

## BIBLIOGRAPHY

### BOOKS

Aggarwal, Yaksha.,(2006), “**Encyclopedia of Physical Education**”, New Delhi, Anmol Publication.

Arnheim, Daniel D. (1985), “**Modern Principles of Athletic Training**”, St. Louis: The Mosby College Publishing Co.

Clarke, Harrison.H, and Clarke, H.David, (1972), “**Advanced Statistics with Application to Physical Education**”, New Jersey: Englewood Cliffs, Prentice Hall, Inc.

Douglas N. Hastad and Alan C. Lacy, (1994), “**Measurement and Evaluation in Physical Education and Exercise Science**”, USA: Gorsuch Scarisbrick Publishers, 1994.

Ebert H. Frances and Billye Ann cheatam,(1977), “**basketball**”, Toronto: w.b. Saunders company, p.83.

Edward L.Fox,(1984), “**Sports Physiology**”, Japan: Saunders College Publishers.

Fonda’s J., (1984), “**Health and Fitness Diary**”, England: Penguin Books Ltd.

Gilmore C.P., (1981), “**Exercising for Fitness**”, Canada: Time-Life Books Inc.

Iyengar’s B.K.S., (1996), “**Light on Yoga Sutras of Patanjali**”, London.

Johnson, Barry L and Nelson, Jack K. (1988). “**Practical Measurements for Evaluation in Physical Education**”, Delhi: Surjeet Publications, (3ED).

- Kuvalayananda, (1966), “**Pranayama**”, Bombay: Popular Prakashan Publications,1966.
- Kaul, Kumar H., (1992), “**Yogasanas for Every One**”, New Delhi: Surjeet Publications.
- Kumar, Amreah.,(2007), “**How to Use Yoga**”, New Delhi: Khel Sahitya Kendra Publication.
- Mathews, Donald E., (1958), “**Measurement in Physical Education**”, London: Philadelphia: W.B.Saunders Company.
- Morrow, James R., et al., (2005), “**Measurement and Evaluation in Human Performance**”, (3ED), Champaign Illinois: Human Kinetics Publishers Inc.
- Padmanathan.V and Jhonjoseph.K, (2011), “**Effect of Aerobic Exercise on Select Health Related Physical Fitness Variables of Adolescents**”, Facts of Sports Science, Krishna Publications, Triunelveli, India.
- Stanley j., et al. (1998), “**The Cambridge Encyclopedia of Human Growth and Development**”, Cambridge University Press.
- Sunder, Prem (2009), “**Yoga for fitness**”, New Delhi: Khel Sahitya.Kendra.
- Tuckman.B.W., (1999),“**Conducting Educational Research**”,(5thED), Orlando, Harcourt Brace Publishers.
- Wilhelm kirch, (2008), “**Encyclopedia of Public Health**”, New York, USA: Springer science Business media.

## **JOURNALS**

- Ahmed and El-Aal. (2012)**, “Effect of Educational Module on Basic Basketball Skills Performance in Junior of Basketball,” **World Journal of Sport Sciences**, 6 (4), pp.428-431.

- Amarpreet Singh and N.S. Deol. (2012)**, “Study of physiological variables of basketball players at different levels of competitions”, **International journal of behavioral social and movement sciences**, Vol.01, Issue No.03, pp.177-187.
- AnandaKumar .P and R.Elangovan. (2011)**, “ Effects of selected as an a and suryanamaskar on selected physiological variables among diabetic patients”, **Asian Journal of Physical Education and Computer Science in Sports** ,No.4(1), pp.136-137.
- Anurodh Singh Sisodia and Satendra Singh Tomar (2009)**, “Effect of Anulom Viloma Pranayama on Selected Respiratory Variables” **Journal of Health, Physical Education & Sports**, 1:1.
- Babu.S., (2012)**, “Effects Of Selected Yogasanas, Pranayama And Meditation On Physiological Variables Of Male Students”, **International Journal of Health, Physical Education and Computer Science in Sports**, 5(1), pp.49-51.
- Balasundari and Pushparajan. (2013)**, “Effect of varied modalities of high intensity interval training on physical fitness variables and skill performance of male basketball players”, **International Journal of Advanced Life Sciences**, 6 (1), pp.51-53.
- Baljit singh sekhon. (2013)**, “Effects of Yoga Training Aerobic Training and Detraining On Muscular Strength among College Boys”, **Journal Of Humanities And Social Science**, Volume 14, Issue 6, PP. 01-05.
- Bhaskar (2012)**, “Effect of Yoga on Depression, Self Concept and Mental Health of Normal Health Students”, **Asian Journal of Multidimensional Research**, 2(1), pp.9-11.

