

ORIGINAL ARTICLE

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EFFECT OF MORNING ACTIVITIES ON MUSCULAR FLEXIBILITY AND CARDIOVASCULAR ENDURANCE VARIABLES OF B.P.ED MALE STUDENTS OF KARALI DISTRICT

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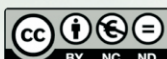


Dharmendra Kumar

ABSTRACT

The aim of the present study was to determine the effect of morning activities on muscular flexibility and cardiovascular endurance variables of B.P.Ed male students of karali district. For this purpose twenty(20) male students were selected randomly from Adarsh Physical Teacher Training College, Suroth (Raj). The subjects age between 19 to 25years. The students of B.P.Ed were healthy and normal. The treatment was given for eight weeks (6 days/week, 50-60 minutes) started at 6 A.M.

Article Indexed in



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Review of the Article:

The present study focuses on Effect Of Morning Activities On Muscular Flexibility And Cardiovascular Endurance Variables Of B.P.Ed Male Students Of Karauli District . The introduction builds a logical case and context for the problem statement. The problem statement is clear and well articulated.

Abstract:

The abstract is complete, essential details are presented. The results in the abstract are presented in sufficient and specific detail. The conclusions in the abstract are justified by the information in the abstract and the text. There are no inconsistencies in detail between the abstract and the text.

Reference to the Literature and Documentation:

The literature review is up-to-date. The number of references are appropriate and their selection is judicious. The review of the literature is well integrated.

Research Design

The research design is defined and clearly described, and is sufficiently detailed to permit the study to be replicated.

Instrumentation, Data Collection:

The measurement instrument is appropriate given the study's variables; the scoring method is clearly defined. The data set is sufficiently described.

Data Analysis and Statistics:

Data analysis procedures are sufficiently described, and are sufficiently detailed. Data analysis procedures conform to the research design; models, or theory drives the data analyses.

Presentation and Documentation:

The text is well written and easy to follow. The vocabulary is appropriate. The content is complete and fully congruent.

Scientific Conduct:

There are no instances of plagiarism. Ideas and materials of others are correctly attributed.

References:

References are mentioned in APA Style.

Overall the study is relevant to the mission of the journal or its audience.

SUMMARY OF ARTICLE

No.		Very High	High	Average	Low	Very Low
1.	Interest of the topic to the readers	✓				
2.	Originally & Novelty of the ideas		✓			
3.	Importance of the proposed ideas		✓			
4.	Timelines	✓				
5.	Sufficient information to support the assertions made & conclusion drawn			✓		
6.	Quality of writing (Organization, Clarity, Accuracy Grammer)		✓			
7.	References & Citation (Up-to-date, Appropriate Sufficient)	✓				

FUTURE RESEARCH SCOPE:

1. Young people’s physical activity, health and well-being
2. Physical education pedagogy and school-based physical activity provision
3. Children’s attitudes towards and engagement with physical education and school-based activity
3. Influences on sport officials decisions
4. Mental toughness in sport and exercise

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