PREFACE

In recent scenario growth of a country, institution or profession depends on quality of research done in particular area. Research has been a magic stick for development of any area either it may education, medicine, business, engineering or sports. It has been well establish fact that research has made development of new strategies in sports either it is related to talent identification, training of players or to prepare strategy for match or for a specific player. Improved level of research in field of sports has immersed as a tool to take sports to higher level. This is research that made sports more innovative, competitive and also safe which is one of the most important aspects in terms of popularity of sports. It can be said that research has develop the idea about better health which deals with way of thinking, life style, involvement in sports and physical activity which lead us to a healthy life.

Basically a misconception has been established in society about the profession and professionals of physical education like peoples who only deal with sports, line formation in schools, maintaining discipline or to deal with some PT for students. But in recent time a physical educationist is dealing with betterment of life, guiding to shape the body and health for quality life. It has been said just living the life is not a matter; the matter is to the live the life with its beauty, colors and joy. UNISEF has defined in his memorandum physical education and sports as a fundamental right of each and every child.

A sincere effort has been made by the scholar to make the sports more scientific and joyful. In this respect the first chapter of the study is the introductory part that gives an over view of the purpose of the study. This chapter includes delimitations of the study that describes the frame work of the study. In the limitations of this study several factors are described which were beyond the control of the investigator that might have affected the study. The chapter also describes and explains various technical terms which may not be easier to understand by common man.

The second chapter includes review of the related literature that the scholar has gathered through various sources such as libraries and internet.
The third chapter “Procedure” Comprises of selection of subjects, selection of variables, Criterion measures, collection of data, administration of Questionnaires and statistical techniques used for analysis of data.

The fourth chapter of the study includes analysis of data and the result of the study. These are presented in the form of findings, discussion of findings. The findings of the study have been presented in tabular form in this chapter.

In the fifth and the concluding chapter a brief summary of the total work is written. This chapter also deals with the conclusions made from the results lastly; recommendations are given by the scholar points wise for future researches.

RICHA SINGH