REVIEW OF LITERATURE

Researcher Confronted with the task of writing thesis really need to know that “Review of Literature” is reduced form of exhaustive relevant Literature Located.

Admin (2011) Badminton Players Badminton is an Olympic sport that traces its roots in India. it absolutely was initial named as battledore however was later called Badminton owing to the Duke who played it dourine a hall named Badminton hall. Badminton is a fun and exciting activity which may help you maintain a fit and exciting activity Which may help you maintain a fit and healthy body. It is one good way to burn excessive fats and calories in your body. You may ought to have a racket and a shuttle to play this game. The racket must be light to hold and resembles that of a tennis racket whereas the shuttle cock must be round formed and features a rubber base. A court with a five feet high web could he a must to play this game correctly. To become an honest badminton player, beside Physical skill, you also must have a Mental Strength. Mental Strength is extremely crucial particularly when come to the tournament. Besides these. Sport Nutrition is additionally ital particularly for the player preparing for the tournament.

Ali (2010) investigation was to examine the relationship of Bodylmage with the performance of badminton players. For the purpose of this investigation 80 male subjects (40 high performers and 40 low performers) were recruited from the North-Zone Intervarsity Badminton championship held at Aligarh Muslim University, Aligarh. Their age ranged from 18 to 25 years. The performance of the players was evaluated and rated by a panel of three experts on the court during the matches on a 10 points scale ranking from ‘1’ to ‘10’ The obtained scores of each player rated by the three experts were averaged to measure the actual performance of the players. Whereas the data on body image dimension was obtained on a Q. sort scale. The Product-Moment coefficient of correlation was used to analyze data. Results indicated that no significant relations were found between body image and high/low performance.

Blomqvist et al. (2001) examine the effects of two forms of instruction, “traditional” and “traditional” plus strategy instruction (strategy-oriented), on students’ knowledge, game understanding, skill and game performance. College students (n 30) in a teacher-training programmed were divided into two treatment groups: strategy-oriented (n= 1) and traditional (n
= 10), and to a control group (n = 9). Both treatment group received 20 lessons of “traditional” badminton instruction and played singles badminton for 8 lessons. In addition, the strategy-oriented group received video-based strategy instruction for 8 lessons. Pre- and post tests were administered for badminton knowledge, game understanding, skill and game performance. The strategy-oriented group was able to improve its badminton knowledge, game understanding and serving skill significantly whereas the traditional group improved its badminton serving skills.

Blomqvist et al. (2000) investigation was to examine differences in skill, game performance and game understanding in expert (n=1 2) & Novice (n=14 ) youth badminton players (13-14 ) years). Each subject participated in skill tests (serve, clear and drop) and understanding test which consisted of 15 different video simulations of actual offensive sequence and defensive game situations. In every sequence, players were to solve tactical problems by selecting appropriate solutions and arguments for their decisions. In addition they played 2 x 10-min singles badminton. AH matches were video recorded and post match analysed. Results clearly showed that that skill, game play and cognitive components all differentiated experts from novices. Experts exhibited significantly more sport skill, played more effective shots and understood the game situations better when compared to novices. Based on the findings it could be suggested that all these qualities must be taken into account when teaching/coaching games in order to increase competence, interest and enjoyment in games playing.

Bischof (2011) “Speed” in badminton is not as difficult to learn as it appears to be. Young players are in awe of the better players, especially the internationals, because they appear to move effortlessly, never racing, always getting to the shuttle. Yet, of course, that is the skill to learn and try as they may, the amateurs can never seem to avoid being ruWJ1o5ting by Start Logic The secret lies riot in generating speed, but in generating momentum. Think about it. One only really has but a few steps to take in any direction in order to return a shuttle. The court is quite small, especially when the player starts from a central base, or close to it. Initiating movement is the skill to be practiced. Leaving your mark. Exploding from the base. A player who “explodes” from the base with 1 or 2 rapid, short steps will have no difficulty in reaching the shuttle (in theory). Simple, eh? Practice moving in and out of the central singles base. Avoid
rushing back to the base each time. Time the return so that ONE foot only touches into the base area at the same time as the imaginary opponent hits the shuttle, push off with 1 or 2 quick, short steps and slow down as you get closer to the corner. It’s tough to get that momentum going when both feet are rooted on the floor.

