

International Multidisciplinary
Research Journal

*Indian Streams
Research Journal*

Executive Editor
Ashok Yakkaldevi

Editor-in-Chief
H.N.Jagtap

Welcome to ISRJ

RNI MAHMUL/2011/38595

ISSN No.2230-7850

Indian Streams Research Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial board. Readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

International Advisory Board

Flávio de São Pedro Filho
Federal University of Rondonia, Brazil

Kamani Perera
Regional Center For Strategic Studies, Sri Lanka

Janaki Sinnasamy
Librarian, University of Malaya

Romona Mihaila
Spiru Haret University, Romania

Delia Serbescu
Spiru Haret University, Bucharest, Romania

Anurag Misra
DBS College, Kanpur

Titus PopPhD, Partium Christian
University, Oradea, Romania

Mohammad Hailat
Dept. of Mathematical Sciences,
University of South Carolina Aiken

Abdullah Sabbagh
Engineering Studies, Sydney

Ecaterina Patrascu
Spiru Haret University, Bucharest

Loredana Bosca
Spiru Haret University, Romania

Fabricio Moraes de Almeida
Federal University of Rondonia, Brazil

George - Calin SERITAN
Faculty of Philosophy and Socio-Political
Sciences Al. I. Cuza University, Iasi

Hasan Baktrir
English Language and Literature
Department, Kayseri

Ghayoor Abbas Chotana
Dept of Chemistry, Lahore University of
Management Sciences[PK]

Anna Maria Constantinovici
AL. I. Cuza University, Romania

Ilie Pinteau,
Spiru Haret University, Romania

Xiaohua Yang
PhD, USA

.....More

Editorial Board

Pratap Vyamktrao Naikwade
ASP College Devrukh, Ratnagiri, MS India Ex - VC. Solapur University, Solapur

R. R. Patil
Head Geology Department Solapur
University, Solapur

Rama Bhosale
Prin. and Jt. Director Higher Education,
Panvel

Salve R. N.
Department of Sociology, Shivaji
University, Kolhapur

Govind P. Shinde
Bharati Vidyapeeth School of Distance
Education Center, Navi Mumbai

Chakane Sanjay Dnyaneshwar
Arts, Science & Commerce College,
Indapur, Pune

Awadhesh Kumar Shirotriya
Secretary, Play India Play, Meerut (U.P.)

Iresh Swami
Ex - VC. Solapur University, Solapur

N.S. Dhaygude
Ex. Prin. Dayanand College, Solapur

Narendra Kadu
Jt. Director Higher Education, Pune

K. M. Bhandarkar
Praful Patel College of Education, Gondia

Sonal Singh
Vikram University, Ujjain

G. P. Patankar
S. D. M. Degree College, Honavar, Karnataka

Maj. S. Bakhtiar Choudhary
Director, Hyderabad AP India.

