REVIEW OF LITERATURE

The study is an Assessment way to find the Research Trend in Physical Education, Sports and Yoga. For this the Investigator scrutinized the University News, Weekly Journal and notifications of various Universities for assessment of the Research work, its nature, type and classified according to the variables selected by the Investigator.

Tanwar (1999) Studied regarding to investigate about variables and specific tests adopted in various areas of physical education and sports science. The results indicate that there was significant difference between the decades namely 1980’s and 1990’s in regard to variables adopted in selected sports science/subject/disciplines of physical education namely; Psychology, Anatomy/Physiology, Motor Learning, Fitness, Test/Measurement/Norms, Professional Preparation /Curriculum Design, Leadership/career, Sports Training, Biomechanics/ Kinesiology, Pedagogy/ Teaching/ Coaching, Anthropometry, Handicap/Adapted Physical Education, Administration/ Organisation/Management, Recreation, Camping, Dance and Adventure Activities, Exercise Training from 1980 to 1997. It was found that there was significant difference between the decades namely 1980’s and 1990’s in segues to tests adopted in selected sports science/subject/disciplines of physical education namely; Psychology, Anatomy/Physiology, Motor Learning, Fitness, Test/Measurement/ Norms, Professional Preparation /Curriculum Design/ Leadership/career/Sports Training, Biomechanics/ Kinesiology, Pedagogy/Teaching/ Coaching, Anthropometry, Handicap/Adapted Physical Education, Administration/ Organisation/ Management,
Recreation, Camping, Dance and Adventure Activities, Exercise Training (from 1980 to 1997).

**Kumar. (1999)** Studied regarding the sampling practices in relation to sex and their age distribution at International level for future research planning. The sample was selected from “Dissertation Abstract International” published from July 1980 to June 1997. 15 areas in physical education were selected through stratified random sampling. 1371 dissertation abstracts were finally selected which were based upon sample size, sex and age. The sample size in 15 areas were found as: 3-15000, 3-1835, 3-300, 4-1135, 5-125, 4-3531, 2-800, 5-1500, 8-1835, 13-2342, 4-1488, 4-690, 4-15000, 8-300 and 5-310. The respective age distribution was found as: 6.55 to 12.66 years, 8.17 to 13.5 years, 15 to 21.5 years, 17.7 to 22.85 years, 18 to 21 years, 16.21 to 28.82 years, 14.25 to 20.25 years, 64.33 to 81.66 years, 16.4 to 23 years, 29 to 41 years, 20.7 to 33.14 years, 21.28 to 36.71 years and 13.8 to 18.51 years. In regard to sex difference, it was found that mostly combined sample group than male and lastly female categories for research proposal as the sampling selection were found.

**Ashu (1999)** Studied regarding to investigated the research trends in India at Doctoral level. The study was formulated to help in comparing the India with International practices. The adopted methodology and statistical procedure variables for the doctoral research in selected sports sciences and physical education were analyzed. The abstracts published in Dissertation Abstract International from 1980 to 1997 were the source of information (data). Finally, 15 areas were selected as most popular
practiced subjects namely: Psychology, Anatomy/Physiology, Motor learning, Fitness, Test / Measurement / Norms, Professional preparation / Curriculum, Leadership/ Career, Sports Training, Biomechanical/ Kinesiology, pedagogy/ Teaching, Coaching, Anthropometry, Handicap/Adapted Physical Education, Administration/ organization/ Management, recreation/coping /Dance/Adventure Activities, Exercise/Training in regard to specific statistical application and adopted research methodology as well as their distribution.

Gupta (1999) investigated the Physical and Physiological Characteristics of Delhi State Power lifters. 48 male Power lifters were selected from different training centers of Delhi. The age ranged between 20 to 30 years. The physical variables (age, height, body, weight, muscular strength, flexibility, anaerobic power and aerobic power) and physiological variables (resting blood pressure, resting heart rate, vital capacity and body composition) were administered to collect the data. Mean and standard deviation were computed. The results of the study were reported as: Body-weight was found proportionate with the height, Strong back and leg muscle were found to fulfill the demands of the sports, Less flexibility was found, as they do not emphasize in their training part, found more muscle mass, as they could not perform well in jumping test (to test to overcome the resistance in the form of bodyweight), Heterogeneity was found in aerobic capacity, Systolic and diastolic blood pressure mean values were found closer in sedentary people, Resting heart rate was found normal, The mean scores of vital capacity and peak flow rate were found nearer to the
maximum score limit among subjects and Body fat was more accumulated around suprailiac and sub-scapular zone than biceps and triceps.

Parasher (1998) Studied regarding to investigated the up to date understanding of the Physiology of sports person. 100 female subjects were selected randomly from Indira Gandhi Institute of Physical Education and Sports Sciences (University of Delhi). The age was ranged from 17 to 21 years. The Physiological parameters were pulse rate; respiratory rate, vital capacity, systolic blood pressure, diastolic blood pressure; sub scapular skin fold and Supra-iliac skin fold measurements. The mean, mode, media and coefficients of variance were used at.05 level of significance. The results were stated as: 1) Handball players were superior over the Kho-kho and Basketball player in vital capacity, 2) Volleyball players were more efficient in cardio-vascular fitness, they were superior in vital capacity against the Kho-kho players, 3) Supra-iliac skin fold measurement was more in Basketball players than Volleyball players and 4) No significant difference among the players of selective games were found in pulse rate, respiratory rate, blood pressure and subscapular skin fold measurements.

