

ADVANCED CONCEPT IN PHYSICAL EDUCATION AND SPORT SCIENCES

Volume-I



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Advanced Concept in Physical Education and Sports Science

First Volume

Editors

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Preface

The field of Physical Education and Sports Science has evolved significantly over the years, transforming from a traditional understanding of physical fitness to a comprehensive study that integrates biology, psychology, biomechanics, nutrition, and technology. As we advance in our understanding of human performance, health, and well-being, it becomes increasingly essential to stay abreast of the latest concepts and research that inform practice and education in this dynamic field.

This edited volume-I of *Advanced Concept in Physical Education and Sports Science* aims to provide an in-depth exploration of the cutting-edge theories, methodologies, and innovations in the study of physical education and sports science. It is designed for scholars, educators, practitioners, and students who are passionate about advancing their knowledge and understanding of the complex relationship between physical activity, sports performance, and human health.

Each chapter/paper of this book offers insights from leading experts in various sub-disciplines which reflect the multidisciplinary nature of advanced concepts in physical education and sports sciences, showcasing the wide range of areas where research and innovation are making significant contributions to the field. This edited volume will explore information and knowledge exchange among professionals and researchers from various backgrounds and disciplines. The book also delves into emerging areas such as the role of technology in sports, data analytics for performance enhancement, and the growing influence of mental health on athletic success. Many eminent scholars, researchers and experts have contributed their findings reflecting valuable insights into the future of physical education and sports sciences.

The contributions in this book reflect the diverse perspectives and expertise of professionals dedicated to advancing the future of physical education and sports science. Their studies represent not only the present state of the field but also offer a glimpse into its promising future. Through this collection of chapters, our goal is to foster a deeper appreciation for the scientific foundations that underpin physical education and sports science, while encouraging the application of these concepts to real-world situations. We hope this work will serve as a valuable resource for those looking to expand their expertise and contribute meaningfully to this field.

The collective efforts of this edited volume will contribute to Policymakers, Experts, Best practices and Case studies, Policy validation, Stakeholders, Data & Research, Innovative approaches, Global perspectives, Collaborative opportunities, Social & health issues, Legislation, and Regulation. ACPESS will play a crucial role in shaping policies that promote physical fitness, sports excellence, and the overall health of populations. And that collective dedication to excellence, innovation, and the betterment of individuals and communities will continue to drive progress in our field. Together, we stand at the forefront of a future where physical activity and sports promise a healthier, more resilient, and more inclusive world.

We express our deepest gratitude to all the authors and contributors for their dedication and hard work in shaping this book, and to the readers who seek to explore and apply the latest advancements in this ever-evolving discipline. It is our sincere hope that this volume will inspire continued growth and innovation in the field of physical education and sports science.

The research paper by Rajesh Pandurang Kuchekar focuses on the relationship between finance and the organization of sports events. Sports finance goes on with progress in response to technological advancements, globalization, and shifting consumer preferences. Strong financial management, resource allocation, and risk mitigation techniques are essential to the effective implementation of sporting events, whether they are local competitions or global extravaganzas. (Chapter 1)

K. Rojeet Singh *et. al.* attempted to investigate how six weeks of strength training affected a few of the volleyball players' physiological and physical variables. University-level volleyball players' explosive strength and agility significantly improved after the six-week strength training programme. The results highlight how crucial it is for volleyball players to incorporate strength training into their regular training schedule to improve their performance on the field. (Chapter 2)

Lourebam Ibetombi Devi and Laishram Thambal Singh conducted a study to determine the correlation between Mukna players' age and socioeconomic position based on their skill level. The performance of Mukna players is significantly correlated with their age. Furthermore, a player's socioeconomic status is a crucial element that greatly affects how well he does in the game. (Chapter 3)

The objective of Deepak Ram Bairy's research is to determine how sports psychologists might help athletes perform better. Sports psychologist counseling is crucial for personality profiling, evaluating strengths and

shortcomings, and lowering stress and anxiety levels in team sports performance. (Chapter 4)

In her paper on traditional Indian yoga techniques, Laishram Shila Devi discusses the various forms of yoga and emphasizes how they can help people to concentrate better, maintain a calm and relaxed mind, improve the mind-body connection, strengthen internal organs, reduce stress and anxiety, build self-confidence, and stay healthy and fit. (Chapter 5)