S. Parvathi Devi
Ph.D.-University of Allahabad

Sonal Singh,
Vikram University, Ujjain

Rajendra Shendge
Director, B.C.U.D. Solapur University,
Solapur

R. R. Yallickar
Director Management Institute, Solapur

Umesh Rajderkar
Head Humanities & Social Science
YCMOU, Nashik

S. R. Pandya
Head Education Dept. Mumbai University,
Mumbai

Alka Darshan Shrivastava
Shaskiya Snatkottar Mahavidyalaya, Dhar

Rahul Shriram Sudke
Devi Ahilya Vishwavidyalaya, Indore

S.KANNAN
Annamalai University, TN

Satish Kumar Kalhotra
Maulana Azad National Urdu University

ROLE OF ALLIED SCIENCES FOR BETTER UNDERSTANDING OF SPORTS PERFORMANCE OF PLAYERS

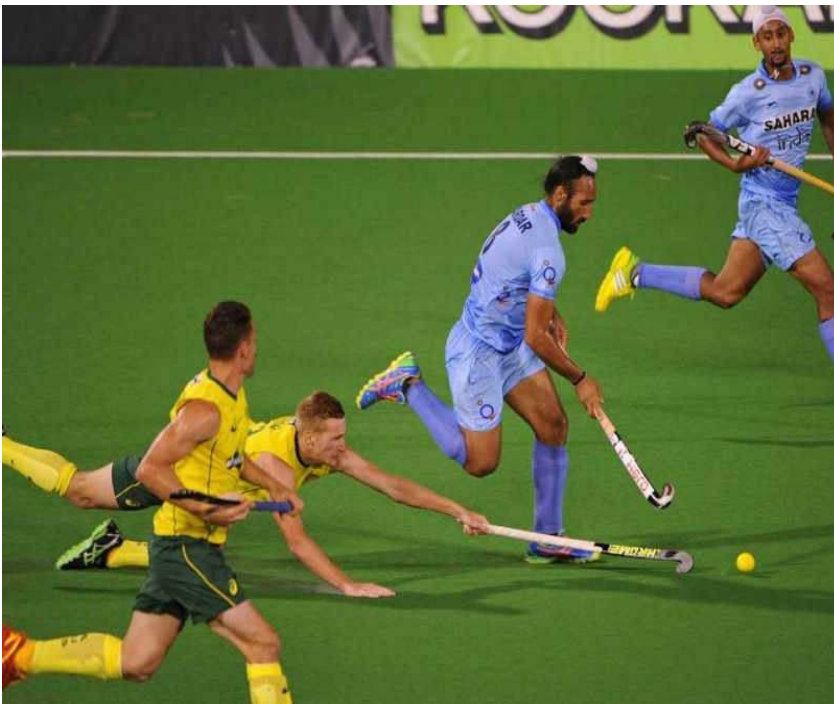


Neena Sidhu

Assistant Professor , SKR College of Physical Education, BhagooMajra, Kharar, SAS Nagar

Short Profile

Neena Sidhu is working as an Assistant Professor at SKR College of Physical Education, Bhagoo Majra, Kharar, SAS Nagar.



ABSTRACT:

The world of games and sports is ever expanding and continuous. In to-day's techno-scientific age, the world is progressing with tremendous speed in almost all the fields. Science has permeated in all walks of life and sports and games are no exception. In order to give the best possible performance in any competition, the help of scientific disciplines is required. With the introduction of the basic principles of science, physical education and sports has become a subject of scientific research, along with the allied subjects research, such as bio-mechanics, physiology of exercise

psychology, nutrition and diet, philosophy, human consciousness, medical, paramedical sciences, health sciences, education, yoga, exercise, sports sciences, biochemistry etc., have contributed to the performance level. New techniques have been progressed based on the insight and understanding of the sports researchers. The concept of sports is a continuous process, ever changing and far reaching.

KEYWORDS

Allied Sciences , Better Under Standing , diet, philosophy, human consciousness.

INTRODUCTION:

Today, performance in sports not only demands systematic training to develop physical, psychological variable and technical demands training and consideration of psychological characteristics for success in this field.

To attain high-level performance in today's highly competitive situation, several physical, psychological and social qualities need to be present in the aspirants. Apart from a number of physical attributes necessary for keeping pace with the rapidly ascending heights of sports performance, certain neuropsychological qualities play a very crucial role especially at the time of competitive struggle. (D. A. Kenny and L. Lavoie 1985)

Psychological variable which may influence the performance of the sportsmen, however, are the neuro-psychological abilities such as reaction time, concentration, perception, memory, intelligence, etcetera, which would seem to be topping the ladder of the overall psychological demands of the competitions. It is an established fact that a 'sound body' alone cannot do much in the absence of a 'sound brain'. In competitive situations, the competitors are exposed to a variety of stimuli or situations that require a very quick and accurate analysis for the adequate handling of the task. The competitors possessing the abilities of quick reaction, hurried perceptual analysis, adequate concentration, sharp memory, and high intelligence always have an edge over those competitors who lag behind in these abilities. In some of the individual sports events, it may not be the same extent, although these attributes are greatly needed in team games. (A. V. Carron and K. S. Spink 1992)

Human beings are not the products of their own actions alone but are also influenced by the intrinsic environmental factors. These forces exercise a considerable amount of influence and control in shaping and molding the personality of an individual. The environment does not comprise physical surroundings alone but includes all the biotic as well as the abiotic components around, which cause physical and intellectual experience. One cannot alienate/dissociate oneself from the environment but instead is an integral part of it. A human being is a complex and intrinsic structure endowed with a number of physical, mental, emotional as well as social elements blended together in a single whole. The success of an individual does not lie in the mere consideration of any of these elements of behavior or performance. A physically educated person is one who is a perfect integration of psychomotor, cognitive and affective domains of behavior. (M. H. Anshel, R. S. Weinberg, and A. Jackson 1992),

Physical educators generally measure the first of these when they are interested in evaluating movements, although indirectly they may concern themselves with the second. For example norms established for these movements are based on age, weight, and height, or combinations. The coach and teacher must also be cognizant of the third group consisting of certain mental, emotional, and social factors. These also have great influence on movement, but they generally cannot be isolated, parceled out, and measured separately and directly in tests of physical performance. (Frank Dick 1991)

