and the Hong Kong Special Administrative Region was established in 1997, this is the layout for the continued, the Hong Kong competitive regardless of the other nation under the name Hong Kong, China.

Romania The first time Olympic Games in 1900, a single participant. National Olympic Committee In Romania the Romanian Olympic and Sport committee was established in 1914. The first team the nation, which in 1924 are in competition with the game, and not only Summer Olympic Games Winter Olympic Games since the two editions. Namely, Eastern Bloc that
Romania was the only country 1984 Summer Olympics, which is involved in the other nations boycotted. Romania, that one of the most successful Olympic victory: 20 gold medals and 53 medals.

Romanian athlete won, for a total 302, gymnastics the producer sport. Romania has won the second highest number of medals (the Hungary) the nations not in the games.

Gymnastics is already more than 2000 years ago, but the competition sports, but only for a little more than 100 years ago. The 1800s, mass and individual exhibitions, various athletic and school, as well as ethnic organizations, like the Turnvereins, Sokols.

Although I also slowly, and the schools, and the organizer to the gym, Sokols Turnvereins. This led him into the United States and the School systems the 1830s immigrants, Charles Beck, Charles Follen and Francis Lieber.

Founded by the bureau of the European gymnastics Federation, the international gymnastics Federation (fig), founded 1881, opening the way to international competition. For the United States of America, the amateur athletic union, and the largest amateur sports, while, in 1883. The tournaments gym, various clubs and organizations.

This was the first large-scale meeting of 1896 gymnasts the Olympics, where Germany practically all through the parade. The five country gymnasts to the events that the horizontal bar, parallel bars, pommel, rings and vault.

The first international competition, the Olympics, 1903 Antwerp, Belgium, where gymnasts in Belgium, France, Luxembourg and the Netherlands also competed in tournaments. In St. Louis in 1904, and the man complex program in competition with the Olympic team. The United States for the three men team medals.

A ninth world championships 1930 Luxembourg, the competition in the pole vault, and broad, shot, rope climb and a 100 meter sprint. And is not completely disappear from the gym, football tournaments competition 1954.
The 1924 games in Paris, and the modern Olympic Games gymnastics hard competition in the fraction. The athletes and sportsmen and sportswomen (Man) began to add it to the individual Olympic address all the equipment, and the combined individual and group exercises. In 1928 the debut game was the first women's team has won the Dutch joint. The United States of America first product the 1936 Olympic Games women's Berlin, Germany.

The United States is the gym, gym, association, and now it is known in the US National governing body has become a sport in the United States of America in 1970.

Japan Japanese Olympic Committee 2012 Summer Olympics London They competed, represented by 2012. 27. 12. In spite of the fact that the third Olympic Games in London, the Japanese "introducing the host city. The nation celebrated the birthday Centennial Island is also known as also known as the Olympics since 1912, each game only in two versions; it was not the 1948 Summer Olympics London of instigation received an invitation World War II, and he is one of US-led boycott of the 1980 Summer Olympics. Moscow Japanese athlete and a total 295 games, 138 men and 157 women, 24.

The 38 Japanese London (7 gold, 14 silver, 17 bronze), finishing eleventh later flights are sixth gold medal and the medal rankings. This is also the nation was one of the most successful Olympic medals, the most no-boycotting games, and a medal 2004 Summer Olympics in Athens. Eleven of these medals were awarded to float the sportsmen and sportswomen, seven for the final, six wrestling, gymnastics. Five Japanese athletes have won more than one Olympic medal in London. Unless otherwise stated, the game of football, softball, the Japanese team-based athletes are not going to London, women's football, women's volleyball team won Silver and Bronze medals. The first time two 1968 Olympic medals, Japan won the men's boxing.

Freestyle wrestler was the nation's Kaori Icho Saori Yoshida Olympic medalists and successfully defended address with its own events. Kōhei Uchimura Two times he won the Olympic silver Smith and coveted gold medal class gymnast of server agility, more and more and more and more individual all-around the fourth Japanese man 28 years. Ryōta Murata Boxer, was the first Japanese Olympic gold medal 1960 was won by the men, and the Middleweight
Champion. The float Kosuke Kitajimawice champion, who obtained from breaststroke events offer third consecutive game, missed the finals the standings.

Rhythmic gymnastics his faction feared the fraction of I. G. Noverre (1722 - 1810), Francois Delsarte (1811-1871), and so R is no good for you (1881), who suggested that if the "exercise movement, and dance. Peter Henry Ling This was the 19th-century Swedish system free practice, which the "aesthetic gymnastics his faction feared the fraction is the fraction", where the students have expressed the physical movement, and emotion. It was a thought that was the Catharine Beecher, who founded the , Western Female Institute the United States of America, Ohio1837. The Beecher-gymnastics, dance, exercise without so-called grace period the young women of music, easy-to-use - all calisthenics . The late 1880s advanced Émile Jaques-Dalcroze Switzerland eurhythmics, the physical training at the musicians and dancers. George Demeny The created France exercises to music is designed in such a way that the period of grace is the motion to facilitate the flexible, muscular, good posture. This was the Swedish school about 1900 rhythmic gymnastics his faction feared the fraction a fraction later dance Finland. About this time, the great Ernst Idla Estonia movement. Henrich Medau was founded in 1929, the berlin Medau school gymnasts train of the "modern gymnastics his faction feared the fraction is the fraction", and the use of a device.

Rhythmic gymnastics his faction feared competition began the fraction of fraction the 1940s Soviet Union. In 1961 the officially recognized the first modern gymnastics his faction feared the fraction, the fraction and the rhythmic gymnastics his faction feared what the fraction fun, playful, and finally, the fraction of rhythmic gymnastics his faction feared the fraction is the fraction. The first world championships individual rhythmic gymnasts was held in 1963. BudapestIn 1967 the group was introduced. Copenhagen DenmarkThe rhythmic gymnastics his faction feared the fraction is the fraction 1984 Summer Olympics , that the Los Angeles entire competition. In spite of the fact that this is a a number of countries, where the Eastern European Bonn), was forced to boycott the USSR. Canada was the first Lori Fung rhythmic class gymnast of server agility can earn Olympic gold medal. The group was not 1996 Summer Olympics competition of Atlanta.
Examination of the relations of motivational orientations and the requirements of environmental protection and the intensity of competition the university sportsmen public different team sports. Although some studies have shown that the learning and the air conditioning unit type shall be responsible for the emotional and the ego orientation less adaptive and the performance are linked to the environment adaptive emotions, in other studies has not checked the results. The present study, the structural equation modeling the links. The results have shown that the expectations and the performance is also associated, whereas the "i" ego masterpiece was the task of climate. In addition, in the direction of relationship between significant and found the task of competition, but this is the "i" and the "me" is the "me" of the ego, the direction of rotation of cognitive and somatic anxiety self-confidence. They found a significant, direct connection to the gamers and the competitive conditions, which means that the conditions may be directly or indirectly to encourage the other aim is affective responses. The present proposals to study the variables, and explain the difference between intensity and the direction of certain contacts may be the encouraging competition and the achievement of the objectives set, and climates.

Studied the difference between players men and women's handball teams intervarsity. 73 (36 men and 6 women's team 37) tested. The subjects were members of the 1, 2, and 3 were in position. Marten Mickos describes the sport competition anxiety test (head office), for adults is also the subject matter chosen, or during the test. Using the T test differences between the groups. ANOVA, but now, now, that was working at the different position holder, the men's and women's teams. The difference is that the men's and women's competitive was tense a statistically significant level05 both of which are to be, at all levels.

