CHAPTER 2

Review of Related Literature

Research plays vital role in the achievement of goal. Its role is unique too. Educational research the foundation of education. Study of previous research is important before conducting any new research project because it helps the researcher to prove the importance of his research.

According to Borg and Gol, “The related literature in any fields forms the foundation upon which all future works will be Built”.  

Study of related literature provides guideline to the researcher. It provides him requires self-confidence to the researcher. At the same time through the related literature the researcher strengthens the foundation of his through obtaining rich information pertaining to the subject. He develops them and it makes his research work speedy and fast.

There are many sources for the study of related literature, such as abstracts, research journal. Reports, related researches, dissertation, articles, encyclopedia, thesis ect;

All observation of research is not always directly related to study but these observations are helpful and useful to the researcher as they guide him by widening his view point for study. 1 (Walter R Borg and M.D. Gol – 1983)

In the present study the researcher has studied previous thesis’s and dissertations related to his subject.
Damor had presented the study on best award winner in Gujarat State Shri Babubhai Panocha – a case study, in Hemachandracharya, North Gujarat University - Patan, Physical Education, and Post Graduate Bhavan.

Shri Babubhai Panocha was serving in army in the sports quota. The researcher had collected information regarding the level he had reached in various sports activities. Along with it the researcher had gathered information regarding the regarding Shri Babubhai Panocha had taken to reach up to the international level.

The researcher had personally interview Babubhai to gather personal information through questionnaire. To get response to his questions he got the questionnaire filled by his classmates, family members, coaches, sports officers, etc;

It is known through this study that Shri Babubhai Panchola is an ideal person. He has acquired good skill of impressing others. Moreover he is devoted and honest and frank towards his work. He possesses all good characteristics of a good administrator. There is depth in his knowledge. He gives importance to good nutritive food and physical fitness.  

Mr. Patel has studied the case study of Kumari Naya na Rana who is a winner of Sardar Patel award and Jaydipsinh Baria award for sports.

The objective of this study was to study and evaluate the progress of this golden girl Nayana Rana for her contribution to Gujarat in badminton.
In this study the researcher has studied how Nayana Rana started playing game and how she attained the highest level. He personally visited her parents and physical instructor of her secondary school.

The researcher got the questionnaire filled by Nayana Rana’s coach, co-player, friends and the officers of S. A. G. of sports.

In the study it is known that Nayana Rana is religious girl. She believes in learning. She is an ideal person. She is a straight and simple girl. She does not make players affected by failure. She is eager to popularize badminton in Gujarat. It can be said that she is the best encourager of sports activities. 3 (Mitul Patel – 2008)

Patel has studied the case study of Kanaji Bhalia, for his special achievement in the field of sports in Gujarat in 2007 Kanaji Bhalia is studied as an individual, as a player, and encourager of sports. His social status is studied too in various aspects.

To know in the contexts of Kanji Bhalia, the researcher has studied his various personalities he got the information by filling up questionnaires by related people such as friends, neighbors, higher officers, colleagues, players trained under him, and his guides.

It was known through this study that Kanji Bhalia had multi dimensional personality. He was a successful player and he used to adjust with family and environment very easily. He is a hard working person as well as he is efficient. He has the quality of an efficient administrator. 4 (Rakesh Patel – 2007)
Vasavada had conducted a research of a case study of Shri Naza Ghanghar who is a winner of prestigious, ‘Jaidipsinh Baria Award of the Gujarat stated in 2006. He had used various methods like interview, questionnaire, etc. Through these methods he gathered information regarding Shri Naza Ghanghar’s multi personality such as an ideal person, efficient administrator and encourage sports.

It is known through this study that Shri Naza Ghanghar is a multi-faceted personality. He possesses ideal personality and has organizer. His knowledge regarding sports is become experts in sports. \(^1\) (Nirav Vasavda – 2006)

Kachadia has studied regarding athletics player Shri D. K. Malavia the winner of the Eklavya Award of Gujarat in 2007. He had prepared a case study in their regard.

The researcher has made use of certain personality measurement Tests (16 P. F), Desai published Measurement Inventories, Desai Adjustment Inventories, Job satisfaction Inventories and questioners encouraging sports activities.

D. K. Malavia is an idea personality. The researcher got information how he encouraged the player, what was his achievement in the field of sports and what he is as an individual. He could know regarding his job satisfaction.

Through this study it has come to be know that shri D.K Malavia is a
good natured, Co-operative and sensitive person He is a responsible Fellow with high intellect and retentive memory.. He works in a group. He admires team-sprit, and he is a good organizer too. He is always joyful and dedicated to his work .He is calculative, level headed, quite, and matured. He is very careful and a practical person. He is full of self – confidence. His adjustment with family is quite good .He is fully
satisfied with his job. His achievement in sports is higher than that in education. His contribution in expanding sports is quite noteworthy.\textsuperscript{6} (Rekha Kachadiya – 2005)

Patel in 2005 had prepared a case study of Shri Rakesh Patel who attained remarkable achievement in sports in Hemachandracharya North Gujarat University for this study he has used various test methods like questionnaire, individual inventory, measurement inventory, Desai published worry, Desai Adjustment Inventory, Desai verbal and non-verbal I.Q. Test Inventory, Social limit Measurement Inventory, interview etc. Through all these the researcher has collected information regarding various aspects of Shri Rakesh Patel’s personality, intellectual ability and influence of his education on sports.

From the study it is known that Shri Rakes Patel is having multi-faceted personality. His level of adjustment in family is quite satisfactory. He worries less. He is a man of high intellect. He is much interested in performing duty as a Clark.\textsuperscript{7} (Vijay Patel – 2005)

He is loved by his friends and family members. It is also concluded that he has been proved weak in his academic education due to his main and major interest in sports and ground activities.

Krishn kumar has taken in 1992 a case study of Keralian international player Shri K. Raghunathan. Shri K. Raghunathan was born in a poor family. His father had never participated in any sport yet he was a good swimmer. His family members had never participated in any game yet they were encouraging Shri K. Raghunathan in adequate degree they motivated him for best performance.
The researcher had visited K. Raghunathan’s teachers, family members to obtain information regarding K. Raghunathan. Besides he has used printed literature, newspaper, etc. K.Raghunathan was motivated and inspired by his school teachers when he was in school. He got coaching in many camps during school time. He was not addicted to smoking or wine.

Sudarshan has studied in 1992 the special characteristics of India’s personality.

Shri P.V. Kamaraj was born on 19th July 1954 in Pudukotai city of Trisi district. His family member’s were good players. Kamaraj started practicing sports at the age of 10. His brother made him perfect in esthetics. During his school and college days he had been motivated and encouraged by his sports teachers. His teachers of physical education were his best motivators. He never took much interest in study during his school days. His attention was in sports only. During his professional years he was a bit attracted towards smoking and wine.

