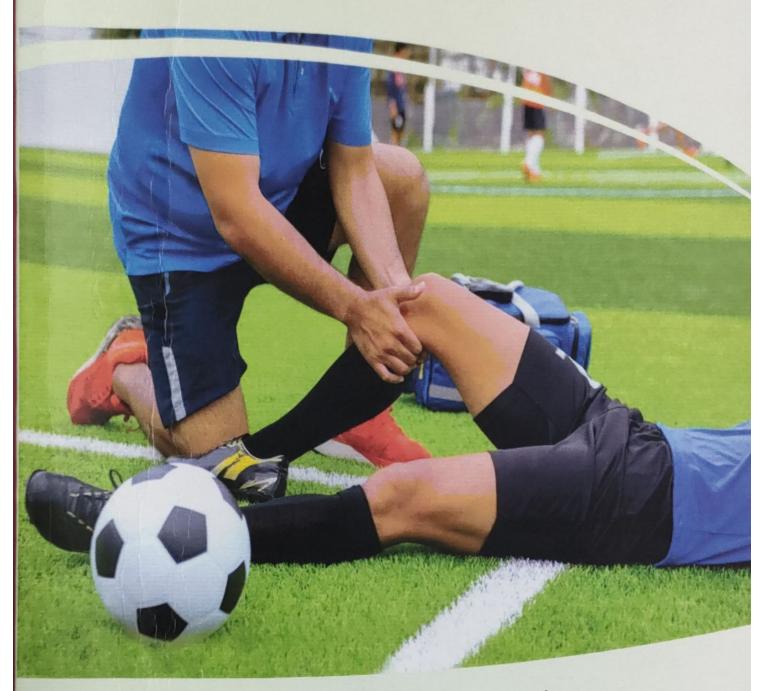
Sports Injuries Management And Rehabilitation



Mr.C.Jeyaram

Assistant Professor in Department of Physical Education

Mr.R.R.Balakrishnan

Assistant Professor in Department of Physical Education

MAH

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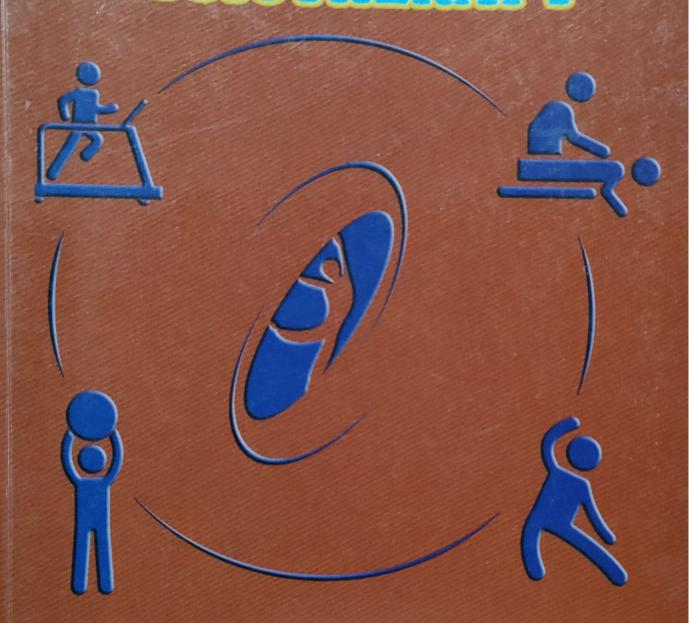
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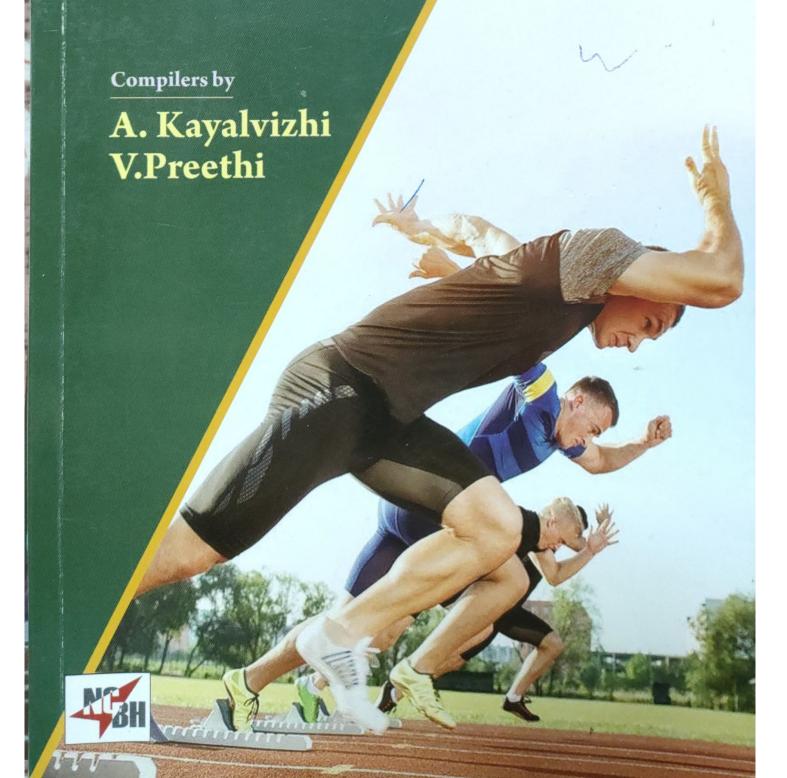
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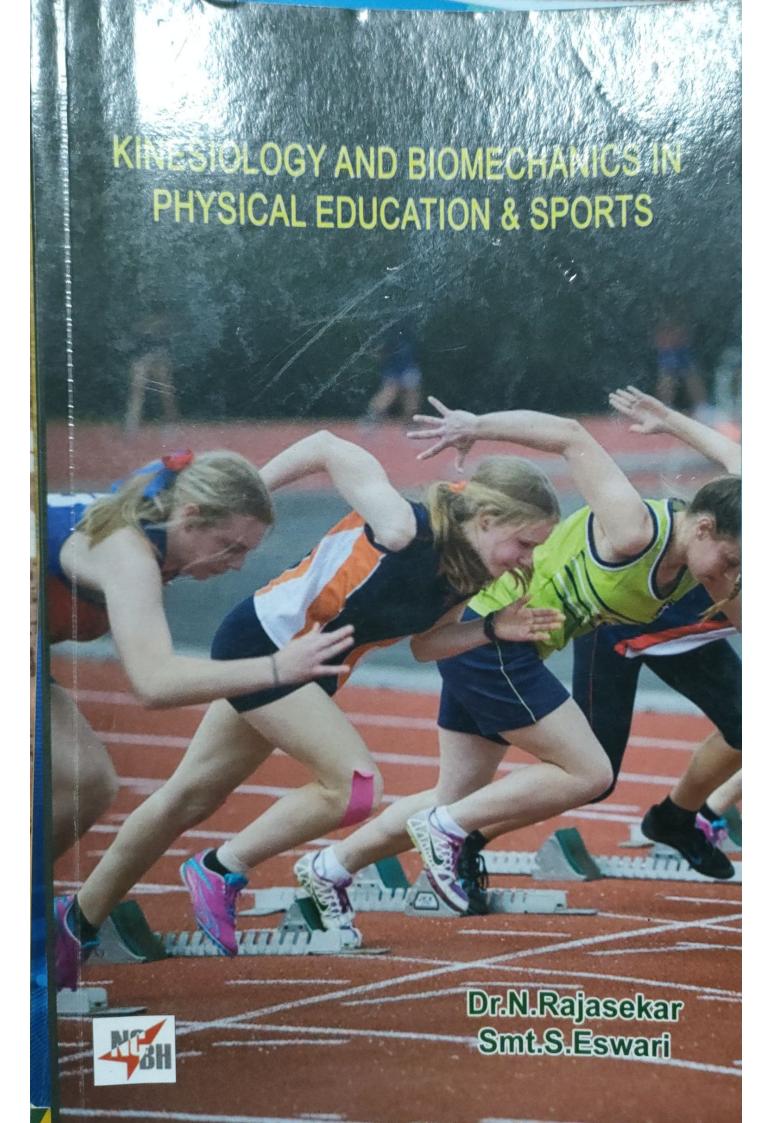
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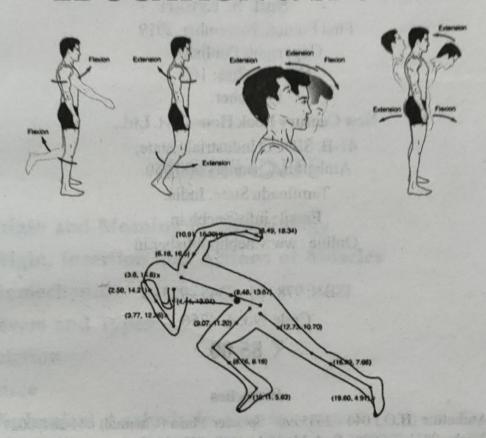
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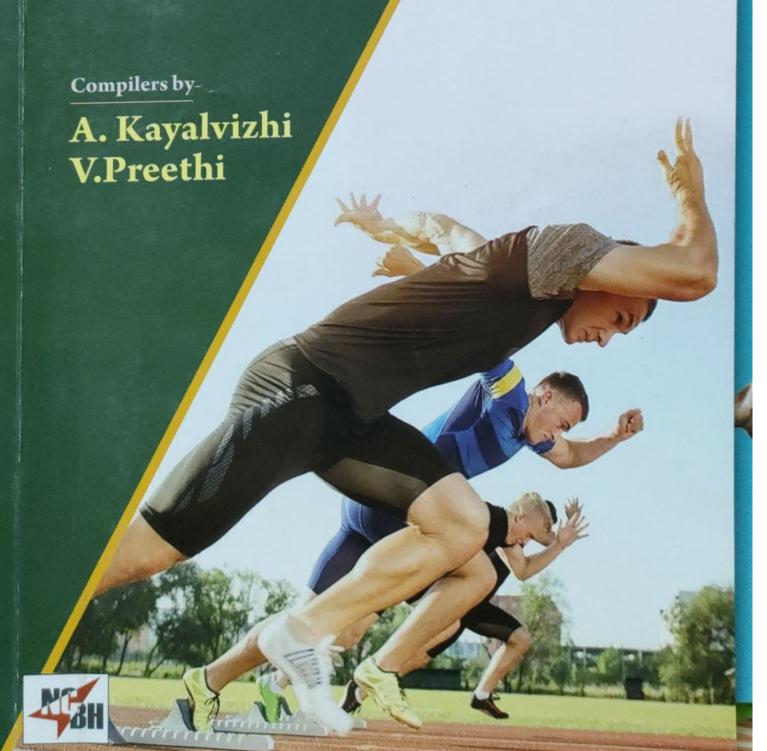
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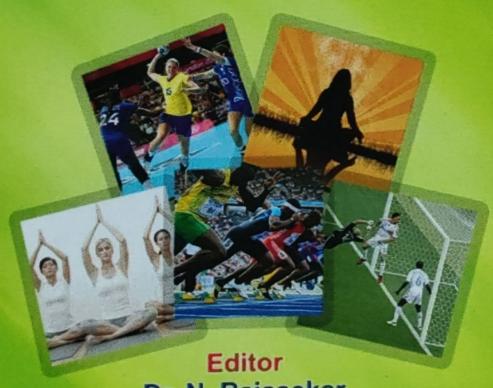
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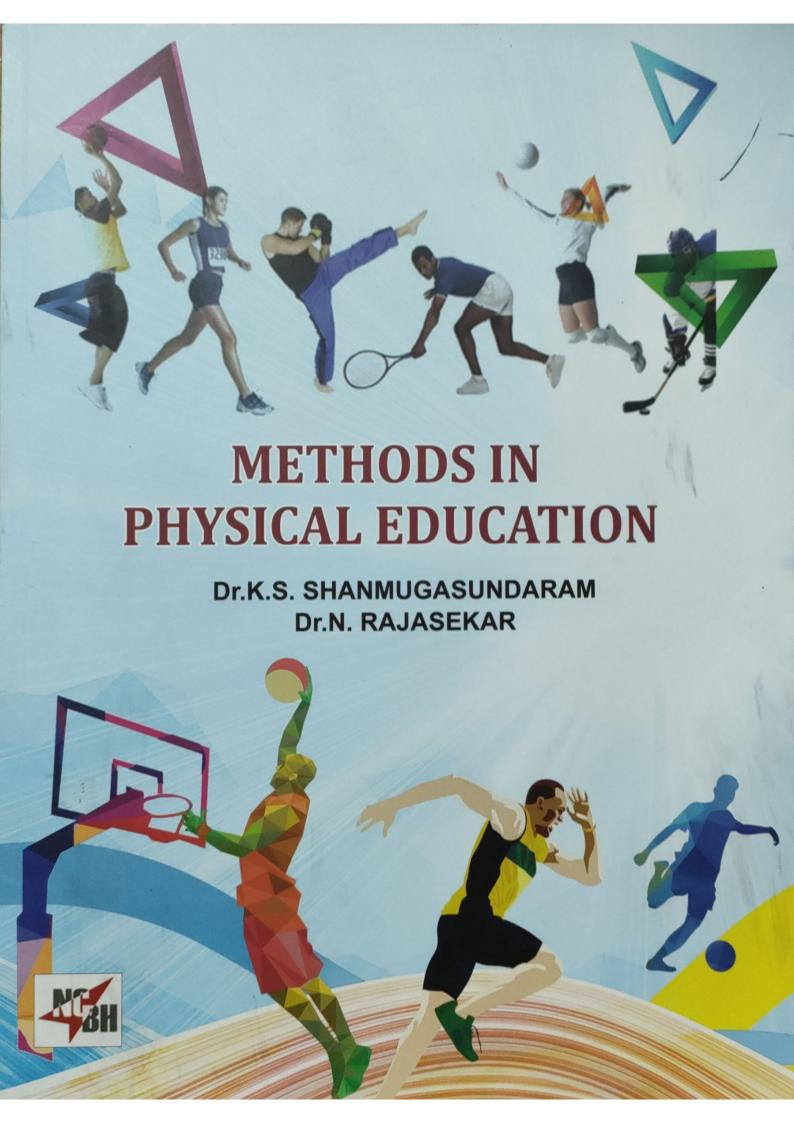
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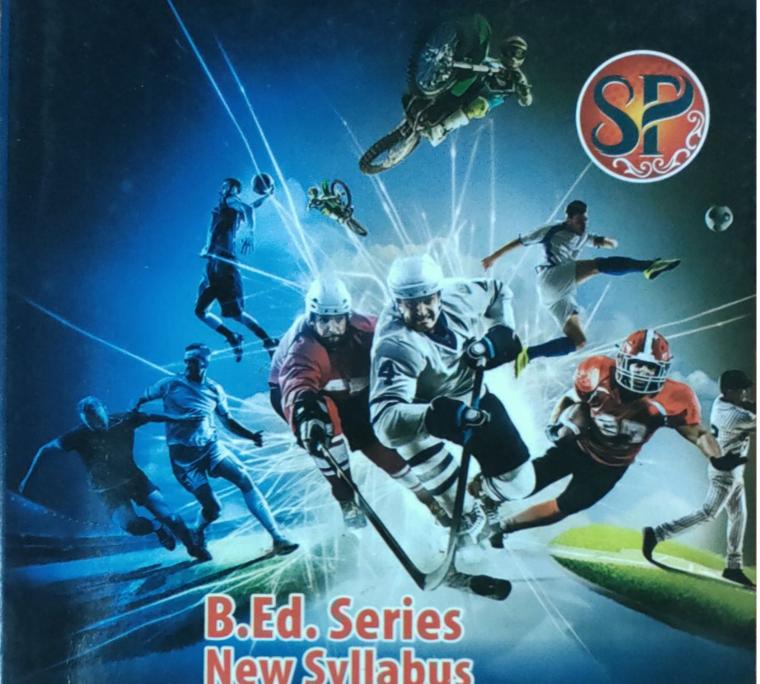
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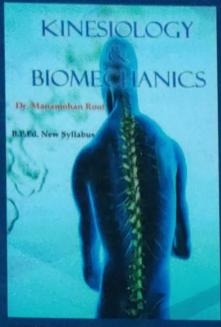
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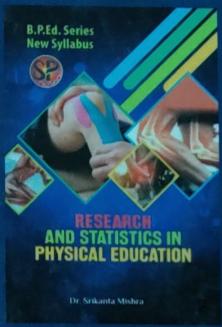
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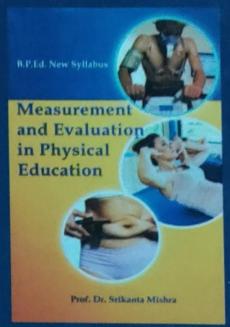
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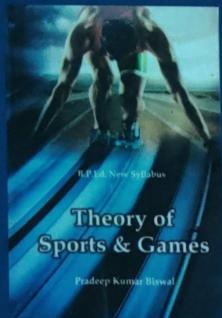
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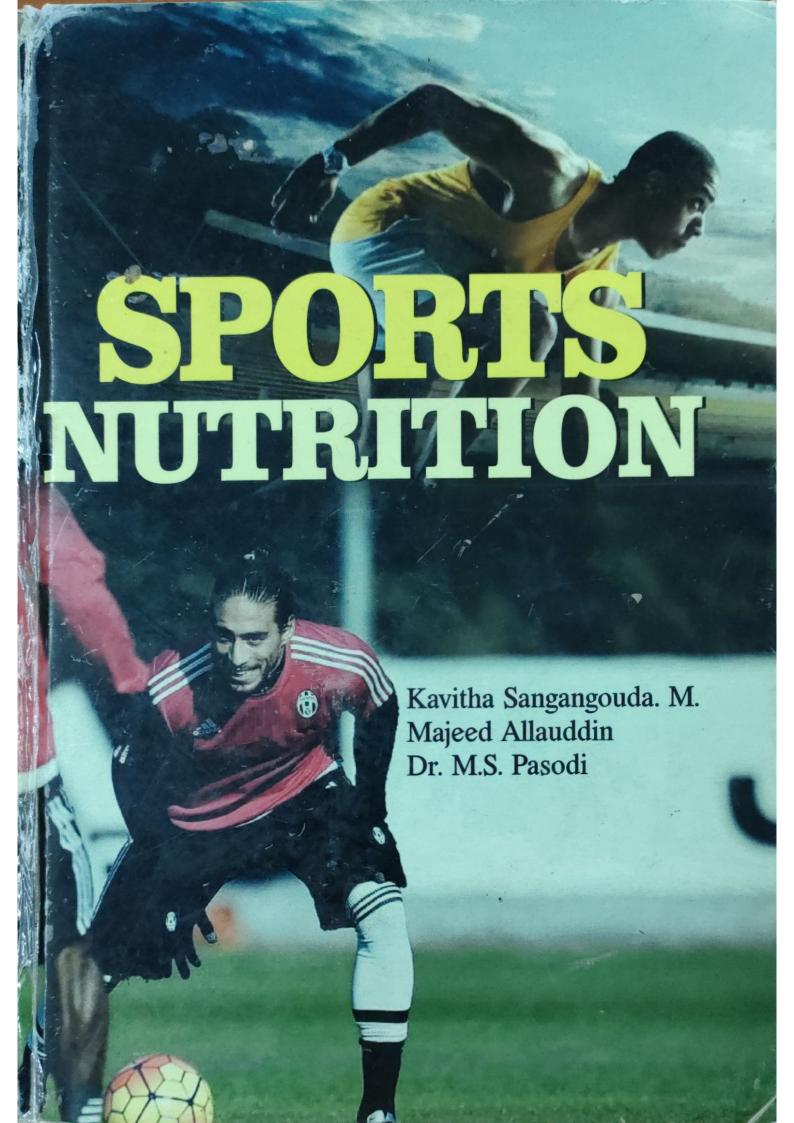
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Whether you are a bodybuilder, a professional athlete or simply exercising to improve your health, sports nutrition plays a key role in optimising the beneficial effects of physical activity. Making better decisions with your nutrition and hydration can result in improved performance, recovery and injury prevention. Nutrition professionals offer a range of services to support your health and sporting goals. This can range from a daily food diary, to a comprehensive food and nutrition plan for training and competitions.



