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PHYSICAL EDUCATION AND SPORT (2021)**



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**K E R A L A
I N D I A**

**STATE OF THE ART IN PHYSICAL EDUCATION,
SPORT AND PHYSICAL ACTIVITY IN THE
INTERNATIONAL CONTEXT**

SPORTS AUTHORITY OF INDIA

LAKSHMIBAI NATIONAL COLLEGE OF PHYSICAL EDUCATION

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Greetings from the

Principal of Lakshmibai National College of Physical Education

On behalf of the host Lakshmibai National College of Physical Education, , we take great pleasure in welcoming you to the 2021- 21st Biennial ISCPES World Conference with the theme State of the Art in Physical Education, Sport and Physical Activity in the International context.

ISCPES has made significant contribution in the field of PE and sports. It is a research and educational organization with purpose to support, encourage and provide assistance to those seeking to initiate and strengthen research and teaching programs in comparative physical education and sport throughout the world. Through its publication, global events and collaboration with organizations such as UNESCO and ICSSPE it has been a key contributor in the field of physical Education. I believe this conference will set a platform for deliberations in the field of QPE, and also promote research in areas in the field of PE and sport.



The Lakshmibai National College of Physical Education, Karyavattom, Thiruvananthapuram which bears the name of Lakshmibai, Rani of Jhansi the most resolute, patriotic and illustrious heroine of the first war of independence, came into existence of 17th August 1985 under the auspices of the Department of Youth Affairs and Sports, Ministry of Human Resource Development, Govt. of India. The college is affiliated to the University of Kerala and it aims to serve as a model institute of teachers training by offering undergraduate and post graduate course. Besides the academic programmes the college also has center of excellence, sports training schemes of Sports Authority of India (SAI) in few disciplines. It provides excellent facilities for the upliftment of sports and Physical Education in the country.

The spectrum of sports has grown exponentially over the past few years. The scope of Indians Sports has improved leaps and bounds in human resources development and excellence. The field includes professional sport, sports marketing, public relation, recreation, amateur sports, event management, sporting goods, apparel and many others. Research in the growth of sport as a major industry has shown that there is an increased need for well trained professional managers. These opportunities require focus on sport managerial skills, which is essential in the rapidly growing field of sports specialization. The Indian sport system as a whole is overwhelmingly devoted to performance of athletes and coaches; as a result we fail to recognize the performance of sports managers. The focus is on the field performance and not off the field – the internal process of sport organization. New initiatives need to address the new challenges in Indian sport which can result in an improvement in both sport managers and sport organizations. India is an emerging market for sports. Given the state of event and challenges that Physical educators and sport managers encounter, this subject is very timely and highly significant.

Sports Authority of India, Lakshmibai National College of Physical Education is proud to host 21st Biennial Congress of the International Society for Comparative Physical Education and Sports (ISCPES). We welcome sports administrators, faculty, and professionals to this congress. The congress will provide you with an opportunity to hear highly regarded speakers from various universities. We encourage you to get to know our speakers and ask questions to assist you in experiencing success in the Physical Education and sport industry.

We welcome you all and hope you enjoy the workshop.

Dr. G. Kishore

Regional Director and Principal, SAI-LNCPE Region, Kerala, India



Greetings from the President of ISCPES

Dear Participants of the 21st Biennial ISCPES World Conference,

I welcome all the participants from all over the world to the 21st Biennial Congress of the INTERNATIONAL SOCIETY FOR COMPARATIVE PHYSICAL EDUCATION AND SPORTS.

“High-performing organizations operate as empowered networks, coordinated through culture, information systems, and talent mobility. Companies are focused on redesigning the organization itself, with nearly half actively studying and developing new models. And many organizations are not only designing but also building this new organization. As networks and ecosystems replace organizational hierarchies, the traditional question “For whom do you work?” has been replaced by “With whom do you work?”



These words are from the 2017 Deloitte Global Human Capital Trends: 19. As actual President of ISCPES, I did not find any better words than those from this 2017 Report, to express the Momentum of our organization. ISCPES is a 43 year old association, born in 1978 to compare Worldwide Physical Education Systems; unfortunately, we did not thrive to build a strong structure to resist and face actual complex times. Although some attempts were taken to reinvigorate our Journal (International Sport Studies) in the first decade of this century, we confronted several problems in the path of our visibility and sustainability. All of us in the foreseeable future should act as a strong group to achieve the main goal of survival or rebuilding. We need more people coming from all the continents, with new insights and strengths to energize the vision of the association. We need all of you, newcomers! We count on you!

This will be the challenge for the 21st Biennial Congress virtually operated from India. Let us start rebuilding the future for the Comparative Society. I would like to thank all the people involved in this organization. Besides the Executive Board colleagues, I am happy to thank all the others in the name of Professor G Kishore. Thank you very much Professor, for being so kind enough to respond to my delayed inputs. Your help in organizing this event has been phenomenal and we are grateful to you and your team. I conclude my words by saying that this is a harsh era of the pandemic and we lovers of sports can also be lovers of sustainability. It is a pity we do not meet face to face for this Event, but it is also a big chance to save lots of money on travelling, which saves the world from a huge amount of pollution. Have a nice time during the presentations. Learn what you can, share what you catch.

Prof. (Dr.) Pedro Carvalho

President ISCPES

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Herbert Lecture

Conceptual Framework for the function of ISCPES in the world of Sports



Prof. Dr. Herbert Haag, M,S

Germany

Herbert Haag, Prof. Dr. h. c, is Emeritus at the institute of sport and sport Sciences of the university of Kiel (Kiel, Germany). His scientific oeuvre relates to books as well as contributions in books and journals with regard to educational, historical sociological and philosophical issues.

Besides Ph.D, he has made the examinations as Diplom-PE-Teacher and license to teach in schools (grade 5-12). Consequently his major concern is to realize “practical-guided theory and theory-guided practice”.

From 1991-1994 he was the first Director of the German Olympic Institute (GOI) in Berlin. He had many leading positions in sports science related institutions and organizations the National and International level.

In the age of globalisation, which has developed as a major characteristic of the 21st Century, the role of comparative researching and teaching in regard to sport, sport education, and sport science has become of great importance.

Therefore the role of the respective international non-governmental organisation – namely the “international society for comparative physical education and sport (ISCPES)”- has to be redefined and strengthened.

In a four -step- approach a much needed “Conceptual Framework for the Function of ISCPES- in the World of Sport, Sport Education, and Sport Science is developed in this analysis.

1. A theoretical framework will be given by defining “Key Issues for the Future Development of Mankind in a Globalized and Internationalized World.” (Prerequisites/Urgent Problems to be Solved).
2. The objective base for understanding the globalized and internationalized world under a comparative perspective will be given. This will include the explanation of four aspects in regard to introductory purposes
3. In a exemplary way then one important sport specific issue is analysed as target for comparison, namely a “positive justification for school physical education”.
4. Finally the relationship and possible cooperation of ISCPES with the world wide umbrella organisation for sport, sport education, and sport science, namely ICSSPE (International Council for Sport Science and Physical Education) is explained in light of improving the situation of sport, sport education, and sport science worldwide.

Structure of the Article

- A. Theoretical Framework
- B. Understanding the globalized and internationalized world of Sport, Sport Education, and Sport Science under a comparative perspective
- C. Example for a topic which needs comparative analysis in order to get answers with high external validity
- D. Relationship of ISCPES to the umbrella organisation ICSSPE.

A. Theoretical Framework

First of all a theoretical framework is necessary in order to understand the globalized and internationalized world today. For this two aspects are of major importance: “Prerequisites” and “Urgent Problems to be Solved”.

With this framework the development of the comparative perspective as pursued in the “international society for comparative physical education and sport” (ISCPES) can be described in its past, present and future dimension.

That the “Key Issues for the Future Development of Mankind in a Globalized and Internationalized World” can be described and analysed with the following major aspects:

A1. Prerequisites

1. Development of Peace by Banning Wars or Terrorist Acts.

There are still too many wars, armed conflicts, and terrorist attacks going on today. All of these deal with religious issues and/or economic interests. Since the world is globalized, this in turn requires a diminishing of socio-economic unjust conditions. Only then can every country work and take responsibility for a better future in the framework of internationality and mutual help between nations.

2. Neither Communism nor Unlimited Capitalism, but only Social Market Economy is the Optimal Pattern for Organizing Countries in the Future.

With the unification of Germany, Europe, and the World communism has finally proven to be a bad pattern for organizing societies. In the same way it is detrimental, if only money and profit-making form the basis of value orientation. The social market economy with freedom for the individual but also necessary social checks and balances is a compromise model, which allows for a humanistic organization of human life.

3. Education as Prerequisite for any Advancement in the World Today.

Due to the increasing technological advancement the quest for education is quite strong. Education is a prerequisite for realizing democracy with social market economy as base for getting a professional position and for leading a culture-based life. The educational endeavour has to be holistic, this means to promote equally the motor-, affective-, cognitive and spiritually behaviour dimension of man. Education is today furthermore a life-long process with age-specific points of concentration.

4. Fairness - Cooperation - Understanding between Countries.

Globalization and internationalization of this world are processes which cannot be turned around. These are positive developments comparing to the times of West East conflicts and worldwide wars. However, the world is still full of too many problems, conflicts, and even decentralized wars. Worldwide activities of multi-national companies striving for as much profit as possible is not enough. The world also needs a strong movement towards more human behaviour as expressed in fairness, cooperation, and understanding as well as tolerating other people, nations, and religions. This also can preserve the much needed cultural diversity, which is an important addition to the worldwide tendency of making the world and the behaviour of the people alike, being a logic consequence of globalization.

A2. Urgent Problems to be Solved

1. Overpopulation: Birth Control Needed.

Just like the recent nature catastrophes the problem of overpopulation predominantly relates to the poorest people. In order to guarantee success in fighting poverty, children only should be born, if a somewhat human life is guaranteed for them. Also in the light of a responsible use of natural resources, this world only can be a humanistic home for people if the number of people is not increasing without end and thus leading to an irresponsible over population.

2. Corruption: Reason for Social Unrest

The available natural resources could help for a much better overall world-situation, if corruption would not be very often the pattern, especially relating to the world of politics and finances. Doping can be defined as trying to get personal advantages with unethical means. However, a minimum of ethical codes is necessary to make a peaceful life in this world possible. Unfortunately, too many people use doping, especially in politics, economy, and sport. This is the reason why good ideas often are not realized in practice. A few people get richer and richer and the majority of people remain poor and has to live in inhuman conditions which in many cases are characterized by great poverty. Without corruption often a relatively well equipped middle class could be created.

3. Unemployment: Having a Professional Position as Baseline for a Life in Human Dignity.

In most parts of this world the labour-division pattern is the reality. Everybody can and should be able to contribute to human life. Being unemployed is for sure a financial crisis, especially, if there is no social security system to support people without work. However, the social-psychological consequences - often overlooked - have to be of deep concern. A human being with the feeling, that the society does not need him/her anymore, has fallen below any humanistic considerations. The worldwide high unemployment rates are a social threat with great danger. All measures, especially educational, should be taken to tackle this problem.

4. Diseases: Health and Hygiene - The Fight Against Sickness.

Considering how much money is spent worldwide to cure diseases and taking into account how many people even cannot get medical help in order to receive medical attention as result of poverty; all of these aspects point to the fact that lack of health and hygiene is a problem which needs urgent attention. If this problem is not sufficiently solved, a basic prerequisite for establishing a humane world is missing.

5. Environment Degradation: Environment Needs Preservation.

The changing climate and the increasing number of nature catastrophes are a sufficient proof that mankind has destroyed the environment considerably. All of this is a development in the wrong direction and represents a large hypothec for future generations. This important issue begins right in the surrounding of every person: Taking adequate care of garbage, wise use of energy, preservation of plants and animals has to be better accomplished.

6. Overcrowded Cities: An Enemy of Human Life.

If one is examining the concrete situation in the megapolis of this world with millions of inhabitants, then it is obvious, that these cities have been turned in chaotic entities showing poverty, crime, illness, joblessness, destruction of environment etc. Thus mankind has to stop to furthermore crowd these cities and work on plans for decentralization; this means creating smaller units in order to reintroduce aspects of a human life.

Both aspects (A1/A2) need a comparative perspective in order to receive a real picture of the situation in the world today.

B. Understanding the globalized and international world of sport, sport education, and sport science a comparative perspective

Introductory Comments

The following introductory comments can serve as a background framework for this analysis.

- a. If the word sport is used, it stands for the different aspects of sport in an all-inclusive way. One can ask in this context four questions. The exemplary answers explain this comprehensive understanding of the term sport very clearly. Why = health sport; who = children´s sport; when = vacation sport; where = school sport (Haag & Haag, 2003; Röthig & Prohl, 2003).
- b. The UNO have made big steps forward in regard to promote sport and physical education worldwide (compare: 2005 = year for sport and physical education and their possible contribution to development and peace; Millenium Goals).
- c. The “International Society for Comparative Physical Education and Sport” (ISCPES) has been reshaped in the past and is pursuing now the following six objectives in a very strong way, also in order to find the right answers to the age of globalization and internationalization of this world, especially from a sport and physical education point of view.
 - a. Country-area studies (mainly descriptive).
 - b. Comparative studies (at least between two different units).
 - c. Education for international understanding and cooperation.
 - d. Developing solidarity for states, who wish help in regard to sport, sport education, and sport science.
 - e. Promote exchange programs at all educational levels (from school up to higher education).
 - f. Build international information networks (published material/organisations - intitutions).

In this regard the work of ISCPES is very closely linked to the topic of this analysis.

- d. The issues analysed in this context are strongly related to six basic competencies, which should be acquired by every student, who is trained in regard to sport, sport education, and sport science.
 - a. Historical (know the past – understand the present – shape the future).
 - b. Philosophical (being able to make sound normative decisions).
 - c. Sociological (understand that the human being is individuum – personalization – on one side and “zoon politicon” – socialization – on the other side).
 - d. Crosscultural – comparative – international (this is a prerequisite in the globalized and internationalized world).
 - e. Information gathering – storing – retrieving (as part of any professional study).
 - f. Research methodology (process of gaining scientific knowledge).

With these four introductory comments in mind the analysis is carried out in the following way: Thus foundations will be offered in a threefold way: First of all the phenomena of globalization and internationalization will be explained in a general and sport-specific regard. Secondly, the three constructs “sport – sport education – sport science” are presented. Finally a “six-circle-model” is explained using the sport discipline “handball” as an example, using aspects of organisation theory.

a. Globalization – Internationalization (General – Sport specific)

As trend for shaping life in this world globalization – internationalization is especially characterized by Heinemann (2003, pp. 228-229):

- Open world markets and economic relationships
- Expansion of mass media with the tendency towards uniform messages (ca. 500 satellites)
- Enlarged and easy-made possibilities for travelling
- Opening of political borders
- Tendency to make work conditions comparable
- Increasing international migration
- Equalizing of life-conditions, life-styles, consumer strategies and patterns for recreation
- Making cultures more similar → world society

In regard to sport, sport education, and sport science it is furthermore of utmost interest and importance, that sport etc. on one side has a strong worldwide unifying tendency (e.g. rules, organizations); on the other side movement, play, and sport are an excellent avenue to realize cultural diversity (e.g. indigenous games, dances).

b. Globalization – Internationalization (General – Sport specific)

These three terms have to be seen in a generic way. Sport was there first; then ideas of intervention, of teaching and learning were realized on a broad scale, this means sport education inside and outside of school; finally during the last century sport science as an academic discipline has developed up to a more or less general acceptance in the world of academia.

The three terms can be defined in the following way (Haag, 1986):

Sport	→ Movement, Play, and Sport as Part-System of the Society
Sport Education Settings	→ Sum of Educational Activities to and through Sport in State and Non-state Settings
Sport Science	→ Organization System of Sport Science Process of Gaining Scientific Knowledge Sum of Available Scientific Theories in regard to Sport

c. Six-Circle-Model – An Approach Based on Organization Theory (Example Handball)

The realization of sport, sport education, and sport science can be observed on six levels with a mostly clear distinction. These six levels begin with “local” in a very small and familiar surrounding and stretch out up to the “world” level. Using the example of the sport discipline of “handball” the six-circle-model can be explained in the following way:

- Local: Handball Club THW-Kiel
- County: County Handball Federation
- Province: Provincial Handball Federation (Schleswig-Holstein)
- State: German Handball Federation (DHB)
- Continent: European Handball Federation (EHF)
- World: International Handball Federation (IHF)

In this context it is important to state, that it is necessary to identify oneself fully with the first circle in order to be able to perform satisfactory in the second circle and so on. This can be seen in analogy to a theses of the psychoanalyst E. Fromm which states: Only if you like yourself, you can move on and like somebody else.

For the networks to be presented in this analysis these six levels are a very clear and operationalized base. A model for Sport- related material can be of great help in regard to comparative and international aspects.

Print-Form (Haag & Hein, 1990)	IT-Form (Perl, Lames & Miethling, 1997)	Audio-Visual (Altenberger, 2002)
Journals	Power Point	Film
Handbooks	CD	Video
Book Series	Data Banks (e.g. Spolit)	DVD
Teaching Guides	Online-Moduls	CD
Monographies	Home-Pages	Multimedia
Varia	Varia	Varia

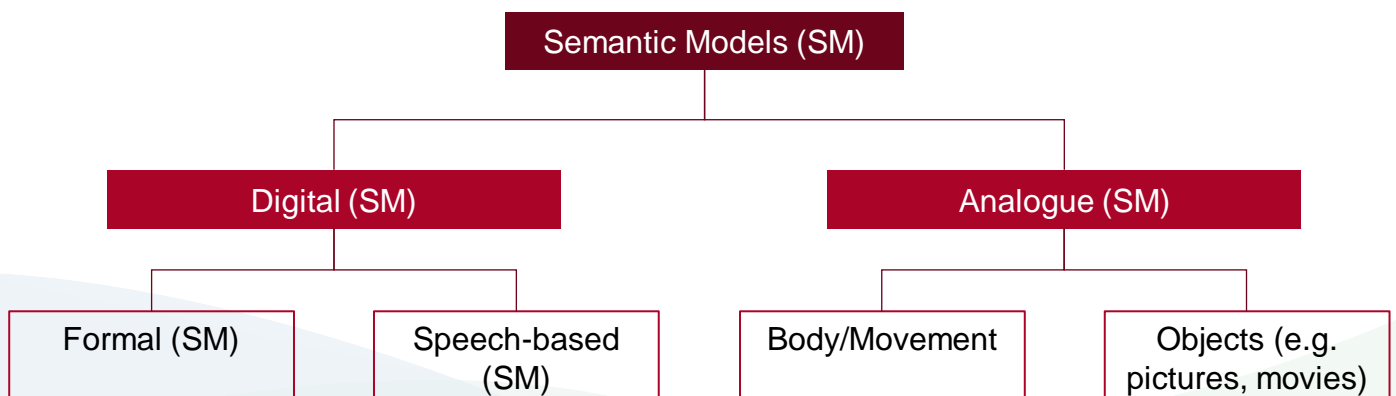
Figure 1: Triade Model for sport-related published material

It is obvious that various dimensions of globalization and internationalization have to be considered for the important but difficult work in regard to comparison.

C. Example for a topic which needs comparative analysis in order to get answers with high external validity

One huge subsystem of every society is the area of education in various dimensions. One urgent issue in this context is the development of a rather positive justification for school physical education instead of considering as a “repair shop of the nation”. The justification of school physical education can be seen in four dimensions: Historical, intercultural-comparative, status-quo and futuristic. In regard to the intercultural - comparative approach the justification can be seen in six dimensions:

1. **“Emancipation through movement”**. In this regard movement is a basic dimension of human behaviour, mainly realized as movement in daily live, in work time and in free-leisure time. It also implies that a person who has a wide range of movement patterns is more emancipated in the world than a person who only has a limited amount of movement patterns. Similar arguments are valid for the speech behaviour (language).
2. **“Movement as culture-based technique”**. The human being is defined as cultural being shaped by acculturation, enculturation, socialisation and personalisation. In this regard five cultural techniques play an important role. The respective socio-cultural backgroundcounts for variability of these cultural techniques. This in turn requires a comparative analysis of these issues:
 - a. Counting – mathematics – dealing with numbers.
 - b. Dealing with issues of information technology.
 - c. Movement in the context of daily necessary activities, work, and free-leisure time.
 - d. Dealing with the mother language in regard to speaking/reading.
 - e. Writing in the mother language as important analogue ability as an equivalent in dealing with numbers.
3. **“Movement as non-verbal communication”**. By using a semantic model developed by Gigerenzer (1981) -explained in the following figure- the meaning of movement as non-verbal communication can be understood in the context of communication. Especially this perspective requires a wide perception of movement as one analogy SM.



4. **“Making of primary experiences through movement”**. The following aspects of philosophical anthropology can explain this justification for movement. Every human has a body. Movement can be seen as actualisation of this body. This means that the human being is body and has body. In consequence the human being can receive impressions from the outside through the body (I am body) (movement). In the same time an important function in human live can be realized through the body (I have body), mainly to give information to one’s surrounding through the body (movement). This proves the high importance of movement in the context of the mission of man in this world as a communication being.
5. **“Aesthetic experiences through movement”**. The dimension of aesthetics is related to naturality, motor skill, art expression, and artificiality. The following figure helps to understand aesthetics as related to movement.

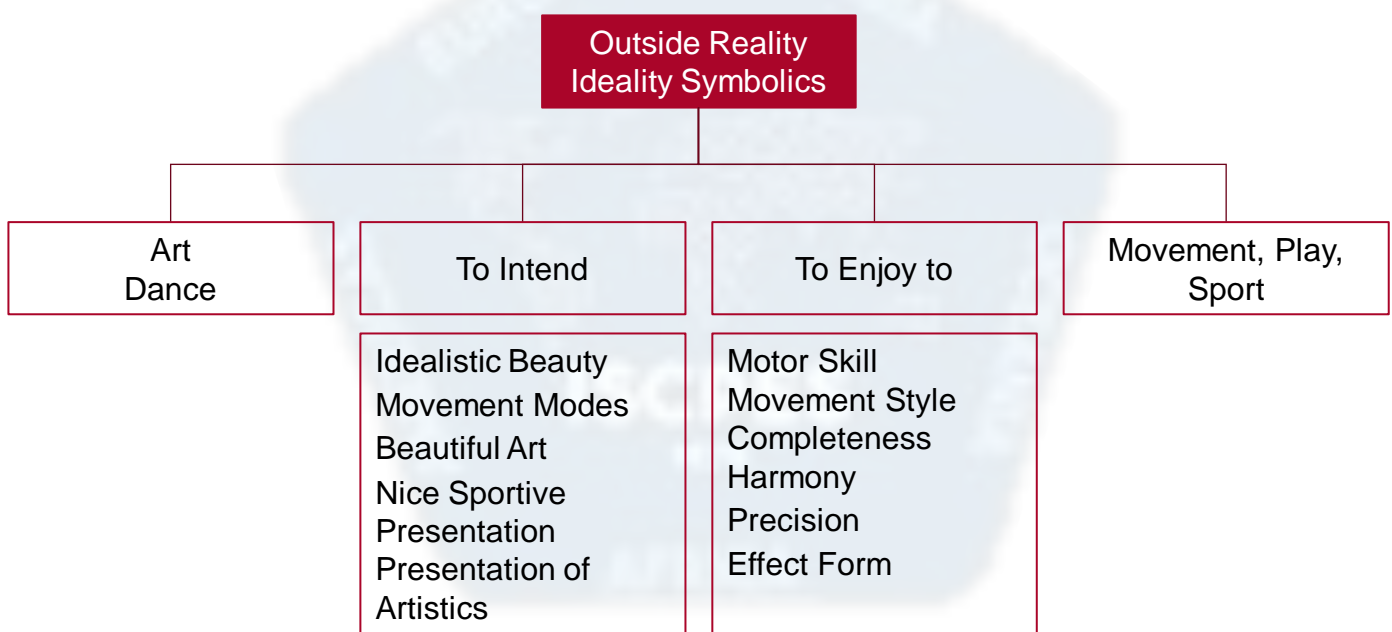


Figure 2: Aesthetics as related to movement

It is obvious that movement/motor skill opens an access to the very complex world of aesthetics which has quite a lot to do with feeling and experiencing the real world.

