IJPEAES

International Journal of Physical Education & Applied Exercise Sciences

Volume, 6 No. 1, February 2020: ISSN: 2394-9953 (UGC Approved, Journal No. 64782)



© 2020 The Authors Published by Department of Sports Biomechanics of Lakshmibai National Institute of Physical Education, NERC, Guwahati, Govt. of India Mobile: +917896998382 | Email: *journals*@*lnipeassam.edu.in*

> LJPEAES Volume 6, No. 1: February 2020 E-ISSN: xxxx-xxxx | P-ISSN: 2394-9953 https://journal.lnipeassam.edu.in

This issue is **Open Access** distributed under the terms of the Creative Commons Attribution-Non Commercial 4.0 International License which allows others to remix, tweak, and build upon the work non-commercially as long as the original work is properly cited. The new creations are not necessarily licensed under the identical terms.

IJPEAES, Volume 6, No. 1, February 2020

EDITORIAL TEAM

EDITOR-IN-CHIEF

Dr. Satpal Yadav, PhD, HOD

Department of Sports Biomechanics, Lakshmibai National Institute of Physical Education, NERC, Guwahati, Assam, India

INTERNATIONAL EDITORIAL ADVISORY BOARD

Prof. Michael Chai, PhD, National Institute of Education, Singapore

Assoc. Prof. Colleen Marzilli, PhD,

DNP, MBA, RN-BC, CCM, PHNA-BC, CNE, NEA-BC The University of Texas at Tyler, School of Nursing, 3900 University Blvd., Tyler, TX 75799, United States

EDITORIAL BOARD MEMBERS

Rajeev Choudhary, PhD

Head, SOS in Law; Jt. Proctor and Dean Students' Welfare, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, India.

Ankan Sinha, Associate Professor & Coordinator IGNOU Govt. Degree College, Dharmanagar, Tripura (India)

Sambhu Prasad, Professor & Head Department of Physical Education & Sports Science, Arunachal University

Nishant Singh Deol, Professor Department of Physical Education, Panjabi Univesity, Patiala, Punjab

Laishram Thambal Singh, Professor & Head Physical Education & Sports Science, Manipur University

Mantu Bara, Associate Professor Centre for studies in Physical Education & Sports, Faculty of Education, Dibrugarh University

> Suman Adhikari, Associate Professor Govt. Degree College, Dharmanagar, Tripura (India)

> Joseph Singh, Professor Department of Sports Biomechanics, LNIPE, Gwalior

> Baljinder Singh Bal, PhD Department of Physical Education, GNDU, Amritsar

> > Krishnakant Sahu, Director Department of IQAC, LNIPE, Gwalior

M.K. Singh, Professor Department of Sports Psychology, LNIPE, Gwalior

Malkhan Singh, Professor, HOD Bharatiya Bhasha Kendra, JNU, New Delhi

Shankar Jyoti Basumatary, PhD (JOURNAL MANAGER) LNIPE, NERC, Guwahati, Assam

> Thepfu Kolie Punyu (Technical Manager) LNIPE, NERC, Guwahati, Assam

COPYEDITOR & LAYOUT EDITOR

Chanakya Nath LNIPE, NERC, Guwahati, Assam

IJPEAES, Volume 6, No. 1, February 2020

The IJPEAES Journal is an annual interdisciplinary peer reviewed journal of Physical Education and Applied Exercise Sciences in North East India, published by the Lakshmibai National Institute of Physical Education, Department of Sports Biomechanics. North East Regional Centre, Guwahati, Assam

Volume 6, No. 1: February 2020 ISSN: 2394-9953

IJPEAES Highlights

Country of Publication: India

□ Sport and Physical Activity

□ Motor Control and Learning

□ Sports for Special Population

□ Sports Biomechanics

□ Fitness and Health

□ Sports Management

□ Physical Activity of Elderly

□ Sports Medicine and Rehabilitation

□ Sports Injuries

Publisher: Lakshmibai National Institute of Physical Education, North East Regional Centre, Guwahati ISSN: 2394-9953 POD: LNIPE, NERC, Guwahati- 782402 Frequency: Bi-Annual Publication Dates: February and November Language: English & Hindi Format: Print & Online **Scope:** Physical Education and Applied Exercise Sciences Author Fees: No (Subject to change) Open Access: Yes Refereed: Yes Abstracted: Yes Indexed: Yes Policy: Peer-reviewed Paper Acceptance Rate: 53% Peer Review Time: 20–35 Days Submission E-mail: journals@lnipeassam.edu.in

Scope & Topics

Philosophy

IJPEAES publishes papers in issues related to Physical Education and Applied Exercise Science, including: □ Kinesiology Assessment

- □ Physical Cultural Studies
 - □ Sports Nutrition
 - □ Applied Exercise Physiology
 - □ Sports Psychology
 - □ Exercise Physiology
 - □ Sports Society
 - □ Physical Education
 - □ Sports Technology
 - □ Physical Therapy
 - □ Training Theory
 - \Box Sport and Disability

Price : ` 1800/-

Printed at LNIPE Press, Guwahati - 782402, Assam

IJPEAES Vol.- 6 No. 1 February 2020 ISSN: 2394-9953

IJPEAES publishes original papers, review papers, conceptual framework, analytical and simulation models, case studies, empirical research, technical notes, and book reviews.

