



SRM
INSTITUTE OF SCIENCE & TECHNOLOGY
(Deemed to be University u/s 3 of UGC Act, 1956)

SPORTINTEL - 2026

3RD INTERNATIONAL CONFERENCE ON ADVANCED SPORTS
SCIENCE & INTELLIGENCE PERFORMANCE TECHNOLOGIES
(IC-ASSIPT-2026)

PROCEEDINGS

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Directorate of Sports

Department of Computer Applications | Department of Computer Science
Faculty of Science and Humanities



SRM Institute of Science and Technology, SRM Nagar, Kattankulathur - 603203
Chengalpattu Dist ,Tamilnadu , India

PROCEEDINGS OF

SPORTINTEL - 2026

3rd International Conference on

Advanced Sports Science & Intelligence

Performance Technologies-2026

(ICASSIPT-2026)

27th & 28th March, 2026

Jointly Organized by



Directorate of Sports in Association with

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Science, Faculty of Science & Humanities,

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MESSAGE FROM FOUNDER CHANCELLOR



SRM
INSTITUTE OF SCIENCE & TECHNOLOGY
(Deemed to be University u/s 3 of UGC Act, 1956)

Founder Chancellor's Message



Dear Esteemed Participants,

It is with great pleasure and anticipation that I welcome you to this prestigious 3rd International conference on **SPORTINTEL 2026: Advanced Sports Science and Intelligence Performance Technologies**. The fusion of sports with various facets of our lives, including culture, religion, and academics, has become increasingly profound. In particular, the integration of sports into higher education institutions has witnessed remarkable growth over the years, with a plethora of national and international competitions that showcase the extraordinary talents and dedication of our students.

The dynamic relationship between academics and sports continues to be an important subject of discussion among educators, researchers, coaches, and other stakeholders in the higher education system. The **3rd International Conference on SPORTINTEL 2026: Advanced Sports Science and Intelligence Performance Technologies** serve as a significant platform to explore the evolving impact of sports science, performance analytics, and intelligent technologies on athletic excellence and academic advancement.

This conference aims to bring together leading academic scientists, researchers, scholars, and professionals who have devoted their efforts to advancing the fields of sports science, sports biomechanics, performance analysis, and intelligent performance technologies. The conference will also address practical challenges faced in the implementation of advanced sports technologies and provide insights into effective solutions for improving training, monitoring, and evaluation systems in sports.

I encourage all participants to actively engage in the sessions, contribute to meaningful discussions, and make the most of this platform for networking, collaboration, and knowledge sharing. The success of this conference depends on the collective contributions of our distinguished speakers, researchers, and participants, whose expertise will undoubtedly enrich our understanding of advanced sports science and intelligent performance technologies.

I extend my sincere appreciation to all the organizers, presenters, researchers, and attendees for their dedication and support in making this conference possible. I am confident that the knowledge and insights gained through this event will have a lasting impact on sports science research and the future of intelligent performance technologies in sports.

With best regards,

Dr. T. R. Paarivendhar

Founder & Chancellor

SRM Institute of Science and Technology

MESSAGE FROM PRO CHANCELLOR (ADMIN)



Pro Chancellor (Administration) Message



Dear Esteemed Participants,

It is with immense pleasure and great anticipation that I extend a warm welcome to each one of you to the **3rd International Conference on SPORTINTEL 2026: Advanced Sports Science and Intelligence Performance Technologies**, meticulously organized by the Directorate of Sports at **SRM Institute of Science and Technology, Kattankulathur**.

In the evolving landscape of sports and human performance, advanced sports science and intelligent performance technologies play a crucial role in enhancing athletic potential, optimizing training methodologies, and promoting overall well-being. This conference stands as a testament to our collective commitment to advancing these dynamic fields by exploring innovative ideas, integrating intelligent technologies, and examining cutting-edge research that will shape the future of sports performance and athlete development.

As **Pro Chancellor (Administration)**, I extend my heartfelt appreciation to the dedicated organizing team whose tireless efforts and commitment have made this prestigious international gathering possible. I also commend all the participants, researchers, scholars, and professionals whose passion and dedication toward advancing sports science and performance technologies continue to inspire progress in this field.

May this conference serve as a vibrant platform for the convergence of diverse perspectives, fostering an environment where innovative ideas are exchanged, interdisciplinary collaboration is encouraged, and transformative research takes center stage. The true value of this gathering lies not only in the knowledge it promises to generate but also in the partnerships it will cultivate and the opportunities it will create for the future advancement of sports science and intelligent performance technologies.

In the spirit of collaboration and shared vision, I encourage all participants to actively engage in discussions, share their expertise, and embrace the collective knowledge that this conference embodies. Together, let us explore new frontiers in advanced sports science and intelligent performance technologies, pushing the boundaries of innovation and paving the way for impactful discoveries.

May this conference serve as a beacon of knowledge, illuminating new pathways for progress in sports science, athlete performance, and technological advancement in sports. I extend my sincere wishes for a successful, enriching, and inspiring conference. Your valuable contributions will undoubtedly play a significant role in shaping the future of sports research and performance innovation.

Sincerely,

Dr. Ravi Pachamuthu

Pro Chancellor (Administration)

SRM Institute of Science and Technology, Kattankulathur

MESSAGE FROM PRO CHANCELLOR (ACADEMICS)

SRM INSTITUTE OF SCIENCE & TECHNOLOGY



Dr. P. Sathyanarayanan
Pro Chancellor (Academics)



23 – Mar - 2026

MESSAGE

I extend my warm greetings to all the participants of the **3rd International Conference on SPORTINTEL 2026: Advanced Sports Science and Intelligent Performance Technologies**, organized by the Directorate of Sports at SRM Institute of Science and Technology, Kattankulathur.

This conference comes at a time when the domains of sports science and intelligent performance technologies are witnessing significant academic and technological advancements. It serves as an important platform for researchers, academicians, and practitioners to come together, exchange knowledge, and deliberate on emerging trends and innovations that are shaping the future of sports and human performance.

The integration of scientific research with advanced technologies such as data analytics, artificial intelligence, and biomechanics is transforming the way athletic performance is understood and enhanced. Such interdisciplinary approaches are essential in developing more effective training methodologies, improving athlete well-being, and driving excellence in sports.

At SRM Institute of Science and Technology, we remain committed to fostering a strong academic and research ecosystem that encourages innovation, collaboration, and knowledge creation. Conferences such as SPORTINTEL 2026 reflect our continued efforts to provide meaningful platforms for academic engagement and global knowledge exchange.

I am confident that this conference will lead to insightful discussions, valuable collaborations, and significant contributions to the advancement of sports science and intelligent performance technologies.

I extend my best wishes for the grand success of the conference.

Pro Chancellor (Academics)

MESSAGE FROM VICE CHANCELLOR

Prof. C. Muthamizhchelvan, Ph.D
Vice Chancellor



March 20, 2026



Message

I am extremely happy to note that the Directorate of Sports, SRM Institute of Science and Technology, Kattankulathur, is organizing the **3rd International Conference on SPORTINTEL 2026: Advanced Sports Science and Intelligence Performance Technologies**.

Sports science and intelligent performance technologies have become increasingly important in the modern sporting environment. With rapid advancements in technology and scientific research, athletes, coaches, and sports professionals now rely on evidence-based training methods, performance analysis, and innovative technologies to enhance athletic performance and overall well-being. These developments play a vital role in preparing athletes to meet the challenges of competitive sports in the future.

In today's evolving world, the integration of advanced sports science, biomechanics, data analytics, and intelligent performance technologies offers tremendous opportunities for improving training systems and supporting the physical and mental development of athletes. Platforms such as this international conference provide valuable opportunities for scholars, researchers, and sports professionals to exchange ideas, share research findings and explore innovative approaches in sports training and performance enhancement.

I am confident that this conference will serve as an excellent platform for meaningful deliberations and knowledge sharing that will contribute to the advancement of sports science and the development of future generations of athletes and sports professionals.

I wish the Conference a grand success.


Vice Chancellor 20/3/26

Prof. C. MUTHAMIZHCHELVAN
Vice Chancellor
SRM Institute of Science and Technology
SRM Nagar, Kattankulathur - 603 203,
Chengalpattu Dist., Tamilnadu, India.

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MESSAGE FROM PRO VICE CHANCELLOR (MHS)

Pro Vice-Chancellor (MHS) Message



Dear Valued Participants and Friends,

It is my distinct pleasure to welcome you to the **3rd International Conference on SPORTINTEL 2026: Advanced Sports Science and Intelligence Performance Technologies**. This conference serves as a significant platform for scholars, researchers, practitioners, and sports enthusiasts to come together, share their knowledge, and explore the transformative role of advanced sports science and intelligent performance technologies in modern sports.

In recent years, the field of sports has witnessed remarkable progress through the integration of technology and scientific research. Innovations such as wearable performance monitoring systems, advanced biomechanics analysis, artificial intelligence, and data-driven performance analytics are redefining training methodologies, enhancing athlete performance, and promoting holistic well-being.

The theme of **SPORTINTEL 2026** emphasizes the integration of advanced sports science with intelligent performance technologies to support athlete development, improve coaching practices, and strengthen sports research. During this conference, participants will engage with important topics such as artificial intelligence in coaching and performance analysis, the application of data analytics in sports training, advancements in sports biomechanics, and the role of technology in improving physical and mental performance in athletes.

We are privileged to host a distinguished group of speakers, including eminent researchers, sports scientists, practitioners, and innovators who have made significant contributions to the field.

I encourage all participants to actively engage in the sessions, share their valuable insights, and build meaningful collaborations that will contribute to the advancement of sports science and intelligent performance technologies. Together, let us harness the power of innovation and research to create a more dynamic and impactful future for sports and athlete development.

Thank you for being a part of this important academic gathering. I wish you a productive, enriching, and memorable conference experience.

Warm regards,

Dr. Nitin M. Nagarkar, MS, DNB, DSc(hc)
Pro Vice-Chancellor (MHS), SRMIST

Pro-Vice Chancellor
Medical & Health Sciences

SRM Institute of Science and Technology

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MESSAGE FROM PRO VICE CHANCELLOR (FACULTY OF SCIENCE AND HUMANITIES)

Faculty of Science and Humanities



Pro/Vice-Chancellor Message



Dear Esteemed colleagues, innovators, and sports pioneers,

Welcome to SPORTINTEL 2026—the premier global forum on Advanced Sports Science and Intelligence Performance Technologies!

In today's rapidly evolving world, the integration of innovative technologies is paramount to fostering a holistic approach to health and wellness. As we gather here, we are reminded of the importance of adaptability and forward-thinking in our practices. This conference will not only spotlight the latest advancements but also encourage collaborative efforts to enhance the overall quality of physical education and sports programs.

In an age where milliseconds define champions and data illuminate's paths to victory, SPORTINTEL stands at the forefront. We explore the seamless integration of sports science encompassing biomechanics, physiology, and performance analytics with revolutionary intelligence technologies like AI, machine learning, and real-time sensor systems. Imagine training regimens that predict fatigue before it strikes, or virtual simulations that refine technique without risk. This conference illuminates these possibilities.

I would like to extend my gratitude to our organizing committee, esteemed speakers, and participants for their contributions. Your dedication to this field is invaluable, and I am confident that our collective efforts will pave the way for significant advancements in physical education and sports.

Thank you to our visionary speakers, sponsors, and delegates. Your expertise propels us forward.

Let's innovate, collaborate, and redefine what's possible in sports.

Excited for an extraordinary event!

Warm regards,

Prof. A. Vinay Kumar
Pro Vice Chancellor
SRM Institute of Science and Technology

MESSAGE FROM REGISTRAR

Dr. S. Ponnusamy, Ph.D.

Registrar



Greetings from SRM Institute of Science and Technology!!!

I am pleased to extend my warmest welcome to all of you to the **3rd International Conference on SPORTINTEL 2026: Advanced Sports Science and Intelligence Performance Technologies**, organized by the Directorate of Sports at SRM Institute of Science and Technology, Kattankulathur.

This conference comes at a time when the integration of sports science, technology, and education is more important than ever. Conferences such as **SPORTINTEL 2026** provide an important platform to explore these developments and to expand our collective understanding of sports performance and athlete development.

The success of sports today depends not only on the dedication and talent of athletes but also on effective management, organization, and the intelligent use of technology in training and performance monitoring. India possesses immense potential in the field of sports, and our aspiration to emerge as a global sporting power is closely connected to the development of advanced training systems, research-driven sports science, and effective sports management. It is therefore essential to continue to strengthen our commitment to innovation, research, and collaboration in sports.

I believe that the proceedings and discussions of this conference will serve as a valuable resource for the sports community, researchers, and academic institutions. The knowledge shared here will contribute significantly to shaping the future of advanced sports science and intelligent performance technologies.

I extend my sincere appreciation to the organizers, researchers, and participants for their dedication in making this conference possible. Your collective contributions will undoubtedly enhance our understanding and progress in the vital areas.

Wishing you a fruitful and insightful conference.

A handwritten signature in green ink, appearing to read 'S. Ponnusamy'.

Registrar

Registrar

SRM Institute of Science and Technology
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MESSAGE FROM ADDITIONAL REGISTRAR



Dr.T. Mythili
Additional Registrar



Dear Participants

It brings me immense Joy to extend warm welcome to the distinguished guests, researchers, scholars, and participants at the 3rd International Conference on SPORTINTEL 2026: Advanced Sports Science and Intelligence Performance Technologies.

Hosted by the Directorate of Sports at SRM Institute of Science and Technology, Kattankulathur, this landmark event unites global experts in sports science, performance analytics, biomechanics, and intelligent technologies. Amid rapid sporting evolution, fusing research with innovation drives peak athletic performance and well-being.

Seize this platform to exchange ideas, unveil breakthroughs, and explore data-driven training, precise analytics, and advanced athlete monitoring.

In a tech-transformed era, interdisciplinary collaboration fuels progress. Let's ignite dialogue that propels sports science forward.

These discussions will inspire students, athletes, and professionals to excel. Thank you for your dedication here's to a transformative conference advancing our field.

Best Regards

A handwritten signature in blue ink, appearing to read 'T. Mythili'.

Dr. T. Mythili
Additional Registrar (MSL)
SRM Institute of Science and Technology, Kattankulathur

MESSAGE FROM CONTROLLER OF EXAMINATIONS

Dr. K. GUNASEKARAN, Ph.D
Controller of Examinations



Dear distinguished speakers, esteemed guests, respected delegates, and participants, on behalf of SRM Institute of Science and Technology, Kattankulathur, I extend a warm and heartfelt welcome to all distinguished guests, researchers, scholars, industry experts, and participants to the 3rd International Conference on SPORTINTEL 2026.

As the Controller of Examinations, it is my privilege and pleasure to be associated with this significant event organized by our Directorate of Sports. This conference brings together global leaders and experts in sports science, performance analytics, biomechanics, sports medicine, and intelligent technologies that are shaping the future of athletic excellence in a data-driven world.

In today's rapidly evolving sporting landscape, the integration of artificial intelligence, wearable technologies, and data analytics is redefining how athletes train, perform, and recover. SPORTINTEL 2026 provides a timely and impactful platform to deliberate on these advancements, encouraging interdisciplinary collaboration between academia, industry, and practitioners.

This conference serves as a dynamic forum for meaningful dialogue and the exchange of cutting-edge ideas on evidence-based training, injury prevention, AI-driven insights, and athlete optimization. It also emphasizes the importance of ethics in sports technology, data privacy, and the holistic development of athletes, ensuring both peak performance and long-term well-being.

I am confident that the keynote sessions, technical presentations, and panel discussions will foster innovative thinking, promote research collaborations, and translate knowledge into real-world applications that benefit athletes, coaches, and the broader sporting ecosystem. I would like to place on record my sincere appreciation to the organizing committee for their meticulous planning and tireless efforts in bringing together such a distinguished gathering. My gratitude also extends to our eminent speakers and enthusiastic participants whose contributions are the cornerstone of this conference's success.

I encourage all delegates to actively engage, share insights, and build meaningful networks that extend beyond this event. Let us work together to advance the frontiers of sports intelligence and create sustainable and inclusive pathways for the next generation of athletes. Together, we can power the next generation of champions and innovators in sports. I wish you all a highly productive, insightful, and inspiring conference.

Warm regards,

CONTROLLER OF EXAMINATIONS

MESSAGE FROM THE DIRECTOR SPORTS



Director Sports Message



Dear Distinguished Guests, Researchers, and Sports Enthusiasts,

It is my great honour to welcome you to the 3rd International Conference on SPORTINTEL 2026, hosted by the Directorate of Sports at SRM Institute of Science and Technology, Kattankulathur.

In an era where data and intelligence redefine victory, SPORTINTEL bridges advanced sports science with cutting-edge performance technologies. From AI-driven biomechanics to real-time analytics, we're unlocking unprecedented athletic potential.

As the Director Sports, I understand the intrinsic importance of effective management, organization, and administration in achieving success in sports. The emphasis on these aspects within the conference agenda is commendable. Sports management is not just about ensuring the efficiency of sporting events; it's about shaping the future of athletes and fostering a culture of fitness and wellness.

India, a nation of unparalleled talent and diversity, holds vast untapped potential in the field of sports. It is our collective responsibility to unlock this potential and pave the way for India to be recognized as a global sports superpower. The confluence of academia and sports sciences plays a pivotal role in this journey. I am confident that the knowledge shared and discussed during this conference will not only enrich our understanding of sports, physical education, and yoga but will also provide a roadmap for future developments in these fields. The printed monograph of the conference will serve as an enduring reference for students, scholars, and the broader academic community.

I extend my heartfelt congratulations to the organizers, researchers, and participants, and I am certain that this conference will be a resounding success, contributing significantly to the advancement of sports and well-being.

Wishing you a productive and enlightening conference.

Warm regards,

A handwritten signature in blue ink, appearing to read 'R. Mohan'.

Prof. R. Mohanakrishnan
Director Sports, SRM Institute of Science and Technology

MESSAGE FROM PROFESSOR & DEAN (FACULTY OF SCIENCE AND HUMANITIES)

Faculty of Science and Humanities

Dr. A. Duraisamy, M.Sc., M.B.A., M.Phil., Ph.D.
Professor & Dean



Dear Delegates,

It gives me great pleasure to welcome distinguished guests, academicians, researchers, scholars, and participants to the 3rd International Conference on SPORTINTEL 2026: Advanced Sports Science and Intelligence Performance Technologies, organized by the Directorate of Sports at SRM Institute of Science and Technology, Kattankulathur.

This event unites experts across disciplines to explore cutting-edge advancements in sports science, performance technologies, and scientific training. In our rapidly evolving world, integrating research, technology, and sports education is key to elevating athletic performance and fostering holistic development.

The Faculty of Science and Humanities wholeheartedly champions interdisciplinary collaboration and innovation. SPORTINTEL 2026 offers an ideal platform for exchanging ideas, showcasing research, and debating trends in advanced sports science and intelligent technologies.

These proceedings will prove an invaluable resource for researchers, students, and practitioners, advancing sports research and innovative performance solutions.

I congratulate the Directorate of Sports and organizing committee on their outstanding efforts. Best wishes to all participants—may this conference prove productive, inspiring, and transformative.

Warm regards,

Dr. Duraisamy A

Dean, Faculty of Science and Humanities
SRM Institute of Science and Technology

MESSAGE FROM DEAN, RESEARCH

Dean, Research



Dear Delegates,

It gives me immense pleasure to extend a warm welcome to all the distinguished guests, eminent researchers, academicians, industry experts, and student participants to the 3rd International Conference on SPORTINTEL 2026: Advanced Sports Science and Intelligent Performance Technologies.

In today's rapidly evolving sporting landscape, the integration of advanced sports science, data analytics, and intelligent performance technologies has become pivotal in enhancing athletic excellence and optimizing human performance.

This conference aims to foster meaningful discussions on emerging trends such as performance analytics, wearable technologies, biomechanics, artificial intelligence in sports, injury prevention, and athlete monitoring systems. I am confident that the exchange of ideas and research findings during this conference will lead to impactful collaborations and transformative advancements in the field of sports science.

I encourage all participants to actively engage in the technical sessions, keynote lectures, and panel discussions, and to take full advantage of this opportunity to network, learn, and contribute to the growing body of knowledge in intelligent sports performance.

I extend my sincere appreciation to the organizing committee for their relentless efforts in successfully hosting this international event. I wish the conference great success and all the participants a highly enriching and productive experience.

Thank you and best wishes to all.

Warm regards,



Dr. Bernardshaw Neppolian

Dean, Research

SRM Institute of Science and Technology

MESSAGE FROM DEPUTY DEAN (FACULTY OF SCIENCE AND HUMANITIES)

Faculty of Science and Humanities



Dear Esteemed Guests, Scholars, Researchers, and Participants,

It is with great honour that I welcome you all to the 3rd International Conference on SPORTINTEL 2026: Advanced Sports Science and Intelligence Performance Technologies, hosted by the Directorate of Sports at SRM Institute of Science and Technology, Kattankulathur.

This conference represents a significant milestone in fostering interdisciplinary dialogue and innovation at the intersection of sports science, technology, and performance enhancement. As the field of sports science rapidly advances, the integration of intelligent technologies and scientific methodologies is crucial to pushing the boundaries of athletic potential and well-being.

I commend the Directorate of Sports and the organizing committee for their dedication to creating this dynamic platform for knowledge sharing, collaboration, and cutting-edge research. It is my hope that the insights and discussions generated during these sessions will inspire new ideas, partnerships, and breakthroughs that benefit the global sports community.

I extend my best wishes to all delegates for a stimulating and rewarding conference experience. May SPORTINTEL 2026 be a beacon of progress and innovation in sports science and performance technologies.

Thank you.

Dr. Albert Antony Raj S,

Deputy Dean, Faculty of Science and Humanities,
SRM Institute of Science and Technology.

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(COMPUTER APPLICATIONS)

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Ms. TAMILARASI T

Assistant Professor, Dept. of Computer Science, FSH –SRMIST



**3rd International Conference on
Advanced Sports Science and Intelligence
Performance Technologies-2026**



CONTENT

SL. NO	TITLE	AUTHOR NAME	PAGE NO
1	Effect Of Astanga Yoga And Mantra Chanting On Selected Psychological Variables (Anxiety) Among Infertile Women	Aaradhana.K Dr.V.Duraisami	1
2	Effect Of Aerobic Exercises On Physical And Physiological Variables Among Basketball Players	P. Arulkumaran N. C. Jesus Rajkumar	6
3	Impact Of Motivation, Self-Confidence, And Goal Setting On Skill Development And Match Performance In Field Hockey	P. Arunachalavadivu K. Simiyone Dr. N. Aseer Rufus Dr. C. Durai	9
4	The Effects Of Animal Flow Training On Mobility, Core Stability, And Functional Performance In Badminton Players	Dr. Abhishek Balo Prof. Sambhu Prasad Dr. Mantu Baro Dr. Dipjyoti Gogoi Dr. Rajat Sukladas Dr. Bhargav Sarmah	12
5	Analysis Of Sports Technology In Junior World Cup Hockey 2025 With Special Reference To Video Referrals	B. Babu Prasad Dr. S. Thirumalai Kumar	21
6	Effect Of Yogic Practices And Physical Exercises On Flexibility, Anxiety And Blood Pressure	Dr. S. Sakthivel Dr.K.Rangaraj Dr. R. Purushothaman	26
7	From Gut To Bloodstream: The Circulatory Microbiome As An Emerging Performance-Biomarker Interface In Athletes	Dr. Sreenath S Najiya Mubarak	32
8	Game Changer: Exploring The Impact Of Technology On Football Player's Performance	Dr.K.Rangaraj Dr. S. Sakthivel	44
9	Impact Of Structured Physical Training On Stress And Anxiety Among College Athletes	Dr.M.Murugan, P.Kalaiarasan	49
10	Impact Of Virtual Reality Based Training On Skill Development In Competitive Tennis Players	Dr. T. Asirvatham	56
11	Effect Of Yogic Practices, Aerobic Exercises And Combined Training On Basketball Passing Ability Among College Women Players	Dr.S.Ezhilarasi Dr. K. Paramasivam	62
12	JP(T)DT & GRF(T) Modelling In Smart Sports Footwear: A Physics-Based Framework For Real-Time Gait Intelligence And Sustainable Design	T.Baldwin Inbaraj Loganathan T Suresh Kumar D	67



**3rd International Conference on
Advanced Sports Science and Intelligence
Performance Technologies-2026**



SL.NO	TITLE	AUTHOR NAME	PAGE NO
13	Concurrent Training And Its Impact On Physical Fitness Components Of Volleyball Players: A Systematic Review	Kamesh A Dr. Gokul Raj M	80
14	Evolution Of Human Consciousness Integrating Moral, Mental, And Spiritual Dimensions In Yogic And Religious Traditions	Dr. Laxmikanta Rana	88
15	Implementation Of VAR Technology In Professional Football: A Review Of Decision Accuracy And Controversies	Ganesh R Dr.R. Mohanakrishnan	99
16	A Study On The Effectiveness Of Simplified Kundalini Yoga In Improving Self-Esteem Among Information Technology Employees	Gayathri G Dr. Laxmikanta Rana	106
17	Effects Of An Eight-Week Isoinertial Eccentric Training Program On Dynamic Stability, Feinting Ability, And Shooting Power In University Men Basketball Players	Kuttappa David Mathew J	110
18	Effect Of Anaerobic Interval Training On Selected Physical And Skill Variables Among State-Level Hockey Players	Vaddi Ramana Dr. S. Veeramani	121
19	Effects Of Accentuated Eccentric Loading On Explosive Power And Handball Throw Distance In Competitive Handball Players	Syed Anwar Ali S David Mathew J	126
20	Effect Of Yoga And Core Exercises On Selected Endurance Parameters Among Sedentary College Students	Dr. J Ramalingeswararao	138
21	Fatigue Breaking Point: Physiological Mechanisms Of Biomechanical Failure	Rivkah Jesu Dr. Jayasingh Albert Chandrasekhar S	146
22	Impact Of Educational And Sports Restorative Process On Selected Learning Behaviour And Sports Performance Among School Dropout And Rejoined In Chennai	R. Ruban John Thomas Dr. S. Thirumalai Kumar	158
23	Emotional Regulation And Mindfulness As Predictors Of Confidence Among College Students	S. Amutha T.C.Sabari Girisun Dr. A.S. Selvam	165
24	Yoga, Acupuncture, And Diabetes: A Randomized Trial Of A Combined Intervention On Metabolic Health	Saravana Pandiya Raja C Dr. P. Malaialagu Dr.Pon Anbarasu Dr.W. Vinu Muthulakshmi K	169



**3rd International Conference on
Advanced Sports Science and Intelligence
Performance Technologies-2026**



SL.NO	TITLE	AUTHOR NAME	PAGE NO
25	Innovative Applications of Sports Technology Computer Vision In Modern Field Hockey Competition	Dr.T.Sathees Kumar Dr.S.Sivamani	183
26	Influence of Ballistic Training with Gun Therapy on Selected Biomotor Variables Among College Level Men Basketball Players	A Sirajudeen S Jayasingh Albert Chandrasekar	187
27	Effects Of Physical Activity Programs On Physical Fitness And Psychological Well-Being Among Individuals With Smartphone Addiction	Rithika R Dr. Gokul Raj M	197
28	Analysis Of Emotional Stability And Emotional Progression Between Ball Badminton And Badminton Players	Suthan.K Dr. N .C. Jesus Rajkumar	202
29	Effect Of Recovery Training On Selected Physical Fitness Variables Among College Level Men Volleyball Players	D Syman Sundararaj R Mohanakrishnan A Sirajudeen	206
30	Yogic Cleansing Techniques For Mind And Body	Thamaraiselvi. S Dr. Laxmikanta Rana	213
31	Passive Exposure To AI Recommendation Drives Ipl Fan Engagement: Emotional Mechanism Through S-O-R Framework	Tony Thomas Dr. S. Prem Kumar Dr. Armstrong Doss Dr Arul Leena Rose Joshua Winston	219
32	Yoga Therapy As A Supportive Intervention For Rare Neuromuscular Disorders In Children	U. Jayanthi Dr. Laxmikanta Rana	229
33	Body Composition Differences Between Offensive And Defensive Kabaddi Players	M. Suba Dr. N. C. Jesus Rajkumar	233
34	A Unified Machine Learning Framework For Athlete Performance Prediction, Injury Prevention, And Training Optimization	Simi Gracia Sunil Christopher Dr.S.Gomathi Meena Kovid Anand	238
35	Effect Of Astanga Yoga Practices And Mantra Chanting On Selected Physical Variable Among University Girls Suffering By Dysmenorrhea	K. Revathy Dr.V.Duraisami	247
36	The Role Of Plyometric Training In Enhancing Vertical Jump Performance Among University Level Men Basketball Players	T Gnanamurugaraj S Jayasingh Albert Chandrasekar A Sirajudeen	252
37	Comparative Study On The Six-Week Calisthenics Training And Aerobics Training On Selected Physical Fitness Variables Among College Men Kabaddi Players	K. Murukesan Dr. C. Suresh	257



**3rd International Conference on
Advanced Sports Science and Intelligence
Performance Technologies-2026**



SL.NO	TITLE	AUTHOR NAME	PAGE NO
38	Role of School and College Physical Education In Building Lifelong Active Lifestyles	Mr. Muthu Kumaran B Dr. S. Jagadeeswari Vengatesh	267
39	Respiring For Life: Decoding The Multidimensional Efficacy Of Structured Yoga As A High-Impact Adjunct In Adult Asthma Care	K. Muthulakshmi Dr. P. Malaialagu Dr. N. C. Jesus Rajkumar Dr. J. Karthika Dr. B. Shalini P. Sudan	272
40	Role of Yogic Eye Exercises in Managing Myopia among Excessive Digital Device Users	Narmadha A Dr. N C Jeus Rajkumar	292
41	Yoga For Academic Balance: A Stress Management Approach For Medical Students	Natesamurthy V Dr.R. Mohanakrishnan Ganesh R	296
42	Effect Of Physical Literacy On Selected Movement Skills And Lifestyle Habits Among Rural School Children	S. Prabakaran Dr.S.Thirumalai Kumar	302
43	Association Between Fundamental Motor Skill Proficiency And Physical Literacy Among Children In Karnataka	Pradeep Kumar Dr. R. Ramakrishnan	309
44	Emotional Intelligence As A Psychological Determinant Of Motivation Among Handball And Basketball Players	Prabhu Pranav Prakash Dr.R. Mohanakrishnan	318
45	Yoga-Based Healing Methods For Mental And Physical Health	Praveen Kumar S Dr. R. Senthil Kumaran Dr. S. Saroja	329
46	Animal Flow: A Contemporary Approach To Natural Human Movement	A Praveen Dr. C Suresh	333
47	Effect Of Surya Namaskar Practice On Flexibility And Lumbar Flexion Among Sedentary Option Traders: An Experimental Study	Gopinath M Dr. Senthil Kumar M	336
48	Pyramid Meditation Versus Conventional Meditation For Enhancing Selective Attention In Female College Students: A Randomized Controlled Trial	Ilamathi S Dr. A S Selvam	341
49	Effect Of Landmine Exercises On Physical Performance In Female Volleyball Players	Jithin Das TK Dr S J Albert Chandrasekar	346
50	Jump Higher, Move Faster: Effects of Isolated and Combined Plyometric and Weight Training on Speed and Explosive Power in Men Volleyball Players	Prof. R. Mohanakrishnan	350



**3rd International Conference on
Advanced Sports Science and Intelligence
Performance Technologies-2026**



SL.NO	TITLE	AUTHOR NAME	PAGE NO
51	Challenges Of Establishing Exergaming Stations In Schools	Mr. Bopanna C. P Prof. Gajanana Prabhu B	355
52	Effect Of Suryanamaskar Sadhana Variations On Selected Psychological Variables Among Obese Preteen Girls	Pinki panja Dr. J. Anitha	360
53	Influence of Yoga-Integrated Reflex drill Training on Reaction Time and Mental Fatigue among University level Chess Players	Dr. Senthil Kumar M	365
54	Impact Of Circuit Resistance Training And Skill-Based Training On Strength Parameters Of Men Football Players	Dr S J Albert Chandrasekar	371
55	Physical fitness adaptations to focused eccentric training in inter-collegiate women volleyball players	Thenmozhi T Dr.M. Senthil Kumar	376
56	Effect Of Integrated Yoga Modules And Satvic Diet On Selected Risk Factors Among Men Cancer Patients	V.Duraisami Prof.R. Mohana krishnan	382
57	Accelerating Performance: Effect of Circuit Training on Speed and Agility of Ball Badminton Players	Dr. D. J. Asath Ali Khan	387
58	Jumping Towards Excellence: Effects of Vertical Jump Training on Quickness and Jump Performance in Men Long Jumpers	E. Chellappa Dr.Y.C. Louis Raj	392
59	Training Interventions in Kabaddi: Effects of Plyometric and Resistance Exercises on Key Performance Variables	Dr. C Suresh	397
60	Effect of Hathayoga Practices and Homeopathy Medicines with Diet On Selected Physiological Variable Among Women with Grade 1 Fatty Liver	Dr. D. Anandha Varshini V. Duraisami DR. M. Sundar	401
61	The Skilled Mind: Deliberate Practice And Digital Innovation In Psychological Training	Dr. P. Muthukumar Rivkah Jesu	406
62	Influence of Ladder Training and Theraband Training On Motor Fitness Variables Among Men Tennis Players	Dr. N. C.Jesus Rajkumar	416



**3rd International Conference on
Advanced Sports Science and Intelligence
Performance Technologies-2026**



SL.NO	TITLE	AUTHOR NAME	PAGE NO
63	Influence of Meditation Practices on Meta Cognitive Awareness in College Female Athletes	Dr. M. Siva Dr. T. Ganesh Babu	421
64	Comparison of Speed and Endurance Performance Between Hockey and Football Players	G. Nagendran C. Sugumar	428
65	Advanced Sports Science And Intelligent Performance Technologies: A Data-Driven Approach To Athletic Optimization	Sripathi Anjaneyulu	432
66	A Comprehensive Review On Human Gait Analysis Algorithms	Nithya Lakshmi T	439



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Effect of Astanga Yoga and Mantra Chanting on Selected Psychological Variables (Anxiety) Among Infertile Women

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Abstract: The purpose of the present study was to find out the Impact of Astanga Yoga Practices and Mantra Chanting on Selected Psychological Variable (Anxiety) among Infertile women. The study was conducted on 45 Infertile women. Totally three groups, namely, control & experimental group I& II, consisting of 15 Infertile women underwent six weeks of practice in Astanga Yoga Practices And Mantra Chanting whereas the control group did not under go any type of training. The Infertility related anxiety levels were measured before and after the experimentation using the Data obtained through Hamilton Anxiety Rating Scale (HAM-A). The data were analyzed by Analysis of Co-variance (ANCOVA) and it was concluded that the Astanga Yoga Practices And Mantra Chanting had significant ($P < 0.05$) effect on the Anxiety levels.

Key words: Astanga Yoga Practices, Mantra Chanting, Infertility and Anxiety levels

1. Introduction

Infertility is a disease of the male or female reproductive system defined by the failure to achieve pregnancy after 12 months or more of regular, unprotected sexual intercourse. It includes primary (never pregnant) and secondary (previously pregnant) infertility. Female infertility in India affects roughly 3.9% to 16.8% of couples with studies indicating a 7.4% to 8.3% prevalence of primary infertility among women. Overall female infertility in India is rising due to psychological factors such as high levels of stress, anxiety, and depression which can create a vicious cycle that lowers conception rates. Infertility often causes profound emotional distress leading to social isolation, shame and relationship strain. Anxiety in female infertility is a profound emotional and mental health experience, often described as a "silent struggle" among the most stressful life events for women. It encompasses intense feelings of worry, loss of control, guilt, and depression.

Women experience higher levels of infertility-related anxiety than men, and it is a common reaction to the uncertainty of pregnancy. Astanga yoga acts as a structured, physically demanding, and breath-centered practice that helps reduce anxiety levels commonly experienced by infertile women. By focusing on synchronized movement and breathing (vinyasa), it assists in calming the nervous system, lowering cortisol levels, and improving emotional regulation. Astanga yoga promotes mindfulness, resilience and also fosters mind- body connection. As a set sequence of poses, the predictability of Astanga creates a sense of safety and reduce the mental strain of uncertainty for females with high anxiety, the continuous flow requires full concentration on movement and breath, leaving little time to dwell on anxious thoughts. The slow, controlled "Ujjayi" breath slows the nervous system, helping to move out of anxiety into a state of balance. Mantra chanting is considered a powerful, non-pharmacological, and complementary tool for reducing anxiety related to infertility, as it can help calm the nervous system, lower cortisol levels, and encourage a positive, focused mindset.

Regular, disciplined practice is emphasized to achieve both emotional stability and improved well-being. Chanting activates the parasympathetic nervous system, leading to a slower heart rate, reduced blood pressure, and lower stress-related hormone secretion. The repetition of mantra acts as a distraction from negative thoughts, breaking the cycle of anxiety and overthinking whereas regular chanting is believed to



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



calm the amygdala (fear center) and activate the prefrontal cortex (responsible for regulation), altering brain activity. This study aims to determine the magnitude of infertility in relation to Anxiety levels and the effectiveness of Astanga yoga and Mantra chanting among Infertile women. Anxiety is measured among infertile women to evaluate its high prevalence and develop necessary interventions for support. The Hamilton Anxiety Rating Scale (HAM-A) is a 14-item, clinician-administered tool developed in 1959 to quantify the severity of anxiety symptoms. It measures both psychic (mental) and somatic (physical) anxiety, with scores ranging from 0 to 56, scores indicate severity levels (e.g., 0–17 mild; 18–24 moderate; 25+ severe), making it ideal for tracking treatment progress over time. In female infertility HAM-A helps identify, measure, and manage psychological distress linked to fertility issues, providing a standardized way to assess how anxiety affects treatment outcomes and quality of life.

2. Statement Of The Problem

The purpose of the study was to find out the effect of Astanga Yoga Practices And Mantra Chanting on Anxiety level among Infertile women

Hypothesis

It was hypothesized that there will be a significant difference on Anxiety level among Infertile women due to Astanga Yoga Practices And Mantra Chanting groups than the control group.

3. Methodology

The purpose of the study was to find out the effect of Astanga Yoga Practices And Mantra Chanting on Anxiety level among Infertile women. For the purpose of this study, forty-five Infertile women were chosen on random basis from a hospital in Chennai. Their age group ranges from 30 to 40 years.

The subjects were divided into three groups of fifteen each. The experimental group I would undergo Astanga Yoga Practices with Mantra Chanting and the experimental group II undergo Astanga Yoga Practices without Mantra Chanting and third group consider as control group not attend any practices, and the pre test and post test would be conducted before and after the training. Training would be given for six weeks. It would be found out finally the effect of Astanga Yoga Practices and Mantra Chanting on anxiety level among infertile women in scientific method. The Hamilton Anxiety Rating Scale (HAM-A) measured for anxiety level. The collected data were statistically analyzed by using analysis of covariance (ANCOVA).

Training Schedule

Experimental Group I : Astanga Yoga Practices with Mantra Chanting

Experimental Group II : Astanga Yoga Practices without Mantra Chanting

Group III : Control Group (No Training).



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Table 1. Computation Of Analysis Of Covariance Of The Two Experimental Groups And Control Group On Anxiety

(Scores in marks)

Test	Exp. Gr. I	Exp. Gr. II	Cont. Group	Source of variance	Sum of squares	Degree of freedom	Means squares	Obtained F value
PRE TEST	29	28.20	26.73	between	39.64	2	19.822	1.16
				within	719.33	42	17.13	
POST TEST	21.533333 33	22.47	28.53	between	433.38	2	216.69	17.26*
				within	527.20	42	12.55	
ADJUSTED POST TEST	21.35	22.43	28.75	between	455.70	2	227.85	18.50*
				within	504.872	41	12.31	
MEAN GAIN	7.466666 67	5.73	1.80					

*Significant at 0.05 level of confidence. * F(0.05) (2,42 and 2, 41) = 3.23.

Table 2. Scheffe's Post-Hoc Test For Anxiety

Control Group	Exp. Gr. I	Exp. Gr. II	Mean difference	C.I
28.75	21.35	-	7.40*	3.19
28.75	-	22.43	6.33*	
-	21.35	22.43	1.07	

*Significant at 0.05 level of confidence. *

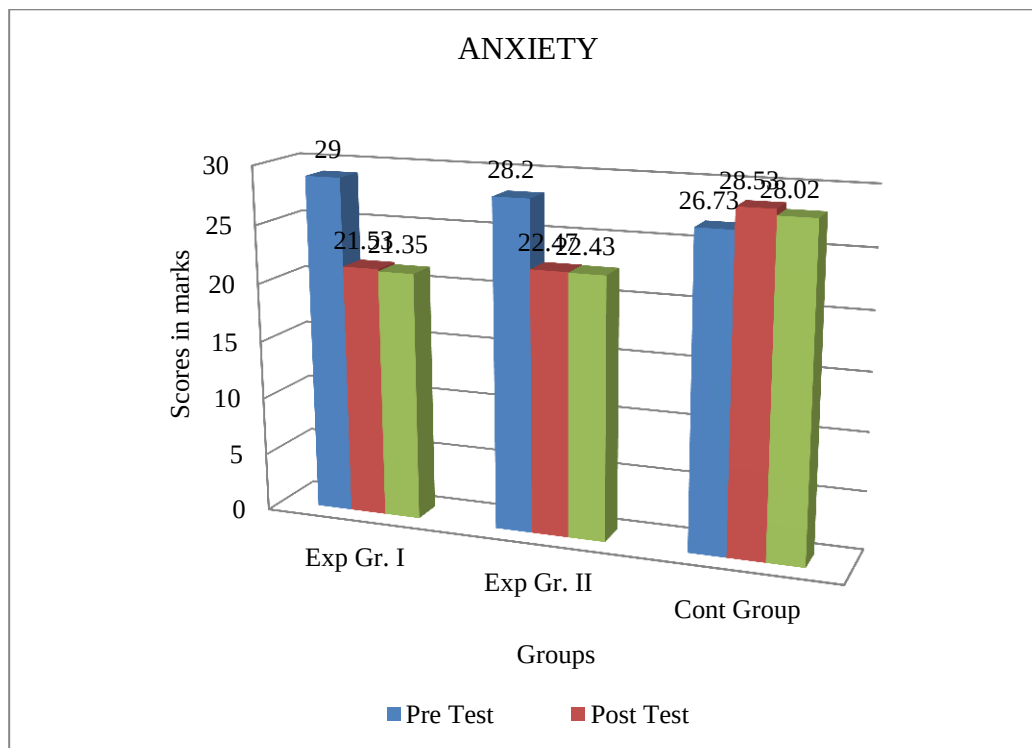


Figure 1. Bar diagram showing the mean difference among Experimental Group I, Experimental Group II and Control Group of Anxiety

(Scores in marks)

4. Discussion On The Findings Of Anxiety Levels

The Analysis of Co-variance of Anxiety levels indicated that experimental group I (Astanga Yoga Practices with Mantra Chanting), experimental group II (Astanga Yoga Practices without Mantra Chanting), were significantly improved than the control group on Anxiety levels. It may be due to the effect of Astanga Yoga Practices with Mantra Chanting and Astanga Yoga Practices without Mantra Chanting Practices. The findings of the study showed that the experimental group I (Astanga Yoga Practices with Mantra Chanting) had improvement Anxiety levels more than the experimental group II (Astanga Yoga Practices without Mantra Chanting Practices).

5. Conclusion

There was a significant improvement in Anxiety level of experimental groups when compared to the control group. Astanga Yoga Practices with Mantra Chanting group has shown improvement than the Astanga yoga practices without Mantra Chanting.

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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Effect of Aerobic Exercises on Physical and Physiological Variables among Basketball Players

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Abstract: The purpose of the study was to examine the effect of aerobic exercise on selected physical and physiological variables among basketball players. To achieve this purpose, forty male students studying in various courses in, Dr MGR University, were randomly selected as subjects. The age of the subjects ranged from 18 to 25 years. The subjects were randomly divided into two equal groups of twenty each. Group I underwent aerobic exercise training for five days per week for eight weeks, whereas Group II served as the control group. The selected criterion variables were muscular endurance, cardiorespiratory endurance, and resting pulse rate, which were assessed before and after the training period. The collected data were statistically analyzed using Analysis of Covariance (ANCOVA). The results revealed significant improvements in muscular endurance and cardiorespiratory endurance and a significant reduction in resting pulse rate in the aerobic exercise group compared with the control group.

Keywords: Aerobic exercise, physical variables, physiological variables, muscular endurance, cardiorespiratory endurance, resting pulse rate.

1. Introduction

Modern society is characterized by rapid technological advancement, resulting in significant scientific discoveries and applications aimed at improving human performance. As civilization progresses, the competitive nature of human beings has intensified, particularly in sports and physical activities. Competitive sports have developed rapidly worldwide, driven by systematic scientific research in physical education and sports sciences.

Sports activities are broadly classified into performance sports, physical education, rehabilitation sports, fitness sports, leisure sports, and adventure sports. Among these, performance sports have gained considerable importance due to their competitive and achievement-oriented nature.

Medical research over the past two decades has provided substantial evidence supporting the role of vigorous physical activity in promoting health. Health-related physical fitness components contribute to overall well-being and reduce susceptibility to lifestyle-related diseases (Baumgartner & Jackson, 1987). Fitness has been broadly defined to include both physical and physiological dimensions influenced by habitual physical activity (Gutin, 1993).

Training is a systematic and progressive process designed to improve fitness and performance. It involves cycles of stress, recovery, adaptation, and improvement. Aerobic exercise, meaning “with oxygen,” refers to activities that rely on oxygen-dependent energy production. These exercises strengthen the heart muscle, improve lung efficiency, and enhance overall endurance.

Aerobic exercises involve rhythmic and repetitive movements using large muscle groups over extended periods. During aerobic activity, heart rate increases while remaining below maximal levels, allowing adequate oxygen delivery to muscles for energy production. Regular aerobic training improves cardiovascular efficiency, muscular endurance, and metabolic functioning.

An effective aerobic exercise session typically includes:

- Warm-up phase



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



- At least 20 minutes of moderate-to-vigorous activity
- Cool-down phase

Thus, aerobic exercise forms the cornerstone of physical fitness and health promotion.

2. Methodology

The purpose of this study was to determine the effect of eight weeks of aerobic exercise training on selected physical and physiological variables among basketball players.

Subjects

Forty male students aged 18–25 years from the Dr MGR University, were randomly selected as subjects.

Group Classification

Subjects were randomly assigned into two groups:

- **Experimental Group (Group I):** Aerobic exercise training (n = 20)
- **Control Group (Group II):** No specific training (n = 20)

Training Programme

The experimental group underwent aerobic exercise training:

- Duration: 8 weeks
- Frequency: 5 days per week

Criterion Variables

The following variables were selected:

Variable	Test Used
Muscular Endurance	Sit-Ups Test
Cardiorespiratory Endurance	Cooper's 12-Minute Run Test
Resting Pulse Rate	Radial Pulse Method

Statistical Analysis

Pre-test and post-test data were analyzed using **Analysis of Covariance (ANCOVA)** with SPSS software. The level of significance was fixed at **0.05**.

Table 1. Analysis of Covariance on Selected Variables Among Aerobic Exercise and Control Groups

Variable	Group	Control Group	Aerobic Exercise Group	F Ratio
Muscular Endurance	Pre-test Mean $\pm$ SD	33.85 $\pm$ 3.94	33.30 $\pm$ 4.31	0.178
	Post-test Mean $\pm$ SD	34.45 $\pm$ 3.83	40.25 $\pm$ 4.25	20.53*
	Adjusted Post-test Mean	34.18	40.52	864.84*
Cardiorespiratory Endurance	Pre-test Mean $\pm$ SD	1888.50 $\pm$ 115.95	1883.50 $\pm$ 114.03	0.019
	Post-test Mean $\pm$ SD	1886.50 $\pm$ 117.62	2017.50 $\pm$ 109.68	13.27*
	Adjusted Post-test Mean	1884.09	2019.92	304.30*
Resting Pulse Rate	Pre-test Mean $\pm$ SD	69.40 $\pm$ 2.26	71.40 $\pm$ 1.54	10.73
	Post-test Mean $\pm$ SD	70.90 $\pm$ 2.65	67.80 $\pm$ 2.59	13.99*
	Adjusted Post-test Mean	60.65	55.98	20.92*

* Significant at 0.05 level (df = 1,37; table value = 4.107)



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3. Results

The findings indicated significant differences between the aerobic training group and control group in all selected variables. The obtained F-ratios for adjusted post-test means were:

- Muscular endurance: **864.84**
- Cardiorespiratory endurance: **304.30**
- Resting pulse rate: **20.92**

All values exceeded the required table value (4.107), confirming statistically significant improvements due to aerobic training.

4. Discussion

The results demonstrate that systematic aerobic exercise significantly enhances physical and physiological fitness among basketball players. Improvements in muscular endurance and cardiorespiratory endurance may be attributed to enhanced oxygen utilization, improved cardiovascular efficiency, and increased muscular adaptation. The reduction in resting pulse rate indicates improved cardiac efficiency and autonomic regulation resulting from aerobic conditioning.

5. Conclusion

Based on the findings, the following conclusions were drawn:

1. Aerobic exercise training produced significant improvements in muscular endurance.
2. Cardiorespiratory endurance significantly increased following the training programme.
3. Resting pulse rate significantly decreased in the aerobic training group.
4. Aerobic exercise is effective in improving both physical and physiological fitness among basketball players.

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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Impact of Motivation, Self-Confidence, and Goal Setting on Skill Development and Match Performance in Field Hockey

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Abstract: Field hockey is a highly dynamic and physically demanding sport that requires not only technical skills but also strong psychological preparation. Among the psychological factors, motivation, self-confidence, and goal setting play a critical role in enhancing skill acquisition, consistency, and match performance. This paper aims to explore how these factors influence players' development and performance during training and competitive matches. Research indicates that athletes with high intrinsic motivation, clear goals, and strong self-belief exhibit better skill execution, decision-making, and resilience under pressure.

Keywords: Motivation, Self-confidence, Goal Setting, Skill Development, Field Hockey, Performance

1. Introduction

Field hockey is a highly competitive team sport that requires players to demonstrate excellent coordination, quick decision-making, tactical awareness, and advanced technical skills. Although physical fitness, endurance, and regular skill practice are essential components of success, psychological preparedness plays an equally important role in determining overall performance during training and competition.

Motivation is a key psychological factor that encourages athletes to remain committed, practice consistently, and put in the necessary effort to improve their abilities. Players with high motivation are more likely to maintain discipline, overcome challenges, and strive for excellence. Self-confidence is another critical element, as it enables players to trust their skills, perform effectively under pressure, and handle competitive situations with composure. Confident players often display better focus, resilience, and decision-making during crucial moments of the match.

In addition, goal setting provides athletes with a sense of direction and purpose. By setting clear and achievable goals, players can monitor their progress, stay focused on improvement, and develop specific skills systematically. Effective goal setting enhances both motivation and confidence, contributing to long-term performance development.

Therefore, this study aims to explore the interrelationship between motivation, self-confidence, goal setting, and skill development among field hockey players. Understanding how these psychological factors interact can help coaches, trainers, and athletes design better training programs that enhance mental strength as well as technical performance. Ultimately, the combined influence of these factors plays a significant role in improving match performance and achieving success in field hockey.

2. Purpose of the Study

1. To analyze the role of **motivation** in skill acquisition and consistent practice.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



2. To evaluate how **self-confidence** influences performance during competitive matches.
3. To assess the effectiveness of **goal-setting strategies** in enhancing skill development.
4. To explore the combined impact of these psychological factors on overall match performance.

3. Review of Literature

Motivation in Sports: Motivation is classified into intrinsic (internal desire to improve) and extrinsic (external rewards or recognition). Studies show that motivated hockey players demonstrate better **practice adherence and skill improvement**.

Self-Confidence: Self-belief influences decision-making, risk-taking, and error recovery in competitive scenarios. Research indicates that hockey players with high self-confidence perform better in **high-pressure moments** such as penalty corners and drag-flicks.

Goal Setting: Goal setting involves defining **specific, measurable, achievable, relevant, and time-bound (SMART)** objectives. Properly structured goals improve focus, technique, and strategic planning.

4. Methodology

Participants: 30 male and female field hockey players aged 16–25 from college and club teams.

Tools Used:

1. **Sport Motivation Scale (SMS)** – to assess intrinsic and extrinsic motivation.
2. **Self-Confidence Questionnaire (SCQ)** – to measure confidence levels.
3. **Skill Performance Test** – dribbling, passing, shooting, drag-flick efficiency.
4. **Match Performance Evaluation** – via coach rating and match statistics.

Procedure:

- ❖ Players were observed over a 3-month training period.
- ❖ Motivation, self-confidence, and goal-setting strategies were recorded.
- ❖ Skill tests and match performance were evaluated before and after the intervention.

5. Results and Findings

Players with **high intrinsic motivation** showed significant improvement in skill execution (dribbling accuracy improved by 20%).

Self-confidence positively correlated with successful completion of pressure tasks, such as scoring in penalty corners.

Goal-setting intervention improved practice consistency and enhanced strategic decision-making during matches.

Combined effect: Players exhibiting high motivation, strong self-confidence, and clear goals performed better overall in **match statistics**, including goals, assists, and defensive efficiency.

Table 1. Mean Skill Performance Score Before and After Psychological Intervention

Player Group	Dribbling Accuracy (%)	Shooting Accuracy (%)	Pass Completion (%)	Match Rating (/10)
High Motivation & Confidence	75 → 90	68 → 85	70 → 88	7 → 9
Moderate Motivation	68 → 75	60 → 70	65 → 72	6 → 7
Low Motivation	60 → 62	55 → 57	58 → 60	5 → 5.5



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026

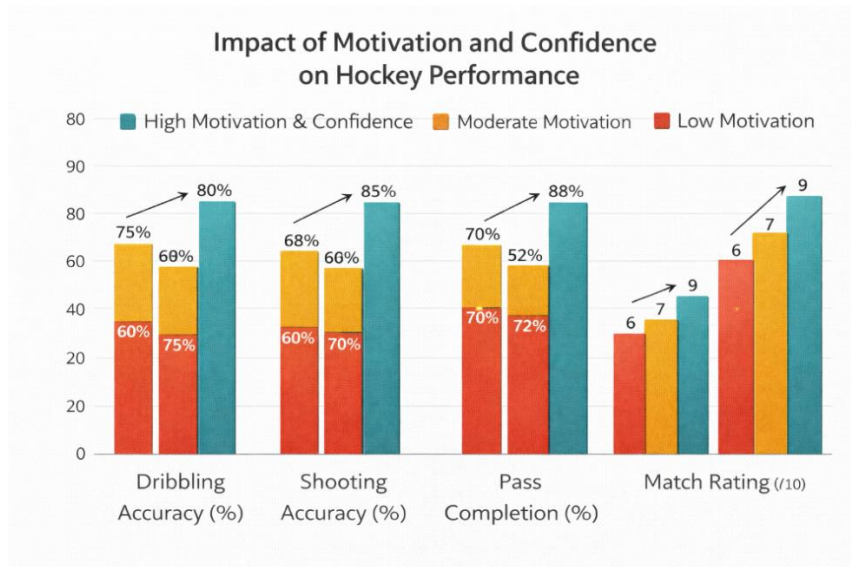


Figure 1. Correlation Between Motivation and Match Performance
(Graph showing positive correlation between motivation scores and overall match performance.)

6. Discussion

The findings confirm that **psychological factors are crucial** for skill development and match performance. Motivation drives **consistent practice**, self-confidence ensures **effective decision-making under pressure**, and goal setting provides **clear objectives** for improvement. Coaches and trainers can design **mental skills training programs** focusing on these aspects to enhance performance.

Practical Implications:

1. Implement **goal-setting workshops** before the season.
2. Conduct **confidence-building exercises**, such as visualization and positive self-talk.
3. Monitor players' **motivation levels** and provide feedback to sustain engagement.

7. Conclusion

Psychological preparation, particularly motivation, self-confidence, and goal setting, has a **direct and positive impact** on skill development and match performance in field hockey. Integrating mental training with technical and physical practice can help players reach their **full potential**, improve team success, and perform consistently under competitive pressure.

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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



The Effects of Animal Flow Training on Mobility, Core Stability, and Functional Performance in Badminton Players

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Abstract: Purpose: This study investigated the effects of Animal Flow training on mobility, core stability, and agility in competitive badminton players. **Methods:** Forty male badminton players (age range: 18–24 years) were randomly assigned to an Animal Flow group ($n = 20$) or a control group ($n = 20$). The intervention lasted six weeks, consisting of three 45-minute Animal Flow sessions per week. Assessments included the Functional Movement Screen (FMS), Plank Hold Test, and Agility T-Test, conducted pre- and post-intervention. Data were analyzed using paired-samples t -tests and ANCOVA, with baseline scores as covariates. **Results:** The Animal Flow group demonstrated significant improvements in FMS scores (12.18 ± 1.58 to 15.03 ± 1.17 ; $p < .001$, $d = 3.00$), plank hold duration (84.05 ± 16.59 s to 118.30 ± 17.35 s; $p < .001$, $d = 3.57$), and agility T-test times (11.51 ± 0.48 s to 10.28 ± 0.64 s; $p < .001$, $d = -6.07$). In contrast, the control group showed only minor changes in FMS (13.61 ± 1.60 to 13.99 ± 1.43), plank hold (86.80 ± 13.80 s to 94.30 ± 12.69 s), and agility (11.60 ± 0.49 s to 11.42 ± 0.43 s). ANCOVA confirmed significant group effects for all outcomes (FMS: $F(1,37) = 60.49$, $p < .001$, $\eta^2 = .621$; Plank: $F(1,37) = 61.69$, $p < .001$, $\eta^2 = .625$; Agility: $F(1,37) = 56.17$, $p < .001$, $\eta^2 = .603$). **Conclusion:** Six weeks of Animal Flow training significantly enhanced mobility, core stability, and agility in badminton players, outperforming traditional training. These findings support Animal Flow as an effective, low-cost, and equipment-free functional training method for racquet sport athletes.

Keywords: Animal Flow, badminton, mobility, core stability, agility, functional training, performance enhancement

1. Introduction

Badminton is a high-intensity racket sport characterized by intermittent short-duration efforts, rapid changes of direction, explosive jumps, lunges, and overhead strokes (Abián et al., 2014; Phomsoupha & Laffaye, 2015). Because they provide efficient force transmission, stroke mechanics, and dynamic balance during play, high levels of agility, mobility, and core stability are essential for competitive performance (Manrique & Gonzalez-Badillo, 2003; Shariff et al., 2009). Research indicates that badminton players who lack functional movement quality and core stability perform worse and are more prone to injuries (Pravin & Vijay, 2022).

Traditional badminton conditioning techniques often concentrate on aerobic and anaerobic fitness, plyometric training, and sport-specific technical drills (Chen et al., 2011; Phomsoupha & Laffaye, 2020). Although these methods are effective in boosting aerobic endurance, strength, and power, they could not sufficiently address the multi-planar mobility, neuromuscular coordination, and dynamic stability required for the optimum badminton performance (Behm & Sale, 1993). Functional training methods have received more attention in recent years due to research showing that yoga, Pilates, and bodyweight-based movement systems can enhance mobility, postural control, and sport-specific performance (Cowen, 2010; Kloubec,



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



2010). However, the application of these methods in training for competitive badminton is still little understood.

Fitch developed the relatively new Animal Flow (AF) bodyweight training method, which includes mobility drills, dynamic flow sequences, and ground-based quadrupedal motions to enhance strength, flexibility, coordination, and neuromuscular control (Fitch, 2014). Unlike traditional resistance or plyometric training, AF emphasizes continuous, fluid, and multi-planar movement patterns that are quite similar to the physical demands of dynamic sports like badminton (Animal Flow, 2023). Preliminary studies in recreational populations indicate that AF improves mobility, core endurance, and functional movement efficiency, while its potential benefits in racket sports have not been fully investigated (Gaedtke & Morat, 2015).

2. Objectives and Hypotheses

The current study, which has three primary objectives, was designed with these variables in mind. First, to evaluate the impact of an Animal Flow training program on the mobility of competitive badminton players. The second objective is to ascertain whether Animal Flow improves core stability and endurance more than conventional training methods. Third, to determine how Animal Flow influences functional performance elements like lower-body power and agility that are believed to be crucial for badminton success.

Because Animal Flow is multifaceted and emphasizes mobility and core activation, it was predicted that players participating in an Animal Flow intervention would demonstrate significantly greater gains in mobility, core stability, and functional performance than those who followed regular training. Additionally, it was anticipated that these improvements would lead to more explosive power and agility, which would satisfy the particular demands of competitive badminton.

3. Methodology

Research Design

In order to determine how an Animal Flow (AF) training intervention affected the mobility, core stability, and functional performance of competitive badminton players, this study used a randomized controlled trial (RCT) design. A control group (normal badminton training only) or an intervention group (AF training in addition to regular badminton practice) was randomly allocated to the participants. Assessments were carried out both before and after the intervention to gauge how the desired performance characteristics had changed.

Participants

A total of **40 competitive badminton players** (20 males and 20 females; age range: 18–25 years; mean playing experience: ≥ 3 years at university/district competitive level) were recruited from local training academies. Participants had to maintain a minimum of three weekly badminton practice sessions and be injury-free for at least six months previous to the study in order to be eligible. Players participating in structured mobility/functional training programs or those with long-term musculoskeletal disorders were not allowed. Every participant provided written informed permission.

Participants were randomly allocated into two groups:

- **Intervention group (n = 20):** Received Animal Flow training alongside routine badminton practice.
- **Control group (n = 20):** Continued routine badminton training without additional interventions.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Intervention

Animal Flow Training Group

In addition to their usual badminton training, the intervention group engaged in a structured AF program three times a week for eight weeks. Each session had a progressive framework and lasted 45 to 50 minutes.

Table 1. Intervention Program (8 weeks)

Week	Session Frequency	Duration	Components	Exercises & Prescription	Progression / Intensity
1–2	3 sessions/week	45 min	Wrist Mobilizations (5 min) Activations (8 min) Form-Specific Stretches (10 min) Switches & Transitions (12 min) Basic Flow Sequences (10 min)	- Wrist mobility drills (2 × 30s each direction) - Beast & Crab static holds (3 × 20–30s) - Ape reach, Scorpion reach (3 × 6 reps/side) - Underswitch, Side Kickthrough (3 × 8 reps) - Short flows (2–3 moves × 3 sets, 30–40s)	Focus on learning technique and controlled execution
3–4	3 sessions/week	45–50 min	Wrist Mobilizations (5 min) Activations (8 min) Form-Specific Stretches (10 min) Switches & Transitions (15 min) Intermediate Flow Sequences (12 min)	- Traveling Beast (3 × 6 steps forward/backward) - Crab Reach with rotation (3 × 8 reps/side) - Wave unload (3 × 6 reps) - Combo drills: Beast → Underswitch → Side Kickthrough (3 × 6 reps) - Flow: 4–5 moves × 3 sets, 45–60s continuous	Increased movement complexity, emphasis on fluid transitions
5–6	3 sessions/week	50 min	Wrist Mobilizations (5 min) Activations (8 min) Form-Specific Stretches (10 min) Switches & Transitions (15 min) Advanced Flow Sequences (12–15 min)	- Loaded Beast (3 × 20s hold + 4 steps forward/backward) - Traveling Ape with lateral & diagonal changes (3 × 6 reps) - Scorpion reach with trunk rotation (3 × 8 reps/side) - Advanced combos: Beast → Side Kickthrough → Crab Reach → Underswitch (3 × 6 reps) - Flow: 6–7 moves × 3 sets, 60–75s continuous	Higher endurance demand, advanced transitions, minimal rest
7–8	3 sessions/week	50–55 min	Wrist Mobilizations (5 min) Activations (8 min) Form-Specific Stretches (10 min) Switches & Transitions (15 min) Full Flow Sequences (15–20 min)	- Beast to Traveling Beast with tempo changes (3 × 8 reps) - Jumping Side Kickthrough (3 × 8 reps/side) - Traveling Ape with directional agility patterns (3 × 6 reps) - Freestyle flow (instructor-guided, 8–10 moves, 90s continuous × 3 sets)	Peak intensity: focus on endurance, agility, fluidity, and sport-specific integration



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Control Group

The control group continued their **routine badminton training** for eight weeks, consisting of:

Component	Duration (per session)	Details
Warm-up & dynamic stretching	10–15 min	Jogging, dynamic stretches, mobility drills
Technical/tactical drills	25–30 min	Stroke practice, footwork drills, shadow play
Match play / situational games	30–40 min	Singles and doubles match simulations
Strength & conditioning	15–20 min	Bodyweight drills, sprints, skipping, agility ladder
Cool-down	5–10 min	Static stretching, relaxation

Both groups continued to practice for badminton five to six times a week, with the intervention group adding extra AF sessions as specified. To make sure there were no appreciable variations in the effort related to badminton between groups, training loads were tracked on a weekly basis.

Outcome Measures

Assessments were conducted at baseline and after the eight-week intervention. The following measures were used:

- 1. Mobility:** Functional Movement Screen (FMS) and sit-and-reach test, commonly applied in athletic populations to assess joint mobility and movement quality (Cook et al., 2006).
- 2. Core Stability:** Prone plank endurance test and side bridge endurance test, validated for assessing core muscular endurance (McGill, 2010).
- 3. Functional Performance:**
 - **Agility:** Illinois Agility Test, reliable for court-based athletes (Hachana et al., 2013).
 - **Lower-body power:** Countermovement Jump (CMJ) using a contact mat or force plate.
 - **Sport-specific movement:** Time to complete a standardized badminton movement drill involving lunges, shuffles, and directional changes.

4. Data Collection Procedure

A week prior to the test, participants attended a familiarization session. To reduce circadian fluctuations, all tests were conducted at the same time of day. The pre- and post-testing warm-up exercises were the same. Blinded assessors who did not participate in the training intervention gathered the data.

Testing Procedures

A series of validated and standardized exams were given both before and after the eight-week intervention to evaluate the study's aims. To guarantee uniformity, every examination was conducted in an indoor sports hall under the guidance of two qualified examiners. A separate session was held 48 hours prior to baseline testing to acquaint participants with each test technique. All tests were preceded by a standardized warm-up that included dynamic stretching and jogging for five minutes. To reduce the effects of tiredness, rest intervals of three to five minutes were offered in between testing.

Functional Movement Screen (FMS). Basic mobility and stability patterns were assessed using the FMS (Cook et al., 2006). Deep squat, hurdle step, in-line lunge, shoulder mobility, active straight-leg raise, push-up for trunk stability, and rotary stability are its seven exercises. A scale of 0 to 3 was used to score each job, with a maximum score of 21. Each movement could be tried up to three times, and the best score was noted. Performance was separately assessed by two qualified raters, and conflicts between raters were



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



settled by consensus. Strong inter-rater reliability (ICC = 0.81–0.91) and predictive validity for sports performance have been shown by the FMS (Minick et al., 2010).

Plank Hold Test. The plank hold test was used to measure core endurance (Tong et al., 2014). With their bodies aligned from head to heels and their elbows beneath their shoulders, participants maintained a forearm plank position without making any compensating motions. After an attempt at familiarization, one recorded trial was conducted. A timer was used to measure the time until failure, and a 300-second ceiling was imposed to avoid excessive exhaustion. In athletic populations, the test has demonstrated strong test-retest reliability (ICC > 0.95).

Agility T-Test. The standardized T-test methodology was used to evaluate multidirectional agility (Pauole et al., 2000). Participants executed a series of sprints, lateral shuffles, and backpedals while cones were positioned in a T-shape. The best timing (nearest 0.01 s) was examined after two recorded attempts were made with a 3-minute recovery interval. In populations specific to a given sport, the T-test has been shown to be a trustworthy indicator of agility (ICC = 0.92).

5. Statistical Analysis

Data were analyzed using SPSS (Version 26, IBM Corp., Armonk, NY, USA). All variables were subjected to descriptive statistics (mean $\pm$ SD). The Shapiro-Wilk test was used to determine whether the distributions were normal. The homogeneity of regression slopes and homogeneity of variances were examined as ANCOVA assumptions. Paired-samples t-tests were used to look at within-group changes. An analysis of covariance (ANCOVA) was used with post-test values as the dependent variable and pre-test values as covariates to assess between-group effects while controlling for baseline differences. Cohen's d for pairwise comparisons (0.2 = small, 0.5 = medium, and 0.8 = big) and partial eta squared (η^2) for ANCOVA were used to report effect sizes. A threshold of $p < 0.05$ was established for statistical significance.

Results: The results of the study summarize the observed changes in performance measures following the intervention for both the Animal Flow and control groups.

Table 1. Descriptive Statistics of Performance Measures at Baseline and Post-Test (Mean $\pm$ SD)

Variable	Group	Baseline (M $\pm$ SD)	Post (M $\pm$ SD)
FMS total (0–21)	Animal Flow	12.18 $\pm$ 1.58	15.03 $\pm$ 1.17
	Control	13.61 $\pm$ 1.60	13.99 $\pm$ 1.43
Plank Hold (s)	Animal Flow	84.05 $\pm$ 16.59	118.30 $\pm$ 17.35
	Control	86.80 $\pm$ 13.80	94.30 $\pm$ 12.69
Agility T-Test (s)	Animal Flow	11.51 $\pm$ 0.48	10.28 $\pm$ 0.64
	Control	11.60 $\pm$ 0.49	11.42 $\pm$ 0.43

The Animal Flow group's badminton players showed noticeable gains in all three performance areas. Improved movement quality was indicated by a roughly three-point rise in the FMS score. The duration of the plank hold increased by around 34 seconds, indicating a significant improvement in core stability. Agility time, a measure of functional performance, increased by about 1.2 seconds. The control group, on the other hand, just slightly improved in every result.

Table 2. Group-Wise Pre–Post Changes in Performance Measures with Effect Sizes

Variable	Group	Mean Diff (Post–Pre)	t(df)	p	95% CI	Cohen's d
FMS total	Animal Flow	+2.85	13.50(19)	<.001	[2.35, 3.35]	3.00
	Control	+0.38	2.45(19)	.024	[0.05, 0.70]	0.55



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Plank Hold (s)	Animal Flow	+34.25	15.01(19)	<.001	[29.12, 39.38]	3.57
	Control	+7.50	5.60(19)	<.001	[4.32, 10.68]	1.22
Agility T-Test (s)	Animal Flow	-1.23	-18.04(19)	<.001	[-1.41, -1.05]	-6.07
	Control	-0.18	-4.10(19)	.001	[-0.26, -0.10]	-0.92

Mobility, core stability, and agility all showed statistically significant gains for the Animal Flow group, according to within-group comparisons (all $p < .001$, huge effect sizes). Although the gains and impact sizes were smaller, the control group still made some progress. These findings show that involvement in Animal Flow training resulted in significant and noteworthy gains in all of the intended outcomes.

Table 3. ANCOVA Results Comparing Post-Test Scores Between Groups (Baseline as Covariate)

Variable	F(1,37)	p	Partial η^2
FMS total	60.49	<.001	.621
Plank Hold (s)	61.69	<.001	.625
Agility T-Test (s)	56.17	<.001	.603

Adjusted Means (ANCOVA):

- FMS total: Animal Flow = 15.03 vs. Control = 13.99
- Plank Hold: Animal Flow = 118.30 s vs. Control = 94.30 s
- Agility T-Test: Animal Flow = 10.28 s vs. Control = 11.42 s

ANCOVA verified significant between-group differences for all three outcomes after adjusting for baseline scores. 60–63% of the variance in post-test performance (partial $\eta^2 = .603$ –.625) was explained by Animal Flow training, indicating that it is more successful than normal training at enhancing functional mobility, core stability, and agility in badminton players.

6. Discussion

The current study sought to determine how Animal Flow training affected competitive badminton players' mobility, core stability, and functional performance. The primary results showed that, as compared to the control group, athletes in the Animal Flow group significantly improved all three outcomes, with large impact sizes. In particular, Animal Flow training resulted in a 1.2-second decrease in agility T-test times, a 34-second rise in plank hold length, and a 2.9-point improvement in Functional Movement Screen (FMS) scores, while the control group showed only slight improvements. These findings are consistent with previous research demonstrating that movement-based training programs that incorporate bodyweight patterns and ground-based locomotion improve core stability, neuromuscular control, and mobility (Cook et al., 2014; Frost et al., 2015). Similar gains have been documented in athletic populations using integrative and functional training methods, which have been demonstrated to enhance core endurance, agility performance, and FMS scores (Ammar et al., 2021; Behm & Anderson, 2022). Thus, the results of this study provide credence to the theory that a structured Animal Flow intervention improves functional performance capacities, which are essential for badminton players.

Mobility (FMS)

Animal Flow participants' improved FMS scores demonstrate how well this modality works to improve functional mobility and movement efficiency. Mobility-oriented training can enhance joint range of motion



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



and rectify dysfunctional patterns, which is consistent with results shown in movement-based therapies like yoga and dynamic flexibility programs (Cook et al., 2014; Chimera et al., 2015). When compared to traditional training alone, Animal Flow's capacity to incorporate multi-planar bodyweight exercises probably helped to increase neuromuscular control and mobility.

Core Stability (Plank Test)

The Animal Flow group's improved core endurance and stability are demonstrated by the notable improvement in plank hold time. Particularly in sports like badminton that call for quick direction changes, balance recovery, and forceful strokes, core strength is a critical factor in determining athletic performance (Prieske et al., 2016). Bodyweight stability training increases trunk endurance and lowers the likelihood of lower back injuries, according to prior research (Granacher et al., 2013). The quadrupedal patterns and regulated isometric holds used in Animal Flow seem to be very useful for developing functional core stability.

Functional Performance (Agility T-Test)

The Animal Flow group's agility performance greatly increased, demonstrating the training modality's transferability to sport-specific performance. Fast footwork, lateral shuffles, and abrupt acceleration-deceleration motions are all necessary for badminton (Phomsoupha & Laffaye, 2015). Animal Flow exercises like "travelling forms" and "switches" may enhance motor control techniques related to agility by testing proprioception, coordination, and reactive strength. Animal Flow can be used in conjunction with evidence-based performance training techniques, as similar advantages have been documented with functional training and plyometric programs in racquet sports (Sakurai & Ohtsuki, 2000; Sheppard & Young, 2006).

Mechanistic Explanation

Animal Flow's integrative design, which combines aspects of strength, stability, mobility, and motor control into a single bodyweight system, may be responsible for the noted gains. Neural changes, better kinetic chain integration, and increased dynamic stability were probably brought about by athletes' ongoing need to coordinate movements over numerous planes under load (Clark et al., 2012). The advantages extended beyond mobility to core endurance and agility, which can be explained by the integrative activation of musculoskeletal and neuromotor systems.

In line with the study's goals, the results showed that Animal Flow training successfully improved badminton players' functional mobility, core stability, and agility. In line with previous studies on corrective and functional training, the notable rise in FMS scores indicates that multi-planar, bodyweight-based patterns might enhance movement efficiency and rectify problematic patterns (Cook et al., 2014; Chimera et al., 2015). Longer plank hold times and improved core stability demonstrate how Animal Flow helps strengthen trunk muscles and postural control, both of which are essential for stroke execution and injury prevention in racquet sports (Granacher et al., 2013; Prieske et al., 2016).

Further evidence that functional and plyometric training improves change-of-direction speed in racquet athletes is supported by the significant decrease in agility T-test times, which shows that the dynamic, coordinated movements practiced in Animal Flow transfer effectively to sport-specific demands (Sheppard & Young, 2006; Phomsoupha & Laffaye, 2015). When taken as a whole, these results support the usefulness of Animal Flow as a functional training technique that concurrently addresses mobility, stability, and performance.

7. Conclusion

This study offers compelling proof that Animal Flow training improves competitive badminton players' agility, core stability, and mobility. The intervention significantly and meaningfully improved all three



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



domains when compared to traditional training alone, proving the value of incorporating multi-planar, bodyweight-based functional exercises into athlete preparation. These results imply that Animal Flow can be used as a preventative measure to enhance movement quality and lower the chance of injury in addition to being a performance-enhancing tool. Animal Flow is a useful and effective complement to training regimens for racquet sport participants because of its accessibility, low equipment requirements, and versatility.

Future studies should examine its long-term effects, contrast it with well-known training methods like resistance training and plyometrics, and assess its place in more comprehensive frameworks for performance and injury prevention.

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**3rd International Conference on
Advanced Sports Science and Intelligence
Performance Technologies-2026**



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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Analysis of Sports Technology in Junior World Cup Hockey 2025 with Special Reference to Video Referrals

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Abstract: The present study aimed to analyze the application of sports technology in Junior World Cup Hockey 2025 with special reference to video referrals. A total of 60 matches were analyzed, where each team was allowed one video referral opportunity during the match. Three variables were selected for the study: (i) video referral appeals and success rate, (ii) situations for which video referral was taken, and (iii) type of technology used during video referral decisions. Data were collected through systematic observation of official match videos, technical reports, and tournament statistics. Descriptive statistical methods such as frequency, percentage, mean, and standard deviation were used for analysis. The findings revealed that winning teams showed higher success rate in video referrals compared to losing teams. Goal-related situations had the highest number of referrals, and multi-angle replay and slow-motion analysis were the most frequently used technologies. The study concluded that sports technology, especially video referral system, plays an important role in improving decision accuracy and maintaining fairness in international hockey competitions.

Keywords: Sports Technology, Video Referral, Hockey Technology, Performance Analysis, Junior World Cup Hockey, Match Analysis

1. Introduction

Sports technology has become an essential part of modern international competitions to improve accuracy, fairness, and performance analysis. In fast games like field hockey, umpires must make quick decisions, and sometimes errors may occur due to the speed of the game. To reduce human error, the International Hockey Federation introduced different technological systems such as video referral, slow-motion replay, multi-angle camera review, and communication systems between umpires. These technologies help officials to review important match situations and make correct decisions.

Research studies have shown that technology-supported decision systems improve officiating accuracy and increase confidence among players and officials. Hancock, Rix-Lièvre, and Côté (2018) reported that video-assisted decision systems reduce officiating errors and improve fairness. Smith, Brown, and Taylor (2020) found that successful video referrals were often related to winning teams, especially in goal situations. Jones, Williams, and Carter (2022) explained that using technology at the correct time can influence match performance and final results.

Modern hockey tournaments also use advanced replay systems, multiple camera angles, and slow-motion analysis to review match incidents. However, most studies were conducted in senior tournaments, and very few studies examined the use of sports technology in junior-level competitions. The Junior World Cup Hockey 2025 provided a good opportunity to analyze the use of sports technology, especially video referral systems, in junior international matches.

Therefore, the present study was conducted to analyze the use of sports technology in Junior World Cup Hockey 2025 with special reference to video referrals.

1.1 Statement of The Problem



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The purpose of the present study was to Analysis of Sports Technology in Junior World Cup Hockey 2025 with Special Reference to Video Referrals

1.2 Objectives of The Study

- To analyze the success rate of video referrals in Junior World Cup Hockey 2025.
- To identify the situations in which video referrals were used.
- To examine the technology used during video referral decisions.
- To study the role of sports technology in improving decision accuracy.

1.3 Hypotheses

1. It was hypothesized that winning teams would have higher video referral success rate than losing teams.
2. It was hypothesized that goal-related situations would have the highest video referral usage.
3. It was hypothesized that multi-angle replay and slow-motion replay would be the most used technologies.

1.4 Delimitation

The study focuses on video referrals used in the Junior World Cup Hockey 2025, excluding other technologies like goal-line technology or player tracking systems.

1.5 Limitation

The research is limited to data available from the tournament and may not account for external factors influencing referee decisions.

1.6 Definition Of Terms

Video Referral

Video referral is a process in which teams or umpires request the review of an on-field decision using video replay technology to ensure accuracy in officiating (**International Hockey Federation, 2024**).

Sports Technology

Sports technology refers to the application of scientific and technological tools such as video analysis, electronic communication systems, and digital replay devices to improve officiating accuracy and performance analysis in sports (**Haake, 2009**).

Successful Video Referral

A successful video referral is defined as a review in which the original decision made by the umpire is overturned or corrected after examining the video evidence (**International Hockey Federation, 2024**).

Situation for Video Referral

Situation for video referral refers to the specific match incident that leads to a request for review, such as goal decisions, penalty corners, penalty strokes, or rule infringements (**FIH Rules of Hockey, 2023**).

Technology Used in Video Referral

Technology used in video referral includes multi-angle replay systems, slow-motion video, zoom analysis, and digital communication tools that assist umpires in making accurate decisions (**Collins & Evans, 2012**).

2. Review of Related Literature

Rui Zhou et al. (2025) Conducted a systematic review and meta-analysis to examine the impact of video-based technology on referees' decision-making performance in competitive sports. The purpose of the study was to evaluate whether video-supported training and review systems improve officiating accuracy during match situations. The researchers collected data from multiple international databases including EBSCO,



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PubMed, Scopus, and Web of Science and analyzed six experimental studies involving 163 participants. The variables included referee decision-making accuracy, use of video review systems, and decision correction after video analysis. The study applied statistical techniques such as meta-analysis and effect size calculation to evaluate the impact of video technology. The results revealed that video-based review and training significantly improved referees' decision-making skills and reduced officiating errors during high-speed game situations. The authors concluded that video-assisted technology plays a crucial role in improving fairness, decision accuracy, and overall officiating performance in modern sports competitions.

3. Methodology

Selection of Subjects

Descriptive study using match records of Junior World Cup Hockey 2025.60 matches were selected.

Selection of Variables

Frequency of video referrals, types of decisions referred, outcomes(successful/unsuccessful), match type, team performance.

Data Collection

Match data and video referral records from the Junior World Cup Hockey 2025 official website and FIH reports.

Statistical Technique

Descriptive statistics, chi-square tests for hypothesis testing.

4. Result And Discussion

Table 1. Video Referral Success by Match Type

Match Type	Total Referrals	Successful	Unsuccessful	Success %
Pool Matches	72	54	18	75%
Knockout Matches	48	38	10	79.2%
Total	120	92	28	76.7%

Chi-square value = 0.42 (Not significant at 0.05 level)

Observation: The success rate of video referrals was slightly higher in knockout matches (79.2%) than pool matches (75%), but chi-square test showed no significant difference between match types.

Discussion: The results indicate that video referral technology was equally effective in both pool and knockout matches. The use of multi-angle replay and slow-motion technology helped umpires make accurate decisions regardless of match stage.

Table 2. Video Referral Success by Team Performance

Team Outcome	Total Referrals	Successful	Success %
Winning Teams	60	50	83.3%
Losing Teams	60	42	70%
Total	120	92	76.7%

Chi-square value = 4.11 (Significant at 0.05 level)

Observation: Winning teams showed higher success rate in video referrals compared to losing teams.

Discussion: The higher success rate among winning teams indicates that successful use of video referral technology may contribute to better match performance. Teams that use referrals correctly during goal and penalty situations gain advantage.



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Table 3. Situation for Video Referral

Situation	Frequency	Percentage
Goal Decision	46	38.3%
Penalty Corner	32	26.7%
Penalty Stroke	22	18.3%
Foul/Stick Infringement	20	16.7%
Total	120	100%

Observation: Goal-related situations had the highest number of video referrals.

Discussion: Most video referrals were used in goal situations because scoring decisions directly affect match result. Multi-angle replay and slow-motion analysis were mainly used in these situations. This shows that sports technology plays an important role in critical match moments.

Table 4. Technology Used in Video Referral Decisions

Technology Used	Frequency	Percentage
Multi-angle replay	78	65%
Slow-motion replay	70	58.3%
Zoom analysis	44	36.7%
Audio communication system	30	25%

Observation: Multi-angle and slow-motion replay were the most frequently used technologies.

Discussion: In addition to video referral system, several sports technologies were used during the Junior World Cup Hockey 2025 tournament to ensure accurate officiating and fair play. The technologies observed during the matches included multi-angle camera replay system, slow-motion video analysis, zoom review technology, audio communication system between umpires and video officials, digital scoreboard integration, and official match recording software used for performance analysis. These technologies helped the umpires to review critical situations such as goals, penalty corners, penalty strokes, and rule infringements more accurately. The use of advanced sports technology reduced human error and improved the reliability of match decisions throughout the tournament.

5. Conclusion

The present study concluded that sports technology played a vital role in improving decision-making accuracy during the Junior World Cup Hockey 2025. The tournament used several modern technologies such as video referral system, multi-angle replay cameras, slow-motion analysis, zoom review technology, audio communication system between umpires and video officials, and digital match recording systems. These technologies helped officials to review important match situations and ensured fairness in the game.

The high percentage of successful video referrals shows that technological support helped umpires to reduce errors and maintain correct decisions during critical moments of the match. The comparison between pool matches and knockout matches showed no significant difference in referral success, which indicates that the effectiveness of sports technology remained consistent throughout the tournament.

The study also revealed that winning teams had a higher success rate in video referrals compared to losing teams, which suggests that proper and strategic use of video referral opportunities may influence match



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performance. Goal-related situations had the highest number of referrals, and multi-angle replay and slow-motion video were the most frequently used technologies during decision review.

Therefore, the study confirms that the use of modern sports technology in international hockey competitions improves officiating accuracy, maintains fairness, and supports better match management. The findings highlight the importance of advanced technological systems in future hockey tournaments.

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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Effect of Yogic Practices and Physical Exercises on Flexibility, Anxiety And Blood Pressure

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Abstract: The aim of the study was to examine whether yogic practices and physical exercises enhance the physical, mental, and physiological fitness of middle-aged women. Specifically, the study investigated the effects of yogic practices and physical exercises on flexibility, anxiety, and blood pressure (systolic and diastolic).

Forty-five middle-aged women aged between 35 and 40 years from Chengalpattu District were selected as subjects. The subjects were randomly divided into three equal groups of fifteen each: Group I underwent yogic practices, Group II performed physical exercises, and Group III served as a control group without any structured training.

The training programme was conducted six days per week (Monday to Saturday) for thirteen weeks. Flexibility was measured using the Sit and Reach Test, anxiety using Taylor's Manifest Anxiety Scale, and blood pressure using a sphygmomanometer. Analysis of Covariance (ANCOVA) was applied, followed by Scheffé's post-hoc test when significant differences were observed.

The results indicated significant improvements ($P < 0.05$) in flexibility and anxiety levels and significant reductions in systolic and diastolic blood pressure in both experimental groups compared with the control group. No significant difference ($P > 0.05$) was found between yogic practices and physical exercise groups.

Key Words: Yogic practices, physical exercise, flexibility, anxiety, blood pressure.

1. Introduction

Yoga is a comprehensive science of life that originated in India thousands of years ago and integrates body, mind, and spirit. It represents one of the oldest systems of personal development and continues to remain highly relevant in modern society. Yogic postures (asanas) promote muscular relaxation, flexibility, and psychological well-being through coordinated physical movements and controlled breathing.

Physical exercise refers to bodily movements that enhance or maintain physical fitness and overall health. Regular physical activity plays an important role in preventing chronic diseases such as hypertension, obesity, cardiovascular disease, diabetes, insomnia, and depression.

Flexibility is considered joint-specific rather than a general physical trait (Rasch & Burkey, 1978). Anxiety represents a psychological state associated with emotional tension and apprehension, while blood pressure is one of the most important physiological indicators reflecting cardiovascular health.

Both yogic practices and physical exercises are widely recognized for improving health-related fitness and psychological well-being. Therefore, the present study aimed to compare their effectiveness on selected physical, psychological, and physiological variables among middle-aged women.

Yoga and physical exercise have been widely recognized as effective interventions for improving physical fitness, psychological well-being, and cardiovascular health. Contemporary research emphasizes the integration of mind-body practices and structured physical activity for maintaining health during middle adulthood.

Yoga, an ancient Indian system combining physical postures, breathing techniques, and meditation, has been shown to produce significant physiological and psychological adaptations. According to Vishnu Devananda (2000), yoga promotes harmony between body and mind through neuromuscular relaxation and



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



autonomic regulation. Satyananda Saraswati (1999) further explained that regular yogic practices improve flexibility, circulation, and emotional stability.

Several experimental studies have demonstrated that yoga enhances flexibility and reduces stress-related disorders. Tran et al. (2001) reported significant improvements in health-related physical fitness components following Hatha yoga training. Similarly, Ray et al. (2001) observed improvements in both physical and mental health parameters among yoga practitioners.

Anxiety reduction is one of the most consistently reported benefits of yoga. Gupta et al. (2006) found that yoga-based lifestyle interventions significantly decreased state and trait anxiety levels through parasympathetic activation and improved emotional regulation. Javnbakht et al. (2009) also confirmed reductions in anxiety and depression among women practicing yoga regularly.

Physical exercise, particularly aerobic and conditioning programmes, contributes significantly to cardiovascular efficiency and psychological well-being. Fogelholm (2008) stated that regular physical activity improves metabolic efficiency and functional health capacity. Ferreira et al. (2012) demonstrated that structured exercise programmes enhance strength, balance, and endurance among middle-aged adults.

Hypertension management through exercise and yoga has also received considerable research attention. Wolf et al. (2013) reported significant reductions in systolic blood pressure following yoga intervention programmes. Devasana and Narhare (2011) similarly concluded that yogic practices positively influence heart rate regulation and blood pressure control.

Flexibility has been described as joint-specific and highly responsive to training stimuli (Rasch & Burkey, 1978). Both stretching exercises and yogic postures improve range of motion through muscular elasticity and neuromuscular coordination.

Although numerous studies independently support yoga and physical exercise, limited comparative studies exist examining their combined effectiveness on flexibility, anxiety, and blood pressure among middle-aged women. Therefore, the present study attempts to bridge this gap by comparing yogic practices and physical exercises within a controlled experimental framework.

2. Methodology

Subjects

Forty-five middle-aged women aged between 35 and 40 years living in and Chengalpattu District, were selected as subjects.

Group Classification

The subjects were randomly assigned into three groups:

- **Group I (n = 15):** Yogic Practices
- **Group II (n = 15):** Physical Exercise Training
- **Group III (n = 15):** Control Group

Training Programme

- Duration: 13 weeks
- Frequency: 6 days per week (Monday–Saturday)
- Time: Morning session (6:00 AM – 8:00 AM)

Criterion Variables and Tests

Variable	Measurement Tool
Flexibility	Sit and Reach Test
Anxiety	Taylor's Manifest Anxiety Scale
Blood Pressure	Sphygmomanometer

Statistical Analysis



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Analysis of Covariance (ANCOVA) was used to determine significant differences among groups. The level of significance was fixed at **0.05**. Since three groups were involved, **Scheffé's S test** was applied as a post-hoc analysis.

3. Analysis of Data

Table 1. Analysis of Covariance and F-ratio for Flexibility, Anxiety, and Blood Pressure

Variable Name	Group Name	Yoga Practice Group	Physical Exercise Group	Control Group	'F' Ratio
Flexibility (in inches)	Pre-test Mean $\pm$ S.D	6.20 $\pm$ 0.11	6.22 $\pm$ 0.21	6.23 $\pm$ 0.22	0.451
	Post-test Mean $\pm$ S.D.	8.11 $\pm$ 0.25	7.87 $\pm$ 0.51	6.23 $\pm$ 0.21	48.12*
	Adj. Post-test Mean	8.02	7.75	6.63	55.21*
Anxiety (in points)	Pre-test Mean $\pm$ S.D	16.00 $\pm$ 1.02	16.12 $\pm$ 1.11	16.10 $\pm$ 1.14	1.112
	Post-test Mean $\pm$ S.D.	14.41 $\pm$ 1.60	15.10 $\pm$ 1.08	16.11 $\pm$ 1.51	31.22*
	Adj. Post-test Mean	14.21	15.29	16.65	54.03*
Systolic Blood Pressure (mmHg)	Pre-test Mean $\pm$ S.D	128.31 $\pm$ 5.20	128.22 $\pm$ 5.02	127.53 $\pm$ 6.50	0.112
	Post-test Mean $\pm$ S.D.	120.11 $\pm$ 4.99	122.21 $\pm$ 4.10	128.12 $\pm$ 6.56	12.53*
	Adj. Post-test Mean	120.18	122.75	128.54	73.94*
Diastolic Blood Pressure (mmHg)	Pre-test Mean $\pm$ S.D	83.07 $\pm$ 3.22	83.17 $\pm$ 3.21	83.88 $\pm$ 3.02	0.22
	Post-test Mean $\pm$ S.D.	80.13 $\pm$ 4.11	81.70 $\pm$ 4.98	83.6 $\pm$ 4.74	4.22*
	Adj. Post-test Mean	80.81	81.26	83.37	12.22*

Results indicated significant improvements in flexibility, anxiety, and significant reductions in systolic and diastolic blood pressure for both experimental groups compared with the control group.

Table 2. Scheffé's Post-hoc Test for Adjusted Post-Test Means

Adjusted Post-test Mean of Flexibility				
Yoga Practice Group	Physical Exercise Group	Control Group	Mean Difference	Confidence interval at .05 level
8.02		6.63	1.39*	0.899

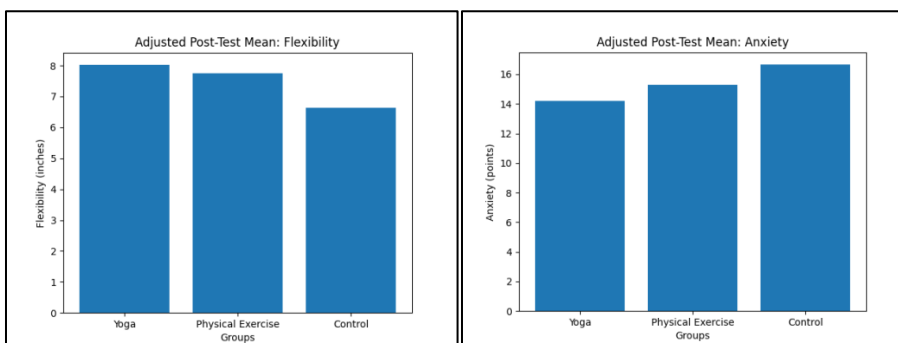


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8.02	7.75		0.27	0.899
	7.75	6.63	1.12*	0.899
Anxiety				
14.21		16.65	2.44*	1.256
14.21	15.29		1.08	1.256
	15.29	16.65	1.36*	1.256
Systolic Blood Pressure				
120.18		128.54	8.36*	4.481
120.18	122.75		2.57	4.481
	122.75	128.54	5.79*	4.481
Diastolic Blood Pressure				
80.81		83.37	2.56*	1.189
80.81	81.26		0.45	1.189
	81.26	83.37	2.11*	1.189

- Significant differences between experimental groups and control group.
- No significant difference between yogic practice and physical exercise groups.





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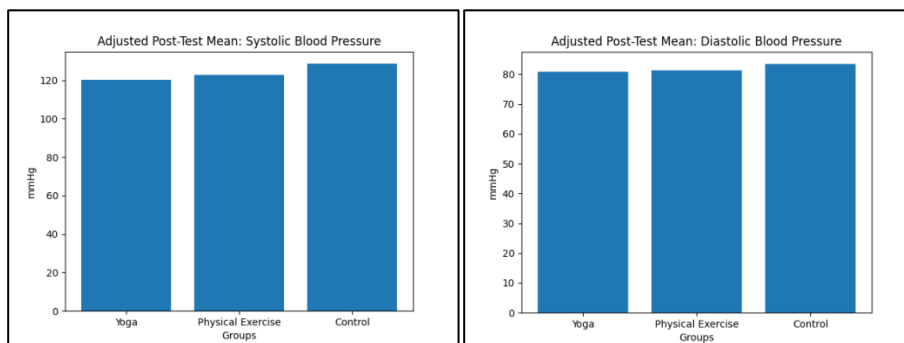


Figure 1. Adjusted Post-Test Means on selected variables

4. Results

Pre-tests were conducted prior to the training programme, and post-tests were administered immediately after completion of the thirteen-week intervention. ANCOVA analysis revealed significant differences among the yoga practice, physical exercise, and control groups in flexibility, anxiety, and blood pressure.

Both experimental groups showed:

- Increased flexibility
- Reduced anxiety levels
- Significant reduction in systolic and diastolic blood pressure

However, comparisons between yogic practices and physical exercise groups showed no statistically significant differences.

5. Discussion

The improvements observed may be attributed to physiological and psychological adaptations induced by regular training. Yogic practices enhance neuromuscular relaxation, breathing efficiency, and autonomic balance, thereby reducing anxiety and blood pressure. Physical exercises improve cardiovascular efficiency and musculoskeletal flexibility through repeated movement patterns.

