

INDIAN JOURNAL OF PHYSICAL EDUCATION, SPORTS AND APPLIED SCIENCES

ISSN 2229-550X (P) & 2455-0175 (O)
APPROVED JOURNAL DOI-05.2016-44975451
APPROVED JOURNAL DOI-10.17605/OSF/2021
IMPACT FACTOR- 5.684 (SJIF) 5.013(IJIF)

Volume 12

Number 3

July, 2022

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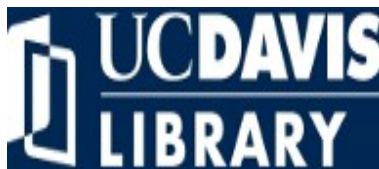
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Aims & Scope : The Indian Journal of Physical Education, Sports and Applied Sciences (IJPESAS) is a scientific printed and electronic journal established by Physical Educationist and Sports Scientist of India , publishing both research and review articles in the fields of sports and exercise sciences as well as Applied Sciences. IJPESAS also publishes: progress articles, case studies, technical articles, editorials, letters to the editor, abstracts from international and national congresses. IJPESAS is published quarterly in March, June, September and December. Supplemental issues are published according when needed.

IJPESAS 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 IJPESAS , the delay in the publishing process is minimal and IJPESAS is unique discussion panel for researchers in the field. IJPESAS 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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**INDIAN JOURNAL OF PHYSICAL EDUCATION, SPORTS AND
APPLIED SCIENCES**
(Quarterly Publication)


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EDITORIAL

I feel pleasure that the **Volume 12, N0.3, July, 2022** 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:

Mohammed & mosleh (Iraq) identified the role of administrative leadership in developing the organizational culture of the faculty members of the College of Physical Education and Sports Sciences of Al-Mustansiriya University. The results showed that successful leadership when makes the teaching staff a coherent, balanced, sequential, and continuous circle. Besides, the leadership’s confidence in teachers will make them feel that they are part of the institution, and this leads to their compliance with orders without opposition. **Ghadimi, Bayat, & Sadeghi (Iran)** investigated the effect of glutamine consumption on muscle strength and circumference of upper-arm and thigh muscles in young adult male boxers. The results showed that taking glutamine supplements for boxing training can increase thigh and upper-arm muscle strength. Also, glutamine supplements alone may not be sufficient for increasing upper-arm and thigh circumference in male boxers in a short period of time. **Rathee (M.P.)** find out the relationship between leg strength and selected coordinative abilities among college level football players. Findings of the study revealed that there was a significant Correlation between leg strength and selected coordinative abilities among football players. **Sharma (Chhattisgarh)** told that Mallakhamb developed in the state of Maharashtra in India and the first reference to it is in the Manasollasa (1135 AD). In 17th century Shri. Balambhatta Dada Deodhar introduced this game to others. Mallakhamb is more popular in the state of Maharashtra followed by Madhya Pradesh., Andhra Pradesh, Uttar Pradesh, U.T (Goa), Rajasthan, Madras, Punjab, Gujrat, Pondichery and Tamilnadu. It is suggested that the practicing the exercise on Mallakhamb helps to develop flexibility, speed and rhythm, endurance, strength and stamina, speed, reflexes, concentration and coordination of individual, and combat game’s player. The Exercises of poles of mallakhamb and rope are played against the Gravity during upward and downward movement.. **Shimpi (Maharashtra)** find out the effect of Yoga and physical fitness training on physical fitness of Inter-collegiate Football players. He indicated that Inter-collegiate level Football players of control group were found similar in all the components of physical fitness and Football players of treatment group were also found dissimilar in flexibility. The effect of yoga on flexibility was observed among Inter-collegiate level football players. **Muindi (Kenya)** argued that for physical education to play its rightful role within the education sector, there is need to decolonize the teaching of the same. Teachers need to contextualize the games and sports so as to make them more relevant to the participants. They also need to emphasize on the how the skills learnt and knowledge gained can be useful beyond school life and this will make the subject more meaningful for the participants. **Bharam and Kocharekar (New Delhi)** found that only 10% swimmers in the age group of 19 years and above consume the right amount of water (3-4 litre) as recommended by Institute of Medicine . It was also observed that few swimmers consume excess water in a day (>5 litre) due to which the sodium present in the blood may get diluted. It was also observed that 50% swimmer of various age group never consumed nutritional fluid during the training and many swimmers face the dehydration symptoms like tiredness, fatigue, muscle pain and cramps.



Dr. Rajkumar Sharma
Editor-in-Chief