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REPORT



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ORIGINAL ARTICLE

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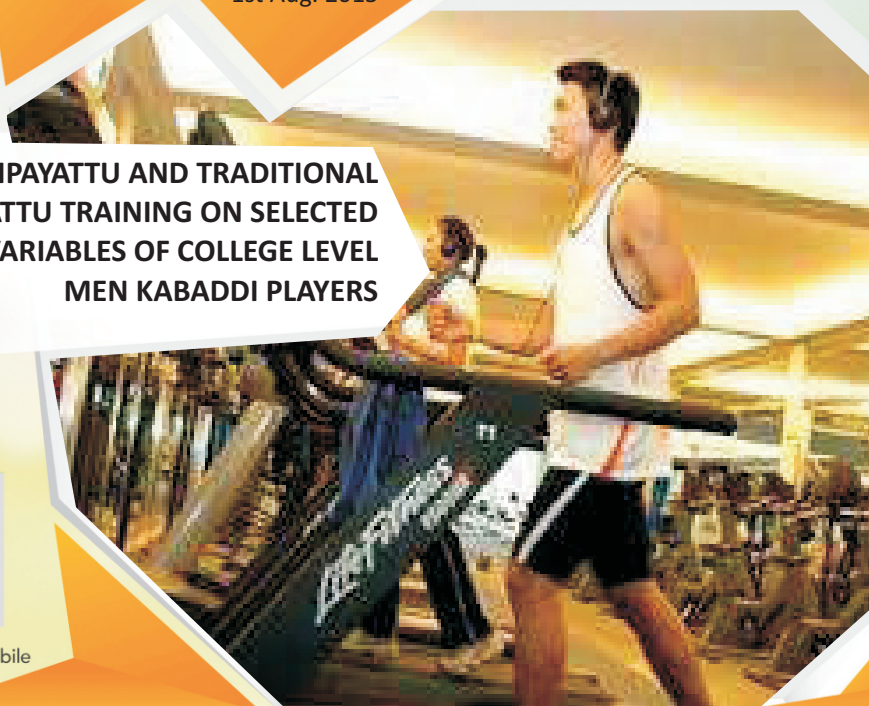
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**EFFICACY OF KALARIPAYATTU AND TRADITIONAL
WITH KALARIPAYATTU TRAINING ON SELECTED
MOTOR FITNESS VARIABLES OF COLLEGE LEVEL
MEN KABADDI PLAYERS**

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M. Ramajayam

ABSTRACT

To achieve this purpose forty five men students from Maruthi College of physical education, Coimbatore were selected. The subject's age ranged between 22 to 25 years. The subjects were selected for purposive sampling method. The selected subjects were randomly divided in three groups. Group-I (n-15) Kalaripayattu training group, Group – II(n-15) Kalaripayattu with traditional training group and Group-III acted as control group. The selected motor fitness variables are cardio respiratory endurance and flexibility.

Article Indexed in



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REVIEW OF THE ARTICLE

Efficacy Of Kalaripayattu And Traditional With Kalaripayattu Training On Selected Motor Fitness Variables Of College Level Men Kabaddi Players

M. Ramajayam

Abstract:

The title was lengthy, try to make it short. The abstract was complete and essential details were presented. The present study focused on Efficacy Of Kalaripayattu And Traditional With Kalaripayattu Training On Selected Motor Fitness Variables Of College Level Men Kabaddi Players.

Introduction:

Introduction was justifying for the study. Author covered background of the study correctly in the introduction. Kalaripayatu is probably the oldest form of martial arts in India. Kalaripayatu is perhaps the most ancient martial art in the world. Religions have incorporated kalaripayatu in their realm. Kalaripayatu training improves the co-ordination ability to carry out a series of movements smoothly and effectively.

Methodology:

The subjects were selected for purposive sampling method. The research design was defined and clearly described, and was sufficiently detailed to permit the study to be replicated.

Presentation of Results:

Results were organized in a way that was easy to understand. Results were presented effectively; the results were contextualized. Tables, graphs, or figures were used judiciously and agree with the text.

Conclusions:

The conclusions were clearly stated; key points stand out. Kalaripayatu training group, kalaripayatu with traditional training groups had shown significant improvement of selected motor fitness variables cardio respiratory endurance, flexibility of men Kabaddi players.