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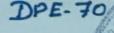
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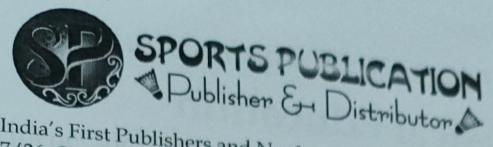
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This compilation CBSE/UGC NET Examination Solved Objective type Question Paper II and III covering a period of 14 years (2006-2020) is a uniquely updated volume serving as a guidebook for aspirants looking forward for sure success at the Eligibility Test in order to qualify for lecturer's posts in the subject of physical education at the universities and colleges. Critical comments added and corrections suggested with regard certain questions at various places in the compilation is likely to act as a way-finder for the students and an eye-opener for the teachers at the helm.

About the Author

Decorated with the accolade of *Doctor of Science* by the Open International University of Medicina Alternativa, Sri Lanka) for his outstanding contribution to the science of physical education, and awarded *ASPASP* (*Asian South-Pacific Association of Sport Psychology*) *Fellowship* in 2018 for promoting sport psychology and being the founder member of the ASPASP and SPAI, Prof. M.L. Kamlesh (b.1940), M.A. (English), M.Ed. (PE), Ph.D., is an acknowledged physical educationist highly specialized in academics, research, sport psychology and management. This prolific author has to his credit more than 25 widely read books on sport psychology, research methodology, sport management, foundations, history and methods of physical education. He has published around 72 research papers and 62 articles in national and international journals and periodicals and given 65 keynote addresses and invited talks at various national and international conferences.

