P R E F A C E

The health of a nation is the health of its people. A few nations are healthier and wealthier today in terms of their high standard of living, ably supported by their stable and immutable economy. Of late, however, this dichotomy of good health is on the brink of being threatened by unhealthy habits like drug abuse, alcoholism, smoking etc. The smoke chemicals have conflicting and hostile effects on health as evidenced by extensive research undertaken in this direction. An earnest and sincere effort has been made in this thesis, to review the effect of smoking on nervous, digestive, respiratory and cardiovascular systems with an emphasis of its consequences on athletes. However, data pertaining to the effect and hazard of smoking on the performance of athletes, emphatically on muscular strength, flexibility, endurance, speed, power and agility in different age groups is quite meagre and scientific analysis in India context has not thrown ample light in this direction. It is observed that a number of teacher trainees in Physical Education Colleges who are expected to build and shape the future of the budding athletes are themselves smokers and it is felt that this has considerable harmful influence on their wards. Judging from the dismal performance of Indian athletes in World meets, Olympics, or other International events, it is felt that there is a dire need to know as to how far the smoking habit impairs the performance of athletes.
The present thesis is an outcome of such an enquiry. In this thesis, an indepth study of the motor fitness of smoking and non-smoking athletes through Kraus Weber and standard field tests is made and the results are reported.

It is hoped that the results and data presented in this thesis will be of national relevance, will throw some light on the effect of smoking on the performance of athletes and further, help in mending their addiction to smoking with the lofty notion of building a stronger community of healthy athletes.

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