6. **“Body experience as integration of the motor, cognitive, affective, and spiritual Dimension”**. The basis is body experience with the own body in the individual and social world which can be cognitive, affective or spiritual as well as conscious or unconscious. This body experience can be understood in a twofold way: Body scheme: Neurophysiological aspects with perceptive-cognitive performances. Body image: Psychological-phenomenological-spiritual part of body experience; this means emotional-affective performance in regard to the own body of an individuum.

It is quite obvious that body experience plays a major role in regard to a holistic and integral perception of movement.

In summary it is obvious that the topic of “positive justification of school physical education” is a fundamental issue which needs comparative and inter- cultural analysis in order to get well proven answers.

D. Relationship of ISCPES to the umbrella organisation ICSSPE

In order to see and understand the role ISCPES (comparative organisation) can play as part of the world organisation for sport, sport education, and sport science, namely ICSSPE (umbrella organisation) the latter organisation is described in some detail in the following:

Introducing Comments

In order to systematically get an idea of the huge social phenomenon and system of movement/play/ sport it is proposed to see three aspects on one side separate, on the other side in close cooperation.

- a. Sport with its many faces from “sport for all” to “top-level performance sport”. A wide network is responsible for this on six levels: local, district, province, state, continent, world (e.g. IOC, World Federations for sport disciplines e.g. swimming etc.)
- b. Physical education- sport education. Formerly this was seen in regard to p.e. teachers mainly in school. Today this has to be seen in regard to three professional clusters; proposed term: sport-related professions: school P.E. related teaching – teaching/coaching outside of school – non-teaching related sport specific professional fields.
- c. Sport Science can best be explained according to the system used in structuring the “Directory of Sport Science“ (ICSSPE) divided in scientific disciplines and main topics.

If the mission of ISCCPE is formulated all three aspects (a/b/c) have to be seen in their own perspective, but also in the mutual relationship of (a/b/c).

In general ICSSPE, as an umbrella-organisation on the world level, representing organization / institutions, federations, associations, in other words ICSSPE being an organization of organizations / institutions etc. and not for individual membership, has a huge responsibility to deal with this fast moving area of social development, called sport – sport education – sport science.

Since the development in this regard is so fast, ICSSPE has to revue and – if necessary – change and supplement its mission. The philosophy in this process should be: keep what is worth to be kept and change/supplement what is necessary.

This credo also is guiding the description of the mission of ICSSPE, considering the task ICSSPE has today and in the near future. The presentation will be given in the sequence sport science, sport related professions, sport due to the name of ICSSPE with so far two issues: Sport Science and Physical Education.

1. Sport Science (compare the section on services) (SS)

- ◆ To promote and coordinate as well as disseminate scientific research by several means.
- ◆ To follow a philosophy “practice guided theory and theory guided practice” (science transfer).
- ◆ To support discipline specific specialized research (intra-).
- ◆ To promote interdisciplinary research in regard to main topics (inter-).
- ◆ Engage in fostering issues which relate to sport science as a whole (e.g. philosophy of science, ethics, research methodology, research strategies, improving research- based teaching).
- ◆ Integrate the requirements of globalisation and internationalisation into the development of sport science.
- ◆ Look for close relationships to the area of “sport” and “sport-related professions”.

2. Sport-related Professions (compare the section on services) (SRP)

- ◆ To promote and coordinate as well as disseminate knowledge and concepts about sport-related professions.
- ◆ To secure the transfer of profession-related knowledge to the professional level in order to improve the quality of the sport-related professions.
- ◆ To improve concepts of professional training, in-service training and opportunities for the acquisition of new professional qualifications.
- ◆ To equally promote the three professional clusters (school P.E. teaching; teaching/coaching outside of school; non-teaching related sport specific professional fields) (the last cluster needs special attention due to the fast development of professions in this area).
- ◆ Look for close relationships to the area of “sport” and “sport science”.

3. Sport (compare the section on services) (S)

- ◆ To promote the link between sport (represented through sport disciplines – Olympic/non-Olympic) and relevant aspects of sport science (strengthen the WCSS-World Commission on Science in Sport).
- ◆ To promote the link between sport (represented through sport disciplines – Olympic/non-Olympic) and the available as well as future sport-oriented professions.
- ◆ Help so that sport is seen in its various possibilities for a good social and individual development.
- ◆ Try to keep ethical standards within the world of “sport”.
- ◆ Accept the broad basis for “sport”, namely “movement” including the consideration of sport and play as one important baseline aspect.

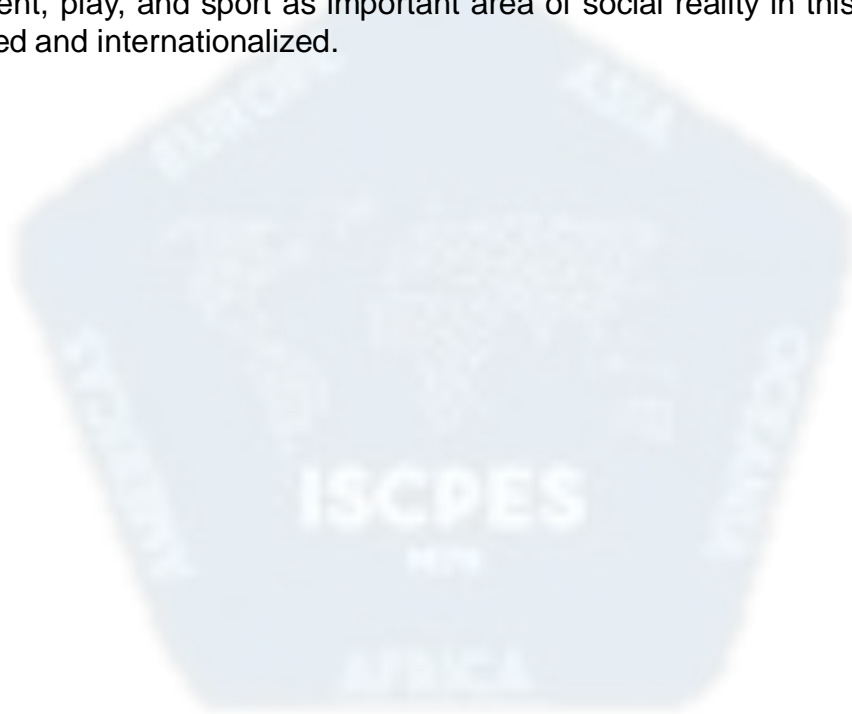
Services provided to members

The realization of the mission of ICSSPE through services is formulated in a summary statement, since this applies to “sport”, “sport-related professions” and “sport science”.

- ◆ International conferences, symposia, meetings, seminars etc.
- ◆ Opportunity for exchange of experts within and across the three major areas of activity of ICSSPE
- ◆ Support projects related to the three major areas, as single aspects or in combination
- ◆ Network for information gathering, storing and retrieving in regard to material (print, audio-visual, computer-based)

- ◆ Production of publications in line with the major mission. Consider in this regard the three major areas (Sport, Physical Education, Sport Science)
- ◆ Representation and cooperation with other organizations on the world level (UNO-UNESCO/WHO etc.), IOC, World Sport Federations (AGFIS, ANOC etc.)
- ◆ Promotion work through mass media

By considering the presented characteristics of ICSSPE as umbrella organisation the self-understanding and tasks of ISCPES can be seen more clearly. In doing so, it becomes clear that ISCPES has a large responsibility to develop movement, play, and sport in a good way, especially also considering comparative-international aspects. In this way authenticity can be reached with fairness to the wide social-cultural diversity in this world and at the same time shaping a solid content of movement, play, and sport as important area of social reality in this world, being more and more globalized and internationalized.





KEYNOTE SPEECH





Keynote Speaker 1

Dr. Selina Khoo Is the Associate Professor at the Centre for Sport and Exercise Sciences, University Malaya, Kuala Lumpur, Malaysia, Vice President of the Asian Society for Adapted Physical Education and Exercise (ASAPE) and member of the Women and Sports Committee of the Olympic Council of Malaysia.

→ Mental Health in University Students

The prevalence of mental health problems amongst university students remains a pressing and urgent issue, especially during the COVID-19 pandemic. Life as a university student can be filled with unpredictability, including constant changes to social groups and academic-related choices. This can ultimately cause a greater amount of stress and reduce social support, which are contributing factors to mental health problems. Students from low-middle income countries are vulnerable to stressors that differ from the general population and those from higher-income countries, thus, putting them at greater risk of mental health problems. This presentation will show data on mental health in university students from selected Asian countries and suggest strategies to improve mental health.





Keynote Speaker 2

Richard Bailey PhD FRSA at the Centre for Academic Partnerships and Engagement (CAPE) at the University of Nottingham Malaysia. He has been an expert advisor for UNESCO, OECD, and Nike.

Curriculum Hierarchy: Why do Physical Education and Sport Fall to the Bottom?

This presentation asks a perennial question: Why are physical education and sport typically designated as low-prestige, or even low-importance subjects in schools around the world? Evidence from successive world-wide surveys and reports suggest that these activities are generally regarded in both policy and practice as marginal to the main business of schooling. The presentation begins with an analysis of different potential candidates for explaining this phenomenon, including ontological presumptions about the relationship between mind and body, epistemological notions of knowledge and skills, and political pressures associated with educational achievement and high-stakes assessment. It goes on to introduce hot-off-the-press findings from an empirical study with Asian school teachers regarding their perceptions of the relative importance of different subject areas. Finally, the presentation asks two key questions. Should we worry about the marginal positions of physical education and sports in schools? And what are we going to do about it?



Keynote Speaker 3

Branislav Antala Comenius University in Bratislava, Faculty of Physical Education and Sports, Slovakia .He is FIEP World International Vice-president, FIEP – Europe president, ICSSPE Executive Board Member, Chair of International Committee of Sport Pedagogy.

FIEPS and its Participation on Selected Comparative Research Projects

International Federation of Physical and Sport Education (FIEPS) was founded in 1923 in Brussels. It is the oldest and largest international organisation which deals with Physical Education of all age categories, health and physical activities. It is an independent non-governmental organisation that unites institutions and individuals from more than 140 world countries. The Federation passed by evolution from FIGE (1923) by FIGL (1924) and FIEP (1953) to FIEPS (2021). FIEP General Assembly held online on 23th of October 2021 on the occasion of approaching 100th anniversary of organisation in 2023 modified the name of organisation from "Fédération Internationale d'Éducation Physique" to "Fédération Internationale d'Éducation Physique et Sportive" and abbreviation from FIEP to FIEPS. The Federation provides a network of contacts, means of communication and exchange amongst individuals and organizations. Since its origin FIEPS had a strong collaboration with UNESCO, ICSSPE, IOC and many other international sport and physical education organizations. It has 'Recognised Organization' status with the international Olympic Committee. One of its activities is participation on comparative research projects. During last period FIEPS was research partner in lot of different comparative studies. I would like to present the most important: 4th Worldwide Survey of Quality Physical Education (UNESCO + FIEPS), Survey on the Global Index of Quality Physical Education (ISCPES + FIEPS + IAPESGW + IFAPA) and Attitudes of Young Generation to Quality Physical Education (ICSSPE + FIEPS). FIEPS participated also on different global physical education special projects. I would like to present the most important: Designed to Move (ICSSPE), Brain Breaks (HOP Sports) and different Physical Education European Projects (ERASMUS +).



Keynote Speaker 4

Dr. Karin Volkwein-Caplan is a Professor at West Chester University, Pennsylvania, USA. She is the recipient of Trustees Achievement Award, Faculty Merit Awards for Scholarship, Teaching and Research, German Academic Exchange Program, Visiting Scholar to the University of Freiburg/Germany.

Healthy Ageing in the Global Pandemic

COVID-19 has altered our experiences over the last two years; it has put our life and the choices we make on a daily basis into a new light. I will reflect on these challenges in regards to healthy aging and what we each can do to contribute to our own aging process as well as the health of the planet. Physical activity and exercise have been proven to make people happy and healthy; those same things also make the planet healthy. The basic assumption for this lecture is that the well-being of the individual as well as that of the planet can be improved through a sustainable active life-style.

While social science, and in recent year's medical research, have addressed the importance of movement, the social and environmental factors that help promote physical activity and healthy aging have not been sufficiently addressed yet. Also the topics like the factors that lead to adherence in physical activity, and engaging in these activities in a sustainable manner, need to be researched into. The intersecting influences of personal circumstances and community, as well as the environmental support and constraints will be addressed in this lecture, - especially as they relate to the current global pandemic.



Keynote Speaker 5

Tiago Barbosa is a Professor of Sport Sciences – Biomechanics at the Polytechnic Institute of Bragança (IPB), Portugal Instituto Politécnico de Bragança, Bragança, Portugal. Presently serving as board member for the Portuguese Swimming Federation and Pro-President (Research and Innovation) at IPB.

Sport Sciences Training Offer in Europe and Asia: A Comparison between Portugal and Singapore

At the Research Centre in Sports, Health and Human Development, Vila Real, Portugal the landscape of the sport industry has been changing quickly in the past years. The changes led to the need of human resources capacity building according to the needs and wants of potential customers/consumers that the industry is catering. Also, it should be aligned with sport's mission and vision of each region and country. Such goals are only able to be achieved by having highly qualified human resources as collaborators at different sports organisations and levels (from grassroots and "sports for all" to elite and professional sports).

Today's sport landscape is influenced mostly by history and heritage, economics, demographics, education system, healthcare and tourism industries. These are the same underlying factors leading to several of the societal challenges we face nowadays. Thus, Higher Education Institutions should provide offers in sport sciences that train, upskill and reskill highly qualified human resources who will join the workforce, and aid the achievement of the mission and vision of a region or country, and help to tackle societal challenges. A good example to underpin this assertion is the similarities and dissimilarities of the sport landscapes in Europe and Asia.

The aim of the keynote address is to share the sport landscapes and sport science training offers in Portugal (Europe) and Singapore (Asia). It is elaborate on how the above mentioned underlying factors (history and heritage, economics, demographics, education system, healthcare and tourism industries) shaped the sport landscapes and hence, the differences in the type of offers in sport science to train, upskill and reskill highly qualified human resources in this field.



Keynote Speaker 6

Dr. G. Kishore is the Principal and Regional Director with the Sports Authority of India, LNCPE. He was also the Additional Director and Director of Sports and Youth Affairs, Government of Kerala and Secretary, Kerala Sports Council in different tenures on deputation from SAI. He was the syndicate member to the University of Kerala. He has been nominated to various important committees by the Government of India and Government of Kerala.

Impact and Relevance of Sports Culture and Tradition: An Indian Perspective

Ancient Indian rishies (sages) believed in “shareeram adyam khalu dharma sadhanam” which means a healthy body is definitely the best tool for performing one’s duties. The yoga and suryanamaskar are the purest and most sublime forms of physical exercise for tuning both body and the mind. Ancient Indian philology had a holistic approach of looking at body, mind and the intellect as a whole. as our forefathers” believed in the principle of a healthy mind resides only in a healthy body”. This school of thought had influenced their system of education, performing arts and leisure activities as well. The physical fitness and sports played an integral role in shaping this vibrant and dynamic culture of India. Under gurukula educational system of ancient India the children had to undergo vigorous training which included yoga, meditation, academics, self defense and even weapon training like sword fight and archery. Play time of rural youth of India includes games like Kabaddi, kilithattu etc involving quick movements which can be effectively used for sharpening reflexes of our athletes. Maipayattu of Kalarippayattu which is the oldest martial arts is very effective in developing reflexes as well as flexibility for exercising proper control over mind and muscles of athletes. Likewise kathakali is a vibrant classical dance form of Kerala also has similar potential. Formulation of a training programme dovetailing the essence of rural games and the Kalari Chikilsa (Traditional Sports Medicine) and Maipayattu of Kalarippayattu together with training imparted kathakali alongside yoga / suryanamaskar in an appropriate manner to suit the needs of various sports disciplines holds the potential of boosting the performance level of athletes with better control and coordination of mind and muscles without injuries and ailments. This is essentially a new concept of grooming sports persons aiming to produce a new generation of athletes with excellent control over their body and mind with an entirely new mind set for leading a cleaner and safer sports career free from doping and other evils plaguing sports arenas.



PANEL DISCUSSIONS



Panel -1

Rethinking the Ontology and Epistemology of Game-Based Approaches (GBAs)

Naoki Suzuki Tokyo Gakugei University, Japan (Moderator)

Naoki Suzuki was a chair of the Executive Committee of the 6th International Game Sense Conference. He has successfully managed it (<https://nmy-252612treebell.wixsite.com/gamesense>) in Japan. He contributed to the integration and development of a derivative teaching approach that is based on TGfU.

Presenters:

1. Dr. Richard Light is Professor Emeritus at The University of Canterbury, New Zealand. He has worked in Universities in Japan, France, the UK and Australia and New Zealand and is a leading international figure in the development of physical education and sport pedagogy with a focus on learner-centred, inquiry-based pedagogy.
2. Dr. Steve Mitchell has been at Kent State University in Ohio since 1992. He is the Associate Dean for Administrative Affairs and Graduate Education in the College of Education, Health and Human Services, and a Professor in Physical Education Teacher Education. Steve has been a member of the SHAPE America Board of Directors and a member of the Board of Examiners of the Council for the Accreditation of Educator Preparation (CAEP).
3. Dr Ash Casey is a senior lecturer (associate professor) in Physical Education Pedagogy. He is an expert in Models-based Practice, teacher professional development and technology use in physical education and leads the teacher education course in physical education at Loughborough University.

2022 will mark 40 years since Bunker and Thorp proposed the Teaching Games for Understanding (TGfU) in 1982. The underlying principles of the TGfU focus on the deep understanding of tactics and skills developed in the context of modified games. Through engagement in game play and discussion of questions facilitated by the teacher, the process allows students to think together about solutions to problems they experience in the game. Learning is located in games rather than teaching skills through repetitive practice outside the game. It has been called the Game-centered approach (GCA) or Game-Based Approach (GBA). However, in 2021, the TGfU Special Interest Group officially announced that it would unify these two approaches into the Game-Based Approach.

GBA is becoming a common approach to teaching worldwide, but there is still some confusion about it. It seems to be caused by the lack of learning outcomes and their authentic assessment concerning learning contents for teaching and coaching purposes. Therefore, in this panel, we would like to provide an opportunity to rethink the ontology and epistemology of GBAs.

We have invited some of the most well-known researchers in the world to share their research results with us. In the panel, we will have presentations from four leading researchers in the field of game instruction in order to have the audience understand GBAs, essentially contemplate their use, and have a specific direction for their use. Dr. Naoki Suzuki is working on the study of learning assessment in games. He will provide an overview of GBA actual teaching. He will also talk about learning outcomes and assessment for GBAs.

Panel -1

Rethinking the Ontology and Epistemology of Game-Based Approaches (GBAs)

It should be assumed that the audience can understand what a Game-Based Approach is and think the ontology and epistemology of GBAs. With that in mind, we will examine the epistemology and ontology of GBA, focusing on the context in which the various derivative approaches to teaching GBAs have emerged. Prof Richard Light is a leading researcher on Game Sense, one of the GBAs. He will present what makes Game Sense different from other Approaches and why such an approach was created. Dr. Steve Mitchell is also a leading researcher of the Tactical Games Model, one of the GBAs. He will talk about why TGM was created in the U.S. and how such an approach was constructed. We want to provide an opportunity to think about the ontology and epistemology of GBA using these two presentations as clues. Dr. Ashley Casey is working on the study of the Professional Development of teachers. He will present his research findings on the role of teachers and coaches and their professional development needed to utilize GBAs in physical education. He will also address the ontology and epistemology of GBA for teachers and coaches in the context of it.

1. Actual Teaching and Assessment in Game Unit
2. Game-Based Approaches: the Adaptations in the USA
3. Game Senses in the GBAs
4. Professional Development for Teachers to Incorporate the GBAs

Through these presentations, the purpose of this panel is to think about how games should be taught in physical education in the coming era and provide a direction for this.

KEYWORDS:

Game-Based Approach (GBA); Teaching; Assessment; Professional Development



Panel -2

Women, Physical Education and Sport from an International Perspective in Ibero-America

María Dolores González-Rivera. – SPAIN (Moderator)

María Dolores González holds a PhD from University of Valencia (Spain), a Master's Degree in University Teaching at University of Alcalá (Spain), a Bachelor's Degree in Physical Activity and Sport Science at University of Valencia (Spain), and Bachelor's Degree in Primary Education, Specialized in Physical Education at University of Alicante (Spain). She is professor in the Faculty of Medicine and Sport Science, Department of Biomedical Sciences at University of Alcalá (Madrid, Spain). Currently she serves on the Executive Board of IAPESGW. Her teaching focus is Physical Education teaching and sport management. . Her research interests include sport and employment, gender and sport, and physical education teaching. She has published over 70 scientific articles, 15 book chapters, 1 book and over 70 papers in international congresses. Furthermore, she has participated in eight research projects and she has participated in 6 Teaching Innovation Projects, in which in two of them she has been coordinator and has obtained four Teaching Innovation Awards from the University of Alcalá within the teaching innovation groups in which she has participated.

Presenters:

1. María Beatriz Rocha Ferreira (Brazil) is a Ph.D. in Anthropology at the University of Texas in Austin, master in Physical Education at the University of São Paulo. She developed her carrier at Faculty of Physical Education and the Laboratory of Journalism at the State University of Campinas. She is a Visiting Professor at the University of Leuven in Belgium, State University of Paraná and Federal University of Grande Dourados and also Researcher in the NGIME - Federal University of Juiz de Fora. She is a Board member of the IAPESGW, ICSSPE, the Kamuri - Indigenismo and the Agita São Paulo Program. Her Research and publications are related with society and culture emphasizing ancestral games, ethnosports, figuration, power, gender and indigenous peoples.
2. Eliana Lucia Ferreira (Brazil) is a Full professor in the Faculty of Physical Education at the Federal University of Juiz de Fora UFJF and professor of the Graduate Program in Education. She has management experiences in the areas of Accessibility and Long Distance Education, coordination of Special Education Pedagogical Policy at the Secretariat of Continuing Education, Literacy, Diversity and Inclusion - SECADI / Ministry of Education and Culture. She is currently; President of the Latin American Association of Sport, Physical Education and Dance Sciences (ALCIDED) and affiliated with the International Association of Physical Education and Sport for Girls and Women (IAPESGW) and the International Council for Sport Science and Physical Education (ICSSPE).
3. Miguel Cornejo A. (Chile) is a Professor at the Department of Education Physics of the Faculty of Education Universidad de Concepción, Past President Latin American Association for Sociocultural Studies of the Sports ALESDE, member of the Chilean Olympic Academy, Coordinator of the Group of Olympic and Social Studies of the University of Concepción, member of various scientific committees. Researcher at sociological studies of sport, gender, culture.

