METHODOLOGY

Selection of Subjects

Sixty (N=60) Basketball playing male subjects is school children age group ranging from 14 to 16 years, will be pooled randomly as sample. The criteria for inclusion and exclusion of the subjects will be as follows:

- The players who are the regular practitioners of Basketball will be included in the experiment.
- The subjects who are expected to remain present till the experimental trials are finished will be incorporated in this study.
- The subjects irrespective any community, willing to participate in this study, will be incorporated.

Design of the Study

The subjects will be divided into three equal groups viz., Gr. A, Gr. B. and Gr.C. Group-A will participate in the “Omkar Chanting” Group-B will participate in the “Pranayama Schedule” and Group- C will be acted as “Control Group.” There will be daily 45 minutes practice considering the above schedules except Sundays and holidays. During daily experimental period while all the subjects of selected groups will be involved with their respective training schedules, the subjects of control group will be kept busy with some recreational activities.

Moreover, after completion of daily training schedule for 45 minutes there will be a regular practice of Basketball game for 30 minutes. All the experimental as well as control groups will combine participate in the same. The total duration of the experimentation will be at least for three months (including testing dates, Sundays and holidays) which include the one experiment, one follow-up program to record the long term effects of the experiment.

This is a randomized block design (Hubbard, 1973) which consists of the following steps:
Procedure of Data Collection

Step-I (Pretest)

Selected basketball skills of all the subjects of control and experimental groups will be tested prior to the experiment by using standard tests of basketball (Kirkendall et al. 1987). The scores of skills will be recorded carefully.

Step-II (Training / Treatment)

After pre-testing, the subjects of experimental groups will receive their respective training, as stated above, for 45 minutes daily which will be followed by a game practice in basketball for 30 minutes. The subjects of the control group will be kept busy with recreational activities for first 30 minutes and they will also participate in the game practice in basketball for last 30 minutes daily. Thus all the subjects will be involved for a period of 1 hr. and 15 minutes daily except Sundays and holidays. The total duration will be for at least 12 weeks.

Step-III (Post Test)

After completion of the 6 weeks of experiment, as stated above, all the subjects of both the control and experimental groups will be directed for post-testing. Here the testing procedures will be same as mentioned in the pre-test.

Step-IV (Follow-Up & 2nd Post Test)

Follow-Up (F.U.) program will start for another 6 weeks after completion of 1st post testing (Step-III). In this program, the subjects of both the groups (control and experimental) will practice regularly 1 hr.day\(^{-1}\) except Sundays and holidays what they already learnt in Step-II under the passive involvement of the teacher. After completion of the follow-up program of 6 weeks, subjects of both control and experimental groups will be instructed for 2nd Post Test. Here the testing procedures will be the same as mentioned in the pre-test.

Administration of tests

Variables to be tested
- Field Goal Speed test (Johnson Basketball Skills test).
- Basketball throw for Accuracy.
- Basketball dribble test.

**Statistical Analysis**

The available data of Pre, Post, and Follow up tests will be analyzed with the standard statistical SPSS package. For the analysis the researcher will apply Repeated Measure Anova.