Review of literature

Ashwiniet. al. 2014 Presented the limitations of the present study it may be concluded that in Pulse Rate Handball players are having more pulse count than the Handball Female Players, in Vital Capacity Basketball Players are having good Lungs Capacity than the Handball Female Players, in Systolic Blood Pressure and Diastolic Blood Pressure there is no significant difference found among Basketball and Handball Female Players. The aim of the Study was to identify and Compare the Selected Physiological Variables between Basketball and Handball Female players.

To achieve the aim of the Study 40 Female Players of Universities who have represented in the respective games were randomly selected as the subject for this study. The subjects’ age was ranged between 18 to 25years. Variables selected for this Study are Pulse Rate, Systolic Blood Pressure, Diastolic Blood Pressure and Vital Capacity. The data was collected from the Subjects by using Standardized procedure. To identify the difference, exist in the Physiological Variables among the Subjects’ test was used and the level of Significance was set at 0.05. The study reveals that there were significant differences found in Pulse rate and Vital Capacity between Basketball and Handball players. But there is no significant difference found in Systolic and Diastolic Blood Pressure.

Amir Mallahiet. al. 2014 present study to find out the sports injuries among Combat Sports Persons and Team Sports Persons of Hyderabad. The sample for the present study consists of 60 Male Combat sportspersons in Boxing, Wrestling and Judo and 60 Male Team sports persons consists of Basket Ball and Hand Ball players of Hyderabad. To assess the Sports Injuries the Questionnaire is given to Combat Sports Persons and Team Sports persons. It is concluded that Combat Sports Persons are more prone to injuries compare to Team Sports Persons. It was concluded that the Combat Sports Persons has secured more sports Injuries in ankle, knee, shoulder joints etc. The Team sports persons has secured less injuries only basketball players are found more prone to ankle and knee injuries.

A. Nagamani. A. Gayatriet. al. 2016[3] Proposed the statistical analysis of the data reveals that yogic practices and physical exercises reduces backpain. It was also known from statistical analysis that yogic practices have reduced the back pain than the physical exercise and control group. It may be due to the reasons that yogic practices aim at developing basic fitness components which area pre-requisite for the back strength. The yogic practice produced positive
changes in the general fitness; muscular power around the pelvic region. The accumulation of the mass around the pelvic region is one of the causes of back pain. Due to yogic practices the muscles around the pelvic region were strengthened. The suppleness of the muscles ultimately increases the flexibility of the back. The rigidity in the hamstring muscles was reduced by yogic practices. The vertebral column straightened due to yogic practice. In total, the muscles at the back were strengthened, the vertebral column was strengthened, the flexibility was increased, the rigidity was lowered, and ultimately it leads to the reduction of back pain.

Anand V. Upadhyay et al. 2016 [4] study and from the statistical analysis of the collection data it is concluded that there is found insignificant difference of attitude of senior college male and female towards physical education, hence researcher pre-assumed hypothesis is rejected because in major cases the value of tabulated ‘t’ exceeds calculated ‘t’. The main purpose of the study was to find out the attitude toward physical education of senior college man and woman of Bhusawal city. The purpose of the study was to find out the attitude of senior college boys towards physical education. The purpose of the study was to find out the attitude of senior college man and woman towards physical education. It was hypothesized that, there would be significant difference of attitude in the senior college man and woman towards physical education.

B. Rajeshwaret. al. [5] 2014 Proposed the limitations of the study, the following conclusions were drawn from the results obtained and presented in the previous chapter. Comparatively goal keepers in Hockey have more agility than goal keepers in Hand ball in three tests, that is, shuttle run, squat thrust and side stepping test. Better agility will help the individual to perform better in most of the sports activities and other major games which needed greater speed, jumping ability, co-ordination and action time. The subjects who had a score in agility had a slow movement and jumping ability.