Panel -2

Women, Physical Education and Sport from an International Perspective in Ibero-America

4. Dr. Natasha Valentina Uribe, (Chile) Professor of the Pedagogy in Physical Education career at the Faculty of Pedagogy of the Autonomous University of Chile, member of the EFISAL and EDUFISADRED research group, researcher in biomechanics, physical education, motor skills, gender and inclusion
5. María Antonieta Ozols Rosales (Costa Rica) is a Professor at the University of Costa Rica in Turrialba. She is the Founder and coordinator of the Health Promotion Project in People with neurological problems. She teaches courses in adapted physical activity, recreation, prescription health and disease research projects aimed at undergraduate and master's degrees related to adaptation of activities .Her academic publications are related to adapted physical activity for children, youth and adults, exercise prescription for people with disabilities and others and sports for children with disabilities.
6. María Antonieta Corrales Araya (Costa Rica) had her Masters in Integral Health and human movement with specialization in Creative Movement, a professor at the National University of Costa Rica for 30 years. She has worked in research and university extension. She has researched in motor skills, motor development, and sport psychology. Her researches are based on motor skills and motor learning disability. She has taught courses in aquatic skills, creative movement, movements and basic rhythms, rhythmic gymnastics and motor learning, motor development, recreation rhythmic gymnastics, curriculum and didactic, statistics and research.
7. Noelia Álvarez-Llargo (Spain) is a PhD Scholar at the Alcalá University (Madrid). Currently, she is researching about resilience and physical activity; teaching and women in sports. She was invited as a teacher assistant in Francisco de Vitoria University (Madrid) where she developed program: "Self-leadership and Inspiring Leadership" She won the third edition of the competition called "Social Postgraduate" which was organized by Francisco de Vitoria University considering her research about physical activity, resilience and anxiety in terrorism victims got the first prize. Furthermore, she participated in training actions for teachers in Finland which were organized by the "Origami Association: Learning and Development".
8. Jhoanna Ruiz-Garcia (Venezuela) has her Master's in educational Management UPEL, Maracay. Doctor of Education UPEL- Maracay, Venezuela. She has been an English teacher in secondary education and College (2006-2018). She is certified for teaching English to students of other languages (CELTA) with the British Council Venezuela. Also the Regional coordinator with the Ministry of Education at the Micromision Simon Rodriguez (MMSR) in Aragua state, secondary school teacher training program. She Participated in the Venezuela Research Program (PEII) was a member of the Territorial Research Center at UPT Aragua. She participated in the creation of the syllabus of the PNF Foreign Language English of the MMSR. Currently advisor in the PNFA Doctorate level English and Spanish teacher and volleyball Coach in Secondary Education in the United States

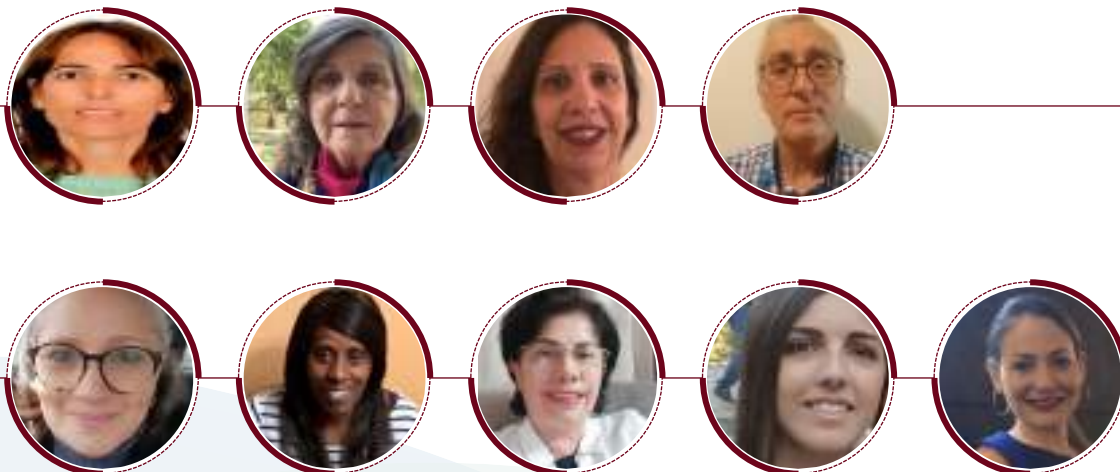
Panel -2

Women, Physical Education and Sport from an International Perspective in Ibero-America

The purpose of this panel of experts is to introduce the book *Women, Physical Education and Sport in Ibero-America* [Mujer, Educación Física y Deporte en Iberoamérica], which is currently being edited. The international experts of this panel shows the status of women in physical education and in physical activity and sport (PAS) in different Ibero-American countries, specifically in Brazil, Chile, Costa Rica, Spain and Venezuela. In this way, it offers a research-based view of each country and its culture and focuses on gender equality and the lives of girls and women, their challenges and successes in PAS.

The Ibero-American countries have made progress in terms of gender equality and sport, although this progress varies from country to country. However, in all of them there are still barriers to access to the practice of physical activity and sport for girls and women, confirming the existence of a male dominance in all spheres of physical activity and sport: sports management, employment, high performance, PAS practice, physical education, school sport, training of physical education teachers and PFA professionals.

Therefore, it is essential to continue with research that deepens into this reality and disseminate it in order to continue advancing towards the visualization of women and achieve effective gender equality in sport. This favours the establishment of channels for improvement through the transfer of results, in such a way that they are integrated into political agendas, becoming effective intervention programs in all areas of PAS.



Panel -3

Quality Physical Education (QPE) – The Research, Findings and Inspiration for the QPE Study from 2010 to present

Walter Ho University of Macau – China (Moderator)

He was the President of the International Society for Comparative Physical Education and Sport (ISCPES) from 2008 – 2016 and Vice-President in education of the International Council of Sport Science and Physical Education (ICSSPE) from 2009 – 2016. Most importantly, his unique contribution to the field of QPE made him a leading researcher for advancing the UNESCO's conceptualization of 'quality physical education' globally. Besides, he served as the Principal Investigator for QPE since 2010 to present. In this project he meticulously coordinates several tasks such as strategic planning, program arrangement, progress in research and analytical development of the QPE study and allocating funding sources. Walter expects to share the developmental process of the QPE research, issues of concerns and the different scenarios for quality development of PE.

Presenters:

1. Dr. Dilsad Ahmed has served as postdoctoral fellow in University of Macau, Macau and the University of Alberta, Canada, and was a visiting scholar at the Korea Institute of Sports Science, South Korea. During his works in Macau SAR and Canada, he participated in the research project on children's health development. His research interest focused on the area of Quality Physical Education (QPE), psychosocial dimensions of physical activity, and psychometrics. He is also the long-serving and core member of the QPE research team. He is an expert in the QPE tool development, perceptual analysis of QPE by professionals and policy development in countries. Dilsad is invited to share the works on tool development and methodology in QPE research in this Panel Session.
2. Dr. Klaudia Kukurová served as Post-doctoral fellow in University of Macau for the project of Living in Motion 1-2-3 from 2018 to 2021. Klaudia is an Assistant Professor in the Faculty of Physical Education and Sport at the Comenius University in Bratislava, Slovakia. She is one of the core members in QPE research project. She is the expert in the continental study, performances in QPE development and policy analysis. Klaudia is invited to share the overall work and performances of QPE in continents and cities in this Panel Session.
3. Cherry Liu completed her PhD study in 2021. Her interest of research is in physical education, fitness and health development in youth and policy analysis. She has published in related areas in local and overseas journals and also contributed to editing books. Cherry has been involved in the research works of Quality Physical Education (QPE) since 2016. She is an active member and familiar with the data collecting works. She attempts to train herself into expert in policy development of QPE and regional analysis. Cherry is invited to share the cases of policy development for QPE in 16 countries in Asia in this Panel Session.

Panel -3

Quality Physical Education (QPE) – The Research, Findings and Inspiration for the QPE Study from 2010 to present

4. Jessie Hu had her doctoral program in Macau with the research in Quality Physical Education (QPE) and Promotion of Active Lifestyle Development in children and youth. Jessie has been involved with QPE project since 2015. She worked as research assistant dealing with data collection and analysis. During these few years of development, she trained herself as an expert in policy development in QPE and analytical works with the socio-ecological model. Jessie is invited to share the cases of QPE development in China and possible improvement for effective success.
5. Jennie Xie was into the events industry to work as an event planner and project manager to gain practical experience (especially in public physical activities). She took Master of Philosophy in Physical Education and Sport Studies in 2020 her research interests focus on sport behaviour development, issues in exercise psychology and sports event management. She has engaged in the works of Quality Physical Education in 2020 and is actively involved in the research project in questionnaire design, data collection, and related analytical works. She endeavours to become an expert in policy analysis, effective QPE development, and sports event management. Currently, two papers are under her charge to be in reviewing. Jennie is invited to share the QPE development in Mindanao as one case of cities analysis.

The United Nation Education, Science and Culture Organization (UNESCO) initiated the International Charter of Physical Education and Sport in 1978. As a follow up, member nations of UNESCO implemented different policies to achieve the quality aspects of physical education (PE) in schools. However, the UNESCO's World-wide School PE Survey conducted in 2013 indicated a different picture of success between nations. This observation triggered curiosity among stakeholders for investigating antecedents of success and strategies for developing QPE. In 2009, the representatives from the four international associations namely ISCPES, FIEP, AIFAP and IAPESGW met in Brisbane and had discussion of the issues in Quality Physical Education (QPE). There was the suggestion to conduct the QPE study in 2010. The project was then assisted by the team from Macau and different phases were initiated for this investigation. The phase which initiated in 2010 focused on the collection of statements in QPE. The team was able to collect responses from 436 professionals spanning from 44 countries. The next step focused on the garnered responses and these statements were scanned to potential items that were suitable to the QPE study. As such, 105 statements were identified in the initial scanning. Following the two-stage content-validity process, items were trimmed down to 65 items underlying 8 dimensions. These 65 items served as the foundation for the next questionnaire survey in late 2014. In this survey N=1669 responses were collected from PE professionals in 24 countries. Furthermore, data from three continents were analysed using exploratory factor analysis (EFA). During the analytical process, a few items were detained due to low factor loading. As such the questionnaire survey helped to finalize the 48 items with dimensions that were excellent with good psychometric properties and fit for research. With this understanding, the team in Macau decided to initiate the project of 'Global Index of QPE (GIQPE)' in late 2019. The project's overarching aim is to design a questionnaire to comprehend the development of QPE development in nations and continents. The project also aims to facilitate discussion of strategies to achieve success in QPE and barriers that limit its advocacy.

Panel -3

Quality Physical Education (QPE) – The Research, Findings and Inspiration for the QPE Study from 2010 to present

The items consisting in the GIQPE questionnaire is identical to the findings in 2015. With the great help from different partners, it is successful to have the responses from 5911 professionals spanning from 87 cities. These numbers include all the returns from cities with sufficient number of responds for data analysis and places with few returns but will be good to serve as references in the study. Collection of data has been concluded recently, however, our team makes a few invitations in Asia and Africa to follow the data collection as extra information may help in advancing closer observation of strategies that have intrinsic value to this research work. Nevertheless, the data that are currently available helps to develop a very good data pool for analytical works in cities, nations, continents and between regions. This Panel Session on QPE study invites members from the research team in Macau to share the following issues.

1. The developmental process of QPE Research from 2010 to 2021 and beyond
2. The research tool development for QPE study and methodology for QPE research
3. The GIQPE Study – the overall work and performances of QPE in continents and cities
4. Cases Report on QPE development
5. QPE study – the issues, scenario and future strategies in investigation

The sharing in this Panel Session expects to help academics, professionals and planners who are interested in the quality works of PE in school to explore the QPE issue from different perspectives. There is the hope that you will find it valuable and engage as a member in the coming research works.

KEYWORDS:

Quality Physical Education (QPE); Tool Development for QPE Research; Continental Performance; Strategies of QPE





ORAL PRESENTATIONS



Perceptions about the Mexican strategy for Quality Physical Education: pilot study

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This study presents an analysis of the opinions of some of the experts who were responsible for developing the proposal towards a national strategy for the provision of quality physical education in Mexico; the latest is part of the pilot studies for Quality Physical Education supported by UNESCO conducted in 2017 and published in 2018. The objective of this paper is to analyse, what has been the follow-up of such strategy in the following years; the data was collected in 2020. It is a qualitative study in which we have interviewed 10 physical education professionals from public and private entities in Mexico who were members of the team that worked in the proposal; besides 4 UNESCO reviewers were also interviewed. The results show that there is similarity among the answers of the respondents regarding the lack of follow-up to the policies for quality physical education in Mexico. It is necessary for the government to commit and participate with the educational authorities, health sector and private companies to support and contribute with the implementation of these strategies; in addition they also need to have a body to follow up on the fulfilment of the established indicators and goals. The research covers an implicit problem in the area of public policies aimed at decision-making, communication and the importance of quality physical education.

KEYWORDS:

Perception, Strategy, Quality Physical Education, UNESCO Pilot Study.

Quality Physical Education from the Perspective of Teaching Practice in Mexico

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The purpose of the study was to examine the psychometric properties and factorial structure of the Quality Physical Education Questionnaire (Ho et al., 2018) that was translated and adapted to Spanish and the Mexican context, as well as to compare the factors according to the teacher's sex, age, level and educational system. A quantitative study with an instrumental design is presented. A total of 763 Physical Education teachers from Mexico with age range 19 to 71 years ($M = 37.89 \pm 11.18$) participated; where 31.7% are female and 68.3% male. The 59.4% work in schools belonging to the federal system, 33.9% to the state system and 6.7% work in private schools. The Quality Physical Education survey was translated and adapted to Spanish and the Mexican context. It is composed of 50 items that are answered on a scale ranging from 0 "not fully achieved" to 10 "fully achieved". Exploratory factor analysis (EFA) was performed using the Kaiser-Meyer Olkin correlation matrix KMO (.97) and Bartlett's test of sphericity (χ^2 $x2=$ 30645.936 and $gl = 990$) obtaining six factors and the reduction to 46 items. The confirmatory factor analysis (CFA) showed good internal consistency and inter-factor correlations (χ^2 / $gl = 2.98$, NNFI = .98, CFI = .98 and RMSEA = .07), as well as when divided by gender, level and educational system. The comparison of the factors shows significant differences ($p < .05$) by gender, age, level and educational system. The instrument and has good psychometric properties to assess Quality Physical Education from the perspective of teaching practice in the Mexican context. Due to its characteristics, it could be used in other Spanish-speaking countries since its wording, terminology and contents are adapted to the context

KEYWORDS:

Physical Education, Validation of scale, Quality in Education, Educational policies, teaching practice

Effect of Proprioceptive Training on Golf Swing Hitting Effect

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Effect of proprioceptive training on golf swing hitting effect purpose of research: In recent years, proprioceptive training has gradually been applied in more sports programs, and golf is no exception, as more and more participants integrate proprioceptive training into the basic training by referring to the literature of CNKI, Wanfang database and other websites, it is found that scholars have studied the effect of golf full swing through experiments under the intervention of other training such as stability training in the core area, and the results have a positive impact. However, there are relatively few studies on proprioceptive training in golf. In this paper, the relationship between proprioception training and golf full swing is studied. Research methods: This paper used proprioceptive training to intervene the golf students in 2020, and analysed and compared the obtained experimental data. Before the experiment, the proprioceptive stability index and the golf full swing effect index of the experimental group and the control group were tested and screened. The students who met the experimental requirements were grouped according to the average value. Students in the control group conducted routine teaching training, and the experimental group students conducted proprioceptive stability training combined with routine teaching training. Differential comparative analysis of the data obtained between the experimental and control groups. Research results and conclusion 1. After proprioception training intervention, the experimental group before and after the experiment, there were significant statistical differences in hitting distance (226.12 ± 13.97), swing time (1.41 ± 0.11), full swing initial speed (140.81 ± 11.68), and hitting track (136.56 ± 12.86).

Effect of Asanas on Static Balance of Sedentary Women

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Background: Balance is one of the important fitness components which play not only a vital role for a sports person but also for a sedentary person. Yogic practices are one of the very easy modes of keeping fitness for all.

Objective: The objective of the study was to find out the “Effect of asanas on static balance of sedentary women”.

Methods: For the purpose of the study sixty sedentary women were selected purposively from Bolpur, Birbhum, West Bengal as the subject. They were categorized into two age groups of 30 to 40 years (n-30) and 41 to 50 years (n-30). Each age groups were also divided into two-experimental group (n-15) and control group (n-15). Static balance was selected as the variable for the study. Eight weeks training of the selected asanas were given to the experimental groups of both 30-40 years and 41 to 50 years age groups of sedentary women. Pre-test and post-test data of both the two experimental groups and two control groups were taken by using stork stand test. To find out the effect of asanas on static balance of sedentary women, descriptive statistics, Analysis of Co-variance (ANCOVA) and LSD post-hoc test were used. The level of significance was set at 0.05 levels.

Result: The result revealed that the asanas have significant effect on static balance of both the age of 30-40 years group (F-11.991) and 41-50 years group (F-26.291) of sedentary women.

Conclusion: On the basis of the result, it was concluded that asanas have significant effect on static balance of sedentary women.

KEYWORDS:

Asana, Static Balance, Sedentary Women

Predicting Location of Center of Gravity while performing 4th Pose (Aswasanchalan) of Surya Namaskar

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The paper intends scientific pattern of predicting location of centre of gravity of 4th pose of Surya Namaskar. For this purpose 30 female students whose age ranged between 12-14 were selected as subject to perform Surya Namaskar. In this paper fourth asana was considered for study. With the help of videography (Nikon D100 DSLR camera) and Kinovea 9.4 version software analysis was carried out. SPSS software was used for statistical output. Four independent variables like right hip, right ankle, right elbow and right wrist were considered as independent variable while centre of gravity was taken as the dependent variable. In total, four regression models were found significant in which 4th model was found most significant with 73.3% of variability.



Static Flexibility and Static Balance between State Level Kabaddi and Kho-Kho Players

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Sports science is a discipline that studies how the healthy human body works during exercise, and how sport and physical activity promote health and performance from cellular to whole body perspectives. Physical education programs are recognizing the academic benefits of quality fitness programs. With the opportunity to help turn around declining fitness in children, schools and PE curriculum programs have made drastic changes; team sports and fun activities that were once the norm are being elbowed out by more intense and direct physical activity focusing on overall health. Static flexibility is the ability to assume and maintain extended positions using only the tension of the agonists and synergists while the antagonists are being stretched. Static balance is the ability to maintain one's balance when not moving. It is also defined as being able to hold a certain position without moving. The present study was conducted to assess the static flexibility and static balance between state level kabaddi and kho-kho players. Thirty male players, 15 kabaddi and 15 kho-kho players selected as subjects. And the age range of 15-20 years. The data was collected from university of Calicut, Thenhipalam, Kerala. To administrate the static hip flexibility and shoulder flexibility a goniometer was used. Many researches had proven the validity and reliability of this test method to find out the flexibility. With the availability of instruments and the relevance of the variables of the present study, the dependent variables- Flexibility and Balance, were selected. All the selected instruments contain internationally accepted standard marks and are highly reliable. The score are computed by descriptive statistics and 't' ratio for finding the significant difference among kabaddi and kho-kho players. In this entire statistical test the level of significance was fixed at 0.05 levels. Based on the study I concluded that the results indicate that, the P value of Static balance and static flexibility among kabaddi and kho-kho players is 0.733 and 0.13706 respectively. There is no significant different between the groups.

KEYWORDS:

Static Flexibility, Static Balance, Kabaddi and Kho-Kho.

An Instrument Development for Measuring Middle-School Students' Physical Literacy: Exploratory Factor

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Physical inactivity has been dramatically increasing around the world (Dumith et al. 2011). Approximately, eight in ten adolescents in the population do not have an adequate participation in physical activity for promoting good health globally (Guthold et al. 2020). The higher level of physical inactivity has reduced the level of individual's quality of life, while it has also been challenging to public health care systems (Pengpid et al. 2015; Warburton et al. 2006). Physical Literacy (PL) has been theorized for promoting life-long participation in physical activity (Cairney et al., 2016; Whitehead, 2010), and it has been adopted by various counties as a desired goal of physical education (Robinson & Randall, 2017). The purpose of this study is to develop a PL instrument that can be used to measure a level of adolescents' PL to offer information that might be needed to assist with planning for countering the negative effects of physical inactivity. A cross-sectional survey design was implemented, and this study included 137 participants. The R package of the psych developed by Revelle (2021) was used to conduct Exploratory Factor Analysis to examine the underlying patterns of the instrument. The finding of this study indicated a four-factor solution that could explain a total of 63% variance. In addition, the goodness-of-fit indices of the four-factor solution indicated an accepted model fit (RMSEA = 0.064, 90% IC [0.049, 0.081], RMSR = 0.04, TLI = 0.929, CFI = 0.955). Moreover, the four-factor

EFA model indicated positive relationships among the four factors. The PL instrument may be a useful tool for measuring the levels of PL for middle-school students to offer significant information to assist with planning a physical education curriculum or programs to promote a healthy lifestyle among middle- school students. Moreover, the findings of the study may contribute new knowledge to the literature on PL in the field of social sciences.

Effect of Dynamic Stretching Exercise on Speed, Strength and Agility of Football Players

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Stretching is a form of physical exercise in which a specific muscle or tendon (or muscle group) is deliberately stretched in order to improve the muscle's felt elasticity and achieve comfortable muscle tone. The result is a feeling of increased muscle control, flexibility, and range of motion. Stretching is also used therapeutically to alleviate cramps. The purpose of the study was to determine an effect of dynamic stretching exercises on speed, strength and agility in football players. The subjects of the study were N-20 junior state level football players between aged of 15 to 17 years from Thiruvananthapuram. Regular static stretching exercise doing subjects were randomly selected to experimental group. One of the most common things that individuals are instructed to do prior to exercise is to "warm-up". A regular warm-up usually consists of three components: aerobic exercise, stretching, and a rehearsal of the movements that will be used in the subsequent training exercise or sports competition. Stretching is often utilized for a wide variety of populations to be an essential part of a warm-up. The experimental group were undergone dynamic stretching warm-up protocol for eight weeks. The data were collected by pre and post-tests. Speed, Strength and Agility were the variables selected for the study. The motor abilities are tested through SPARQ (4 items were selected). The test items were body mass index, speed, agility, strength. To determine the difference in the motor abilities of this group paired t-test and descriptive statistics were employed for each variable with SPSS-16 software package of windows. Levels of significance chosen were $P < 0.05$ and $P < 0.01$. Within the limitations of the present study and on the basis of findings, the following conclusions were drawn. It was concluded that there is no significant difference in Body mass index of dynamic stretching exercises. It was concluded that there is a significant difference in Speed of players undergoing dynamic stretching exercises. It was concluded that there is a significant difference in Agility of players undergoing dynamic stretching exercises. It was concluded that there is a significant difference in Strength of players undergoing dynamic stretching exercises.

KEYWORDS:

Dynamic, Static, Stretching, Speed, Agility, Strength

Varied Phases of Kinematic Variables and Long Jump Performance among Elite Long Jumpers- A Correlation Study

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The objective of the study was to find out the relationship of selected kinematic variables of long jump performances. Four elite male long jumpers were selected as the subjects through purposive sampling method. Their ages ranged from 18 to 25 years. Kinematic variables such as approach speed, speed of last ten meters, length of last three steps, takeoff time, takeoff knee angle, takeoff ankle angle, flight time were selected as the variables. This study focused on the seven objectives viz to find out the relationship of approach speed, speed of last ten meters, length of last three steps, takeoff time, takeoff knee angle, takeoff angle (ankle) and flight time on Inter Long jump performances and also to find out the relationship of approach speed, speed of last ten meters, length of last three steps, takeoff time, takeoff knee angle, takeoff angle (ankle) and flight time on intra long jump performances. The study was hypothesised that there would be a significant relationship of inter and intra individual selected kinematic variables of Elite Long Jumpers. Sony Handy cam HDR-CX130E, with a frame rate of 50 frames per second camera was used in the study. Kinovea 2D analysis software version 8.15 was used to analyze the video recordings for obtaining kinematic variables. The data collected from four elite long jumpers were analyzed using Pearson Product Moment Correlation and Descriptive statistics. SPSS version 20 was used to analyze the data. Based on the analysis of data and findings, the study concluded that there was a significant relationship of all kinematic variables in relation with long with performances.

