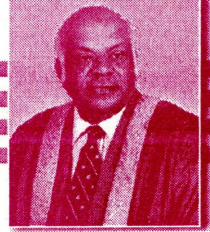
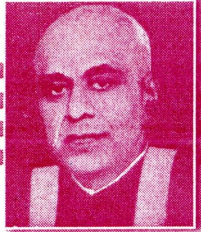


**ANNAMALAI**  **UNIVERSITY**



**UGC SPONSORED**  
**NATIONAL SEMINAR**  
**ON**  
**CHALLENGES IN PROMOTING FITNESS**  
**AND SPORTS COMPETITION**  
**FOR DIFFERENT LEVELS OF ACHIEVEMENTS**

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**SOUVENIR**

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**DEPARTMENT OF PHYSICAL EDUCATION**  
**AND SPORTS SCIENCES**

## THE CONTRIBUTION OF SPORTS PSYCHOLOGY TO THE GAME OF NETBALL

**Mrs. Bhavani, Ahilan**, Ph.D Scholar, Department of Physical Education and Sports Science, Annamalai University.

Psychology is a scientific study of the activities of the individual and relation to his environment. Sports psychology means applying psychological theories and concepts to aspects of sports such as coaching and teaching. Sport psychology is concerned with analyzing human behavior in various types of sport settings. It is individual behavior acting individually and acting in a group. Sports psychology focuses on learning, training and performance. Netball is a fast, enjoyable and skillful game in which people of all ages and levels of ability may participate. The game of netball involves a variety of ways of passing the ball successfully from one team member to another, so that a goal may be scored from within the shooting circle by throwing the ball through the ring. All seven players in the team have an equal part to play in achieving this aim. The insight that sports Psychology can give to the netball coach can best be developed within a netball context. The sport Psychologist uses Psychological assessment, techniques and intervention strategies in an effort to help individuals to achieve their optimal performance. The principles and techniques of psychology can be applied to the various skills of netball to give an insight into their performance.

## IMPORTANTS OF AEROBIC (OXYGEN) ENDURANCE DEVELOPMENT

**Ms. U. Narayani**, Ph.D Scholar, Dr. R.L. Sudhan Paul raj, Professor. Dept. of Physical Education sports and Science Annamalai University.

According to Cooper, "the main objective of aerobic exercise programme is to increase the maximum amount of oxygen that the body can process with a given time". Endurance is defined as the capacity to continue to work under strain for a long period of time without undue fatigue. Endurance is one of the basic component of general athletic ability and it is usually considered to be the most important component of physiological fitness. Heart rate training zones are calculated by taking in to consideration the maximum heart rate (MHR) and the resting heart (RHR), with in each training zone subtle physiological effects take place to enhance the fitness. The aerobic energy system utilizes the fitness. The aerobic energy system utilizes proteins, fats and carbohydrate (glycogen) for resynthesising ATP. This energy system can be developed with various intensity runs. The anaerobic and aerobic systems are the major energy system. The difference between the two is the anaerobic systems do not used oxygen to break down carbohydrates, where as the aerobic system was oxygen to produce energy from carbohydrate and fat.

## STRESS MANAGEMENT

**Praveen Mathew** M.Phil. Scholar, Manoj Kumar M, II-M.PEd, Annamalai University, Ranjith Kamal P, M.Phil. Scholar – TNPESU.

Stress profoundly affects people's life. Everyone lives with stress. Whether a student, business person, parent or even an athlete. Stress is frequently viewed as an