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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, NO. 2, April, 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:

Chanda & Mondal (W.B.) find out the relationship between kicked ball angle and kicking leg kinematics of chip shot at the time of kick in soccer. It is concluded that kicked ball angle has a moderate positive relationship with kicking foot ankle angular velocity, moderate negative relationship with kicking leg knee joint's angular velocity, and weak positive relationship with Kicking leg hip joint's angular velocity in the sample. **Khan & Mitra (W.B.)** find out the relationship between delivery stride length and shoulder counter rotation in pace bowling in cricket. They concluded that in Pace Bowling ,Delivery Stride Length and Shoulder Counter Rotation having significant relationship and Delivery Stride Length can be a strong predictor of Shoulder Counter Rotation. **Chaudhary (U.P.)** find out the role of pilates exercises to reduce body fat percentage of overweight people. On the basis of statistical analysis it was concluded that the Pilates Exercises play a significant role to reduce body fat percentage of overweight people. **Dutta and Goon (W.B.)** find out the effect of recreational activities on self concept of deaf and dumb students. The result of the study revealed that the experimental group significantly improve the Self concept. **Nadgeri and Kadhiravan (M.H.)** find out the effects of resistance training on right hand and left hand grip strength, isokinetic strength of shoulder, bicep muscle, triceps muscles and explosive strength of shoulder of wheelchair basketball players. triceps muscles, the result revealed that the resistance training has improved the strength of upper limbs of wheelchair players. **Natarajan (T.N.)** determined the effect of aerobic exercise with natural supplementation on lipid profiles and body composition in deskbound women. Conclusion: The study revealed a suggested aerobic exercise with natural supplementation training had been an effective beneficial plan for changes in lipid profiles and body composition in obese women. **William & Sabestain (Karnatka)** studied the coping strategies of athletes in Urban Bengaluru during this lockdown. The time frame chosen for the study is after the Government of India announcing a 21-day lockdown on the 21st March, 2020. The paper further tries to identify the ways in which they continue to work on their physical fitness during this 21-day period of isolation. Further the study proposes to explore the impact of the isolation on their physical and mental wellbeing. The final section highlights certain aspects such as virtual coaching and applications that help athletes to stay fit. **Sharma & Singh (M.P. & Pb.)** indicated that those who received sports nutrition knowledge from nutritionists and sports science staff had good knowledge, attitude and practice scores, those Indian elite athletes who received sports nutrition knowledge from social media had good attitude scores as well as the overall comparison was non-significant and lastly those who received nutritional knowledge from coaches had good practice scores. **Tripathi & Pathak (M.P.)** compared the self concept of male and female sportsmen belong to Satna . The results of the study revealed that the self concept level of the male sportsman is higher than those of the female sportsmen.



Dr. Rajkumar Sharma
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