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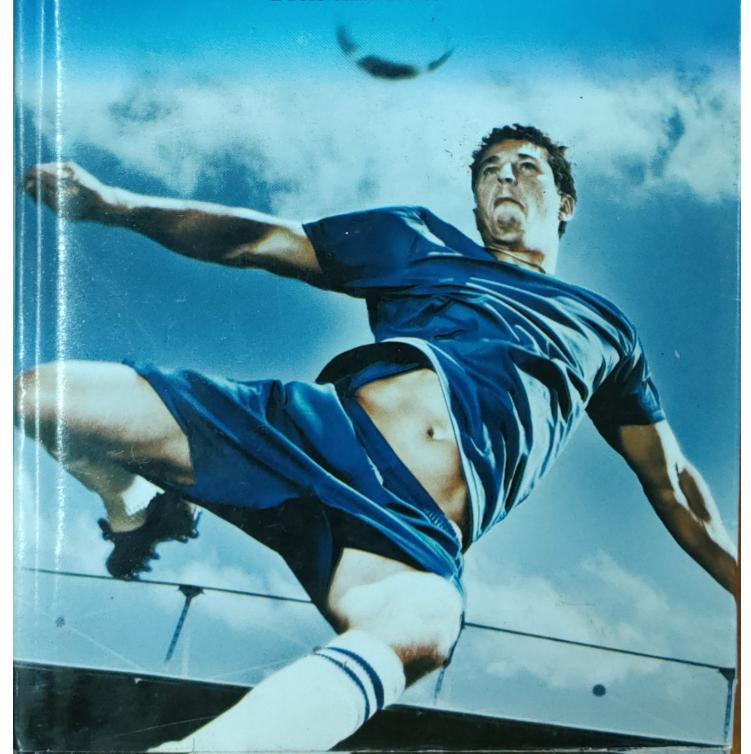
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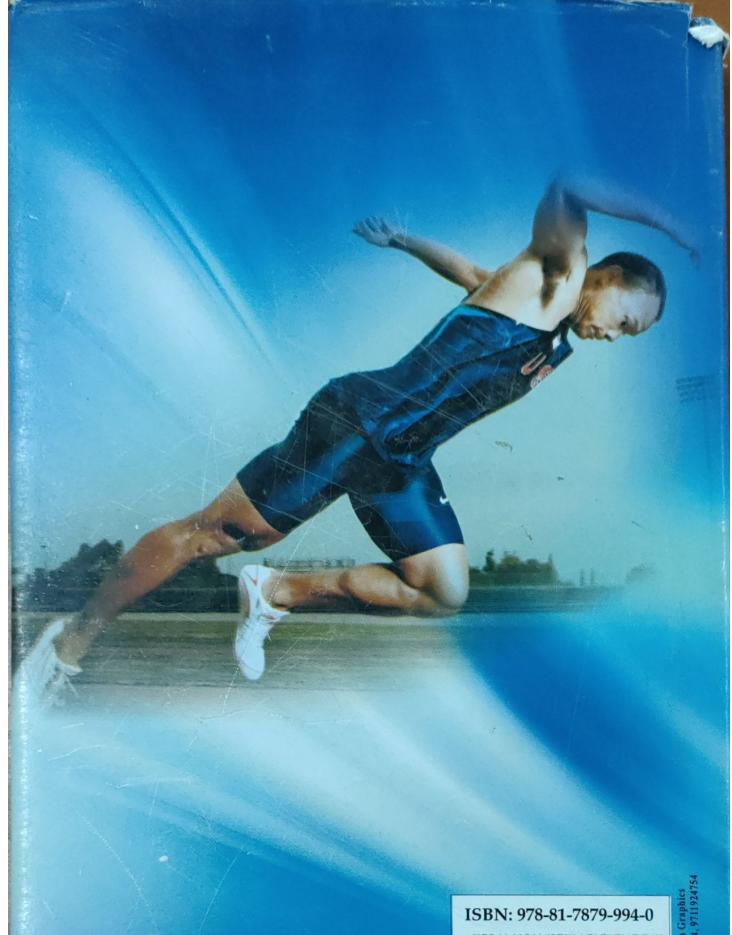
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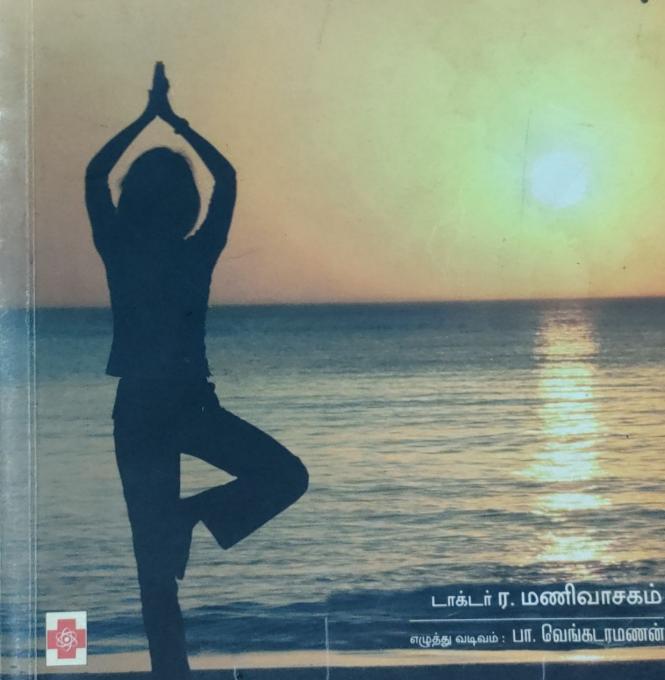
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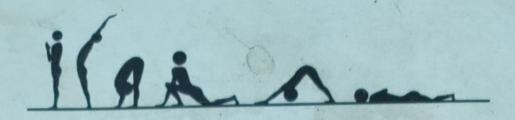
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- ையார் யார் எல்லாம் யோகாசனம் செய்யலாம்?
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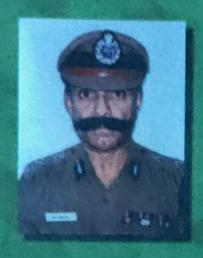
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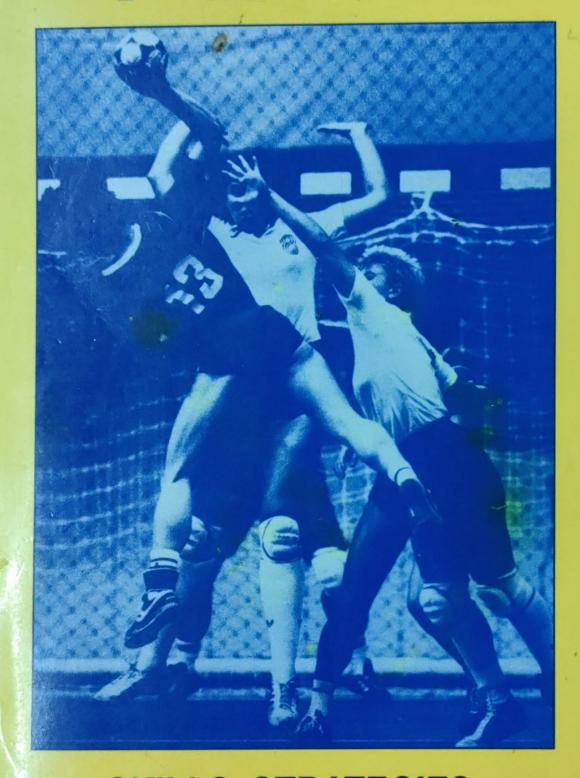
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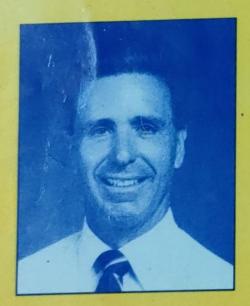
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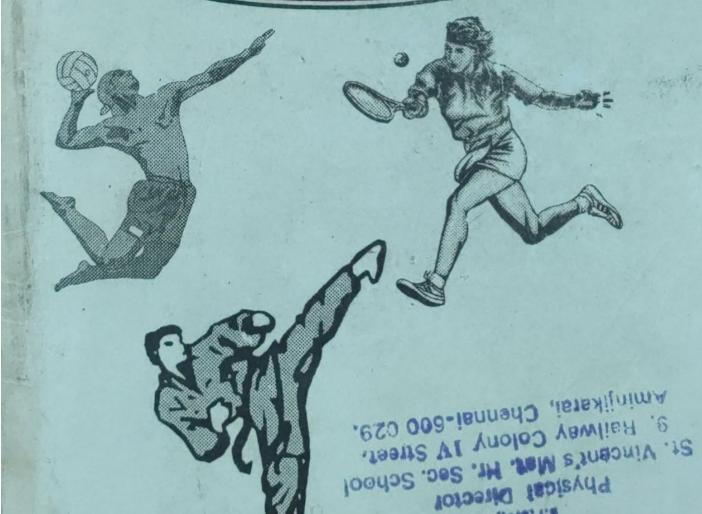
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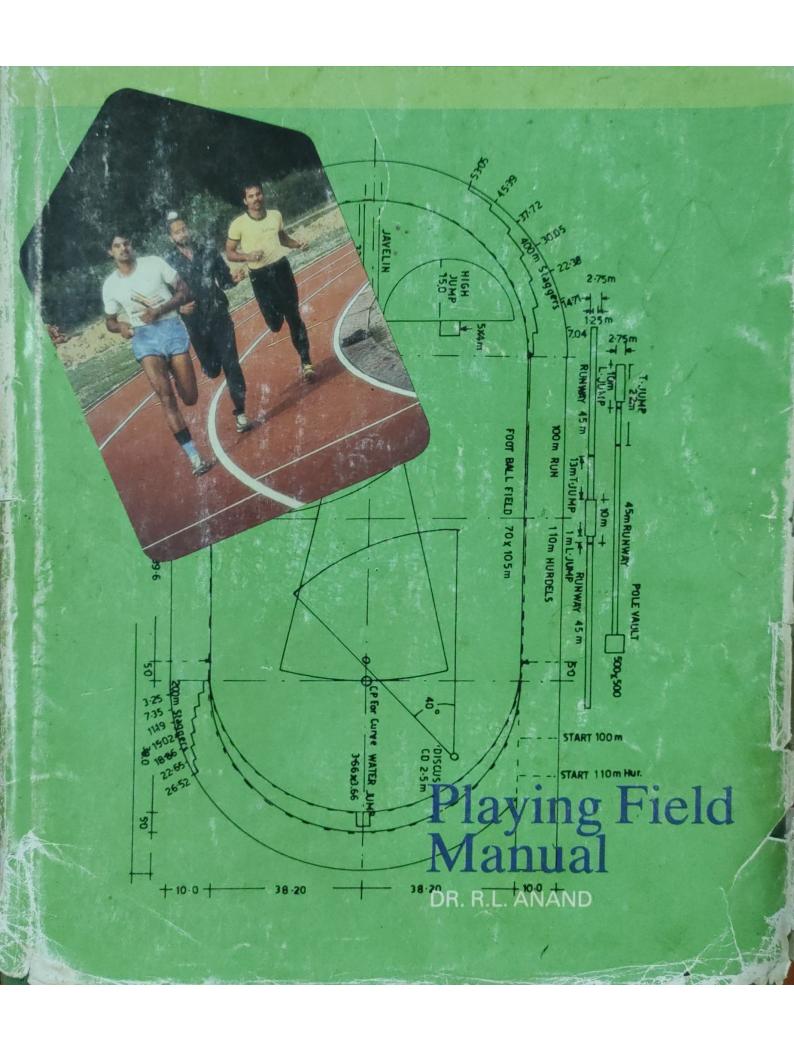




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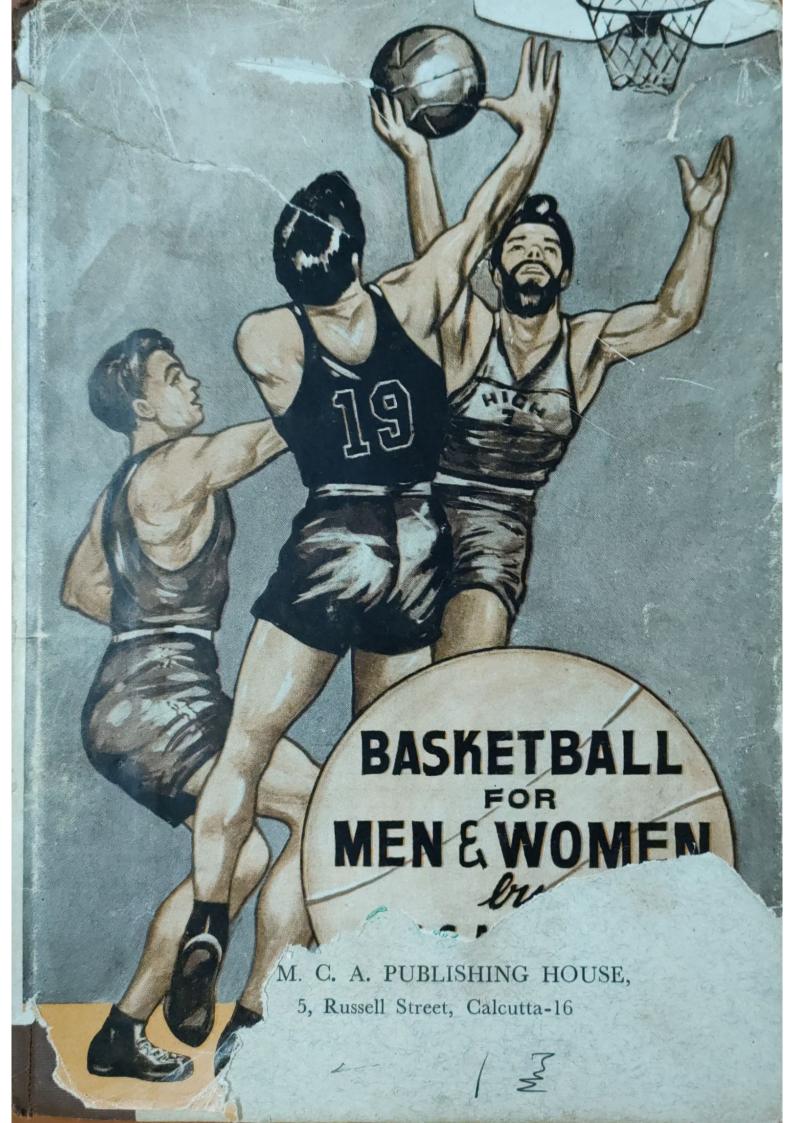
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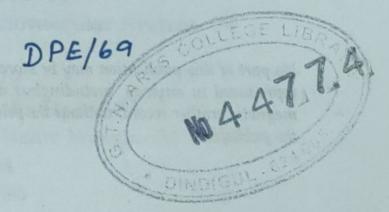
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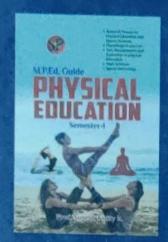
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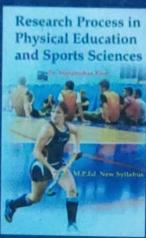
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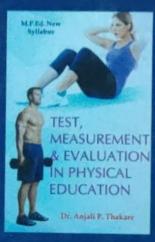
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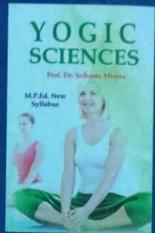
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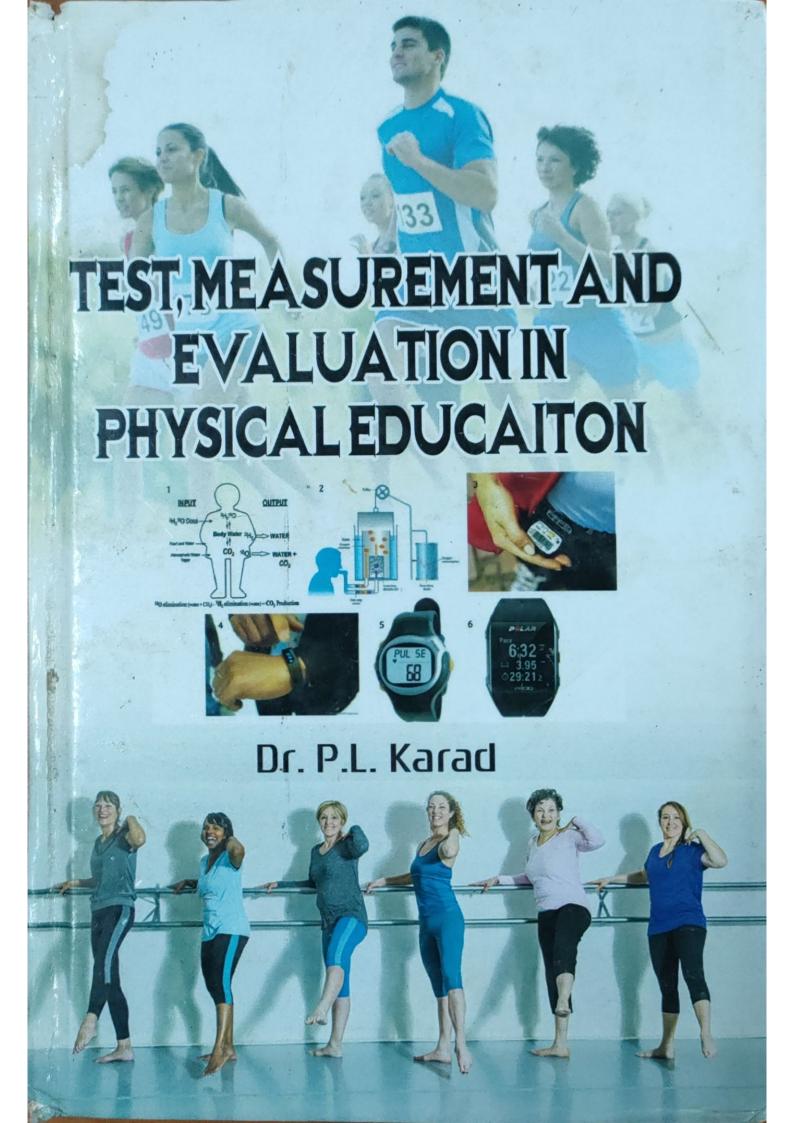
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History reveals that as humans became more civilized they also become more scientific, an subsequently sought more exact ways to measure. The history of measurement in physical education and sport has paralleled the growth and development of research and the rise of the field to a more respected position in the educational spectrum. For many decades knowledge and skills in the area of measurement have been considered important for graduate study in the field of physical education and sport.