Studied the sport performance and on the negative and positive effects. This was the purpose of the examination in that the man and the women's national weight tea-planter at Manipur, had tea, tea, and seed as lifters will cause greater seed shed greater greater. Forty (40) weight (male, female = = 20 20) took part in the national tournaments. Between the themes of early diagnostic light detection diagnostics light comes on 17-25 years later. The competition sport anxiety, anxiety (central office) developed by Martens (1977) the theme. T test analyze the data. The investigation revealed no significant difference between men's and women's national
seed as lifters will cause greater seed shed greater weight tea-planter at Manipur, had tea tea, sport competition.

The relationship between anxiety and uneasiness golf competition in the characteristic. Test low medium and high CTA collegiate assessor I play (10 cells) in the round one day and the days practice 2 Championship competition. This was the common tense relationship with the state and of the predicator indicated that, in the pre-competitive state. The power and the main effects oxedine CTA (1970) requiring fine muscle coordination, libel and the accuracy (I. G. golf) to the best low-level.

The relationship between anxiety and the typical basketball free throw shooting aptitude test (F T) SHS men basketball players (N = 56) . The anxiety (r = ,26, P < .05) and (R = -.23, P < .10) significantly correlates with ft. general anxiety was significant (r = anxiety correlates with .54, P < .01) and (R = .61, P < .01) typical anxiety is not significant.

The differences with a tense between the sport junior and Senior women's bicycle and class gymnast of server agility. 10 11 Women women's bicycles, and gymnasts, who had participated in the national coaching camps for Asian games NIS feast forward in Patiala X months of May and June 1986, the theme of study. An analysis of the data, it was discovered that there are a number of differences between cyclists and it was a tense competition sport junior and Senior gymnasts. But there was no significant difference in the women's bicycle to a meeting of National competition for training and the sport gymnasts to camp.

Study was a multi-dimensional nature of comparison between the university and national-level hockey player with a tense state of Uttar Pradesh. This study 40 subjects (20 men and 20 national-level university player) subjects, the study. The early-detection diagnostics and light detection diagnostics light comes on 17-25 years comes on. If the anxiety the university, and the national level developed by players multi-dimensional characteristic anxiety Martens (1977) gave the objects. "T" test was the data analysis. Results have shown that there was no significant difference in the intervarsity and national level hockey player 0.05 multi-dimensional state of Uttar Pradesh.
Bhagirathi (2008) in the course of the present investigation, with a view to find out what the relationship between anxiety and motivation the objectives to be achieved, inter alia, to the girl's hockey player. The study with their warlike ten girl hockey goalkeepers warlike warlike Madhya pradesh that, in their different schools. He moved between the addresses 14-19 are enabled). Sport the test results and the motivation and the typical SpeilbergerKamlesh chosen. The aim is to make the connection to the hockey player's mob motivation and Pearson product moment correlation method is currently the product is. Conclusions of the examination, the typical relationship between goalkeeping performance significant anxiety and worry (0.904 ) (0.844 ) and typical, in order to ensure that the association was not a significant motivation.

Shere Khan et al. (2011) studied the worry for the higher education institutions and the Badminton players' motivation. The complete sample operators twenty years ago, the light and the light in the diagnostic light detection diagnostics light comes on 17-25 years of age. During the examination of Sport competition anxiety of motivation (central office) and the sport the entered data mean, standard deviation, the cure, and the level is the 0.5 analysis of the data. It turned out that the significant negative relationship with the motivation and the results.

Gencer and Ilhan (2012) and the badminton athletes and the connection of these planned research. Research has been carried out in the Turkish club club Badminton Championship, where 12 87 2009 participating athletes. The 56 participating sportsmen and sportswomen badminton club Badminton Championship 2009 18.78±3.46 Turkish average age the research sample. EGO orientation task, and the sport questionnaire (TEOSQ) and the questionnaire motivational environment (PMCSQ) also collected the data. Data must be analyzed for techniques such as descriptive statistics, and bivariate correlation. The results have shown that badminton athletes ego orientation score score 3.67 4.04 degrees degrees Celsius, the control of tasks, learning, high-performance air conditioning only 4.05 million supporter supporter was 3.08 %, and positive and significant relationship to the task and ego orientation (R=0.455 , p<0.01 ), ego orientation and performance (R=0.320 , p<0.05 ), ego orientation and masterpiece (R=0.365 , p<0.01 ), and the automatic air conditioning system acquisition (R=0.482 mm. mm mm mm, P<0.01 ) .there is no significant correspond to the task and corresponds to the performance orientation (R=corresponds to 0.143 mm. mm meet. , P>0.05 ) .This means that I
have seen the badminton athletes, motivating environment task-oriented data collection, and links between her motivation and direction out of it.

Nirmaljit Kaur et al. (2011), examine the motivation, and the social and emotional basketball players international and national games, themes, such as Cornelius and hockey fanatic is also very easy, very, it's easy for the investigation and the gender differences and the interaction and performance. The descriptive data, in order to get to know the direction of travel, and the t-test between significant differences, inter alia, the sport.

Ryska (2001) THE sport psychology research has shown the sportsmen and sportswomen are moving between the different ethnic groups (horn, 1985, 1986a) and Whitehead, 1986) the intra-group differences for the motivating purpose overpowered acculturation. The young people of the multiple regression analysis Mexican-American men (n = 83) (n = 80) and of the female athletes. The males' size (3), overpowered acculturation (f = .265, P’ .001) and ethnic social relations (f3 = .188, P’ .001) The task is much the 32% participation whereas increased ego, ego, inter alia, female athletes significantly predicted the language (F (3), = .336, .01P’) and the ethnic social relations (3), F = -.259, P’ .05) 29 % the difference. The 80-GOI offer statistical and theoretical explanation of gender differences are observed. Preliminary results indicate that, what effects overpowered acculturation differentially Mexican-American men's and women's athletes, the sport of competitive professional requirements.

Dureha and Singh et al. (2010), examine the national and international hockey player is selected in the psychological variables sixty hockey players are classified into two groups the Indian national (n = 30) and International (n = 30). The themes for the age sensor diagnostics diagnostics is also light sensor diagnostics light detection diagnostics light comes on 17-25 years. The data collection, four items in the Alberta, incentive motivation of motivation, anxiety and the typical sport competition anxiety test. Hypothesis that international and domestic players must not differ in order to ensure that the result is the motivation of motivation and is rejected, the anxiety, the anxiety and the sport.

Left-hand et al. (2010) studied the major differences between the individual players of motivation and the variable and team sports. The three hundred and fifty (N = 350) man the players individual and group sports 20 p.m. purposively made 25 years ago this study. Further
divided into two groups: the (game) and the B (the play). It is hypothesized, but it may be that there is no significant difference in the motivation and the individual and the group game between players. There are considerable differences in the group were examined the students t-dependent. A p < .05 considered to be material. There were significant differences between the players, inter alia, of the individual and the group motivation variable sport operators significant differences between the individual and the group sport the variable. The various parameters is demonstrated, that the nature and scope of rules of motivation, in order to achieve results.

Shere Khan et al. (2011) psychological variables based on the comparison I am convinced the health (health) women's university-level sportsmen and sportswomen. The athletes number 100 (50 points) athlete athlete, 50 the Indian university athletics world championship review of multi-dimensional health measures, research and variables. The questionnaires and the collection and distribution of athletes, the independent sample t-test was, inter alia, the difference is in the high and low female athletes psychological variables. Istatistiksel analysis, and the high and low performance difference shows the importance of female athletes (P' 0.05 ) I think that the health care. I said that there is no difference in the effective health care and I don't think the accident, that the health care and the high and low performers" female athlete.

