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 <b>International Institute For Research Impact Factor Journals (IFJ)</b> <b>Impact Factor-3.992 (2015-16)</b>	 <b>IFSIJ</b> Measure Of Journal Quality <b>Impact. Factor-3.715 (2016-17)</b>
	
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# INDIAN JOURNAL OF PHYSICAL EDUCATION, SPORTS AND APPLIED SCIENCES

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## **EDITORIAL**

I feel pleasure that the **Volume 9, N0.4, October, 2019** of "Indian Journal of Physical Education, Sports and Applied Sciences" from the state of Chhatisgarh 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:

**Eba, Wondirad and Khan ( Ethiopia)** concluded that at before release and follow throw phase shoulder joint angles has significant relationship with the performances and during release phase elbow angle and wrist angle have a significant relationship with the performances of the throwers. **Uzomba, Oladipo and Anugweje (Nigeria)** concluded that optimal performance of Nigerian swimmers' in the 50metre butterfly swimming is determined predominantly by anthropometric variables relevant in swimming. **Tiwari & Parveen from M.P.(India)** concluded that level of education increase increase the level of management of tension growth. It means education increases the solution of problems of working women. **Tiwari & Sirohi from M.P.(India)** concluded that male students of selected schools had similar knowledge of English before the experiment as the results showed that boys of control group Obtained 't' value was 1.28, ( $p>0.05$ ). In contrast to these findings it is concluded that boys and girls of Control groups during were same at the entry level. , control group had also shown significant improved in achievement reason behind that English is a language of practice and since there were regular classes been conducted in all the schools which were considered for the present study. **Vashist from H.P. (India)** find out the effect of HIIT & SET training on repeated sprint ability of football players. He revealed that the HIIT group significantly improves the repeated sprint ability. **Kuganesan , Ahilan, Sivapalan & Sabaanath (Sri Lanka)** ascertained the anaerobic power on endurance performance of Sri Lankan school zonal endurance athletes. They concluded that anaerobic power and fatigue index should be improved for Sri Lankan school zonal endurance athletes. **Vinod Kumar from (Kerala) India** find out the effect of yoga on the cardio respiratory endurance of teacher trainees, He revealed a significant improvement in the cardio respiratory endurance of teacher trainees due to yoga. **Wondirad, Eba and Khan (Ethopia)** assess the Biomechanics analysis of long jumpers' on Oromia region athletic clubs. They concluded that both phases (take-off preparation and take-off), knee joint angle has low effect size on long jumpers' seasonal performances. **Ahilan (Sri Lanka)** find out the effect of the circuit strength training on aerobic and anaerobic capacity on junior basketball players. He concluded that 12 weeks circuit strength training had significant level of improvement on anaerobic capacity but CG had no more improvement in certain variables . **Kumar & Chaudhary (U.P.)** revealed the insignificant difference found was found lung capacity between kabaddi and wrestling players, Significant difference found was found blood pressure between kabaddi and wrestling game players. Further at also shows that significant difference relationship lung capacity and diastolic blood pressure between kabaddi and wrestling game players, insignificant difference relationship systolic blood pressure between kabaddi and wrestling game players. **Pawar , Bendre, Deshpande and Bhoite (M.S.)** showed that there is correlation between the body mass index on heart rate. In addition, this value is important from exercise point of view and the duration for which it could be carried out as it will affect the maximum heart rate of the individual. The value will also help in reducing obesity and improving the cardiac performance.



**Dr. Rajkumar Sharma**  
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