- Chaudhary, S., et al., (2010),**“The Effects of Aerobic Versus Resistance Training on Cardiovascular Fitness in Obese Sedentary Females”, **Asian Journal of Sports Medicine**, 1(4), pp.177- 184.
- Chen T.L. et.al. (2009),** “The Effect of Yoga Exercise Intervention on Health Related Physical Fitness in School-Age Asthmatic Children”. **The Journal of Nursing**, 56:2, pp. 42-52.
- Chen TL., et al., (2009),**“The Effect of Yoga Exercise Intervention on Health Related Physical Fitness in School-Age Asthmatic Children”, **Hu Li Za Zhi**, 56(2), pp.42-52.
- Clay C.C. et al. (2005),** “The Metabolic Cost of Hatha Yoga”. **Journal of Strength Conditioning Research**, 19:3, pp.604-10.
- Delextrat, and Martinez .(2013),** “Small-Sided Game Training Improves Aerobic Capacity and Technical Skills in Basketball Players.” **International Journal of Sports Medicine**, DOI: 10.1055/s-0033-1349107.
- Deshpande. (2012),** “A randomized control trial of the effect of yoga on verbal aggressiveness in normal healthy volunteers”, **International Journal of Yoga**, 1(2), pp.79-82.
- Dominic, & Talabi, (2008),** “Strength demands of basketball shooting”, **Journal of Health Education and Sports Science** , 7(1), pp.113.
- Elangovan (2012),** “Effect of different packages of yogic practices on selected motor fitness components physiological and psychological variables among juvenile delinquents,” **Asian Journal of Physical Education and Computer Science in Sports**,6(1).
- Eskandar Rahimi ,Sosan Bavaqar (2013),**”Effects of yoga on anxiety and depression in women”, **British Journals Of Sports Medicine**,44(1), pp.68-69.

- Fillmore, D., et al, (2010),** “The Effect of Yoga Postures on Balance, Flexibility, and Strength in Healthy High School Females”, **Journal of Women's Health Physical Therapy**, 34(1), pp.10-17.
- Gappmaier E, Lake W, Nelson AG, Fisher AG (2006)** “Aerobic exercise in water versus walking on land: effects on indices of fat reduction and weight loss of obese women” **Journal of Sports Med Phys Fitness**, 46(4):564-9.
- Ghosh. S.k., (2003),** “Effect of physical exercises, yogic practices and the combined training on selected physiological variables among high school boy”, **Yoga- Mimansa**, Vol.35, pp.1-8
- Hagins M, Moore W, and Rundle A (2007),**“Does practicing hatha yoga satisfy recommendations for intensity of physical activity which improves and maintains health and cardiovascular fitness”. **Journal of BMC Complementary Alternative Medicine**, 30:7, pp40.
- Javanbakth .M , R. Hejazi and M. Ghasemi. ( 2009),** “Effect of yoga on depression and anxiety of women”, Psychiatry Department of Islamic Azad University, Mashhad Branch-22 Bahman Hospital, Mashhad, Iran,pp.1-9.
- John D, (2009),** “Effect of using a treadmill workstation on performance of simulated office work tasks”, **J Phys Act Health**, 6(5):617-24.
- John Parthiban (2011),** “Quantification of Physiological Responses to Yogic Practices and Weight Training among Professional College Men Players”, **VYAYAM-VIDNYAN**, Vol:44, No.2,pp.1-10.
- Johnson Premkumar and Mariayyah (2006),** “Amplification of cardio respiratory endurance through designed yogic practices and physical exercises” **RBAM**, Vol.23:1.

