

SPORTS AUTHORITY OF INDIA NS NIS, PATIALA

The Faculty of Sports Sciences, of the Institute, which is a multi-disciplinary set up of the disciplines like Sports Medicine ; Exercise Physiology ; Sports Anthropometry ; Sports Biomechanics ; Sports Psychology ; Sports Biochemistry ; and Methods of Training , has been on the fore-front in teaching of sports science subjects ; provision of scientific support to promising and elite sportspersons; and research in this field.

In view of the importance of sports science in modern day competitive sport, the Sports Science Faculty of the Institute has taken an initiative to publish the ±Manual of Sports Science Support to Elite Sportspersonsq In the resent world of competitive sport where rifling margins make differences in the medal tally ; the manifold tools of multi-disciplinary sports science have helped the sportspersons in enhancing their performance. This book dwells on most of these tools of success.

This volume should be the personal possession of every Sports and Physical Education professionals (teachers, coaches and scientists) and an important part of the Library of every academic institution. We hope, the scientific faculty of your organization and your library would place an order for supply of this book.

The book is priced at Rs.500/- per copy. Postal charges would be extra; however, a discount of 20% can be availed by purchasing more than five copies. The purchase order may be sent to Dean (Sports Sciences) with the bank draft in the name of ‘ **ED SAI NSNIS, Patiala**’, payable at Patiala.