C. Kiran Chakravarthiet. al. 2014[6] proposed the relationship with music as motivation, anaerobic testing and exercise performance have produced mixed results. The effect of music on motivation in anaerobic performance is very important in sports performance. Most of the popular sports in our society are power sports, or have an anaerobic component. If music is significant in motivating athletes, it can be used as both a positive and a negative in the sports arena. Intensity of music in anaerobic performance could prove to be positive or negative in athletics. If the motivational music contributes.
Ch. Saiduluet. al. 2014[7] Presented the needs of the members of the group. Further, item erges in the interaction of individuals with one another. Without right leadership, no home, community, organization, discipline, institution, profession and finally nation can move on the path of progress. It means that the welfare as well as progress of society of a profession depends upon qualitative leadership. Therefore the leader is said to “give the lead” he makes acceptable suggestions, shows the night path, acts as a model for others give commands, which are respected and carried out.

D. Hariet. al. 2014[8] Discussed varies training tip promote fitness and wellness, identified common injure& conditions that limit training proper technique and supervision can reduce the incidence of sports injuries in children. Balanced and neuromuscular training can help prevent injury, more specifically in the lower body. Ensuring that the athletes are wearing the correct protective gear and using the correct equipment will also greatly helps reduce follow all the above precreation and avoid the sports and games injuries. The initial management of lateral injuries procurement requires the RICE regimen). This is probably the most important Factor in treatment, as well as ice, compression and elevation, it is important to the insured athlete to avoid facts which will promote blood flow and swelling, e.g. Hot showers, heart rubs, alcohol, excessive weight bearing.

D.P. Shivakumaret. al. 2016 [9] Presented a significant difference between the control and experimental group on selected physiological variables namely Lung Capacity and Cardiovascular Endurance. There was significant improvement noticed on selected Physiological variables namely Lung Capacity and Cardiovascular Endurance due to six weeks practice of yogic exercises among secondary school children. The result emphasizes the change of physiological parameter like lung capacity and cardiovascular endurance. This may be attributed to the fact that selected yogic exercises enhance the lung capacity and cardiovascular endurance of children keeping them physiologically fit. The purpose of the present investigation is to find out the effect of selected yogic exercises on selected physiological variables among secondary school children.

DinabandhuNaskaret. al. 2014[10] Proposed the findings of this study, it can be concluded that-Rural areas primary school boys are lower in height, weight and BMI than primary school boys in urban areas. Rural areas primary school girls are lower in height, weight and BMI than primary school girls in urban areas. This study is indicated that if they maintained regular
physical activity, proper diet and active lifestyle to achieve a healthy life. The purpose of the study was to compare the body mass index of rural and urban primary school Boys and Girls.

Hamid Abdul SadaKadhim. al. 2014[12] presented and discussed to reach the following conclusions:

1. Proved the program prepared sincerity in finding the body angles strongly the relationship of 0.99.
2. To be able to state that the angle formed by the sports movement (60) and the situation during the preparation of the program.
3. The program takes into account the change in direction of movement or rotation angle in the coup movement gymnastics events.
4. The program can be applied to any sporting event.

This study aimed to design a program on the computer (PC) to find the corners of the body in the performance of sporting events used data chain kinetic man-weighted during the receipt and delivery of the stick in the effectiveness of e-mail that there is a correlation is positive between the measurements of the way first (use the tools of engineering) and between the measurements of the second method (Use Computer). You have reached the strength of this relationship a value of (0.99), the largest of the tabular value (0.63) for the majority of random values for the correlation coefficient (266.7) and thus achieved the hypothesis that there was significant statistical relationship between the two methods.

Hanumanthayya Pujari et. al. 2014[12] Proposed Regular exercise helps older people remain independent by improving functional ability and by preventing falls and fractures. It can strengthen the muscles of even the frailest older person living in a nursing or retirement home. It tends to increase appetite, reduce constipation, and promote sleep. The benefits of exercise diminish within months after a person stops exercising. Heart strength, muscle strength, and the level of HDL cholesterol decrease, whereas blood pressure and body fat increase. Even former athletes who stop exercising do not retain measurable long-term benefits. However, people who were physically active in the past often can regain fitness fasten Want to feel better, have more energy and perhaps even live longer? Look no further than exercise.

