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Editorial

This issue of the journal carries six articles, on various research topics on Sports and sports sciences.

The authors of the first article investigate the relationship of cast kinematic variables with the performance of cast to support on Parallel Bars, in 'Men's Artistic Gymnastics, and conclude that the performance of any sport depends upon the multi-dimensional factors such as physical, physiological, psychological, and so many other factors ; and that due to slight variation in the selected kinematic variables, the performance cannot vary directly.

The second article reviews the current controversies about the carbohydrate intake guidelines during exercise evolution. The author suggests that during practical implementation, carbohydrate intake should be individualized, based on tolerance and preference of the athlete.

The authors of the third article evaluate the influence of sports specific physical activity on lung function and endurance power, among young Indian female athletes of different sports ; and also the correlation of demographic characteristics with lung function and endurance power. The results suggest that the nature of specific sport activity and training have a significant impact in differing endurance capacity as well as pulmonary function variables.


The fourth article studies the issue of fear of negative evaluation on athletes belonging to group and individual events. The authors

conclude that, barring limitations of the study, no significant difference was found on the level of fear of negative evaluation on sports events, duration of sports participation, history of injury and their level of education.

The fifth article presents the effect of meditation techniques on vigilance among the boxers of Chandigarh. Authors conclude that eight-week training had shown significant improvement.

The researchers analyse the emotional intelligence among trainees of SAI Training Centre, Patiala, in the last article, and conclude that the male and female athletes use emotional information equally ; and they do not differ in terms of emotional intelligence.

We hope you will find these presentations interesting and useful.


Dr. S.S.Roy
Editor-in-Chief