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Editorial

This issue of the Journal carries five research articles, on various subjects. Some of these studies made by the SAI coaches and scientists are being reproduced, considering their general importance to the readers.

The lead article 'Formation of Norms for Body Development Index in the Assessment of Developmental Age' explores new avenues for anthropologists, sports scientists and physical trainers for finding out the developmental age of male children, below 20 years of chronological age, just by taking five anthropometric measurements of body height, body weight, biacromiale and biliaspinale breadths and forearm circumference. This study opened new avenues for evaluation of developmental age of children through a method which is easy, economical and quite useful.

The second article finds out the effect of speed, take-off, and handpush ability, on selected biomechanical parameters, in vaulting event of Artistic Gymnastics. The study confirmed that the higher ability in these parameters clearly facilitates the performance in vaulting.

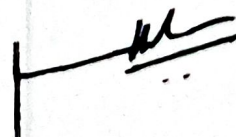
The third presentation compares the effect of plyometric training drills, carried in horizontal and vertical plane, on running speed of school boys. The study reveals that speed training drills carried out in horizontal

plane were better than the drills carried out in vertical plane and the training carried out with best possible efforts, for ten weeks, at constant volume, leads to continuous improvement in speed performance.

The buoyancy of a swimmer is an important inherent factor which contributes to ease and efficiency in learning swimming skills. In the fourth article, the researcher has developed a regression equation for predicting the buoyancy of male swimmers of inter-varsity level, from certain anthropometric variables.

The last research study finds out that certain selected pranayamas significantly improve the cardio-vascular endurance and reaction time of school students.

We hope you would find these research presentations interesting and useful.



Editor-in-Chief