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Dr. Rajkumar Sharma, Editor-in-Chief, 284/1, In front of Main I. T. I. Gate, Near Evergreen Nursery, Centre Koni, Bilaspur (CG) -495009 INDIA
E-mail: sharmagym59@yahoo.co.in
Wsbsite-www.sportscientistsviews.com

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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 Jan., April, July and October. 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 10, N0.4, October, 2020** 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:

Gogoi and Bora (Assam) showed that heart rate and blood lactate had a positive correlation to swim performance, which determines increase in heart rate and blood lactate will increase the swim time whereas core temperature has shown to have a negative correlation to swim time which determines increase in core temperature will decrease swim time. **Prakash** (Utrakhand.) indicated the significant difference between Football and Volleyball players. Male University Football players are more Agile (good agility) in Comparison to male University Volleyball players. **Kharel & Bisht** (Assam) significant finding was identified. Bhutan team had the lowest BF% in comparison to Bangladesh team and Inter-university team of India. Assessment of body composition is an important component of an ongoing monitoring of athletes interested to improve soccer performance. **Sheikh & Pathak** (M.P.) concluded that the percentage of responses are found difference between the professional and non-professional students towards leadership qualities, like, communication skill, decision making, co-operation etc. as the calculated Chi-square values are greater than the tabulated values. It is also indicated that professional students have positively higher leadership qualities in comparison to non-professional students. **Wani & Pathak** (M.P.) revealed that significant difference found in between Rural and Urban Football players. It was also observed that Rural Football players are better than the and Urban Football players in physical fitness variables, Hence the researcher stated hypothesis is accepted. **Murmu & Chatterjee** (W. B.) revealed that there is a significant change in the concentration of blood lactate with the progression of a football match. **Tripathy and Sinha** (Arunachal Pradesh) reviewed the environmental relate factors those are susceptible to increase with climatic conditions while exercising, participating in sports and recommendations to combat them appropriately. To gain the optimum results in sports performance with minimal sports injuries by understanding Sports Science and Exercise Physiology. **Kaur** (Chandigarh) revealed that the variables namely general attitude, physical education, and scientific basis were found significantly different in boys and girls students. **Garai** (West Bengal) revealed that the cardio-respiratory endurance, muscular strength-endurance and flexibility were found better in high age group male physical education students than their counter parts. The BMI was found better in low age group male physical education students than their counter parts. **Khandare** (MH) expressed that sports and culture are widely perceived to generate impacts, sports bring competition, teach morality, integrity and ambition, are exciting amusing and challenging. **Bamaniya, Sathe & Peter** (M.P.) revealed that Kho-kho, hockey, and basketball players were found to have good knowledge of balanced diet than kabaddi players. Kho-kho, and kabaddi players have good practice of balanced diet than hockey and basketball players. Athletics and tennis players were found to have good knowledge of balanced diet as compared to badminton and wrestling players. Badminton players have good practice of balanced diet than Tennis and Wrestling players. **Nigam** (M.P.) reviewed the book entitled “Essential of Sports Psychology” written by Dr. Rajkumar Sharma Ex-Chief Coach Gymnastics, Sport Authority of India, New Delhi. He felt that this book draws information from various sport science fields neatly together and provides an up-to-date account of assessment options for field sports, fulfilling its aim of providing an interface between the academic and applied aspects of science and coaching. **Paras & Nayak** (M. P.) found that there was significant difference in flexibility component of as physical fitness in experimental group and Control group. **Devan** (T. N.) concluded that the college athletes perceive their injury experiences differently from one another according to their personal traits and living circumstances, and complete social support and recognition is of paramount importance for the wellbeing of both injured and uninjured athletes. As a matter of fact, it is not only the psychological factors, but the sociological aspects also inextricably connected to sports injuries. **Paras & Nayak** (M.P.) assessed the effect of football training, on muscular endurance of male footballers of Raigarh district of Chattisgarh studying in various institutions. They concluded that 6 weeks of football training is effective in improvement of muscular endurance of athletes. **Garai** (W.B.) revealed that the cardio-respiratory endurance, muscular strength-endurance and flexibility were found better in high age group male physical education students than their counter parts. The BMI was found better in low age group male physical education students than their counter parts .



Dr. Rajkumar Sharma
Editor-in-Chief