

# Editor's Page



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It is in deed a matter of happiness to declare that the Volume 6, No. 2 issue, 2010 of **Journal of Exercise Science and Physiotherapy (JESP)** is out of press for the readers. This issue of JESP contains eight articles on diverse important aspects of exercise science. **Juneja et al from Nagpur** from Patiala presents systematic review article to identify the overall trends of association of isometric strength and dynamic activities and summarize the findings of reported literature on the relationship of Isometric strength and dynamic performance. They conclude that although there are conflicting opinions regarding the use of isometric measurements, most studies in the review report moderate to strong correlation between Isometric strength and dynamic performances specially those which involve large amounts of force and explosive power. **Banerjee & John et al from Patiala** in their study evaluated the Effect of Music Therapy on Salivary Cortisol as a Reliable Marker of Pre Competition Stress in Shooting Performance. The purpose of the current study was to estimate the contribution of Music Therapy on Salivary Cortisol in reducing Pre Competition Stress, and its effect on shooting performance. Results of their investigation indicated that relaxation therapies such as Music Therapy may decrease pre-competition stress and therefore enhance shooting performance. They concluded that four weeks of Music Therapy has an effect on HPA-Axis by decreasing the level of Salivary Cortisol as a reliable physiological marker of pre-competition stress. **Debnath et al from Dehradun, Uttaranchal** formulated an integrated proprioceptive assessment scale covering all possible and related proprioceptive testing methods. Furthermore the test-retest reliability for each new measurement procedure was tested and the sensitivity, validity and the reliability of the scale was examined by them. **Dahiya and Rathi** from Kurukshetra, Haryana investigated the trend of academic research in Physical Education in Indian Universities, submitted by Post-Graduate students during their master's programme. it was reported by them that though the academic research made in various Indian Universities has been centered on individual practice, yet research title have been transformed from theoretical translation to step in an intensive study on objective facts. They recommend that there should be a Central Agency to compile every year the abstract of the Research studies completed in Physical Education in various Indian Universities at Post-Graduate level. **Gothi et al** from Sadra, Gujrat compared the health related fitness of three groups of physical education teachers of three districts of Gujrat. They reported no significant differences in cardio-vascular Endurance, Body Mass Index, Body Weight, Fat Mass, Total Body Water, Impedance, Fat Percentage and Height between physical education teachers of different districts in Gujarat. **Shenbagavalli, & Divya** investigated the effect of specific yogic exercises programme and combination of specific yogic exercises with autogenic training programme on selected physiological variables in college men students. They concluded that the practice of the combination of specific yogic exercises with autogenic training and specific yogic exercises programme was significantly effective in promoting desirable changes in the percent body fat, psychological variables such as job anxiety, occupational stress and biochemical variables such as high density lipoprotein, low density lipoprotein and fasting blood sugar. **Shenbagavalli and Poomayil in another study investigated the** effects of yoga practices and naturopathy treatments on blood sugar and blood pressure of diabetic patients. Their study revealed that the selected blood sugar and blood pressure were significantly reduced due to the influence of yogic practices and naturopathy treatments in diabetic patients. **Jadhav et al** from Aurangabad conducted a survey of Varsity Volleyball Players regarding the prevalence of injuries. They observed that 36% injuries were of recurrent nature in volleyball players. Lower limb injuries were found to be predominant; the ankle and knee being the most commonly injured anatomical location. Most injuries involved soft tissue and related to the muscle and tendon. Most common circumstances giving rise to injuries were spiking, blocking, diving, and setting. They further report that volleyball players directly involved in attack or defense were found to be more susceptible to injury. Muscle injuries were observed to be the most common type.

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