

ARTICLE REVIEW
REPORT



INDIAN STREAMS RESEARCH JOURNAL

International Recognition Multidisciplinary Research Journal

ISSN: 2230-7850 Impact Factor: 3.1560(UIF)

ORIGINAL ARTICLE

Published:
1st Aug. 2015

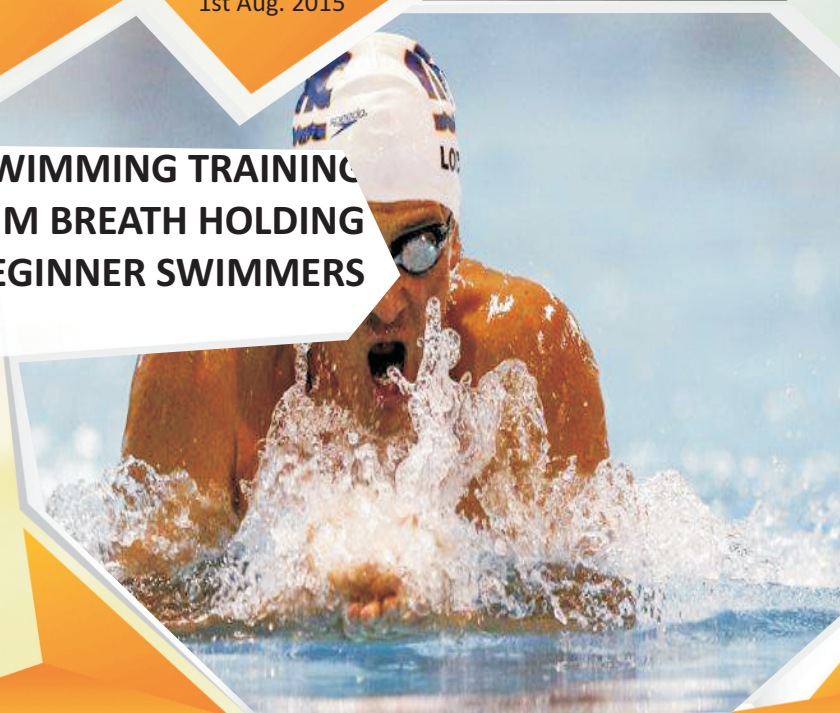
Vol. - V,
Issue - VII, Aug. 2015

EFFECT OF SWIMMING TRAINING ON MAXIMUM BREATH HOLDING TIME OF BEGINNER SWIMMERS

Your Article
QR Code



See your article on Mobile

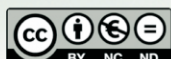


Yogesh S. Nirmal

ABSTRACT

Every training program has its own effects on the physiological functioning; the present study would serve in to know about these effects in depth. Keep in mind researcher investigated the effect of swimming Training on Maximum Breath Holding Time of beginner swimmers. Materials and Methods: For achieving the purpose of this study total 50 male beginner swimmers were selected as subject from H.V.P.Mandal's Amravati, Maharashtra. Their age was ranging from 12 to 15 years, Maximum Breath Holding Time was measured by using Stop Watch and Nose Clip.

Article Indexed in



Correspondence to **Yogesh S. Nirmal**

Designation:- **Assistant Professor , D.C.P.E., Amravati (M.S.)**

REVIEW OF THE ARTICLE

Effect Of Swimming Training On Maximum Breath Holding Time Of Beginner Swimmers

Yogesh S. Nirmal

Abstract:

The title was clear and well articulated. The abstract was complete and essential details were presented.

Introduction:

Every exceptional accomplishment achieved in the performance of any swimmer is the cumulative result of so many and so varied associated factors. All these factors contribute to the success of any swimmer during the competition. Introduction of the study was justifying.

Methodology:

Total 50 beginner male swimmers were selected by employing purposive sampling method, who had the ability to swim at least 500 meters in any survival stroke. The average age of the subjects were thirteen (13) years, ranging between 13 to 15 years. The research design was defined and clearly described, and was sufficiently detailed to permit the study to be replicated. The data on Maximum Breath Holding Time was collected at different stages of the experiment.

Presentation of Results:

Results were organized in a way that was easy to understand. Results were presented effectively. Graphs and tables were effectively added for result presentation.

Conclusions:

1. The experimental group has shown significant improvement in Maximum Breath Holding Capacity after 24 weeks as well as 48 weeks of swimming training, whereas no significant improvement has been shown in Control group.

Scientific Conduct:

There were no examples of plagiarism. Ideas and materials of others were correctly assigned.

Relevance:

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

References:

References mentioned were quite insufficient. Add some more 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.To Define Criteria for Selecting Free Style Wrestling Coach at International Level.
- 2.Effect of Wellness Program on Adolescent School Children from Maharastra.
- 3.Effect of Mental Imagery Training Program on Selected Psychological Variables and Skill Performance of Handball Players.
- 4.Nutrition, Physical Activity and Obesity.
- 5.The conceptual problem solving framework improved student problem solving ability in a quasi experimental study involving three high schools.

HOW TO INCREASE API**Services for Associate Professor to Professor**

Thesis convert into book.Publish in USA	50 API Marks
15 Articles from your Ph.D thesis	150 API Marks
UGC Minor Research Project	10 API Marks
UGC Major Research Project	15 API Marks
Call for Book Chapter	25 API Marks
5 Seminar Paper presentation (we organize)	50 API Marks



Reviewed By :-

Mrs. Pallavi Rahul Chincholkar
M.Sc, M.Ed, SET, NET
M.S (Guidance & Counseling)
Email : chincholkarpr@gmail.com
Mob : 09421044094

LAXMI BOOK PUBLICATION

Ph.: 0217-2372010 /
+91-9595-359-435
Email.: ayisrj2011@gmail.com
Website.: www.isrj.org