KEYWORDS:

Long jump, performance, Speed, flight time, angle, Inter, Intra, Kinetic

Development of an Investigation Tool for Youth Physical Education Learning

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In the late 1990s and early this century, Chinese government began to implement quality education. In 2016 Chinese government began to focus on the development of core literacy for young people. However, as the new curriculum standards are programmatic documents, the assessment content needs to be concretely implemented. In addition, there are still some problems with the assessment of Chinese youths' physical education learning, including

1. In physical education, they pay attention to the completion of teaching tasks and ignore the cultivation of students' future development.
2. Physical education learning assessment focuses on examining young people's mastery of motor knowledge and skills, ignoring the differences between individuals.
3. The assessment standards are unified and not flexible enough, which is not conducive to students' overall physical and mental development and the cultivation of their personalities.

Purpose: This study purpose to develop a diverse and effective youth physical education learning investigation tool based on Quality Physical Education policy theory. The purpose of this study is to provide a comprehensive picture of students' physical education learning and fill in the gaps for constructing a physical education learning assessment system.

Method: In this study, a questionnaire was conducted on 746 sophomore students (M: 220 F: 526) with a mean age of 19.18 years (SD: ± 0.72) in nine universities in Chongqing, China. The items for the questionnaire were generated based on the UNESCO Policy on Quality Physical Education and Dr Walter's previous study. The content validity of the questionnaire was tested by five experts from China and one expert from overseas. Result: In this study, SPSS28 software was used for exploratory factor analysis (KMO: 0.935, p : 0.000), and the factors were extracted by the maximum likelihood method and oblique rotation. The items with loading less than 0.5 were excluded, and a total of 10 factors and 34 items were retained. This study conducted validation factor analysis using AMOS26 software, showing that the investigation tool had good convergent and discriminate validity. Model fit indexes are: $2/DF=2.584$, $GFI=0.891$, $RMSEA=0.046$, $NFI=0.933$, $IFI=0.958$, $CFI=0.958$ indicating a good theoretical model fit of this investigation tool for youth physical education and learning. The 10 factors include: Motor skills and knowledge (= 0.894, CR= 0.900, AVE = 0.753), Equitable opportunities in PE (= 0.914, CR = 0.917, AVE = 0.736), National physical education policy implementation (= 0.846, CR = 0.848, AVE = 0.652), Motor self-efficacy (= 0.828, CR = 0.837, AVE = 0.636), Interpersonal in PE (= 0.906, CR= 0.908, AVE= 0.768), Negative attitude in PE (= 0.844, CR = 0.844, AVE = 0.577), Physical activity behavior after PE class(= 0.833, CR = 0.838, AVE = 0.633), Personal needs in PE (= 0.921, CR = 0.921, AVE = 0.746), University physical education environment (= 0.867, CR = 0.867, AVE = 0.620), Physical exercise habits (= 0.885, CR = 0.874, AVE = 0.698).

Experimental Study on the Effect of “8 / 2 Repeater” Training Method on the Forearm Endurance of Rock Climbers

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Combined with the special characteristics of rock climbing, this paper innovates a set of "8/2 repeater" training method suitable for rock climbers. It simulates the alternating sequence and time of grasping and relaxation during climbing, continuously climbs multiple difficulties slightly lower than the limitability, and carries out a 12 week exercise intervention experiment, aiming to provide a training scheme for the forearm endurance of difficult rock climbing, improve the strength and endurance of rock climbers, promote the improvement of difficult rock climbing performance and verify the effectiveness of "8 / 2 repeater" training method.

Research methods: In this paper, 16 athletes of Tianjin rock climbing team were divided into experimental group (8 athletes) and control group (8 athletes). Through BTE Primus RS simulation function test evaluation training system, the subjects were tested before the experiment. After 12 weeks of "8/2 repeater" training method, the subjects were tested after the experiment. The experimental data were collected and analyzed by SPSS20.0 statistical software and EXCEL. The data before and after the experiment were compared by independent sample-test.

Research results and conclusion:

On Comparison before and after the experiment, the P values of two indicators in the experimental group were less than 0.05, namely, grip strength ($P = 0.000$)

African Governances in Long Distance Events of Track and Field in Olympics and World Championship

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The objective of the study was to find out the African Governances in long distance events of track and Field in Olympics and World Championships. This study limits with Long distance running includes 5000m, 10000m and Marathon. The top eight finalists of major competitions viz Olympics and World championships were taken into concern for this study. The data were composed from the database of the Olympics and world Athletics. The top eight finalists participating countries in long distance events of Olympics and World championships since 1896 to 2020 Olympics and from 1983 to 2019 for men and 1995 to 2019 for women in world championships were considered. Both Men and women finalist contributions were taken in to an account. The data collected for this study were through secondary sources and the census sampling was considered for collecting data. In order to find the influence of African continents of these two competitions Olympics and world championships, descriptive statistics were employed by Excel 2016 statistical tool packages. Based on the findings, the study concluded that African continent significantly dominates in Long distance events of track and field in both category of Olympics and World championships.

KEYWORDS:

Governance, Performance, Olympics, World Championships, Long distance

Dominance of Different Continents in Sprinting Events of Track and Field in Olympics and World Championships

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The purpose of the study was to find out the Dominance of different continents in Sprinting events of Olympics and world championships. The sprinting event includes 100m, 200m, 400m, 100m Hurdles, 110 m hurdles and two relays viz 4X100m relay and 4X400m relay. The top eight finalists of elite competitions such as Olympics and World championships were taken into consideration for this study. The data were collected from the database of the Olympics and world Athletics. The top eight finalists participating countries in sprinting events of Olympics and World championships since 1896 to 2020 Olympics and from 1983 to 2019 world championships were considered. Both Men and women finalist contributions were taken into an account. The data collected for this study were through secondary sources and the census sampling was considered for collecting data. In order to find the dominance of various continents of these two competitions Olympics and world championships, descriptive statistics were employed by Excel 2016 statistical tool packages. The results of the study showed that North American continent significantly dominates the sprinting events in both category of Olympics and World championships.

KEYWORDS:

Dominance, Performance, Olympics, World Championships, Sprint, Continents

A Comparative Study on the Development of Quality Physical Education (QPE) across Taiwan Strait

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Based on theory of Quality Physical Education (QPE) and the starting point of Survey on the Global Index of Quality Physical Education Development, the status quo of quality physical education in major cities across the Taiwan Strait is investigated.

Research Method: The method of questionnaire survey was adopted in this research as 428 Physical Education professionals were surveyed from 8 cities across the Taiwan Strait, including Fuzhou (n = 92), Xiamen (n = 81), Taipei (n = 79), Shanghai (n = 36), Suzhou (n = 43), Beijing (n = 86) and Tianjin (n = 90). The quality physical education in 8 cities was analyzed from 8 dimensions including Skill Development and Bodily Awareness (SDBA), Facilities and Norms in Physical Education (FNPE), Quality Teaching of Physical Education (QTPE), Plans for Feasibility and Accessibility of Physical Education (PFAPE), Social Norms and Cultural Practice (SNCP), Governmental Input for Quality Physical Education (GIQPE), Cognitive Skill Development (CSD) and Habituated Behavior in Physical Activities (HBPA).

Research Results:

1. In terms of PFAPE, Xiamen is less than Taipei and Fuzhou. Taipei and Fuzhou are better than Xiamen in frequent international and inter-city collaborative plans between institutes.
2. The GIQPE of Fuzhou is higher than that of Taipei and Xiamen. In particular, the following aspects have been ensured well: the cooperative relationship between physical education curriculum works in international agencies, the implementation of physical education in equalizing city's education system, the qualification training of physical education workers, the policy support in physical education as one of children's rights and effectiveness of school physical education curriculum.
3. Compared with other cities, Suzhou has "positive advantage" in the 8 dimensions. The pair wise comparison between Suzhou and other cities shows that Suzhou is better than Taipei in other dimensions except FNPE and PFAPE. Suzhou is superior in SDBA, FNPE, PFAPE and GIQPE than Fuzhou. Suzhou is better in SDBA, PFAPE and GIQPE than Xiamen, but not in the other five aspects.

Research Conclusion:

Suzhou has "positive advantage" in 8 dimensions compared with other major cities across the Taiwan Strait; especially an obvious gap between SDBA and GIQPE exists in major cities across the Taiwan Strait

Kinematic Analysis of National Sprinters

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The objective of the study was to analyze the temporal and kinematic variables of 100m performance of National athletes. Sprinting is fundamentally a high-intensity activity. Sprint performance is the quick execution of cyclical running movements at full speed over a short period of time and it is the length of a stride and the stride frequency which determines speed of sprints. Kinematics is the movement's magnitude, sequence, and timing without regard for the forces that creates or results from it and which explores the locations, angles, velocities, and accelerations of body segments and joints during motion. The variables selected were Stride length, Stride frequency and Time intervals of 10m and Time intervals of 50m. Four national sprinters from SAI Training center, Trivandrum Kerala were chosen as the subjects for the study. Purposive sampling technique was used to finalize the subjects. Their ages ranged from 18 yrs to 25 yrs. Canon 5D mark 3 with a frame rate of 50 frames per second camera was used in this study. This study hypothesized to find the relationship of 100m sprinting performance with the variables stride length, stride frequency and the time intervals of 10m and 50m. Selected subjects were captured while performing 100m sprinting. Kinematic variables such as stride length, stride frequency, time interval of 10m and 50m were carefully captured and analyzed. Kinovea 2D analysis software version of 8.15 was used to analyze the video recordings for obtaining kinematic and temporal parameters. The collected data were analyzed using Pearson product moment correlation. SPSS version 20.0 was used to analyze the data. The study concluded that 100m sprinting performance had a significant strong negative correlation with stride length, a significant moderate positive correlation with stride frequency, and a strong positive correlation with time intervals of 10m and 50m based on the analysis of the data.

KEYWORDS:

Stride length, Stride frequency, Time interval, Performance, Sprinters.

Difficulties and Reform of Rock Climbing Course in Colleges under the Guiding Outline for Teaching Reform of Physical Education and Health

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In 2021, the Ministry of Education of China issued the Guidance Outline for Teaching Reform of Physical Education and Health (Trial), which is the first guidance outline for teaching reform of physical education issued by the Ministry of Education, and has important practical significance for the reform of physical education curriculum in colleges and universities. After the debut of rock climbing Olympic Games, it will usher in a new climax of development. The previous rock climbing courses in colleges and universities can no longer meet the needs of students and The Times, and the curriculum reform is imminent. In this paper, the literature method is used to sort out and summarize the difficulties in the development of rock climbing courses in colleges and universities at present. Under the guidance of the Outline, innovative reform measures are proposed for the development of rock climbing courses in colleges and universities, in order to provide a concise direction for the future reform of rock climbing courses in colleges and universities.

Results: The study found the following dilemmas: rock climbing courses are not popular in colleges and universities, and teaching sites are rare; the teaching content is vague and the teaching material is single; Students' vague training goals lead to limited employment prospects; "Church, practice, regular competition" has not been implemented; Rock climbing teacher shortage, lack of training system.

Conclusion: *According to the difficulties, the following reform and innovation measures are proposed:*

1. *Teaching: Change the teaching concept and establish the teaching concept of "health first"; Updating teaching objectives and clarifying training objectives; Make course content clear and formulate unified teaching syllabus; Break traditional teaching mode and seek new mode of diversified curriculum.*
2. *Organization and management: improve the rock climbing competition system for college students and strengthen the combination of learning and training; Cultivate rock climbing talents in various fields; Promote professionalization of rock climbing teachers.*

Validating the dimensions of Professional Perception of Quality Physical Education Questionnaire (PPQPEQ) using Confirmatory Factor Analysis

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Background: The conceptualization of 'Quality Physical Education was introduced by the United Nations Educational, Scientific and Cultural Organization (UNESCO) almost four decades ago. The policy guide of UNESCO, 2015 widely delineates perennial concern pertaining to the implementation of quality in physical education program globally. It dialectically summarizes issues linked to curriculum development, facilities and infrastructure, professionals training, and community engagement in physical education (PE). However, the document did not illustrate specific domains through which quality aspects in PE can be measured. In other words, the document lacked in explaining items and grouped them into specific domains.

Aim: This study revalidated the forty-eight items of the Professionals' perception of quality physical education questionnaire (PPQPEQ) constructed by Ho, Ahmed & Klaudia (2021).

Method: N=1609 PE professionals from twenty-two cities from Asia (n=799), Europe (n=340), and Latin America (n=470) were invited to participate in this study. Participants were sub categorized as follows primary school (n=342, 21.3%), secondary schools (n=501, 31.1%), university (n=766, 47.6%).

Results: An adequate internal consistency ($r = -.004$ to $r = .822$) has been obtained by the confirmatory factor analysis (CFA). Furthermore, it reported an excellent model fit (CMIN/DF = 6.39, CFI = .875, NFI = .856, PCFI = .816, RMSEA = .058) on the eight factors (Skill Development and Bodily Awareness, $\alpha = .901$; Facilities and Norms in Physical Education, $\alpha = .898$; Quality Teaching of Physical Education, $\alpha = .928$; 4- Plans for Feasibility and Accessibility of Physical Education, $\alpha = .673$; Social Norms and Cultural Practice, $\alpha = .600$; Governmental Input for Quality Physical Education, $\alpha = .748$; Cognitive Skill Development, $\alpha = .917$; Habituated Behavior in Physical Activities, $\alpha = .878$) of the PPQPE questionnaire.

Conclusion: The PPQPEQ highlighted its adequacy for gauging prominent aspects for embedding quality physical education in educational settings. As the analysis conducted on sampling constitutes three continents highlighted its efficacy and relevance on the diverse population.

KEYWORDS:

Quality Physical Education (QPE), confirmatory factor analysis, psychometric properties, internal consistency, and model fit.

Expanding movement spaces: A proposal for including K-pop dance in the PE classroom

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The cultural movement known as Hallyu (or Korean Wave) and the transnational popularity of K-pop music and dance have long been established as an important phenomenon in the global world, including Latin America. This form of South Korean contemporary popular culture has had a major impact, especially among the young population. Most of them are familiar with the music, and dance play a major role in the K-pop culture, drawing special attention to the body performance and its meanings. Teenagers, girls or boys, get together in their free time to express themselves with their bodies. At the same time, dance practice contributes to improve physical fitness and to develop social skills. Facing the problem of sedentary lifestyles in present times, the objective of the study is to establish the relevance of dance as an integral physical activity within the physical education curriculum. In particular, introducing a popular dance with no gender exclusion would be easy to incorporate, as many young people are familiar with this genre. This qualitative research is approached from an anthropology of dance and ethnographic perspective applying Laban Movement Analysis (LMA) as a method for describing, visualizing, interpreting and documenting all varieties of human movement. Data was collected through prolonged fieldwork with young amateur K-pop dancers in Argentina, Brazil and Venezuela. Results have shown the potential of K-pop dance to develop movement skills, creativity, sociability and gender comprehension, as well as the positive impact on personal development and emotional health. The conclusion is that teaching K-pop dance in the PE classroom would offer benefits as integral bodily exercise; furthermore, it increases the awareness of cultural diversity in the global world, and contributes to deconstruct naturalized gender roles.

Call for Sustainable Peace, Sufficient Budget Input and Efficient Governance to Improve Quality Physical Education

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Quality Physical Education (QPE) contributes to individuals' health and well-being and consequently activates the facilitation of healthy, able and active citizens to benefit the development of countries. Pursuing QPE is emerging as a global trend when countries desire to achieve such an objective. UNESCO has accordingly proposed a guideline in 2015 for policymakers to support the development of QPE. The Republic of the Philippines expects to improve the quality of education and subsequently implemented the 2016 Physical Education Curriculum Framework to echo the development of QPE and strive to optimize the promotion of active lifestyles among students, habitual behavior in physical activities and competency in physical development. This study aims to investigate the actuality of physical education (PE) development in the Philippines, especially Mindanao, after implementing the 2016 Physical Education Curriculum Framework. Local PE professionals (558) from six cities have been invited to participate in the QPE questionnaire survey to demonstrate their respective understanding of the PE development in Mindanao from eight dimensions. Among the participants, 202 were male (36.2%), and 356 were female (63.8%). No statistically significant was found in perception between the sex, years of work experience and position. However, there was statistical significance between cities in all dimensions, and Marawi city has contributed the lowest scores. The data indicated the overall QPE score was 7.32 (from a maximum of 10), which could be interpreted as an upper-middle evaluation from the Mindanao PE professionals' perspectives on the actuality of the current development of local PE. The result has indicated three crucial aspects: sustainable peace, adequate budget input to PE, and efficient governance of local governments, calling for further emphasis to improve the QPE development in Mindanao. This study recommends a thorough investigation to unveil such development in the rest two major islands to supplement the finalization of the appropriate strategy to develop QPE in the Philippines.

Research on the Teaching Effectiveness of Retired Athletes to serve as Physical Education Teachers in schools

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Athletes are the main force in the development of competitive sports and the backbone to achieve the goal of sports power. With the influence of various factors such as injury, age, performance, family and soon, retirement is an unavoidable realistic choice for every athlete. According to incomplete statistics, nearly 8,000 athletes retire every year around the world, but the placement situation is not ideal. Retired athletes working as physical education teachers in schools cannot only solve the employment problem, but also bring new vitality to physical education in primary and secondary schools.

Research methods: This paper selects 10 primary and secondary schools in Tianjin as the research object, among which 5 schools have 3 or more retired athletes as PE teachers (Category A), and the other 5 schools have no retired athletes as PE teachers (category B). Through questionnaire survey, interview and other methods to carry out a survey of their physical education status, respectively from the basic sports activities, sports competition organization, whether here are school characteristics of sports, students' participation in sports activities and teachers' attention to the effect of physical education evaluation and comparison.

Research Results and Conclusions: Category A schools carry out various interesting competitions such as track and field, rope skipping, physical fitness and basic ball skills in an average academic year, organize and arrange collective sports events, and add interesting courses and clubs such as rules of sports events. They are featured schools of table tennis, football and tennis, with high student participation. Category B schools have a low level of competition, sports meeting, recess exercise and other basic sports activities, students know little about sports. Through the investigation, it is found that the effect of physical education in primary and secondary schools with retired sports teachers is obviously higher than that without such teachers. The transformation of retired athletes has brought more innovative sports teaching content to the physical education in primary and secondary schools, standardized the mode of sports competition in primary and secondary schools and effectively improved the quality of physical education in primary and secondary schools.

Development of Norms for Muscular Strength and Muscular Endurance in 14 to 17-Year-Old School Going Boys

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In more recent years, the emphasis has moved to greater stress on assessing health-related fitness and evaluating concurrent or forthcoming health status.

Purpose: The objective of the study was to develop norms and reference values for muscular strength and muscular endurance among school going boys.

Methodology: For the purpose of the study two thousand boys (N=2000) boys were selected from different schools of Delhi. The age ranged between 14-17 years, with 500 (n=500) subjects in each age group. Muscular strength and muscular endurance were measured by pull up test and one-minute bent knee sit-ups respectively.

Statistical Procedure: Descriptive statistics (Mean, Standard deviation, Minimum Values, Maximum Values and Percentage calculations) were employed. Norms were developed with the help of percentile scale and reference values were developed for the selected variable with the help of mean and standard deviation. Results: Norms and reference values for muscular strength and muscular endurance of school going boys, aged 14 to 17 years were established and frequency distributions of the subjects under established norms were also calculated.

Conclusion: The norms in the percentile scale and reference values were developed for the 14 to 17-year-old school going boys.

KEYWORDS:

Muscular strength, Muscular endurance

Comparative Study on Agility of Chhau Dancers

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Background: Chhau dance is one of the famous traditional dances of India where fitness plays a vital role. Among the fitness components, agility plays a very important role in the skillful performance of this dance.

Objective: The objective of the study was to compare the agility of the Chhau dancers of different age groups.

Method: For the purpose of the study sixty Chhau dancers were selected purposively from Purulia, West Bengal, India as the subjects for the study. They were also purposively divided into three age groups- Group one (G-1) 18 to 27 years (n-20), group two (G-2) 28 to 37 years (n-20) and group three (G-3) 38 to 47 years (n-20). Agility was selected as the variables for the study. 4x10 yard shuttle run test was used to measure the agility of the Chhau dancers. To compute the data, descriptive statistics, Analysis of variance (ANOVA) and LSD post-hoc-test were used. The level of significance was set at 0.05 levels.

Result: The result revealed that there was significant difference (F-15.312) on agility among the three selected Chhau dancer groups. The result also revealed that the G-1 group Chhau dancers were better than the G-2 group Chhau dancers (MD-0.587) and G-3 group Chhau dancers (MD-0.902).

Conclusion: On the basis of the result it was concluded that there was significant difference on agility among the selected three different Chhau dancer groups.

KEYWORDS:

Chhau dancer, Agility

Influence of Various Continents in Middle Distance Events of Track And Field in Olympics and World Championships

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The objective of the study was to find out the influence of continents in middle distance events of Olympics and world championships. The Middle-distance running includes 1500m, 800m and Steeple Chase. The top eight finalists of elite competitions viz Olympics and World championships were taken into consideration for this study. The data were collected from the database of the Olympics and world Athletics. The top eight finalists participating countries in sprinting events of Olympics and World championships since 1896 to 2020 Olympics and from 1983 to 2019 world championships were considered. Both Men and women finalist contributions were taken into an account. The data collected for this study were through secondary sources and the census sampling was considered for collecting data. In order to find the influence of various continents of these two competitions viz Olympics and world championships, descriptive statistics were employed by Excel 2016 statistical tool packages. The results of the study indicated that African continent significantly influence the Middle-distance running events in both category of Olympics and World championships.

KEYWORDS:

Influence, Performance, Olympics, World Championships, Middle distance

The Influence of Sports Policy Configuration on the Development of Quality Physical Education (QPE) - Analysis of 16 Marine Silk Road Countries

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The Influence of Adolescent Sports Policy Configuration on the Development of Quality Physical Education (QPE) -- Fuzzy set Analysis of 16 Countries Based on Marine Silk Road TANG Ziyan School of Physical Education and Sport Science, Fujian Normal University, Fuzhou 350117, China

Research Purpose: To ensure the quality development of adolescent physical education through policy tools is the theme of world concern. In this research, the impact of youth sports policy configuration on the development of quality physical education is to be explored.

Research Method: The methods of questionnaire survey and qualitative comparative analysis (QCA) were mainly adopted in this research. By taking 16 countries along the Maritime Silk Road as the research objects, QCA was used to analyze the policy configuration paths of different countries in promoting the development of high-quality physical education for adolescents.

Research Results and Conclusions:

1) Necessary condition to hinder the development of high-quality physical education in the Maritime Silk Road countries is the lack of incentive tools, however, to promote development, the combination of the main incentive tools and other policy tools is needed; 2) the configuration path of adolescent sports policy to promote the development of national quality physical education on the Maritime Silk Road is utility maximization path and heuristic path, respectively. The difference between the two paths exists: the utility maximization path takes the incentive tool as the edge condition, but heuristic path takes capacity-building tools as edge conditions; 3) there are obvious commonalities in the adolescent sports policy configuration path that hinders the development of high-quality physical education. They all use symbols and persuasion tools as the core of the emergence of conditions, the incentive tool is used as the core condition; 4) There are two main features in the configuration path of Chinese adolescent sports policy: firstly, the incentive tools and capacity-building tools are the sufficient conditions to promote high-quality physical education in China; secondly, the configuration form of adolescent sports policy tools in China is gradually showing the "networking" characteristic that the authoritative tools is taken as a policy instrument configuration with an "implicit connection mechanism".

