



Department of Physical Education & Sports Sciences

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Indian Journal of Physical Education and Sports Science (IJPESS)

PATRON'S DESK



This gives me a landmark happiness thinking about the release of the first issue of the Indian Journal of Physical Education and Sports Science during the Silver Jubilee year celebrations of IGIPESS. The journal published by the Department of Physical Education and Sports Sciences of the University of Delhi (run by the teachers of IGIPESS) has been started with three visions regarding the promotion of regular physical activity among all the members of Indian citizens. **First**, to promote the art and science of physical education and to work jointly to enable each Indian to expand her/ his potentials by emphasizing that balanced education is even

more important than the balanced food intake. **Second**, to promote eclectic approach and to help change the form of individualistic education/departments/faculties to synergic working for the benefit of our less privileged brothers and sisters through the creation of easily applicable art and science. **Third**, to promote the notion, 'The sports training metaphor may be used to empower youth'.

As a newborn baby is hundred percent dependent on parents for her/ his survival, so is a teenager on the first degree course in a college for her balanced and holistic personality development. However, due to the absence of 'Centres of Application of Knowledge Evaluated scientifically (CAKEs), in universities, we are unable to learn from past mistakes and to use the wisdom of our wise mentors like Mahatma Gandhi, Vivekananda, Aurobindo Ghosh, UNESCO, UNO etc. As Giardiano Bruino was burnt alive in 1600 on the charges of hereby for his landmark discovery of heliocentric planetary system, so is currently being done to the eclectic and synergic approach followed by the departments of physical education & sports sciences, needed for the application of knowledge especially for the implementation of the recommendations of UNESCO's Delors Commission for four pillars of education, and those of 1978 charter of physical education and sports. The individual subject departments represent the individual leaves of a tree while the physical education department represent the synergy of useable knowledge for the improvements of human development through sports training metaphor accepted and currently used by the management tycoons.

I congratulate Dr. Sandeep Tiwari, the Editor-in-Chief and all the members of the Board of Editors, for starting this research journal so as to empower the human resources in physical education and sports sciences by getting a suitable platform for expressing their research ideas and results, and to utilize their colleagues' efforts. I hope that this research journal will help the society to adopt sports training metaphor and eclectic research for holistic personality development.

DR. DEVINDER K. KANSAL

Indian Journal of Physical Education and Sports Science (IJPESS)

Editor-in-Chief's Desk



The **Indian Journal of Physical Education and Sports Science (IJPESS)** is a peer reviewed research journal that shall cater to the scientific knowledge in the discipline of physical education and sports science through publication of research based articles in the journal being published from the Department of Physical Education and Sports Sciences (Faculty of Interdisciplinary & Applied Sciences) University of Delhi, Delhi (India). The journal shall publish all those research articles that are of significance, relevance and reflecting scientific excellence in various specialized areas in Physical Education and Sports Science. The aim of the journal is to provide an opportunity to researchers from India and abroad to publish their findings related to physical education, health and sports. The vision of the journal is to disseminate latest research information and its practical applicability in different sub-disciplines of physical education and sports science. The journal shall publish original research, critically reviewed articles, and technical reports containing new insight in to any sub- discipline of physical education and sports science. The journal shall look forward in involving the research scientists from different spheres affiliated and related to physical education and sports domain. These specialists could be Physical education and sport teachers, physicians, and expert in sports medicine, sport psychologists, sport nutritionists, exercise physiologists, sports managers, coaches or any other specialists related to the sport domain.

Finally, we are extremely thankful to all the research scientists for their contribution in providing the research papers in various disciplines of physical education and sports science. We are also thankful to reviewers and editorial board members in finalizing the research papers. However, we further look forward for the contribution of research scientists from all over the globe in our future endeavors'. I appreciate the contribution of Ph.D Scholars of the department Ms. Malika Sharma for designing the cover pages and Mr. Sachin Kumar for helping in composing the matter of the various research papers.

Dr. Sandeep Tiwari

Indian Journal of Physical Education and Sports Sciences (IJPESS)

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SCOPE OF THE JOURNAL:

The **Indian Journal of Physical Education and Sports Science (IJPESS)** shall cover the following specialized areas in Physical Education and Sports Science:

- * Sport and Exercise Physiology
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- * Sports Pedagogy
- * Sports Medicine
- * Yogic Science
- * Sports and Spirituality

The Journal welcomes the submission of manuscripts by the authors which will be reviewed prior to publication. Further, it will be highly appreciated if the authors follow the guide lines and note the information related to publication ethics mentioned below:

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- Acknowledge the sources of data used in the development of the manuscript
- **Electronic submission** of manuscripts is strongly encouraged, provided that the text, tables, and figures are included in a single Microsoft Word file (Times New Roman font of size 10).
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- The **cover letter** should include the corresponding author's full address and telephone/fax numbers and should be in an e-mail message sent to **Dr. Sandeep Tiwari, Editor-in-Chief**, with the file, whose name should begin with the first author's surname, as an attachment.
- Authors cannot nominate reviewers. Only reviewers randomly selected from our database with specialization in the subject area will be contacted to evaluate the manuscripts. The process will be blind review.
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- All manuscripts are reviewed by Editor-in-Chief, members of the Editorial Board, technical editors, distinguished qualified advisory board members or outside reviewers. The journal shall communicate the reviewers' comments if any promptly to the author. It is the aim of the **IJPES** to publish manuscripts at the earliest possible after submission.

Manuscripts Submission Guidelines for Regular articles

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- The **Introduction** should provide a clear statement of the problem, the relevant literature on the subject, and the proposed approach or solution. It should be understandable to colleagues from a broad range of scientific disciplines.
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Unpublished master's thesis

Paulosky, K. A. (1997). *Knowledge and attitudes of pain and activities of nurse administrators.* Unpublished master's thesis, Northern Michigan University, Marquette, Michigan.

Article in a journal (continuous pagination throughout volume)

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Article in a journal (paginated by issue)

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