

Enhancement of performance through yogic practices on motor abilities of badminton players

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Both Yoga and Physical Education in their origin use the body as a tool for developing attitudes and abilities that are important to achieve physical and mental health. Nowadays they can be considered complementary subjects. While the West developed the aerobic conditioning and the sports training and focused on its relationship with good health, the East pursued the same goals through concentration and relaxation.

The most popular and widely accepted therapeutic aspect is the concept of yogic science which is considered to be a part of physical education. Terms and concepts that belong to the scope of Physical Education are usually found in Yoga. It is very difficult to delimit a field of action that can tell professionals from both areas apart. In fact, these areas do not conflict they complement each other. Yoga is an art, science and philosophy, which influence the life of a man at each level. Therefore it influences the functional efficiency of many systems of our body.

The main objective of the study was to determine the effect of six weeks fitness yoga on motor ability ie., flexibility and hand-eye coordination of the badminton players. To achieve the purpose of the study thirty male players with the age group ranged from 18 – 21 years were selected randomly. Especially the subjects were specialized in badminton and represented in college and university tournaments. Flexibility was measured by sit and reach test and Hand eye coordination were assessed by Mirror Drawing test.

The data collected prior to yoga training and after the yoga training for general motor ability of flexibility and hand eye coordination were analyzed using t-test. The level of significance at 0.05 was determined.

From the study, flexibility of the men badminton players had significant increase when compared with pre and post yoga training. Also There were significant increase in hand eye coordination after 6 weeks of training.

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