

## CHAPTER 42

### PHYSICAL EDUCATION & SPORTS SCIENCES

#### Doctoral Theses

459. AJIT KUMAR  
**Study on Public Perception of Commonwealth Games-2010.**  
Supervisors : Dr. Kiran Sandhu and Dr. Lalit Sharma  
Th 19034

#### *Abstract*

Describes perception of CWG-2010; provide guiding principle to future policy making for such mega sports events; and understand the selected variables as influenced by the area of living, age and gender. The research stand as an effort to help to identify the increasing marginalization of socio-cultural aspect of mega sporting events like commonwealth games. It also support recognizing the mega sports events from the national and international perspectives. The research has fundamentally offer a broad based analysis of the Commonwealth Games-2010 occurrence and experience from the perspectives of variety of public of the host city Delhi, India.

#### *Contents*

1. Introduction. 2. Review of related literature. 3. Procedure and methodology. 4. Analysis of data and findings of the study 5. Summary, conclusions and recommendations. References and Annexures.

460. CHAUDHRY (Ompati)  
**Critical Study of Regional Potential of Combative Sports in Bhiwani (Haryana).**  
Supervisor : Dr. J. P. Sharma  
Th 19107

#### *Abstract*

Studies the socio-economical scenario of Bhiwani region, which have contributed to the combative sports (Boxing and Wrestling)

and the achievements of the outstanding combative sports persons (Boxing and Wrestling) from Bhiwani region in National and International level from 2001 to 2010.

*Contents*

1. Introduction. 2. Review of related literature. 3. Analysis of data and findings of the study. 4. Summary, conclusion and recommendations. Bibliography and Appendices.

461. GUPTA (Rekha)  
**Study on the Effect of Selected Yogic Kriyas and Pranayamas on Selected Autonomic Functions (A Noninvasive Study).**  
 Supervisor : Dr. Dhananjoy Shaw  
Th 19109

*Abstract*

Finds out the effect of anulom vilom on the automatic functions of sedentary females age ranging from 35 years to 45 years, the effect of kapalbhati on the autonomic functions of sedentary females age ranging from 35 years to 45 years, the effect of bhramari on the autonomic functions of sedentary females age ranging from 35 to 45 years and the effect of agnisar on the autonomic functions of sedentary females age ranging from 35 to 45 years.

*Contents*

1. Introduction. 2. Review of related literature. 3. Procedure of the study. 4. Analysis of data and findings of the study 5. Summary, conclusions and recommendations. References and Annexures.

462. SOLANKI (Jyoti)  
**Effect of Continuous and Intermittent Aerobic Training on Selected Psycho-Physiological Parameters in College Male.**  
 Supervisor : Dr. Sandeep Tiwari  
Th 19110

*Abstract*

Finds out the effect of 30 minutes of continuous aerobic workout on psycho-physiological parameters namely-Self Esteem, General well-being, Body weight, Body Mass Index (BMI), Basal Metabolic Rate (BMR), Resting Heart Rate (RHR), Resting

Blood Pressure (RBP), Body Composition (Body Fat %), VO<sub>2</sub> Max, Peak flow rate (PFR), Vital Capacity (VC), Conicity Index, Waist-to-Hip-Ratio (WHR) and the effect of 15 minutes of high intensity aerobic workout on various psycho-physiological parameters namely- Self Esteem, General well-being, Body weight, Body Mass Index (BMI), Basal Metabolic Rate (BMR), Resting Heart Rate (RHR), Resting Blood Pressure (RBP), Body Compositin (Body Fat %), VO<sub>2</sub> Max, Peak flow rate (PFR), Vital Capacity (VC), Conicity Index Waist-to-Hip- Ratio (WHR). Compares the effect of two training methods (Continuous Aerobic Training and Intermittent Aerobic Training Method) on selected psycho-physiological parameters at different stages of training.

*Contents*

1. Introduction. 2. Review of related literature. 3. Procedure and Methodology. 4. Analysis of data and findings of the study 5. Summary, conclusions and recommendations. Bibliography and Appendices.

463. YADAV (Neeru)  
**Study on the Validation of Cooper's Twelve Minute Run and Walk Test for Selected Male Polulations of NCT-Delhi.**  
 Supervisor : Dr. Dhananjoy Shaw  
Th 19108

*Abstract*

Tests the validity of modified Cooper's twelve minute run and walk test (distance covered in twelve minute) and its modifications namely distance covered in run and walk test in the given time durations of eight minutes, nine minutes, ten minutes, and eleven minutes independently for male populations of the age categories from 13 to 19 years, from 20 to 29 years, from 30 to 39 years, from 40 to 49 years, from 50 to 59 years and from 60 to above residing in NCT of Delhi, Using VO<sub>2</sub> max, distance covered in modified Cooper's twelve minute run and walk test (D 12), exercise heart rate at the termination of modified Cooper's twelve minute run and walk test (EHR 12) as criterion measures.

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