CHAPTER-II

REVIEW OF

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A literature review discusses published information in a particular subject area, and sometimes information in a particular subject area within a certain time period. A literature organizational pattern and combines both summary and synthesis. A summary is a recap of the important information of the source, but a synthesis is a re-organization, or a reshuffling, of that information. It might give a new interpretation of old material or combine new with old interpretations. Or it might trace the intellectual progression of the field, including major debates. And depending on the situation, the literature review may evaluate the sources and advise the reader on the most pertinent or relevant. A literature review is a body of text that aims to review the critical points of current knowledge including substantive findings as well as theoretical and methodological contributions to a particular topic. Literature reviews are secondary sources, and as such, do not report any new or original experimental work. Most often associated with academic-oriented literature, such as theses, a literature review usually precedes a research proposal and results section. Its ultimate goal is to bring the reader up to date with current literature on a topic and forms the basis for another goal, such as future research that may be needed in the area. A well-structured literature review is characterized by a logical flow of ideas; current and relevant references with consistent, appropriate referencing style; proper use of terminology; and an unbiased and comprehensive view of the previous research on the topic. (Dellinger, 2005).

When we study new research project we have to construct its background with previous work done by others by reviewing literature related to problems. Their researches not only reveal the history of research problems but also establish a link between the past and the present.

Review of research studies serves as a bridge between the old and the new, between the known and the unknown and between the already investigated and the co-investigated. Literature research is a milestone leading the researcher to the high road of the future. The review literature related to the case study is as below:-
Reriek and Mckee (1949) have presented case study on 20 children, 10 of them are high achievers and 10 of them are low achiever on a battery of motor tests. The finding provides information on kinds of early expertise most closely associated with these children in widely divergent groups.

Cureton (1951) has provided a considerable body in individual data on 58 males athletes at national champion and Olympics calibre. This study gives information on physical attributes, performance abilities and Organic efficiency of these men and provides some insight into the role variables play in top quality performance.


James, (1959) Comparison of Sophomore High School Boys who have high and low physical fitness Indices through case study procedure" ( Master thesis University of Oregon).

Phillips (1960) investigated the biographic of selected women leaders in physical education namely Dr. Margaret Bell, Dr. Elizabeth Halsey, Miss Margaret D’Houbler, Dr. Gretrude Moulton, Dr. I Anna Norris and Miss Blanche Trilliong. The study reported the background work, professional contributions, honors and retirement activities. Data were obtained through primary source material and interviews with the subjects and others. The biographies were presented independently without comparison.

Welch (1962) compiled the biography of Edward Hitchcock who was a professor in hygiene and physical education at Amherst college from 1861 to 1911. Hitch was the founder of physical education in college curriculum of America. He made efforts to apply anthropometry to the problem of physical education. A text book on anatomy and physiology was also written by him. A list if his articles, manuals and reports were published in American physical education review. Hitchcock was the first president of the American Association for the Advancement of Physical Education. He received many honours and recognitions. Hitchcock Memorial Field and Hitchcock Memorial Room at Amherst College were dedicated to his memory.
Fredrick (1964) studied Rousseau’s Philosophy of Naturalism in relation to physical education. He insisted on the natural and spontaneous movements for proper growth and development. Hethnigton’s “New physical education” programme which stressed the possibilities of character development. William’s theory of the importance and need for self-expression and Nash’s belief in the need of the individual to be creative and to experience emotional development.

Dewar (1966) aimed to show the contribution of Dr. James Naismith towards physical education and invention. Areas given special consideration were his personal philosophy, professional career and role as the father of basketball. Primary source in Almonte, Montreal, Springfield, Denver, Lawrence and St. Louis were used and visits were made by the researchers to these locations.

McKeon (1966) used all available material concerning Arnold, his family background, his professional activity since 1888, and the evolutions of Arnold College for hygiene and Physical Education from its origin as the Brooklyn National School of Gymnastics were analyzed in relation to changes in American Society, Education and Physical Education from Civil War to 1930.

Flake (1968) attempted to discover and synthesize data pertinent to life and professional endeavours of William Ralph Laporte Chairman of the Department of Physical Education in the University of Southern California from 1931 to 1954. A biographical profile of his life was constructed and his personal characteristics, innovative efforts and administrative techniques were identified. Their predisposition factors which inspired him for dedication of sports were identified.

Peterson (1969) analyzed professional career of Dorothy S. Ainsworth. The data for this study were obtained from the literature and from interviews with more than 50 people from all over the world. S Ainsworth was President of Six National and International Organizations and received recognition from four countries. She also created a graduate course for teachers at Smith College.

Hotchkiss (1971) conducted a study of the professional contributions of Micheal Peppe to physical education. His personal correspondence with Ohio Swimming Alumni, Coaches of the Peppe Era and International Swimming and
Diving representatives was studied. The compilation of his personal correspondence was a good opportunity for the scholars to integrate the information regarding his vocational especially of aquatics.

