



Department of Physical Education & Sports Sciences
(Faculty of Inter-Disciplinary and Applied Sciences)
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PUBLISHER'S DESK



It gives me a great pleasure to convey my message in the second issue of India Journal of Physical Education & Sports Sciences (IJPESS) on behalf of the Department of Physical Education & Sports Sciences, University of Delhi, the publisher.

This department has accepted the challenge to promote physical activity not only by propagating research and its idea of balanced education (proposed by UNESCO's Delors Commission recommendation), but also to inculcate physical activity in everybody's lifestyle on the principle of American College of Sports Medicine's mission namely 'Exercise is Medicine'. Regular planning of exercise is essential for everyone irrespective of age, gender, race, colour, religion, region, country, continent etc. In the United States, Governors, Mayors and other Govt. and Non-Govt. leaders across the country have proclaimed the month of May as 'Exercise is Medicine' month every year since 2010. Based upon the atmospheric conditions in Delhi, the Department of Physical Education & Sports Sciences is likely to decide soon about the month to be declared for the promotion of 'Exercise is Medicine' motto in Delhi.

The above mission needs proper awareness among the researchers in physical education. Many events are going on for the promotion of physical activity and physical education in all the advanced countries of the world. IJPESS is an important tool to achieve this perspective. The readers of IJPESS may visit 'www.exerciseismedicine.org' on the internet for deciding their future research teaching and extension service activities towards the foundations of promoting physical activity among all human beings for the wholistic development of human personality.

May I share my personal feelings about the subject of physical education with the readers of IJPESS. I am sure that depending on the quality and quantity of research work being undertaken as well as application of research findings; there will be an early beginning of 'Fitness Technology Age' following the current 'Information and Communication Technology' Age. Let us develop a method of an effective and efficient management of physical activity in the life of each individual by our hard work and concerted efforts to promote

genuine research in this direction and promote research, as is being attempted through the publication of IJPES by the DPES at the University of Delhi.

I once again congratulate **Dr. Sandeep Tiwari, the Editor-in-Chief, IJPES** and all the members of the Board of Editors, for continuing this research journal so as to empower the human resources in physical education. I hope that this research journal will help the society to adopt sports training metaphor and eclectic research for holistic personality development on the one hand and by creating acceptance to the wonder drug – the prescription of physical activity as ‘Exercise is Medicine’ fact sheet prepared by the American College of Sports Medicine.

DR. DEVINDER K. KANSAL,

HEAD OF THE DEPARTMENT

Editor-in-Chief's Desk

It gives me immense pleasure to inform that the **Indian Journal of Physical Education and Sports Sciences (IJPESS)** launched it's first volume in March, 2013. The research



scientists from the field of physical education and sports and allied disciplines have applauded the attempt in this direction. In order to give a scientific basis to physical education and sports such scientific research journals need to be published from the faculty of physical education and sports of various state and central universities in the country. However, If we glean through the current status and existence of faculty of physical education and sports, only a

miniscule few state and central universities in the country have an independent faculty for physical education. Even those where such faculty is in existence there isn't any organized structure with respect to establishing of the departments leading to award of degrees in physical education with specialized area of proficiency like, sports and exercise psychology, exercise physiology, sports nutrition, sports bio-mechanics, sports management, coaching science and physical fitness, health and wellness and many such sub-disciplines. Thus, such technical and specialized professional development in physical education shall be a great asset in meeting the demands of the society. If we review the recommendations of – "Central Advisory Board of Physical Education and Recreation (1950), The University Education Commission (1948-1949), Mudaliar Commission (1952-53), A National Plan of Physical Education and Recreation (1956), The School Education commission (1959), Radha Krishnan Commission (1959), Kothari Commission (1964), Conferences of State Education Ministers (1956, 1959 and 1964), Kaul-Kapoor Committee(1961), National Policy on Education (1986), National Sports Policy (1986,2000 and 2001) and CABE Committee on Sports and Physical Education" all laid emphasis on the importance and need of physical education and sports in the education system. Henceforth, it becomes essential then to deliberate at national level on the issue of an organized structure of faculty of physical education and sports in the university system. All Such issues may be tackled only with the help of communication of research results through research journals like IJPESS in your hands. The board of editors are making concerted efforts to keep this research journal best of it's kind for the fastest promotion of the subject of physical education and sports.

