METHODOLOGY

The present research is an analytical descriptive survey study. A survey research design was used in this study to investigate. The procedure adapted for research was selection of subjects, development of questionnaire, and collection of the data and statistical analysis of data.

A) Selection of Subjects

Population

All the subject participating in this study belongs to various zones of shivaji university. The factor such as the geographical condition, diet, nutrition etc could not be controlled.

Sample
From the total population stratified random sampling method will be used to select the sample and the sample size will be approximately 500 players from each group

B) Procedure of Study.
The study is a analytical survey and would follow the following steps

- Study literature related to the study.
- Formulation of questionnaire with the help of experts.
- Get the questionnaire examined by experts for their suggestions.
- To confirm the reality and validity of the questionnaire, by getting it examined by a group of experts.
- Modify the questionnaire according to suggestions given by experts.
- Conduct Pilot study.
- Make necessary changes.
- Give the subjects the revised questionnaire.
- Collect the information through questionnaire and gather Data
- Analyze the collected data
C) Data collection Tools

- Questionnaire

Keeping in view of feasibility and purpose of the study, it will resolve to collect data from following three sources with the help of a questionnaire which was developed for this purpose. The questionnaire was to be filled and data collected from the following sources

i. Sport medicine expert (Doctors / Physiotherapist)

ii. Coaches, Physical education teachers

iii. Sport person (males and Females)

D) Statistical Analysis

The purpose of the present study will be descriptive in nature. Descriptive statistical will be used as analytical tools and presentation of data. Statistical treatment such as Frequency tabulation, contingency table, Mean and standard deviation, Percentage calculation, Chi-Square Test, correlation will be some of the used for collection of required data and analysis for the purpose of the study.
E) Time Schedule:-
The present study will be period of two years.

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Activities</th>
<th>Estimated Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Study of related literature</td>
<td></td>
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<tr>
<td>2</td>
<td>Development of questionnaire</td>
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<td>3</td>
<td>Experts opinion</td>
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<td>4</td>
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<td>5</td>
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<td>7</td>
<td>Conclusion and presentation</td>
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**Total Time**