But his control of such habits was much strict. He was always interested in learning new techniques from others. He was interested in the welfare of young players.

Through questionnaire of 16 P.F. it is known that his intellectual ability was not very high. His personality was multi –faceted. He had assertive personality regarding his right. He seemed less practical, interested in taking undue advantage, skeptic and with little mentally retarded mentality.

Radhakrishnan has taken a case study of Miss P.T. Usha. The objective of this study is to evaluate the achievement and progress of P.T.Usha in the field of athletics.
The aim is to evaluate her contribution to India. The researcher has followed interview method and visited her coach Mr. Nambiar and her guardian and studied the newspapers like Manorama, The Indian and sports stars, P.T. Usha is the only Indian athlete who is the winner of Gold a Silver medal in the Asian Games only the Japanese players had monopoly over it.

In 1989 Thomas did a case study of Kumari Shayani Abraham an international athletics player of Kerala. Kumari Shayani Abraham was born in Kerala. Her brothers and sisters were good players. Her father taught her the first step of athletics. She became a member of athletic team in Ladukadi district in 1977. At the same time she was selected in the Kerala state athletic team. In 1984 she registered a new record in New Delhi National Games in 800 mt. run in 2 minutes and 9 seconds. India’s good and eminent coaches selected her at the age of 19 and honored her with Indian colored track suit and sent her too many countries for visit. In 1984 at Food Corporation of India, Trivandrum, she had been appointed. She was awarded in the same year, as the Indian Athlete woman, who had reached to semi – final in the Olympics.

She was of the opinion that the state should attract as many as possible spectators at the time of local meet. Children should be educated regarding sports when they are of the age 11. (Eleven) The team should reach the destination at least before 15 days so that they are adjusted with the climate. This study will be useful to motivate the emerging players.

Chaturvedi presented a research study in 1981. It was regarding the socio – economic condition of the Banaras Hindu University students in various activities. It has been concluded from the study that students were interested in politics, administration and academic sectors. It was known that those who were interested in politics were interested in social activities as well as education. There were groups on the basis of
caste. They had separate identity in their group 60% students had less than 600 Rs. As their monthly income 54% students were eligible for new generation.

Paramar has studied in 1979 the contribution of Dr. B. D. Patel in total development of Vidyanagar Education Complex. In this study local institutions Dr. B. D. Patel’s (Bhaikaka) ideology and the institutions having the likewise ideology was to be known. It also aimed at knowing the response of the people of vithal udyog nagar and Vallabh Vidyanagar especially its rural area regarding Bhaikaka.

It is concluded from the study that Shri. Bhaikaka attached importance to establish self – dignity, making good character and good groups. He could not obtain good response from the rural people.

Hotchkis in 1971 has described Michel Pepe’s contribution especially in water games in physical education. He has described his individual and professional contribution. The important aspect of his professional life is obtained though personal talk with world’s international swimming and driving coaches and Ohio state swimmer Abumani pepe’s opponent guides of the time. This literature has created a romantic opportunity in education. The researcher has collected information regarding swimming and its professional specialties which had been advantageous.

Hill declared in 1972 that smt. Mehaling was an ex state observer P.H.E in Alma. She was the first woman in the U.S. to reach this position she worked for better ment in Alma. She had been helpful through interviews, speech, literature, news etc. she helped in the development of curriculum in schools. Mrs. Mehaling became an administrator and made suggestion regarding social entertainment. She offered her services in many professional offices. She won many awards for the first state woman director. She had
been a president of Ahapar’s Daxini District. She won many Gaurav Puraskar for attempts as woman president. In 1944 Mrs. Mehaling from American Academy of physical Education was honored by awards. Through her years long attempts in the program of Ahapar each child had an opportunity participate.

Mrs. Peter in 1969 has studied Mrs. Ema Plunket. Researcher had been a smart leader in many professional layers. He collected information regarding her such as her family documents, personal, departmental and institutional files, and private interview, questionnaires filled by state and national level people. The influence of family history and education in childhood previous study days, years spent at central college, individuality, philosophy, contribution, awards are covered in the research.

Meken in 1966 used all possible literature related to Arnold. His family history up to 1988, his professional fitness and gradual development of Arnold’s college for physical education which was analyzed right from the first stage “Booklin National School of Gymnastics” had been analyzed in continuation of alteration of the American Society from civil war to 1930 the alteration was made in continuation with education and physical education. Through the leadership of national consent letter for admission for physical education Arnold’s subject matter was an important key in framing curriculum. It had great influence on connected Rajya Sabha. According to this assembly physical education was made compulsory in public schools.

In 1964 Fedrick studied Russan’s “Philosophy of Naturalism in contexts with physical education”. His ides influenced American physical education.

1) Emphasis was given to proper growth and development. Spontaneous movements were given much importance. 
2) Unity of body and mind 
3) His belief on giving importance to an individual.
Study was conducted on four primary beliefs. ‘New Physical education’ program is influenced by the naturalism of Emily and wood. Distant influence of Hatharinghen’s ‘physical education’ is seen. This concept develops character, explains the need for self-expression, and need for gaining required experience is emphasized.

Make 17 in 1966 used all possible literature related to Arnold Philips 19 in 1960 studied women leaders (physical education sector). He studied their life sketches. Their names are Dr. Margaret Bell, Dr. Elizabeth Halse, Miss Margarett, D. Hobler, Dr. Gertude Molten, Dr. I. Ana Noris, and And Miss Blend Trilayang. Represent actions behind the work professional contribution, activities after retirement Information was obtained through interview, literature, and primary trend. Life sketch was presented independently without comparing.

Leonard’s (1981) was to present biography of Milton F Hartvigsen with emphasis on his professional contributions. The dissertation deals with early life, his works in Grace and Pocatello, Idaho and Brigham Young University. The necessary data was collected through personal interviews, questionnaire and documentary evidence.

Whitley (1981) presented a biographical picture of Dr Charles Buell. The writer attempted to trace and identify the professional contributions of Dr Buell and to examine his influence on physical activities for visually impaired. The historical method was utilized for this study. Data were organized using combination of topological and chronological order. The writer’s procedures for gathering data were categorized into five areas; (1) the subject and his family, (2) colleagues and professional associates, (3) athletes (4) students and (5) file and newspaper articles and publications.

