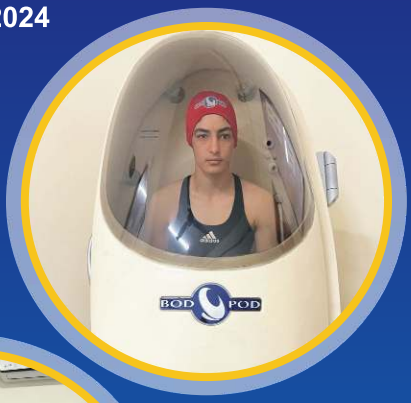
ISSN 2321-6557

RNI NO. : PUNENG/2012/47863

SPORTS RESEARCH

Vol.13 No. 3 & 4
July-October, 2024

Quarterly













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Netaji Subhas National Institute of Sports Patiala

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SPORTS RESEARCH

The Quarterly Research Journal on Sports & Sports Science

Editor-in-Chief : **Vineet Kumar**
Editor : **Yumnam Momo Singh**

Printed and Published in May 2026
By SAI Netaji Subhas National Institute of Sports, Patiala

Printed at
Rajpura Printing Press
Arna Barna Bazar, Patiala-147001 (Punjab) India

RNI Regn. No. PUNENG / 2012 / 47863

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Netaji Subhas National Institute of Sports
MOTI BAGH, PATIALA, INDIA

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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.
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- Any change of address must be notified immediately.
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- All correspondence concerning business and editorial matters should be addressed to the Managing Editor, Sports Research, SAI NSNIS, Motibagh, Patiala-147 001, India.
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Editorial

Greeting to the readers.

The first article examines physiological responses and training load differences in elite Wushu athletes by comparing specific bag training with actual combat bouts. The findings indicate that heart rate intensity and recovery, along with skeletal muscle mass, show positive relationships across both training and competition scenarios. The study highlights the usefulness of heart rate monitoring for assessing endurance and preparedness, while recommending further predictive analysis to improve sport-specific training design.

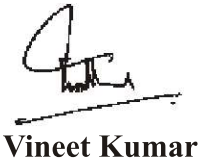
The second article explores the influence of sports participation on the development of Olympic values among Indians in the context of the 2024 Olympics. Findings show that individuals engaged in sports, particularly at a competitive level, demonstrate higher levels of excellence compared to non-participants and recreational athletes. Significant gender differences were also observed, with males scoring higher on excellence.

The third article is a narrative review article examines how body dimensions and composition influence performance in Olympic weightlifting. It highlights that limb proportions, body structure, and lean mass distribution significantly affect lifting mechanics, force production, and injury risk. The findings emphasize the importance of integrating anthropometric profiling into training and athlete evaluation.

The fourth article is a review article explores why athletes continue to engage in doping despite the availability of safe performance-enhancing methods. It identifies key psychological and social factors driving doping behavior, alongside protective influences such as autonomy and strong moral identity. The findings highlight effective alternatives like nutrition, training, and recovery strategies, as well as the importance of values-based anti-doping education.

The last article is a narrative review article synthesizes current evidence on hematological, molecular, and performance-related responses to hypoxic exposure, particularly in sports requiring repeated high-intensity efforts such as field hockey. It highlights the importance of optimizing hypoxic dose, individualized training prescription, and sport-specific implementation. Practical monitoring strategies and modern hypoxic training models are also discussed.

We hope the readers will find these research articles interesting and useful.



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