Hagemann et al. (2006) expert sports performance, particularly racket-and-ball games, is excellent anticipatory skill. A prestudy combined the temporal and spatial occlusion paradigms to ascertain which key stimuli badminton players use for anticipating the direction of overhead shots. The main study then evaluated a program for training anticipatory skills; 200 video clips were employed to orient attention toward these key stimuli. Participants were 63 badminton novices, 20 national league players, and 21 local league players. A transparent red patch (exogenous orienting) was used to orient attention toward the trunk up to 1 60 ms before racket-shuttle contact; the arm, from 160 ms to 80 ms before contact; and the racket, from 80 ms before to actual contact. Results showed that badminton novices who trained with this program significantly improved their anticipatory skill between post- and retention test compared with controls. Whereas local league players improved from pre- to posttest, training had no effect on expert national league players. It is concluded that using red transparent patches to highlight the most informative cues in perceptual training programs is a promising way to improve anticipatory skill.

Hastie; Sinelnikov and Guarino (2009) examined the development of skill competence and tactical knowledge of 41 eighth-grade students (mean age 13.6 years) as they completed a season of badminton conducted following the features of Sport Education. Using data from students’ performance on badminton skills tests, their competence in game play, and their tactical knowledge, it was determined that these students made significant improvements in their ability to not only control the shuttle, but also to hit it more aggressively. This resulted in improvements in both the selection (what shot to make) and execution (ability to produce the desired shot) dimensions of their game play. In addition, the students demonstrated significant improvements in their ability to select tactical solutions and make arguments for those decisions when watching videotaped performances of badminton games. The key explanation for the development of competence in this setting was that the structure of the Sport Education season allowed for significant practice opportunities, and that the authenticity and consequential nature
of the game play helped move all but weak novice students from a more cooperative version of net-game play to one where tactical decision making and execution was valued.

Jaitner and Weinz (2010) According to qualitative analyses the activation-relaxation-pattern of the grip forces seems to be a crucial factor of performance in many Badminton techniques. Especially for the backhand net shots it is assumed that experts exert high pressure on the racket handle within a short period of time to utilize the elasticity of the racket whereas athletes on lower level of performance tend to maintain grip forces over a longer period during the final phase of the smash. This is partly supported by EMG analysis [1]. To analyze the movement coordination by the pressure applied on the racket a specific device has been developed. A specially designed handle bar contains two FSR sensors and an analog amplifier (TLV2460). The FSR sensors (0: 18,3 mm! accuracy: 3-15% within a range of 100 to 1 ON) were placed at the upper and lower area of the handle bar to allow the player to grip at different positions of the handle bar. Specific pressure points ensure that all pressure applied by the player is transferred to the sensors. The total pressure is then derived by the sum of the pressure measured at each sensor. The measure device is connected via cable and an analog digital converter to a portable data logger, where the data can be stored or transferred via an external computer [2]. By the integration of the racket device to the mobile system, accelerometer data of the racket and the arm segments can be derived synchronously. A prototype of the measure device has been established. First data were taken from an expert (national level), an advanced (regional level) and a recreational player. Grip pressure as well as racket acceleration were measured while subjects performed backhand net shots. The results indicate that experts increase pressure at an early stage to support the forward acceleration of the racket and therefore achieve higher velocities of the racket head. Further research will focus on individual feedback training of elite youth Badminton players [1] Sakurai, S. & Ohtsuki, T. (2000). Muscle activity and accuracy of performance of the smash stroke in badminton with reference to skill and practice. Journal of Sports Sciences 18, 901-914.[2] Jaitner, T. & Gawin, W. (submitted) A Mobile Measure Device for the Analysis of Highly Dynamic Movement Techniques.

Lee & Mo (2007) many different types of measurement devices are used to study the motions of athletes. Among them, those that use recorded videos are widely used because they
are relatively convenient to use and can store a large volume of information. However, it often happens that general video equipment such as video camera cannot be used depending on the subject of study, the development of devices with features appropriate for the purpose of study is frequently needed. Accordingly, this study investigated the development of the multi-channel video & sound integration system as part of a research on development of specialized devices. The system developed from this study has the feature to receive images simultaneously from four cameras and display them on one screen and record them, and the feature to accurately capture the hitting moment of the badminton shuttlecock and display it as an integrated image. To minimize the time and cost for manufacturing it, the COTS (Commercial Off The Shelf) technique, which is widely used in the system development field, was used. The manufactured system was used in an experiment to study the strategies to improve the ability of single badminton players to predict the shuttlecock hit by the opponent, and the video data for at out 35 players were created and used as the basic data of the study.