Yes, a lot of et al. (2011) large external audit trail, and a ticket, and I do not think that the computers more and more and more mystical power less and less and medium-sized businesses. If a small business operators is not the responsibility of mystical power, will further deteriorate the current established a low survival rate. The work of it, the scale is to the Rasch model is a scale and a composite scale: at an altitude greater than the three range and the well-being, never mind about hostile paranormal entities, faith is the soul of mystical forces, and in the end. Two secret association correlation analysis. The data is collected 60 contractors selected at random from Entebbe, Uganda. Results, low education, and the religious and the large external relations sprang up, and, and, as soon as I think, that this mystical power Post-War .religious organization, and the negative, it is important to answer questions, entrepreneurial immerging Uganda.

Wolf (2011) the results of previous tests have shown that positive inner life, as the macro, sport, work, joy, and the socio-economic status. ELECTRONIC STABILITY PROGRAM (ESP)
in the University between scientific knowledge and the successful student freshmen" psychology Duluth, Minnesota (UMD) university rotter, and I think that first tested, and the task, the final chapter. This assumption that, time after time, the test will be different, and the test results of the test after feedback depending on the quality. The feedback quality (positive, negative, or neutral) positive and negative differential impact parameter. This does not change the post-test.

Female adolescents and young women's health and sport activities. The syndrome the colored women's athlete color triad on the relay is open. Color triad on relay consists of the three color on the female athlete is composed of three parts:

The energy-efficient (or not), meals), and osteoporosis (amenorrhea Nattiv began et al, 2007) .The clinical cases and the long-term health consequences of decreased the for example, the sporty performance and the quality of life and mortality (morbidity and mortality, Nattiv et al, 2007; Sanborn et al, 2000) .girl athlete and competitive with the newly discovered color color triad on relay consists of each age, the high school, records, the competitive and Elite athlete (building, Rauh, & Nichols, 2008b; Beals and Hill, 2006; Cobb et al, 2003; Hoch, 2007; Stavrakos & Schimke, Hoch et al, 2009; Korsten Reck, 2011.2002 , Nichols, Morgenthal et al, 2006; and NISSENBAUM & Carr, calculate the 2011 ;Torstveit & SUNDGOT BORGEN, 2005 b-the image of golfer putting a ball featuring golfer Zach Helm's Deep, Smith & Hoch, 2011) .In the menstrual cycle (the exchange rate fluctuations that the power supply, training intensity and frequency, size, structure and in the psychological and physiological stress syndrome, it is recommended that the causal factors (Morgenthal, 2002; Yeager et al, 1993).

Shere Khan et al. (2011) psychological variables compare, health beliefs (health) women's university-level sportsmen and sportswomen. The artists and the 100 (50 points) athlete athlete and 50 the Indian university athletics world championship track containing an overview of multi-dimensional health measures, the internal variables. After collecting the questionnaires and the sportsmen and sportswomen, independent sample t-test was used, inter alia, the difference between the high and low female athletes the psychological variables referred to above. Statistical analysis showed that the high and low performance difference between women's athletes shows significance (0.05 P) for the internal safety and security. I noticed that
there was no difference in the control and the efficient health trajectory between accidentally orbit the earth and the health of performers' high and low female athlete.

Tuileries garden is equipped with a heap et al. (2011) large external audit trail and the ticket and that I think of it, the possible interference that the mystical force in the growing small and medium-sized businesses. If the small business operators responsibility to dispense with the mystic force, it will further deteriorate the current low survival rate of start-up businesses. This study of the Rasch model is a multi-tiered classification system, the hidden, and the compound scale: altitude, and the three range-rich never mind about hostile paranormal entities beliefs are worth; and its readiness to mystical powers. Also the association correlation analysis two hidden. In 60 randomly selected sample collection Entebbe, Uganda. Results indicate that, "low education, religion the determining factor to high external relations, and prepare for, and I think, the mystic powers. The religious organization, will endeavor to ensure that these negative, it is important issues, may have an impact on the entrepreneurial immersing Uganda.

Wolf (2011) the previous tests have shown that the internal electronic stability program has a close connection with positive results in life, such as the sports, work, joy, and the socio-economic status. The scientific knowledge and the successful college students, Freshmen" psychology Duluth, Minnesota (UMD) university first tested the rotter locus, and then the task and then finally, you have completed the survey. The assumption was that "The test direction before the start of the examination may be the post-test scores the feedback was received from the post-test depending on the quality. The feedback quality (positive, negative, or neutral) is to be separated from each other by the positive and negative feedback from the to determine whether the differential lock. The results show that does not change direction for post-test.

Female adolescents and young women's strenuous sporting activities are often the health-related syndrome color triad on the female athlete. Three color triad on the female athlete related is composed of three parts:

Low power consumption (or not), meals, amenorrhea and osteoporosis (Nattiv et al, 2007) .The clinical circumstances, and for the long-term health consequences athletic
performance, as the decreased quality of life, morbidity and mortality (Nattiv et al, 2007; Sanborn et al, 2000). The female athletes were discovered and competitive color triad on to all ages, the high school, collegiate assessor, competitive and elite athletes (building, Rauh, & Nichols, 2008b; Beals & Hill, 2006; Cobb et al, 2003; Hoch, Stavrakos & Schimke, 2007; Hoch et al, 2009; Korsten Reck, 2011; Morgenthal, 2002; Nichols et al, 2006; Thein-Nissenbaum & Carr, 2011a; 2005b; Torstveit & Sundgot-Borgen, 2011). is not correct nutrition, menstrual cycle, the training intensity and frequency, the Size and composition, the psychological and physiological stress syndrome also recommended the causal factors (Morgenthal, 2002; Yeager et al, 1993).

Despite leanness, sport, in spite of the fact that the fact that the emphasis of the strenuous work in the higher risk predispose the girls in the skeletal muscle degeneration and the reproductive health problems (McManus & Armstrong, 2010). Adolescents and young women often intense experience chronic deficit athletic activity caused by the limited calorie intake (I am), and excessive tasks (such as the high intensity training), or a combination of both (Wheatley et al, 2012). This is a serious health consequences, such as the pituitary glands, pituitary, hypothalamic amenorrhea analogues and analogues, infertility, low bone mass loss and bone fractures or driver (Chan & Mantzoros, 2005; Rackoff & Honig, 2006; Wheatley et al, 2012). Evidence has shown that it is the most athletic female athlete color triad on the risk weight, Or aesthetic sports, the braver athletic structure, appearance and the low body weight is not the norm (Lebrun, 2006; & Loucks, 2005; Torstveit Nattiv & Sundgot-Borgen, 2005a, 2005c; Torstveit & Sundgot-Borgen). In addition, the individual sports, sportmen and sportswomen, it appears that the higher the risk is not involved in the team sports (Morgenthal, 2002). Therefore, of the opinion that more high risk than the other sport long-term, figure skating, gymnastics, rhythmic gymnastics his faction feared the fraction, the fraction of fraction the fraction is artistic, playful, diving, swimming, dancing (synchro building et al, 2010; barrow & Saha, 1988; & Manore Beals, 2002; Cobb et al, 2003; Herbrich et al, 2011; Hulley et al, 2007; Kerr and Berman & but Souza, 2006; Lebrun, 2006; Maria & Corwell, 2006; Waldrop, 2005; Weimann, 2002; Wheatley et al, 2012; Williams, 1984).