Marry (1982) discovered synthesized and interpreted data pertinent to the professional life endeavours of John Robert Wooden. Extensive interviews with coach
Wooden and his former assistant coaches at the University of California at Los Angeles were critical to the documentation and analysis of coach Wooden’s philosophies. Following an outstanding basketball career at Purdue University, Wooden went into teaching and coaching on the High School Level and eventually to the collegiate level. In his forty years of coaching basketball, his teams won 885 games and lost 203. His UCL. Teams won as unprecedented ten National Collegiate Athletic Association Championships. He was accorded numerous honours as a player, coach, and citizen.

Carmon (1981) presented a biography of Jose De J Clarke Flores with emphasis on his leadership in sports and most important contribution at National and International levels. The dissertation deals with his early life, education, professional life as a military man and an engineer, during his twenty seven years involvement. In sports, first as a successful leader in Mexico, he then became top leader in the whole of American continent. Personal interviews, questionnaire and documentary evidence were employed in obtaining necessary data for the study.

Dusek (1981) presented a biography of Marie Provaznik with particular emphasis upon her contributions to physical education. Both primary and secondary source of data were investigated, including the published and unpublished materials of Marie Provaznik, her personal and professional records, interviews and correspondence with colleagues, associates, and students, as well as the histories of the Czechoslovak national and Sokol organization.

Sokol was recognized as the largest physical education programme in the world. The Sokol system was employed in the schools of Czechoslovakia. Marie Provaznik has contributed to physical education particularly gymnastics, within Sokol and on the international level through her outstanding leadership and example.

Jonathan (1984) presented and interpreted significant data regarding the life of Eugene Lusx Robert, yielding new meaning and conclusive interpretations about his personal and professional contributions. An extensive review of literature and the
usage of the data collecting methods, personal interview and biographical data comprised the primary source of data. An examination of textbooks, newspapers and journal articles, and historical records, constituted the secondary source input. The data were compiled, classified, and interpreted according to the purpose of the study.

David (1986) compared selected characteristics of more successful adventure leaders with those of less successful leaders. The goal was to identify those characteristics associated with successful adventure leadership. Hypotheses were stated from the null prospective, thus predicting that there would be no significant difference in the (1) leadership opinions, (2) personality characteristics (3) vocational/leisure interests (4) age (5) education, (6) experiment and (7) gender of more successful leaders when compared to less successful leaders. Three standardized instruments were used in this study, the leadership opinion questionnaire,

Personality Factors, and Strong Campbell Interest Inventory. Additional data were gathered on marital status, degrees earned, developmental environment, education level and age. The subjects were 17 leaders (10 males and 7 female) employed in the summer of 1985 at the Wilderness School in Goshen city.

Students at Wilderness School were described as “troubled.” A special questionnaire was used by the W.S. administrators to evaluate the leaders performance. Five categories were created for the analysis of leader competence. (1) Professional/Administrative, (2) Teaching, (3) Safety/Technical, (4) Interpersonal and (5) Overall Evaluation. Analysis of variance, Pearson ‘r’ and the ‘t’ test were used to analyze the data (P .05 used in all procedures) on the basis of their evaluations, the leaders were divided into two groups for analysis with the ‘t’ test; Group 1, Good, Outstanding.

Chepco Stevada (1988) investigated the impact of Mabel Lee, Ethel Perrin and Agnes Wayman on women’s inter-collegiate athletics between 1920 and 1935. Included in this research was significant biological information on each women, her
philosophy in inter-collegiate competition, and the leadership position she held in various professional organization. Biographical information of each subject provided insight into influential events and individuals that help to formulate their philosophies on inter-collegiate competitions. The era in which they lived, their educational history and their relationship to each other were explored. The second section of this investigation contained the philosophies of each woman on inter-collegiate competition as it was expressed in her major speeches and writings. The philosophies were investigated related to the educational trends, the medical knowledge and the role attributed for women during this period.

Radhakrishnan (1987) undertook the case study of Miss P T Usha. The purpose of the study was to evaluate progress and achievements on the Golden Girl - P T Usha in Athletics and her contribution to the field of athletics in India. The investigator followed interview methods and studied P T Usha, Mr Nambiar her coach, and her parents. Newspapers like Malayala Manorama, The Hindu, The Indian Express and the Sports Star were referred. It was found that P T Usha is the only Indian Athlete who had won four Gold and Three Silver Medals in the Asian Games which was dominated by the Japanese athletes at that time.

Jerry (1987) studied a biography of John H Scolinos with emphasis on his unique philosophy of coaching and teaching, his exemplary philosophy of life, as well as contribution in helping young people. These dissertation deals with John Scolinos’ early life and teenage years, his military experience, and his coaching years at both Pepperdine College in Los Angles, and Polytechnic College in Pomana, California. During his 42 years as a college Baseball Coach, John Scolinos has won national acclaim for his coaching accomplishments, but even more importantly, has earned the gratitude and love of numerous students, athlete and non-athlete alike, for his interest and help in their lives. The awards and accolades attest to both of his success and given tribute to a life time of service that still continues.

Yearsley (1988) wrote the life history of C Rodney Kimball and many of his
former colleagues were critical to the Documentation and analysis of Rodney Kimball’s philosophies. In-depth interviews were also conducted with his family members and former BYU athletes. In addition to being an outstanding athletic trainer, Rodney Kimball was also regarded as a close friend, counsellor and spiritual leader among his colleagues. In over 40 years of employment at BYU, Rodney Kimball was the recipient of numerous honours and awards as an athletic trainer. Following his retirement in 1975 Rodney Kimball continued to work part time as an Athletic trainer, worked with BYU, basketball and baseball teams until 1980.

Ruth (1989) investigated beliefs and teaching practices of selected physical education teachers who were recent graduates of the professional preparation programmes of the University of South Carolina. These teacher’s beliefs and practices were examined in relation to their professional preparation programmes and the viewpoint of the physical education teacher/educator of the university. Participants studied were six physical education teachers who were in their second to fourth year of teaching. On-site observations, video-taping, psycho-metric inventories, questionnaire and two audio-taped interviews were used to obtain data. A synopsis of the six individual case reports were presented. Findings were synthesized and interpreted by the investigator.

James (1990) conducted a study on 25 selected members in the profession of Health, Physical Education, Athletics and Recreation. The subjects investigated were primarily active in the profession from 1915 to 1970. Nine of the twenty five subjects were interviewed by the scholar. Each subject was studied and researched in cooperation with AAHPERD. Personal interviews with relatives, friends and colleagues as well as thorough investigation of publications and speeches were studied in order to validate their significant contribution to the profession.

