

Editor's Page



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I am happy that the Volume 4, No. 1 issue of **Journal of Exercise Science and Physiotherapy (JESP)** is out for the readers. This issue of JESP contains ten articles on diverse important aspects of exercise science. **Nande et al from Nagpur** studied Energy Balance among Female & Male Players Engaged in Different Sports Disciplines and interestingly observed negative energy balance in them. Through the results of their study, they emphasize that good nutrition is not only required for players during the season of their sport but for effective athletic performance, good nutrition is critical at all times. **Banerjee & Banerjee from Kalyani** also touched a very important area of research in Physical education. They investigated the influence of Physical Education Teachers Training Programme on Leadership Quality of trainee females and reported that organised Physical Education programme in which the subjects had participated, significantly improved their physical fitness and psychological qualities but failed to develop desirable leadership qualities up to the best possible level.

Exercise has been generally known to cause beneficial effects on the human body. **Bandyopadhyay et al from Malaysia** report the other face of exercise. They concluded that the high intensity endurance training resulted in decrease in total count of red blood cells, hemoglobin concentration and Packed Cell Volume among the volleyball players and further reported that such decrement was significantly correlated with the training duration. **Maiya et al from Manipal** reported the importance of losing weight in obese infertile women with polycystic ovarian syndrome (PCOS) through aerobic exercise. According to them, the graded aerobic exercise helps in reducing the cyst size, increasing the ovulation, pregnancy rate as compared to control group. **Kumar et al from Aurangabad** examined sports injuries in relation to the field position of competitive football players. They observed that football players directly involved in attack or defence are more likely to be injured. Lower limb injuries were found to be predominated, muscle injuries being the most common type, collision is common cause of injuries. The results of their research provide a useful insight into the injuries in relation to field position, nature and sites of injury in competitive football players. **Desalgen & Verma from Patiala** concluded that significant differences are demonstrated by different category of players and physical education students in their blood pressure and heart rate responses to varying intensities of exercise and at different points of recovery. **Mazumdar & Verma from Punjab** examined the effects of aerobic exercises on patients of early coronary artery disease and reported a gradual increase in cardiovascular fitness but decrease in exercise tolerance.

Singh & Kaur from Jalandhar showed that *Shaktipat* Meditation is an effective practice to improve self-confidence. The current issue of **JESP** contains two more research articles, the one by **Singal et al** reveals changes in body mass index, blood pressure and haemoglobin levels in Jat Sikh children ranging in age from 10 to 16 years and the other by **Sharma et al** reports frequency of occurrence of accessory head of flexor pollicis longus muscle, its morphology, its relation to the structures of the proximal forearm and the clinical significance thereof.

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