Research has shown that social, environmental and personal factors may contribute to the color triad on the female athlete. As a matter of fact, psychocognitive functions, personality
traits, such as perfectionism, obsessiveness), and the expectations, attitudes and behaviors, maladaptive to eat, stress, and the social relations and the coaches and the associated color triad on the female athlete (Bachner-Melman et al., 2006; KorstenReck, 2011; Nagel, 2003; Scoffier, & he was so Maoano Arripe-Loungeville, BY 2010; Wheatley et al, 2012). In addition, the was acting in bad faith at the weight, and the power, the coaches regularly from pressuring her. The female athletes or lose weight while eating only low body weight. The beliefs, habits, styles and Bartholomew (Martinsen et al, 2010; Muscat & long, 2008; Nagel 2003).

Aarthi (2008), directed a study on "Financial status of Indian, Chinese understudies traveling to another country, says study". patterns of job status and monetary freedom of folks diverse between Chinese, Indian respondents.

Money related assets of prospective understudies are one of the real main thrusts of outward portability from China and India however the U.s.-bound understudy populaces of the two biggest Asian nations seem to contrast fundamentally by financial foundation.

A study demonstrates that while 60 every penny of Chinese understudies had satisfactory money related assets to manage the cost of abroad instruction, the rate of Indian respondents was just 27.

"The higher financial status of Chinese candidates is likewise showed in their past abroad presentation: one out of four Chinese pplying to schools in the U.s had existed, concentrated on or worked abroad before their application. By complexity, one and only out of 10 Indian respondents had long ago invested time abroad. Examples of work status and money related autonomy of folks were additionally diverse in the middle of Chinese and Indian respondents," the study titled 'Not all International Students are the Same: comprehension sections, mapping conduct,' brought out by training entry World Education Services said.

Other than keeping up an applicable and intuitive online networking vicinity, higher instructive foundations need to discover the most fitting stages for contacting target understudy portions.

The overview found that just 22 every penny of Chinese social networking clients log into U.s.-based online networking stages (Facebook and Twitter) on a day by day or week after week premise, against 88 every penny of Indian understudies.
In the meantime, 80 every penny of Chinese social networking clients check their records on Chinese stages on a day by day or week by week premise, while just 24 every penny of Indian respondents do so.

Seabra et.al. (2012), led a study on "Sex, weight status and financial distinction in psychosocial connects of physical movement in schoolchildren". Objectives this study tried to evaluate contrasts in fascination in physical action, saw physical capability and parental socialization impacts crosswise over sex, body mass record and financial status in Portuguese youngsters.

Routines 683 kids, matured 8-10 years, from primary schools were members. Fascination in physical movement, saw physical skill, parental socialization impacts and financial status were evaluated through institutionalized surveys. The predominance of overweight and stoutness was computed utilizing body mass record, taking into account the worldwide cut-off focuses. MANOVA and ANOVA models were led.

Results young men reported more noteworthy delight in amusements and games support than did young ladies. Young men and ordinary weight youngsters saw themselves as being more effective and physically equipped than did young ladies and fat kids. Ordinary weight young ladies delighted in investment in fiery physical movement more than did overweight and stout young ladies. Large youngsters felt less acknowledged by their associates in amusements and games than did typical weight and overweight kids. High and medium financial status youngsters saw physical movement cooperation as of more noteworthy vitality than did low-financial status kids. High-financial status young ladies reported more prominent preferring of the exertional parts of physical action contrasted with low financial status young ladies. High financial status youngsters were more prone to see their guardians as positive good examples and saw that they had more prominent delight in physical action than did lower financial status kids.

Conclusions these results propose that physical movement advancement intercessions ought to concentrate on young ladies, large youngsters and lower financial status kids as these people have a tendency to have lower levels of appreciation for physical action, lower saw physical ability and less parent physical movement help, which puts them at more serious danger of being physically dormant
Gerry et.al. (2010), led a study on "The wellbeing and financial effects of major multi-sport occasions: precise audit (1978-2008)". Objective to evaluate the impacts of major multi-sport occasions on wellbeing and financial determinants of wellbeing in the number of inhabitants in the city facilitating the occasion.

Information sources We sought the accompanying sources without dialect limitations for papers distributed somewhere around 1978 and 2008: Applied Social Science Index and Abstracts (ASSIA), British Humanities Index (BHI), Cochrane database of orderly surveys, Econlit database, Embase, Education Resources Information Center (ERIC) database, Health Management Information Consortium (HMIC) database, International Bibliography of the Social Sciences (IBSS), Medline, Premedline, Psychnfo, Sociological Abstracts, Sportdiscus.

Connolly (2000). led a study on "Diabetes predominance and financial status: a populace based study indicating expanded pervasiveness of sort 2 diabetes mellitus in denied regions". Destination to build the connection between financial status and the age-sex particular pervasiveness of sort 1 and sort 2 diabetes mellitus. The theory was that commonness of sort 2 diabetes would be conversely identified with financial status yet there would be no relationship with the predominance of sort 1 diabetes and financial status.

Setting Middlesbrough and East Cleveland, United Kingdom, region populace 237157.

Patients 4313 persons with diabetes recognized from essential consideration and doctor's facility records.

Results The general age balanced commonness was 15.60 every 1000 populace. There was a noteworthy pattern between the commonness of sort 2 diabetes and quintile of hardship score in men and ladies (%2 for direct pattern, p<0.001). In men the predominance at all denied quintile was 13.4 every 1000 (95% certainty interims (95% CI) 11.44, 15.36) contrasted and 17.22 every 1000 (95% CI 15.51, 18.92) in the most denied. For ladies the pervasiveness was 10.84 every 1000 (95% CI 9.00, 12.69) contrasted and 15.48 every 1000 (95% CI 13.84, 17.11) in the most denied. The expanded pervasiveness of diabetes in the most denied ranges was represented by expanded predominance of sort 2 diabetes in the age band 40-69 years. There was no relationship between the pervasiveness of sort 1 diabetes and financial status.

Decision these data certify a rearward relationship between budgetary status and the normality of sort 2 diabetes in the focal point years of life. This finding prescribes that presentation to segments that are captured in the causation of diabetes is more essential in denied
zones. john et.al (2004) led a study on "The financial angle and constant ailment and related danger considers in Australia". objective to analyze the predominance of major incessant infections and their danger figures in diverse financial gatherings in the Australian populace, so as to highlight the requirement for open arrangement activities to lessen financial imbalances in wellbeing.

Systems information were given by the Australian Bureau of Statistics (ABS) from the 2001 National Health Survey (NHS) for chose interminable ailments and related danger variables. Conditions chose were those, which structure the National Health Priority Area (NHPA) conditions (other than damage, which has not been incorporated in this paper, with its concentrate on ceaseless sickness); in addition to other "genuine" endless conditions, in accordance with the characterization created by Mathers; and for which sufficient cases were accessible for examination by financial status. By implication age-institutionalized pervasiveness rates were ascertained by wide age bunch for Australia and for five gatherings of financial status; rate degrees were computed to show varieties in commonness between these gatherings.

Results noteworthy financial imbalances were apparent for huge numbers of the major interminable sicknesses; the biggest was for diabetes mellitus (at ages 25 to 64 years); and for some infections, there was likewise a solid, persistent financial slope.