Li (2006) examine the relationship between conceptions of ability and understandings of the meaning of effort. Participants practiced a novel task and completed an ability conceptions questionnaire prior to instruction and a meaning of effort survey after practicing the task. The majority of participants believed in the efficacy of effort, no matter what view of ability they endorsed. Partial support was provided for the proposition that participants with stronger incremental views of ability were likely to endorse the view that trying hard allowed them to fully use their ability. It is suggested that, to promote active engagement and enhance skill learning, teachers capitalize on the belief in the efficacy of effort by focusing their motivational strategies on students’ effort.

Menon (2011) When badminton ace Saina Nehwal, 21, dashed off a letter to the Sports Authority of India this February, stating that she wanted veteran Bashkir Babu as her full—time coach, the signal was clear. She did not want to continue working with tough taskmaster and chief national coach, Pullela Gopichand, 37. “This was her decision. She made it abundantly clear she did not want to continue with me,” says Gopichand, a former all—England champion who stepped aside after six years as her coach without asking why.
Maniazhagu and Saha (2011) investigation is to find out effects of strength training on speed leg explosive power and muscle endurance of college men students. To achieve these purposes, 30 men students were selected from Govt. Alagappa Arts college, Karaikudi, Tamil Nadu, as subjects. Their age ranged from 17 to 20 years. They were divided into two equal groups of 15 subjects each and assigned to experimental group – I and control group. In a week, the experimental groups underwent Strength training and Control Group was not given any specific training. All the subjects underwent the test of speed, leg explosive power and Muscular endurance. They assessed before and after the training period of 8 weeks. The analysis of covariance was used to analyze the data. The study revealed that the speed, leg explosive power, and Muscular Endurance were significantly improved due to the influence of Strength training.

Pandit (2011) you have a question as to how to play badminton, in mind, then it is certain that you are a novice. In this article, you will find tips and techniques to play badminton. Read on. Well, let’s get to the basics first. Badminton is a game played with a racket and a shuttlecock (known as shuttle birdie in some parts of the world, between two or four players. It was introduced into the Olympics in 1992 as men’s singles, women’s singles, men’s doubles, women’s doubles, and mixed doubles. Badminton is an indoor game. There are several similarities between badminton and tennis; and also an equal number of differences. However, playing badminton is considered easier than tennis, though many will disagree. If you wish to know how to play badminton, then here are some easy tips that will be helpful for beginners.

Paul (2011) in the first part of this series of badminton skills articles, you discovered the different style of player. In part 2 I shared my thoughts on identifying your opponents’ strengths and weaknesses via a skills audit, albeit most of the time, an on-court, in the game, test your opponent type of audit. In this third and final part of the series, it’s time to bring the pieces together and help you understand yourself as a player, your partner, how to be a winning team and how to design badminton tactics to beat your opponent(s).

Srivastava (2006) As the player improve with practice and play, other reasons for the popularity of the game soon become apparent. There is the opportunity to perform a large range of movements: sprints, leaps, lunges, twists, turns, stretches and hitting actions which require strength, endurance, speed and flexibility, and the ability to hit the shuttle softly or powerfully.
The sheer pleasure of the variety of movement has appeal for the variety of movement has appeal for the player. The game involves a challenge. To play well requires practice; a player has to give some thought to his game and do some physical work. There is also the challenge of an opponent. To win the game the player must defeat his opponent. The game becomes a battle of wits as the players test their skill and intelligence against each other. Herein lies the tersest; for the way in which one player outwits the other can raise difficulties and present problems which must be solved during the game.

Sardar and Mishra (2009) examine the relationship between mental skills and anxiety ‘interpretation in secondary school hockey athletes There are 108 participants (54 males 54 females) aged between 14 and 17 These participants are athletes from three secondary schools The average age of the participant is 15.17 (SD 1.18) The results indicated that the direction of anxiety interpretation between the male and female athletes are the same but a different in terms of intensity (cognitive anxiety interpretation direction somatic anxiety and self confidence) Based on the predicted mental skills of athletes it was concluded that self belief (M = 1.54 for males and M = 1.06 for females) was seen as the motivating factor or facilitative to the performance of the athletes There was also a difference on how mental skills are related to anxiety intensity and self confidence Recommendations for future research were also suggested.