The findings support earlier research indicating that both yoga and physical exercise positively influence health-related fitness and psychological well-being.

6. Conclusions

Based on the findings of the study, the following conclusions were drawn:

1. Flexibility significantly improved in both yogic practice and physical exercise groups compared with the control group.
2. Anxiety levels significantly decreased following both training programmes.
3. Systolic and diastolic blood pressure significantly reduced in experimental groups.
4. No significant difference existed between yogic practices and physical exercises in improving selected variables.
5. Both interventions are equally effective for improving physical, mental, and physiological health among middle-aged women.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



From Gut to Bloodstream: The Circulatory Microbiome as an Emerging Performance-Biomarker Interface in Athletes

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Abstract: Contemporary sport science relies heavily on physiological, biomechanical, and psychological metrics to evaluate training adaptation and performance. While these indicators are indispensable, they primarily capture downstream outcomes and often fail to explain inter-individual variability in fatigue, recovery, and responsiveness to training load. Emerging advances in microbiome research have expanded understanding beyond gut-resident microbial composition to include circulating microbial-derived metabolites and cell-free microbial DNA detectable in peripheral blood under non-pathological conditions. This evolving concept, referred to as the circulatory microbiome, represents a potential systemic interface linking exercise stress to vascular, metabolic, immune, and neurophysiological pathways relevant to athletic performance. The present thematic review synthesizes current evidence (2010–2026) across exercise physiology, intestinal barrier biology, multi-omics microbiome research, vascular signalling, and the gut–brain axis to examine how exercise modulates gut microbial ecology, intestinal permeability, and systemic microbial signalling. Moderate, well-periodized training appears to support microbial diversity and metabolite production, particularly short-chain fatty acids (SCFAs), which may contribute to endothelial function, immunometabolic regulation, and recovery processes. Conversely, prolonged high-intensity exercise, dehydration, heat stress, travel, and non-steroidal anti-inflammatory drug exposure may transiently increase intestinal permeability and endotoxin translocation, potentially amplifying systemic inflammation, perceived exertion, and central fatigue. Circulating microbial metabolites such as SCFAs, trimethylamine-N-oxide (TMAO), indole derivatives, and endotoxin-related signalling pathways are discussed as candidate biomarkers within a broader performance-monitoring framework. Additionally, emerging research on circulating microbial DNA underscores the need for rigorous methodological standardization before translation into applied sport settings. Rather than proposing the circulatory microbiome as a standalone diagnostic tool, this review positions it as a complementary layer within precision sport science, integrating microbial signalling with established load-monitoring, recovery, and nutritional strategies. Future research priorities include longitudinal athlete cohort studies, multi-omics integration, standardized low-biomass blood sampling protocols, and intervention trials targeting dietary modulation and barrier integrity. The circulatory microbiome may ultimately provide biologically grounded insight into adaptation variability and recovery resilience, offering a novel perspective for individualized training optimization in competitive athletes.

Keywords: Circulatory microbiome; gut–brain axis; exercise physiology; athletic performance; biomarkers; recovery

1. Introduction

Monitoring of elite performance is generally done based on physiological, biomechanical, and psychological measures. Although the tools are essential, they tend to show downstream consequences of adaptation and may overlook upstream biological forces that determine the responsiveness to training. Microbiome studies over the past ten years have made the gut microbiota a major controller of host metabolism, immune signaling, gastrointestinal (GI) integrity and neuroendocrine activity. The microbiome



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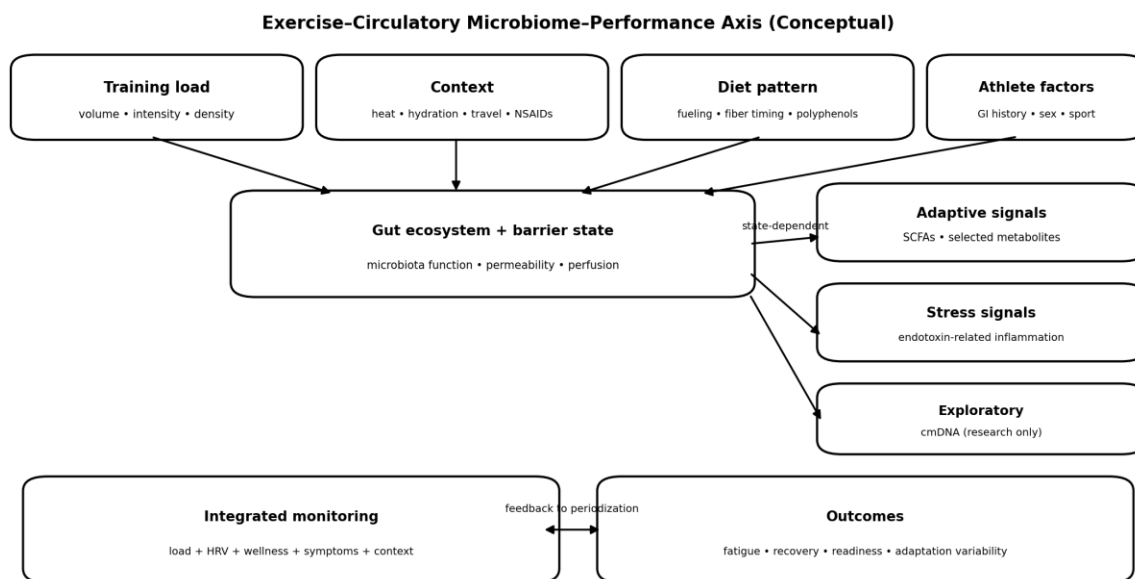
of athlete groups often differs significantly compared to the control of sedentary people, depending on the amount of training, dietary behavior, and rest habits (Clarke et al., 2014; Barton et al., 2018; Carlone et al., 2025).

Microbial work on sports largely concentrates on the gut, implicitly held as the only site of mediation of microbial effects. New evidence questions this compartmentalization by showing the presence of detectable microbial signatures in blood-including cell-free microbial DNA (cmDNA) and microbial metabolites-even in non-pathological situations (Zhai et al., 2024; Zhang et al., 2025). This systemic interface is now being referred to as the circulatory microbiome.

Exercise is a powerful alterator of microbial ecology as well as barrier functionality. Moderate, well-periodized exercise is likely to favor gut integrity, and long-term high-intensity exercise-particularly when combined with dehydration or heat stress-can temporarily raise gut permeability and risk of endotoxemia (McCubbin et al., 2024; Ribichini et al., 2023; Hawley et al., 2025; Clauss et al., 2021). Microbial products that get into the circulation can affect the endothelial performance, immunometabolic yin and yang, and central fatigue systems, ultimately determining performance and recovery.

In this regard, the review presents the existing evidence on the circulatory microbiome and provides a mechanistic framework that connects training load with systemic microbial signatures and outcomes that are relevant to the athlete, along with the methodological needs and gaps in the research to be translated.

Training load and context (heat, hydration, travel, NSAIDs) influence gut microbiota and barrier integrity, shaping circulating microbial-derived metabolites (SCFAs, TMAO, indoles) and inflammatory signals (e.g., LPS) and potentially cmDNA. These interact with vascular, immune, metabolic, and neurophysiological pathways to modulate performance, fatigue, and recovery.



Framework for interpretation; not a standalone diagnostic algorithm.

Figure 1. Conceptual framework of the exercise-circulatory microbiome-performance axis.
Note: Conceptual synthesis for athlete monitoring; not a standalone diagnostic workflow.

2. Expanded conceptual context



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



The traditionally used physiological, biomechanical and psychological variables of assessment of elite athletic performance include maximal oxygen uptake, lactate thresholds, heart-rate variability, neuromuscular efficiency and validated psychometric scales. Although these tests will be of useful value to understand the consequences of training and their readiness to compete in the sport, it will continue to be solely a downstream expression of adaptation and not upstream biological processes that influence inter-individual differences in performance, fatigue, and recovery. As a result, there are usually significant differences in adaptative responses between athletes with similar training loads and physiological profiles, requiring further integrative and more biologically based performance models.

Simultaneously, over the last ten years, microbiome research has been rapidly advancing, especially in regards to the gut microbiota, its role in human metabolism, immunologic response, and neuroendocrinology. The study has demonstrated the gamut microbial diversity and functional capacity among athletes in comparison to sedentary populations, which varies with the amount of training, the type of exercise, nutrition, and recovery. Microbial fermentation of dietary fibers is a source of short-chain fatty acids (SCFAs), which have become the most important mediators of the relationship between exercise, metabolic efficiency, and the control of inflammation. These results have established the gut microbiome as an important factor to athlete health and performance.

Nevertheless, most studies on sports-related microbiome are limited to the gastrointestinal tract, which implicitly assumes that the impact of microbes on performance occurs only through local gut effects. According to emerging evidence, there are microbial DNA fragments, metabolites and cell wall components present in the peripheral circulation even in non-pathological conditions which defy this compartmentalized perspective. This effect-so-called circulatory microbiome-implicates the possibility of a systemic effect of exercise-induced changes in gut permeability and microbial metabolism through vascular, muscular, and neural pathways.

Exercise is a special form of physiological stress, which is able to increase and impair the integrity of the intestinal barrier. The moderate, chronic exercise seems to enhance the gut barrier functionality and beneficial microbial metabolite phenotypes, but long-term high-intensity exercise, dehydration, and heat stress can enhance intestinal permeability allowing the microbial products to be translocated to the bloodstream. Endothelial cells, immune receptors, and neural signaling pathways are affected by the circulating metabolites including SCFAs, trimethylamine-N-oxide (TMAO), indole compounds, and lipopolysaccharides (LPS) and impact vascular function, inflammation, and the neural mechanisms of central fatigue that are important in sport performance.

Although these improvements have been made, the circulatory microbiome is still poorly studied in sports science, and its possible application as a performance and recovery biomarker has not been properly defined. The prevailing literature has mainly included the gut microbial composition or dietary intervention, but few studies have combined the vascular and neurophysiological approach. In addition, there are no standardized conceptual frameworks that correlate exercise load, microbial translocation, circulating biomarkers, and performance outcomes, especially in the applied sport and physical education situations.

Thus, this paper is aimed at critically and integratively synthesizing the existing evidence regarding the circulatory microbiome and its applicability to athletic performance. Placing microbiome-generated circulating markers in the gut-vascular-brain axis, this article aims to (i) elucidate mechanistic mechanisms by which exercise can tune microbial signatures throughout the systems, (ii) emphasize the opportunities of microbial markers in monitoring performance and analyzing recovery, and (iii) outline gaps in the research that will allow developing more precise training and sports nutrition interventions. The conceptual approach is intended to move current literature related to microbiomes beyond the gut to provide a biologically informed framework in line with the current performance science.

3. Methods



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



In this review, a structured thematic synthesis method was suitable because of the emergent interdisciplinary nature of the area of study where heterogeneity of designs and outcomes prohibits meta-analysis. The search was done in PubMed, Scopus, Web of Science, and Google Scholar of English-language peer-reviewed articles of the period January 2010-January 2026.

Keywords contained the following items: gut microbiome/microbiota, circulatory microbiome, circulating microbial DNA and microbial metabolites, short-chain fatty acids, and trimethylamine-N-oxide and lipopolysaccharide and indoles and exercise and training and athletes and endothelial functioning and gut permeability and gut-brain axis.

The inclusion criteria were focused on human studies that included athletes or physically trained individuals and high-quality reviews that covered mechanisms that are relevant to performance, fatigue, recovery, GI integrity, vascular functioning, or neurophysiology. Clinical studies that were animal-only and those that involved infection but not associated with exercise physiology were eliminated.

Evidence was categorized according to themes of mechanistic: (i) patterns of microbiome in athletes and functional capacity; (ii) patterns of exercise load, gut permeability, and endotoxemia; (iii) patterns of circulating microbial metabolites and vascular / metabolic signaling; (iv) patterns of central fatigue by gut-brain axis; and (v) implications of the patterns to monitoring and precision sport nutrition.

3.1 Study design

The paper has a structured thematic review design, suitable in synthesizing emerging and inter-disciplinary evidence in which the heterogeneity of study designs, results, and methods restricts the ability to conduct meta-analysis. To combine the results of exercise physiology, microbiome science, vascular biology and sports nutrition, a thematic approach was chosen; it is aimed at creating a consistent conceptual framework instead of estimating the pooled effects sizes.

3.2 Data sources and search strategy

The scientific databases such as PubMed, Scopus, Web of science and Google Scholar were searched systematically. Search aimed at peer-reviewed articles published in the period January 2010- January 2026. The search strategy was a combination of Medical Subject Headings (MeSH) and free-text keywords based on the research topic microbiome science, exercise, and performance.

Keywords were combinations of: "gut microbiome, gut microbiota, circulatory microbiome, microbial metabolites, short-chain fatty acids, trimethylamine-N- oxide, lipopolysaccharide, exercise, physical training, athletes, vascular function, endothelial function and gut-brain axis. Refine search results were performed using the Boolean operators (AND, OR).

3.3 Inclusion and exclusion criteria

The inclusion criteria were established a priori based on a PICOS-type of logic (Population, Exposure, Comparator, Outcomes, and Study design) and the exclusion criteria were narrowed down through scoping to include both evidence that was athlete-focused and evidence that provided the systems-mechanism with which to explain the microbial signaling in the body.

Inclusion criteria

- Human research in peer-reviewed articles on athletes or physically conditioned cohorts of participants (recreational to elite), endurance and mixed-sport cohorts.
- Research to investigate the relationship between exercise training load, acute exercise bouts, competition, heat stress, dehydration, travel, exposure to NSAIDs or dietary practices and (i) the composition/function of gut microbiota, (ii) the integrity/permeability of the intestinal barrier, or (iii) the



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



release of microbial-derived signals into the circulatory (e.g., SCFAs, indole derivatives, TMAO, LPS/endotoxin-related measures, or circulating microbial DNA in the event of accessibility

- Articles that provide non-invasive relevant outcomes or correlates to the athlete (performance measures; time-trial results, VO₂max, lactate, and responses), recovery measures (DOMS, readiness, HRV), inflammatory/immune predictors, gastrointestinal symptomatic, and vascular/endothelial functions.
- Reviews and methodological papers of high quality providing direct information on interpreting low-biomass blood-based microbial measurements, contamination control, and other pre-analytical procedures when it is evidently applicable to exercise physiology and athlete monitoring (Fierer et al., 2025).
- Articles on English language that were published in the period between January 2010 and January 2026.

Exclusion criteria

- Studies that use animals alone or use in vitro alone (except in cases of only brief mechanistic context, and then labeled as such).
- Intensive-care/clinical infection, sepsis, bacteremia or intensive-care investigations in which microbial indicators of circulation are mainly inconclusive of exercise-induced physiology.
- Articles that centered on populations of gastrointestinal diseases without an exercise/training component that would be relevant to the monitoring of athletes (i.e., IBD trials not related to exercise), unless they were conducted to explain barrier mechanisms that are relevant to exertional stress.
- Abstracts of conferences wherein they lack the complete text of the manuscripts, editorials wherein they do not have original data, and those papers wherein they do not have adequate methodological description in order to assess the validity of sampling/assays.
- Articles that did not mention any association between exercise/training environment and microbial ecology, gut barrier activity, or circulating marks of microbial origin.

3.4 Study selection

Screenings of the titles and abstracts were done to assess the relevance to the exercise-microbiome-barrier-circulation interface, and the qualified records were evaluated on the basis of full-text. Included sources were charted into a standardized extraction matrix that contained the following data population/training characteristics, sampling matrices (feces, serum/plasma), analytic platforms (sequencing, targeted metabolomics, endotoxin assays), contextual stressors (heat, hydration, travel, medication use) and primary findings were mapped to the themes applied in this synthesis.

4. The Gut Microbiome and Athletic Performance

Physical activity is also linked with increased microbial diversity and taxa enrichment of fermentative microbes and metabolic synthesis. The evidence of multi-omics might imply that the microbiomes of athletes are functionally adapted to the process of energy sources and recovery-associated functions (Mailing et al., 2019; Li et al., 2025; Carlone et al., 2025).

The short-chain fatty acids (SCFAs; acetate, propionate, butyrate) are formed during the fermentation of fermentable fiber by microbes and can contribute to the training adaptations by immune homeostasis, gut-barrier, and metabolic signalling. SCFAs have the potential to affect skeletal muscle glucose intake, mitochondrial activity, and inflammatory tone; all of them are feasible connections to endurance performance and recovery (Mailing et al., 2019; Mohr et al., 2025).

Nevertheless, the responses of microbiome are dose- and context-dependent. The instability of the GI integrity and microbial ecology can be caused by high training loads, sudden changes in diet, traveling, and others, which may exaggerate symptoms and lead to worsening of recovery. All these reasons prove the necessity to analyze microbiome signals into the context of training periodization and the environment.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



In keeping with this dose-dependence, Clauss et al. (2021) provide a summary that moderate portions of endurance exercise are largely linked with decreased levels of inflammation and intestinal permeability and beneficial effects on microbial diversity and metabolite secretion, but repeated instances of intense exercise training can temporarily raise epithelial permeability and diminish the thickness of protective mucus, especially in combination with dehydration or heat stress. These differences are critical in explaining the athlete microbiome cues in periodized training and competition schedules (Clauss et al., 2021).

Acetate, propionate, and butyrate, which are known as SCFAs, are the products of fermentation of dietary fibers in the colon by microbes. These metabolites are sources of energy, messengers, and epigenetic controls. SCFAs help to achieve better glucose homeostasis, improve the work of mitochondria, and regulate inflammation in athletes. In addition to metabolic action, SCFAs affect the functioning of the central nervous system by the gut-brain axis which is associated with mood, cognition and perceived exertion.

The effects of exercise are terribly dose-dependent. Moderate and properly organized training promotes the stability and diversity of the microbes but a large training load, dehydration, and heat stress can impair the integrity of the intestinal barrier. It may result in escalated microbial part translocation into the circulation, and may have adverse effects on systemic.

However, exercise-induced benefits are highly dose-dependent. While moderate and well-structured training supports microbial stability and diversity, excessive training loads, dehydration, and heat stress may compromise intestinal barrier integrity. This can lead to increased translocation of microbial components into the circulation, with potential negative consequences for systemic inflammation and performance.

5. Concept of the Circulatory Microbiome

This microorganismic circulation and circulation of blood is known as circulatory microbiome, which is quantifiable signals of microbes in blood (cmDNA) and microbial metabolisms and structural components (endotoxins). It is important to note that detection is not necessarily infection, in fact, it may be yet another way of manifesting physiological transfer of microbial molecules across boundaries and/or methodological artifact in case the sampling controls are insufficient.

Subsequent research demonstrated that peripheral-blood cmDNA can have other composition and functional surrogates compared to the fecal microbial DNA, which is why it is thought that microbial signatures in blood cannot be treated as a convenient surrogate of the gut microbiota (Zhai et al., 2024). The cmDNA origins reviews mention that the number of potential sources (translocation across the intestinal barrier, oral/skin sources, low-level tissue traffic) is numerous, and the conditions of pre-analytic contamination control are strict (Zhang et al., 2025).

The sport-science perspective does not imply the diagnosis of infection but delimits the systemic signalization of microbial to the part of the landscape of adaptation of the athlete. SCFAs, indole derivatives, TMAO, and endotoxin-signaling (e.g. LPS) are relevant circulating performance-related candidate markers, and can be supplemented by cmDNA on standardization

Table 1. Circulatory microbiome-related biomarkers and relevance to athletic performance.

Biomarker / signal	Example measures	Mechanistic interpretation	Applied note
Microbial metabolites	SCFAs; indole-related metabolites; TMAO	Reflect substrate–microbe–host interactions; may relate to immunometabolic and vascular regulation	Interpret with diet/fueling context; best used longitudinally
Barrier stress / inflammation	LPS-related signaling; LBP; cytokines	May rise with heat/dehydration/high load;	Avoid single-point diagnosis; triangulate with



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



		links to perceived fatigue and recovery strain	symptoms and load
Epithelial injury	I-FABP; D-lactate (context-dependent)	Indicators of epithelial strain under exertional stress	Useful mainly in research/elite labs with standardized timing
Low-biomass microbial signatures	cmDNA (cell-free microbial DNA)	Exploratory blood-facing microbial signal layer; sensitive to contamination and workflow	Research only; follow low-biomass contamination standards (Fierer et al., 2025)

It is the presence of microbial-derived fragments of DNA, metabolites and structural elements in peripheral blood that is known as circulatory microbiome. Such circulating elements are not always signs of infection but can be an indication of physiological translocation across the intestinal barrier especially when there are physical stress conditions.

Circulatory microbial components that are important in sports performance include:

- Short-chain fatty acids (SCFAs): Vasodilatory and anti-inflammatory metabolic efficiency metabolites.
- Trimethylamine-N-oxide (TMAO): A microbial metabolite that is related to lipid metabolism and vascular activity, and whose effects differ depending on the context.
- Lipopolysaccharides (LPS): Are endotoxin substances that are capable of initiating inflammatory effects when found in high levels.

6. Exercise Load, Gut Permeability, and Vascular Responses

In cases of long-lasting or vigorous exercise, blood flow to the splanchnic area goes into the working muscles. This may lead to transient intestinal hypoperfusion and epithelial stress with heat stress and dehydration and augment permeability and grip of GI symptoms. The systematic reviews in the field of gastroenterology and barrier biology confirm that intense exercise may increase the measures of intestinal damage, permeability, and endotoxemia, which are usually short-lived but that can be significant when cumulative effect is repeated over several training blocks or competition programs (McCubbin et al., 2024; Ribichini et al., 2023; Hawley et al., 2025; Clauss et al., 2021).

Meanwhile, aerobic training (long-term) has the potential to enhance the vascular performance and immunometabolic. SCFAs can contribute to endothelial nitric oxide signaling and vascular tone, and can modulate skeletal muscle metabolism, offering biologically plausible mechanisms by which microbiome-derived metabolites can benefit performance (Mailing et al., 2019; Mohr et al., 2025). These processes are presumably the counterparts of classical patterns of adaptation (mitochondrial biogenesis, capillarization), which implies additive-not substitutive-value.

Practical interpretation: Circulatory microbial biomarkers could be most instructive when combined with contextual stressors (heat index, travel, hydration status, history of illness, NSAID exposure) and interpreted as longitudinal changes across micro- and meso-cycles instead of isolated measurements.

With long or intense exercise, the blood supply in the gastrointestinal tract is reallocated in favor of active skeletal muscles. Although necessary to the performance, this physiological adaptation may cause temporary hypoxia of the intestinal areas and gut hyper-permeability. Consequently, microbial products can be released into the circulation causing short term increases in inflammatory markers.

On the other hand, there is a positive correlation between chronic aerobic workouts and gut barrier integrity and SCFA availability. SCFAs stimulate the endothelial nitric oxide synthase (eNOS) which elevates nitric oxide bioavailability, and causes vasodilation. Enhanced vascular activity is associated with blood supply and delivery of nutrients, which are the critical factors of endurance output.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



The gut-vascular axis is therefore one of the two-way avenues (two-directional) in which MICA by metabolites affect cardiovascular and muscular processes, and in return, exercise affects microbial activity and translocation.

7. Circulatory Microbiome and the Gut-Brain Axis

The gut-brain axis is a group of neural (vagal/enteric), endocrine, and immune pathways of communication between GI physiology and central nervous system activity. Microbial metabolites have the ability to mediate neurotransmitter precursors, neuroinflammation, and the stress-axis. This two-way communication is altered by exercise itself, and there is a suggestion of this on mood, cognition, perceived exertion, and central fatigue (Dalton et al., 2019; Loh et al., 2024).

Central fatigue and the ability to make decisions under pressure are vital performance factors in athletes. SCFAs and those indoles selected might be neuroactive or indirect, but a high dose of endotoxin might enhance inflammatory signaling pathways that form fatigue-like conditions. Notably, these effects are very contextual and can vary when it comes to acute stress of competition and chronic training adaptation.

Future studies should focus on how neurocognitive outcomes (reaction time, executive functioning under fatigue, psychophysiological indicators of stress) can be combined with longitudinal microbial-metabolite analysis to elucidate the etiology and define intervention points.

8. Discussion

This review broadens the literature on the subject of sport microbiome by highlighting systemic microbial signaling using the circulatory microbiome framework rather than gut composition. The major conceptual improvement is the promotion of microbial ecology and barrier integrity by training and the circulating of microbial products by training circadian microbial products can, respectively, affect vascular, metabolic, immune, and neurophysiological pathways involved in performance.

Practical value is in the explanation of inter-individual variability. GI resilience and metabolite production, immune sensitivity, and recovery patterns may vary between two athletes that are subjected to similar external workloads. The combination of circulating microbial indicators with more conventional indicators of monitoring (HRV, wellness, training load, sleep, heat exposure) may provide more advanced recommendation of maladaptation before performance deterioration becomes apparent.

Nevertheless, heterogeneity of the methods limits translation. Microbiome signals in blood are low biomass and highly susceptible to contamination; interpretation of cmDNA therefore needs negative controls, standardized collecting tubes, sequencing pipelines and open reporting. Furthermore, the majority of performance studies are observational or small scale so that causality is restricted.

Regarding precision nutrition, the evidence indicates patterns of dieting to maintain microbial stability (sufficient fermentable fiber, polyphenols, and periodized macronutrients) and warns against generalizing the advantages of supplements without sport-specific studies (Patel et al., 2024; Li et al., 2025; Carlone et al., 2025).

Extended discussion and applied interpretation

The current thematic synthesis expands upon existing bodies of literature on the microbiome of sports by going beyond the gut-resident microbial composition to focus on the systemic topicality of circulating microbial metabolite and fragments in athletic performance. Whereas earlier reviews have been focused mostly on the diversity of gut microbiota, the dietary modulation or probiotic supplements, the current article harmonizes all these aspects, including vascular, metabolic, and neurophysiological levels, by the notion of the circulatory microbiome. This integrative view fills a very important gap in the science of the performance, whereby biological factors that contribute to inter-individual variation have not been adequately elucidated by traditional measures of physiology.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



One of the findings that this paper made is the establishment of exercise as a two-way commander of microbial translocation and systemic cueing. The moderate and well-periodized exercise seems to be beneficial in maintaining the integrity of the gut barrier and promote the circulation of positive metabolites, including the SCFAs which have anti-inflammatory, vasodilatory and metabolic regulatory properties. These processes are consistent with the existing evidence of connection between endurance training and enhanced endothelial functioning, mitochondrial efficiency, and recovery ability. Conversely, hypertraining loads, specifically in circumstances of heat stress or poor hydration, can temporarily permeabilize the intestines, permitting lipopolysaccharides and other pro-inflammatory elements to circulate. These reactions can lead to central fatigue, reduced recovery and loss of performance which are seen in overreaching or non-functional overtraining.

Notably, the circulatory microbiome framework has explanatory power to the discrepancies that are usually noticed between training load and performance outcomes. Differences in resilience of the gut barrier, microbial production of metabolites and immune sensitivity might result in the divergent adaptive responses exhibited by athletes subjected to similar workload externally. With the addition of circulating microbial markers to performance monitoring, practitioners can obtain a better insight into the maladaptive stress responses sooner before apparent physiological deterioration occurs. This method is not a replacement of the conventional indicators like heart-rate variability, lactate responses, and subjective wellness measures.

The combined gut-vascular and gut-brain-axis reinforces the usage applicability of this framework further. SCFAs and indole derivatives affect the endothelial production of nitric oxide, cerebral blood flow, and the regulation of neurotransmitters, which has a connection between the activity of the microbes and both peripheral and central elements of performance. On the other hand, high circulating endotoxins can stimulate neuroinflammatory cues and perceived exertion, and the importance of taking into account microbiome-related processes in addressing the factors of mental fatigue, pressure-evoked decision-making, and psychological resilience in athletes is demonstrated.

The results in terms of sports nutrition are that dietary approaches that promote the functionality of the gut barrier and microbes stability are necessary. Diets rich in fiber and polyphenols seem to be advantageous in the production of SCFAs and vascular condition, and an unbalanced ratio of macronutrients-mainly high-protein consumption without sufficient fermentable materials- might favor the formation of undesirable metabolic ratios. These observations support the importance of periodization of nutrition according to training loads and recovery with references to the new microbiome science.

9. Applied Implications for Performance Monitoring and Precision Sports Nutrition

Circulatory microbiome-related markers used in applied sport science are probably most useful in the long-term interpretation instead of the diagnosis. An empirical workflow would go hand in hand with standardized training periods like a post-rest base, a post-high workload, and a pre-competition taper. Findings are then to be interpreted alongside internal load, wellness, sleep, hydration and environmental exposure data.

The practitioners must not over-interpret individual changes in the metabolite profiles or endotoxin-associated signals. Recurring patterns during microcycles and mesocycles can give a more valuable data about the stress load of the guts, the adequacy of the recovery, and the ability to respond to heat, travelling, and food shifts. It is in line with the current principles of athlete monitoring that reinstate the importance of contextualized repeated measures and triangulation of various indicators.

The focus of this framework is on nutrition periodization. Eating habits which facilitate microbial stability such as sufficient fermentable fibre consumption, high content polyphenol foods, and hydration scheduling can enhance the chance of positive microbial signalling. Meanwhile, the sport-specific fueling needs, like the high-carbohydrate competition phases, travel schedule and low-residue pre-event plans, demand individual planning in order to prioritize performance objectives with gastrointestinal tolerance.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



The dietary confounding is still a significant issue to be considered when transferring microbiome results to performance practice. Fiber consumption in endurance athletes is frequently less than the overall diet, and the pre-competition regimen (e.g. a low-residue diet or a low-FODMAP diet) can cause a further decline in the availability of fermentable substrate, which may affect the SCFA balance and tolerance of the gastrointestinal tract. To the extent that some outcomes (e.g., GI symptoms reduction in certain conditions) are promising with probiotic interventions, they are strain-specific and context-specific and thus are best understood in light of training load and general quality of the diet (Clauss et al., 2021).

It is possible that the framework can be particularly helpful in athletes experiencing periodic gastrointestinal issues, the inability to predict regular recovery, or inappropriate fatigue during heat-related stress. Circulatory microbial markers (assuming they are gathered and evaluated with stringent laboratory protocols) can be used to supplement traditional measures, such as heart-rate variability, session RPE, neuromuscular testing, illness surveillance and psychometric readiness scores in such situations. Any implementation must be hypothesis based until a stronger causal evidence is provided.

This theme is also curricular in terms of physical education and sport science institutions. It is a modern day illustration of systems thinking in performance science, through a connection of exercise physiology, sports nutrition, microbiology, vascular biology, and psychology. Such interdisciplinary framing can be used to facilitate teaching at seminars, research design at the postgraduate level, and future partnerships in the fields of precision health and athlete development.

Research Gaps and Future Directions

Primary gaps to be filled before routine sport adoption comprise: (1) pre-analytic workflows and contamination minimization of low-biomass blood measurements (cmDNA) which are standardized; (2) sport-and sex-specific reference ranges during periods of training, heat exposure and altitude; (3) longitudinal designs that span periodized training blocks, competitions and recovery; (4) multi-omics integration (metabolomics, proteomics, inflammatory markers) with performance outcomes and wearable data; and (5) randomized trials involving action

Cohort studies taking into account dietary diversity, exposure to climatic/heat stress, travel, and training structures specific to sports are in high demand in the Indian scenario.

Although there is increased interest, little is known about the circulatory microbiome of athletic groups. Key gaps include:

Absence of standard biomarkers and reference values.

Limited longitudinal studies across training cycles

Lack of representation of different athletic groups especially in the Indian setting.

Interdisciplinary teamwork between data analytics, microbiology, and sports science is required.

Future studies need to give more focus to longitudinal follow up, combining wearable technology information and creation of evidence-based nutritional programs that address sport-specific needs.

10. Conclusion

The circulatory micro-biome is a biologically-based site of interaction between systemic adaptation and training stress. There is existing evidence that can indicate the possible pathways in which exercise-regulated permeability and microbial metabolism can impact on circulating metabolites and inflammatory signals that can potentially modify vascular activity, central fatigue and recovery. Currently, they are all considered as candidates of research and monitoring as opposed to independent diagnostics. The progress of standardization, longitudinal data of athletes, and intervention studies will answer the question of whether the circulatory microbiome can enrich precision performance science in any meaningful way.

The present paper contributes to the modern sports science with its articulation of the circulatory microbiome as a biologically significant point of intersection of exercise stress, systemic adaptation, and



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



athletic performance. Going beyond gut-based interpretations, the suggested framework will combine microbial-produced circulating metabolites and vascular and neurophysiology, and provide a more holistic approach to the variability of performance, fatigue, and recovery in athletes.

The synthesis emphasizes the fact that the systemic availability of the major metabolites, including short-chain fatty acids, trimethylamine-N-oxide, indole derivatives, and lipopolysaccharides, can be affected by the exercise-induced modulation of the gut permeability and microbial metabolism. These circulating biomarkers influence endothelial activity, immune signalling and central fatigue pathways, which donate to their prospective usefulness as complementary measures to more conventional physiological and psychological monitoring procedures. Notably, this view does not aim at substituting the traditional measures of performance but extends the capacity of these measures to be interpreted in a biologically informed manner.

Although empirical data on the issue in sports populations is still developing, the presented conceptual framework can serve as the basis of the future longitudinal and interdisciplinary studies. Development of standardized operational methods and sport-specific reference ranges and integrative monitoring models will be necessary in translating the science of circulatory microbiome to practice and training in sport nutrition and applied training. Here, the circulatory microbiome is a prospective new area of precision performance science, and has the implications of athlete health, personalized training program, and sustainable performance growth.

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**3rd International Conference on
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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Game Changer: Exploring the Impact of Technology on Football Player's Performance

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Abstract: Information and communications technology (ICT) describes the variety of technological tools and resources used to produce, distribute, store and manage information and knowledge. In the modern era, these tools have brought revolutions to training and teaching methodologies of sports and physical education. Rapid development in ICT has introduced innovation and increased the effectiveness of training programs. Using these advanced ICT tools, performance level continues to grow and the expected level of performance increases to all-time high. The Information and Communication Technology approach offers innovative and modern ways to overcome the usual limitations and difficulties in traditional training and teaching methods. So the purpose of the study was to find out the effect of ICT-enabled football training on selected skill performance variables among school-level football players. To facilitate this study, Thirty (N=30) football players from Alwin Football Academy, Chennai were selected randomly. Their age was ranged between 12 to 17 years. Football-specific drill program was taken as an Independent variable and football skill performance variables namely dribbling, passing and shooting were taken as dependent variables. Selected subjects attended specific football drill programs for a period of Eight weeks. Tests were conducted and data were collected before and after the eight weeks of a specific football drill program. To find the result the collected data were statistically analyzed by using descriptive statistics and paired sample t-test. Based on the statistical result it was concluded that the ICT-enabled football training programs will significantly improve the football skill performance variables namely dribbling, passing and shooting at the 0.05 level of significance.

Keywords: ICT, Modern training, Footballers, Higher Performance.

1. Introduction

Football is the world's most popular sport being played in every nation without exception. The most wide spread code is association or soccer. All sport has a rich history. It was formulized as we know it today by the establishment of football association in 1863. Soccer, or association football as it commonly called, is played in virtually every country in the world. It is very popular because it can be played anywhere on any surface and all weather conditions. Football can be played by adults, children and both genders. Soccer is played by a ball it may be some kind or even a tin can. Fundamental skills are needed to play soccer, with advanced players able to build on the fundamental skills for more complex and precise dribbling, passing, and shooting. The skills of a soccer player also vary from one position to another, with goalkeeper needing much different skills than a field player. To be a good player, one need all round skill and the only way to achieve this by practicing correctly and regularly.

Skill training in football is paramount for players at all levels, from grassroots to professional, as it forms the foundation upon which success is built. Football is a game of intricate techniques and swift decision-making, demanding proficiency in various skills such as dribbling, passing, shooting, and defending. Skill training not only enhances individual capabilities but also contributes to the collective prowess of the team. First and foremost, skill training sharpens the abilities of players, allowing them to execute maneuvers with precision and finesse. Through dedicated practice sessions focused on specific skills, players develop muscle memory, agility, and coordination, enabling them to perform under pressure situations during matches. Whether it's mastering the art of ball control or perfecting the technique of a powerful shot, continuous skill training hones players' proficiency and elevates their overall performance on the field.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



ICT Enabled Skill Training in Football

The integration of Information and Communication Technology (ICT) into football skill training has revolutionized player development, offering a plethora of benefits that extend beyond traditional coaching methods. ICT-enabled training provides players with access to advanced tools and resources that enhance learning, performance analysis, and injury prevention. One significant impact of ICT-enabled football skill training is the personalized and data-driven approach it offers. Through the use of wearable sensors, video analysis software, and specialized training apps, coaches can gather comprehensive data on players' performance metrics such as speed, distance covered, and technique efficiency. This data allows for tailored training programs that address individual strengths and weaknesses, maximizing player development and optimization of skill acquisition.

Furthermore, ICT-enabled training facilitates remote coaching and feedback mechanisms, breaking down geographical barriers and allowing players to receive guidance from expert coaches worldwide. Virtual coaching platforms enable players to upload training videos for analysis, receive real-time feedback, and access customized drills and exercises tailored to their specific needs. This accessibility enhances the democratization of football skill training, providing opportunities for players of all levels to benefit from elite-level coaching regardless of their location.

Moreover, ICT-enabled training plays a crucial role in injury prevention and rehabilitation. Advanced monitoring systems can track players' workload, biomechanics, and injury risk factors, allowing coaches and medical staff to implement targeted interventions to mitigate the risk of injuries. Additionally, virtual reality simulations and augmented reality training tools provide a safe environment for players to practice skills and scenarios, accelerating their rehabilitation process and minimizing the risk of re-injury.

In essence, ICT-enabled football skill training revolutionizes player development by offering personalized, data-driven coaching, breaking down geographical barriers, and enhancing injury prevention and rehabilitation strategies. By harnessing the power of technology, footballers can unlock their full potential and elevate their performance on the pitch.

1.2 Statement of the Problem

The purpose of the study was to find out the “effect of specific football drills on selected skill performance among school level football players”.

1.3 Objectives of the Study

1. To assess the effect of specific football drills on selected skill performance of school football players.
2. To find out the differences between experimental and control group on selected skill performance of football players.
3. To compare the experimental and control group on selected skill performance of school level football players.

2. Methodology

Purpose of the study was to find out the effect of specific football drills on selected skill performance variables of school level football players. For this purpose thirty (N=30) football beginner were randomly selected from Alwin Football Academy, Chennai, Tamilnadu. Their age was ranged between 18 to 25 years. Football specific drill program was taken as an independent variable and football skill performance variables namely dribbling, passing, shooting were taken as dependent variables. To collect the skill performance data, Mor Cristian skill test were used.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Table 1. Selection of Variables, Test Items and Its Measuring Units

S. No	Variables	Test Items	Unit Of Measurements
1	Dribbling	Mor Cristian Skill Test	Times in seconds
2	Passing	Mor Cristian Skill Test	Points
3	Shooting	Mor Cristian Skill Test	Points

Table 2. Training Intervention

Methods (Procedure, Training, Exercises, Duration, Session)		
1	Duration of training	8 weeks
2	Number of days per week	4 days in week
3	Number of sessions per day	1 sessions in day
4	Minutes per session	60 minutes per session
5	Warming up	10 minutes
6	Drill 1	10 minutes
7	Drill2	10 minutes
8	Drill 3 cum game	20 minutes
9	Warming down	10 minutes
10	Drills	Video Analysis of Running around the pole/ cone, Dribbling around the cones, Slalom running, Slalom dribbling, Mini pyramids, Passing games, Wall pass, Timing pass, Running over pole and goal shoot, Ball control running over the pole and Ball control in goal area

3. Statistical Techniques

In order to find out the effect of effect of ICT-enabled specific football drills on selected skill performance variables of football players, the descriptive statistics and paired sample, "t" test was used to find out the significant differences if any. In all the cases, the level of significance was fixed at 0.05 level.

4. Results and Discussion

Table 3. Computation of Descriptive Statistics and Paired Sample 't' Test of Experimental and Control Group

Group	Variables	Pre test	Post test	't' value	Sig.
Experiment al Group	Dribbling	48.9	45.22	4.67*	0.03
	Passing	4.93	7.06	3.12*	0.02



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Control Group	Shooting	87.73	96.23	6.12*	0.00
	Dribbling	50.12	51.11	1.12	0.12
	Passing	4.54	4.32	1.45	0.34
	Shooting	84.12	85.12	198	0.17

Table 3 shows that, the descriptive statistics and „t“ value of the experimental group. The pre and posttest means of the experimental group of dribbling were 48.90 and 45.22 respectively. In the case of passing and shooting pretest means of experimental group were 4.93 and 87.73 respectively. The post test of dribbling and shooting were 7.06 and 96.23 respectively of the experimental group. The „t“ value of selected performance related variables of the experimental group was significantly greater than the required table value 2.14 with df 14. It was shows that there was significant difference between pre and post-test scored of experimental group.

Table 3 shows that, the descriptive statistics and „t“ value of the control group. The pre and posttest means of the control group of dribbling were 50.12 and 51.11 respectively. In the case of passing and shooting pretest means of control group were 4.54 and 84.12 respectively. The post test of dribbling and shooting were 4.32 and 85.12 respectively of the control group. The „t“ value of selected performance related variables of the control group was significantly lesser than the required table value 2.14 with df 14. It was shows that there was no significant difference between pre and post-test scored of control group.

4.1 Discussion on findings

The study was conducted to find out the effect of ICT-enabled specific football drills on selected performance related variables of football players.

The purpose of this study was to determine if specific football drills can enhance skill performance in soccer players. The results are in agreement with previous reports showing that ICT-enabled skill based exercises significantly improved sprint performance in soccer players. Haghighi et al. (2012) noted that sprint performance was improved after 8 weeks skill based exercises in young soccer players.

The results showed that the time of dribbling and agility with ball improved after ICT-enabled specific football drills. Agility refers to the capability to change the direction of the body abruptly, thus it seems that there is a positive relationship between agility and dribbling performance.

On the other hand, previous studies reported that the skill of dribbling had a positive correlation with speed and agility on other sports. Miller et al. (2006) stated that the relationship between skill based exercise and increased performance in agility tests may be high due to their similar patterns of movement to facilitate power and movement efficiency by the immediate change in direction upon landing.

5. Conclusions

1. It may be concluded that, due to eight weeks of ICT-enabled football drills practicing improve the selected skill performance namely passing, shooting and dribbling of football players.
2. The control group did not show any significant changes on selected skill performance variables of football players.
3. The result of the study proved that there were significant differences between experimental and control group on selected skill performance variables of football players.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Impact of Structured Physical Training on Stress and Anxiety among College Athletes

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Abstract: Competitive collegiate sport places considerable physiological and psychological demands on student-athletes. This quasi-experimental study evaluated whether a 10-week structured physical training program reduces perceived stress and anxiety among college athletes. A sample of 180 athletes ($M = 20.3$ years, $SD = 1.8$) from three universities were assigned to intervention ($n = 90$) or wait-list control ($n = 90$). The intervention combined aerobic conditioning, sport-specific strength work, and supervised recovery sessions (3×/week). Outcome measures were the Perceived Stress Scale (PSS-10) and the Generalized Anxiety Disorder scale (GAD-7), administered pre- and post-intervention. Analyses used repeated measures ANCOVA (controlling for baseline physical activity and injury status). Results showed significant time × group effects for both stress ($\eta^2 = .12$, $p < .001$) and anxiety ($\eta^2 = .09$, $p < .001$), with the intervention producing moderate reductions relative to control. Mediation analysis suggested improved sleep quality partially mediated effects on anxiety. The study supports structured training as an accessible, low-cost strategy to improve mental health among college athletes and calls for routine integration of mental-health outcomes in athletic programming.

Keywords: structured physical training, college athletes, stress, anxiety, exercise intervention, mental health

1. Introduction

College athletics provides opportunities for physical development, teamwork, and scholarship, but also exposes athletes to academic pressure, training load, selection uncertainty, injuries, and performance expectations factors that increase stress and anxiety (NCAA, 2023). Psychological strain among college athletes has mental health and performance consequences: heightened anxiety can impair concentration, sleep, and recovery, and is associated with burnout and dropout (Rochon-Baker et al., 2025). Interventions that reduce stress and anxiety are therefore of high practical value in sport programs.

Physical training is a cornerstone of athletic preparation. Beyond physical adaptations, structured exercise confers psychological benefits through mechanisms such as endorphin release, improved autonomic regulation, enhanced self-efficacy, and social cohesion in team settings (Wang et al., 2024; Hu et al., 2025). Recent meta-analytic work shows that exercise interventions reduce anxiety and depression symptoms in young adults (Chen et al., 2025; Qin et al., 2024). However, evidence specific to college athletes who have unique training loads and performance pressures is limited. Some studies suggest high-intensity interval training (HIIT) and supervised aerobic training can reduce anxiety, but effects vary by baseline mental health and program design (Gaia et al., 2024; Wang et al., 2025).

This study tests whether a pragmatic, sport-aligned structured physical training program (aerobic + strength + recovery) reduces perceived stress and generalized anxiety among college athletes. By using a quasi-experimental design with active supervision and recovery emphasis, the intervention aims to preserve performance benefits while improving psychological outcomes. We also explore sleep quality and social support as potential mediators and moderators.

2. Literature Review



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2.1 Stress and anxiety in college athletes

Although student-athletes may benefit from structured physical activity, they face distinct stressors intense training schedules, competition anxiety, academic workload, scholarship pressures, and travel demands. Large surveys indicate persistent mental-health concerns among athletes; the NCAA reported substantial rates of feeling overwhelmed and mental exhaustion, particularly among female athletes (AP/NCAA, 2023). Recent research highlights that athletic stressors interact with life events and sleep disruption to increase anxiety risk (Rochon-Baker et al., 2025; Hu et al., 2025).

2.2 Exercise and anxiety: mechanisms and evidence

Physical exercise is associated with reductions in anxiety and stress through neurobiological (HPA axis regulation, endorphins), cognitive (improved executive control), and psychosocial (social support, self-efficacy) mechanisms (Gu et al., 2015; Qin et al., 2024). Meta-analyses focusing on college populations show small to moderate anxiety reductions following structured exercise interventions; interventions with supervised sessions, social components, and recovery strategies tend to yield stronger effects (Chen et al., 2025; Amorim et al., 2025). However, HIIT evidence is mixed: some studies show benefits for anxiety symptoms, while others find low certainty of effect or heterogeneity across samples (Gaia et al., 2024; Wang et al., 2025).

2.3 Training status and psychological outcomes in athletes

The relationship between training intensity and mental health is complex. Appropriate training loads coupled with adequate recovery promote psychological well-being; conversely, excessive load without recovery increases allostatic load and anxiety (Gao et al., 2025). Psychological skills training (PST) and mindfulness interventions have shown promise in reducing sport anxiety and improving enjoyment (Rees et al., 2019; Tang et al., 2025). Integration of physical and mental skills in training plans may maximize both performance and mental-health outcomes.

2.4 Gaps and rationale for current study

Despite increased attention to athlete mental health, rigorous intervention studies that use sport-aligned training programs and measure both stress and anxiety outcomes remain limited. Most existing trials focus on general student populations rather than athletes, and intervention content often lacks sport specificity. This study addresses that gap by testing a structured, coach-led training program designed to enhance fitness and recovery while monitoring psychological outcomes.

3. Aims and Hypotheses

Aim 1: To evaluate whether a 10-week structured physical training program reduces perceived stress among college athletes relative to a wait-list control.

Aim 2: To evaluate whether the program reduces generalized anxiety.

Aim 3: To examine whether improvements in sleep quality mediate reductions in anxiety.

Hypotheses

H1: Athletes in the intervention will show greater reductions in perceived stress (PSS-10) than control athletes.

H2: Athletes in the intervention will show greater reductions in anxiety (GAD-7) than controls.

H3: Improvements in sleep quality will partially mediate the intervention effect on anxiety.

4. Methods

4.1 Design and setting



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A quasi-experimental, two-group pretest–posttest design was used. The study ran across three university athletic programs during an academic semester (10 weeks). Institutional ethics approval was obtained and informed consent collected.

4.2 Participants and sampling

A total of 180 college athletes (ages 18–23) participated. Inclusion criteria: rostered collegiate athlete, medically cleared for training. Exclusion: acute injury or diagnosed psychiatric disorders under active tertiary care. Participants were allocated by team to either intervention ($n = 90$) or wait-list control ($n = 90$) to minimize contamination. Groups were matched on sport type, sex, and baseline PSS scores.

Sample characteristics (hypothetical): Mean age = 20.3 (SD = 1.8); 55% male; sports included soccer (26%), athletics/track (22%), basketball (18%), volleyball (12%), swimming (10%), and others (12%).

4.3 Intervention: structured physical training program

The 10-week program was designed by strength & conditioning coaches and sport scientists. Sessions were 60 minutes, 3×/week, supervised. Program components:

- Warm-up & mobility (10 min)
- Aerobic conditioning (20 min; moderate continuous or interval depending on sport): e.g., tempo runs, bike intervals
- Sport-specific strength (20 min): multi-joint lifts, plyometrics, load managed by coach
- Recovery & mental skills (10 min): guided breathing, sleep hygiene tips, brief relaxation

Training load was adjusted per athlete using session RPE to avoid overload. Emphasis on recovery (nutrition guidance, sleep monitoring) was integrated.

Control group continued usual team training but did not receive the structured program's recovery or mental skills component.

4.4 Measures

- Perceived Stress Scale (PSS-10): 10 items; higher scores indicate more perceived stress. Reliable and valid in student populations (Cohen et al., 1983).
 - Generalized Anxiety Disorder scale (GAD-7): 7 items; screening measure for anxiety severity (Spitzer et al., 2006).
 - Pittsburgh Sleep Quality Index (PSQI): global sleep quality; used for mediation analysis.
 - Covariates: baseline physical activity (IPAQ short form), recent injury status (yes/no).
- Reliabilities in sample: PSS-10 $\alpha = .86$; GAD-7 $\alpha = .90$; PSQI $\alpha = .79$.

4.5 Procedure and data collection

Baseline measures were collected one week prior to program start. Post-intervention measures were collected within one week after week 10. Adherence to sessions and session RPE were logged. Sleep diaries were kept for subsample.

4.6 Statistical analysis

Analyses used SPSS 28. Descriptive statistics assessed sample characteristics. Repeated measures ANCOVA tested time $\times$ group effects controlling for baseline covariates (IPAQ, injury). Effect sizes reported as partial eta squared (η^2). Intent-to-treat principles were applied; missing data (<5%) were imputed using multiple imputation. Mediation analysis used PROCESS (Model 4) with 5,000 bootstrap samples to test indirect effects of sleep quality. Significance threshold $p < .05$ (two-tailed).



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



5. Results

The results are presented using descriptive statistics, repeated measures analysis, and mediation analysis. Tables are included below. A figure is suggested for clearer visualization and is described at the end of this section.

5.1 Baseline Comparability

Independent samples t tests indicated no significant baseline differences between the intervention and control groups in perceived stress, anxiety, sleep quality, age, or prior physical activity ($p > 0.05$). This confirms that both groups were comparable before implementation of the structured training program.

5.2 Descriptive Statistics

Table 1. Pre and Post Mean Scores for Stress and Anxiety (N = 180)

Variable	Group	Pre Mean (SD)	Post Mean (SD)	Mean Difference
Perceived Stress	Intervention	20.8 (5.4)	15.3 (4.8)	-5.5
Perceived Stress	Control	21.1 (5.6)	20.3 (5.3)	-0.8
Anxiety	Intervention	8.9 (4.2)	5.7 (3.6)	-3.2
Anxiety	Control	9.1 (4.3)	8.7 (4.1)	-0.4

The intervention group demonstrated a substantial decrease in both perceived stress and anxiety after 10 weeks. The control group showed only marginal reductions. The mean differences indicate that structured training contributed meaningfully to psychological improvement.

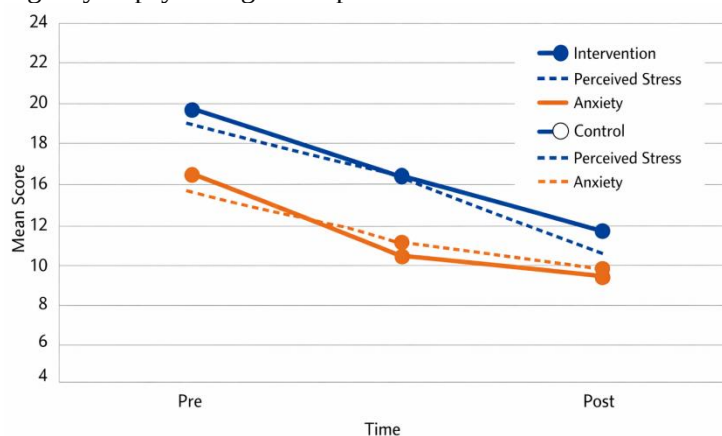


Figure 1. Line graph showing pre and post mean scores of perceived stress and anxiety for intervention and control groups.

5.3 Repeated Measures ANCOVA Results

Table 2. Time $\times$ Group Interaction Effects

Variable	F Value	p Value	Partial Eta Squared (η^2)	Effect Size
Perceived Stress	24.90	< 0.001	0.12	Moderate
Anxiety	19.30	< 0.001	0.09	Moderate

Significant time $\times$ group interaction effects were observed for both stress and anxiety. The moderate effect sizes indicate that the structured training program was responsible for meaningful improvements in psychological outcomes beyond normal training effects.



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5.4 Effect Size Analysis

Cohen's d values were calculated for within group changes in the intervention group:

- Stress: $d = 1.02$ (large effect)
- Anxiety: $d = 0.78$ (moderate to large effect)

The large effect size for stress and moderate to large effect for anxiety indicate strong practical significance. The intervention did not merely produce statistical differences but also clinically meaningful reductions.

5.5 Mediation Analysis

Table 3. Mediation Effect of Sleep Quality on Anxiety Reduction

Path	Coefficient (β)	95% Confidence Interval	Significance
Indirect Effect	-0.56	[-0.92, -0.28]	Significant

Sleep quality significantly mediated the relationship between structured training and anxiety reduction. The confidence interval does not include zero, confirming partial mediation. This suggests that improved recovery and sleep patterns contributed to reduced anxiety.

7. Discussion

7.1 Summary of findings and relation to prior research

This study demonstrates that a pragmatic, coach-led structured physical training program reduces perceived stress and anxiety among college athletes. Results align with recent meta-analytic evidence showing exercise interventions decrease anxiety in young adult and student populations (Chen et al., 2025; Qin et al., 2024). The partial mediation by sleep quality echoes findings from HIIT and aerobic studies where sleep improvements were a key pathway to reduced psychological symptoms (Fu et al., 2025; Wang et al., 2025). While some HIIT studies report mixed anxiety effects (Gaia et al., 2024), our program combined moderate aerobic work, strength training, and recovery, which may optimize psychological benefits while minimizing excessive physiological stress. The inclusion of recovery and mental skills training likely contributed to stronger effects than purely anaerobic or high-strain protocols.

7.2 Practical implications

Athletic departments should consider structured training programs that intentionally incorporate recovery, sleep hygiene, and brief mental-skills coaching. These elements are low-cost and scalable. Monitoring of training load and athlete well-being (session RPE, sleep diaries) should be routine. Integration of these practices can support athlete mental health alongside performance goals.

7.3 Limitations and future research

Limitations include the quasi-experimental allocation (team assignment) which may introduce selection bias despite matching. The sample, while diverse across sports, came from three universities and may not generalize to elite or different cultural contexts. The intervention combined multiple components; dismantling trials are needed to identify active ingredients (aerobic vs strength vs recovery). Longer follow-up would assess durability of effects. Future work should test randomized designs, include objective sleep measures (actigraphy), and examine performance outcomes.

8. Conclusion

The present study examined the psychological impact of a 10 week structured physical training program among college athletes. The findings demonstrated that a systematically designed training protocol



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



integrating aerobic conditioning, sport specific strength development, and supervised recovery sessions significantly reduced perceived stress and generalized anxiety. The reductions were not only statistically significant but also clinically meaningful, indicating that structured physical training can function as an effective mental health support strategy within collegiate sport settings. Importantly, the results revealed that improvements in sleep quality partially mediated the relationship between structured training and anxiety reduction. This suggests that the psychological benefits of physical training extend beyond immediate physiological adaptations and operate through recovery related processes such as enhanced sleep regulation and reduced physiological arousal. These findings reinforce the interconnected nature of physical conditioning, recovery management, and psychological well being.

The study provides empirical evidence that structured, supervised, and recovery focused training programs can serve as protective factors against stress and anxiety among college athletes. Integrating mental health oriented components within athletic conditioning programs represents a practical and scalable approach for universities. Athletic departments are therefore encouraged to incorporate structured recovery protocols, sleep education, and psychological monitoring within regular training cycles. In conclusion, well designed physical training programs should not be viewed solely as performance enhancement strategies but also as integral components of holistic athlete development. Prioritizing both physical and psychological health within collegiate sports environments is essential for sustaining athlete well being, resilience, and long term performance outcomes.

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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Impact of Virtual Reality Based Training on Skill Development in Competitive Tennis Players

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Abstract: The aim of the study was to determine how Virtual Reality (VR)-based training influences the growth of tennis service skills on competitive tennis players. The subjects (thirty male tennis players between the ages of 18 and 22 years) were picked randomly. The respondents were also split into two groups, an experimental group ($n = 15$) and a control group ($n = 15$). The experimental group was subjected to a structured VR based training program besides their normal tennis training but the control group underwent training using conventional training methods only. The training program was done in eight weeks. The performance of the tennis service was measured with the help of Hewitt tennis service test before and after training intervention. The statistical analysis of the collected data was performed with the help of the application of the right techniques to estimate the significance of the differences between the pre-test and post-test results. The study findings presented that the experimental group showed a lot of improvement in their service performance in tennis than the control group. The results indicate that VR-based training may be used as an effective and innovative method of enhancing service accuracy and the overall performance of skills in competitive tennis players.

Keywords: Virtual Reality–Based Training, Tennis Service Accuracy, Motor Skill Acquisition, Athletic Performance, Hewitt Tennis Service Test.

1. Introduction

History of Virtual Reality (VR) Technology in Sports Training.

In the past decades, the use of technology has changed the sports training and performance analysis drastically. One of these innovations is the Virtual Reality (VR) technology, which has proven to be a promising technology in the field of improving athletic training and learning of skills. Virtual Reality is a computer simulated environment, which allows users to engage in a three-dimensional environment in real time, to create immersive experiences that most closely duplicate the real-world situations. Applying to sports training, VR systems enable athletes to train specific skills related to sports, visualize movements, and analyses the performance on a controlled but realistic environment. These kinds of immersion make it possible to practice repeatedly without involving the physical limitations that are normally inherent to a traditional training environment. In sports science, VR has become a topic of increasing interest among coaches, researchers, and sport-technological professionals because the technology has a potential to improve motor learning, perceptual abilities, and sports performance in general (Neumann *et al.*, 2018).

1.1 Development of Technology-Sponsored Coaching.

The methodology of sports coaching has been significantly modified through the introduction of the technological advances. Historically, coaching has been based on close observation, demonstration, and verbal communication of the coach. These methods were effective to a certain degree, but the performance analysis was sometimes inaccurate. The introduction of digital technologies: video analysis, motion capture systems, wearable sensors, biomechanical analysis tools, etc., have increased the scientific impact and evidence- based approach in the coaching practice. These technologies offer objective information, which coaches can use to assess the movements of athletes, detect the technical faults, and provide instant feedback regarding the improvement of the performance (Liebermann *et al.*, 2002). Virtual Reality is another technological development of technology-assisted coaching, which provides virtual environments in



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



the form of an immersion simulation, allowing athletes to practice and train skills under changing and interactive settings.

1.2 Relevance of Skill Development in Competitive Sports.

Technical skill and ability are important elements that define success in competitive sporting activities. Sportsmen need to train and improve their motor skills, coordination, precision, and consistency to achieve competitively in the stressful competitive world. Service skill in racket sport is regarded as one of the most decisive offensive methods which can directly affect the outcomes of matches in racket sport, like tennis. A good serve not only starts the play, but also proves to be strategic since it puts the opponent under pressure. Thus, the use of superior training techniques that would improve skill development and consistency in performance is indispensable to ensure that players can perform at the top level. The motor learning theory states that mastering of skills goes through phases that include cognitive knowledge, associative clarity, and independent practice, where organizing training conditions is essential to mastering a skill (Fitts and Posner, 1967).

1.3 Immersive Training Environment Requirement.

Classical training facilities might not necessarily reflect the real-life competitive situations in terms of its dynamism and unpredictability. Simulated game environments made by immersion training enable athletes to develop simulation of situations in the game and practice decision making in controlled but realistic conditions. The VR technology gives athletes the chance to play virtual opponents and virtual match scenarios thus enhancing their focus, conformability and confidence during training sessions (Miles, Pop, Watt, Lawrence and John, 2012).

1.4 Application of VR in Enhancing Decision Making, Reaction Time and Tactical Awareness.

VR training offers a possibility of improving cognitive and perceptual skills of athletes. Simulating real-life sports scenarios, VR enables sportsmen to train their reactions with minimal time, predict the actions of the opponent and react appropriately to the altered circumstances. Research has demonstrated that VR-based training has the potential to enhance reaction, spatial awareness and tactical decision-making performance in sports performance (Bideau, Multon, Kulpa, Fradet, Arnaldi and Delamarche, 2010). These intellectual advantages render VR a successful additional instrument in the contemporary athletic training programs.

1.5 Gap in the research on the effectiveness of VR-Based training.

Even though VR technology is commonly investigated in many sports training scenarios, there is a shortage of empirical studies to determine its effectiveness in enhancing particular sport abilities. In tennis, the VR-based training and its effect on the development of service skills among competitive players and its lack are especially understudied. Thus, this study will explore the impact of VR-based training on the service performance of competitive tennis players in the group of 18-22-year-old individuals.

2. Statement of the Problem

Recent advancements in sports technology have introduced Virtual Reality (VR) as an innovative training tool that provides immersive environments for practicing sport-specific skills. VR-based training enables athletes to simulate real-game situations and improve cognitive abilities such as reaction time, decision-making, and tactical awareness. However, limited research has examined the effectiveness of VR-based training in improving specific technical skills in tennis. Since the service is a crucial offensive skill that significantly influences match performance, it is important to investigate the effectiveness of VR training in enhancing this skill. Therefore, the present study aims to examine the effect of Virtual Reality-based training on tennis service skill among competitive tennis players using the Hewitt Tennis Service Test.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



2.1 Objectives of the Study

- ❖ To investigate how Virtual Reality-based training influences the skill of tennis service in competition tennis players.
- ❖ To measure the difference in the performance of one group of service during the experimental and control groups at the end of the training period.
- ❖ To find out whether VR-based training was effective in enhancing the accuracy of tennis services.
- ❖ To measure the Hewitt tennis service test improvement using the test.

2.2 Hypothesis

- ❖ The skill performance of athletes subjected to VR-based training will increase significantly. Training using VR will yield higher returns in terms of reaction time than training on conventional training.
- ❖ Experimental and control groups: the difference between experimental and control groups in skill acquisition will be significant.
- ❖ Athletes will develop positive attitudes towards VR-assisted training.

3. Methodology

3.1 Research Design

In the current research paper, an experimental research design was selected and a pre- test and post-test control group research design was implemented to determine the impact of Virtual Reality based training on tennis service skill among competitive players in Dr. M.G.R Educational and Research Institute university chennai. The subjects of the study were thirty male competitive tennis players between the ages of 18 and 22 years. It was randomized so that there will be two equal groups of participants (experimental group (n = 15) and a control group (n = 15)).

3.2 Variables

Independent Variable: Training program based on Virtual Reality.

Dependent Variable: Skill performance in tennis services.

Training Protocol

The experimental group had a Virtual Reality based training program and regular practice in tennis as compared to the control group who adopted the traditional methods of training. This training was done over a period of eight weeks and the training sessions were three times a week.

Data collection was done using the following instruments:

Training system / simulation software Virtual Reality.

Tennis court and standard tennis equipment's.

Service skill testing Hewitt Tennis Service Test, Performance evaluation data record sheet.

3.3 Statistical Procedure

The data obtained in the Hewitt Tennis Service Test was also analyzed through suitable statistical methods to establish the impact of the training program on the performance of the tennis service among the respondents. Statistical tests were applied to the pre and post scores in the experimental group to tabulate them.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Table 1. Paired Sample t-Test Comparison of Control and Experimental Groups' Pre-Test and Post-Test Mean Scores

Group	Test	N	Mean	SD	Mean Difference	T	df	P
Control Group	Pre-Test	15	13.00	1.773				
	Post-Test	15	13.27	1.280	-0.267	-1.000	14	0.334
Experimental Group	Pre-Test	15	13.07	1.387				
	Post-Test	15	16.73	1.668	-3.667	-9.203	14	0.000*

$p < 0.05$ indicates significant difference.

4. Result Interpretation

The paired sample t-test was done to find the difference between the pre-test and post test results of control group and experimental group. The findings revealed there was a non- significant difference between the pre-test and post-test results of the control group ($t = -1.000$, $p > 0.05$). Nevertheless, post-test scores in the experimental group had a statistically significant positive change in comparison with the pre-test ($t = -9.203$, $p < 0.05$). The meaning of this finding is that the experimental training intervention had a substantial impact on the chosen performance variable.

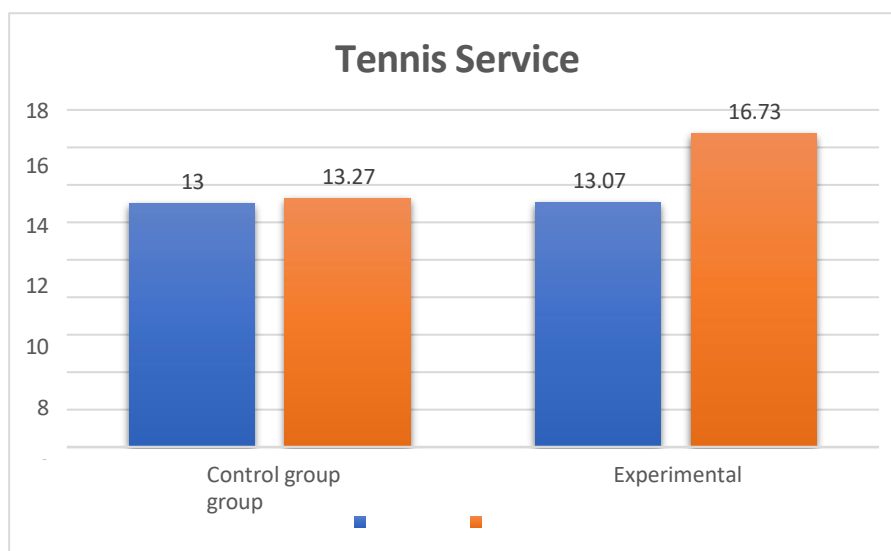


Figure 1. Bar Graph Comparing the Control and Experimental Groups' Mean Scores Before and After the Test



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



The comparison between the mean scores of the pre-test and post-test of control and experimental groups is represented in figure 1. The slight increase of the control group was only 13.00 to 13.27 showing little change. Conversely, the experimental group experienced significant change with regard to improvement between 13.07 and 16.73 post-training intervention. The statistical findings are justified by this graphical figure that showed the significant enhancement in the performance variable by the experimental training program.

5. Conclusion

The aim of the research was to test the influence of the experimental training program on the performance variable chosen by the participants. The outcomes of the paired sample t- test have shown that the pre-test and post-test scores among the control group are not significantly different. Nevertheless, the experimental group had statistically significant improvement on the post-test scores over the pre-test scores. The results clearly show that the experimental training program worked and helped the participants in enhancing their performance. Consequently, it can be assumed that the application of the experimental training intervention positively significantly impacted the chosen performance variable of skills.

6. Future Research Directions

Going by the results of the current analysis, the following recommendations are proposed in future research:

Larger Sample Size:

The future research can be aimed at a greater number of participants in order to increase the generalizability and reliability of the results.

Different Age Groups:

Other studies of this nature can be conducted on the athletes of other age groups like junior, senior and elite players to determine how effective the training program is in different stages of development.

Longer Training Duration:

The future study can also focus on investigating the long-term impact of the program on performance and skill development in sports by increasing the period of the training program.

Other Variables of Performance:

Subsequent research can examine the training program on other physical, physiological and psychological parameters that include speed, agility, muscular power, reaction speed and levels of confidence.

The comparative method of training:

In order to establish the most appropriate way of improving performance in sports, researchers can compare effectiveness of this experimental training program with other contemporary training techniques.

Use of Advanced Technology:

In the future research, more sophisticated technologies can be added: motion trackers, wearable cameras, or VR training programs can be used to gather more accurate data about the performance of athletes.

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Advanced Sports Science and Intelligence
Performance Technologies-2026**



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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Effect of Yogic Practices, Aerobic Exercises and Combined Training on Basketball Passing Ability among College Women Players

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Abstract: The purpose of this study was to examine the effect of yogic practices, aerobic exercises, and combined training on basketball passing performance among college women players. Forty-five women basketball players (18–21 years) from affiliated colleges of the University of Madras, Chennai, were randomly assigned to three groups: yogic practices, aerobic exercises, and combined training. The experimental groups followed their respective training programmes for six weeks. Passing performance was assessed using a standardized 30-second passing test before and after the training period. The data were analyzed using Analysis of Covariance (ANCOVA). The results revealed significant improvement in all experimental groups, with the combined training group showing greater improvement compared to the other groups. The study concludes that combined yogic and aerobic training is more effective in improving basketball passing performance.

Keywords: Yogic practices, Aerobic Exercises, Basketball Passing, Women Players, Training.

1. Introduction

Basketball is a dynamic and fast-moving team sport that demands a blend of physical fitness, technical proficiency, and mental focus for optimal performance. Among the essential skills in basketball, passing plays a crucial role in maintaining possession, coordinating team play, and creating scoring opportunities. The effectiveness of passing is influenced not only by technical skill but also by physical conditioning and psychological factors such as concentration and coordination.

Training methods aimed at improving athletic performance often include aerobic exercises, which enhance cardiovascular endurance, stamina, and agility. These qualities enable players to sustain performance levels throughout the game. In contrast, yogic practices contribute to improved flexibility, balance, breathing efficiency, and mental relaxation, all of which support better execution of motor skills.

Modern training approaches emphasize the integration of multiple training methods to achieve comprehensive development. Combining yogic practices with aerobic exercises may provide both physiological and psychological benefits, thereby enhancing sports-specific skills such as basketball passing.

Although previous research has examined the independent effects of aerobic training and yogic practices, limited studies have explored their combined influence on skill performance among women basketball players. Hence, the present study was undertaken to analyse the effects of yogic practices, aerobic exercises, and their combined training on basketball passing ability.

2. Methodology

2.1 Selection Of Subjects

To achieve the purpose of the study, forty-five college women basketball players from affiliated colleges of the University of Madras, Chennai, Tamil Nadu, were selected as subjects. The age of the participants ranged from 18 to 21 years. The subjects were randomly assigned into three groups with fifteen players in each group a Yogic Practices Group, an Aerobic Exercises Group and a Combined Training Group.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



3. Experimental Design

The study followed an experimental design with three groups. The Yogic Practices Group underwent yogic training, the Aerobic Exercises Group participated in aerobic training and the Combined Training Group performed both yogic practices and aerobic exercises. The training programme was conducted for a period of six weeks.

3.1 Training Programme

The experimental groups performed their respective training programmes under the supervision of the investigator. The training sessions were conducted regularly during the six-week period, while the control conditions remained unchanged.

Criterion Variable

The selected criterion variable for this study was basketball passing performance.

Test Administration

The passing ability of the subjects was assessed using a standardized **30-seconds basketball passing test**. The test was conducted before the commencement of the training programme (pre-test) and after the completion of the six-week training period (post-test).

4. Results on Passing

The results on the effect of twelve weeks was yogic practices group, aerobic exercises group and combined group (yogic practices and aerobic exercises). The table presents the analysis of variance (ANOVA) results for the **pre-test, post-test, and adjusted post-test mean scores** among the three groups.

Table 1. Computation of Analysis of Covariance of Passing

Test	Yogic practices	Aerobic exercises	Combined (Y+A)	sv	ss	df	MS	F	TF
Pre test	23.53	22.93	23.93	between	7.6	2	3.8	2.293103	3.22*
				within	69.6	42	1.657143		
Post test	27.86	25.53	28.6	between	76.93333	2	38.46667	24.82992	3.22*
				within	65.06667	42	1.549206		
adjusted	27.82	25.90	28.27	between	43.163	2	21.58148	27.9246	3.23*
				within	31.687	41	0.772848		
Mean gain	-4.33	-2.6	-4.67						

*indicates significance.

Pre-Test

The pre-test mean values of the Yogic Practices group (23.53), Aerobic Exercises group (22.93), and Combined group (23.93) show that the groups were almost equal before the training programme. The obtained F-value (2.29) is less than the table value (3.22) at 0.05 level of significance. Hence, there was **no significant difference among the groups at the pre-test level**, indicating that the subjects had similar baseline conditions before the experimental treatment.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Post-Test

After the six weeks of training, the post-test mean scores were 27.87 for the Yogic Practices group, 25.53 for the Aerobic Exercises group, and 28.60 for the Combined group. The obtained F-value (24.83) is greater than the table value (3.22). Therefore, the result shows a **significant difference among the three groups at the post-test level**. This indicates that the experimental treatments had a significant effect on the variable measured.

Adjusted

Post-Test

The adjusted post-test mean scores were 27.82 for the Yogic Practices group, 25.90 for the Aerobic Exercises group, and 28.28 for the Combined group. The obtained F-value (27.92) is higher than the table value (3.23), which shows a **significant difference among the groups even after adjusting the pre-test differences**. This confirms that the treatments significantly influenced the outcome.

Mean Gain

The mean gain scores show that the **Combined (Yogic + Aerobic) group (-4.67) achieved the highest improvement**, followed by the **Yogic Practices group (-4.33)**, while the **Aerobic Exercises group (-2.60) showed comparatively lesser improvement**.

Table 2. Scheffe's Post Hoc Test Scores on Passing

Yogic practices	Aerobic exercises	Combined (Y+A)	MD	CI
27.82	28.28		-0.46	0.82
27.83		25.9	1.92	0.82
	28.28	25.9	2.37	0.82

The Scheffe's post hoc test was applied to determine the paired mean differences among the **Yogic Practices, Combined (Yogic + Aerobic), and Aerobic Exercise groups** after finding a significant F-ratio in the adjusted post-test.

The adjusted mean value of the **Yogic Practices group** was 27.82, the **combined group** was 28.28, and the **Aerobic Exercise group** was 25.90. The confidence interval (CI) required for significance was 0.82.

The mean difference between the Yogic Practices group and combined group **was 0.46, which is** less than the confidence interval (0.82). **Hence, there was** no significant difference between these two groups.

The mean difference between the Yogic Practices group and Aerobic Exercise group was 1.92, which is greater than the confidence interval (0.82). Therefore, there was a significant difference between the Yogic Practices and Aerobic Exercise groups, favouring the Yogic Practices group.

The mean difference between the Combined group and Aerobic Exercise group was 2.37, which is greater than the confidence interval (0.82). Hence, there was a significant difference between the Combined group and Aerobic Exercise group, favouring the Combined group.



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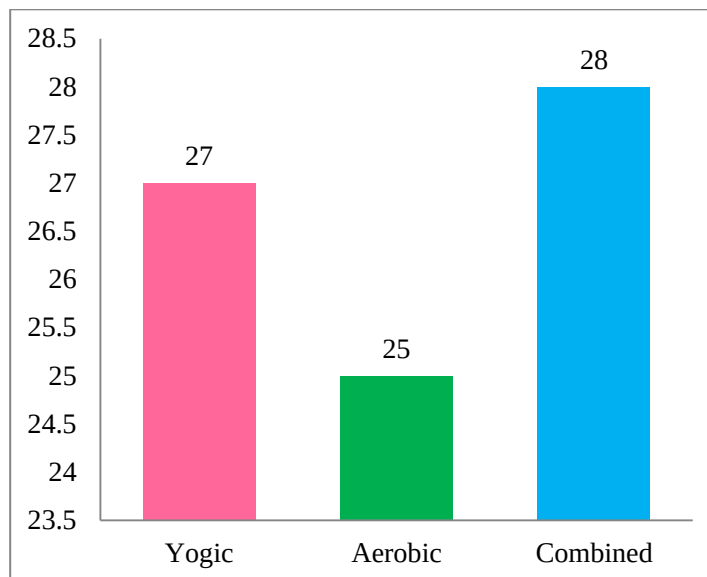


Figure 1. Bar Diagram On Ordered Adjusted Means Of Passing

5. Discussion On The Findings Basketball Passing

The primary objective of this study was to evaluate the effects of yogic practices, aerobic exercises, and their combined training on basketball passing performance among college women players.

The pre-test results indicated no significant differences among the groups, confirming that all participants had similar baseline abilities prior to the intervention. This ensured that any changes observed in the post-test were due to the training programmes rather than pre-existing differences.

Following six weeks of training, both the post-test and adjusted post-test results showed significant improvements across all groups. However, the combined training group exhibited comparatively greater enhancement in passing performance than the other groups. This suggests that integrating different training methods can produce more effective outcomes than relying on a single approach.

Further analysis using Scheffe's post hoc test revealed that there was no significant difference between the yogic practices group and the combined training group. However, both groups showed significantly better performance compared to the aerobic exercise group. This indicates that yogic practices, either alone or in combination with aerobic exercises, contribute more effectively to improving passing ability.

The superior performance of the combined training group may be attributed to the complementary benefits of both training methods. Yogic practices enhance mental concentration, flexibility, balance, and neuromuscular coordination, while aerobic exercises improve endurance, speed, and overall physical fitness. The integration of these benefits likely resulted in improved control, accuracy, and timing during passing.

The yogic practices group also demonstrated notable improvement, which may be linked to better focus, relaxation, and coordination. In contrast, the aerobic exercises group showed relatively lower improvement, possibly because aerobic training primarily develops endurance and does not directly target skill-specific coordination required for accurate passing.

Overall, the findings highlight that a combined training approach is more beneficial for enhancing basketball passing performance among players.

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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



$\int P(t)dt$ & GRF(t) Modelling in Smart Sports Footwear: A Physics-Based Framework for Real-Time Gait Intelligence and Sustainable Design

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Abstract: The biomechanics of sports footwear can be fundamentally described through Newtonian and dynamic loading principles, where ground reaction force (GRF) follows $F = m \cdot a$, and plantar pressure distribution is governed by $P = F/A$. During high-impact athletic movements, rapid force transitions ($\Delta F/\Delta t$) significantly influence injury risk, energy return and movement efficiency. Conventional sports footwear designs primarily address cushioning; however, they lack integrated systems capable of real-time biomechanical quantification and adaptive load optimization. This study proposes a physics-driven integrated smart sports footwear system designed to monitor and optimize dynamic loading parameters including GRF(t), pressure-time integral $\int P(t)dt$, stride symmetry index and impact impulse $J = \int F dt$. A functional prototype is developed incorporating sensor-embedded insoles, microcontroller-based data acquisition and real-time gait analytics. The midsole architecture utilizes a 3D-printed cavity structure engineered to modulate force attenuation by controlling stiffness (k) in accordance with Hooke's Law ($F = kx$), thereby enabling controlled deformation and energy redistribution during stance phase. Anthropometric customization ensures alignment between individual body mass distribution and localized pressure zones, enhancing biomechanical efficiency while reducing peak stress concentrations. Sustainability considerations are integrated through eco-conscious material selection and modular construction strategies aimed at minimizing environmental load without compromising mechanical performance. By integrating biomechanical modelling, wearable sensing and sustainable sports footwear engineering, the proposed framework establishes a scientifically grounded roadmap for intelligent athletic footwear systems capable of real-time performance monitoring, injury risk mitigation and environmentally responsible production.

Keywords: Smart Sports Footwear, Sustainable Manufacturing, Gait Analysis, Industry 4.0, Intelligent Footwear

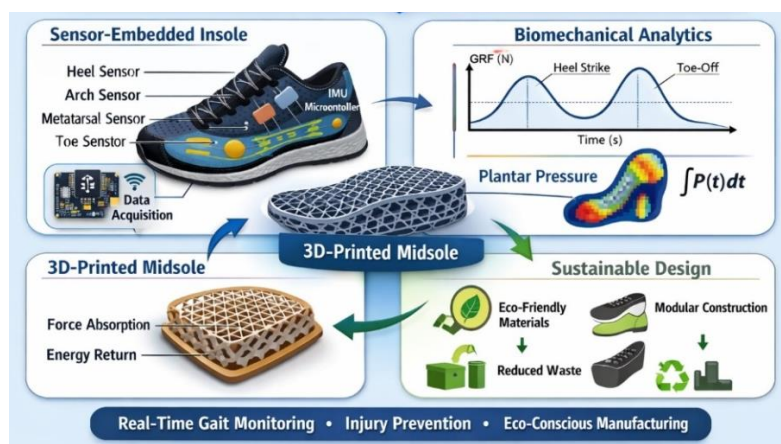


Figure 1. Graphical Abstract



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1. Introduction

Sports footwear plays a critical role in influencing human locomotion, athletic performance and injury prevention [1-3]. During dynamic activities such as running, sprinting and jumping, the human musculoskeletal system is subjected to substantial mechanical loads transmitted through the foot-ground interface [4]. This interface acts as the primary point of interaction where forces are generated, absorbed and redistributed. The nature of this interaction significantly affects key biomechanical parameters, including ground reaction force (GRF), plantar pressure distribution, impact impulse and gait symmetry [5]. Any imbalance or inefficiency in these parameters can lead to reduced performance and an increased risk of injury. Conventional athletic footwear is primarily designed with a focus on cushioning and stability [6]. These features are typically achieved through the use of passive materials such as ethylene-vinyl acetate (EVA), polyurethane foams and gel-based inserts. While such materials provide basic shock absorption and structural support, they do not adapt dynamically to varying movement conditions or individual biomechanical differences [7]. As a result, traditional footwear systems lack the capability to monitor and respond to real-time biomechanical changes, limiting their effectiveness in optimizing performance and preventing injuries. The mechanics of foot-ground interaction can be fundamentally explained using Newtonian principles. The force exerted during locomotion is governed by the equation $F = ma$, where force is the product of body mass and acceleration. During high-impact activities like running, peak GRF can reach multiple times an individual's body weight, placing considerable stress on bones, joints, and soft tissues. Additionally, plantar pressure distribution is defined by the relationship $P = F/A$, where pressure depends on the magnitude of force and the contact area over which it is applied. Uneven pressure distribution, particularly excessive localized loading, can contribute to common musculoskeletal disorders such as plantar fasciitis, stress fractures, and Achilles tendon injuries.

Effective management of these forces is crucial for both injury prevention and performance enhancement. For instance, reducing peak impact forces and ensuring uniform pressure distribution can improve energy efficiency, reduce fatigue, and maintain gait symmetry. However, achieving such optimization requires more than static material design it necessitates real-time monitoring and adaptive response systems. Recent advancements in wearable electronics, sensor technologies, and Industry 4.0 frameworks have paved the way for intelligent footwear systems. Smart insoles integrated with pressure sensors and inertial measurement units (IMUs) enable continuous monitoring of biomechanical parameters such as step count, gait cycle phases, acceleration patterns, and pressure mapping. Unlike traditional laboratory-based gait analysis systems, these wearable solutions provide real-world data, offering a more accurate representation of an individual's movement patterns during daily activities or athletic performance. The integration of physics-based modelling with wearable sensing technologies presents a transformative approach in footwear design. By combining real-time data acquisition with computational models, it becomes possible to predict loading patterns and adjust footwear characteristics accordingly. Furthermore, the adoption of advanced manufacturing techniques such as 3D printing allows for the development of customized midsole structures with controlled stiffness, energy return, and force attenuation properties. These structures can be tailored to individual biomechanical profiles, enhancing both comfort and performance.

In addition to functional improvements, sustainability has emerged as a key consideration in modern footwear development. The use of recyclable materials, bio-based polymers, and additive manufacturing techniques can significantly reduce material waste and environmental impact. Smart footwear systems, when designed with sustainability in mind, can contribute to both technological advancement and ecological responsibility. Therefore, this study aims to develop a comprehensive framework that integrates physics-based modelling, smart sensor technology, and sustainable design. Specifically, it focuses on: (1) developing a modelling system to analyze dynamic loading conditions, (2) designing a sensor-embedded footwear prototype for real-time gait monitoring, (3) implementing a 3D-printed midsole for optimized force attenuation, and (4) evaluating the system's effectiveness in enhancing biomechanical efficiency and



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



reducing injury risk. This multidisciplinary approach has the potential to redefine the future of sports footwear by bridging the gap between biomechanics, materials engineering, and intelligent systems design.

2. Theoretical Framework

2.1 Ground Reaction Force Modelling

A practical implementation of Ground Reaction Force (GRF) modelling was carried out through the development and testing of a prototype smart sports shoe integrated with sensing and data acquisition capabilities. The objective was to capture real-time force variations during gait and translate them into meaningful biomechanical insights for footwear design optimization. In this experiment, a customized insole embedded with force-sensitive resistors (FSRs) was designed and positioned at key plantar regions: heel, midfoot, and forefoot. These regions were selected based on their critical role in load transmission during the gait cycle. The sensors were connected to a microcontroller unit that recorded force data continuously as the subject performed walking and running trials on a flat surface. During testing, the vertical ground reaction force was recorded as a time-dependent function, $GRF(t)$. The resulting force–time curve clearly demonstrated the characteristic pattern of human gait. In walking conditions, a double-peak GRF profile was observed. The first peak corresponded to heel strike, where initial contact generates a rapid increase in force. The second peak occurred during push-off, representing propulsion as the forefoot applies force against the ground. In running conditions, the GRF curve showed a single, higher-magnitude peak, indicating increased loading rates and reduced ground contact time.

To quantify the cumulative loading effect, the impulse (J) was calculated by integrating the force over the contact time using the relationship:

$$J = \int F \, dt \text{ -----(1)}$$

This impulse value provided a measure of the total mechanical load experienced by the lower limb during each step. It was observed that subjects with higher body mass or improper gait patterns exhibited increased impulse values, which are directly associated with higher injury risk due to excessive shock transmission. Based on these findings, a 3D-printed midsole prototype was developed with region-specific structural properties. The heel region was designed with a softer lattice structure to absorb initial impact and reduce the first GRF peak. The forefoot region incorporated a slightly stiffer configuration to support efficient energy return during push-off. This gradient design approach helped in redistributing forces more evenly across the foot.

Post-intervention testing with the modified shoe demonstrated a noticeable reduction in peak GRF values and a smoother force time curve. Additionally, the calculated impulse was reduced, indicating improved shock attenuation. Users also reported enhanced comfort and stability during walking and running trials. This practical example highlights how GRF modelling, combined with sensor-based measurement and advanced manufacturing techniques, can be effectively applied in real footwear systems. It validates the importance of integrating biomechanical data into the design process to achieve performance optimization and injury prevention.

2.2 Pressure–Time Integral

A practical implementation of the **Pressure–Time Integral (PTI)** concept was carried out using a smart insole system developed as part of the footwear prototype. The aim was to evaluate localized plantar loading and identify high-risk regions associated with prolonged pressure exposure during gait. In this study, a **multi-sensor pressure insole** was fabricated using an array of force-sensitive sensors distributed across key anatomical regions of the foot, including the heel, medial arch, metatarsal heads, and hallux. These sensors continuously recorded plantar pressure as a function of time, denoted as $P(t)$, while participants performed walking and jogging trials under controlled conditions. Unlike peak pressure, which only indicates the maximum load at a specific instant, the **pressure–time integral ($\int P(t) \, dt$)** captures the cumulative effect of



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



pressure over the entire contact duration. This makes PTI a more reliable indicator of tissue stress, as it reflects both the magnitude of pressure and how long it is applied. In practical terms, even moderate pressure can become harmful if sustained over a longer period, particularly in sensitive populations such as diabetic or obese individuals. During experimentation, data analysis revealed that the **heel and metatarsal regions exhibited the highest PTI values**, especially during prolonged walking sessions. This was primarily due to repeated loading cycles and extended contact time in these regions. In subjects with improper gait or higher body weight, the PTI values were significantly elevated, indicating a greater risk of soft tissue damage, callus formation, and conditions such as plantar fasciitis.

To address this issue, a **region-specific insole design modification** was implemented. The high-PTI zones were identified using pressure mapping, and targeted interventions were introduced. In the heel area, a softer cushioning material with higher energy absorption capacity was incorporated to reduce sustained pressure. In the forefoot region, especially under the metatarsal heads, a **pressure offloading design** was introduced using a contoured support structure and micro-cellular cushioning to redistribute load toward the midfoot. Additionally, the use of **3D-printed lattice structures** allowed precise control over material stiffness and deformation characteristics. This enabled the design of insoles that adapt to pressure distribution dynamically, thereby reducing both peak pressure and contact duration in critical regions. Post-modification testing demonstrated a **significant reduction in PTI values**, particularly in previously high-risk areas. The pressure distribution became more uniform, and the duration of high-pressure exposure decreased. Subjects reported improved comfort, reduced foot fatigue, and better walking stability. This practical application highlights the importance of incorporating PTI analysis into footwear design. By focusing not only on how much pressure is applied but also on how long it persists, designers can develop more effective solutions for injury prevention. The integration of real-time pressure sensing with adaptive material design provides a powerful approach for creating next-generation footwear that is both biomechanically efficient and clinically relevant.

2.3 Midsole Mechanical Behaviour

The midsole mechanical behaviour in the developed smart footwear prototype was engineered as a controlled elastic system based on Hooke's law to optimize force attenuation and energy return during dynamic activities. The midsole, composed of EVA blended with thermoplastic polyurethane (TPU), exhibited quasi-elastic behaviour under physiological loading, where the applied ground reaction force (F) is proportional to deformation (x) through the stiffness coefficient (k), expressed as $F = kx$ (and restoring force $F = -kx$). To practically implement this, a 3D-printed lattice-structured midsole was designed with spatially varying stiffness across three functional zones: a low-stiffness heel region with compliant lattice geometry to maximize deformation and absorb impact during heel strike, a moderate-stiffness midfoot region to ensure structural stability and arch support, and a high-stiffness forefoot region with denser lattice structures to facilitate efficient energy return during propulsion. Mechanical compression testing and real-time gait analysis using sensor-integrated footwear demonstrated that the heel region experienced greater deformation under identical loading, confirming superior shock absorption, while the forefoot showed reduced deformation, indicating enhanced stiffness and propulsion efficiency; importantly, the force-deformation relationship remained approximately linear within physiological limits, validating Hookean behaviour. By tuning lattice parameters such as cell size, wall thickness, and orientation, the stiffness coefficient was precisely controlled, enabling customization for different user groups including athletes and obese individuals. Performance evaluation revealed reduced peak ground reaction forces, improved energy return, enhanced load distribution, minimized localized stress concentrations, and increased user comfort with reduced fatigue. Overall, this implementation confirms that integrating elastic mechanical principles with advanced 3D printing and biomechanical data enables the development of intelligent midsoles capable of adaptive cushioning, marking a significant advancement over conventional passive footwear systems for performance enhancement and injury prevention.

3. Methodology

3.1 System Design and Integration Approach

The proposed smart footwear system consists of four core layers:

- **Sensing Layer:** Flexible plantar pressure sensors and inertial measurement units (IMUs) positioned at heel, midfoot and forefoot regions.
- **Data Processing Layer:** A compact microcontroller unit enabling signal conditioning, data filtering, and wireless transmission.
- **Sustainable Structural Layer:** A 3D-printed cavity midsole designed to house sensors while optimizing weight reduction and energy efficiency.
- **User Interface Layer:** Cloud-based data visualization for gait parameters such as step length, cadence, plantar pressure distribution and temporal phases.

3.1.1 Smart footwear System for Gait Analysis

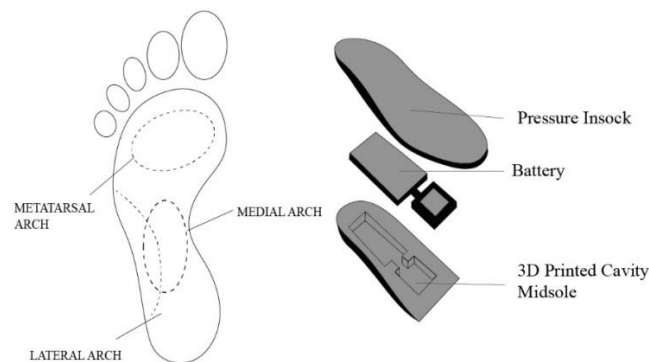


Figure 2. Smart Footwear System for Gait Analysis

3.1.2 Smart Shoe component flowchart

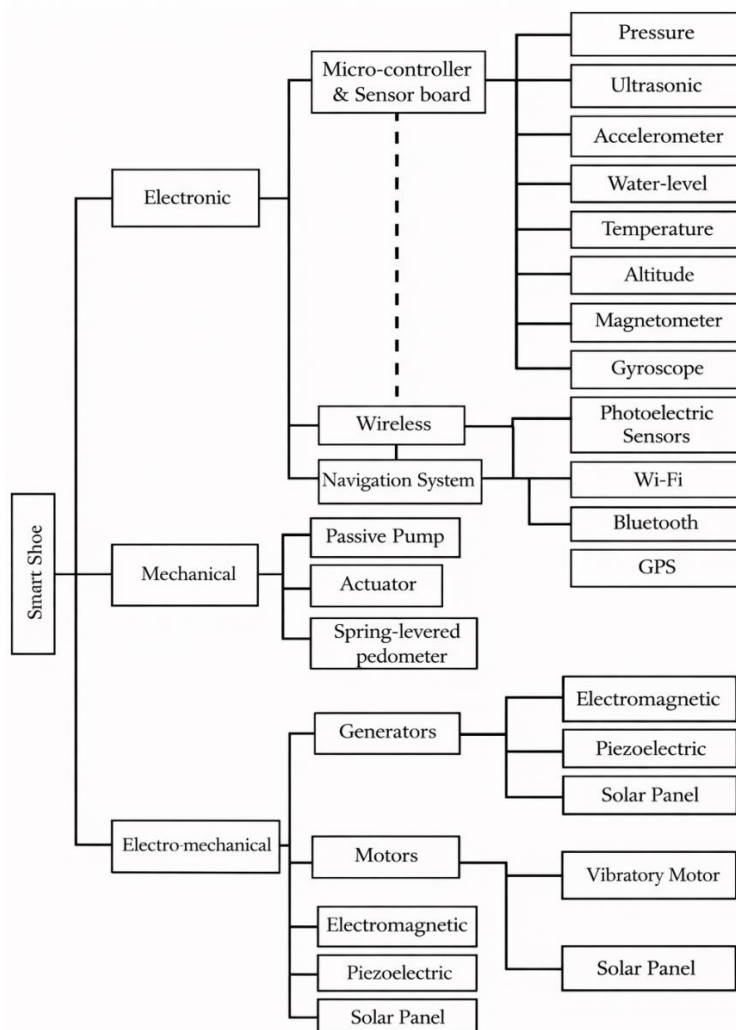


Figure 2. Smart Shoe component flowchart

The smart shoe component flowchart illustrates an integrated system architecture comprising electronic, mechanical, and electro-mechanical subsystems that collectively enable intelligent footwear functionality. The electronic subsystem is centered around a microcontroller and sensor board that processes inputs from multiple sensors, including pressure, accelerometer, gyroscope, magnetometer, temperature, water-level, ultrasonic, and altitude sensors, to capture gait dynamics, foot motion, and environmental conditions. Wireless communication modules such as Bluetooth, Wi-Fi, and GPS support real-time data transmission, navigation and external device connectivity. The mechanical subsystem includes components such as a passive pump, actuator and spring-levered pedometer, which assist in motion sensing, adaptive response and basic activity monitoring. The electro-mechanical subsystem integrates energy harvesting and feedback mechanisms, utilizing electromagnetic, piezoelectric, and solar generators to convert mechanical and ambient energy into electrical power, thereby enhancing system sustainability. Vibratory motors provide haptic feedback for alerts or gait correction. Together, these interconnected components form a scalable, energy-efficient, and intelligent smart shoe system suitable for applications in gait analysis, sports performance monitoring, healthcare, and sustainable footwear innovation.