**Hill (1972)** studied that Mrs. Mehling was the first women in US who became state supervisor of PHE in Ala. She conducted programmes in Ala through visits, lectures and bulletins. She developed the syllabus of physical education for public schools. Mrs. Mehling organized many conferences, clinics, social recreation training and square dancing. She was the first female president of the society of State Directors and president of the Southern District of AAHPER. She was awarded honor from the Southern District of AAHPER and was also honored by American Academy of Physical Education in 1944 with Academy Award.

**Pennington (1972)** searched the pattern of the professional work of Fredrick Rand Rogers through external and internal criticism, the source was collected, classified and interpreted. The primary and secondary source material was used for the preparation of Biography. For the standard biographical records, the library archives, department files, year book and annual reports were consulted. Pennington made visits to 17 institutions and centres. Forty-five individuals were interviewed. Eleven books and 137 articles written by Rogers were also used as a primary source material for the study.

**Herman (1973)** prepared the biography of Prince Elmer Shotwell. Study of Shotwell includes the data of youth, educational background, marriage and his efforts for teaching and coaching fields. For the purpose, personal file and scrapbook were used extensively and supplementary data came from personal interviews. This biographical study revealed the contribution of Shotwell to Texas Interscholastic Athletics, to the University Interscholastic League and to the Texas High School coaches Association.

**Peturs (1973)** did a biographical study of Robert John Herman Kiphuth. The main purpose of this study was

1. to know his contribution to Yale Swimming Inter Collegiate swimming, AUU Swimming, World Swimming, both as coach and administrator.
2. to provide recognition to the beliefs, ideas and practice of professor Kiphuth.

3. to know his contribution to Yala University in terms of athletics and physical education programmes.

4. to investigate the influence of his personality on other people, the interviews of Professor Kiphuth with other associates and documentary evidences.

Freeman (1974) studied biography of William Jay Bowerman who spent his life in the pursuit of physical fitness and excellence in sport. Born in Portland, Oregon, February 19, 1911, he graduated from the University of Oregon in 1934 with a degree in business administration. Active as a student in school affairs and athletics, he spent 9 highly successful years in teaching and coaching at Medford, Oregon, High School Service. One year as President of the Oregon Associate of Health, Physical Education and Recreation. Coming to University of Oregon as Track Coach in 1948, he developed the school into a national power, winning several NCAA titles; he was honored as a President of the National Collegiate Track and Coaches Association and served on the precedence council on physical fitness. He was also a member of the U.S. Olympic Committee. He developed a highly successful local all comers track meet which was used as a national guideline programme. He made jogging popular in U.S. He was also selected as a Head Track Coach for the 1972 U.S. Olympic Team.

Lumpkin (1974) studied the contribution of some women to the development of the competition of Tennis in U.S. (1874-1974). The data for the study was obtained from former players, USLTA officials and other involved with tennis as well as tennis record player’s biographies and tennis periodicals. The National Lawn Tennis Hall of Fame Contribution the historical information for this study. Tennis was one of the early competitive sports offered and allowed in women colleges.

In modern times, women tennis players are enjoying a good status. As a result of the increased exposure, women’s tennis has received so much popularity.

Victor (1976) studied 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 was studied. The analysis of his writing and the reports of contemporaries were analyzed. Documentary and human sources were consulted in the research. Certain information's were received through letters.

Leonard (1981) prepared the biography of Milton F Hartvigsen. In this study the more emphasis was laid on his professional contribution. This research studies Hartvigsens life his works in Grace and Pocatello, Idaho and Brigham Young University. The primary and secondary data were obtained from personal interviews, questionnaire and documentary evidence.

Roberts (1981) did investigated about the career of Jose D E J Clarke Flores become a successful leader in sports in Mexico and then became a more popular leader in sports in the American Continent. His leadership qualities were studied. The necessary data was obtained from questionnaire, personal interviews and documentary evidences. His life and contribution were classified under the headings of his early life, education professional life as a military man and as an engineer.

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. Data were organized using contribution of topological and chronological order. The procedure for collecting data was classified into five areas.

1. The subject and his family
2. Colleagues and professional associates
3. Athletes
4. Servants
5. File and newspaper articles and other publications.

Dusek (1981) prepared a biography life of Marie Provaznih with particular emphasis upon her contribution to physical education. The data for investigation were
obtained from personal and professional records, interviews and correspondence with colleagues, associates and students. Marie Provaznike has contributed to physical education particularly gymnastics, within Sokol and on the international level through her outstanding leadership. Sokol was recognized at the largest physical education programme in the world.

Marry (1982) studied the professional life of John Robert Wooden and his assistant coaches were interviewed at the university of California at Los Angeles. The critical analysis was performed for the documentation and philosophies of Wooden. He had an outstanding Basketball career at Purdue University. Wooden was also involved in teaching and coaching on the high school level and to the collegiate level. His coaching teams won 885 games and lost 203. His UCL team won as unprecedented ten National collegiate Athletic Association Championships. He was awarded numerous honours as a player, coach and citizen.

