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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 8, N0.4, October, 2018** 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:

Singh & Mahipal (Haryana) find out the difference among barefoot, shod and spikes running conditions of sprinters in order to provide information about the potential effects of footwear on competitive runners. They told that the use of shoe spikes, shod and barefoot running conditions during practices and competitions and makes an innovative contribution by focusing on, how spikes helps in acceleration zone and bare foot in stride frequency. **Najar, Mir & ShahnaZ (Rajasthan & Jammu and Kashmir)** analyzed the selected psychological variables of Higher Secondary level the Kho Kho, Kabaddi and Volleyball players. They concluded that there was significant difference in cognitive anxiety, somatic anxiety and self confidence among Higher Secondary level kho kho, kabaddi and Volleyball players. **Kumar and John (Chhattisgarh)** assess the health status of tribal adolescent boys of Bihar. They concluded that proper implementation of policy is need of the hour to enhance the health status of tribal adolescent boys of Bihar. **Karlikalan (Tamil Nadu)** find out the effect of resistance training plyometric training and combined training on Physical Variable among kabaddi players. He found that there was a significant improvement and significant different exist due to the effect of resistance training, plyometric training, and combined training on selected physical variable among kabaddi players. **Sharma and Nigam (M.P.)** investigated the correlation between BMI and four components of Health Related Physical Fitness (H.R.P.F) in male children of tribal region in Chhattisgarh. revealed the positive correlation between BMI and abdominal strength of male school children in age of twelve, thirteen, sixteen to eighteen years and negative correlation in fourteen and fifteen years of age **Kumar and John (Chhattisgarh)** evaluated the health status of tribal adolescent girls belonging to Bathudi, Binjhia, Birjia and Chik Baraik tribes. They concluded that spiritual, social, psychological and physical health of tribal adolescent girls of Bihar still remains poor as compared to non-tribal adolescent girls despite best of efforts. **Hazari, Pathak and Sharma (M.P.)** compared the fear of failure the between junior national level boys and girls Mallakhamb players. They indicated the significant difference between boys and girls malakhamb players in their coping strategies dimension of fear of failure. But they had similarity in their goal setting, self adequacy, uncertain future, self control, and self evaluation dimensions of fear of failure.



Dr. Rajkumar Sharma
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