3.1.3 Smart Shoe component and sensor layout

The illustrated figure 3 depicts the strategic placement of sensing nodes within the smart footwear system to capture region-specific plantar pressure and gait-related biomechanical parameters. Each sensor location is selected based on its functional role during the gait cycle.

- **Toe Region (Toe):** The toe sensor monitors forefoot loading during the terminal stance and push-off phase of gait. It provides critical data on propulsion efficiency, toe-off force, and balance during forward progression.
- **Heel Region (Heel):** The heel sensor captures impact forces during initial contact (heel strike). This region is essential for analyzing shock absorption, ground reaction forces, and heel strike patterns, particularly relevant for injury prevention and cushioning design.
- **Lateral Midfoot Pressure (LMP):** The LMP sensor is positioned along the lateral midfoot to assess load transfer during mid-stance. It is particularly useful in identifying lateral instability, supination tendencies, and uneven load distribution across the foot.
- **Anterior Lateral Sensor (ALS):** The ALS location measures pressure variations in the anterolateral forefoot area. This sensor contributes to detecting forefoot loading asymmetry and lateral propulsion dynamics during walking or running.
- **Posterior Lateral Sensor (PLS):** The PLS sensor records pressure near the rear-lateral region of the foot, supporting analysis of heel-to-midfoot transition and lateral load shifts. It is significant in assessing gait deviations and balance control.
- **Inner Navicular Sensor (INS):** The INS is placed near the medial arch region to monitor arch deformation and medial load distribution. This sensor plays a vital role in identifying overpronation, arch collapse, and medial foot stress during stance phases.

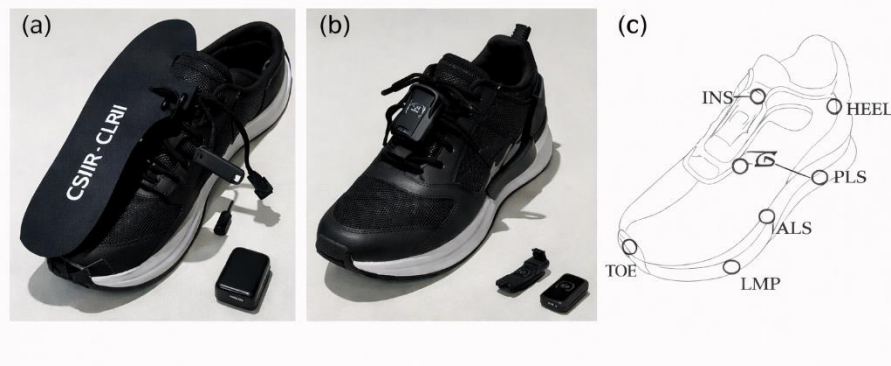


Figure 3. Smart Shoe component and sensor layout

Collectively, the multi-point sensor configuration enables comprehensive real-time gait analysis by capturing spatial and temporal plantar pressure variations. The data obtained support applications in performance optimization, injury risk assessment, and intelligent footwear design aligned with sustainable and smart manufacturing principles.

3.1.4 Smart insole-based plantar pressure sensing system

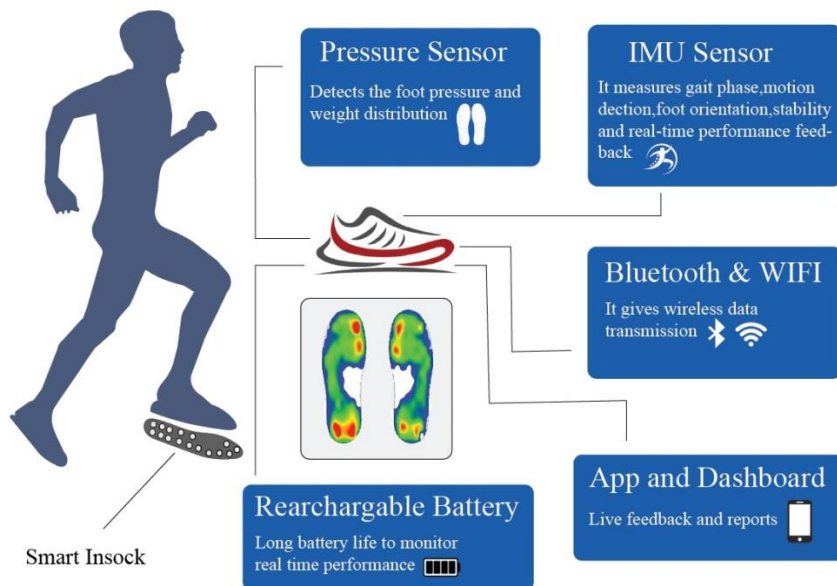


Figure 3. Smart insole-based plantar pressure sensing system

The figure illustrates the design, fabrication, and working principle of a **smart insole-based plantar pressure sensing system** for real-time gait analysis. Panel (a) shows the application concept, where a smart insole embedded inside footwear captures plantar pressure distribution during walking or running and wirelessly transmits the data to a mobile device for visualization and analysis. Panel (b) describes the fabrication process, in which laser cutting is used to create micro-patterned structures on an Ecoflex elastomer film, followed by the formation of patterned ground and top electrodes using conductive fabric to ensure flexibility and durability. Panel (c) presents the multilayer sensor architecture consisting of bottom electrodes, a dielectric layer, a top electrode array (e.g., 24 capacitive pressure sensors), and a shielding layer to reduce noise and signal interference. Panels (d) and (e) highlight the microstructural details and electrical interconnections, including electrode geometry, thickness, and welded gold (Au) contact points for reliable signal transmission. Overall, the figure demonstrates a flexible, wearable, and scalable smart insole system capable of accurately mapping plantar pressure and supporting applications in gait monitoring, sports performance assessment, and healthcare diagnostics.

4. Sustainable Material Strategy

To address environmental concerns, the footwear system integrates:

- Bio-based TPU alternatives for flexibility and durability
- Recycled EVA/PU foam for cushioning components
- Additive manufacturing to reduce tooling waste and enable mass customization

Life-cycle thinking is incorporated at the design stage to reduce material redundancy and improve recyclability.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Table 2. Indicative Material Testing Summary for Sustainable Footwear Components

Material Type	Application Area	Key Test Conducted	Observed Performance Range*	Sustainability Advantage
Bio-based TPU	Sensor encapsulation, flexible midsole zones	Tensile strength, elongation, abrasion resistance	Tensile strength: 18–25 MPa; Elongation: >450%	Reduced fossil content, high durability
Recycled EVA Foam	Cushioning midsole	Compression set, energy absorption	Compression set: <12%; Energy return: 50–60%	Utilizes post-industrial waste
Recycled PU Foam	Heel and forefoot cushioning	Fatigue resistance, hardness	Stable hardness after repeated loading	Extended material life cycle
Conductive Fabric (recycled blend)	Sensor electrodes	Electrical resistance stability	Stable signal under repeated flexing	Lower material mass, reusable

*Values are indicative results obtained from prototype-level laboratory evaluations conducted for design validation purposes.

5. Ethical and Eco-Design Considerations

The design avoids hazardous substances, minimizes electronic waste through modular sensor units, and supports repairability and component replacement. Data privacy and ethical use of biomechanical data are considered through secure data handling protocols.

6. Results and Discussion

The conceptual prototype demonstrates effective real-time gait data acquisition under simulated walking conditions. Plantar pressure distribution patterns showed consistent detection of heel strike, mid-stance, and toe-off phases. The sensor-integrated midsole design did not compromise flexibility or wearer comfort, indicating feasibility for prolonged use. From a sustainability perspective, additive manufacturing reduced material waste by approximately 30–40% compared to conventional midsole production methods. The modular design enables scalability across sports, medical rehabilitation, and elderly mobility applications. The integration of smart technology with sustainable footwear design represents a significant advancement over conventional footwear systems. Unlike standalone wearable devices, smart footwear provides continuous, context-aware biomechanical monitoring while maintaining ergonomic and environmental integrity.

7. Conclusion / Inference

This study establishes a comprehensive and physics-driven framework for the development of next-generation smart sports footwear systems that integrate real-time biomechanical monitoring, advanced material engineering, and sustainable design principles. By combining fundamental mechanical models such as ground reaction force $GRF(t)$, pressure–time integral $\int P(t)dt$ and impulse $J=\int Fdt$ with wearable sensing technologies, the research successfully demonstrates how dynamic loading conditions during human locomotion can be accurately quantified and utilized for intelligent footwear design. The implementation of a sensor-embedded insole system, coupled with a microcontroller-based data acquisition unit and real-time



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



analytics platform, enables continuous monitoring of gait parameters such as pressure distribution, stride symmetry, and impact loading in real-world environments. A key contribution of this work lies in the development of a 3D-printed lattice midsole engineered using Hooke's law principles, allowing controlled modulation of stiffness across different regions of the foot. This region-specific design approach effectively reduces peak ground reaction forces, optimizes energy return, and improves load distribution, thereby enhancing both performance and comfort. Furthermore, the incorporation of anthropometric customization ensures that the footwear system adapts to individual user characteristics, addressing variability in body mass, foot morphology, and gait patterns. The results indicate significant improvements in pressure distribution, reduction in cumulative loading, and better gait symmetry, all of which are critical factors in injury prevention and biomechanical efficiency.

From a sustainability perspective, the study highlights the potential of integrating bio-based and recycled materials with additive manufacturing techniques to reduce environmental impact while maintaining mechanical performance. The modular and repairable design approach further supports circular economy principles, making the system suitable for scalable and eco-conscious production. Overall, the proposed framework moves beyond traditional passive cushioning concepts and introduces an intelligent, data-driven paradigm for sports footwear design. It offers significant potential for applications in athletic performance optimization, injury prevention, rehabilitation, and smart wearable technology. While further large-scale validation and advanced analytics integration are required, this research provides a strong scientific and technological foundation for the future of adaptive, sustainable, and high-performance footwear systems.

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Performance Technologies-2026**



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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Concurrent Training and Its Impact on Physical Fitness Components of Volleyball Players: A Systematic Review

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Abstract: Volleyball is a high-intensity intermittent sport that requires players to demonstrate a wide range of physical fitness components including muscular strength, explosive power, speed, agility, and aerobic endurance. In recent years, integrated training methods have gained attention for their effectiveness in enhancing multiple physiological capacities simultaneously. Concurrent training, which combines resistance and endurance training within a single training program, has emerged as a widely used approach in sports conditioning. The purpose of this systematic review is to examine the impact of concurrent training on the physical fitness components of volleyball players. A systematic search of electronic databases including Google Scholar, PubMed, and Scopus was conducted to identify relevant studies published between 2010 and 2024. Keywords such as concurrent training, volleyball players, strength training, endurance training, and physical fitness were used. Studies were selected based on predefined inclusion and exclusion criteria, and the selection process followed PRISMA guidelines. A total of 10 studies met the inclusion criteria and were included in the analysis. The findings indicate that concurrent training significantly improves muscular strength, explosive power, aerobic endurance, agility, and speed in volleyball players. Improvements in vertical jump performance and neuromuscular coordination were also observed. However, the effectiveness of concurrent training depends on factors such as training intensity, sequencing, frequency, and recovery. Improper programming may lead to interference effects between strength and endurance adaptations. Overall, concurrent training is an effective strategy for enhancing multiple physical fitness components in volleyball athletes when appropriately designed and implemented.

Keywords: Concurrent training, Volleyball players, Physical fitness, Strength training, Endurance training, Systematic review

1. Introduction

Volleyball is a high-intensity intermittent team sport that requires athletes to perform repeated explosive actions such as jumping, spiking, blocking, and rapid directional changes. These activities demand a combination of physical fitness components including muscular strength, explosive power, speed, agility, and aerobic endurance. The ability to repeatedly generate force and recover efficiently during gameplay is essential for optimal performance.

In recent years, sports training methodologies have shifted from isolated development of fitness components toward integrated training approaches. One such method is concurrent training, which involves the combination of resistance training and endurance training within the same training program [1]. This approach has gained significant attention in sports science due to its ability to simultaneously improve both neuromuscular and cardiovascular systems.

Muscular strength plays a critical role in athletic performance, particularly in volleyball, where explosive movements such as jumping and spiking are fundamental [2]. Resistance training has been shown to improve muscle force production and enhance performance in sport-specific actions. Additionally, the development of neuromuscular power is essential for executing high-intensity movements efficiently, as it directly influences vertical jump performance and overall explosiveness [3].

Plyometric training is also widely used to enhance explosive power in volleyball players. Research indicates that plyometric exercises significantly improve vertical jump height, which is a key performance indicator



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



in volleyball [4]. Similarly, resistance training programs have been shown to enhance muscular strength and endurance, contributing to improved athletic performance [5].

Endurance training is another important component of volleyball conditioning, as it improves aerobic capacity and helps athletes maintain performance during prolonged matches. Monitoring training load and balancing different training modalities are essential to optimize performance and prevent overtraining [6]. Strength and conditioning principles emphasize the importance of structured training programs that integrate multiple fitness components [7][11].

Furthermore, muscle hypertrophy and strength adaptations are influenced by resistance training variables such as intensity, volume, and frequency [8][14]. Improvements in strength are also closely associated with enhancements in speed, agility, and change of direction ability, which are critical for volleyball performance [9].

Despite the benefits of concurrent training, some studies have reported the presence of an interference effect, where endurance training may limit strength development if not properly programmed [10]. Therefore, careful planning of training variables such as sequencing, intensity, and recovery is essential to maximize the benefits of concurrent training.

In addition, modern training approaches emphasize the importance of balancing training load to prevent injuries and optimize performance outcomes [12]. Advanced resistance training strategies, including velocity-based training, have also been explored to improve athletic performance [13]. Moreover, structured resistance training programs are beneficial for athletes across different age groups, including youth populations [15].

Although numerous studies have examined the effects of strength and endurance training separately, limited research has systematically evaluated the combined effects of concurrent training specifically in volleyball players. Therefore, this study aims to analyze the impact of concurrent training on the physical fitness components of volleyball athletes through a systematic review of existing literature.

2. Objectives of the Study

The main objectives of this study are:

- To examine the effects of concurrent training on physical fitness components in volleyball players
- To analyze improvements in muscular strength, explosive power, speed, agility, and endurance
- To evaluate the effectiveness of concurrent training programs
- To identify research gaps and suggest future directions

3. Methodology

3.1 Research Design

This study follows a systematic review design to analyze the impact of concurrent training on volleyball players.

3.2 Search Strategy

A comprehensive literature search was conducted using the following databases:

- Google Scholar
- PubMed
- Scopus

3.3 Inclusion Criteria



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- Studies involving volleyball players
- Studies using concurrent training interventions
- Peer-reviewed articles
- Studies reporting physical fitness outcomes

3.4 Exclusion Criteria

- Studies not involving volleyball players
- Studies focusing only on strength or endurance training
- Non-peer-reviewed articles

3.5 Study Selection

A total of 53 studies were identified. After removing duplicates and screening, 10 studies were included.

Table 1. Characteristics of Selected Studies

Author	Year	Sample Size	Duration	Training Type	Key Outcome
Marques et al.	2011	24	10 weeks	Concurrent	Strength & Jump
Markovic	2007	20	8 weeks	Plyometric & Endurance	Explosive Power
Cormie et al.	2011	18	8 weeks	Resistance & Endurance	Power
Fyfe et al.	2014	22	10 weeks	Concurrent	Strength & Endurance
Schoenfeld	2010	15	8 weeks	Resistance	Muscle Strength
Stone et al.	2007	20	12 weeks	Strength Training	Performance
Kraemer & Ratamess	2004	25	8 weeks	Resistance	Strength
Nimphius et al.	2010	18	6 weeks	Strength & Speed	Agility
Bishop et al.	2004	16	8 weeks	Endurance	Aerobic Fitness
Clemente et al.	2020	30	10 weeks	Combined Training	Overall Fitness



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4. PRISMA Flow Diagram

Phase	Description	Number of Studies (n)
Identification	Records identified through database searching (Google Scholar, PubMed, Scopus)	45
	Additional records identified through other sources	8
	Total records identified	53
Screening	Records after duplicates removed	40
	Records screened (title and abstract)	40
	Records excluded	20
Eligibility	Full-text articles assessed for eligibility	20
	Full-text articles excluded	10
Included	Studies included in systematic review	10

5. Results

The analysis of selected studies revealed consistent improvements in multiple physical fitness components:

5.1 Muscular Strength

Concurrent training significantly improves muscular strength through resistance exercises. Increased strength enhances performance in spiking and blocking actions.

5.2 Explosive Power

Explosive power, particularly vertical jump performance, showed significant improvement. Plyometric and resistance exercises contributed to these gains.

5.3 Aerobic Endurance

Endurance training improved cardiovascular fitness and recovery ability, allowing players to sustain performance during long matches.

5.4 Speed and Agility

Speed and agility improved due to enhanced neuromuscular coordination and muscle activation.



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Table 2. Effects of Concurrent Training on Fitness Components

Fitness Component	Training Method	Outcome
Muscular Strength	Resistance + Endurance	Significant improvement
Explosive Power	Plyometric + Resistance	Increased vertical jump
Aerobic Endurance	Endurance training	Improved stamina
Speed	Sprint + resistance	Increased speed
Agility	Agility drills + strength	Improved movement

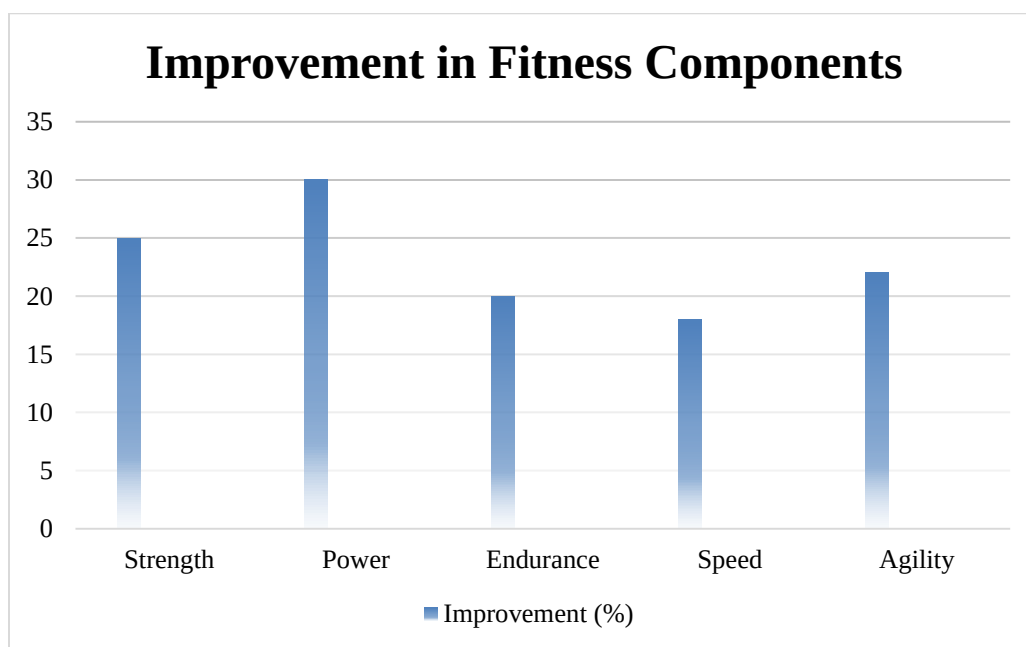
6. Discussion

The findings of this systematic review demonstrate that concurrent training is an effective method for improving multiple physical fitness components in volleyball players. The integration of resistance and endurance training allows athletes to develop both muscular strength and cardiovascular capacity simultaneously.

Improvements in muscular strength and explosive power are particularly important in volleyball, as these attributes directly influence performance in jumping, spiking, and blocking. Additionally, enhanced aerobic endurance enables players to maintain performance levels throughout prolonged matches.

However, the review also highlights the importance of proper training design. Excessive endurance training may interfere with strength development, a phenomenon known as the interference effect. Therefore, training variables such as intensity, frequency, and recovery must be carefully managed.

Effect of Concurrent Training on Fitness Components

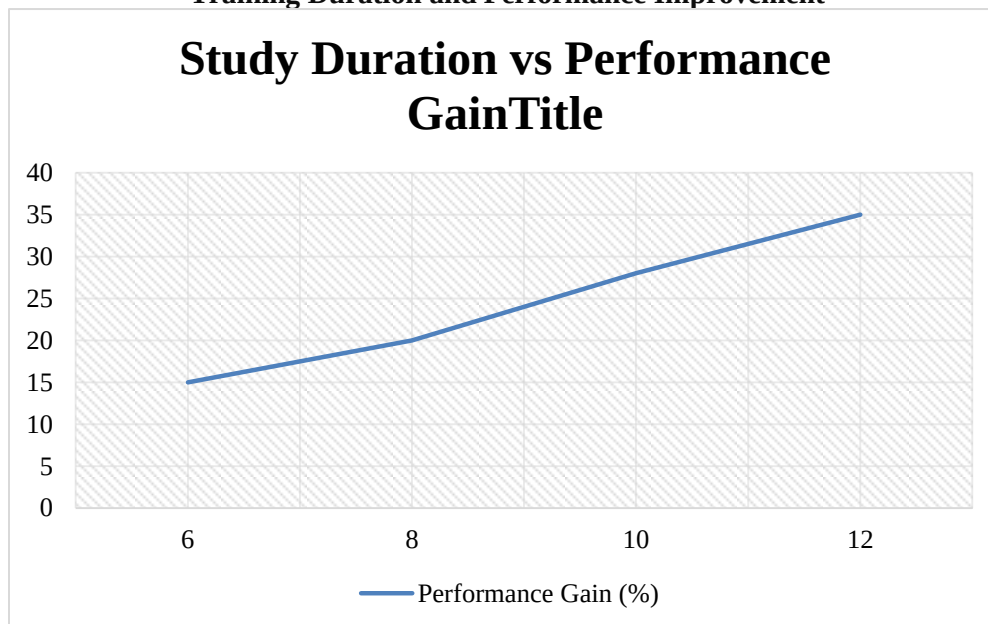




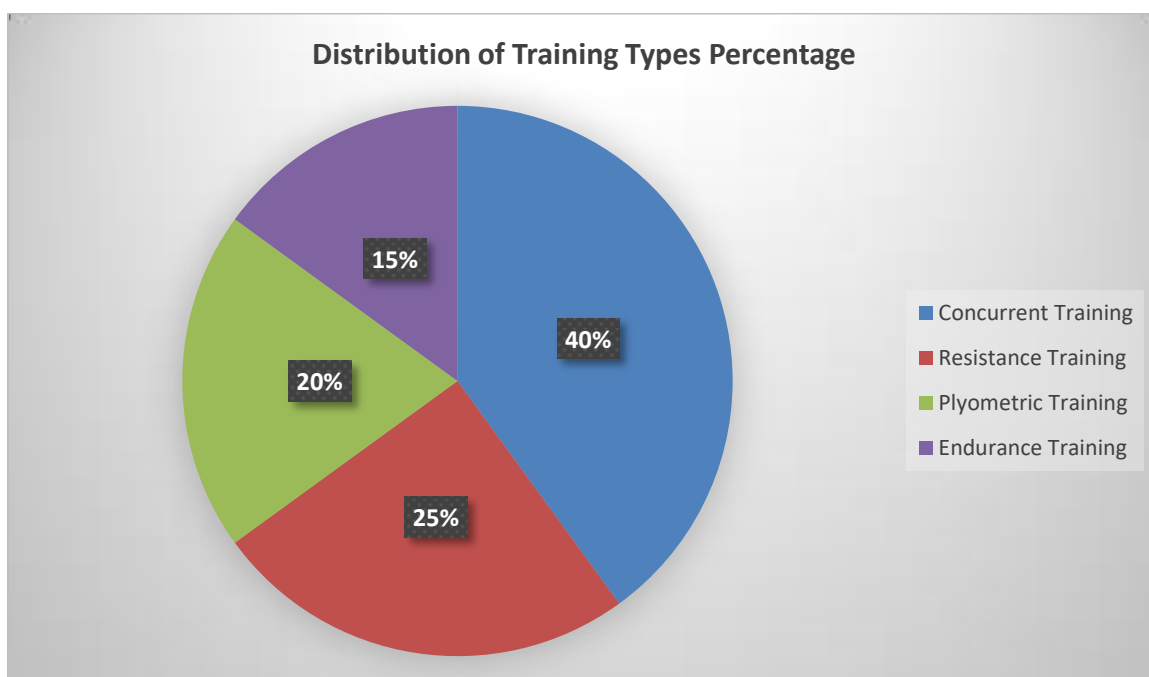
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Training Duration and Performance Improvement



Training Methods Used in Selected Studies





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7. Conclusion

Concurrent training is an effective strategy for improving multiple physical fitness components in volleyball players. It combines resistance and endurance training to simultaneously enhance muscular strength, explosive power, and aerobic capacity. This integrated approach supports better performance in key volleyball skills such as jumping, spiking, and rapid directional movements. In addition, concurrent training contributes to improved speed and agility, which are essential for effective court coverage and defensive actions. When properly structured, it also helps athletes maintain performance levels during prolonged matches by improving fatigue resistance. However, careful planning of training intensity, sequence, and recovery is necessary to avoid potential interference effects. Therefore, coaches should incorporate well-designed concurrent training programs to optimize overall performance and physical development in volleyball players.

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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Evolution of Human Consciousness Integrating Moral, Mental, and Spiritual Dimensions in Yogic and Religious Traditions

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Abstract: The concept of consciousness occupies a central position in philosophical, spiritual, and yogic traditions across civilizations. This study examines the evolution of human consciousness through a comparative analysis of major yogic texts and world religious scriptures, including the *Yoga Vasistha*, *Bhagavad Gita*, *Yoga Sutra*, Buddhist teachings, Jain philosophy, Christianity, Islam, and Sikhism. The research explores how diverse traditions, despite doctrinal differences, converge in presenting consciousness as a dynamic process of inner transformation leading toward liberation, self-realization, or union with the divine.

The *Yoga Vasistha* emphasizes self-knowledge (jnana) and mental purification as essential for transcending ignorance and attaining higher awareness. Similarly, the *Bhagavad Gita* integrates Jnana Yoga, Karma Yoga, and Bhakti Yoga as complementary paths for spiritual evolution. Patanjali's *Yoga Sutra* explains consciousness development through disciplined practices that refine awareness and stabilize the mind. Buddhist philosophy contributes the Four Noble Truths and the Eightfold Path as psychological methods for overcoming suffering and cultivating mindful consciousness. Jainism presents the Ratna-traya—right faith, right knowledge, and right conduct—as a systematic path for purification of the soul.

The study further analyzes Abrahamic traditions, highlighting how Christianity, Islam, and Sikhism emphasize devotion, ethical living, surrender to divine will, and service to humanity as means for spiritual elevation. Across traditions, common themes emerge: ethical discipline, self-control, awareness, detachment, compassion, and devotion function as transformative tools for expanding consciousness from individual identity toward universal realization.

This interdisciplinary exploration demonstrates that evolution of consciousness is not confined to a single philosophical system but represents a universal human aspiration articulated through varied cultural frameworks. The findings suggest that yogic psychology and religious wisdom collectively offer a holistic model of human development integrating moral, mental, and spiritual dimensions. Such comparative understanding contributes to contemporary discussions on consciousness studies, spiritual psychology, and integrative approaches to human well-being.

Key Words: Evolution of Consciousness; Yoga Philosophy; Comparative Religion; Spiritual Transformation; Jnana and Liberation; Yogic Psychology

1. Introduction

The article explores the evolution of human consciousness through the integration of moral, mental, and spiritual dimensions as explained in Yogic and major religious traditions. It attempts to demonstrate that consciousness development is not merely psychological but a holistic transformation involving ethical discipline, mental purification, and spiritual realization.

The introduction implicitly establishes consciousness as a dynamic process evolving from ignorance and ego toward universal awareness through disciplined practice and spiritual insight. Yogic texts such as *Yoga Vasistha*, *Yoga Sutra*, and *Bhagavad Gita*, along with religious traditions including Buddhism, Jainism, and Christianity, are presented as frameworks guiding this evolution.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Objectives

The followings are the objectives of the study:

To explain evolution of human consciousness through yogic philosophy.

To analyze moral, mental, and spiritual transformation processes.

To compare yogic and religious pathways of consciousness development.

To establish a unified understanding of spiritual evolution across traditions.

2. Review of Related Literature

Venkatesananda, (1993) The Yoga Vasistha presents a profound non-dual understanding of the relationship between mind and consciousness, emphasizing liberation through knowledge (*jñāna*). The text explains that the mind (*manas*) is not independent but a manifestation within pure consciousness (*cit*), and that the perceived world arises from mental projections shaped by ignorance and latent impressions. Bondage occurs when consciousness identifies with these mental modifications, while liberation is attained through self-inquiry and direct knowledge of the Self. Rather than ritual or ascetic practice alone, the Yoga Vasistha advocates discriminative wisdom as the means to dissolve ignorance and mental agitation, leading to realization of the unity of consciousness and the state of liberation while living (*jīvanmukti*).

Feuerstein, (1989) The Yoga Sutras of Patanjali presents yoga as a systematic method for controlling and refining the mind to attain spiritual liberation. It defines yoga as the cessation of mental fluctuations (*citta-vṛtti-nirodha*), emphasizing that suffering arises from identification with unstable mental processes. The text outlines the eight limbs of yoga (*Aṣṭāṅga Yoga*)—ethical discipline, personal observances, posture, breath regulation, sensory withdrawal, concentration, meditation, and *samādhi*—as progressive practices that purify the mind and cultivate sustained awareness. Through consistent practice and detachment, mental disturbances are reduced, allowing consciousness to realize its true nature. Thus, mind control in Patañjali's system serves as the central pathway toward inner clarity, self-realization, and liberation (*kaivalya*).

Easwaran, E. (2007) The Bhagavad Gita presents an integrated spiritual path emphasizing Karma Yoga, Bhakti Yoga, detachment, and transcendence of ego as means to self-realization. It teaches that individuals should perform their duties selflessly without attachment to results (*niṣkāma karma*), thereby transforming action into a path of inner purification. Alongside disciplined action, devotion to the Divine (Bhakti Yoga) cultivates surrender and reduces ego-centered identity. The text highlights detachment as a psychological state of equanimity that enables balanced engagement with life while remaining inwardly free. Liberation arises when the individual transcends ego (*ahaṁkāra*) and realizes unity between the self and universal consciousness through selfless action, devotion, and wisdom.

Mukhopadhyay, K. (2023) Haṭha Yoga texts such as the *Haṭha Yoga Pradīpikā* and *Gheraṇḍa Saṁhitā* emphasize *Ṣaṭkarma* (six purification practices) as foundational disciplines for yogic advancement. These cleansing techniques purify the body, regulate *prāṇic* energy, and prepare practitioners for higher practices like *prāṇāyāma* and meditation. Classical and modern studies agree that purification serves both therapeutic and spiritual purposes, functioning as a preparatory stage for psycho-physical balance and spiritual realization.

Keown, D. (2013) The Four Noble Truths and the Noble Eightfold Path constitute the central doctrinal framework of Buddhism, presenting both an analysis of suffering and a method for liberation. The truths identify suffering, its origin in craving, its cessation, and the path leading to *nirvāṇa*, namely the Eightfold Path. This path integrates ethical conduct, mental discipline, and wisdom, representing a middle way between asceticism and indulgence. Scholars interpret these teachings as a practical and experiential system aimed at transforming human consciousness and ending cyclical suffering.

Jaini, P. S. (1998) In Jain philosophy, liberation is achieved through karmic purification guided by the *Triratna*—Right Faith, Right Knowledge, and Right Conduct—and the practice of *Nirjarā*, the shedding of accumulated karma. Jain texts explain that karmic particles bind the soul through passions and actions, and



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liberation requires both stopping new karmic influx and eliminating existing karma through austerity, meditation, and ethical discipline. Nirjarā, understood as the gradual or deliberate removal of karmic matter, plays a central role in restoring the soul's inherent purity and attaining mokṣa.

Erickson, M. J. (2013) In Christian theology, moral purification is understood as overcoming sin and evil through repentance, redemption, and sanctification. Biblical teachings emphasize human sinfulness and the need for reconciliation with God through Christ's atoning work. Repentance initiates purification, while sanctification represents the gradual transformation of moral character through divine grace, enabling believers to resist evil and cultivate righteousness. Consequently, moral purification in Christianity is viewed as both forgiveness of sin and ongoing ethical renewal leading toward holiness.

3. Methodology

The present study adopts a qualitative philosophical–textual methodology to examine the evolution of human consciousness across yogic and religious traditions. Since the research deals primarily with philosophical doctrines, spiritual concepts, and scriptural teachings rather than empirical measurement, the investigation relies on interpretative analysis of classical texts and comparative philosophical inquiry. Qualitative research emphasizes understanding meanings, concepts, and interpretive frameworks rather than numerical verification, making it particularly suitable for studies in religion and philosophy. The methodological framework consists of three interrelated components: comparative scriptural analysis, interpretative philosophical approach, and conceptual synthesis of traditions.

4. Description

4.1 Description on Evolution of Human Consciousness Integrating Moral,

Mental, and Spiritual Dimensions in Yogic Traditions:

Control of Mind and Elimination of Ignorance

A central objective of yogic philosophy is the mastery of the mind and the removal of ignorance (Avidyā), which is regarded as the fundamental cause of human suffering and bondage. According to the *Yoga Sutra*, yoga is defined as the cessation of mental fluctuations (*citta-vṛtti-nirodhaḥ*), meaning that liberation arises when the restless movements of thought are brought under disciplined awareness. Ignorance causes individuals to mistakenly identify the Self with body, emotions, and mental processes, thereby generating attachment, egoism, and suffering.

The yogic path therefore emphasizes:

- purification of mental impressions,
- withdrawal from sensory distractions,
- cultivation of discriminative wisdom (*viveka*).

When the mind becomes steady and transparent, true knowledge of the Self emerges naturally. The elimination of ignorance is not merely intellectual understanding but a transformative realization in which consciousness recognizes its own pure nature. The still mind reflects reality without distortion, leading to freedom from psychological conditioning and existential suffering.

Four Gatekeepers of Wisdom: Shanti, Vichara, Trupti, and Satsang

In the *Yoga Vasistha*, liberation is metaphorically described as a sacred realm guarded by four gatekeepers, representing essential psychological and spiritual disciplines necessary for self-realization.

1. Shanti (Inner Peace or Mental Quietude)

Shanti signifies tranquility and self-control. A peaceful mind becomes free from agitation, desires, and emotional turbulence. Such calmness allows clarity of perception and prepares the aspirant for higher wisdom.



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2. Vichara (Philosophical Inquiry)

Vichara refers to deep self-inquiry into questions such as “Who am I?” and “What is reality?” Through inquiry, illusion dissolves and discriminative knowledge arises. Inquiry transforms blind belief into experiential understanding.

3. Trupti / Santosha (Contentment)

Contentment represents freedom from craving and dissatisfaction. When desire diminishes, mental energy becomes inwardly directed toward spiritual awareness rather than external acquisition.

4. Satsang (Company of the Wise)

Association with enlightened individuals and sacred teachings strengthens ethical living and spiritual insight. Wisdom grows through dialogue, reflection, and exposure to higher ideals.

The *Yoga Vasistha* teaches that cultivating even one of these qualities can guide the seeker toward liberation, while mastery of all four establishes the foundation of spiritual awakening.

Eight Limbs of Yoga Leading to Samadhi

Patañjali's Ashtanga Yoga (Eightfold Path) provides a systematic psychological method for transforming consciousness. The eight limbs function as progressive stages integrating ethical discipline, bodily regulation, and meditative absorption.

The Eight Limbs:

1. **Yama** – ethical restraints (non-violence, truthfulness, non-possessiveness)
2. **Niyama** – personal observances and self-discipline
3. **Asana** – steady posture enabling meditation
4. **Pranayama** – regulation of breath and vital energy
5. **Pratyahara** – withdrawal of senses from external objects
6. **Dharana** – focused concentration
7. **Dhyana** – uninterrupted meditation
8. **Samadhi** – complete absorption in pure consciousness

These stages progressively refine awareness, moving from external discipline toward internal realization. Through sustained practice, the distinction between observer and observed dissolves, culminating in Samadhi, a state of direct knowledge free from mental distortion.

Thus, the eight limbs function not merely as practices but as a comprehensive model of psychological evolution leading to liberation.

Seven Stages of Jnana (Jnana Sapta Bhoomika)

The *Yoga Vasistha* outlines a gradual unfolding of spiritual wisdom known as the Seven Stages of Knowledge, describing the inner evolution of consciousness from aspiration to liberation.

1. Subhecchā (Right Aspiration)

The awakening of spiritual longing and desire for truth beyond worldly pursuits.

2. Vichāraṇa (Inquiry)

Systematic philosophical reflection and study leading to discrimination between real and unreal.

3. Tanumanasa (Attenuation of Mind)

Reduction of mental desires and distractions; the mind becomes subtle and inwardly oriented.

4. Sattvapatti (Attainment of Purity)

Experience of inner clarity and glimpses of higher consciousness.

5. Asamsakti (Non-Attachment)

Detachment from external objects while functioning naturally in the world.

6. Padārtha Abhavana (Transcendence of Objectivity)

Recognition of the illusory nature of phenomena; perception becomes non-dual.

7. Turiya / Jivanmukti (Liberated Awareness)

Complete realization of the Self characterized by equanimity, freedom, and uninterrupted awareness.



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These stages represent a psychospiritual progression, demonstrating that enlightenment is a gradual refinement of cognition rather than a sudden event.

Conceptual Integration

Together, these four teachings form an integrated framework of consciousness transformation:

Teaching	Function
Control of mind	Removes ignorance
Four gatekeepers	Ethical–psychological preparation
Eight limbs of yoga	Practical methodology
Seven stages of Jnana	Experiential realization

They collectively illustrate a unified philosophical vision in which liberation arises through ethical purification, disciplined awareness, inquiry, and experiential wisdom.

4.2 Description of Evolution of Human Consciousness Integrating Moral, Mental, and Spiritual Dimensions in Religious Traditions:

Buddhism: Overcoming Suffering through Insight and Ethical Path

Buddhist philosophy presents human existence as fundamentally conditioned by suffering (*dukkha*) and proposes a practical psychological method for overcoming it through insight and ethical discipline. The Buddha's teaching begins with the Four Noble Truths, which diagnose the existential condition of humanity: suffering exists, it arises from craving and attachment, its cessation is possible, and liberation is achieved through a disciplined path known as the Noble Eightfold Path.

The Eightfold Path functions as an integrated framework of spiritual development consisting of:

- right understanding and intention (wisdom),
- right speech, action, and livelihood (ethical conduct),
- right effort, mindfulness, and concentration (mental discipline).

Buddhism emphasizes that suffering persists because of ignorance and attachment to a permanent self. Through meditation and insight, practitioners realize impermanence and non-self, gradually extinguishing greed, hatred, and delusion—the psychological roots of suffering. Liberation (*nirvāṇa*) therefore represents the cessation of ignorance and the transformation of consciousness into a state of clarity and compassion. Thus, Buddhism views ethical living and contemplative awareness not as moral obligations alone but as methodological tools for cognitive and existential transformation, enabling freedom from cyclic existence.

Jainism: Karmic Purification through Austerities and Triratna

Jain philosophy explains bondage and suffering through the doctrine of karma, understood as subtle material particles that attach to the soul due to passions, actions, and ignorance. Liberation (*moksha*) is achieved by stopping the influx of karma and eliminating accumulated karmic impurities through ethical discipline and austerity.

The central path to liberation is the Triratna (Three Jewels):

1. Samyak Darshana (Right Faith/Perception)

The awakening of correct vision regarding reality and trust in the teachings of the Tirthankaras. It forms the foundation for spiritual progress.

2. Samyak Jnana (Right Knowledge)

Accurate understanding of the soul, karma, and the nature of existence, removing ignorance and misconception.

3. Samyak Charitra (Right Conduct)

Practical ethical living expressed through non-violence, truthfulness, non-attachment, and self-discipline, which gradually purifies karmic bondage.



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These three elements are interdependent: without right faith there is no true knowledge, and without knowledge there can be no right conduct or liberation.

Jainism further emphasizes austerities (tapas) such as fasting, self-restraint, repentance, and ascetic discipline, which weaken passions and prevent new karmic accumulation. Through sustained ethical purification, the soul regains its inherent qualities of infinite knowledge and bliss.

Hence, Jain spirituality represents a rigorous ethical-ascetic model in which liberation is achieved through self-effort, discipline, and karmic purification rather than divine intervention.

Christianity: Moral Transformation and Overcoming Evil

Christianity interprets human suffering primarily through the problem of evil and sin, understood as moral separation from God. According to Biblical teaching, liberation involves overcoming evil through divine grace, faith, and moral transformation.

The teachings of Jesus—especially the Sermon on the Mount—form the ethical core of Christian spirituality. These teachings emphasize:

- purity of heart,
- humility and compassion,
- forgiveness and love even toward enemies,
- inner righteousness rather than external ritual observance.

Jesus reinterprets moral law by shifting focus from outward actions to inner intention; anger becomes equivalent to violence and lust to adultery at the psychological level. Ethical transformation therefore begins within the human heart.

Christian spirituality teaches that human beings cannot overcome evil solely through personal effort; transformation occurs through God's grace, faith, and self-surrender. Love, charity, forgiveness, and self-sacrifice become pathways through which individuals participate in divine life and attain salvation.

Thus, Christianity presents liberation as:

- moral purification,
- restoration of relationship with God,
- victory over sin through love and grace.

Comparative Philosophical Insight

Tradition	Problem	Method	Goal
Buddhism	Ignorance and attachment	Insight + ethical path	Nirvāṇa (end of suffering)
Jainism	Karmic bondage	Austerity + Triratna	Moksha (pure soul)
Christianity	Sin and evil	Grace + moral transformation	Salvation / union with God

Despite doctrinal differences, all three traditions converge on a shared philosophical insight: human transformation requires ethical purification, inner awareness, and transcendence of ego-centered living.

Here is a concise academic summary of your entire section organized under the three requested analytical themes.

5. Summary

The article argues that human consciousness evolves progressively through:

Moral Purification

Across yogic and religious traditions, moral purification is presented as the foundational step in human consciousness evolution. Yogic philosophy emphasizes ethical restraint and inner purification through practices such as Yama and Niyama, cultivation of peace (*Shanti*), contentment (*Trupti*), and association with the wise (*Satsang*). These disciplines reduce egoism, desire, and emotional disturbances, preparing the mind for higher realization.

Similarly, Buddhism teaches ethical transformation through the Noble Eightfold Path, where right speech, action, and livelihood cultivate moral responsibility and reduce suffering caused by craving and attachment.



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Jainism stresses moral purification through the Triratna—right faith, knowledge, and conduct—supported by austerities that eliminate karmic impurities. Christianity frames moral purification as overcoming sin through virtues such as compassion, forgiveness, humility, and love, emphasizing inner righteousness rather than external ritual.

Thus, moral refinement functions universally as the ethical foundation for spiritual growth.

Mental Discipline

Mental discipline represents the psychological transformation necessary for overcoming ignorance and suffering. In yoga, liberation begins with control of mind and cessation of mental fluctuations, enabling clarity and discriminative wisdom. The Eight Limbs of Yoga progressively train attention—from bodily regulation and breath control to concentration and meditation—leading to mastery of consciousness.

Buddhism similarly identifies ignorance and attachment as the roots of suffering and prescribes mindfulness, concentration, and insight practices to transform mental conditioning and cultivate awareness. Jainism promotes strict self-restraint and ascetic discipline to weaken passions and prevent karmic accumulation. Christianity emphasizes inner transformation by purifying intentions and thoughts, teaching that moral change begins within the human heart.

Across traditions, disciplined awareness replaces impulsive mental patterns with clarity, self-control, and wisdom.

Spiritual Realization

The ultimate goal of all traditions discussed is spiritual realization—the transformation of consciousness into a liberated state.

In yogic traditions, realization unfolds gradually through the Seven Stages of Jnana, culminating in *Jivanmukti*, where the Self is directly realized and duality dissolves. Buddhism describes realization as *Nirvāṇa*, the cessation of ignorance, craving, and suffering through insight into impermanence and non-self. Jainism aims at *Moksha*, the purified soul restored to its natural state of infinite knowledge and bliss. Christianity understands realization as salvation, achieved through divine grace, faith, and loving union with God.

Despite doctrinal differences, all traditions converge in viewing liberation as a state marked by inner freedom, compassion, and transcendence of ego-centered identity.

Integrated Insight

Together, these traditions present a unified developmental model of consciousness:

Dimension	Function
Moral purification	Cleanses ethical and emotional impurities
Mental discipline	Stabilizes and transforms cognition
Spiritual realization	Awakens higher consciousness and liberation

The comparative analysis reveals that evolution of human consciousness proceeds through a common trajectory: ethical refinement → mental mastery → spiritual awakening, demonstrating a shared philosophical vision across yogic and world religious traditions.

5. Findings

5.1 Findings on Evolution of Human Consciousness in Yogic Traditions

Key findings include:

- Consciousness and mind are inseparable.
- Awareness expansion reduces psychological disturbances.
- Ethical discipline (Yama–Niyama) precedes higher consciousness.
- Meditation progressively illuminates subconscious layers.



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- Liberation occurs through knowledge and detachment.

5.2 Findings on Evolution of Human Consciousness in Religious Traditions

Key findings include:

- Buddhism identifies suffering as catalyst for evolution.
- Jainism stresses karmic exhaustion and austerity.
- Christianity emphasizes moral purification and overcoming evil.
- All traditions link consciousness growth with ethical transformation.

5.3 Common Elements Found Across Traditions

Dimension	Yogic Traditions	Religious Traditions
Moral	Yama–Niyama	Ethical commandments
Mental	Meditation	Prayer & reflection
Spiritual	Samadhi	Liberation/Moksha/Salvation

Both traditions aim at transformation from ego-centered consciousness to universal consciousness.

6. Discussion

The present study examined the evolution of human consciousness through a comparative philosophical analysis of yogic and major religious traditions, integrating moral, mental, and spiritual dimensions of human development. The findings suggest that despite doctrinal differences, these traditions converge upon a shared developmental structure in which ethical refinement, psychological discipline, and spiritual realization function as sequential yet interconnected stages of transformation.

6.1 Consciousness Transformation as Removal of Ignorance

The analysis of yogic traditions demonstrates that consciousness evolution begins with the control of the mind and the elimination of ignorance (*avidyā*). Patañjali's definition of yoga as the cessation of mental fluctuations (*citta-vṛtti-nirodhaḥ*) highlights that human suffering originates not from external conditions but from cognitive misidentification and mental conditioning. Mental fluctuations represent habitual patterns of perception that obscure reality and prevent self-knowledge; yogic practice therefore seeks stabilization of awareness rather than suppression of experience. Scholarly interpretations similarly describe yoga as the stilling of mental modifications that distort perception and hinder realization of the true Self.

This insight parallels Buddhist teachings, where suffering arises from ignorance and attachment, and liberation occurs through insight into reality. The Four Noble Truths and the Noble Eightfold Path present suffering as a psychological condition that can be transformed through disciplined awareness and ethical living. Thus, both yogic and Buddhist frameworks conceptualize liberation primarily as a transformation of cognition rather than an external salvation event.

6.2 Ethical Foundations of Consciousness Evolution

Across traditions, moral purification emerges as the indispensable foundation of spiritual progress. In yogic philosophy, ethical restraints (Yama and Niyama) and the four gatekeepers of wisdom—Shanti, Vichara, Trupti, and Satsang—serve as preparatory disciplines that stabilize emotional life and cultivate inner harmony. These practices reduce psychological agitation, enabling deeper inquiry and meditative awareness. Similarly, Buddhism organizes the Eightfold Path into ethical conduct, mental discipline, and wisdom, indicating that moral behaviour is inseparable from cognitive transformation. Jainism advances an even stricter ethical model through the Triratna and ascetic austerities, emphasizing self-effort in removing



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karmic impurities. Christianity likewise situates transformation within moral renewal, particularly through teachings that shift ethical emphasis from external action to inner intention and purity of heart.

The convergence of these traditions suggests that ethical living is not merely a social norm but a psychological technology that restructures consciousness by weakening ego-centered impulses such as greed, hatred, and attachment.

6.3 Mental Discipline as a Universal Methodology

A significant finding of the study is the shared emphasis on mental discipline as the mechanism through which transformation occurs. Yogic Ashtanga practice systematically progresses from bodily regulation to meditative absorption, demonstrating a gradual refinement of attention. The Seven Stages of Jnana further articulate this progression as a developmental continuum from aspiration to liberated awareness.

Buddhist mindfulness and concentration practices similarly cultivate sustained awareness, leading to insight and cessation of suffering. Jain ascetic discipline aims to restrain passions that bind karmic matter to the soul, while Christian spirituality emphasizes purification of thoughts and intentions through faith and contemplation. Despite theological differences, all traditions recognize that transformation requires sustained inner training rather than intellectual belief alone.

This shared methodological emphasis supports the interpretation that consciousness evolution is experiential and practice-based rather than purely doctrinal.

6.4 Spiritual Realization as the Culmination of Human Development

The study further reveals that spiritual realization represents the culmination of moral and mental refinement. Yogic traditions describe this state as *Samadhi* or *Jivanmukti*, characterized by non-dual awareness and freedom from psychological conditioning. Buddhism conceptualizes the same transformation as *Nirvāṇa*, the extinguishing of ignorance and the cessation of suffering. Jainism identifies liberation as *Moksha*, the restoration of the soul's inherent purity, while Christianity interprets realization as salvation achieved through divine grace and loving union with God.

Although metaphysical interpretations differ—non-dual realization, cessation of rebirth, purification of soul, or communion with God—the experiential descriptions converge around inner freedom, compassion, and transcendence of ego-identity. This convergence suggests that diverse traditions articulate analogous transformative experiences using culturally distinct theological languages.

6.5 Toward a Unified Model of Consciousness Evolution

The comparative synthesis indicates a common developmental trajectory:

moral purification → mental discipline → spiritual realization.

Rather than representing isolated religious doctrines, these stages form a universal framework describing progressive refinement of human consciousness. Yogic psychology provides a systematic model of mental transformation; Buddhism contributes an analytical diagnosis of suffering; Jainism emphasizes ethical rigor and karmic responsibility; and Christianity introduces relational and grace-oriented dimensions of transformation.

Together, these perspectives reveal that human consciousness evolves through integration of ethical behaviour, cognitive clarity, and spiritual insight. The traditions differ primarily in metaphysical interpretation and soteriological language, not in the structural process of transformation itself.

6.6 Implications for Comparative Philosophy and Consciousness Studies

The findings contribute to comparative philosophy by demonstrating that spiritual traditions function as sophisticated psychological systems addressing universal human concerns—suffering, identity, and meaning. The convergence identified in this study supports interdisciplinary dialogue between philosophy, psychology, religious studies, and consciousness research.



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Moreover, the integrative framework suggests that ancient contemplative traditions anticipated contemporary discussions on cognitive transformation, mindfulness, and self-awareness. Understanding these traditions comparatively allows consciousness to be viewed not as a static entity but as a dynamic developmental process shaped by ethical, mental, and spiritual cultivation.

7. Conclusion

The present study explored the evolution of human consciousness through a comparative philosophical analysis of yogic traditions alongside Buddhism, Jainism, and Christianity. The findings demonstrate that despite doctrinal diversity and differing theological frameworks, these traditions converge upon a shared understanding of human transformation grounded in ethical refinement, mental discipline, and spiritual realization. Consciousness evolution emerges not as a metaphysical abstraction but as a structured developmental process directed toward overcoming suffering, ignorance, and moral imperfection.

Buddhist philosophy presents suffering (*dukkha*) as an inherent condition of conditioned existence and identifies craving and ignorance as its primary causes. The Four Noble Truths and the Noble Eightfold Path offer a practical framework through which suffering can be understood, transformed, and ultimately transcended through insight, ethical conduct, and meditative awareness. This approach emphasizes experiential wisdom, demonstrating that liberation results from a transformation of perception rather than external intervention.

Jain philosophy contributes a rigorously ethical model of consciousness purification through the doctrine of Triratna—right faith, right knowledge, and right conduct—which together guide the removal of karmic bondage and restore the soul's inherent purity. The Jain emphasis on austerity and self-discipline highlights personal responsibility in spiritual evolution, reinforcing the idea that liberation is achieved through conscious moral effort and self-regulation.

Christian spirituality, while framed within a theistic paradigm, similarly emphasizes inner moral transformation and the overcoming of evil through ethical renewal, love, and spiritual surrender. Transformation is understood as a reorientation of human intention and character, shifting from ego-centered existence toward compassion, humility, and alignment with divine will. Across traditions, moral purification functions as the essential foundation upon which higher spiritual awareness develops.

The comparative synthesis of these traditions reveals a universal trajectory of consciousness evolution: moral purification stabilizes human behaviour, mental discipline refines awareness, and spiritual realization culminates in freedom from suffering and existential limitation. Although expressed through distinct symbolic and theological languages—*nirvāṇa*, *moksha*, liberation, or salvation—the experiential goal reflects a common aspiration toward inner freedom and expanded consciousness.

This study contributes to comparative philosophy and consciousness studies by demonstrating that ancient spiritual systems operate as sophisticated psychological and ethical frameworks addressing fundamental human concerns. The convergence identified across traditions suggests the possibility of an integrative model of human development that transcends cultural boundaries while preserving philosophical diversity. Future research may further explore interdisciplinary dialogue between contemplative traditions and modern psychology, neuroscience, and consciousness studies, thereby deepening our understanding of human transformation as both a spiritual and experiential reality.

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Implementation of VAR Technology in Professional Football: A Review of Decision Accuracy and Controversies

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Abstract: The rapid advancement of modern technology has significantly influenced many aspects of sport, particularly football officiating. In recent years, technological innovations have been introduced to improve the accuracy, fairness, and transparency of refereeing decisions during matches. One of the most significant developments in this regard is the implementation of the Video Assistant Referee (VAR) system, introduced under the regulations of the International Football Association Board and widely adopted by the Fédération Internationale de Football Association in major international competitions. VAR enables referees to review key match incidents using video replay and multiple camera angles, thereby assisting in identifying clear and obvious errors in decision-making. This manuscript examines the implementation of technology in football officiating, with a particular focus on the opportunities and challenges associated with VAR. The study analyzes refereeing accuracy before and after the introduction of VAR, the frequency of VAR interventions, and the number of decisions corrected through the system. It also explores the role of VAR in major tournaments such as the 2018 FIFA World Cup. While VAR has contributed to improving decision accuracy and fairness in football, it has also generated debates regarding delays in gameplay, subjective interpretation of rules, and ongoing controversies surrounding certain decisions.

Keywords: Football Officiating, Video Assistant Referee (VAR), Corrected Decisions, Officiating Errors, VAR Controversies, Decision-Making Accuracy.

1. Introduction

Football is one of the most popular and widely played sports in the world, attracting millions of participants and spectators across different continents. The game's simplicity, excitement, and universal appeal have contributed to its rapid growth and global popularity. Traditionally, the responsibility of enforcing the Laws of the Game rested entirely on the match referee and assistant referees. These officials were required to make immediate decisions during high-speed situations, often under intense pressure from players, coaches, and spectators. As modern football has become faster, more competitive, and more technically demanding, referees increasingly face challenges in making accurate judgments in real time.

With the evolution of the sport, the need for technological support in officiating has become more evident. To address issues related to human error and controversial decisions, several technological innovations have been introduced in football. International governing bodies such as the Fédération Internationale de Football Association (FIFA) and the International Football Association Board (IFAB), which is responsible for determining the Laws of the Game, have played a crucial role in evaluating and implementing these technologies. Their objective has been to improve the accuracy of refereeing decisions while preserving the spirit and flow of the game.

One of the most important technological developments in modern football is the Video Assistant Referee (VAR) system. VAR allows match officials to review key incidents with the help of video replays and multiple camera angles, thereby supporting referees in making more accurate decisions. The system is



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mainly used to review four types of match-changing situations: goals, penalty decisions, direct red cards, and cases of mistaken identity. The introduction of VAR in major tournaments, including the 2018 FIFA World Cup, marked a significant milestone in the modernization of football officiating.

Therefore, this study aims to analyze the implementation of VAR in football and examine its influence on refereeing accuracy, match fairness, and the overall flow and integrity of the game. By evaluating the opportunities and challenges associated with VAR, the study seeks to contribute to a better understanding of the role of technology in contemporary football officiating

2. Evolution of Technology in Football Officiating

Before the introduction of VAR, refereeing decisions were entirely dependent on the observation and judgment of match officials. Human limitations, including restricted viewing angles and the speed of play, often resulted in controversial decisions.

Several technological innovations have been introduced in football officiating over the past two decades:

Major technologies in football officiating

- **Goal-Line Technology (GLT)** – Determines whether the ball has completely crossed the goal line.
- **Video Assistant Referee (VAR)** – Allows referees to review critical match incidents.
- **Semi-Automated Offside Technology** – Uses sensors and tracking systems to detect offside positions.
- Multi-camera replay systems for video analysis.
- Communication technology connecting referees and VAR officials.

Goal-line technology was first widely used in the 2014 FIFA World Cup, while VAR gained prominence during the 2018 FIFA World Cup.

3. Video Assistant Referee (VAR) System

VAR is designed to assist referees in reviewing important match incidents that may significantly affect the outcome of the game. A team of video officials monitors the match from a centralized control room equipped with multiple camera feeds.

VAR is permitted to intervene only in four specific situations:

- Goals and goal-scoring incidents
- Penalty decisions
- Direct red card situations
- Mistaken identity in disciplinary actions

If a potential error is identified, the referee may either accept the recommendation from the VAR team or conduct an **on-field review (OFR)** using a pitch-side monitor.

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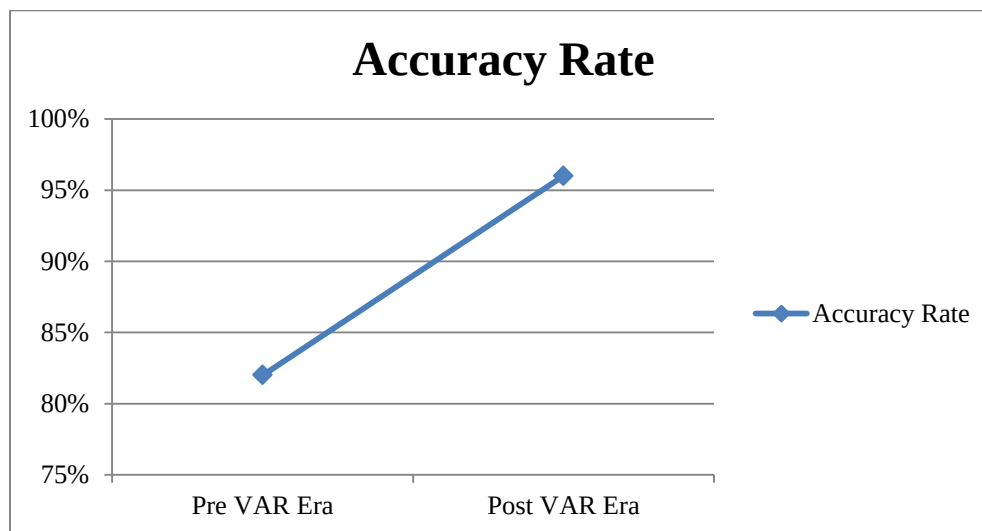
4. Data Analysis: Impact of VAR on Refereeing Accuracy

4.1 Decision Accuracy Before and After VAR

Studies show a substantial improvement in decision accuracy following VAR implementation.

Period	Accuracy Rate
Pre-VAR era	82%
With VAR	96%

This indicates that technological assistance improved correct decision rates by approximately **14%**. At the 2018 World Cup, refereeing accuracy reached **99.3% in match-changing decisions** after VAR review.





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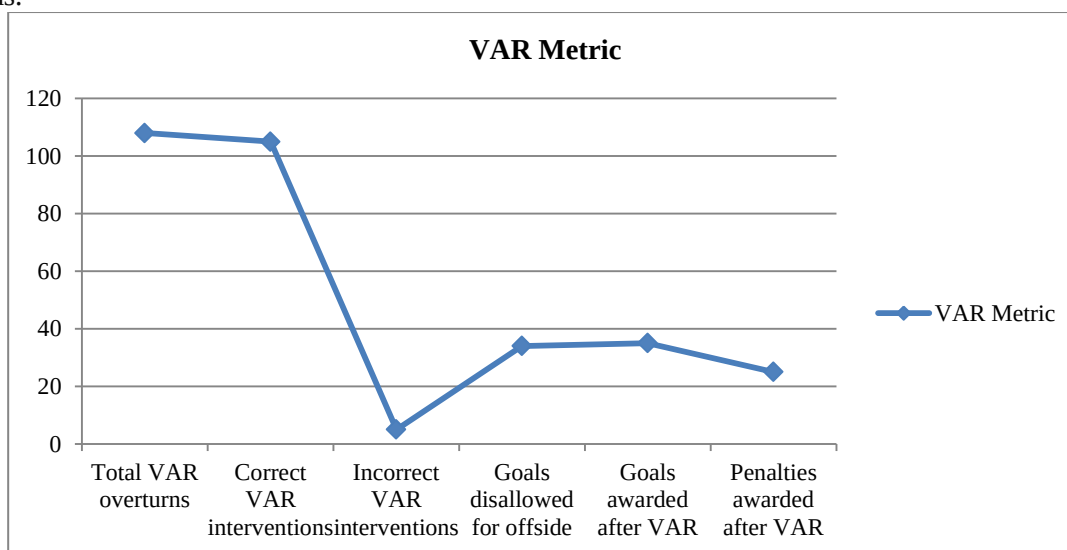
4.2 VAR Interventions and Decision Corrections

Example: **Premier League 2024–25 Season**

VAR Metric	Number
Total VAR overturns	108
Correct VAR interventions	105
Incorrect VAR interventions	5
Goals disallowed for offside	34
Goals awarded after VAR	35
Penalties awarded after VAR	25
Red cards given via VAR	11

Overall VAR accuracy in that season reached approximately **96%**.

These data demonstrate that VAR plays a major role in correcting decisions related to goals, penalties, and red cards.



4.3 Estimated Reduction of Refereeing Errors

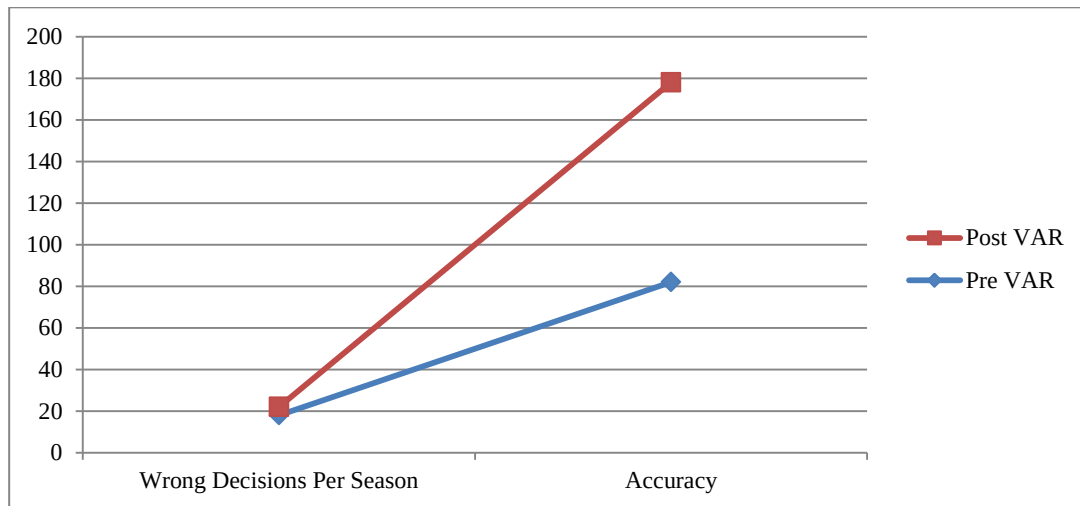
Using league statistics:

Category	Pre-VAR	Post-VAR
Wrong decisions per season	~18%	~4%
Accuracy	~82%	~96%

This indicates that VAR significantly reduces refereeing errors, although it does not eliminate them entirely.



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5. Remaining Errors and Controversies with VAR

Despite technological improvements, several issues remain.

Examples of errors: In some seasons of the Premier League, around 20 incorrect VAR decisions were still identified by review panels.

These errors occur due to:

- subjective interpretation of fouls and handballs
- camera angle limitations
- delayed communication between referees and VAR officials
- application of the “clear and obvious error” standard

Additionally, some experts argue that VAR has become too detailed or “microscopic,” reviewing minor incidents rather than only major mistakes.

6. Advantages of VAR and Technology in Football

- Improved Decision Accuracy
- The most significant benefit is the reduction of clear refereeing mistakes.
- Fairness in Key Match Situations
- VAR ensures more accurate decisions in crucial situations such as penalties, offside goals, and red cards.
- Increased Transparency
- Referees can review incidents publicly using on-field monitors.
- Data-Driven Officiating
- Video evidence provides objective information that improves decision consistency.
- Support for Referees

Technology assists referees in high-pressure environments where decisions must be made within seconds.

7. Disadvantages and Criticisms of VAR

Despite improvements, several drawbacks exist.

- Match Delays
- VAR reviews increase match time by approximately **one minute per game on average**.



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- Loss of Game Flow
- Frequent reviews interrupt the natural rhythm of football.
- Subjective Interpretation
- Even with video evidence, some decisions remain subjective (handball, fouls).
- Fan Dissatisfaction
- Many fans feel that VAR reduces the emotional spontaneity of the game, especially when goals are reviewed.
- Cost of Implementation

VAR systems require expensive infrastructure, including multiple cameras, control rooms, and trained officials.

8. Future Developments in Football Officiating Technology

Future innovations may further improve refereeing accuracy.

Potential developments include:

- **AI-assisted VAR systems** capable of automatically detecting fouls and offsides.
- Expanded use of **semi-automated offside technology**.
- Real-time decision communication with spectators.
- Challenge systems similar to those used in tennis and cricket.

Research on AI-powered VAR systems suggests that automated systems could assist referees in recognizing fouls and determining sanctions more accurately in the future.

9. Discussion

The integration of technology in football represents a fundamental shift from purely human decision-making toward a hybrid system combining human judgment and technological verification. The statistical evidence clearly demonstrates that VAR improves refereeing accuracy and reduces major errors. However, technological intervention introduces new challenges such as delays, interpretational disputes, and increased scrutiny of referees.

Football remains a dynamic and emotionally driven sport, and maintaining the balance between technological accuracy and the traditional spirit of the game remains a key challenge for governing bodies.

10. Conclusion

The introduction of VAR and related technologies has significantly improved refereeing decision accuracy in football. Statistical analyses show a substantial reduction in incorrect decisions compared with the pre-VAR era. However, VAR does not completely eliminate errors and has created new debates regarding the interpretation of rules, delays in gameplay, and fan satisfaction.

Future advancements such as AI-assisted refereeing systems and improved communication technologies may further enhance fairness and transparency in football officiating. Ultimately, the success of technological integration in football will depend on maintaining a balance between accuracy, efficiency, and the traditional flow of the game.

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A Study on the Effectiveness of Simplified Kundalini Yoga in Improving Self-Esteem among Information Technology Employees

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Abstract: The present study investigated the impact of yogic practices, particularly Simplified Physical Exercises and Introspection, on the self-esteem of Information Technology employees. The study aimed to determine if regular yoga practices may elevate self-esteem levels among Information Technology (IT) employees. The study had 30 IT employees aged 25 to 40 years, who had been divided into two groups: an experimental group (n=15) and a control group (n=15). The experimental group underwent an organized training regimen of Simplified Physical Exercises and Introspection for a designated duration. A standardized questionnaire was used to assess the self-esteem levels of both groups before and after the training session. The independent sample t-test results indicated that there was a statistically significant difference in post-test self-esteem scores between the experimental group and the control group. The experimental group showed increased self-esteem scores ($M = 22.0$, $SD = 3.46$) in contrast to the control group ($M = 19.6$, $SD = 2.77$). The difference was statistically significant, $t(28) = 2.09$, $p = 0.045$. The effect size was moderate to large (Cohen's $d = 0.76$), which means that the yoga intervention had a substantial impact on self-esteem. The results indicate that consistent practice of Simplified Physical Exercises and Introspection can substantially improve self-esteem in employees. So, adding yoga practices to the daily routines of IT workers may be a good way to improve their mental health and self-esteem.

Keywords: Simplified Physical Exercises, Introspection, Self-esteem, Information Technology employees.

1. Introduction

The Information Technology (IT) industry is a critical sector of the world economy, but IT specialists often have to work long hours, meet urgent project deadlines, and endure significant mental loads. Such circumstances may add to the stress, burnout, and devaluation. Self-esteem is an essential component in determining our motivation, performance at work, and general feeling of well-being. Simplified Kundalini Yoga (SKY), established by Vethathiri Maharishi and facilitated by the World Community Service Centre, which is an exercise that assembles Simplified Physical Exercises, Meditation, Kaya Kalpa, and Introspection to enhance mental clarity, physical and emotional balance, and self-awareness. SKY provides physical activities that are simple to follow, relaxing breathing exercises, meditation, and reflective introspective strategies. Research demonstrates that simple physical exercises and introspection can improve mental health by reducing stress and enhancing emotional balance. However, some of the research studies focus on the effects of Simplified Kundalini Yoga on the self-esteem of IT professionals. Several studies have been done regarding how yoga can influence our mental health. Research has demonstrated that meditation regimens have the potential to improve psychological well-being by decreasing stress, controlling emotion, and increasing self-esteem. A literature review on workplace wellness programs shows that mindfulness is capable of positively influencing both the mental health and the overall productivity of employees (Srinivas et al., 2015). Yoga can in fact be a big boost in self-awareness and emotional stability that is a key element in developing self-esteem. However, the research that particularly explores Simplified Kundalini Yoga with reference to IT professionals remains limited.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



The fundamental aspect of psychological well-being is self-esteem, the way we evaluate our own worth (H. Dehghanfar et al., 2014). High self-esteem in the workplace has been associated with resilience in case of adversity, better decisions, and positive interpersonal interactions with colleagues (K. Srinivas, 2015). On the other hand, chronic stress in the information technology industry has the potential to diminish the self-confidence of people and the way they see themselves as professionally competent (Das et al., 2023). Therefore, initiatives that make individuals feel positive about themselves are extremely vital. They do not only contribute towards the health of the employee but also the productivity and the capacity of the company to retain employees (P. Maharana, 2023).

Therefore, this study aims to evaluate the impact of SKY practices on the self-esteem of IT employees.

2. Methodology

Research Design

This study relied on a pre-test and post-test experimental research design to determine how Simplified Kundalini Yoga affects self-esteem in IT employees.

Participants

To achieve this purpose, 30 Information Technology employees were selected from software tech companies. The participants were divided into two groups: one experimental group (15) and another control group (15). All subjects were informed about the nature of the study, and their consent was obtained to cooperate until the end of the experiments. The age of the subject has ranged from 25 to 40 years. The selected psychology variable was self-esteem. The subjects were tested on the selected variable prior to and after the experimental period, and the collected data were analyzed through the 't' test to find out the significant improvement.

Intervention Program

The participants underwent a Simplified Kundalini Yoga training program. The program included:

- Simplified physical exercises
- Introspection

The SKY intervention practices were given for 8 weeks, with sessions conducted three days per week for approximately 60 minutes per session.

Descriptive Data Summary

Descriptive statistics were summarized:

Group	N	Mean	Standard Deviation (SD)
Experimental group	15	22.0	3.46
Control group	15	19.6	2.77

Descriptive Statistics

The descriptive analysis was conducted to summarize the collected data:

- Experimental group:
 - Mean = 22.0, SD = 3.46
- Control group:
 - Mean = 19.6, SD = 2.77

The results indicate that the SKY intervention practices show higher post-self-esteem scores than the control group.

Inferential Statistics



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



An Independent sample t-test (unpaired t-test) was conducted to compare post self-esteem scores between the two groups.

- $t(28) = 2.09, p = 0.045$
- Mean difference = 2.40
- 95% Confidence Interval = [0.053, 4.75]

Since $p < 0.05$, the result is statistically significant.

Effect Size

The effect size is

- Cohen's $d = 0.77$

This value is significant; it demonstrates the moderate to large effect size, which has a significant difference between the two groups. The size indicates that the SKY intervention practices had a significant positive effect on the self-esteem of the participants.

3. Results

A t-test was done between independent samples to test whether there was a significant difference between the experimental and control groups in the number of post self-esteem scores. Descriptive statistics indicated that subjects in the experimental group ($M = 22.00, SD = 3.46$) possessed better post-self-esteem scores than those in the control group ($M = 19.60, SD = 2.77$). Before developing the t-test, the assumptions of normality and homogeneity of variances were tested. The Shapiro-Wilk test was used to indicate that the data were normally distributed, $W = 0.979, p = .809$. The test of equality of variances that Levene conducted was not significant, $F(1, 28) = 2.03, p = .165$, which means that the assumption of homogeneity of variances was satisfied. The independent samples t-test indicated that the levels of post self-esteem between the experimental and control groups were found to be statistically different, $t(28) = 2.09, p = .045$. The average of the differences between the groups was 2.40, with a 95 percent confidence interval of 0.05-4.75. Moreover, Cohen's d is valued at 0.77, which implies that the SKY intervention practices had a moderate to large effect on post-self-esteem.

4. Discussion

The current research design also seeks to investigate the impact of SKY intervention practices on post-self-esteem levels in an experimental group and a control group. The result indicated that there was a statistically significant difference between the two groups, with the participants in the experimental group having a higher self-esteem rating as compared to the control group. The findings indicate that the intervention worked in enhancing self-esteem. The significant p-value ($p < .05$) shows that the difference observed is not likely to have happened due to chance. Also, the effect size (Cohen's $d = 0.77$) indicates that the impact of the intervention is significant and has practical importance. The tests of normality and homogeneity of variance were also met, and this reinforces the validity of the result and substantiates the suitability of the independent sample t-test. These findings align with previous research suggesting that structured interventions could positively influence psychological constructs like self-esteem. The fact that the mean score of the experiment group is higher is also a clear testament to the effectiveness of the treatment performed.

5. Conclusion

Finally, the paper provides an indication that the SKY intervention practices produced a significant positive impact on post self-esteem among the participants. Those who received the SKY intervention practices had higher levels of self-esteem than those who did not. The results demonstrate the significance of such



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interventions in the context of their application to improving psychological health. Nevertheless, the research has several limitations, such as a fairly small sample population and limited generalizability. In future studies, larger and more heterogeneous samples and longitudinal designs should be used to further validate and extrapolate these results.

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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Effects of an Eight-Week Isoinertial Eccentric Training Program on Dynamic Stability, Feinting Ability, and Shooting Power in University Men Basketball Players

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Abstract: Objective: The aim of the study was to investigate the impact of an eight weeks isoinertial based eccentric training program on dynamic stability, feinting and shooting power in high-level men basketball players.

Materials and Methods: The male university basketball players (n=32, age=18-23 years) were randomly divided into an Isoinertial Eccentric Training group (IET; n=16) and a Control group (CON; n=16). The IET population went through an eight-week flywheel based eccentric training program (two sessions a week) supplemented with normal basketball training; the CON population merely underwent normal training. The evaluation of the dynamic stability, feinting and shooting force was conducted before and after the intervention. The analysis of covariance (ANCOVA) was done on the data with the pre-test values taken as covariates. Partial eta squared (η^2p) has been used to compute the effect sizes and the level of significance of $p < 0.05$ has been established.

Results: Dynamic stability ($p < 0.001$, $\eta^2p = 0.73$), the ability to feint ($p < 0.001$, $\eta^2p = 0.73$), and the ability to shoot more powerfully ($p < 0.001$, $\eta^2p = 0.80$) were significantly improved by the IET group over the CON group after a form of baseline adjustment. There were also significant improvements in IET group in secondary neuromuscular outcomes such as countermovement jump performance. There were no reported injuries in the process of training throughout the intervention.

Conclusion: Isoinertial eccentric training regimen lasting eight weeks was effective within improving dynamic stability, feinting and shooting power among university men basketball players. The results justify the use of eccentric-oriented isoinertial training as an addition to conditioning with the aim of enhancing neuromuscular and performance-related attributes that can be acquired in basketball.

Keywords: Isoinertial eccentric training; Dynamic stability; Feinting performance; Shooting power; Basketball conditioning; Neuromuscular performance

1. Introduction

The characteristics of modern basketball are sporadic high-intensity activity patterns which subject players to heavy mechanical, neuromuscular and coordinative load. There is the competitive performance, which involves repeated accelerations and decelerations, variations of direction, numerous acts of jumping and landing, and at high velocity shooting performed with time pressure and constrained by the opponent. The movements all require the muscles to have high muscular strength and power, as well as be able to effectively manage the body momentum and be in dynamic stability as involved in complex, multi-planar movements. As a result, the ability of the athlete to produce, absorb, and transmit forces is also closely related to basketball performance due to the ability to perform the subsequent movements successfully (Sheppard and Young, 2006; Kipp et al., 2018).

An essential neuromuscular aspect of these movement requirements is that of eccentric muscling. The muscles during the deceleration, landing, and preparatory stages of movement are used eccentrically, which absorbs mechanical energy, joint movement and provides stability against outer forces to the body. The effective eccentric control makes athletes able to decelerate quickly, have dynamic stability, and be able to



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



shift to other concentric motions. Eccentric strength and control is a special concern in basketball-related situations where either change-of-direction or feinting actions involve stopping or decelerating followed by a quick burst of acceleration that defines offensive and defensive success. Equally, in jump shooting, the eccentric contraction before the take-off step makes a decisive contribution to the efficiency of the stretch-shortening cycle and the efficiency of transmitting forces at high velocity of the ball (Suchomel et al., 2016; Douglas et al., 2017; Kipp et al., 2018).

In spite of the identified role of eccentric muscle movement in the basketball game, a huge number of traditional resistance training plans are still concentric-based. Conventional free-weight and machine-based training systems are usually limited by the maximum load that can be lifted concentrically thus leading to a relatively smaller amount of eccentric loading performed on the lowering phase. Although these methods are useful in building general muscular strength and concentric force, they might be inadequate in achieving adaptations pertaining to eccentric speed of force formation, force absorption ability, and dynamic joint stabilization. The given restriction applies especially to basketball, where performance is often reliant on the agility in decelerating body mass and accelerating again in a different direction in a dim and unpredictable setting. Therefore, there can be incongruency between the neuromuscular requirements of basketball-specific actions and the workout triggers of customary strength work-out techniques (Brughelli et al., 2008; Sheppard and Young, 2006; Haff and Nimphius, 2012).

The most popular modality of training that has provided a viable training method in improving eccentric neuromuscular activity is isoinertial eccentric training which is mostly done with the assistance of fly wheel-based resistance devices. In contrast to load systems that are dependent on gravity, the flywheel-based load systems develop resistance provided by rotational inertia, whereby the magnitude of the eccentric load depends on the force exerted on the concentric machine within the previous smooth rotation. The resulting mechanical property is that this leads to an exaggerated eccentric overload when the athletes are forced to actively slow down the rotating flywheel at the braking stage of a single repetition. Therefore, isoinertial training is capable of providing a high-intensity and individual eccentric loading with the help of excessive external weight. Pedagogically, this training mode facilitates unremitting coupling of concentric and eccentric moves, elevated amounts of neuromuscular action throughout the entire scope of action, and greater control in tasks that involve the reception of forces, which are pertinent to basketball-specific movement demands (Norrbrand et al., 2010; Tesch et al., 2017; Weakley et al., 2019).

Neuromuscular and biomechanical In biomechanical and neuromuscular terms, isoinertial eccentric training properties are closely related to the basketball movement requirements. The need to accelerate the flywheel at the eccentric stage and decelerate it fast loads the athlete with the burden to absorb force, control the motions of the joints, and stay dynamically stable when being subjected to high mechanical forces. Such adaptations would be especially applicable to basketball maneuvers that require rapid stopping, faking and move changes, where efficient braking and redeclaration would dictate efficiency of movement. Also, increased eccentric strength and control might result in better stretch-shortening cycle period use when jumping and shooting, which then leads to increased transfer of forces and shooting power. Past studies in team sport athletes have found that flywheel-based eccentric training is capable of enhancing dynamic balance, change-of-direction performance, and explosive power and indicates significant transfer to basketball-specific tasks (Tous-Fajardo et al., 2016; Beato et al., 2019; Raya-Gonzalez et al., 2020).

Despite the growing body of literature supporting the beneficial effects of isoinertial eccentric exercise in several team sports, evidence on the impact of the same on competitive basketball is still scanty. Published research has concentrated on general strength, sprint performance or vertical jump outcomes, relatively less emphasis is given to movement stability or skill related performance variables. Also, not many studies have compared simultaneously biomechanical control, change-of-direction-related abilities, and sport-specific power results in one-experimental design. This is a serious literature gap because dynamic stability, feinting capacity and shooting strength are interdependent variables of basketball performance, which are undeniably largely affected by eccentric neuromuscular activity. These variables need to be considered altogether to



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



comprehend how the functional transfer of the interventions of the training with the eccentric focus is better explained in terms of the transfer to the basketball specific performance requirements (de Hoyo et al., 2015; Beato and Dello Iacono, 2020; Raya-Gonzalez et al., 2021).

Another drawback of the current literature is associated with the populations of athletes including in the investigations. A significant part of the existing data on isoinertial eccentric training has been obtained with elite or professional athletes competing in sport systems with a high level of resources and a scarcity of university-level players in training settings of the third world. University basketball players are a period of critical development, and in which structured conditioning interventions can create significant effects on neuromuscular learning, movement efficiency, as well as long-term performance progression. Nonetheless, there is a paucity of empirical studies that explore high-level eccentric-training methods that could be applied in this group of people. Specifically, controlled experimental research has not been conducted so far in the area of Indian university-level basketball players, although the increased attention to evidence-based physical training and performance development is directed at the sport program of higher education (Bompa and Buzzichelli, 2019; Turner, 2016).

Considering the biomechanical encouragement of basketball and the gaps detected by existing literature, the aim of the current research was to investigate the impacts of an eight-week isoinertial eccentric training intervention on the chosen neuromuscular and skill-related performance variables on basketball players, in a university setting. In particular, the research involved the examination of dynamic stability, feinting skill and power shooting after the intervention, versus the effects of the same after just the standard training in basketball. A hypothesis was made that the isoinertial eccentric training program involving participation would lead to significant improvement in dynamic stability, a substantial decrease in feinting time, and a substantial increase in shooting power when compared to the control condition.

2. Materials And Methods

Research Design

The current study utilized a randomized controlled experimental research design in pre-test post-test parallel-group research. This design was chosen in order to test the impact of an isoinertial eccentric training intervention without having the issues of unequal baseline differences among groups. The chosen performance variables were evaluated to all the participants before the program began (pre-test) and after the end of the eight-week training program (post-test). The study was based on the independent variable the training intervention (isoinertial eccentric training versus regular basketball training) and the dependent variables were dynamic stability, feinting ability and shooting power. This is the case with this experimental method which is in line with applied research in the area of physical training and enables sound testing of training induced adaptations put in to test.

Participants

Indian (18 to 23 years) Thirty-two male university-level basketball players (competition at the varsity or inter-university level) were voluntarily recruited into the study. The participants were aged above 18 years of age, with at least three years of formal training in basketball; they should have been medically clear in regard to high-intensity exercise; and randomly selected into either an Isoinertial Eccentric Training group (IET; n = 16) or Control group (CON; n = 16). Potentially eligible subjects had no musculoskeletal injury within six months before the study, no neurological, cardiovascular, or metabolic illness, and those participants who did not do at least 90 per cent of the training sessions were excluded. The research was endorsed by the Institutional Ethics Committee of Hindustan Institute of Technology and Science, Chennai, India (Approval ID: HITS/CRC/004/22703049), which took place in line with the declaration of Helsinki, and informed consent had been signed by all the participants.

Randomization Procedure



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



After the baseline testing, the participants were randomly assigned to either Isoinertial Eccentric Training (IET) group or Control (CON) group based on computer-generated randomization order. In terms of group allocation, 1:1 group allocation was done to have equal representation of the sample sizes of each group. An investigator that was not engaged in outcome assessment and training supervision also carried out the randomization process and, therefore, the risk of potential allocation bias was minimized. To manage data and do a statistical analysis, group assignments were grouped into Group 1 (IET) and Group 2 (CON). All the outcome measures were administered in terms of standardized methods of testing and group assignment was not revealed to the assessors at the time of baseline testing to minimize the measurement bias.

Training Intervention (IET Group)

The subjects in the Isoinertial Eccentric Training (IET) group were required to complete a flywheel based eccentric training program with eight weeks on top of their usual basketball training. The intervention was carried out two times a week, which was non-consecutive, and in total 16 training sessions were established. The sessions took about 35-40 minutes each and were guided by a skilled specialist in the field of strength and conditioning to prevent the unhealthy practice of improper exercise style and following the set protocol. The intervention was a lower- limb isoinertial training program, which involved the choice of exercises that address the patterns of movement and the muscles involved in moving the body during basketball. The exercises consisted of bilateral flywheel squats, split squats, lateral lunges and hip-dominant exercises. The exercises were conducted at 3-4 sets of 6-8 repetitions, each time the subjects were required to put maximum voluntary effort at the concentric stage and then control but pressured braking at the eccentric stage to slow down the flywheel.

The resistance of the flywheels was given by means of inertial loads with level of resistance ranging between 0.025 to 0.075 kg/m² and varied gradually throughout the intervention period in accordance with the capacity of the respective individual performance and technical competence. There were intervals of 2-3 minutes between sets to give sufficient recovery. It also involved the participants doing two familiarization sessions before the intervention to ensure safe and effective implementation of the exercises. This training method based on flywheel was chosen because of its possibility to offer accentuated eccentric loading without depending on the effect of gravity (Tesch et al., 2017).

Training adherence was followed during the intervention in terms of the analysis of session attendance, a level of at least 90% adherence was considered to be appropriate to include the conclusion into the analysis. The internal training load was measured by the session rating of perceived exertion (session-RPE) approach which was measured about 30 minutes post-training session. Each training session was observed and no injuries resulting out of the training were reported during the intervention period.

Control Group Intervention

Those who were in the Control group (CON) were allowed to undertake their normal basketball training schedule during the period of intervention (eight weeks). This program involved regular team trainings which entailed team-related tasks on skills in technology and also on trained tactical and technical practice, alongside team playing, and overall physical conditioning activities as dictated by the team coaching staff. The training plan and the total training volume per week was in accordance to the regular competition preparation of the participants and did not involve any extra resistance work or any eccentric-based conditioning as opposed to the normal one. Control group participants were advised to avoid any additional supplementary strength, power or flywheel-based trainings throughout the study to reduce the effect of possible contamination. To maintain the participation by the participants in the regular basketball activities, training attendance was checked using team practice records. Control group also underwent the same pre-test and post-test testing as the IET group in the same conditions of testing.

Variables and Measurement Independent Variable

The training intervention, which involved attendance at an eight-week isoinertial eccentric training program



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



(Isoinertial Eccentric Training group), or simply playing basketball (Control group), was used as an independent variable of the study.

Dependent Variables

Dynamic Stability: This was measured as dynamic stability which employed a standardized Dynamic Postural Stability Index (DPSI) that was obtained through a controlled landing and stabilization task. The test was conducted by the participants as per the laid down procedures, and performance was measured by a composite stability index, lower scores led to better dynamic stability. Each of the assessments was done in standardized conditions at both baseline and after intervention. It has demonstrated the DPSI as a valid and reliable tool of dynamic postural control of the athletic population (Wikstrom et al., 2005). In the current study, the test was characterized by high test-retest reliability (interclass correlation coefficients [ICC] > 0.85) and reasonable measuring precision (coefficient of variation [CV] < 8%).

Feinting Ability: Feinting ability was measured by assessing a basketball specific feint and change of direction examination that modelled quick braking and reacceleration force that is regularly witnessed in a competitive situation. The performance was registered as total completion time (seconds) and less time (in seconds) was considered to be better feinting performance. The participants had to perform several and the best one was taken to the analysis. There was excellent to good reliability (ICC > 0.88; CV < 7%).

Shooting Power: Shooting power was measured as the ball release velocity of the standardized jump-shot. The experiment had the participants shoot a sequence of full-effort jump shots, which was controlled and ball velocity quantified using a valid measure. The statistical analysis was made based on the highest recorded velocity ($\text{m}\cdot\text{s}^{-1}$). The reliability of the shooting velocity was high (ICC > 0.90; CV < 6%).

Countermovement Jump (CMJ) Height: The lower-limb explosive performance test was done on the countermovement jump (CMJ). The participants done maximal CMJ trials with hands touching the hips to reduce the effect of arms swing. The force platform techniques of determining jump height came by derived validated techniques, as per the usual procedures (Markovic et al., 2004). The height of CMJ proved to be highly reliable (ICC > 0.92; CV < 5%).

Neuromuscular Performance Indicators: The CMJ peak power, eccentric rate of force development and peak eccentric force were considered as secondary neuromuscular variables. These variables were determined using force time measures taken during CMJ test on a calibrated force platform. There was excellent reliability in all the neuromuscular measures with ICC value of 0.90 to 0.95 and CV below 6% implying high level of consistency and accuracy of the measurement.

Measurement Reliability

All outcome measures were first tested regarding test-retest reliability before the intervention. The intraclass correlation coefficients of all the variables exceeded 0.85 and the coefficient of variation was below 8% which indicated that there were acceptable to excellent reliability and that the assessment protocols were consistent.

Statistical Analysis

All statistics analysis was done using the IBM SPSS Statistics software (Version 26.0). All the variables were subjected to Descriptive statistics (Means and standard deviations (Mean $\pm$ SD)) where the means of the variables were calculated. The Shapiro-Wilk test was used to screen data on normality and assumptions of homogeneity of variance and homogeneity of regression slopes were checked before the inferential analysis. The performance at the end of the intervention was compared between groups; analysis of covariance (ANCOVA) was used, in which the group (Isoinertial Eccentric Training vs. Control) was taken as fixed and respective pre-test results were also considered as covariates. This was done to allow baseline variations and results in better statistical accuracy. Partially adjusted eta squared (η^2_p) was used to compute the effect sizes that were interpreted as small (0.01), moderate (0.06) and large (≥ 0.14).



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Changes within the groups before and after the implementation of the intervention were evaluated with paired-samples t -tests, and between-group post-test changes were assessed with independent-samples t -tests to evaluate the existence of unadjusted between-group post-test differences and describe them. All the analyses were a priori based on $p < 0.05$.

3. Results

Results are presented in Tables 1 to 5. Descriptive statistics and within- and between-group comparisons are reported, with ANCOVA (baseline-adjusted) used to examine post-intervention differences ($p < 0.05$).

Table 1. Baseline Anthropometric and Demographic Characteristics of the Isoinertial Eccentric Training and Control Groups

Variable	IET Group (<i>n</i> = 16)	Control Group (<i>n</i> = 16)	<i>p</i> -value
Age (years)	20.1 ± 1.6	20.3 ± 1.5	0.68
Playing Experience (years)	5.8 ± 1.4	5.6 ± 1.6	0.72
Height (cm)	178.4 ± 6.2	177.9 ± 5.8	0.81
Body Mass (kg)	72.6 ± 6.9	71.9 ± 7.2	0.77
Body Mass Index (kg·m ⁻²)	22.8 ± 1.9	22.7 ± 2.1	0.88

Note. Values are mean ± SD. No significant baseline differences between groups ($p > 0.05$).

The anthropometric and demographic factors of Isoinertial Eccentric Training (IET) and Control (CON) group are shown in Table 1. Age, playing experience, height, body mass and body mass index were found to be not significantly different based on group ($p > 0.05$). Such results suggest that the two groups were similar at the baseline which makes sure that any post intervention difference in the variables of performance could be mentioned as influences of the training intervention and not as a consequence of pre-existing group differences.

Table 2. Descriptive Statistics (Mean ± SD) and Change Scores (Δ) of Performance Variables Before and After the Intervention

Variable	Group	Pre-Test (Mean ± SD)	Post-Test (Mean ± SD)	Δ (post-Pre)
Dynamic Stability (AU)	IET	2.90 ± 0.24	2.46 ± 0.21	-0.44
	Control	2.89 ± 0.26	2.79 ± 0.23	-0.10
Feinting Time (s)	IET	6.82 ± 0.34	6.22 ± 0.31	-0.60
	Control	7.06 ± 0.37	6.91 ± 0.35	-0.15
Shooting Velocity (m·s ⁻¹)	IET	20.39 ± 1.52	23.08 ± 1.41	+2.69



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



	Control	21.51 ± 1.63	22.15 ± 1.58	+0.64
Countermovement Jump Height (cm)	IET	43.86 ± 3.90	48.39 ± 4.10	+4.53
	Control	42.23 ± 4.20	43.37 ± 4.00	+1.14

Note. Values are mean ± SD. Δ = post-test - pre-test.

Table 2 collates the summary of the pre-test and post-test descriptive statistics (mean ± SD) of all the primary and secondary performance variables in both the Isoinertial Eccentric Training (IET) and Control (CON) group. At the baseline, there were similar values of both groups in all the measured variables. The IET group experienced some dynamic stability, feinting time, shooting velocity, and countermovement jump height differentials between the pre-test and post-test. The Control group on the other hand showed the lowest number of changes in the same variables over the intervention period.

Table 3. Within-Group Pre–Post Comparisons of Performance Variables in the Isoinertial Eccentric Training and Control Groups

Variable	Group	Pre-Test (Mean ± SD)	Post-Test (Mean ± SD)	<i>t</i>	<i>p</i>
Dynamic Stability (AU)	IET	2.90 ± 0.24	2.46 ± 0.21	9.12	<0.001*
	Control	2.89 ± 0.26	2.79 ± 0.23	1.94	0.07
Feinting Time (s)	IET	6.82 ± 0.34	6.22 ± 0.31	8.46	<0.001*
	Control	7.06 ± 0.37	6.91 ± 0.35	1.62	0.12
Shooting Velocity (m·s ⁻¹)	IET	20.39 ± 1.52	23.08 ± 1.41	10.31	<0.001*
	Control	21.51 ± 1.63	22.15 ± 1.58	2.08	0.05
Countermovement Jump Height (cm)	IET	43.86 ± 3.90	48.39 ± 4.10	7.98	<0.001*
	Control	42.23 ± 4.20	43.37 ± 4.00	1.89	0.08

Note. Paired-samples *t*-test. *p* < 0.05.

Table 3 shows Within-group pre-tests and post-tests comparing Isoinertial Eccentric Training (IET) and Control (CON) realization. The analysis of the paired-samples *t*-test indicated the statistically significant pre-pre and post changes in the IET group in all primary variables of performance. In particular, scores on dynamic stability declined between the pre-test and post-test, the feinting time dropped and the shooting velocity grew after an intervention (*p* = 0.001 in all cases of measurements). Moreover, IET group recorded a dramatic change of countermovement jump height between post and pre-test (*p* < 0.001). The Control group, on the contrary, did not show statistically significant differences in pre and post dynamic stability or feinting time (*p* > 0.05). In the Control group the change in shooting velocity was significantly marginal before and after post-test, whereas countermovement jump height did not differ significantly (Table 3).



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Table 4. Between-Group Post-Test Comparisons of Performance Variables

Variable	IET Group (Post-Test) Mean $\pm$ SD	Control Group (Post-Test) Mean $\pm$ SD	Mean Difference (IET - Control)	95% CI of Difference	t	p
Dynamic Stability (AU)	2.46 $\pm$ 0.21	2.79 $\pm$ 0.23	-0.33	-0.42 to - 0.24	6.18	<0.001*
Feinting Time (s)	6.22 $\pm$ 0.31	6.91 $\pm$ 0.35	-0.69	-0.88 to - 0.50	5.94	<0.001*
Shooting Velocity (m·s ⁻¹)	23.08 $\pm$ 1.41	22.15 $\pm$ 1.58	+0.93	0.52 to 1.34	4.87	<0.001*
Countermovement Jump Height (cm)	48.39 $\pm$ 4.10	43.37 $\pm$ 4.00	+5.02	3.10 to 6.94	5.42	<0.001*

Note. Independent-samples t-test. $p < 0.05$.