Mulumply and Ogilvie (2008) Also conducted a related investigation, where four groups of female Gymnastic i.e. Gymnastic in team sports, in individual sports, team individual sports, subjectively judged sports and the non-Gymnastic, differed on various factors. The Gymnastic from individual sports were more extraverted than those from team individual groups. The seemed to be in disagreement with the findings of Peterson, also found that the team sports group as less extraverted than the non-Gymnastic. The sport participants were found to be more conscientious and tough minded, but less imaginative and less venturesome than the non-sports participants. Newman suggested that participation in high level Gymnastic competition provides and adds a dimension to one’s personality.

Gupta (2009) Studied the personality characteristics of hockey champions and non Gymnastic by administering the MMPI test. The result to this test revealed that hockey champions were highest on Ma scale while low on PF scale. Hockey champions were found to have greater ability to concentrate, self confidence, extraversion, tendency to worry less and less intelligence as compared with the group of non Gymnastic.
Kane (2000) discovered complex relationship between the second request identity variable "extraversuion" and execution of "track competitors" (sprinters) and they were discovered to be every now and again more extraverted than center separation runners. He asserted that as the separation expanded, there was a pattern towards inner-directedness.

Slevin (2000) used the STAI to investigate the effects of anxiety upon the performance novel gross motor task. The results showed that overall high trait anxiety subject had significantly higher state anxiety slashes and suggestively lesser performance slashes than low trait subject.

Malumphy (2008) sport participants were found to be more conscientious and tough minded, but less imaginative and less venturesome than the non-sports participants. Newman (2008) suggested that participation in high level Gymnastic competition provides and adds a dimension to one’s personality. He found that sportspersons had found to be more conscientious and hard prepared, but low imaginative and less venturesome than the non-sports participants.

He found that Gymnastic were more sociable, more aggressive in their approach to problems, more self confident, more critical of themselves and more extraverted than non-Gymnastic. Ogilvy (2008) also found that traits like emotrional stability, tough madness, consciousness, self control, low engergetic tension level, self assuredness and outgoing ness consistently were associated with Gymnastic achievement.

Allen (2013) an improved rearranged propensity inversion strategy was utilized with a 14-year-old kid who displayed with a long history of problematic, furious upheavals amid tennis matches. Starting treatment included streamlined propensity inversion methodology conveyed in a numerous benchmark plan crosswise over settings. Unobtrusive results prompted extra supporting possibilities, including reaction cost. Results indicated disposal of troublesome upheavals amid both no competition and competition matches and higlht the vitality of adding extra supporting possibilities to disentangled propensity inversion for some poise issues.

Lebrun (2003) the impact of the period of the menstrual cycle and the conception prevention pill on sports execution. Agents are not in concurrence on the impacts of either the period of the menstrual cycle, or the organization of Ocas on sports execution. It shows up, on the other hand, that separated from unobtrusive changes in a few variables, for most ladies there is no critical impact. Awards have been won and world records set in any period of the menstrual cycle, furthermore by ladies taking Ocas. As far as documentation of cycle stage, more current
hormonal estimation procedures, for example, the levels of urinary luteinizing hormone (LH) to identify ovulation or salivary progesterone ought to make it less demanding later on to deter the methodological challenges experienced in prior studies. Further studies ought to likewise concentrate on the bike estradiol surge also, with a specific end goal to focus the relative commitments of estrogen and progesterone to any watched execution changes. Given the likelihood that some cardiovascular, respiratory, and metabolic variables may change somewhat amid the course of a normal adulatory menstrual cycle, it profits scientists who are utilizing ladies as subjects as a part of different sorts of studies to institutionalize the menstrual cycle stage in which they are tried, with a specific end goal to kill any conceivable bewildering impacts because of hormonal variety. With respect to impacts of oral contraceptives on execution, any conclusions from the studies to date are convoluted by the expansion of arrangements as of now available. Further studies are required on monophonic, biphasic and triphasic plans, incorporating Ocas with the more current progestin (desogestrel, gestodene and nor gauge), and the progesterone-just operators (both oral and injectable). Prospective twofold visually impaired randomized studies must be carried out, utilizing a fitting control bunch. The trouble with this procedure, in any case, is that ladies in the control gathering will inescapably be in different periods of the cycle, so exact hormonal documentation is additionally fundamental so as to accurately decipher the discoveries. Pretty much as the recent decades have seen a huge headway in the support of ladies in games, future years ought to bring an upgraded experimental learning base about the communications of the unique hormonal contemplations of the practicing lady all through her regenerative life cycle.

Orthop (2001) this 3-part article is a comprehensive review of the literature on Gymnastically induced (fatigue) stress fractures. As typical signs and symptoms of stress fracture may differ slightly depending on the bone involved, physicians examining a fracture need to be aware of these subtle differences. Stress fractures are the result of excessive loading of bone. (Excessive loading is caused by muscle pull, fatigue loading, or both and may be exacerbated by anatomic risk factors, age, and sex. Loading leads to a metabolic response by osteoclasts and osteoblasts. This response, which normally helps bone heal, instead causes the stress fracture.) Stress fractures resolve with 6 to 8 weeks of rest and rehabilitation.

Manfredini et. al. (2008) fast air traverse a few time zones opens the explorer to a shift in his/her inward natural clock. The result is a transient resynchronization of the circadian
musicality, called plane slack, enduring until the cadence is reworded to the new ecological conditions. The most regularly experienced indications are slumber issue, troubles with concentrating, touchiness, dejection, exhaustion, confusion, loss of craving, and gastrointestinal unsettling influence. Separated from the decrements in mental and physical execution straightforwardly resulting on such side effects, aggressive competitors are additionally presented to the extra negative results of a movement from the ideal circadian window of execution.

A.b. Loucks et. al. (2013) Studied on adjustments in the hypothalamic-pituitary-ovarian and the hypothalamic-pituitary-adrenal tomahawks in sports ladies. The utilitarian uprightness of the hypothalamic pituitary-ovarian and hypothalamic-pituitary-adrenal tomahawks was evaluated by deciding palatial LH, ACTH, and cortical discharge amid the early follicular stage in physical ladies with general menstrual cycles (CA; n = 9), sports ladies with amenorrhea (AA; n = 9), and routinely cyclic inactive ladies (CS; n = 8). The CA and AA ladies were not fundamentally distinctive in body piece, activity preparing, psychometric tests, or dietary utilization. The CA ladies had shorter lacteal stages (P < 0.05) and lower urinary discharge of pregnanediol glucuronide than the CS ladies. In the AA ladies, urinary offend glucuronide, pregnanediol glucuronide, and LH discharge were low all through a 30-day period.

Jay et. al. (2001) The study had 3 destinations: (1) to evaluate the instructive history of doctoral-taught affirmed sports coaches (Atcs) who work at scholastic establishments, (2) to focus the current job qualities of doctoral-instructed Atcs who work at scholarly organizations, and (3) to distinguish which abilities doctoral-instructed Atcs feel are essential for new doctoral graduates to have upon graduation. Numerous sources were utilized to distinguish doctoral-instructed Atcs who work at scholarly foundations. These people were reviewed to survey their instructive histories, current occupation qualities, and sentiments on wanted capabilities for new doctoral graduates. Information were dissected utilizing unmistakable and inferential measurements. Overviews were sent to 130 people, and the reaction rate was 89.2% (n = 116).

Sharma et. al. (2009) Performance upgrading polymorphisms (Peps) are illustrations of regular hereditary variety that influence the conclusion of sports difficulties. Tip top competitors, and what divides them from the normal contender, have been the subjects of discourse and verbal confrontation for a considerable length of time. While preparing, eating methodology, and mental wellness are all unmistakably vital givers to attaining sports achievement, the way that
people arriving at the apex of their picked games regularly impart both physical and physiological characteristics proposes a part for hereditary qualities. That different parts of a family frequently take part in very aggressive occasions, for example, the Olympics, further backings this contention.

