

ISSN 2321-6557

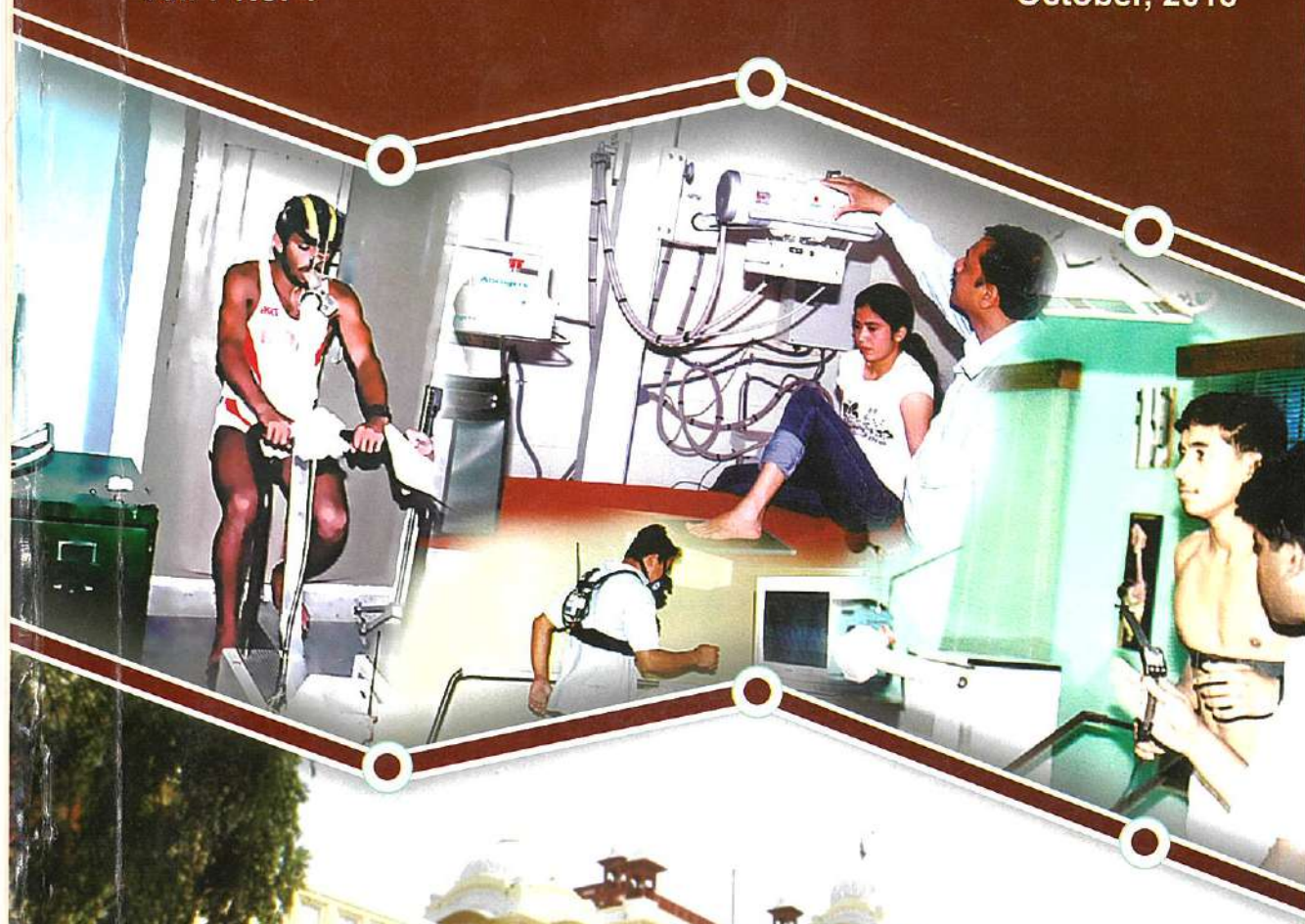
RNI NO. : PUNENG/2012/47863

Sports Research

Quarterly

Vol. 7 No. 4

October, 2018



SPORTS AUTHORITY OF INDIA
Netaji Subhas National Institute of Sports
Patiala Website: <http://www.nsnis.org>

SPORTS RESEARCH

The Quarterly Research Journal on Sports & Sports Science

Editor-in-Chief : Dr. S.S. Roy
Editor : Dr. S.R. Sarala

Printed and Published by

SAI Netaji Subhas National Institute of Sports, Patiala.

Printed at

Shaheed-e-Azam Press & Hospitality Pvt. Ltd. Patiala
S.C.O. 3-4, Sirhind Road, Patiala

RNI Regn. No. PUNENG / 2012 / 47863

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FOREIGN

By Air Mail.....	US\$ 60 per annum
By surface mail.....	US\$ 45 per annum
Single copy & old issues.....	US\$ 15 per copy

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Netaji Subhas National Institute of Sports
MOTI BAGH, PATIALA, INDIA



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- The Sports Research, an official organ of the Sports Authority of India Netaji Subhas National Institute of Sports, is a quarterly Journal published in the months of January, April, July and October.
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- The subscription should be renewed promptly. The Publishers cannot guarantee the supply of back issues, on belated renewals.
- Any change of address must be notified immediately.
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Editorial

This issue of the journal carries five articles on various sports and sports science topics.

The first article is a study of the effects of the relaxation techniques on Volleyball players. The author concludes that progressive muscle relaxation and autogenic training are beneficial methods and these must be combined with Volleyball training micro sessions, for reducing fatigue and for improved Volleyball playing ability, in different game situations.

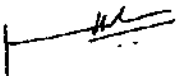
The authors of the second article try to identify learning preferences of Badminton players. This according to them would assist coaches while introducing new skills or fine-tuning the established ones. They conclude that the coaches who are able to use different methodologies, to reach a range of preference, within a group, will have the potential to enhance performance.

The third presentation is a study of motivation as a measure of motor skills learning among novice Soccer players. The study reveals that the feedback training and goal-setting plays a vital role in learning of the motor skills.

The next article is a study of anthropometric status of elite Indian female wrestlers. The authors suggest that percent body fat and endomorphy component of the female wrestlers should be reduced by general training methods, game specific training and balanced diet.

The last article is a comparative study of diameters of selected anthropometric variables of elite male Wushu players.

We hope you would find these presentations useful and interesting



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