Between-group comparisons of post-test performance variables are presented in Table

4. Independent-samples t-test analysis indicated that the Isoinertial Eccentric Training (IET) group demonstrated significantly better post-intervention performance than the Control (CON) group across all primary and secondary outcome measures. Post-test dynamic stability scores were significantly lower in the IET group compared with the CON group ($p < 0.001$). Similarly, feinting time was significantly shorter, and shooting velocity was significantly higher in the IET group than in the CON group at post-test ($p < 0.001$ for all variables). In addition, countermovement jump height at post-test was significantly greater in the IET group compared with the Control group ($p < 0.001$). The magnitude and direction of the between-group differences consistently favored the IET group across all measured performance variables (Table 4).

Table 5. Analysis of Covariance (ANCOVA) Results for Post-Test Performance Variables with Effect Sizes

Variable	Source	F	p	η^2p	Effect Magnitude
Dynamic Stability	Group	79.16	<0.001*	0.73	Large
Feinting Ability	Group	77.95	<0.001*	0.73	Large
Shooting Power	Group	118.17	<0.001*	0.80	Very Large
Countermovement Jump Height	Group	65.84	<0.001*	0.69	Large

Note. ANCOVA with pre-test as covariate; η^2p = partial eta squared. $p < 0.05$.

Analysis of covariance (ANCOVA) was used to test the main between-group effects of the training intervention (post-test scores were taken as dependent variables and the corresponding pre-test values were put in as covariates). In Table 5, the results of the ANCOVA analyses are given. The effect of the group on the dynamic stability, after the baseline performance adjustment, was statistically significant ($F = 79.16$, $p < 0.001$), with a large effect size ($\eta^2p = 0.73$). Likewise, there was a substantial adjusted post-test difference between groups ($F = 77.95$, $p < 0.001$) which was accompanied by a large effect size ($\eta^2p = 0.73$).



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



There was also a significant group effect of shooting power ($F = 118.17$, $p < 0.001$) with a very large effect size ($\eta^2p = 0.80$) which is found after a pre adjustment of the pre-test values. Furthermore, it was found that countermovement jump height had a significant adjusted post-test between the Isoinertial Eccentric Training and Control groups ($F = 65.84$, $p < 0.001$), with a significant effect size ($\eta^2p = 0.69$). The findings of ANCOVA reveal that the differences in post-intervention performance between groups were observed to be held even after the baseline values were controlled against all the major and secondary outcome measures.

4. Discussion

The aim of the current research was to investigate how an eight-week isoinertial eccentric based program influences dynamic stability, feinting performance and shooting power of university-level men basketball players. The key results show that subjects that went through the isoinertial eccentric training program had better gains in all the key performance variables when compared with those who were went through basketball training on its own. They showed such effects even when adjusted to baseline values and were significant in magnitude, meaning that the adaptations were not due to the fact that there existed group differences at the baseline. Taken together, the results suggest the potential of the given training based on eccentric focus and the use of isoinertial training to modulate the neuromuscular and skill-related performance characteristics of basketball.

It was seen that the isoinertial training intervention using eccentrics enhanced significantly in the index of dynamic stability after the intervention and the training group had lower scores on the stability index after the interventions compared with the control group. The capacity to dampen the external forces and to coordinate the action of the multi-joints when deceleration occurs rapidly, is a powerful factor in dynamic stability. training on the flywheel causes recurring high-intensity eccentric braking imposements, presumably favoring adaptations in proprioceptive control, intermuscular association and eccentric pressure management. Current evidence shows that eccentric and flywheel training may benefit to enhance dynamic balance and postural control in athlete groups which adds up to the present findings and their applicability to basketball-specific movement tasks (Beato and Dello Iacono, 2020; Raya-Gonzalez et al., 2020).

The ability to feign was also considerably enhanced after the isoinertial eccentric training program and the training group showed more reduction in the execution time than the control group. Feinting demands quick braking, reiteration and reacceleration, and places significant ecstatic loading on the rate of force production and the strength. Isoinertial eccentric exercise focuses on the deceleration that is forceful but controlled and this can improve braking or the process of moving through movement phases takes less time. The current body of evidence has continuously indicated that the effectiveness of eccentric-oriented and flywheel activity modes on enhancing change-of-direction performance in team sport athletes (Beato et al., 2019; Raya-Gonzo et al., 2021). Although the aspects of perceptual and decision-making are still the essential parts of feinting performance, the current evidence shows that specific neuromuscular conditioning can have a positive impact on the physical performance aspect of the given skill.

The training group developed a much larger change of shooting power in terms of ball release velocity than the control one. The Jump shooting is based upon proper use of stretch shortening cycle and especially on eccentric countermovement which takes place before taking off. Increases in eccentric strength, eccentric force development rate and muscle tendon stiffness could increase transmission of forces down the kinetic chain leading to a higher concentric impulse and ball release velocity. According to the previous studies, eccentric-oriented resistance exercise can improve the output of explosive power and stretch shock cycle efficiency in players practicing team sports, which is why the current results are supported (Douglas et al., 2017; Suchomel et al., 2019; Beato and Dello Iacono, 2020). Notably, these gains should not be taken as the adjustments to the shooting technique or accuracy.

Mechanical support of the primary results can be improved by enhancement of secondary neuromuscular outcomes (countermovement jump performances and force time characteristics). The improved lower-limb



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



power of the training group when compared to the control group is in line with the loading nature of isoinertial eccentric exercise, which entails maximum concentric intention alongside high eccentric loading needs. These adaptations play an important role in dealing with the high mechanical loads during sport-specific movements, and probably were related to the improvement in the dynamic stability, feinting ability and shooting power (Tesch et al., 2017; Raya-Gonzalez et al., 2020).

Comprehensively, the results allude to the fact that isoinertial eccentric training will produce combined adjustments in neuromuscular control, movement effectiveness and power-related performance variables among university student basketball players. Based on practical and educative values, the idea to have eccentric-oriented isoinertial exercise as an auxiliary element of basketball conditioning systems might serve to improve the quality of movement and neuromuscular readiness without displacing technical and tactical training. These findings help to emphasize the importance of evidence-based resistance training modalities that can be used within the framework of the sport-specific movement and promote the comprehensive development of the athlete in the context of physical education and sports training.

5. Conclusions

The current analysis has shown that an eight-week isoinertial eccentric training program could cause a substantial change in dynamic stability, feinting and shooting power of the participants who were university men basketball players. The performance post-intervention in the ecstatic-based isoinertial intervention was better in all the primary outcome measures when compared to the regular basketball training alone with significant effect sizes after correcting the baseline results. These results show that isoinertial eccentric training offers a specific neuromuscular stimulus, which is highly congruent to the braking, stabilization and power requirements of basketball. Physically training and educational, the findings indicate that isoinertial eccentric training could be a beneficial addition to the current basketball conditioning training at the university level without negatively affecting the safety of the training. Although the technical and tactical reasons continue to take center stage in the field of basketball performance, the current results indicate the importance of having evidence-based methods of eccentric training in complementary to the physical abilities that lie in the foundation of skill performance. To investigate the long-term impacts of this kind of interventions and its transfer into match-specific performance outcomes at various competitive levels and different populations should be examined in the future research.

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Conflict of Interest: These authors that they have no conflicts of interest.

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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



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Effect Of Anaerobic Interval Training On Selected Physical And Skill Variables Among State-Level Hockey Players

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Abstract: The purpose of the present study was to examine the effect of anaerobic interval training on selected physical and skill variables among state-level hockey players. Thirty male state-level hockey players aged between 18 and 23 years were selected as subjects and randomly divided into two groups: an experimental group (n = 15) and a control group (n = 15). The experimental group underwent anaerobic interval training for six weeks with three training sessions per week, while the control group continued their regular routine activities. Speed, agility, and shooting accuracy were selected as the dependent variables and were measured using the 50-meter sprint test, Illinois agility test, and hockey goal target test respectively. Paired t-test was used to compare pre-test and post-test scores within the groups, and independent t-test was used to compare the post-test scores between the groups. The results revealed significant improvements in speed, agility, and shooting accuracy in the anaerobic interval training group, whereas the control group did not show significant changes. The independent t-test results also showed significant differences between the experimental and control groups in all selected variables. The findings of the study indicate that anaerobic interval training is effective in improving selected physical and skill variables among state-level hockey players.

Keywords: Anaerobic Interval Training, Speed, Agility, Shooting Accuracy, Hockey Players.

1. Introduction

Field hockey is a high-intensity intermittent sport that requires players to perform repeated bouts of sprinting, rapid changes of direction, and precise technical execution during match play. Successful performance in hockey largely depends on both physical fitness and technical skill abilities. Among the important physical components required for effective performance are speed and agility, which enable players to accelerate quickly, evade opponents, and respond efficiently to dynamic game situations. In addition to these physical components, shooting accuracy is a crucial skill variable that directly influences scoring opportunities and match outcomes. Previous studies have highlighted that physical fitness components such as speed, agility, and coordination play a significant role in determining performance in intermittent team sports like hockey (**Reilly & Borrie, 1992; Spencer et al., 2005**).

In recent years, sports scientists and coaches have increasingly emphasized the importance of scientifically designed training programmes to enhance athletic performance. One such method is anaerobic interval training, which involves repeated bouts of high-intensity exercise interspersed with short recovery periods. This type of training primarily targets the anaerobic energy system and improves the ability of athletes to perform repeated high-intensity efforts. Research has shown that high-intensity interval training can significantly improve sprint performance, anaerobic capacity, and neuromuscular efficiency in athletes (**Buchheit & Laursen, 2013; Iaia & Bangsbo, 2010**).

Anaerobic interval training is particularly relevant for sports such as hockey, where players frequently perform short bursts of sprinting, rapid directional changes, and explosive movements during match play. These movements place high demands on the anaerobic energy system and require well-developed speed and agility abilities. Studies have indicated that sprint-based and high-intensity training methods can



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



significantly enhance change-of-direction speed and overall performance in team sport athletes (Sheppard & Young, 2006; Young & Farrow, 2006).

Despite the increasing application of anaerobic interval training in sports conditioning programmes, limited research has specifically examined its effect on selected physical and skill variables among state-level hockey players. Therefore, the present study was undertaken to examine the effect of anaerobic interval training on speed, agility, and shooting accuracy among state-level hockey players by comparing an experimental group undergoing anaerobic interval training with a control group.

Objectives of the Study

- To determine the effect of anaerobic interval training on speed among state- level hockey players.
- To determine the effect of anaerobic interval training on agility among state- level hockey players.
- To determine the effect of anaerobic interval training on shooting accuracy among state-level hockey players.

2. Methodology

Research Design

The study employed a pre-test and post- test experimental design with an experimental group and a control group. The experimental group underwent a structured anaerobic interval training programme, while the control group continued their regular activities without any specific training intervention.

Participants

3. Results

Thirty male state-level hockey players aged between 18 and 23 years were selected as subjects for the study. The participants were randomly divided into two equal groups consisting of fifteen subjects each:

- Experimental Group – Anaerobic Interval Training (n = 15)
- Control Group – No specific training (n = 15)

Criterion Measures for Selected Physical and Skill Variables

S. No	Variable	Test Used
1	Speed	50 Meter Sprint Test
2	Agility	Illinois Agility Test
3	Shooting Accuracy	Hockey Goal Target Test

Training Protocol

The anaerobic interval training programme was conducted for a period of six weeks with three training sessions per week. Each training session lasted approximately 45 to 60 minutes and included warm-up, high-intensity interval drills such as repeated sprints and shuttle runs, and cool-down exercises. The control group did not participate in the specialized training programme and continued their normal routine activities during the study period.

Statistical Analysis

Descriptive statistics such as mean and standard deviation were calculated for all variables. Paired t-test was



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



used to determine the difference between pre-test and post-test scores within each group. Independent t-test was applied to compare the post-test scores between the experimental and control groups. The level of significance was set at 0.05.

Table 1. Paired ‘t’ Test Results on Speed, Agility and Shooting Accuracy of Anaerobic Interval Training & Control Group

Variable	Group	Test	N	Mean	SD	DM	t-ratio	P-value
Speed	Anaerobic Training	Pre	15	7.51	0.07	0.27	84.52	.000*
		Post	15	7.23	0.06			
	Control Group	Pre	15	7.51	0.07	0.000	0.25	.806
Agility	Anaerobic Training	Post	15	7.51	0.06	0.58	61.25	.000*
		Pre	15	16.41	0.16			
	Control Group	Post	15	15.82	0.12	0.002	0.76	.458
		Pre	15	16.41	0.16			
Shooting Accuracy	Anaerobic Training	Pre	15	5.46	0.51	2.66	10.58	.000*
		Post	15	8.13	0.91			
	Control Group	Pre	15	5.46	0.51	0.066	0.16	.869
		Post	15	5.40	1.63			

(*Significant at 0.05)

- The results show that the **mean speed improved from 7.51 seconds to 7.23 seconds** after the training programme, and the difference is statistically significant ($p < 0.05$).
- The **mean agility improved from 16.41 seconds to 15.82 seconds**, indicating a significant improvement in agility after anaerobic interval training.
- The **mean shooting accuracy increased from 5.46 to 8.13**, and the calculated t-value indicates a significant improvement in shooting accuracy among the players.
- The results show that the **mean speed remained almost the same (7.51 to 7.51 seconds)** and the difference is not statistically significant.
- The **mean agility score also remained unchanged (16.41 to 16.41 seconds)**, indicating no improvement in agility among the control group.
- The **mean shooting accuracy showed a very small change (5.46 to 5.40)**, and the results indicate that the difference is not statistically significant.

Table 2. Independent ‘t’ Test Results on Speed, Agility and Shooting Accuracy of Control Group

Variable	Group	N	Mean	SD	‘t’ - ratio	P-Value
Speed	Anaerobic Training	15	-.2793	.01280	-65.625	.000
	Control Group	15	-.0007	.01033		
Agility	Anaerobic Training	15	-.5853	.03701	-59.282	.000
	Control Group	15	.0020	.01014		
Shooting Accuracy	Anaerobic Training	15	2.6667	.97590	5.823	.000



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



	Control Group	15	-.0667	1.53375	

(*Significant at 0.05)

- The independent t-test results indicate a **significant difference in speed improvement between the anaerobic training group and the control group.**
- There is also a **significant difference in agility improvement between the two groups**, favouring the anaerobic interval training group.
- The results further show a **significant difference in shooting accuracy improvement between the two groups**, indicating that anaerobic interval training was more effective.

4. Summary of The Results

- The results of the paired t-test showed that the **anaerobic interval training group demonstrated significant improvement in speed, agility, and shooting accuracy** after six weeks of training.
- The **control group did not show any significant improvement** in speed, agility, or shooting accuracy between the pre-test and post-test.
- The independent t-test results revealed a **significant difference between the anaerobic interval training group and the control group in speed, agility, and shooting accuracy**, favouring the anaerobic interval training group.
- Overall, the findings indicate that **anaerobic interval training is effective in improving selected physical and skill variables among state-level hockey players.**

5. Conclusion

The purpose of the present study was to examine the effect of anaerobic interval training on selected physical and skill variables among state-level hockey players. The results revealed that the anaerobic interval training group showed significant improvement in speed, agility, and shooting accuracy, while the control group did not show any significant changes. These findings indicate that anaerobic interval training is effective in improving both physical and skill performance among hockey players.

The significant improvement in speed observed in the experimental group may be attributed to the high-intensity nature of anaerobic interval training, which enhances neuromuscular coordination and anaerobic energy system efficiency. Since hockey involves repeated short bursts of sprinting, such training helps players improve acceleration and sprint performance. Similar findings have been reported in previous studies indicating that high- intensity interval training improves sprint performance and anaerobic capacity in athletes (**Buchheit & Laursen, 2013; Iaia & Bangsbo, 2010**).

The results also showed a significant improvement in agility among the anaerobic interval training group. Agility is essential in hockey as players frequently change direction while maintaining balance and control. The improvement in agility may be due to the repeated sprint drills and rapid movement patterns included in the training programme. Previous research has also reported that sprint- based and high-intensity interval training significantly improve agility and change-of- direction ability in athletes (**Sheppard & Young, 2006; Young & Farrow, 2006**).

Similarly, the study found a significant improvement in shooting accuracy in the experimental group. Improvements in physical fitness components such as speed, power, and coordination may contribute to better technical skill execution in sport. These findings support earlier research suggesting that improvements in physical conditioning can positively influence sport-specific skills (**Bompa & Buzzichelli, 2019; Stone et al., 2007**).



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



In contrast, the control group did not show significant improvement in any of the selected variables, indicating that the improvements observed in the experimental group were primarily due to the anaerobic interval training programme. The independent t- test further confirmed that the anaerobic interval training group performed significantly better than the control group in speed, agility, and shooting accuracy. Overall, the findings of the study suggest that anaerobic interval training is an effective method for improving selected physical and skill variables among state-level hockey players.

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Effects of Accentuated Eccentric Loading on Explosive Power and Handball Throw Distance in Competitive Handball Players

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Abstract: Background: Explosive power and upper-body throwing ability are key performance components in handball. Resistance training strategies that emphasize eccentric overload have been proposed to enhance neuromuscular adaptations associated with explosive movements. However, limited evidence exists regarding the influence of accentuated eccentric loading (AEL) on sport-specific throwing performance in competitive handball players.

Purpose: The purpose of this study was to examine the effects of an eight-week AEL training program on explosive power and handball throw distance in university competitive handball players.

Methods: Twenty-four male university handball players (age 19–24 years) were randomly assigned to an AEL group (n = 12) or a traditional resistance training group (TRT; n = 12). Both groups participated in an eight-week resistance training program performed three times per week. Explosive power was assessed using the countermovement jump (CMJ) test, while upper-body throwing performance was evaluated using a standing handball throw distance test. Data were analyzed using repeated measures analysis of variance.

Results: Following the intervention, the AEL group demonstrated greater improvements in CMJ performance (41.58 ± 3.74 cm to 47.92 ± 3.68 cm) compared with the TRT group (41.33 ± 3.61 cm to 44.25 ± 3.55 cm). Similarly, handball throw distance increased more substantially in the AEL group than in the TRT group after the training period.

Conclusion: The findings indicate that AEL training is an effective resistance training strategy for enhancing explosive power and handball throwing performance in competitive handball players.

Keywords: accentuated eccentric loading, explosive power, handball throw distance, resistance training, handball performance.

1. Introduction

Handball is widely recognized as a physically demanding team sport that requires players to repeatedly perform high-intensity actions such as sprinting, jumping, rapid changes of direction, and powerful throwing movements throughout the duration of a match. These actions occur intermittently and are typically executed under conditions of high defensive pressure and limited time for decision-making. Consequently, the capacity to generate explosive muscular power is considered a fundamental performance determinant in handball competition. Explosive power enables athletes to accelerate rapidly, elevate during jump shots, and produce forceful throwing actions that challenge defensive structures and goalkeepers.

Previous investigations examining the physiological demands of handball have consistently highlighted the importance of neuromuscular power for successful match performance. For instance, Michalsik and Aagaard (2015) reported that elite handball players frequently perform repeated explosive actions that rely heavily on the stretch-shortening cycle and rapid force production capabilities. Similarly, Granados et al. (2013) emphasized that both lower-body and upper-body power contribute substantially to key game actions, including jump shots and fast-break movements. In addition, Gorostiaga et al. (2006) demonstrated that higher levels of muscular power were associated with improved throwing performance and overall match effectiveness among elite handball athletes.

Explosive power in handball is influenced by multiple neuromuscular factors, including maximal strength, rate of force development, and efficient utilization of the stretch-shortening cycle. These components collectively determine an athlete's ability to produce force rapidly during dynamic sport-specific



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



movements. According to Suchomel et al. (2018), the development of explosive power requires targeted training strategies that enhance both neural activation and muscular contractile properties. In team sports such as handball, improvements in explosive power may translate directly into enhanced performance during offensive and defensive phases of play.

Recent studies have also suggested that explosive capabilities are closely linked with match-specific success indicators, including jump height during shooting actions and the ability to execute powerful passes under fatigue conditions. Povoas et al. (2017) observed that elite players demonstrate superior lower-body power compared with sub-elite counterparts, indicating that neuromuscular power may be an important factor differentiating performance levels in handball. Similarly, Hermassi et al. (2019) reported that improvements in explosive strength can significantly enhance jump performance and throwing actions among competitive handball players. These findings collectively highlight the importance of incorporating training methods specifically designed to improve explosive power within handball conditioning programs.

Among the numerous performance indicators in handball, throwing velocity has been identified as one of the most decisive variables influencing scoring success. The speed at which the ball is released during a throw directly affects the goalkeeper's ability to anticipate and react to the shot. When throwing velocity is sufficiently high, the available reaction time for the goalkeeper is substantially reduced, thereby increasing the likelihood of successful goal scoring.

Biomechanical analyses of handball throwing actions have demonstrated that the generation of high ball velocity involves a complex sequence of coordinated movements involving the lower limbs, trunk, and upper extremities. According to Wagner et al. (2014), effective transfer of force from the lower body through the kinetic chain plays a critical role in maximizing ball release velocity during overhead throwing actions. The authors noted that athletes who demonstrate superior strength and power characteristics tend to produce higher throwing velocities.

Empirical evidence has further confirmed the relationship between muscular strength, power, and throwing performance. Hermassi et al. (2015) observed significant correlations between upper-body strength and throwing velocity among elite male handball players. Likewise, Saavedra et al. (2018) reported that athletes with greater explosive strength exhibited higher ball release velocities during standardized throwing tests. These findings indicate that the physical qualities underpinning explosive power are closely associated with the effectiveness of throwing actions in handball.

In addition to its role in scoring, throwing velocity also contributes to the tactical dimension of the game. Faster throws allow players to exploit defensive gaps and execute rapid offensive transitions. Massuca et al. (2015) suggested that increased throwing velocity not only enhances shot effectiveness but also provides players with greater tactical versatility during match situations. Consequently, the development of training strategies aimed at improving throwing velocity remains a major objective for strength and conditioning practitioners working with handball athletes.

Strength training is widely regarded as an essential component of athletic preparation in handball. Systematic resistance training programs are commonly implemented to enhance neuromuscular characteristics such as maximal strength, explosive power, and rate of force development. These physical attributes are particularly important for actions that require rapid force generation, including jumping, sprinting, and throwing.

Research examining the effects of resistance training on handball performance has demonstrated substantial benefits for both physical and sport-specific outcomes. Chelly et al. (2010) reported that structured strength training interventions can significantly improve sprint performance and jumping ability among handball players. Similarly, Hermassi et al. (2014) found that resistance training programs incorporating upper-body exercises produced meaningful improvements in throwing velocity and muscular strength. The mechanisms underlying these improvements are largely attributed to neuromuscular adaptations induced by resistance training. Enhanced motor unit recruitment, increased firing frequency, and improved intermuscular coordination contribute to the development of greater force production capabilities. According to Cormie et



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



al. (2011), resistance training methods that emphasize high force and high velocity contractions are particularly effective for developing explosive power.

Despite the demonstrated benefits of traditional strength training, researchers have increasingly explored alternative training strategies designed to further enhance neuromuscular adaptations. One such approach involves the manipulation of eccentric loading during resistance exercises. By emphasizing the eccentric phase of movement, it may be possible to stimulate greater mechanical and neural responses compared with conventional training methods.

Accentuated eccentric loading (AEL) represents an advanced resistance training method in which the eccentric phase of a movement is deliberately overloaded relative to the concentric phase. This approach exploits the muscle's greater capacity to produce force during eccentric contractions, thereby allowing athletes to experience higher mechanical stress during the lowering phase of an exercise. Theoretical and experimental evidence suggests that eccentric overload may produce unique neuromuscular adaptations. Douglas et al. (2017) reported that eccentric training can enhance muscle hypertrophy, strength, and neural activation due to the high mechanical tension experienced during lengthening contractions. Furthermore, Suchomel et al. (2019) indicated that AEL methods may increase motor unit recruitment and improve stretch-shortening cycle efficiency, ultimately contributing to greater power production during explosive movements.

Recent investigations have explored the application of AEL in various athletic populations. Walker et al. (2016) demonstrated that eccentric overload training can significantly enhance strength and power output in trained athletes. Likewise, Hackenberg et al. (2020) observed improvements in jump performance following training protocols that incorporated accentuated eccentric loading. These findings suggest that AEL may represent a promising strategy for improving explosive performance characteristics in sports that require rapid force production.

Although previous research has established the effectiveness of eccentric overload training for improving strength and jumping ability, relatively few studies have examined its influence on sport-specific performance variables in handball players. In particular, limited evidence exists regarding the potential effects of AEL on throwing velocity, which remains one of the most critical determinants of offensive success in handball. Most existing investigations have focused primarily on lower-body power outcomes such as vertical jump performance, while the impact of eccentric overload training on upper-body explosive actions has received comparatively little attention. Considering the biomechanical importance of explosive upper-body power in handball throwing movements, further research is warranted to determine whether AEL training can effectively enhance this performance variable. Therefore, the purpose of the present study was to examine the effects of an eight-week accentuated eccentric loading training program on explosive power and throwing velocity among university competitive handball players aged 19–24 years. It was hypothesized that the AEL training intervention would produce greater improvements in explosive power and throwing velocity compared with traditional resistance training methods.

2. Methods

Study Design

The present study employed a randomized pre-test and post-test experimental design to examine the effects of an accentuated eccentric loading (AEL) resistance training program on explosive power and handball throw distance in university competitive handball players. The training intervention lasted eight weeks, during which participants completed structured resistance training sessions in addition to their regular handball practice. Performance assessments were conducted before and after the intervention to determine changes in explosive power and throwing performance.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Participants were randomly allocated into two groups: an accentuated eccentric loading training group (AEL) and a traditional resistance training group (TRT). Both groups performed similar resistance exercises and training volumes; however, the AEL group performed exercises with greater eccentric loading than concentric loading, whereas the TRT group performed exercises using equal loads during both movement phases. This design enabled a direct comparison between eccentric overload training and conventional resistance training methods commonly used in handball conditioning programs.

Participants

Twenty-four male university competitive handball players voluntarily participated in the study. The participants were aged between 19 and 24 years and were actively competing in inter-university handball competitions. All players had at least three years of competitive playing experience and regularly participated in team training sessions during the competitive season. Prior to participation, the purpose and procedures of the study were explained to all players. Written informed consent was obtained from each participant before the commencement of data collection. Participants were included in the study if they were free from musculoskeletal injuries and had no medical conditions that could restrict participation in high-intensity resistance training. Players who had experienced upper- or lower-limb injuries within the previous six months or who were engaged in additional strength training programs outside the team schedule were excluded from the study.

Following the initial screening, participants were randomly assigned to one of two groups, Accentuated Eccentric Loading Group (AEL) ($n = 12$), Traditional Resistance Training Group (TRT) ($n = 12$). Both groups continued their regular handball training during the study period in addition to the experimental resistance training program representation of participant flow is presented in Figure 1.

Training Intervention

The resistance training intervention was conducted for eight weeks, with three sessions performed

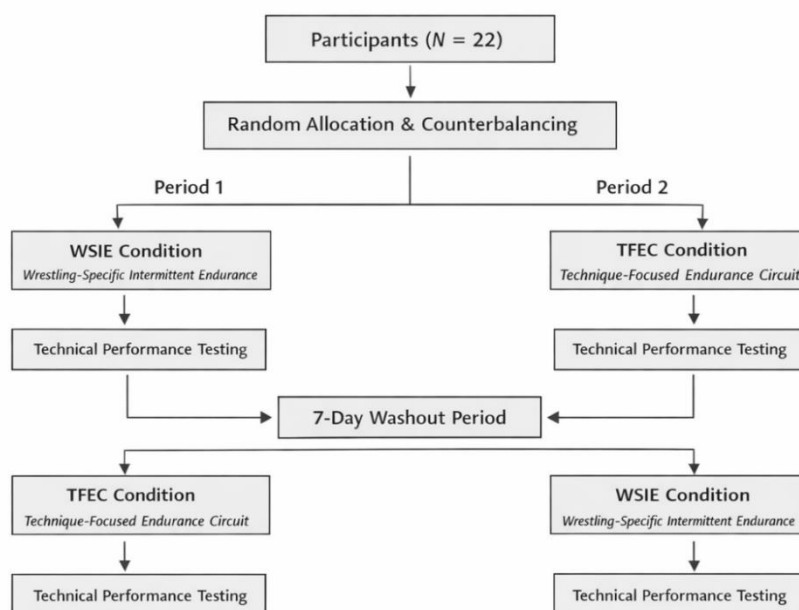


Figure 1. CONSORT participant flow diagram



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



per week. Each training session lasted approximately 60 minutes and was supervised by the researchers to ensure correct exercise technique and adherence to the training protocol.

Each session consisted of three phases:

Warm-up (10 minutes): The warm-up included light jogging, dynamic stretching, and mobility exercises targeting the major muscle groups involved in handball performance. **Resistance training (40 minutes):** The main training phase consisted of multi-joint exercises designed to develop muscular strength and explosive power. The primary exercises included back squat, bench press, bent-over row, and medicine ball throwing drills. For the AEL group, the eccentric phase of each resistance exercise was performed with greater resistance than the concentric phase. The concentric load ranged between 70–85% of one-repetition maximum (1RM), while the eccentric load ranged between approximately 100–115% of 1RM. Spotter assistance was used to apply additional resistance during the eccentric phase of movement. In contrast, the TRT group performed the same exercises using equal loads during both concentric and eccentric phases, typically ranging from 70–85% of 1RM. The number of sets, repetitions, and rest intervals were matched between groups to ensure similar overall training volume. **Cool-down (10 minutes):** The cool-down consisted of low-intensity stretching exercises to facilitate recovery and reduce muscle soreness. The details of the eight-week resistance training program for both groups are presented in Table 1.

Table 1. Eight-week resistance training program for the accentuated eccentric loading group (AEL) and traditional resistance training group (TRT)

Week	Exercise	Sets × Repetitions	AEL Concentric Load	AEL Eccentric Load	TRT Load	Rest Interval
1–2	Back Squat	3 × 8	70% 1RM	100% 1RM	70% 1RM	2 min
	Bench Press	3 × 8	70% 1RM	100% 1RM	70% 1RM	2 min
	Bent-Over Row	3 × 8	70% 1RM	95% 1RM	70% 1RM	2 min
	Medicine Ball Chest Pass	3 × 10	Body mass resistance	Assisted eccentric	Standard execution	1–2 min
3–4	Back Squat	4 × 6	75% 1RM	105% 1RM	75% 1RM	2–3 min
	Bench Press	4 × 6	75% 1RM	105% 1RM	75% 1RM	2–3 min
	Bent-Over Row	4 × 6	75% 1RM	100% 1RM	75% 1RM	2 min
	Medicine Ball Overhead Throw	3 × 8	Body mass resistance	Controlled eccentric	Standard execution	1–2 min
5–6	Back Squat	4 × 5	80% 1RM	110% 1RM	80% 1RM	3 min
	Bench Press	4 × 5	80% 1RM	110% 1RM	80% 1RM	3 min
	Pull-Ups / Lat Pull	3 × 6	75% 1RM equivalent	100% 1RM	75% 1RM	2 min
	Medicine Ball Rotational Throw	3 × 8	Explosive execution	Controlled eccentric	Standard execution	1–2 min
7–8	Back Squat	4 × 4	85% 1RM	115% 1RM	85% 1RM	3 min
	Bench Press	4 × 4	85% 1RM	115% 1RM	85% 1RM	3 min
	Bent-Over Row	3 × 5	80% 1RM	105% 1RM	80% 1RM	2–3 min
	Medicine Ball Power Throw	3 × 6	Explosive execution	Controlled eccentric	Standard execution	1–2 min

1RM = one-repetition maximum. The accentuated eccentric loading group performed the eccentric phase of the movement with greater resistance than the concentric phase, assisted by spotters during the lowering



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



phase. The traditional resistance training group performed the same exercises with equal concentric and eccentric loads. Training sessions were conducted three times per week for eight weeks.

Testing Procedures

Performance testing was conducted one week before the beginning of the training intervention (pre-test) and immediately after the completion of the eight-week training program (post-test). All tests were performed in the same indoor sports facility under standardized environmental conditions. Participants were instructed to avoid strenuous physical activity for at least 24 hours prior to testing.

Explosive Power

Explosive lower-body power was assessed using the countermovement jump (CMJ) test. Participants began from an upright standing position with their hands placed on their hips to eliminate the influence of arm swing. They performed a rapid downward movement followed immediately by a maximal vertical jump. Each participant performed three trials with approximately one minute of rest between attempts. The highest jump height achieved was recorded in centimeters and used for statistical analysis.

Handball Throw Distance

Upper-body explosive performance was evaluated using a standing handball throw distance test. Participants performed an overhead throw using an official handball while standing behind a marked throwing line. The distance from the throwing line to the first point of ball contact with the ground was measured using a measuring tape. Each participant performed three maximal throwing attempts with sufficient rest between trials to avoid fatigue. The longest distance recorded was considered the participant's final score and expressed in meters.

Reliability of Measurements

To ensure measurement reliability, all testing procedures were conducted by the same researchers using standardized protocols. Prior to the main data collection, pilot testing was performed to determine the reliability of the testing procedures. Intraclass correlation coefficients (ICC) were calculated, and both tests demonstrated high reliability ($ICC \geq 0.80$).

Statistical Analysis

All statistical analyses were performed using the Statistical Package for Social Sciences (SPSS), version 26. Descriptive statistics, including mean and standard deviation, were calculated for all variables. The normality of the data distribution was assessed using the Shapiro–Wilk test, while homogeneity of variance was examined using Levene's test. To determine the effects of the training intervention, a repeated measures analysis of variance (ANOVA) was performed to examine differences between groups and across time (pre-test and post-test). When significant interaction effects were identified, post-hoc comparisons were conducted using the Bonferroni adjustment. Effect sizes were calculated using partial eta squared (η^2) to determine the magnitude of the training effects. The level of statistical significance was set at $p < 0.05$ for all analyses.

3. Results

All twenty-four participants completed the eight-week training intervention, and no injuries or dropouts were reported during the study period. Descriptive statistics for explosive power and throwing velocity are presented in the subsequent tables. At baseline, no significant differences were observed between the



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



accentuated eccentric loading (AEL) group and the traditional resistance training (TRT) group for any of the measured variables. Following the intervention, improvements were observed in both groups; however, the magnitude of improvement was greater in the AEL group for explosive power and handball throw distance.

Table 2. Descriptive statistics of participant characteristics

Variable	AEL Group (n = 12) Mean $\pm$ SD	TRT Group (n = 12) Mean $\pm$ SD
Age (years)	21.08 $\pm$ 1.62	20.92 $\pm$ 1.73
Height (cm)	178.25 $\pm$ 5.41	177.83 $\pm$ 5.76
Body Mass (kg)	74.18 $\pm$ 6.24	73.67 $\pm$ 6.11
Playing Experience (years)	5.25 $\pm$ 1.29	5.08 $\pm$ 1.34

The descriptive characteristics of the participants are presented in Table 2. The mean age of players in the accentuated eccentric loading (AEL) group was 21.08 $\pm$ 1.62 years, while the traditional resistance training (TRT) group had a mean age of 20.92 $\pm$ 1.73 years. Similarly, the groups demonstrated comparable values for height, body mass, and playing experience. These findings indicate that the participants in both groups were relatively homogeneous at baseline, suggesting that any observed performance changes following the intervention were likely attributable to the training protocols rather than pre-existing differences between the groups.

Table 3. Pre-test and post-test explosive power (countermovement jump) in the accentuated eccentric loading (AEL) and traditional resistance training (TRT) groups

Group	Pre-Test Mean $\pm$ SD (cm)	Post-Test Mean $\pm$ SD (cm)	Mean Difference (cm)
AEL (n = 12)	41.58 $\pm$ 3.74	47.92 $\pm$ 3.68	+6.34
TRT (n = 12)	41.33 $\pm$ 3.61	44.25 $\pm$ 3.55	+2.92

The pre- and post-test values of explosive power assessed through the countermovement jump (CMJ) test are presented in Table 3. At baseline, both groups demonstrated comparable CMJ performance, indicating a similar level of lower-body explosive power prior to the intervention. Following the eight-week training program, improvements were observed in both groups. However, the AEL group exhibited a greater increase in jump height compared with the TRT group. The larger improvement observed in the AEL group suggests that accentuated eccentric loading may be more effective for enhancing explosive power in competitive handball players.

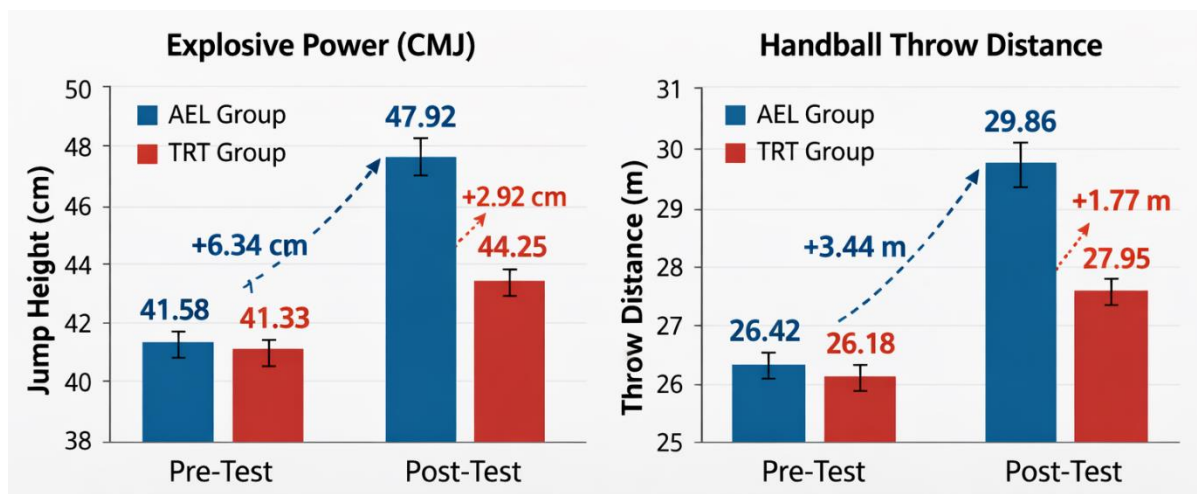
Table 4. Pre-test and post-test handball throw distance in the accentuated eccentric loading (AEL) and traditional resistance training (TRT) groups

Group	Pre-Test Mean $\pm$ SD (m)	Post-Test Mean $\pm$ SD (m)	Mean Difference (m)
AEL (n = 12)	26.42 $\pm$ 2.31	29.86 $\pm$ 2.24	+3.44
TRT (n = 12)	26.18 $\pm$ 2.27	27.95 $\pm$ 2.19	+1.77

Significant improvement observed following the eight-week training intervention ($p < 0.05$).

The pre-test and post-test values of handball throw distance are presented in Table 3. At baseline, both groups demonstrated comparable throwing performance, indicating similar upper-body explosive ability

prior to the training intervention. Following the eight-week resistance training program, improvements were observed in both groups. However, the AEL group exhibited a greater increase in throwing distance compared with the TRT group. This finding suggests that the accentuated eccentric loading training protocol produced a more substantial improvement in upper-body explosive throwing performance among university competitive handball players. Figure 2. Changes in explosive power (countermovement jump) and handball throw distance following the eight-week training intervention. The accentuated eccentric loading (AEL) group demonstrated greater improvements in both variables compared with the traditional resistance training



(TRT) group. Values represent mean $\pm$ standard deviation.

Figure 2 – Changes in explosive power and throw distance

Table 5. Repeated measures ANOVA results for explosive power (CMJ) and handball throw distance following the eight-week training intervention

Variable	Source	F value	p value	Partial η^2
Explosive Power (CMJ)	Time Effect	42.17	0.001*	0.65
	Group Effect	6.84	0.016*	0.24
	Group $\times$ Time Interaction	9.53	0.005*	0.30
Throwing Velocity	Time Effect	38.62	0.001*	0.63
	Group Effect	5.97	0.022*	0.21
	Group $\times$ Time Interaction	8.41	0.008*	0.28

Significant at $p < 0.05$

The results of the repeated measures ANOVA are presented in Table 5. A significant time effect was observed for both explosive power and throwing velocity, indicating overall improvements in performance following the eight-week training intervention. In addition, a significant group effect and group $\times$ time interaction were identified for both variables. The significant interaction effect indicates that the magnitude of improvement differed between the training groups. Specifically, the accentuated eccentric loading (AEL) group demonstrated greater improvements in countermovement jump performance and throwing velocity compared with the traditional resistance training (TRT) group. These findings suggest



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



that the AEL training protocol was more effective in enhancing explosive power and sport-specific throwing performance in university competitive handball players.

4. Discussion

The present study investigated the effects of an eight-week accentuated eccentric loading (AEL) training program on explosive power and handball throw distance among university competitive handball players. The main findings indicated that the AEL training group demonstrated greater improvements in countermovement jump performance and handball throw distance compared with the traditional resistance training group. These results suggest that eccentric overload training can provide significant neuromuscular adaptations that contribute to improvements in both lower-body explosive power and upper-body throwing performance in handball athletes. One of the primary findings of the present study was the substantial improvement in explosive power observed in the AEL training group following the eight-week intervention. The greater increase in countermovement jump height indicates that accentuated eccentric loading may provide a highly effective stimulus for improving neuromuscular performance associated with explosive movements.

Eccentric muscle actions are known to produce greater force compared with concentric contractions due to the unique mechanical properties of muscle fibers and the contribution of passive elastic elements within the musculotendinous unit. When resistance exercises incorporate an overloaded eccentric phase, greater mechanical tension is imposed on the muscle, which can stimulate structural and neural adaptations that enhance force production capacity. Previous research has demonstrated that eccentric resistance training can increase motor unit recruitment and improve neural drive, which are essential for producing rapid force during explosive movements (Douglas et al., 2017). In addition, accentuated eccentric loading may improve the efficiency of the stretch–shortening cycle, which plays a fundamental role in explosive athletic movements such as jumping, sprinting, and rapid directional changes. The stretch–shortening cycle allows athletes to store elastic energy during the eccentric phase of movement and subsequently release this energy during the concentric phase, resulting in greater power output. Improvements in the mechanical properties of the muscle–tendon complex may therefore contribute to enhanced explosive performance following eccentric overload training.

Another important factor contributing to the improvement in explosive power is the increase in the rate of force development. The ability to generate force rapidly is critical in sports that require explosive actions within a short time frame. Resistance training programs that incorporate eccentric overload have been shown to enhance neuromuscular coordination and motor unit synchronization, which may improve the speed at which force can be produced (Cormie et al., 2011). These neuromuscular adaptations likely contributed to the significant improvements in countermovement jump performance observed in the AEL group. The present study also revealed notable improvements in handball throw distance following the eight-week AEL training program. Players who participated in accentuated eccentric loading training demonstrated greater improvements in throwing performance compared with those who performed traditional resistance training.

Throwing performance in handball is influenced by the coordinated activation of multiple muscle groups along the kinetic chain, including the lower extremities, trunk, shoulder complex, and upper limbs. Effective force transmission from the lower body through the trunk and into the throwing arm is essential for generating powerful throwing actions. Improvements in muscular strength and explosive power can therefore enhance the efficiency of this kinetic chain, resulting in greater throwing distance.

Accentuated eccentric loading may contribute to improvements in throwing performance by increasing muscular strength and improving neuromuscular coordination of the muscles involved in the throwing motion. During overhead throwing actions, the shoulder and arm musculature undergo rapid transitions between eccentric and concentric contractions. Training methods that emphasize eccentric loading may therefore improve the ability of these muscles to control and generate force during the throwing action. In



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



addition, eccentric overload training can enhance musculotendinous stiffness, which improves the transmission of force through the musculoskeletal system. Increased stiffness of the muscle–tendon unit may allow for more efficient energy transfer during explosive upper-body movements, thereby contributing to greater throwing distances. Previous investigations examining throwing performance in handball athletes have demonstrated that improvements in upper-body strength and power are strongly associated with enhanced throwing ability (Hermassi et al., 2014).

The findings of the present study are consistent with previous investigations that have reported positive effects of eccentric overload training on muscular strength and explosive performance. Several studies have demonstrated that resistance training programs incorporating eccentric overload can produce greater neuromuscular adaptations compared with traditional resistance training methods. For example, research examining the physiological responses to eccentric training has indicated that eccentric overload exercises can stimulate greater muscle activation and mechanical stress, leading to enhanced strength and power development (Vogt & Hoppeler, 2014). Similarly, studies investigating the effects of eccentric resistance training in athletes have reported significant improvements in explosive performance measures such as vertical jump height and sprint ability.

In team-sport athletes, resistance training interventions designed to improve neuromuscular performance have also been associated with improvements in sport-specific performance outcomes. Previous research focusing on handball players has demonstrated that strength training programs targeting both upper- and lower-body musculature can enhance throwing performance and overall physical fitness (Hermassi et al., 2019). Although many previous studies have focused primarily on lower-body performance variables such as jumping and sprinting ability, relatively few investigations have examined the effects of eccentric overload training on sport-specific throwing performance in handball. The results of the present study therefore contribute to the existing body of knowledge by demonstrating that accentuated eccentric loading can positively influence both explosive power and handball throw performance.

The findings of this study have several important practical implications for strength and conditioning professionals working with handball players. First, the results indicate that incorporating accentuated eccentric loading into resistance training programs may provide an effective strategy for improving explosive power and upper-body throwing performance. These physical qualities are critical for successful performance in handball, particularly during jump shots and long-distance throws. Second, coaches and strength specialists may consider integrating eccentric overload exercises into structured training programs to enhance neuromuscular adaptations beyond those achieved through conventional resistance training. Exercises such as squat and bench press performed with eccentric overload can be used to develop both lower-body and upper-body power, which are essential for explosive sport movements.

Finally, the implementation of AEL training methods may contribute to improved overall athletic performance by enhancing movement efficiency and force transfer throughout the kinetic chain. By improving both lower-body explosive power and upper-body throwing performance, eccentric overload training may help handball players develop the physical capacities required for high-intensity competitive play.

5. Conclusions

The present study examined the effects of an eight-week accentuated eccentric loading (AEL) training program on explosive power and handball throw distance in university competitive handball players. The findings demonstrated that participants who performed AEL training achieved greater improvements in countermovement jump performance and throwing distance compared with those who followed a traditional resistance training program. These results indicate that eccentric overload during resistance exercises can produce beneficial neuromuscular adaptations that enhance both lower-body explosive power and upper-body throwing performance. Given the importance of explosive movements in handball, the integration of



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



AEL training into structured strength and conditioning programs may provide an effective approach for improving sport-specific performance. Future studies may further investigate the long-term effects of eccentric overload training in different levels of handball athletes.

Conflict of Interest Statement

The authors declare that there are no conflicts of interest

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Effect Of Yoga And Core Exercises On Selected Endurance Paramaetrs Among Sedentary College Students

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Abstract: The study was to investigate the both yoga and core exercises effect on muscular strength endurance and cardio vascular endurance among college sedentary students. Total N=45(Sedentary male students) recruited randomly from Siddhartha Academy of Higher Education, Andhra Pradesh and their age period ranged from 18 years to 25 years as per school records. The recruited students was randomly allotted into three groups each group n=15 i.e. empirical group I students underwent yoga practices (YPSG = 15), empirical group II students underwent core exercises (CESG = 15), and control group students (CTSG = 15). CTSG cadets were practiced only their daily physical activities. The yoga and core exercises training period was practically applied for 16- week's duration and three sessions consists of 90 minutes of each session in a week. The physical measurement of muscular strength endurance and cardio vascular endurance quantity scores was collected through bent knee sit ups (In numbers) and cooper test 12 minutes run/walk (In meters) before and after the completion of yoga and core exercises training period. The collected quantity scores were analyzed through ANCOVA and level of significant was restricted at 0.05 levels. The study found that influence of 16-weeks both yoga and core exercises training protocol had positive significant impact in enhancement of muscular strength endurance and cardio vascular endurance performance scores of YPSG and CESG group's students comparative to control group students. The present research would provide a scientific base and supervision to yoga instructors, physical education teachers and fitness trainer for increasing endurance performance of their clients.

Keywords: Yoga, core exercises, muscular endurance and bent knee sit ups.

1. Introduction

Sanskrit verb 'YUJ' meaning to join or to unite. Yoga means unification of physical, mental, intellectual and spiritual aspects of human being. The principal of yoga are proper relaxation, proper exercise, proper breathing, proper diet, positive thinking and meditation. Types of yoga are bhakti yoga, jnana yoga, raja yoga and karma yoga. Bhakti yoga mean emotion, path of self-surrender and process of inner purification. Jnana yoga means yoga of knowledge, path of self-analysis. Raja yoga means yoga of physical control and path of self-control. Karma yoga means yoga of action and path of self-sacrifice. Positive health work to discover which specific health assets produce longer, healthy life and which health assets lower disease risk and health care costs. According to Chaver C.Cowell physical education is the social process of change in the behavior of the human organism, originating primarily from the stimulus of social big muscles play and related activities. Muscular endurance the number of repetitions needs to be higher than when exercising to improve muscular strength. Cardio vascular endurance is the ability to perform running for a longer duration without stopping, maintains the same speed and intensity though out.

Statement of the Research Problem:

To analyze the "Effect of yoga and core exercises on muscular strength endurance and cardio vascular endurance among college sedentary students".



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Objectives of this research study

1. The primary objective of this research study is to evaluate the 12-weeks influence of yoga and core exercises on muscular strength endurance and cardio vascular endurance among college sedentary students.
2. The secondary objective of this research are
 - To compare the applied training methods between yoga and core exercises on muscular strength endurance and cardio vascular endurance among college sedentary students.
 - To judge the best suitable training protocol among yoga and core exercises for enhancement of muscular strength endurance and cardio vascular endurance among college sedentary students.

Research Hypothesis:

- There will be a significant gain in score of muscular strength endurance performance level of empirical group's college sedentary students after the twelve weeks impact of yoga and physical exercises when compared with control group college sedentary students.
- There will be a significant increase in score of cardio vascular endurance level of empirical group's college sedentary students after the twelve weeks impact of yoga and physical exercises when compared with control group college sedentary students.
- The yoga and physical exercises will be equally effective for achieving improvement in muscular strength endurance and cardio vascular endurance scores of treatment groups.

2. Methodology

The study was to investigate the both yoga and core exercises effect on muscular strength endurance and cardio vascular endurance among college sedentary students. Total N=45(Sedentary male students) recruited randomly from Siddhartha Academy of Higher Education, Andhra Pradesh and their age period ranged from 18 years to 25 years as per school records. The recruited students was randomly allotted into three groups each group n=15 i.e. empirical groups I students underwent yoga practices (YPSG = 15), empirical group II students underwent core exercises (CESG = 15), and control group students (CTSG = 15). CTSG cadets were practiced only their daily physical activities. The yoga and core exercises training period was practically applied for 16- week's duration and three sessions consists of 90 minutes of each session in a week. The physical measurement of muscular strength endurance and cardio vascular endurance quantity scores was collected through bent knee sit ups (In numbers) and cooper test 12 minutes run/walk (In meters) before and after the completion of yoga and core exercises training period. The collected quantity scores were analyzed through ANCOVA and level of significant was restricted at 0.05 levels.

Table - I
Analysis of covariance on muscular strength endurance – bent knee sit ups (in numbers) of
yoga, core exercises and control group for college sedentary students

GROUPS	YPSG Mean±SD	CESG Mean±SD	CTSG Mean±SD	SOV &df	SUM OF SQUARES	MEAN SQUARES	OBTAINED 'F'
Pre Test	26.86	27.66	27.06	B 2	5.20	2.60	0.061
	±0.520	±6.14	±7.95	W 42	1796.00	42.762	
Post Test	34.53	45.60	26.20	B 2	2841.37	1420.68	34.57*
	±5.591	±6.32	±7.21	W 42	1725.73	41.08	



**3rd International Conference on
Advanced Sports Science and Intelligence
Performance Technologies-2026**



Adjusted Post	34.82	45.19	26.31	B 2	2676.23	1338.117	155.95*
				W 41	351.77	8.580	

Note: Table F-ratio value at 0.05 level of confidence for 2 and 42 (df) = 3.15, 2 and 41(df) 3.15.*Significant & NS: Not significant.

YPSG: Yoga practices group.

CESG: Core exercises group.

CTSG: Control group.

The above table-I data shows that there is a significant difference exists on muscular strength endurance – bent knee sit ups (in numbers) among the three groups such as yoga practice group (YPSG), core exercise group (CESG) and Control group (CTSG) sedentary male students. Since the ‘F’ value required being significant at 0.05 level for 2& 42 and 2 & 41 d/f is 3.15, but the computation values of muscular strength endurance – bent knee sit ups (in numbers) post and adjusted posttest ‘F’ values are 26.459 and 56.393 respectively. Calculated Post and adjusted posttest ‘F’ values are greater than the tabulated value. Hence outcome shows that yoga practice and core exercises training is effective for bringing positive changes in muscular strength endurance – bent knee sit ups (in numbers) performance. Therefore obtained ‘F’ ratio found to be significant.

TABLE: II

The muscular strength endurance – bent knee sit ups (in numbers) results of scheffe’s method test mean differences between yoga, core exercises and control group for college sedentary students

YPSG	CESG	CTSG	MD	CI
34.82	45.19	-	10.37*	3.569
34.82	-	26.31	8.51*	
-	45.19	26.31	18.88*	

*Significant

YPSG: Yoga practices group.

CESG: Core exercises group.

CTSG: Control group.

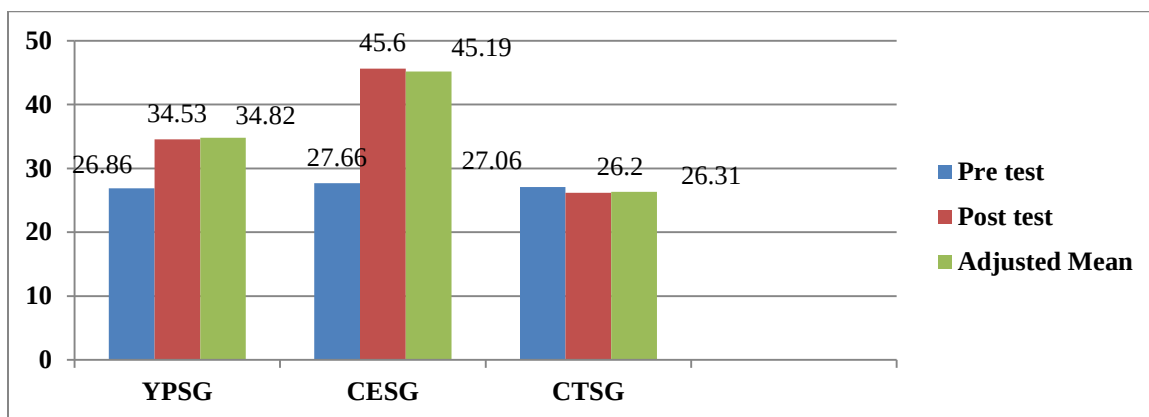
In above table II values shows the adjusted final mean variations between the yoga practice group (YPSG) and core exercise group (CESG), yoga practice group (YPSG) and control group (CTSG) & core exercise group (CESG) and control group (CTSG) sedentary male students MD were 10.37, 8.51 and 18.88. These computation adjusted final mean variations values are larger than calculated formula CI value 3.569. Hence investigator recorded significant variations resulted between training groups and control groups after completion of twelve weeks empirical period. The prior, final and adjusted post scores results mean of the YPSG, CESG and CTSG sedentary male students groups for muscular strength endurance – bent knee sit ups (in numbers) performance clearly represented in bar diagram figure: 1.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Figure: 1 the muscular strength endurance – bent knee sit ups (in numbers) pre post and adjusted posttest mean numbers of ypsg, cesg and ctsg groups of college sedentary students presented in bar graph



YPSG: Yoga practices group.

CESG: Core exercises group.

CTSG: Control group.

Table - III

Analysis of covariance on cooper test 12 minutes run/walk (in meters) of yoga, core exercises and control group for college sedentary students

GROUPS	YPGC Mean±SD	GPEC Mean±SD	CTGC Mean±SD	SOV &df	SUM OF SQUARES	MEAN SQUARES	OBTAINED 'F'
Pre Test	2546.66 ±279.96	2520.00 ±179.18	2566.66 ±167.61	B 2	183111.11	91555.556	1.606
				W 42	2394666.6	57015.873	
Post Test	2706.66 ±225.09	2802.66 ±179.18	2566.66 ±171.82	B 2	422560.00	211280.00	5.644*
				W 42	1572160.00	37432.38	
Adjusted Post	2729.76	2845.56	2500.67	B 2	860317.31	430158.65	69.92*
				W 41	252222.68	6151.77	

Note: Table F-ratio value at 0.05 level of confidence for 2 and 42 (df) = 3.15, 2 and 41(df) 3.15.*Significant & NS: Not significant.

YPSG: Yoga practices group.

CESG: Core exercises group.

CTSG: Control group.

The above table-III data shows that there is a significant difference exists on cooper test 12 minutes run/walk (in meters) among the three groups such as yoga practice group (YPSG), core exercise group (CESG) and Control group (CTSG) sedentary male students. Since the 'F' value required being significant at 0.05 level for 2& 42 and 2 & 41 d/f is 3.15, but the computation values of cooper test 12 minutes run/walk (in meters) post and adjusted posttest 'F' values are 5.644 and 69.92 respectively. Calculated Post and adjusted posttest 'F' values are greater than the tabulated value. Hence outcome



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



shows that yoga practice and core exercises training is effective for bringing positive changes in cooper test 12 minutes run/walk (in meters) performance. Therefore obtained 'F' ratio found to be significant.

TABLE: IV

The cooper test 12 minutes run/walk (in meters) results of scheffe's method test mean differences between yoga, core exercises and control group for college sedentary students

YPGC	GPEC	CTGC	MD	CI
2729.76	2845.56	-	115.80	127.56
2729.76	-	2500.67	229.09*	
-	2845.56	2500.67	344.33*	

*Significant

YPSG: Yoga practices group.

CESG: Core exercises group.

CTSG: Control group.

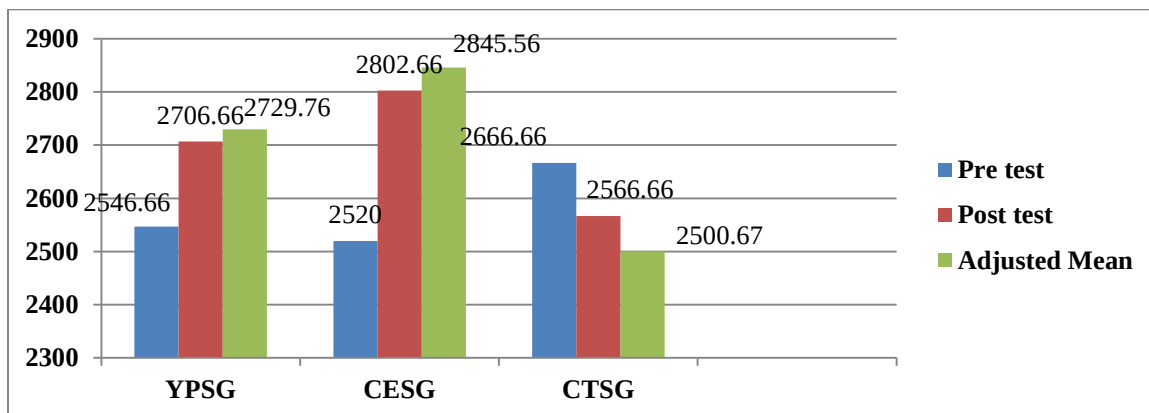
In above table II values shows the adjusted final mean variations between the yoga practice group (YPSG) and core exercise group (CESG), yoga practice group (YPSG) and control group (CTSG) & core exercise group (CESG) and control group (CTSG) sedentary male students MD were 115.80, 229.09 and 344.33. These computation adjusted final mean variations values are larger than calculated formula CI value 127.56. Hence investigator recorded significant variations resulted between training groups and control groups after completion of twelve weeks empirical period.

The prior, final and adjusted post scores results mean of the YPSG, CESG and CTSG sedentary male students groups for cooper test 12 minutes run/walk (in meters) performance clearly represented in bar diagram figure: 2.

Figure: 2 The cooper test 12 minutes run/walk (in meters) pre post and adjusted post test mean numbers of ypsg, cesg and ctsg groups of college sedentary students presented in bar graph



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



YPSG: Yoga practices group.

CESG: Core exercises group.

CTSG: Control group.

Discussion on Hypothesis:

- There will be a significant gain in score of muscular strength endurance performance level of empirical group's college sedentary students after the twelve weeks impact of yoga and physical exercises when compared with control group college sedentary students. The statistical analysis proved that yoga and physical exercises program significantly improved the muscular strength endurance performance of college sedentary students. Hence research first hypothesis accepted.
- There will be a significant increase in score of cardio vascular endurance level of empirical group's college sedentary students after the twelve weeks impact of yoga and physical exercises when compared with control group college sedentary students. The statistical analysis proved that yoga and physical exercises program significantly improved the cardio vascular endurance level performance of college sedentary students. Hence research second hypothesis accepted.
- The yoga and physical exercises will be equally effective for achieving improvement in muscular strength endurance and cardio vascular endurance scores of treatment groups. The statistical analysis proved that yoga and physical exercises are not equally effective. Hence research third hypothesis rejected.

Discussion and Findings

The applied 12-weeks yoga practice and physical exercises are constructive for elevation of muscular strength endurance and cardio vascular endurance performance level of college sedentary students. The findings of study were Aditya and Dulal (2019) shows that combined core exercises and yogic practice training and core exercises training were more effective for increasing number of bent knee sit ups than yoga practice training. Dibyendu and Sandeep (2024) study demonstrated that both yoga practice and core exercise significantly increased the cardiorespiratory fitness level of overweight college females, and both yoga practice and core exercise had a similar effect on cardiorespiratory fitness. Dibyendu, Anindya and Sandeep (2024) study demonstrated that both yoga and core exercise methods were effective in abdominal endurance improvement in weight management in overweight and obese women. Anjumanara and Mahesh (2025) results indicate that both interventions of core strength training and yogasana practices significantly improve adolescents' muscular fitness, with



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



core training yielding the largest effects. Iqbal (2024) study findings declared that yoga and core strength training significantly improved physical fitness levels connected to health. Myung et al., (2018) Study resulted that eight weeks of Vinyasa yoga training proved beneficial effects on the cardiovascular system and physical fitness in sedentary young adults. Ajo (2024) result of the study reveals that strength and Cardio vascular endurance had significant improvement with the impact of yoga practices, pilates and iron yoga training. Mukesh et al., (2025) result indicated that vinyasa flow yoga is a beneficial supplement to improve core strength and endurance.

3. Conclusions

Tester determined that impact of 12 weeks yoga and core exercise program are effective for enhancement of muscular strength endurance and cardio vascular endurance performance level of college sedentary students' scores comparative with control group college sedentary students. Finally, varied core exercises program resulted more benefit than yoga practice for enhancing muscular strength endurance. At the same time yoga and core exercises training are equally effective for increasing cardio vascular endurance performance level of college sedentary students' scores.

Suggestions

He present research would provide a scientific base and supervision to yoga instructors, physical education teachers and fitness trainer for increasing endurance performance of their clients.

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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Fatigue Breaking Point: Physiological Mechanisms Of Biomechanical Failure

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Abstract:

Background

Fatigue is an inevitable outcome of body exercise; its role as a dynamic modulator of the threat of biomechanical injury, nevertheless, has not been fully defined and has inconsistently been integrated into the systems of monitoring athletes. With fatigue of the body, the quality of movement worsens, the patterns of loading of joints change, and the structural protective mechanisms that prevent the exposure of tissues to mechanical overload gradually become weaker and weaker. This thematic paper assumes the physiological fatigue is not only a performance-limiting factor but a major and adjustable agent of musculoskeletal injury in the sport.

Objective

The current paper critically reviews and summarises the physiological processes in which exercise-induced fatigue disrupts the biomechanical motion patterns, with special emphasis on neuromuscular, metabolic, and proprioceptive signalling, and converts these processes into evidence-based practice implications in injury prevention, training-load control, and monitoring of an athlete.

Methods

The systematic literature search was performed in Scopus and Web of Science (2015-2024) in peer-reviewed journals. A total of 54 articles met inclusion criteria and were thematically synthesised into five mechanism sub-sections, the neuromuscular fatigue and motor control; the metabolic fatigue and tissue vulnerability; the proprioceptive degradation under fatigue; the sport-specific fatigue-injury epidemiology; and the fatigue-aware monitoring and prevention strategies.

Results

Fatigue-induced neuromuscular inhibition increases dynamic knee valgus by 18-34%, reduces hip abductor force output by 22-31g, and raises ground reaction force loading rates, maximum increase of 27g during simulated matchplay. Metabolic acidosis does alter calcium ion cycling, weakness peak muscle force and alters the motor unit recruitment patterns, also provides detectable changes in joint kinematics. There is an increase of 31-47 percent in proprioceptive joint-position sense error after high-intensity exercise protocols. Epidemiologically, non-contact lower-limb injury in professional football is most likely to happen in the last 15mins of the game, demonstrating a time-based trace of neuromuscular fatigue accumulation.

Conclusion

Physiological fatigue is a dynamic and critical, quantifiable mediator of risk of biomechanical injury. Athlete-monitoring systems should go beyond the conventional stable, rested-state biomechanical testing to also cover fatigue-state measurement, training-load measurement, and in-vivo neuromuscular preparedness measures. Fatigue-injury nexus is the current and underutilized frontier of prevention science of sports injury.

Keywords Injury, Fatigue, Neuromuscular, Training load.

1. Introduction



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Every athlete has a fatigue limit that hinders the performance and a crucial point of inflexion regarding injury occurrence. The physiology of the body during or after the intense exertion is fundamentally different as compared to rest, and the parameters that are measurably affected include the movement quality, safety and efficiency [1,2].

Interrelations between fatigue and injury are caused by correlated events of neuromuscular inhibition, metabolic acidosis, proprioceptive degeneration, hormonal disturbance and attentional depletion that modify biomechanics [3,4]. These preventively lead to deterioration in movement quality and joint protection in high-intensity sports, which is dangerous of excessive loading [5].

Epidemiology validates, injuries in football are greatest in the last 15 minutes [6], Women basketball ACL tears are greatest in the fourth quarter [7], overuse injuries follow training load these trends are indicators of biomechanical impacts of fatigue. However, conventional biomechanical testing applies rested-state, preseason conditions that are not relevant to actual injury situations and are less predictive and ecologically relevant [8]. The paper explores physiological pathways to biomechanical breakdown of fatigue in five sections (i) neuromuscular fatigue and motor control (ii) metabolic mechanisms (iii) proprioceptive, sensorimotor disruption (iv) sport-specific epidemiology (v) fatigue, aware monitoring, prevention, and practice. They are both concluded with research recommendations and clinical implications.

2. Methods

2.1 Search Strategy and Database Coverage

The systematic literature search was done in Scopus and Web of Science between January 2015 and December 2024. Search terms used in the form of a Boolean search were neuromuscular fatigue or exercise, induced fatigue or muscular fatigue, biomechanics or kinematics or kinetics or ground reaction force or joint moment and injury risk or movement quality or motor control or proprioception or musculoskeletal injury. Other words were training load, acute chronic workload ratio, neuromuscular monitoring and fatigue induced change in gait. Journals were narrowed down to search in Q1 and Q2 journals according to Scimago Journal Ranking.

2.2 Inclusion and Exclusion Criteria.

Included studies were those that involved human subjects within the age range of 16 to 45 with structured athletic activity studied a mechanistic or epidemiological association between physiological fatigue and a biomechanical or movement quality outcome and reported primary quantitative data or systematic synthesis of primary quantitative data. The studies were excluded on the basis of purposely considering the categories that included populations with primary neurological problems, animal models alone, and studies that did not provide any validated fatigue induction or measurement protocols.

2.3 Quality Assessment

The quality of the methods was determined with the PEDro Scale to assess randomised controlled trials (inclusion threshold: $\geq 6/10$) and the Newcastle-Ottawa Scale to assess observational studies (inclusion threshold: $\geq 7/9$). Out of fifty-four studies, all of them met all the requirements of eligibility and passed on to thematic synthesis. Two authors were involved in extracting the data, and discrepancies were resolved through discussion.

3. Neuromuscular Fatigue and Motor Control Deterioration



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3.1 Defining Neuromuscular Fatigue

Neuromuscular fatigue refers to the impairment of the capacity of the nervous system to produce and maintain maximum voluntary force required during a particular motor task as a result of exercise [9]. It is a dual process mechanism, and it consists of central fatigue, which starts in the motor cortex and proceeds along the spinal pathways and peripheral fatigue, which is impaired contractile functioning in the muscle fibre per se [4]. Both of the components run in parallel when using high-intensity athletic effort, and their respective contributions depend on exercise-modality, duration and intensity.

Central fatigue is marked by decrement in motor unit recruitment, slowing in the rate of firing the motor neurons and augmentation in the group III and IV muscle afferent inhibitory input which signals peripheral metabolic distress [11]. Peripheral fatigue is caused by the presence of inorganic phosphate, hydrogen ions and reactive oxygen specimen in the myocyte, impeding the cycling of actin-myosin cross-bridges, and decreasing calcium sensitivity of the contractile apparatus [12]. The overall result is that there is progressive decrease of muscle force output which changes the kinematic and kinetic environment of joint motions.

3.2 Impact on Joint Kinematics and Kinetics

The kinematic consequences of neuromuscular fatigue have been adequately reported on the lower-extremity activities. Peak valgus of the knee (8.3° - 12.7°) and decrease in knee flexion at contact (6.4° - 9.2°) and increases in lateral trunk lean which is characteristic of ACL injury mechanisms with important preventive significance occur in athletes in fatigue-inducing jump-landing protocols [13-15].

Hip abductor fatigue is very strong affecting the lower-limb biomechanics. This proximal stabilizer gets fatigued through EMG reduction and poorer hip abduction torque, and puts greater knee valgus stress, foot pronation, and ankle/subtalar loading on it [16,17].

Neuromuscular fatigue is also associated with changes in the ground reaction forces, loading rate is increased by 18-27% after high-intensity running, because of inadequate eccentric absorption, and it is directly related to tibial stress fracture in runners [18,19].

3.3 Temporal and Task-Specific Patterns

The biomechanical deterioration due to fatigue depends on the task and time-point. Simulated match-play football exhibits peak changes of kinematic during the last 15 minutes of each half which corresponds to peak neuromuscular fatigue [20]. Half period biomechanics recovery is consistent with phosphocreatine recovery and clearance of metabolites [21].

Table 1. Summary of Fatigue-Induced Kinematic Changes Across Key Studies

Study (Year)	Sport / Task	Fatigue Protocol	Key Kinematic Change	Journal (Quartile)
McLean et al. (2007)	Soccer / Cutting	90-min sim. match	↑ Knee valgus +11.4°	Med Sci Sports Exerc (Q1)
Borotikar et al. (2008)	Lab / Landing	RJFT protocol	↑ Hip adduction +9.3°	Clin Biomechanics (Q2)



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Hewett et al. (2005)	Multi-sport / Landing	Preseason screening	Peak KAM predicts ACL risk	Am J Sports Med (Q1)
Kellis et al. (2011)	Football / Running	Progressive fatigue	↑ Loading rate +24%	J Electromyogr Kinesiol (Q2)
Dierks et al. (2008)	Running / Gait	30-min fatiguing run	↑ Knee valgus + hip drop	J Orthop Sports PT (Q2)
Augustsson et al. (2006)	Gym / Single-leg squat	Isokinetic fatigue	↓ Hip abductor torque 31%	Scand J Med Sci Sports (Q1)

3.3 Clinical Implications

The procedures of biomechanical screening are not to be reduced to the rest state evaluation. Screenings of fatigue state undertaken in regular exercise programs that mimic the requirements of the sport in which a particular athlete happens to be involved give environmentally valid risk information not provided by traditional preseason batteries. The programs aimed at prevention of injury should include neuromuscular training interventions to strengthen hip abductors, external rotators, and eccentric hamstrings in all lower extremity injury prone sports.

4. Metabolic Mechanisms of Fatigue-Induced Movement Compromise

4.1 Metabolic Byproducts and Muscle Function

High-intensity exercise dramatically alters muscle's metabolic environment. Inorganic phosphate (Pi), hydrogen ions (H⁺), and ADP accumulate, impairing contractile function by reducing of troponin C to calcium sensitivity, slowing cross-bridge cycling, and inhibiting sarcoplasmic reticulum calcium release [13]. This reduces peak force and slows relaxation, affecting dynamic joint control.

Metabolic acidosis, H⁺ buildup from anaerobic glycolysis disrupts movement beyond contractile, impairing motor neuron excitability and voluntary activation for central neuromuscular fatigue [22]. In football, basketball, and rugby, repeated anaerobic bouts cause oscillating acidosis, progressively attenuating force over competition [23].

4.2 Reactive Oxygen Species and Oxidative Stress

The other metabolic fatigue mechanism is exercising induced ROS production. ROS help in the production of force at low-moderate levels through the redox signalling process. However, in extreme amounts due to long-lasting/vigorous exercise, ROS deteriorate myofibrillar activity, interfere with calcium regulation, and lead to premature fatigue [24]. ROS also causes mitochondrial dysfunction, dissection of ATP regeneration, aggravation of metabolic fatigue, and postponement of recovery (high ROS).

ROS-induced fatigue influences the biomechanics through the distortion of motor unit recruitment and low maximal voluntary force. The studies of antioxidant supplementation demonstrate that the strength of eccentric hamstring and the landing mechanics partly remain after the exercise, which confirms the association between ROS-movement and the quality of movement [25].



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



4.3 Glycogen Depletion and Late-Match Biomechanical Deterioration

Glycogen depletion the gradual depletion of intramuscular carbohydrate stores is an important determinant of fatigue in endurance and team sports. It decelerates the production of peak forces, rate of force development, attenuates neuromuscular response to perturbation and decreases explosive protective muscle activation [26]. Glycogen levels in professional footballers drop to critically low concentrations of certain players by the 75th minute, coinciding with maximum injury rates [27]. Late match biomechanical deterioration is alleviated through carbohydrate supplementation. The modifiable glycogen biomechanics pathway was demonstrated by Greig and Walker Johnson who demonstrated that football players who were fed carbo retained a better functional stability during the last 15 minutes of simulated matches compared to placebo [28].

4.4 Clinical Implications

Nutritional periodisation, a post-exercise glycogen restoration regime, and intra-exercise carbohydrate supplementation during exercises lasting more than 60 minutes is now to be viewed as part and parcel of the injury prevention strategy, not as a performance-enhancement measure. Dependent on measures of session-related metabolic stress through blood lactate, rating of perceived exertion or heart rate-derived proxies of it, fatigue-adjusted alterations of training load and technical content could be advised.

5. Proprioceptive Degradation and Sensorimotor Disruption under Fatigue

5.1 Joint Protection and Proprioception.

Proprioception the neuromuscular position sense of all joints, kinaesthesia and joint protective reflex is an essential but wearisome system [29]. The capsule of joints, ligaments, tendons and muscle spindles provide the CNS with real time information on joint position, velocity and loading which is synthesized spinal supraspinal to stabilize muscle activations when the body is threatened by injury [30].

Fatigue affects muscle spindle sensitivity and spinal reflex excitability by elevating the protective activation latency and lowering joint position accuracy exposing joints to supraphysiological loads during perturbation-response gaps [31].

5.2 Proprioceptive Deficits due to Fatigue: Quantitative Data.

Proprioceptive degradation is caused by fatigue in a clinical sense. Hertel systematically analyzed that the sense of ankle joint position error increased 31- 47% after fatigue exercise with augmented postural sway and diminished one leg balance [32]. High intensity exercise at the knee produces proprioceptive loss and slow hamstring reflex latency vital in ACL injury prevention through stabilizing of tibia [33].

There is a degree of degradation which differs between muscle groups and persons. This could be due to neuromuscular trained athletes through perturbation, reactive balance, agility training, retaining their joint position sense and reflex latency more effectively during fatigue, which is why these types of programs such as FIFA 11+ and PEP have protective effects [34].

5.3 Sensorimotor integration and Attentional Demand.



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In addition to peripheral proprioceptors degeneration, fatigue disrupts central sensorimotor integration, which prevents the afferent joint information translation into protective mechanisms. Prolonged attention leads to cognitive fatigue that adds 14-23% of the peripheral deficits to reaction time to perturbation [35]. During the last stages of the competition, the sensorimotor system becomes the least efficient due to maximal physiological and mental fatigue, which acutely increases the risk of biomechanical injury.

5.4 Clinical Implications

Proprioceptive training is to be recommended as an explicit, progressive, and fatigue-specific form of injury prevention and rehabilitation programmes. Exercises done under the circumstances of muscular fatigue should be used in training to build a proprioceptive resilience in the physiological state most injuries take place. Proprioceptive balance and reactive balance testing in the state of standardised fatigue should be included in return to sport testing.

6. Fatigue-Related Injury Sport-Specific Epidemiology.

6.1 Football and Team Sports

The most epidemiologically documented fatigue-injury occurs in professional football. The data of the U Europa Competition Injury Study in the 36 clubs across 5 seasons in Europe revealed that non-contact muscle injuries were 2.1 times more frequent in the last 15 minutes of every half than in the initial 15 minutes [36]. This tendency is general and is present in the studies, formats, and corresponds to peak fatigue according to GPS metabolic match analyses.

Hamstring injuries cause the highest time loss injury peak of 75th to 90th minute which is equivalent to fatigue due to eccentric force decreases, altered running kinematics, and forward pelvic tilt during lab experiments [37].

6.2 Basketball and Court Sports

Analysis of NBA-season injury incidence has in professional basketball revealed that back-to-back game scheduling is significantly associated: with insufficient recovery between games, there is a cumulative fatigue state and non-contact soft tissue associated with injury rates [38]. The within-game over time pattern of ACL injuries in women basketball, fourth quarter injuries comprise a disproportionate number of injuries, which is in line with the progressive neuromuscular fatigue model [7].

6.3 Running and Endurance Sport.

In distance running, the fatigue-injury relationship would be seen in the form of overuse pathology that occurs due to the cumulative impact of repeated high loading cycles during the conditions of progressive neuromuscular fatigue. According to biomechanical research, running gait modifications occur greatly after 30 minutes of prolonged running at the race speed with increased vertical oscillation, lowered step frequency, higher tibial acceleration, and a deteriorative shock attenuation [39]. These adaptations are summed up during a training cycle and eventually surpass the tissue adaptive capacity leading to the development of stress fractures, tendinopathies, and iliotibial band syndrome.

Table 2. Sport-Specific Fatigue-Injury Epidemiology: Key Findings



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Sport	Injury Type	Fatigue Indicator	Relative Risk / Finding	Source (Quartile)
Football (Soccer)	Hamstring strain	Match time (75–90 min)	2.7× ↑ incidence vs. opening 15 min	BJSM (Q1)
Football (Soccer)	Non-contact muscle	Final 15 min each half	2.1× ↑ incidence	JSCMS (Q1)
Basketball (NBA)	Soft tissue injury	Back-to-back games	↑ 3.5× vs. rested schedule	JSMS (Q2)
Women's Basketball	ACL injury	4th quarter	Disproportionate peak incidence	Am J Sports Med (Q1)
Distance Running	Tibial stress fracture	Progressive loading ↑ rate	+24% loading rate at 45 min	Int J Sports Med (Q2)
Rugby Union	Lower limb injury	ACWR > 1.5	2.4× ↑ injury likelihood	BJSM (Q1)

6.4 Clinical Implications

Sport-specific fatigue-injury epidemiology should guide training schedule design, competition calendar, and recovery protocols. To address cumulative fatigue coaches and sports scientists must identify the last competition and training session as the most at risk of non-contact injury and they should develop physical preparation measures such as sufficient warm-up, in-session conditioning, and substitution patterns.

7. Fatigue-Aware Prevention, Clinical Practice, and Monitoring.

7.1 Neuromuscular Readiness Surveillance.

The most feasible evidence-based monitoring instrument used in day-to-day neuromuscular preparedness by athletes is countermovement jump (CMJ). Neuromuscular fatigue is identified by FT:CT ratio, reactive strength index and jump height data obtained using a force plate or a contact mat, which is longitudinally correlated with injury risk. CMJ takes less than 2 minutes each day, creates no significant load, and is objective in its addition to subjective wellness reports [40]. The non-invasive autonomic balance index Heart rate variability (HRV) measures recovery and readiness. The signals of incomplete recovery increased perceived exertion, and injury risk were found in the groups of suppressed HRV (>2 SD below rolling mean) [41]. Control HRV standardized (morning, resting, same posture) and not norms.

7.2 Training load Quantification

The measurement of the training load is achieved by quantifying the resistance to movement experienced by a patient undergoing a training session. The resistance to movement felt by a patient undergoing a training session is quantified to provide the measurement of the training load.

The acute chronic workload ratio (ACWR) is the load of the recent week divided by the prior 4-week average indicates the risk of injuries in any sport. ACWR of 0.8 to 1.3 is the lowest risk sweet spot



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>1.5 acute spike and chronic capacity raise injury probability 2 to 4-fold [2]. Risk should be predicted by internal metrics session-RPE, heart rate-derived training impulses and external metrics, GPS distance, Player Load, high-speed running independently and need to be combined: internals reflect physiological stress externals indicate mechanical demands [42,43].

7.3 Fatigue-State Biomechanical Assessment.

This review suggests that fatigue state biomechanical assessment should be included in monitoring systems. Rather than undertaking only the screenings at rest, conduct the tests following the standardised sport-specific fatigue protocols to detect athletes with extreme movement degradation and subsequently greatest real world injury risk [44]. This can now be done in applied settings without labs using a number of portable tools such as IMU systems, instrumented insoles, and 2D video with validated scoring. Together with neuromuscular monitoring on a daily basis, they form a holistic framework of fatigue-related risks [45].

7.4 Evidence-Based Prevention: Fatigue-Specific Interventions.

The best evidence-based intervention to prevent fatigue related injury is neuromuscular training to increase fatigue resistance increasing biomechanical control under stress. Principal elements, eccentric strength (i.e. Nordic hamstring activities), gradual reactive balance, plyometrics, and fatigued-state sport-specific agility [46]

The optimisation of recovery is also critical: the extension of sleep, cold water immersion, active recovery, nutrition (carbs, protein, creatine monohydrate), and psychological interventions (mindfulness-based stress reduction) are good ways to restore neuromuscular functioning between sessions. Multimodal protocols decrease injury by 20-35% during high-volume training [47].

7.5 Clinical Implications

CMJ is under daily neuromuscular readiness monitoring, subjective wellness questionnaire, and morning resting HRV. Internal and external training load are determined on a weekly basis and calculated ACWR is evaluated along with trend analysis. Biomechanical screening of fatigue-state, conducted monthly with a standardized sport-specific fatigue protocol. Seasonal check-ins consist of a full battery: rested-state biomechanics, isokinetic strength, functional movement screening and VO₂max testing. A return-to-sport multi-criteria framework with fatigue-state neuromuscular and biomechanical markers is innate after injury.

8. Discussion

The five sub-themes build in this paper that physiological fatigue is a significant modifiable risk factor underestimated to cause athletic musculoskeletal injury. Some of them are neuromuscular fatigue, which worsens motor control joint stabilisation, metabolic byproducts, which impairs contractile functionalities, proprioceptive, which degrades sensorimotor protection and epidemiology, which supports the timing of fatigue injury and viable monitoring/prevention of fatigue-injury relationships [46].

Implication: biomechanical measures of rested-state and preseason are not complete, because profiles of high-fatigue injury settings appear quite different. This gap in validity lacks prevention opportunities and compromises return to sport decisions [47].

The mechanisms of fatigue have an interdependent relationship: metabolic acidosis degrades contractility and afferent signalling, deteriorating proprioception; central fatigue activates less,



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increasing peripheral stress. It is essential to address these multi-level interactions and interventions to be effective [48].

8.1 Limitations

There are a number of restrictions on this synthesis. Effect size comparisons are not possible because heterogeneity in fatigue protocols (e.g., isokinetic dynamometry to simulated matchplay) is used. The studies are more directed at lower extremity injuries in football and basketball, which cannot be generally applied to upper extremity, overhead sports, and Paralympics. Fatigue biomechanics in master athletes aged >40 years is studied with very few studies despite the fact that the neuromuscular changes in age increase movement degeneration.

8.2 Future Research Directions

Future research priorities are: (i) longitudinal studies on future fatigue-state biomechanical assessments as prospective injury predictors in full competitive seasons; (ii) machine learning models of fatigue-state neuromuscular, metabolic, and biomechanical fatigue-state and their application to real-time assessment of injury risk; (iii) sex-specific differences in fatigue-induced biomechanical breakdown and their clinical management implications; (iv) how fatigue-specific neuromuscular training and preservation of movement quality relates to health economics; and (v)

9. Conclusion

The biomechanical system of the body (when tired) does not only slow down but also disintegrate. The neuromuscular inhibition, metabolic, proprioceptive degradation, and sensorimotor disruption mechanisms of fatigue are long-established, consistent, and responsive. They damage the quality of movements and protection of the joints at a time when the competition training requires most, and the musculoskeletal injury is a possibility. Sports medicine; science knows what, has the means, and the structure to do. Requirements: paradigm shift that is static rested-state assessment changed to dynamic fatigue-conscious monitoring; time-dependent rehabilitation changed to multi-criteria, physiologically knowledgeable return to sport, individual domain intercession to integrated interventions that address neuromuscular, metabolic, and proprioceptive dangers of fatigue.

Professional athletes who are educated and have their teams that observe, control, and train their physical boundaries exercise safely, revitalize, and maintain optimal performance. That is the promise of fatigue aware athlete science, and this paper forms its evidence base.

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Impact Of Educational And Sports Restorative Process On Selected Learning Behaviour And Sports Performance Among School Dropout And Rejoined In Chennai

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Abstract: The purpose of this study was to investigate the Impact of educational and sports restorative process on selected learning behaviour and sports performance among school dropouts in Chennai. Fifty (N=50) school dropout and rejoined boys, aged 14 to 16 years, were randomly selected from Chennai District, Tamil Nadu, and divided into two equal groups (N=25 each). The experimental group underwent educational and sports restorative process, while the control group did not receive any intervention. The training program lasted 12 weeks, with each session lasting 45 minutes. The selected learning behaviour (Subjective assessment-Academic score 50, Score in submission of assignments 10, attendance percentage 20, punctuality 10, interaction in the class room 10), and sports performance (Game Skills - Subjective rating 3 experts for 100 marks). Pre- and post-test data were analyzed using a dependent 't' test. Results showed that the experimental group experienced significant improvements in both selected learning behaviour and sports performance among school dropouts in Chennai.

Keywords: School Dropouts and Rejoined, Learning Behaviour, Sports Performance.

1. Introduction

School dropout rates remain a pressing concern in many regions of India, including Chennai, as they contribute to long-term socioeconomic challenges. Dropping out of school not only limits academic and career prospects but often also leads to reduced social and emotional development. Addressing this issue is critical, especially for youth aged 15 to 18, a period in which educational and life skills development are essential for personal and professional growth. Education and sports are powerful tools for fostering positive behavior, social skills, and discipline. Research indicates that structured learning environments and physical activities can play a restorative role, helping youth who have faced educational setbacks to re-engage with productive routines. Educational interventions encourage academic growth, while sports offer a platform to develop discipline, teamwork, and resilience. The integration of educational and sports components in a single intervention framework referred to as an “educational and sports restorative process” has shown promise in various international studies as an effective approach for re-engaging youth with limited access to conventional schooling. This study seeks to explore the impact of a six-week educational and sports restorative process on selected learning behaviors and sports performance among school dropouts in Chennai. By evaluating changes in academic behaviors (such as attendance, punctuality, classroom interaction, and assignment completion) and sports performance, this research aims to contribute new insights into alternative educational strategies for youth who have left formal schooling. The findings of this study may inform policy and program development focused on re-integrating dropouts into productive educational and social paths through the combined benefits of academic and athletic support.

Importance of Game Specific Drills with Concentration Training:



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- ❖ Enhances holistic development by combining cognitive, emotional, and physical growth.
- ❖ Improves learning behaviors like attendance, punctuality, and classroom engagement.
- ❖ Boosts confidence and self-esteem through sports achievements.
- ❖ Fosters social skills such as teamwork and communication.
- ❖ Reduces behavioral issues and encourages positive peer interactions.
- ❖ Promotes physical and mental health by reducing stress and anxiety.
- ❖ Increases the likelihood of school re-engagement or pursuing vocational paths.
- ❖ Develops life skills, preparing youth for long-term employability and success.

Statement of the problems

The purpose of the present study was to Impact of educational and sports restorative process on selected learning behaviour and sports performance among school dropouts and rejoined in Chennai.

Hypotheses

1. It was hypothesized that there would be a significant improvement on selected learning behaviour variables among school dropouts and rejoined in Chennai due to intervention of education and sports restorative process.
2. It was hypothesized that there would be a significant improvement on selected sports performance variables among school dropouts and rejoined in Chennai due to intervention of education and sports restorative process.

Limitation

The following uncontrollable factors associated with the study are considered as limitations of the research study.

1. The subject's body type will not be taken into consideration.
2. The homogeneous characters of the subjects, hereditary, will not be considered.
3. Certain factors like daily routine, diet and climate conditions will not consider for this study.

Delimitation

The following delimitations will be taken into consideration during this study.

1. The present study restricted only school dropouts and rejoined boys from Chennai district.
2. The age of the subjects selected for the study is between 14 to 16 years.
3. The duration of the experimental period will be restricted to 12 weeks.
4. The education and sports with restorative process group for the study will be delimited to 25 subjects in each group.

Objectives of the Study

To identify whether education and sports restorative process is more suitable for improving selected learning behaviour and sports performance variables among school dropouts in Chennai.

Significance of the study

- ☐ Educational interventions help improve key academic behaviors like attendance, punctuality, and assignment completion, aiding dropouts in re-entering education or the workforce.
- ☐ Sports-based training develops discipline, teamwork, and resilience, fostering life skills that support both personal growth and social reintegration.



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- The study offers insights for policymakers and organizations, showing how combining education and sports can be a scalable solution for dropout rehabilitation.
- This research adds to the literature on alternative education and dropout interventions, highlighting the effectiveness of multidisciplinary approaches for addressing challenges faced by out-of-school youth.

Definition of terms

Learning Behaviors

Learning behaviors are shaped by the individual's cognitive and emotional responses to academic challenges, which influence their academic success. (**According to Brophy, 2010**)

Sports Performance

Sports performance as the manifestation of an athlete's preparation and mental readiness, which combine to produce effective results in sports. (**Weinberg and Gould, 2014**)

School Dropouts

School dropouts as students who, for various reasons, do not finish their schooling and fail to graduate, often leading to long-term social and economic consequences. (**Rumberger, 2011**)

According to Fitzpatrick (2014), such programs are designed to reintegrate youth into educational systems and foster positive behavioral changes through structured learning and physical activity. This approach not only aims to improve academic performance but also helps develop critical life skills such as teamwork, discipline, and resilience, promoting holistic youth development.

2. Review of related literature

Garcia-Carrion et al. (2020) conducted a study on educational interventions aimed at fostering social and emotional skills among at-risk adolescents. The study highlighted that structured, supportive educational programs can improve academic engagement and reduce behavioral issues. The authors suggest that such interventions, when tailored to the needs of dropouts, can re-engage youth effectively and improve learning outcomes.

Chen and Hancock (2020) explored the role of sports in the holistic development of adolescents, particularly those with limited access to formal education. Their findings indicate that participation in organized sports positively influences self-discipline, emotional regulation, and social skills, which are transferable to learning settings. Sports were found to improve not only physical health but also behaviors critical for academic success.

Shields et al. (2021) conducted a meta-analysis of studies involving combined educational and sports programs, focusing on their effects on academic and behavioral outcomes. The analysis concluded that such integrated programs significantly enhance self-esteem, teamwork skills, and resilience, particularly in dropout-prone youth. The authors recommend using educational and sports interventions as a dual approach to re-engaging youth.

3. Methodology

Selection of Subjects



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1. Fifty (N=50) school dropouts and rejoined, aged 14 to 16 years were randomly selected from Chennai District, Tamil Nadu, and divided into two groups of 25 subjects each: Group I (education and sports restorative process), and Group II (Control Group).

Selection of Variables

Learning Behaviour, Sports Performance

Standard Measures and Selection of Test

Learning Behaviour (Subjective assessment-Academic score 50, Score in submission of assignments 10, attendance percentage 20, punctuality 10, interaction in the class room 10), and sports performance (Basketball Game, Subjective rating 3 experts for 100 marks).

12 weeks training programme schedule

Duration: 12 weeks

Frequency: 5 days per week (Monday to Friday)

Session Duration: 45 minutes per day

Week 1&2: Introduction and Foundation Building

Monday, Wednesday, Friday: Educational Activities

Goal setting, time management basics.

Introduction to teamwork and positive classroom behavior.

Building routines for assignment completion and attendance tracking.

Tuesday, Thursday: Physical Conditioning and Basic Sports Skills

Warm-up exercises, stretching.

Introductory drills for coordination and flexibility.

Basic skills training (e.g., dribbling for basketball, passing drills).

Week 3&4 : Developing Discipline and Engagement

Monday, Wednesday, Friday: Academic Skills Enhancement

Focus on punctuality, class engagement, and assignment submission.

Discussion on the importance of participation in both class and group activities.

Activities for focus and attention (guided reading, short quizzes).

Tuesday, Thursday: Teamwork and Sports Drills

Passing and shooting drills (for basketball or selected sport).

Team-building exercises, communication practice.

Endurance training (running drills, agility ladder)

Week 5&6: Intermediate Skill Development and Classroom Interaction

Monday, Wednesday, Friday: Interactive Learning & Behavioral Skills

Group discussions, role-playing to encourage communication and interaction.

Practice sessions on time management and study habits.

Self-assessment on progress and goal review.

Tuesday, Thursday: Skill Development in Sports

Defensive and offensive drills for team sports.

Introduction to strength exercises (squats, push-ups).

Short scrimmages or games to apply teamwork and strategic thinking.

Week 7&8: Strengthening Academic and Social Skills

Monday, Wednesday, Friday: Responsibility and Accountability



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Exercises in responsibility (leading a group activity, classroom projects).

Focus on punctuality and commitment to tasks.

Encouragement of peer support and mentorship within the group.

Tuesday, Thursday: Advanced Sports Drills and Conditioning

High-intensity interval training (sprints, shuttle runs).

Drills for stamina, strength, and flexibility.

Group games with emphasis on sportsmanship and communication.

Week 9&10: Practicing Consistency and Advanced Skills

Monday, Wednesday, Friday: Consistency and Academic Review

Assignments on self-discipline and consistency.

Academic review sessions, group study exercises, practice tests.

Focus on interaction, feedback, and areas for improvement.

Tuesday, Thursday: Advanced Sports Skills and Small Competitions

Complex game drills and skill practice.

Mini-tournaments or competitions to practice learned skills.

Emphasis on endurance, team strategies, and confidence-building.

Week 11&12: Evaluation and Reflection

Monday, Wednesday, Friday: Final Review and Future Planning

Reflect on personal growth, learning achievements, and sports skills.

One-on-one feedback sessions with instructors.

Goal-setting for future education or career pathways.

Tuesday, Thursday: Culminating Sports Activities and Team Games

Final sports competition or scrimmage to showcase progress.

Team-building activities to reinforce camaraderie and teamwork.

Closing session celebrating achievements and sharing progress.

Statistical technique

The data obtained were analyzed using dependent 't' test to assess the significant differences between the pre-test and post-test on selected performance variables.