Frisby (1983) reported in her study on the organizational structure and effectiveness of Canadian National Sports Governing Bodies that those organization which were to acquire more financial resources, were also more successful in achieving the goal.

Thulaseedas (1983) conducted a study on Olympian Suresh Babu in the year 1983. Suresh Babu is 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. Nalinibai. The birth place 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 interval of injuries. He believes that, if the organizers of the competition are providing standard faculties within the limits for race and jumps, injuries can be minimized. Coaches should be careful in sending his trainee to competition. To bring to an international level, he should be trained for fourteen to fifteen years, to develop his physical and motor fitness, skills and techniques. The subject also realizes that in India even the most enthusiastic parents will not be able to carry out the expenses of an athlete for such a long period. The subject suggested some measures to remedy this. He is of the opinion that if the Union Government is opening training centre for talented young
athletes, like sports schools and hostels they will get opportunities to develop their talents through proper training and coaching. The Government should also be keen in providing job opportunities for outstanding sportsman. The subject believe that if things happen, like this, within ten years Indian athletes will carry Indian athletics to International and even Olympics level.

Jonathen (1984) integrated the data regarding the life of Eugene Lusx Robert. The primary source of data was related to review of literature, personal interview and biographical data. Text books, newspapers and journal articles and historical records were consulted for secondary data. The data were compiled, classified and interpreted.

David (1986) studied the comparison of the characteristics of more successful leaders with those of less successful leaders. The characteristics which associated with leadership were identified. Three tools used in the study were the Leadership Opinion Questionnaire, 16 Personality Factors and Strong Camp Bell Interest Inventory. Additional data were obtained on marital status, degrees, education level and age. The subjects were 17 leaders (10 males and 7 females) employed in the summer of 1985 at the wilderness school in Go-Shen City. The students at Wilderness School were described as "Troubled". A special questionnaire was used by W.S. Administrators to evaluate the leader's performance. Five categories were created for the analysis of leader's performance (1) Professional/Administrative (2) Teaching (3) Safety/Technical (4) Interpersonal (5) overall evaluation.

Jerry (1987) compiled a biography John Scolmos. This biographical work deals with Scolinos early life and teenage years, his military experience and his coaching years at both Pepperdine College in Los Angeles and Poly Techniques College in Pomona California during 42 years of coaching of baseball Scolnos has won national acclaim for his coaching achievements. He has earned the gratitude and love of numerous students, athletes and non-athletes alike for his interest and help in their lives. This study lays emphasis on his unique philosophy of coaching and teaching as well as contribution in helping the young.

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 studies P.T. Usha, her coach Mr. Nambiar and her parents. 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 4 Gold and 3 Silver Medals in the Asian Games dominated by the Japanese Athletes at that time.

Ahammed (1988) conducted a case study of Victor Manjila, national soccer player in year 1973, Victor Manjila an international player who put his best and dedicated his life to soccer. He was born in middle-class family on the 12th May 1949 in Nellikannu, Trichur district, Kerala. Talented Victor Manjila began to play the game with his college mates. His father Mr. M.O.Lasser was a business man. His mother Smt. Mariamma hailed from an orthodox Christian family. Coming from a joint family, Victor was third son of his parents, he has three brothers and two sisters, in this study the researcher explained in detail about Victor’s family professional and educational career. Through this case study the researcher explained the subject recommendation about the sports field. A similar case study on other leading footballers of the yester years may be taken up. It is recommended that to improve the standard of any discipline in our country, the government has to play important role in encouraging 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.

Dennis(1988) conducted a case study of D. P. Mony, the Olympian weight lifter. He was born in Putukudi Eruppu, Nagercoil, Kanyakumari district on 12th August 1921. He has two sisters. He studied only upto 5th 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 19, 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 1948, he represented India at London Olympic game. In the Finland Olympic Games, he
secured the 3rd place in press and won world-repute for himself and India. In the end of the year 1952, he fell ill and had to take rest for nearly 7 years. He worked for some time in the Gymnasium as an instructor. He won the championships in weightlifting in all fair championships and reached the 6th rank in weightlifting in the world. He contends that India could win enviable position in weight lifting if the youth in India undergoes proper training and takes interest in weight training.

Chepco (1988) studied the influence of Mabel Lee Ethel Perrin and Agnes Wayman on woman's Inter Collegiate athletics between 1920 and 1935. The biographical information on each woman, her philosophy in inter-collegiate-competition and leadership position were obtained. This information on each subject provided sight into influential events and individuals that help to formulate their philosophies on inter college competitions. Their educational history and their relationship to each other were investigated. In second phase of the research, the major speeches and writings of each woman were investigated to know their philosophies.