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Hopefully, the present book of immensely useful for the students and teachers of Physical Education and Sports.



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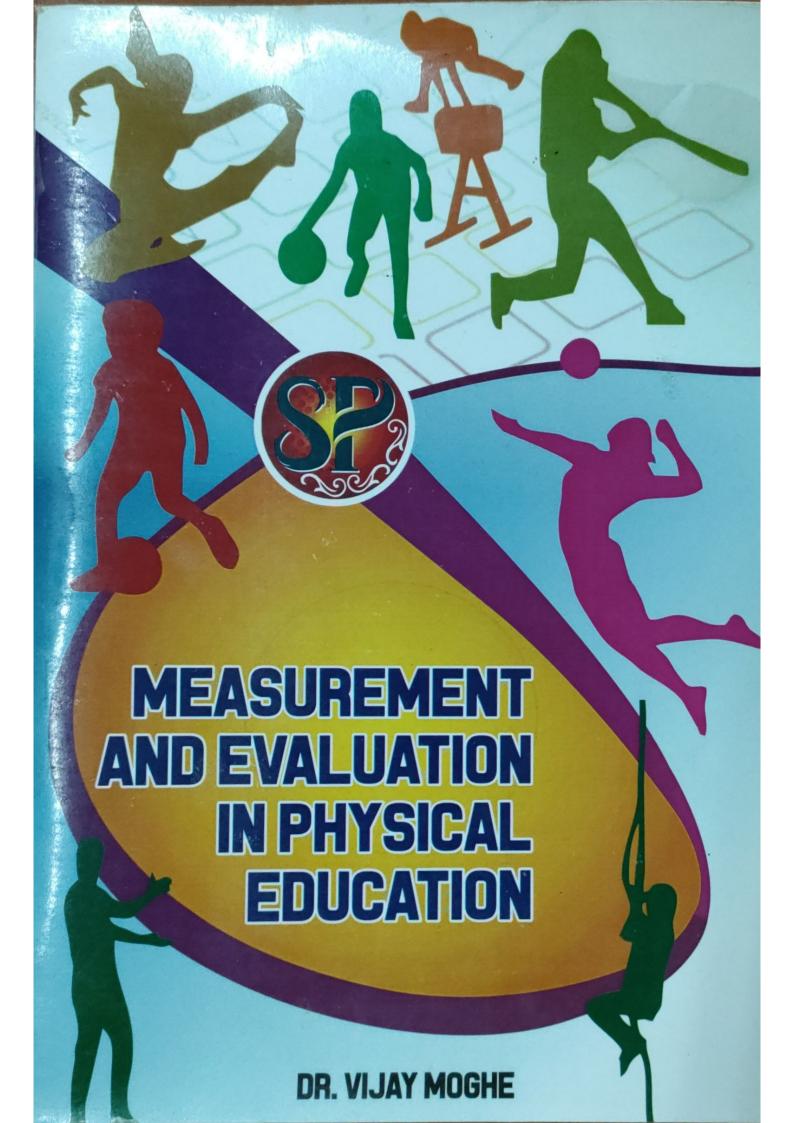
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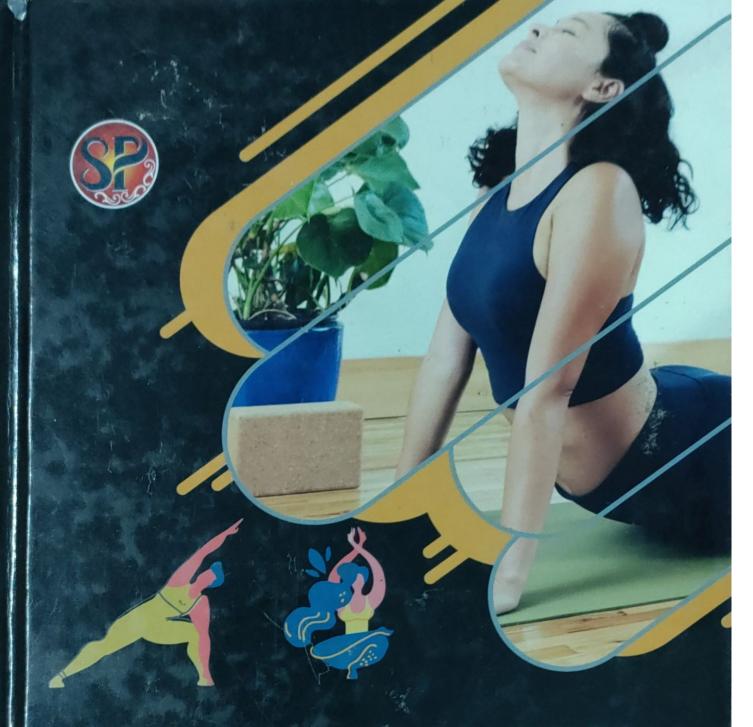
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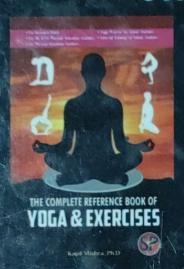
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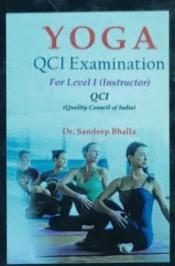
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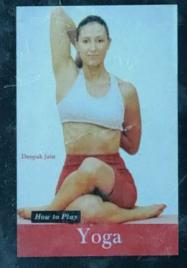
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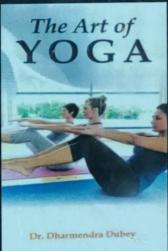
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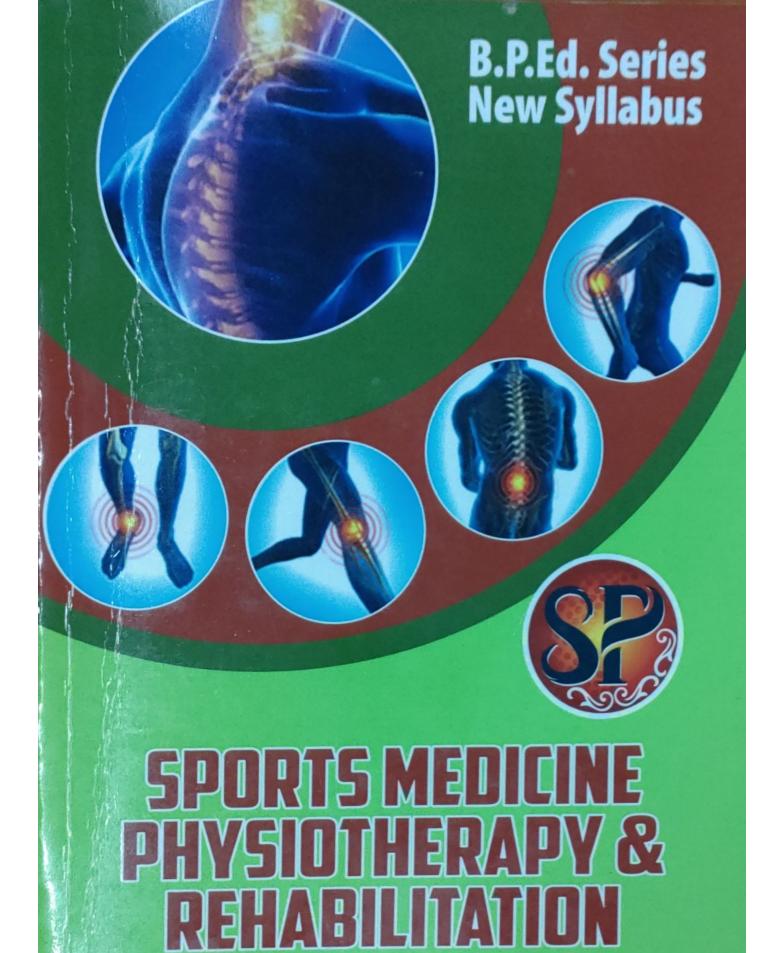


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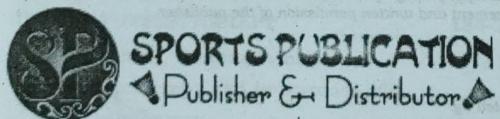


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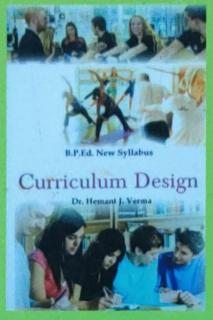
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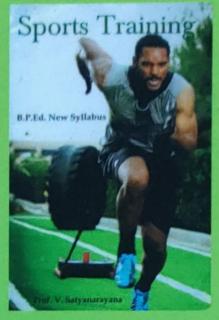
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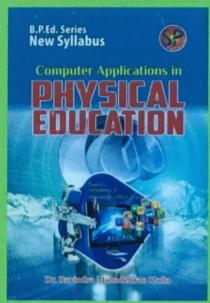
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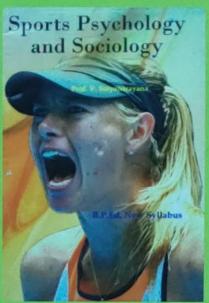
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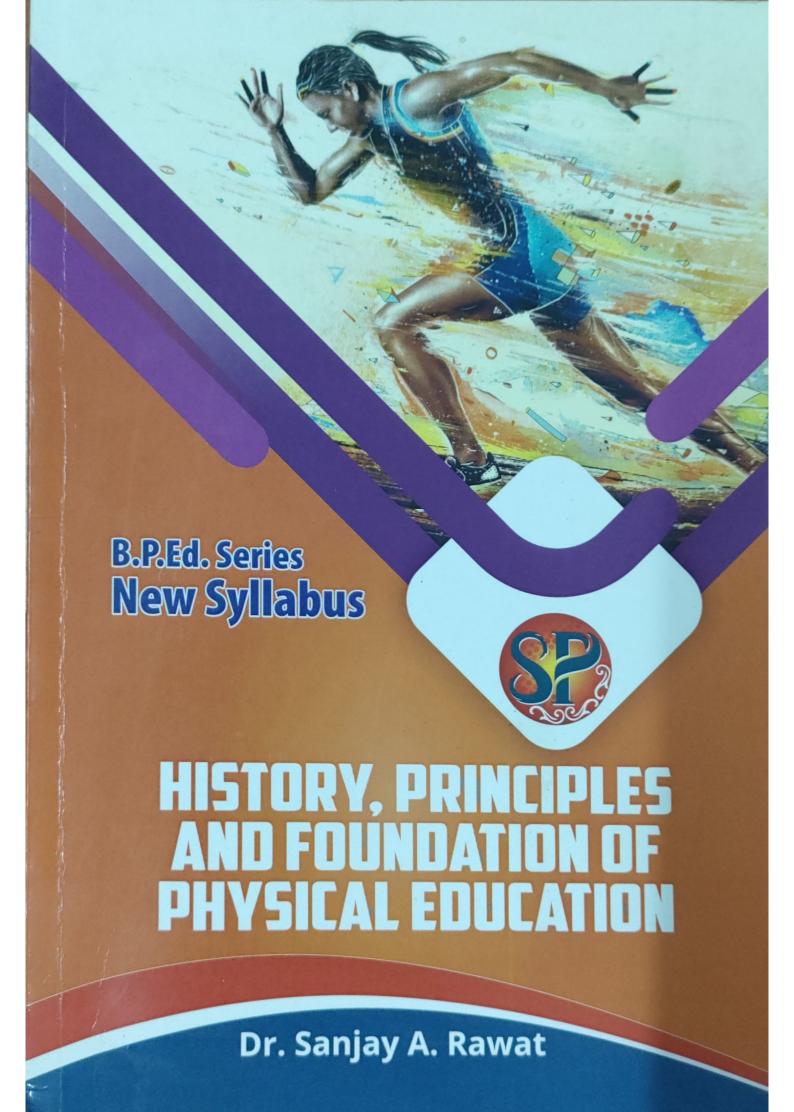


