

Article Review Report



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EFFECT OF YOGIC TRAINING LADDER TRAINING AND THEIR COMBINATION ON SELECTED PHYSIOLOGICAL VARIABLES OF SCHOOL FOOTBALL PLAYERS



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REVIEW OF THE ARTICLE

Effect Of Yogic Training Ladder Training And Their Combination On Selected Physiological Variables Of School Football Players

P. Sathis Kumar¹ and Dr. C. Ramesh²

ABSTRACT:

The problem statement was clear and well articulated The purpose of the study was to find out the effects of yogic training, ladder training and their combined training on selected physiological variables of school football players. To achieve the purpose of the present study, eighty football school players from Tamilnadu were selected as subjects at random and their ages ranged from 14 to 17 years. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (N=80) were randomly assigned to four equal groups of twenty football players each.

INTRODUCTION:

The introduction provides a good, generalized background of the topic that quickly gives the reader an appreciation Yoga is a way of life and is an integrated system of education for the body, mind and inner spirit. Yogic training was practiced thousands of years ago and nowadays it gained its popularity. Yoga binds the individual irrespective of religion. Especially in school level, each and every student must practice yoga. In recent years the training methods have changed its structure purely on the results of research and ladder training is an excellent way to develop the physical and physiological aspects of the football players.

METHODOLOGY:

This study was conceptual in nature. Author described a variable under study in detail. The purpose of the study was to find out the effects of yogic training, ladder training and their combined training on selected physiological variables of school football players. To achieve the purpose of the present study, eighty football school players from Tamilnadu were selected as subjects at random and their ages ranged from 14 to 17 years.

PRESENTATION OF RESULTS:

The amount of data presented was sufficient and appropriate. Tables, graphs, or figures were used judiciously and agree with the text The significant mean difference does not exist among all the four groups in the pre test on VO2 max, systolic blood pressure and diastolic blood pressure.

REFERENCES:

Prior publication by the author(s) of substantial portions of the data or study was appropriately acknowledged.

RELEVANCE:

The paper is properly organized and demands appreciation. I think the paper will satisfy the interest of the readers.

FUTURE RESEARCH SCOPE:

1. Career For Faculty (<http://academicprofile.org/Professor/CareerForFaculty.aspx>)
2. Academic Plan (<http://academicprofile.org/Professor/AcademicPlan.aspx>)
3. Regarding Professor Promotion
(<http://academicprofile.org/Professor/regardingPromotion.aspx>)
4. Fellowship for Post Doctoral (<http://academicprofile.org/Professor/FellowshipForPD.aspx>)
5. Online Course on Research (<http://onlineresearch.in/Default.aspx>)

SUMMARY OF ARTICLE

		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 Suggestions

This Article can expand further research for MINOR/MAJOR Research Project at UGC