Charles Inbarajan (1989) undertook the case study on Mr. V J Phillips who was an Indian Hockey Player. The purpose of the study was to reveal tremendous impact of V J Phillips on India Field Hockey. The investigator conducted interviews with V J Phillips and his family members, Kalyana Sundaram, Hockey Coach and
Physical Director of St Thomas Mount High School and also referred to published materials and photographs. It was revealed that Mr. Mani of St Thomas Mount Club was the source of inspiration for V J Phillips to achieve higher standard. V J Phillips as a member of Indian Hockey team secured a Gold Medal and selected for the World XI and because of his excellent performance, he was awarded with “World Cup Hero,” by the International Hockey Federation.

Sivaramakrishnan (1989) while studying Sunil Gavaskar’s Life, career and contributions to Cricket, has extensively used in his methodology, a) Interview technique, (b) Opinion Questionnaire (c) Cattell’s 16 Personality Factor Questionnaire (A Form), Personal Visits, readings from literary sources, journals, text-books, research reports and etc. This has been a source of great assistance to the investigator to follow the appropriate procedure in formulating this study.

Karen (1990) studied the philosophies of four physical education teachers self reported experiences, in a collaborative action research staff developed projects. The subjects used were two females, (one black and one white) and two males, (one black and one white). The data were collected through interviews, transcribed tapes of workshops and work sessions, and teacher logs. All interviews, and workshops and work sessions were transcribed in order to provide an accurate record of all verbal transactions. Participants were given an opportunity to correct and clarify portion of the transcriptions. In analyzing the data, the researcher sought to discover themes, patterns and differences related to various aspects of the teacher’s teaching, instructional autonomy and teacher’s opinions of action research as a vehicle for improving instructional practice among the four case reports.

Wrynn (1997) examined the professional careers of three women who pursued satisfying and highly useful careers at a time when opportunities for females in both medicine and higher education were severely limited. All three made significant contributions to medicine and to physical education, and all engaged—to varying degrees—in scientific and/or medical research. Each possessed the medical degree.
Two had formal training in the field of physical education. All three worked closely with that field for all, or a significant part, of their professional careers. Eliza Mosher served as an officer of the American Association for the Advancement of Physical Education during that organization's formative years.

She also developed the program in physical education for women and served as the first Dean of Women at the University of Michigan. Frances Hellebrandt influenced a number of women through the program she headed in the laboratory of exercise physiology at the University of Wisconsin. She also provided a substantial contribution to the field of physical medicine through her work at the Medical College of Virginia in the 1940s. In the late 1950s, when Hellebrandt returned to the University of Wisconsin, she assumed responsibility for the motor control laboratory. Margaret Bell served as Professor of Hygiene and Physical Education for Women at the University of Michigan for thirty-four years. She also served as a physician in the University Health Service for her entire career. Bell was named President of the American Association for Health, Physical Education and Recreation in 1939-1940, the last physician to serve in that capacity.

The three women who are the focus of this study, and others like them, have been absent from historical studies of the field of physical education and, more broadly, from historical studies dealing with the lives of women in the scientific and medical professions. Drawing upon new and expanded conceptions of 'exercise scientist,' this study has reconsidered the historical developments of the field of physical education and exercise science, using as its focus three women who made significant contributions. In so doing, it has contributed to the history of women and science and women in the professions as well as to a call to reconsider the history of physical education.

According to Kaul (1984) review of the related literature besides to allow the researcher to acquaint himself with current knowledge in the area in which he propose to conduct research, serves the following proposes: Enables the researcher to define the limits of the study. The knowledge of related literature brings the
researcher upto date on the work which other have done and thus the state the objectives clearly and concisely.

a. The investigator can avoid unfruitful and unrelated problem areas.
b. The researcher can understand the research methodology that refers the way the study is to be conducted. It helps to know about the tools and instrument that proved to be useful and promising in previous studies.
c. The specific reason for reviewing the related literature is to know about recommendations of previous researcher for further research.

The investigator before finalizing the report on the review of the literature for this study went through the guide to reference materials, encyclopedia’s, dictionaries, year books, official data, research periodicals, research abstracts, thesis and dissertations, government documents, news papers, journals, magazines, books on research methodology, monographs and computer generated reference materials.

Butt 1989 presented a study to describe four middle school physical education teachers self reported experiences during collaborative action research staff development projects. Specifically, the research explored:

a. The teachers self reported perceptions about various aspects of their teaching before, during and after their involvement with collaborative action research project.
b. The teachers self reported expressions of the institutional autonomy and any modifications to that during their participation in collaborative action research projects.
c. The teacher self reported opinions of collaborative action research as a vehicle for improving institutional practice.
d. The results of the teachers collaborative action research projects.
Four teachers volunteered to participate. Two were female and one black and one white. The teaching experiences ranged from a second year teacher to a teacher with 19 years teaching experience. Three data collection methods - Interview, transcribed topics of workshops and work seniors and teacher logs - were used. All interview and workshops and work sessions were described in order to provide an accurate record of all verbal transactions. Participants were given the opportunity to correct and classify any portion of the transcription.

In analyzing the data the researcher sought to discover themes, pattern, and differences related to various aspects of the teachers teaching, Instructional autonomy and teacher opinions of action research as a vehicle for improving instructional practice among the four case reports. The themes that emerged related to the teachers teaching included management of class time, individualizing instructions, student leaning and self growth, relationship with students, individualized development, student enjoying Physical Education, fitness and teacher communication skill. The themes that emerged related to instructional autonomy included, the teachers preferred learning style, self-growth, planning and rejection.

The following conscious were drawn:

1. The teachers all experience an increase in understanding as their instructional practices.
2. All teachers reported being more conscious of their decision-making practices.
3. Action research was reported by all teachers as a useful vehicle for improving their instruction.
4. All four teachers experienced an increase in instructional autonomy in varying degree during their participation in collaborative action research projects.
5. Three teachers were able to change their teaching to varying degrees.
6. All teachers developed a sense of becoming an agent of their own change.

Mays 1989 - A case study approach was utilized in the investigation of the beliefs and
teaching practices of selected physical education teachers who were recently graduates of the professional preparation programme of the University of South Carolina. These teachers beliefs and practices were examined in relation to the professional preparation programme and the viewpoint of the Physical Education Teacher at the University.

Participants studied were six Physical Education Teachers who were in their second forth years of teaching. On site observation, videotaping, psychometric inventories, questionnaire and two audio taped interviews were used to obtain the data. The primary research tool was an in-depth semi-instructed interview guide. A video tapped lesson was analysed using a modification of the qualitative measures of teaching performance scale and a system to determine the percentage of time devoted to instruction, management and student activity. The psychometric industries yielded of data on the teacher’s sense of efficiency and pupil control ideology.