Jugadar Manju Arun et. al. 2014 [14] studied in various forms and has received a lot of recognition in the present day world. Because it is a complex blend of many factors or traits. Personality becomes even more complex because it is neither exclusively biological, nor
exclusively social, but depends upon the complex interplay between naturally endowed factors and environmental experiences. Personality and behavior are a major concern of psychology and modern theories concerning personality and behavior are concerned with the description of individual differences. Though there is a basic form of personality structure in each individual it can be developed according to the environment, society and the individual habits.

K. Deepla et. al. 2014[15] concluded that Basket Ball Players are having more self-confidence than Hand Ball Players. Hence it is recommended that Psychological Training must be included in the Coaching Program in sports for development of Self Confidence among sports persons. Self-confidence is the main psychological variable for key to success in sports and games. The Purpose of the study is to find out the self confidence among Basket Ball Players and hand Ball Players of Osmania University.

The sample for the present study consists of 50 Male Basket Ball Player sand 50 Male Hand Ball Players of Osmania University between the age group of 19- 22 Years. Dr. S. J. Quadri Self Confidence Inventory is used to assess the Self Confidence. The Results of the Study shows that Basket Ball Players are having more confidence than Han ball Players.

K. Venkanna et. al. 2014 [17] concluded that Long Jumpers have significantly high anxiety than the sprinters. Because they concentrate more tactics to give level best performance to win the Competition, whereas the Sprinters concentrate on technique at the start & finish and muscle power to give the high level of performance. It is recommended that special coaching is to be given to overcome Anxiety to achieve high excellence in sports. The Coaches must prepare all the sports persons with high level psychological preparation to excel in sports and games.

Kishore Kumar et. al. 2016[18] proposed

The result of the study concludes as follows:

- Long jump performance was significantly improved through the Circuit training.
- Circuit training contributed better in long jumpers.

Circuit training is a type of physical exercise specializing in the use of resistance to induce muscular contraction which builds the strength, anaerobic endurance and size of skeletal muscles. The purpose of the study is to determine the effect of Circuit Training on long jumping performance. The sample for the present study consists of 20 male Long Jumpers out of which 10 are experimental group such as Eight station Circuit training like Full Squat, Squat Jump, Burpee Jump, Good morning, Step up on the box,
Kishore Kumaret. al. 2016 [19] Proposed
The analysis of the data facilitated the following conclusions;
Kabaddi players were significantly better than the handball players in speed endurance and agility.
- Kabaddi players were better than the Handball players in balance.
- There was no significant difference between handball and Kabaddi in strength endurance.

Health and physical fitness have a vital role in the life of men from time immemorial. The progress of the Nation lies in the hands of the people, who are healthy and physically fit.

Kishore Kumar et. al. 2016 [20] analysis of the data facilitated the following conclusions; summing up of the present research in the beginning the researcher knows the concept of physical fitness in general and there were no much insight into the practice. But in the present study there searcher has gained lot of information from both primary and secondary sources. Further the test which are conducted with the respondents are fruitful in gaining the practicum of different measurements. At last as part of conclusion the following inferences can be adopted to improve the backwardness of poor physical fitness amenities such as proper monitoring, feeding of sufficient information on fitness, evaluation of endurance with the application of mind and finally comparative analysis with different aspect and domains of physical activities and physical fitness.

Mr. Vidyasagar Bet. al. 2014[22] show better performance in explosive power than that of non-tribal students. The purpose of the study was to find out the effect of fartlek training and variable pace method training one explosive power among the tribal area students and non-tribal area students. To achieve this study 30 male Tribal Students and 30 Non-Tribal Students were selected randomly from Khammam District in Telangana. Their age group is ranged between 14 and 16 years respectively. Both groups were undergone to fartlek training and variable pace method training programmed for three months and three days per week. It hypothesized that the tribal students are better in explosive strength than that of non-tribal students.

Mohammad Esmailiet. al. 2014 [23] recognized right of football in the world; in this regard, however, Iran still faces major challenges. This study aimed to provide practical solutions to solve the problem of broadcasting rights in football of Iran. This was qualitative-exploratory study and aimed to create desirable broadcasting rights in football of Iran. The grounded strategy was used in this study. Using open coding, axial coding, and selective coding, this study tried to
summarize the data and ultimately, achieve a desirable model. The purposive sampling method and snowball technique were used for selecting samples and conducting deep interviews.