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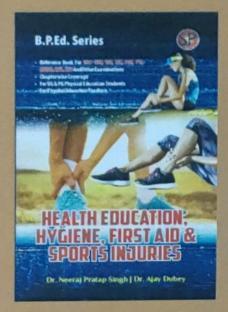
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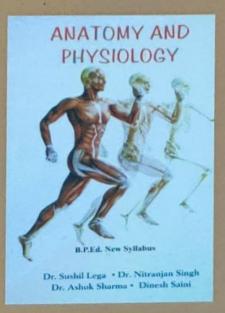
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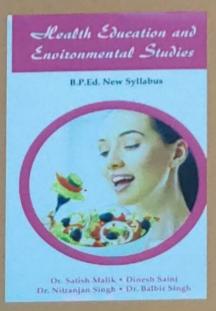
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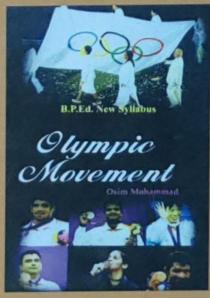
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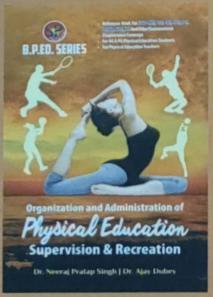














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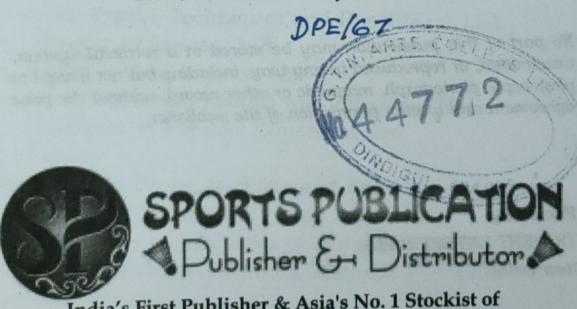
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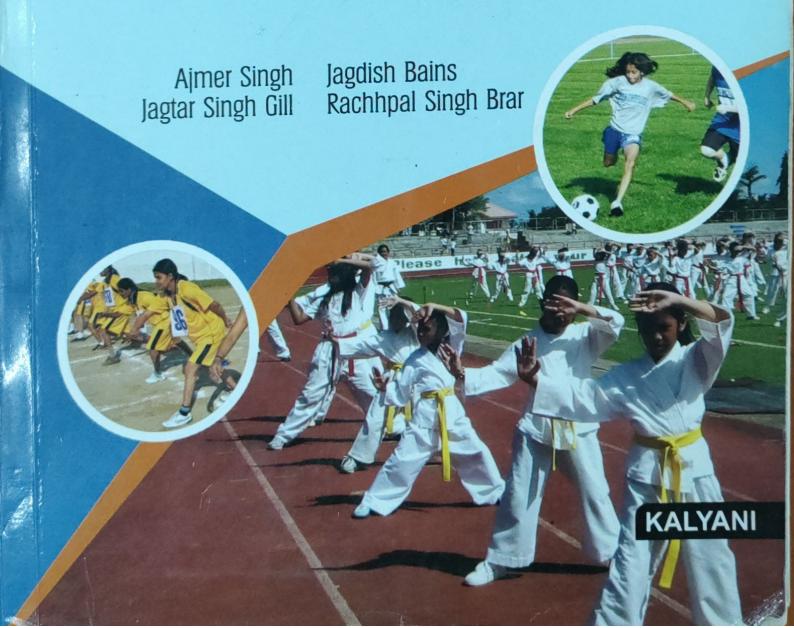
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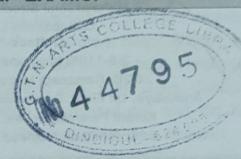
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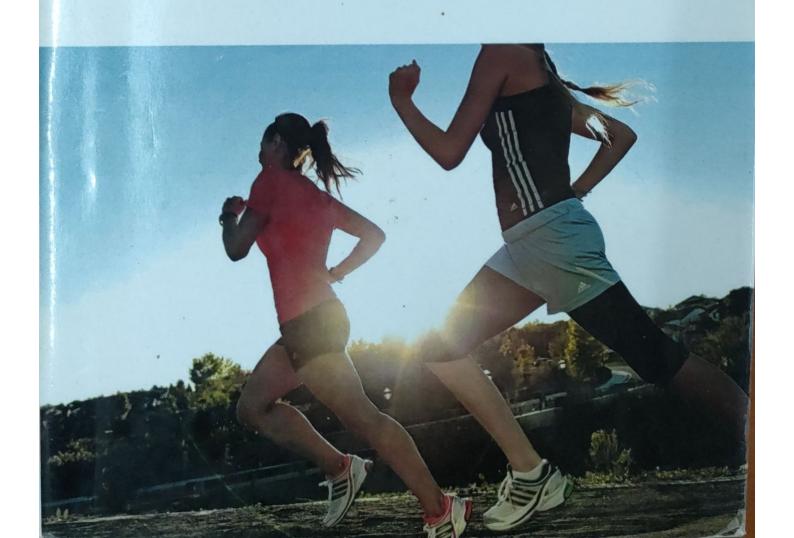
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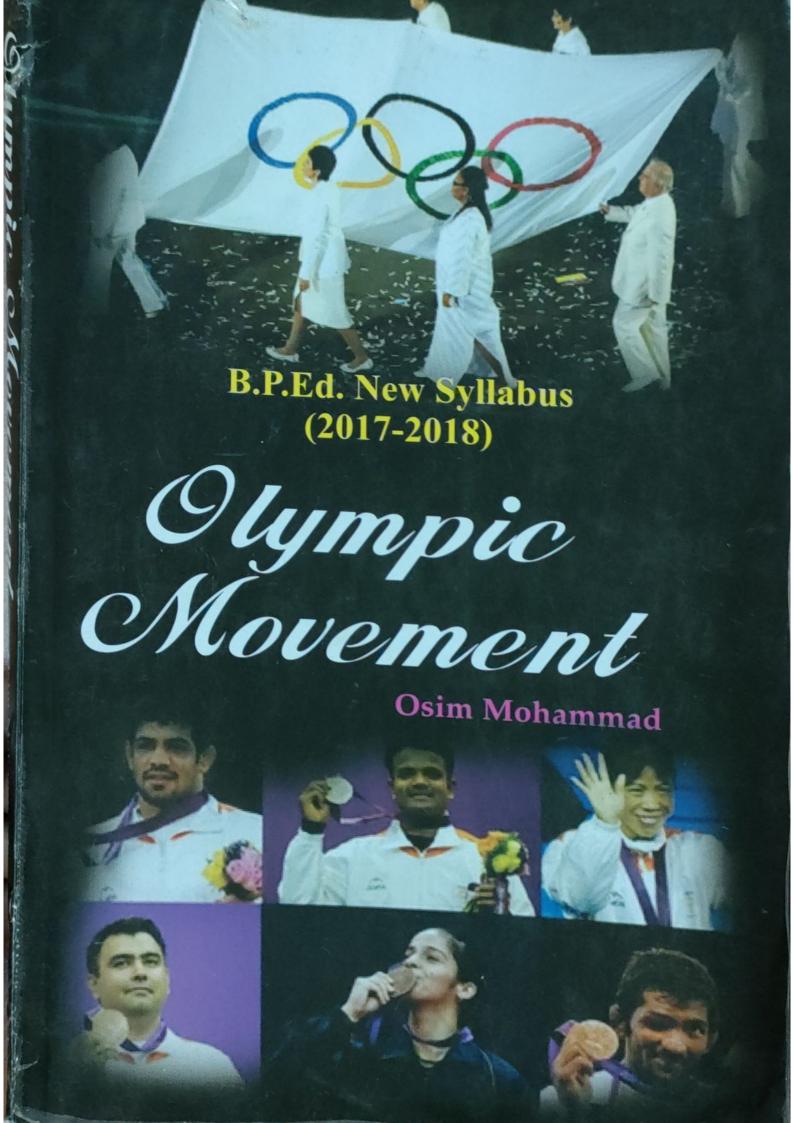