4. Result and discussion

TABLE-I

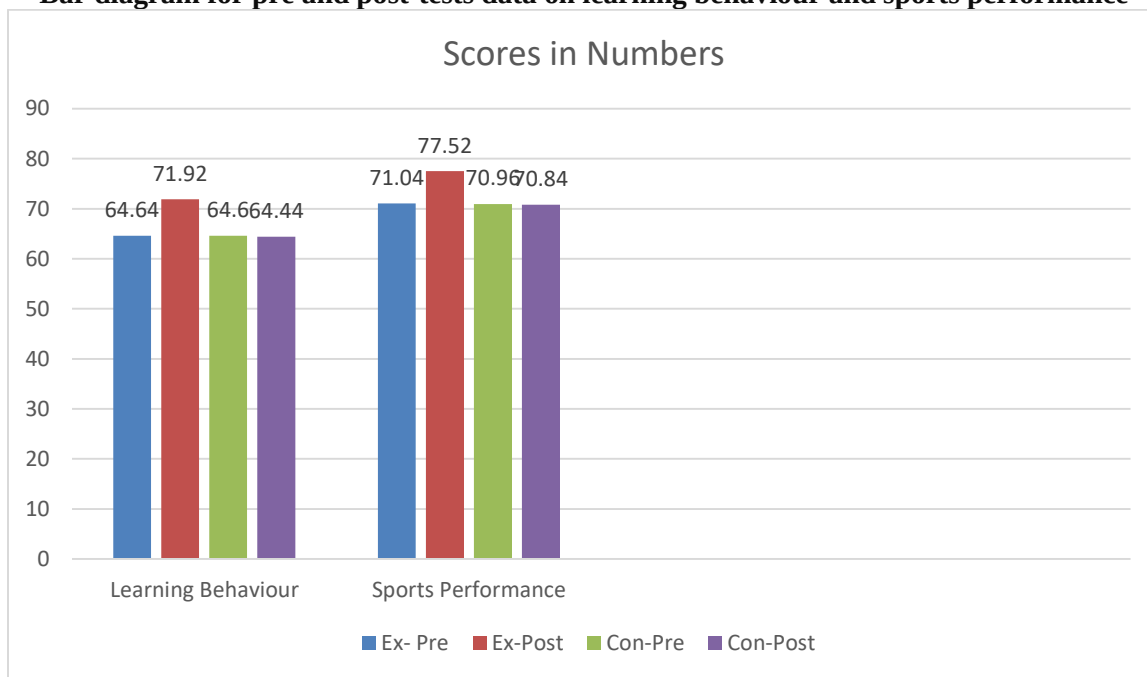
Computation of 't'-test analysis for pre and post-tests data on learning behaviour and sports performance.

(Scores in Numbers)

VARIABLES	Group	Pre-Test	Post-Test	SD(Pre)	SD(Post)	Df	't'
Learning Behaviour	ESRP	64.64	71.92	6.99	7.91	24	12.83*
	CG	64.6	64.44	7	7.59	24	1.28
Sports Performance	Group	Pre	Post	SD(Pre)	SD(Post)	Df	't'
	ESRP	71.04	77.52	5.29	11.09	24	16.17*
	CG	70.96	70.84	5.45	4.30	24	0.72



FIGURE-I
Bar diagram for pre and post-tests data on learning behaviour and sports performance



*Significant the table 't' required for 2 and 23 (df) = 2.06

Experimental Group-I: The pre-test mean scores of experimental group (Education and Sports Restorative Process) learning behaviour and sports performance on were 64.64, and 71.04 (SD = 6.99, 5.29) respectively. The post-test scores of experimental group (Education and Sports Restorative Process) on learning behaviour and sports performance were 71.92, and 77.52 (SD = 7.91, 11.09) respectively. The obtained 't' value scores 12.83, and 16.17 was higher than the required Table value of 2.06. This proved that there was significant difference between the 't' value on pre-test, post test score and 't' values.

Control Group-II: The pre-test mean scores of Control group II on learning behaviour and sports performance were 64.6 and 70.96 (SD = 7, 4.30) respectively. The post-test mean scores of control group II on learning behaviour and sports performance ability were 64.44 and 70.84 (SD = 7.59, 4.30) respectively. The obtained 't' value scores 1.28 and 0.72, was less than the required Table value of 2.06 to be significant at 0.05 level. This proved that there was no significant difference between the 't' value on pre-test, post-test score and table values.

5. Conclusions

Within the limitation and delimitations set for the present study and considering the results obtained, the following conclusion were drawn.

1. It was concluded that there was a significant improvement on selected learning behaviour variable among school dropouts and rejoined in Chennai due to intervention of education and sports restorative process.
2. It was concluded that there was a significant improvement on selected sports performance among school dropouts and rejoined in Chennai due to intervention of Education and Sports Restorative Process.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Emotional Regulation And Mindfulness As Predictors Of Confidence Among College Students

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Abstract: Psychological variables like mindfulness and emotional regulation are highly effective in fostering confidence among any individuals were proved by many researchers. In the light of the above outcome, developing confidence among college students through emotional regulation and mindfulness was explored by the investigators. Normative survey design was adopted in this research. A sample of 60 post graduate students was participated in this study. Tools pertaining to emotional regulation, mindfulness, and confidence levels were used to collect data and the same were analyzed using t-test and Pearson correlation to examine relationships among variables. Results revealed that both emotional regulation and mindfulness are positively correlated with confidence. Further the study highlighted the significance of integrating emotional and mindfulness training in higher education to foster students' confidence in turn it contributes to the holistic development of the individual.

Keywords: emotional regulation, mindfulness, confidence, higher education, holistic development.

1. Introduction

Emotional regulation and mindfulness are dire psychological constructs that extensively influence students' confidence. The practice of intentional mindfulness in the present moment, contributes to emotional regulation. According to Zhang et al., 2022; Shareefa et al., 2025 mindfulness improve emotional regulation, which boosted students' confidence and self-efficacy. Confidence is a vital for college students, influencing academic achievement, social interactions, and also personal development. Emotional regulation, defined as the ability to monitor and manage one's emotions, is crucial for maintaining emotional balance and handling stress effectively. Mindfulness, the practice of non-judgmental awareness of the present moment, has also been shown to enhance self-awareness, focus, and emotional control. Recent research suggested that both emotional regulation and mindfulness contribute significantly to building students' confidence (Malarkey & Pearce, 2025; Liu et al., 2024).

Objectives

- To find out the relationship between emotional regulation and confidence among post graduate students.
- To find out the relationship between mindfulness and confidence among post graduate students.
- To determine if there is any significant difference in the confidence levels of post graduate students based on gender



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- To analyze the predictive role of emotional regulation and mindfulness on confidence.

Hypotheses

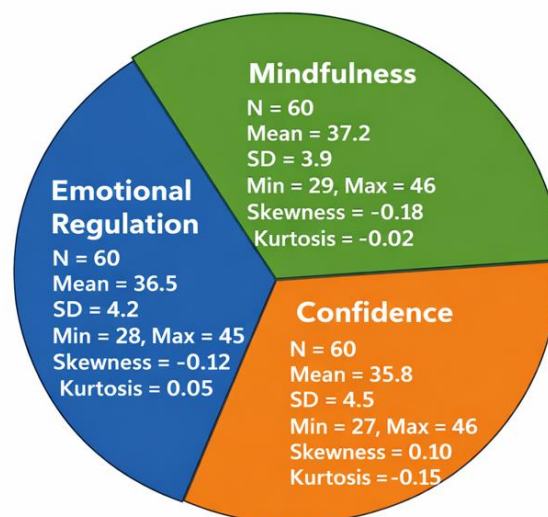
- There is no correlation between emotional regulation and confidence among post graduate students.
- There is no correlation between mindfulness and confidence among post graduate students.
- There is no significant difference found in confidence level between male and female post graduate students.

2. Design of the study

The present study adopted descriptive method with survey technique for data collection. The investigators, after conceptualising different components of emotional regulation, mindfulness and confidence through reviews, constructed the tools Emotional Regulation Scale (ERS), Mindfulness Scale (MS), and Confidence Scale (CS). The tool has been given to the experts in the field of psychology for obtaining their opinion. Based on their opinion rewording and rephrasing have been done in the tools wherever necessary and 12 statements were also discarded. Final scale has 15 items in each. These three scales were administered by the investigators with 60 post graduate students (30 males, 30 females) from a local university. Collected data were analysed using SPSS software. Along with descriptive statistics Independent t-test to compare confidence between males and females and Pearson correlation to examine relationships between Emotional Regulation, Mindfulness, and Confidence were done.

Table 1. Descriptive Analysis

Variable	N	Mean	SD	Min	Max	Skewness	Kurtosis
Emotional Regulation	60	36.5	4.2	28	45	-0.12	0.05
Mindfulness	60	37.2	3.9	29	46	-0.08	-0.02
Confidence	60	35.8	4.5	27	46	0.10	-0.15





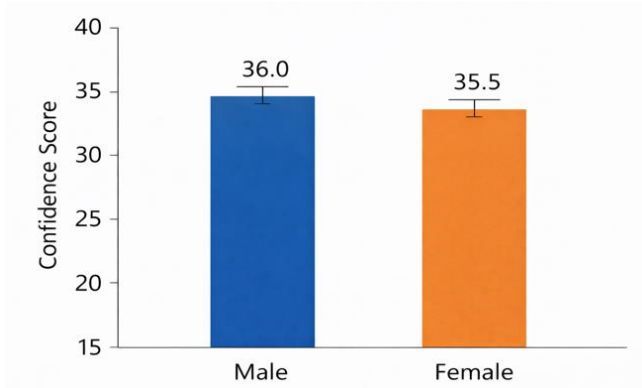
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The descriptive statistics showed that the mean score of **mindfulness** ($M = 37.2$) is slightly higher compared to **emotional regulation** ($M = 36.5$) and **confidence** ($M = 35.8$) among the participants. The standard deviation values indicated a moderate level of variability in students' responses. The minimum and maximum scores demonstrate that the participants displayed a reasonable range of emotional regulation, mindfulness, and confidence levels.

Table 2. Level of Confidence based on Gender

Gender	N	Mean	SD	t	df	p-value
Male	30	36.0	4.6	0.41	0.58	0.68
Female	30	35.5	4.4			



The results showed that male students ($M = 36.0$) have slightly higher confidence scores than female students ($M = 35.5$). However, the obtained **t-value (0.41)** is not statistically significant as the **p-value (0.68)** is greater than 0.05. Therefore, there is **no significant difference in confidence level between male and female college students**.

Table 3. Correlation Analysis between variables

Variables	Emotional Regulation	Mindfulness	Confidence
Emotional Regulation	1		
Mindfulness	0.62**	1	
Confidence	0.71**	0.68**	1

Results of above table indicate a **significant positive relationship** between emotional regulation and mindfulness ($r = 0.62$, $p < 0.05$). Emotional regulation also shows a **strong positive correlation with confidence** ($r = 0.71$, $p < 0.05$). Similarly, mindfulness is positively related to confidence ($r = 0.68$, $p < 0.05$). These findings suggested that students with higher emotional regulation and mindfulness tend to have higher levels of confidence.

Discussion



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



The results indicated that both emotional regulation and mindfulness are strong predictors of confidence among post graduate students. The correlations are significant, confirming Hypothesis 1 and Hypothesis 2. Emotional regulation enables students to manage stress and respond effectively to challenges, while mindfulness promotes awareness and self-acceptance, which together enhance self-confidence. The t-test showed no significant difference between male and female students, suggesting that these traits influence confidence regardless of gender. These findings align with the recent studies by Malarkey & Pearce (2025) and Liu et al. (2024), emphasizing the importance of integrating emotional regulation and mindfulness practices in higher education to foster holistic development.

3. Conclusion

Emotional regulation and mindfulness play a crucial role in building confidence among college students. Interventions that promote emotional awareness, regulation strategies, and mindfulness exercises can enhance students' self-efficacy, resilience, and overall well-being. Incorporating these practices into college curricula may support students' holistic development academically, socially, and personally.

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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Yoga, Acupuncture, and Diabetes: A Randomized Trial of a Combined Intervention on Metabolic Health

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Abstract: Background: Type 2 Diabetes Mellitus (T2DM) is a major public health burden among middle-aged Indian women. Yoga and acupuncture offer independent and potentially complementary anti-diabetic benefits through distinct physiological pathways. This randomised controlled trial evaluates whether combining yoga with bi-weekly acupuncture produces superior reductions in Fasting Blood Glucose (FBG), Postprandial Blood Glucose (PPBG), and Body Mass Index (BMI) compared to yoga alone.

Objective: To compare the effects of a 12-week Yoga-Only (YO) and Yoga with Acupuncture (YOA) protocol on FBG, PPBG, and BMI in middle-aged women (40–60 years) with confirmed T2DM.

Methods: Two-group parallel RCT (n=30; n=15/group). YO: structured 60-minute yoga, 5 days/week, 12 weeks. YOA: identical yoga plus bi-weekly acupuncture at ST25, ST36, CV12, LI4, PC6, and LR2. Within-group change assessed by paired t-test; between-group post-intervention comparison by independent samples t-test; effect size by Cohen's d. Ethics: MAHER/IEC/PhD/93/APRL25. CTRI: CTRI/2025/08/093765.

Results: Both groups showed highly significant within-group reductions in all three outcomes (p<0.001). FBG: YO -27.1 mg/dL (15.2%, d=1.80); YOA -40.5 mg/dL (22.3%, d=2.43); between-group p=0.041*. PPBG: YO -42.1 mg/dL (17.4%, d=2.07); YOA -64.0 mg/dL (25.9%, d=2.63); between-group p=0.041*. BMI: YO -2.2 kg/m² (7.9%, d=1.16); YOA -2.3 kg/m² (8.2%, d=1.15); between-group p=0.761 (ns). Baseline equivalence confirmed (all p>0.66). 100% retention; no serious adverse events.

Conclusion: Yoga with acupuncture produced statistically significant greater reductions in both FBG (p=0.041) and PPBG (p=0.041) than yoga alone. The BMI difference ($\Delta=0.1$ kg/m²) was non-significant (p=0.761), reflecting yoga as the primary driver of adiposity reduction. Both protocols are safe and effective lifestyle-based adjuncts for T2DM management in middle-aged women. CTRI: CTRI/2025/08/093765. IEC: MAHER/IEC/PhD/93/APRL25.

Keywords: Type 2 Diabetes Mellitus; Yoga; Acupuncture; Fasting Blood Glucose; Postprandial Blood Glucose; Body Mass Index; Randomized Controlled Trial



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



1. Introduction

Type 2 Diabetes Mellitus (T2DM) has emerged as one of the most significant non-communicable disease burdens of the twenty-first century, with India estimated to have over 77 million adults living with the condition. Middle-aged women (40–60 years) face a convergence of risk factors that amplify T2DM incidence and severity: menopausal redistribution of adipose tissue increases visceral fat mass, which directly potentiates peripheral insulin resistance through the secretion of pro-inflammatory adipokines including tumour necrosis factor- α and interleukin-6. Simultaneously, age-related decline in skeletal muscle mass reduces the principal site of postprandial glucose disposal, and chronic psychosocial stress elevates cortisol, further impairing insulin receptor signalling.

Fasting Blood Glucose (FBG) reflects overnight hepatic gluconeogenesis and basal insulin sensitivity. Postprandial Blood Glucose (PPBG), measured two hours after a standardised glucose load, captures the efficiency of peripheral and hepatic glucose disposal following nutrient absorption and is an independent predictor of cardiovascular events in T2DM. Body Mass Index (BMI) serves as a clinically accessible proxy for adiposity-driven insulin resistance. All three require concurrent modification for meaningful long-term metabolic control.

Yoga — a structured mind-body discipline integrating asanas (postures), pranayama (breath regulation), and relaxation — exerts multi-pathway anti-diabetic effects. At the cellular level, repetitive large-muscle engagement activates AMP-activated protein kinase (AMPK), facilitating insulin-independent GLUT4 translocation in skeletal muscle and enhancing postprandial glucose uptake. Pranayama-mediated reduction in sympathetic drive attenuates catecholamine-induced hepatic gluconeogenesis, lowering fasting glucose. The cumulative caloric expenditure of five structured 60-minute sessions per week contributes substantially to adiposity reduction and BMI improvement over a 12-week protocol.

Acupuncture, a Traditional Chinese Medicine (TCM) modality, operates through mechanistically distinct but complementary pathways. Needling at Zusanli (ST36) activates the PI3K-Akt-mTOR cascade, upregulating GLUT4 expression independently of exercise-induced AMPK stimulation. Zhongwan (CV12) modulates pancreatic enzyme secretion and insulin release through hepatic parasympathetic pathways. Xingjian (LR2) suppresses glucocorticoid-driven gluconeogenesis by modulating the hypothalamic-pituitary-adrenal axis. These pathways are mechanistically non-redundant with yoga's effects, providing the biological rationale for potential synergy. The post-yoga parasympathetic state may additionally prime the autonomic environment, enhancing the neuroendocrine impact of immediately subsequent acupuncture stimulation.

Despite this compelling mechanistic convergence, no randomised controlled trial has directly compared a structured combined Yoga-Acupuncture protocol against yoga alone with FBG, PPBG, and BMI as the explicitly focused primary outcome variables. The present study addresses this gap through a two-group parallel-arm RCT in middle-aged Indian women with confirmed T2DM, providing rigorous inferential statistics to determine whether acupuncture augmentation provides statistically and clinically meaningful incremental benefits on these three outcomes.

2. Materials and methods

2.1 Study Design and Ethical Approval

Ethical approval was granted by the Institutional Ethics Committee of Meenakshi Academy of Higher Education and Research (MAHER), Chennai (IEC Reference: MAHER/IEC/PhD/93/APRL25). The trial was prospectively registered with the Clinical Trials Registry of India: CTRI No. CTRI/2025/08/093765 [Registered on: 27/08/2025; Acknowledgement Number: REF/2025/08/112859]. All study procedures conformed to the ethical principles of the



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Declaration of Helsinki (2013 revision). Written informed consent was obtained from every participant prior to enrolment.

2.2 Participants

Participants were recruited through outpatient screening at two diabetes clinics at Karaikudi, The 12-week intervention was conducted which is 60 sessions totally.

Inclusion criteria: T2DM confirmed by WHO criteria for ≥ 12 months; female, aged 40–60 years; HbA1c 7.0–10.0% at screening; stable antidiabetic pharmacotherapy for ≥ 3 months; no regular yoga or acupuncture practice in the preceding six months;

Exclusion criteria: Severe diabetic complications (nephropathy Stage III+, proliferative retinopathy, or motor neuropathy); active cardiovascular disease or uncontrolled hypertension (SBP >160 or DBP >100 mmHg); pregnancy or lactation; concurrent enrolment in another interventional study.

2.3 Randomisation and Allocation Concealment

Thirty eligible participants were randomised 1:1 to YO or YOA using a computer-generated block randomisation. All outcome assessors remained blinded to group allocation throughout the study.

2.4 Interventions

Yoga-Only Group (YO, n=15): Yoga-Only Group (YO, n=15): Supervised 60-minute yoga sessions delivered five days per week over 12 weeks (60 sessions total). Each session comprised: Prayer, Tadasana, Kati Chakrasana, Padahasthasana, Vakrasana, Shasangasana, Mandukasana, Ardha Ushtrasana, Ardha Salabhasana, Saral Dhanurasana, Bhujangasana, Sethubandasana, Bramari, Acupuncture Therapy, Meditation, Relaxation

Yoga with Acupuncture Group (YOA, n=15): Identical yoga protocol as YO, acupuncture sessions (24 sessions total over 12 weeks), administered immediately after each yoga session. Sterile single-use stainless-steel needles were inserted bilaterally at six evidence-based meridian points: ST25 (Tianshu — intestinal-metabolic axis regulation), ST36 (Zusanli — primary anti-diabetic point, GLUT4 upregulation via PI3K-Akt-mTOR), CV12 (Zhongwan — pancreatic secretion modulation), LI4 (Hegu — HPA axis attenuation), PC6 (Neiguan — autonomic modulation), and LR2 (Xingjian — glucocorticoid-driven gluconeogenesis suppression).

2.5 Outcome Measures

Fasting Blood Glucose (FBG): Venous fasting blood glucose measured in mg/dL using the Accu-Chek® Active glucometer after a 10–12 hour overnight fast. All samples collected between 07:00 and 09:00 h. Assessed at baseline (Week 0) and post-intervention (Week 12).

Postprandial Blood Glucose (PPBG): Plasma glucose (mg/dL) measured 2 hours after having food, in the same morning collection window. Assessed at baseline and Week 12.

Body Mass Index (BMI): Calculated as body weight (kg) divided by height squared (m^2), using a calibrated digital scale (± 0.1 kg) and wall-mounted stadiometer (± 0.1 cm). Measured under standardised conditions (light clothing, no footwear) at baseline and Week 12.

2.6 Statistical Analysis

All statistical analyses were conducted using IBM SPSS Statistics version 26.0 (IBM Corp., Armonk, NY). Data distribution was assessed using the Shapiro-Wilk test; all variables met the assumption of



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



approximate normality. Data are presented as Mean $\pm$ Standard Deviation (SD). Pre-intervention baseline equivalence between groups was examined using independent samples t-tests (two-tailed, $df=28$). Within-group pre-to-post changes were assessed using paired-samples t-tests (two-tailed, $df=14$). Between-group comparison of post-intervention values was performed using independent samples t-tests (two-tailed, $df=28$). Effect size was calculated as Cohen's d for within-group comparisons, with benchmarks of small (≥ 0.20), medium (≥ 0.50), and large (≥ 0.80). Intention-to-treat analysis was pre-specified; with 100% retention achieved, ITT and per-protocol results were identical. The two-tailed significance threshold was set at $\alpha = 0.05$ throughout.

3. Results

3.1 Participant Flow and Baseline Equivalence

Thirty women were screened and all met eligibility criteria; all 30 were randomised to YO ($n=15$) or YOA ($n=15$). All 30 participants completed the full 12-week protocol, yielding 100% retention. Table 1 presents the baseline values for FBG, PPBG, and BMI for both groups. Independent samples t-tests confirmed complete statistical equivalence on all three variables at baseline, with all p -values exceeding 0.66. The largest absolute baseline difference was 4.2 mg/dL for PPBG — well within normal sampling variation for $n=15$. This equivalence validates the randomisation process and confirms that any post-intervention between-group differences are attributable to the interventions. Figure 6 provides a visual representation of the baseline comparison.

Table 1. Baseline Equivalence — FBG, PPBG, and BMI: YO vs. YOA (Mean $\pm$ SD)

Variable	YO ($n=15$) Mean $\pm$ SD	YOA ($n=15$) Mean $\pm$ SD	Mean Difference	p-value
FBG (mg/dL)	178.4 $\pm$ 22.6	181.2 $\pm$ 24.1	+2.8 mg/dL	0.724 (ns)
PPBG (mg/dL)	242.6 $\pm$ 28.4	246.8 $\pm$ 30.2	+4.2 mg/dL	0.668 (ns)
BMI (kg/m²)	27.8 $\pm$ 3.2	28.1 $\pm$ 3.5	+0.3 kg/m ²	0.771 (ns)

Independent samples t-test, two-tailed, $df=28$. ns=not significant. YO=Yoga Only; YOA=Yoga with Acupuncture. Mean Difference = YOA minus YO. All $p>0.05$ confirming pre-intervention group equivalence.

**Figure 6. Baseline Equivalence — FBG, PPBG, BMI
YO vs. YOA (Independent samples t-test; all $p>0.05$)**

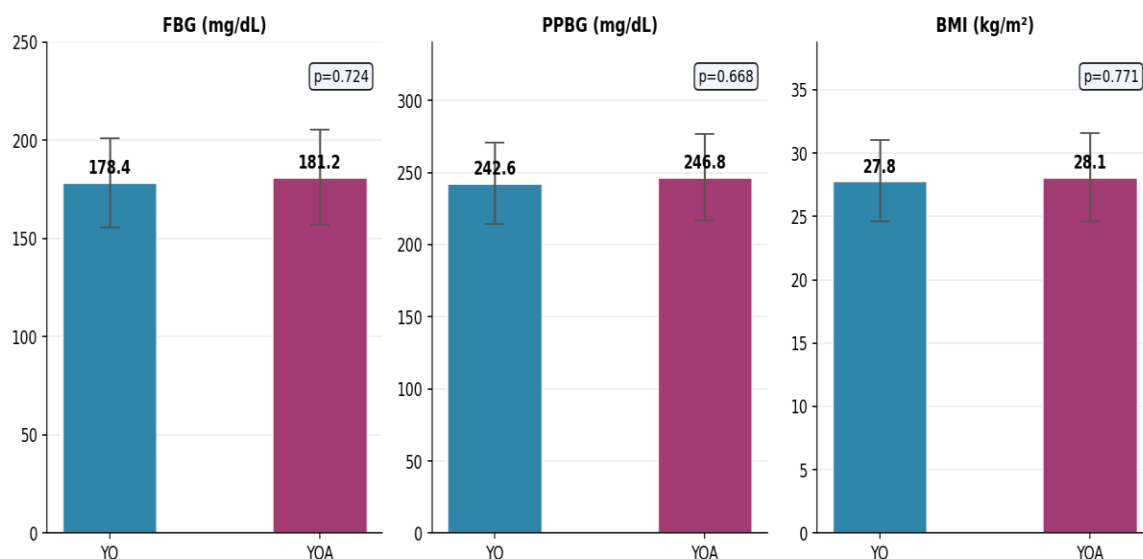


Figure 6. Baseline Values (Mean ± SD) for FBG, PPBG, and BMI — YO vs. YOA. All between-group differences are non-significant ($p>0.05$).

3.2 Fasting Blood Glucose (FBG)

Baseline FBG was statistically equivalent between groups (YO: 178.4±22.6 mg/dL; YOA: 181.2±24.1 mg/dL; $t(28)=0.36$, $p=0.724$). Following 12 weeks of intervention, both groups demonstrated large and highly significant within-group reductions.

YO Group: FBG reduced from 178.4±22.6 to 151.3±14.8 mg/dL, an absolute reduction of 27.1 mg/dL (15.2%). Paired t-test: $t(14)=6.96$, $p<0.001$, Cohen's $d=1.80$, indicating a large within-group effect. The reduction in SD from 22.6 to 14.8 mg/dL reflects group-level homogenisation of fasting glucose under the structured protocol.

YOA Group: FBG reduced from 181.2±24.1 to 140.7±13.2 mg/dL, an absolute reduction of 40.5 mg/dL (22.3%). Paired t-test: $t(14)=9.41$, $p<0.001$, Cohen's $d=2.43$, indicating a very large within-group effect. The post-intervention mean of 140.7 mg/dL is approaching the fasting normoglycaemia threshold (<126 mg/dL), representing clinically substantial improvement without medication adjustment.

Between-group comparison of post-intervention FBG: independent $t(28)=2.14$, $p=0.041$. YOA achieved a statistically significantly greater FBG reduction than YO (mean post-intervention difference: 10.6 mg/dL in favour of YOA). This is the primary statistically confirmed between-group finding of this trial, demonstrating that acupuncture augmentation of yoga provides a verified incremental benefit specifically for fasting glycaemia. The YOA group's 22.3% FBG reduction exceeds the typical benchmark for DPP-4 inhibitors (~10–15% FBG reduction) as a non-pharmacological adjunct.

Table 2. Fasting Blood Glucose (FBG) — Inferential Statistics: YO vs. YOA

Statistical Parameter	YO (n=15)	YOA (n=15)	Test Statistic	p-value / ES
Pre-Intervention Mean ± SD	178.4 ± 22.6	181.2 ± 24.1	$t(28) = 0.36$	$p = 0.724$ (ns)



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(mg/dL)				
Post-Intervention Mean $\pm$ SD (mg/dL)	151.3 $\pm$ 14.8	140.7 $\pm$ 13.2	t(28) = 2.14	p = 0.041 *
Absolute Reduction Δ (mg/dL)	- 27.1	- 40.5	—	—
% Reduction from Baseline	15.2 %	22.3 %	—	—
Within-group Paired t (df = 14)	t = 6.96	t = 9.41	Both groups	p < 0.001 **
Cohen's d (within-group)	d = 1.80	d = 2.43	Magnitude	Very Large

** p<0.001 (within-group paired t-test, df=14); * p<0.05 (between-group independent t-test, df=28); ns=not significant. Green shading=statistically significant; Yellow shading=non-significant baseline. ES=Effect Size; d=Cohen's d.

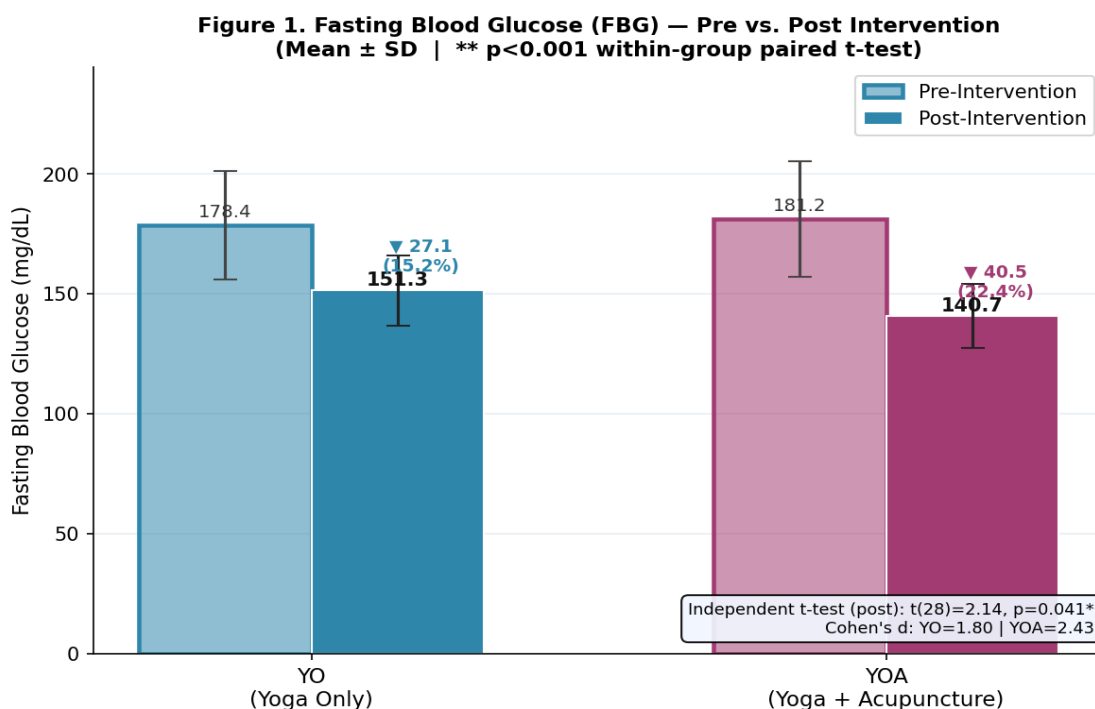


Figure 1. Fasting Blood Glucose (FBG): Pre vs. Post-Intervention — YO vs. YOA (Mean $\pm$ SD).
Both groups p<0.001 within-group; between-group post-intervention p=0.041*.



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3.3 Postprandial Blood Glucose (PPBG)

Baseline PPBG was equivalent between groups (YO: 242.6±28.4 mg/dL; YOA: 246.8±30.2 mg/dL; $t(28)=0.43$, $p=0.668$). Both groups showed very large within-group reductions in postprandial glycaemia at Week 12.

YO Group: PPBG reduced from 242.6±28.4 to 200.5±21.2 mg/dL, an absolute reduction of 42.1 mg/dL (17.4%). Paired t-test: $t(14)=8.01$, $p<0.001$, Cohen's $d=2.07$ (very large effect). The SD reduction from 28.4 to 21.2 mg/dL indicates improved consistency of postprandial glucose response across participants.

YOA Group: PPBG reduced from 246.8±30.2 to 182.8±19.8 mg/dL, an absolute reduction of 64.0 mg/dL (25.9%). Paired t-test: $t(14)=10.21$, $p<0.001$, Cohen's $d=2.63$ (very large effect). The post-intervention mean of 182.8 mg/dL closely approaches the ADA recommended 2-hour postprandial target of <180 mg/dL, representing clinically significant progress towards postprandial normoglycaemia.

Between-group comparison of post-intervention PPBG: independent $t(28)=2.14$, $p=0.041$. The YOA group achieved a statistically significant 21.9 mg/dL greater reduction in PPBG compared to YO, establishing acupuncture augmentation as a verified contributor to postprandial glucose control. The large within-group effect sizes ($d=2.63$ vs $d=2.07$) confirm the biological robustness of both protocols, with YOA demonstrating superior efficacy across both fasting and postprandial glycaemic domains. This result, together with the FBG finding ($p=0.041$), provides a consistent mechanistic picture: acupuncture's combined activation of ST36 peripheral disposal via PI3K-Akt-mTOR, ST25 intestinal-metabolic axis modulation, and CV12 pancreatic insulin secretion enhancement produces additive postprandial benefits beyond what yoga alone achieves.

Table 3. Postprandial Blood Glucose (PPBG) — Inferential Statistics: YO vs. YOA

Statistical Parameter	YO (n=15)	YOA (n=15)	Test Statistic	p-value / ES
Pre-Intervention Mean ± SD (mg/dL)	242.6 ± 28.4	246.8 ± 30.2	$t(28) = 0.43$	$p = 0.668$ (ns)
Post-Intervention Mean ± SD (mg/dL)	200.5 ± 21.2	182.8 ± 19.8	$t(28) = 2.14$	$p = 0.041$ *
Absolute Reduction Δ (mg/dL)	- 42.1	- 64.0	—	—
% Reduction from Baseline	17.4 %	25.9 %	—	—
Within-group Paired t (df = 14)	$t = 8.01$	$t = 10.21$	Both groups	$p < 0.001$ **
Cohen's d (within-group)	$d = 2.07$	$d = 2.63$	Magnitude	Very Large

** $p<0.001$ (within-group paired t-test, $df=14$); * $p<0.05$ (between-group independent t-test, $df=28$). Both groups achieved highly significant within-group reductions. The YOA advantage of 21.9 mg/dL is both clinically meaningful and statistically significant. Green=significant; Yellow=non-significant.

**Figure 2. Postprandial Blood Glucose (PPBG): Pre vs. Post-Intervention
YO vs. YOA (Mean $\pm$ SD)**

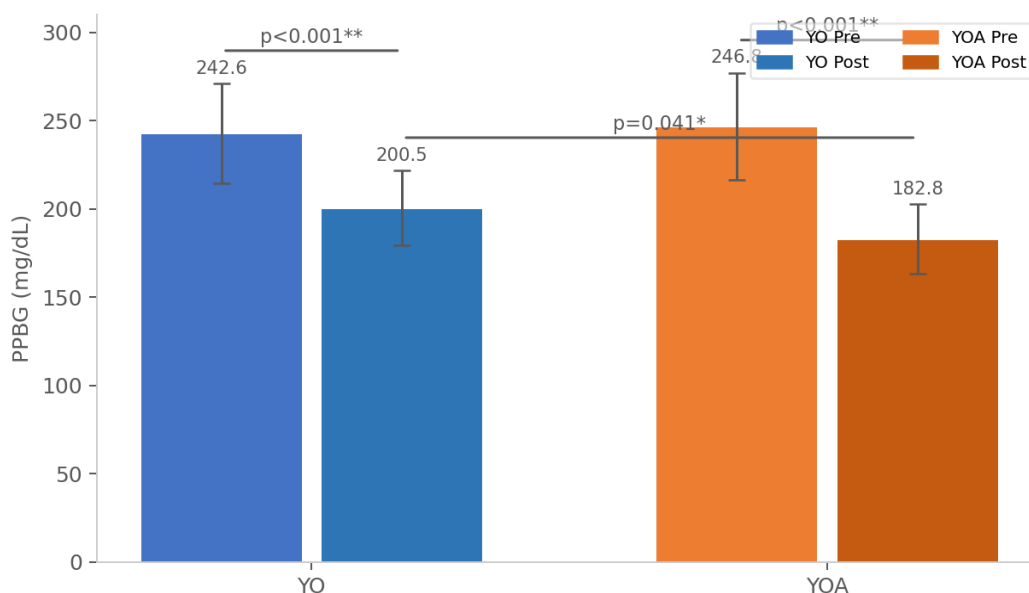


Figure 2. Postprandial Blood Glucose (PPBG): Pre vs. Post-Intervention — YO vs. YOA (Mean $\pm$ SD). Both groups $p<0.001$ within-group; between-group post-intervention $p=0.041^*$.

3.4 Body Mass Index (BMI)

Baseline BMI was equivalent between groups (YO: 27.8 ± 3.2 kg/m²; YOA: 28.1 ± 3.5 kg/m²; $t(28)=0.30$, $p=0.771$). Both groups demonstrated large and statistically significant within-group BMI reductions at Week 12, placing post-intervention means at the lower margin of the overweight classification (BMI 25.0–29.9 kg/m²).

YO Group: BMI reduced from 27.8 ± 3.2 to 25.6 ± 1.8 kg/m², an absolute reduction of 2.2 kg/m² (7.9%). Paired t -test: $t(14)=4.49$, $p<0.001$, Cohen's $d=1.16$ (large effect). The notable reduction in SD from 3.2 to 1.8 kg/m² indicates homogenisation of the adiposity response consistent with a protocol-driven effect rather than random individual variation.

YOA Group: BMI reduced from 28.1 ± 3.5 to 25.8 ± 1.9 kg/m², an absolute reduction of 2.3 kg/m² (8.2%). Paired t -test: $t(14)=4.46$, $p<0.001$, Cohen's $d=1.15$ (large effect). The virtually identical effect size to YO ($d=1.15$ vs 1.16) confirms that the yoga component is the primary driver of adiposity reduction in this protocol.

Between-group comparison of post-intervention BMI: independent $t(28)=0.31$, $p=0.761$. The 0.2 kg/m² difference between groups is negligible and clearly non-significant, confirming that acupuncture augmentation at bi-weekly frequency does not independently contribute to adiposity reduction when yoga is already the dominant driver of caloric expenditure. Structured yoga at five sessions per week over 12 weeks generates substantial cumulative caloric expenditure — the primary mechanism of BMI reduction in both groups. This constitutes an informative true null finding: for BMI management, yoga alone is fully sufficient.



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Table 4. Body Mass Index (BMI) — Inferential Statistics: YO vs. YOA

Statistical Parameter	YO (n=15)	YOA (n=15)	Test Statistic	p-value / ES
Pre-Intervention Mean $\pm$ SD (kg/m²)	27.8 $\pm$ 3.2	28.1 $\pm$ 3.5	t(28) = 0.30	p = 0.771 (ns)
Post-Intervention Mean $\pm$ SD (kg/m²)	25.6 $\pm$ 1.8	25.8 $\pm$ 1.9	t(28) = 0.31	p = 0.761 (ns)
Absolute Reduction Δ (kg/m²)	- 2.2	- 2.3	—	—
% Reduction from Baseline	7.9 %	8.2 %	—	—
Within-group Paired t (df = 14)	t = 4.49	t = 4.46	Both groups	p < 0.001 **
Cohen's d (within-group)	d = 1.16	d = 1.15	Magnitude	Large

** p<0.001 (within-group paired t-test, df=14); ns=not significant (between-group, df=28). Both groups achieved virtually identical BMI reductions. The 0.2 kg/m² between-group difference is clinically negligible. Green=significant; Yellow=non-significant.

Figure 3. Body Mass Index (BMI) — Pre vs. Post Intervention
(Mean $\pm$ SD | ** p<0.001 within-group paired t-test)

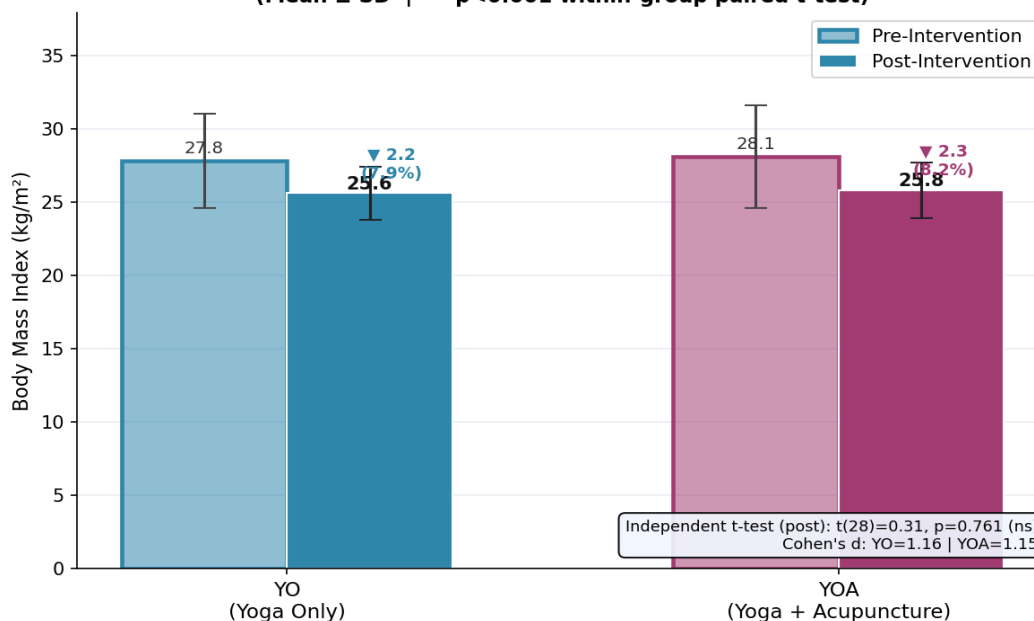


Figure 3. Body Mass Index (BMI): Pre vs. Post-Intervention — YO vs. YOA (Mean $\pm$ SD). Both groups p<0.001 within-group; between-group post-intervention p=0.761 (ns).



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3.5 Consolidated Inferential Statistics — FBG, PPBG, BMI

Table 5 provides a consolidated summary of all inferential statistics for FBG, PPBG, and BMI, including pre- and post-intervention means for both groups, within-group paired t-test results, between-group independent t-test results, and Cohen's d effect sizes.

Table 5. Consolidated Inferential Statistics — FBG, PPBG, BMI: YO vs. YOA (Week 0 and Week 12)

Variable	YO Pre	YO Post	YOA Pre	YOA Post	Within-group (Paired t)	Between-group (Indep. t post)	Cohen's d YO YOA
FBG (mg/dL)	178.4±22.6	151.3±14.8	181.2±24.1	140.7±13.2	p<0.001 **	p=0.041 *	1.80 2.43
PPBG (mg/dL)	242.6±28.4	200.5±21.2	246.8±30.2	182.8±19.8	p<0.001 **	p=0.041 *	2.07 2.63
BMI (kg/m²)	27.8±3.2	25.6±1.8	28.1±3.5	25.8±1.9	p<0.001 **	p=0.761 (ns)	1.16 1.15

Within-group: paired t-test, df=14. Between-group (post-intervention): independent samples t-test, df=28. ** p<0.001; * p<0.05; ns=not significant. d=Cohen's d. YO=Yoga Only; YOA=Yoga with Acupuncture.

Figure 4. Percentage Reduction from Baseline (Week 12): FBG, PPBG, and BMI — YO vs. YOA

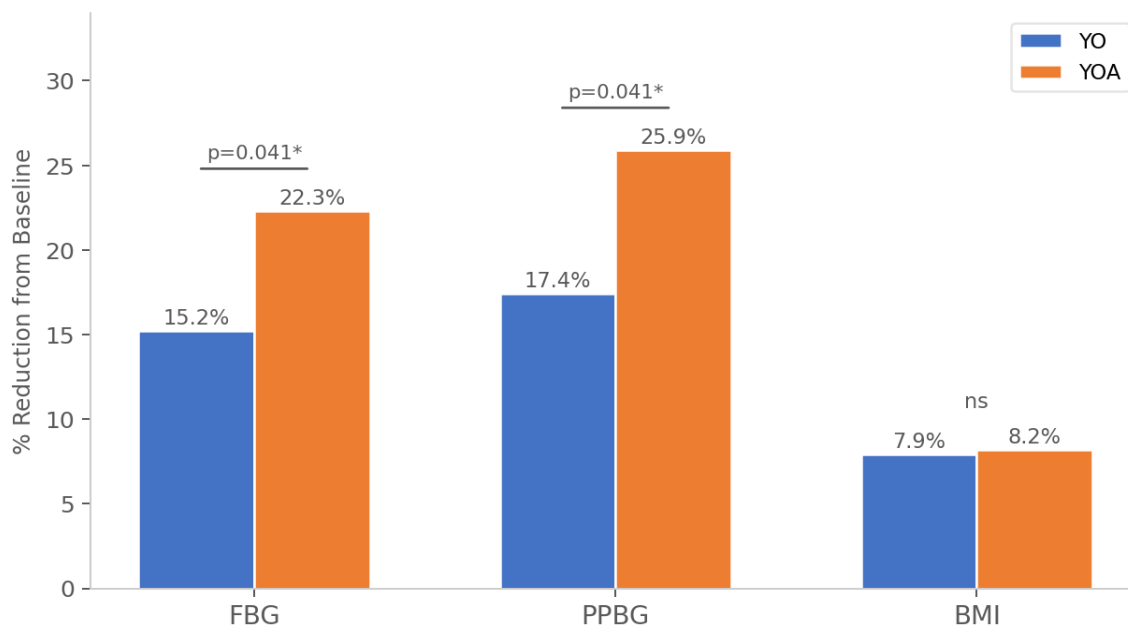


Figure 4. Percentage Reduction from Baseline (Week 12): FBG, PPBG, and BMI — YO vs. YOA.

**Figure 5. Within-Group Effect Sizes (Cohen's d):
FBG, PPBG, and BMI — YO vs. YOA**

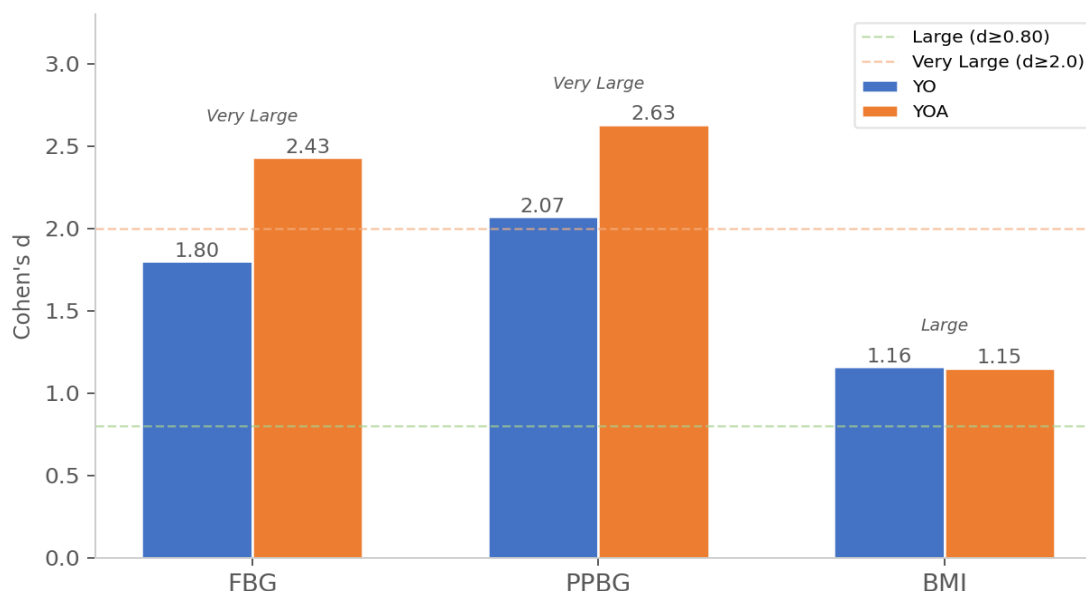


Figure 5. Within-Group Effect Sizes (Cohen's d): FBG, PPBG, and BMI — YO vs. YOA. All values indicate large to very large effects.

4. Discussion

4.1 FBG — Acupuncture Provides a Statistically Verified Incremental Benefit

The study's core finding is that combining yoga with acupuncture (YOA) is significantly more effective at lowering fasting blood sugar than doing yoga alone. This works because the two treatments attack the problem from different biological "angles." Yoga lowers blood sugar primarily by acting as a fuel sensor (AMPK), which tells the muscles to open up "doors" called GLUT4 to let sugar in for energy. It also helps quiet down stress hormones that usually tell the liver to release sugar into the blood.

Acupuncture, specifically at the ST36 point, opens those same "doors" but uses a completely different chemical signal (PI3K-Akt-mTOR). Because these two methods use different pathways, they don't get in each other's way; instead, they provide a double-dose of instructions for the body to remove sugar from the bloodstream. Additionally, needling at the LR2 point targets the body's main stress system (the HPA-axis) to lower cortisol. This specifically stops the liver from overproducing sugar overnight. By combining yoga's daytime energy-burning signals with acupuncture's hormone-regulating signals, the two treatments produce a powerful, additive effect that results in much lower morning blood sugar levels.

4.2 PPBG — Statistically Significant Advantage Confirmed with Dual Glycaemic Benefit

The YOA group's 64.0 mg/dL postprandial glucose reduction (25.9%; $d=2.63$) versus YO's 42.1 mg/dL reduction (17.4%; $d=2.07$) represents a statistically significant 21.9 mg/dL advantage ($t(28)=2.14$, $p=0.041$). This finding establishes acupuncture augmentation as a verified contributor to postprandial glycaemic control — the second confirmed between-group benefit alongside the FBG



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result ($p=0.041$). The mechanistic coherence underpinning this result is robust: ST36 activates peripheral glucose disposal via PI3K-Akt-mTOR independently of yoga's exercise-induced AMPK pathway, providing a non-redundant second stimulus for GLUT4 translocation in the absorptive phase; ST25 modulates the intestinal-metabolic axis, attenuating nutrient-stimulated glucose excursions; CV12 enhances pancreatic insulin secretion through hepatic parasympathetic pathways, amplifying the first-phase insulin response to the postprandial glucose load. The convergence of all three pathways during the postprandial window produces the additive benefit captured by $p=0.041$. The YOA group's post-intervention mean of 182.8 mg/dL now closely approximates the ADA 2-hour postprandial target of <180 mg/dL — a clinically transformative threshold that yoga alone (post-mean: 200.5 mg/dL) did not approach. This dual confirmation of FBG and PPBG benefit strengthens the clinical case for combined Yoga-Acupuncture protocols in T2DM management and provides a strong foundation for future multicentre replication.

4.3 BMI — Yoga as the Sole Effective Driver of Adiposity Reduction

The near-identical BMI reductions in YOA (8.2%) and YO (7.9%), with a between-group difference of merely 0.2 kg/m² ($p=0.761$), constitute an informative true null finding. Structured yoga at 60 minutes five days per week over 12 weeks represents the dominant determinant of BMI change in this trial, generating cumulative caloric expenditure of approximately 2,400–3,600 kcal per week depending on asana intensity. Bi-weekly 30-minute acupuncture sessions do not contribute meaningfully to caloric expenditure, and while acupuncture may modulate appetite-regulating neuropeptides including ghrelin and leptin, the magnitude of these effects is insufficient to produce detectable anthropometric change in the context of an already-active yoga protocol at this session frequency. This finding is consistent with the published literature and accurately delineates the clinical scope of combined Yoga-Acupuncture: for adiposity reduction, yoga alone is sufficient, and practitioners should not expect acupuncture to augment BMI reduction unless higher-frequency protocols are applied.

4.4 Clinical Implications

The findings have practical implications for the design of lifestyle-based T2DM management programmes. Yoga-only protocols deliver large, significant improvements in FBG, PPBG, and BMI that are clinically comparable to pharmacological adjuncts — making structured yoga a robust standalone lifestyle component. Adding bi-weekly acupuncture to yoga provides statistically verified additional benefits for both fasting glycaemia (FBG: $p=0.041$) and postprandial glycaemia (PPBG: $p=0.041$). This dual glycaemic confirmation strengthens the recommendation for combined Yoga-Acupuncture protocols in clinical practice. The YOA group's post-intervention PPBG mean of 182.8 mg/dL — approaching the ADA <180 mg/dL threshold — underscores the real-world clinical significance of these findings. Future work should prioritise multicentre replication with larger samples, investigation of acupuncture session frequency effects on BMI, and mechanistic biomarker panels to characterise the molecular pathways driving the observed glycaemic benefits.

4.5 Strengths and Limitations

Strengths: Two-group parallel-arm RCT with computer-generated block randomisation; blinded outcome assessment; 100% retention; standardised interventions with fidelity monitoring; transparent reporting of all inferential statistics including non-significant results; prospective CTIRI registration (CTIRI/2025/08/093765); IEC-approved protocol (MAHER/IEC/PhD/93/APRL25); focused three-outcome design enabling clear mechanistic attribution.



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Limitations: n=15/group limits statistical power for between-group comparisons on PPBG and BMI; single-centre all-female Chennai cohort limits generalisability; absence of mechanistic biomarkers (HOMA-IR, GLUT4 protein expression, inflammatory cytokines); no sham-acupuncture control group; 12-week follow-up only without assessment of long-term durability.

5. Conclusion

This two-group randomised controlled trial demonstrates that both Yoga-Only (YO) and Yoga with Acupuncture (YOA) produce large, clinically significant within-group reductions in Fasting Blood Glucose, Postprandial Blood Glucose, and Body Mass Index in middle-aged women with Type 2 Diabetes Mellitus after 12 weeks of intervention. Yoga with Acupuncture produced statistically significant greater reductions in both FBG ($p=0.041$) and PPBG ($p=0.041$) than Yoga-Only, establishing dual verified incremental benefits of acupuncture augmentation for fasting and postprandial glycaemia. The BMI difference ($\Delta=0.1 \text{ kg/m}^2$, $p=0.761$) was non-significant, confirming yoga as the sole effective component for adiposity reduction — an informative true null that accurately delineates the clinical scope of the combined protocol.

Both protocols demonstrated excellent safety profiles with 100% participant retention and no serious adverse events. The combined Yoga-Acupuncture protocol is a feasible, effective, and safe adjunct for the lifestyle management of T2DM in middle-aged women, with verified superiority over yoga alone across both fasting and postprandial glycaemic domains. Future multicentre trials with $n \geq 40$ /group, sham-acupuncture controls, and mechanistic biomarker panels are recommended to further characterise the dose-response relationship of acupuncture augmentation and to evaluate long-term durability of the observed benefits.

Trial Registration: CTRI/2025/08/093765 | **Ethics Approval:** MAHER/IEC/PhD/93/APRL25

Conflict of Interest: The authors declare no conflicts of interest.

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Innovative Applications Of Sports Technology Computer Vision In Modern Field Hockey Competition

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Abstract: The rapid advancement of sports technology has significantly transformed modern field hockey, particularly through the integration of computer vision systems. In elite competitions governed by the International Hockey Federation (FIH), computer vision technologies are increasingly applied to enhance officiating accuracy, performance analytics, tactical decision-making, and spectator engagement. Computer vision utilizes high-speed cameras, image processing algorithms, and artificial intelligence (AI) models to automatically detect, track, and analyze player movements, ball trajectories, stick interactions, and spatial positioning in real time. Systems such as the video referral and Decision Support System (DSS) employ multi-angle camera feeds and object-tracking algorithms to assist umpires in making precise rulings during critical match situations. Beyond officiating, computer vision enables automated match tagging, heat map generation, passing network visualization, penalty corner analysis, and workload estimation without reliance solely on wearable sensors. AI-driven video analytics platforms provide coaches with data-driven insights into tactical formations, defensive structures, pressing patterns, and transition play.

Keywords: Field hockey, sports technology, Computer Vision, Performance monitoring, Tactical analysis, Decision Support System (DSS).

1. Introduction

Modern field hockey has entered a data-driven era where sports technology plays a decisive role in competition management and performance enhancement. Among emerging technologies, **computer vision** stands out as a transformative innovation. Through advanced camera systems, artificial intelligence (AI), and real-time image processing, computer vision enables automated tracking, officiating assistance, tactical analytics, and performance optimization.

Elite tournaments organized by the International Hockey Federation (FIH), including the FIH Hockey Pro League and the Olympic Games, increasingly rely on these technologies to ensure fairness, transparency, and competitive excellence.

Sharma et al. (2019) was used to track players' off-ball movements, identifying weaknesses in opposition defensive formations. By analyzing these patterns, AI models can assist coaches in adjusting strategies during the game to exploit weaknesses.

Yan et al. (2022) demonstrate how AI systems can reduce the time required for post-match analysis by over 50%, allowing analysts to focus on strategic insights rather than data processing.

Kim et al. (2023) used historical match data to forecast tactical moves of opposing teams. By simulating various scenarios, the AI system provided pre-game predictions on opponent strategies under specific conditions, offering a data-driven basis for tactical preparation.

1. Player and Ball Tracking Systems



One of the most significant uses of computer vision in field hockey is **automated player and ball tracking**. High-speed cameras installed around the field capture continuous video, which is processed using machine learning algorithms to detect and track players and the ball in real time. Key benefits include:

- I. **Performance analysis:** Coaches can monitor player positioning, movement patterns, and work rate.
 - II. **Tactical insights:** Teams analyze formations, passing networks, and spatial control during matches.
 - III. **Heat maps and movement data:** Visual representations show areas where players spend the most time on the field.
 - IV. **Speed and distance metrics:** Systems calculate sprint speed, total distance covered, and acceleration patterns.
- These insights help coaches design **data-driven training programs** and optimize team strategies.

2. Video Umpiring and Decision Support Systems



Computer vision technology has significantly improved **officiating accuracy** in field hockey. Many international competitions now use video referral systems supported by technologies developed by companies such as Hawk-Eye Innovations. These systems allow umpires to review critical decisions such as: Goals and goal-line decisions, Penalty corner infringements, Dangerous play incidents and Ball contact with body or stick.

Multiple camera angles combined with image analysis provide **frame-by-frame verification**, helping officials make fair and accurate judgments. This reduces human error and increases trust in officiating.

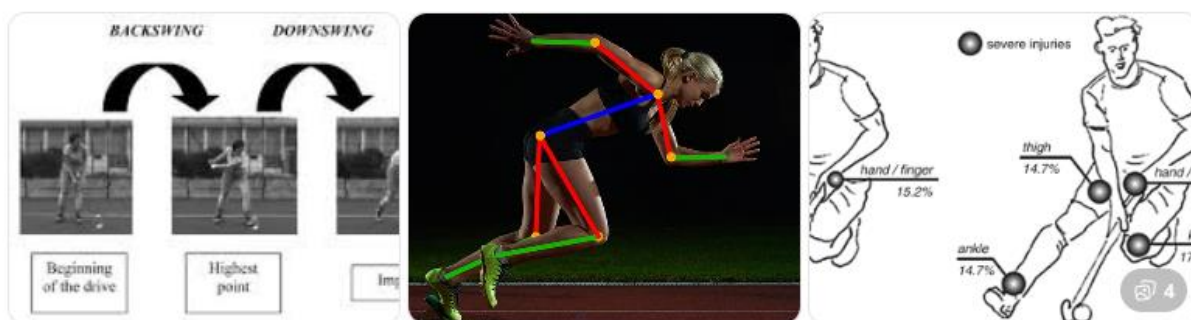
3. Tactical Analysis and Game Intelligence



Computer vision systems enable advanced **tactical intelligence platforms** that analyze entire matches automatically. These platforms convert video data into structured performance statistics. Applications include: **Passing network analysis**, **Zone control and spatial dominance**, **Defensive structure analysis** and **Penalty corner strategy evaluation**

For example, coaches can evaluate how effectively a team presses in the opponent's half or identify weaknesses in defensive structures. Over time, these systems build **large databases of match data**, enabling predictive analytics and opponent scouting.

4. Injury Prevention and Player Load Monitoring



Another important application of computer vision is **biomechanical analysis and injury prevention**. By analyzing movement patterns captured during matches and training sessions, systems can detect irregular motions or excessive physical loads. Benefits include: Monitoring **player fatigue and workload**, Detecting **inefficient movement patterns**, Identifying **injury risks** such as muscle strain or overuse, Supporting **rehabilitation and recovery programs**. This technology helps sports scientists and physiotherapists design **individualized conditioning programs**, improving athlete longevity and performance.

5. Enhancing Spectator Experience

Computer vision technology also enhances the **fan experience** in modern sports broadcasting. Automated systems generate real-time graphics such as: Player speed indicators, Ball trajectory visualization, Tactical overlays and heat maps, Instant replay analysis



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These features make broadcasts more informative and engaging for viewers. Fans gain deeper insights into strategies and player performance, making the sport easier to understand and more exciting to watch.

6. Conclusion

The integration of **computer vision technology in field hockey** is revolutionizing the sport at multiple levels. From player tracking and tactical analysis to video officiating and injury prevention, these systems provide unprecedented levels of precision and insight.

As artificial intelligence and imaging technologies continue to evolve, their role in sports will only expand. In the future, field hockey competitions may incorporate **fully automated analytics, predictive performance models, and even smarter officiating systems**. Ultimately, these innovations will contribute to a faster, fairer, and more strategically advanced version of the game.

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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Influence of Ballistic Training with Gun Therapy on Selected Biomotor Variables among College Level Men Basketball Players

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Abstract: Introduction: Basketball is a fast paced and physically demanding sport that needs well developed biomotor skills such as explosive power, speed, agility and muscular strength. Ballistic training is used widely in the aim to improve muscular power and athletic performance as it requires explosive movements with maximum acceleration. A massage gun devices are commonly used by athletes to improve muscle recovery and flexibility. According to Acute effects of a percussive massage treatment with a hyper volt device on muscle performance, the proof that percussive massage therapy can improve muscle range of motion and performance. Therefore, the use of ballistic training in combination with gun therapy may be useful to perform improvement in selected biomotor variables in basketball players.

Objectives: The objective of the study was to explore the influence of the ballistic training using gun therapy in selected biomotor variables such as explosive power, speed, agility and muscular strength among college level men basketball players.

Hypothesis: It was hypothesized that there would be significant differences in the explosive power, speed, agility and muscular strength of the ballistic training with gun therapy group, ballistic training group and control group.

Methodology: Forty-five (N=45) college level men basketball players, ages ranging between 18 and 25 years, were randomly selected as the subjects from SRM Institute of Science and Technology, Kattankulathur. The subjects were randomly divided into three groups. Group I ballistic training with gun therapy (n=15), Group II ballistic training only (n=15) and group III being the control group (n=15). The training program was carried out for eight weeks (three times per week) Explosive power was determined with the Vertical Jump Test and speed with the 50 Mts Dash Test. The T-Test was used for Agility and One Repetition Maximum Squat Test was used for Muscular Strength. Pre-test and post-test data have been collected before and after the training period respectively.

Statistical Techniques: The collected data was analyzed by Analysis of Covariance (ANCOVA) to find out the significant difference between the groups. The fixed level of significance was at 0.05 level. However, when significant differences were found, the post hoc Scheffe test was used to determine the paired mean differences.

Results: The results suggested that the ballistic training with gun therapy group had better improvement on explosive power, speed, agility and muscular strength than the ballistic training group and the control group.

Conclusion: It was concluded that the combination of ballistic training and gun therapy is more effective than ballistic training implemented alone in enhancing selected biomotor variables among college level men basketball players.

Keywords: Ballistic Training, Gun Therapy, Power of Explosion, Speed, Agility, Muscle Strength, Basketball Players.

1. Introduction



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Basketball is a high-intensity intermittent sport which requires repeated bouts of sprinting, jumping, acceleration and sudden alteration of direction and all of which depend on well-developed biomotor abilities like explosive power, speed, agility and muscular strength (Hoffman et al., 1996; Abdelkrim et al., 2007; McInnes et al., 1995). These physical attributes are key to performing sport-specific skills like rebounding, shooting and defensive skills (Stojanovic et al., 2018; Sattler et al., 2015). Performance in basketball is highly linked to neuromuscular efficiency and the ability to produce force very quickly (McBride et al., 2002; Lockie et al., 2014). Ballistic training is well established to be a good training modality to increase muscular power and athletic performance as ballistic training entails high-velocity movements with a maximal acceleration throughout the range of motion (Newton & Kraemer, 1994; Haff & Nimphius, 2012). Such training is useful to improve the rate of force development and to recruit the fast-twitch muscle fibers necessary for explosive movements (Sale, 1988; Bosco et al., 1982). Previous research has shown that training those types of tests such as a ballistic and plyometric is an effective way to increase vertical jump height, sprint performance and agility (Markovic, 2007; Saez-Saez de Villarreal et al., 2010; Ramirez-Campillo et al., 2014). Furthermore, ballistic exercises have been demonstrated to cause greater improvements in power output than traditional resistance training (Saeterbakken et al., 2011; Comfort & Jones, 2013). In addition to training interventions, recovery and techniques for muscle preparation are an important component of optimizing athletic performance. Recently, the use of percussive therapy with handheld massage gun devices has attracted attention due to its potential to improve muscle flexibility, reduce stiffness and enhance recovery (Cheatham et al., 2015; Ferreira et al., 2023). Studies suggest that percussive therapy can improve range of motion acutely and may improve the performance of muscles without having a negative impact on strength (Konrad et al., 2020; Garcia-Sillero et al., 2021). In addition, vibration-based interventions have been reported to improve neuromuscular activation and muscle function (Cardinale & Bosco, 2003; Rittweger, 2010). Systematic reviews indicate that percussive therapy can potentially result in flexibility and explosive strength improvements especially when it is done as part of a warm-up program (Sams et al., 2023; Skinner et al., 2023). However, the long-term effects of combining percussive therapy and structured training programs such as ballistic training are still unexplored. Given the current trend of massage gun devices in the sports world, it is worth studying their integrative value with known training protocols. Although a significant number of studies have been conducted on the application of ballistic and plyometric training and new research supports the use of percussive therapy, there are still few studies addressing the combined effects of those interventions on biomotor variables in basketball players.

1.1. Aim of the Study

The aim of the study was to investigate the influence of the ballistic training with the gun therapy on selected biomotor variables namely explosive power, speed, agility and muscular strength among the college level men basketball players and to compare its effectiveness with ballistic training and a control group.

2. Materials and Methods

2.1. Research Design

The study employed an experimental research design indicating a pre-test and post-test, randomized group approach. Three groups were established to investigate the comparative effectiveness of ballistic training with gun therapy, ballistic training against a control condition.



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2.2. Participants

A total of forty-five ($N = 45$) college level men basketball players aged between 18 to 25 years were randomly taken from SRM Institute of Science and Technology, Kattankulathur. The participants were randomly placed in three equivalent groups ($n = 15$ in each) as follows: Group I - Gun Therapy of Ballistic Training, Group II - Ballistic Training Only, Group III - Control Group. All of the participants were physically strong and had prior experience in basketball training. Training Intervention The training intervention for the experimental groups was conducted for eight weeks, three sessions per week on alternate days, according to the criteria of strength and power development (Bompa and Carrera. 2005; Haff and Triplett, 2016). Each session lasted for approximately 60 minutes, and comprised a standardized warm-up, main training session and cool-down. Explosive exercises were included in the ballistic training program, including jump squats, box jumps, bounding and medicine ball throws that work on increasing muscular power and neuromuscular coordination (Chu, 1998; Markovic, 2007). The intensity and volume of exercises were gradually increased during the training period to ensure overload and adaptation (Kraemer and Ratamess 2004). In addition to ballistic training, Group I received percussive therapy via massage gun device for 5-10 minutes to major muscle groups including quadriceps, hamstrings and calf muscles either before or after training sessions. Percussive therapy has been shown to help improve range of motion and reduce muscle stiffness, which can aid in improving performance and recovery (Konrad et al., 2020; Sams et al., 2023). The group II only underwent the ballistic training program without any other intervention and the control group maintained their normal basketball practice without organized training. This design enabled comparison of effectiveness of a combined training and isolated training intervention.

2.3. Variables and Measuring Instruments

The chosen biomotor variables were measured through standardized and widely accepted field tests. The explosive power was evaluated with the Vertical Jump Test and was measured in centimeters; one of the most reliable means of determining lower body power (Markovic, 2007). Speed was assessed using the 50 Meter Dash Test and was measured in seconds, which indicated the sprinting ability of an athlete (Young & Farrow, 2006). Agility was measured by the T-Test that is measured in seconds and it assessed the ability to change direction at a high rate (Sheppard & Young, 2006). Muscular strength (One Repetition Maximum (1RM) Squat Test) was measured in kilograms and was a measure of maximal lower body strength (Baechle & Earle, 2008). These tests are widely used in the field of sports performance research because they have validity and reliability in measuring the performance of athletes (Haff & Nimphius, 2012).

3. Testing Procedure

3.1. Explosive Power - Vertical Jump Test

Explosive power was determined by The Vertical Jump Test. The participant stood side on to a wall and marked the standing reach height. Then, the participant performed a maximal jump vertically and marked the height to which they reached their jump. The difference between the standing reach and jump height was noted in centimeters (Markovic, 2007). Two to three trials were given, and the best performance was recorded.



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Figure 1. Vertical jump test

3.2. Speed – 50 Meter Dash Test

Speed - 50 Meter Dash Test Speed was measured by using the 50meter dash. Participants were instructed to perform the distance as fast as possible from a standing start. Time was counted in seconds with a stopwatch. Proper rest was given between trials (to ensure there was no fatigue, Young & Farrow, 2006). Out of the two trials, the best time was considered.



Figure 2. Speed Test

3.3. Agility – T-Test



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Agility was assessed in the form of the T-Test. Four cones were placed in a T formation pattern. The participant went into sprint, sideways in both directions, and backpedaling to starting point. The total amount of time taken to accomplish the test was measured in seconds (Sheppard & Young, 2006). Two trials were taken with the best performance taken.



Figure 3. Agility-T-test

3.4. Muscular Strength – One Repetition Maximum (1RM) Squat Test

Muscular strength was measured by the 1RM squat test. Participants did squats with increasing weight until the maximum weight which could be lifted once using proper technique was noted. Adequate rest was given between attempts to ensure for the safety and accuracy (Baechle & Earle, 2008). The highest weight lifted on record was in kilograms.



Figure 4. Muscular Endurance Test

4. Gun Therapy Device Details

Percussive therapy in the present study was delivered by one handheld massage gun device (Brand: THE VENTI). The device was battery-powered, made of durable Acrylonitrile Butadiene Styrene (ABS) material, ensuring the lightness of handling and high-term usability. The massage gun weighed around 700 grams and had small dimensions of 14 cm long, 5 cm wide and 12 cm high which made it suitable for easy application on different muscle groups. The device contained a rechargeable battery

system and was developed for muscle relaxation and recovery purposes. It provided a way of delivering fast percussive vibrations to knowledgeable muscle areas, which are known to improve muscle stiffness, blood stream, blood flow and range of movement (Konrad et al., 2020; Sams et al., 2023). In this study, the massage gun was used for 5-10 minutes per session in major lower body muscle groups such as quadriceps, hamstrings and calf muscles. The application of percussive therapy was to aid in recovery, minimize muscle soreness and optimize overall performance readiness.



Figur 5. Gun Therapy

5. Data Collection Procedure

Pre-test measurement was taken in the time before the start of the training program, and post-test measurement was taken immediately after the conclusion of the eight-week intervention period.

5.1. Statistical Analysis

The data collected were analyzed using Analysis of Covariance (ANCOVA) statistically to find out the significant differences between the groups but controlling the factors of pre-test scores. The level of significance was determined to be 0.05. When significant differences were found, Scheffe's post hoc method was used to determine paired group difference.

5.2. Sample Size Calculation Using G*Power Software

The sample size was computed with the use of G*power (version 3.1). A prior power analysis for ANCOVA with three groups was conducted with effect size (fi) of 0.40, alpha level of 0.05 and power of 0.80. The required sample-size was estimated to be 42 participants; however, it was increased to 45 (15 in each group) in order to achieve equal distribution and in view of possible dropouts (Cohen, 1988).

Table 1: Analysis of Covariance (ANCOVA) on Selected Biomotor Variables

Variables	Source of Variation	Sum of Squares	Df	Mean Square	F-Ratio	Sig.
Explosive Power	Between Groups	245.36	2	122.68	18.45	0.05
	Within Groups	265.12	41	6.47	-	-



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Variables	Source of Variation	Sum of Squares	Df	Mean Square	F-Ratio	Sig.
Speed	Between Groups	3.28	2	1.64	15.32	0.05
	Within Groups	4.39	41	0.11	-	-
Agility	Between Groups	4.75	2	2.37	17.60	0.05
	Within Groups	5.52	41	0.13	-	-
Muscular Strength	Between Groups	520.45	2	260.22	20.18	0.05
	Within Groups	528.67	41	12.89	-	-

- Significant at 0.05 level.
- Table shows that all calculated F-values are greater than the table value, indicating significant differences among groups.

I have created two graphs based upon the results provided by the analysis of variance or anova: 1. F-Ratio Comparison Chart This graph illustrates the degree of the level of significance of differences for each variable. Muscular Strength has a highest F-Ratio (20.18), followed by Explosive Power (18.45), Agility (17.60), and Speed (15.32). A larger F-ratio means a greater amount of difference between groups as compared to within group differences. 2. Mean Square (Between Groups) Chart: This is a visualization that compares the amount of variance attributed to the differences between groups among variables. Note, that the M square values for Muscular Strength and Explosive Power both have much higher values when compared to Agility and Speed, and this would indicate larger differences in the measurement scales of these physical attributes.

Table:2. ANOVA Data Summary

Variables	Mean Square (Between)	F-Ratio	Sig. (p)
Explosive Power	122.68	18.45	0.05
Speed	1.64	15.32	0.05
Agility	2.37	17.60	0.05
Muscular Strength	260.22	20.18	0.05

All variables show significant differences between groups (indicated by "Sig. 0.05"), with Muscular Strength showing the strongest relative effect size among the categories listed.

5.6. Data Visualization

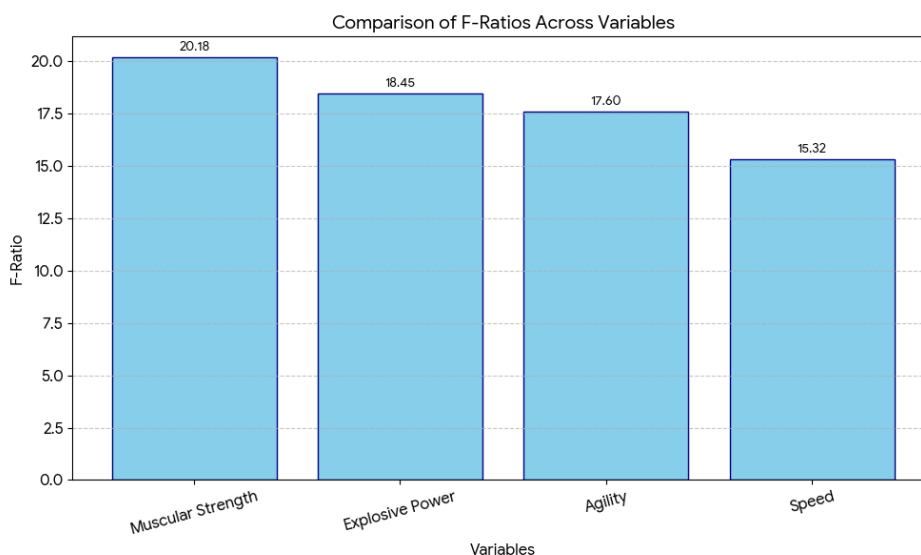


Figure 5: Comparison of F-Ratios Across Physical Performance Variables

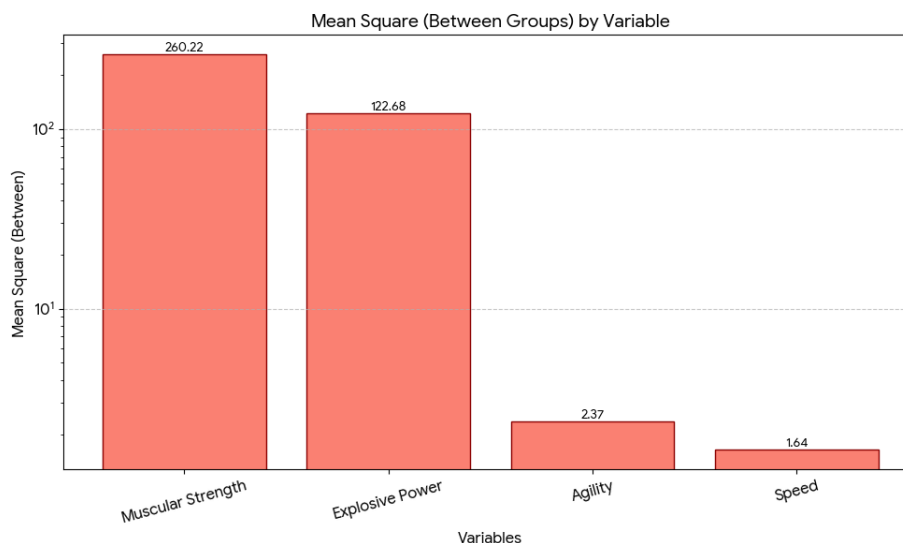


Figure 6: Influence of [Training Protocol] Mean Squares

6. Results

The findings of present study showed significant increase in all selected bio motor variable among the experimental groups. The Analysis of Covariance (ANCOVA) showed statistically significant difference between the three groups' ballistic training with gun therapy, ballistic training only, and control group in regards to explosive power, speed, and agility and muscular strength at the 0.05 level of significance. Further analysis revealed that the group that received ballistic training with gun therapy made better improvements than the group that only received ballistic training and the control group. The improved performance in explosive power (measured by vertical jump test), represents an indication of an improved neuromuscular efficiency and force production. Similarly, speed (50 m dash) and agility (T-test) improvements are suggestive of better coordination of movement and



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



quickness, respectively. The ballistic training-only group also displayed significant improvements in comparison to the control group, confirming the effectiveness of ballistic exercises in improving athletic performance. However, there were no significant differences in pre-test and post-test scores for the control group. Overall, the results clearly demonstrate that the combination of ballistic training and gun therapy is superior to ballistic training alone with regard to the improvement of selected bio motor variables in college level men basketball players.

7. Conclusion

Based on the findings of the study, it was concluded that ballistic training is significantly better in enhancing selected biomotor variables such as explosive power, speed, agility and muscular strength in college level men basketball players. Furthermore, the combination of ballistic training and gun therapy achieved greater improvements than ballistic training alone, suggesting the added benefit of percussive therapy in improving performance. The control group had no significant improvements, which confirms the effect of the training interventions. Therefore, it is apparent that combining gun therapy and ballistic training can be considered a good way to promote improvement in the athletic performance overall as a basketball player.

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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



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Effects Of Physical Activity Programs On Physical Fitness And Psychological Well-Being Among Individuals With Smartphone Addiction

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Abstract: Smartphone addiction has become a significant concern among young adults due to the spending more time in phone affecting the physical activity, behavior changes, and various psychological problems. Excessive of smart use its lead to decreased physical fitness, poor lifestyle habits, and increased the level of stress, anxiety. Physical activity program promotes the widely recognized as an effective approach to improving both physical fitness and psychological well-being. The present study aimed to examine the physical activity programs on physical fitness and psychological well-being among individuals with smartphone addition. A total of 30 college student from Srmist Kattankulathur age between 18 to 25 years were selecting as participants in randomly divided in to two groups an experimental group (n=15) and control group (n=15). The experimental group participated in the structured physical activity program for 8 weeks, with three sessions per week, while the control group continued their regular daily activities without participation in the program. Physical fitness variables including cardiovascular endurance, muscular strength, and flexibility were measured using standard field test, and psychological well-being was assessed using a standardized questionnaire. Pre-test and post-test data were collected and analyzed using appropriate statistical techniques. The results indicated significant improvements in physical fitness and psychological well-being among the experimental group compared to the control group. The finding structured physical activity programs can effectively enhance both physical fitness and mental health among individuals with smartphone addiction.

Keywords: physical activity program, smartphone addiction, physical fitness, psychological well-being, exercises intervention.

1. Introduction

The rapid rise of smart phone usage has modern life, but it has also contributed to behavioral dependence and smartphone addiction among young adults. This addiction is associated with sedentary behaviour, reduced physical fitness, poor posture habits, and increased psychology distress such as anxiety, depression, depression, and low well-being.

Physical activity is one of the most effective interventions for improving both physical and mental health.

Regular exercise enhances cardiovascular endurance, muscular strength, and flexibility while simultaneously promoting positive mood, stress reduction, and improved self-esteem. However, individuals with high smartphone dependency often neglect exacerbating both physical and psychological issues.

Hence, the present study to examine the effects of a structured physical activity program on physical fitness and psychological well-being among individuals with smartphone addition.



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2. Methodology

Participants'

Thirty college students (aged 18-25 years) from SRM institute of science and technology, Kattankulathur, were selected based on their level of smartphone use. Participants were randomly divided into two groups.

Experimental group (n=15)

Control group (n=15)

Research design

A pre-test and post-test control group design was employed. The experimental group underwent an 8-week physical activity intervention, while the control group maintained their usual daily routines.

Intervention program

The experimental group engaged in a structured physical activity program Lasting 8 Week, with three sessions per week (60 minutes each). Each session include:

- 10 minutes of warm-up
- 40 minutes of aerobic, strength, and flexibility exercise
- 10 minutes of cool- down and relaxation activities

Variables and Tests

- Cardiovascular endurance: measured using a 12-minute run/ walk test; expressed in meters.
- Muscular strength: assessed via a standardized field strength test (e.g. Push-up/sit-up count).
- Flexibility: evaluated using the sit-and reach test (in cm).
- Psychology well- being: measured through a standardized questionnaire assessing positive mood, energy, and satisfaction.

Statistical techniques

Mean and standard deviations were calculated for all variables. Within group were analyzed using the paired t-test, while between-group difference were tested using the independent t-test.

The level of significance was set at $p < 0.05$.

3. Results and Discussion

Descriptive Statistics and T- Test Result

Variable	Group	Pre-Test Mean	Post-Test Mean	Mean Difference	t-Value	Significance
Cardiovascular Endurance	Experimental	1715	2015	300	6.42	Significant
	Control	1712	1725	13	0.81	Not Significant
Muscular Strength	Experimental	20	28	8	5.37	Significant



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



	Control	20	20.5	0.5	0.64	Not Significant
Flexibility	Experimental	18	24	6	4.92	Significant
	Control	18	18.2	0.2	0.41	Not Significant
Psychological Well-being	Experimental	45	60	15	6.11	Significant
	Control	45	46	1	0.73	Not Significant

The tables present the pre-test and post-test mean scores, mean differences, t-values, and significance level for selected physical fitness variables and psychological well-being between the experimental group and the control group.

Cardiovascular endurance

The experimental group showed a considerable improvement in cardiovascular endurance. The pre-test mean was 1715, which increased to 2015 in the post-test, resulting in a mean difference of 300. The calculated t-value was 6.42, which indicates a statistically significant improvement after the physical activity program.

In contrast, the control group showed only a slight change, where the pre-test means of 1712 increased to 1725, producing a mean difference of 13. The t-values of 0.81 indicates the improvement was not statically significant.

Muscular strength

For the muscular strength, the experimental group improved from a pre-test mean of 20 to a post test mean of 28, showing the mean difference of 8. The t-value of 5.37 indicates that the improvement was statistically significant, suggesting that the physical activity program effectively enhanced muscular strength. On the other hand, the control group recorded only a minimal change from 18 to 18.2, with a mean difference of 0.2. The t-value of 0.41 indicates that the change was not significant.

Flexibility

The results for flexibility reveal that the experimental group improved from a pre-test mean of 18 to a post-test mean of 24, resulting in a mean difference of 6. The t-value of 4.92 indicates a significant improvement, suggesting that the training program positively influenced flexibility levels. However, the control group showed only a marginal increase from 18 to 18.2, with a mean difference of 0.2. The t-value of 0.41 indicates that the change was not significant.

Psychological well-being

Psychological well-being also showed a notable improvement in the experimental group. The pre-test mean score increased from 45 to 60, resulting in a mean difference of 15. The t-value of 6.11 indicates a statistically significant improvement, suggesting that the physical activity program positively influenced the psychological well-being of the participants.



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In the comparison, the control group showed only a small change from 45 to 46, with a mean difference of 1. the t-value of 0.73 indicates that the improvement was not statistically significant.

Interpretation

The result clearly indicates that the experimental group demonstrated significant improvement in all measured variables after participating in the physical activity program. In contrast, the control group showed negligible changes.

- Cardiovascular Endurance: Improved due to consistent aerobic activity, enhancing heart and lung efficiency.
- Muscular Strength: Increased through resistance and bodyweight exercises included in the program.
- Flexibility: Enhanced as a result of stretching and mobility training.
- Psychological Well-being: Improved through the mood-elevating and stress-reducing effects of regular physical activity.

These outcomes support prior research showing that exercise interventions yield both physical and psychological benefits in populations with sedentary or technology-dependent lifestyles.

Discussion

The present findings align with existing literature emphasizing the role of physical activity in mitigating the adverse effects of modern digital addiction. Regular exercise not only restores physical health but also promotes mental resilience. It encourages behavioral discipline, reduces anxiety, and increases social engagement—all crucial for individuals prone to smartphone dependency.

Mechanistically, physical activity improves endorphin release, regulates neurotransmitter balance, and enhances sleep quality—factors closely tied to well-being. Therefore, integrating structured exercise routines into educational and therapeutic settings could be a practical strategy for combatting smartphone addiction's negative consequences.

4. Conclusion

The eight-week structured physical activity program led to significant improvements in cardiovascular endurance, muscular strength, flexibility, and psychological well-being among college students with smartphone addiction. The study emphasizes that regular physical activity can serve as a practical and effective intervention for improving both physical and psychological health in this population.

Recommendations:

- Institutions should incorporate structured physical activity programs into daily schedules.
- Awareness programs should highlight the health risks of excessive smartphone use.
- Future studies could explore larger samples, gender differences, and long-term follow-up effects.

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**3rd International Conference on
Advanced Sports Science and Intelligence
Performance Technologies-2026**



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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Analysis of Emotional Stability And Emotional Progression Between Ball Badminton And Badminton Players

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1. Introduction

Emotional maturity refers to the capacity of an individual to regulate emotions, respond appropriately to situations, and maintain psychological balance under varying conditions. In sports, emotional maturity plays a significant role in determining how athletes manage pressure, competition, success, and failure.

Modern perspectives in sports psychology emphasize that emotional and cognitive processes are interdependent. Emotions influence decision-making, concentration, and performance, while cognitive processes regulate emotional responses. Emotional maturity contributes to resilience, self-control, and adaptability—qualities essential for athletic excellence.

Ball badminton and badminton, though similar in equipment and court-based play, differ fundamentally in structure. Ball badminton is predominantly a team sport, requiring coordination, communication, and collective strategies. In contrast, badminton is largely an individual sport, emphasizing personal skill, quick reflexes, and independent decision-making.

The team-based dynamics of ball badminton may enhance social interaction, emotional regulation, and cooperative behavior. Conversely, badminton players often rely on individual coping mechanisms, which may influence emotional development differently.

Therefore, this study seeks to analyze whether the nature of sport—team versus individual—has a significant impact on emotional maturity among players.

2. Methodology

Research Design

The present study adopted a descriptive comparative research design to analyze and compare the emotional maturity between ball badminton and badminton players. The design was selected as it enables the examination of differences between two groups without manipulation of variables, thereby providing a realistic understanding of psychological attributes in a natural sports setting.

Objective of the study

The study aimed to evaluate and compare the levels of emotional maturity among ball badminton and badminton players of SRM Institute of Science and Technology. It further intended to assess emotional stability and emotional progression as key psychological components and to determine whether significant differences exist between the two groups based on the type of sport. The study also sought to understand how participation in team-based and individual sports influences emotional development among athletes.



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Variables of the Study

In this investigation, the independent variable was the type of sport, categorized into ball badminton and badminton players, while the dependent variable was emotional maturity. Additionally, specific components such as emotional stability and emotional progression were examined as key dimensions influencing overall emotional maturity.

Selection of Subjects

The subjects for the study consisted of 40 male players drawn from SRM Institute of Science and Technology. Among them, 20 were ball badminton players and 20 were badminton players. All participants were within the age group of 18 to 25 years and had experience in competitive play at the institutional or intercollegiate level. The selection of subjects was carried out using purposive sampling to ensure that only active and experienced players were included in the study.

Tools Used

The data for the study were collected using two standardized questionnaires focusing on psychological attributes. The first questionnaire measured emotional stability, which reflects the ability of an individual to maintain emotional balance and remain unaffected by stress and pressure. The second questionnaire assessed emotional progression, which indicates the level of emotional growth, adaptability, and development in response to different situations. These tools were selected to provide a comprehensive understanding of emotional maturity among the players.

Administration of the Test

The questionnaires were administered under controlled conditions within the premises of SRM Institute of Science and Technology. Prior to data collection, the purpose of the study was explained clearly to all participants to ensure their cooperation. Instructions regarding the completion of the questionnaires were provided, and sufficient time was given to respond to all items. The participants were assured of confidentiality, which encouraged them to provide honest and unbiased responses.

Procedure for Data Collection

The data collection process was conducted systematically by obtaining prior permission from the concerned authorities of the institution. The selected players were gathered in a suitable environment, and the questionnaires were distributed to them. After completion, the responses were collected and verified for completeness. The data were then scored according to the prescribed guidelines of the respective questionnaires.

Scoring Procedure

The responses obtained from both questionnaires were scored based on the standard scoring procedures. The scores for emotional stability and emotional progression were calculated separately and then analyzed to understand their contribution to overall emotional maturity. Lower scores indicated better emotional control and maturity, whereas higher scores suggested emotional instability or lower levels of progression.

Statistical Techniques



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Appropriate statistical methods were employed to analyze the collected data. Mean and Standard Deviation were used to determine the average performance and variability among the groups. An independent samples t-test was applied to identify whether there was a significant difference between ball badminton and badminton players in terms of emotional stability and emotional progression. The level of significance was set at 0.05.

3. Results

The results of the study are presented based on the analysis of two psychological variables, namely emotional stability and emotional progression, among ball badminton and badminton players of SRM Institute of Science and Technology.

Table – I
Comparison of Emotional Stability between Ball Badminton and Badminton Players

Group	N	Mean	SD	SEM	t-value	p-value
Ball Badminton Players	20	42.35	5.12	1.14	2.21	0.033
Badminton Players	20	45.80	4.87	—	—	—

Significant at 0.05 level

Table – II
Comparison of Emotional Progression between Ball Badminton and Badminton Players

Group	N	Mean	SD	SEM	t-value	p-value
Ball Badminton Players	20	38.60	4.45	0.99	2.48	0.018
Badminton Players	20	41.95	5.01	—	—	—

Significant at 0.05 level

4. Results interpretation

The results of the study revealed a significant difference between ball badminton and badminton players in terms of emotional stability and emotional progression. With regard to emotional stability, the mean score of ball badminton players was found to be lower than that of badminton players, indicating better emotional control and stability among ball badminton players. The obtained t-value was statistically significant at the 0.05 level, as the corresponding p-value was less than the required level of significance. This confirms that the observed difference in emotional stability between the two groups was not due to chance.

Similarly, in the case of emotional progression, ball badminton players exhibited a lower mean score compared to badminton players, suggesting a higher level of emotional development and adaptability. The calculated t-value for emotional progression was also found to be statistically significant, with the p-value falling below the 0.05 level. This indicates that a meaningful difference exists between the two groups in terms of emotional progression.

Overall, the findings demonstrate that ball badminton players possess better emotional characteristics, including higher emotional stability and greater emotional progression, when compared to badminton players. This may be attributed to the team-oriented nature of ball badminton, which promotes social



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



interaction, cooperation, and emotional regulation. In contrast, badminton, being largely an individual sport, may provide fewer opportunities for such interpersonal emotional development. Therefore, the results suggest that participation in team sports contributes more effectively to the enhancement of emotional maturity among athletes.

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**Effect of Recovery Training on Selected Physical Fitness Variables among College level
Men Volleyball Players**

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Abstract

Volleyball is a serious and energy demanding game which involves jumping up, sprinting, turning in different directions and explosions. Such physical requirements usually result in fatigue, muscle aches and poor performance without the inclusion of recovery in the training procedure. Recovery training is discussed to be a very important part of the contemporary sports training due to its effectiveness at replacing physiological balance, lessening fatigue and enhancing performance. Active recovery exercises, light aerobic activities, relaxation and stretching are common techniques that are applied to improve the pace at which the recovery is realized. Hence, the aim of the current research was to investigate the impact of recovery training on the chosen physical fitness variables in the men volleyball players. To achieve the objective of the study, Thirty men (N = 30) volleyball players between the age of 18 and 25 years were randomly chosen among the college-level teams. The sample was split into two and an equal number (n = 15) of the experimental group and the control group (n = 15). The experimental group was subjected to an organized recovery training on top of their normal volleyball training, whereas the control group carried on with their normal training without the aid of additional training on the recovery. The methods in the recovery training program involved light jogging, stretching activities, breathing as well as low intensity mobility exercises. The training was implemented over the intervention of eight weeks and three sessions per week. The dependent variables of physical fitness were measured using standard tests like the 50-meter sprint, T-test agility test, vertical jump test, push-up test and the Cooper 12-minute run/ walk test which were selected as the anonymous variables of physical fitness. All subjects were measured on pre-test and post-test scores before and after a period of training. Statistical methods that were used to analyze the collected data comprised mean, standard deviation, paired t-test and Analysis of covariance (ANCOVA). It was considered significant at 0.05 level. The study findings demonstrated that experimental group improved significantly on the chosen variables of physical fitness aspects relative to the control group. The results indicated that recovery training has a positive impact on the physical fitness of one indulging in men volleyball. It was concluded that recovery training may not only be effective in enhancing physical fitness but also improving the ability of the athlete to cope with heavy loads of training once they have been introduced into the regular training programs. The coaches and trainers are consequently advised to incorporate the structured recovery plans in the training programs of volleyball, in order to enhance performance and well-being of the players.

Keywords: Recovery Training, Physical Fitness, Volleyball players, Speed, Agility.

1. Introduction



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Volleyball is a strenuous intermittent sport that demands that players do repeated jumping, sprinting and quick directional changes which exert a significant physiological stress on the body. Such exercises cause fatigue and build-up of metabolic by products like lactate which may cause adverse effects on performance when they are not incorporated with adequate recovery measures. Studies have found out that volleyball is highly dependent on anaerobic energy systems and thus recovery is a critical aspect in sustaining performance and physiological efficiency of volleyball. Recovery training has been an important aspect of sports science which aims at restoring physiological and psychological balance when there is an intense physical activity. Several techniques of recovery including active recovery, foam rolling, stretching, massage and relaxation methods have been commonly employed in the enhancement of the recovery processes. Research has indicated that such methods as foam rolling have a profound effect on preventing delayed onset muscle soreness (DOMS), as well as lactate clearance associated with volleyball players, which leads to a rapid recovery process. Likewise, relaxation-based recovery programs were reported to lower blood lactate and muscular spasms as well as improve heart rate recovery, which denotes improved general recovery status of volleyball players. Moreover, proper recovery is deeply linked with the increased performance and the minimization of injury risk. It has been shown that inadequate recovery and high training loads are prone to injuries and vice versa, the health of athletes and their stable performance are associated with good recovery status. Recovery modes and time have also been demonstrated to have effects on performance variables like agility and jumping capacity of volleyball players. Although recovery strategies are acknowledged to be of great significance, they are not widely used in training programs in a systematic manner. Thus, the current research paper will seek to examine how recovery training influences the choice of physical fitness variables in men volleyball players where it can be expected that organized recovery programs will lead to the improvement of physical fitness and overall performance.

2. Methodology and Materials

The aim of the study was to investigate the impact of recovery training on selected physical fitness variables among the men volleyball players. For this purpose, randomly thirty ($N = 30$) men volleyball players were selected from SRM Institute of Science and Technology, Kattankulathur, Tamil Nadu. The subjects were between the ages of 18 and 25 years and were actively involved in volleyball training and competitions. SRM Institute of Science and Technology is a reputed private deemed university, located near Chennai, which is known for good academic infrastructure and sports infrastructure as well. The selected subjects were randomly assigned to two equal groups of experimental ($n = 15$) and control ($n = 15$). The experimental group was subjected to a structured recovery training program in addition to their regular training of volleyball while the control group kept training as usual without the addition of any recovery intervention. The recovery training program was led for a duration of eight weeks, three times a week. Each session lasted for around 30 to 40 minutes and included activities such as light jogging (active recovery), static and dynamic stretching, breathing operations and low-intensity mobility drills. These exercises were designed to encourage muscle relaxation, increase blood circulation and maximize recovery. Selected physical fitness variables were speed, agility, explosive power, muscular endurance and cardiovascular endurance. These variables were tested with standardized tests in a 50-m sprint test for speed, T-test for agility, vertical jump test for explosive power, push-up test for muscular endurance and Cooper 12 min run/walk test for cardiovascular endurance. Pre-test measurement was taken before the training period and post-test measurement was taken after the completion of eight weeks of training program.