Elizabeth and Claudia (2008) our target is to give a standard that can help affirmed physical mentors in selecting and actualizing strategies to help players adapt to the anxiety connected with harm. The mental effect of damage and the anxiety connected with recovery are well known in the physical preparing room. Particular anxiety administration systems ought to be dictated by the identity of the player, the particular stressors connected with the harm and recovery process, and the training and ability of the guaranteed sports mentor. In this way, it is critical that confirmed sports mentors be capable in anxiety hypothesis with respect to the mental parts of harm, and additionally the methods to address them. It depicts the part of the affirmed sports coach in tending to the 4 parts of value-based hypothesis: 1) expanded mindfulness, 2) data handling and evaluation, 3) adjusted conduct, and 4) serene determination with harmed players.

Sundaram and Shrinivasam (2000) The present study included two meta-examinations of distributed studies that utilized the Profile of Mood States (POMS) to examine connections in the middle of temperament and sports accomplishment (n = 13) and in the middle of mind-set and execution result (n = 16). Results demonstrated that impact sizes (Ess) for the level of accomplishment met investigation were insignificant (Weighted Mean ES = .10, SD = .07), a discovering steady with a past meta-examination by Rowley, Landers, Larger impacts were found for the execution result meta-investigation (Weighted Mean Es= .31, SD = .12). Impacts were moderate for energy, perplexity, and wretchedness, little for displeasure and pressure, and little for exhaustion.

Zuzana et. al. (2009) Gymnastic contending in games that oblige running, alters in course, monotonous kicking and physical contact are at a moderately higher danger of encountering scenes of sports crotch torment. To date, there has been no methodical survey that expects to illuminate clinicians about the best accessible confirmation on peculiarities of activity intercessions for crotch torment in players. The essential point of this deliberate audit was to assess the accessible confirmation on the adequacy of activity treatment for crotch torment in competitors.
Timothy (2002) this article gives a meta-examination of the relationship between the 5-variable model of identity and 3 focal speculations of execution inspiration (objective setting, hope, and sufficiency toward oneself inspiration). The quantitative survey incorporates 150 relationships from 65 studies. Characteristics were composed as per the 5-variable model of identity. Results showed that Neuroticism (normal validity=-.31) and Conscientiousness (normal validity=.24) were the strongest and most predictable associates of execution inspiration over the 3 hypothetical viewpoints. Results further demonstrated that the legitimacy of 3 of the Big Five characteristics -Neuroticism, Extraversion, and Conscientiousness- summed up crosswise over studies. As a set, the Big 5 qualities had a normal different relationship of .49 with the motivational criteria, recommending that the Big 5 attributes are an essential wellspring of execution inspiration.

Examination analyzing oxygen consuming wellness levels in African Americans has prompted clashing results. For instance, while one study discovered no distinctions in the sexual orientation particular oxygen consuming wellness levels of African-American men and ladies an alternate study found that African-American ladies had essentially lower levels of vigorous wellness contrasted and white and Mexican-American ladies. No such distinction existed for African-American men. Be that as it may, an alternate study found that high-impact wellness levels were lower in both African-American men and ladies contrasted and white men. The present study underscores on the physical wellness of the physical and urban school understudies. There is requirement for the understudies to quantify and investigate their physical wellness for their own profit and change. For better profit the understudies ought to be solid and have great physical wellness. The present study is brought with the destination to dissect the physical wellness of the IAU, shabestar limb understudies. With these two factors we can describe and we can also evaluate health related physical fitness but in this study second factor is obesity level in collegiate students among physical and urban collegiate students, therefore. What is obesity? Weight is characterized as irregular or exorbitant fat amassing that may disable wellbeing. Body mass record (BMI) is a straightforward list of weight-for-stature that is usually used to group overweight and corpulence in grown-ups. It is characterized as an individual's weight in kilograms isolated by the square of his stature in meters (kg/m2). With this worry The WHO definition is: A BMI more prominent than or equivalent to 25 is overweight or A BMI more prominent than or equivalent to 30 is heftiness. BMI gives the most valuable populace level
measure of overweight and weight as it is the same for both genders and for all times of grown-ups. Notwithstanding, it ought to be viewed as a harsh aide in light of the fact that it may not compare to the same level of bloatedness in diverse people.

In the course of recent decades, there has been an increment in provenances of overweight and physical wellness disintegration in grown-up over all sexes, ages and racial/bunches (ichinohe et. al. 2004). The negative impacts of debased physical wellness in both the people and society are serous and multidimensional. It can result in numerous danger components to wellbeing including coronary heart sicknesses, certain types of tumor, diabetes, hypertension stroke, gallbladder ailments, respiratory issues, and gout and is connected with expanded for all situation ethical quality (catalado 1999). In grown-ups, relationship among physical action, wellbeing related wellness, and wellbeing are genuinely settled (boucherd, shepherd 1994). Low level of physical action and cardio respiratory wellness are both connected with higher danger of all reason and infections particular mortality (Thune et. al. 1998). Physical wellness is the capacity to perform every day exercises eagerly and effectively. Physical wellness incorporates segments of games as well as those of wellbeing also customary physical movement counteracts or points of confinement weight addition, and weight in BMI, (Kyle et. al. 2001). The national school wellbeing danger conduct review reported that 35% of American school understudies are overweight (Lowry et. al. 2000). This is as anyone might expect considering that more than two third of American grown-up populace are named overweight (Flegal et. al. 2002), making weight additions America's heading wellbeing issue (Mokdad et.al. 2001). The master advisory group of the world wellbeing association (1981) portrayed the physical wellness as "the capacity to embrace bulky work tastefully". Physical wellness is the ability to right on time out, sensibly well, different manifestations of physical exercises, without being unduly tired and incorporates qualities essential to the people wellbeing and wellbeing each individual has an alternate level of physical wellness which may change with time, spot of work, circumstance, and there is likewise a cooperation between the every day exercises, and the wellness of an individual, the point if where to put the level of ideal wellness. Structure the physiological perspective physical wellness may say to be capacity at the body to adjust and recuperate structure strenuous activity. Physical wellness perceived as an imperative part of wellbeing (Lamb et.al. 1988; Twisk et.al. 2002) and it might be essential for the execution of practical exercises and personal satisfaction (Noreau, Shepherd 1995, Stewart et.al. 1994). Low physical
wellness may bring about high physical strain amid the execution of exercises (Bruinings et al. 2007). As a result, action level may diminish because of exhaustion and uneasiness, compounding low physical wellness. Caspersen and collaborators characterized a few wellbeing related parts of physical wellness, i.e. vigorous limit, muscle quality and continuance adaptability and body synthesis (Caspersen et al. 1985).

Emotion is open to observation. It can be studied in the same way in which other phenomena in the universe can be studied. But among human beings there is also experience alongside with emotion. The child who has learnt to speak will not only with draw his hand when he is pricked with a pin; he also shouts that it is hurting him. The pinprick not only leads to withdrawal, which is an observable emotion, it also leads to an experience, which is expressed in the statement that is suffering pain. This experience is not open to observation by others; it is private, it is personal. Only the person experiencing can make an assertion about it. The ancient thinkers were generally concerned with the study and analysis of these experiences. These are the mental activities that we are conscious of. We not only experience them we are also aware of them. But every mental neuromuscular system is involved in all mental activity. A few decades ago the psychologist Watson tried to limit the scope of psychology to the near observation of human emotion so that other persons concern it only with phenomena open to observation. In other words, it was his intention that psychology should be completely objective. Since experience is private, subjective, he said, that it should not be included in the scope of psychology. Thus there was a swing from almost exclusive preoccupation with the analysis of experience to an almost exclusive preoccupation with the analysis of experience to a campaign for the abandonment of experience.

