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Editorial

This issue of the Journal carries four experimental research reports and two review articles on sports and sports sciences.

The lead article, by SAI NSNIS coaches and scientists, explores the relationship of selected motor abilities and Phase Ratio with the Triple Jump performance. The study reveals that the strength parameters have significant relationship with the Triple Jump performance; that snatch is an important exercise for improving the Triple Jump performance; and that Indians are Hop dominated jumpers.

The second article reviews literature related to the use and importance of mouthguards in preventing sports injuries. The experts conclude that although some evidence exists to the contrary, the majority of the studies have found the mouthguards to be the most effective way of preventing sports related dental injuries; and feel that the profession could do much more to promote the use of custom-made mouthguards, by making these more affordable and by increasing the understanding and acceptance of this important safety device.

The third article studies the effect of Fartlek Training and Interval Training on the speed component of Basketball players and concludes that Interval Training is more effective in increasing the speed of Basketball players.

The fourth article compares the body composition and physique of judokas and wrestlers. The study reveals that the judokas were older, taller, heavier; more developed in bone mass, muscle mass; possessed higher body fat percentage; and were more endomorphic and mesomorphic and less ectomorphic than wrestlers.

The fifth contribution again studies the effect of Interval Training and confirms that 12-week Interval Training programme, with 60-80 per cent intensity, can significantly improve the Left Ventricular morphology and cardiological adaptability of the adolescent boys.

The sixth article compares the motor fitness of urban tribal and non-tribal boys of Tripura. Results indicate that the tribal boys were more fit than the non-tribal boys, except for the standing broad jump.

The last article traces out the route chart for the first Hockey Gold Medal won by India, due to the wizardly performance of Major Dhyan Chand, at the Amsterdam Olympics, 1928.

Although, India's performance in Hockey, at London Olympics, was quite disappointing; there are signs of improvement in many sectors. Beijing Olympics was the beginning of a new era in Indian sports. However, in order to accelerate this tempo of development, sport scientists have to play the all important role of filling in the marginal gap in performance which stands in the way of the medal haul. The situation demands that our research endeavours, in the field of sports sciences, should be devoted to achieve this goal.

October, 2012


Dr. L.S. Ranawat
Executive Editor

CONTENTS**Relationship of Selected Motor Abilities and Phase Ratios with Performance of Male Triple Jumpers**

Ms. Nilima Deshpande, V.K. Verma, Dr. Simarjeet Singh

5**Mouth Guards : "An Orofacial Helmet"**

Dr. Navneet Kukreja, Dr. Urvashi Sukhija, Dr. Abhishek Bansal, Dr. Jyoti Bansal, Dr. Dheeraj Sehgal

10**Effect of Various Training Methods on Speed of Basketball Players**

Dr. L.S. Ranawat, Bharat Bhushan, Hemant Kumar Saini, Lakshya Nagar

19**Comparison of Body Composition and Physique of Judokas and Wrestlers**

Dr. Manohar Lal, Dr. Y.P. Sharma, Dr. Hari Singh, Mrs. Surishtha Devi

24**Effect of 12-Week Interval Training on Left Ventricular Morphology of Adolescent Boys**

Dr. Kishore Mukhopadhyay, Dr. A.K. Uppal

30**Motor Fitness of Urban Tribal and Non-Tribal Boys of Tripura**

Uma Sinha, Dr. S.K. Nag

38**Amsterdam Olympics 1928****Olympic Debut for India and Route Chart for Gold Medal by Dhyan Chand**

Vishan Singh Rathore, Kuldeep Singh Jhala

44

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