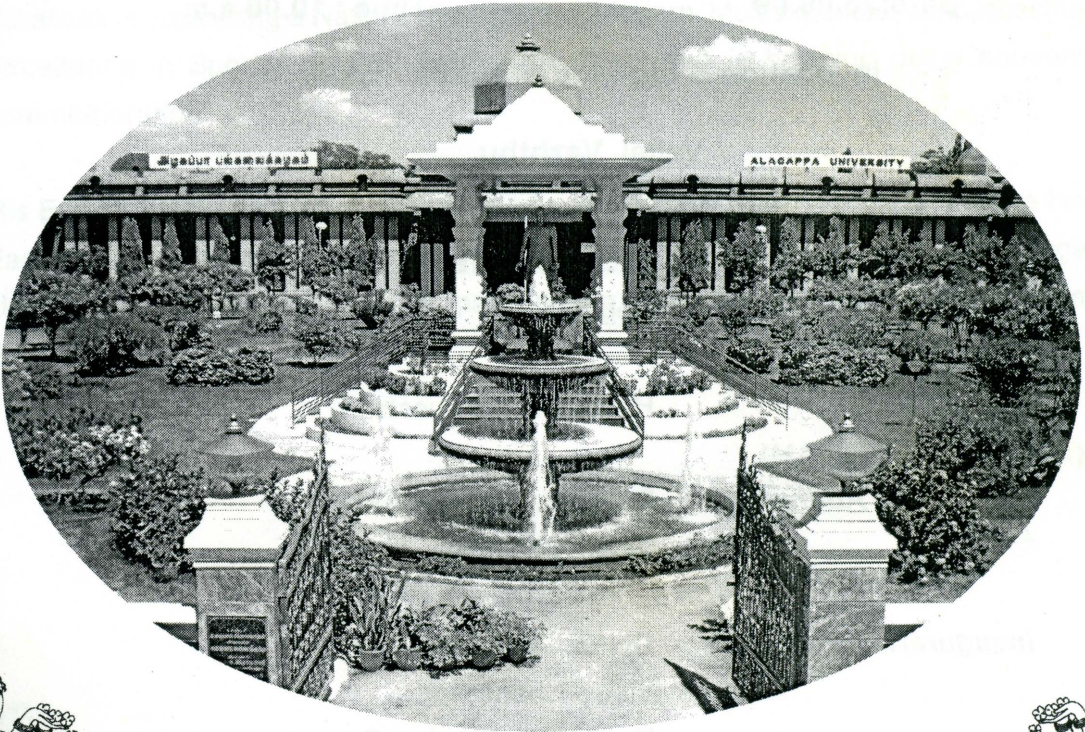




Welcome to Alagappa University

DEPARTMENT OF PHYSICAL EDUCATION & HEALTH SCIENCES

ALAGAPPA UNIVERSITY SILVER JUBILEE CELEBRATION



ALAGAPPA UNIVERSITY SILVER JUBILEE CELEBRATION

ALAGAPPA UNIVERSITY

(Accredited with 'A' Grade by NAAC)

KARAIKUDI - 3

DEPARTMENT OF PHYSICAL EDUCATION & HEALTH SCIENCES

NATIONAL SEMINAR
ON
MODERN MULTIDIMENSIONAL
APPROACHES FOR EXCELLENCE IN SPORTS

INNAGURAL PROGRAMME

Date:25.09.09

Time : 10.00 a.m.

Invocation & Lighting of Kuthuvilakku

Vallal Vazhthu

Welcome Address

Dr.A. SHENBAGAVALLI

Registrar i/c

Honouring the guests

Presidential Address

Prof. P. RAMASAMY

Vice – Chancellor

Inaugural Address

Dr. K. VAITHIANATHAN

Vice – Chancellor,

Tamil Nadu Physical Education and
Sports University, Chennai

Keynote Address

Prof. L.R. VAIDYANATHAN

Former Dean, Faculty of Education
Bangalore University

THE "CORE CONDITIONING"

BABU.P.* and A.S.NAGESHWARAN**

*Research Scholar, Department of physical education., H.H. The Rajah's College, Pudukkottai.

**Lecturer(SS), Department of physical education., H.H. The Rajah's College, Pudukkottai.

Core training has a variety of fitness and performance related fields. Health clubs offer core training group exercise class. New technology and high priced machines and equipment that claim to aid in enhancing performance have inundated the market in recent years. However, a simpler approach may be more beneficial for athletes. Our core musculature contributes to vital functions within our bodies and enables us to perform simple to complex tasks. Without good control or stabilization and a thorough understanding of what contributes to core stabilization and strength, we can fall prey to many of modern society's ailments. Many problems and orthopedic injuries result from poor core stabilization and strength. Females appear to be at a higher risk of suffering such injuries.

"Core training is not a fleeting trends , and should not be ignored".

EFFECT ON PRANAYAMA ON SELECTED PHYSIOLOGICAL PARAMETERS

Mrs.Bhavani.Ahilan.* Dr.V.Gopinath**

*Ph.D. Scholar, Dept. of Physical Education and Sports Sciences, Annamalai University,Chidambaram.

**Reader, Dept. of Physical Education and Sports Sciences, Annamalai University,Chidambaram.

There are many physiological and psychological changes takes place in human after undergoing different types of training. The aim of this study is to know the effect of pranayama on selected physiological variables (vital capacity and breath holding time). To achieve these purpose 30 female students 'Here randomly selected from science faculty, Annamalai University. They are fUliher divided in to two equal groups by adapting random system. Group I under want pranayama practice for 4 days per week for 9 weeks, group II acted as control .Base and post data on vital capacity and breath holding time have been taken from both the groups. The data were analyzed by ANCOV A, the level of significance was fixed at 0.05. The result show that there 'was a significant difference between pranayama group and control group on selected criterion variables such as vital capacity and Breath holding time. And also it was found that was a significant improvement on selected criterion variables were due to pranayama.

EXAMINING MOTIVATIONAL BEHAVIORS AMONG ENGINEERING AND ARTS & SCIENCE INTERCOLLEGIATE BASKETBALL PLAYERS

J. Viswanathan,* Dr. K. Chandrasekaran**

*Research Scholar, Department of Physical Education, Bharathidasan University, Trichy

**Head, Department of Physical Education, Bharathidasan University,

Modem Basketball at inter-collegiate level received increasing attention as a motivational construct. Motivation represents one of the most important variables in sport. In fact, coaches and athletes agree that motivation is one of the key elements that will facilitate not only performance but also a positive experience in the sport area. The purpose of this paper is to provide an overview of various types of motivational behaviors among