As we have seen, all mental activities involve the neuro-muscular system. The sense organs, the brain, the spiral cord, and the muscles are all very active whether the mental activity knows, feeling or doing. This is no way we can neither accept the old notice that psychology deals with the mind or the mental activities; nor can we accept the position of psychologists like Watson who assert that the scope of psychology should be limited only to emotion. Often emotion cannot be understood without knowledge of the experience, which influenced the action. Our desires and our thoughts influence our activities. While psychology in its quest for general principles must observe and measures external emotion, it must also get information from the grown up human beings by asking them to describe verbally their own experience.
In a broad way we may state that psychology deals with two aspects of the problems of emotion. There is on the one hand the interest in the general laws of human emotion and experience; the aim of psychology is to formulate general laws which hold good of all human beings irrespective of their sex, race etc. On the other hand it aims at the study of individual differences. While all human beings are capable of learning, it is a familiar fact that some learn faster and take less time and some take longer time to learn the same activity, poem or song. This is due to differences in memory, intelligence etc. There are also differences regarding personality, leadership, and so on. Some of these differences are tied with age. There are differences between the activities of children, adolescents, adults and old people. It is the aid of development psychology to study these differences between the various stages in the growth of human beings. Differential psychology studies the differences between individuals. When we study them we find that these differences themselves obey certain general laws. Thus, the aim of psychology is to study the individual differences as well as the general principles of emotion.

We have studied different aspects of man: man the perceiver, man the needful, and man the adaptive. But it has always been clear that this tripartite division is merely one of convenience – for analytic purposes – and that man, functioning in his social and physical world is an indivisible unity who perceives and desires and learns simultaneously. We now turn to the task of synthesis – to – the task of describing the whole man.

One of the first things to become apparent as we turn our attention to the whole man is that he manifests himself in infinite variety. There has never been a person exactly like you, and there never will be. And one of the major factors which distinguish you from your neighbour is the way your perceptual, motivational, and learning processes are organized into unique patterns of capacities: intelligence, abilities, talents, and aptitudes. It is this patterning and synthesis which helps makes you, you; which make you Jim McGraw, or Shirley Cohen, or Tony Morales instead of Mr. any man.

The study of the abilities of man has been intimately tied up with intelligence testing. Literally millions of people, representing different ages, economic groups, cultures, nationalities and races have been subjected to intelligence testing of one kind or another. There are individual tests (where one person at a time is tested) and group tests (where hundreds of people at a time are tested); speed tests (where the scores are determined by the rapidity with which correct answers can be given) and power tests (where the difficulty of the task successfully completed
determines the score); verbal tests (requiring verbal responses to questions) and performance tests (involving such nonverbal responses as stringing variously coloured beads in a specified order.

Form these tests we have accumulated much useful information. We can fairly quickly and reliably determine where a person stands in relation to any reference group of his fellows, and on the basis of this we can predict a number of things about his performance in various situations. But the question of what it is we are testing, the question of what is “intelligence”, remains unanswered.

Intelligence is a concept variously used and variously defined. Some people define it as the ability to adapt to new circumstances, others as the ability to learn, and still others as the capacity to deal with complex and abstract material.

Different psychologists have championed these (and other) definitions of intelligence, and much research has been addressed to these questions. However, none of this research has resulted in a clear definition of intelligence. For this reason many psychologists today have reached the point where they no longer ask “What is intelligence?” They have decided that they can do a useful job in measuring intelligence without defining it. In this respect they are doing what the early physicists did when they studied heat. Long before the physicists could agree on a sound definition of heat they has invented reliable thermometers to measure changes in temperature and with these instruments they were able to discover many important physical laws.

Standardization of intelligent tests. But all of the above statements are relative to the group on which the test was standardized. To say that the “average” ten-year old can pass certain items of an intelligences test implies, of course, that we have previously tested a representative sample of the entire population of then year old children. This procedure is called standardizing the test items. The problem of obtaining a sample truly representative of the entire population is beset with difficulties. If the unrepresentative of the entire population of children the intelligence test was standardized on a sample which did not adequately include children of the lower economic groups, merely use this test to measure the I.Q. for these children. This is but a reflection of the fact that the I.Q. is a relative score, not an absolute score.

Adult I.Q.’s We have seen that intelligence, as measured by our available tests, does not grow at the same rate after puberty as it does prior to that age this means, of course, that the
concept of I.Q. cannot have the same meaning for an adult as it does for a person younger than about 16. In order to use the I.Q. unit for adults, several simplifying assumptions have been made. In computing a Stanford–Binet I.Q. for anyone over the age of 15 the person is given a chronological age of 15 no matter how old he really is. This is done because it is assumed that the average adult has stopped growing in intelligence at that age.

Since the Stanford-Binet test has been standardized on children and very young adults (up to the age of 18) many psychologists do not consider it an adequate test for older adults. In response to these difficulties a number of tests have been developed especially for adults. Among the most commonly used of these is the Wechsler Adult Intelligence Scale which consists of two parts – a verbal part and a performance part, each consisting of five kinds of items. The verbal part includes information, comprehension, vocabulary, memory span for digits forwards and backwards, arithmetical rezoning, etc. The performance scale includes tasks involving object assembly (putting together cut out parts to complete a figure such as a human profile – very much like a jig – saw puzzle), picture completion, picture arrangement, etc. It is of interest to note that the correlation between the Stanford–Binet and the Wechsler Adult Intelligence Scale is about 85.

By way of summary, in selecting items to differentiate the more intelligent from the less intelligent children, intelligence test constructors usually follow several guiding principles in the first place, the content of the items must, on the fact of it, be “intellectual” in nature; secondly, items must discriminate between children of different ages, such that percentage of children passing the item must increase with increase in age. Other considerations also have been taken into account the items should be reasonably easy to administer and score, should sample a wide variety of tasks, and should reflect the experiences common to all children.

The use of such items when standardized on representative samples enables us then to convert the raw scores earned on intelligence tests into age scores and I.Q. scores. When this is done we find that intelligence shows a fairly constant developmental growth up to the age of approximately 14 years. This can be taken as a “known group” validation of the intelligence test. But this very fact makes for difficulties in using the I.Q. concept when measuring adult intelligence.

Bicycle but to preserve status with the gang, go to school, or show off. Physical training is an older but still used term to describe the training of the physical components of the body
without any necessary reference to the purposes which are significant in modern education. It should not be confused with physical education. They are not synonymous, as we shall see in the chapters which follow.

Nor should the term physical education be allowed to imply a separation from the mental and thus perpetuate the unfortunate but traditional notion that man exists as mind and body, and that education is concerned with only one, or at the most two, of these parts. The concept of man as a unified being makes confusion on this score unnecessary. The physical education is most importance part of the score in human life. The natural movement of active plays or influence of everyone who are working in the field of physical education.

It has been said frequently that people in the United States are among the most sports-loving in the word. Each year millions play and other millions watch. It is common for a person to be a spectator at a contest one day and a participant the next. He may watch a baseball game, play golf, take in a tennis match, or fish, all on the same week end. There is no great class of spectators and another of participants. Many millions are skilled at both and gain from both certain elemental satisfactions.