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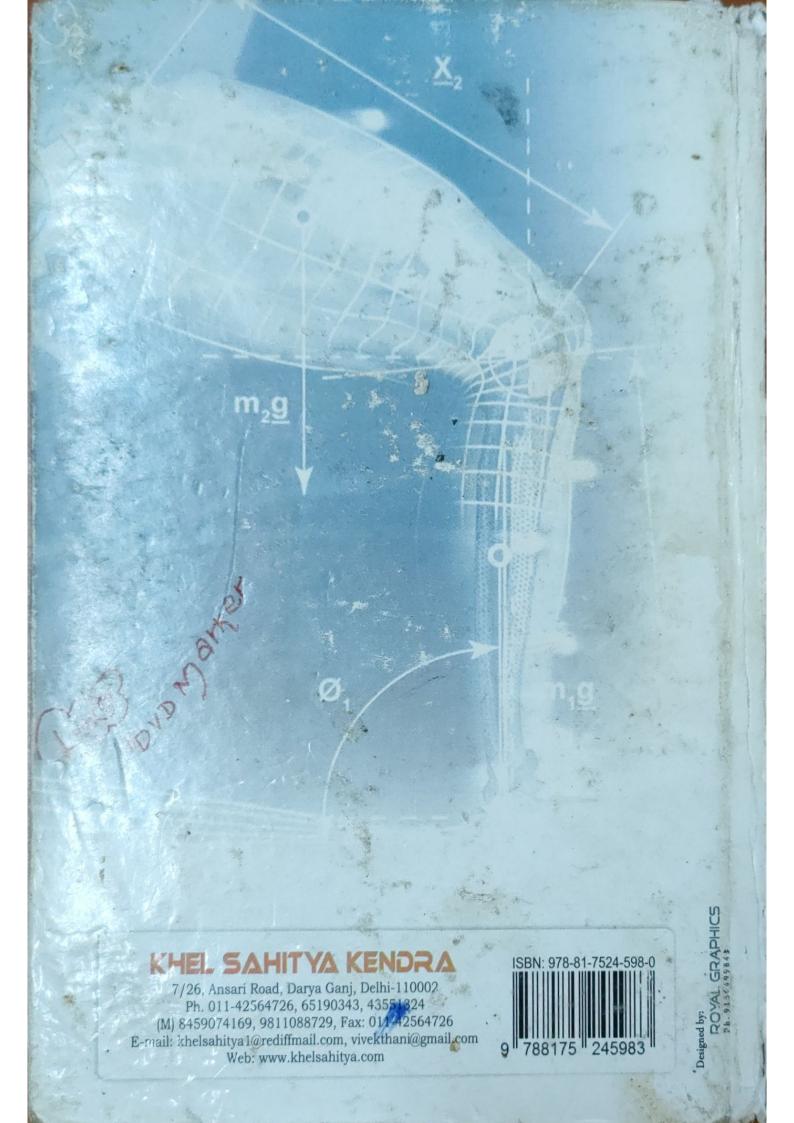
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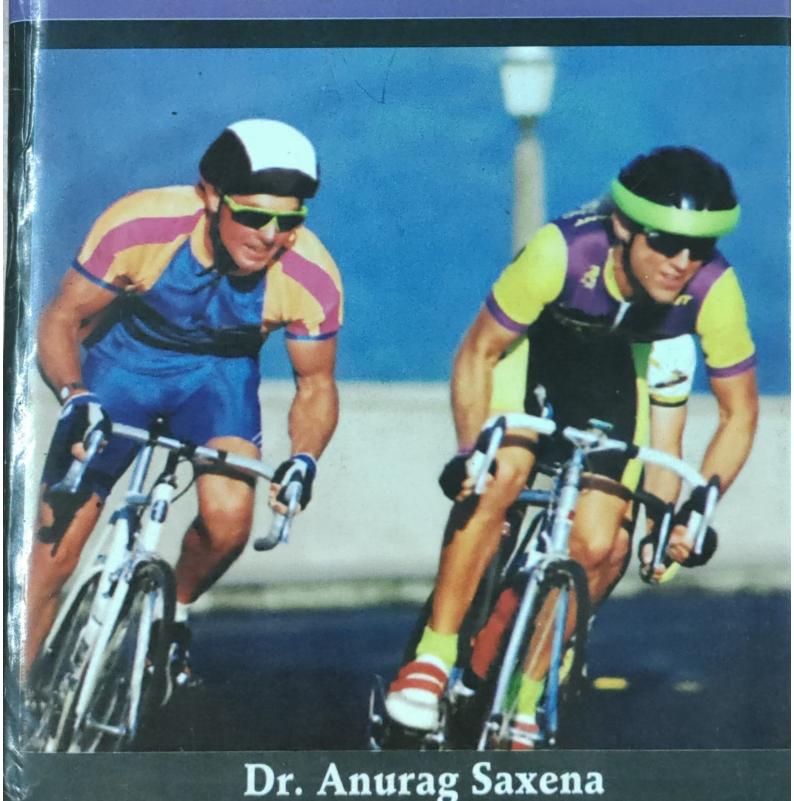
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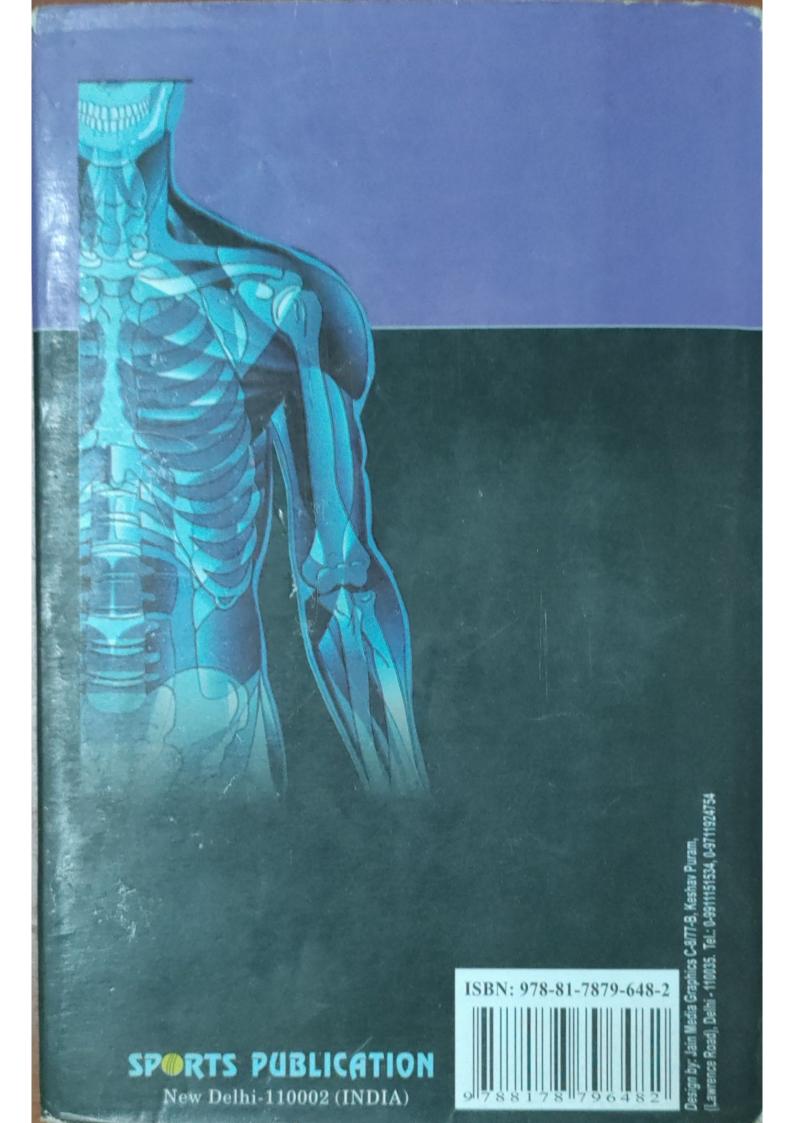
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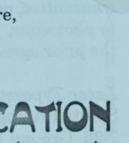
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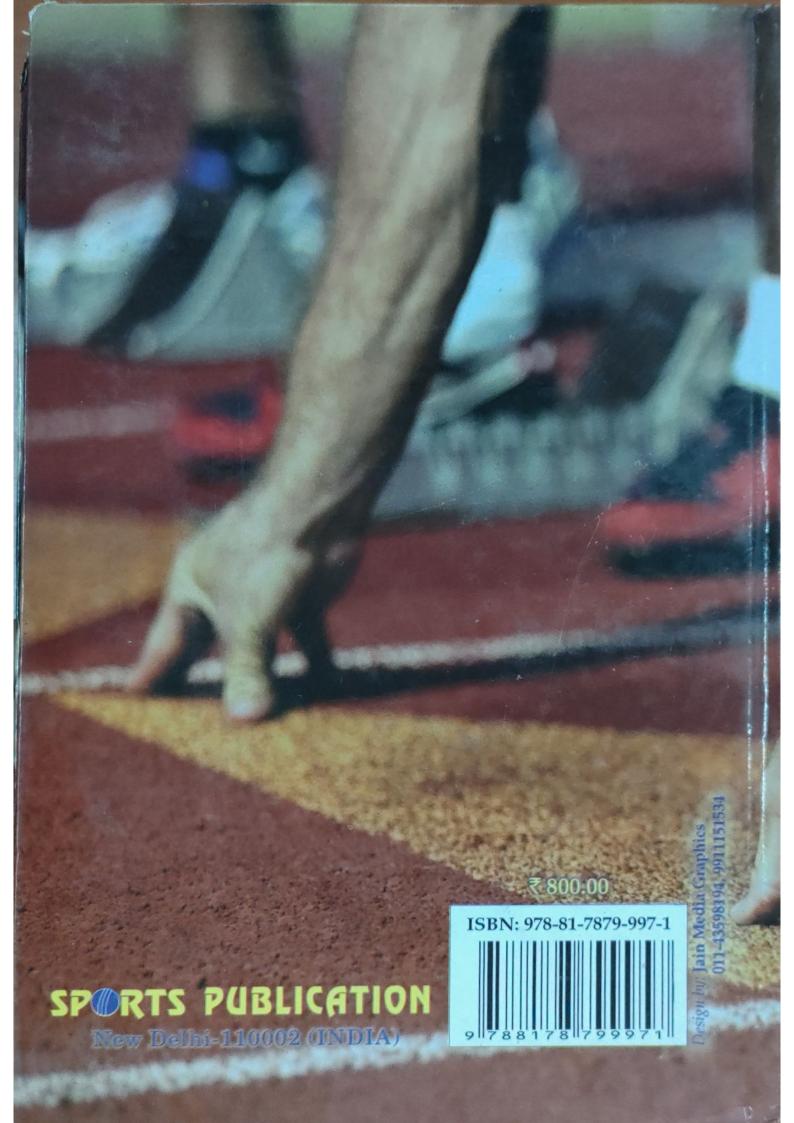
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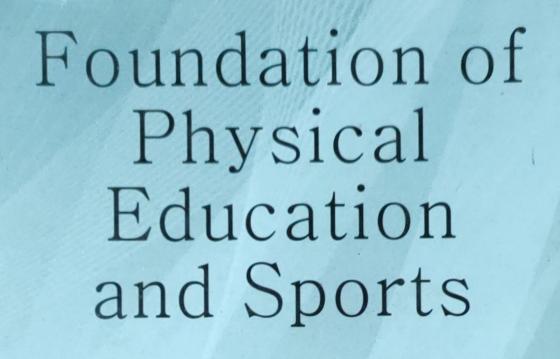
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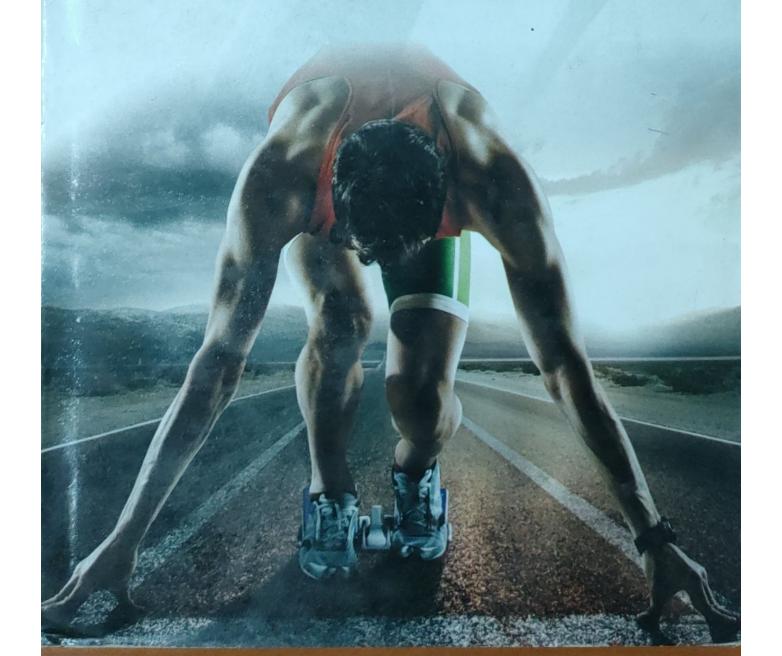
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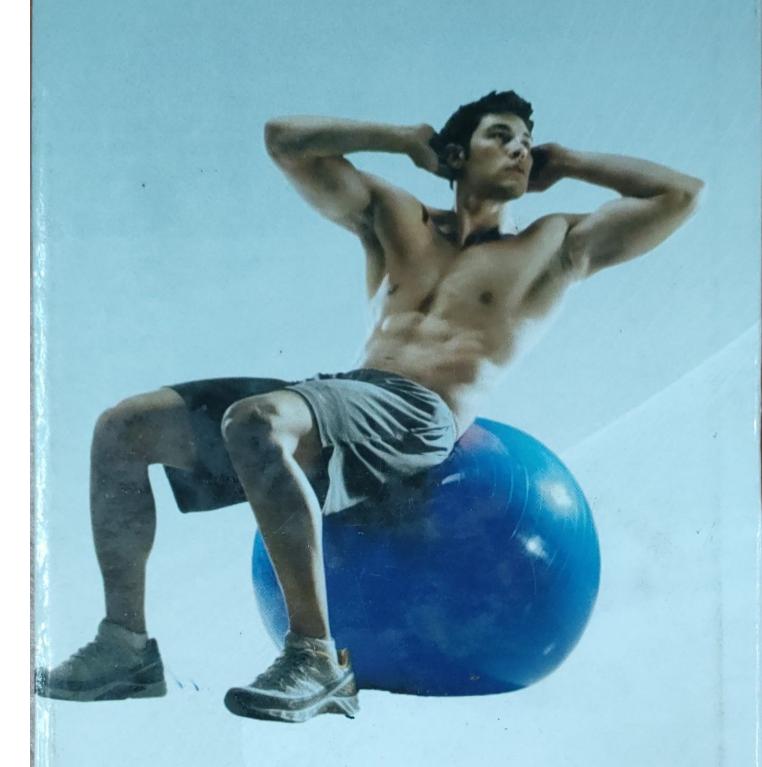
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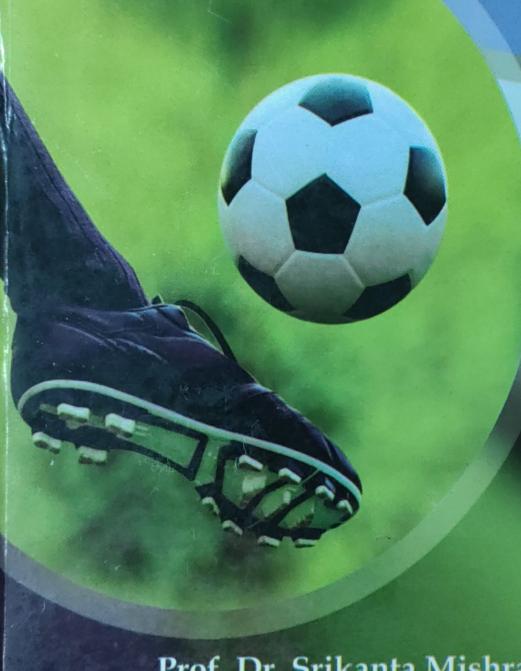


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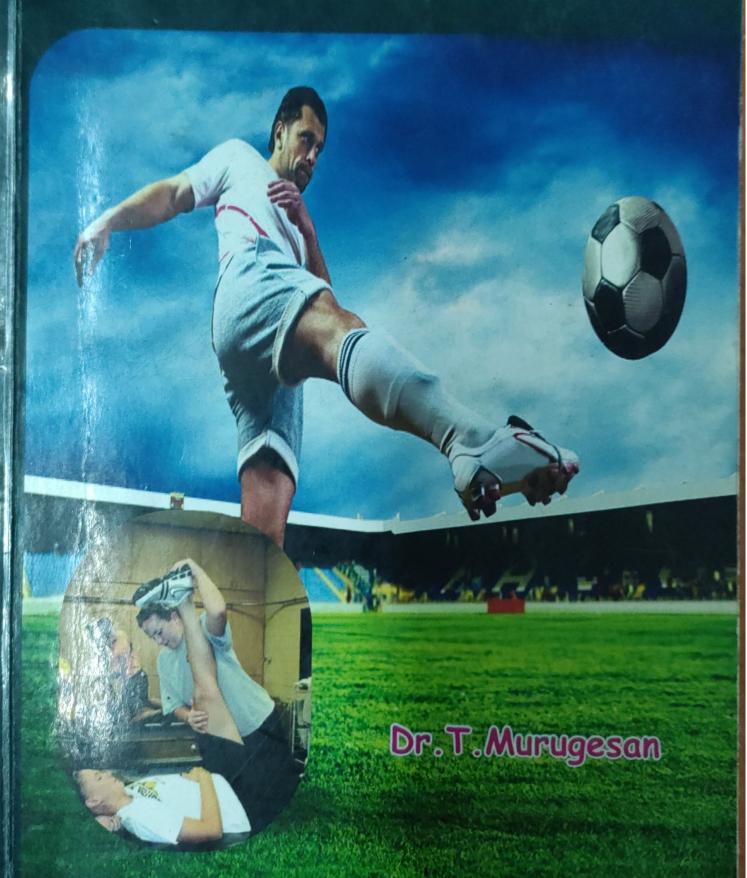