The following conclusions were drawn:

a. The teacher educators had expected that all teachers would be professionally committed and effective teachers. The teacher educators indicated that all teachers demonstrated competence in teaching skill during their pre-service teaching.

b. The teachers professional beliefs were clearly established during their pre service work and current professional belief of the participants were mostly consistent, although not identical in range and degree of emphasis with those teacher educators. Factors in the teaching environment have influenced many of the teachers to make alternations in professional belief.

c. The current teaching practices of the teacher are similar to the practices advocated by the teacher preparation programme. Most teachers have made minimal changes in teaching practices because of alterations in their beliefs and priorities.

d. The teacher indicated that they felt that their preparation was exceptionally good.

Yearsley 1988 wrote the life history of C. Rodney Kimball, emphasizing his
professional career as the head athletic Trainer at B.Y.U. extensive interviews with Rodney Kimball and many of his former colleagues were critical to the documentation analysis of Rodney Kimball’s philosophy. In depth interviews were also conducted with his family member and former BYU athletes.

In addition to being an outstanding athletic trainer, Rodney Kimball was also regarded as a close friend, counselor and spiritual leader among his colleagues. In over 40 years of employment at BYU Rodney Kimball was the recipient of numerous honours and award as an athletic trainer.

Following his retirement in 1975 Rodney Kimball continued network part time as an athletic trainer, working with the BYU basketball and baseball teams, till 1980.

Sivaram Krishnan while studying Sunil Gavaskar’s life, career and contributions to cricket, has extensively used in his methodology as interview, (b) Opinion Questionnaire, (c) Cattell’s 16 P.E. Questionnaire (A Form), personal visits, readings from literary sources, Journals, text books and research reports etc.

Flake 1986 study was conceived as an attempt to discover and synthesize data pertaining to life and professional endeavors of William Ralph Laporte, Chairman of Department of Physical Education at the University of Southern California from 1913 to 1954. A biographical profile of his life was constructed and his personal characteristics, immortalize efforts and administrative techniques were identified. Three pre dispositional factors were interpreted to be the unifying traits that significantly motivated and directed his choices in the alternatives of his life. They were concern for people, dedication to a cause and tenacity of purpose.

Charles I. Barajan undertook the case study on Mr. V.J. Philips who was an Indian hockey player. The purposeof the study was to reveal tremendous impact of V.J. Phillips on Indian field hockey. The investigator conducted interviews with V.J. Philips and his family members, Kalyan Sendoram, Hockey coach and Physical Director of St.
Thomas Mount High school and also referred to published materials and photographs. It was revealed that Mr. Mani of St. Thomas Mount Club was the Source of inspiration for V.J. Phillips to achieve higher standard. V.J. Phillips as a member of Indian hockey team secured a Gold medal and selected for the world XI and because of his excellent performance, the International Hockey Federation awarded him with “World Cup hero”.

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Three standardized instruments were used in this study, the leadership opinion questionnaire, 16 Personality Factors, and Strong Campbell Interest Inventory. Additional data were gathered on marital status, degree earned, development environment, education level and age. The subjects were 17 leaders (10 males, 7 females / employed in the summer of 1985 at the Wildemen School in Gohsen City.
Cheopco Stevada (1988) investigated the impact of Mabel Lee, Ethel Perinn and Agnes Wayman on Women’s Inter Collegiate Athletics between 1920 and 1935. Included in this research was significant, biological information on each woman, her philosophy in Inter Collegiate competition, and leadership position she held in various professional organisations. Biographical information of each subject provided insight into influential events and individuals that help to formulate their philosophies on Inter collegiate competitions. The era in which they lived, their educational history and their relationship to each other were explored. The second section of this investigation contained the philosophies of each woman on Inter collegiate competition as it was expressed in her major speeches and writings. The philosophies were investigated related to the educational trends, the medical knowledge and the role attributed for woman during this period.

Balke 1995 described and analysed the staff development practices of 3 Physical Education resources. Resource teacher’s rationales for staff development decisions were sought to attain information as to why they operated in a certain fashion. Resource teachers reflections of staff development practices were solicited to inquire about the kinds of obstacles and or enabling factors they encounter in their work and about the strategies they employed to overcome and utilize them. The study was designed to permit close observation of the resource teachers and their staff development practices for a period of one school year. To realize the study’s inventions and to ensure triangulation of evidence, several data collection and recording methods - including observations in situation field notes, taped and transcribed formal and informal interviews were employed.

The results of the examination indicated that to promote proteges professional development, resource teachers, provided hands on assistance and integrated proteges into the school system’s professional network of teachers. Resource teachers employed and adjusted their practices according to their growing understanding of the needs of individual proteges. Resource teacher motivated, opened communication channels provided proteges with instructional materials with feed back about their teaching and
with assistance in the planning and instructions of their classes. Proteges were also prompted to reflect about their instructional behaviours. The study results indicated that staff development is a complex process that is based on participants willingness to enter and maintain collaborative professional relationships and on the compatibility of participants philosophies of teaching. Furthermore, staff development process is perpetual and requires staff developers to continuously reflect and adjusts their practices.

Miroslav Vanek the personality trait test conducted on Mira, an Olympic Figure Skater who performed at the highest level clearly stated that, she was introverted. Although she acknowledged others, she would generally not speak unless she was spoken to. She was aggressive and much happier when the competition was difficult to. She could not find an outlet for her aggression in the controlled way permitted in the sport. Her frustration tolerance was generally low. She was intelligent and her intellect was applied to her training and sport in several ways.

Miroslav Vanek Personality test administrated on Jan, a former Olympic thrower, revealed that high needs for achievement were accompanied by several trait that were likely to interfere with his performance. He proved to be introverted and at times would exhibit paranoid tendencies. His level of sociality was low. He tended to try to dominate those around him. His frustration tolerance was low and he would evidence extra punitive reactions to frustrations for a bad performance such as blaming other people and conditions rather than blaming himself.

When he lost, he would invariably blame judges, the equipment, the climate or an old injury. His intelligence was average. At times, he would seem to be aware that others on the team are intellectually superior but he could be careful not to show his awareness of their superiority. His tension level was high. His moods fluctuated from one day to next and were characterized by feeling of depression alternatively with feelings of relation.
Miroslav Vanek\textsuperscript{2} was introverted and reserved. He was emotionally unstable in some ways particularly when tension and pressure on his performance would mount. His intelligence was high. Dick’s frustration tolerance seemed to lessen. However, as he approached the final rounds in each competition, he evidenced needs of dominance and also at times controlled aggression.

