

**DEPARTMENT OF PHYSICAL EDUCATION
BHARATHIAR UNIVERSITY,**

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SOUVENIR

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Edited by

Dr. T. Radhakrishnan

(Organising Secretary - MTSM-10)

Assistant Professor

Department of physical education

Bharathiar university,

Coimbatore - 641 046

Conservative treatment includes the following:

- reduction of pain and inflammation
 - modified training to maintain cardiovascular fitness,
 - modifications to gear, such as obtaining new running shoes
 - implementation of a strength and flexibility program
 - correction of training errors
 - a pain-free gradual return to sport-specific activity
 - Nutritional counseling or hormonal therapy
- If the injury does not respond to conservative care however, in more advanced cases surgery may be necessary.

Enjoy Walking, Jogging and Running Without Injuries

K.L.Swaroop,

Lecturer in Physical Education, Bapatla College of Arts Sciences, Bapatla, Guntur Dist (A.P.)

Importance of Proper Nutrition in Sportsmen

***Dr. O. Jiten Singh,**

Assistant Professor, Faculty of General & Adapted Physical Education, RKMVU, Coimbatore

**ANALYSIS OF HEALTH RELATED PHYSICAL FITNESS OF WOMEN
BASKETBALL AND VOLLEYBALL PLAYERS**

Mrs.Bhavani.Ahilan,

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

&

Dr.V.Gopinath

Associate Professor, Dept of Physical Education and Sports Sciences, Annamalai University

The players in good physical condition are generally to have the ability to do sustained work over a long period of time and also depend on health related physical fitness. The purpose of the study was to analysis of health related physical fitness variables among volleyball and basketball players. To achieve these purpose two groups of subjects (Volleyball and Basketball) were selected randomly from department of physical education and sports sciences, Annamalai University, within age of 18 to 22 years. Each group consists of 30 subjects. Regarding health related physical fitness variables of the study; VO₂max was assessed by one minute run and walk. Body mass index assess to skin fold thickness (triceps, suprailiac, thigh), strength endurance was assessed by push-up, muscular endurance was assessed by sit-ups and flexibility was assessed by sit and reach test. The collected data were analyzed using ANOVA. The level of significance was fixed at 0.05. The result of health related physical fitness shows that volleyball players were significantly better than basketball players on strength endurance and VO₂max. But, on B.M.I, muscular endurance and flexibility both the groups fails to obtain significant difference. However, volleyball players were better in muscular endurance when compared with basketball players.

Key words: Health related physical fitness, Volleyball, Basketball