Raj Rani (1996) Work on a pilot study for critical evaluation of National Sports Talent Selection Criterion with a view of examining the possibility of further improvement. The investigator obtained the original records of 127 candidates, out of which 28 subjects were in a selected group and 99 candidates were in a rejected group during the years 1992-1994. Out of 99 candidates, only 18 were rejected only during skill testing. The results were concluded that: 1) the age of the children between 9 to 12 years
showed fluctuating pattern of growth. The growth status of selected children, when he is being trained by Sports Authority of India’s coaches may greatly improve the national Sports Talent Search efforts, 2) The presently used scoring tables of the sold scheme are less sensitive and it needs revision and 3) The hypothesis was proved to be true and acceptable.

**Tomar (1998)** Studied regarding the research trends at doctoral level in physical education at International level from 1980-1996. the study was conducted to evaluate the till date research trend for the researchers to workout accordingly in the field of Physical Education. The study was delimited to the dissertation abstract international, University Micro Films International: U.S.A. The results were stated as: 1) The maximum number of doctoral research was in 1992-93 (7014%) lowest was in 1994-95 (4095%), 2) At International level, the most preferred subjects for research in priority were: Psychology, Anatomy and Physiology, Biomechanics/Kinesiology, Professional Preparation /Curriculum Design, Motor-learning, Test and Measurement, Miscellaneous, leadership/ Career, Fitness, Sports Training, Administration, Handicap/ Adapted Physical Education, Recreation, Camping, Dance and Adventure Activities, Biochemistry, Sports Injuries, Pedagogy, Sociology, Philosophy, Foundation/History, Anthropometry, Exercise/ Training, Sports Policies/ Association, Coaches and officials, Nutrition, Stress/Stress Management, Climate, Environment, Biography, Sports facilities/ Equipments, In-service/Pre-service Training, Drugs, Postures, Mass-media etc., 3) The most preferred games/sports/activities in priority order were: Athletics, Basketball, Swimming, Football,
Gymnastics, Volleyball, Soccer, Baseball, Tennis, Dance, Golf, Softball, Hockey, Cycling, Skiing, Taeckwondo, Wrestling, Diving, Bowling, Cricket, Weight lifting, Karate, Skating, Climbing/Mountaineering, Squash, Boxing, Archery, Pistol Shooting and Rowing.

Singh (1996) The study was to find-out the effects of Physical Education programme on academic achievement and personality development. 75 males and 75 females pursuing Physical Education course of undergraduate and postgraduate levels from University of Delhi, were randomly selected as subjects. The ‘Eysenck’s personality Questionnaire was adopted for the components like: Extroversion, Psychoticism, Neuroticism and lie (Social - destrability) and Academic-achievement were recorded with the gross percentage of last examination. The Mean, Standard deviation, ‘t’ test and Product Moment Correlation methods were used, the level of significance was considered at .05. The results were concluded as: 1) Greater ranges of scores were observed in pre and post test in Extroversion and Psychoticism, but not in Neuroticism and Lie, 2) the significant difference was not found in Extroversion (pre and post test), psychoticism (pre and post test), Neuroticism (pre test) and Lie (pre test) and Neuroticism (post test) and Lie (post test) were significant, 3) The Neuroticism value was higher in B.Sc. Part –III Students than M.P.E.S. Part – I and II in both the sexes, 4) The students with greater Neurotics and lies were better in academics, 5) The short span of time does not bring any significant changes on personality, 6) Males were having mean value than females in the Neuroticism and Lies scores.
Pandey (1998) investigated the contribution of various Indian universities in the teaching of Physical Education and Sports. Out of 30 Indian states and union territories, 8 states and 2 union territories were not awarding any degree in Physical Education and Sports sciences. The results are 47% states have not incorporated Physical education teaching as integral part of education. Total 16 states out of 24 states were awarding Bachelor’s degree and Master’s degree in Physical education.

Total 45 universities were involved in imparting the Physical education and Sports teaching. The state-wise status of universities which were involved in physical education and sports sciences teaching were stated as: Maharashtra and Uttar Pradesh have the maximum universities (6 each) Tamil Nadu has 5 universities, Gujarat has 4 universities, Bihar has 3 universities, Orissa has 2 universities and other 19 states have 25 universities for the purpose.

Sharma (1997) Studied regarding the research trends in Physical Education and Sports in India. In this study Total 237 Ph.D. degrees were included, as submitted to different universities. The duration was 1981 to 1996. (as mentioned in the University News, Association of Indian University’s Publication.)

The results are duly 18.5% Indian Universities were found involved in Physical Education Research at Doctorate level (only 40 out of 216 Universities) Out of 40 Universities, only 4 Universities have contributed 70% of the total degrees awarded in the field of Physical Education. 61 Research works were based on Sports Psychology out of 237. 90%
Doctorate Research work was done in the field of: Sports Psychology, Physical Fitness, Pedagogy, Kin anthropometry, Sports skill and Training Methods. Rest of the 10% were based on: Inter disciplinary, Health Education, Sports Bio-Chemistry, Sports Nutrition, Adapted Physical Education, Sports Biomechanics, Sports dermatoglyphics, Women and Sports constitute.

**Sujay John (1998)** studied regarding to investigate about Assess the Anaerobic power through vertical jump test in female players in selected team Sports, i.e. Basketball, Handball and Volleyball. Total 54 college going female students from University of Delhi were selected as subjects. The age was ranged from 19-23 years. 18 subjects were randomly selected in each team sports. Vertical jump test was employed to know the status of anaerobic power. ‘F’ ratio (analysis of variance - one way) was employed at .05 level of significance. The results of the study revealed statistically insignificant differences in Anaerobic power through Vertical jump amongst the females of university level players in selected team sports.

After to keen investigation of the literature related to the study, the investigator found that no research has been made taking the three variables as sports physical education and yoga science and the research soundly support for further need of the investigation. No study had takes in the ten year period of 2000 to 2010, hence this study has a strong appeal to investigate.