- Jones et.al.(2002)** ,“Impact of a Team’s Aggressive Reputation on the Decisions of Association Football Referees”. **Journal of Sports Psychology**. 9 (3), pp. 155-165.
- Kamakhya K. (2004)**,“Yoga nidra and its impact on student’s well being”. **Yoga Mimamsa**, Vol.XXXVI, No.1 and 2, pp.71-76.
- Kamakhya. (2007)**, “A study on the impact on stress and anxiety through Yoga nidra” **Indian Journal of Traditional Knowledge**, 7(3), pp. 401-404.
- Karkare and Awasare (2012)**, “Effect of selected yogic exercises on physical fitness of basketball players,” **Applied Research and Development Institute Journal**, 5(1), pp.1-5.
- Kasiganesan Harinath, (2004)**, “Effects of Hatha Yoga and Omkar Meditation on Cardio respiratory performance, Psychological profile, and melatonin secretion”, **Journal of Alternative and Complimentary Medicine**, Vol.10, No.2, PP.261-268.
- Kumaraiyanathan. R and A. Surendar. (2013)**, “Effect of circuit training and yogic practices on power production and health care”, **Academic Sports Scholar**, vol. 1, Issue. 12,pp.1-5.
- Madanmohan, Mahadevan S.K. et al. (2008)**, “Effect of Six Weeks Yoga Training on Weight Loss Following Step Test, Respiratory Pressures, Handgrip Strength and Handgrip Endurance in Young Healthy Subjects”. **Indian Journal of Physiology and Pharmacology**, 52:2, pp.164-70.
- Madanmohan, Udupa K. et al. (2005)**, “Effect of Slow and Fast Pranayamas on Reaction Time and Cardio respiratory Variables”. **Indian Journal of Physiology and Pharmacology**, 49:3, pp.313-8.

- Manikam, R., Vijayaragunathan, N., (2012), “Influences of strength training package with and without yogic practice on selected psychological and technical skill level among Football players”, **Journal of sport sciences and physical education**, 3 (2).
- Merom D,(2009)**, “Measuring walking for physical activity surveillance—the effect of prompts and respondents' interpretation of walking in a leisure time survey.” **Journal of Phys Act Health**, 6 Supple 1:S81-8.
- Mosher, Patricia E.; Underwood, Steven A.; Ferguson, Michael A.; Arnold, Ryan O., (1994)**, “ Effects of 12 Weeks of Aerobic Circuit Training on Aerobic Capacity, Muscular Strength, and Body Composition in College-Age Women”, **Journal of Strength & Conditioning Research**, 8(3), pp.144-148.
- Mullur (2012)**, “Influence of yoga practice on anxiety level of apparently healthy female subjects of bijapur (karnataka)”, **International Journal of Biomedical and Advance Research**, 03(08), pp.618-621.
- Nagarajan et al., (2013), “Effect of varied Aerobic Exercises on select health related Physical Fitness and Physiological Variables Among College Men Students”, **International Journal of Health, Physical Education and Computer Science in Sports**, VolumeNo.11, No.1, pp.77-80.
- Nagarajan.S., Damodharan. C and A. Praveen . (2013)**, “Effect of Aerobic Circuit Training And Parcours Training On Selected Physical And Physiological Variables Among College Men Students”, **International Journal of Health, Physical Education and Computer Science in Sports**, 11(3), pp.149-151.
- Nandi, S., Adhikari, H., and Bera, T.K.,(2004)**. “Effects of Aerobic exercise, Yogic Practice and the combination of both on Cardio

respiratory endurance” **Yoga Mimamsa**, Vol.XXXV, No.3 and 4, pp. 152-159.

**Oudejans, Karamat and Stolk(2012)**, “Effects of Actions Preceding the Jump Shot on Gaze Behavior and Shooting Performance in Elite Female Basketball Players”, **International Journals of Sports Science & Coaching**, Volume 7· Number 2, pp.255-267.

