

ISSN 2321-6557

RNI NO. : PUNENG/2012/47863

Sports Research

Quarterly

Vol. 3 No. 4

October, 2014



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 : S.S. Roy
Editor : Dr. Rajdeep Kaur

Printed and Published by

SAI Netaji Subhas National Institute of Sports, Patiala.

Printed at Shaheed-e-Azam Printing Press Pvt. Ltd.,

S.C.O. 3-4, Sirhind Road, Patiala

RNI Regn. No. PUNENG / 2012 / 47863

Copyright © SAI Netaji Subhas National Institute of Sports

Telephone : 0175-2394306 Fax: 0175-2212070

E-mail : mail@nsnis.org, Website : http://www.nsnis.org

Subscription Rates

INDIA

SAI Coaches & Scientists.....	Rs. 250/- per Annum
NIS Students and outsiders.....	Rs. 300/- per Annum
	Rs. 550/- two years
	Rs. 800/- three years
Single Copy & Old issues-----	Rs. 60/- per copy

FOREIGN

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

Note : The rates are subject of change without any notice.

CONTENTS**Analysis of Predicted Medal Tally and Comparison of Performances of Indian Weightlifters of Commonwealth Games 2010-2014**

Snehangshu Biswas, Dr. Rajdeep Kaur Talwar, Tambi Medabala, Dr. Neha Kakkar

05**Height-Weight-Ratio of Medallists of Commonwealth Games -2014**

Y. Momo Singh, J. Singh, Dr. R.K. Talwar

12**A Case Study
Age is no bar for Determined Winners**

Dr. Kalpana Debnath

18**Neuroticism of Cricket Players**

Dr. Ganesh Dutt Chugh, Dr. Prakash C. Jha

23**A Comparative Study
Aptitude for Physical Education Career between
Male and Female Physical Education Trainees**

Kamla Devi

32**Do Sport Sciences Really
Help in Producing Better Athletes?**S.S. Roy, Simarjeet Singh,
Deepak Mishra, Yumnam Momo Singh, Meenal Gupta**37**

SPORTS AUTHORITY OF INDIA
Netaji Subhas National Institute of Sports
MOTI BAGH, PATIALA, INDIA

भारतीय खेल
प्राधिकरण
sports
authority of
india

Information for Subscribers / Contributors

- 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.
- The Journal publishes original research and review articles on sports and allied sports sciences.
- 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.
- Remittances should be made through money order or bank draft, in the name of 'SAI NSNIS, Patiala', payable at Patiala.
- All correspondence concerning business and editorial matters should be addressed to the Managing Editor, Sports Research, SAI NSNIS, Motibagh, Patiala -147 001, India
- Subscription rates are subject to change.
- The copyright of the published material rests with the Publishers. Any reproduction of the material, in any manner, requires prior permission of the Publishers.
- The authors are responsible for the correctness of the facts mentioned in the articles and advertisements. Acceptance of the advertisement material does not imply endorsement.
- The opinions expressed in the articles are of the authors and not necessarily those of the Publisher.

Editor-in-Chief

S.S. Roy

*

Editor

Dr. Rajdeep Kaur

*

Consultant Editor

Surjeet Singh Dhaliwal

*

Editorial Board

Dr. M.L. Kamlesh
Sports Psychology

Dr. M.D. Ranga
Sports Biomechanics

Dr. Jaswinder Singh
Anthropometry

R.K. Gupta
Statistician

*

Managing Editor

Ms. Amar Jyoti

*

Editorial Assistant

Yashpal Sharma

*

Assistant (Circulation)

Neeta Rani

Editorial

This issue of the Journal carries six articles, on different topics.

In the lead article, the SAI researchers analyse the difference between the predicted medal tally and the actual performances of the weightlifters at the 2014 Commonwealth Games and found that about 92 percent of the prediction was achieved. On comparison of performances of the weightlifters at 2010 and 2014 Commonwealth Games, they found that in some categories weights lifted by the weightlifters of CWG 2014 were lower than the medalist of CWG-2010!

The second article studies the height-weight-ratio of men and women medalists of 2014 Commonwealth Games, of the disciplines of Boxing, Table Tennis, and Weightlifting. Since height-weight-ratio is a measure of body composition and body fat, this information would help the Indian sportspersons, of these disciplines, to monitor their body composition and to improve their performance.

The third article is a case study of the incredible performance of the gymnast, Ms Oksana Chusovition, who participated consecutively in six Olympics, from 1992 to 2012, and achieved incredible performance, at the age of 39 years, by winning a silver medal, on vault, at the Asian Games 2014! This article is a compliment to this great gymnast, super-sportswomen and a great

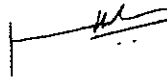
mother, who is a source of inspiration for the young gymnasts.

In the fourth article, studying neuroticism among Cricket players, the researchers conclude that it does not depend on level of participation or their specialization such as batsman, bowlers or wicket-keeper etc. ; and that international players show the lesser neurotic tendency as compared to school / college / club level cricket players.

The fifth article finds that the female Physical Education students are superior in Physical Education aptitude to male Physical Education students.

The last review article highlights the importance of sports science and discusses the ways in which sports science disciplines of Sports Psychology, Kinanthropmetry and Training Methods help shape better athletes.

Hope you would enjoy going through these research studies and find these helpful.



S.S.Roy
Editor-in-Chief