KEYWORDS:

Adolescent sports policy; high-quality physical education; qualitative comparative analysis; configuration path

Health and Well-Being in the Indigenous Youth Games: Perceptions and Representations

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The innovative experiences of modernity do not eliminate traditions and memories about health and well-being, any more than they eliminate ethnic consciousness inherited throughout a people's history. This article discusses the ancestral knowledge represented in the Indigenous Youth Games events, which are organized by indigenous leaders, the government, and civil society in Brazil. A literature review and fieldwork were conducted at six of these events. Despite the cultural diversity of the indigenous peoples at the events, some characteristics were common and highlighted in the perception of health and well-being: such as: the myth(s) that constitute integrating element(s) of social life, the healing rituals through the manipulation of plants, animals and instruments by the shamans that help them in the process of restoring the patient's well-being and that transform the experience of illness into something understandable by the patient. The opening of the event is a representation of the person integrated into the cosmos, earth, water and fire through ritualistic dances and the rising of fire using sticks. The games performed in the arena also represent their recreational activities that incorporate important elements of their culture. They require specific neuro motor learning of physical skills, strategies employed in the pursuit of an object or purpose, such as preparing youth for adulthood, socialization, cooperation, opposition, physical conditioning, and/or preparation of warriors. They are played ceremonially to please a supernatural being with the object of fertility, rain, food, health, in rites of passage during childhood and adolescence. The representation of the hero, the champion, the winner is a way to exercise the material and immaterial world, the superior cunning, skill or magic. In conclusion, indigenous games represent the cultural diversity of perceptions of health and well-being, embedded in the values, rituals, and myths of each ethnic group. The differences and similarities represent processes of cultural re-signification, embedded in broader processes of long-term social change.

Women, Physical Education and Sport in Mexico

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Currently, in the Mexican educational system, special attention has been paid to equity and inclusion of all children, adolescents and young people as a priority in the Physical Education practice regulations; Likewise, it is established by law in Mexico that everyone has the right to physical culture and the practice of sport, conceiving physical education as a form of pedagogical intervention that contributes to the comprehensive training of children and adolescents by developing their motor skills and integrating their corporeality. The aim of this descriptive documentary research is to provide an overview of physical education and sport in Mexico with special attention to factors associated with women, with the intention of promoting reflection on the laws stipulated on this issue and the reality that is lived, so that the areas of opportunity detected are worked on, generating strategies aimed at improving current conditions.

Conclusions: In the field of Physical Education and Sports in Mexico, the most vulnerable sectors are now more protected, but women have had different barriers in this area, the participation of women in competitive sports shows that the public policy implemented has been inefficient and ineffective in reducing inequality gaps with respect to men, there are still problems regarding the role that women should or can play, as well as differences in economic rewards and job opportunities in this area. However, the efforts of women have also shown that changes can be achieved, so it is necessary to continue working on creating, developing, and implementing state policies that encourage the participation of women in physical, recreational and sports activities that strengthen their social and human development; that promotes the integration of a strong physical culture and promotes equal opportunities to achieve participation in different areas related to physical activity and sport such as practice, teaching, management or media.

Research on the Development and Governance System of China's National Traditional Sports in the new era

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China is a multi-ethnic country, and its cultural development has diversified characteristics. In recent years, the development of school sports in China has paid attention to the three ball, track and field, swimming and other projects. In the development of mass sports, teenagers mainly focus on football basketball, and the middle-aged and elderly mainly focus on Aerobics and fitness walking. As everyone knows, the sports elements in China's ethnic minority traditional sports have great development value. Their fitness, entertainment and nationality meet the fitness needs of all ages and enrich the public fitness methods. Ethnic minority sports enter the eyes of the public. Their characteristics and novelty will continue to attract the public to participate. The development of minority traditional sports is an important manifestation of national cultural self-confidence. Using the methods of literature, field investigation, interview and questionnaire, this paper discusses the practical problems existing in the development and governance system construction of Ethnic Minority Traditional Sports in China. The research shows that there are some problems in the development and governance of Ethnic Minority Traditional Sports in China, such as backward concept, lack of management, imperfect system and imperfect system construction. By analyzing the connotation and structure of the development and governance system of national traditional sports in the new era, it is pointed out that the new era should always adhere to the implementation of national sports development guidelines and policies, strive to develop national sports in combination with the requirements of the times, and take the entry of national traditional sports into the public field as the goal. Then promote the development of national traditional sports and the improvement of governance system, withdraw from cultural compatibility and common development, promote development with policies, enhance cultural self-confidence, and enhance the responsibility and responsibility of local governments.

Effect of Eight weeks Proprioceptive training on Dynamic balance and Explosive power of male Kho-Kho Players

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Background: Kho-Kho is a popular traditional indigenous game, popular in South-Asian countries, and now is also played in South Africa. In rural India, there are clubs and bodies which organize training programs for Kho-Kho and the player's participation in several competitions. The players are at higher risk of injuries as the game requires jumping and cutting (quick direction change) movements, than the players of other games. It has been observed that there is an increasing number of dropouts from the training sessions, due to fear of injuries and it causes loss of participation and fitness. Poor balance, ability and lack of explosive power and a prediction of injuries of the lower extremity creates lots of dropouts. A proper intervention program is needed to improve fitness levels to achieve the optimal performance of the kho-kho players. The main objective of this research was to investigate the effect of eight-week proprioceptive training (PT) on dynamic balance and explosive power of leg (EPL) in male kho-kho male players of the team. The study assumes that PT can be effective tools for kho-kho players to increase the fitness. Recent scientific researches support the benefits of Proprioceptive training on various dynamic balance and explosive power of leg which increases the performance of the players and reducing the risk of lower extremity injuries in players.

Objective: To find out the effect of eight weeks (5 days/week) Proprioceptive training (PT) on dynamic balance and explosive power of leg in male Kho-Kho players.

Methods: Fifty male National kho-kho players were selected for the study. Subjects were randomly divided into experimental group (EG) (N=25) and control group (CG) (N=25). Dynamic balance (DB), the explosive power of leg (EPL), was measured before and after the intervention.

Results: The significant effect of proprioceptive training program was observed

Development and Application of Fitness Equipment for Teenagers in Community

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In the mainstream thought, sweaty sports such as home fitness and outdoor fitness should be exclusive to young people. However, with the development of the times, more and more teenagers pay attention to and use fitness products. Fitness products are becoming an important tool for them to exercise and improve their quality of life. Physical exercise has a positive impact on Teenagers' physical, psychological and social activities, and advocates teenagers to improve their physical condition through fitness activities and fitness products. Therefore, combined with the research direction of this paper, we can define the fitness products for the elderly as fitness equipment that is suitable for teenagers, meets teenagers' physiological and psychological characteristics and fitness needs, and can be used independently, which is called teenagers' fitness equipment. The advantage of developing community sports is that we attach great importance to community sports public service. The public services provided in the community need to be equipped according to the size of the community, the number of community population and the number of people of all ages. The community must have a wide enough space to build sports venues. The facilities and functions that help community sports activities need to be continuously improved, so as to carry out rich community sports activities and cultural performances, so as to realize the continuous change of its core functions. Design functional sports fitness equipment to enhance teenagers' upper limb strength, lower limb strength and core strength, and improve teenagers' health literacy. Through theoretical research on the relevant basis of fitness equipment and teenagers' real needs the first step in designing teenagers' fitness equipment is to ensure the safety of the equipment. Then it analyzes and studies the examples of teenagers' fitness equipment in the existing market to meet the psychological and physiological needs of teenagers. Looking for the existing laws with guiding significance and the deficiencies that need to be avoided, combined with theoretical and case studies, this paper discusses the design principles and design suggestions of young people's fitness equipment that can meet the needs of teenagers and promote healthy sports.

A Study of ELA Profile of Kho- Kho Players of Chhattisgarh State

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Introduction: Kho-Kho ranks as one of the most popular long-established indigenous sports in India having twelve players in each team. The purpose of the present study was to appraise and compare the ELA profile of Kho Kho male and female players. Estimated Lung Age: Is an attempt to translate spirometry values into a value that can be understood by all. ELA compares the spirometry test with predicted values for different ages and tells which age corresponds best with the performed values. Spirometry is a non-invasive procedure, used in order to evaluate cardio-respiratory capacity, useful in the determination of effect of training. Several studies were conducted with the aim to evaluate anthropometric, physical and physiological characteristics of players of various games and sports including Kho-Kho.

Method: One hundred twenty six players (27 male and 45 female) and non-players (27 male and 27 female) aged 17 to 28 years were selected for the present study. ELA was considered as dependent variable whereas sports participation and gender considered as independent variable. Descriptive statistics and Analysis of variance (ANOVA) was used for analyzing the data. The level of significance was set at 0.05 levels. Result: The result of the present study showed males participants were significantly had higher ELA than female, statistically significant differences was observed between Kho-Kho players and control subject and no significant interaction noted between the effects of gender and sports participation was observed on ELA. Male participants showed significantly higher ELA than female players, 18% variance in ELA depended on gender. Statistically significant difference between Kho-Kho players and non-players was observed, 8.8% variance in ELA depends on participation.

Conclusion: Result of the study will provide cardio respiratory status of Kho-Kho players. The result of the study will provide the base line data of Kho-Kho players. The result of the study will help in assessment of players.

KEYWORDS:

ELA, Kho Kho, Profile, Players, Spirometry

Effects of High Intensity Interval Training and Moderate-intensity Continuous Training on Myocardial Mitochondrial Homeostasis in Acute Myocardial Infarction Rats

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Research Purpose: The animal model of Acute Myocardial Infarction (AMI) was constructed to investigate the intervention difference of ventricular remodelling and mitochondrial homeostasis after AMI between High Intensity Interval Training (HIT) and Moderate - intensity Continuous Training (MCT).

Research Method: Experiment study method was adopted in this research. 38 Male SD rats were used to construct the AMI model and all rats were divided into 4 groups including sham-operated group (Sham, n=10), AMI control group (AMI, n=9), AMI+MCT group (AMI+M, n=9) and AMI+HIT group (AMI+H, n=10). AMI+M group and AMI + H group finished MCT and HIT for 4 weeks, respectively. Heart function was tested by left ventricular catheterization method. Mitochondrial membrane potential, ROS generating rate and ATP synthesis activity were tested by fluorescence detection method. The protein expression levels of PINK1, Beclin1, Mfn2, Drp1, Tfam, COXIV and PGC-1 were tested by Western Blot.

Research Results: Compared with AMI group, the protein expression levels of Beclin1, PINK1, Mfn2 and PGC-1 in AMI + M group and AMI + H group were both significantly increased (p

Assessment of Menopausal Symptoms and Depression Level between Working Women and Non-Working Women

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Growing and ageing have always been a part of nature for all living beings, humans being one of them. One of the processes of humans maturation specifically women's reproductive system undergoes a significant change. The female reproductive system begins its function fully which is marked by the monthly cycle or menses which also signifies the start of puberty in a girl. This commonly begins around the age of 11 to 14 years till menopause. Around the mean age of 51 years, the female reproductive system gradually undergoes permanent cessation of ovarian function. This process is at times accompanied by physical symptoms like hot flushes, night sweats, sleeplessness, and vaginal dryness due to estrogen shortage during or after menopause. The researcher intended to assess menopausal symptoms and depression levels between working women and non-working women. While previous studies express that 54.1% of women do not have a positive outlook towards this menopausal transition, also 27.5% was found in the borderline for depression. The influence of a positive attitude towards menopause showed that the women experienced lower depressive symptoms. A study showed menopausal and psychosocial difficulties were linked to a number of factors, all of which had a detrimental impact on the quality of life of Arabian women. The study involved sixty working and sixty non-working women from one city Gwalior, the subjects were well briefed and prior consent was taken from individual and office heads for working women. Further to do the assessment Menopause Rating Scale and Depression Inventory Scale by Becket.al. (1996) was employed. The data were further analyzed using an independent t-test to compare menopausal symptoms and depression levels between working and non-working women. The result of the analysis i.e. independent t-test showed that the menopausal symptom was significantly higher in working women compared to the non-working women while the depression level was found to be significantly higher in non-working than in working women.

Physical Activity and Sport Professionals Working with Specific Populations from a Gender Perspective

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Introduction: It is well documented that regular and well-guided physical activity has wide-ranging health benefits which partly depend on the appropriate involvement of physical activity and sport professionals. To improve their health and quality of life, the efficient professional intervention should be adapted to each individual's characteristics (González-Rivera, 2018). This study examines the educational characteristics of professionals working in physical activity and sport with specific groups in the population (the disabled, the elderly or with pathologies or health problems) in Madrid region (Spain) from a gender perspective.

Method: The methodology was quantitative and descriptive, and survey-based. The participants were 96 professionals (32% female; 65% male) working with specific populations in Madrid region. The validated PROAFIDE questionnaire was used to collect data during one year.

Results: According to the results 61.3% of the female professionals had completed university education and 38.7% a vocational training. 54.4% of male professionals had a university degree, 23.1% vocational education degree and 22.5% were school graduates. Regarding the qualifications in physical activity and sport, among female professionals, 12.9% have no qualification, 35.5% are graduates in physical activity and sports sciences and 51.6% have other sports and physical activity qualifications. Among male professionals, 20% have no qualification, 35.4% are graduates in physical activity and sports sciences, and 44.6% have other sports and physical activity qualifications. Unlike men, women have a greater presence in continuous training activities within the training plan that their entity organizes.

Conclusions: There is a need to increase the proportion of women working in this job. It could be necessary to improve the initial and continuous training of these professionals, for both men and women, in order to appropriately address the specific characteristics and adapt to the needs of the participants.

Cross-Sectional Analysis of the Academic-Emotional Situation at the Beginning of the Sars-Cov-2 (Covid-19)

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This research took place due to the pandemic situation caused by the Sars-CoV-2 virus (COVID-19), so in the environment where the authors work, which is in the academic field of the higher level of the Faculty of Physical Culture belonging to the Benemérita Autonomous University of Puebla had drastic changes, at the time of going from a face-to-face modality to the virtual modality which aroused the concern of the authors to determine the educational-emotional affectation of the active students in the classroom. Spring period 2020. In the framework of the research, the authors designed a digital survey, where the objective was to know the perception of the sample regarding the achievement of academic objectives, the knowledge and use of virtual tools, both for them and their teachers from that period, and its emotional impact with respect to the effects of voluntary confinement and / or the alteration of stress and anxiety that could have aroused the pandemic in the student context. In the present investigation it was possible to conclude that due to the pandemic caused by COVID-19 worldwide, the academic part was one of the most affected since it had to abruptly switch from the face-to-face mode to the virtual mode, which caused various difficulties both in the academic achievement of students and in the context of teachers' teaching, which, as was clear in the analysis of results, not only a part of the teachers had little knowledge of virtual environments but also a significant percentage of the students were alien to them. However, despite all the unfavorable circumstances caused by voluntary confinement, social distancing and other factors that affected the teaching-learning process, it is concluded that both teachers and students of the Faculty of Physical Culture had a high commitment to compliance of the programs and contents in that semester, obtaining a favorable result according to the perception of the sample. This has caused the university to provide an institutional platform that provides all the tools and training in general to continue academic progress.

KEYWORDS:

SARS-CoV-2, COVID 19, pandemic, virtual tools, emotions

A Study of the Impact of Social Media towards Branding, Valuation and Marketing of Indian Premier League

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The present research paper will provide an insight into the impact of community and social media on brand valuation and Marketing strategy of Indian Premier League Cricket. In the last ten years, we have witnessed the Carnival of Cricket in the form of the Indian Premier League. The Indian Premier League characterizes the pinnacle of customers' understanding and the experience supported by the community of players, fans, and cricket enthusiasts across the Globe. We give the impression of being ahead to participating in this sporting excellence festival celebrating the best performance of individuals, teams, and communities. It is very exciting to observe that the Twenty20 (T20) format seat action, coupled with the allure of film celebrities, global cricket talent, interest from business moguls, and fan enthusiasm, make the Indian Premier League the pinnacle of Indian sports entertainment in the world of cricket. It has been analyzed that although the Cricket brand is not a new phenomenon, the emergence of new media has provided the means and opportunity for the Indian Premier League to be widely promoted and acquire popularity. Brands will naturally look to use it to maximize attention. For the present research Qualitative method has been used for exploratory work to determine the nature of the changes in the situation. This has been performed through topic and content analysis, this research aspires to get a preliminary understanding of the type and purpose of content shared by the IPL to social media for branding and marketing. Findings have been analyzed that information presents a detailed description of the happenings and this research shows the importance of social media marketing and various successful campaigns led by various well-known brands, channels. It emphasizes how companies can connect with audiences on social media to provide immediate feedback and connect directly with target audiences for the popular players and Franchises. The study evaluated social media activities and identified the most suitable ones. This research is not demonstrated as absolute truth but as an attempt to explain a specific phenomenon.

Effects of Antioxidants on the Redox State of Colon after Aerobic Exercise Training

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Objectives: To explore the effects of broad-spectrum antioxidants (VC and VE) and mitochondrial-targeted antioxidants (MitoQ) on the redox state of colon after aerobic exercise training.

Methods: C57BL/6 male mice with 6-8weeks (n=32; Beijing Weitong Lihua Experimental Animal Technology Co.Ltd., China) were randomly divided into 4 groups: control group (group C, non-exercise) exercise group (group E) exercise combined with VCVE supplementation group (group E-VCVE); exercise combined with MitoQ supplementation group (group E- MitoQ). The mice from group E, group E-VCVE and group E-MitoQ were trained for 12-day aerobic exercise training by using treadmill (speed 15m/min, 1 h/d) and the antioxidants were administered to the mice from group E-VCVE (100mg/kg/d+250mg/kg/d) and group E-MitoQ (5mg/kg/d) by oral gavage half hour before exercise. H₂O₂, Malon dialdehyde (MDA), Reduced Glutathione (GSH), Oxidized Glutathione (GSSH), Diamine oxidase (DAO), Mitochondrial Membrane Potential (MMP) were tested after 12 -day intervention.

Results: Compared with group C, H₂O₂ and MDA in group E were significantly increased (p)

Research on the Design and Application of Micro-Curriculum in College Yoga Teaching

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Research purpose: In order to further promote the reform of physical education in colleges and universities, yoga, as a new sport, is entering the classroom and is favored by college students. Nowadays, with the rapid development of information technology, micro course, as a miniaturized online video network course, is characterized by small capacity, short time, self-sufficiency and easy transmission to teach relatively complete knowledge topics to students in the offline mode. In this study, the teaching method of micro-course is applied to yoga teaching in colleges and universities. Teachers will design and make micro-courses according to teaching objectives and teaching contents, so as to meet the needs of students for offline autonomous learning, explore a new mode of yoga teaching in colleges and universities, and provide reference experience for further promoting the reform of college physical education. The research methods Collect and sort out the theoretical basis of yoga micro-course design by means of literature; the application effect of micro-course in yoga teaching was tested by experimental method. Through mathematical statistics, the data of teaching experiment are analyzed to guide the improvement of yoga micro-course making in the future. The results of the study a 16-week micro-course teaching experiment were conducted for the experimental group and the control group. Independent sample T test was conducted for the theoretical knowledge of yoga and the performance of the two groups of students by SPSS software. After the test, P was less than 0.05, and the theoretical knowledge and performance of yoga in the experimental group was better than that in the control group.

The research conclusion

1. The experiment shows that the application of micro-course in yoga teaching has better learning effect than the traditional teaching mode, which is conducive to improving students' interest in yoga courses and helping students to systematically master theoretical knowledge and movement techniques.
2. Micro-course improves the effect of yoga teaching through the complementary mode of online and offline, laying a foundation for the reform of physical education in colleges and universities.

Research on the Creation and Application of Chair Exercises for Preventing the Elderly from Falling

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Introduction: According to the characteristics of the elderly's sports ability, combined with modern sports science theory, this paper studies and designs an effective exercise scheme of the elderly's anti-fall chair for the purpose of improving the balance, lower limb strength and other sports qualities of the elderly. In order to reduce the incidence of falls among the elderly and improve the quality of life of the elderly; Theoretically, it provides a new way of thinking for creating a fall prevention and fitness program for the elderly in the future. Research methods: In this paper, 30 elderly people aged 65-70 who meet the screening conditions in Tianjin are selected as the experimental objects and a single group of controlled experiments are adopted. Before the experiment, the subjects were tested by Kore balance measuring system, and after 12 weeks' exercise intervention of elderly anti-fall chair exercises, the subjects were tested after the experiment. The experimental data were collected and processed by SPSS20 and the Statistical software and EXCEL data statistical analysis to ensure the authenticity and validity of the data.

Research results and conclusion: 1before and after the experiment, the p values of knee flexion ($P=0.001$)

Health Related Physical Fitness of Baiga Adolescent Girl's- A Primitive Tribe of Chhattisgarh, India

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Adolescents across culture may have unique characteristics of enjoying, playing, taking part in extracurricular activities but there may be a gender perspective specifically in rural India, where girls are deprived from playful activities, but play is a basic instinct and there should be ample opportunity to address this instinct. When it comes to play, exercise and being active have its own system in every culture and kids are involved in physical activity accordingly. Optimal nutritional status and physical fitness aids in overall well-being and academic performance. Adolescence is a stepping-stone to adulthood. The tribal community is vulnerable to different environmental threats owing to their geographical inaccessibility and low socio economic and educational status. Healthy and fit tribal adolescents can work toward the upliftment of their socioeconomic status and further contribute to the nation's growth and economy. Health-related physical fitness consists of those components of physical fitness that have a relationship with good health. The components are commonly defined as body composition, cardiovascular fitness, flexibility, muscular endurance, and strength. The present study is cross-sectional community-based research which was framed to describe the health-related physical fitness among Baiga adolescent girls from selected districts (three) of Chhattisgarh. The purposive sampling method and stratified sampling methods were adopted for the selection of Baiga dominating 10 schools from each block of selected three districts of Chhattisgarh viz. Bilaspur, Kabirdham, and Mungeli. 360 adolescent girls were selected from the targeted area. The performance of Baiga adolescent girls on various physical fitness parameters was comparable with National Children and Youth Fitness Study (NCYFS) 1985. The body composition showed lower value but other variables viz. muscular strength and endurance were almost similar. It was interesting to note that the performance of one-mile run was higher in Baiga adolescent girls across all age groups that indicating better cardio vascular endurance. In most of the Health-related physical fitness tests, the Baiga girls were average and above average as compared to the national norms (Government of India ministry of youth affair and sports report. 2012). The girls were aware of the nutritional schemes for adolescent girls but the utilization of schemes was found to below. The data on health-related physical fitness will help to prepare intervention programme to improve fitness among girls.

Study on the Effect of Swimming on Improving the Aerobic Workability of Female College Students

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As an ancient and traditional sport, swimming can not only strengthen the body, but also a survival skill for human beings to adapt to nature. Swimming is a physical dominated sport with very typical periodic change characteristics. Aerobic workability is an important aspect of comprehensively reflecting collective quality and is closely related to people's daily activity ability. The relationship with competitive sports is self-evident. Good aerobic endurance can not only help athletes win competitive swimming competitions, but also effectively prevent the occurrence of a variety of diseases and reduce the risk of illness. In sports, there are many aerobic sports, but most sports will cause varying degrees of strain or injury to the body. Swimming is the sports activity with the lowest rate of strain or injury to the body. In order to explore the internal relationship between swimming and aerobic work ability and its impact on improving human work ability, this paper compares and analyzes the aerobic work ability of female college students who have not carried out regular swimming before and the same group of female college students who have carried out regular swimming training.

Methods: 20 female college students majoring in Physical Education in Tianjin Institute of physical education were selected. The physiological indexes such as heart rate, blood pressure and blood lactate were monitored by treadmill jogging experiment (exercise load was 11km / h); After 21 days of regular swimming training, the physiological indexes such as heart rate, blood pressure and blood lactate were monitored and compared.

Results : The results showed that the maximum oxygen uptake of female college students after regular swimming training was significantly higher than that of the control group.

Effect of Temperament Type and Sodium Bicarbonate Supplementation on Anaerobic Power and Fatigue

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Undoubtedly, one of the most effective ways to prevent fatigue and improve physical fitness is a regular exercise program tailored to the needs of the athlete and his sport. But the coaches of athletes and Sports researchers have not stopped exercising and are looking for other factors such as dietary supplements to take advantage of their positive effects if the results are proven (Kaur et al, 2020). Sport performance is affected by various individual and environmental factors (Gatterer et al. 2021). But often the same factor exerts effects on individuals differently which proposes the probability of the role of other effective mediating factors (Shin & Hur, 2020). The aim of the present study was to investigate the effect of temperament type and sodium bicarbonate supplementation on anaerobic power and fatigue index.