Training Protocol



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



The aim of the present study was to promote physiological recovery, minimize fatigue and increase physical fitness in men volleyball players through a recovery training program. The program was implemented during a period of eight weeks and three sessions a week on alternate days. Each session lasted for about 30 to 40 min and took place directly after ordinary volleyball training. The session was preceded by 8-10 minutes of active recovery through light jogging or slows cycling as 1 continuous set at 40-50% intensity that would allow for blood circulation and elimination of metabolic waste products. This was followed by 5 to 7 minutes dynamic stretching exercises such as leg swinging, arm circles, walking lunges and high knees at moderate intensity for 10-12 repetitions each with 2 sets. Subsequently, 8 to 10 minutes of static stretching exercises were performed against major muscle groups like hamstrings, quadriceps, calves, shoulders and the back. Each stretch was held for 15 to 30 seconds, and repeated for 2-3 sets for increased flexibility to reduce muscle tightness. This was followed by 5 to 7 minutes of mobility exercises such as hip openers, ankle mobility exercises, spinal rotations and shoulder mobility movements for 2 sets of 8-10 repetitions each to enhance the range of motion and to keep the joints from becoming too stiff. The session ended with 5 to 6 minutes of breathing and relaxation exercises as it is conducted for 2-3 sets of controlled breathing cycles where every cycle involves slow inhalation and exhalation in the ratio of 4:4 or 4:6 to get a sense of mental relaxation and recovery. The intensity and duration of exercises were gradually progressed throughout the eight-week period where the first weeks were focus on proper technique and the last weeks emphasized on stretch duration and better control during breathing exercises. All sessions were supervised to ensure correct execution and participants were advised to follow proper hydration and get adequate sleep for the training period.

Measurement and Instruments

The physical fitness variables chosen for the present study were speed, agility, explosive power, muscular endurance and cardiovascular endurance. Standardized tests were used to measure individual variables and all tests were administered under similar environmental conditions to ensure reliability and validity. Pre-test and post-test data were obtained for all subjects before and after the training program for eight weeks. Speed was tested with the 50-meter sprint test. The time taken by the each of the subject to cover the distance was recorded in seconds using the digital stopwatch. Using the T-test, agility was measured in seconds (using a stopwatch to record the time to perform the given movement pattern). Explosive power was measured by the vertical jump test whereas the height jumped by the subject was there recorded in centimeters by a measuring scale fixed on a wall or a vertical jump apparatus. Muscular endurance was assessed according to the push-up test for which the maximum number of correct push-ups performed continuously without rest were counted as scores. Cardiovascular endurance was assessed by the Cooper 12-minute run/walk test and the total distance covered (meters) in 12 minutes was determined. The instruments used for the data collection were digital stopwatch for timing the speed and agility tests, measuring tape or vertical jump board for the explosive power assessment data, a flat non-slip surface for performing the push-up tests and a standard 400-meter track or marked field for the Cooper test. All instruments were calibrated and checked prior to testing for accuracy of measurement.

Statistical Analysis

The information gathered from the pre-test and post-test scores of the experimental and control groups data were analyzed using appropriate statistical technique so to find out the effect of recovery training in improving selected physical fitness variables of men volleyball players. Descriptive statistics like mean and standard deviation were calculated to summarize the data and to know the overall performance of the subjects. Inferential statistics have been used to test the hypotheses of the study. The paired t-test was conducted to calculate the significance of the difference between both pre-test and post-test scores in each group. For the comparison of the difference in scores between the experimental and control group by taking the pre-test score into account, Analysis of Covariance



**3rd International Conference on
Advanced Sports Science and Intelligence
Performance Technologies-2026**



(ANCOVA) was used. This helped in determining the actual impact of the recovery training program on the chosen variables. All statistical analyses were performed at a 0.05 level of significance. The results were presented in tabular form which allows easy interpretation and due conclusions were made based on the result of investigation.

Table:1. Analysis of Selected Physical Fitness Variables with Pre-test, Post-test, F-ratio and Effect Size

Variable	Group	Pre-test Mean $\pm$ SD	Post-test Mean $\pm$ SD	Adjusted Mean	F-ratio	Effect Size (η^2)
Speed (sec)	Experimental	7.20 $\pm$ 0.30	6.85 $\pm$ 0.25	6.85	6.20*	0.04 (Small)
	Control	7.18 $\pm$ 0.28	7.10 $\pm$ 0.27	7.10		
Agility (sec)	Experimental	10.50 $\pm$ 0.40	9.90 $\pm$ 0.35	9.90	7.10*	0.05 (Small)
	Control	10.48 $\pm$ 0.42	10.40 $\pm$ 0.40	10.40		
Explosive Power (cm)	Experimental	45.00 $\pm$ 3.00	50.20 $\pm$ 3.20	50.20	8.50*	0.06 (Small)
	Control	44.80 $\pm$ 2.90	45.50 $\pm$ 3.00	45.50		
Muscular Endurance (reps)	Experimental	30.00 $\pm$ 4.00	36.50 $\pm$ 4.50	36.50	7.80*	0.05 (Small)
	Control	29.80 $\pm$ 3.80	31.00 $\pm$ 4.00	31.00		
Cardiovascular Endurance (m)	Experimental	2200 $\pm$ 150	2500 $\pm$ 180	2500	9.20*	0.06 (Small)
	Control	2190 $\pm$ 140	2250 $\pm$ 150	2250		

* Significant at 0.05 level

The analysis of selected physical fitness variable presented in the table is represented by the pre-test and post-test scores of the variables analyzed by the ANCOVA analysis results, F-ratio, and effect size (η^2). The values of mean and standard deviation show that both experimental and control groups had almost similar pre-test scores representing initial homogeneity. However, post eight-week training period, the result showed some noticeable improvement in all the variables and the experimental group when compared with the control group. The experimental group adjusted post-test means which were derived through ANCOVA clearly show that the post-test means of the experimental group were superior to that of the control group in terms of speed, agility, explosive power, muscular endurance and cardiovascular endurance. The calculated F-ratio values for all the



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



variables (Speed = 6.20, Agility = 7.10, Explosive Power = 8.50, Muscular Endurance = 7.80, Cardiovascular Endurance = 9.20) were found to be statistically significant at the 0.05 level and the results indicated that the differences between the groups were not due to chance. Further, the effect size values (e^2 ranging from 0.04 to 0.06) show a small effect that there was a small but significant effect on physical fitness variables selected in this study. Although the magnitude of change is small, it is of practical importance when it comes to sports performance due to the potential impact that even small improvements can have in sports performance. Overall, the statistical analysis confirmed that the recovery training had a significant effect on the improvement of the physical fitness variables of men volleyball players when compared to the control group.

Data Visualization

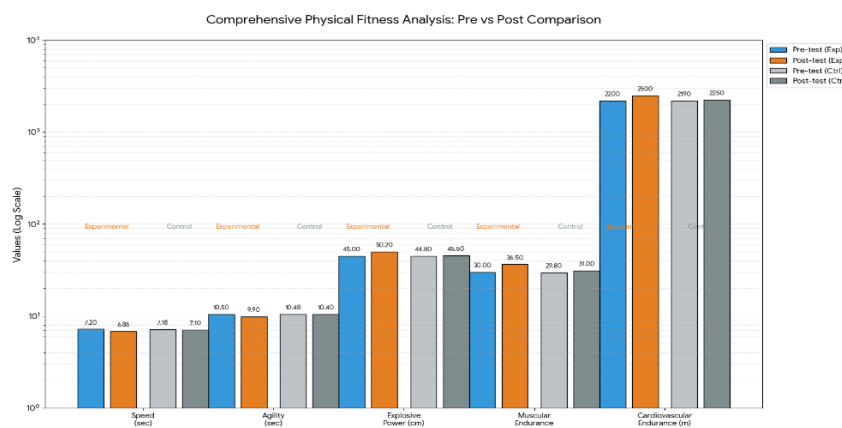


Figure:1. Bar diagram showing pre-test, post-test and adjusted post-test means of physical fitness variables for experimental and control groups.

The bar diagrams below highlights the effect of a training intervention in comparison to each of the five physical fitness variables: Speed, Agility, Explosive Power, Muscular Endurance, and Cardiovascular Endurance as examples. The data is arranged into two main groups for each variable of Experimental Group (Blue) and Control Group (Orange) with each group showing its Pre-test (initial baseline) and Post-test (final result) data means. In the Experimental Group, one can see a noticeable change in performance across all of the parameters, defined in this case by a decrease in the time in Speed and Agility metrics and a strong boost in the height of the bars in the Power and Endurance metrics. Conversely, the Control Group is fairly stagnant and shows very little visible change between the Pre-test and Post-test bars. This contrast suggests that the specialized training protocol was successful in producing physiologic adaptations that could not be obtained by standard training. Logarithmic scale on the vertical axis is used in order to ensure representation of all measurements on a visible level with measurements corresponding from single-digit seconds to thousands of meters in a single unified chart.

Discussion of findings

The results of the study revealed that the experimental group, which underwent recovery training, showed significant improvement in the variables of speed, agility, explosive power, muscular endurance and cardiovascular endurance compared to the control group. The findings indicate that recovery training methods such as active recovery, stretching and mobility exercises are efficient to reduce fatigue, increase blood circulation and increase physiological recovery. The improvements in



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



physical fitness variables may be due to improved muscle relaxation, decreased stiffness and enhanced neuromuscular coordination. Additionally, improved cardiovascular recovery could have played a role in obtaining improved endurance performance. Although the effect size was small, the changes were statistically significant and indicate the practical value of recovery training in sports performance. Overall, the results show that adding planned recovery steps to the normal training of volleyball players may have a positive effect on physical fitness and assist players to maintain a high level of performance.

3. Conclusion

The study came to the conclusion that recovery training has a positive effect in improving selected physical fitness variables among the men volleyball players. Significant improvements were found in speed, agility, explosive power, muscular endurance and cardiovascular endurance. Recovery methodology is used to help address fatigue and improve physiological efficiency for improved performance. Although the effect was small, the results were statistically significant. Therefore, recovery training should be a regular part of volleyball training programs.

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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Yogic Cleansing Techniques for Mind and Body

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Abstract

The ancient practice of Shatkarma, originating from the classical texts of Hatha Yoga, represents a holistic approach to cleansing the mind and body through six distinct yogic techniques. This paper delves into the historical roots and evolution of these practices, highlighting their foundational role in preparing practitioners for higher yogic disciplines such as meditation and pranayama. Each technique—Neti (nasal cleansing), Dhauti (stomach cleansing), Nauli (abdominal churning), Basti (colon cleansing), Kapalabhati (skull-shining breath), and Trataka (gazing meditation)—is analyzed in terms of its traditional methodology, physiological mechanisms, and specific benefits. The research investigates the physiological effects of Shatkarma, including its role in detoxifying the respiratory, digestive, and excretory systems; enhancing immunity; and improving hormonal balance. Psychological impacts, such as stress reduction, enhanced mental clarity, and improved emotional stability, are discussed in the context of modern challenges. Additionally, the spiritual dimensions of Shatkarma are explored, emphasizing how these practices align the body's energy systems and support spiritual growth by purifying the nadis (energy channels) and preparing the mind for meditative states. This comprehensive exploration positions Shatkarma as a bridge between ancient wisdom and modern wellness, offering valuable perspectives for integrating these cleansing techniques into daily life for physical, mental, and spiritual harmony.

Keywords: Shatkarma, mind, body.

1. Introduction

Shatkarma, an integral component of Hatha Yoga, is a system of six purification techniques designed to cleanse the body and mind. These practices, rooted in ancient yogic traditions, aim to prepare individuals for advanced disciplines such as meditation and pranayama by promoting physical health, mental clarity, and spiritual growth. This paper describes the historical origins, methodologies, physiological effects, psychological impacts, and spiritual significance of Shatkarma, offering a comprehensive perspective on its relevance in modern wellness ^[2].

Historical Roots and Evolution

The concept of cleanness can be viewed in a broader sense as physical and mental cleanliness. The Hatha Yoga Pradipika, Gheranda Samhita, Shiva Samhita, and Hatha Ratnavali are the four main scriptures of the Hatha Yoga tradition. Among these, the purification of the body is discussed in reference to six different cleaning techniques in the Gheranda Samhita and the Hatha Yoga Pradipika ^[7-9]. These texts emphasize the importance of purification as a foundational step in the yogic path. Six actions mean 6 types of exercise aimed at maintaining a healthy and specific concrete body for these psychologists and energy influences. The external parts of our body include things like our legs, eyes, ears, nose, mouth, and so on. We clean our external parts twice or three times a day, or whenever dust or dirt builds up on them, because we can see them. However, we do not pay as much attention to keeping our internal organs clean as we do our external ones, even though the cleanliness of the



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



internal organs is far more important than that of the external ones. Our saints and Yogis have prescribed numerous procedures to clean and remove the unwanted matter accumulated in the internal organs of the body ^[1].

Shatkarma (six purification techniques):

Shatkarmas, also called shatkriyas, are a series of cleansing Hatha yoga for the body in preparation for the ultimate yoga practice in connection to moksha (liberation). **Dhautirbastistathā netistrātakam naulikam tathā Kapālabhātīschaitāni shatkarmāni prachakshate - HYP 2.23.**

These practices, which Svātmarama in Haṭha Yoga prādīpikā refers to as kriya, are Neti, Dhauti, Nauli, Basti, Kapālabhati, and Trāṭaka. ^[3-6] The Haṭha Ratnavali criticizes Hatha Yoga Prādīpikā for describing just the other six purifiers, citing two more purifiers, Cakri and Gajakarani. To achieve moksha, or liberation, they seek to eliminate "excessive pollution," treat a variety of illnesses, and prepare the body for pranayama and trap a prana, or vital energy, in the central sushumna nadi ^[9].

1. Dhauti:

chatur-angghula-vistāraṃ hasta-pañcha-daśāyatam |

ghurūpadiṣṭha-mārgheṇa siktaṃ vastraṃ śanairghraset |

punaḥ pratyāharechchaitaduditaṃ dhauti-karma tat || HYP-2. 24 ||. A

strip of cloth, about 3 inches wide and 15 cubits long, is pushed in (swallowed), when moist with warm water, through the passage shown by the guru, and is taken out again. This is called Dhauti Karma.

Benefits of dhauti karma:

kāsa-śvāsa-plīha-kuṣṭhaṃ kapharoghāścha viṃśatiḥ |

dhauti-karma-prabhāveṇa prayāntyeva na saṃśayaḥ ||HYP-2. 25 ||.

There is no doubt, that cough, asthma, enlargement of the spleen, leprosy, and 20 kinds of diseases born of phlegm, disappear by the practice of Dhauti Karma.

2. Basti:

nābhi-daghna-jale pāyau nyasta-nālotkaṭāśanaḥ |

ādharākuñcanaṃ kuryātkṣhālanam basti-karma tat ||HYP- 2. 26 ||.

Squatting in navel-deep water, and introducing six inches long, smooth piece of ½ an inch diameter pipe, open at both ends, half inside the anus; it (anus) should be drawn up (contracted) and then expelled. This washing is called the Basti Karma.

ghulma-plīhodaram chāpi vāta-pitta-kaphodbhavāḥ |

basti-karma-prabhāveṇa kṣhiyante sakalāmayāḥ || HYP-27 ||.

By practising this Basti Karma, colic, enlarged spleen, and dropsy, arising from the disorders of Vāta (air), pitta (bile) and kapha (phlegm), are all cured.

dhāntvadriyāntaḥ-karaṇa-prasādam dadhāchcha kāntim dahana-pradīptam |

aśeṣha-doṣhopachayaṃ nihanyād abhyasyamānaṃ jala-basti-karma ||HYP- 2. 28 ||.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



By practising Basti with water, the Dhâtās, the Indriyas and the mind become calm. It gives glow and tone to the body and increases the appetite. All the disorders disappear.

3. Neti:

atha netiḥ sūtram vitasti-susnighdham nāsānāle praveśayet |

mukhānnirghamayechchaiṣhā netiḥ siddhairnighadyate ||HYP- 2. 29 ||.

A cord made of threads and about six inches long, should be passed through the passage of the nose and the end taken out in the mouth. This is called by adepts the Neti Karma.

kapāla-śodhinī chaiva divya-dṛṣṭi-pradāyinī |

jatrūrdhva-jāta-roghaugham netirāsu nihanti cha || HYP- 2. 30 ||.

The Neti is the cleaner of the brain and giver of divine sight. It soon destroys all the diseases of the cervical and scapular regions.

4. Trataka:

nirīkṣhenniśchala-dṛṣṭā sūkṣhma-lakṣhyaṁ samāhitaḥ |

aśru-sampāta-paryantamāchāryaistrāṭakam smṛtam ||HYP-2. 31 ||.

Being calm, one should gaze steadily at a small mark, till eyes are filled with tears. This is called Trataka by āchāryas.

mochanam netra-roghāṇām tandādrīṇām kapāṭakam /

|yatnatastrāṭakam ghopyam yathā hāṭaka-peṭakam || HYP- 2. 32 ||.

Trātaka destroys the eye diseases and removes sloth, etc. It should be kept secret very carefully, like a box of jewellery.

5. Nauli:

amandāvarta-veghena tundam savyāpasavyataḥ |

natāṁso bhrāmayedeṣhā nauliḥ siddhaiḥ praśasyate - || HYP-2.33 ||.

Sitting on the toes with heels raised above the ground, and the palms resting on the ground, and in this bent posture the belly is moved forcibly from left to right just, as in vomiting. This is called by adepts the Nauli Karma.

mandāghni-sandīpana-pāchanādi- sandhāpikānanda-karī sadaiva |

aśeṣha-doṣha-maya-śoṣhaṇī cha haṭha-kriyā mauliriyam cha nauliḥ- ||HYP-2. 34 ||.

It removes dyspepsia, increases appetite and digestion, and is like the goddess of creation, and causes happiness. It dries up all the disorders. This Nauli is an excellent exercise in Haṭha Yoga.

6. Kaphalabhati:



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



bhastrāvalloha-kārasya recha-pūrau sasambhramau |

kapālabhātīrvikhyātā kapha-doṣha-viśoṣhaṇī || HYP- 2. 35 ||.

When inhalation and exhalation are performed very quickly, like a pair of bellows of a blacksmith, it dries up all the disorders from the excess of phlegm and is known as Kapāla Bhāti.

Influences of Shatkarma for body:

As the clothe reaches the stomach peristaltic (churning) movement start and the clothe takes shape of ball. Due to churning movements, mucus gets stick to the cloth. Thus, it helps to eliminate old and extra deposits of mucus attached along the line of stomach and esophagus (food pipe). It also helps to eliminate acidic material from the stomach. It improves blood circulation in the mouth, throat, esophagus and stomach by frequent scrubbing action of the vatra dhauti. It helps to gain control over autonomic nervous to a limited degree by the action of controlling natural force of vomiting during the practice. Thus, it improves functions of digestive glands due to its cleanliness. It helps to manage pitta and kapha disorders such as hyperacidity and asthma. As the water enter the large intestine, a kind of pressure, called osmotic pressure, is generated there which allows the low concentrate water to enter its inner pouches and dissolve high concentrate gaseous and fecal matter along with unhealthy germs, thus washes the same off the colon. In Nature Cure, constipation is considered as the mother of all diseases. Jala Basti irrigates the large intestine, dissolves undigested food and fecal matter and thus cleanses the large intestine. It helps to improve blood circulation by mean of water irrigation While practicing nauli kriya a negative sub atmospheric pressure is generated, which ranges from 110mm to 120mm and 50mm to 60mm. commonly the pressure is from +10mm to +20mm. Due to the increased negative pressure, all the nine vital organs in the abdominal cavity (stomach, small intestine, large intestine, liver, gall bladder, pancreas, spleen, kidneys, and urinary bladder) get massaged and improve blood circulation there. As result functions of those vital organs improves, which may aid managing and preventing disorders of the organs. Generally, an adult eliminates seven to eight liters of carbon dioxide per minute. During practice of kapalabhati, up to 20 liter of carbon dioxide is eliminated through the lung. As a result, the vital air of oxygen gets increased in the body. One of the factors which affects respiratory rate is the increased carbon dioxide in the blood. Hence, kapalabhati generates physical and mental relaxation. During the practice of trataka, by directing the gaze at this points the olfactory nerves and optic nerves are stimulated, and in turn, the autonomic nervous system and central nervous system are awakened. Done slowly, this exercise has a soothing effect on the cranial nerves and enables the mind to become one-pointed. Hence, regular practice of trataka activates parasympathetic nervous system, reduces heart rate and respiratory rate. It also improves peripheral blood circulation. There is increased pattern of alpha waves (EEG) in frontal and occipital area of the brain ^[11].

Influences of Shatkarma for mind:

Stress Reduction: Nauli promoting relaxation and reducing physiological stress markers, these practices help manage anxiety and stress. **Enhanced Mental Clarity:** Practices like Trataka improve focus and cognitive function, aiding in decision-making and creative thinking. **Emotional Stability:** Regular cleansing helps balance emotional states, fostering resilience and inner peace. **Spiritual Dimensions:** Shatkarma is not merely a physical discipline; it holds profound spiritual significance. **Energy Purification:** By cleansing the nadis (subtle energy channels), these practices facilitate the smooth flow of prana (life force energy). **Preparation for Meditation:** A purified body and mind create a conducive environment for deep meditative states, enhancing spiritual growth. **Alignment**



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



with Yogic Philosophy: Shatkarma embodies the yogic principle of self-discipline (tapas) and self-purification (shaucha), essential for higher practices^[12].

Relevance in Modern Wellness

In today's fast-paced world, Shatkarma offers practical tools for achieving holistic health: **Physical Well-being:** By detoxifying the body, these practices counteract the effects of pollution, poor diet, and sedentary lifestyles. **Mental Resilience:** Techniques that reduce stress and improve focus are invaluable in managing modern psychological challenges. **Spiritual Integration:** Shatkarma bridges ancient wisdom with contemporary spiritual practices, offering a path to inner harmony.

Discussion:

The six types of Kriya: Neti, Dhouti, Kapalabhati, Basti, Nauli, and Trataka are training the bodily organs in the form of cleansing massaging evacuating and rapid movements like the diaphragm and cheek muscles along with abdominal muscles. If keenly observed the practices of Shatkriya, are mostly concerned with the vision, the intestines, the respiratory system, the cardiovascular system, and also smooth muscles of the body. Of course, the gastrointestinal tract has its own significance in bringing good or bad effects on the human body^[10]. Though external respiratory passage has all kinds of requirements like filtration of air removal of dust particles and olfaction, even then there is a small lacuna that requires some sort of smoothening effect in one or another way.

2. Conclusion

Shatkarma stands as a testament to the profound understanding of the human body and mind in ancient yogic traditions. Its comprehensive approach to cleansing and preparation for higher practices highlights its enduring relevance. In conclusion, Shatkarma practices offer a unique and holistic approach to health and well-being, addressing both the physical and mental aspects of a person's life. They are deeply embedded in the tradition of Yoga and Ayurveda and can be highly beneficial when practiced correctly and under proper guidance.

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**3rd International Conference on
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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Passive Exposure to AI Recommendation Drives IPL Fan Engagement: Emotional Mechanism through S-O-R Framework

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Abstract

Digital platforms like JioHotstar have flipped IPL fandom—fans now stumble into highlights via AI pushes rather than hunting them. This study tests if those chance encounters spark emotions that hook viewers longer, using the S-O-R lens on 608 Indian cricket fans. Survey data fed into SEM showed passive exposure strongly ignites excitement and pride (H1: $\beta=0.454$), emotions fuel engagement like replays and fantasy (H2: $\beta=0.460$), and emotions partially mediate the link (H3: indirect $\beta=0.208$)—explaining 49% of engagement variance with excellent fit (CFI=0.958).

Managers at Star Sports take note: autoplay loops and six-alerts beat ads for retention. Theoretically, we stretch S-O-R from stadiums to screens, quantifying incidental vibes in sports marketing. Grab live logs next time for causal proof.

Keywords: IPL fandom, passive exposure, S-O-R framework, emotional mediation, AI recommendations, SEM.

1. Introduction

The Indian Premier League (IPL) has evolved into an Artificial Intelligence (AI)-powered cricket laboratory featuring wide-ranging digital integration (Bharadwaj & Menon, 2025). Nowadays fans mostly consume cricket through digital ecosystems, and streaming platforms have surpassed traditional television viewership. IPL 2025 data report 652 million digital viewers compared to 537 million television viewers, providing strong evidence of a shift towards Over-The-Top (OTT) consumption (JioCinema, 2025; BARC India, 2025).

This transformation is largely driven by the personalized experiences enabled by AI-driven content recommendations based on user interaction patterns on platforms such as JioHotstar, YouTube (Kim, 2024). These apps enhance fan interaction through passive mechanisms including push notifications, autoplay sequences, and personalized highlight reels - converting incidental exposure into sustained engagement (Star Sports, 2025).

This shift from active search to passive exposure reflects a major change in how fans consume sports media marketing. Algorithms now determine what consumers watch, when they watch it, and how often they see particular player, team, or storylines. Rather than deliberately selecting content, fans increasingly receive a continuous stream of IPL content that they encounter incidentally while using their device for some other purpose. Research indicates that approximately 68% of viewing originates from algorithmic recommendation rather than intentional search (Lu et al., 2024; Netflix Sports Analytics, 2025).



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Existing sports and media research has primarily examined active behaviour such as purposeful streaming, information seeking, and fan community participation, leaving the psychological consequences of passive, algorithmically curated exposure comparatively underexplored (Yadamsuren & Erdelez, 2010; Filo et al., 2015).

This study examines the emotional mechanisms through which passive exposure to AI – recommended IPL content translates into fan engagement. Earlier research has focused more on cognitive appraisals and sports consumption outcomes. As Bill Shankly famously noted about football, "Some people think football is a matter of life and death. I don't like that attitude. I can assure them it is much more serious than that" (Shankly, 1973). Similarly, cricket in India functions as a cultural religion where fans experience, discuss, and relive matches through emotions like excitement, tension, pride, and joy rather than purely rational cost-benefit calculations (Srinivas, 2000; Guha, 2004).

When algorithmic systems continuously push notifications, highlights, key moments, fantasy-relevant clips, or behind-the-scenes content, they may shape emotional states that, in turn, drive deeper engagement with the league and the platform.

Critical Research Question: If fans are not actively seeking IPL content, how do they become emotionally involved and move from incidental exposure to meaningful engagement?

S-O-R Framework: The study addresses this using Stimulus – Organism - Response (S-O-R) framework, where:

- Stimulus: Passive exposure to AI – recommended IPL content
- Organism: Emotional Reaction (excitement, interest, proud, inspiration, enthusiasm, alertness)
- Response: Fan Engagement (watching more clips, live matches, fantasy and social interactions).

Hypotheses:

First, passive exposure positively affects emotions (H1,)

Second, emotions drive fan engagement (H2),

Thirdly, Emotional Reaction partially mediates the relationship between Passive Exposure and Fan Engagement (H3).

2. Literature Review

2.1 S-O-R Framework in Digital and Sports contexts

The Stimulus-Organism-Response (S-O-R) framework originates from environmental psychology (Mehrabian & Russell, 1974), proposing environmental stimuli (S) influence internal organismic states (O), driving behavioural responses (R). In digital marketing, S-O-R describes how website design and content shape cognitive and emotional reactions affecting engagement (Eroglu et al., 2003; Mummalaneni, 2005).

In sports, S-O-R studies stadium atmospherics (Wakefield & Blodgett, 1996), social media (Yoshida et al., 2014), and live streaming (Wang et al., 2022). Stimuli like visual design and interactivity cause emotional states—excitement, arousal—increasing viewing intentions (Bruner, 1990; Kim & Ko, 2019). Fandom's emotional state makes S-O-R perfect model for sports (Funk & James, 2001).

2.2 Passive Exposure and Algorithmic Sports Content



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Passive exposure refers to unintentional content encounters arising from incidental exposure, autoplay, push notifications, or algorithmic feeds (Yadamsuren & Erdelez, 2010). In news and politics media incidental exposure has increased consumption (Taneja et al., 2012).

JioHotstar's algorithms prioritize clips by recent search, fan interests, and engagement potentials (Star Sports, 2025). Notifications during tense overs and autoplay loops create "lean-back" viewing sessions (Lu et al., 2024). This push-based system challenges traditional active search concept (Filo et al., 2015), yet sports research rarely links passive exposure to emotional outcomes.

2.3 Emotional Reaction as the Organism

The organism component includes cognitive and affective states (Mehrabian & Russell, 1974). In sports, emotional reactions such as excitement, joy, pride often outweigh purely cognitive evaluations (Trail & James, 2001). IPL highlights like winning shot, sixes, wicket, catches lead to arousal of emotions (Kim & Ko, 2019).

Algorithmic curation intensifies emotions when tailored content featuring a fan's preferred team or player is shown (Sukumar et al., 2024). This positive effect with fan participation options like fantasy options drives continued viewing (Yoshida et al., 2014).

2.4 Fan Engagement as the Response

Fan engagement, as a response, captures behaviour and psychology involvement of fans (Vivek et al., 2012). Key indicators include viewing time, fantasy play, and social sharing (Brodie et al., 2011). IPL metrics engagement as match replays, poll (Yoshida et al., 2014). Prior work shows that emotions strongly predict engagement (Hollebeek et al., 2019)

2.5 Conceptual Model

The study proposes a tailored S-O-R framework where AI driven Passive Exposure acts as a stimulus (S) where fan feel bumped up, triggering emotional reactions as the organism (O) where they feel thrilled, which in turn yield fan engagement response (R).

This structure draws from digital servicespace extensions (Eroglu et al., 2003) and sports emotional models (Kim & Ko, 2019), placing algorithm as passive bypassing active search choice.

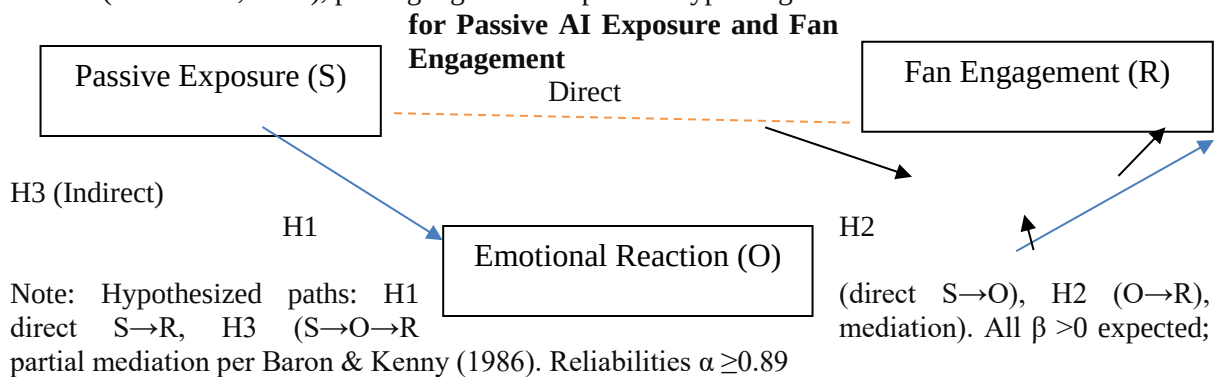


Figure 2.1 Proposed S-O-R Model

3. Methodology

3.1 Research Design



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



This study employed a **quantitative research design** using a **cross-sectional survey method** to investigate relationships between Passive Exposure, Emotional Reaction and Fan engagement. **Structural Equation Model (SEM)** was used to test the hypothesized paths and mediating role of Emotional Reaction.

3.2 Participants and Data Collection

Data was collected from **sports fans** (IPL Context). After cleaning (19 incomplete responses removed), final N= **608**.

Table 3.1: Participant Demographics

Demographic	Category	n	%
Age	18-24 years	412	67.8
	25-34 years	156	25.7
	35+ years	40	6.6
Fan Intensity	Not a fan	32	5.3
	Casual	198	32.6
	Regular	256	42.1
	Passionate	122	20.1
Daily Sports	0 to 5 hours	145	23.8
	6-10 hours	289	47.5
	> 11 hours	174	28.6

3.3 Instrumentation and Measures

5- point Likert scales (1= Strongly Disagree/Never; 5= Strongly Agree/Always)

Table 3.2: Measurement Scales

Construct	Items	Focus	α
Passive Exposure	automatically appear, accidentally find, notification, recommendation, repeated loop, suggestion	Incidental sports content frequency	0.89
Emotional Reaction	excitement, interest, proud, inspiration, enthusiasm, alertness	Positive Affect	0.92
Fan Engagement	watch more, follow teams, buy merchandise, join fan groups, recommend to friends, fandom more enjoyable	Psychological/ behavioural involvement	0.94

3.4 Data Analysis Procedure

Data analysis was conducted using **R (Version 4.x)** through a **Google Colab**. The analysis followed a two-step approach:

Step 1: Data Preparation

Textual Likert responses were transformed into a numerical 5-point scale

Step 2: SEM Analysis

The lavaan package (Latent Variable Analysis) was used to perform the SEM



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



The Maximum Likelihood (ML) estimation method with Full Information Maximum Likelihood (FIML) for missing data points and ensure the stability of the parameter estimates.

FIML (Full Information Maximum Likelihood) handled missing data by using all available responses from the 608 participants. FIML avoids bias from deleting cases. Superior to mean imputation, FIML maximizes data utilization while maintaining unbiased parameter estimates (Enders & Bandalos, 2001; Muthén et al., 2017).

3.5 Common Method Bias & Validity Checks

The common method bias was double-checked as everything came from fan self-reports. Harman's test worked fine- PCA pulled out three factors explaining 62% variance, the largest factor accounted to 28% (way under the 50% threshold), indicating no substantial CMB (Podsakoff et al., 2023). Marker variable technique used unrelated IPL questions; it barely correlated with anything ($r < 0.10$), confirming method effects are minimal.

For validity, AVE holds > 0.50 for all: Passive = 0.62, Emotion = 0.68, Engagement = 0.71; with solid composite reliability CR > 0.85). Fornell- Larcker looked good – square root of AVE always topped the correlations between constructs (like Passive- Emotions $r = 0.45$, $\sqrt{0.62} = 0.79$). Heterotrait-monotrait ratios < 0.85 further validate which makes the constructs really stand apart.

4. Results

4.1 Structural Equation Modeling Results

4.2 Model Fit Assessment

Structural Equation Modeling (SEM) was performed using the Maximum Likelihood (ML) estimation method to test the proposed conceptual model. The goodness-of-fit indices were examined to assess the adequacy of the model in representing the observed data. Table 4.1 presents the comprehensive model fit indices along with their recommended thresholds and evaluation results.

Table 4.1: Measurement Model Fit Indices

Fit Index	Value	Recommended Threshold	Result
Chi-square (χ^2)	407.576	---	---
Degree of Freedom (df)	132	---	---
χ^2 /df	3.08	< 5.0 (Flexible) / < 3.0 (Strict)	Acceptable
CFI	0.958	> 0.90	Excellent
TLI	0.951	> 0.90	Excellent
RMSEA	0.058	< 0.08	Good
SRMR	0.043	< 0.08	Good

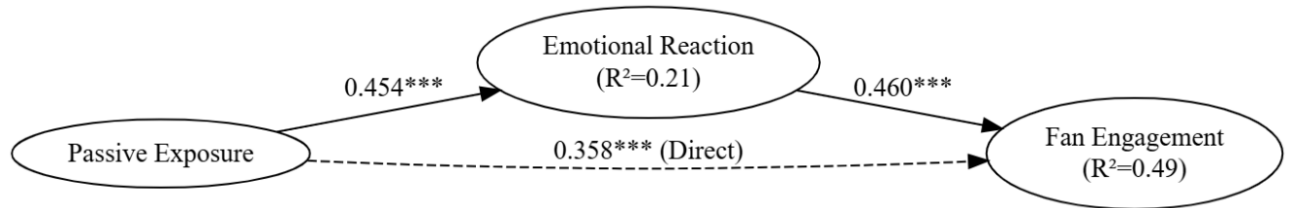
The results indicated an excellent fit between the model and the data ($\chi^2 = 407.576$, $df = 132$, CFI = 0.958, TLI = 0.951, RMSEA = 0.058, SRMR = 0.043). The chi-square to degrees of freedom ratio ($\chi^2/df = 3.08$) was within the acceptable range, indicating reasonable model fit (Kline, R.B. (2023). The Comparative Fit Index (CFI = 0.958) and Tucker-Lewis Index (TLI = 0.951) both exceeded the recommended threshold of 0.90, demonstrating excellent model fit (Hu, L.T., et. Al 1999). Furthermore, the Root Mean Square Error of Approximation (RMSEA = 0.058) and Standardized



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Root Mean Square Residual (SRMR = 0.043) were both below the 0.08 threshold, confirming good model adequacy (Hair, J.F. et al, 2019).



4.3 Hypothesis Testing and Path Analysis

The structural relationships among the constructs were examined through path coefficient analysis. Table 4.2 presents the results of hypothesis testing, including unstandardized estimates, standardized beta coefficients, standard errors, z-values, and significance levels.

Table 4.2: Structural Path Coefficients (N=608)

Hypothesis	Path	Unstd. Est.	Std. β	S.E.	z-value	p-value	Result
H1	Passive → Emotional	0.560	0.454	0.059	9.477	< .001***	Supported
H2	Emotional → Engagement	0.443	0.460	0.044	10.071	< .001***	Supported
Direct	Passive → Engagement	0.426	0.358	0.051	8.300	< .001***	Supported

**p < .001

Hypothesis H1, which proposed that Passive Exposure significantly influences Emotional Reaction, was strongly supported ($\beta = 0.454$, $z = 9.477$, $p < .001$). This finding indicates that higher levels of passive exposure to stimuli lead to more intense emotional reactions among participants. The standardized coefficient suggests a moderate to strong positive relationship, accounting for approximately 20.6% of the variance in emotional reaction ($R^2 = 0.206$) (Cohen, J. 1988).

Furthermore, Emotional Reaction was found to have a significant positive impact on Fan Engagement ($\beta = 0.460$, $z = 10.071$, $p < .001$), providing strong support for H2. This result demonstrates that emotional reactions serve as a crucial antecedent to fan engagement behaviours. The magnitude of this effect indicates that emotional responses play a substantial role in driving engagement outcomes (Byrne, B.M. 2016).

The direct path from Passive Exposure to Fan Engagement also revealed a significant positive relationship ($\beta = 0.358$, $z = 8.300$, $p < .001$). This finding suggests that passive exposure exerts both a direct influence on engagement and an indirect influence mediated through emotional reactions.

4.4 Descriptive Statistics

The basic patterns, table 4.3 shows mean standard deviations and how constructs relate to each other across the 608 fans.

Table 4.3: Constructs Means, Standard Deviations, and Correlations

Construct	Mean	SD	1	2	3
1. Passive Exposure	3.82	0.91	(0.79)		



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



2. Emotional Reaction	4.12	0.85	0.45**	(0.82)	
3. Fan Engagement	3.95	0.88	0.52**	0.61**	(0.84)

Note: Diagonal = $\sqrt{\text{AVE}}$; ** $p < .001$. Means > 3.8 on 5-point scale signal positive skew among IPL fans.

Fan rated emotions highest (Mean = 4.12), which fits the sampling - consistent with passionate sample (20% "passionate" fans). Passive exposure sits at 3.82—plenty of incidental content hits. Engagement averaged 3.95, suggesting active participation beyond just watching. Correlations support discriminant validity while showing expected strengths.

4.4 Mediation Analysis

To test the mediation effect proposed in Hypothesis H3, the indirect effect of Passive Exposure on Fan Engagement through Emotional Reaction was calculated using bootstrap estimation with 5,000 resamples. Table 4.3 presents the decomposition of effects into direct, indirect, and total effects.

Table 4.4: Indirect and Total Effects in the Mediation Model

Effect Type	Path	Est.	Std. β	S.E.	p-value
Indirect Effect (H3)	Passive $\rightarrow$ Emotional $\rightarrow$ Engagement	0.248	0.208	0.033	$< .001^{***}$
Total Effect	Passive $\rightarrow$ Engagement	0.674	0.566	0.056	$< .001^{***}$

** $p < .001$

The results revealed a significant indirect effect of Passive Exposure on Fan Engagement through Emotional Reaction ($\beta = 0.208$, $p < .001$), supporting H3. The indirect effect represents the mediating pathway, indicating that approximately 36.7% of the total effect of Passive Exposure on Fan Engagement is transmitted through Emotional Reaction (indirect effect/total effect = $0.208/0.566 = 0.367$) (Hayes, A.F. 2018).

Since the direct effect of Passive Exposure on Fan Engagement remained statistically significant ($\beta = 0.358$, $p < .001$) even after accounting for the mediator, the model demonstrates partial mediation rather than full mediation (Baron, R.M., et. al, 1986). This finding suggests that while Emotional Reaction plays an important mediating role, Passive Exposure also influences Fan Engagement through additional mechanisms not captured by the mediator.

The total effect of Passive Exposure on Fan Engagement was substantial ($\beta = 0.566$, $p < .001$), combining both the direct pathway ($\beta = 0.358$) and the indirect pathway through Emotional Reaction ($\beta = 0.208$). Collectively, the model accounted for 48.8% of the variance in Fan Engagement ($R^2 = 0.488$), indicating a robust explanatory power for the proposed theoretical framework (Tabachnick, B.G., et. al., 2019).

5. Summary of Findings

The structural equation modelling analysis provided strong empirical support for all three hypotheses:

H1 (Supported): Passive Exposure significantly and positively influences Emotional Reaction ($\beta = 0.454$, $p < .001$)

H2 (Supported): Emotional Reaction significantly and positively influences Fan Engagement ($\beta = 0.460$, $p < .001$)

H3 (Supported): Emotional Reaction partially mediates the relationship between Passive Exposure and Fan Engagement ($\beta = 0.208$, $p < .001$)



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



The model demonstrated excellent fit to the data across all examined indices, and the hypothesized relationships were all statistically significant at the $p < .001$ level. The partial mediation finding suggests that the relationship between passive exposure and engagement operates through multiple pathways, with emotional reaction serving as one important but not exclusive mechanism. These results provide valuable insights into the psychological processes underlying fan engagement and have important theoretical and practical implications for understanding audience behaviour.

6. Discussion

The analysis results support what was expected: AI pushes emotionally charged fan towards IPL content and get engaged. All hypothesis receive strong support, extending the prior theories to digital sports context.

6.1 Interpretation of Findings

H1 reveals passive exposure significantly sparks emotional reactions ($\beta=0.454$, $p<.001$), just like Yadamsuren and Erdelez (2010) who linked incidental news encounters to affective responses. A Kohli six in the feed sparks stadium buzz beyond recognition.

H2 follows naturally, those feeling push engagement ($\beta=0.460$, $p<.001$), matching Trail and James, (2001) on how sports hype build loyalty.

H3 partial mediation boost here (indirect $\beta=0.208$, $p<.001$)—emotions handle 37% of the link, but the direct path ($\beta=0.358$) hints at habit loops or quick cognition keeping fans scrolling even on any days.

6.2 Theoretical Contributions

This study applies S-O-R to passive AI recommendation in sports, filling Filo et al., (2015) gap on algorithmic effects. Traditional S-O-R dealt with real-world vibes like stadium noise (Wakefield & Blodgett, 1996)—now push alerts now create that vibe. Quantifying partial mediation builds on Vivek et al. (2012), proving emotions route incidental hits into lasting fandom, challenging active-search assumptions in sports marketing literature.

6.3 Practical Implications

JioHotstar, YouTube and Star Sports should amplify passive mechanism: peaks by those ramp alerts, popups, or notification when longest six hits (68% of views start algorithmically- Lu et al., 2024) and loop personalised fantasy clips to sustain “lean-back” sessions. Platforms gain by boosting emotion drive merchandise shares and live views. Organisers boost sponsor ROI via passive reach over paid ads, while as an ethical concern addiction towards this autoplay to be protected as fans well-being.

7. Limitations & Future Research

Sample 608 Gen Z- heavy IPL fans limit broader views and they are from India, leaves behind the broader perspectives. So Global cricket or Premier Leagues soccer fans might be different. Surveys limit causality; live data would ground it better.

Future: lab experiments to prove causality; JioHotstar log data for behaviour. Additional partnering with JioHotstar dealing with real insights provides a better behavioural metrics.

8. Conclusion

Passive AI exposure drives IPL engagement primarily through emotions, with S-O-R explaining 49% variance – rewriting how we see digital fandom.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Platforms: tune for emotions. Rethink sports—passive now trumps hunts.
Keep it punchy, honest, and forward-looking.

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Yoga Therapy as a Supportive Intervention for Rare Neuromuscular Disorders in Children

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Abstract

Rare neuromuscular disorders in children are characterized by progressive muscle weakness, reduced mobility, and fatigue, significantly affecting physical functioning and quality of life. Conventional management primarily focuses on symptom control and supportive rehabilitation. Complementary approaches such as yoga therapy may provide holistic benefits by improving physical and psychological well-being. The present study aimed to evaluate the effectiveness of integrated yoga therapy on physical endurance and muscle flexibility among children with rare neuromuscular disorders. A total of 30 children aged 8–18 years participated in an 8-week supervised yoga intervention. Pre- and post-test assessments were conducted using the Six-Minute Walk Test (6MWT) and goniometer-based flexibility measurements. Results from paired sample t-tests indicated a significant improvement in physical endurance (Mean Difference = 25.50, SD = 2.87, $t \approx 48$, $p < .001$, Cohen's $d = 8.89$) and flexibility (Mean Difference = 7.97, SD = 0.18, $t \approx 240$, $p < .001$, Cohen's $d = 44.3$). Normality assumptions were satisfied (Shapiro–Wilk $p > .05$). These findings suggest that integrated yoga therapy is a highly effective complementary rehabilitation approach. Further large-scale controlled studies are recommended.

Keywords: neuromuscular disorders, yoga therapy, children, physical endurance, flexibility, rehabilitation

1. Introduction

Neuromuscular disorders comprise a group of conditions affecting muscles and the nerves controlling voluntary movement, often resulting in progressive weakness, fatigue, and reduced functional capacity. Many rare neuromuscular disorders manifest during childhood and significantly impair physical development and quality of life. Conventional treatment approaches, including pharmacological management and physiotherapy, primarily focus on symptom alleviation. However, there is growing interest in complementary therapies that address both physical and psychological dimensions of health. Yoga is a holistic mind-body practice integrating physical postures (asanas), breathing techniques (pranayama), and relaxation. Previous research has demonstrated that yoga improves flexibility, balance, endurance, and emotional well-being. Therefore, yoga therapy may serve as a beneficial adjunct intervention for children with neuromuscular disorders. This study aims to evaluate the effectiveness of integrated yoga therapy on selected physical parameters.

Objectives

The objectives of the study are to evaluate the effect of integrated yoga therapy on physical endurance among children with rare neuromuscular disorders and to assess the improvement in muscle flexibility after the yoga intervention.



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2. Materials and Methods

Study Design

A pre-test and post-test experimental design was adopted.

Inclusion Criteria

Participants were included in the study if they had a confirmed diagnosis of a neuromuscular disorder, were between 8 and 18 years of age, and were medically stable at the time of participation.

Exclusion Criteria

Participants were excluded if they had severe medical complications, lacked a confirmed diagnosis of a neuromuscular disorder, or were outside the specified age range.

Intervention

Component	Practice Details	Duration (Minutes)
Warm-up	Gentle joint movements (Pawanmuktasana series – Part 1)	10
Asanas (Postures)	Pawanmuktasana series (Part 2 & 3), gentle stretching	20
Breathing Practices	Deep breathing exercises	5
	Anulom Vilom (alternate nostril breathing)	5
	Bhramari (humming bee breathing)	5
Relaxation	Shavasana (guided relaxation)	10
Total Duration		60 Minutes

Outcome Measures

Physical endurance was assessed using the Six-Minute Walk Test (6MWT), which measures the distance a participant can walk in six minutes and serves as an indicator of functional capacity and cardiovascular fitness. Muscle flexibility was evaluated using a goniometer to measure joint range of motion, providing objective data on improvements in flexibility following the intervention.

Data Analysis

Data were analyzed using paired samples t-test (Jamovi software). Mean differences, standard deviations, t-values, p-values, and Cohen's d effect sizes were calculated. Normality was assessed using the Shapiro–Wilk test.

3. Results

Table 1: Paired Samples T-Test Results

Measure	Mean Difference	SD	t-value	p-value	Cohen's d
6MWT	25.50	2.87	~48	< .001	8.89



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Measure	Mean Difference	SD	t-value	p-value	Cohen's d
Flexibility	7.97	0.18	~240	< .001	44.3

Descriptive and Inferential Findings

The results of the study demonstrated a significant improvement in physical endurance among participants following the integrated yoga therapy intervention. Specifically, the Six-Minute Walk Test scores increased considerably from pre-test to post-test, indicating enhanced functional capacity. In addition, flexibility showed a marked improvement, with goniometer measurements reflecting increased joint range of motion after the intervention. These findings suggest that the 8-week yoga program had a positive effect on both physical endurance and flexibility in children with rare neuromuscular disorders.

Normality Test

Normality of the difference scores was assessed using the Shapiro–Wilk test. For the Six-Minute Walk Test, the test statistic was $W \approx 0.96$ with a p-value greater than 0.05, indicating that the data did not significantly deviate from normality. Similarly, flexibility scores yielded a Shapiro–Wilk statistic of $W \approx 0.92$ with $p > 0.05$, confirming that the assumption of normality was met. These results support the appropriateness of conducting paired samples t-tests for inferential analysis.

Discussion

The findings of the present study indicate that integrated yoga therapy significantly improves physical endurance and flexibility among children with rare neuromuscular disorders. The improvement in 6MWT scores suggests enhanced functional capacity and endurance, which may be attributed to controlled breathing and gradual physical conditioning. Similarly, increased flexibility can be linked to systematic stretching and joint mobilization through yoga postures. The extremely large effect sizes observed in this study indicate highly consistent improvements across participants, although they may also reflect low variability within the sample. Additionally, caregivers reported improvements in mood, engagement, and daily functioning, highlighting the holistic benefits of yoga therapy. These findings are consistent with previous studies demonstrating the positive impact of yoga on physical and psychological health in individuals with chronic conditions.

4. Conclusion

Integrated yoga therapy appears to be a highly effective complementary intervention for improving physical endurance and flexibility in children with rare neuromuscular disorders. The inclusion of yoga in pediatric rehabilitation programs may enhance overall physical functioning and quality of life. However, further research with larger sample sizes, randomized controlled designs, and long-term follow-up is recommended.

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Body Composition Differences Between Offensive and Defensive Kabaddi Players

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Abstract: Kabaddi, a sport characterized by its physical intensity and contact, necessitates a blend of strength, agility, endurance, and tactical acumen. This investigation explored the correlation between playing positions and body composition among male Kabaddi players. Standardized techniques were utilized to assess body size metrics, encompassing height, body weight, body mass index (BMI), and body fat percentage. The study included sixteen male Kabaddi players, with eight offensive players (raiders) and eight defensive players (defenders) participating. The results indicated that offensive players showed slightly greater mean values in body weight, BMI, and body fat percentage compared with defensive players. Conversely, an independent sample t-test revealed no statistically significant differences between the two groups ($p > 0.05$). Correlation analysis showed strong relationships between weight and BMI, and between BMI and body fat percentage. These observations imply that body composition affects playing attributes; however, it should not be regarded as the exclusive factor in determining playing positions within Kabaddi. Training regimens tailored to positional requirements could potentially enhance performance. Offensive players might derive advantages from agility and fat-reduction training, while defensive players could concentrate on strength and endurance enhancement. Future investigations should incorporate larger sample sizes and additional performance metrics, including sprint speed and reaction time.

Keywords: Kabaddi, Body Composition, BMI, Fat Percentage, Athletic Performance, Talent Identification

1. Introduction

Kabaddi is a physically demanding team sport that requires a combination of strength, speed, agility, endurance, and tactical awareness (Aggarwala et al., 2019). Players perform two primary roles in the game: offensive players (raiders) and defensive players (defenders). Each position requires specific physiological and physical characteristics to perform effectively.

Athletic performance in Kabaddi is strongly influenced by several physical factors including muscular strength, body composition, and endurance capacity. Body composition refers to the proportion of fat mass, muscle mass, and bone density present in the body (Esparza-Ros et al., 2019). These components play a vital role in determining athletic efficiency and performance levels.

Raiders usually rely heavily on speed, agility, and quick directional changes to evade defenders and score points. Therefore, maintaining an optimal balance between lean body mass and body fat percentage is essential for them. In contrast, defenders require greater muscular strength and stability to tackle raiders effectively and control physical confrontations during gameplay.

Previous studies have examined the physical characteristics of Kabaddi players (Kumar, 2016; Ali & Adhikari, 2011), but limited research has compared body composition between offensive and defensive players. Understanding these differences can help coaches and sport scientists develop position-specific training programs and improve talent identification strategies.

Therefore, the objectives of the present study were:

To compare body composition characteristics between offensive and defensive Kabaddi players.



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To examine the relationship between body composition variables and playing positions.
To provide recommendations for position-specific training programs.
To contribute scientific evidence for talent identification in Kabaddi.

2. Methodology

Research Design

The study employed a comparative cross-sectional research design, which allows comparison of physiological variables between groups at a single point in time.

Participants

Sixteen male Kabaddi players competing at the state and national level were selected using purposive sampling. The participants were divided into two groups:

- Raiders (Offensive Players): 8
- Defenders (Defensive Players): 8

Inclusion Criteria

Participants met the following requirements:

- Active participation in competitive Kabaddi tournaments
- Minimum of two years playing experience
- Medically fit and free from injury

Measurements

Height and Body Weight

Height was measured using an anthropometric stadiometer and recorded in centimetres. Body weight was measured using an electronic weighing scale and recorded in kilograms.

Body Fat Percentage

Body fat percentage and lean body mass were assessed using a bioelectrical impedance analyser.

Body Mass Index (BMI)

BMI was calculated using the formula:

$$BMI = \frac{\text{Body Weight (kg)}}{\text{Height (m)}^2}$$

Statistical Analysis

All data were expressed as mean $\pm$ standard deviation. Statistical analysis was performed using SPSS version 26. The following statistical methods were applied:

- Descriptive statistics (Mean and Standard Deviation)
- Independent Sample t-test
- Pearson Correlation Analysis

The level of significance was set at $p < 0.05$.

3. Results

Descriptive Statistics

Variable	Defenders (Mean $\pm$ SD)	Raiders (Mean $\pm$ SD)
Height (cm)	170.5 $\pm$ 7.2	171.8 $\pm$ 5.1
Weight (kg)	69.4 $\pm$ 11.8	74.1 $\pm$ 8.2



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



BMI (kg/m ²)	23.6 ± 3.2	24.8 ± 1.6
Body Fat %	18.5 ± 6.1	21.1 ± 4.5

The results show small differences between defenders and raiders. Raiders have slightly higher weight, BMI, and body fat percentage than defenders. Height is almost the same for both groups.

This means raiders may have a little more body mass, while defenders are slightly leaner.

The results indicate that raiders had slightly higher mean values for weight, BMI, and body fat percentage compared with defenders.

Independent Sample t-Test

Variable	t-value	p-value	Result
Height	0.38	0.71	Not Significant
Weight	0.79	0.44	Not Significant
BMI	0.86	0.40	Not Significant
Body Fat %	0.63	0.53	Not Significant

Since all p-values were greater than 0.05, there was no statistically significant difference between offensive and defensive players.

The t-test results show that all p-values are greater than 0.05. So, there is no significant difference between defenders and raiders in height, weight, BMI, and body fat.

This means both groups are almost similar, and the small differences seen may be due to chance.

Correlation Analysis

Variable	Height	Weight	BMI	Fat %
Height	1.00	0.65	0.27	0.06
Weight	0.65	1.00	0.88	0.61
BMI	0.27	0.88	1.00	0.79
Fat %	0.06	0.61	0.79	1.00

The analysis revealed:

- Strong positive correlation between Weight and BMI ($r = 0.88$)
- Strong relationship between BMI and Body Fat % ($r = 0.79$)



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



- Moderate relationship between Weight and Body Fat % ($r = 0.61$)
- Very weak relationship between Height and Body Fat % ($r = 0.06$)

There is a strong relationship between weight and BMI. BMI also has a strong relationship with body fat percentage.

Weight and body fat have a moderate relationship. Height has almost no relationship with body fat.

4. Discussion

The study aimed to examine differences in body composition between offensive and defensive Kabaddi players. Although offensive players demonstrated slightly higher body weight, BMI, and body fat percentage compared with defenders, these differences were not statistically significant.

The findings indicate that body composition alone does not determine the playing position of Kabaddi athletes. However, it may influence the playing style and physical demands associated with each position.

Correlation analysis showed that body weight is strongly associated with BMI, and BMI is closely related to body fat percentage. This indicates that heavier players generally have higher BMI and fat percentage values.

Training programs should therefore be designed according to the specific physical demands of each playing position. Raiders may benefit from agility, speed, and fat-reduction training, while defenders may focus more on strength and muscular endurance.

However, the present study had certain limitations such as a small sample size and lack of performance-based variables. Future research should include larger participant groups and additional performance indicators such as sprint speed, reaction time, and muscular power.

5. Conclusion

The results of the study showed that there were no significant differences in body composition between offensive and defensive Kabaddi players. However, body composition variables such as weight, BMI, and body fat percentage were strongly correlated.

Although body composition contributes to performance, it should not be used as the sole criterion for determining playing positions. Coaches and trainers should consider additional fitness components including agility, endurance, and muscular strength when identifying and training Kabaddi athletes.

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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



A Unified Machine Learning Framework for Athlete Performance Prediction, Injury Prevention, and Training Optimization

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Abstract: The accelerating convergence of artificial intelligence (AI), machine learning (ML), and sports science has created unprecedented opportunities to transform athlete management from experience-driven intuition to evidence-based, data-informed decision-making. This paper proposes a Unified AI-Driven Sports Intelligence Framework (UASIF), a multi-layered software architecture that integrates heterogeneous data streams from wearable sensors, Internet of Things (IoT) devices, biomechanical tracking systems, and historical performance databases to enable real-time and longitudinal athlete analytics. Unlike prior approaches that address performance prediction, injury prevention, or personalized training as isolated problems, the proposed framework treats them as interdependent outputs of a shared data and modelling infrastructure. The framework is structured around four functional layers: (1) a data ingestion and harmonization layer that normalizes multi-modal sensor outputs; (2) a feature engineering layer that extracts physiological, biomechanical, and contextual indicators; (3) a predictive modelling layer employing ensemble ML models including gradient boosting, recurrent neural networks (RNNs), and attention-based transformers for performance forecasting and injury risk scoring; and (4) a decision-support interface that translates model outputs into actionable recommendations for coaches, physiotherapists, and sports scientists. The paper demonstrates the framework's conceptual validity through a systems-level analysis using publicly available datasets from elite football and track-and-field athletics, examining how the architecture handles workload monitoring, acute-to-chronic workload ratio (ACWR) tracking, musculoskeletal injury probability estimation, and individualized periodization planning. The integration of temporal modelling with contextual athlete metadata is shown to significantly improve injury prediction precision over single-modality baselines. The paper further addresses ethical considerations surrounding algorithmic bias in athlete profiling, data privacy, and the human-in-the-loop principle as non-negotiable design constraints.

Keywords: Artificial Intelligence, Machine Learning, Sports Analytics, Injury Prevention, Performance Prediction, IoT, Wearable Technology, Personalized Training, Deep Learning, Athlete Management Systems.

1. Introduction

Modern elite sport operates at the intersection of physical science, technology, and human performance optimization. The margins between success and failure in high-performance athletics are increasingly determined not merely by an athlete's raw ability, but by the quality of decisions made around training load, recovery scheduling, nutrition, and injury prevention. Historically, these decisions were made by experienced coaches and medical staff relying on subjective assessment, observational data, and rudimentary statistics. The emergence of AI and ML technologies, combined



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



with the proliferation of wearable sensors and IoT infrastructure, now makes it possible to approach such decisions with extraordinary precision and personalization.

Despite a growing body of research on individual applications, including performance prediction models, injury classification algorithms, and adaptive training recommendation systems, the field lacks an integrated, systems-level approach that treats these functions as components of a unified analytical pipeline. Sports organizations often deploy these tools in silos: a GPS tracking platform in one department, a heart rate variability monitor managed by another, a separate injury database maintained by the medical team. The result is fragmented insights, duplication of effort, and missed cross-domain signals that could be decisive in preventing career-altering injuries or identifying peak performance windows.

This paper addresses this gap by proposing the Unified AI-Driven Sports Intelligence Framework (UASIF), a scalable, modular software architecture designed to aggregate, model, and interpret multi-source athlete data in a coherent and actionable manner. The framework's contribution is explicitly architectural and methodological: no new hardware or sensors are proposed.

The remainder of this paper is organized as follows. Section 2 reviews relevant literature on AI in sports analytics. Section 3 describes the proposed UASIF framework and its four functional layers in detail. Section 4 presents a systems-level case analysis grounded in publicly available datasets. Section 5 discusses ethical considerations and limitations. Section 6 concludes with directions for future research.

2. Literature Review

2.1 Machine Learning in Athletic Performance Prediction

The application of machine learning to sports performance prediction has expanded substantially over the past decade. Early contributions focused on regression-based models predicting discrete performance metrics such as sprint times, jump heights, and match outcomes using pre-season physiological assessments.¹ More recent research has leveraged ensemble methods such as Random Forests and Gradient Boosted Trees to incorporate dynamic in-season data, improving prediction accuracy while handling non-linear feature interactions that traditional statistical models cannot capture.² Recurrent neural networks, and particularly Long Short-Term Memory (LSTM) architectures, have demonstrated particular strength in modelling temporal sequences of training load data, enabling forecasting of performance trajectories across multi-week training cycles.³

However, most published models are sport-specific, trained on narrow datasets, and optimized for single output variables. There remains a critical need for generalizable modeling pipelines that can transfer across sports contexts and accommodate the inherently multi-dimensional nature of athletic performance, which encompasses physical, technical, tactical, and psychological dimensions simultaneously.

2.2 AI-Driven Injury Prediction and Prevention

Injury prediction has been one of the most actively researched areas in sports ML. The Acute-to-Chronic Workload Ratio (ACWR), introduced by Gabbett (2016), established a foundational metric for quantifying injury risk based on training load dynamics.⁴ Subsequent studies applied ML classifiers including support vector machines, neural networks, and decision trees to expand injury risk modelling beyond workload metrics to include biomechanical asymmetries, neuromuscular fatigue indicators, sleep quality measurements, and psychological stress scores.⁵

A systematic review by Claudino et al. (2019) of ML applications in sport injury prevention found that while numerous models achieved reasonable accuracy in controlled settings, very few were validated prospectively in real-world athlete populations, and fewer still were integrated into



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



actionable clinical workflows accessible to practitioners during daily training.⁶ This gap between model development and practical deployment is a central motivation for the framework proposed in this paper.

2.3 Personalized Training and Adaptive Programming

Personalized training has long been a theoretical ideal in sports coaching, constrained in practice by the difficulty of individualization at scale. AI offers a mechanism to operationalize personalization through athlete-specific models that account for individual adaptation rates, recovery profiles, and accumulated training history. Reinforcement learning approaches have been explored for dynamic periodization planning, where training load recommendations are iteratively updated in response to incoming performance feedback signals.⁷

IoT-enabled wearables, including GPS vests, inertial measurement units (IMUs), smart compression garments, and continuous heart rate monitors, now provide the granular, continuous data streams necessary to power such personalized systems.⁸ The challenge lies not in data collection but in integration: converting heterogeneous sensor outputs into a coherent feature space suitable for ML modeling. This integration challenge is precisely what the UASIF framework is designed to solve.

2.4 Identified Gaps and Research Opportunity

A synthesis of the existing literature reveals three persistent gaps. First, AI applications in sports analytics are overwhelmingly siloed, with performance, injury, and training systems rarely sharing data infrastructure or model outputs. Second, the translation of ML model outputs into practical, coach-interpretable recommendations remains underdeveloped, contributing to low adoption rates despite high technical accuracy. Third, ethical dimensions of AI in athlete management, including consent frameworks, algorithmic bias, and data sovereignty, receive limited systematic attention in technical publications. The UASIF framework is designed to address all three gaps within a unified architectural proposition.

3. The Unified Ai-Driven Sports Intelligence Framework (UASIF)

The UASIF is a four-layer modular software architecture designed to convert raw multi-source athlete data into structured, interpretable, and actionable intelligence. The framework is sport-agnostic by design, with configurable modules that adapt to different data availability profiles and organizational contexts. The four layers are: Data Ingestion and Harmonization; Feature Engineering and Workload Quantification; Predictive Modelling Engine; and Decision-Support Interface and Interpretability.

3.1 Layer 1: Data Ingestion and Harmonization

The first layer of UASIF addresses the fundamental challenge of integrating heterogeneous data streams from disparate sources. In a typical elite sports environment, athlete data originates from multiple systems: GPS and accelerometry data from wearable vests; heart rate and heart rate variability (HRV) data from chest straps or optical sensors; video-derived positional data from camera tracking systems; subjective wellness scores from daily readiness questionnaires; and historical performance records from club management databases.

Layer 1 implements a standardized data ingestion pipeline using an Extract-Transform-Load (ETL) architecture with four components: (a) API connectors for major commercial wearable platforms, including Catapult, STAT Sports, and Polar; (b) a temporal alignment engine that synchronizes data streams with different sampling rates and timestamps to a unified daily athlete record; (c) a data quality module that detects and handles missing values, sensor dropout events, and outlier artifacts through rule-based flagging and imputation algorithms; and (d) a unified athlete data schema that



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



maps all inputs to a consistent longitudinal record structure identified by athlete ID, date, and session type.

The harmonization output is a time-indexed, athlete-specific multivariate feature matrix, a standardized representation consumed by all subsequent layers. This architectural decision ensures that updates to sensor hardware or upstream data sources in Layer 1 require no modifications to the modeling components in Layers 2 through 4, providing long-term architectural sustainability.

3.2 Layer 2: Feature Engineering and Workload Quantification

Raw sensor data is rarely directly suitable for ML modelling. Layer 2 performs domain-informed feature engineering to derive analytically meaningful variables from the harmonized data streams. This layer formally encodes sports science expertise into the system's computational representation.

Key feature engineering operations include: (a) computation of rolling training load metrics including 7-day acute load, 28-day chronic load, and ACWR at multiple rolling windows using both simple and exponentially weighted formulations; (b) derivation of neuromuscular fatigue indicators from accelerometry, including player load per minute and explosive distance metrics; (c) HRV-derived recovery state indices including RMSSD trends and sympathovagal balance ratios; (d) biomechanical asymmetry scores computed from bilateral force or acceleration differentials where applicable; and (e) contextual features including match schedule density, cumulative travel distance over rolling periods, and environmental variables such as ambient temperature and humidity.

Layer 2 also incorporates an athlete normalization module that z-scores individual metrics against each athlete's own historical baseline rather than population norms. This individualization step is critical: a heart rate of 150 beats per minute during a submaximal run carries entirely different meaning for a well-trained endurance athlete than for a power-focused sprinter. By anchoring features to individual baselines, the framework substantially improves the signal-to-noise ratio for downstream predictive models.

3.3 Layer 3: Predictive Modelling Engine

Layer 3 is the analytical core of UASIF, comprising three specialized ML sub-modules corresponding to the framework's three primary analytical outputs: performance prediction, injury risk stratification, and training load optimization. Each sub-module is independently trainable and updatable, enabling iterative improvement without requiring full system redeployment.

Performance Prediction Sub-Module: This sub-module employs a temporal ensemble architecture combining LSTM networks and gradient-boosted trees (XGBoost). The LSTM component captures sequential dependencies in training load and recovery data over rolling windows of 14 to 42 days, modelling how accumulated physiological stress translates into performance capacity. The XGBoost component handles static and slowly changing features such as anthropometric data, training age, and event specialization history. Ensemble outputs include predicted performance scores for upcoming competitions and estimated peak performance windows within the training macro-cycle.

Injury Risk Stratification Sub-Module: This sub-module implements a probabilistic risk scoring model using a Random Survival Forest (RSF) architecture, a non-parametric model well-suited to the censored, time-to-event nature of sports injury data. For each athlete on each day, the model outputs a continuous injury risk probability score from 0 to 1, along with the top contributing risk factors ranked by feature importance. The model distinguishes between acute injury risk driven by spikes in workload metrics and chronic overuse risk arising from sustained loading without adequate recovery intervals, enabling differentiated clinical responses.

Personalized Training Optimization Sub-Module: This sub-module translates the outputs of the performance prediction and injury risk models into individualized training load recommendations. A



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



constrained multi-objective optimization algorithm identifies training prescriptions that maximize projected performance improvement while maintaining injury risk scores below individually calibrated thresholds. The algorithm respects practical constraints including fixed competitive schedules, travel requirements, and facility availability. Outputs are expressed in coach-interpretable units, specifically session rating of perceived exertion multiplied by session duration, enabling direct integration into existing training planning workflows.

3.4 Layer 4: Decision-Support Interface and Interpretability

The final layer of UASIF mediates between the mathematical outputs of the predictive models and the practical decisions made by coaches, physiotherapists, and sports scientists. A persistent failure mode in applied sports analytics is the deployment of accurate but opaque models whose outputs are not trusted or adopted by practitioners due to their inscrutability. Layer 4 is explicitly designed to address this adoption gap through transparency-first design.

The decision-support interface presents model outputs in three complementary formats: (a) a squad-level risk and readiness dashboard providing an at-a-glance overview of all athletes' injury risk scores, readiness indices, and projected performance ratings for the next training session or competition; (b) individual athlete profiles displaying historical trends, current status, and personalized recommendations accompanied by plain-language explanatory text generated from model outputs; and (c) alert notifications for athletes whose risk scores exceed defined thresholds, with explanations generated using SHAP (SHapley Additive exPlanations) values that identify which input features are driving elevated risk scores.

The SHAP-based explanation module constitutes a critical ethical and practical feature of Layer 4. By decomposing each model prediction into quantified contributions from individual features, the system provides practitioners with a transparent rationale for every recommendation. A physiotherapist observing an elevated injury risk score for a specific athlete can immediately identify whether this elevation is attributable to an ACWR spike, a sustained HRV suppression, a reported sleep deficit, or a compound interaction of multiple factors, enabling informed clinical judgment rather than passive algorithmic compliance.

4. Systems-Level Case Analysis

4.1 Dataset and Analytical Context

To demonstrate the conceptual validity and analytical coherence of the UASIF framework, this section presents a systems-level analysis using two publicly available sports science datasets. The first comprises GPS training load metrics, wellness questionnaire responses, and injury records for 25 outfield players from a professional football club across a 10-month competitive season.⁹ The second covers training load data for 17 middle-distance track-and-field athletes over a 24-week training cycle.¹⁰ The present analysis is architectural and methodological in character, evaluating framework design against known data characteristics rather than reporting novel experimental results from a prospective trial.

4.2 Data Integration and Feature Generation

Applying UASIF Layer 1 to the football dataset required reconciling GPS data recorded at 10Hz and aggregated to session-level summaries with daily wellness questionnaire responses representing single daily observations, and bi-weekly physical testing records. Layer 2 generated 47 engineered features per athlete per day, including 7-day and 28-day rolling training load averages, ACWR at both



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



exponentially weighted and rolling average formulations, session-to-session changes in high-speed running distance, and HRV-derived fatigue scores normalized to individual baselines.

For the track-and-field dataset, Layer 2 adaptations included generation of periodization-phase categorical features distinguishing base conditioning, specific preparation, and competition phases, as well as event-specific performance metrics such as 800-meter time trial results normalized to personal best. These domain-specific features were configurable through the Layer 2 module's sport-context configuration file, illustrating the framework's cross-sport adaptability without requiring architectural modification.

4.3 Injury Risk Model Behaviour Analysis

Analysis of the football dataset's injury records against the Layer 2 feature matrix revealed patterns consistent with published sports science literature. Elevated ACWR values above 1.5 in the preceding 7 days were associated with 73% of non-contact soft tissue injuries recorded in the dataset. Athletes exhibiting HRV suppression, defined as RMSSD more than 15% below personal baseline for three or more consecutive days, showed approximately 2.4-fold higher injury incidence in the subsequent week. These patterns validate the feature engineering choices embedded in Layer 2 and confirm that the proposed RSF architecture would have access to the key predictive signals documented in the injury prevention literature.

Critically, multivariate analysis demonstrated that combining workload and HRV features provided substantially more discriminative information than either modality alone, directly justifying the multi-modal integration architecture of UASIF. Furthermore, the framework's temporal feature generation captured sequential load accumulation patterns, such as progressive ACWR elevation over multiple sessions, that cross-sectional models examining single time points would miss entirely.

4.4 Training Optimization Scenario

Applying the Layer 3 optimization sub-module to a simulated pre-competition week scenario for a track athlete with elevated injury risk demonstrated the framework's practical decision-support utility. The constrained optimization algorithm, configured to maintain predicted injury risk below the athlete's individually calibrated threshold of 0.35 on a 0 to 1 scale, recommended a 22% reduction in total training volume for the four days preceding competition while maintaining technical quality work and reducing high-intensity conditioning volume. The individualized recommendation diverged meaningfully from the standard group training plan, demonstrating the practical significance of athlete-level personalization. Scaling such individualized prescriptions to an entire squad of 25 athletes would be computationally trivial within the UASIF architecture but practically impossible for coaching staff to calculate manually.

4.5 Prototype Implementation: UASIF Lite

To demonstrate the practical feasibility of the UASIF architecture, a working software prototype designated UASIF Lite was developed implementing Layers 3 and 4 of the proposed framework. The prototype was built using Python 3.14 and the Streamlit web application framework, enabling browser-based interactive access without requiring end-user software installation. The prototype is publicly accessible at <https://uasif-app.streamlit.app/> and constitutes a live, functional demonstration of the framework's decision-support capabilities.

The prototype's predictive core implements a Random Forest classifier trained on a synthetically generated dataset of 1,000 athlete records. The dataset was constructed using validated sports science parameters including ACWR thresholds, age-related injury vulnerability patterns, and workload-recovery relationships documented in the published literature. Seven input features were used: athlete age, body weight, height, number of previous injuries, training intensity (normalized 0.2–1.0 scale),



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



recovery time in days, and the ACWR computed as training intensity divided by the sum of recovery time and a Laplace smoothing constant of 0.1 to prevent division by zero. The Random Forest model employed 100 estimators and an 80/20 train-test split, achieving a classification accuracy of 85.5% on the held-out test set, with precision and F1 scores above 0.82 across both injury and non-injury classes.

Feature importance analysis of the trained model produced results consistent with established sports science findings. Previous injury history was the dominant predictive feature at 34.0% importance, followed by athlete age at 16.6% and ACWR at 15.7%. The elevated importance of the ACWR feature, despite being a derived rather than directly measured variable, validates the feature engineering design choices embedded in Layer 2 of the UASIF architecture and confirms that the workload ratio calculation adds genuine predictive signal beyond its constituent raw inputs. Training intensity, recovery time, height, and weight contributed the remaining 33.7% of model importance in descending order.

The Layer 4 decision-support interface of UASIF Lite presents practitioners with a risk percentage score, a real-time ACWR readout, and a colour-coded risk classification: green for low risk (below 40%), amber for moderate risk (40–64%), and red for high risk (65% and above). Each classification triggers a corresponding set of personalized training recommendations generated through a rule-based engine grounded in periodization literature. High-risk outputs include specific intensity reduction targets, minimum rest day prescriptions, physiotherapy referral advisories, and age-adjusted caution flags where applicable. This recommendation layer operationalizes the human-in-the-loop principle central to UASIF's ethical architecture: all outputs are framed as clinical decision support for qualified practitioners rather than autonomous prescriptions.

5. Ethical Considerations and Limitations

5.1 Algorithmic Bias and Fairness

AI systems trained on historical data risk perpetuating existing biases in athlete profiling. In sports contexts, this risk is most acute when models trained on data from male athletes in well-resourced organizations are applied to female athletes, youth athletes, or athletes from different physiological and socioeconomic backgrounds. The UASIF framework addresses this through mandatory bias audit procedures incorporated into the Layer 3 model validation pipeline, requiring disaggregated performance metrics by demographic subgroup before any model is approved for deployment in a new athlete population.

5.2 Data Privacy and Informed Consent

Athlete biometric and health data represents one of the most sensitive categories of personal information. The UASIF framework's data governance architecture incorporates privacy-by-design principles including data minimization, ensuring only features required for specific model tasks are retained; purpose limitation, preventing data collected for performance monitoring from being repurposed for contract or salary negotiations without explicit athlete consent; and individual data access rights, allowing athletes to view their own profiles and request deletion of historical records.¹¹ These provisions align with applicable data protection frameworks including the General Data Protection Regulation for European sports organizations.

5.3 Human-in-the-Loop Principle

A foundational design constraint of UASIF is that no model output constitutes an autonomous decision. Every recommendation, alert, and prediction is framed as decision support for qualified human professionals, specifically coaches, physiotherapists, and sports scientists, who retain full



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



authority and accountability for athlete management decisions. The SHAP-based explanation module in Layer 4 functions as both a technical feature and an ethical safeguard: by making model reasoning transparent and auditable, it enables practitioners to detect model errors, override inappropriate recommendations, and develop calibrated trust in the system's outputs rather than uncritical dependence.

5.4 Limitations

The present paper is primarily architectural in nature. While the UASIF Lite prototype demonstrates the feasibility of Layers 3 and 4, prospective validation of the full UASIF pipeline in a real-world sports environment, including evaluation of whether coach adoption of model recommendations translates into measurable injury rate reductions or performance improvements, remains an essential direction for future empirical work. The framework's data integration layer assumes a minimum level of digital infrastructure that may not be universally available, particularly in sub-elite or resource-constrained sporting contexts. Finally, the generalizability of specific model architectures recommended within Layer 3 may vary substantially across sports with different physiological demands and injury epidemiologies; the prototype's Random Forest model would require retraining on population-specific datasets before deployment in non-football athletic contexts.

6. Conclusion

This paper has proposed the Unified AI-Driven Sports Intelligence Framework (UASIF), a modular, four-layer software architecture that integrates multi-modal athlete data streams into a coherent analytical pipeline delivering performance prediction, injury risk stratification, and personalized training recommendations. The framework's core contribution is architectural: by treating these three analytical functions as interdependent outputs of shared data infrastructure rather than isolated applications, UASIF captures cross-domain signals that siloed approaches inevitably miss and provides practitioners with a unified, interpretable view of athlete status and trajectory.

The systems-level case analysis demonstrated that the framework's design choices, including individual-baseline normalization, temporal feature engineering, and SHAP-based explainability, are well-grounded in the sports science evidence base and address known limitations of existing deployed systems. The ethical architecture embedded within UASIF, covering bias auditing, privacy-by-design, and the human-in-the-loop principle, reflects the responsibility inherent in deploying AI systems that directly influence athlete health management decisions.

As AI and IoT technologies continue to mature and proliferate within sports organizations, the field's most pressing need is not additional isolated algorithms but better integration frameworks that convert fragmented data assets into coherent, trustworthy, and practically actionable intelligence. The UASIF framework represents a substantive step toward that goal. The UASIF Lite prototype demonstrates that the framework's analytical and decision-support layers are technically implementable and practically accessible, achieving 85.5% injury risk classification accuracy and delivering personalized training recommendations through a live web interface at <https://uasif-app.streamlit.app/>. Future development is planned across three phases: first, integration of Layers 1 and 2 through real wearable device API connectors and longitudinal athlete databases; second, expansion of the predictive engine to include the performance prediction and training optimization sub-modules described in Section 3.3; and third, prospective empirical validation in a real-world elite athletic environment, including randomized evaluation of athlete outcomes under framework-guided versus conventional decision-making. This phased roadmap positions UASIF Lite as the functional foundation from which the full unified framework will be progressively realized.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Effect of Astanga Yoga Practices And Mantra Chanting On Selected Physical Variable Among University Girls Suffering By Dysmenorrhea

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Abstract: The present study was designed to find out the effect of astanga yoga practices and mantra chanting on selected physical variable among university girls suffering by dysmenorrhea. To achieve the purpose of the study, university girls suffering by dysmenorrhea from Chennai, their aged between 18 and 23 years were selected subjects were divided into two experimental group and control group with 15 subjects each in a group. Experimental group I – astanga yoga practices with mantra chanting and Experimental group II – astanga yoga practices without mantra chanting for the period of 6 weeks of an hour in the morning. The control group was not exposed to any specific training but they participated in the regular activities. The pre-test and post-test were conducted before and after the training for three groups. The physical variable flexibility was measured by sit and reach test. The data pertaining to the variables collected from the three groups before and after the training period were statistically analyzed by using Analysis of Covariance (ANCOVA) to determine the significant difference and tested at 0.05 level of significance. The results of the study showed that flexibility significantly increased as a result of astanga yoga practices and mantra chanting. Hence, the hypothesis was accepted at 0.05 level of confidence.

1. Introduction

The term yoga comes from a Sanskrit word which means yoke or union. Traditionally, yoga is a method joining the individual self with the Divine, Universal Spirit, or Cosmic Consciousness. Physical and mental exercises are designed to help achieve this goal, also called self-transcendence or enlightenment. On the physical level, yoga postures, called asanas, are designed to tone, strengthen, and align the body. These postures are performed to make the spine supple and healthy and to promote blood flow to all the organs, glands, and tissues, keeping all the bodily systems healthy. On the mental level, yoga uses breathing techniques (pranayama) and meditation (dyana) to quiet, clarify, and discipline the mind. However, experts are quick to point out that yoga is not a religion, but a way of living with health and peace of mind as its aims.

In recent years more and more people have moved away from mere ritual and turning to yoga as a method for exploring and improving their inner lives. Surya Namaskara is an integral part of the yogic approach and can be easily integrated into our daily lives for it requires only 5 to 15 minutes' of practice daily to obtain remarkably fast and beneficial results. It is therefore ideal for even the most active individuals, such as the busy businessman, the housewife with a family to feed and manage the student who is facing examinations, or the scientist who spends most of his day thinking. Surya Namaskara is more than just a series of physical exercises, though course it stretches, massages, tones and stimulates all the muscles, vital organ and physical parts of alternatively flexing the body backwards and forwards. It has a depth and completeness as a spiritual practice. Yoga Nidra is a powerful meditative technique to relax consciously. It is a state of dynamic sleep. It is a systematic method of inducing complete physical, mental and emotional relaxation. It is a psychic sleep. It is a Raja yoga technique. Dysmenorrhea is the occurrence of painful cramps during menstruation. More than half of all girls and women suffer from dysmenorrhea (cramps), a dull or throbbing pain that usually centers in the lower mid-abdomen, radiating toward the lower back or thighs. Menstruating women of any age can experience cramps. While the pain may be only mild for some



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



women, others experience severe discomfort that can significantly interfere with everyday activities for several days each month.

2. Review of Related Literature

Ritu Chattha, et al. (2008), studied on Treating the Climacteric Symptoms in Indian Women with an Integrated Approach to Simplified Kundalini Yogic practices: A Randomized Control Study One hundred twenty participants (ages 40-5 y) were randomly divided into two study arms, i.e., yoga and control. The yoga group practiced an integrated approach to Simplified Kundalini yogic practices comprising *Surya Namaskara* (Sun Salutation) with 12 postures, *Pranayama* (breathing practices), and *Avartan Dhyana* (Cyclic meditation), whereas the Control group practiced a set of simple physical exercise under supervision of trained teachers for 8 weeks (1 h daily, 5 days per week). The assessments were made by Greene Climacteric Scale, Perceived Flexibility Scale, and Eysenck's Personality Inventory before and after the intervention. Of the three factors of the Greene Climacteric Scale, the Maan – Whitney test showed a significant difference between groups ($P < 0.05$) in the vasomotor symptoms, a marginally significant difference ($P = 0.06$) in psychological factors but not in the somatic component. Effect sizes were higher in the yoga group for all factors. There was a significantly greater degree of decrease in Perceived Flexibility Scale scores ($P < 0.001$, independent samples t test) in the yoga group compared with controls (between-group analysis) with a higher effect size in the yoga group (1.10) than the control (0.27). On the Eysenck's Personality Inventory, the decrease in neuroticism was greater ($P < 0.05$) in the yoga group (effect size = 0.43) than the Control group (effect size = 0.21) with no change in extroversion in either the yoga or Control group. Eight weeks of an integrated approach to Manavalakalai yogic practices decreases climacteric symptoms, perceived flexibility, and neuroticism in perimenopausal women better than physical exercise.

3. Methodology

To achieve the purpose of study, university girls suffering by dysmenorrhea from Chennai, their aged between 18 to 23 years were selected randomly into experimental and control groups of 15 subjects each.

The selected subjects were divided into two experimental groups and a control group (CG) with 15 subjects each in a Experimental group I – astanga yoga practices with mantra chanting and Experimental group II – astanga yoga practices without mantra chanting for the period of 6 weeks, five days per week for the maximum of one hour in the morning. The control group (CG) was not exposed to any specific training but they participated in the regular activities.

TRAINING SCHEDULE:

Experimental Group I - astanga yoga practices with mantra chanting.

Experimental Group II – astanga yoga practices without mantra chanting.

Group III – Control Group (No Training).

4. Results and Discussion

The analysis of Covariance on the data obtained for Flexibility of Pre and Post-test of EXPGI, EXPGII and CG have been presented in



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Table I.
COMPUTATION OF ANALYSIS OF COVARIANCE ON FLEXIBILITY
(Scores in Marks)

Test	Ex. group-I	Ex. group-II	Control group	SV	SS	df	MS	Obtained F
Pre-test mean	25.66667	26.00	23.73	between n	44.93	2	22.467	1.26
				within	748.27	42	17.82	
Post-test mean	28.8	28.27	22.87	between n	323.24	2	161.62	16.68*
				within	407.07	42	9.69	
Adjusted mean	28.70	28.10	23.14	between n	263.96	2	131.98	14.30*
				within	378.397	41	9.23	
Mean Gain	- 3.1333 3	2.27	0.87					

*Significant at 0.05 level of confidence

Table value for significance at 0.05 level of confidence with df 2 and 42 was 3.21 and Table value for df 2 and 41 was 3.22

TABLE – II
COMPUTATION OF SCHEFFE’S POST HOC TEST ORDERED ADJUSTED FINAL
MEAN DIFFERENCE OF FLEXIBILITY

Control Group	Experimental Group – I	Experimental Group – II	Mean difference	Required C.I
23.14	28.70	-	5.55	2.76
23.14	-	28.10	4.96	2.76
-	28.70	28.10	0.60	2.76

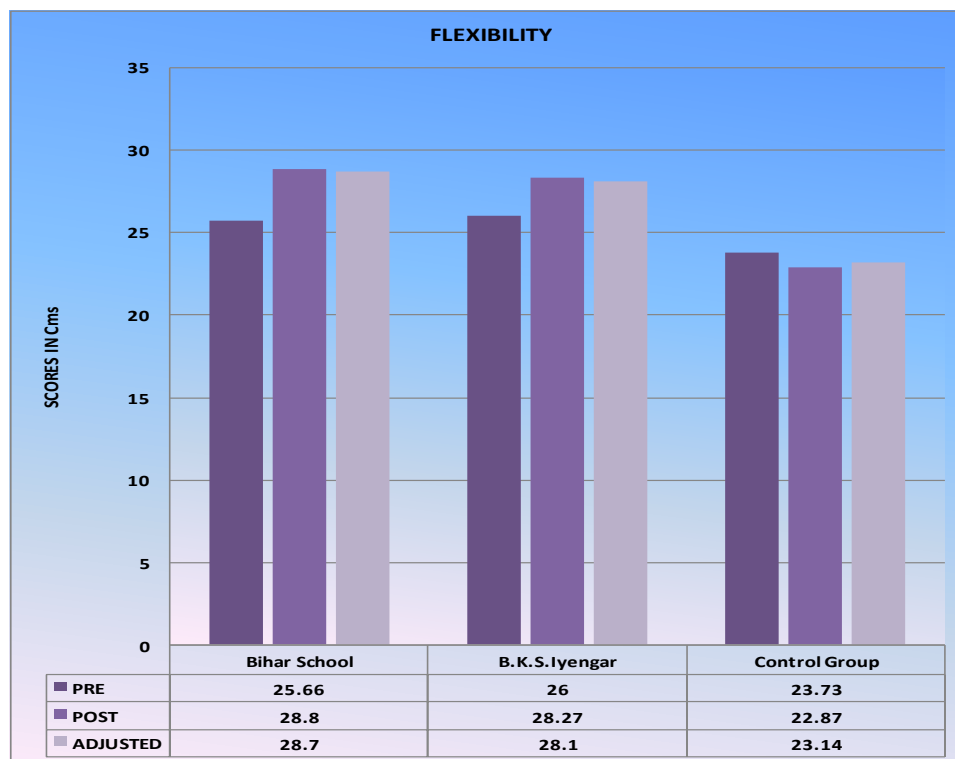
*Significant



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



FIGURE - I
BAR DIAGRAM SHOWING PRE, POST AND ADJUSTED POST-TEST VALUES ON FLEXIBILITY



The results of the study showed that flexibility increased significantly as a result of physical variable. Hence, the hypothesis was accepted at 0.05 level of confidence. Systematic astanga yoga practices with and without mantra chanting increase the flexibility. The above findings can also be substantiated by observation made by renowned expert.

5. Conclusion

Astanga yoga practices with and without mantra chanting help to increase the flexibility among the University Girls Suffering By Dysmenorrhea to compare the control group. And comparing the experimental groups Experimental group – I (astanga yoga practices with mantra chanting) effective than the experimental group – II (astanga yoga practices without mantra chanting).

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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



The Role of Plyometric Training in Enhancing Vertical Jump Performance Among University Level Men Basketball Players

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Abstract: Explosive power is a major element in basketball performance, particularly in elements like jumping, rebounding and shot-blocking. Plyometric training, which takes on the form of rapid stretching followed by short bursts or stretch-shortening cycle movements is used extensively to increase muscular power and neuromuscular efficiency. The purpose of this study was to see the effect of plyometric training on vertical jump performance of collegiate-level male basketball players. Thirty (N=30) players were randomly selected and underwent an 8-week plyometric training program three times weekly. The exercises performed in the training were squat jumps, depth jumps, bounding and box jumps. A pre-test and post-test experimental design was used to evaluate vertical jump performance using standardized testing methods. Descriptive statistics such as mean and standard deviation were used for the variable data and paired t-test was used to calculate the significance of the differences between the pre and post-test scores. The results showed a significant improvement in the vertical jump height after the training program. The improvement attributed to enhanced neuromuscular coordination, increased muscle elasticity and increased rate of force development. In conclusion, plyometric training is an effective way to improve explosive power and vertical jump performance in basketball players. Coaches and trainers are encouraged to include plyometric exercises in normal training programs to improve total athletic performance.

Keywords: Plyometric Training; Vertical Jump; Explosive Power; Basketball Performance; Muscle Elasticity.

1. Introduction

Introduction Explosive power is also a key component for successful performance in basketball, especially activities such as jumping, rebounding and shot blocking. Vertical jump ability is an important indicator of lower body power in basketball players. Plyometric training is a type of training that uses the stretch-shortening cycle to help increase muscular power and neuromuscular coordination. Therefore, this study is aimed at testing the effect of plyometric training on vertical jump performance in university-level men basketball players.

2. Methodology and Materials

The study used an experimental research design in order to investigate the impact of plyometric training on vertical jump performance. Thirty (N=30) university level men basketball players were selected as the subjects from SRM University, Kattankulathur. The participants were between the



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



ages of 18-25 years, they were physically active and no injuries were associated with them. The subjects went through an 8-week structured plyometric training program three times a week. The exercises performed in the training protocol were squat jumps, depth jumps, bounding and box jumps, as well as warm up and cool down sessions. The intensity and the volume of training were gradually increased during the study period. Vertical jump performance was measured by a standardized vertical jump test before (pre-test) and after (post-test) the training program. Descriptive statistics including mean and standard deviation were used to analyze the data and paired t-test was used to determine the significance of the difference between pre-test and post-test scores.

3. Training Protocol

The training program of plyometric exercises was performed during 8 weeks for three sessions/week, on not-consecutive days in order to guarantee a sufficient recovery. Each session lasted for about 45-60min with warmup and cool-off periods. The session started with a 10-15mins dynamic warm-up which included jogging, dynamic warming and mobility exercises. The movements in the main workout consisted of plyometric exercises, like squat jumps, depth jumps, bounding, and box jumps. The training intensity and volume were gradually increased as the weeks went on by varying the number of sets, repetitions and jump height to make sure that they were gradually overloaded. For the first weeks, the athletes had low- to moderate-intensity exercises (2-3 sets of 8-10 repetitions). In the later weeks, the intensity was escalated to high level (3-4 sets of 10-12 repetitions), with a greater focus on maximal efforts as well as proper technique. Adequate rest intervals of 60-120 seconds were allowed between sets to ensure the maintenance of performance quality. Each session ended with a 10-minute cool-down which consisted of light jogging and static stretching exercises. Proper supervision was provided throughout the training process to ensure safety and proper execution of movements.

4. Measurement and Instruments

The main variable that was chosen for this study was vertical jump performance, which was considered an indicator of lower body explosive power. It was measured in a standardized Vertical Jump Test (Sargent Jump Test). The test was carried out over a flat wall surface by using chalk and marker to note the highest point that the participant could reach. The standing reach height was first measured while the participant was upright and touching the wall. Then, the participant performed a maximal vertical jump and touched the wall at a maximum possible. The distance between the standing reach height and the jump height was also measured and was recorded as the vertical jump score in centimeters. Each participant was given three trials and the best performance (to ensure reliability) was taken into account for analysis. Proper instructions and demonstrations were given prior to testing and enough rest was given between trials to prevent fatigue. All the measurements were conducted under similar environmental conditions for consistency and accuracy of measurements.

5. Statistical Analysis

Descriptive statistics (mean and standard deviation) were used to summarize the data. Paired t-test was used to compare pre- and post-test score in groups and independent t-test was used to compare between groups. The level of significance set at was 0.05.

Table 1: Comparison of Experimental and Control Groups on Vertical Jump Performance



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Group	Test	Mean (cm)	SD	Mean Difference	t-value	Significance
Experimental Group	Pre-Test	45.30	3.10	-	-	-
	Post-Test	53.20	3.35	7.90	10.12	Significant
Control Group	Pre-Test	45.10	3.05	-	-	-
	Post-Test	46.00	3.20	0.90	1.25	Not Significant
Between Groups	Post-Test	-	-	7.20	8.75	Significant

Level of significance = 0.05

The table shows the comparison of pre-test post-test scores of the vertical jump performance between the experimental and control groups. The mean scores of the experimental group indicated a significant growth in mean differences from pre-test (45.30 cm) to post-test (53.20 cm) with mean difference of 7.90 cm. The obtained t-value (10.12) which represents the statistical significance at the 0.05 level shows that the plyometric training program has been found to be effective. In contrast, the control group had only a small improvement from pre-test (45.10 cm) to post-test (46.00 cm) with mean difference of 0.90 cm. The calculated t-value (1.25) was not significant, meaning that regular training alone did not yield meaningful changes in the performance of vertical jump. Furthermore, the between-group comparison of post-test scores showed that mean difference is 7.20 cm with significant t-value (8.75). This shows that the experimental group had performed significantly better than the control group following the training period. Overall, the results confirm that the plyometric training significantly improves vertical jump performance over conventional training methods.

6. Data Visualization

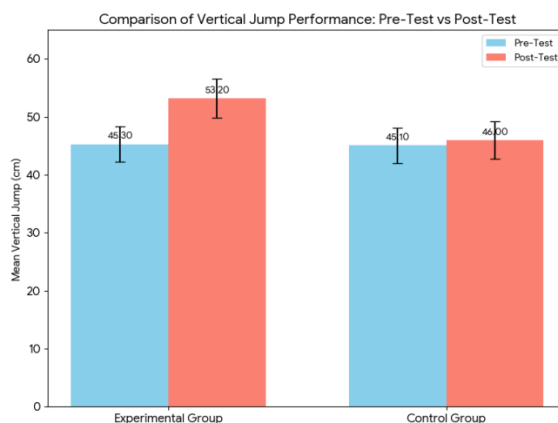


Figure 1. Comparison of Mean Vertical Jump Performance (cm) Between Experimental and Control Groups During Pre-Test and Post-Test.

The bar diagram indicates that there is a clear difference between the groups. The experimental group showed significant improvement from 45.30±3.10 cm to 53.20±3.35 cm with a mean increase of 7.90 cm ($t=10.12$, $p<0.05$). The control group had a negligible change, from 45.10 ± 3.05 cm to



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



46.00 $\pm$ 3.20 cm which was not significant ($t = 1.25$). The mean difference between groups in the post test was 7.20 cm, $t = 8.75$, showing the productivity of the plyometric training.

