METHODOLOGY

Sample Technique: random sampling by tippet methods

Sample Size: Players participating in State or National Level of Universities Jumper, Throwers, and Sprinter events (Athletics) games will be considered as samples for this study. 60 University players will be selected from each University of the study area Uttar Pradesh State Government universities of Awadh Region making the sample size of 300. The distribution of samples will be as follows. Researcher will select the 5 Universities, 60 players from each university and 20 players for each event, so total no of athlete 300

Secondary data collection

Secondary data collection will be carried out from the general publications, sports related scientific journals, internet sources, research institutes and books from National and International authors.

Variables

Physiological Components

Motor fitness Components: Muscular Endurance, Muscular Strength, Speed, Flexibility, Agility

Dependent Variables

Jumper, Thrower and Sprinter

Tools

Physiological Variables:-

1. Vital Capacity will be measured by wet Spiro meter and will be recorded in litters.
2. Blood pressure will be measured by Sphygmomanometer.
3. Pulse Rate will be measured by counting number of heart beats per minute and will be recorded in numbers.
4. Resting Heart Rate will be measured by counting number of heart beats per minute and will be recorded in numbers.
5. Haemoglobin content (gm%) will be measured by HB Haemoglobin testing apparatus.
6. Breath holding capacity will be measured by stop watch.
**Motor Fitness Components:-**

Arm Strength---------- Pull ups
Speed ----------------- 60 Yard Dash
Leg Strength -------- Standing Broad Jump
Agility-------------- Shuttle Run
Flexibility--------- Sit and Reach Test

**Statistical Technique**

To determine and compare the psychological and Motor fitness components of State Universities of Awadh region in Uttar Pradesh relation to their sports performance SPSS software will be used. Descriptive as well as inferential statistics will be determined. The Mean, SD, Co-relation, Significant Mean Difference (critical Ratio), F-Test will be used to determine the Comparison between psychological and Motor fitness components of State Universities of Awadh region in Uttar Pradesh with their sports performance.

**WORK PLAN**

1. Introduction
2. Collect different reviews
3. Experiment and Organised the Camp & test
4. Collect data
5. Data interpretation
6. Results, findings
7. Discussion and conclusion
8. Recommendation