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Editorial

This issue of the Journal carries six articles on different subjects.

The first article by the Institute scientists studies the relationship of aerobic capacity and aerobic power with body fat of field Hockey players, of SAI Training Centre, Patiala. The results indicate that body fat percentage was significantly and negatively correlated with the anaerobic power index and the peak power output ; but no significant relationship was observed in the case of maximum aerobic capacity.

The second study, by NIS experts, explores the anthropometric variability among different events of Fencing ; which makes an interesting reading.

The third experiment studies the effect of six-week Plyometric Training programme, on selected variables of free-style Swimming performance; and Institute researchers conclude that Plyometric training programme results into significant improvement in various performance variables, in free-style young swimmers.

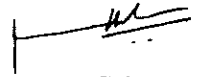
The fourth paper presents the study of fitness and physiological variables of children selected through Talent Search Method, in Athletics. The study found significant and direct relationship of aerobic capacity with

explosive power; thus indicating the proper selection of the children.

The next article by NIS doctors analyses the RED-S, in elite Indian male and female Handball players and conclude that elite Indian male Handball players are more at risk of relative energy deficiency compared to the female Handball players.

The last article by the Institute experts, details various methods of identification of talent for sports ; and its importance in the present Indian contest.

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



S.S.Roy
Editor-in-Chief