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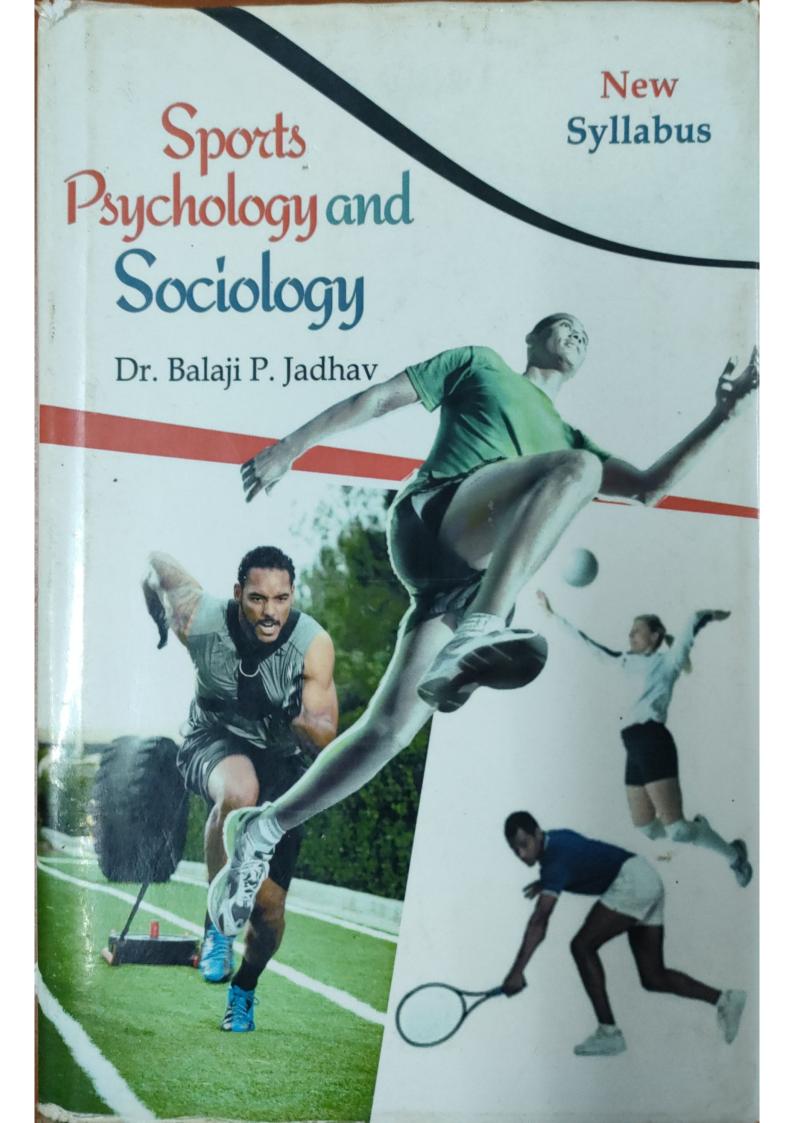


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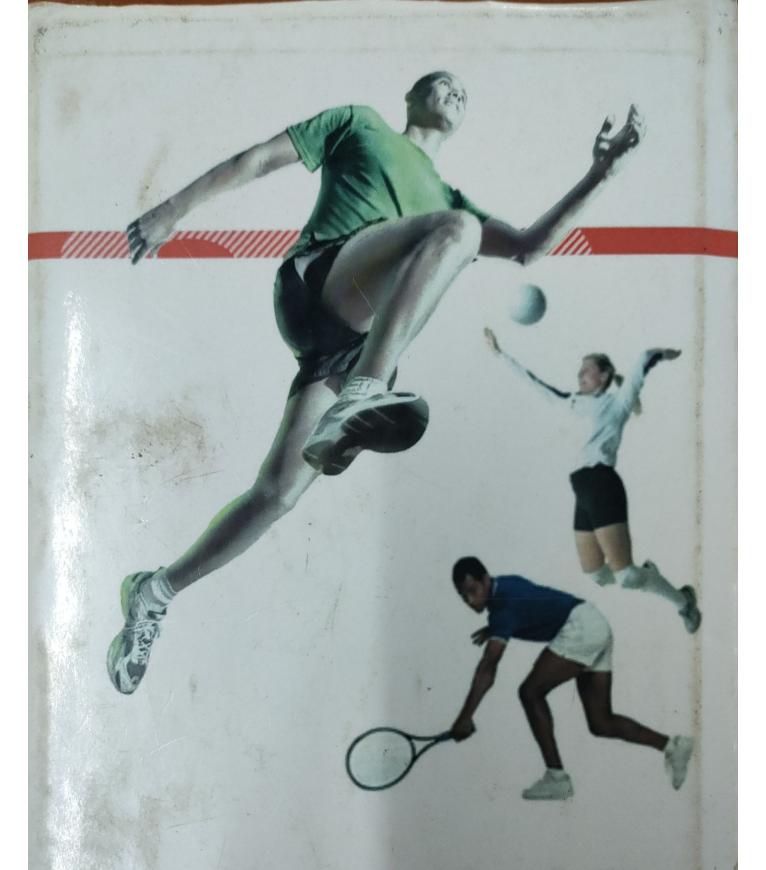
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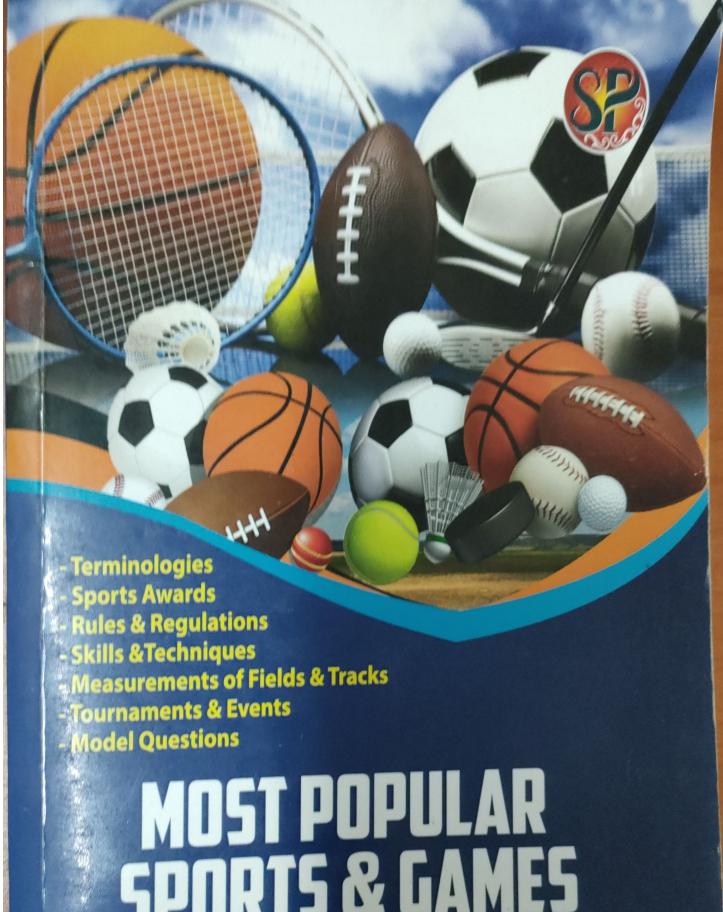
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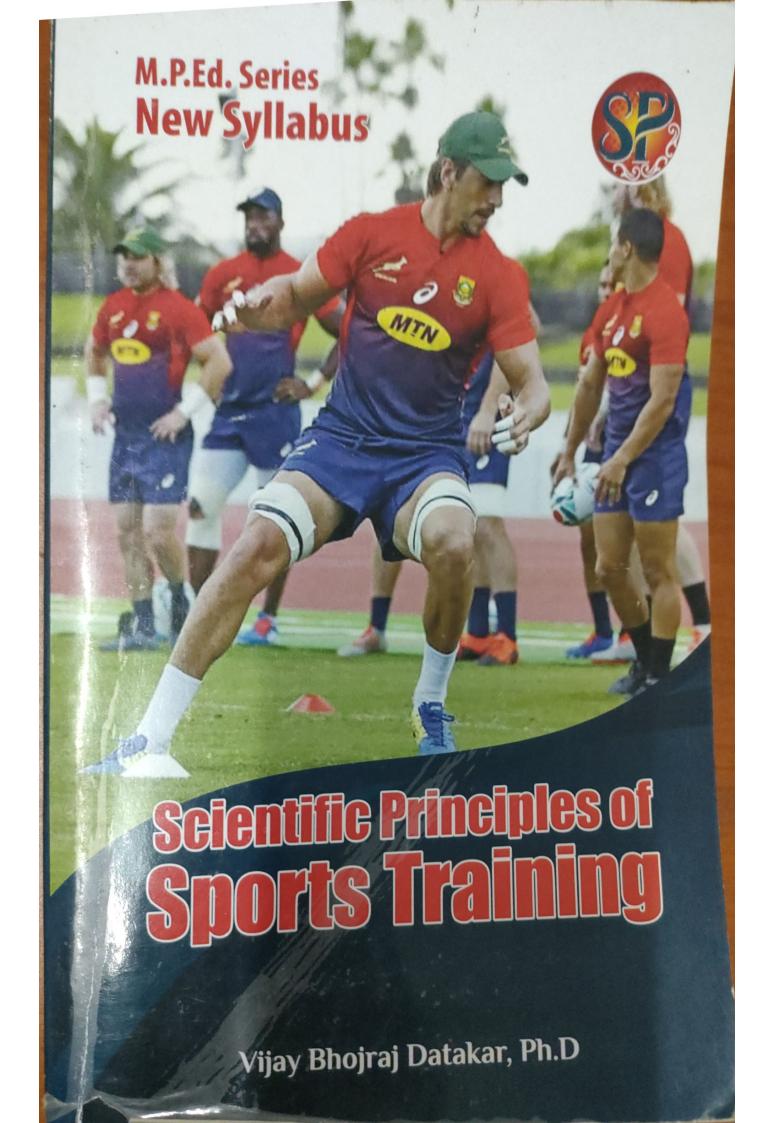
Dr. Jitendra Kumar Thakur is a talented author in the field of Physical Education and Sports Sciences. He has published more than 18 books in the field of physical education. He has more than 24 years of experience in teaching various subjects in physical education courses. Recently he has been working as Director at Rajiv Gandhi Mahavidyalaya, Gondia, Maharashtra. He is also contributing as recognized supervisor of Ph.D (Physical Education) at the R.T.M. Nagpur University (Nagpur), Gondwana University (Gadchiroli) and J.J.T. University (Rajasthan). He holds an M.A., M.P.Ed., D.Y.S. and Ph.D degree. He has achieved his excellence in the knowledge of Physical Education and Sports. Five Research Scholars got the Ph.D Degree Awarded under his supervision. He has a credit of 12 research papers in reputed National and International Journals. The author acted as a chairperson and resource person in many seminars. He has participated in Intercollegiate Tournaments in Athletics and Swimming. He also holds several awards from the government and private agencies or institutes.

Dr.Vijay Singh holding the post of HOD, Department of physical education & Secretary sports Board, University of Kota, Kota. His total Teaching experience is 20 years for UG & PG. He did his Bachelors, Masters in Physical education and Doctorate from University of Rajasthan, Jaipur and hold Diploma in sports coaching in Football from NS-NIS Patiala, Punjab and qualified NET & SLET Exams in physical education. He is qualified referee of Football, Hockey and Cricket and also he have mastery of athletics. He have published more than 10 papers in referred journal and written 06 books as single author. His specialization and teaching areas is Sports training, Injuries and athletic care, Physiology of exercise, Officiating and coaching & Sports medicine.