His moral character was" high and he held up high standards for those around him to follow. He considered himself as a man of principle. He was more realistic than philosophical. He lived in a world of facts rather than metaphysical. He was punctual when beginning a work out. His teammates said that they could set their watches by his comings and goings around the training areas. If he was in charge of a meeting it was well known that they would wait not more than two minutes after starting time before calling it to order. He was generally low in sociability. His tension level was usually high. He was at times explosive. Miroslav Vanek\textsuperscript{3} The International superior Basket Ball player Tom was outstanding and extroverted. He could meet and talk to people at all levels with ease. He was sociable at all settings.

He was aggressive, at times excitable and often impulsive in his behaviour. His frustration tolerance was low and would evidence extra punitive aggression. He was high in Intelligence. Miroslav Vanek A case study conducted by- Vanek and Cratty on Robert, who was engaged in a combative sport for his country showed that he was an introvert, selfish and generally unsociable and even though he was outgoing with people in a superficial way. His frustration tolerance and emotional stability were low. His intelligence was slightly below average. In both Eyseneck and Cattell tests the scores obtained reflected the tendency of his moods to change frequently and unexpectedly. He showed high level of anxiety. The scores on personality test showed that he was patient.

Elizabeth. A.: Milfred “Babe” Didrikson who secured 2 gold medals out of the 3 events she entered in 1932 Olympics, worked hard, and even with the hardships she
went through, she accomplished her goals. She showed that women are just as good as men and can do every thing that men can.

Dorothy Kangas⁴ A case historical study on Joan Benoit Samuelson reveals that: At the tender age of twenty-six, Joan made her name shine around the globe. Merely 17 days after agonizing knee surgery, Joan won the 1984 Olympic Trials. She was the winner of the first Olympic women’s marathon in the same year. She holds the U.S. record for the second fastest time ever by a woman.

Her pace and dedication are not to be taken lightly. As a mother of two children, Joan was keenly aware of the balance that must be maintained by any runner. Training, family, injuries, community commitments etc. all have to be delicately weighed before the dream to run and win can be realised. A lifetime of running from one dedicated woman like Joan is enough to inspire and keep many more on the track.

Krishnakumar 1992 conducted a case study on K. Raghunathan an International athlete from Kerala. Raghunathan was born in a low class family. Though his father did not participate in any formal competition he was a good swimmer. Other family members never took part in sports. But they duly encouraged and motivated him to perform well. At school he was duly motivated by class teachers to perform well in athletics. The authorities in his professional career did not show much encouragement to his upcoming in athletics. They denied him even annual increments and promotion.

He attended many coaching camps in his school days and professional career to improve his performance in Track and Field events like 100 meters, long jump and triple jump. During his educational career and professional career he was never addicted to drinking and smoking or any other bad habits. He is very much interested in playing football and in leisure time he used to read books on sports or coaching and see films on sports. He is highly interested in learning new techniques from others. He is also interested in the welfare of younger athletes.
Thulasee Das conducted a study on Olympian Suresh Babu in the year 1983. Suresh Babu is the gold medalist in long jump in Bangkok Asian Games. Suresh Babu was born on 10th February 1953, as the fourth son of Mr. N. Bhaskaran and Smt. Nalini Bai. The birthplace of Suresh Babu is Puthatharam, in Kollam District, Kerala. He has three brothers and one sister. Being an experienced athlete and an athletic coach, the subject has his own opinion to reduce the intensity and intervals of injuries. He believes that if the organizers of competition are providing standard facilities within the limits for race and jumps, injuries can be minimised to a maximum extent. Coaches should be careful in sending their trainees to competition.

To bring an athlete to International level he should be trained from fourteen or fifteen years. In these years, he develops his physical and motor fitness, skills and techniques. The subject also realises that in Indian even the most enthusiastic parents will not be able to carry out the expenses of an athlete for such a long period. The subject suggests some measures to remedy this. He is of the opinion that if the Union Government is opening training centres for talented young athletes, like sports schools and hostels they will get opportunities to develop their talents through proper coaching and training. The Government should also be keen in providing job opportunities for outstanding sportsman. The subject believes that if things are happening, like this, within ten years, Indian athletes will carry Indian athletics to International and even to Olympic Level.

Niranjan 1988 conducted a case study on Prakash Padukone, the Badminton player. Prakash Padukone was the International badminton player and also was the winner of All England Badminton Championship and nine times National Champion. Prakash Padukone was born on 10th June 1995 at Bangalore. Bangalore is the headquarters of Karnataka State, where Prakash Padukone developed his game, became the mastero in the field of badminton and brought laurels to his state and the country as well. His father Ramesh Padukone was a very good Hockey player. Because of his fair play, Indian Government gave the awards Padmashree and Arjuna Awards.
A living legend of Indian Sports, his presence at the badminton court is always eagerly anticipated for the graceful artistry impeccable control and manner and touch of class. The researcher hoped that this thesis would help the players to improve the quality of the game in the year to come. Secondly it adds a new feather in the cop of allied literature. Implementation of some of Padukone’s recommendations for the improvement of the game will certainly produce quite a few world-class players in India.

Chinamay Sharma conducted a case study on Bhogeswar Baruah, the Arjuna award winner in athletics. He was one of the best athletes in India who dedicated his life to Indian sports. Bhogeswar was born on 29th November 1940. He has two brothers. He was the youngest. His family members were adherent supporters of sports and games. His father’s name was Iken Barukh. Bhogeswar in these years has contributed much towards giving a scientific and objective orientation to sports training in the State of Assam. His identity was total which is amply reflected in his conducting various coaching camps with his own resources inspite of his economic constraints.

This study will pave way for others to make similar studies about some of the prominent sports figures in our country. Similar studies may also be conducted on some of the outstanding athletes or players who have contributed a lot for the cause of sports and games in our country and this study tells that how subject was able to lead Assam State for getting many achievements and brought about many charming youths up to national level.

Zakir Ahammed conducted a case of study of Victor Manjila, National soccer player in the year 1983. Victor Manjila an International player who put his best and dedicated his life to soccer. Born in middle class family on the 12th May 1949, in Nellikannu, Trichur district Kerala. Talented Victor began to play the game with his college mates. His father Mr. M.O. Lasser was a businessman. His mother Smt. Mariamma hailed from an orthodox Christian family. Coming from a joint family, Victor was the third son of his parents. He has three brothers and two sisters.
In this study, the researcher explained in detail about Victor’s family profession, educational carrier. Through this case study the researcher explained the subjects recommendations about the sports field. A similar case study on many other leading footballers of yester years may be taken up.

It is recommended that to improve the standard of any discipline in our country the government have to take very important role to hold up sports and games. It is recommended that our country should have a National Calendar to give an idea about the programme of the year. Similarly, we should have as in other countries, a second, a third and even a fourth line of players or athletes to fulfill the future gaps. The government has to build a direct contact with the Association concerned. It is recommended that a study on the origin and development of the game of football in each state be taken up.