We are extremely thankful to all the research scientists for their contribution in providing the research papers/articles in various specialized sub-disciplines of physical education and sports science. We are also thankful to reviewers and editorial board members in finalizing the research articles.

Dr. Sandeep Tiwari

Associate professor

Indian Journal of Physical Education and Sports Sciences (IJPESS)

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SCOPE OF THE JOURNAL:

The **Indian Journal of Physical Education and Sports Science (IJPESS)** shall cover the following specialized areas in Physical Education and Sports Science:

- * Sport and Exercise Physiology
- * Sport and Exercise Psychology
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- * Motor Learning and Control
- * Comparative Physical Education and Sport
- * Coaching Science and Physical Fitness, Health and Wellness
- * Kinanthropometry
- * Neuro-motor Psychology
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- * Political Science of Sport
- * Sociology of Sport
- * Sport Facilities
- * Sports Law and Sports for All
- * Sports History
- * Sports Management
- * Sports Pedagogy
- * Sports Medicine
- * Yogic Science
- * Sports and Spirituality

The Journal welcomes the submission of manuscripts by the authors which will be reviewed prior to publication. Further, it will be highly appreciated if the authors follow the guide lines and note the information related to publication ethics mentioned below:

- This journal publishes original and exclusive articles in the area of physical education and sport sciences. Submitted manuscripts must be the original work of the author(s).
- It should be noted that the paper must not have been submitted for publication in any other journal concurrently. Only unpublished manuscripts should be submitted.
- In case, any error discovered in the manuscript after submission must immediately be communicated to the Editor-in-chief.
- The author/(s) will be informed of the decision on their manuscript shortly after submission of the manuscript via mail.
- The paper will normally be published following its acceptance in the next available issue.
- Acknowledge the sources of data used in the development of the manuscript
- **Electronic submission** of manuscripts is strongly encouraged, provided that the text, tables, and figures are included in a single Microsoft Word file (Times New Roman font of size 10).
- **Manuscripts should be submitted** as e-mail attachment to the **Editor-in-Chief** at: **dpress.journal@gmail.com**. The author will be communicated via mail shortly after the submission of the manuscript.
- The **cover letter** should include the corresponding author's full address and telephone/fax numbers and should be in an e-mail message sent to **Dr. Sandeep Tiwari, Editor-in-Chief**, with the file, whose name should begin with the first author's surname, as an attachment.
- Authors cannot nominate reviewers. Only reviewers randomly selected from our database with specialization in the subject area will be contacted to evaluate the manuscripts. The process will be blind review.
- **The Indian Journal of Physical Education and Sports Sciences will only accept manuscripts submitted as e-mail attachments.**

Review of Manuscripts

- All manuscripts are reviewed by Editor-in-Chief, members of the Editorial Board, technical editors, distinguished qualified advisory board members or outside reviewers. The journal shall communicate the reviewers' comments if any promptly to the author. It is the aim of the **IJPES** to publish manuscripts at the earliest possible after submission.

Manuscripts Submission Guidelines for Regular articles

- All portions of the manuscript must be typed **double-spaced** and all pages numbered starting from the title page.
- The article must include content under following main headings: **Title, Abstract, Introduction, Methodology** (Sample size with age and place, instrumentation/tools used along with its brief information,), **Findings** (include statistical applications, title of the table and description, graphical presentation and its description), **Discussion of findings, Conclusion, Implication of research findings, References.**
- The **Title** should be a brief phrase describing the contents of the paper. The title page should include the authors' full names, designation and affiliations. The name of the corresponding author along with phone, fax, E-mail information and present addresses of authors should appear as a footnote.
- The **Abstract** should be informative and completely self-explanatory. Briefly present the topic, state the scope of the experiments, indicate significant data, point out major findings and conclusions. The abstract should be 100 to 200 words in length. The abstract should be written in the past tense. Abbreviations should be avoided. do not cite any literature in the abstract.
- Provide 3 to 10 **key words** following the abstract.
- A list of non-standard **Abbreviations** should be added. In general, non-standard abbreviations should be used only when the full term is very long and used often. Each abbreviation should be spelled out and introduced in parentheses the first time it is used in the text. Only recommended SI units should be used. Standard abbreviations need not be defined.
- The **Introduction** should provide a clear statement of the problem, the relevant literature on the subject, and the proposed approach or solution. It should be understandable to colleagues from a broad range of scientific disciplines.
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Article in a journal (continuous pagination throughout volume)

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