Niranjan (1988) conducted a case study on Prakash Padukone, the Badminton player in the year 1988. Prakash Padukone was the international badminton player and also was the winner of All-England Badminton Championship and nine time National champion. Prakash Padukone was born on 10 June 1965 at Bangalore. Bangalore is the head-quarters of Karnataka state, where Prakash Padukone developed his game, became the master 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 conferred Padamshri and Arjuna awards. His presence at the badminton court was always eagerly anticipated for the graceful artistry impeachable control and manner and touch of class. The researcher hoped that this thesis will help the player to improve the quality of the game in the years to come. Secondly it adds a new feather in the cap 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.
Woodworth and Margins (1988) studied the personality traits. In this study, a personality is some particular quality of behaviour such as cheerfulness or self-reliance which characterizes the individual in a wide range of his activities and is fairly consistent over a period of time. The total personality is a sum of these traits but it is more than a sum of separate qualities. It has some unity. Many traits of the personality are only recognized in social and interpersonal characteristics of the individual. They found that many dimensions overlapped and they reduced them to a smaller number by applying correlation method. The researchers have integrated the multitude of primary traits into smaller numbers of primary traits. There are twelve primary traits that are relatively independent having very low correlation with each other.

Yearsley (1988) wrote the life history of C. Rodney Kimball. His family members and former BYU athletes were also interviewed. He was an outstanding athletic trainer. He was also regarded as a close friend counselor and spiritual leader among his colleagues. During the 40 years of service of BYU, Kimball received numerous honours and awards as an athletic trainer. Even after his retirement in 1975, he continued to work as a part-time athletic trainer, also worked with BYU basketball and baseball teams until 1980.

Ruth explored the belief 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 beliefs and practices were investigated in relation to their professional programmes and the viewpoint of the physical education teachers of the University. The subjects were six physical education teachers who were in their second to fourth year of teaching. Videotaping, psychometric inventories' questionnaire and two audio taped interview were used to obtain data. A synopsis - of the individual case reports was presented results were interpreted.

Charles (1989) undertook the case study on Mr. V. J. Phillips who was an Indian Hockey Player. The purpose of the study is to reveal tremendous impact of V.J. Phillips on Indian 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 of V.J. Phillips.

Sharma (1989) conducted case study on Bhogeswer Baruah 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 Baruah. Bhogeswar in these years 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 in spite of his economic constraints.

This study would 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 and players who contributed a lot for the cause of sports and games in our country. And this study tells that our subject was able to lead Assam state for getting many achievements and brought about many youths to national level.

Sivararna krishanan (1989) studied Sunil Gavaskar’s life, career and contributions to Cricket, has extensively used to 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 etc. This has been a source of great assistance to the investigator to follow the appropriate procedure to formulating this study.

1) Interview Technique 2) Opinion questionnaire 3) Cattell’s 16 personality Factors Questionnaire (A form), personal visits, 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.

Thomas (1989) conducted a case study of Shiny Abraham an international athlete in the year 1989. Shiny Abraham was born in Kerala, her brothers and sisters were also athletes. She learned her first lesson 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 selecters at the age of 19, she won the distinction of Indian colors and toured a 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 opines that the state athletics must take necessary step to attract more spectators for witnessing even local meets. Sports activities should be introduced in childhood. The team must reach the venue, where competition takes place at least 15 days before the competition for acclimatization with the environment. This will improve the performance of the athletes.

James (1990) investigated 25 selected members in the profession of Health, physical education, athletics and recreation. The subjects had been active in the profession since 1915 to 1970. Nine subjects were interviewed. Each subject was studied in cooperation with AAHPERD. Personal interviews with relatives, friends and colleagues as well as through investigation of publications and speeches were studied in order to validate significant contributions.

Karen (1990) explored the philosophies of four physical education teachers self reported experiences. The subjects were two women and two men. The data were obtained from interviews tapes of workshops and work sessions and teacher logs. All interviews and workshops and work sessions were transcribed. The subjects were given an opportunity to correct and clarify position of the transcriptions. The researchers explored Thomas, patterns and differences related to various aspects of the teachers teaching, instructional autonomy and teacher’s opinions of action research.

Krishnakumar (1992) conducted a case study on K. Raghunath an international athlete from Kerala. Raghunath was born in a low-class family. Though his father did not participate in any formal completion, he was a good swimmer. Other family members never took part in sports. But they encouraged and motivated him to perform well. At school, he has 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 nor any other bad habits. He is very much interested in playing football and in leisure time, he read books on sports or coaching and see films on sports. He was highly interested in learning new techniques from others. He was also interested in the welfare of younger athletes.

Raymond (1992) explored the life and professional career of John William Heisman, the famous football coach of United State of America. In this study, the biography of John William was prepared in terms of his influence on football, his professional philosophy, personal profile of early coaching. The historical, biographical, analytical and imperative methods were used. The data were collected from the persons who had been associates of Heisman, family members, players and coaches. All the available data were analyzed. John William Heisman was born in Cleveland Ohio on Oct. 22nd 1869. His coaching profession began in 1892 in Ohio. He was one of the founding fathers of American Football Coaches Association. The famous football trophy "Heisman Trophy" was instituted to honour his contributions to the game of football.