**Parimlam and pushparajan.(2013)**,” Effect of specific basketball training program on physical fitness and skill performance variables of inter collegiate women basketball players”, **International Journal of Advanced Life Sciences**,6(1), pp.33-35.

**Perry et.al. (2003)**, “Measures of Aggression and Mood Changes in Male Weightlifters with and Without Androgenic Anabolic Steroid Use”. **Journal of Sports Medicine**. 21 (10): pp. 137-144.

**Prabhakar Reddy .T., (2013)**, “Effect Of Yoga And Swimming In Reducing Anxiety: A Comparative Study”, **Asian Journal Physical Education and Computer Science in Sports**, 8(1), pp.58-60.

**Pratima M. et al. (2008)**, “Effect of Suryanamaskar Practice on Cardio-respiratory Fitness Parameters: A Pilot Study”. **Journal of Medical Science**, 1:2, pp. 126-129.

**Praveen Kumar .A and. Syed Kareemulla., (2012)**, “ Effect Of Aerobic Exercises, Pranayama And The Combination Of Aerobic Exercises And Pranayama On Selected Physiological And Haematological Variables Among Men Athletes”, **International Journal of Health, Physical Education and Computer Science in Sports**, 5(1), pp.76-79.

**Raja Singh Rogland, R.(2006)**,”Contribution of selected psychological profiles on skill performance of university basketball players”. **Indian**

**journals for research in physical education and sports sciences**, Vol.1:No.1, pp.33-36.

**Rajakumar (2010)**, “The impact of yogic practices and physical exercises on selected physical variables among the inter-collegiate soccer player”, **Indian Journal for Research in Physical Education and Sports Sciences**, 5(1), pp.1-7.

**Ramesh Reddy. P and P. Ravi Kumar, Dr. R. Srinivas Reddy. (2012)**, the Effect of Yogic Exercises on Speed & Muscular Power, **International Journal of Health, Physical Education and Computer Science in Sports**, 8(1), pp.74-75.

**Ramesh. K. A., (2012)**, “Effect of aerobic exercises and yogic practices on selected physiological parameters of diabetic patients”, **International Journal of Physical Education Sports and Yogic Sciences**, 2(1), pp.52-55.

**Ramesh.V and Subramaniam P.K., (2010)**,“Effect of Yogic pranayama and meditation on selected physical and physiological variables in adolescents”, **Yoga–Mimamsa a Quarterly Journal**, 3(XLII), pp.187-193.

**Ranjita Mehrotra, (2011)**, “Effect of Yoga on Anxiety Score and Autonomic Functions in Young Healthy Students”, **Indian J Physiol Pharmacol**, 55(5), pp.61.

**Ranjita Mehrotra. (2012)**, “Effect of Yoga on Anxiety Score And Resting Heart Rate In Young Healthy Individuals”, **National Journal of Integrated Research in Medicine**, 3(2), pp.142-146.

**Ray U.S. et al. (2001)**, “Aerobic Capacity & Perceived Exertion after Practice of Hatha Yogic Exercises”. **Indian Journal of Medical Research**, 114:215-21.

**Raynes and Lorant (2004)**, “Competitive Martial Arts and Aggressiveness: A 2-yr. Longitudinal Study Among Young Boys. **International Journal of Physical Education**. 17 (7): pp. 117-126.

**Remesh Reddy, P and Ravikumar,P.(2001)**,” A Comparative Study of Yogasanas and Aerobic Dance and Their Effects on Selected Motor Fitness Components in Girls Students.” **Bi-annual for Movement** 1, pp. 34-36.

**Samsudeen.S (2011)**, “Impact of field training with and without yogic practice on selected psychological performance variables among Cricket players”, **Indian Journal of Yoga Exercise & Sport Science and Physical Education**, Vol. V (1) & (2), pp.26-38.

**Shafioddin Sharfoddin Shaikh. (2013)**, “A Study on Effect of Yoga Exercises for development of Physical Fitness among College Girls Students of Aurangabad in India”, **Asian Journal Physical Education and Computer Science in Sports**, Volume No.8, No.1, pp.86-89.