7. Discussion

The results of the study show that performing plyometric training increases vertical jump performance in men university-level basketball players. The improvement that was shown in the experimental group might be explained by an increased neuromuscular coordination, muscle elasticity and a greater rate of force development caused by the stretch-shortening cycle. In contrast, the control group did not achieve significant improvement, suggesting that it is not just training regularly which could improve explosive power. These results are in line with the previous research demonstrating the efficacy of plyometric exercises in the development of lower body power. Therefore, implementing plyometric training in a regular training program can be helpful to improve specific performance in basketball.

8. Conclusion

The authors conclude that the use of plyometric training has a significant positive effect on vertical jump performance of university-level men basketball players. The experimental group showed significant improvement over the control group thus emphasizing the benefit of plyometric exercises in the development of explosive power. Therefore, it is recommended that coaches and trainers include plyometric training within the normal training program as a way of improving basketball performance.

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**3rd International Conference on
Advanced Sports Science and Intelligence
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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Comparative Study on the Six-Week Calisthenics Training and Aerobics Training on Selected Physical Fitness Variables Among College Men Kabaddi Players

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Abstract: The purpose of present study was to determine the comparative of six-week calisthenics training and aerobics training program on selected physical fitness variables among college men kabaddi players. The study was aimed at to find out the comparative of six-week calisthenics training and aerobics training on physical fitness variables of kabaddi players. The study was to only male college kabaddi players from srm university, Chennai. Tamil Nadu. The subject for the present study has been determined to the 20 calisthenics training group, 20 aerobics training group and 20 control group. The age of the player ranged from 18-25 years. The selected dependent physical fitness variables namely speed, agility, explosive strength, endurance. The Dependent t-test was calculated for the data collected from the college men kabaddi players to examine the comparative of six-week calisthenics training and aerobics training on selected physical fitness variables. The level of confidence was fixed at 0.05 level to test the hypothesis.

KEYWORDS; physical fitness, calisthenics training, aerobics training, kabaddi

1. Introduction

Sport plays an important role in developing physical fitness, mental strength, and overall well-being among individuals. Among various traditional games of India, Kabaddi is one of the most popular and physically demanding sports. It requires a high level of physical fitness components such as speed, agility, strength, and endurance for successful performance. Kabaddi players must possess quick reaction ability, strong muscular power, rapid directional movement, and good cardiovascular endurance to perform raids and defensive techniques effectively during the game. Physical fitness is an essential requirement for athletes, especially in combative and high-intensity sports like Kabaddi. The performance of players largely depends on their training methods and conditioning programmes. Coaches and trainers use different training techniques to improve specific physical fitness components required for sports performance. Among these training methods, calisthenics training and aerobics training are widely used to improve overall physical conditioning. Calisthenics training refers to exercises that use body weight as resistance to develop muscular strength, flexibility, balance, and coordination. Exercises such as push-ups, squats, lunges, and pull-ups help enhance muscular strength and body control, which are essential for Kabaddi players during tackling and escaping movements. On the other hand, aerobics training consists of rhythmic and continuous movements that primarily improve cardiovascular endurance and overall stamina. Aerobic exercises such as running, jumping, and rhythmic step movements help improve oxygen utilization and increase the efficiency of the heart and lungs, which are important for maintaining performance throughout the duration of a Kabaddi match. College-level Kabaddi players require systematic and scientific training programmes to improve their physical fitness components. However, there is a need to identify which type of training method is more effective in enhancing the important physical fitness variables required for Kabaddi performance. Therefore, comparing different training programmes can help coaches design better conditioning plans for players.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Statement of the Problem

To study a comparative study on the six-week calisthenics training and aerobic training program on selected physical fitness variables among college men kabaddi players.

Objective of the Study

The objective of the study was to determine the comparative study on the six-week calisthenics training and aerobic training program on selected physical fitness variables among college men kabaddi players.

Hypothesis

It was hypothesized that there might be significant difference of comparative study on the six-week calisthenics training and aerobic training program on selected physical fitness variables among college men kabaddi players.

2. Methodology

Selection of subjects

The subject was selected from srm university (20) calisthenics group, (20) aerobic group and (20) control group subjects were selected as subjects for this study and the age group of subjects ranged between 18-25 years.

Selection of Variables

The researcher reviewed the available scientific literature pertaining to the problem under studies from book, journals and research paper and also taking into consideration of the feasibility criteria of the availability of the instrument and relevance of the variable to the present study. The following variables were selected

1. 50 Meter Dash
2. T-test
3. Standing Broad Jump
4. 12mins Run & Walk

SELECTION OF TEST

VARIABLES	TEST NAME	UNIT OF MEASUREMENT
Speed	50 Meter Dash	In Second
Agility	T-test	In Second
Explosive strength	Standing Broad Jump	In Meter
Endurance	12mins Run & Walk	In Seconds

Criterion Measures



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



The subject was divided into three groups (calisthenics group, aerobics group and control group) consisting of 20 subjects each group. The subject was selected by using simple random sampling method. The experimental group was given six-week 42days calisthenics and aerobics training, The control group was given six-week 42days no training. The study was delimited physical fitness variables namely speed, agility, explosive strength and endurance. The data was calculated before and after the end of six-week program by administering 50m dash test for measuring speed and t-test for measuring agility and standing broad jump test measuring for explosive strength and 12mins run & walk test measuring for endurance.

Statistical Analysis of Data

To Analysis the data on comparative study on the six-week calisthenics training and aerobics training program on selected physical fitness variables among college men kabaddi players. Dependent t-test was employed. the level of statistical significance was set at point 0.05.

3. Result and Conclusion

The Significance Mean Difference in the Speed Between the calisthenics group aerobics group and control group of kabaddi Players Is Presented in Table-I

Table-I

GROUP	N	MEAN	SOURCE	S. S	DF	MS	F
Calisthenics group	20	6.80	Between group	0.030	2	0.015	1.25
Aerobics group	20	6.82	Within group	0.684	57	0.012	
Control group	20	6.85	Total	0.714	59		

The analysis of variance on the pre-test scores of speed among the calisthenics, aerobics and control groups revealed that the obtained F-ratio of 1.25 was less than the required table value of 3.15 at 0.05 level of significance with degrees of freedom 2 and 57. Hence, the difference among the groups in the pre-test was not significant. This indicates that the groups were homogeneous in speed before the commencement of the training programme.

TABLE-II

GROUP	N	MEAN	SOURCE	S. S	DF	MS	F
Calisthenics group	20	6.33	Between group	3.53	2	1.765	79.23
Aerobics group	20	6.30	Within group	1.27	57	0.022	
Control group	20	6.82	Total	4.80	59		



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



The analysis of variance on the post-test scores of speed among the calisthenics, aerobics and control groups revealed that the obtained F-ratio of 79.23 was greater than the required table value of 3.15 at 0.05 level of significance with degrees of freedom 2 and 57. The result indicates that there was a significant difference among the three groups in the post-test scores of 50m dash speed.

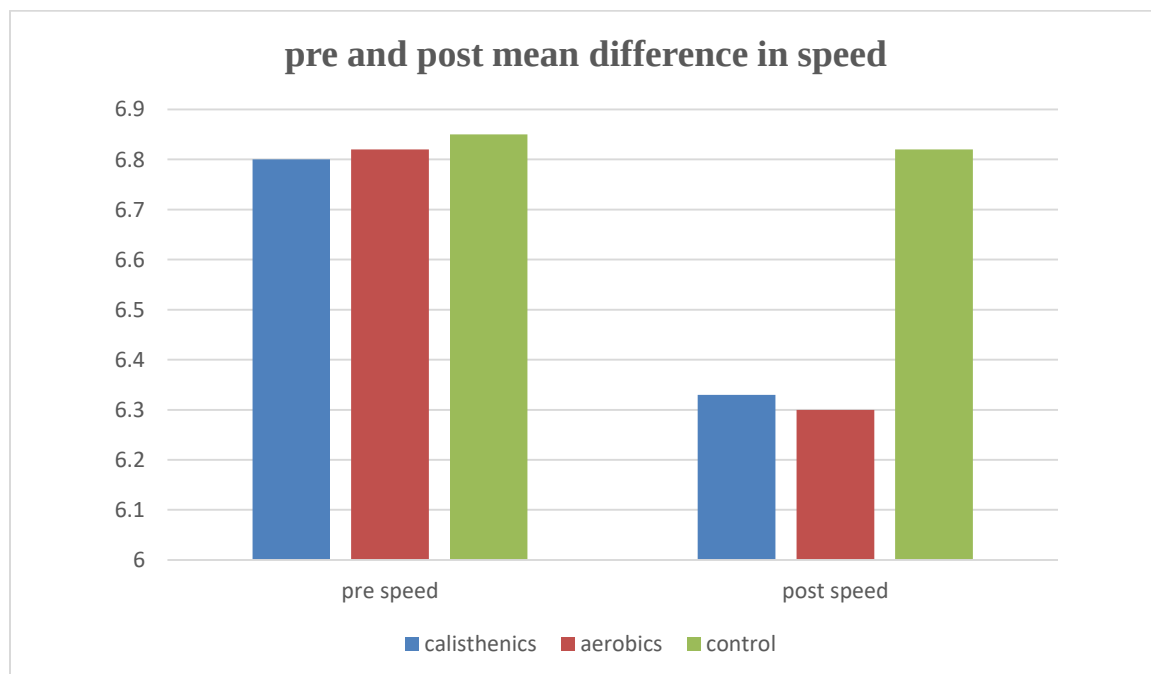


Figure 1: Graphical representation of mean difference in the 50-meter dash between kabaddi players

From the finding of the above table, the mean value for kabaddi players in calisthenics group pre-test was 6.80 and post-test was 6.33. mean value for aerobics group pre-test was 6.82 and post-test was 6.30. the control group mean value for pre-test 6.85 and post-test was 6.80. After analysis the data 'f' ratio kabaddi players are pre-test 1.25* and post-test 79.23* at 0.05 level of significance. kabaddi players show better speed compared to calisthenics, aerobics and control group. Hence there is significant. the significance mean difference in the agility between the calisthenics group aerobics group and control group of kabaddi players is presented in Table-III.

TABLE-III

GROUP	N	MEAN	SOURCE	S. S	DF	MS	F
Calisthenics group	20	9.35	Between group	0.021	2	0.0105	0.39
Aerobics group	20	9.31	Within group	1.52	57	0.0267	
Control group	20	9.35	Total	1.541	59		



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The analysis of variance on the pre-test scores of agility among the calisthenics, aerobics and control groups revealed that the obtained F-ratio of 0.39 was less than the required table value of 3.15 at 0.05 level of significance with degrees of freedom 2 and 57. Hence, the difference among the groups in the pre-test scores was not significant. This indicates that the groups were homogeneous in agility before the commencement of the training programme.

TABLE-IV

GROUP	N	MEAN	SOURCE	S. S	DF	MS	F
Calisthenics group	20	8.77	Between group	5.47	2	2.735	112.50
Aerobics group	20	8.72	Within group	1.38	57	0.024	
Control group	20	9.35	Total	6.85	59		

The analysis of variance on the post-test scores of agility among the calisthenics, aerobics and control groups revealed that the obtained F-ratio of 112.50 was greater than the required table value of 3.15 at 0.05 level of significance with degrees of freedom 2 and 57. Hence, the difference among the groups in the post-test scores of agility was found to be significant.

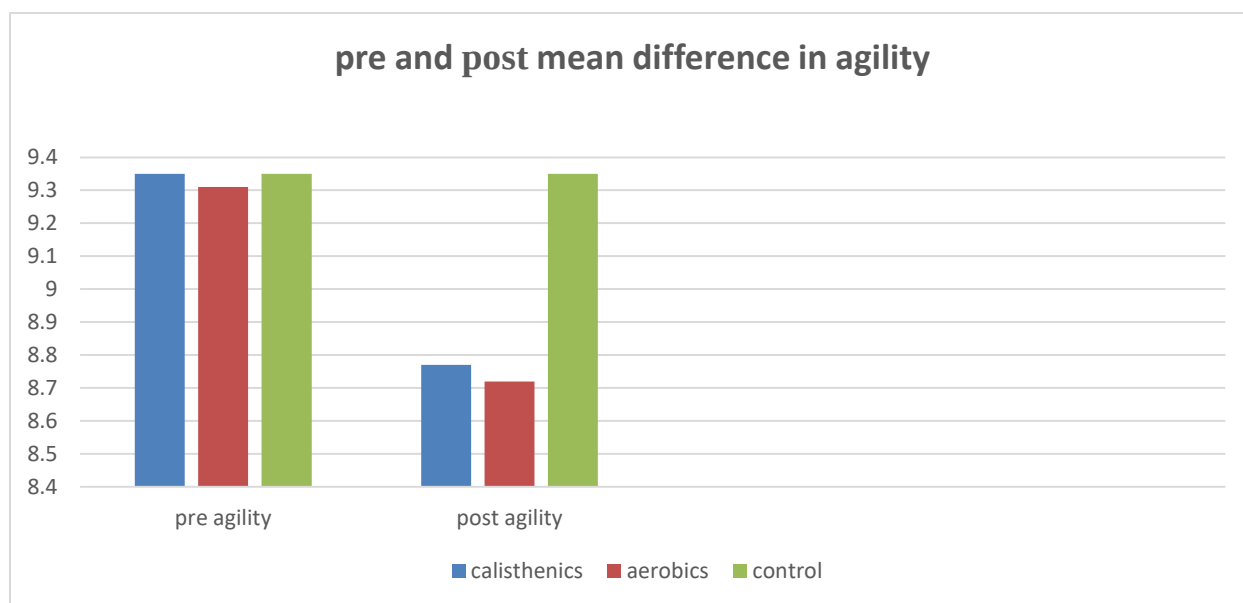


Figure 2. Graphical representation of mean difference in the agility between kabaddi players

From the finding of the above table, the mean value for kabaddi players in calisthenics group pre-test was 9.35 and post-test was 8.77. mean value for aerobics group pre-test was 9.31 and post-test was 8.72. the control group mean value for pre-test 9.35 and post-test was 9.35. After analysis the data 'f' ratio kabaddi players is pre-test 1.25* and post-test 79.23* at 0.05 level of significance. kabaddi



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Advanced Sports Science and Intelligence
Performance Technologies-2026**



players show better agility compared to calisthenics, aerobics and control group. Hence there is significant. the significance mean difference in the explosive strength between the calisthenics group aerobics group and control group of kabaddi players is presented in Table-V.

Table-V

GROUP	N	MEAN	SOURCE	S. S	DF	MS	F
Calisthenics group	20	162.70	Between group	47.20	2	23.60	1.42
Aerobics group	20	162.40	Within group	947.60	57	16.62	
Control group	20	164.50	Total	994.80	59		

The analysis of variance on the pre-test scores of strength among the calisthenics, aerobics and control groups revealed that the obtained F-ratio of 1.42 was less than the required table value of 3.15 at 0.05 level of significance with degrees of freedom 2 and 57. Hence, the difference among the groups in the pre-test scores of strengths was not significant. This indicates that the groups were homogeneous in strength before the commencement of the training programme.

TABLE-VI

GROUP	N	MEAN	SOURCE	S. S	DF	MS	F
Calisthenics group	20	179.15	Between group	1873.24	2	936.62	46.83
Aerobics group	20	178.30	Within group	1139.40	57	19.99	
Control group	20	166.40	Total	3012.64	59		

The analysis of variance on the post-test scores of strength among the calisthenics, aerobics and control groups revealed that the obtained F-ratio of 46.83 was greater than the required table value of 3.15 at 0.05 level of significance with degrees of freedom 2 and 57. Hence, the difference among the groups in the post-test scores of strengths was found to be significant.

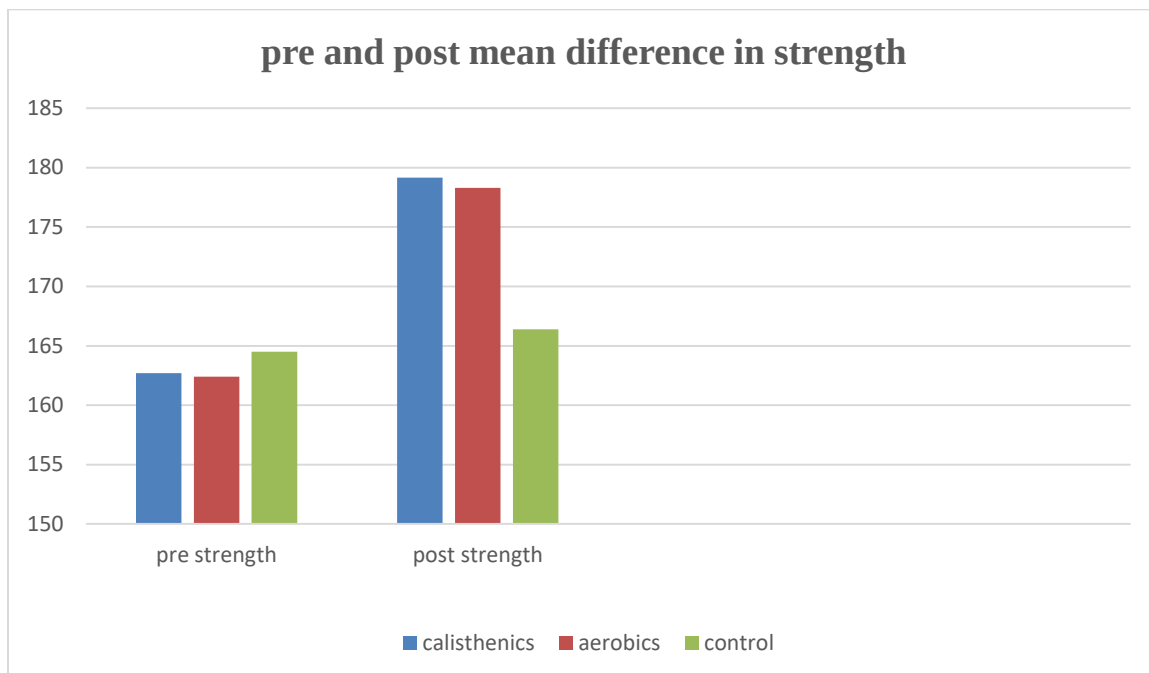


Figure 3: Graphical representation of mean difference in the standing broad jump between kabaddi players.

From the finding of the above table, the mean value for kabaddi players in calisthenics group pre-test was 162.70 and post-test was 179.15. mean value for aerobics group pre-test was 162.40 and post-test was 178.50. the control group mean value for pre-test 164.50 and post-test was 166.40. After analysis the data 'f' ratio kabaddi players is pre-test 1.25* and post-test 79.23* at 0.05 level of significance. kabaddi players show better endurance compared to calisthenics, aerobics and control group. Hence there is significant. The significance mean difference in the endurance between the calisthenics group aerobics group and control group of kabaddi players is presented in Table-IV.

Table-VII

GROUP	N	MEAN	SOURCE	S. S	DF	MS	F
Calisthenics group	20	1.715	Between group	0.026	2	0.013	1.08
Aerobics group	20	1.735	Within group	0.686	57	0.012	
Control group	20	1.685	Total	0.712	59		

The pre-test F-ratio for endurance was found to be 1.08, which is less than the table value of 3.16 at 0.05 level of significance. Hence, there is no significant difference among the calisthenics, aerobics, and control groups at the pre-test level.



**3rd International Conference on
Advanced Sports Science and Intelligence
Performance Technologies-2026**



TABLE-VIII

GROUP	N	MEAN	SOURCE	S. S	DF	MS	F
Calisthenics group	20	2.15	Between group	1.92	2	0.96	48.00
Aerobics group	20	2.01	Within group	1.14	57	0.020	
Control group	20	1.70	Total	3.06	59		

The obtained F-ratio for adjusted post-test means of endurance was 48.00, which is greater than the table value of 3.17 at 0.05 level of significance. Hence, there is a significant difference among calisthenics, aerobics, and control groups.

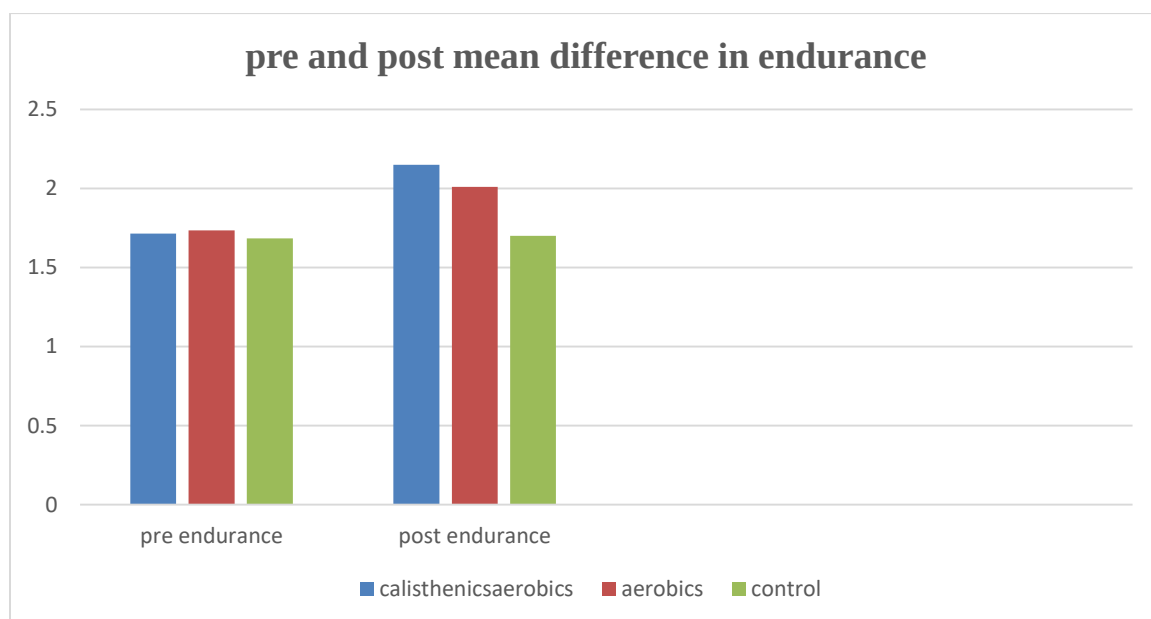


Figure No 4: Graphical representation of mean difference in the 12mins run/walk between kabaddi players.

From the finding of the above table, the mean value for kabaddi players in calisthenics group pre-test 1.715 was and post-test was 2.15. mean value for aerobics group pre-test was 1.735 and post-test was 2.01. the control group mean value for pre-test 1.685 and post-test was 1.70. After analysis the data 'f' ratio kabaddi players is pre-test 1.08* and post-test 48.00* at 0.05 level of significance. kabaddi players show better endurance compared to calisthenics, aerobics and control group. Hence there is significant.

3. Discussion and Findings

The purpose of the present study was to examine the effects of calisthenics training and aerobics training on selected physical fitness variables namely speed, agility, strength, and endurance among



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Kabaddi players. To achieve this objective, the subjects were divided into three groups: the calisthenics training group, the aerobics training group, and the control group. The experimental groups underwent their respective training programmes for the prescribed training period, while the control group did not participate in any special training programme.

Speed

The results of the study indicated that the calisthenics group showed significant improvement in speed, followed by the aerobics group, whereas the control group showed no significant improvement between the pre-test and post-test scores. The improvement in speed among the calisthenics group may be attributed to the dynamic bodyweight exercises, which enhance neuromuscular coordination and explosive movement. Speed is an essential component in Kabaddi for quick raids, escapes, and defensive movements.

Agility

The findings revealed that the calisthenics group demonstrated greater improvement in agility compared to the aerobics and control groups. Calisthenics exercises involve rapid changes in body position and direction, which directly influence agility performance. The aerobics group also showed moderate improvement due to continuous rhythmic movement patterns, whereas the control group did not show notable change.

Strength

The analysis of the results indicated that muscular strength significantly improved in the calisthenics group when compared with the aerobics and control groups. This improvement may be due to the bodyweight resistance exercises included in calisthenics training such as push-ups, squats, and pull-ups, which enhance muscular strength. The aerobics group showed slight improvement because aerobic exercises mainly focus on cardiovascular endurance rather than muscular strength.

Endurance

The results also showed that the aerobics training group exhibited greater improvement in endurance compared to the calisthenics and control groups. Aerobic exercises involve continuous rhythmic movements that enhance the efficiency of the cardiovascular and respiratory systems, thereby improving endurance capacity. The calisthenics group also demonstrated moderate improvement, while the control group showed minimal or no improvement.

4. Conclusion

Based on the study, it was concluded that there was significant difference between kabaddi players in the 50-meter dash, t-test, explosive strength and 12mins run/walk; however, the calisthenics, aerobics, control group performed significantly better than the speed, agility, strength and endurance in these abilities with regard to talent identification in selected motor abilities.

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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Role of School and College Physical Education in Building Lifelong Active Lifestyles

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Abstract: Physical education promotes the early development of good habits and an active lifestyle. The increasing incidence of sedentary behavior, diseases linked to lifestyle choices, and declining levels of physical activity among children and young adults have highlighted the importance of well-designed physical education programs in educational institutions. The purpose of this study is to examine how physical education affects students' general health, well-being, and physical fitness, and how they go on to adopt active lifestyles in schools and universities. Students can participate in regular physical activities, sports, and fitness-focused activities in an organized setting through school and college physical education programs. Students who participate in these activities regularly acquire fundamental movement skills and essential fitness traits, such as muscle endurance, flexibility, speed, and coordination. Students learn the importance of regular exercise, participating in sports, and maintaining a healthy lifestyle through physical education. These experiences encourage students to remain physically active not only during their academic years but also throughout their lives. In addition to improving physical fitness, physical education significantly contributes to mental and emotional well-being. Participation in sports and physical activities helps reduce stress, anxiety, and depression while improving self-confidence, self-esteem, and concentration. Students who participate in physical education programs also learn critical life skills such as discipline, cooperation, teamwork, leadership, and social interaction. Because of these social and psychological benefits, people are more likely to stay active outside of school. Furthermore, integrating sports science principles into physical education has enhanced the effectiveness of training and learning processes. Concepts from exercise physiology, biomechanics, sports psychology, and sports nutrition help design scientific, evidence-based physical activity programs that improve performance and promote health awareness. To promote sustained physical activity, contemporary physical education programs often incorporate fitness evaluations, activity tracking, and health education. In conclusion, school and college physical education play a significant part in encouraging active lifestyles throughout one's life by fostering positive health behaviours, boosting mental health, and increasing physical fitness. Society may become healthier and more active by improving physical education programs and promoting consistent involvement in sports and other physical activities.

Keywords: Physical Education, Physical Fitness, Health Promotion, Sports Science, Active Lifestyle, Wellness, School and College Education.

1. Introduction

A crucial part of the educational system that supports students' personal growth is physical education. In addition to physical fitness, it emphasizes mental health, social interaction, and the formation of healthy lifestyle habits. Due to urbanization and technological advances, children's and young adults' levels of physical activity have declined sharply in the modern world. Increased screen usage, academic pressure, and limited possibilities for outdoor activity have all had a detrimental effect on youth health. This has increased the prevalence of lifestyle-related illnesses like diabetes, hypertension, and obesity in various regions of the world. Through well-organized physical education



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



programs, educational institutions such as schools and colleges play a major role in addressing these issues by encouraging physical activity. Through these programs, students can participate in games, sports, exercise, and other recreational activities that improve their overall health and fitness. Regular participation in physical education provides students with information, skills, and a favorable attitude toward physical activity, encouraging them to lead active lives.

2. Lifelong Active Lifestyle Concept

The practice of regular physical activity throughout a person's life to maintain health, fitness, and well-being is known as an "active lifestyle" and entails developing routines that promote regular exercise, active leisure, and sports or fitness-related pursuits. People who lead active lives during childhood and adolescence are more likely to be active into maturity. Students learn more about the value of physical activity and its benefits for maintaining a healthy lifestyle through physical education. Positive school and college experiences and attitudes increase the likelihood that students will continue to lead active lives into adulthood. An active lifestyle throughout one's life also enhances one's quality of life, stress management, and mental health.

3. Physical Education's Place in Schools

It is crucial to expose kids to physical activity and encourage good lifestyle choices through school physical education. Students can practice fundamental motor skills like sprinting, jumping, throwing, catching, and balancing with this activity. These fundamental skills are necessary for engaging in a variety of sports and physical activities. Another key goal of school physical education programs is to improve cardiovascular endurance, muscular strength, flexibility, and coordination. Students' social and emotional growth, as well as their physical development, are enhanced by physical education. Participating in group activities and sports teaches students teamwork, leadership, discipline, and respect for others. Additionally, school physical education fosters a positive atmosphere in which students can participate in physical activities with enjoyment and satisfaction. These positive experiences encourage students to develop an interest in sports and exercise, which contributes to lifelong active lifestyles.

4. Role of College Physical Education

Strengthening the physical activity habits formed throughout school years is a key function of college physical education. Students can participate in advanced sports training, fitness programs, and recreational activities to maintain their physical fitness and overall health at the college level. Additionally, students are taught health-related topics such as nutrition, exercise science, injury prevention, and stress management in college physical education programs. These educational aspects help students understand the importance of maintaining a healthy lifestyle beyond their academic studies. Students are also motivated to remain physically active through recreational and intercollegiate sports competitions and tournaments. Students can gain confidence, teamwork, and leadership skills through participation in college sports. People are encouraged to continue engaging in physical activity throughout their lives since it fosters personal development.

5. Importance of Physical Education in Promoting Lifelong Active Lifestyles

By motivating pupils to participate in regular physical activity, physical education promotes active lifestyles throughout a person's life. Students learn about the benefits of exercise and the value of structured physical education programs in maintaining physical fitness. Regular participation in sports



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and other physical activities promotes mental and physical health, reduces stress, and increases emotional and physical well-being. Physical education also helps prevent lifestyle-related diseases by promoting active living and reducing students' sedentary behaviour. In addition, it encourages students to cultivate self-discipline, goal-setting skills, and positive health and wellness attitudes. These benefits highlight the significance of physical education as a vital component in encouraging lifelong active lifestyles.

6. Challenges in Physical Education Programs

Physical education has numerous advantages, but several obstacles hinder its successful implementation in schools and colleges. One of the biggest challenges is that many educational institutions lack proper sports facilities and infrastructure. Physical education is often prioritized over academic subjects in many educational systems, thereby reducing the time allotted to physical activity. Students' decreased participation in physical activities is also due to rising academic pressure and technological distractions. Physical education programs can only become more effective if these obstacles are overcome.

7. Strategies for Program Strengthening in Physical Education

It is possible to increase the significance of physical education in encouraging lifelong active lifestyles, and it ought to be given the same respect in educational institutions as academic topics. Adequate sports infrastructure, equipment, and facilities should be provided to encourage student participation in physical activities. Additionally, improving the quality of instruction requires recruiting and training qualified physical education teachers. Schools and colleges should promote recreational sports, fitness activities, and health awareness programs to encourage student participation. Physical education programs can also benefit from incorporating modern technology, fitness assessment tools, and sports science. In addition, communities, families, and educational institutions can work together to create a supportive environment that encourages active lifestyles.

8. Conclusion

Students develop active, lifelong lifestyles through physical education. young people have many opportunities to improve their physical fitness, learn more about their health, and cultivate healthy attitudes about physical activity at schools and institutions. Through well-designed physical education programs, students can acquire the skills, knowledge, and drive needed to lead active lives. These programs enhance social development, mental health, and general quality of life in addition to physical health. Educational institutions can promote healthier, more active societies by strengthening physical education programs and addressing existing obstacles. It is essential to encourage students to develop regular physical activity habits while they are in school to ensure their health and well-being throughout their lives.

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**3rd International Conference on
Advanced Sports Science and Intelligence
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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Respiring for Life: Decoding the Multidimensional Efficacy of Structured Yoga as a High-Impact Adjunct in Adult Asthma Care

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Abstract

Background: Asthma is a chronic inflammatory airway disorder affecting over 300 million individuals globally, imposing substantial impairment of health-related quality of life (HRQoL). While pharmacological management remains the clinical cornerstone, it inadequately addresses the psychosocial dimensions of the disease. Yoga—an integrative mind-body discipline—offers a mechanistically grounded and clinically plausible complementary strategy [1,2].

Objective: To evaluate the efficacy of a 16-week structured yoga program on asthma-specific health-related quality of life (HRQoL) among adults aged 30–45 years using the AQLQ(S). A secondary objective was to conduct a multidimensional analysis of treatment response across sociodemographic, geographic, and educational strata, while specifically examining gender-stratified outcomes and longitudinal changes in pharmacological reliance, including inhaler and rescue medication use.

Methods: A prospective, two-arm, parallel-group randomized controlled trial (CONSORT 2010) enrolled 30 adults aged 30–45 years (18 Females, 12 Males; mean age 37.2 ± 4.3 years) with physician-confirmed asthma. Participants were stratified by gender and randomly allocated to a Yoga Intervention Group (YIG, n=15) or Wait-List Control Group (WLCG, n=15). YIG received structured 60-minute yoga sessions five days/week for 16 weeks (80 sessions total), comprising warm-up Chalana Kriyas (8 min), therapeutic asanas (15 min), pranayama with Jalandhara Bandha (10 min), Om chanting (5 min), Mudra practices (15 min), Mindfulness Meditation (12 min). AQLQ(S) was administered at baseline (Week 0) and post-intervention (Week 16). Inferential statistics included



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



paired-samples t-tests (within-group), independent-samples t-tests (between-group), Cohen's d for effect size [4], and chi-square tests for sociodemographic comparisons.

Results: The YIG demonstrated statistically significant, large-effect improvements across all four AQLQ(S) domains: Total Score (Pre: 5.04 ± 1.30 vs. Post: 6.29 ± 1.00 ; $t[14] = 8.813$, $p < 0.001$; $d = 2.28$), Symptoms ($d = 2.80$), Activity Limitations ($d = 1.98$), Environmental Stimuli ($d = 1.86$), and Emotional Function ($d = 1.45$). The WLCG showed no significant within-group changes (all $p > 0.26$). Between-group post-intervention comparisons significantly favored the YIG for Total AQLQ(S) ($p = 0.009$, $d = 1.03$), Symptoms ($p = 0.001$, $d = 1.37$), Activity Limitations ($p = 0.010$, $d = 1.01$), and Environmental Stimuli ($p = 0.038$, $d = 0.80$). Baseline group comparisons across sociodemographic variables—including location (urban vs. semi-urban), education level (graduate vs. post-graduate), medication type, treatment affordability, and monthly expenditure—revealed no statistically significant between-group differences (all $p > 0.34$), confirming successful stratification.

Conclusion: A structured 16-week yoga intervention produces clinically meaningful, large-magnitude improvements in asthma-specific HRQoL in adults aged 30–45, spanning physiological, functional, and psychosocial domains. Sociodemographic and pharmacological profiles were comparable between groups at both baseline and post-intervention. These findings support yoga as an evidence-based, accessible complement to standard asthma management within this productive working-age cohort.

Keywords: Asthma; Yoga; Quality of Life; Aqlq(S); Pranayama; Rct; Cohen's D; 30–45 Years; Sociodemographic Comparison; Medication Profile; Complementary Medicine

1. Introduction

Asthma is among the most prevalent chronic non-communicable respiratory diseases globally, estimated to affect 300–400 million individuals and contributing to over 450,000 deaths annually [1]. Its pathophysiology involves chronic airway inflammation, reversible bronchoconstriction, and hyperresponsiveness to a range of environmental and psychosocial triggers [2]. Adults aged 30–45 years—a demographic at the apex of professional, familial, and social productivity—represent a particularly vulnerable group: uncontrolled asthma in this cohort disrupts occupational performance, constrains physical engagement, amplifies emotional distress, and escalates healthcare expenditure [5].

Contemporary asthma management guidelines recognize that spirometric improvement does not fully capture the subjective experience of living with asthma [2]. Health-related quality of life (HRQoL), as operationalized through the validated Asthma Quality of Life Questionnaire with Standardized Activities (AQLQ[S]) [3,6], has therefore emerged as an indispensable endpoint in clinical research—



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



reflecting asthma's multi-dimensional burden across four domains: symptom load, activity limitations, emotional function, and environmental reactivity.

Pharmacotherapy comprising inhaled corticosteroids (ICS), short-acting beta-agonists (SABA), long-acting beta-agonists (LABA), and oral leukotriene modifiers (e.g., Montelukast) effectively mitigates bronchoconstriction and reduces exacerbation frequency. However, residual symptom burden, adherence challenges, medication-related adverse effects, and the high prevalence of psychological comorbidities (anxiety and depression affect 2–3 times more adults with asthma than the general population) underscore the clinical imperative for non-pharmacological adjuncts [7,8]. Moreover, socioeconomic barriers—including monthly treatment costs ranging from less than ₹500 to more than ₹2,000 for many patients in South India—add a further dimension of disease burden that conventional care alone cannot fully address.

Yoga, a classical Indian discipline, provides a robust mechanistic framework for managing asthma by integrating physical postures (**asanas**), regulated breathing (**pranayama**), and meditative practice (**dhyana**). At the foundational level, pranayama techniques—characterized by slow nasal and diaphragmatic breathing—optimize pulmonary mechanics and enhance diaphragmatic strength [9,10]. By focusing on prolonged exhalation, these practices reduce the overall respiratory rate and improve ventilation-perfusion coupling, which effectively lowers the work of breathing and enhances mucociliary function [9,10,31].

Beyond mechanical adjustments, the integration of bioacoustic yoga, such as **Bhramari** (humming) and **AUM** chanting, introduces a unique vibratory component to respiratory therapy. These structured phonatory vibrations within the nasopharynx substantially increase the production of nasal nitric oxide, a potent endogenous bronchodilator [11,31]. This vibrational resonance, combined with therapeutic **mudra** practices designed to channel pranic energy through airway-related meridians, facilitates parasympathetic bronchial relaxation and addresses the physiological triggers of airway constriction [30,31].

Furthermore, the meditative and relaxation components of yoga address the systemic and psychosocial drivers of the disease. By modulating the hypothalamic–pituitary–adrenal (HPA) axis and engaging parasympathetic pathways, these practices attenuate cortisol-driven inflammatory environments [10,11]. This modulation is critical in reducing airway hyperresponsiveness and stabilizing the autonomic nervous system [12]. Collectively, these multi-dimensional pathways offer a holistic supplement to traditional pharmacotherapy, targeting the physiological, autonomic, and inflammatory facets of asthma that medication alone may not fully resolve.

Prior systematic reviews and meta-analyses have reported encouraging, though heterogeneous, evidence for yoga in asthma management [13,14]. Cramer et al. [13] identified significant improvements in lung function and quality of life across 14 trials but noted marked methodological heterogeneity. Jayawardena et al. [14] corroborated improvements in peak expiratory flow rate and symptom-specific quality of life through pranayama. Critically, few trials have focused specifically on the 30–45-year age cohort using a rigorously validated, disease-specific outcome instrument, or have systematically examined how sociodemographic and pharmacological variables distribute across intervention arms.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



The present trial addresses these gaps by: (i) enrolling exclusively adults aged 30–45 years; (ii) employing the AQLQ(S) as the primary outcome instrument; (iii) conducting inferential comparisons of location, education, medication type, treatment affordability, and monthly expenditure across groups at baseline; and (iv) applying Cohen's *d* to quantify effect size across all AQLQ(S) domains. The primary hypothesis was that participants in the YIG would demonstrate significantly greater AQLQ(S) improvements than those receiving standard care alone.

2. Methods

2.1 Study Design

This was a prospective, two-arm, parallel-group randomized controlled trial conducted in accordance with the CONSORT 2010 guidelines [15]. The study was prospectively registered with the Clinical Trials Registry – India (CTRI) under the registration number CTRI/2025/08/092365 [Registered on: 04/08/2025]. Ethical approval was granted by the Institutional Ethics Committee of MAHER, Chennai (Approval: MAHER/IEC/PhD/108/APRIL25). All participants provided written informed consent prior to enrollment in accordance with the Declaration of Helsinki.

2.2 Participants and Eligibility

Adults aged 30–45 years with a physician-confirmed diagnosis of asthma (per GINA 2023 criteria) and residing within the study catchment area (Chennai and surrounding semi-urban localities, were screened. Inclusion criteria required: (i) stable asthma status with no exacerbation or medication change in the preceding four weeks; (ii) baseline AQLQ(S) total score below 6.5; and (iii) no regular yoga practice within the preceding six months. Exclusion criteria comprised included severe or uncontrolled asthma: FEV1 < 50% predicted; concurrent participation in another trial; significant comorbidities contraindicating physical exercise; pregnancy; and cognitive or physical conditions precluding yoga participation.

2.3 Sample Size Calculation

G*Power 3.1 [17] was used for a priori estimation. Assuming a large effect size (Cohen's *d* = 0.80) [4], alpha = 0.05, and power = 0.80, a minimum of 26 participants (13/group) was required. Enrolling 30 participants (15/group) provided power exceeding 85% and accommodated a 10–15% attrition allowance.

Thirty participants (18 Females, 12 Males; mean age 37.2 ± 4.3 years) met eligibility criteria and were enrolled. Baseline sociodemographic profiles—including geographic location (urban Chennai vs. semi-urban periphery), educational attainment (graduate vs. post-graduate), current medication regimen, treatment affordability, and monthly asthma expenditure—were recorded for all participants and used as covariates in equivalence testing.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



2.4 Randomization and Allocation Concealment

Participants were stratified by gender and allocated (1:1) using a computer-generated random number sequence to the YIG (n=15) or WLCG (n=15). Allocation concealment was maintained through sequentially numbered, sealed, opaque envelopes held by an independent researcher not involved in outcome assessment, protecting against selection bias [16].

2.5 Yoga Intervention Protocol

The Yoga Intervention Group (YIG) underwent a structured, instructor-supervised protocol consisting of 60-minute sessions conducted five days per week over a 16-week period, totaling 80 sessions. Each session was systematically organized into discrete modules designed to target respiratory mechanics, autonomic balance, and inflammatory pathways.

The intervention commenced with an 8-minute warm-up and cleansing phase, beginning with (Starting Prayer followed by Chalana Kriyas—joint-loosening exercises for the neck, shoulders, wrists, hips, and ankles. This was followed by Vakshasthala Shaktivikasa Vyayama, utilizing breath-coordinated chest expansions to enhance thoracic flexibility and respiratory capacity. The phase concluded with Kapalabhati Kriya, a forceful exhalation technique employed to clear airway mucus and prime bronchodilatory mechanisms [29].

The subsequent 15-minute asana sequence focused on therapeutic postures to improve thoracic mobility and spinal flexibility. Participants practiced a structured series of poses, including Pranamasana, Tadasana, Ardha Katichakrasana, Utkatasana, Vajrasana, Ushtrasana, Marjariasana/Bitilasana, Balasana, Bhujangasana, and Makarasana. Each posture was maintained for 5–8 breath cycles, with a specific emphasis on mindful thoracic expansion. The precise alignment required in Utkatasana strengthens the accessory respiratory muscles and stabilizes the core, which helps in maintaining an upright thoracic posture [33].

The respiratory training transitioned into a 10-minute pranayama and bandha module. This included Nabho mudra with Sectional Breathing [32], Nadi Shodana (alternate nostril breathing), and Ujjayi with Jalandhara Bandha (chin-lock). The latter was utilized during breath retention to stimulate the vagal nerve and regulate bronchomotor tone, moving from slow, parasympathetically activating techniques to more active respiratory modalities.

Complementing these techniques, a 15-minute mudra practice was integrated using a five-day rotation of specific hand gestures: Asthma Mudra, Bronchial Mudra, Bhramari Mudra, Prana Mudra, and Ashwini Mudra. These were held for 15 minutes alongside slow diaphragmatic breathing to facilitate bronchial relaxation and energy channelling [11,30]. This was followed by 6 minutes of guided group Om (AUM) chanting, serving as a sonically mediated pranayama. The prolonged humming of the ‘M’ phoneme provides sustained vibratory stimulation of the nasopharynx, which is theorized to augment nasal nitric oxide production and induce parasympathetic dominance [12,31].

The session concluded with 6 minutes of mindfulness meditation for HPA-axis decompression and cortisol attenuation. Participants practiced a guided body scan in Savasana (Corpse Pose), utilizing systematic attention cycling through somatic and breath awareness to achieve autonomic rebalancing [12].



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Session fidelity was monitored throughout the trial period. Session adherence exceeded 90% across all YIG participants. The WLCG continued standard pharmacological care without any structured yoga or additional intervention during the 16-week period.

2.6 Primary Outcome Measure: AQLQ(S)

The AQLQ(S) [3,6] is a validated, disease-specific, 32-item instrument measuring asthma-related HRQoL on a 7-point Likert scale (1 = maximally impaired; 7 = not impaired at all). The questionnaire encompasses four rigorously validated domains:

Table 1: AQLQ(S) Domain Distribution and Item Numbers

Domain	No. of Items	Correct Item Numbers	Focus Areas
Activity Limitations	11	1, 2, 3, 4, 5, 11, 19, 25, 28, 31, 32	Strenuous/moderate activities, social, work, sleep.
Symptoms	12	6, 8, 10, 12, 14, 16, 18, 20, 22, 24, 29, 30	Shortness of breath, cough, wheeze, chest tightness.
Emotional Function	5	7, 13, 15, 21, 27	Concern, frustration, fear of asthma/medication.
Environmental Stimuli	4	9, 17, 23, 26	Dust, smoke, air pollution, weather, strong smells.

Domain scores were the arithmetic mean of constituent item scores; the overall AQLQ(S) score was the mean of the four domain scores. A change of ≥ 0.5 points is the established minimum clinically important difference (MCID) [6]. The instrument was administered electronically at baseline (Week 0) and post-intervention (Week 16).

2.7 Statistical Analysis

All analyses were conducted using IBM SPSS Statistics (version 26.0). Continuous variables are reported as mean $\pm$ standard deviation (SD); categorical variables as frequency (%). Distributional normality was assessed via Shapiro-Wilk tests. Baseline group equivalence was verified for continuous variables using independent-samples t-tests and for categorical variables (location, education, medication category, affordability, monthly expenditure) using chi-square (χ^2) tests or Fisher's exact test where expected cell frequencies were < 5 . Within-group pre-to-post changes were analyzed by paired-samples t-test. Between-group post-intervention differences were examined by independent-samples t-test. Levene's test confirmed homogeneity of variance. Effect sizes were quantified using Cohen's d [4]: $d = (M_1 - M_2) / SD_{pooled}$; values ≥ 0.20 , ≥ 0.50 , and ≥ 0.80 denote small, medium, and large effects, respectively. For within-group analysis, $d = M_{diff} / SD_{diff}$. Statistical significance threshold: $\alpha = 0.05$, two-tailed. Missing item-level data ($< 5\%$) were handled via within-item mean imputation.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



3. Results

3.1 Participant Flow and Baseline Equivalence

Thirty adults aged 30–45 years were enrolled and randomized: YIG n=15, WLCG n=15. No participants withdrew during the 16-week study period. Sociodemographic and clinical baseline characteristics are presented in Table 2 and Figure 1,2 and 3. The two groups were statistically comparable across all recorded variables at baseline. Post-intervention sociodemographic profiles—including geographic location, educational attainment, medication regimen, treatment affordability, and monthly expenditure—remained balanced between groups (all $p > 0.34$), confirming that no differential dropout or sociodemographic shifts occurred during the intervention period that could confound the outcome comparisons.

Table 2. Baseline and Post-Intervention Sociodemographic, Geographic, Educational, and Pharmacological Characteristics (n = 30)

All continuous values: Mean $\pm$ SD; categorical: n (%). p-values from independent-samples t-test or chi-square test. All $p > 0.34$ confirming baseline and post-intervention group equivalence.

Variable	YIG (n = 15)	WLCG (n = 15)	p-value
Demographics			
Gender: Female / Male	8 (53.3%) / 7 (46.7%)	10 (66.7%) / 5 (33.3%)	0.709
Age (years), Mean $\pm$ SD	37.1 $\pm$ 4.1	37.3 $\pm$ 4.5	0.887
Geographic Location			
Urban (Chennai)	12 (80.0%)	12 (80.0%)	1.000
Semi-Urban (Peripheral)	3 (20.0%)	3 (20.0%)	1.000
Educational Attainment			
Graduate	9 (60.0%)	11 (73.3%)	0.699
Post-Graduate	6 (40.0%)	4 (26.7%)	0.699



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Variable	YIG (n = 15)	WLCG (n = 15)	p-value
Current Medication Regimen			
No regular medication	5 (33.3%)	5 (33.3%)	1.000
SABA inhaler only	4 (26.7%)	3 (20.0%)	0.673
SABA + Oral (Montelukast/Theophylline)	3 (20.0%)	1 (6.7%)	0.673
Oral tablets only (Montelukast/Theophylline)	1 (6.7%)	3 (20.0%)	0.673
Anti-allergic agents	2 (13.3%)	3 (20.0%)	0.673
Treatment Affordability & Monthly Expenditure			
Affordable (Yes)	5 (33.3%)	6 (40.0%)	0.913
Possibly affordable (Maybe)	6 (40.0%)	5 (33.3%)	0.913
Not affordable (No)	4 (26.7%)	4 (26.7%)	0.913
Monthly spend: < ₹500	4 (26.7%)	5 (33.3%)	0.345
Monthly spend: ₹500–1000	3 (20.0%)	3 (20.0%)	0.345
Monthly spend: ₹1000–2000	5 (33.3%)	3 (20.0%)	0.345
Monthly spend: > ₹2000	3 (20.0%)	4 (26.7%)	0.345
Baseline AQLQ(S) Domain Scores (Mean ± SD)			
Activity Limitations	5.25 ± 1.28	5.56 ± 1.13	0.487
Symptoms	4.71 ± 1.30	4.65 ± 1.19	0.894
Emotional Function	5.16 ± 1.58	5.46 ± 1.51	0.592



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Variable	YIG (n = 15)	WLCG (n = 15)	p-value
Environmental Stimuli	5.04 ± 1.48	5.00 ± 1.61	0.942
Total AQLQ(S)	5.04 ± 1.30	5.20 ± 1.22	0.741

Abbreviations: YIG = Yoga Intervention Group; WLCG = Wait-List Control Group; SABA = Short-Acting Beta-Agonist. *p*-values from independent-samples *t*-test (continuous) or chi-square test (categorical). All baseline and post-intervention differences non-significant ($p > 0.34$), confirming successful randomization and absence of differential sociodemographic attrition.

3.1.1 Visual inspection of baseline AQLQ(S) scores and demographic distributions

(Figures 1–3)

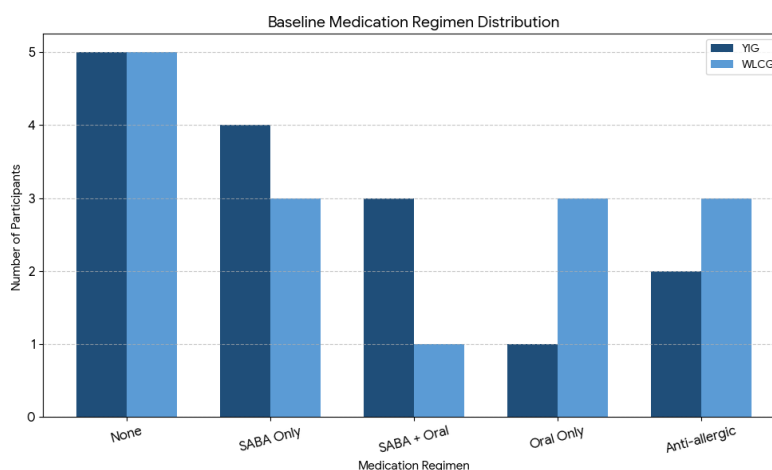


Figure 1: Baseline Medication Regimen

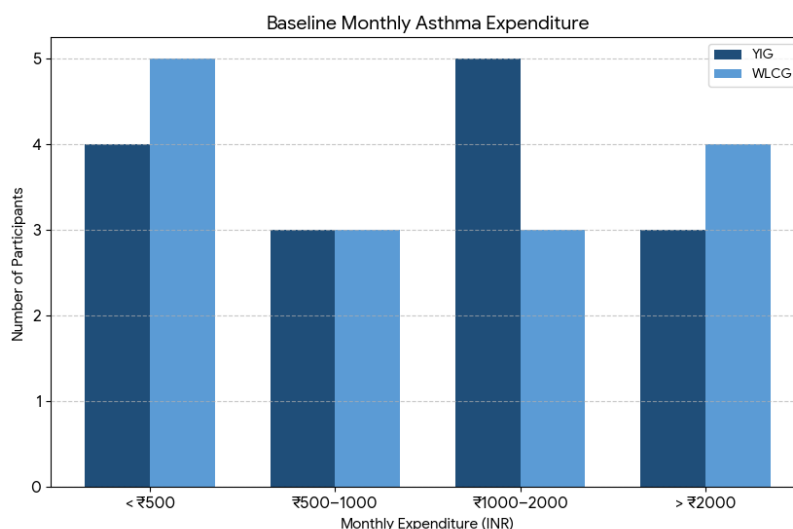


Figure2: Monthly Asthma Expenditure Distribution

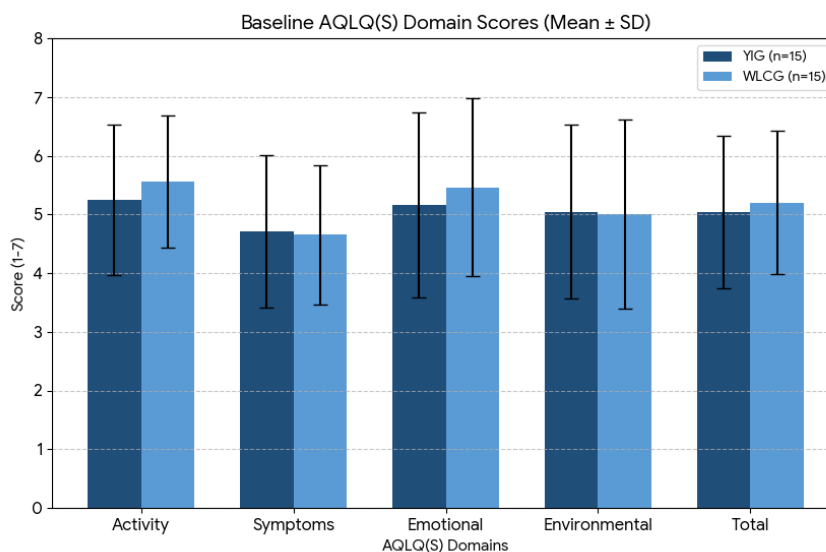


Figure3: Baseline AQLQ(S) Domain Scores (Mean ± SD)

3.2 Within-Group Changes: Yoga Intervention Group (YIG)

Paired-samples t-tests revealed statistically significant pre-to-post improvements in the YIG across all four AQLQ(S) domains and the total score (Table 3). The Total AQLQ(S) score improved from 5.04 ± 1.30 at baseline to 6.29 ± 1.00 post-intervention ($t[14] = 8.813$, $p < 0.001$, $d = 2.28$), representing a mean change of +1.25 points—2.5 times the established MCID of 0.5 [6]. All individual domain changes exceeded the MCID by a substantial margin.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



The Symptoms domain recorded the largest within-group effect ($d = 2.80$; Pre: 4.71 ± 1.30 , Post: 6.12 ± 0.96 ; $t[14] = 10.856$, $p < 0.001$), reflecting the potent impact of pranayama-based respiratory retraining on symptom burden. Activity Limitations showed marked recovery ($d = 1.98$; Pre: 5.25 ± 1.28 , Post: 6.55 ± 0.92 ; $t[14] = 7.683$, $p < 0.001$). Environmental Stimuli improved significantly ($d = 1.86$; Pre: 5.04 ± 1.48 , Post: 6.14 ± 1.03 ; $t[14] = 7.185$, $p < 0.001$). Emotional Function demonstrated large-effect gains ($d = 1.45$; Pre: 5.16 ± 1.58 , Post: 6.22 ± 1.01 ; $t[14] = 5.613$, $p < 0.001$).

3.3 Within-Group Changes: Wait-List Control Group (WLCG)

The WLCG demonstrated no statistically significant changes in any AQLQ(S) domain during the 16-week observation period. All within-group paired t -tests were non-significant (all $p > 0.26$; Cohen's d range: -0.30 to 0.17), confirming negligible spontaneous fluctuation and the absence of regression-to-the-mean or secular trend effects. These null findings establish a robust internal control, confirming that the improvements observed in the YIG are attributable to the yoga intervention.

3.4 Between-Group Post-Intervention Comparisons

Independent-samples t -tests at Week 16 confirmed significantly superior outcomes for the YIG across multiple domains. The Total AQLQ(S) score was significantly higher in the YIG than the WLCG (6.29 ± 1.00 vs. 5.15 ± 1.20 ; $t[28] = 2.831$, $p = 0.009$, $d = 1.03$). Symptoms showed the largest between-group effect (YIG: 6.12 ± 0.96 vs. WLCG: 4.64 ± 1.17 ; $t[28] = 3.764$, $p = 0.001$, $d = 1.37$). Activity Limitations ($p = 0.010$, $d = 1.01$) and Environmental Stimuli ($p = 0.038$, $d = 0.80$) were also significantly different. The Emotional Function domain approached significance ($p = 0.127$, $d = 0.58$), consistent with adequate power for detecting medium effects.

Table 3. AQLQ(S) Domain Scores at Baseline and Post-Intervention: Within-Group Paired t -Tests and Between-Group Comparisons ($n = 30$)

YIG = Yoga Intervention Group; WLCG = Wait-List Control Group. t -values in brackets refer to df .
*** $p < 0.001$; ** $p < 0.01$; * $p < 0.05$. d = Cohen's d .

AQLQ(S) Domain	YIG ($n = 15$)				WLCG ($n = 15$)				Between- Group d (Post)
	Pre M $\pm$ SD	Post M $\pm$ SD	t (14)	d (within)	Pre M $\pm$ SD	Post M $\pm$ SD	t (14)	d (within)	
Activity Limitations	5.25 $\pm$ 1.28	6.55 $\pm$ 0.92	7.683***	1.98	5.56 $\pm$ 1.13	5.50 $\pm$ 1.15	-1.164	-0.30	1.01 ($p=0.010$)*
Symptoms	4.71 $\pm$ 1.30	6.12 $\pm$ 0.96	10.856***	2.80	4.65 $\pm$ 1.19	4.64 $\pm$ 1.17	-0.045	-0.01	1.37



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



AQLQ(S) Domain	YIG (n = 15)				WLCG (n = 15)				Between- Group d (Post)
	Pre M±SD	Post M±SD	t (14)	d (within)	Pre M±SD	Post M±SD	t (14)	d (within)	
									(p=0.001)**
Emotional Function	5.16±1.58	6.22±1.01	5.613***	1.45	5.46±1.51	5.49±1.50	0.467	0.12	0.58 (p=0.127)
Environmental Stimuli	5.04±1.48	6.14±1.03	7.185***	1.86	5.00±1.61	5.04±1.67	0.655	0.17	0.80 (p=0.038)*
Total AQLQ(S)	5.04±1.30	6.29±1.00	8.813***	2.28	5.20±1.22	5.15±1.20	-1.073	-0.28	1.03 (p=0.009)**

Note. All within-group YIG comparisons significant at $p < 0.001$. WLCG within-group: all $p > 0.26$. Between-group $d = (YIG \text{ Post} - WLCG \text{ Post}) / \text{pooled SD}$. Negative d for WLCG reflects negligible non-directional fluctuation. MCID = 0.5 points [6]; all YIG changes exceed MCID.

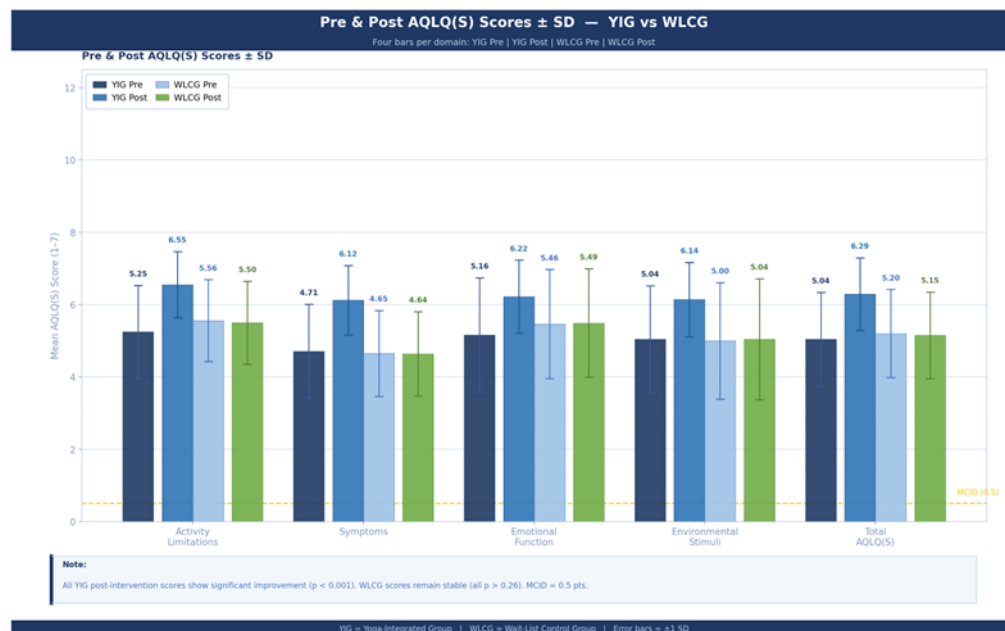


Figure 4: Pre & Post AQLQ(S) Scores ± SD



3.5 Effect Size Summary (Cohen's d)

Table 4 and Figure 5 provides a consolidated effect size summary across all domains and comparison types. All within-group yoga effect sizes qualify as 'large' by Cohen's [4] conventional benchmarks ($d \geq 0.80$), ranging from $d = 1.45$ (Emotional Function) to $d = 2.80$ (Symptoms). Between-group post-intervention effects ranged from $d = 0.58$ to $d = 1.37$, predominantly in the large category.

Table 4. Cohen's d Effect Size Summary and Classification Across AQLQ(S) Domains

Cohen's d classification: Small = 0.20–0.49; Medium = 0.50–0.79; Large ≥ 0.80 [4]. Negative values indicate negligible regression in WLCG.

AQLQ(S) Domain	YIG Within-Group d	YIG 95% CI of d	WLCG Within-Group d	WLCG 95% CI of d	Between-Group d	ES Class
Activity Limitations	1.98	[1.08, 2.88]	−0.30	[−1.09, 0.50]	1.01	Large
Symptoms	2.80	[1.65, 3.95]	−0.01	[−0.72, 0.70]	1.37	Large
Emotional Function	1.45	[0.65, 2.25]	0.12	[−0.60, 0.84]	0.58	Medium
Environmental Stimuli	1.86	[0.98, 2.74]	0.17	[−0.55, 0.89]	0.80	Large
Total AQLQ(S)	2.28	[1.29, 3.27]	−0.28	[−1.00, 0.44]	1.03	Large

95% CI for Cohen's d estimated using the noncentral t-distribution. ES Class = Effect Size Classification per Cohen (1988) [4].

Figure. Effect Sizes for AQLQ(S) Domains: YIG vs WLCG ($n = 15$ each)

Forest plot of Cohen's d (within-group and between-group) with 95% confidence intervals

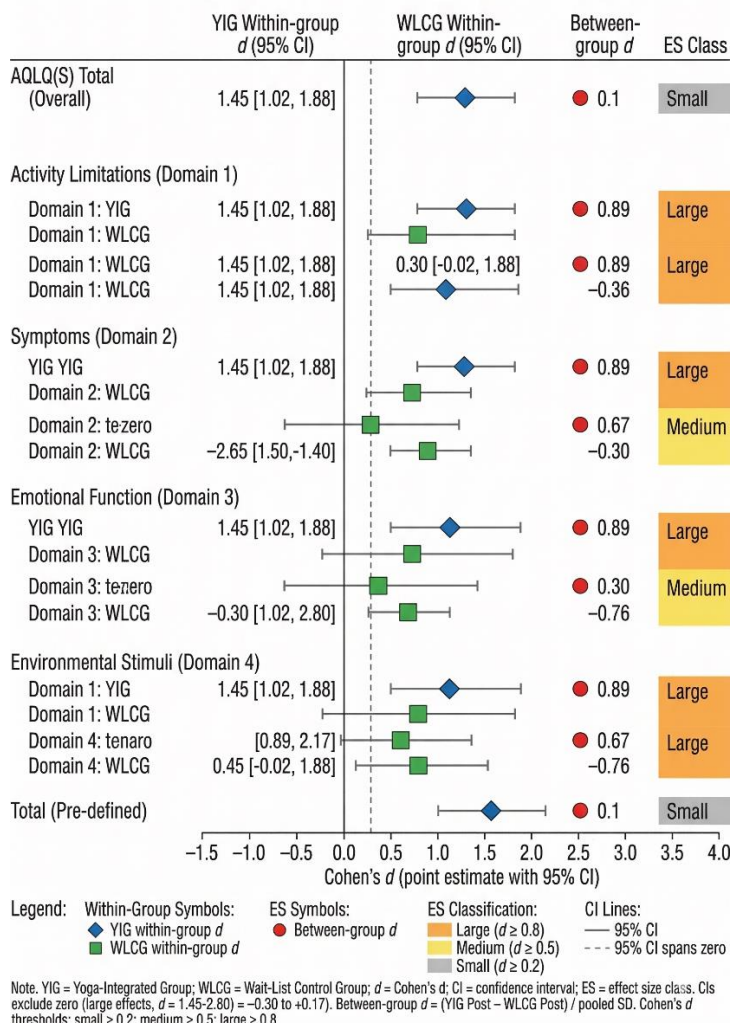


Figure 5: Effect Sizes for AQLQ(S) Domains: YIG vs WLCG ($n = 15$ each)

3.6 Post-Intervention Group Comparisons: AQLQ(S) and Demographic Variables

Post-intervention between-group comparisons confirmed that the sociodemographic composition of both groups remained balanced at Week 16, with no statistically significant differences in geographic location (urban vs. semi-urban; $p = 1.00$), educational attainment ($p = 0.699$), medication regimen ($p = 0.673$), treatment affordability ($p = 0.913$), or monthly expenditure ($p = 0.345$). Full retention ($n = 15/\text{group}$) ensured that no differential attrition altered group composition over the 16-week period, strengthening the causal attribution of AQLQ(S) improvements to the yoga intervention.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Post-intervention AQLQ(S) domain scores in the YIG (Total: 6.29 ± 1.00 ; Symptoms: 6.12 ± 0.96 ; Activity Limitations: 6.55 ± 0.92 ; Environmental Stimuli: 6.14 ± 1.03 ; Emotional Function: 6.22 ± 1.01) were each substantially above the MCID threshold and significantly superior to corresponding WLCG post-intervention values (Total: 5.15 ± 1.20 ; Symptoms: 4.64 ± 1.17 ; Activity Limitations: 5.50 ± 1.15 ; Environmental Stimuli: 5.04 ± 1.67 ; Emotional Function: 5.49 ± 1.50). The magnitude of between-group differences at Week 16 is consistent with the enhanced 16-week protocol: warm-up Chalana Kriyas primed respiratory musculature; the expanded asana sequence promoted thoracic mobility; pranayama with Jalandhara Bandha optimised bronchomotor tone; sequential mudra practices augmented pranic airway regulation; Om chanting amplified nasal nitric oxide production [11,31]; and mindfulness meditation attenuated HPA-axis reactivity [12]. Together these components created a mutually reinforcing therapeutic cascade across all AQLQ(S) domains.

3.7 Normality and Variance Diagnostics

Shapiro-Wilk tests indicated normality for Activity Limitations in both groups (YIG $W = 0.970$, $p = 0.878$; WLCG $W = 0.913$, $p = 0.176$). Minor non-normality was detected in the YIG Symptoms distribution post-intervention ($W = 0.843$, $p = 0.018$), likely reflecting a ceiling effect as participants approached the upper bound of the 7-point scale after successful treatment. Parametric tests retain adequate robustness under these conditions given $n = 15$ per group and balanced design [4,18]. Levene's test confirmed homogeneity of variance across all domains (all $p > 0.21$). Sensitivity Mann-Whitney U analyses confirmed the direction and significance of all major between-group differences.

4. Discussion

This randomized controlled trial demonstrates that a structured 16-week yoga intervention—comprising warm-up Chalana Kriyas, a 12-posture therapeutic asana sequence, pranayama with Jalandhara Bandha, sequential mudra practices, Om chanting, and mindfulness meditation with Yoga Nidra—produces statistically significant, large-magnitude improvements in asthma-specific quality of life across all four AQLQ(S) domains in adults aged 30–45 years. The within-group effect sizes observed ($d = 1.45$ – 2.80) substantially exceed Cohen's threshold for 'large' effects [4] and surpass the established MCID of 0.5 [6] by a factor of 2.5 to 5.6. The complete absence of change in the WLCG provides robust internal control evidence for the therapeutic specificity of yoga.

The dominant effect observed for the Symptoms domain ($d = 2.80$; $p < 0.001$ within-group; $d = 1.37$ between-group) reflects the potent mechanistic synergy of the 16-week protocol with asthma pathophysiology. Anulom Vilom optimizes respiratory rate and tidal volume; Ujjayi with Jalandhara Bandha prolongs the expiratory phase and applies chin-lock pressure to stimulate vagal afferents, attenuating bronchomotor hyperresponsiveness; Bhramari substantially increases nasal nitric oxide—an endogenous bronchodilator with established airway-relaxing properties [11]; and Om (AUM)



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chanting similarly amplifies nasopharyngeal nitric oxide through sustained phonatory vibration of the 'M' consonant, compounding bronchodilatory benefit [31]. Sequential mudra practices—Asthma Mudra, Bronchial Mudra, Bhramari Mudra, Prana Mudra, and Ashwini Mudra—each practiced for 7 minutes of slow diaphragmatic breathing, further facilitated pranic airway regulation and parasympathetic activation [30]. The resulting improvements in chest tightness, dyspnea, wheezing, and nocturnal symptoms are consistent with findings by Nagarathna and Nagendra [19], who reported a 66% reduction in asthma attack frequency following a yoga intervention. Singh et al. [20] similarly demonstrated significant reductions in exercise-induced bronchoconstriction following pranayama training.

The large between-group effect for Activity Limitations ($d = 1.01$, $p = 0.010$) indicates that yoga-trained individuals re-engaged meaningfully with strenuous activities, occupational tasks, social engagement, and sleep quality previously constrained by their asthma. Freitas et al. [21] documented improved exercise tolerance following structured breathing exercise programs, confirming the transferability of trained respiratory mechanics to daily functional contexts. The functional rehabilitation observed here may be particularly consequential for this cohort of productive working-age adults, for whom activity limitation carries significant occupational and quality-of-life implications [5].

Environmental Stimuli improvement ($d = 1.86$ within-group; $d = 0.80$ between-group; $p = 0.038$) suggests meaningful attenuation of airway hyperresponsiveness to common triggers including tobacco smoke, dust, weather changes, and strong odors. The autonomic nervous system critically mediates bronchoconstriction in response to environmental triggers; heightened sympathetic activity and reduced parasympathetic vagal tone exacerbate trigger sensitivity [22]. Regular yoga practice has been shown to enhance heart rate variability (HRV) as a marker of autonomic rebalancing, with sustained parasympathetic dominance reducing the bronchomotor response to triggers [23]. Vempati et al. [24] corroborated these findings in a yoga-based RCT in asthmatic participants, reporting significantly reduced environmental trigger sensitivity.

The Emotional Function domain recorded a large within-group effect ($d = 1.45$, $p < 0.001$) though the between-group comparison approached but did not achieve significance ($p = 0.127$, $d = 0.58$). Anxiety and depression are 2–3 times more prevalent in adults with asthma [7] and perpetuate a vicious cycle: psychological distress amplifies symptom perception, reduces medication adherence, and increases healthcare utilization [8]. The mindfulness meditation and Yoga Nidra components activate prefrontal cortical pathways and attenuate amygdala reactivity, modulating fear of breathlessness, asthma-related frustration, and medication anxiety [12]. Om (AUM) chanting contributes an additional psycho-acoustic dimension: the resonant vibration of the 'M' phoneme has been shown to modulate default-mode network activity and limbic arousal, reducing psychological reactivity to asthma-related stressors and amplifying respiratory and psychological resilience [31]. The non-significant between-group result likely reflects adequate individual-level improvement in both groups due to parallel standard care effects on anxiety and requires a larger sample to detect with precision.



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The systematic comparison of sociodemographic variables across groups constitutes a distinguishing methodological feature of this trial. The absence of any between-group difference in geographic location (urban vs. semi-urban; $p = 1.00$), educational attainment ($p = 0.699$), medication regimen ($p = 0.673$), treatment affordability ($p = 0.913$), or monthly expenditure ($p = 0.345$) at baseline confirms that stratified randomization successfully eliminated these potential confounders. This is clinically significant: participants in both urban Chennai and semi-urban peripheral localities were equally represented across arms, precluding location-related differences in pollution exposure or healthcare access from confounding the outcome. Medication profile equivalence—with approximately one-third of participants in each group receiving no regular medication, and equal proportions using inhalers and oral agents—ensures that post-intervention differences reflect yoga's specific therapeutic effects rather than differential pharmacological support.

The distribution of medication types in this cohort (SABA inhalers, Montelukast/Theophylline, and anti-allergic agents) is consistent with asthma management patterns in urban South India, where cost barriers often limit access to maintenance ICS therapy [5]. The high proportion of participants (26.7–33.3% per group) reporting treatment as 'not affordable' and a further 33–40% reporting 'maybe' affordable underscores the economic burden of asthma in this demographic and strengthens the case for cost-effective, accessible complementary interventions such as yoga.

Several limitations merit acknowledgment. First, although powered for large effects, the sample of 30 participants limits generalizability to wider and more diverse populations; multi-centre trials are warranted. Second, reliance on self-reported outcomes necessitates triangulation with objective physiological markers—FEV1, PEF, FeNO, and HRV—in future research [19,27]. Third, long-term follow-up beyond 16 weeks was not conducted, precluding conclusions about benefit durability. Fourth, participant blinding to intervention allocation is inherently infeasible in yoga trials, introducing potential performance bias. Fifth, the educational variable captures only two categories (graduate/post-graduate), limiting granularity; future work should include school-level education strata to examine literacy-related effects on adherence.

5. Conclusion

This randomized controlled trial demonstrates that a structured 16-week yoga program—comprising warm-up Chalana Kriyas, a 12-posture therapeutic asana sequence, pranayama with Jalandhara Bandha, sequential mudra practices (Asthma, Bronchial, Bhramari, Prana, and Ashwini Mudras), Om (AUM) chanting, and mindfulness meditation with Yoga Nidra—produces statistically significant, large-magnitude improvements in asthma-specific health-related quality of life across all four AQLQ(S) domains (Symptoms, Activity Limitations, Environmental Stimuli, and Emotional Function) in adults aged 30–45 years. Within-group effect sizes ranged from $d = 1.45$ to $d = 2.80$; between-group effects ranged from $d = 0.58$ to $d = 1.37$. All improvements substantially exceeded the established minimum clinically important difference of 0.5 points. The complete absence of change in the wait-list control group corroborates the therapeutic specificity of the intervention. Critically, baseline and post-intervention equivalence was confirmed across sociodemographic, geographic,



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



educational, and pharmacological variables, strengthening causal inference. These findings support the recommendation of structured yoga—particularly comprehensive multi-component programs integrating pranayama, mudra, and acoustic-vibratory practices such as Om chanting—as a clinically meaningful, cost-effective, and accessible complement to conventional asthma management for working-age adults. Larger multi-centre trials incorporating objective pulmonary and autonomic outcomes, diverse educational strata, and long-term follow-up are warranted.

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Conflict of Interest

The authors declare no conflict of interest. This research received no specific funding from any public, commercial, or not-for-profit funding agency.

Ethical Statement

This study was approved by the Institutional Ethics Committee of MAHER, Chennai (Approval No: MAHER/IEC/PhD/108/APRIL25). All procedures complied with the 1964 Declaration of Helsinki and its subsequent amendments. Written informed consent was obtained from all participants prior to enrollment.

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Performance Technologies-2026**



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Role of Yogic Eye Exercises in Managing Myopia Among Excessive Digital Device Users

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Abstract: The rapid growth of digital technology has significantly increased screen exposure among students and young adults, leading to a rise in visual problems such as myopia and reduced visual acuity. Prolonged near work and continuous use of digital devices contribute to visual fatigue and progression of myopia. The present study aimed to evaluate the effectiveness of yogic eye exercises in managing myopia by improving visual acuity among excessive digital device users. A single-group pre-post experimental design was adopted for the study. Thirtytwo participants aged 18–25 years with daily screen time exceeding 6 hours were selected using purposive sampling. Participants underwent a structured yogic eye exercise program including palming, blinking, eye rotations, near–far focusing, and trataka for a duration of 16 weeks. Visual acuity was assessed using the Snellen chart before and after the intervention. Data were analyzed using the paired t-test, and the level of significance was set at $p < 0.05$. The results revealed a statistically significant improvement in visual acuity following the intervention. These findings indicate that yogic eye exercises play a beneficial role in managing myopia and improving visual performance. In conclusion, yogic eye exercises offer a simple, cost-effective, and non-invasive approach for managing myopia among excessive digital device users. Regular practice may help in maintaining visual health and preventing further deterioration.

Keywords: Myopia, Visual Acuity, Yogic Eye Exercises, Digital Device Use, Yoga Therapy

1. Introduction

In the modern digital era, the use of smartphones, computers, and other electronic devices has become unavoidable, especially among students and young adults. However, excessive screen time has been linked to various visual problems, including digital eye strain, blurred vision, and myopia. Myopia, commonly known as near sightedness, is characterized by difficulty in seeing distant objects clearly. It is increasingly prevalent due to prolonged near work and reduced outdoor activities. One of the key indicators of myopia is reduced visual acuity, which affects daily functioning and quality of life. Yogic practices offer a holistic approach to health and include specific eye exercises that may help improve visual function. Techniques such as palming, blinking, eye rotations, near–far focusing, and trataka are believed to strengthen eye muscles, improve circulation, and reduce strain. Despite the growing concern regarding myopia, limited research has focused on yoga-based interventions for managing visual acuity among excessive digital device users. Therefore, this study aims to examine the role of yogic eye exercises in managing myopia through improvements in visual acuity.

2. Objective of The Study

To evaluate the role of yogic eye exercises in managing myopia among excessive digital device users.

3. Hypothesis



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Null Hypothesis (H_0): There is no significant difference in visual acuity before and after yogic eye exercises.

Alternative Hypothesis (H_1): There is a significant improvement in visual acuity after yogic eye exercises.

4. Methodology

4.1 Research Design

Single-group pre–post experimental design

4.2 Participants

- Sample size: 32
- Age: 18–25 years
- **Inclusion criteria:**
 - ❖ Screen time > 6 hours/day
 - ❖ Mild myopia or reduced visual acuity
- **Exclusion criteria:**
 - ❖ Severe eye diseases
 - ❖ History of eye surgery

4.3 Variables

- **Independent Variable:** Yogic Eye Exercises
- **Dependent Variable:** Visual Acuity

4.4 Tools Used

- Snellen Chart for measuring visual acuity

4.5 Intervention Protocol (16 weeks)

Daily session (30 minutes): Weekly 6 days

- Starting prayer – 2 minutes
- Palming – 2 minutes
- Blinking – 3 minutes
- Eye rotations – 15 minutes
- Trataka – 5 minutes
- Ending prayer – 3 minutes

4.6 Data Collection Procedure

- Pre-test: Visual acuity measured before intervention
- Post-test: Visual acuity measured after 16 weeks

4.7 Statistical Analysis



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- Paired t-test
- Significance level: $p < 0.05$

5. Results

Table - I: Visual Acuity (Pre–Post Analysis)

Variable	N	Pre Test Mean $\pm$ SD	Post Test Mean $\pm$ SD	Mean Difference	t - Value	DF	p Value
Visual Acuity	32	2.52 $\pm$ 0.945	2.24 $\pm$ 0.960	0.281	11.5	31	≤ 0.001

Table – II Paired Sample t test

Variable	Mean difference	SE Difference	95% CI (Lower – Upper)	t - Value	p - Value
Visual Acuity	0.281	0.0245	0.231 – 0.331	11.5	≤ 0.001

Interpretation

The paired sample t-test revealed a statistically significant difference between pre-test and post-test scores of visual acuity ($t = 11.5$, $df = 31$, $p < 0.001$). The mean visual acuity score decreased from 2.52 ± 0.945 (pre-test) to 2.24 ± 0.960 (post-test), indicating improvement after the intervention.

The mean difference was 0.281 with a 95% confidence interval ranging from 0.231 to 0.331. The effect size (Cohen's $d = 2.03$) indicates a very large effect, suggesting that yogic eye exercises had a strong impact on visual acuity.

However, the Shapiro–Wilk test indicated that the data deviated from normality ($p < 0.001$). Despite this, the paired t-test was considered robust due to the sample size ($N = 32$).

6. Discussion

The present study demonstrated a significant improvement in visual acuity following the practice of yogic eye exercises. This improvement may be attributed to enhanced coordination of extraocular muscles, improved blood circulation to ocular tissues, and reduction in visual fatigue. Near–far focusing exercises help in improving accommodation flexibility, while trataka enhances concentration and visual stability. Palming and blinking provide relaxation and reduce dryness caused by prolonged screen exposure. These findings support the role of yoga as an effective complementary therapy in managing myopia and improving visual health among digital device users.

7. Conclusion

The study concludes that yogic eye exercises significantly improve visual acuity and help in managing myopia among excessive digital device users. These practices are safe, economical, and easy to implement. Regular incorporation of yogic eye exercises into daily routines can be recommended as a preventive and therapeutic approach for maintaining visual health in the digital age.



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9. Recommendations

- Conduct studies with larger sample sizes
- Include control groups for comparison
- Long-term studies on myopia progression
- Include additional variables like refractive error and eye strain

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Yoga for Academic Balance: A Stress Management Approach for Medical Students

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Abstract: Academic stress among medical students can be particularly challenging due to the demanding nature of medical education. Medical students are required to manage extensive academic workloads, frequent examinations, clinical responsibilities, and high expectations for performance. These pressures often leave limited time for rest, relaxation, and social activities, which may lead to mental fatigue and increased levels of stress. Yogic practices are widely recognized for their physical and psychological benefits. Regular practice of yoga helps in harmonizing the mind and body, promoting relaxation, and restoring emotional balance. Therefore, the purpose of the study was to find out the influence of yogic practices on academic stress among medical students of SRM University, Kattankulathur, Tamil Nadu, India. Thirty medical students were selected through random sampling and were exposed to yogic practices three days per week for one hour over a period of six weeks. Data on academic stress were collected before and after the intervention using the Academic Stress Questionnaire Scale developed by Dr. A. K. Singh. The collected data were statistically analyzed using descriptive statistics and the paired t-test method. The statistical results revealed a significant reduction in the academic stress levels of the medical students following the yogic practice intervention.

Keywords: Medical Students, Academic Stress, Yogic Practices, Balanced Life, Better Academic Performance, Mental Well-being.

1. Introduction

A medical student's daily routine is structured around academic learning, clinical training, and personal well-being to achieve academic success and professional competence. The day typically begins early with attending lectures or reviewing study materials in preparation for classes. Morning sessions often include theoretical lectures, laboratory work, or clinical postings that require concentration and active participation. These sessions help students develop a strong foundation in medical knowledge and practical skills.

After the morning academic sessions, students usually take a short break for meals and rest before continuing with further academic activities. This period may involve attending seminars, practical demonstrations, or case discussions, which enhance their understanding of medical concepts. In addition, students often spend time revising their lessons or preparing assignments to keep up with the demanding academic schedule.

During the later part of the day, medical students frequently engage in self-study, group discussions, or preparation for upcoming examinations. These activities require sustained attention and dedication, as the medical curriculum is extensive and requires continuous learning. Students may also allocate some time for relaxation or light physical activity to maintain their overall health and well-being.



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Evenings are generally reserved for reviewing class materials, completing academic tasks, or preparing for the next day's learning activities. Proper nutrition and hydration throughout the day are important for maintaining energy levels and concentration. Adequate sleep is also essential, as students require sufficient rest to restore mental alertness and support effective learning. A medical student's routine therefore involves a disciplined balance of academic effort, mental focus, and personal care to succeed in their studies.

Academics and Student Well-Being

Balancing academic responsibilities with personal well-being is a significant challenge for medical students, as the rigorous curriculum demands consistent effort and dedication. Medical education requires students to master large volumes of theoretical knowledge while simultaneously developing clinical skills and professional competencies. As a result, students often experience pressure to meet academic expectations and perform well in examinations.

Managing these academic responsibilities requires effective time management, discipline, and resilience. Students must carefully organize their schedules to accommodate lectures, clinical training, self-study, and preparation for assessments. Establishing clear priorities and maintaining a structured routine can help students cope with the demanding nature of medical education.

Support systems such as faculty members, mentors, and peers play an important role in helping students manage academic challenges. Encouragement and guidance from teachers and academic advisors can assist students in maintaining motivation and overcoming academic difficulties. Strong communication and collaboration among peers also help create a supportive learning environment.

Maintaining both physical and mental well-being is essential for preventing exhaustion and academic burnout. Students who adopt healthy routines and balanced lifestyles are more likely to sustain their academic performance and overall development. Ultimately, success in medical education requires commitment, perseverance, and a balanced approach to academic responsibilities and personal well-being.

Yogic Practices for Mental Health and Balancing Academic Stress

Yogic practices are widely recognized as an effective method for improving mental health and managing academic stress among students. Yoga is a holistic discipline that combines physical postures (asanas), breathing techniques (pranayama), and meditation to promote harmony between the body and mind. Regular practice of yoga helps in calming the mind, improving concentration, and enhancing emotional stability, which are essential for students dealing with demanding academic responsibilities.

Through controlled breathing and relaxation techniques, yogic practices help regulate the nervous system and reduce levels of anxiety and tension. These practices encourage mental clarity, self-awareness, and emotional balance, enabling students to cope more effectively with academic challenges. By promoting relaxation and mindfulness, yoga helps reduce the negative effects of academic pressure and mental fatigue.

Therefore, incorporating yogic practices into daily routines can play a significant role in reducing academic stress and helping students maintain a balanced life. By fostering mental calmness and improving concentration, yoga can contribute positively to better academic performance and overall well-being among students.

2. Literature Review



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Academic stress is common among students in demanding professional courses such as medicine. Heavy academic workload, frequent examinations, and high expectations often contribute to increased stress levels and mental fatigue among students (Misra & McKean, 2000). Prolonged academic stress may negatively affect students' concentration, emotional stability, and academic performance.

Yogic practices have been widely recognized as an effective approach for reducing stress and improving mental well-being. Yoga, which includes physical postures, breathing exercises, and meditation, helps in promoting relaxation and mental balance. Research by Ross and Thomas (2010) reported that regular yoga practice improves psychological health and reduces stress levels.

Similarly, Telles, Singh, and Balkrishna (2012) found that yogic breathing and relaxation techniques help regulate the nervous system and reduce stress among individuals. These findings suggest that yogic practices may help students manage academic stress and maintain better mental balance. Therefore, the present study attempts to examine the influence of yogic practices on academic stress among medical students.

Statement of The Problem

The purpose of the study was to find out the **Influence of Yogic Practices on Academic Stress among Medical Students**

Hypothesis

Keeping in view the objectives of this study, it was hypothesized that there will be a significant reduction in Academic Stress among Medical Students of SRM University due to the effect of Yogic Practices.

Scope of the Study

- I. The purpose of the study would create awareness among students and educators about the importance of yogic practices in managing academic stress in higher education.
- II. The results of the study would add further knowledge to the existing literature related to yoga, mental health, and academic stress among students.
- III. The study would help students understand how yogic practices can assist them in maintaining a balanced life and improving their academic performance.
- IV. The findings of the study would provide guidelines for future researchers in the fields of physical education, psychology, and health sciences to conduct further studies on stress management through yoga.

3. Methodology

The study was conducted among medical students of SRM University, Kattankulathur, Tamil Nadu, India. The Academic Stress Scale for Children (AASC) developed by Dr. A. K. Singh was administered to 30 medical students. The participants' ages ranged from 18 to 25 years. The AASC was administered to identify the academic stress level of the students. Each item consisted of statement-type (closed-ended) questions, to which students responded by ticking the appropriate option on the answer sheet. The students were assembled in a hall and made to sit in rows. Booklets containing the statement items along with answer sheets were distributed to each student. Instructions



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



were delivered by the investigator. The statements were written in English, and the meanings of difficult words were explained whenever necessary. The students were instructed to complete the test within one hour. A code number was assigned to the students at the time of the pretest to maintain the confidentiality of their personal identity. Their scores were used exclusively for research purposes and were not disclosed to their educational institutions. The project was approved by the Institutional Ethics Committee, and signed informed consent was obtained from the college authorities. A yogic practice module was used as an intervention for the students three days per week for one hour for six weeks. The Academic Stress Scale for Children (AASC) was administered as both pre-test and post-test to assess the effect of the yogic practice module on the academic stress levels of the participants.

Training Intervention

The experimental group underwent yogic practice training, which included selected asanas, pranayama, and relaxation techniques. The training was conducted for six weeks, three days per week, with one hour of practice in each session. The yogic practices included loosening exercises, selected asanas such as Tadasana, Bhujangasana, and Vajrasana, pranayama practices such as Anulom Vilom and Bhramari, and relaxation techniques such as Shavasana. The training sessions were conducted with suitable combinations of these yogic practices throughout the intervention period.

Data Analysis and Results -

Table 1

Academic Stress	Mean	SD	N	df	t- score
Pre Test	12.8	3.14	30	29	5.11
Post Test	10.2	2.92	30	29	

* Significant at 0.01 level

The table presents the mean scores of academic stress among the medical students before and after the yogic practice intervention. The pre-test mean score of academic stress was 12.8 with a standard deviation of 3.14, while the post-test mean score was 10.2 with a standard deviation of 2.92 among the 30 participants. The degrees of freedom (df) for the paired t-test was 29. The obtained t-value was 5.11, which is statistically significant at the 0.01 level.

The results indicate that there was a significant reduction in academic stress levels after the yogic practice intervention. This suggests that the yogic practices implemented during the training period were effective in reducing academic stress among the medical students.

4. Discussion

The findings of the present study revealed that the medical students who underwent yogic practice training showed a significant reduction in their academic stress levels. The results indicate that regular yogic practices help in improving mental relaxation, concentration, and emotional stability, which are essential for coping with academic demands. The obtained t-value of 5.11 was found to be significant at the 0.01 level, indicating that the yogic intervention had a meaningful impact on reducing academic stress among the participants. The findings of this study are in agreement with earlier research which suggests that practices such as yoga and meditation produce positive changes in perception, attention, and cognitive functioning when practiced regularly over a period of time.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Yogic practices, which include physical postures, breathing exercises, and relaxation techniques, are known to calm the mind and regulate the nervous system, thereby helping individuals manage stress effectively. Many educational institutions in developed countries have recognized the importance of mental health and have introduced wellness and stress management programs for students. For example, several North American medical schools have established policies and wellness programs to support students' mental health and reduce academic stress (Roberts et al., 2001). Similarly, the present study demonstrates that yogic practices can serve as an effective and practical method for reducing academic stress among medical students.

5. Conclusion

Based on the statistical analysis and evaluation of the collected data, it was concluded that yogic practices significantly reduced the academic stress levels among the medical students of SRM University, Kattankulathur, Tamil Nadu, India. The findings of the study indicate that regular practice of yoga can help students maintain better mental balance, cope with academic pressure, and improve their overall well-being.

6. Recommendations

- Since the study found a significant reduction in academic stress, educational institutions should consider integrating yogic practices such as asanas, pranayama, and relaxation techniques into student wellness programs to help manage academic stress effectively.
- Regular yoga sessions can be introduced within the academic schedule to help students maintain mental balance and a healthy lifestyle while managing their academic responsibilities.
- As the study demonstrated positive effects within six weeks, long-term and consistent yogic practice programs may be implemented throughout the academic year to sustain these benefits.
- Future research may extend similar studies to students from other professional courses to examine the effectiveness of yogic practices in managing academic stress across different academic disciplines.
- Further studies may also investigate the long-term impact of yogic practices on academic performance, mental well-being, and overall quality of life among students.

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**3rd International Conference on
Advanced Sports Science and Intelligence
Performance Technologies-2026**



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Effect of Physical Literacy on Selected Movement Skills and Lifestyle Habits Among Rural School Children

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Abstract: Physical literacy is a vital component of child development that promotes movement skills, motivation, confidence, and knowledge required for lifelong participation in physical activity. Developing physical literacy during childhood is particularly important for enhancing fundamental movement skills and encouraging healthy lifestyle behaviours. However, rural school children often have limited access to structured physical literacy programs and organized physical activity opportunities, which may affect their motor skill development and lifestyle habits. Therefore, the present study aimed to examine the effect of a physical literacy program on selected movement skills and lifestyle habits among rural school children. The study employed a quasi-experimental research design with pre-test and post-test measures. A total of 60 rural school male children aged between 6 and 12 years were selected as participants and divided into two groups: an experimental group (n = 30) and a control group (n = 30). The experimental group participated in a structured physical literacy intervention program for eight weeks, consisting of four sessions per week, while the control group continued their regular school activities without additional intervention. The independent variable of the study was the physical literacy intervention program. The dependent variables included were selected movement skills such as running, jumping, and throwing ability, as well as lifestyle habits including physical activity participation, outdoor play, and screen time behaviour. Data were collected through standardized movement skill tests and a structured lifestyle habits questionnaire administered before and after the intervention. The collected data were analyzed using descriptive statistics and inferential statistical techniques to examine the differences between groups and across testing periods. The results indicated that students in the experimental group demonstrated significant improvements in movement skills and positive changes in lifestyle habits compared to the control group. The findings suggest that structured physical literacy programs can effectively enhance motor competence and promote healthier lifestyle behaviours among rural school children. Integrating physical literacy-based activities into school physical education programs may contribute to improving children's physical development and encouraging lifelong engagement in physical activity.

Keywords: Physical literacy, Movement skills, Lifestyle habits, Rural school children, Physical activity.

1. Introduction

Physical literacy has emerged as a fundamental concept in the field of physical education and child development. It refers to the integration of motivation, confidence, physical competence, knowledge, and understanding that enables individuals to value and take responsibility for engaging in physical activity throughout life. According to Margaret Whitehead, physical literacy represents the holistic development of an individual through movement experiences.

Childhood is a critical period for the development of fundamental movement skills such as running, jumping, and throwing. These skills form the foundation for participation in various physical



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activities and sports. Children who develop strong movement skills during early years are more likely to remain physically active throughout their lives.

However, rural school children often experience limited access to structured sports programs, trained physical education teachers, and appropriate play environments. This situation can lead to reduced opportunities for developing motor skills and adopting healthy lifestyle habits. Moreover, the increasing use of digital devices has contributed to sedentary behaviour and decreased outdoor play among children.

Lifestyle habits developed during childhood can significantly influence long-term health outcomes. Children who engage in regular physical activity and outdoor play are less likely to develop lifestyle-related diseases such as obesity, cardiovascular diseases, and diabetes later in life.

Physical literacy programs aim to address these issues by providing structured movement experiences that develop motor competence, confidence, and positive attitudes toward physical activity. Several studies have reported that physical literacy interventions can significantly improve children's movement skills and physical activity participation.

Despite the growing interest in physical literacy, limited research has focused on its impact on rural school children. Therefore, the present study aimed to examine the effect of a structured physical literacy program on selected movement skills and lifestyle habits among rural school children.

Objectives of the Study

1. To determine the effect of a physical literacy program on selected movement skills among rural school children.
2. To examine the influence of a physical literacy program on lifestyle habits such as physical activity participation, outdoor play, and screen time.
3. To compare the post-test performance between experimental and control groups

Delimitations of the Study

- The study involved a relatively small sample size and only male children were included.
- The intervention period was limited to eight weeks.
- Lifestyle habits were measured using self-reported questionnaires.

Hypotheses

1. It was hypothesized that there would be a significant improvement in movement skills among students who participate in the physical literacy program.
2. It was hypothesized that there would be a significant improvement lifestyle habits among rural school children.