Reddy (1993) studied the personality and philosophy of Pothan Mathews Joseph T. a pioneer-Physical Educationist in India. The personality traits of Joseph, his philosophy and ability were explored. The personality traits of Joseph were assessed with the help of Cattell's 16 Personality Factors-Analysis-Questionnaire. A well developed standardized rating questionnaire was sent to contemporaries, students and physical educationists to assess his philosophy, teaching and administrative abilities. Joseph and leading physical educationists in India were interviewed. The departmental records and files were used to assess the contribution of Joseph.

Chang (1993) studies 334 sports managers in Taiwan Republic of China. The "Survey of Management Practitioner" was given to the subjects. One way of Analysis Variance (ANOVA) and Chi-square Tests were performed for analyzing data. Eight management competencies among sports managers in Taiwan were identified. In this
study, the competencies necessary for successful management of sports organization, transit-skill, and knowledge required for leadership were determined.

**Macdonald and Tinning (1995)** Physical Education Teacher Education and the Trend to Proletarianization: A Case Study Drawing on evidence from an Australian physical education teacher education (PETE) programme, this paper argues that the preparation of physical education-teachers implicates PETE in the trend to proletarianize teachers' work at the same time that national claims for increased professionalization are being made. The core physical education programme and its PETE component were characterized by narrow utilitarian, sexist, scientific, and technical approaches to the field of physical education. More specifically, the PETE-programme represented teaching as technical and unproblematic rather than as a critical and intellectual endeavour, and its faculty and students were accorded a subordinate status within the department.

**Wramynn (1997)** explored the professional career of three women who pursued satisfactory and highly useful careers at a time when opportunities for females in medicine and higher education were limited. All these three made valuable contribution to medicine and to physical education. All of them were engaged in scientific and medical research. All had the medical degrees. Two of them had received formal training in the field of physical education. Eliza Mosher worked as an officer of the American Association for the Advancement of Physical Education. She also developed the programme in physical education for women. She also served as the first Dean of Women at the University of Michigan. Frances Heiebrandt influenced a number of women through the programme she headed in the laboratory of exercise physiology at the University of Wisconsin. She also contributed to the field of physical medicine through her work at the medical college of Virginia in the 1940 s. In late 1950, Hellebrandt took responsibility for motor control laboratory at University of Wisconsin. Margret Bell was a Professor in Hygiene and for Physical education for women at the University of Michigan for thirty-four years. She also worked as a physician in the University Health Service for her entire career.

Bell also became the President of American Association for Health, Physical Education and Recreation in 1939-40. She was the last physician to serve in that
capacity. This study reconsidered the historical development of the field of physical education and exercise science. In this way, this study has contributed to the history of women and science and women in the history of physical education.

Gary (1998) studied one secondary physical education teacher. It has been well established that the development of discipline in the gymnasium and the classroom is affected by factors related to proper management and instruction (Siedentop, 1991; Doyle, 1986). However, little research has been done to investigate discipline in relation to the overall teaching context by investigating the instructional and managerial systems together. This study provided an in-depth investigation of one secondary physical education teacher's learning environment. The first two instructional units of the school year for each of two grade levels (25 and 22 lessons, respectively) were observed. The Rules, Routines and Expectations (RRE) instrument was used to investigate preventative management strategy and teacher and student behaviours were analyzed with a modified Task Structure Observational System (TSS). Teacher interviews focused on her perceptions of discipline within the overall learning environment. The results indicated that five rules, seven routines and three expectations were communicated to the students at the beginning of the school year. Engagement with the content dominated lesson episodes and applying tasks dominated the task types observed. Students' responses to instruction showed high percentages of congruence with the assigned tasks and high success rates. Very few instances of student misbehaviour were recorded except in one unit. Content selection, learners' skill level, management strategies and class dynamics were possible explanations for the students' misbehaviour. Interviews indicated that the teacher felt that student discipline affected her program to some extent as she sometimes had to modify her expectations and objectives and devote time to management tasks. The interaction of the instructional and managerial systems was apparent.

Singh (2000) studied the biography, qualifications and contribution in sports of Dronacharya Professor Karan Singh. He was an eminent physical educationist and sports promoter. His personal performances and achievement of his trainees have been highlighted Professor Karan Singh had the rare combination of being
outstanding sportsman and an excellent academician. He was known "Hero of Rajasthan". He represented India in the first Asian Games 1951 held in New Delhi and won a gold medal in 4x400 in relay. He received Masters Degree in physical education and Diploma in coaching in Athletics from the National Institute of Sports, Patiala.

**Shokeen (2000)** undertook the case study of Professor Karan Singh. The purpose of the study was to investigate the contribution and achievements of Professor Karan Singh towards the promotion of physical education and sports in the country and also the professional leadership qualities of Professor Karan Singh. Primary and Secondary sources such as official records, personal records, interview, pictorial records, published material, interview with family members, contemporaries, coaches, trainees etc. survey opinion, rating questionnaire etc. were employed in obtaining necessary data for the study.