Material and methods: For this purpose, 200 students volunteered to participate in the study, and 40 students who had distinct cold and hot temperaments and other inclusion criteria were selected and divided into cold (n=20) and hot (n=20) groups based on their temperament. Subjects participated in two sessions of RAST test by one-week interval, after consuming placebo supplementation in a crossover method.

Results: Sodium bicarbonate supplementation increased maximum and mean anaerobic power in hot group and mean anaerobic power in cold group, but it did not significantly affect fatigue index in both groups. A comparison between hot and cold temperament groups indicated that following supplementation, maximum and mean anaerobic power was higher in hot temperament group than cold temperament group, but fatigue index was lower in cold temperament group than hot temperament group. Temperament type (without supplementation) did not have a significant effect on maximum and mean anaerobic power and fatigue index.

Conclusion: temperament type per SE does not have an effect on anaerobic power indices, but sodium bicarbonate supplementation improves anaerobic power in hot temperament group, and significantly decreases fatigue index in cold temperament group more than hot temperament group.

Lessons Learned During the Pandemic: Shaping the Future of Physical Education in India

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On March 24, 2020, the Government of India ordered a nationwide lockdown for 21 days, limiting the movement of the entire 1.3 billion population of India as a preventive measure against the COVID-19 pandemic. Similar to other educators around the world, teachers in India instantly began plans to initiate virtual learning at a scale never seen before. PE is one of the most important aspects of the educational and teaching processes, especially in the digital era. But the fact is online learning cannot continue at the same pace as in a classroom setup. Although online classes and exams cannot completely replace traditional teaching methods, the role of technology and its widespread application in education cannot be overlooked after seeing the impact of COVID-19. This is high time to revamp the existing curriculum of PE and include proper ICT-related material in the PE teacher training courses. The purpose of this study was to examine the lessons learned from Indian physical education teachers and provide strategies for leveraging what has been learned during the COVID-19 pandemic to improve the field of physical education in India and beyond. The total number of responses recorded in this study was 282 across the country with a response rate of 80.57 % of whom 52 (18.50%) were female and 230 (81.5%) male. The high percentage of males in this study mirrors the Indian population of PE teachers, where the majority is male. Respondents completed the online survey which consisted of six Likert scale closed-ended statements and four open-ended questions that were the focus of this research. Mixed responses were received on the confidence level of using technology now as opposed to pre-pandemic. Half of the respondents (51.24%) reported being comfortable using technology, and 44.83% reported slight confidence to use the technology. The deductive and inductive qualitative analysis led to five themes: (a) Effective instruction, (b) Technology in teaching, (c) Physical education, (d) Students experiences and, (e) General Success. This study results can be considered as an opportunity to revamp the existing curriculum of PE and include proper ICT-related material in the physical education teacher training courses. Lesson planning through virtual mode by the pre-service trainee teachers can be offered during training to make them ready to tackle similar types of challenges in near future.

A Comparative Study on Emotional Regulation between NCC Male and Female Cadets in School

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The Purpose of Study was to assess the Emotional Regulation between National cadet corps (NCC) Male and Female of school level students. For the presented study, 60 cadets were randomly selected from govt. school of Delhi (India) govt. comprising 30 males and 30 female, age ranging from 15 to 21 years. The study was conducted by using Questionnaire. Descriptive statistics and independent t-test was employed to find out the results of the study. Psychological variables were measured with the help of Questionnaire which was rated in 5 likert scale. The objective of the study was to compare NCC Male and Female in regard to selected variables with the help of Emotional Regulation Questionnaire (ERQ) which was rated in 5 likert scale. The result depicted as per the statistics was applied to find out the difference elaborated in table named as “ Descriptive Statistics of Male and Female NCC cadets at school level” in full length paper indicating the mean and standard deviation of NCC male and female. Table of “Comparison Between Male And Female NCC cadets In Regard To Selected psychological Variables” depicts that the t- test value of NCC boys and girls which was found to be statistically significantly in a sub-variable namely “Happiness” at 0.05 level of significance as Female were found to be more happy than Male. No significant difference was found in other Sub-Variables namely Anger, Anxiety, Dejection and Excitement at 0.05 levels of Significance.

KEYWORDS:

NCC, Affective State, Emotional Regulation, Dejection, Excitement, Anxiety.

Effect of Mindfulness Meditation on Stress Level of Physically Active Adults

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The present study investigated the effect of Mindfulness Meditation on the stress level of physically activate adults. For the purpose of which a mindfulness meditation based 8-week training programme was administered on Male participants (N=40) within the age range of 32-46 years randomly divided into two groups (n=20 each). The experimental group underwent 8 week mindfulness meditation training programme (3 sessions per week) after their regular physical exercise regime. Initially the intervention session was of 5-10 min for the first two weeks, then 10-15 min for the next three weeks and finally the time was increased to 20 min for the last three weeks. Five-point mindfulness meditation training method by Thich Nhat Hanh was used as the Mindfulness meditation intervention. In which Mindfulness breathing method for the first 2 weeks, for the next 3 weeks Concentration on breathing method and for the final 3 weeks Awareness of Body while focusing on breathing were used. The control group was asked to continue with their regular exercise regime only. Time-series research design was employed in the study for collecting the raw data; a Pre-test, an in-between test (in the fourth week) and a post-test at the end of the training (i.e. eighth week) was conducted. Sheldon Cohen's PSS (perceived stress scale) was administered for collecting the stress level of the subjects. The F ratio obtained from experimental group and Control group was 10.574 and 1.018 respectively which was significant at 5% level and shows that mindfulness training has significant effect on stress levels; moreover statistical analysis (Scheffes Post-hock test) revealed that there was a significant difference between the means of the experimental group in their stress level during different stages of training; when the pre training score was compared with during training score there was no significant difference seen (4.45, not significant at 0.05 levels). However, significant difference was found when the pre and post test scores were compared with (15.55, significant at 0.05 levels); significant difference was found when during test score was compared with pretest score (11.10, significant at 0.05 levels). Hence, the findings of the study suggested that 8-week Mindfulness meditation training programme significantly decreased the stress level of physically active adults.

KEYWORDS:

Mindfulness Meditation, Stress, Physically active adults

Sexual Harassment and its Awareness with special reference to Sports Sexual harassment, Awareness, Sport

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Women at large, continue to face various problems as disparities in access and control over resources. Apart from this if a woman has accessed the opportunity still there are lots of gender-associated issues which again put barriers in her way to achievement. One of the prominent problems is sexual harassment. They cover both physical as well as verbal abuses. However, they all are different parts of what is commonly known as sexual harassment or sexual misconduct. There have been many instances where the suspected offenders are either family members themselves, or relatives, or even family friends. The present study was conducted to know sexual harassment and awareness in the field of sports through Community Based Participatory Research (CBPR). The girls were residents of the SAI training academy at the age of 14-21 years. The method which was used in this study was FDG (focus group discussion), role play, and art methods and with the help of photo acts, poster making, and showing them photos/videos to know their views. Girls showed a positive attitude that their awareness level has increased regarding what is a good touch and bad touch, but still, they were not very much aware of the rules and regulations. The sports personnel were members of the Internal Complaints Committee. Awareness programs regarding sexual harassment were organized for girls and boys in their academy. Girls who came out and participated in sports have shown improved awareness regarding all these things as compared to their past background. This can be taken as an ideal situation and can be promoted if girls will play sports, their awareness level will increase. Community involvement in such issues should be encouraged. The special recommendation is that boys should be educated on gender issues, Awareness programs on gender issues should be mandatory. Awareness about the Act and policies are to be conducted.

To Analyze the Anxiety to Infecting the Novel Corona virus (Covid-19) Of Athletes in Kerala

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For first time in history, an Olympic game had to be postponed. The Tokyo Olympics, the 32nd edition of the modern Olympics, was originally scheduled to take place from July 24th to August 9th of 2020. But it was rescheduled to 2021 July. The reason was nothing but; COVID-19 pandemic. The novel corona virus conquered the world when the final preparation for the event was completed. Just not the Olympics, covid-19 has also upended the sporting calendar. Many international, national, state championships were postponed or cancelled due to this epidemic. Sporting activities all across the world have been impacted by the novel corona virus. Athletes are unable to even practice on the field. This scenario has effects on athletes' performance, both physically and psychologically. This study aims to analyze the anxiety caused by Covid-19 in athletes of Kerala. The data were collected by questionnaire technique. In this study, "Athlete's Anxiety to Catch the Novel Corona virus (Covid-19) Scale (AACNCS)" was developed by Tekkurun Demiretal. (2020) was used. The scale consisting of 16 items is a five-point t type questionnaire. In this context, the items are listed as "Strongly disagree", "Disagree", "moderately agree", "agree" and "Strongly agree". It is rated as 1, 2, 3, 4, and 5. Inverse items should be coded as 5, 4, 3, 2 and 1. Since only item 2 contain negative expression in the scale, it should be reversed. The scale was distributed online platform and a total number of 556 athletes have participated in this study. T-Test was conducted to analyse the collected data. The result of the study indicates that there was a significant difference in athletes' anxiety level to infect the novel corona virus between males and females. The study was concluded that female Athlete's anxiety level is higher than male athletes. It is revealed that female athletes require special support in order to minimize the problems they may experience in terms of athletic performance during this covid-19.

Effect of Physical Activity Programme on Selected Physiological Variables on Active Men

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The purpose of the study was to determine the Effect of 12 weeks physical activity programme on selected physiological variables on active men. 80 active men between age group of 35 to 60 years from LNCPE were selected as subjects for the study. They were randomly assigned to an experimental (N=40) and a control group (N=40). The physiological components selected were BMI, blood pressure, lipid profile (Cholesterol, Fasting blood sugar FBS, triglycerides, HDL, LDL, Fat and V-Fat). The experimental group was given physical activity programme five times in a week for a period of 12 weeks. The control group was not involved in this activity programme. All the subjects of experimental group participated in training program apart from their regular work for duration of 12 weeks. Both experimental group and control group were tested before & after the training programme of 12 weeks with relevant standard tests for measuring selected physiological variables. During the first two weeks the trainee was given variable; Monday- Strength, Tuesday- Endurance, Wednesday- Rest, Thursday- Speed + agility, Friday- Flexibility + balance, Saturday- Endurance, Sunday- Rest. During the next four weeks the trainee given variable; Monday- Strength, Tuesday- Interval endurance, Wednesday- Rest, Thursday- Speed, Friday- Flexibility, Saturday- Endurance, Sunday- Rest. During next six weeks the trainee was given variable; Monday- Strength, Tuesday- Aerobics, Wednesday- Rest, Thursday-Speed, Friday- Core + meditation, Saturday- Continues endurance, Sunday- Rest. The training programme included warm up with stretching and rotational exercise, muscle stretching exercise, exercise for developing motor performance and cool down with stretching and loosing exercise for duration of 50 minutes. The data was analyzed using Descriptive Statistics such as Mean and Standard Deviation (SD) for summarizing the collected data. Paired T-test used to check the differences in pre and post-test mean in the respective variables of control and experimental group. There was a significant difference in BMI, blood pressure, lipid profile (Cholesterol, Fasting blood sugar FBS, triglycerides, HDL, LDL, Fat and V-Fat) between control group and experimental group.

KEYWORDS:

Physical Activity, BMI, Blood Pressure, Lipid Profile

Relationship between Body Mass Index and Age of Menarche in Girls

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The purpose of the study was to determine the relationship between body mass index and age of menarche in girls. The study was delimited to the age of menarche and BMI. The study was further delimited to 8 to 15 years old adolescent girl's students from different schools within Kerala state. Chi square method was used to know whether differences exist in the age of menarche between athletes and non-athletes in Kerala. ANOVA was used to find out the relationship between body mass index and age of menarche in athletes and non-athletes.

Within the limits and limitations of the present study and based on the results, the following conclusions was drawn. Physical activity influenced the age of menarche. The importance of physical activity for women's health played a significant role. Athletes and non-athletes differ significantly in menarcheal age (chi-square=54.5, $p < 0.01$). The majority (50.01) of non-athletes has early (9-10) menarcheal age and the majority (67.80) of athletes has normal (12-13) menarcheal age. As compared to non-athletes who have later menarche. It was the one important reason behind the sports performance of athletes. BMI and menarche age relation in non-athletes is ($f_{5.82} p < 0.03$). That is BMI high at an early age. BMI and menarcheal age in non-athletes is ($f_{5.82} p < 0.01$).

KEYWORDS:

Menarche, BMI, Physical activity

The effects of Eight-Week Concurrent Training on Aerobic and Anaerobic Fitness in Young Female Soccer Players

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Soccer is an intermittent sport that requires both aerobic and anaerobic fitness along with technical and tactical skills (Datson et al., 2014). Due to the demands of both aerobic and anaerobic fitness, a concurrent training method that combines aerobic and anaerobic training within a training session can be useful in improving physical performance (Enright et al., 2014). Concurrent training has been shown to improve physical performance in young male soccer players (Enright et al., 2014). However, there is a paucity of research on young female soccer players. Therefore, the purpose of this study was to evaluate the effects of a concurrent training method on aerobic and anaerobic fitness in young female soccer players. Sixteen young soccer players from a premier club participated in this study. Participants were randomly divided into a concurrent training group (CTG): (n=10; age = 13 ± 0.94 years; body mass= 50.1 ± 8.50 kg; height = 1.59 ± 0.01 m) and control group (CG): (n= 6; age= 13.08 ± 0.73 ; body mass= 52.6 ± 4.88 kg ; height = 1.61 ± 0.06 m). The CTG performed two sessions of concurrent training that included speed, power, strength, and conditioning for eight weeks in addition to soccer training. The CG group performed soccer skill sessions. Pre and post testing was done in vertical jump height, an average of repeated four vertical jumps, single leg horizontal jumps, and Yo-Yo intermittent recovery test (YYIR1). CTG group significantly improved with moderate to large effect size in average four vertical jump height ($p < 0.05$; $g = 0.57$; 7.82%), single leg horizontal jumps ($p < 0.05$; $g = 1.3-1.5$; 9.38-9.64%) and YYIR1 ($p < 0.05$; $g = 0.60$; 17.1%). The CT group did not show improvements across any tests. A low volume concurrent training along with soccer training can be an effective way to improve acute aerobic and anaerobic fitness in young female soccer players.

KEYWORDS:

Youth; soccer; Females; concurrent training

The Female Athlete Triad: A review - Challenges and Non Pharmacological interventions

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Female sport participation has increased dramatically over the years. Positive effects of exercise on health have become evident. . However, with participation in competitive sport, a set of health problems unique to the female athlete has emerged. The female athlete triad (Triad) refers to the interrelationships among energy availability, menstrual function, and bone mineral density, which may have clinical manifestations including eating disorders, functional hypothalamic amenorrhea, and osteoporosis. Athletes are distributed along a spectrum between health and disease, and those at the pathological end may not exhibit all these clinical conditions simultaneously. Low energy availability, from either dietary restriction or increased expenditure, plays a pivotal role in development of the triad. Athletes involved in "lean sports" (weight categories or aesthetics, such as gymnastics, or endurance running) are at highest risk. Thinner is not always better. Too low a body weight will decrease strength, power, and endurance and increase the risk of illness and injury as well as the female athlete triad. Nutrition education based on the concept of food as energy for training and recovery instead of body weight is also important for prevention and early intervention, education of athletes, parents, coaches, trainers, and administrators is a priority. Athletes should be assessed for the Triad at the pre -participation physical and annual health screening. Prevention and early recognition of triad disorders are crucial to ensure timely intervention. All individuals, including coaches and parents, who are working with physically active girls and women should be educated about these disorders, and they should develop strategies to prevent, recognize and treat the female athlete triad. Reviews have been summarized for each component of the triad.

KEYWORDS:

Eating disorder; female athlete; female athlete triad; low bone mineral density

Extended Benefits of Active Lifestyle on Body Composition: Covid19 Perspective

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Covid19 has affected lives of people all around the globe. Few preliminary studies from the west have highlighted a negative impact on various lifestyle-related behaviors as a potential implication of Covid-19. There is a lack of evidence that evaluates the effect of Covid-19 on lifestyle-related behaviors in India. Regular physical activity promotes people's health and is a protective factor for many leading non-communicable diseases. The effect of the Covid19 pandemic on weight status remains unclear. Reports from around the world predict dire consequences with increasing obesity, especially in predisposed individuals. Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health. The purpose of the study was to assess and compare percent body fat, calorie expenditure and visceral fat between post graduate physical education & non-physical education students after covid19 second wave lockdown. Subjects for the study were male Post Graduate physical education (N=85) and non-physical education (N=85) students residing in various hostels related to Kuvempu University, Jnanasahyadri campus, Shankaraghatta during 2021-22. All together 170 subjects were randomly selected from four different hostels for this study. Their age ranged between 20 to 27 years. Omron HBF 701 Karada Scan Machine was used to assess the body composition of selected subjects. Descriptive statistics like Mean, Standard deviation and other suitable statics were employed in the present investigation. In order to test the hypotheses formulated for the present investigation, 't' test for independent variables was employed. The level of significance was .05 levels. On the basis of the findings of the present investigation it can be concluded that the non- Physical Education students had significantly higher percent body fat than Physical Education students after covid19 second wave lockdown. Further, Physical Education students had significantly higher calorie expenditure than non-Physical Education students after covid19 second wave lockdown. There were no significant differences in body mass index and visceral fat between non- Physical Education students and Physical Education students.

KEYWORDS:

Health, Life style, Body composition, Obesity, Active, Inactive, Sedentary, Covid19.

Effects of Mindfulness on Mental Well-Being

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Health and happiness are essential components for maintaining productivity in life. Well-being is more than merely the absence of illness. It includes various aspects of a person's physical, psychological, and social well-being. Health is defined as "a condition of comprehensive physical, mental, social, and religious well-being, rather than just the absence of illness or infirmity". Mindfulness is the most effective technique of handling stress, emotional numbness, sadness, and anxiety, all of which can interfere with our health, efficiency, and standard of living. Mindfulness is just paying attention to what is happening in the present moment with a non-judgmental perspective. Mindfulness training has a lot of potential for enhancing our health. According to the findings, mindfulness meditation has significant health and well-being benefits. The current study is an attempt to evaluate several findings connected to mindfulness and its effect on health and well-being.

KEYWORDS:

Health, Happiness, Meditation, Mindfulness.

The Role of Four Temperaments in Predicting Physical Activity in Young Men

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Introduction: Although physical activity is always recommended for all people with different conditions and the benefits of physical activity are not hidden from anyone, but it has been observed that physical activity and participation in sports activities are different between different communities and groups (Dollman & Lewis, 2010). Physical activity has been recommended as one of the important factors preventing many diseases (Khoramipouretal, 2021). But various factors can affect the level of physical activity (Khoramipouretal, 2021). Findings of some studies indicate a relationship between psychic characteristics and physical activity (Miranda-Pettersen et al, 2020). But no study was found on the relationship between temperaments and physical activity which is evaluated in the present study.

Material and methods: In this correlation–descriptive study, 109 students were selected by stratified random sampling method as the sample. A standard temperament questionnaire (Mojahedi et al., 2014) was used to identify temperaments and physical activity was assessed by Beck questionnaire which evaluated physical activity in three parts of sport, job and recreational activities. Statistical test of multivariate regression was used to examine score correlation. Significance level was set at P0.05.

Results: Findings showed that hotness and coldness temperaments indicated a direct and significant relationship with sport participation ($P=0.019$, $t=2.375$, $\eta^2=0.231$). But hotness and coldness were not related to recreational and job activities (recreational index: $P=0.217$, job index: $P=0.868$). Wetness and dryness temperaments were not significantly related to any aspects of physical activity (job index: $P=0.886$, sport index: $P=0.936$, recreational index: $P=0.345$). Conclusion: Therefore, in general, hotness temperament is probably an effective factor in sports participation and it is suggested to encourage people to play sports and conduct research that examines the impact of sports activities on various indicators. Consider the type of temperament. But for any definitive or practical advice based on these results in talent identification, research or sports planning, more research is needed in this regard. However, future studies are required for more clarification.

Fundamental Movement Skills of Pre-Adolescent Children in Tamil Nadu

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Evidence suggested that significant numbers of school children fail to acquire age appropriate fundamental movement skills, despite the importance of Fundamental Movement skills (FMS) in facilitating participation in physical activities. This has led to call for an increase in routine screening of children's FMS in school setting. This project therefore aimed to explore the FMS of pre adolescents. For this purpose 1028 primary school children (254 boys 6 – 7 years, 246 girls 6 – 7 years, 268 boys 8 -9 years and 260 girls 8 – 9 years) were assessed fundamental motor skills by using Fundamental Movement Skill Assessment (FMSA- running, jumping, hopping, galloping, skipping, rolling, ball bouncing, catching, underarm throw, overhead throw, striking, kicking, static balance and dynamic balance). Univariate General Linear Model analyses were used to evaluate main and interaction effects of sex and age on the test outcomes. Significant effect of age and sex were found. Girls outperformed boys in all selected FMS. On all test item children of certain age group score better than their 2 year younger peers.



Effectiveness of an Online Mindfulness-Based Stress Reduction Program on Psychological General Well-being of Employees Working from Home in COVID-19 Outbreak- A pilot Study

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The corona virus disease -2019 (COVID-19) epidemic affected the well-being of job workers for several reasons. The objective of the present study aimed to determine the effect of an online mindfulness-based stress reduction (MBSR) program on improving the psychological general well-being of employees working in the COVID-19 from home. In this randomized controlled pilot study, all employees were assigned to intervention group. The MBSR program was implemented online for 8 weeks for the intervention group. The WHO-5 Well-being Index (WHO-5WBI) was completed online by the participants before and after the intervention. The results of the data analysis indicated that the intervention improved the scores of subjective WHO-WBI index in the intervention group compared to baseline scores. Findings supports the MBSR program can be an effective intervention to improve psychological general well-being of employees working from home in COVID-19 intensive who are at risk of mental health in stressful situations.

KEYWORDS:

Covid-19, Mindfulness, Well-Being, Stress, Psychological, Mental Health.

Evaluation of the Health Status and Wellness of Female Teachers Working in Qatar

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Objective: The purpose of the study was to evaluate the health status and wellness of female teachers working in Qatar.

Method: A group of 78 female teachers working in Qatar voluntarily participated in this study. Breath holding time was recorded to determine the health status and a self-administered questionnaire was used to measure the wellness. The control pause technique has been demonstrated and explained to the subjects before collecting the research data on BHT. Percentage analyse was used to solve the questionnaire and T test was used on BHT.

Result: From the questionnaire 71.4% of females had a history of practicing sports in the past, 75.9% of them are free from health problems, 61.3% has no trouble with sleep and 81% of them had a total working time more than 9 hours. The average breath holding time of physically active women was 35 seconds and physically inactive women was 27seconds. From the BHT the health status of 57.69% was good but symptoms present when exposed to a trigger. When compared to physically inactive women, the BHT of physically active women was found to be significantly greater. In order to confirm equality of variance, Levene's test was used. Levene's test gave a level of significance $p>0.01$ indicating equality of variance. The results of T test indicated a high level of significance $p<0.001$.

Conclusion: The results of the study concluded that the female teachers had a good health and physical activity improves breath holding time.

KEYWORDS:

Breath holding time, wellness, control pause technique, physical activity.