Scientific Conduct:

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

Relevance:

The study was relevant to the mission of the journal or its audience. The study was worth doing.

References:

References were quite insufficient for the study. Add references.

SUMMARY OF ARTICLE

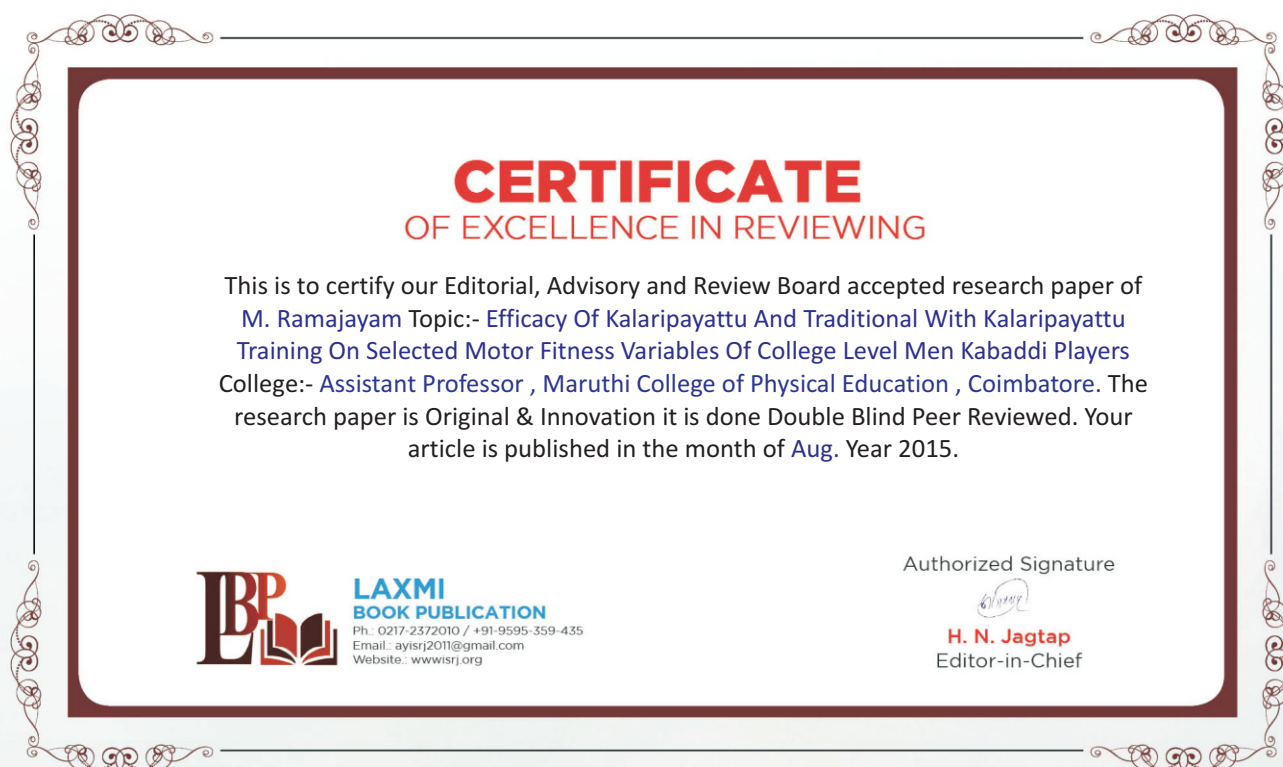
No.		Very High	High	Average	Low	Very Low
1.	Interest of the topic to the readers	✓				
2.	Originally & Novelty of the ideas		✓			
3.	Importance of the proposed ideas		✓			
4.	Timelines	✓				
5.	Sufficient information to support the assertions made & conclusion drawn			✓		
6.	Quality of writing (Organization,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

FUTURE RESEARCH SCOPE:

1. Motivational aspects of participation in physical activities and recreation by children with disabilities.
2. Electro-diagnostic methods for assessing health of the neuromuscular system.
3. Analysis and optimization of multi-segmental motor skills.
4. Relationship between physical activity, sedentary behaviour, obesity, and other health outcomes.
5. The benefits and determinants of physical activity and how physical inactivity and sedentary behaviour are related to obesity.

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