**Mitchell and Hewitt (2001)** the instructional hours available in the typical school day are insufficient for teachers and students to meet many of their learning goals. Consequently, homework is commonly used to supplement formal school hours in meeting these goals for most school subjects. Beyond some fitness recommendations in the literature, however, there is little to suggest that students, their parents, or physical education teachers consider homework to be a reasonable part of physical education. Indeed, parents in a study by Tannehill, Romar, and O'Sullivan (1994) reported neither having experienced...

**Dhillon (2001)** studied the life and achievements of S. Balbir Singh who was an Indian Hockey player. The impact of S. Balbir Singh on Indian hockey was studied with special focus. The investigator conducted interviews with S. Balbir Singh and his daughter and also consulted the published materials and photographs. The opinion rating questionnaire on S. Balbir Singh was used. S. Harbail Singh was his Guru and source of inspiration to achieve the high standard. S. Balbir Singh won several awards and distinctions like Padma Shri in 1957, Best Sportsman of the country in 1982. He also had been as Director in Punjab Sports Department He had been a member of Indian Olympic Team in 1948, 1952 and 1956. He was the captain of the Indian Hockey team at Melbourne in 1956 Olympics. He has the Golden hat trick in his
hockey career.

Singh (2002) undertook a case study of S. Bahadur Singh a renowned international shot putter. The study was stated as "Padma Shree S. Bahadur Singh Eminent sportsperson, Coach and Sports Promoter A Case Study". The study was confined to the contributions and achievement of S. Bahadur Singh in the field of sports. His sports career was studied in terms of his training schedule. The purpose of this study was to reveal tremendous impact of S. Bahadur Singh on Indian athletes. The investigator conducted interview with S. Bahadur Singh, his family members, teachers, friends, relatives and trainees. The information was collected through primary and secondary sources to enlist leadership qualities, personality traits and training schedule of S. Bahadur Singh. In this investigation, historical, biographical, analytical, physiological and interpretive methods were employed. S. Bahadur Singh had a very long professional career. He was honored with Padma Shree, Arjuna Award and Dronacharya award for his contribution in the field of sports as an athlete and a coach also. He was an Olympian shot putter, represented India in five Asian games and many more prestigious international tournaments. After contributing as an athlete in his later life he worked as an athletic coach at NIS Patiala and produced many International athletes. An opinion rating questionnaire consisting of 64 questions was used to assess his personality traits. S. Bahadur Singh's personal performance as well as the performance and achievements of his trainees had been highlighted.

Gill and Quill (2003) conducted "Researching Sport Education in Action: A Case Study." This article reports on research into the implementation of sport education in a mixed secondary school in southern England. Attention is focused on the ways in which sport education might enhance pupil learning and raise standards of learning in contexts of the implementation of the revised National Curriculum for Physical Education in England.

Cassady et all (2004) did “Experiencing evaluation: A case study of girls' dance” This paper outlines action research that was undertaken as a part of a DfES Best Practice Research Scholarship (BPRS). The aims of the research were, firstly, to investigate how girls at Key Stage 3 and 42 feel about evaluating and being
evaluated in dance and, secondly, to devise a range of evaluation tasks which enable pupils both to evaluate with confidence, and to use the information to improve their performance. The research utilised questionnaires and interviews to obtain information about girls' feelings about evaluation. The results reveal that the girls found the social environment they worked in significantly influenced their feelings and performance in dance. In particular they experienced feelings ranging from 'nasty and hypocritical' to 'embarrassed and self-conscious'. These feelings were fuelled through the use of the video camera. Evaluating was found to be difficult because of such factors as the speed of the movement, too many things to look for and a lack of knowledge of composition. A preference was shown by the pupils for evaluation to be conducted in a one-to-one situation or by self-evaluation from a video, so long as it was conducted privately. Finally, the study identifies the importance of evaluation for helping pupils make progress and improve, as well as illustrating the pupils' growing recognition of the importance of such processes.

Singh (2004) in his doctoral thesis “Padma Shree Milkha Singh legendary Athlete Sports Administrator and Sports Promoter- A Case Study” has studied his biography, sports career and his contribution to the field of sports. A standardized opinion rating questionnaire was developed and mailed to his contemporaries, colleagues and other eminent sportspersons and coaches to assess the personality traits of S. Milkha Singh, his philosophy and abilities as an administrator and sports promoter. Interview with S. Milkha Singh, his family members, friends, colleagues and relatives is also conducted.

