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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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The journal publishes original research utilizing a wide range of techniques and approaches, reviews, commentaries and short communications. Submission of Manuscripts. Authors are strongly encouraged to submit manuscripts in electronic files, emailed to the Editor-in-Chief, Dr. Rajkumar Sharma at e-mail address: sharmagym59@yahoo.co.in or www.sportsscientistsviews.in Each manuscript must be accompanied by a statement that it has not been published elsewhere and that it has not been submitted! simultaneously for publication elsewhere. Authors are responsible for obtaining permission to reproduce copyrighted material from other sources and are required to sign an agreement transferring the copyright to the publisher.

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EDITORIAL

I feel pleasure that the volume 7, NO. 1, January, 2017 “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:

Kuganesan & Ahilan (Sri Lanka) examined the effect of circuit and endurance training on selected variables of school obese boys. the results of the study revealed that the endurance training (ET)group had significant differences on all the variables where as the circuit training (CT) group also had significant differences excepted HDL. ET group had significant level of improvement on RHR, HDL and VO₂max compared to CT and control group (CG) but BMI level showed significant level of improvement in ET and CT compare to CG. **Panja & John (Chhattisgarh, India)** investigated and compared the Health related fitness of football players at different playing positions. Results of the study revealed that the cardio-respiratory endurance of the offensive football players was greater than midfielder followed by defensive football players. Abdominal strength and endurance of midfielder in football was found more than offensive followed by defensive football players. The flexibility was found better in offensive football players than midfielder followed by defensive football players. The accumulated fat was greater in defensive football players than offensive football players followed by midfielder players. **Kumar & Sharma (Delhi and H.P.)** compared the hidden sports talent in the rural and urban areas of Himachal Pradesh and to scout the explored hidden sports talent with respect to selected variables as per SAI norms. They expressed that the majority of the rural as well as urban area boys of Himachal Pradesh were found to have standard height, weight and agility according to SAI norms. **Majumdar & Yadav (Chhattisgarh, India)** compared the effect of swimming training on cardio-pulmonary index of school going students. They revealed that the competitive male swimmers were found higher in age, greater amount of pulse rate, blood pressure and maximum respiratory pressure than their counter parts. Recreational Male swimmers had greater amount of maximum breath hold capacity, vital capacity and CPI than did male competitive swimmers. **Jaffer & Rajpal (Chhattisgarh, India)** compare frustration tolerance capacity of secondary students. They concluded that participation in competitive sports may be incorporated in curriculum so that secondary students frustration tolerance capacity can be enhanced **Kumari & Rajpal (Chhattisgarh, India)** compared sports emotional intelligence of national, state and district level male badminton players. They concluded that superior sports emotional intelligence is a major variable that influence the performance of male badminton players.



Dr. Rajkumar Sharma
Editor-in-Chief