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Aims & Scope : The Indian Journal of Physical Education, Sports and Applied Sciences (IJPEAS) 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. IJPEAS also publishes: progress articles, case studies, technical articles, editorials, letters to the editor, abstracts from international and national congresses. IJPEAS is published quarterly in March, June, September and December. Supplemental issues are published according when needed.

IJPEAS 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 IJPEAS, the delay in the publishing process is minimal and IJPEAS is unique discussion panel for researchers in the field. IJPEAS 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 9, N0.3, July, 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:

Shahzamani (Karnatka) revealed that most of the middle age male were found under excellent category in abdominal muscular strength. William exercises therapy had positive effect on Abdominal muscular strength of middle aged male from pretest to post test after three month. Dissimilarity in abdominal muscular strength among middle aged male of experimental and control group was observed after implication of three month William exercises therapy. **Rahaman (Manipur)** revealed the insignificant difference between male and female softball players of Manipur in regard to sports competition anxiety. **Saha and Bose(West Bengal)** evaluated the influence of recovery heart rate after immediate exercise on performance of middle distance athletes. No significant results were obtained in relation to recovery heart rate after exercise with performance of middle distance tribal athletes. Although a positive relationship was existed in each phases of recovery heart rate and performance of middle distance tribal athletes. **Nayek and Mukhopadhyay (West Bengal)** determined the Effect of Aerobic and Anaerobic Training on Platelet Count of Middle Distance Runners. The result reveled that there was significant difference on Platelet Count on different phase. **Mondal and Mitra (West Bengal)** find out the effect of HIIT & SET training on repeated sprint ability of football players. The result of the study revealed that the HIIT group significantly improves the repeated sprint ability. **Jaiswal , Yadav & Pawar (Chhattisgarh)** compared the leadership behaviour of inter-university and All India level male Volleyball players. They revealed that inter-university and All India level male volleyball players exhibited different preferences on five dimensions of leader behaviour. Inter-university level male volleyball players preferred their coaches more on training and instruction followed by Positive feedback, democratic behaviour social support, and autocratic behaviour dimensions. Where as, the All India level male volleyball players preferred their coaches more on training and instruction followed by positive feedback, democratic behaviour, social support and autocratic behaviour) dimensions. Male volleyball players of both levels had similarity in Training and instruction and autocratic behaviour. **Padma Kumari (A.P.)** concluded that commonplace observe of Yoga, including asana, Pranayama and meditation, has brought confident upgrades in self-discipline, team work, conduct and sharing, besides eating addiction of the tuition going school children. **Maji (Purulia)** compared the Neuro-muscular coordination of handball and volleyball inter-collegiate players in Purulia district. He revealed that there is no significant difference was found between the Neuro-muscular coordination of handball and volleyball players. **Ahmed Itoo and Vairavasundaram (Tamil Nadu)** find out the influence of high altitude training on physiological variables among college long distance runners. The indicated that high altitude training, both in natural/terrestrial and artificial conditions, has been established as an effective means to improve on vo2 max and resting heart rate among long distance runners after undergoing high altitude training for a period of 8 weeks.



Dr. Rajkumar Sharma
Editor-in-Chief