Job Functions of Professionals in Physical Activity and Sports with People with Disabilities

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In Spain, the Physical Activity and Sports training is extensive and diversified, a situation that favors the professional's connection to one or more job functions of Physical Activity and Sports. Related studies indicate that the main functions performed by professionals in this sector are teaching physical activity, teaching physical education and physical training. Regarding Physical Activity of people with disabilities, studies showed that the adaptation of the sector to social transformations has favored the inclusion of people with disabilities in the different modalities of Physical Activity and Sports, but also have evidenced a lack of training in this sector. The main objective of the study is to analyse the main job functions of Physical Activity and Sport that professionals in this sector have been developing in Spain. This is a quantitative and descriptive study, and face-to-face interviews have been carried out using the PROAFIDE questionnaire to all Physical Activity and Sports professionals with people with disabilities in Spain. From the study, it can be concluded that the main job functions performed by Physical Activity and Sports professionals with people with disabilities in Spain are Physical Activity and Sports Instruction, Group Conditioning and Physical Training. Regarding to the job functions developed by professionals in the past results show that the more developed were, Sports Training, Extracurricular Physical Activity and Physical Activity and Sports Instruction.

KEYWORDS:

Profession, job functions, physical activity and sports, disabilities

Cardio-respiratory Function, Body Composition and Physical Fitness of Baiga Tribes

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This review article research forms published studies on cardio respiratory and body composition among the Baiga tribe. Each reviewed article is accompanied by a brief description of its research methodology and outcome. There are various tribal populations in India with diversity, which constitutes about 8% of the total population. There are 75 particularly vulnerable tribal groups (PVTGs) in India and Baiga is one of them. The socio-cultural structure and ways of life of tribal populations are taken into cognizance through various landmark policies of the government which are committed to safeguard the health nutrition and education of tribal communities Baiga tribe living in the forest area are involved in activities for their food & entertainment. As the children become adult, they start to know the myths and legends of Baiga tribe and start taking part in singing, dancing, and traditional festivities. The tribe children learn many other skills, like hunting by arrows, tracking, and establishing the trap, catching fish etc. They constantly engage in physical activities. Most of the survey shows that the study which was conducted on this field was their socio-economic status, nutritional status and their Body composition. The outcomes were revealed that malnutrition is widely prevalent and has poor socio-economic status among the Baiga tribe. There is very little information about Baiga's Body compositions but the cardio-respiratory function and physical fitness of Baiga population have not been studied. The tribal has a unique physique and body composition and along with health a road map to the fitness of the tribal population is also needed so that they acknowledge their capacity and develop the concept of fitness which in the future can lead to achievements. Assessment of cardio-respiratory function, body composition & physical fitness will help to understand the health status of the Baiga population and future intervention programs can be planned on the baseline data procured from the present study.

KEYWORDS:

Cardio-respiratory function, Body composition, Physical fitness and Baiga Tribe

A Study on Sexual Harassment among Women Players

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Objectives: First objective was to determine prevalence of sexual harassment amongst players of National and University level. The second to determine types of sexual harassment predominantly found in players. The third objective was to identify types of action normally taken by victim of sexual harassment.

Subject: A total of one hundred seventy women players were selected. The women players selected were those who participated in national, inter university, and in all India inter university tournaments. Data of 93 netball players were collected during all India university netball tournaments (2013-2014) and 77 players were selected from Chhattisgarh.

Variable: Sexual harassment Questionnaire designed by the United States of America Defense Equal Opportunity Council (DEOC) Task Force on discrimination and sexual Harassment, (Laxman (2003) and SEQ – Sports (section C&D) (Nogueras & Enid,2010) were modified and translated in Hindi.

Design of study: The present study is ex post facto type of research. The variable sexual harassment is categorized into four sections. Section A consists of 9 questions which seeks personal information regarding subjects, section B consists of 20 questions this section deals with sexual harassment experience in sports. Section C is related with section B there are only 4 questions which seeks information about person responsible for sexual harassment and section D comprises of 8 questions which deals with response of sexual harassment by women players. Statistical Analysis: Data were analyzed with the help of Analysis Tool Pack (Microsoft Excel). Frequency of response was recorded and percentage was calculated. Conclusion: The result of the study indicated that 50% women players faced crude/ offensive behavior at some point of time. 41.55% players faced sexual harassment in the form of unwanted sexual attention. 19.55% players faced sexual harassment in the form of sexual coercion. It can be concluded that crude offensive behavior and unwanted sexual attention occurred abundantly as compare to sexual coercion which is considered as serious categories of sexual harassment. 29% women player reported it was coach who was responsible for sexual harassment, whereas, 40.1% reported it is departmental staff, 61.76% reported its spectator and 63.53% reported it as other athletes. It is further concluded that the person responsible for sexual harassment were other athletes, spectators, departmental staff & coach respectively. More than 50% women player reported that they talked about the sexual harassment incident to someone they trusted, reported to staff from university or department and also let the harasser know that they dislike the same. Some of the women player made an excuse so that they would be left alone, blamed themselves or tried to forget sexual harassment incident.

Efficacy of Yogic Practices for the Promotion of Mental Health, Health Related Physical Fitness and Happiness in Working Men

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The goal of the study was to evaluate mental health and health related physical fitness, of working men who were randomly assigned to 8 weeks of yoga training. Working men end-program self-report measures of mood, anxiety, perceived stress, resilience, and other mental health variables, through assessment and their health & fitness. Independent evaluation outcome measures revealed that yoga participants showed statistically significant differences relative to controls on measures of anger control, stress control, emotions, memory power and fatigue/inertia. The yoga group over time was either minimal or showed improvements. Results suggest that implementation of yoga is acceptable, feasible for working men, setting and has the potential of playing a protective or preventive role in maintaining mental health, Happiness and health related physical fitness. The main objective of the study was to assess the efficacy of yogic Practice on mental health, happiness and Health related physical fitness of working men. 100 working men were selected on the basis of their present performance in Office work. Working men groups were divided into two groups. One Experimental group and other Control group were given pre- test in three variables and Yoga training for 8 weeks for Experimental group. A yoga consisting of asana, pranayama was initially given. The Experimental and Control groups were again post-tested. The results show that working men, who regularly practiced yoga performed better during leisure time in Office work as well as at home and in social life with suitable improvement in health status and behavior. The study further shows that the working men who performed yoga, performed better than non-yogic group.

KEYWORDS:

Physical fitness, mental health, working Men, Yoga asana, Pranayam

An Assessment of Agility and dynamic balance of seniors in home for the Aged in Kerala

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Aging refers to the shifts in physiological and psychological patterns of a human. By 2025, most of the population in the developed and developing countries of the world will consist of the aged and the elderly. Demographic data reveals that by 2050, there will be two billion elderly people on the planet. Balance is one of the important parameters for leading an independent, injury free life especially when we are aging. The study focuses on the agility/dynamic balance of the aged staying in the old age homes across Kerala. The purpose of the study was to assess the agility/dynamic balance of seniors in home for the aged in Kerala. The subjects of the study were senior men and women above 60 years of age belonging to the old age homes across Kerala. For the purpose of the study, the state of Kerala has been divided into three regions viz., South, Central, and North Kerala. The study identified 1000 elders (489 males and 511 females) from the home for the aged from all the three SCRs regions of Kerala. Senior Fitness Tests were used to assess the agility /balance. For collecting data appropriate test and measurement procedures were followed. The data collected on the agility/dynamic balance were analysed with the help of SPSS v.23 for WINDOWS. Percentiles was employed to compute, descriptive statistics that is mean, standard deviation and percentile has been computed for agility/ dynamic balance of seniors in home for aged in Kerala. Independent sample t test carried out for comparing respondent's age, sex, marital status, educational status and occupational status based on agility /dynamic balance.

Introduction of E- Sports Arena to All Population

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This research paper is for introduce the E-sports arena to all population who are not much aware about world massive sports. This paper will help all people to gain knowledge about the esports arena to organize an esports tournament. As the esports gain in popularity (over 256 million people watching at least once), the demand for quality venues will rise accordingly. Already, many esports arenas are popping up in Europe, Asia, and the United States. As much as online streams have boosted the popularity of esports, watching in the crowd beats seating in front of a computer screen. Of course, the attraction drives major crowds to stadiums and other locales, but specialized arenas are offering much more entertainment value for the spectators compared to traditional venues. Esports is similar to professional sports in many aspects, and some of the atmosphere can be professionalized, and yet esports is so unique in other regards that creating a proper arena requires more than simply erecting the stands and a stage. In India people are familiar with mobile games but they have very less knowledge about what exactly is esports and esports arena. We need to provide more esports arena in our nation because it is major crowd pulling sporting event and also it is a medal event in Upcoming Asian games. There will be a medal winning opportunity for India esports athletes for upcoming major esports events.

KEYWORDS:

Esports, Streaming, Esports Area, Asian Games

A Comparative Study of Cognitive Abilities among Tribal and Non-Tribal Young Athletes of Jharkhand

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The study aims to investigate the difference in cognitive abilities between Tribal and Non-Tribal young athletes of Jharkhand living under the same environmental condition. Variables selected for the study were Long Term Focused Attention, Logical Reasoning, Reaction Ability (Reaction and Motor Speed) Visual Perception, and Reactive Stress Tolerance. TATEENS 2 test set from Vienna Test System was used for the administration of the test. N= 200 (50 Tribal Male, 50 Tribal Female, 50 Non-Tribal Male, and 50 Non-Tribal Female) actively training young athletes of 11-14 chronological age range from the sports academy of Jharkhand were selected for the study. The comparisons were done between tribal and non-tribal athletes for both gender categories separately. Mann-Whitney U test with a 0.05 level of significance was used to find differences between the selected groups. Outcomes of the statistical test showed significant differences in focused attention $p=0.012$ and visual perception $p= 0.039$ in males, and motor speed $p= 0.040$ and reactive stress tolerance $p= 0.038$ in females only. From the result it may be concluded that tribal male athletes are good in long term focused attention and visual perception than non-tribal males, and tribal females shows dominant over non- tribal female athletes in motor speed and reactive stress tolerance.

KEYWORDS:

Focused Attention, Logical Reasoning, Reaction Ability, Visual Perception, Reactive Stress Tolerance, Tribal , Non-Tribal, Young Athletes, Jharkhand.

In Search of Better Health: The Relevance and Challenges of Providing Physical Literacy to All Children in Developing Countries

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Recently, the idea of physical literacy is getting more attention in the policy level debates related to guaranteeing minimum qualitative health to all. As a result, providing physical literacy to all children less than twelve years of age is even being proposed by UNESCO as a guiding principle to all governments. However, compared to developed countries, others have practical difficulties in implementing such a mammoth programme considering their social, economic and cultural environments. Developing nations are neither even able to provide minimum primary education nor sufficient health infrastructure to their majority population due to their inherent problems. The present paper is an attempt to explore the relevance of physical literacy in the context of India and to identify the various challenges in pursuing that proposal in present circumstances in the country. The researchers used the state of Kerala to explore both the relevance and challenges of achieving the above goal in India, as the state has a well-established network of schools, primary health centers, and other facilities for public amenities. Despite the fact that the state achieved nearly 100% enrollment of children under the age of twelve in schools, it is doubtful that these schools will be able to network with the larger goal outlined above, given their infrastructure, human resources, and available funds. A thorough examination of available literature was conducted to investigate the concept, its evolution, policy attempts, theoretical introspections, and studies on the implementation of physical literacy in various societies up to the present. The paper will expose the diverse challenges of and wide opportunities in addressing the concepts of physical literacy and quality physical education in developing societies. The researchers are using the systematic overview of available literature as the methodology to develop a contesting terrain of physical literacy proposals in the context of India.

KEYWORDS:

Physical Literacy, Physical Education, School Education, Quality Health, State of Kerala.

Association between Body Appreciation and Motivational Factors for Exercise of Adults from selected Central European Countries

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Body image is an actual topic, affected by many personal and environmental factors. Physical activity can help to perceive positive body image and satisfaction with body appreciation. The aim of the presented comparative study was to investigate the perception of body appreciation and motivational factors to exercising of adults and explore the association between positive body image and motivational factors. The sample consisted of 1009 adults, from four different countries in central Europe. Majority of participants were from Slovakia 46,5%, Poland 20%, Czech Republic 19.4% and Hungary 14.1%. The participants were divided according to the gender (60% of female and 40% of male) and the participation in physical activity (65.4% participated in sports and 34.6% did not participate in sports regularly). The questionnaires survey consisted of basic information and questionnaires entitled: Body Appreciation Scale – 2 (BAS-2) ($\alpha=.925$) and Exercise Motivation Inventory 2 (EMI-2) ($\alpha=.956$) were used. Descriptive statistics, Kolmogorov-Smirnov test, Mann-Whitney U test, Kruskal-Wallis test and correlations were conducted. The findings showed a significantly higher core in appreciation of body in males (38.24) than in females (36.25) p.

Global Sport Governance and Environmental Policy

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The topic of global sport governance and environmental policy is new in academic research. The present study aims to introduce the concept of environmental policy in relation to its inclusion in sport policy on global level. According to Eccleston & March (2011), environmental policy discusses goals and principles within a society that aim to protect and promote natural benefits for its citizens.

Sport has been associated with environmental policy for decades starting in 1994 Winter Olympic Games. Specifically, at the Lillehammer Olympic Games, also known as the “Green Games”, twenty sustainability projects were initiated with the aim to enhance environmental friendliness at the Games (Trandafilova, et al. 2014). Since then, many other environmental initiatives have been taken by sport governing factors with the aim to incorporate environmental policy in sport related policy.

The aim of this paper is to examine the existing frameworks of international cooperation between the various sport governing factors in the field of sport environmental policy. In order to do so, it will assess the activity, influence and role of sport organizations, government and international organizations in sport environmental policy. It will also demonstrate aspects of cooperation of international governmental and non-governmental organizations such as the United Nations, the European Union, the International Olympic Committee (IOC) and Federation Internationale de Football (FIFA) in this field and the impact of sport environmental lobbying in the formulation of related policies.

KEYWORDS:

Global sport governance, sport environmental policy, sport environmental lobbying

Analysis of Jump Serve Take off Velocity among National Level Male Volleyball Players

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Jump serve is one of the major components in volleyball through which the purpose of a serve in its most effective way is being utilized in the game. The popularity and individuality of the jump serve makes the relevance of investigation of the same for optimisation of performance in game. Other than any serve in volleyball, jump serve keep its precedence due to its distinct characteristics that it exhibit in the game now a days. In jump serve, the higher the point of impact, the sharper the downward angle of the serve, and the more margins for error there is for the server to utilize a higher ball velocity. The more extended the body at take-off, the higher the server will jump, as the height of the CG at take-off contributes to maximum jump height. Take off velocity will be the most important contributing factor along with the combination of other kinematic variables that can result in attaining maximum reach height during jump serve. Considering the importance of take off velocity in the execution of jump serve the researchers made an attempt to find out the effect of selected kinematic variables on take-off velocity of jump serve among national level male volleyball players.

The preset research addresses the effect of selected kinematic variables on the takeoff velocity of jump serve among national level male volleyball players. The purpose of the study was achieved with participation of 10 national level male volleyball players from Kerala and the assessment done on the selected kinematic variables of jump serve which can describe the characteristics of take off velocity. The objectives of the study – to predict the take-off velocity of jump serve and to find out the effect of selected independent variables on take-off velocity –was accomplished through a scientifically planned and executed two dimensional video analysis using the captured serve trials (N=20 trials) of selected participants. The Kinovea motion analysis software was used as the tool for the same. The data collected through the video analysis method was statistically assessed using multiple regression and found that the take-off velocity can be significantly predicted using Angle at Shoulder (Cross Step), Angle at Shoulder (Penultimate Step) and also found that these variables have a positive effect on the take-off velocity of jump serve among national level male volleyball players.

KEYWORDS:

Jump Serve, Take off Velocity

A Study of Selected Physical Fitness Component of the School Going Students Who Commute to Schools by Walking, Bicycling and Motor Vehicles

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The aim of the study was to find out a comparative study of selected physical fitness components measures of the students who commute to Schools by Walking, Bicycling and Motor Vehicles. For the purpose of the study initially Six hundred (N = 600) school going boys students were selected as subject. A group of 14 to18 year male candidates from class VIII to class XII grade school were purposely selected from seven secondary schools located at Birbhum district in West Bengal as subjects of the study. Each group consisted of 200 subjects, that is, Walking group N = 200, Bicycle group N = 200 and Motor vehicle group N = 200. Category-wise number of subjects was selected from the different schools. The data was calculated by descriptive statistics, and all independent variables were computed by using SPSS, one way ANOVA test followed by t-tests also were used. In the result it is concluded that the distance of bicycling, a commuting mode, increased Cardio-respiratory Endurance capacity (429.296**) which is a significant improvement. Here the level of significance was set at the 0.05 level.

KEYWORDS:

School Students, physical fitness component, Cardio-respiratory Endurance, Walking, Bicycling and Motor vehicle group.

Assessment of Body Composition of College Women in Kerala

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The purpose was to assess the body composition of women college students in Trivandrum. For this study a total of (N=20) women were selected between the age group of 17-25 years. The variables were body weight, body height, waist- circumference, body composition and BMI. The body weight was measured through a standard weighing machine, height was measured with a stadiometer, waist- circumference was measured through anthropometric tape, body composition was measured through skin fold measurement and BMI was measured using body weight and height. The data was analyzed by using SPSS16.0. Descriptive statistics such as Mean, Standard Deviations (SD), Percentile and Correlation was computed. The results revealed that the 59.5% of students had acceptable body fat percentage, 24% of students were moderately overweight, 11.5% were overweight and 5% of them were under weight. The average Height, weight, waist-hip ratio of the students were 158.01 cm, 69.94kg, 66.62cm respectively. On the basis of BMI 46.5% of the students had healthy weight, 50% of the subject were under risk of being in the underweight category? Significant relationship existed between BMI and body stature, BMI and bodyweight, BMI and body composition, BMI and waist- hip ratio.

KEYWORDS:

Body Height, Body Weight, Waist Circumference, BMI (Body Mass Index), Body Composition

Effect of Speed and Endurance Training on Selected Physical Fitness Variables among College Level Handball Players

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Sport is all forms of competitive physical activity which, through casual or organized participation, aim to use, maintain or improve physical ability and provide entertainment to participants. Hundreds of sports exist, from those requiring only two participants, through to those with hundreds of simultaneous participants, either in teams or competing as individuals.

The purpose of the study was to find out the effect of speed and endurance training on selected physical fitness variables among college level handball players. To attain this purpose thirty (30) Men handball players studying in one-of-a-kind colleges under the Calicut University, had been randomly decided on as subjects. The group divided into 2 equal groups and each group consisted of 15 subjects. First group underwent speed endurance training (Experimental group) and 2nd group acted as control group. The selected dependent variables were Speed, Cardiovascular endurance and Muscular strength endurance. The dependent variable Speed was being assessed by administering 50 meters run. The Cardiovascular endurance was measured using 600 meters run and the Muscular strength endurance was tested using sit-ups.

The study was formulated as a pre and post test random group design were randomly assigned into three groups namely experimental group I Speed endurance group and control group, each group consist of 15 subjects, the selected subjects were initially tested on criterion variables used in this study and this is considered as the pre-test, after assessing the post-test, the subject belonging to experimental group I were treated with subjects belonging to were treated with Speed endurance training, as far as the subjects in the group II control group was concerned, this group did not undergo any above mentioned special training process. In order to collect the data, tests were administrated before and after six weeks of training. The scores were recorded in the initial phase and also before starting the test all the subjects were oriented as to the purpose of the test. The method of test and the test items were employed throughout the period of investigation. The subjects were motivated to extent their fullest co-operation in the successful completion of test.

The records had been gathered at previous and straight away after the training process had been statistically tested for significant differences, with the aid of making use of analysis of covariance (ANCOVA). In all the cases, .05 level of confidence was used to test the significance which was considered as appropriate.

KEYWORDS:

College students, Handball, Physical fitness, Speed endurance, Training

Effect of Sudarshan Kriya on Psychomotor Variables in Women Athletes

Suchishrava Dubey¹

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2. *H.O.D. Department of Sports Psychology, L.N.I.P.E. Gwalior, India*

Yoga is beneficial to an athlete as it helps them to strengthen their concentration ability, foster a calm and relaxed mind, and elevate the mind/body connection enduring an athlete to have greater muscle coordination and fluidity of movement. This research has found the effect of six weeks Sudarshan Kriya Yoga on psychomotor variables in women athletes. For the study 20 female subjects aged ranged between 19-25 years of L.N.I.P.E, Gwalior was taken. The subjects were equally categorised by simple random sampling procedure into two groups that is, experimental group and control group. The experimental group participated in Sudarshan Kriya Yoga Training of seven straight days for six weeks and the duration was for 30 minutes per day. In this study, three variables were taken into consideration which was reactive stress tolerance, selective attention, and reaction time. Quantitative measurements of reactive stress tolerance were measured in the Vienna Test System Sport by the DT (Determination Test, S1 form) selective attention was measured in the VTS by the LVT (Visual Pursuit Test, S3 form) reaction ability was measured in the VTS by the RT (Reaction Test, S3 form). The tests were taken at the beginning and the end of the experimental period of 6 weeks. The significance of the mean difference between the pre-test and post-test means of the psychomotor variables was analysed using SPSS by Repeated Measures ANOVA. The level of significance was set at 0.05. The pre-test and post-test results of the study showed significant differences in means on the psychomotor variables. The p-value for reaction time, reactive stress tolerance, and selective attention concerning the group, time, and group time interaction was found to be $p < .05$.

Hence it can be said that the study of six-week Sudarshan Kriya Yoga training had a significant effect on psychomotor variables women athletes.

KEYWORDS:

Sudarshan kriya, psychomotor variable, reaction time, selective attention, reactive stress tolerance.

A close-up photograph of a soccer ball hitting a goal net. The ball is white with black panels and is partially obscured by the net's ropes. The background is a blurred stadium with spectators.