**Shalabg Avasle. A and Vallumurugan. V., (2003)** , “Effect of selected yogic exercises and psychological skill training on selected psycho physiological and psychomotor variables of high-level participants”, **Yoga -Mimansa**, Vol. XLI, Issue No.1.

**Shirley (2009)**, “Effect of a yoga practice session and a yoga theory session on state anxiety”, **PubMed Health**, 109(3):924-30.

**Singh Aman Sisodiya and Abhinav. (2012)**,“:Effect of Plyometric Exercise, Circuit Training and their Combined Effect on the Basketball Playing Ability”, **International Journal of Health, Sports and Physical Education**, Vol.1, Issue No.1, pp 28-33.

**Singh, and Bilaspur (2012)**,“Relationship between playing ability and selected motor fitness variables of tribal women basketball players,”

**International Journal Of Behavioral Social And Movement Sciences**, Vol.01, Issue02, pp.1-7.

**Sinha B. et al. (2004)**, “Energy Cost and Cardiorespiratory Changes during the Practice of Surya Namaskar”. **Indian Journal of Physiology and Pharmacology**, 48:2, pp.184-90.

**Sisodiya and Abhinav (2012)**, “Effect of Plyometric Exercise, Circuit Training and Their Combined Effect on the Basketball Playing Ability”, **International Journal of Health, Sports and Physical Education**, Vol.1, No.2, pp.28-33.

**Sodhi C., Singh S and Dandona P.K. (2009)**, “A Study of the Effect of Yoga Training on Pulmonary Functions in Patients with Bronchial Asthma”. **Indian Journal of Physiology and Pharmacology**, 53:2, pp.169-74.

**Tiken,L., Kosana,K., Joy, A.K. and Inaobi. T. (2002)**, “Influence of Specific Yoga and Aerobic Exercise on Physical Fitness of SAI (NERC IMPHAL) STC Athletes,” **Journal Of Sports And Sports Sciences**, 25 (3), pp. 47 – 51.

**Toy. C.T., (2008)**, “Effect of Aerobic Dance Training on Vo2 Max and Body Composition in Early Middle Aged Women”, **Journal of Physical Education and Exercises Sciences**, Vol. I, pp.69.

**Upadhyay Dhungel K. et al. (2008)**, “Effect of Alternate Nostril Breathing Exercise on Cardio respiratory Functions”. **Nepal Med Journal**, 10:1, pp.25-7.

**Wilber, R. L., Moffatt, R. J., (1996)**, “Influence of water run training on the maintenance of aerobic performance”. **Medicine Science in Sports and Exercise**, 28, 1056- 1062.

## UNPUBLISHED JOURNALS

**Padmadevi, S. (2007)**, “Effect of yogic practices, physical exercises and combination of both the trainings on selected physiological and psychological variables of college girls” paper presented at the international conference on **metabolic syndrome in Yoga and Naturopathy** Alagappa University, Karaikudi.

**Samsudeen, S.Kalidasan, R.(2007)**,”Influences of game specific field training and yogic practices on physical, physiological, psychological and performance variables among college level cricketers” paper presented at the international conference on “**metabolic syndrome in Yoga and Naturopathy**” Alagappa University, Karaikudi.

**Selvalakshmi,S. (2007)**, “ Effect of varied aerobic training programme on obese women working in IT companies”, **A Paper Presented at the National Seminar on Multidimensional Futuristic Approach to excellence in physical education and Sports.**

**Selvan V.Sudha,(2008)**, “Effect of Aerobic Exercise on Selected Physiological Variables among College girls” **A Paper Presented at National Seminar on Professional and Scientifica Approaches in Physical Education and Sports Sciences.**

**Sukhee Ahn, Lee Sunok and Kim Miok, (2006)**,”Effects of Aerobic Exercise and Yoga Program on Body Composition and Lipid Metabolism in Abdominal Obese Women”, **The 17th International Nursing Research Congress Focusing on Evidence-Based Practice (19-22 July 2006).**

## WEBSITE

[www.google.com](http://www.google.com)

Shodhganga