The objective of the study by Veerasak Dech-Arun is to build the conceptual framework of epidemiological activities of the subdistrict health promotion hospitals in Health Region 12th in Thailand which was passed to the provincial administrative organization. This study of documents explains the conceptual framework of epidemiological operations at the subdistrict level of health promotion hospitals, in collaboration with operations at other levels. (Chapter 6)

Suvarna Sankar and R. Ram Mohan Singh's study aims to investigate the reasons of burnout in athletes who have stopped competing. These ten common factors—conflicts, injuries, somatic complaints, sleep quality, self-regulation, unscientific methods, overtraining, forming new relationships, reaching maximum performance at school age itself, and less talent—were found to be the causes of burnout. It suggested that burnout will be directly impacted by training stress. A healthy balance between training, competition, and rest is necessary, but a certain level of stress can help athletes focus better and execute with greater vigor. (Chapter 7)

Sonsawan Kongpuckdee *et al.* try to ascertain the ethanolic leaf extract from peeled *Sansevieria cylindrica* (PSC)'s antioxidative activity, cytotoxicity, and decrease in nitric oxide production in an *in vitro* model. The purpose of this study is to assess the anti-inflammatory and antioxidant properties of *S. cylindrica* leaves to provide initial information for future use and the creation of substitute herbal remedies for the treatment of skin conditions and myositis. According to the study, PSC has the potential to be both a preventative and therapeutic measure for inflammatory diseases. (Chapter 8)

Subal Chandra Das & Shiuli Debnath in their paper aim to promote collaborative and innovative approaches to use sports as a catalyst for creating more inclusive societies around the globe. In addition to highlighting social inclusion and diversity in sports, the paper offers case studies of sports from various geographical areas, proposes strategies to encourage these aspects of sports, and highlights the opportunities and obstacles as well as the involvement of the government and international organizations. (Chapter 9)

Suchanda Choudhury and Aditya Kumar Das' study aims to ascertain how yoga and physical education exercises affect the VO₂ max-copper's test (ml) undergraduate students in Tripura. According to the study, yoga and physical education exercises significantly raised the students' VO₂ max levels in the experimental group compared to the control group. (Chapter 10)

The review paper by Yamon Pitakpawasutthi et al. covers several pharmacological strategies for wound inflammation that result in tissue repair. According to Thai traditional medicine, *C. longa*, *A. sativum*, *U. gambir*, and *C. nucifera* showed wound-healing qualities. They have also been researched for their antibacterial, anti-inflammatory, and antioxidant or radical scavenging capabilities. Future medical and pharmaceutical research may benefit from applying traditional medical knowledge in this field. (Chapter 11).

The goal of the study by Moirangthem Amarjit Singh and Kangabam Momo Singh is to train hockey and football players by using a systematic standing broad jump, vertical jump, and Harvard step exercise program that will increase their muscular strength and cardiovascular endurance. However, the study finds no statistically significant variations across any of the categories. (Chapter 12)

Comparing the academic performance and aerobic fitness of paramedical students from different blood types and genders is the primary goal of the study by Shilpi Saha et al. Blood types and academic success were found to be strongly correlated. It has been established that a person's blood type may influence or be connected to their degree of physical fitness. (Chapter 13)

Hui Ge proposed analyzing the idea of promoting wellness through community-based sports and exercise using Walker and Ava's concept analysis processes. These procedures aid in defining the concept of the study object, elucidating its characteristics, and laying the groundwork for the future establishment of a development model for community sports and exercise. (Chapter 14)

According to Charu Sarathe's article, which compares the kinematics of track start with grab start in aquatics among male national swimmers, there are significant differences between the two start strategies for all linear and kinematic variables. (Chapter 15)

The study by Petchan K. *et al.* compares the physical fitness levels of futsal players from Thaksin University with those of university athletes in Thailand. Thaksin universal futsal players had low standards of general physical fitness. (Chapter 16)

Namchan Norbu Bhutia and Atanu Ghosh's research report compares the mental toughness and emotional intelligence of Indian National Trainee Archery Coaches. Given the paucity of research in this area and its perceived importance, the study aims to investigate any differences in emotional intelligence and mental toughness between compound and recurve trainee archery coaches. This study highlights the significance of these psychological aspects in sports performance and coaching by finding no significant differences in mental toughness and emotional intelligence between compound and recurve trainee archery coaches. (Chapter 17)

Walker and Avant's concept analysis, which was used in Suphiga Wongutai's study, examined the idea of monitoring *Legionella* in the water and air systems of dental rooms at community hospitals. The findings demonstrated a comprehensive understanding of the causes, characteristics, and effects of *Legionella* in the air and water systems of community hospital dental rooms. Both research and the practical implementation of the notion are guided by the PACE process. (Chapter 18)

