

**INDIAN JOURNAL OF PHYSICAL EDUCATION, SPORTS AND APPLIED  
SCIENCES**

ISSN 2229-550X (P) & 2455-0175 (O)

JOURNAL DOI-05.2016-44975451

IMPACT FACTOR- 4.917 (SJIF) 5.013(IJIF)

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**Volume 10**

**Number 3**

**July, 2020**

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 <b>INNO SPACE</b> SJIF Scientific Journal Impact Factor SJIF-4.917 (2016)	 International Innovative Journal Impact Factor (IJIF) <b>Impact Factor- 5.013 (2016-17)</b>
 International Institute For Research Impact Factor Journals (IFJ) <b>Impact Factor-3.992 (2015-16)</b>	 Measure Of Journal Quality <b>Impact. Factor-3.715 (2016-17)</b>
	
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Impact Factor-1.03 	Digital Online Identifier- Database System  <b>DOIJIF-3.71 (2015-2016)</b>
  Indexing   JIF Evaluation	 
	
  Indexed Turkish Education	 
	

NEXT ISSUE IS GOING TO RELEASE IN THE MONTH OF October , 2020

**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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(Quarterly Publication)

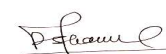
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## **EDITORIAL**

I feel pleasure that the **Volume 10, N0.3, July, 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:

**Parle & Irkar (Maharashtra)** expressed that static, dynamic balance and ankle range of motion reported impairment with lower mean values. IdFAI had positive correlation with SLBT in eyes open domain whereas negative with eyes closed of SLBT and all three directions of mSEBT. **Kumar & Shrivastava (Chhattisgarh)** concluded that problematic social behaviour skills in adolescent can be managed by ensuring their involvement in competitive sports. **Kumar & John (Chhattisgarh)** showed significant difference in mental toughness status amongst male players of team games although this difference was not found to be across all the groups consisting of basketball, handball, volleyball and cricket players. **Tonyat & John (Chhattisgarh)** concluded that self confidence in soccer players from Jammu and Kashmir and Ladakh need to be addressed with psychological training program. **Kumar (Punjab)** revealed that there is no significance difference between the cold and hot temperature on motor fitness component. There is also significant difference in 12 minute run and walk in cold and hot temperature was found. **Nigam & Narwaria (Madhya Pradesh)** revealed that there was a significant difference between pre and post data of a group and insignificant found in B groups with the Level of significance at 0.05. **Dabhi & Rami (Gujrat)** prepared the norms of physical fitness tests (12 Min run and walk, 50 meter dask, Shuttle Run, Vertical Jump, S.B.J., Sit and Rich, Sit Ups, Push Ups, Handgrip Strength Test) and Skill (Front Shoot, Accuracy Throw, Speed Pass, Agility Dribbling, Footwork) . The grading system for assessment and evaluation of the player was prepared. To find out the handball players status, they were categorized according to points obtained by players. **Padte & Kadhiraan (Maharashtra)** concluded that functional training improves the performance of female gymnasts on uneven bars. It can also be applied for improving performance of gymnasts on other apparatus and can have an extended application to training sportsmen for other sports and games as well. **Nandal and Kumar (New Delhi)** provided the evidence that customized foot insoles reduce pain and improve balance and energy consumption among athletes with knee pain and proanted feet. **Banduni , Vishwakarma , Sharma , Singh and Chhabra (New Delhi)** concluded that this systematic review & meta-analysis demonstrates that FIFA 11+ and FIFA 11 injury prevention program decreases the overall risk of injury and improve athlete performance parameters such as agility and 20m sprint. **Singh & Chaudhary (U.P.)** revealed the significant difference found was found Chin-Ups, Bent Knee Sit-Ups, Shuttle Runs (4X10 Mtr.), Standing Broad Jump, 50 Mtr. Dash and 600 Mtr. Run/walk between physical education and non-physical education students. **Pandey (M.P.)** indicated that the self concept level of the students who are sportsman is higher than those of the students who are non sportsman. **Pandey (M.P.)** concluded that coaches must provide basketball players with physical fitness in order to improve speed, flexibility, agility, strength & endurance in order to achieve excellence in sports. **Tripathi & Pathak (M.P.)** Concluded that the self concept level of the students who are sportsman is higher than those of the students who are non sportsman.. **Dutta (West Bengal)** compared the conservative and surgical treatment in displaced avulsion fracture of fifth metatarsal base in young adults and athletes. He revealed that the result was better in operative group at 6 months after treatment, but there was no significant difference at 3 months and 12 months. The average time of full weight bearing and returning to work was significantly shortened in operative group than conservative group.



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