Mallikarjun B. Hugaret. al. 2016 [24] found between the means of selected physical fitness variables such as speed and agility, explosive strength of legs, speed of lower extremities and explosive strength, cardiovascular endurance of school level kabaddi and kho-kho players. Mean value indicates that in shuttle run (speed and agility) kho-kho players are better than Kabaddi players, but in Standing broad jump(explosive strength of legs), 50 yards dash (speed of lower extremities and explosive strength), and 12 min. run & walk (cardio-vascular endurance) kabaddi players are better than kho-kho players.

Netaji Jayani, et. al. [25] presented reflect procedures which, when adhered to, fulfill the best interest of the organization and the purpose for which it exists. Therefore this policy should guide schools to know the goals and objectives of Physical Education & Sports; provide guidelines for the establishment of the subject and sets the framework for the development of the subject in the education system. Recently, there has been unprecedented support for Physical Education and sports from a number of sources outside of the school system. Medical experts recommend daily physical activity as an important means of preventing coronary problems, obesity, high blood pressure etc., Nutritionist prescribe a combination of diet and exercise for weight control.

Rajesh Kumar et. al. 2014 [26] concluded that due to the Plyometric Exercises there is an improvement in the speed among high Jumpers. The purpose of the present study to find out the effect of Plyometric exercises for the development of Speed among High Jumpers of Hyderabad. The sample for the present study consists of 20 Male High Jumpers of Hyderabad out of which 10 are experimental group and 10 are controlled group between the age group of 16-21 Years. Plyometric exercises such hopping, bounding, hurdle jumps, box jumps, tuck jumps etc. were given three times a week for six weeks for experimental group and controlled group were given general training of High Jump.

Rajashekharet. al. 2014[27] found superior in developing muscular strength and muscular endurance compared to the combination of calisthenic and aerobics, and aerobic exercise alone. Physical fitness is one’s richest possession. It cannot be purchased. It has to be earned through a daily routine of physical exercise. There many ways and means to improve one’s health and physical fitness. Routine physical exercise includes innumerable permutation and combination of exercise protocols. The purpose of the study was to find out the effect of
callisthenic exercises, aerobic dancing and combination of callisthenic and aerobic dancing on selected physical fitness variables of male adolescents. Total 240 high schools boys between the ages 13 to 15 years were randomly assigned to four groups of sixty boys each.

R. Sudhakaret al. 2014[28] Proposed the responses of numerous lipoprotein-lipid variables to a 16-week endurance exercise training program in men categorized on the basis of baseline TG and HDL cholesterol concentrations:
1. low TG and high HDL cholesterol (normolipidemia),
2. low TG and low HDL cholesterol (isolated low HDL cholesterol),
3. high TG and high HDL cholesterol (isolated high TGs), and
4. high TGs and low HDL cholesterol (high TG/low HDL cholesterol).

A series of physical and metabolic variables was measured before and after the training program in a sample of 200 men enrolled in the Health, Risk Factors, and Exercise Training. At baseline, men with high TG/low HDL cholesterol had more visceral adipose tissue than did men with isolated low HDL cholesterol and men with normolipidemia.

Rajkumar Sharma et al. 2014[29] presented the physical education personnel were has doctorate degree. The majority of the physical education personnel were found experienced in their job. The hundred percent of physical education personnel were from urban universities and colleges. The coaches of different games and sports were more “Satisfied” from their job in comparison of physical education teachers. Physical education teachers were found slightly satisfied from their job. Significant differences were found between the male and female coaches on ability utilization, authority and social service dimensions of job satisfaction only. Significant differences were found between the male and female teachers on social service and supervision (HR) dimensions of job satisfaction.

1. There was a significant improvement in Johnson Basketball Ability test after eight weeks of upper and lower limb plyometric training when compared with the control group.
2. There was a significant difference between the upper and lower limb plyometric training group when compared with the control group.