PROGRAM SCHEDULE

(16-18 December 2021)



Inauguration, Valedictory, Keynote and Panel Discussion
Web Link <https://us02web.zoom.us/j/83795064990>
Webinar ID: 837 9506 4990

16th December 2021 (Thursday)

All the timings mentioned in the programme based on IST
(Indian Standard Time)

Oral Presentation (Session 16.1)			
10:00 – 11:00	Room 1 Chairperson: Walter Ho Co-Chairperson: Ashutosh Acharya Web Link: https://us02web.zoom.us/j/83795064990 Webinar ID: 837 9506 4990	Room 2 Chairperson: Min Liu Co-Chairperson: Sanjay Kumar Prajapathi Web Link: https://us02web.zoom.us/j/84931014679 Webinar ID: 849 3101 4679	Room 3 Chairperson: Dilsad Ahmed Co-Chairperson: Sanjeev S Patil Web Link: https://us02web.zoom.us/j/89219918742 Webinar ID: 892 1991 8742
	1. Rosa Lopez de D'Amico Topic: Perceptions about the Mexican Strategy for Quality Physical Education: Pilot Study Paper Id: ISCPES-2021 – 17	1. Yi Ouyang Topic: Effect of Proprioceptive Training on Golf Swing hitting effect. Paper Id: ISCPES-2021 – 38	1. Sharmeslal T V, & Arun S. S. Kumar Topic: Static Flexibility and Static Balance between State Level Kabaddi and Kho-Kho players. Paper Id: ISCPES-2021 -13
	2. Oswaldo Ceballos-Gurrola Topic: Quality Physical Education from the Perspective of Teaching Practice in Mexico Paper Id: ISCPES-2021 – 15	2. Asit Mahara & Sentu Mitra Topic: Effect of Asanas on Static Balance of Sedentary Women Paper Id: ISCPES-2021 – 14	2. Xiaoxi Dong Topic: An Instrument Development for measuring Middle-School Students' Physical Literacy: Exploratory Factor ISCPES-2021 – 26
		3. Satya Prakash Patel Topic: Predicting Location of Center of Gravity while performing 4th Pose (Aswasanchalan) of Surya Namaskar Paper Id: ISCPES-2021 – 02	3. Bipin Balan & Sadanandhan C.S Topic: Effect of Dynamic Stretching Exercise on Speed, Strength and Agility of Football Players. Paper Id: ISCPES-2021-22
Opening Ceremony Web Link: https://us02web.zoom.us/j/83795064990 Webinar ID: 837 9506 4990			
11:00 – 11:45	INAUGURATION PROGRAMME		
Tea Break			
11:45 – 12:00	Music / Performing (in Video)		

16th December 2021 (Thursday)

All the timings mentioned in the programme based on IST
(Indian Standard Time)

Keynote			
12:00 – 13:00	Moderator: Prof. Pedro Carvalho Web Link: https://us02web.zoom.us/j/83795064990 Webinar ID: 837 9506 4990 Speaker: Dr. Richard Bailey (Malaysia) Curriculum Hierarchy: Why do physical education and sport fall to the bottom?		
Lunch Break			
13:00 – 14:00	Music / Performing (in Video)		
Oral Presentation (Session 16.2)			
14:00 – 15:00	Room 1 Chairperson: Klaudia Kukurova Co-Chairperson: Jennie Xie Web Link: https://us02web.zoom.us/j/83795064990 Webinar ID: 837 9506 4990	Room 2 Chairperson: LamLun Buhril Co-Chairperson: Cherry Liu Web Link: https://us02web.zoom.us/j/84931014679 Webinar ID: 849 3101 4679	Room 3 Chairperson: Sanjeev S Patil Co-Chairperson: Jessie Hu Web Link: https://us02web.zoom.us/j/89219918742 Webinar ID: 892 1991 8742
	1. Jayaraman,S, Kittu VN and Swathy KK Topic: Varied Phases Of Kinematic Variables And Long Jump Performance Among Elite Long Jumpers- A Correlation Study Paper Id: ISCPES- 2021 – 65	1. Yuxin GUO Topic: Experimental Study On The Effect Of “8 / 2 Repeater” Training Method On The Forearm Endurance Of Rock Climbers Paper Id: ISCPES-2021 – 29	1. Min LIU Topic: A Comparative Study On The Development Of Quality Physical Education (QPE) Across The Taiwan Strait Paper Id: ISCPES-2021-28
	2. Ling Qin Topic: Development Of An Investigation Tool For Youth Physical Education Learning Paper Id: ISCPES-2021-27	2. Chanthu C.S, Jayaraman.S, Renjith R & Jibin Topic: African Governances In Long Distance Events of Track And Field In Olympics And World Championships Paper Id: ISCPES-2021 – 71	2. Swathy K.K., Jayaraman S & Kittu VN Topic: Kinematic Analysis Of National Sprinters Paper Id: ISCPES-2021 – 05
		3. Renjith R.Chanthu C.S., Jayaraman S, & Jibin Topic: Dominance Of Different Continents In Sprinting Events Of Track And Field In Olympics And World Championship Paper Id: ISCPES-2021 – 72	3. Yaling HUANG Topic: Difficulties And Reform Of Rock Climbing Course In Colleges Under The Guiding Outline For Teaching Reform Of Physical Education And Health Paper Id: ISCPES-2021 - 30

16th December 2021 (Thursday)

All the timings mentioned in the programme based on IST
(Indian Standard Time)

Tea Break			
15:00 – 15:15	Music / Performing (in Video)		
Oral Presentation (Session 16.3)			
15:15 – 16:15	Room 1 Chairperson: Walter Ho Co-Chairperson: Dr.S.Jayaraman Web Link: https://us02web.zoom.us/j/83795064990 Webinar ID: 837 9506 4990	Room 2 Chairperson: Lovey Debora Cruz Co-Chairperson: Sudheesh C.S Web Link: https://us02web.zoom.us/j/84931014679 Webinar ID: 849 3101 4679	Room 3 Chairperson: Min Liu Co-Chairperson: Priyush Kumar U.K Web Link: https://us02web.zoom.us/j/8921991874 Webinar ID: 892 1991 8742
	1. Md. Dilshad Ahamed Topic: Validating The Dimensions Of Professional Perception Of Quality Physical Education Questionnaire (Ppqpeq) Using Confirmatory Factor Analysis Paper Id: ISCPES-2021 – 66	1. Yang Yang XIE Topic: Call For Sustainable Peace, Sufficient Budget Input And Efficient Governance To Improve Quality Physical Education Paper Id: ISCPES-2021 - 31	1. Aditya Mahato & Sentu Mitra Topic: Comparative Study On Agility of Chhau Dancers Paper Id: ISCPES-2021 – 67
	2. Grit Kirstin Koeltzch Topic: Expanding Movement Spaces: A Proposal For Including K-Pop Dance In The PE Classroom Paper Id: ISCPES-2021 – 73	2. Ran SUN Topic: Research On The Teaching Effectiveness Of Retired Athletes To Serve As Physical Education Teachers In Schools Paper Id: ISCPES-2021 – 32	2. Jibin P, S. Jayaraman, Renjith & Chanthu.CS Topic: Influence Of Various Continents In Middle Distance Events Of Track And Field In Olympics And World Championships Paper Id: ISCPES – 2021 – 70
		3. Mohammad Muzamil Shah, Sandhya Tiwari & Sandeep Tiwari Topic: Development Of Norms For Muscular Strength And Muscular Endurance In 14 To 17-Year-Old School Going Boys Paper Id: ISCPES-2021 – 68	3. Ziyang TANG Topic: The Influence Of Sports Policy Configuration On The Development Of Quality Physical Education (QPE)- Analysis Of 16 Marine Silk Road Countries Paper Id: ISCPES-2021 – 33
Tea Break			
16:15 – 16:30	Music / Performing (in Video)		

16th December 2021 (Thursday)

All the timings mentioned in the programme based on IST
(Indian Standard Time)

Moderator: Prof. Pedro Carvalho (*Hebert Haag Lecture*)

16:30 – Web Link: <https://us02web.zoom.us/j/83795064990>
17:30 Webinar ID: 837 9506 4990

Speaker:

Prof. Dr. Hebert. Haag, M.S. (Germany)

Conceptual Framework for the Function of ISCPES in the World of Sport

Panel-1

Web Link: <https://us02web.zoom.us/j/83795064990>

Webinar ID: 837 9506 4990

Topic: Rethinking the Ontology and Epistemology of Game-Based Approaches (GBAs)

- | | |
|------------------|--|
| 17:30 –
18:30 | <ol style="list-style-type: none"> 1. Presenter 1: Steve Mitchell - USA 2. Presenter 2: Richard Light - AUSTRALIA 3. Presenter 3: Ashley Casey - UNITED KINGDOM 4. Presenter 4: Naoki Suzuki - JAPAN |
|------------------|--|

***** End of Day 1 Activities *****

17th December 2021 (Friday)

All the timings mentioned in the programme based on IST
(Indian Standard Time)

Oral Presentation (Session 16.1)			
10:00 – 11:00	Room 1 Chairperson: Walter Ho Co-Chairperson: Ashutosh Acharya Web Link: https://us02web.zoom.us/j/83795064990 Webinar ID: 837 9506 4990	Room 2 Chairperson: Min Liu Co-Chairperson: Sanjay Kumar Prajapathi Web Link: https://us02web.zoom.us/j/84931014679 Webinar ID: 849 3101 4679	Room 3 Chairperson: Dilsad Ahmed Co-Chairperson: Sanjeev S Patil Web Link: https://us02web.zoom.us/j/89219918742 Webinar ID: 892 1991 8742
	1. Maria Beatriz Rocha Topic: Health And Wellbeing In The Indigenous Youth Games: Perceptions And Representation Paper Id: ISCPES-2021 - 61	1. Yongzhi XU Topic: Research On The Development And Governance System Of China's National Traditional Sports In The New Era Paper Id: ISCPES-2021 – 39	1. Maninder Singh Topic: A study of ELA profile of Kho Kho players of Chhattisgarh state Paper Id: ISCPES-2021 – 58
	2. Claudia Magaly and Espinosa Topic: Women, Physical Education And Sport In Mexico Paper Id: ISCPES-2021 – 55	2. Ashutosh Pandey Topic: The Effect Of Eight Weeks Proprioceptive Training On Dynamic Balance And Explosive Power Of Male Kho-Kho players Paper Id: ISCPES-2021-57	2. Yu Song Topic: Effects Of High Intensity Interval Training And Moderate-Intensity Continuous Training On Myocardial Mitochondrial Homeostasis In Acute Myocardial Infarction Rats Paper Id: ISCPES-2021 – 44
		3. Haiying Hu Topic: Development And Application Of Fitness Equipment For Teenagers In Community Paper Id: ISCPES-2021 - 51	3. Tanu Shree Yadav Topic: Assessment Of Menopausal Symptoms And Depression Level Between Working Women And Non-Working Women Paper Id: ISCPES-2021 – 25
Keynote 2			
11:15 – 12:15	Moderator: Prof. Pedro Carvalho Web Link: https://us02web.zoom.us/j/83795064990 Webinar ID: 837 9506 4990 Speaker: Prof. Selina Khoo (Malaysia) Topic: Mental Health in University Student		
Tea Break			
12:15 – 12:30	Music / Performing (in Video)		

17th December 2021 (Friday)

All the timings mentioned in the programme based on IST
(Indian Standard Time)

Oral Presentation (Session 17.2)			
12:30 – 13:30	Room 1 Chairperson: Sujith Panigari Co-Chairperson: Jennie Xie Web Link: https://us02web.zoom.us/j/83795064990 Webinar ID: 837 9506 4990	Room 2 Chairperson: Narendra Gangwar Co-Chairperson: Jessie Web Link: https://us02web.zoom.us/j/84931014679 Webinar ID: 849 3101 4679	Room 3 Chairperson: Ashutosh Acharya Co-Chairperson: Reshma Babu K Web Link: https://us02web.zoom.us/j/89219918742 Webinar ID: 892 1991 8742
	1. Noelia Álvarez-Llargo – AtefehHabibirad and María Dolores González-Rivera Topic: Physical Activity And Sport Professionals Working With Specific Populations From A Gender Perspective Paper Id: ISCPES-2021 – 36	1. Prashant Kumar Choudhary Topic: A Study Of Impact Of Social Media Towards Branding, Valuation And Marketing Of Indian Premier League Paper Id: ISCPES-2021 - 40	1. Feng JIN Topic: Research On The Creation And Application Of Chair Exercises For Preventing The Elderly From Falling Paper Id: ISCPES-2021 – 45
	2. Dr. Alejandra A. Marciano Mendoza, Dra. Elizabeth Suarez Castillo, Dra. Nayelli Salamanca Mendez, Dra. Tania Ordaz Rodriguez Topic: Cross-Sectional Analysis Of The Academic-Emotional Situation At The Beginning Of The Sars- Cov-2 (Covid-19) Paper Id: ISCPES-2021 – 16	2. Mengmeng LI Topic: Effects Of Antioxidants On The Redox State Of Colon After Aerobic Exercise Training Paper Id: ISCPES-2021 – 46	2. Aniksha Varoda Topic: Health Related Physical Fitness Of Baiga Adolescent Girl's- A Primitive Tribe Of Chhattisgarh, India Paper Id: ISCPES-2021 - 60
		3. Lu Wang Topic: Research On The Design And Application Of Micro-Curriculum In College Yoga Teaching Paper Id: ISCPES-2021 – 34	3. Luyue LIU Topic: Study on the effect of Swimming on Improving he Aerobic Work ability of Female College Students Paper Id: ISCPES-2021 – 47
Lunch Break			
13:30 – 14:30	Music / Performing (in Video)		

17th December 2021 (Friday)

All the timings mentioned in the programme based on IST
(Indian Standard Time)

Keynote 3

14:30 – 15:30	<p>Moderator: Prof. Pedro Carvalho Web Link: https://us02web.zoom.us/j/83795064990 Webinar ID: 837 9506 4990</p> <p>Speaker Antala Branislav (Slovakia) FIEPS and its Participation on Selected Comparative Research Projects</p>
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Keynote 4

15:30 – 16:30	<p>Moderator: Prof. Pedro Carvalho Web Link: https://us02web.zoom.us/j/83795064990 Webinar ID: 837 9506 4990</p> <p>Speaker: Prof. Dr. Karin Volkwein-Caplan (USA) Healthy Ageing in the Global Pandemic</p>
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Tea Break

16:30 – 16:45	Music / Performing (in Video)
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Panel- 2

Quality Physical Education (QPE) – The Research, Findings and Inspiration for the QPE Study from 2010 to present

Web Link: <https://us02web.zoom.us/j/83795064990>
Webinar ID: 837 9506 4990

16:45 – 17:45	<ol style="list-style-type: none"> 1. Presenter 1: Walter Ho– CHINA 2. Presenter 2: Dilsad Ahmed– INDIA 3. Presenter 3: Klaudia Kukurová– SLOVAKIA 4. Presenter 4: Cherry Min Liu– CHINA 5. Presenter 5: Jessie Jiayi Hu– CHINA 6. Presenter 6: Jennie Yang Yang Xie– CHINA
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17:45 – 18:30	ISCPES General Assembly Chair: Prof. Pedro Carvalho
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***** End of Day 2 Activities *****

18th December 2021 (Saturday)

All the timings mentioned in the programme based on IST
(Indian Standard Time)

Keynote 5

10:00 – **Moderator: Prof. Pedro Carvalho**
11:00 Web Link: Web Link: <https://us02web.zoom.us/j/83795064990>
Webinar ID: 837 9506 4990

Speaker:

Dr. G. Kishore (India)

Impact and Relevance of Sports Culture And Tradition: An Indian Perspective

Tea Break

11:15 – Music / Performing (in Video)
12:15

Oral Presentation (Session 18.1)

Room 1	Room 2	Room 3
<p>11:15 – Chairperson: Prof.Reeta Venugopal 12:15 Co-Chairperson: Cherry</p> <p>Web Link: https://us02web.zoom.us/j/83795064990</p> <p>Webinar ID: 837 9506 4990</p>	<p>Chairperson: MN Sawant Co-Chairperson: Kannadasan</p> <p>Web Link: https://us02web.zoom.us/j/84931014679</p> <p>Webinar ID: 849 3101 4679</p>	<p>Chairperson: Lam Lun Buhril Co-Chairperson: Narendra Gangwar</p> <p>Web Link: https://us02web.zoom.us/j/89219918742</p> <p>Webinar ID: 892 1991 8742</p>
<p>1. Mohamad Amin Safari Topic: The Effect Of Temperament Type And Sodium Bicarbonate Supplementation On Anaerobic Power and fatigue Paper Id: ISCPES-2021 – 43</p>	<p>1. Preeti Tygai Tropic: A Comparative Study On Emotional Regulation Between NCC Male And Female Cadets In School Paper Id: ISCPES-2021 – 56</p>	<p>1. Amal.CH Topic: To analyse The Anxiety To Infecting The Novel Coronavirus (Covid-19) Of Athletes In Kerala Paper Id: ISCPES-2021 – 48</p>
<p>2. Awadesh kumar Shirotriya Topic: Lessons Learned During The Pandemic: Shaping The Future Of Physical Education In India Paper Id: ISCPES-2021 – 35</p>	<p>2. Priyush Kumar U.K. Topic: Effect of Mindfulness Meditation on Stress Level Of Physically Active Adults Paper Id: ISCPES -2021 -20</p>	<p>2. Reshma Babu K. Topic: Effect Of Physical Activity Programme On Selected Physiological Variables On Active Men Paper Id: ISCPES-2021 – 19</p>
	<p>3. Ms.Rina Dhruw Topic: Sexual Harassment & Its Awareness With Special Reference To Sports Paper Id: ISCPES-2021 – 59</p>	<p>3. Chithra S. Topic: Relationship Between Body Mass Index And Age Of Menarche In Girls Paper Id: ISCPES-2021 - 21</p>

Tea Break

12:15 – Music / Performing (in Video)
12:30

18th December 2021 (Saturday)

All the timings mentioned in the programme based on IST
(Indian Standard Time)

Oral Presentation (Session 18.2)			
12:30 – 13:30	Room 1 Chairperson: Eliana Ferreira Co-Chairperson: Klaudia Kukurova Web Link: https://us02web.zoom.us/j/83795064990 Webinar ID: 837 9506 4990	Room 2 Chairperson: Lovey Debora Cruz Co-Chairperson: Jessie Web Link: https://us02web.zoom.us/j/84931014679 Webinar ID: 849 3101 4679	Room 3 Chairperson: Oswaldo Ceballos Co-Chairperson: Swathy Web Link: https://us02web.zoom.us/j/89219918742 Webinar ID: 892 1991 8742
	1. Dr. Kaushik Talukdar and Acelin L O James Topic: The Effect Of Eight Week Concurrent Training On Aerobic And Anaerobic Fitness In Young Female Soccer Players Paper Id: ISCPES – 2021 – 23	1. Dr. Gajanana Prabhu B. and Mr.Mahadevappa Gonji Topic: Extended Benefits Of Active Lifestyle On Body Composition: Covid19 Perspective Paper Id: ISCPES – 2021 – 08	1. Dr. D. Yuvraj Topic: Fundamental Movement Skills Of Pre-Adolescent Children In Tamil Nadu Paper Id: ISCPES – 2021 – 64
	2. Usha S Nair Topic: The Female Athlete Triad: A review - Challenges and Non Pharmacological interventions Paper Id: ISCPES-2021-77	2. Jills Varghese Topic: Effects Of Mindfulness On Mental Well-Being Paper Id: ISCPES-2021 – 06	2. Vikas Singh Topic: Effectiveness Of An Online Mindfulness-Based Stress Reduction Program On Psychological General Well-Being Of Employees Working From Home In Covid-19 Outbreak- A Pilot Study Paper Id: ISCPES -2021 – 69
		3. Mohamad Amin Safari Topic: The role of four temperaments in predicting physical activity in young men Paper Id: ISCPES-2021 – 50	3. Drishya Sivasdas Topic: Evaluation of the Health Status and Wellness of female Teachers Working In Qatar Paper Id: ISCPES-2021 – 52

18th December 2021 (Saturday)

All the timings mentioned in the programme based on IST
(Indian Standard Time)

Oral Presentation (Session 18.3)			
13:30 – 14:30	Room 1 Chairperson: Prof. Sandeep Tiwari Co-Chairperson: Jennie Xie Web Link: https://us02web.zoom.us/j/83795064990 Webinar ID: 837 9506 4990	Room 2 Chairperson: Narendra Gangwar Co-Chairperson: Cherry Liu Web Link: https://us02web.zoom.us/j/84931014679 Webinar ID: 849 3101 4679	Room 3 Chairperson: Nandalal Singh Co-Chairperson: Bipin Balan Web Link: https://us02web.zoom.us/j/89219918742 Webinar ID: 892 1991 8742
	1. Maria Gutierrez Conejo, Ma: Camposlzquierdob A Y Gonzalez-Rivera M.Dc. Topic: Job Functions Of Professionals In Physical Activity And Sports With People With Disabilities Paper Id: ISCPES-2021-76	1. Kanchan Yadav, ReetaVenugopal Priyambadahrivastav Topic: A Study on Sexual Harassment among Women players Paper Id: ISCPES-2021 – 62	1. Mohamed Prince M Topic: Introduction Of E-sports Arena To All Population Paper Id: ISCPES-2021 - 01
	2. ReetaVenugopal Topic: The Female Athlete Topic: Cardio respiratory function, body composition and physical fitness of Baiga Tribes Paper Id: ISCPES-2021-75	2. Mahendra Sawant Topic: Efficacy Of Yogic Practices For The Promotion Of Mental Health, Health Related Physical Fitness And Happiness In Working Men Paper Id: ISCPES-2021-74	2. Manohar Kumar Pahan, Prof. Mahendra Kumar Singh Topic: A Comparative Study Of Cognitive Abilities Among Tribal And Non-Tribal Young Athletes Of Jharkhand Paper Id: ISCPES-2021 – 03
		3. Sheerer K Topic: An Assessment Of Agility/Dynamic Balance Of Seniors In Home For Aged In Kerala Paper Id: ISCPES – 2021 – 63	3. Irun Jyothi S., Ajeesh P.T., & Razeena K.I Topic: In Search Of Better Health: The Relevance And Challenges Of Providing Physical Literacy To All Children In Developing Countries Paper Id: ISCPES-2021 – 04
Keynote 6			
10:00 – 11:00	Moderator: Prof. Pedro Carvalho Web Link: Web Link: https://us02web.zoom.us/j/83795064990 Webinar ID: 837 9506 4990 Speaker: Dr. Tiago Barbosa (Singapore) Sport Sciences Training Offer in Europe and Asia: A Comparison between Portugal and Singapore		

18th December 2021 (Saturday)

All the timings mentioned in the programme based on IST
(Indian Standard Time)

Tea Break			
15:30 – 15:45	Music / Performing (in Video)		
Oral Presentation (Session 18.4)			
12:30 – 13:30	Room 1 Chairperson: Sandhya Tiwari Co-Chairperson: Cherry Liu Web Link: https://us02web.zoom.us/j/83795064990 Webinar ID: 837 9506 4990	Room 2 Chairperson: Walter Ho Co-Chairperson: Shalini Menon Web Link: https://us02web.zoom.us/j/84931014679 Webinar ID: 849 3101 4679	Room 3 Chairperson: Dr.S Jayaraman Co-Chairperson: Gajanana Prabhu B Web Link: https://us02web.zoom.us/j/89219918742 Webinar ID: 892 1991 8742
	1. Klaudia Kukurová Topic: Association Between Body Appreciation And Motivational Factors For Exercise Of Adults From Selected Central European Countries Paper Id: ISCPES-2021 – 49	1. Sreeja U Bhasi, Dr. C.S. Sadanandan, T Dr. Ajesh C.R. Topic: Analysis Of Jump Serve Take off Velocity Among National Level Male Volleyball Players Paper Id: ISCPES-2021 – 53	1. Anju Nath U.G. Topic: Assessment Of Body Composition Of College Women Paper Id: ISCPES-2021 – 18
	2. Efthalia (Elia) Chatzigianni Topic: Global Sport Governance And Environmental Policy Paper Id: ISCPES-2021 – 54	2. Bapi Das , Dr. Kallol Chatterjee Topic: A Study Of Selected Physical Fitness Component Of The School Going Students Who Commuting To Schools By Walking, Bicycling And Motor Vehicles Paper Id: ISCPES-2021 – 07	2. Rahul R. Topic: Effect Of Speed And Endurance Training On Selected Physical Fitness Variables Among College Level Handball Players Paper Id: ISCPES-2021 – 10
		3. Suchishrava Dubey Topic: Effect Of Sudarshan Kriya On Psychomotor Variables In Women Athletes Paper Id: ISCPES-2021 – 12	

18th December 2021 (Saturday)

All the timings mentioned in the programme based on IST
(Indian Standard Time)

Panel -3

Web Link: <https://us02web.zoom.us/j/83795064990>

Webinar ID: 837 9506 4990

Women, Physical Education and Sport from an International Perspective in Ibero-America

- | | |
|------------------|---|
| 16:30 –
17:30 | <ol style="list-style-type: none"> 1. Presenter 1: María Beatriz Rocha Ferreira and Eliana Lucia Ferreira. – BRAZIL 2. Presenter 2: Miguel Cornejo A. and Natasha Uribe. – CHILE 3. Presenter 3: María Antonieta Ozols Rosales and María Antonieta Corrales Araya. – COSTA RICA 4. Presenter 4: María Dolores González-Rivera and Noelia Álvarez-Llargo. – SPAIN 5. Presenter 5: Jhoanna Ruiz-Garcia. – VENEZUELA |
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21st Biennial Conference of ISCPES Closing Ceremony

ISCPES Representative: Prof. Pedro Carvalho

SAI Representative: Web Link: <https://us02web.zoom.us/j/83795064990>

Webinar ID: 837 9506 4990

- | | |
|------------------|-----------------------------|
| 17:45 –
18:30 | VALEDICTORY FUNCTION |
|------------------|-----------------------------|

***** End of Day 3 Activities *****



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