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DIFFERENT TIMES OF THE DAY AND RECOVERY OF HEART RATE AND RESPIRATORY RATE AFTER WORKOUT – A COMPARISON

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James Minj

ABSTRACT

This study was done to compare the amount of recovery at different times of the day i.e. Morning, Afternoon and Evening. The researcher has selected a total of five subjects purposively with the age 19 ± 2 years from Jiwaji University, Gwalior. The heart rate and respiratory rate were recorded just after the finish of the specific anaerobic workout and after fixed regular subsequent intervals.

Article Indexed in



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Introduction

During the competitive phase of the season, gymnasts usually repeat their six events several times per practice session. Lechevalier et al., (1999) found high BL values in young high-level gymnasts performing their routines twice.

A Good Introduction :-

Importance of the expected results to the general inquiry Extremely briefly depict the exploratory configuration and how it achieved the expressed destinations.

Materials

The purpose of the study was to find out that which time of day-either morning, afternoon or evening, results in quicker recovery in gymnasts after specific anaerobic workout.

A Good Materials :-

Materials may be accounted for in a different passage or else they may be distinguished alongside your systems. Inc or supplies that are not generally found in research centers.

Result

Findings pertaining to the descriptive statistics in morning, afternoon, and evening recovery are presented as under.

A Good Result :-

Results are as per aims and objective and useful to further research .

Conclusion

The subjects were elite gymnasts and had their training age at least more than 5 years in various stages and camps for varied duration and time of the day. They were well adapted to such short duration anaerobic training which showed insignificant difference of recovery in the diurnal variations. The training schedule prepared and executed may would have proved to be equal to produce much stress.

A Good Conclusion :-

Thus, the research have wider scope for new academicians and research scholars.

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A Good References :-

There are Places where the Author James Minj and Vaibhav Daipuria Need to Cite a Reference, but Have Not

SUMMARY OF ARTICLE

No.		Very High	High	Average	Low	Very Low
1.	Interest of the topic to the readers		✓			
2.	Originally & Novelty of the ideas	✓				
3.	Importance of the proposed ideas		✓			
4.	Timelines			✓		
5.	Sufficient information to support the assertions made & conclusion drawn	✓				
6.	Quality of writing (Organization, Clarity, Accuracy Grammer)	✓				
7.	References & Citation (Up-to-date, Appropriate Sufficient)					

FUTURE RESEARCH PLANNING:

1. Career For Faculty (<http://academicprofile.org/Professor/CareerForFaculty.aspx>)
2. Academic Plan (<http://academicprofile.org/Professor/AcademicPlan.aspx>)
3. Regarding Professor Promotion
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REVIEWER COMMENTS

- The presentation is pertinent and hypothesis based.
- Sufficient data about the past study discoveries is displayed for perusers to take after the present study method of reasoning and strategies.

Authorized Signature

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Review Editor

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