INTERNATIONAL CONFERENCE ON RECENT TRENDS IN SPORTS TECHNOLOGY

4th and 5th December 2008

(Thursday & Friday)

Venue : VIT University, Vellore

Jointly organised

by

VIT UNIVERSITY

(Estd.u/s 3 of UGC Act 1956)

Vellore - 632 014, Tamil Nadu, India.

www.vit.ac.in

&

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai, Tamil Nadu, India.

VIT - A place to learn ; A chance to grow

and hitting speed was measured using Bushnell radar speed gun. The best score of each subject were taken as the individual hitting speed. Analysis of variance was used to compare the collected data among different positional players. The result reveals that full back players have better hitting speed when compare to forwards and half backs.

KEY WORDS: FIELD HOCKEY, HITTING SPEED, BUSHNELL RADAR SPEED GUN.

INVENTION OF NEW ADVANCE TECHNOLOGY TO INFLUENCE THE ACCURACY MEASUREMENT OF BODY COMPOSITION

Mrs.Bhavani.Ahilan, Ph.D Scholar, Dept. of Physical. Education and Sports Sciences, Annamalai University.

The measurement of body composition has become a popular and standard practice for many physicians, athletic trainers and allied health professionals. Evidence supports the notion that being overweight (excess body) is related to musculoskeletal injury, non adherence to exercise training, reduced athletic performance and many health problems. More specifically, excessive body fat has been shown to be associated with problems as hypertension, diabetes, mellitus, depression, hyperlipidemia and coronary heart disease. Human body composition is an expression of genetic and nutritional factors. It can change as a consequence of exogenous influences such as training, disease or diet and is therefore of particular interest to nutrition professionals. The following techniques for measuring body composition are anthropometry, skin fold caliper measurement, hydrostatic (underwater) weighing, bioelectrical impedance method (BIA), near- infrared interactance method (NIR), ultrasound, and total body dual-energy X –ray absorptiometry (DEXA). Reliable assessments of body composition are important in a variety of fields, including medicine, nutrition and various other human biology. Over the last decade advances have been made in the study of body composition by development of methodologies and more accurate models of compartmentalization. In general a relatively accessible introduction to some of the recent advances and developments along with some limited historical background to this field. The only direct method of evaluating body composition is chemical digestion and subsequent analysis of the tissues. This is obviously not a practical approach in humans. Bioelectrical impedance method (BIA), near- infrared interactance method (NIR), ultrasound, and total body DEXA techniques are highly accurate but expensive and require specially trained personnel. For these reason, hydrostatic densitometry, anthropometry and skin fold caliper measurement are the most common criterion method of body composition analysis

Key words-Body Composition, Body fat, Multi Component models.

IMPACT OF BRAMMARI PRANAYAM AND MEDITATION AMONG HEARING IMPAIRED

Mr. P.KANNAN, Lecturer, Asst. Phy. Director, Kalasalingam University, Krishnankoil, Dr. D. RAJALAKSHMI, AUCPE, Karaikudi.

Red flag for issues that are going to be litigated in the future. Anyone fired at work finds a way to tie it to some protected category. These decisions are going to cut down considerably on the