Singer (2008) the hundreds of the thick of sports in general enthusiasts and Olympic leathers in particular note in tickets. Beings 008. Cn the official Web site for the Olympic tickets of Plying. The users on line can employ all the important c/tarts of credit rating as the visa, Master, American Express ii of the payments. Olympic tickets of summer the 2008 also are sold close more than 1000 branch bank of China By studying the 29A’’ mes Olympic Games carefully program 2008, people of the surplus of the buy Olympic tickets of Games of peaking. The Olympic Games of this summer will have 302 even disciplines of sports. The athletes of the surplus of the world will compete with for the gold medal plated and of bronze for the various contests of the Olympic Games 2008 of piecing.

Singh (2007) the badminton is a court game that may be played indoors or outdoors, cf all age groups (males/females) in which one (Singles) or two (Doubles) contestants have to hit the shuttlecock (bird) with a badminton :oak and forth, over the net without permitting the
shuttlecock to touch ground. The game begins with a serve. The legal serve is diagonal serve the boundaries of a court. The shuttlecock zooms off the racket at the speed. Players with almost fast footwork, dashes around the Court, with powererful smashes and contrastingly delicate drop shots, lunges to take shuttle merely inches from the floor, The game demands great deal of tactics and strategies. The player must be of acrobat agility. Player must be accurate marksman, having power of a racehorse, speed of a sprinter and - endurance of a marathoner.

Srinivasan (2011) investigation is to find out the Effects of two different badminton training packages on selected physiological and psychological and psychological variables of college badminton players. For this 40 men Badminton players were selected from affiliated colleges in Bharathiya University, Coimbatore, Tamil Nadu subjects. Their age ranged from 17 to 25 years. They were divided into two equal groups of 20 subjects each and assigned to experimental group land II. In a week the experimental group I underwent modified badminton training package and experimental group U underwent conventional badminton training package. All the layers underwent three areas of test namely resting pulse rate, cognitive anxiety and somatic anxiety. They assessed before and after the training period of twelve weeks. he analysis of covariance was used to analyze the data. The study revealed that the above said criterion variables were significantly improved due to the influence of modified training packages of college badminton players.

Sakural, S.; Ohtsuki, T. (2000) study were to establish the temporal-spatial relationship between muscle activity and the smash stroke of skilled badminton players and to assess performance accuracy using the ellipse of constant distance. we recorded the surface electromyography (EMS) activity of selected superficial muscles of the stroking arm and shoulder - flexor Carpi ulna is, extensor Carpi radial’s, triceps brachia (lateral head), biceps brachia and trapeziums (upper) - during the badminton smash. In the first part of the study, we examined the characteristics of musical function and performance accuracy of skilled and unskilled individuals during the badminton amahs. Five well-trained badminton players and five students with no experience of badminton were asked to smash a shuttle as hard as they could towards a vertical square target 4 m away, repeating the stroke 30 times. In general, the skilled players showed a more constant time from peak electromyography amplitude to Impact. Immediately after impact, the electromyography activity of the triceps brachial and flexor Carpi
radials of the skilled players decreased; in the unskilled participants, however, it continued until well after impact. The area of the ellipse of constant distance and the off-target distance, which were used as indices of performance accuracy, were smaller for the skilled than for the unskilled participants. In the second part of the study, one skilled and one unskilled participant performed 100 trials a day for 6 days. The time from peak electromyographic amplitude to impact in the extensor Carpi radials and flexor carpi ulnas was more variable in the unskilled than in the skilled participant even after 6 days of practice, but the proximal muscles of the unskilled participant had a similar pattern of activity to that of the skilled player. Thus, controlling the distal muscles appears to be important for achieving accurate performance of the smash in badminton.

Yadav et al. (2007) badminton is a competitive game. Players compete against each other whenever they go on to the court to play a game if winning is of primary importance in competition, then the performance the players gives in the game is the determining factor in winning. The competition is the arena in which a player tests his skills against his opponent. Unforced errors result from ‘lack of care, concentration, technique or tactical awareness’. Top class players, because they have practiced forty or fifty consecutive shot routines, make very few such errors. They thus give away virtually no points unless under the relentless and continuous pressure of an equal or better player. Their opponents have therefore to play to even to finer limits to gain points and in doing so, are themselves possibly forced into errors.