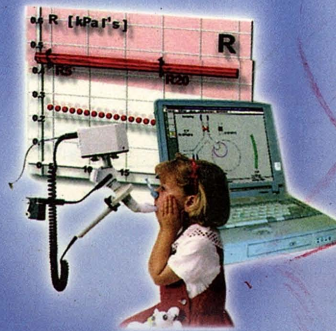


TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY CHENNAI

DEPARTMENT OF EXERCISE PHYSIOLOGY AND NUTRITION

INTERNATIONAL CONFERENCE AND EXHIBITION ON MODERN TRENDS IN EXERCISE PHYSIOLOGY AND NUTRITION

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DATE

15th & 16th FEBRUARY 2008

VENUE

**JAWAHARLAL NEHRU STADIUM
CHENNAI**

training and conditioning effects at altitude depend largely upon not only the individual, but also the type of exercise as well as the previous level of training. Thus, it is natural to take interest to know the effect of altitude on physical performance. The purpose of this paper is to discuss the limitations imposed on physical performance by high altitude.

CARDIO VASCULAR RESPONSES TO EXERCISE

**MAHALINGAM. M., KALAIVANI .L.,
KOMATHI.V., SHEENA. P.J.**

M.Phil, Dept of Physical, Education, TNPESU

The changes in Heart and Blood pressure that occurs during Exercise reflect the type, intensity, duration of exercise and the environmental conditions under which the work is performed. As exercise begins, the heart rate rapidly. If the exercise is light or moderate, a plateau is seen within the first minute. The actual rate during the plateau, or steady state, is proportional to the workload. If the workload is heavy the heart rate increases until exhaustion. During exercise, blood flow increases due to the increased cardiac output, and balance between these two factors results in the blood pressure is considerably influenced by the type and intensity of the exercise and by the physical condition of the subjects.

ROLE OF NUTRITION FOR FOOTBALL PLAYERS DURING COMPETITION

R. KARTHIKAN, K.P.M. SYED YSSUF

M.Phil Scholar, Tamil Nadu Physical Education and Sports University, Chennai.

Nutritional requirement of football players were extrapolated from early scientific research carried out in relation to other "ENDURANCE SPORTS" such as running and cycling. For football players its classified as on "SPEED ENDURANCE" Game due to largely to the fact that a football match lasted at least 90 minutes as a results football players minimum 4500 kcal/ day. Food provides us with energy for our muscle, brain and other organs, A healthy diet improves our general level of health and can helps us recover more quickly from injuries. Along with program fitness training our diet can help us to develop stamina improves athletic performance.

EFFECT OF CORE TRAINING AND YOGA ASANAS ON THE ABDOMINAL STRENGTH AND FLEXIBILITY OF BHARATANATYAM DANCERS.

SABAANANTH SIVANESAN,

M.Phil Scholar, Y.M.C.A. College of Physical Education

The purpose of the study was to find out the effect of core training and yoga asanas on the abdominal strength and flexibility of the bharatanatyam dancers. For this study thirty bharatanatyam dancers were selected they were control group, core training group and asana group. The collected data were analysed by using ANCOVA as statistical tool. All the dependent variable were analyzed by using Analysis of covariance. The final means were adjusted for different among the initial difference and the adjusted means were tested for significance by F-ratio. The significant mean differences were tested at 0.05 level by using scheffe's test. It was concluded that core exercise and asanas improved abdominal strength significantly. Core exercise and asanas had not affected much on flexibility of the subject.

BREATH

Miss.K.SATHYA,

Universal Peace Foundation,

The body is a temple whose door is the nostril. The soul resides in the inner most chamber. Just as you have to travel from a temple's outer chamber through the inner chambers to reach the sanctum in the same way the breath has to penetrate the various sheaths of the body to reach the soul. The outer most chamber of our body is the anatomical (anamayakosha) represented by the element (prithvi). Next is the physiological (pranamayakosha) represented by the element water. Then comes the mental body (manomayakosha) represented by the element fire. This is followed by the intellectual body (vignanamayakosha) represented by the element air. Finally we reach the conscious body represented by the element ether. To reach the soul we have to transcend all these five sheaths.

The breath is the only phenomenon which moves through all these five layers and resides in the soul. Each breath..... Moving in reaches the inner core..... Each breath coming out reaches the outer core..... Man is continuously moving in and out This movement of going in and coming out..... When it is brought to the process of "Awareness", the entire system changes. The normal word respiration which includes expiration and inspiration is now converted into birth and death, the greatest theories which ever exist. Breath, as it moves in side transcend and nourishes the physical body, focus the mind, balance the emotion, rejuvenate the intellectual power and blossoms happiness dwelling in the inner core of our self. So breath brings an integrated approach of development of the self. Here we would like to discuss on .

Breath -for Physical Fitness

Breath- for mind power

Breath- for emotion balance

Breath- for wisdom

Breath- for self realization