How wide is the participation? Such things are not easy to appraise accurately, but it is probably safe to say that if there are forty million children less than 12 years of age, forty million of them at one time or another play tag or two o’cat or hide-and-seek. They develop their own version of baseball on city streets and call it stick ball. Or they play marbles under the elms in the village square. Hundreds of thousands of them annually put on their first roller skates or master the technique of the bicycle. And some are fortunate enough to learn to ski or ice-skate. More than half of them develop a love for swimming in pools and lakes and rivers. Over the years, there has developed a very real conviction that childhood is a time for play and that our children must have a full measure of it if life is to be judged good. Time enough later on, we say, for the serious business of making a living or establishing a home. Play now while you are young and can enjoy it to the fullest!

In American there are roughly fourteen million men and women who fish for sport each year, and thousands more who do it for a living. These fishermen spend a billion dollars a year on their equipment. There are millions of licensed hunters and millions more who shoot for fun at targets. Golf attracts six million people every year, and howling is the favorite sport of perhaps even more. The six billion dollars or more invested in motorboats in the inland and slat waters of
the country, when added to the amount spent by those who canoe or sail, brings boating into focus as widespread game on American scene. Seventy million individuals or more pay to attend baseball contests each year. They come to see hundreds of thousands of players. Roughly sixty million people watch football each season; the players in action range from little fellows barely able to see from under their oversized helmets to great professionals stars who play the game for money. Dancing in one or more of its various forms attracts vast numbers. Whether in the round dance of the ballroom or the square dance of the ballroom or the square dance of the husking bee or carnival young and old find in dance the answer to their need for self-expression and for fun. The dancing classes of the country are filled with children learning not merely the steps but also the social skills that go with the particular forms of dance most frequently used in our society. Summer find hundreds of thousands bound for the beach, the mountain lakes, and the neighborhood swimming pools. Swimming, diving, surfboarding, scuba diving, water-skiing, and boating have their devotees; the water seems to challenge the skills of people of all ages. These activities offer emancipation from the restrictions on movement which our society imposes through the highly conventional life we are supposed to lead. People fret under such restrictions and, when the opportunity is at hand or can be created, revert to the natural state of willing participation in play.

The cooperation in cutting edge games is affected by different physical, physiological, sociological and mental elements. Amid preparing, other than great build and physical wellness of the player, primary attention is laid on the advancement of different sorts of engine abilities included in the diversion and also on showing the methods, strategies and strategies of the amusement. As of not long ago, the physical training educators have been giving careful consideration to the social and mental components which despite the fact that have been demonstrated to help execution in occasions in the higher aggressive games. It is only recently that sports administrators and Physical Education teachers 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. Thus, now the games coach and physical Education instructors have begun giving more significance to the mental molding or the building the mental make-up of the players before their challenges in the national and universal rivalries.

In advanced aggressive games, mental arrangement of a group is as critical as showing them the distinctive abilities of an amusement with exploratory routines. In nowadays, the
groups are arranged to play, as well as to win the amusements. What's more for winning the amusements, it is not just the capability in the aptitudes which matters additionally the soul and mentality of the players with which they play. The mental mentality of every individual player and in addition of the group can help or impede their execution. The majority of the Physical Education educators concur that the physical attributes, aptitudes and preparing of the players are greatly critical, yet they likewise feel that great mental or mental arrangement for rivalry is a fundamental segment for achievement.

The point of higher games in this period of rivalry is to win in worldwide meets or to accomplish crest execution in rivalry. What's more it is on this variable that the Physical Education educators attempt to focus. To achieve the target and fulfill the social desire, the players likewise buckle down, disregarding their solaces in their everyday lives and rehearse for a long time a day. Stress, both mental and social hinders the crest execution of players. Unless the players are arranged rationally and mentally for the challenge, they are not ready to attain the craved results. The mental preparing must be given to the players by the mentors to face distressing circumstance happening amid the opposition.

Sport has become a psycho-social activity, full of tension, anxiety, fear and stresses. In competitive sports, teams and individual players play to win and this spirit of winning the matches and individual events causes many psychological stresses. So the job of the coach is to prepare or train the individual Gymnastic as well as teams in such a way that the players individually as well as, in their capacity, as members of the team are to bear all types of stresses and overcome the effect of over-stresses and strains which may deteriorate the sports performance. The players need to undergo such an arduous, training that they should be able to have physical load during practice schedules and can have psychic stress during the period of competition, because it is during competition that Gymnastic as well as teams inevitably come under psychological stress.

In modern competitive sports, the role of anxiety in sports performance has attracted the attention of sports scientists. As the physical load during training of sportsmen for international competition is increasing day-by-day, the psychic stress during competition has been intensified. It has been realized that during their participation in competitive sports, the players and Gymnastic are also anxiety-prone. Hence in these days, psychological training of the players and Gymnastic has attracted a greater attention than in the past.
It is agreed by most of the sports scientists that besides developing the physical and physiological aspects of the players i.e. power, strength, endurance, agility and speed as well as providing the best type of the training, unit and unless the players and Gymnastic the mentally prepared for contest, they cannot win in any competition or attain their peak performance which is considered the optimum objective of the modern sports.

Thus, it has become necessary to conduct research to know which psychological factors enhance sports performance. There is a need to conduct research on the national and international sportsmen with respect to some psychological characteristic. It is also essential to know what type of emotional problems like anxiety, fear, aggressiveness or stresses occur when they have to face some strong opponent and how to overcome these problems to achieve the optimum level of achievement/performance. It may be possible if proper research on scientific lines is conducted on the top level sportsmen. In view of this, five psychological variables namely visual reaction time, auditory reaction time, extraversion, neuroticism and competitive anxiety were selected and the relationship of disjunctive reaction time, both visual and auditory with extraversion, neuroticism and competitive anxiety was examined in the present study.

The great majority of empirical research in sport personality has utilized assessment devices which embody the factor theory as their main premise. As expressed by Cattell (1973), the factor theory searches for consistencies in behaviour. It is assumed that internal dispositions or traits are relatively stable and so enduring that they override environmental or situational influences. This infers that questions cold be asked in any situation and the responses to generalized to a sport situation. Thank for example he broad category of anxiety. Is knowing that a person low on an omnibus inventory of anxiety enough to conclude that he will never exhibit anxiety; are there no situations in which his heart rate may increase a little. The situation position as exemplified in Mischel’s [1969] social learning theory, appears to go too far to the other extreme, entering into open debate with personalize. This paradigm can be regarded as the antithesis of the factor theory and maintains that behavioural variation is primarily a function of the situation in which a person is placed.

The imperativeness of physical wellness to wellbeing for all people has been overall archived. Physical wellness is an obliged component for all the exercises in our general public. Wellbeing related physical wellness of an individual is chiefly subject to way of life related components, for example, day by day physical action levels. It was accepted that the low
physical wellness level of an individual is connected with higher death rate. Physical wellness is additionally considered as the level of capacity to execute a physical errand under different surrounding conditions.

Physical wellness can be considered a coordinated measure of most, if not all, body capacities (skeletomuscular, cardiorespiratory, hematocirculatory, psychoneurological and endocrine–metabolic) included in the execution of day by day physical action and/or physical activity. Consistent physical action is a paramount part of a sound way of life and serves to keep the body fit. Physical action is any real development created by skeletal muscle that results in vitality consumption. Physical wellness is needed by competitors for better execution, as well as by non-players for upkeep of a sound body and solid personality.