

ORIGINAL ARTICLE

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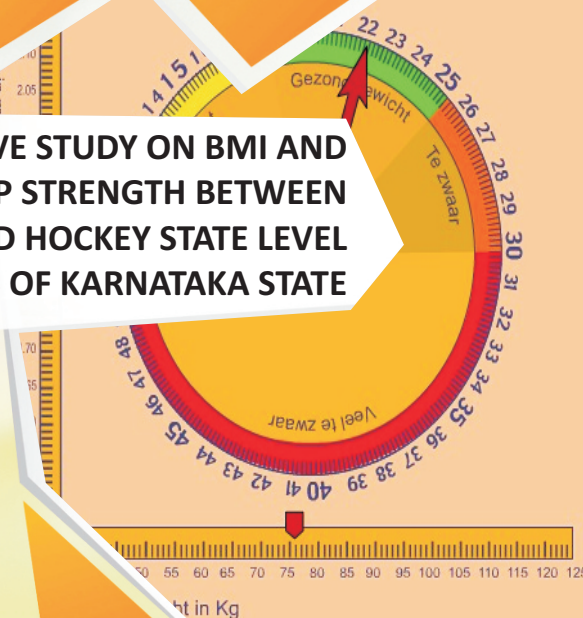
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A COMPARATIVE STUDY ON BMI AND  
HANDGRIP STRENGTH BETWEEN  
HANDBALL AND HOCKEY STATE LEVEL  
MALE PLAYERS OF KARNATAKA STATE

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Heeft u een gezond gewicht?

De zogenaamde Body Mass Index (BMI) geeft aan of uw gewicht in balans is met uw lengte. Uw gewicht wordt daarbij gedeeld door uw lengte in het kwadraat.

Zo berekent u uw Body Mass Index:

1. Stel de lengtemeter in
2. Stel de gewichtsmeter in
3. De pijl in de cirkel wijst naar het getal dat uw BMI aangeeft. U ziet meteen in welke zone uw BMI zit.

186 lengte  
76 gewicht

21.97 BMI

U hebt een gezond gewicht. Houd uw gewicht op dit peil. Check minstens 1 keer per half jaar opnieuw hoe het ervoor staat.

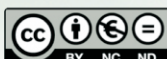


Chethan Ram P

ABSTRACT

The purpose of this study was to investigate and compare the analysis of BMI and Handgrip strength of Handball and Hockey state level male players of Karnataka state. To achieve the purpose of the study, the fifty (n=50) players were randomly selected as a subjects, out of which twenty five (n=25) from Handball and twenty five (n=25) from Hockey discipline who were participated in the state level competition in 2013-14. The age of all subjects ranged from 17 to 21 years.

Article Indexed in



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### REVIEW OF THE ARTICLE

#### **A Comparative Study On BMI And Handgrip Strength Between Handball And Hockey State Level Male Players Of Karnataka State**

Chethan Ram P

##### **Title:**

Length of the title was long. Try to make the title short and focus on the variables under study.

##### **Abstract:**

The abstract was complete. The purpose of this study was to investigate and compare the analysis of BMI and Handgrip strength of Handball and Hockey state level male players of Karnataka state.

##### **Introduction:**

Introduction was justifying. Physiological systems are highly adoptable to exercise. Each task has its major physiological components and fitness for the task requires effective functioning of appropriate systems. Significance of the area under study mentioned clearly in Introduction.

##### **Methodology:**

Objective of the study was to find out the significant differences between Handball and Hockey state level male players of Karnataka state on the variables BMI (Body Mass Index) and Handgrip strength.

##### **Data collection and analysis:**

Statistical technique T test was applied. The level of significance was set at 0.05. Handgrip strength was measured by handgrip dynamometer and administering test namely Handgrip strength test to assess Hand grip.

##### **Conclusions:**

There was a significant difference in BMI and Handgrip strength between Hockey and Handball state level male players. The Handball state level male players are significantly scored higher in Handgrip strength test. Results were presented effectively; the results were contextualized

##### **Relevance:**

The study was relevant to the mission of the journal or its audience. The study addressed important problems or issues; the study was worth doing.

##### **Scientific Conduct:**

There were no instances of plagiarism. Ideas and materials of others are correctly attributed.

**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 Grammar)		✓			
7.	References & Citation (Up-to-date, Appropriate Sufficient)	✓				

**FUTURE RESEARCH SCOPE:**

1. Finding the origin of the motor programme.
2. Biomechanical Analysis of Sports Injury.
3. The role and impact of stakeholders in the development of public policy.
4. The challenges facing policy makers and education partners in the areas of Health and Education.
5. Mental skills training to support motivation, learning, well-being, and performance

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