Dennis 1988 conducted a case study of D.P. Mony, the Olympian weight lifter. He was born in Putukud Eruppu, Nagercoil, Kanyakumari District on 12th August 1921. He has two elder sister and two younger sisters. He studied only upto fifth standard. In his childhood even though he was lazy in his mind, he had an ambition of becoming a reputed weight lifter. Mr. Arunachalam Iyer encouraged his ambition. At the age of nineteen he proved himself to be a very able weight lifter. At the age of 23, to the surprise of all he came out as best feather weight champion of India, by lifting 586 lbs. In 1943, he represented India at London Olympic games, in the Finland Olympic games, he secured the 3rd place in press and won world - repute for himself and for India.

In the end of the year 1952, he fell ill and had to take rest for nearly seven years. He worked sometime in the Gymnasium as an instructor. He won the championships in weight lifting in all fair championships and reached the sixth rank in weight lifting in the world. He has the opinion that India could win enviable position in weight lifting, if the youth in India undergoes proper training and takes interest in weight training.
Thomas 1989 conducted a case study of Shiny Abraham, International athlete in the year 1989. Shiny Abraham was born in Kerala. Her brothers and sisters are also athletes. She learned her first lessons in athletics from her father. She enrolled as a member of the Idukki District athletic team in the year 1977, in the same year she was selected for the Kerala State Athletic team. In 1984, she made a record in 800 meters run with the best time of 2 minutes 9 seconds at Delhi Nationals. With the attention of Indian coaches and selectors at the age of 19, she won the distinction of Indian colours and toured number of countries. In 1984, she was appointed in the Food Corporation of India, Trivandrum.

In the same year, she got a distinction of the first woman athlete of India who entered the semi finals in Olympics. Shiny Abraham has the opinion that the state athletic associations must take necessary steps to attract more spectators for witnessing even local meets. Sports activities should be introduced in an individual in childhood itself, when they are eleven years old. The teams must reach the venue, where the competition takes place, at least fifteen days before the competition for acclimatization with the environment. This will influence the performance of the competitions positively. This study will be an inspiration and serve as guiding factor to upcoming athletes of the country.

Sundaesaran conducted a case study on P.V. Kamaraj, an International athlete and his personality traits, in the year 1992. P.V. Kamaraj was born on 19th July, 1954 at Pudukottai town, in Trichy District. Kamaraj’s family members were great sportsmen. He started practicing at the age of ten. His brother Ravana to take up athletics ably guided him. At school and college days, he was duly encouraged by Physical Education teachers and headmasters to perform well in athletics. In school days he was not much interested in studies. His mind was more towards sports and games.

During his professional career he was slightly deviated towards drinking and smoking but was capable of putting them under control. He was always interested in learning new techniques from others and took keen interest in the welfare of younger
athletes. The sixteen personality factor analysis shows that Kamaraj is outgoing, less intelligent, emotionally less stable, assertive, tends to be expedient venture some, tender-minded, suspicious, slightly practical, a bit shrewd and experimenting.

Capela, C et al (2004) having compared the anthropometric parameters of different age group Portugal Club Soccer players, have reported that no significant difference in anthropometric parameters were observed.

J.D.Vescori et al (2006) studied the positional characteristics of division I college female soccer players conducted tests on height, body mass, reported that defenders and goal keepers tended to be heavier compared to forwards and mid-fielders.

Leonardo et al (2007), having studied the profile of under -15 Brazilian Soccer players by field position have reported that there were no significant difference in the field position in Anthropometric measures such as body mass, and sum of skin folds.

Jonathan Bloomfield et al (2007) studied the anthropometric parameters of different positions in (FA) English Premier League Professional Soccer Players from three positional groups (Defenders, Mid-fielders and Strikers) representing various professional clubs in 2003-2004 season and reported that significant differences existed between players in different positions, goalkeepers were found to be significantly taller and heavier than outfield players.

Goalkeepers also displayed greater leg extensor power than midfielders and defenders Midfielders were older than strikers, defenders taller than midfielders and strikers more powerful than midfielders. Professional players do vary in weight and size especially when ethnic influences are taken into account. For example, data on International Asian teams demonstrated that their players were smaller in physical size, especially when compared to European teams. Midfielders are often the smallest whilst central defenders are often the tallest and heaviest outfield players on the pitch.
A scientific study showed that a professional team had an average body weight of 77.7 kg compared to 73.4 kg for semi-professionals. Body shape or somato type studies indicate that professional players tend to belong to the mesomorphy category meaning a more muscular make-up. Indeed, studies on top English League Players when compared to all Olympic athletes showed they mostly resembled Olympic 400 meter hurdlers and triple jumpers but were on average heavier and smaller. Body composition is important as any superfluous fat affects the ability of the body to run and jump due to the extra weight. Professional footballers usually show values of between 9%-16% (generally an adult male in his mid-twenties averages about 16%).

However, this can rise after season when the season has finished. For example, a study of a top English professional team showed a mean % of body fat as high as 19.3 % when returning to pre-season training indicating that professional players need to take care with their diet as well as undertaking some form of aerobic exercise to keep fit during the off-season.

In accordance with Davis et al., Goalkeepers in football were taller and heavier than outfield players. Defenders were significantly taller than midfield players, which can be taken as an indication that size is an advantage in this position—to be able to reach high balls in their defensive role and perhaps to increase their reach in tackling duels, as well.

Swapan K. Dey et.al. (2010) having conducted study on one hundred fifty (150) male Indian footballers of six different national clubs of India including three from Kolkata (East Bengal, Mohan Bagan & Mohammedan Sporting) and other three from Goanese clubs (Salgaokar, Vasco & Dempo) Comparing ANTHROPOMETRIC, MOTOR ABILITY AND PHYSIOLOGICAL PROFILES OF INDIAN NATIONAL CLUB FOOTBALLERS have reported that the players were also sub-divided according to their specific field positions, Physical and physiological profiles including height, weight, percentage body fat (%BF), flexibility, agility, explosive power, and VO2 max were
measured by standard procedures. It was reported that the mean values of age, height, weight and %BF were significantly different among footballers of different national clubs. Among the motor ability and physiological qualities only flexibility, agility and VO2 max were significantly different among the footballers of different national clubs (p<0.01). It was also reported that the mean values of height, weight, vertical jump and VO2 max of Indian national club players were found to be inferior to those of European, American and Australian footballers. However, the %body fat of Indian footballers according to their specific field positions was found to be comparable with their international counterparts.