The three learning domains psychomotor, cognitive and affective domains, psychomotor or neuromotor domain is perhaps the most concerned. It encompasses both physical and motor elements. Every human action involves movement of some sort. Movement is an integral feature of a human being and is thus a tool of life. Sports and physical education is a science of perfect, deliberate and desirable movements. Motor performance depends on the physical components like strength, speed, power, agility, endurance, flexibility, balance, kinesthetic sense and coordinative abilities. (S. T. Fiske and S. E. Taylor 1991)

Psychomotor components work as the medium for the realization of cognitive and affective domains. These domains are inseparable identities and function in perfect unison and harmony with one another. These are concerned primarily with muscular concentration. The psychology and biomechanics of the muscular system is to be understood before understanding the nature of movement. Performance of motor skills is not a physical or mental response alone but involves neural, physiological and psychological aspects

and is a continuum that runs the range from physical to cognitive and there is always integration between these aspects of human behavior. (D. A. Watson and A. Tellegen, 1985)

SIGNIFICANCE OF THE PROBLEM

- To know what allied sciences are for better understanding of physical education.
- To know role of psychology in physical education.

To know psychology for better understanding of sports performance

STATEMENT OF THE PROBLEM

Role of Allied Sciences For Better Understanding Of Sports Performance

METHOD

Keeping in view the nature of the study, the literature was collated from these secondary sources primarily from books, magazines and Internet.

ANALYSIS

An approach was adopted for critical examination of the information, refined through the group discussion and analysed for identifying pointers towards recreational activities for adapted children.

RESULTS

CONCLUSION

The demand for allied Sciences in physical education and sports are increase for better understanding of sports performance of players. Sports also have been very closely associated with the human society and thus the competitions in sports have a decisive social, cultural, political and economical influence. This impact of competition has been further strengthened by the use of public media i.e. radio, television and press.

Physical Education, and Sports Studies program, you'll have a wide range of opportunities in pursuing careers in fitness and wellness, physical education, or the sports industry. The program emphasizes the value and importance of physical activity in all people's lives, helping them reach maximum achievement of individual potential.

REFERENCES

1. V. Carron and K. S. Spink, "Team Building in an Exercise Setting" *The Sport Psychologist* 7, (1992): 8 – 18.
2. D. A. Watson and A. Tellegen, "Toward a Consensual Structure of Mood" *Psychological Bulletin* 98, (1985): 219 – 235.
3. D. A. Kenny and L. Lavoie, "Separating Individual and Group Effects" *Journal of Personality and Social Psychology* 48, (1985): 339 – 348.
4. D. Hackfort and C. D. Spielberger, *Anxiety in Sports* (New York: Hemisphere Publishing, 1989): 3-20.
5. Frank Dick, *Sports Training Principles* (New York: A & C Black, 1997): 1-4.
6. Harold M. Barrow and Rose Mary McGee, *A Practical Approach in Physical Education* (Philadelphia: Lea and Febiger, 1979): 108-109.
7. M. H. Anshel, R. S. Weinberg. and A. Jackson (1992): "The Effect of Goal Difficulty and Task Complexity on Intrinsic Motivation and Motor Performance" *Journal of Sport Behavior* 15:159- 176.
8. S. T. Fiske and S. E. Taylor, *Social Cognition* 2nd ed (New York : McGraw and Hill, 1991): 32-36.

Publish Research Article

International Level Multidisciplinary Research Journal For All Subjects

Dear Sir/Mam,

We invite unpublished Research Paper, Summary of Research Project, Theses, Books and Book Review for publication, you will be pleased to know that our journals are

Associated and Indexed, India

- ★ International Scientific Journal Consortium
- ★ OPEN J-GATE

Associated and Indexed, USA

- Google Scholar
- EBSCO
- DOAJ
- Index Copernicus
- Publication Index
- Academic Journal Database
- Contemporary Research Index
- Academic Paper Database
- Digital Journals Database
- Current Index to Scholarly Journals
- Elite Scientific Journal Archive
- Directory Of Academic Resources
- Scholar Journal Index
- Recent Science Index
- Scientific Resources Database
- Directory Of Research Journal Indexing

Indian Streams Research Journal
258/34 Raviwar Peth Solapur-413005, Maharashtra
Contact-9595359435
E-Mail-ayisrj@yahoo.in/ayisrj2011@gmail.com
Website : www.isrj.org