Padma Shree Milkha Singh was among the world record breakers in 400m race at Rome Olympics in 1960. He won Gold Medal in Asian Games and Commonwealth Games also. Alter his retirement as an athlete, Mr. Milkha Singh worked as Director in Punjab Sports Department. The study also reveals the contribution and achievements of Padma Shree Milkha Singh towards the promotion of sports in the country, professional career, sports achievements as an athlete. His contribution as a sports promoter, important assignment and achievements as an administrator, his service experience and his viewpoint on different issues of sports in India were also presented.
Kim and Taggart (2005) studied Teachers' perception of the culture of physical education: Investigating the silences at Hana Primary School. The purpose of this study was to explore teachers' perceptions of physical education classes in an urban Korean primary school. Furthermore, this study tried to interpret how teachers' beliefs were reflected in their teaching. One primary school with seventeen teachers was selected as the site for a case study. Data were collected by participant observation, informal interviews and field notes. Inductive analysis was used to organise the data throughout the research process. Three factors emerged that characterized teachers' perceptions of physical education: the low status of the physical education programme, teachers' disengagement with the subject matter, and their lack of pedagogical knowledge. It was concluded that primary school teachers have a very limited view of their responsibilities for implementing physical education programmes and seem to be part of the sustainable silences ascribed to physical education classes in primary schools.

James, et al (2005, March) conducted a case study on perception of assessment in elementary physical education. The purpose of the study was twofold: (a) to examine a teacher's perceptions of attempting to implement assessments aligned with the NASPE standards and (b) to examine students' perceptions of assessment in physical education. Participants were 46 4th grade students and their physical education teacher. Data were collected through a Likert-scale attitude questionnaire, documents and interviews with 27 of the 46 students and their teacher. Questionnaire data were analyzed with descriptive statistics. Interview data were analyzed qualitatively. Results indicated that both teacher and students perceived that the teaching-learning process was enhanced through the process of using assessment aligned with the NASPE standards. Secondly, marginalization of physical education impacted both students' and teacher's perceptions of assessment.

Dowda et al (2005). Evaluating the sustainability of SPARK physical education: a case study of translating research into practice. Dissemination and sustainability of evidence-based physical education programmes (PE) has been studied rarely. The sustainability of a health-related PE programme (SPARK) was independently evaluated in 111 elementary schools in 7 states. Surveys were mailed
to schools that had received SPARK curriculum books, training and follow-up (response rate = 47%). Up to 80% of schools that adopted SPARK PE reported sustained use up to 4 years later. Schools using SPARK had more frequent PE classes. Sustained use was related to support from the principal, not previously having a standard PE programme, having adequate equipment, and teachers being physically active. Programme sustainability was similar in advantaged and disadvantaged schools. Evidence-based PE programmes can be sustained up to 4 years.

Chorne (2005) conducted a case study of exceptional physical education teachers. The purpose of this study was to inquire into the professional and personal lives of four physical education specialist teachers and to uncover the reasons why they engage in their practice as they do. The study documents the experiences of each teacher and provides insights from both these participants and the researcher. Questions inquiring about the reasons why current physical education teachers engage in their practice as they do, and how factors, during their careers as physical educators, influence their teaching were asked and investigated.

The research used case study as its method of data collection and analysis. To be precise, the current research employed a multi-case design. A combination of the descriptive and heuristic case study was used to share the findings. Semi-structured, individual interviews were completed with the four physical education teachers.

The interview data were organized into four categories and further subdivided into specific themes within each category. The categories were designated as (a) Relating to/with students, (b) Experiences gained through teaching, (c) Self-awareness, and (d) Passion about the field of physical education.

The major findings were divided into two distinct areas. Those that were grounded in previous research literature that was new and not grounded in previous research literature. The major findings that were grounded in previous research literature were: (1) Evolution and maturity, (2) Caring for students, (3) Options and variety for students, (4) Professional development and self-improvement, (5) Varied teaching styles, and (6) Reflection. The major findings that were not grounded in previous research literature were: (1) Meaning of physical education, (2) Confidence,
Belief and joy in teaching physical education, and (4) Personal fulfillment and commitment to the job. The study has made six recommendations for action including various aspects that can be addressed in a pre-service teachers undergraduate programme. Four suggestions for further research are also proposed including additional studies to assess the degree of influence that experience has on the teaching practice of physical educators.

Ribera et al. (2006) did a case study of ‘Physical activity promotion in general practices of Barcelona.’ This case study aimed to generate explanations for the lack of integration of physical activity (PA) promotion in general practices of Barcelona, the capital of Catalonia. This explanatory study adopted a qualitative approach, based on three techniques; focus groups \( (n = 3) \), semi-structured \( (n = 25) \) and short individual interviews \( (n = 5) \). These approaches explored the wider environment surrounding primary care from a range of distinctive professional and personal perspectives. Participants were recruited as patients \( (n = 20) \), policy makers \( (n = 6) \), academics \( (n = 5) \), PA professionals \( (n = 3) \), medical doctors \( (n = 3) \), researchers \( (n = 2) \), media employees \( (n = 2) \) and one social worker. Phenomenological techniques were used for data coding and interpretation. Contributors confirmed the final interpretation. Three main factors underpinned the lack of integration of PA promotion approaches. PA promotion delivery rarely accounted for either patients' individual needs or the circumstances that influenced their interest in PA promotion. This was a missed opportunity in promotional consultations. There was also a lack of official support for general practitioner-based PA promotion. Finally, primary care staff intentionally isolated their practice from other professionals and/or services in the community. Community-based PA promotion could be better integrated by (i) introducing stage-based strategies, (ii) creating top-down approaches and (iii) connecting primary care with other professionals and institutions in the community.