The defender, midfielder and striker of the reported study were inferior in endurance (VO2 max) as compared to their international counterparts. It was opined by the Researchers that Genetic factors may be the cause of smaller body size of the subject of their study as compare to their international counterparts. So, it was concluded by the researchers that the differences among the footballers of their study with their international counterparts and specific playing position was probably the cause of hereditary factors and differences in activity in the game.

SertanKagan, ZiyaKoruc and Nihan Arsan of Eastern Mediterranean Uni. Faculty of Educational Sciences, North Turkish Cyprus, Hacettepe Uni. Sport Sciences and Technology, Turkey (1991) conducted a study with the aim to examine the relationship between the football players' competitive state anxiety and trait- state anxiety levels in two Turkish Super League football teams, 41 professional soccer players participated in this study. Pearson Correlation has been used for analyzing relationships between CSAI-2 and STAI and differences in two teams.

Inventories used were the Turkish version of State - Trait Anxiety Inventory (STAI), the Turkish version of CSAI-2. MANOVA was used to analyze CSAI-2 and STAI results. The analysis revealed that state significant relationship was found between state anxiety and self confidence (r = .478, p<.01). No significant differences were found between CSAI-2 results and STAI results. It was concluded that, there was a significant
relationship between State - Trait Anxiety Inventory (STAI) results and Competitive State Anxiety Inventory -2 (CSAI-2) results of football play of Top Form.

David Pears (2007) of University of Bedfordshire conducted a case study on a 26 year old semi-professional soccer player. On Cognitive component of competitive state anxiety through semi-structured interview has reported that three distinct themes emerged from the results of this study. The participant experienced cognitions about a wide range of performance related topics, most regarding preparation. The topics were mostly time dependent in relation to the next/last match. The player focused from team preparation to individual preparation as the training week progressed towards the next match.

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Dr. Buell has been a serious and avid writer for forty- four years publishing a number of articles, columns, and books related to the visually impaired. In addition, he has made numerous contributions through organisation, agencies and clubs having traveled extensively giving speeches and workshop presentation.

Although Charles Edwin Buell retired from teaching in 1974, he continued to make significant contributions to Physical Education and recreation for the visually impaired. He has been a leading advocate of the integration of blind children into public school Physical Education classes and community recreation programmes. He has contributed heavily to the literature of Physical Education for the blind. Also, he has developed films and continuous to lecture and lead demonstrations of activities for methods of teaching
the visually impaired all over the United States.

He is man who has given his time, talents and efforts continuously and unhesitatingly to improve conditions for thousands of visually impaired persons.

Victor study was to present a biography of the life and personal career of Daniel Carter Beard - 1850-1941. Beard's contributions were investigated in terms of his possible influences on youth service agencies, recreation, outdoor education and Physical Education. His personal philosophy was analysed through an objective analysis of his writings, the reports of contemporaries and the time in which he lived and worked.

Historical, biographical analytical and interpretive methods were utilized to analysed Bread’s life and career. In employing these methods documentaiy, and human sources were used which were of primary and secondary quality throughout the research. Letters were sent to individual and organisations requesting information on books manuals or article of Beard.

Charles I. Barajan undertook the case study on Mr. V.J. Philips who as an Indian hockey player. The purpose of the study was to reveal tremendous impact of J. Phillips on Indian field hockey. The investigator conducted interviews with V.J. Philips and his family members, Kalyan Sendoram, Hockey coach and Physical Director of St. Thomas Mount High school and also referred to published materials and photographs. It was revealed that Mr. Mani of St. Thomas Mount Club was the Source of inspiration for V.J. Phillips to achieve higher standard. V.J. Phillips as a member of Indian hockey team secured a Gold medal and selected for the world XI and because of his excellent performance, the International Hockey Federation awarded him with “World Cup hero”.

Hotchkiss (1971) depicted the personal and professional contribution of Michael Peppe to Physical Education particularly to aquatics. An important of the professional
aspect of the study was achieved through personal correspondence with Ohio State Swimming Alumini, opposing coaches of the Peppe Era and International Swimming and Diving representatives from around the world. The compilation of this material with secondary sources material, was an exciting educational opportunity and allowed the scholar to pull together information that was beneficial in his vocational specialty of aquatics.

Freeman⁶ (1974) studied biography of William "Jay Bowerman who spent his life in the pursuit of physical fitness and excellence in sports. Born in Portland, Oregon, on February 19, 1911. He was graduated from the University of Oregon in 1934 with the degree in business administration. Active as a student in school affairs and athletics. He spent nine highly successful years in teaching and coaching in Medford, Oregon, High School Service. One year as President of the Oregon Association of Health, Physical Education and Recreation. Coming to University of Oregon as Track and field coach in 1948, he developed the school into national power winning several NCAA titles. He was honoured as a President of National Collegiate Track and Coaches Association and served in the Presidency Council on Physical Fitness. A member of the U.S. Olympic Committee. His major role was popularisation of Jogging in the United States, and his selection as Head Track and field coach for the 1972 U.S. Olympic Team.

Penington⁷ (1972) presented and Interpreted the life and professional advances of Fredrick Rand Rogers. The patterns of his professional work were examined in relation to thought and practice in education and Physical Education during his professional career. Standard biographical, involving the collection, classification, Criticism and Interpretation of Source materials was facilitated through the use of external and internal criticism. Primary and secondary source material, including both documents and relics were employed in the preparation of biography. Library achieves department files, year books, annual reports and other primary and secondary source materials were consulted wherever possible. A total of 17 institutions and centres were
visited. Interviews were held with forty-five individuals. The interviews were tape-recorded. Rogers authored eleven books and 137 articles during his career. These writings constitute a major part of the primary sources of the study.

Herman’s (1973) study was the biography of Prince Elmer Shotwell’s contributions to Texas Inter scholastics Athletics, to the University Inter scholastic league and to the Texas High School Coaches Association. Data for his life study was from both primary and secondary sources, human documentary as well. Shotwell’s personal life and scrapbooks were used extensively and supplementary data come from biographical data forms and tape recorded personal interviews. The study includes biographical data of Shotwell’s youth educational background, marriage and his endeavours in teaching and coaching fields.

Peter’s (1973) purpose of study was (1) to investigate the life and contributions of Robert John Herman Kiphuth to Yale Swimming, Inter-collegiate Swimming, AAU Swimming, World Swimming, both as coach and administrator (2) to give recognition and insight into the ideals, beliefs and practices of professor Kiphuth, (3) to determine the significant contribution Kiphuth made to Yale University in teams of its athletic and Physical Education programmes and (4) to examine his personality and its influences upon other people. The author conducted tape-recorded personal interviews with professional associates of Robert John and made use of available documentary evidences.