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**Organized by
DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS,
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Pondicherry University
Puducherry - 605 014.**

ANALYSIS OF SPEED AND AGILITY OF UNIVERSITY, NATIONAL AND INTERNATIONAL LEVEL SRILANKAN

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The purpose of the study is to analysis the speed and Agility of University National and International Level Srilankan cricketers. For this study fifteen University level, fifteen National level and fifteen International level Srilankan cricket players were randomly selected as subjects. Morotuwa University, National and International cricket players, who represented the National competition and International cricket players, who represented the National competition and International competition for Srilankan wide in the current year. The age of the subject were not compared because the level of participation is differ. [University National, International] In the present study speed an agility were tested 50 metres run and shuttle run. The data were collected from three teams separately. The ANOVA was used to analyse the data. If the obtained F ration was significant the Scheffe's test was applied as a post hoc test. The findings of this study showed that the speed and agility was higher for International cricket players when compared with National and University cricket players. Hence it was concluded International players are better in speed and Agility when compared with National and University cricket players. However National players are better in speed and agility than University players.

EFFECT OF SHORTWAVE DIATHERMY ON OSGOOD SCHLATTER'S DISEASE

Dr. S. Saroja, Lecturer, Alagappa University College of Physical Education

Mr. R. Kalaiarasi, M.P.Ed. II year, Lecturer, Alagappa University College of Physical Education

The purpose of the study was find out the effect of shortwave diathermy treatment on Osgood schlatter disease. The study was conducted on ten patients with Osgood schlatter disease. They were treatment with rest, painkillers and shortwave diathermy. Three patients were treated with painkillers and rest. Seven patients were treated with painkillers, rest and shortwave diathermy. The result of the study reveals that there was significant difference in rehabilitation level among the patients. And the patients treated with shortwave diathermy had high level of significance with compared to other treatment method.

BARRIERS TO PHYSICAL ACTIVITY IN HIGHER EDUCATION STUDENTS

Dr. R. Senthil Kumaran, Director of Physical Education (SG)

Srie Sevugan Annamalai College, Devakottai

Egular Physical activity remains an important behavior for promoting health, postponing or preventing preventing prevalent musculoskeletal disorders such as mechanical low back pain, neck and shoulder pain, and decreasing the risk of development coronary heart disease, hyper tension, diabetes, obesity. The period of adolescence represents the transition from child hood to adulthood and life time habits such as regular exercise are normally begun at this time. There are many factors that affect participation in physical activity. These included demographic variables, knowledge, attitudes, and beliefs about physical activity. For this study undergraduate university students (n=303, male - 81 female 222) were selected as subjects and, they were belong to age group of 17 to 27 years. Exercise habits of the samples were assessed, and barriers to physical activity of them were evaluated by written