Peer Review Process

IJPEAES uses double-blind system: the reviewers' identities remain anonymous to authors. The paper will be peer- reviewed by three experts; one is editor-in-chief and the other two are internal editors and external reviewers.

Ethical Guidelines for Authors

Fabrication/ Falsification of Data: Making up data or results and recording or reporting them is fabrication of data. Falsification of data is manipulating research materials, omitting/deletion/suppression of conflicting data without justification and this would cause mistrust and disgrace to scientific community.

Plagiarism: Using another person's ideas, language, graphs, pictures, results and experiments without giving credit to them. Without citing the source, copying even a single sentence from your own or another person's research paper leaded to plagiarism.

Unacceptable Author Contribution: Including authors who have not contributed to the research in the manuscript and excluding authors who have contributed to the research is unacceptable author contribution.

Citation Manipulation: Citing irrelevant articles that don't contribute to content of manuscript is a kind of scientific misconduct.

Concurrent Submissions: It is submitting the same manuscript to more than one journal at the same time. It is a waste of time of editors and peer reviewers, and can also damage the reputation of journals if published in more than place.

Redundant Publications: It primarily refers to publishing the same material/experiments more than once. Accountability-All authors whose names appear on the manuscript are equally held accountable for the content of a submitted manuscript or published paper.

Ethical Responsibility for Peer Review/ the Reviewers

As an editor or a reviewer you are requested to find out about the originality of the manuscript you are urged to review. Therefore, it is recommended that you also see the Author Guidelines and Polices page so that authors should take into consideration prior to submission of their papers for the publication. Although reviewed articles are treated confidentially, reviewers' judgments should be objective. Reviewers should have no conflict of interest with respect to the research, the authors and/or the research funders, and reviewers should point out relevant published work which is not yet cited.

Ethical Guidelines for Editors-in-Chief/ Editorial Board Member

The Editor-in-Chief makes the final decision to publish the manuscript in the journal based on peerreviewers comments. It is expected that Editors during the review process should be principled, prompt, act with confidence, contribution to the final decision, acknowledge source, and stick to objectives and guidelines mentioned below:

• Editors should understand that the peer review process is confidential. The review process should not be shared with anyone outside the peer review process.

• Editors clearly understand that review process should be unbiased and author deserves full credit for their work.

• Editor-in-Chief should discuss all matter regarding publication with the Editorial board members before making a final decision.

• Editors should automatically reject manuscript that are inappropriate or out of scope of the journal.

Editors must investigate if they receive information that a manuscript is plagiarized, under consideration elsewhere or has already been published. If there is evidence that the manuscript has been plagiarized, under consideration elsewhere or has already been published, then the Editor-in-Chief should issue an erratum.

Prohibited Author's List (PAL)

If there is a violation of any of the above said policies in the IJPEAES, the manuscript will be rejected or removed. The author will be entered in the PAL database and prohibited to contribute for the next 3 years.

About IJPEAES Journal

The *IJPEAES Journal* is an annual interdisciplinary peer reviewed journal of Physical Education and Applied Exercise Sciences in North East India, published by the Lakshmibai National Institute of Physical Education, Department of Sports Biomechanics. North East Regional Centre, Guwahati, Assam

INTERNATIONAL JOURNAL OF PHYSICAL EDUCATION & APPLIED EXERCISE SCIENCES ISSN: 2394-9953

(UGC Approved, Journal No. 64782)

TABLE OF CONTENTS

Original Research Articles

Effect of Intensity Manipulation of Olympic Lift Training on the Sprinting Ability of 100 Meters Sprinters

Prof. Arvind S Sajwan, Satpal Yadav pp 1-6

A Comparative Study of Attitude & Participation in the Indigenous Sports Among the Tribal & Non-Tribal Females of Tripura Subal Chandra Das, Sangita Chakraborty

pp 7-14

Relationship in Selected Kinematic Variables to the Performance in Long Jump Mintu Rabha, Dr. Satpal Yadav, Gitali pp 15-19

Estimation of Judo Performance on the Basis of Selected Physical and Physiological Variables of National Level Judoka's in Different Weight Categories Banarsi Saran, Dr. Alok Kumar Singh pp 20-24

Effect of Varied Intensity and Duration of Surya Namaskar on Total Cholesterol Level and High Density Lipoprotein of 45-50 Age Groups Dikchan Baishya pp 25-31

A Kinematic Study of Javelin Throw Technique Performance of Inter College Level Athletes Rohit Mehta, Satpal Yadav, Harendra Singh

Comparative Study on Vital Capacity and Resting Heart Rate Between Badminton and Table Tennis Players of Manipur

> Mayanglambam Sangita Devi, Dr. Y. Santikumar Singh pp 37-42

Yoga Improving Health Related Physical Fitness Dr. Ranjan Chakravarty pp 43-48

Exploring the Effects of Gentle Aerobic Exercise on Breath-Holding Abilities in Young Men Ranjan Chakravarty pp 49-54