The effect of timed circuit training on selected motor skills of school-level footballers is analyzed in the paper by Pramod Kumar & Sonia Shalini. 10 Meter Agility Shuttle (4x10m) Test, 50 Meter Dash, and Standing Long Jump Test (Broad Jump) are conducted to measure agility, to assess speed, and to assess leg-explosive power respectively. The data analysis makes it abundantly evident that the power (standing broad jump) alone has significantly improved as a result of the twelve-week timed circuit training program. (Chapter 19)

The sociological aspects of Indian sports films are examined in Dipankar Biswas's paper, which also looks at how these films negotiate social hierarchies, portray sporting culture, and create ideas of national identity. Through sociological lenses, Indian sports films shed light on their complex function in influencing identities, representations, and cultural effect in Indian society. Sports films in India support the preservation and promotion of India's rich sporting legacy while simultaneously promoting a sense of pride, unity, and identity among the country's citizens through realistic depictions of regional sporting cultures, varied athlete representations, and nuanced examinations of social issues. (Chapter 20)

The historical evolution of the hockey sports movement in Manipur is depicted in the review paper by Nilakanta Longjam and L. Pungding, with particular reference to international and Olympic events. This paper examines the history of achievement, vividly describing the triumphs and characters of Manipur's hockey players throughout those "golden years." (Chapter 21)

In addition to encouraging healthier and more active lifestyles, Thokchom Priya Devi's research has shown how regular sports participation improves psychological resilience and cognitive function, giving youthful individuals vital life skills that are critical for both personal and professional success. The results of this study indicate that to maximize the advantages of sports, more funding, inclusive program creation, compulsory physical education, and public awareness campaigns are essential. (Chapter 22)

The objective of the study by Wangket Wangsa *et al.* is to find out how boxers' explosive strength is affected by six weeks of plyometric training. The study concludes that boxers' explosive strength is greatly enhanced by a six-week program of plyometric training conducted four days a week. (Chapter 23)

The health outcomes and effects of twelve weeks of yoga practice on middle-aged housewives in both rural and urban settings are examined in the paper by Saptarshi Paul *et al.* One significant development in the post-pandemic era in rural areas is the adoption of yoga practices, particularly among women aged 30 to 40. The recommended yoga program stands out as a practical and inclusive approach that could enhance physical health in the evolving post-pandemic environment, even though the effects are less severe for urban women. This highlights how important it is for general well-being in the present world to embrace yoga activities. (Chapter 24)

Suman Mandal's paper traces the historical evolution of physical education in India starting from the period of Indus Valley Civilization to the post-independence period. (Chapter 25)

Debajyoti Gupta's analysis examines how sports affect our daily lives from a socio-psychological perspective. Based on everything that is discussed, it can be concluded that sports are crucial to our total growth, both mentally and physically. However, there are a lot of undesirable activities that may happen in sports, like biases, gambling, and betting, which can have negative impacts on an individual. (Chapter 26)

The review paper of Debayan Banik *et al* attempts to pinpoint the causes of athletes' use of beta-adrenergic receptor agonist medicines while highlighting the fact that these drugs have been outlawed because of their harmful effects and unfair competitive advantage. It is essential to educate athletes about the negative consequences and rules on these substances to safeguard their health and uphold their reputations. (Chapter 27)

The study by Chamberlain *et al.* attempts to investigate the similarities between yoga and the gym as well as how they affect the body. Both, they believe, encourage physical fitness and result in healthier bodies. An ideal

lifestyle consists of both a healthy lifestyle and a positive work environment. (Chapter 28)

The comparative study on aggression among different position of soccer players by Kh. Sanatombi Devi et al concludes that there is a significant difference in aggression among the different positions of soccer players. According to the study, the defenders are more aggressive than the forwards and midfielders. (Chapter 29)

Technology has radically changed sports event administration, bringing in a new era of effectiveness, creativity, and involvement, claims the study by Vijay Arvind Salunke. Technology has become a vital tool for sports organizations around the world, improving everything from fan experiences to athlete performance and venue administration. (Chapter 30)

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Abhijit Sarkar

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We express, at the very outset, our sincere thanks and deepest gratitude to the Chief Patron, President, Secretary and all the esteemed members of the National Association of Physical Education and Sports Science (NAPESS) for their invaluable support and cooperation in this journey.

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