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Aims & Scope : The Indian Journal of Physical Education, Sports and Applied Sciences (IJPESAS) is a scientific printed and electronic journal established by Physical Educationist and Sports Scientist of India, publishing both research and review articles in the fields of sports and exercise sciences as well as Applied Sciences. IJPESAS also publishes: progress articles, case studies, technical articles, editorials, letters to the editor, abstracts from international and national congresses. IJPESAS is published quarterly in March, June, September and December. Supplemental issues are published according when needed.

IJPESAS is printed and electronic journal dedicated to promoting scientific knowledge in the multidisciplinary field of sports and applied sciences. According to policy of publishing and format of IJPESAS, the delay in the publishing process is minimal and IJPESAS is unique discussion panel for researchers in the field. IJPESAS covers all aspects of sports and applied sciences including kin-anthropometry, sports medicine, biomechanics and biophysical investigation of sports performance, coaching & performance, motor control & learning, exercise physiology, sports nutrition & biochemistry, sports psychology, historical, philosophical and sociological perspectives of sport, management, sport law, physics, chemistry, zoology as the applied sciences etc.

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EDITORIAL

I feel pleasure that the volume 6, NO. 4, October, 2016 “Indian Journal of Physical Education, Sports and Applied Sciences” from the state of Chhattisgarh is out for the readers. This issue of IJPESAS contains 08 research articles on important aspect of physical education, sports and applied sciences. The lead article by the young physical educationist are given below:

Hussain Bagh & John (Chhattisgarh) compared the adjustment between sportsmen and non-sportsmen. The results of study revealed that similarity was observed between male sportsmen and non-sportsmen in their five dimensions of adjustment and total adjustment. **Pawar, Patel & Sah (Maharashtra & Uttarakhand)** compared the selected obesity profile of career ended sportspersons and physical education teachers. The analysis of statistical significance difference on selected obesity profile of career ended sportspersons and physical education teachers shows that there were insignificant difference were found on all the anthropometric parameter relate to obesity. **Bisht (U.P.)** analyzed the self concept Indian soccer referees. Results of the study revealed that elite referees had better self concept than their state level counterparts. **Singh (Chandigarh)** reviewed the influence of parental motivation and support on the performance of their children. He stated that on the behalf of the literature and the concerns about parents in youth sports, it was concluded that in order to motivate and increase children's enjoyment of sporting practice, **Sardar & Pandey (Chhattisgarh)** find out the correlation between Cardiovascular Endurance, Flexibility, Agility, Speed and Explosive Strength) and Kabaddi Performance. The results revealed a significant relationship between Kabaddi Performance and Cardiovascular Endurance, Agility and Explosive Strength. There exists an insignificant relationship between Kabaddi Performance and Flexibility and Speed. On the basis of selected cardiovascular Endurance, Flexibility, Agility, Speed and Explosive Strength variables were found fruitful in estimating Kabaddi Performance. **Sharma, Rajpal & Chaubey (Chhattisgarh)** investigated that the female runners were found taller, heavier and more fatty in comparison of male counter parts. Similarity was observed between male and female runners in their body mass index (BMI). But they did not differ

significantly in systolic blood pressure, pulse pressure and pulse rate parameters of physiology. Male runners were found to have greater in amount in all physiological parameters except peak flow expiratory rate (PFIR) than their counterparts. **Dammena & G/Silassie (Ethiopia) expressed that** majority of players were satisfied, more than fifty % of coaches leadership preference were often exercising their duties and significant relationship between basketball players' satisfaction level and coaches' leadership preference. **Kerketta and Singh (Chhattisgarh)** find out difference between Basketball and Kabaddi players in comparison to selected anthropometric variables. The results of the study showed the significant difference between Basketball and Kabaddi players in their selected anthropometric parameters i.e. height, weight, arm length and forearm girth. **Kumari (M.P.)** investigate the relationship between physical fitness and academic achievement of male and female children. Results of the study concluded that this study provided varying correlations between physical fitness and academic achievement among male and female students. **Lethi and Moorthy (Tamil Nadu)** proved that due to twelve weeks of the experimental training was reduced back pain while personal care (washing and dressing) for the low back pain patients.



Dr. Rajkumar Sharma
Editor-in-Chief