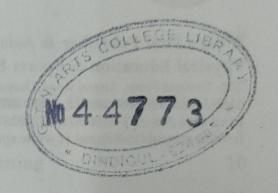
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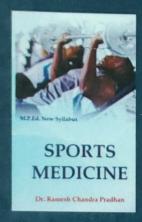
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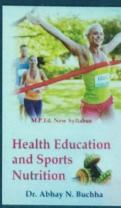
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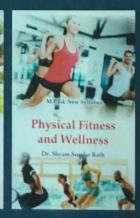
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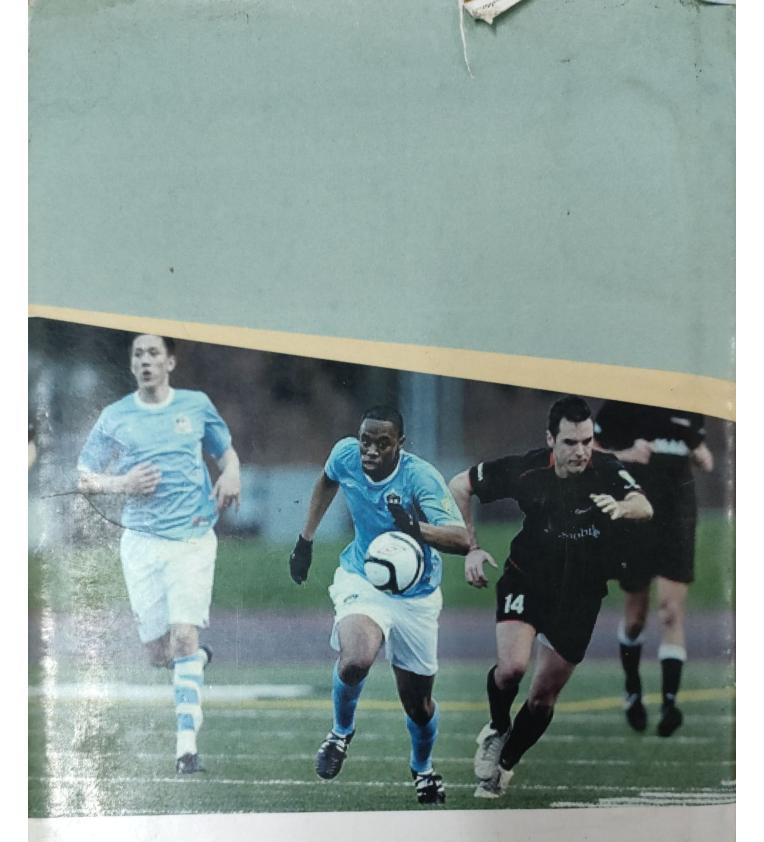
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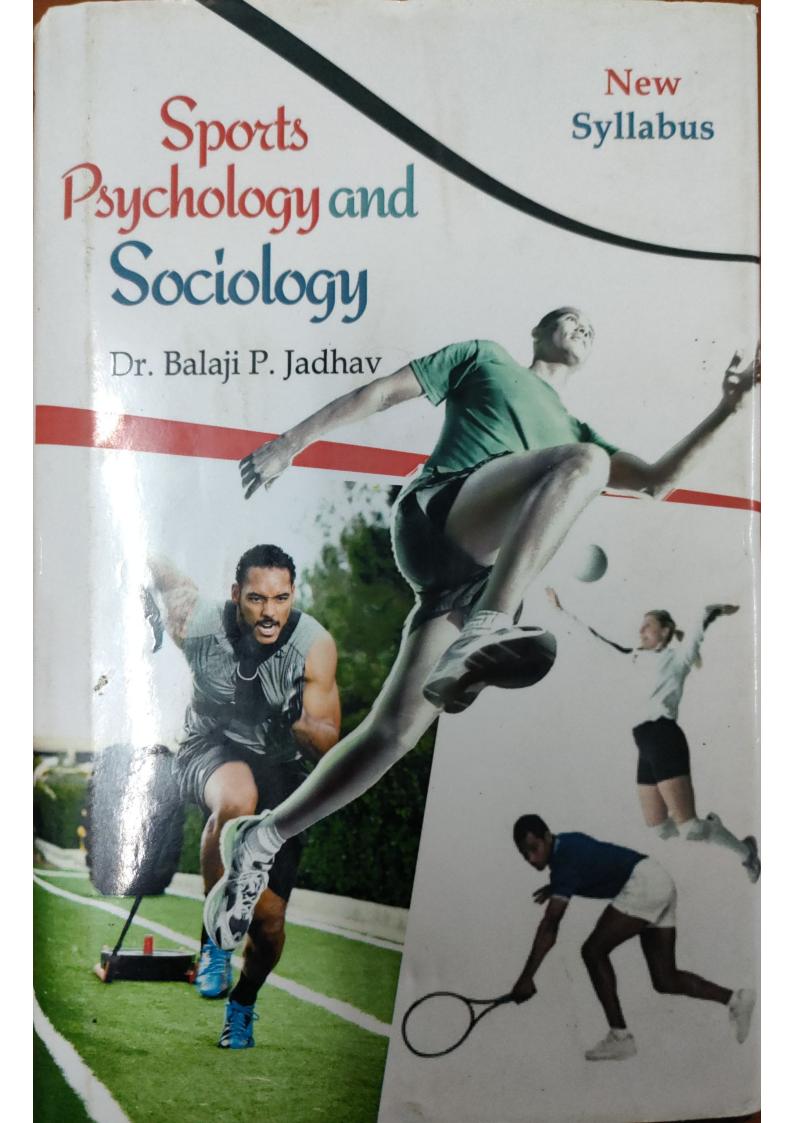
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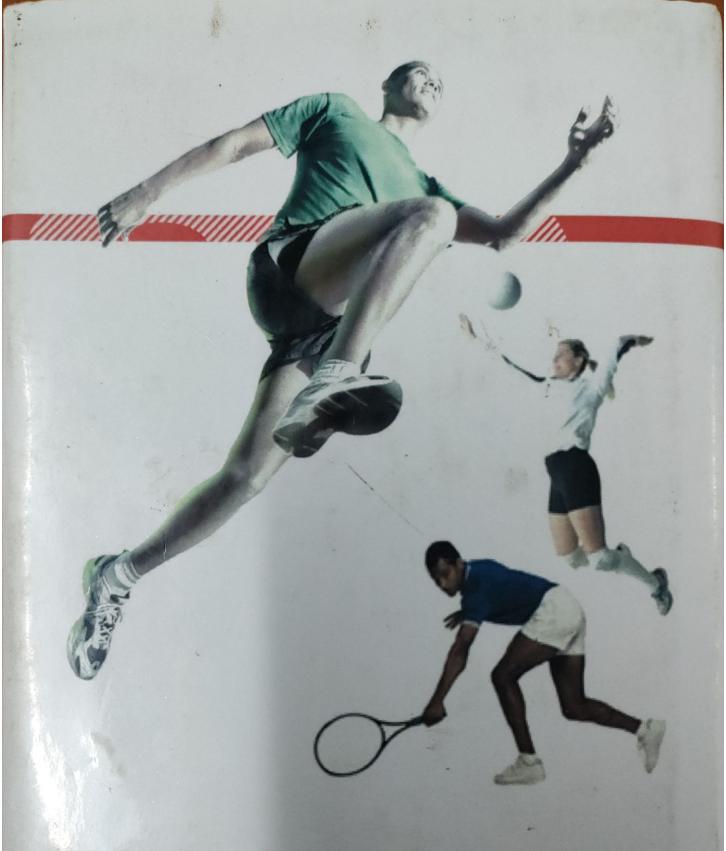
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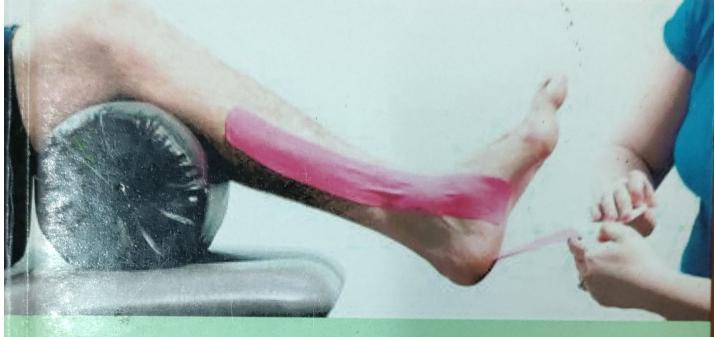
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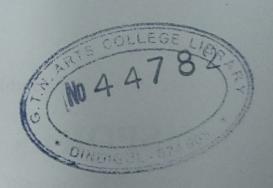


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He heads twelveRecreation and Wellness Centres and is responsible for managing operations of fitness centre of symbiosis . He has played pivotal role in establishing University Sports Board, Developing Sports Policies and creating state of art Sports and fitness Infrastructure at various Symbiosis Campuses.

Dr. Phulkar has developed the passion for sports and fitness at very early age. After his Bachelor and Post Graduate Degree in Physical Education and Sports Sciences from Devi Ahilya University Indore. Hequalified NET (National Eligibility Test) in June 1999 his education didn't stopped there he was awarded with doctor of Philosophy in Physical Education & sports Sciences in June 2006.

- With over 15 years of experience in teaching and coaching physical education, fitness Management and Sports Management at Post Graduate, Undergraduate and. He has got opportunity to function in variety of educational settings making it easy to adapt to new situations and faculty concepts. He believes that today's teacher's responsibility is to carve global citizens who are intellectually sharp, mentally alert, spiritually elevated and physically fit.
- He was Recommended and Accredited by IGCSE (Cambridge International Examination) for teaching and Evaluating Physical Education and sports, in June 2008.
- His is specialized in Movement education was the First person to introduce and teach Movement Education as Subject at LNIPE Gwalior.
- He is expertise and has genuine interest in developing Physical Education Curriculum for Schools.
- He has visited various countries Like, Bangkok and Malaysia for attending the International Level 1 workshop in Physical Education in Baccalaureate program.
- He was also member of NAAC Preparation team who has played pivotal role in receiving NAAC A++ Grade for L.N.I.P.E Gwalior

During his student life He has represented Association of Indian University and Nationals in Athletics, Handball, Softball&Badminton and He is still an active sportsmen.

He is inclined towards Research and has Published and Presented Research Papers in National and International Conferences on Sports Sciences. With compassion in heart and passion in belly his teaching passion and fitness enthusiasm has inspired him to write this book **Sports Psychology** which is unique initiative for the students of physical education and sports and other parts of country.

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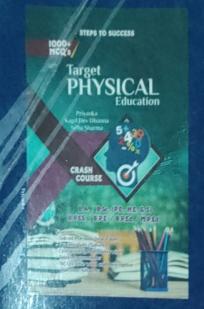
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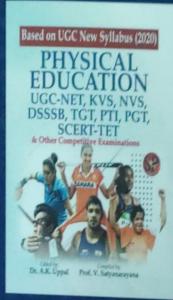
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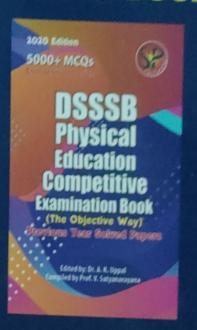
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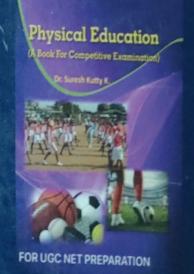
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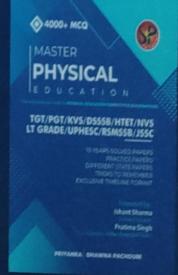
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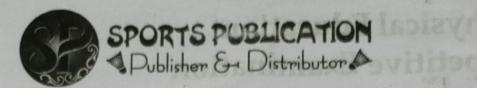


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- Prof. V. Satyanarayana is a senior, telented and versatile physical educator and research guide. he has into his credit all the essential qualifications viz., M.P.Ed., P.G.D.S.M., Ph.D., in the field of physical education and sports. Besides these professional qualifications he also did his B.Sc., M.A. (English), P.G.D.C.A. He has represented Kakatiya University in All-India-Inter-University Competitions in Athletics, (Captained) Hockey, Ball-Badmintor and NSS.

Prof. Satyanarayana has vast professional experience-AIU Observer for IUT Tournaments appointed by UGC, New Delhi, Football at Calicut in 2000, Table Tennis at Dharwad in 2001, Wrestling at Gulbarga in 2006, Hockey Bharathidasan, Trichy 2012, Hockey Kashi Vidyapeeth Varanasi, 2013 and so on. He has published 9 international and 36 national research articles and also published some useful books in the field of physical eduction and sports. He has organized various international and national conferences and completed research projects in the field of physical education and sports. He has guided 29 Ph.D. (awarded), 59 M.Phil., and 69 M.P.Ed. He has received cash award for best paper award - (a) Hong Kong Sports Club Award for best paper US\$1000/- at 16th Biennial Conference of ISCPES 2008, hedl at Macao SAR, China from 23-26 July, 2008. (b) Received the Commonwealth Bursary 1250 GBP to attend 13th Commonwealth International Sports Conference held at Melbourne, Australia during 9-12 March, 2006. (c) Best Paper Award at National Conference on "Integrated Approach towards Physical Education, Organized by Gulbarga University, Gulbarga during 1st to 3rd Feb., 2007. He is an Executive Editor of Osmania Journal of Physical Education by Deptt. of Physical Education, Osmania University in 2007. He is an active member of various Organizing Committee"

Presently he is working as Professor and Head, Convenor TS-PECET-2017 appointed by T.S. State Govt., Department of

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- Dr. Amit Banerjee is a talented and versatile physical educator. He is the product of India's top most Institute in the field of Physical Education and Sports, LNIPE, Gwalior (M.P.). He has into his credit all the essential qualifications viz., B.P.E., M.P.E., M.Phil., P.G.D.S.M., C.C.Y., Kinanthropometry (Level 1), UGC-NET, WB-SET and PhD. His area of specialization in sports are football, track & field and Yoga. He has participated in State Level competitions of football, handball, track & field and swimming. Dr. Banerjee has 22 long years teaching experience as a Physical Educator. He began his teaching career from A PGT (Physical Education), Lecturer, to Asstt. Professor. He has received a scholarship in Graduate Teaching Assistantship in Physiotherapy at L.N.C.P.E., Gwalior. He has worked as Sports Official as well as Academic Official at various capacities in school (CBSE), colleges, universities (L.N.U.P.E., West Bengal State University) and district wise. He is an active life member of various organizations at University and National Level. Dr. Banerjee is also PhD Supervisor for various universities viz., Bharathiar University, Tamil Nadu, Sunrise University, Rajasthan and West Bengal State University. He has presented various research papers in national and international seminars/conferences. He has published various research papers in national and international journals. Presently he is working as Assistant Professor (WBES) at Post-Graduate Government Institute for Physical Education, Banipur, North 24 Parganas, West Bengal.



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