



# *Sports Research*

Quarterly

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# Editorial

*After verification of title by the Registrar of Newspapers for India ( RNI ), and publication of the maiden issue of ' Sports Research', we have requested the RNI to issue us the ' Certificate of Registration of this Journal ; which is expected shortly. We are also trying to secure the ISSN, the International Standard Serial Number, the worldwide identification code, for this peer-reviewed journal, which would facilitate citation and retrieval of the journal. We would also ensure that this journal is abstracted and indexed in various sports and sports science database.*

*In deference to the wishes of the Hon'ble Union Minister of Youth Affairs & Sports, it would be our endeavour to secure international recognition and standing for this journal.*

*This issue carries six research articles, on various topics of interest, for the coaches and sports scientists.*

*The lead article by Ms. Mandeep Kang compares the effect of two different methods of treatment of Delayed Onset Muscle Soreness and concludes that the combination of cold water immersion with thermal ultrasound will give more relief to the patient than when the cold water immersion is given alone.*

*The second article by A. Needhi Raja analyses the differences in selected anthropometrical characteristics among Handball players of India, Kazakhstan, Pakistan, and Uzbekistan and finds these differences quite significant. The study reveals that the Handball players of Kazakhstan were generally better in all but one selected parameters and Pakistani players were the shortest in height, less in body weight , arm length, hand length and palm width.*

*The third article discusses the assessment and construction of norms on agility of adolescent boys of different geographical regions of Tamilnadu.*

*The next article by SAI Scientist Dr. P.Majumdar, presents the monitoring of the bio-chemical changes during different phases of the training cycle of Indian female cyclists ; and another similar study, the last article, by the SAI Fencing Coach Mohit Ashwini and others have found that female fencers of STC Centre, Patiala had low level of stored form of iron and are at the risk of becoming anemic, and their dietary iron intake is lower than the recommended level. So, they need to increase their knowledge of iron-rich foods and dietary constituents that enhance and inhibit the absorption of non-heme iron.*

*The last but one article by Deepak Kumar Singh proves the efficacy of the combined training programme of Resistance Training and Plyometric Training on the explosive strength of adolescent male Taekwondo players.*

*We hope you would find the contents of this basket quite interesting.*

July, 2012



**Dr. L.S.Ranawat**  
**Executive Editor**