

## ORIGINAL ARTICLE

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### EFFECT OF REGIMEN EXERCISE PROGRAM ON AGILITY, LEG EXPLOSIVE POWER AND SPEED PERFORMANCE OF ADOLESCENCE BOYS

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#### ABSTRACT

The purpose of the study was to effect of regimen exercise program on the agility, leg explosive power and speed performance of adolescence boys. To achieve this purpose 30 adolescence boys studying in the from government higher secondary school kalveerampalayam, were randomly selected as subjects. They were divided into two equal groups of 15 each, in which Group under went experimental group and Group II acted as control group they did not participate any special training apart from the regular curricular activities.

Article Indexed in



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## REVIEW OF THE ARTICLE

### **Effect Of Regimen Exercise Program On Agility, Leg Explosive Power And Speed Performance Of Adolescence Boys**

R. Muthuraj, Arun Kumar and A. Palanisamy

#### **Problem Statement:**

The problem statement was clear and it focuses on the variables under study. It is not misleading.

#### **Abstract:**

The abstract was complete and essential details are presented. Aim of present study was to effect of regimen exercise programme on the agility, leg explosive power and speed performance. Abstract is representative of the content of the article.

#### **Introduction:**

Introduction is justifying. Significance of the area under study mentioned clearly in Introduction.

#### **Methodology:**

Research objectives were not stated clearly. Add research objectives according to the area under study. Participants described, including the method of sample selection. Comparative research design was used in this study. The collected data from the three groups of the selected variables were statistically analysed to test the significance of the mean difference among the groups on selected criterion variables, 't' ratio was used. Methods for measuring results clearly explained and appropriate.

#### **Results:**

The main finding of the study was there was a significant mean difference on agility, leg explosive power and speed performance due to 4 weeks of regimen exercise program. The research results validate the author's conclusions and/or recommendations. Conclusions must be stated in detail manner. **Must suggest direction for further research.**

#### **Presentation of Results:**

Results were organized in a way that is easy to understand. Tabular presentation was supportive for the data collected. Tables are used in justified way.

#### **Scientific Conduct:**

There were no instances of plagiarism. Ideas and materials of others were correctly attributed. 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.Mental skills training to support motivation, learning, well-being, and performance.
- 2.The effects of exercise-induced muscle damage on performance and recovery.
- 3.Mental toughness in sport and exercise.
- 4.Combat sport psychology.
- 5.Load monitoring in team sport performance.
- 6.Physiology of team sport performance.

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## CERTIFICATE OF PUBLICATION

This is to certify our Editorial, Advisory and Review Board accepted research paper of  
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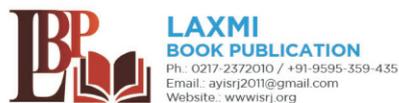


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**H. N. Jagtap**  
 Editor-in-Chief

## CERTIFICATE OF EXCELLENCE IN REVIEWING

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