S. Somanarsaiah et al. 2014[31] revealed the significant difference among this three groups, 13 inches High bench, 9 inches Medium bench, 4 inches Low bench of untrained school boys of Hyderabad t-ratio and ANOVA was tabulated. The calculated value of t-ratio was higher than the
table value required at 0.05 level of confidence. The results of the study when compared with all the groups shows that all groups are not equal in Heart Rate Max. This speaks that 9 inches Medium group have better average compare to 13 inches High bench and 4 inches Low bench group boys. The Heart is a chambered muscular organ in vertebrates that pumps blood received from the veins into the arteries, thereby maintaining the flow of blood through the entire circulatory system. A similarly functioning structure in invertebrates. Heart rate refers to the speed of the heartbeat, specifically the number of heartbeats per unit of time. The heart rate is typically expressed as beats per minute (bpm).

S. Manikandan et al. 2014 [32] concluded that the acceleration sprint training has resulted in significant improvement on speed performance of inter-collegiate athletes. The purpose of the study was to find out the efficacy of acceleration sprint training on speed performance of inter-collegiate athletes. To achieve this purpose, thirty male inter-collegiate athletes were selected as subjects, their aged between 18 to 25 years, they were studying in the different places of Chidambaram, and they represented only inter-collegiate competitions only.

Taleb Hassan et al. 2014[33] Proposed Social development is of concepts dealing with people life style of a community and involves removing poverty, home, health, nutrition, and education absolute poverty. One item of social development is to reduce or eliminating of unemployment. Kohgiluyeh and Boyer Ahmad is one of provinces that it had highest unemployment in Iran country. One of unemployment factors is over population in this province. This article was done by documentary method. Researcher by resources to appropriate organization and study documents at Library and internet. The %44/17 of the population is under twenty years. These features indicate that the province is undeveloped because this number in developed countries is less than %20.

According to 1385 census, about % 19/64 is unemployed, and this percentage is high. The causes of unemployment, population growth has been above all. This numbers tell us that the unemployment will continue until 20 years and unemployment will more every year. Of course researcher will anticipate that second wave will start in future, As regards in this province employ about %31 each year. (same-1388) anticipated in future the situation of employment will deteriorate if alternative does not have thought. %22 / 5 is illiterate from the population total over 6 years (same-1388), that they usually are old generation. Statistics show that approximately half of the province households do not have car and …, this problem is one of reasons of social
development in this province and lack of housing for %27 of household is another problem in province.

Vats Kavitaet. al. 2014 [34] Proposed After going through the interpretation of the results’ tables it was concluded that:

- Majority of the males i.e. 57% had the low competitive cognitive state anxiety level in comparison to only 26% females had the low competitive cognitive state anxiety level.
- Majority of the females i.e. 74% had the high competitive cognitive state anxiety level in comparison to less i.e. 43% males had the high competitive cognitive state anxiety level.
- Majority of the males i.e. 77% had the low competitive somatic state anxiety level in comparison to only 57% females had the low competitive somatic state anxiety level.
- Majority of the females i.e. 43% had the high competitive somatic state anxiety level in comparison to less i.e. 23% males had the high competitive somatic state anxiety level.
- It was also found that almost all the males and females state level yogis were having high competitive self-confidence level anxiety i.e. 100%.

Vats Kavitaet. al. 2014 [35] presented the interpretation of the results’ tables it was concluded that there was no significancedifference between male and female of yoga players on three components of competitive state anxiety i.e. cognitive state anxiety, somatic state anxiety and self-confidence. The main purpose of this study was to compare competitive state anxiety among female and male yoga players.

The total number of thirty (30) subjects out of which thirteen (13) males and seventeen (17) females were selected through purposive random sampling method for this study. In this research, the CSAI-2 questionnaire (scale) was used to measure competitive state anxiety consist three components namely cognitive state anxiety, somatic state anxiety and self-confidence. This was designed by Marten, Vealey & Burton (1990). To analyses the data ‘t’ test method was applied. It was found that there was no significance difference between male and female of yoga players on three components of competitive state anxiety i.e. cognitive state anxiety, somatic state anxiety and self-confidence.