

Editor's Page



Journal of Exercise Science and Physiotherapy
Volume 5, No.1: 2009

An official Publication of
Exercise Fitness and Health Alliance
www.efha-in.org
www.efha.in

Editor-in-Chief: Prof. (Dr.) S.K. Verma
Email: satsishk1@rediffmail.com

Welcome to the new issue of the journal.

First, goal of EFHA in the year of its inception i.e 2005 was to have the journal on a regular publication schedule. I am pleased to inform you that the editorial team of JESP has been successfully executing this job without any problem. Keeping in view the request and pressing demand of the readers to bring out two issues of the journal per year, second, goal was set before EFHA in the year 2007. Although this was a great challenge before the organisation which it accepted with humility and I am pleased to say that it is the fifth consecutive year that the issues of JESP are coming out in time and with great credibility. This one represents the first issue for 2009. Next issue is already full and will be coming out in November or shortly thereafter. With the active support and help from the Editorial Board, this goal has been attained. I invite you to look at JESP regularly, and offer suggestions for articles and features to the journal. I welcome your input and contribution on my email address.

This issue of JESP contains twelve articles on different aspects of exercise science. **Nande et al from Nagpur** studied Micronutrient Status of Male & Female Players Engaged in Different Sports Disciplines and interestingly observed that irrespective of sex & sports, mean intakes of thiamine, riboflavin, folic acid, calcium & phosphorus were found to be less than their respective recommended dietary allowances. **Taylor and Psycharakis from UK** studied muscle activation patterns during the take off and landing phases of single and double revolution jumps in figure skating using EMG. They observed that activation of each muscle varied with the type of jump and the number of revolutions, suggesting that figure skaters might alter the muscles' EMG activity and, thus, the technique of the jump according to the number of revolutions required.

Chaudhary et al from Dehradun report in their study that the left handers are better in performing memory and attention tasks as compared to the right handers. Majority of left handers have auditory learning style while majority of right handers have visual learning styles. Another study by **Dhavalikar et al from Dehradun** reported significant variation in nerve conduction velocity with variation in skin temperature and established the validity of temperature correction formula. **Kulandaivelan et al from Hissar** studied Test-Retest reproducibility of a Hand-Held Lactate Analyzer in Healthy Men. Their results support the use of the hand-held device in healthy human beings. **Sharma et al from Punjab** studied the relationship between Muscle Tendon Ratio, Muscle Morphology and Isokinetic Strength of Anterior Group of Forearm Muscles and concluded that as muscle length is related to the isokinetic strength, isokinetic strength of flexor carpi ulnaris is more than flexor carpi radialis. **Sandhu et al from Punjab** investigated Personality Hardiness of Indian Coaches in Relation to their Age and Coaching Experience. They observed significant differences on commitment and control dimensions and not on challenge and total hardiness on the basis of age level; whereas coaches above the age of 45 years are more committed and have better control. **Kaur & Kalra** in their study on Life Style and Nutritional Profile of Non-Insulin Dependent Diabetes Mellitus (NIDDM) Patients reported that by modifying diet and life style one can maintain fair control over diabetes.

Muktamath et al from Karnataka observed that pain due to acute supraspinatus tendinitis was found to be relieved earlier by the phonophoresis in adducted & internally rotated than phonophoresis in abducted position. **Bharti & Nanda Kumar** compared Two Methods of Moving A Manual Wheelchair Short Distances on Leveled and Inclined Surfaces and concluded that moving the wheelchair on four wheels over the two surfaces is faster, easier, efficient and more comfortable for the back than on rear wheels. **Singh from Punjab** studied Kinanthropometric Measurements in Players of Athletics and Boxing and showed that Boxers in general possess more deposition of subcutaneous fat in the regions of triceps and calf than the athletic group. Lastly **Silawat et al from Gujarat** evaluated the Impact of Age on Physiological Variables, Body Composition and Blood Cholesterol in Selected Physical Education Professionals. The results warn of a significant negative impact of aging on the body composition of these subjects.

S.K. Verma