Mann (2007) recently did research on Padma Shri Kartar Singh, Legendary Wrestler, Administrator and Sport Promoter a Case Study. The purpose of study was to investigate his contribution towards sports administration, sports promotion and in sports. Primary and secondary sources are used to investigate these.
Ozbek (2009). The purpose of his study was to determine the levels by which the students in Departments of Physical Education agree with the professional codes of ethics for physical education teachers. One hundred twenty-two students receiving education in Departments of Physical Education and Sports in three universities participated in the research. A questionnaire consisting of 32 items was used as the data collection tool. Physical education teacher candidates studying in different universities stated that they fully agreed with the professional codes of ethics for physical education teachers. However, they were observed to have different opinions regarding some ethics codes depending on gender, class, and school variables.

Chen (2010) conducted a study of ‘The Legend Basketball Coach John Wooden – A Case Study in Leadership’. The purpose of this study was to study Coach John Wooden’s family background. Coach Wooden is the first person to be inducted into the National Basketball Hall of Fame as both a player and coach. His teams won 10 National Championships. Wooden concluded his 40 years as a head coach and his 885-203 overall career win-loss record (a percentage of .813) is unequaled (Wooden, 2003). Leadership practitioners should always study their own actions and consider why they are using a particular style of leadership before they actually use it (Hughes, 2007). Coach John Wooden did just that. He studied about himself a decided to spend some 14 years identifying 25 behaviours he believed were necessary to achieve his idea of success and write The Pyramid of Success in 1948.

Motto "Do not let what you cannot do interfere with what you can do." "Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability"(Wooden, 2003). From his mottos, we can see that he is a very practical, active and confident man. Leaders who can better align their thoughts and feelings with their actions may be more effective than leaders who think and feel one way about something but then do something different about it (Hughes, 2007). Mission statement Coach John Wooden’s Leadership Philosophy Adjust to your players but don't expect them all to adjust to you. Great leaders give credit to others, but accept the blame themselves. Surround yourself with strong opinionated people. Concentrate on your team, not the opposition. Teamwork is not a preference, it's a necessity. A good leader is first, and foremost, a teacher. (Wooden, 2003) Coach John
Wooden's Successful Factors of Leadership

John Wooden's (2005) definition of success is peace of mind, which is a direct result of self-satisfaction in knowing you made the effort to do your best to become the best that you are capable of becoming.

Coaches play a very important role in sport. In general, coaches teach and lead their players to complete tasks that govern their performance. There is plenty of research concerning coaches’ leadership strategies, traits and behaviours. The players or athletes that a coach teaches or leads have a wide variety of different personalities and characteristics. Each of these players’ needs are also different based on their varying levels of satisfaction for different aspects of their job, such as pay, working conditions, coaching supervision, or co-worker.

Hastie et al. (2010) conducted a case study of wikis and student-designed games in physical education. This paper reports on the incorporation of wiki technology within physical education. Boys from two classes at a school in the United Kingdom were divided into small teams and given the task of creating a new game in a same genre as football, hockey, netball or rugby. Each team had a wiki on which were recorded all the plans and developments of this game as it was being devised and refined. The teacher, an outside games expert and the school's librarian also had access to the wikis, which allowed for constant interaction between the participants outside class time. Interviews with the teacher, the librarian and the students revealed that the 24/7 classroom enabled by the ICT, together with an extended community of practice, resulted in a higher quality learning experience in physical education for the participants. Indeed, it was the belief of all concerned that the quality of the end game products would not have been possible without the ICT component.

Suman (2010) conducted a case study on Padam Shri Dhanraj Pillay, Charismatic Hockey player and studied his biography, contribution and achievement of Padam Shri Dhanraj Pillay in the game of hockey, his professional careers, his philosophy, his special qualities, his personality traits and his training schedule. Researcher also studied his distinguished features of Padam Shri Dhanraj Pillay’s life as a player as a sports promoter and as a coach.

Negi (2010) in his doctoral thesis "Padma Shri Charanjit Singh Sports Administrator and Sports Promoter- A case study" has studied his biography, sports career and his contribution in the field of sports. A standardized opinion rating questionnaire was developed and mailed to contemporaries, colleagues and other eminent sports person and coaches to assess the personality of Padam Shri Charanjit Singh, his philosophy and ability as an administrator and sports promoter.

Padma Shri Charanjit Singh is one of the best hockey players, India has produced. He was a sportsman per excellence at International level. He was captain of victorious Indian Hockey team which won the 1964 Olympics at Tokyo. He represented Indian from 1955 to 1965 at International Arena. He represented Punjab Police Hockey team from 1950 to 1965 which was considered the best outfit in the country. Padma Shri Charanjit Singh served as a Director of Student Welfare and Sports in the Agriculture University Ludhiana.