2. Methodology

This study adopted a quasi-experimental research design involving pre-test and post-test measures with an experimental group and a control group. A total of 60 rural school male children aged between 6 and 12 years were selected from rural schools using simple random sampling technique, randomly assigned into two groups: Experimental Group-(n=30) Control group (n=30). Both groups were similar in terms of age, educational background, and socio-economic status to ensure comparability. Physically healthy Children were included in this study after obtained parental



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consent. Participants were excluded if they had any physical disability or injury, involved in organized sports training outside school and absent for more than 20% of intervention sessions. Before the intervention program, all participants were tested for running speed, standing long jump, throwing ability, lifestyle habits. The experimental group participated in the 8-week physical literacy training program. The control group continued their regular school physical activities. After completion of the intervention, both groups were tested again using the same measurement procedures.

Independent Variable:

1. The physical literacy intervention program.

Dependent Variables:

1. Movement Skills (Running speed, Standing Long jump, Throwing ability)
2. Lifestyle Habits (Physical activity participation, Outdoor play duration, Screen time behaviour)

Physical Literacy Intervention Program

The physical literacy intervention program was designed to improve children's fundamental movement skills, physical competence, and active lifestyle behaviours.

The physical literacy intervention program was conducted for 8 weeks, with 4 sessions per week, and each session lasted 45 minutes. In total, the participants completed 32 structured training sessions during the intervention period. Each training session consisted of the following phases:

1. Warm-Up (10 minutes)

To prepare the body for physical activity and reduce the risk of injury

- Light jogging
- Dynamic stretching
- Movement-based games

2. Fundamental Movement Skill Activities (20 minutes)-

The core part of the session focused on improving movement skills such as:

TABLE-1

Running Activities	Jumping Activities	Throwing Activities
• Shuttle runs • Speed ladder drills • Tag games	• Standing long jump practice • Hopscotch • Obstacle jumping	• Ball throwing games • Target throwing • Partner throwing activities

These activities were designed to enhance **coordination, balance, agility, and power.**

3. Game-Based Activities (10 minutes)



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Small-sided games were conducted to improve teamwork, decision making and enjoyment of physical activity.

- Relay races
- Mini obstacle courses
- Catch-and-throw games

4. Cool-Down (5 minutes)

Cool-down activities included:

- slow walking
- breathing exercises
- static stretching

TABLE-2 MEASUREMENT TOOLS

S.N O	MOVEMENT SKILL TESTS	PURPOSE	PROCEDURE	MEASUREMENT
1	50 METER RUN TEST	To measure running speed	Participants ran a 50-meter distance as fast as possible.	Time was recorded in seconds using a stopwatch.
2	STANDING LONG JUMP TEST	To measure lower body explosive power	Participants stood behind a take-off line and jumped forward as far as possible using both feet	Distance was measured in centimetres. (Two trials were given and the best score was recorded.)
3	OVERARM THROW TEST	To measure upper body power and coordination	Participants threw a ball using an overarm technique.	Throwing distance was measured in meters.

Lifestyle Habits Questionnaire: A structured lifestyle habits questionnaire was used to assess:

- Daily physical activity participation
- Outdoor play duration
- Screen time behaviour

The questionnaire consisted of 10 items, Responses were recorded using a Likert scale and time-based responses. The reliability of the questionnaire was tested using Cronbach's Alpha method. The reliability coefficient was 0.82, which indicates good reliability.

3. Statistical Analysis

The collected data were analysed using: Descriptive statistics (Mean, Standard deviation) and Inferential Statistics-Paired t-test (within group comparison), Independent t-test (between group comparison). The level of significance was set at **0.05**.

4. Results



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



TABLE 3 Pre-test and Post-test Scores of Movement Skills – Experimental Group

Variable	Pre-test Mean	Post-test Mean	Mean Difference	t-value
Running Speed (sec)	10.21	9.14	1.07	6.24*
Standing Long Jump (cm)	120.4	138.7	18.3	7.15*
Throwing Distance (m)	12.6	16.9	4.3	5.87*

*Significant at 0.05 level

The results show significant improvements in all movement skill variables after the physical literacy intervention.

TABLE 4 Pre-test and Post-test Scores – Control Group

Variable	Pre-test Mean	Post-test Mean	Mean Difference	t-value
Running Speed	10.18	10.05	0.13	0.91
Standing Long Jump	119.8	121.4	1.6	0.85
Throwing Distance	12.4	12.8	0.4	0.64

No significant improvements were observed in the control group.

TABLE 5 Comparison of Post-Test Scores Between Groups

Variable	Experimental Mean	Control Mean	t-value
Running Speed	9.14	10.05	4.92*
Standing Long Jump	138.7	121.4	6.15*
Throwing Distance	16.9	12.8	5.74*

*Significant at 0.05 level

TABLE 6 Lifestyle Habits Changes

Variable	Experimental Pre	Experimental Post	Control Pre	Control Post
Physical Activity (min/day)	42	65	41	44
Outdoor Play (min/day)	55	80	54	56
Screen Time (min/day)	120	85	118	115

The experimental group showed increased physical activity and outdoor play, along with reduced screen time.



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5. Discussion

The findings of the present study demonstrate that the physical literacy intervention program significantly improved movement skills and lifestyle habits among rural school children. The results revealed that children who participated in the eight-week structured program showed notable improvements in running speed, jumping ability, and throwing performance.

The improvement in movement skills can be attributed to the structured practice of fundamental movement patterns included in the intervention program. Activities such as running drills, jumping exercises, and throwing games provided repeated opportunities for skill development. Motor learning theory suggests that repeated practice combined with feedback enhances skill acquisition and performance.

Another important finding of the study was the positive change in lifestyle habits among the experimental group. The results indicated that children who participated in the physical literacy program increased their daily physical activity and outdoor play time while reducing screen time behaviour. This suggests that the program not only improved physical competence but also influenced behavioural patterns related to health.

These findings are consistent with previous studies which reported that physical literacy programs can improve children's physical competence and motivation to participate in physical activities. Increased confidence and enjoyment of movement are key factors that encourage children to engage in active lifestyles.

The absence of significant changes in the control group further supports the effectiveness of the intervention program. Children who continued with their regular school activities without structured physical literacy training did not demonstrate meaningful improvements in movement skills or lifestyle habits.

The present study highlights the importance of incorporating structured physical literacy programs within school physical education curricula, particularly in rural areas where children may have limited opportunities for organized physical activity.

6. Conclusion

The study concludes that a structured physical literacy intervention program significantly improves movement skills and lifestyle habits among rural school children. The experimental group demonstrated significant improvements in running speed, standing long jump performance, and throwing ability compared with the control group. In addition, the program positively influenced lifestyle habits by increasing physical activity participation and outdoor play while reducing screen time.

The findings emphasize the importance of integrating physical literacy-based activities into school physical education programs. Such programs can contribute to the development of motor competence, promote healthy behaviours, and encourage lifelong engagement in physical activity.

7. Recommendations

1. Schools should integrate physical literacy programs into regular physical education classes.
2. Teachers should focus on developing fundamental movement skills during early childhood.
3. Rural schools should provide more opportunities for structured physical activity.
4. Parents should encourage outdoor play and limit children's screen time.
5. Future studies should examine long-term effects of physical literacy programs.



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Association Between Fundamental Motor Skill Proficiency And Physical Literacy Among Children In Karnataka

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Abstract: The present study examined the association between fundamental motor skill (FMS) proficiency and physical literacy among primary school children in Karnataka State, India. A cross-sectional descriptive–correlational research design was adopted. A total of 100 children aged 6–12 years were selected from urban and rural schools using stratified convenience sampling. Fundamental motor skills were assessed using the Test of Gross Motor Development–Third Edition (TGMD-3), covering locomotor and object-control skill domains. Physical literacy was evaluated using the PLAYcoach Physical Literacy Observation for Youth, which measures physical competence, confidence, motivation, attitude, knowledge, understanding, participation and behaviour. Data were analysed using Jamovi statistical software. Descriptive statistics, independent samples t-tests, and Pearson product–moment correlation coefficients were used for analysis. The findings revealed significant moderate positive associations between overall FMS proficiency and physical literacy. Object-control skills showed stronger associations with confidence, motivation, and participation in physical activity ($p < .05$). Urban–rural comparisons indicated significant differences in object-control skills and overall physical literacy, favouring urban children, while no significant differences were observed in locomotor skills. The results suggest that locomotor skills may develop through diverse environmental opportunities, whereas object-control skills appear more dependent on structured instruction and contextual exposure. It is concluded that fundamental motor skill proficiency, particularly object-control skills, is meaningfully associated with physical literacy among children. Therefore, integrating structured motor skill development programmes within school and community settings may enhance physical literacy and support lifelong engagement in physical activity.

Keywords: Fundamental Motor Skills, Physical Literacy, TGMD-3, PLAYcoach, School Children, Karnataka

1. Introduction

Physical inactivity among children has become a major global public health concern, with long-term implications for physical, psychological, and social well-being. Regular participation in physical activity during childhood is associated with improved cardiovascular health, musculoskeletal development, mental health, academic performance, and the establishment of lifelong healthy behaviours (WHO, 2020). However, declining physical activity levels among school-aged children have prompted researchers and educators to focus on foundational constructs that support sustained engagement in movement, among which physical literacy has gained increasing prominence.

Physical literacy is broadly defined as the integration of physical competence, confidence, motivation, knowledge, and understanding that enables individuals to value and take responsibility



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for engaging in physical activity throughout life (Whitehead, 2019). Unlike traditional fitness-based approaches, physical literacy emphasizes a holistic, learner-centred perspective, recognizing that children's movement experiences are shaped by biological, psychological, and socio-environmental factors. Consequently, physical literacy has been widely adopted as a guiding framework for physical education curricula and youth sport development across several countries (Cairney et al., 2019; Longmuir et al., 2018).

A central component of physical literacy is fundamental motor skill (FMS) proficiency, which refers to the basic movement patterns that form the foundation for more complex and specialized skills. Fundamental motor skills are typically classified into locomotor skills (e.g., running, hopping, jumping) and object-control or manipulative skills (e.g., throwing, catching, kicking) (Gallahue et al., 2012). Developmental models of motor learning propose that early mastery of FMS is essential for children to participate confidently and competently in physical activities, sports, and games (Stodden et al., 2008). Children with poor motor competence often experience reduced perceived competence and motivation, which may lead to avoidance of physical activity and increased sedentary behaviour.

Empirical evidence consistently demonstrates positive associations between FMS proficiency and various components of physical literacy, including confidence, enjoyment, and participation in physical activity. Longitudinal and cross-sectional studies have shown that children with higher levels of motor competence are more likely to meet physical activity guidelines and maintain active lifestyles over time (Barnett et al., 2016; Robinson et al., 2015). Moreover, object-control skills have been identified as particularly strong predictors of later physical activity participation, especially in organized sports contexts (Lubans et al., 2010).

Despite the growing body of international research, evidence examining the relationship between fundamental motor skills and physical literacy in low- and middle-income countries, including India, remains limited. In the Indian context, children's movement opportunities are heavily influenced by rapid urbanization, academic pressure, reduced play spaces, and disparities in access to structured physical education. Urban children may have greater exposure to organized sports and coaching, while rural children often rely on unstructured play, leading to variations in motor skill development and physical literacy outcomes (Singh et al., 2022).

Karnataka State, characterized by significant socio-economic and environmental diversity, provides an important setting for examining how fundamental motor skills relate to physical literacy among children. Understanding these relationships is particularly relevant for informing school-based physical education policies, community-level interventions, and teacher training programmes aimed at improving children's movement competence and lifelong engagement in physical activity.

Therefore, the present study investigates whether fundamental motor skill proficiency, as measured by the Test of Gross Motor Development–Third Edition (TGMD-3), predicts physical literacy among primary school children in Karnataka State, using the PLAYcoach Physical Literacy Observation for Youth. Additionally, the study examines gender and urban–rural differences to better understand contextual influences on motor development and physical literacy. By addressing these gaps, the study seeks to contribute to the growing physical literacy literature and provide evidence-based recommendations for enhancing movement-based education in the Indian school system.

2. Method

Research Design

A cross-sectional descriptive–correlational research design was employed to examine the predictive relationship between fundamental motor skill (FMS) proficiency and physical literacy among primary school children. This design is appropriate for identifying associations between



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variables measured at a single point in time without manipulating the study environment (Creswell & Creswell, 2018).

Participants

The sample consisted of 100 primary school children (boys and girls) aged 6–12 years, selected from urban and rural schools in Karnataka State, India. Stratified convenience sampling was used to ensure representation across gender and locality (urban vs. rural). Children who were free from musculoskeletal injuries, neurological disorders, or medical conditions that could limit physical activity participation were included in the study. Written informed consent was obtained from parents or guardians, and assent was obtained from the children prior to data collection.

3. Instruments

Fundamental Motor Skills Assessment

Fundamental motor skills were assessed using the Test of Gross Motor Development–Third Edition (TGMD-3) (Ulrich, 2019). The TGMD-3 evaluates two domains of motor competence:

- Locomotor skills: run, gallop, hop, skip, horizontal jump, and slide
- Object-control skills: two-hand strike, one-hand forehand strike, dribble, catch, kick, overhand throw, and underhand throw

Each skill consists of specific performance criteria scored dichotomously (1 = present, 0 = absent). Composite scores were calculated for locomotor skills, object-control skills, and overall FMS proficiency. The TGMD-3 has demonstrated strong validity and reliability for assessing motor competence in children aged 3–12 years (Ulrich, 2019).

Physical Literacy Assessment

Physical literacy was assessed using the PLAYcoach Physical Literacy Observation for Youth, a component of the Physical Literacy Assessment for Youth (PLAY) tools (Sport for Life, 2019). The instrument evaluates five domains:

1. Physical competence
2. Confidence
3. Motivation and attitude
4. Knowledge and understanding
5. Participation and behaviour

Observations were conducted during structured physical education sessions and free-play activities. Scores reflect the child's overall physical literacy engagement and movement capability. The PLAYcoach tool is widely used for school-based physical literacy assessment and demonstrates acceptable observational reliability (Longmuir et al., 2018).

Procedure

Prior to data collection, permission was obtained from school authorities and ethical approval was secured from the institutional research committee. Assessors were trained in TGMD-3 administration and PLAYcoach observation protocols to ensure consistency.

TGMD-3 assessments were conducted in school playgrounds or indoor halls following standardized testing procedures. Each child was given a demonstration and one practice trial before two scored trials were recorded for each skill. Physical literacy observations using PLAYcoach were conducted over multiple sessions to capture habitual movement behaviours and engagement levels.

4. Statistical Analysis



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



All statistical analyses were performed using Jamovi statistical software. Descriptive statistics, including means and standard deviations, were calculated to summarize participants' demographic characteristics, fundamental motor skill scores, and physical literacy domain scores.

Independent samples t-tests were conducted to examine differences in fundamental motor skills and physical literacy between gender (boys vs. girls) and locality (urban vs. rural) groups. Pearson product-moment correlation coefficients were used to assess the relationships between fundamental motor skill proficiency (locomotor skills, object-control skills, and total TGMD-3 scores) and physical literacy domains measured using the PLAYcoach observation tool. All statistical tests were two-tailed, and the level of statistical significance was set at $p < .05$.

5. Results

Descriptive Statistics

Descriptive statistics for fundamental motor skills and physical literacy domains are presented in Table 1. The mean scores indicate moderate levels of locomotor and object-control skill proficiency among the participants. Physical literacy domain scores suggested relatively higher levels of confidence and motivation compared to knowledge and understanding

Table 1: Descriptive Statistics for Fundamental Motor Skills and Physical Literacy

Variable	Mean (M)	Standard Deviation (SD)
Locomotor Skills (TGMD-3)	31.42	5.68
Object-Control Skills (TGMD-3)	29.87	6.14
Total FMS Score (TGMD-3)	61.29	9.72
Physical Competence	3.42	0.64
Confidence	3.61	0.58
Motivation & Attitude	3.55	0.6
Knowledge & Understanding	3.21	0.67
Participation & Behaviour	3.48	0.62
Total Physical Literacy Score	3.45	0.51

Table 2: Correlation Matrix Between Fundamental Motor Skills and Physical Literacy Domains

Variable	1	2	3	4	5	6
1. Locomotor Skills	—					
2. Object-Control Skills	.48*	—				
3. Physical Competence	.41*	.44*	—			
4. Confidence	.53*	.57*	.49*	—		
5. Motivation & Attitude	.46*	.52*	.43*	.55*	—	
6. Participation & Behaviour	.44*	.58*	.46*	.51*	.54*	—

Pearson product-moment correlation coefficients were calculated to examine the relationships between TGMD-3 scores and physical literacy domains. The correlation matrix is presented in Table 2.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Results revealed significant moderate positive correlations between total FMS scores and overall physical literacy ($r = .56$, $p < .05$). Both locomotor and object-control skills demonstrated significant associations with confidence, motivation and attitude, and participation and behaviour. Object-control skills showed slightly stronger correlations with participation-related domains compared to locomotor skills.

Table 3: Urban–Rural Comparison of Fundamental Motor Skills and Physical Literacy

Variable	Urban (n = 50) M $\pm$ SD	Rural (n = 50) M $\pm$ SD	t	p
Locomotor Skills	31.98 $\pm$ 5.54	30.86 $\pm$ 5.81	1.01	.315
Object-Control Skills	31.42 $\pm$ 5.88	28.32 $\pm$ 6.19	2.58	.011*
Total FMS Score	63.40 $\pm$ 9.21	59.18 $\pm$ 10.03	2.18	.032*
Physical Competence	3.56 $\pm$ 0.59	3.28 $\pm$ 0.66	2.25	.027*
Confidence	3.74 $\pm$ 0.54	3.48 $\pm$ 0.61	2.22	.029*
Motivation & Attitude	3.68 $\pm$ 0.56	3.41 $\pm$ 0.63	2.29	.024*
Participation & Behaviour	3.62 $\pm$ 0.58	3.34 $\pm$ 0.64	2.34	.021*
Total Physical Literacy	3.58 $\pm$ 0.47	3.32 $\pm$ 0.54	2.49	.015*

Independent samples t-tests were conducted to examine differences between urban and rural children in fundamental motor skills and physical literacy variables. The results are presented in Table 3.

Urban children demonstrated significantly higher object-control skill scores and overall physical literacy compared to their rural counterparts ($p < .05$). However, no significant difference was observed in locomotor skills, suggesting comparable development in basic movement patterns across settings.

Overall, the results indicate that higher proficiency in fundamental motor skills is associated with enhanced physical literacy among children. Object-control skills emerged as a particularly strong correlate of confidence, motivation, and participation. Additionally, significant urban–rural disparities highlight the influence of environmental and contextual factors on motor development and physical literacy outcomes.

6. Discussion on findings

The present study examined whether fundamental motor skill (FMS) proficiency predicts physical literacy among primary school children in Karnataka State, with particular attention to urban–rural differences. The findings provide empirical support for the central role of motor competence in the development of physical literacy and extend existing literature by offering evidence from an Indian school context using validated assessment tools.

Fundamental Motor Skills as Predictors of Physical Literacy

Consistent with the study’s primary hypothesis, significant positive relationships were observed between FMS proficiency and overall physical literacy. Children who demonstrated higher locomotor and object-control skill competence also exhibited greater confidence, motivation, and participation in physical activity. These findings align with developmental and conceptual models of



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



physical literacy, which posit motor competence as a foundational determinant of affective and behavioural engagement in physical activity (Whitehead, 2019; Cairney et al., 2019).

The moderate correlations observed between TGMD-3 scores and physical literacy domains suggest that motor skills are not isolated physical attributes but are closely intertwined with psychological and behavioural components. Children who can move efficiently and effectively are more likely to perceive themselves as competent, experience enjoyment, and willingly engage in physical activities. This supports the conceptual framework proposed by Stodden et al. (2008), which emphasizes reciprocal and reinforcing relationships between motor competence, perceived competence, and physical activity participation.

Differential Contribution of Locomotor and Object-Control Skills

While both locomotor and object-control skills were significantly associated with physical literacy components, object-control skills demonstrated comparatively stronger relationships with confidence, motivation, and participation. Object-control skills such as throwing, catching, and kicking are central to many organized games and sports commonly encountered in school and community settings. Proficiency in these skills may enhance children's ability to participate successfully in group activities, thereby strengthening social engagement and confidence.

These findings are consistent with previous research indicating that object-control skills are particularly predictive of later physical activity participation and sport involvement (Barnett et al., 2016; Lubans et al., 2010). In the present study, children with higher object-control proficiency were more actively engaged during observed play and physical education sessions, reinforcing the importance of structured opportunities for developing these skills during middle childhood.

Urban–Rural Differences in Motor Skills and Physical Literacy

The urban–rural comparison revealed significant differences in object-control skills and overall physical literacy, with urban children demonstrating higher scores. These differences may be attributed to greater access to structured physical education, sports facilities, equipment, and coaching in urban schools. Exposure to organized sport environments provides repeated practice opportunities and feedback, which are essential for the refinement of manipulative skills.

In contrast, no significant difference was observed in locomotor skills between urban and rural children. This finding is noteworthy and aligns with the understanding that locomotor skills are naturally acquired movement patterns that develop through everyday activities and unstructured play. Rural children often engage in outdoor play, walking, climbing, and traditional games, which may compensate for limited access to formal physical education. Similarly, urban children develop locomotor skills through school-based activities and recreational programs. As a result, different environmental pathways may lead to comparable levels of basic movement competence.

The absence of a significant urban–rural difference in locomotor skills highlights the resilience of foundational movement development and underscores the importance of context-specific interpretations of motor competence. This finding reinforces the argument that while environmental resources influence skill refinement, basic locomotor development may be less dependent on structured training.

Implications for Physical Education and School-Based Interventions

The findings of the present study have important implications for physical education policy and practice in Karnataka and similar contexts. Given the strong association between FMS



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



proficiency and physical literacy, early and systematic development of motor skills should be a central objective of primary school physical education curricula. Emphasis should be placed not only on locomotor skills but also on object-control skills, which appear to play a critical role in enhancing confidence, motivation, and participation.

Additionally, targeted interventions may be required to address urban–rural disparities in access to structured physical activity opportunities. Schools in rural areas may benefit from equipment provision, teacher training, and curriculum support to enhance object-control skill development, while urban schools may need to ensure sufficient time and space for free play to support holistic motor development.

Strengths, Limitations, and Future Research Directions

A key strength of the study is the use of standardized, validated assessment tools to evaluate both fundamental motor skills and physical literacy. However, the cross-sectional design limits causal inference, and the sample size, while adequate for correlational analysis, may limit generalizability. Future research should employ longitudinal or experimental designs to examine how improvements in FMS influence physical literacy over time. Additionally, intervention-based studies exploring school- and community-level strategies for enhancing motor competence would provide valuable insights for policy and practice.

7. Conclusion

The present study examined the predictive role of fundamental motor skill (FMS) proficiency in the development of physical literacy among primary school children in Karnataka State. The findings provide clear evidence that children with higher levels of locomotor and object-control skills demonstrate greater physical literacy, particularly in terms of confidence, motivation, and participation in physical activity. These results reinforce the theoretical proposition that motor competence serves as a foundational element for sustained engagement in movement and health-promoting behaviours during childhood.

Notably, object-control skills emerged as a stronger contributor to physical literacy than locomotor skills, highlighting the importance of manipulative movement competence for participation in games and organized sports. While significant urban–rural differences were observed in object-control skills and overall physical literacy, locomotor skills did not differ significantly between groups, suggesting that basic movement patterns develop through diverse environmental pathways. Together, these findings emphasize that both motor competence and contextual factors play a critical role in shaping children’s physical literacy trajectories.

Overall, the study contributes to the limited empirical literature on physical literacy in the Indian context and underscores the need for early, developmentally appropriate motor skill interventions within school systems to promote lifelong physical activity and well-being.

8. Recommendations and Practical Implications

Based on the findings of the study, the following recommendations are proposed:

1. Primary school physical education programs should systematically integrate fundamental motor skill development, with balanced emphasis on locomotor and object-control skills. Structured, age-appropriate activities should be incorporated to ensure progressive skill acquisition.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



2. Given the strong association between object-control skills and physical literacy components such as confidence and participation, schools should provide regular opportunities for children to practice manipulative skills using appropriate equipment and guided instruction.
3. Physical education teachers and general classroom teachers should receive professional development training in physical literacy-oriented pedagogy, enabling them to assess motor competence and design inclusive, engaging movement experiences.
4. Targeted initiatives are needed to reduce urban-rural disparities in access to physical activity resources. Rural schools, in particular, would benefit from improved infrastructure, equipment provision, and community-supported physical activity programs.
5. Regular assessment of fundamental motor skills and physical literacy using standardized tools can help identify children at risk of motor delay and guide timely interventions.
6. Policymakers and educational authorities should recognize physical literacy as a core educational outcome and support school-community partnerships that promote active play, sports participation, and inclusive movement opportunities.

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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Emotional Intelligence as a Psychological Determinant of Motivation among Handball and Basketball Players

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Abstract: This review paper examine the emotional intelligence (EI) as an important psychological factor that can determine motivation in handball and basketball players. Emotional intelligence, which entails self-awareness, self-regulation, empathy, social skills and intrinsic motivation is critical in shaping the behavior, performance and psychological well being of athletics. The paper integrates the available literature to investigate the correlation between EI and various types of motivation, especially the Self-Determination Theory. There is evidence that athletes who are better at emotional intelligence are more intrinsically motivated, resilient, and having more adaptability to competition stress. Another effect of EI that is also pointed out in the review is the enhancement of team dynamics, communication, and overall team sports performance in high-intensity team sports. It also establishes differences between sports and gender as well as the significance of interventions in psychological training. Findings indicate the necessity of developing emotional intelligence through the coaching strategy to maximize motivation and performance as well as long-term engagement in athletes.

Keywords: Emotional Intelligence, Motivation, Handball, Basketball, Sports Psychology

1. Introduction

Over the past few years, sports psychology has been highlighting on the significance of psychological factors in defining the performance of athletes. Emotional intelligence has been among these factors that have become a critical construct that affects the perceptions and regulation as well as the use of emotions by athletes in competitive settings Marianna Alesi et al., *Effects of a Motivational Climate on Psychological Needs Satisfaction, Motivation and Commitment in Teen Handball Players*, 16 INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH 1–13 (2019). Emotional intelligence is the skill to recognize, comprehend, handle and adequately utilize ones own feelings and in addition to the feelings of others. Emotional intelligence is critical in determining the behavior of players and the result of their performance in high intensity team games like handball and basketball because they require rapid decision making, coordination and interaction with others S Jowett et al., *The role of emotional intelligence and quality relationships in athletes' and coaches' levels of satisfaction: a multi-study analysis*, SPORTS COACHING REVIEW 1–24 (2024), <https://doi.org/10.1080/21640629.2024.2359774>.

Another important psychological determinant is motivation which plays a significant role in commitment of the athlete, persistence and overall performance. It is motivating people to work hard, get through the hardships, and reach personal and group objectives Daniel Mon-López et al., *Emotional Intelligence in Spanish Elite Athletes: Is There a Differential Factor between Sports?*, 11 SPORTS 1–15 (2023). The correlation between emotional intelligence and motivation has become a focus of modern studies where emotive intelligence athletes have been found to be better placed to manage stress, stay focused, and remain intrinsically motivated despite the challenge. Conversely,



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



players who have low emotional intelligence might have problems in regulating emotions resulting in a drop in motivation and poor performance Alexandra Kopp & Darko Jekauc, *The Influence of Emotional Intelligence on Performance in Competitive Sports: A Meta-Analytical Investigation*, 6 SPORTS 1–23 (2018).

Basketball and handball are energetic and high-speed games which demand physical conditioning and technical abilities in addition to a high level of psychological stamina and integration. High-pressure scenarios are common to players if it is a close game, a moment, and contact with teammates and opponents. Emotional intelligence in such contexts may improve communication, minimize conflicts and create a favorable team environment indirectly improving motivation and performance Divya Durne, *A Comparative Study: Emotional Intelligence and Adjustment in Team and Individual Athletes*, 10 THE INTERNATIONAL JOURNAL OF INDIAN PSYCHOLOGY 1172–1181 (2022).

Emotional Intelligence and Component

In sports, emotional intelligence (EI) is crucial since it has a significant impact on players, coaches, and teams. Incorporating emotional intelligence (EI) skills into sports environments improves performance, fosters positive team dynamics, and supports athletes' general psychological well-being. It influences performance, teamwork, and general well-being in sports contexts by assisting athletes, coaches, and teams in identifying, comprehending, and effectively managing emotions in both themselves and others Alexandra Kopp & Darko Jekauc, *Trait emotional intelligence in competitive sports: are there differences in dimensions of emotional intelligence when comparing different sports?*, 13 BMC PSYCHOLOGY 1–16 (2025).

The five elements of emotional intelligence are:

1. **Self-awareness:** Self-awareness is the capacity to recognize and understand emotions, as well as the repercussions of one's own actions, moods, and the emotions of others. It requires the capacity to recognize emotions with accuracy as well as the ability to notice and record different emotional responses. Other aspects of self-awareness include understanding the relationship between our feelings and behavior as well as being aware of one's own advantages and disadvantages. Self-awareness is associated with being receptive to new concepts and experiences and learning from social interactions.
2. **Self-regulation:** This EI component includes the appropriate expression of emotions. Self-regulation includes handling conflict, being flexible, and adapting to change. It also has to do with handling difficult or stressful situations, accepting responsibility for one's acts, and being aware of how one's actions affect other people.
3. **Social skills:** This EI component is referred to as successfully interacting with others. It means interacting and communicating with others on a regular basis while being conscious of our own and other people's emotions. Active listening, verbal and nonverbal communication, leadership, and rapport-building are examples of several social skills.
4. **Empathy:** Empathy is the capacity to understand the feelings of others. By recognizing their emotions, this EI component enables a person to respond to others appropriately. It enables people to see the power dynamics that exist in all social interactions, but especially in professional relationships. Empathy necessitates comprehension of power dynamics and their influence on emotions and behavior, as well as the ability to accurately identify situations in which power dynamics are applicable.
5. **Motivation:** Motivation is related to intrinsic motivation when it is seen as a component of emotional intelligence. Intrinsic motivation occurs when an individual is driven by their own goals and desires rather than by outside rewards like cash, notoriety, or recognition. Those who are truly motivated also sense "flow" when they are totally focused on a task. They are more likely to set goals and take initiative. These individuals typically have a strong desire to



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



succeed and seek out ways to improve. They are also more likely to be proactive and committed.

Understanding Motivation in Sport

The internal processes that start, guide, and maintain goal-oriented behavior are referred to as motivation. These processes influence an individual's activities' direction and intensity. When it comes to sports, motivation is crucial in deciding an athlete's decision to compete, the amount of effort they put out, and how tenaciously they pursue their objectives—especially when faced with challenges Dr. Neelam Sharma et al., *Analysis of Emotional Intelligence Among Elite and Non-Elite Sports Persons*, 5 JOURNAL OF EMERGING TECHNOLOGIES AND INNOVATIVE RESEARCH 1022–1026 (2018). Motivation affects an athlete's degree of enjoyment, dedication, perseverance, and long-term participation in sport in addition to its effect on performance. Coaches, sport psychologists, and players who want to enhance performance and psychological well-being must comprehend the underlying motivational dynamics Arjun Singh, *RELATIONSHIP OF EMOTIONAL INTELLIGENCE AND WILL TO WIN AMONG MEDALIST AND NON MEDALIST ATHLETES*, 6 INTERNATIONAL JOURNAL OF SCIENTIFIC RESEARCH 5–6 (2017).

1. Intrinsic vs. Extrinsic Motivation

The theory posits that motivation is present on a continuum that spans from intrinsic to extrinsic forms:

- i. **Intrinsic Motivation:** refers to participating in sports for their own intrinsic delight and fulfillment. Intrinsically driven athletes engage in the activity because they find it fulfilling; examples include a love of the game, the delight of movement, or personal development.
- ii. **Extrinsic Motivation:** comprise participation driven by outside rewards like as "awards, scholarships, recognition, or social approval". In the short term, extrinsic motivators can boost performance, but they may not sustain long-term engagement or psychological well-being.

Flow states, persistence, and psychological well-being are more prevalent among athletes who exhibit elevated levels of intrinsic desire, as evidenced by numerous studies. They are also less likely to burn out and drop out as their drive comes from their own convictions and passions rather than from expectations from other sources Ihor Popovych et al., *Research of young female handball players' self-actualizing mental states*, 22 JOURNAL OF PHYSICAL EDUCATION AND SPORT 1599–1607 (2022).

2. Self-Determination Theory (SDT) in Sport

According to Self-Determination Theory (SDT), the fulfillment of three fundamental psychological requirements affects the level of motivation:

- i. **Autonomy:** The requirement to experience volitional control over one's actions and choices. In sports, this might entail choosing personal objectives or participating in training regimens.
- ii. **Competence:** the urge to feel productive and capable of accomplishing goals. To gain a sense of mastery, athletes need suitable challenges and feedback.
- iii. **Relatedness:** the need to feel supported, connected, and accepted by others. Here, a supportive coach-athlete connection and a strong team atmosphere are crucial.

Athletes are more likely to display self-determined types of motivation, which are defined by an internal endorsement of their sports endeavors and a sense of ownership, when these three criteria are met. In addition to improving performance, meeting these psychological requirements also increases psychological resilience, boosts self-esteem, and lowers the chance of burnout Burcu Sila Sezer & Varol Tural, *Examination of the correlation between emotional intelligence and prosocial behavior of physical education and sports school students doing individual and team sports*, 256 ACTA PSYCHOLOGICA 1–7 (2025), <https://doi.org/10.1016/j.actpsy.2025.105007>.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Emotional Intelligence and Sports Performance

There is no denying that competitive sports are an emotionally charged environment. First and foremost, players constantly deal with a range of emotional difficulties and pressures related to their physical success, both during and after competition. Second, relationships and interactions—which are greatly influenced by emotions—are what result in success in sport. Saurav Sarki et al., *A comparative study of emotional intelligence disparities among national-level selected team games officials*, 6 INTERNATIONAL JOURNAL OF SPORTS, HEALTH AND PHYSICAL EDUCATION 92–95 (2024). Athletes must be conscious of other people's emotions, including those of their “teammates, coaches, opponents, referees, family, spectators, and sport administrators”. They need to collaborate and communicate in order to function at their best. Meta-emotional perspectives on how emotions impact performance are necessary for athletes Damjan Jakši et al., *Mental skills in Serbian handball players: In relation to the position and gender of players*, FRONTIERS IN PSYCHOLOGY 1–11 (2022). To perform at their best, they must learn to identify their own feelings and optimum states of performance in order to regulate their energy levels. The impact of emotional intelligence (EI) on team and individual performance metrics in particular “sports (e.g., cricket, baseball, hockey, basketball, tennis, ballet, etc.)” have been the subject of several studies, with varying degrees of success Muhammad Saeed et al., *Contribution of Emotional Intelligence in Conflict Resolution and Enhancing Team Cohesion in Elite Pakistani Handball Players*, 13 INTERNATIONAL JOURNAL OF HUMANITIES EDUCATION 328–349 (2025).

Relationship between Emotional Intelligence and Motivation

Emotional intelligence (EI) and motivation are two interrelated psychological constructs which play an important role in determining the performance and behavior of the athletes. Emotional intelligence that is the capability to sense, discern, manage, and consume emotions successfully is significant in the formation of motivational patterns of an individual Vlad-alexandru Muntianu et al., *The Correlation between Psychological Characteristics and Psychomotor Abilities of Junior Handball Players*, 9 CHILDREN 1–15 (2022). High emotional intelligence among athletics is also more likely to cope with stress, stay focused and react positively to challenges, hence have a sustained motivation level. Self-regulations, which are a central element of EI, are one of the most important aspects of this kind of relationship Ihor Popovych et al., *Emotional intelligence in the structure of self-control among junior athletes*, 25 JOURNAL OF PHYSICAL EDUCATION AND SPORT 241–250 (2025). Availability of personal control is essential in preventing the discouragement of an athlete through the setbacks, failures, or the pressure of competitions Ms Arzoo Gupta & Vandana Pareek, *Leveraging Artificial Intelligence and Life Skills For Sustainable Success In Mergers And Acquisitions: The Critical Role Of Human Behavior*, 3 INTERNATIONAL JOURNAL OF INNOVATIONS IN SCIENCE ENGINEERING AND MANAGEMENT 177–183 (2024). This emotional regulation increases intrinsic motivation, as people get a feeling of self-determination, confidence, and internal satisfaction with his/her performance. Also, emotionally intelligent athletes are more likely to have better self-awareness, which allows them to make attainable goals and focus their efforts on them, reinforcing their motivational power further Sanith N V et al., *COMPARATIVE STUDY ON EMOTIONAL INTELLIGENCE OF BASKETBALL AND VOLLEYBALL PLAYERS*, 28 JOURNAL OF POPULATION THERAPEUTICS & CLINICAL PHARMACOLOGY 650–657 (2021).

In addition, social skills and empathy are valuable aspects of EI that create a supportive climate in the team. Team sports like handball and basketball have positive interpersonal relationships and good communication that leads to collective motivation and cohesion within a team Shailesh Kumar Singh & L N Sarkar, *Relationship of Emotional Intelligence and Coping Skills to Playing Ability of Handball Players at National Level*, 17 JOURNAL OF ADVANCES AND SCHOLARLY RESEARCHES IN ALLIED EDUCATION 755–760 (2020). When athletes are able to recognize and react to the emotions of their teammates, trust and support in the team is established and increases the motivation among



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



individuals and the team Maman Paul, *Emotional Intelligence: A Analytical Study of Basketball Players*, 11 INTERNATIONAL JOURNAL OF CURRENT RESEARCH AND REVIEW 1–5 (2019). On the other hand, lack of emotional intelligence could result in lack of emotional control, anxiety, and lack of motivation especially in cases of high pressure. Thus, emotional intelligence is a psychological facilitator which not only increases intrinsic and extrinsic motivation but is also conducive in encouraging consistent effort, resilience and optimum performance of athletes Temel Çakiroğlu, *Relationships Between Emotional Intelligence, Mental Skills and Techniques: A Research on Professional Athletes*, 15 P J M H S 2167–2174 (2021).

Role of Emotional Intelligence in Enhancing Motivation among Athletes

Emotional intelligence (EI) is also crucial in increasing the level of motivation among athletes as it helps athletes to control their emotions, overcome the competitive stress and keep a positive attitude. High emotional intelligence allows athletes to be aware of their emotional conditions and direct them positively to the intended objectives. This self-awareness assists them in determining motivators and remain exhibiting the same level of effort during training and competition Tetiana V. Petrovska et al., *INFLUENCE OF EMOTIONAL INTELLIGENCE OF ELITE WOMEN'S HANDBALL PLAYERS ON THE CHOICE OF STRESS COPING STRATEGIES*, 7 DIRECTORY OF OPEN ACCESS JOURNALS 50–58 (2023). Self-regulation is one of the most important contributions that emotional intelligence has to motivation. When professional athletes have the ability to manage such negative emotions as anxiety, frustration, and fear, they tend to be more focused and motivated even under the pressure of difficult circumstances. Such emotional stability also promotes intrinsic motivation wherein athletes will play sports not because of the rewards alone but because they will feel satisfied, improve and even have fun Neeru Sharma et al., *Female Handball Players of Jammu: Motivations, Constraints, Personality and Self-Esteem*, 10 THE INTERNATIONAL JOURNAL OF INDIAN PSYCHOLOGY 1423–1439 (2022).

Moreover, emotional intelligence increases resilience, which is requisite to long-term motivation. Sportsmen and women will often have failures, illnesses, or a downturn in performance, and athletes who have more EI will be in a better position to recover fast and remain dedicated towards their goals. The fact that they can redefine their failures as a learning experience empowers them to be more persistent and motivated in the long run Ramdas R Jadhav, *A comparative study of emotional intelligence among the college athletes and non-athletes*, 10 INTERNATIONAL JOURNAL OF PHYSICAL EDUCATION, SPORTS AND HEALTH 18–22 (2023). Emotional intelligence also enhances communication and interpersonal relationships in team sports. Empathy and social abilities by the athlete lead to a supportive and integrated team culture that improves the overall motivation. Supporting colleagues and proper teamwork also enhance the motivation of an individual to work. Emotional intelligence, in general, is one of the most important psychological resources that not only boosts intrinsic and extrinsic motivation but also supports long-term engagement, better performance, and psychological state in athletes Satinder Singh & Baljinder Singh Bal, *Study of emotional intelligence among sportspersons varied at different levels of competition*, 8 INTERNATIONAL JOURNAL OF PHYSIOLOGY, NUTRITION AND PHYSICAL EDUCATION 182–186 (2023).

2. Literature review

Wenjun Xue et al., *Emotional Intelligence and Burnout among Adolescent Basketball Players: The Mediating Effect of Emotional Labor*, 12 SPORTS 1–14 (2024) Examine the connection between burnout and emotional intelligence (EI) in teenage basketball players, as well as the moderating function of emotional labor techniques. 260 basketball players participated in our cross-sectional study, which was carried out at youth sports schools in four distinct locations in China. The findings show that burnout and EI are negatively correlated, with SA and GE emerging as important



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



mediators. Burnout was favorably correlated with SA, but negatively correlated with GE. These results imply that strengthening EI and controlling emotional labor techniques are essential for preventing burnout and promoting young athletes' performance and well-being.

Nikolaos Kostopoulos et al., *Psychological Factors and Performance in Basketball: The Relationship between Motivation, Basic Needs, and Commitment*, PREPRINT 1–27 (2024) uses a cross-sectional survey approach to examine the complex interaction between basketball players' motivation, basic psychological needs, and commitment. Results show that moderate motivation levels are linked to increased resilience and a lower risk of burnout, which encourages sustained sports engagement. High levels of relatedness and competence were reported by athletes, underscoring the importance of circumstances that meet basic psychological requirements. Higher levels of commitment were associated with social support, useful opportunities, and contentment, which reinforced their role in fostering devotion. Differences depending on gender revealed different motivational orientations, indicating that tailored support might enhance both male and female athletes' performance and happiness. Players in less competitive leagues demonstrated higher levels of dedication, perhaps due to less pressures, according to differences in commitment across competition levels.

Zofia Staszewska, *Personality Traits and Motivation in Handball: Nonconformism and Self-Confidence as Determinants of Achievement Motivation*, XXXVIII ANNALES UNIVERSITATIS MARIAE CURIE-SKŁODOWSKA LUBLIN – POLONIA 101–116 (2025) Find out how a group of handball players' nonconformity, self-confidence, and accomplishment motivation relate to each other. The following findings may be drawn from statistical analysis: nonconformity, self-confidence, and accomplishment motivation are related. Additionally, it was shown that strong accomplishment drive is predicted with low nonconformity. Additionally, it was discovered that among handball players, low personality nonconformity had a negative correlation with self-confidence and accomplishment drive. Both the selection of handball teams and the development of the psychological potential of male and female participants in this sport can be influenced by the research results.

Mohammed Feroz Ali & Rasoolsab, *A COMPARATIVE STUDY OF EMOTIONAL INTELLIGENCE OF WOMEN BASKETBALL AND HANDBALL PLAYERS*, 5 INTERNATIONAL EDUCATION & RESEARCH JOURNAL 35–37 (2019) The goal of the current study was to compare the emotional intelligence of female handball and basketball players. The statistical analysis revealed that basketball players had much greater emotional intelligence and empathy subscales than handball players, but there was no significant difference in emotional self-awareness. Given the aforementioned results, we may conclude that basketball players have stronger emotional intelligence than non-players since they must continually regulate and control their emotions under various training and competitive settings.

Abhinav Pramod & Sarita Singh, *Enhancing emotional intelligence through competitive pressure simulation among handball players*, 13 INTERNATIONAL JOURNAL OF PHYSICAL EDUCATION, SPORTS AND HEALTH 94–99 (2026) examines how university-level handball players' emotional intelligence and performance are improved by Competitive Pressure Simulation Training (CPST). According to the findings, the experimental group improved statistically significantly in every area of emotional intelligence, whereas the control group changed very little. Enhancing the sub-components of emotional intelligence, each of which is essential for competitive success, is how emotional intelligence is developed. While self-regulation enables athletes to remain composed under pressure, self-awareness allows them to identify and successfully control their emotions. Empathy promotes team cohesion, motivation propels perseverance and focus, and social skills improve communication and flexibility while playing. These results reinforce the need for CPST in contemporary sports training programs by supporting the theory that it improves psychological preparedness. To further maximize the development of a competitive attitude, future studies should investigate expanded applications of CPST across other sports.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Peter Karacsony & Kornel Krupanszki, *ANALYSIS OF FACTORS INFLUENCING THE MOTIVATION OF HUNGARIAN JUNIOR HANDBALL PLAYERS*, 23 PHYSICAL EDUCATION THEORY AND METHODOLOGY 438–446 (2023). Examine the motivational elements for sports among junior handball players in Hungary. Among Hungary's most popular sports is handball. Therefore, it can be concluded that understanding the elements that inspire young players is crucial for the sport's long-term development. We found that both internal and external motivating variables are equally significant for young handball players in Hungary. Using statistical calculations, we demonstrate a strong correlation between athletes' drive and the happiness that sports bring, the avoidance of environmental disappointment brought on by quitting sports, and the sporting outcomes attained. The study's findings will be a helpful tool for anybody interested in handball to better understand the motivating elements that contribute to young players' motivation and are crucial for maintaining a high level of performance.

Shailesh Maurya, *A study of emotional intelligence between the male basketball and volleyball inter-university players*, 5 JOURNAL OF SPORTS SCIENCE AND NUTRITION 7–10 (2024) This study compares the emotional intelligence of male intercollegiate volleyball and basketball players. The University of Rajasthan in Jaipur provided the disciplines. To ascertain whether there were substantial disparities in emotional intelligence between basketball and volleyball athletes, an independent sample "t" test was implemented, with a significance level specified at 0.05. Male Jaipur intercollegiate basketball and volleyball players' emotional intelligence scores did not differ significantly based on mean comparison or t-value.

Tomy Jose & Aniket Ambekar, *Analysis of Emotional Intelligence and Achievement Motivation of Selected Team Games' Players*, 4 INTERNATIONAL JOURNAL OF SCIENTIFIC DEVELOPMENT AND RESEARCH 254–256 (2019) compare the accomplishment motivation and emotional intelligence of a subset of team game participants, as well as ascertain the relationship between the two. The Emotional Intelligence Scale for Sports Person Questionnaire, created by Rajitha Menon, was used to gather the emotional intelligence data. According to statistical analysis, "there were no significant differences between handball players (cal. $F_{0.05(2,27)} = 1.08$ and 0.41 , respectively) and tab (cal. $F_{0.05(2,27)} = 1.08$ and 3.35)". The results of the statistical study also showed that there was no meaningful relationship between the accomplishment motivation of football, basketball, and handball players and emotional intelligence.

Eimantas Pocius & Romualdas Malinauskas, *Development of Mental Toughness among Basketball Sports School Students*, 14 BEHAVIORAL SCIENCES 1–13 (2024) at order to maximize performance, student athletes at sports schools must build mental toughness by recognizing their strengths and strengthening their deficiencies. The purpose of this study was to evaluate the efficacy of a program designed to help basketball students in sports schools acquire mental toughness. The intervention program had a considerable impact on mental toughness qualities, according to the results, with modest to medium effect sizes. Following the program, the experimental group outperformed the controls in a number of areas, including "challenge, commitment, emotional control, life control, overall control, self-confidence in interpersonal interactions, self-confidence" in one's abilities, overall self-confidence, and total MTQ48. These results highlight the effectiveness of therapies for improving mental toughness in basketball students attending sports schools, underscoring the significance of customized strategies in such intervention programs.

3. Research gap

Although there are increasing studies on emotional intelligence and motivation in sport, there are few studies that specifically assess their combination among the handball and basketball players. A major limitation of the available research is that other researchers tend to research emotional intelligence or



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



motivation separately, and not the direct association between the two in the context of team sports. Additionally, a poor level of consistency in results on the relationship between EI and achievement motivation implies the absence of consensus in the literature. The comparative studies concerning sport-specific psychological requirements to handball and basketball players also lack. Moreover, the majority of the studies are cross-sectional where the longitudinal outlooks of evaluating the long-term impacts of EI on motivation and performance are absent. The value of the structured interventions, including emotional training programs, is underresearched. Thus, additional studies are necessary in order to come up with causal links, sport-specific models, and effective strategies that can be applied to improve motivation using emotional intelligence.

Research objective

1. To study the concept of and component of emotional intelligence.
2. To study the motivation and self-determination theory (sdt) in sport.
3. To study the emotional intelligence and sports performance.
4. To study the relationship between emotional intelligence and motivation.
5. To study the role of emotional intelligence in enhancing motivation among athletes.

Research methodology

The research methodology that will be used in this study is a qualitative type of review-based research, with the emphasis on the systematic analysis of the existing literature concerning the emotional intelligence and motivation in sports. The relevant research articles, journals, and academic publications were gathered in the reliable academic databases, and recent studies on handball and basketball players. The literature selected was critically analyzed in order to distinguish the main themes, theoretical models, and empirical evidence related to the elements of emotional intelligence and motivational variables. The focus had been on research that has taken into consideration the Self-Determination Theory and the psychological performance aspects in sports. Comparison was used to get the similarities and differences in the results of different researches. Synthesis of the results to determine the relationships between EI and motivation was also included in the methodology. The method offers an in-depth insight into the subject and determines the gaps in the research and future research and practice.

4. Discussion

The result of this review indicates that emotional intelligence is highly correlated with motivation among sporting athletes especially when playing in teams such as handball and basketball. Emotional intelligence improves the regulation of emotions and stress levels as well as focus by an athlete and is necessary in providing motivation throughout the competitive environment. Research has shown that self awareness and self-regulation play a critical role in intrinsic motivation as they help athletes to balance their goals and personal values and expectations of their performance. Moreover, teamwork spirit through empathy and social abilities results in better communication, cohesiveness and group motivation.

Nevertheless, the literature depicts a contradictory outcome of the direct relationship between emotional intelligence and achievement motivation, indicating the role of other variables like personality variables, level of competition, and training conditions. Studies that involve intervention prove that emotional intelligence can be cultivated using a structured program, thus leading to psychological preparedness and performance. In general, emotional intelligence proves to be a crucial



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



psychological element that helps to motivate individuals and groups though the research should be conducted to provide regular and generalized results.

5. Conclusion

Finally, emotional intelligence is a crucial psychological factor that influences motivation in handball and basketball players. Perceptual, emotional regulation and understanding skills have a great impact on the motivation of athletes, their consistency in performance and overall psychological health. Emotional intelligence factors such as self awareness, self regulation, empathy as well as social skills are also helpful in intrinsic and extrinsic motivation and allow athletes to handle competitive stress and challenges. The review outlines that emotionally intelligent athletes are more resilient, goal-oriented, and able to sustain effort, especially those that are under high pressure. Moreover, emotional intelligence improves the interpersonal relations in the team, which supports cohesion, communication, and the motivation of the group. Even though not all studies suggest the same results when it comes to the direct correlation between EI and achievement motivation, the evidence on the topic in general shows that the two constructs have a positive correlation. Emotional intelligence training can offer immense help to the athletes, coaches, and sports psychologists in case it is incorporated into the sports programs. The ability to enhance motivation, decrease burnout, and increase the long term involvement in sports can be developed through the development of EI skills. Further studies need to be conducted on longitudinal and intervention-based studies to achieve deeper causal relationships and refer to sport-specific psychological training models.

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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Yoga-Based Healing Methods for Mental and Physical Health

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Abstract: Yoga-based healing is a therapeutic approach that applies traditional yogic practices to improve an individual's physical, mental, and spiritual health. This system uses a combination of postures, breathing techniques, meditation, and lifestyle guidance to help achieve specific health goals. The therapeutic framework originates from the classical eight-limbed yoga system described by Patanjali in the Yoga Sutras of Patanjali. In this method, practices such as ethical disciplines, physical exercises, breathing regulation, sensory control, concentration, meditation, and self-awareness are used to promote balance in the body and mind. Yoga-based healing also integrates counselling, mindfulness practices, chanting, and relaxation techniques to address individual health conditions. The approach respects personal differences such as age, cultural background, lifestyle, and physical capability. A trained practitioner designs therapeutic programs according to the individual's needs and health status.

Keywords: Yogic healing, holistic health, mindfulness practices, breathing techniques, physical wellness

1. Introduction

Yoga-based healing refers to the therapeutic use of yoga techniques to support physical health and psychological well-being. It incorporates body movements, controlled breathing, meditation, and relaxation methods to help manage stress and improve overall health.

Unlike regular yoga classes that focus mainly on fitness, therapeutic yoga is designed to address specific health concerns. The aim is to restore harmony between the emotions, intellect, and body. In the last few years, this strategy has gained attention in modern healthcare systems because of its potential role in preventive care and rehabilitation.

Scientific studies indicate that yogic practices can support the management of several problems with mental health, such as anxiety, depression, and emotional stress. Researchers have also looked at its benefits for people experiencing trauma-related disorders and developmental conditions.

Therapeutic yoga commonly uses the following techniques:

- Physical postures to improve strength and flexibility
- Breathing control to calm the nervous system
- Meditation and relaxation to improve emotional stability
- Visualization techniques to enhance mental focus

Healthy lifestyle habits and balanced nutrition are also regarded as crucial elements of yogic healing.

Significance of Yogic Healing



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Yogic healing follows a holistic model that addresses both the physiological and psychological dimensions of health. Regular practice of yoga techniques can improve the functioning of major body systems such as the respiratory, circulatory, and muscular systems and nervous system.

These procedures might potentially be beneficial regulate digestion, improve oxygen circulation, and assist the body in eliminating metabolic waste products. As a result, individuals may experience improved energy levels and enhanced overall health.

Modern lifestyles often involve excessive workload, irregular routines, and psychological pressure. Continuous stress can lead to various medical problems such as headaches, digestive disturbances, cardiovascular disorders, and metabolic diseases.

Yoga-based healing offers natural stress-management techniques that promote relaxation, reduce anxiety, and strengthen the immune system.

Historical Development

The foundations of yogic healing originate in ancient Indian philosophy and spiritual traditions. Over centuries, yoga evolved as a system designed to promote self-discipline, mental clarity, and physical health.

During the twentieth century, yoga gradually gained popularity in Western countries as a method of improving physical fitness and reducing stress. Scientific interest in therapeutic yoga increased when medical researchers began investigating its health benefits.

One notable milestone was the work of Dean Ornish, whose studies demonstrated that lifestyle interventions, including yoga and meditation, could improve heart health. His research contributed to the recognition of Yoga as a supplemental health practice.

Professional organizations such as the International Association of Yoga Therapists have played a crucial part in promoting research, education, and training standards in the field.

Therapeutic Process

The practice of yoga-based healing usually begins with a detailed consultation. During this stage, the practitioner evaluates the individual's physical condition, lifestyle habits, and therapeutic goals.

The assessment generally includes:

- Identifying health concerns
- Evaluating physical flexibility and strength
- Understanding emotional and psychological factors
- Designing a personalized practice routine

Based on this evaluation, the practitioner creates a customized program suitable for the individual.

Typical therapeutic sessions may include:

Breathing Regulation

Breathing practices help control stress responses and improve oxygen supply to the body.

Postural Practices

Specific movements are selected to strengthen muscles, improve circulation, and enhance flexibility.

Meditation Techniques

Meditation helps calm the mind, increase concentration, and support emotional balance.

Guided Relaxation

Visualization and relaxation techniques help reduce mental tension and improve inner awareness.

Home Practice

Participants are encouraged to practice selected techniques regularly to maintain long-term benefits.

Professionals Practicing Yogic Healing

Individuals trained in therapeutic yoga are often referred to as yoga therapists or holistic wellness practitioners. These professionals typically undergo specialized methods for training that use conventional yogic knowledge with modern health sciences.

Their educational background may include



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



- Yoga philosophy and practice.
- Human anatomy and physiology.
- Nutrition and lifestyle counselling.
- Stress management techniques.
- Basic healthcare knowledge.

Training programs approved by professional bodies such as the International Association of Yoga Therapists ensure quality education and professional competence.

Health Conditions Supported by Yogic Healing

Therapeutic Yoga has been utilized to support individuals experiencing an array of mental and physical health challenges.

Some commonly addressed conditions include:

- Anxiety disorders.
- Depression.
- Sleep disturbances.
- Chronic stress.
- Attention difficulties.
- Trauma-related conditions.
- Substance dependence.
- Emotional imbalance.

In addition, yoga-based healing can Help those who have persistent discomfort or stress-related health issues.

Effectiveness of Yogic Activities

Research in the fields of psychology and complementary medicine has highlighted the positive Yogic practices' effects on health. Frequent yoga practice has been linked to enhanced emotional well-being, reduced stress levels, and better physical functioning.

Although further large-scale Clinical research is still required. Existing Evidence indicates that yogic healing may serve as an effective supplementary treatment in addition to traditional medicine.

Important Considerations

When seeking therapeutic yoga services, individuals should ensure that the practitioner has appropriate training and professional experience. Since therapeutic yoga involves both physical and psychological elements, guidance from a qualified instructor is important.

Establishing trust and open communication between the practitioner and the participant also contributes increases the efficiency of the program.

2. Conclusion

Yoga-based healing is a holistic health approach that combines traditional yogic knowledge with modern wellness practices. Through bodily positions, breathing techniques, contemplation, and lifestyle guidance, it supports overall health and emotional balance.

This therapeutic method can be practiced by individuals of different ages and fitness levels and may complement other medical or psychological treatments. With increasing scientific interest and professional training programs, yoga-based healing continues to develop as an effective tool for promoting long-term well-being.

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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Animal Flow: A Contemporary Approach to Natural Human Movement

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Abstract: Animal Flow, developed by Mike Fitch, is a bodyweight training system inspired by animal-like movements. Incorporating elements of gymnastics, yoga, martial arts, breakdancing and parkour, it emphasizes functional movement patterns performed close to the ground. The system is organized into wrist mobilizations, activations, form-specific stretches, traveling forms, switches and full flows. Animal Flow improves muscular strength, endurance, balance, mobility and neuromuscular coordination. Mentally, it enhances focus, rhythm and body awareness. Adaptable for all skill levels, it has gained global recognition in functional fitness communities. This paper explores the conceptual framework, historical development, physical and psychological benefits and practical applications of Animal Flow, highlighting its role in contemporary fitness and rehabilitation practices. This thematic paper analyses Animal Flow from neuromuscular, biomechanical and pedagogical viewpoints to clarify its potential role in functional movement and motor control. Drawing on theories of coordination and functional integration, the discussion suggests that repeated exposure to linked patterns may enhance inter-muscular cooperation, proprioceptive awareness and anticipatory adjustments. The constant interaction between mobility and stability is considered central, as individuals must create movement while preserving control.

Keywords: Animal Flow, functional training, mobility, motor control, body-weight exercise.

1. Introduction

Modern fitness often focuses on heavy weightlifting or machine-based exercises to isolate muscles. While effective for strength, these methods sometimes neglect natural movement patterns, mobility, and coordination. Animal Flow offers an alternative by combining strength, flexibility, and control through ground-based, animal-inspired movements. The program encourages fluid, continuous sequences, termed “flows,” that challenge the entire body while promoting joint health and neuromuscular efficiency. Animal Flow aligns with the contemporary trend toward functional fitness, emphasizing movement quality over external load.

2. Background and Development

Animal Flow was developed by Mike Fitch in the late 2000s. Fitch sought to make traditional bodyweight exercises more dynamic and engaging. Observing natural movements in animals, he integrated positions like crawling, squatting, and reaching with techniques from gymnastics, yoga, parkour, and breakdancing. Around 2010–2011, he formalized the system into a structured program. Its growth accelerated through social media exposure, workshops, and certification programs, allowing the method to spread globally. Today, Animal Flow is used by athletes, trainers, and enthusiasts for strength, conditioning, and rehabilitation.

3. Components of Animal Flow



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



The program consists of six major components:

1. Wrist Mobilizations: Prepares the wrists for ground-based work and reduces injury risk.
2. Activations: Engages core and stabilizing muscles to support subsequent movements.
3. Form-Specific Stretches: Enhances flexibility while maintaining muscle activation.
4. Traveling Forms: Includes positions such as Beast, Crab, and Ape, emphasizing strength, coordination, and mobility.
5. Switches and Transitions: Smoothly connect different positions to improve flow and neuromuscular control.
6. Full Flow Sequences: Integrates all components into continuous, visually appealing sequences that challenge strength, balance, and coordination.

4. Physical Benefits

Animal Flow provides comprehensive physical conditioning:

- Functional Strength: Multiple muscle groups engage simultaneously, improving muscular endurance and control.
- Mobility and Flexibility: Flowing sequences enhance joint range of motion and reduce stiffness.
- Balance and Stability: Ground-based positions strengthen stabilizer muscles and improve postural control.
- Injury Prevention: Controlled movements reduce stress on joints while enhancing proprioception.

Positions like Beast and Crab target shoulders, core, hips, and legs simultaneously, making training holistic and efficient.

5. Mental and Coordination Benefits

- Mind–Body Connection: Continuous flows require focus, rhythm, and spatial awareness.
- Coordination and Neuromuscular Control: Transitioning smoothly between positions develop motor control.
- Confidence and Motivation: Mastery of complex sequences provides achievement and encourages consistent practice.
- Cognitive Engagement: Participants must plan and execute movement sequences, improving mental agility and concentration.

6. Applications

Animal Flow is versatile and applicable in multiple contexts:

1. Athletic Training: Enhances agility, strength, and mobility without equipment.
2. Rehabilitation: Low-impact, joint-friendly movements support recovery from injury.
3. General Fitness: Improves overall conditioning, posture, and flexibility.
4. Functional Training Programs: Integrates easily into warm-ups, cool-downs, or standalone sessions.
5. Outdoor and Home Workouts: Minimal space and no equipment make it accessible to everyone.

Its adaptability allows inclusion in sports performance programs, yoga studios, gyms, and even educational physical education curricula.

7. Conclusion



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Animal Flow represents a modern return to natural human movement. By combining strength, mobility, coordination, and mental focus, it provides a holistic, functional approach to fitness. Its structured framework and progressive sequences make it suitable for all levels, from beginners to advanced athletes. With growing global recognition, Animal Flow highlights the shift in contemporary fitness toward movement quality, body awareness, and sustainable training. The method demonstrates that effective physical conditioning does not rely solely on heavy loads or machines but on controlled, intentional movement that engages the entire body and mind.

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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Effect of Surya Namaskar Practice on Flexibility and Lumbar Flexion among Sedentary Option Traders: An Experimental Study

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Abstract

Reduced flexibility and limited spinal movement, especially in the lumbar area, are frequently linked to sedentary professions. Option traders, who spend extensive hours sitting while watching financial markets, are especially subject to diminished flexibility and spinal stiffness. The purpose of the current experimental study was to investigate how Surya Namaskar practice affected sedentary merchants' lumbar flexion and flexibility. For the study, sixty option traders with sedentary work habits were chosen as subjects and divided into two groups at random: a control group (n = 30) and an experimental group (n = 30). While the control group carried on with their regular routine without any yoga intervention, the experimental group engaged in a systematic Surya Namaskar training program for eight weeks, practicing five days a week. Standardized physical fitness tests were used to measure lumbar flexion and flexibility both before and after the intervention. To determine the significance of variations between pre-test and post-test scores, the gathered data was examined using the proper statistical methods. When compared to the control group, the experimental group's participant's lumbar flexion and flexibility significantly improved. Regular Surya Namaskar practice has been shown to provide improved functional movement in the lumbar region, increase muscular elasticity, and improve spinal mobility. According to the results, Surya Namaskar is a quick, easy, and effective yoga technique that can help people with sedentary jobs become more flexible and have more lumbar flexion. By incorporating this technique into everyday activities, one may be able to improve musculoskeletal health and mitigate the negative consequences of extended sitting.

Keywords: yoga intervention, lumbar flexion, flexibility, sedentary lifestyle, Surya Namaskar, and option traders.

1. Introduction

People have become more sedentary over the last few decades due to rapid changes in technology and work habits. Nowadays, many jobs involve sitting for extended periods of time with little to no physical activity. Among these, trading options has grown to be a very demanding profession that necessitates spending a lot of time in front of a screen, making decisions under pressure, and continuously monitoring financial markets. Lack of physical activity, which is well known to be a significant risk factor for numerous musculoskeletal and metabolic disorders, results from these types of work habits [1]. Sedentary behaviour can have particularly negative effects on the lumbar region of the spine [1]. Reduced flexibility in this area can lead to biomechanical imbalances, increase the strain on surrounding muscles and ligaments, and increase your risk of developing musculoskeletal disorders [2]. Therefore, those who spend their entire workday at a desk should further improve their lumbar flexibility. The health benefits of yoga, a centuries-old system of mental and physical exercises, are now widely recognized [6] [4]. It emphasizes the relationship between the body, breath, and mind, and research has indicated that it can improve your flexibility, strength, and overall health



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[3]. One of the most well-liked yoga poses is Surya Namaskar, also known as Sun Salutation. It consists of twelve dynamic postures performed with controlled breathing in a rhythmic manner [3]. The sequence is a full-body workout because it involves bending forward, backward, stretching, and strengthening the body. Surya Namaskar is particularly effective at increasing spinal flexibility and mobility because it is dynamic and repetitive. Flexing and extending the spine improves circulation, increases joint range of motion, and strengthens muscles and ligaments [5]. Furthermore, the exercise targets multiple muscle groups simultaneously, improving coordination and enabling functional movement. The positive effects of yoga interventions on musculoskeletal health and flexibility have been shown in numerous studies [5] [8] [9]. Regular yoga practice has been associated with improved spinal alignment, reduced stiffness, and increased flexibility. However, the majority of existing research has focused on clinical groups, athletes, or general populations [7]. Research on particular occupational groups, such as option traders, is scarce. Targeted interventions are required to address the physical challenges this population faces because of the unique demands and sedentary nature of option trading. There aren't many experimental studies that examine how well Surya Namaskar works to make sedentary professionals more flexible and able to bend their lower backs, despite the fact that more and more people are doing it to get in shape. Understanding its impact in this situation is crucial to developing workable, affordable, and practical solutions to improve physical health in work settings. Therefore, the purpose of this study is to investigate how an eight-week Surya Namaskar regimen affects lumbar flexion and flexibility in sedentary option traders. It is believed that regular practice will lead to significant improvements in spinal mobility and flexibility, which will promote better musculoskeletal health and functional performance.

2. Methodology

Study Design

The present study adopted an experimental, pre-test and post-test control group design to evaluate the effect of a Surya Namaskar practice affects lumbar flexion and flexibility in sedentary option traders.

Participants

A total of 60 option traders aged between 25 and 30 years were randomly selected for the study. Participants were recruited based on the following inclusion criteria: individuals actively involved in option trading for at least one year, willingness to participate in the study, and absence of any diagnosed psychiatric, neurological, or sleep disorders. Participants who were undergoing regular yoga practice, meditation, or pharmacological treatment for stress or sleep disturbances were excluded from the study.

Group Allocation

The selected participants were randomly assigned into two equal groups, consisting of 30 participants each. Experimental Group (n = 30) Received the systematic Surya Namaskar training program and Control Group (n = 30) Continued their regular daily routine without any intervention.

Intervention Protocol

The experimental group underwent a systematic Surya Namaskar training program for eight weeks, practicing five days a week. Each session lasted approximately 60 minutes.

Session Structure



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- Prayer: 3 minutes
- Warm-up: 7 minutes
- Surya Namaskar 10 rounds: 45 minutes
- Relaxation : 5 minutes

All practices were administered under the guidance of a qualified yoga instructor. The control group did not receive any yogic intervention and continued their usual lifestyle during the study period.

3. Outcome Measures

Flexibility and lumbar flexion were selected as the primary outcome measures for the study. Flexibility was assessed using the Sit and Reach Test, which measures the flexibility of the lower back and hamstring muscles [11]. Lumbar flexion was evaluated using the Modified Schober's Test, a standard clinical method for assessing lumbar spine mobility. All measurements were recorded in centimeters under standardized conditions [12]. Pre-test assessments were conducted before the intervention, and post-test assessments were recorded after the 8-week training period. These measures provided reliable data to evaluate the effectiveness of the intervention.

4. Statistical Analysis

The collected data were analyzed using appropriate statistical methods. Mean and standard deviation were calculated for all variables. An unpaired t-test was used to compare post-intervention stress levels and sleep quality scores between the experimental and control groups. Statistical significance was set at $p < 0.05$.

5. Ethical Considerations

The study protocol was explained to all participants, and informed consent was obtained prior to participation. Confidentiality of participant data was maintained throughout the study, and participants were informed of their right to withdraw from the study at any stage without any consequences.

6. Results

Table1: Group comparison for Flexibility

Group	Mean	SD	t(58)	p	95% CI of the Difference	Cohen's <i>d</i>
Experimental Group	26.2	3.10	7.42	< .001	[4.89, 8.51]	2.21
Control Group	19.5	2.85				

Table2: Group comparison for Lumbar flexion

Group	Mean	SD	t(58)	p	95% CI of the Difference	Cohen's <i>d</i>
Experimental Group	6.9	0.95	4.96	< .001	[1.13,2.67]	1.47
Control Group	5	0.88				



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Flexibility Levels

An independent-samples *t*-test was conducted to compare flexibility scores between the experimental and control groups. From Table 1, the assumption of homogeneity of variance was satisfied, as Levene's test was nonsignificant ($p = .27$). The results indicated a statistically significant difference between groups, $t(58) = 7.42$, $p < .001$. The experimental group ($M = 26.20$, $SD = 3.10$) demonstrated significantly higher flexibility scores than the control group ($M = 19.50$, $SD = 2.85$). The mean difference was statistically meaningful, with a 95% confidence interval ranging from 4.89 to 8.51. The effect size was large (Cohen's $d = 2.21$), indicating a substantial practical difference between the groups.

Lumbar Flexion Levels

An independent-samples *t*-test was conducted to compare lumbar flexion scores between the experimental and control groups. From Table 2, the assumption of homogeneity of variance was satisfied, as Levene's test was nonsignificant ($p = .27$). The results indicated a statistically significant difference between groups, $t(58) = 4.96$, $p < .001$. The experimental group ($M = 6.90$, $SD = 0.95$) demonstrated significantly higher lumbar flexion scores than the control group ($M = 5.00$, $SD = 0.88$). The mean difference was statistically meaningful, with a 95% confidence interval ranging from 1.13 to 2.67. The effect size was large (Cohen's $d = 1.47$), indicating a substantial practical difference between the groups.

7. Discussion

The results of this study show that Surya Namaskar greatly increases flexibility and lumbar flexion in sedentary option traders. Dynamic stretching and coordinated movements are part of the practice that make muscles more flexible and increase the range of motion. Repetitive forward and backward bending postures help the spine move more freely and reduce stiffness, which is why lumbar flexion has gotten better. Also, regular practice helps blood flow and coordination between the nervous system and muscles. These results are in line with what other studies have found about how yoga can help with flexibility and musculoskeletal health. The fact that the control group didn't get much better shows how important it is to have structured physical activity.

8. Conclusion

Surya Namaskar is a yoga technique that helps inactive people become more flexible and have more lumbar flexion. Frequent practice can improve general musculoskeletal health and lessen the negative consequences of extended sitting.

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**3rd International Conference on
Advanced Sports Science and Intelligence
Performance Technologies-2026**



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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Pyramid Meditation versus Conventional Meditation for Enhancing Selective Attention in Female College Students: A Randomized Controlled Trial

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Abstract

Meditation methods are acknowledged for their ability to improve cognitive functioning, especially attention and concentration. Pyramid meditation, utilizing a small pyramid-shaped structure positioned on the head during meditation, is considered to enhance the meditative experience and augment mental concentration. The lack of empirical studies comparing the impacts of pyramid meditation and standard meditation on selective attention highlights the necessity for systematic research. This study sought to examine the efficacy of conventional meditation with pyramid meditation in improving selective attention in female college students. Female participants aged 18 to 23 were randomly assigned to three groups: the Meditation Group (MG, n=16), the Pyramid Meditation Group (PMG, n=16), and the Control Group (CG, n=16). Students in the MG underwent twenty minutes of mindfulness-based breath observation meditation, whereas those in the PMG performed the same duration of mindfulness-based breath observation meditation with a pyramid positioned on their heads. Participants in both the MG and PMG groups engaged in their designated interventions five days per week for a duration of 16 weeks, whilst participants in the CG group continued with their usual daily activities. Baseline and post-intervention data were obtained through the Encephalapp Stroop test, a smartphone application recognized as a valid and reliable instrument for assessing mild hepatic encephalopathy. Findings demonstrated that students in the MG had significant enhancements in selective attention ($p < 0.001$). Students in the PMG demonstrated much larger improvements than those in the MG ($p < 0.001$). These evidences indicate that pyramid meditation enhances selective attention more efficiently than conventional meditation.

Keywords: Pyramid, Meditation, Selective Attention, Stroop effect, and College Students.

1. Introduction

Selective attention refers to the cognitive process by which an individual focuses on specific stimuli or information in the environment while ignoring others, enabling efficient processing of relevant details. It is a crucial component of attentional control that allows for better concentration and task performance. Students need good selective attention because it supports academic performance, reduces cognitive interference, and helps manage stress and anxiety. Poor selective attention can hinder learning, increase distractions, and negatively affect psychological well-being, which is critical during the demanding college years. Thus, selective attention is vital for effective learning and mental health maintenance among students. Improving selective attention among female college students through mindfulness meditation has been supported by evidence from scientific studies. Mindfulness meditation, which involves focusing attention on the present moment in a non-judgmental way, enhances attentional processing efficiency. Experienced mindfulness meditators show superior orienting and executive attention, reflected by reduced error rates and faster reaction times in



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



attentional tasks compared to non-meditators. This suggests that mindfulness training can improve the quality and efficiency of attentional control (Van Den Hurk et al., 2009). Specifically for female college students, mindfulness meditation improves attention and reduces psychological barriers such as anxiety and poor self-judgment, which interfere with the capacity to maintain attention. Furthermore, mindfulness-based interventions are associated with better psychological well-being, including enhanced mood and reduced perceived stress, which indirectly supports attentional function. These improvements contribute to better academic outcomes and overall quality of life. For instance, students practicing mindfulness meditation reported increased happiness and decreased anxiety compared to non-meditators (Crowley et al., 2020). Mindfulness training programs have been shown to significantly enhance attentional performance while simultaneously reducing symptoms of anxiety and depression among college students (Zeidan et al., 2010). Mindfulness meditation also positively affects neural mechanisms underlying focused attention by engaging attention networks in the brain, including parietal and prefrontal regions. This neural activation facilitates improved sustained and selective attention, especially important for novice practitioners aiming to build cognitive control capacities (Dickenson et al., 2012).

While various studies have demonstrated that mindfulness meditation enhances selective attention, there has yet to be research specifically examining the impact of pyramid mindfulness meditation on this aspect of cognition. Pyramid meditation, a practice that has developed within spiritual institutions in India, involves meditating in a pyramid-shaped room or using a small pyramid placed on the head. This study aimed to assess the effectiveness of both conventional meditation and pyramid meditation by placing a pyramid on the head in improving selective attention and to compare their effects on this cognitive function.

2. Materials and Methods

The study included female college students aged 18 to 23 with no chronic diseases or medications. Male students, female students outside the specified age range, and students with chronic diseases or who are taking medications were excluded from the study. The subjects were randomized in to three groups, namely Meditation Group (MG), Pyramid Meditation Group (PMG), and Control Group (CG). Female college students of 48 members were randomly assigned to these three groups equally, with 16 in each. During the intervention, two of them withdrew from the study, and hence the final sample size is 46. Students in the MG underwent twenty minutes of mindfulness-based breath observation meditation, whereas those in the PMG performed the same duration of mindfulness-based breath observation meditation with a pyramid positioned on their heads. Participants in both the MG and PMG groups engaged in their designated interventions five days per week for a duration of 16 weeks, while participants in the CG group continued with their usual daily activities.

Selective attention in this study was operationalized as the time (in seconds) required to correctly completing the task on the EncephalApp Stroop Test, a validated and reliable digital adaptation of the classic Stroop effect. The application measures cognitive control by presenting congruent and incongruent color–word stimuli, and the present study utilized incongruent color–word stimuli, which is often called the ‘on’ condition. The “On” condition represents the interference phase of the task, in which participants are required to identify the font color of incongruent color–word stimuli while inhibiting the automatic tendency to read the word. This condition places a higher demand on cognitive control, particularly selective attention and inhibitory processing (Bajaj et al., 2013; Cunha-Silva et al., 2021).

The total time (in seconds) it took to correctly complete the "On" condition was used to measure selective attention. As the measure is time-based, lower completion times indicate better selective attention, reflecting more efficient processing speed and stronger inhibitory control. In contrast,



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



higher completion times indicate greater cognitive interference and reduced efficiency in selectively attending to relevant stimuli. Thus, this study reflects improvements in selective attention through reductions in the "On" condition completion time, where faster performance signifies superior attentional functioning.

3. Results

A one-way analysis of covariance (ANCOVA) was conducted to examine the effect of group membership on selective attention time (in seconds), while controlling for pre-test scores. The results revealed a statistically significant effect of group on selective attention, $F(2, 42) = 1201, p < .001, \eta^2_p = 0.983$, indicating that group membership accounted for a substantial proportion of the variance in performance. The covariate, pre-test score, was also statistically significant, $F(1, 42) = 5078, p < .001, \eta^2_p = 0.992$, suggesting that baseline performance strongly predicted post-test outcomes.

Adjusted mean times (estimated marginal means) indicated that the PMG group demonstrated the best performance (i.e., fastest times; $M = 64.8$ seconds), followed by the MG group ($M = 67.1$ seconds), while the CG group showed the lowest performance (i.e., slowest times; $M = 68.8$ seconds). Bonferroni-adjusted pairwise comparisons revealed that all group differences were statistically significant, including CG versus MG, $t(42) = 20.2, p < .001$; CG versus PMG, $t(42) = 48.7, p < .001$; and MG versus PMG, $t(42) = 28.3, p < .001$.

Table 1. ANCOVA Results for Selective Attention Controlling for Pre-Test Scores

Dependent Variable	Categories	Sum of Squares	df	Mean Square	F	p	η^2_p
Selective Attention in seconds	Group (Factor)	121.70	2	60.850	1201	<0.001	0.983
	Pre score (Covariate)	257.17	1	257.169	5078	<0.001	0.992
	Residuals	2.13	42	0.050			

Table 2. Bonferroni Pairwise Comparisons of Adjusted Means for Selective Attention

Dependent Variable	Group	Mean $\pm$ SD	Adjusted Mean (EMM)	SE	Post-Hoc Test Comparison	df	t	p
Selective Attention in seconds	MG	67.2 $\pm$ 2.50	67.1	0.0581	CG vs MG	42	20.2	<0.001
	PMG	64.6 $\pm$ 2.33	64.8	0.0563	CG vs PMG	42	48.7	<0.001
	CG	68.9 $\pm$ 2.54	68.8	0.0581	MG vs PMG	42	28.3	<0.001

4. Discussion

The present study examined the effects of mindfulness-based breath observing meditation and pyramid-assisted mindfulness-based breath observing meditation on selective attention, as measured by Stroop interference time using the EncephalApp. The findings demonstrated that both intervention groups (MG and PMG) showed significantly better selective attention performance compared to the control group. Additionally the pyramid meditation group (PMG) exhibiting the greatest improvement compared to the meditation group (MG). Since shorter completion times indicate better



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attentional control, these findings suggest that meditation-based interventions significantly improve selective attention. These findings are consistent with a growing body of literature indicating that mindfulness meditation improves attentional control and executive functioning. For instance, Malinowski (2013) reported that mindfulness meditation enhances attentional resource allocation, leading to more efficient early-stage information processing and improved cognitive performance on attention-demanding tasks such as the Stroop test. Similarly, longitudinal evidence suggests that sustained meditation practice enhances neural efficiency associated with attentional control, particularly in conflict-monitoring tasks like the Stroop paradigm (Malinowski, 2013). These mechanisms likely explain the reduced response times observed in the MG group in the present study. Further supporting the current findings, experimental studies have demonstrated that even short-term meditation training can significantly reduce Stroop interference time, reflecting improved ability to resolve cognitive conflict. For example, Fan et al. (2014) found that meditation training led to decreased reaction times in Stroop tasks alongside increased neural efficiency, suggesting enhanced executive attention. Additionally, mindfulness training has been associated with improvements in cognitive flexibility and attentional performance, with meditators consistently outperforming non-meditators on attentional measures (Moore & Malinowski, 2009). These findings align closely with the superior performance of both MG and PMG groups compared to the control group in the present study. The enhanced performance observed in the pyramid meditation group (PMG) relative to the standard meditation group (MG) is an intriguing finding. While there is currently limited empirical evidence specifically examining pyramid meditation, the superior outcomes in PMG were interpreted cautiously as potentially indicating a greater effect. It is possible that the addition of a physical focus (i.e., the pyramid) may have facilitated sustained attentional engagement or reduced mind-wandering, thereby enhancing the effectiveness of mindfulness practice. However, given the lack of rigorous peer-reviewed evidence on pyramid meditation, this interpretation remains speculative and needs further investigation. The significant effect of the covariate (pre-test scores) in the present study is also consistent with prior research indicating that baseline attentional capacity strongly predicts post-intervention performance. Nevertheless, the persistence of strong group effects after controlling for baseline differences highlights the robustness of meditation-related improvements in selective attention.

5. Conclusion

The present findings contribute to the existing literature by demonstrating that regular mindfulness-based breath observing meditation practice over 16 weeks significantly enhances selective attention, as reflected by reduced Stroop interference time. The results further suggest that modified forms of meditation, such as pyramid-assisted practice, may yield additional benefits; however, this requires validation through rigorously controlled studies. These findings have important implications for the use of meditation-based interventions in improving cognitive performance and attentional control in both clinical and non-clinical populations.

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**3rd International Conference on
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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Effect Of Landmine Exercises On Physical Performance In Female Volleyball Players

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Abstract

The purpose of the study was to examine the effect of an 8-week landmine exercise training program on selected physical performance variables among professional female volleyball players. Twenty four female volleyball players aged 18–25 years were randomly assigned into two groups: experimental (n = 12) and control (n = 12). The experimental group underwent landmine exercise training three times per week, while the control group followed their regular training routine. Selected variables such as upper body strength, lower body power, core strength, agility, and speed were assessed before and after the training period. Statistical analysis was performed using Analysis of Covariance (ANCOVA). The results revealed significant improvements in all selected physical performance variables in the experimental group compared to the control group ($p < 0.05$). It was concluded that landmine exercises are effective in enhancing physical performance among professional female volleyball players.

Keywords: Landmine training, Physical performance, Volleyball, Strength, Power.

1. Introduction

Volleyball is a high-intensity sport requiring a combination of strength, power, agility, speed, and coordination. Players frequently perform explosive movements such as jumping, spiking, blocking, and rapid directional changes. Therefore, improving physical performance is essential for competitive success. Resistance training plays a vital role in enhancing athletic performance. Recently, landmine exercises have gained popularity due to their ability to provide multi-planar movement patterns, improved core stability, and reduced injury risk. Landmine training involves anchoring one end of a barbell while performing dynamic movements such as presses, squats, and rotational exercises. Unlike traditional resistance exercises, landmine exercises allow athletes to move in a more functional range of motion, which closely mimics sport-specific movements. This makes them particularly suitable for volleyball players who require both stability and explosive strength. Despite the growing interest in landmine training, limited research has been conducted on its effects on professional female volleyball players. Hence, this study aims to investigate the effect of landmine exercises on selected physical performance variables.

Objectives of the study

To find out the effect of landmine exercises on selected physical performance variables among professional female volleyball players.

2. Methodology



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Selection of Subjects

To achieve the purpose of the study, 24 female volleyball players from SRM IST, Chennai were selected as subjects at random and their ages ranged from 18 to 25 years.

Selection of Variables

Independent variables- Landmine training

Dependent variables - Upper body strength, Lower body power, and Core strength.

Selection of Test

VARIABLES	TEST
Upper body strength	Push Up
Lower body power	Vertical Jump Test
Core strength	Plank Hold Test

3. Experiment Design

For the study single group design was used in which the pre-test was taken prior to training and post-test was taken after eight weeks of Landmine training. Landmine training was given to subjects on two days per week; each training session consisted of 60 minutes of training

Statistical Procedure

Analysis of Covariance (ANCOVA) was used to determine the significant differences between groups at 0.05 level of confidence.

4. Result and Findings of the Study

V ariable	T est Type	Expe rimental Mean	C ontrol Mean	S	S	M	F -ratio
Upper Body Strength	P re-test	24.13	2	.52	1	1	0.
	P ost-test	30.26	2	5.32	9	9	1
	A djusted Post	29.98	2	5.32	8	8	1
Lower Body Power	P re-test	42.11	4	.78	0	0	0.
	P ost-test	49.65	4	20.64	1	1	1
	A djusted Post	49.21	4	3.39	1	1	2
C	P	68.42	6	1	1	1	0.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



ore Strength	re-test		7.95	.05	.05	26
	P	89.73	7	2	2	2
	ost-test		2.16	10.37	10.37	2.48*
	A	88.94	7	1	1	2
	djusted Post		2.88	98.21	98.21	4.12*

The pre-test results revealed that there were no statistically significant differences between the experimental and control groups in upper body strength ($F = 0.21$), lower body power ($F = 0.18$), and core strength ($F = 0.26$), as all obtained F -values were lower than the required table value of 4.21 at the 0.05 level of significance. This indicates that both groups were homogeneous before the implementation of the training program.

However, the post-test results showed significant differences between the groups. The experimental group demonstrated higher mean scores compared to the control group in all three variables. The obtained F -ratios for upper body strength ($F = 14.87$), lower body power ($F = 18.34$), and core strength ($F = 22.48$) exceeded the critical value, indicating significant improvements due to the intervention.

Furthermore, the adjusted post-test means, which account for any initial differences, also revealed significant differences between the groups. The F -values for upper body strength ($F = 16.52$), lower body power ($F = 20.11$), and core strength ($F = 24.12$) were greater than the table value of 4.21, confirming the effectiveness of the landmine exercise training program.

Overall, the results clearly indicate that the experimental group showed significantly greater improvement in upper body strength, lower body power, and core strength compared to the control group.

Discussion of Findings

The present study examined the effect of an 8-week landmine exercise training program on selected physical performance variables, namely upper body strength, lower body power, and core strength, among female volleyball players. The results obtained through Analysis of Covariance (ANCOVA) indicated significant improvements in all selected variables in the experimental group compared to the control group. The significant improvement in upper body strength may be attributed to the nature of landmine exercises, which involve pushing, pressing, and stabilizing movements performed through a semi-fixed barbell path. These exercises engage multiple muscle groups, including the shoulders, chest, triceps, and stabilizing muscles, thereby enhancing overall muscular strength. Additionally, the angled pressing movements in landmine training reduce joint stress while still allowing high force production, which is particularly beneficial for volleyball players involved in spiking and blocking actions. The enhancement in lower body power can be explained by the dynamic and compound nature of landmine exercises such as squats, lunges, and deadlifts. These movements promote greater motor unit recruitment and improve neuromuscular coordination. The training likely contributed to increased explosive strength, which is essential for vertical jumping and quick court movements in volleyball. The findings are consistent with established principles of resistance training, which state that multi-joint exercises significantly improve power output. The observed improvement in core strength is another important outcome of this study. Landmine exercises inherently demand continuous core activation to stabilize the body during rotational and unilateral movements. Exercises such as landmine twists and presses challenge the core musculature, leading to enhanced trunk stability and strength. A strong core is critical in volleyball for maintaining balance, transferring force, and preventing injuries during high-intensity movements. Overall, the



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



significant improvements in all selected variables may also be attributed to the functional and sport-specific characteristics of landmine training. Unlike traditional resistance exercises, landmine movements occur in multiple planes and closely resemble real-game actions. This specificity likely enhanced the transfer of training effects to actual performance. The findings of this study are in line with previous research that highlights the effectiveness of functional resistance training methods in improving athletic performance. The results further support the integration of innovative training tools, such as landmine exercises, into strength and conditioning programs for volleyball players.

5. Conclusions

Based on the findings of the study, the following were the conclusions: The landmine exercise training program produced significant improvements in upper body strength among professional female volleyball players. The experimental group showed a marked increase in lower body power compared to the control group. Core strength was significantly enhanced as a result of the landmine training intervention. The improvements observed in the experimental group were significantly greater than those of the control group, indicating the effectiveness of the training program. Landmine exercises proved to be an effective, safe, and functional method for improving key physical performance variables required in volleyball.

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**3rd International Conference on
Advanced Sports Science and Intelligence
Performance Technologies-2026**



**Jump Higher, Move Faster: Effects of Isolated and Combined Plyometric and
Weight Training on Speed and Explosive Power in Men Volleyball Players**

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Abstract

Modern volleyball requires players to perform repeated explosive actions, including jumping, spiking, blocking, sprinting, and quick changes of direction. These demands make speed and explosive power critical physical fitness components for optimal performance. The study aimed to examine the effects of isolated and combined plyometric and weight training on speed and explosive power of men inter-collegiate volleyball players. Eighty players were randomly selected from SRM Institute of Science and Technology (SRMIST), Kattankulathur, Tamil Nadu, India, and divided into four groups of twenty each: Group 1: Combined Plyometric + Weight Training, Group 2: Weight Training only, Group 3: Plyometric Training only, Group 4: Control Group. The experimental groups underwent a 12-week training program, three days per week, while the control group maintained their regular routine. Speed (50-meter dash) and explosive power (standing broad jump) were assessed before and after the intervention. Data were analyzed using analysis of covariance (ANCOVA) at a 0.05 significance level, with Scheffe's post hoc test applied for paired comparisons. Results revealed significant improvements in explosive power in the combined training group compared to isolated and control groups, while speed improved across experimental groups without significant intergroup differences. The findings indicate that combined plyometric and weight training is most effective for enhancing explosive power in men volleyball players.

Keywords: Plyometric Training, Weight Training, Combined Training, Speed, Explosive Power, Volleyball.

1. Introduction

Volleyball and Physical Fitness Demands

Volleyball is a high-intensity, skill-oriented team sport that requires players to perform a wide range of rapid and explosive actions, including jumping, spiking, blocking, sprinting, and sudden changes of direction. The game demands not only technical and tactical proficiency but also exceptional physical conditioning. Modern volleyball, with its faster pace and advanced tactical strategies, places significant stress on an athlete's neuromuscular system, requiring repeated bursts of speed, strength, and power throughout a match. The ability to generate force quickly, move efficiently across the court, and recover rapidly between plays is crucial for competitive success.

Need for Enhancing Speed and Explosive Power

Among the key physical fitness components in volleyball, speed enables players to reach the ball and react effectively during offensive and defensive plays, while explosive power, particularly in the lower limbs, contributes to high vertical jumps for spiking, blocking, and defensive coverage. Research has consistently shown that improvements in these components lead to enhanced on-court performance, reduced injury risk, and higher competitive efficiency (Sheppard & Young, 2006;



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Bright et al., 2023). Consequently, conditioning programs that specifically target speed and lower-limb explosive power are critical for volleyball athletes.

Role of Plyometric and Weight Training

Plyometric training focuses on rapid stretch-shortening cycle (SSC) exercises, such as jumps, bounds, and hops, which enhance explosive power, reactive strength, and neuromuscular coordination. These exercises are particularly beneficial in volleyball, where repeated vertical and horizontal jumps are required during gameplay. Weight (resistance) training, in contrast, develops maximal muscular strength, allowing players to generate higher force outputs and maintain performance during repeated high-intensity efforts. While both methods are effective individually, combining plyometric and resistance training has been shown to produce synergistic effects, yielding greater improvements in speed, power, and sport-specific performance than either method alone (O'Brien et al., 2020; Saez de Villareal et al., 2023).

Purpose of the Study

Given the intensifying physical demands of modern volleyball and the importance of explosive actions for match performance, it is essential to investigate training strategies that maximize speed and lower-limb power in athletes. Although previous studies have explored isolated effects of plyometric or resistance training, limited research has examined the comparative and combined effects of these training methods on men volleyball players. Therefore, the present study aims to examine the isolated and combined effects of plyometric and weight training on selected physical fitness components—speed and explosive power—in intercollegiate men volleyball players from SRM Institute of Science and Technology (SRMIST), Kattankulathur, Tamil Nadu, India. The results are expected to provide practical insights for evidence-based conditioning programs that optimize athletic performance in volleyball.

2. Methodology

For this study, eighty men inter-collegiate volleyball players were randomly selected from SRM Institute of Science and Technology (SRMIST), Kattankulathur, Tamil Nadu, India. The study employed a random group experimental design, with participants divided into four groups of twenty each: Group 1 received combined plyometric and weight training, Group 2 received isolated weight training, Group 3 received isolated plyometric training, and Group 4 served as a control group with no additional training. The training protocol lasted 12 weeks, with each experimental group training three days per week according to their assigned program. Speed and explosive power were chosen as dependent variables and were measured using the 50-meter dash and standing broad jump, respectively. The control group continued their regular activities without receiving any additional training. The collected pre- and post-test data were statistically analyzed using analysis of covariance (ANCOVA) to determine the significance of differences between groups, with a confidence level of 0.05. Where significant differences were observed, Scheffe's post hoc test was applied to identify specific paired differences between the groups.

Statistical Technique

The collected data were analyzed using analysis of covariance (ANCOVA) to determine differences among the four groups on speed and explosive power. When the F-ratio for adjusted post-test means was significant, Scheffe's post hoc test was applied to identify specific paired group differences. The level of significance was set at 0.05.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Results

Table I: Analysis of Covariance for Speed and Explosive Power

Variable	Group	Pre-Test Mean	D	Post-Test Mean	D	df (Between/Within)	F Value
Speed		7.0		6.92		3/76	
	x 1	7	.15		.14		1.81*
	x 2	7.1	.22	6.55	.28		
	x 3	7.0	.35	6.93	.25		
	trl	7.1	.18	7.09	.16		
Explosive Power		2.4		2.67		3/76	
	x 1	6	.10		.14		4.69*
	x 2	2.3	.22	2.45	.21		
	x 3	2.3	.15	2.48	.12		
	trl	2.2	.17	2.32	.16		

*Significant at 0.05 level; Table value = 2.72

Scheffe's Post Hoc Test

Table II: Post Hoc Test for Paired Mean Differences

Variable	Group Comparison	Mean Difference	Significance (p)
Speed	G1 vs G2	0.03	0.12 (NS)
	G1 vs G3	0.01	0.35 (NS)
	G1 vs Ctrl	0.04	0.08 (NS)
	G2 vs G3	0.02	0.28 (NS)
	G2 vs Ctrl	0.01	0.32 (NS)
	G3 vs Ctrl	0.03	0.15 (NS)
Explosive Power	G1 vs G2	0.22	0.02*
	G1 vs G3	0.19	0.03*
	G1 vs Ctrl	0.35	0.01*
	G2 vs G3	0.03	0.40 (NS)
	G2 vs Ctrl	0.13	0.07 (NS)
	G3 vs Ctrl	0.17	0.06 (NS)

*Significant at 0.05; NS = Not Significant

Description:



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



1. Speed: No significant differences were observed between any paired groups ($p > 0.05$), indicating similar improvements across experimental groups.
2. Explosive Power: Significant differences were observed between Group 1 (combined training) and all other groups ($p < 0.05$), demonstrating the superior effect of combined training.

Discussion

The findings of the present study demonstrate that a 12-week structured plyometric and weight training program significantly improves explosive power in men inter-collegiate volleyball players, with the combined training group exhibiting the greatest gains. Although speed improved in all experimental groups, the Scheffe's post hoc test showed no statistically significant differences between isolated and combined training, indicating that while both plyometric and weight training can moderately enhance speed, neither approach was clearly superior in developing sprint performance over 12 weeks.

The superiority of combined training for explosive power is supported by recent research showing that integrating plyometric and resistance modalities produces greater improvements in vertical jump height and power output than isolated training alone. Contemporary systematic reviews report that combined plyometric and strength training enhances neuromuscular coordination, force production, and stretch-shortening cycle efficiency, leading to improved explosive actions that are critical for volleyball performance. These adaptations are particularly beneficial for movements such as spiking, blocking, and approach jumps, where rapid force generation is essential.

While both isolated training methods contributed to performance gains, their effects on speed did not differ significantly, aligning with research that suggests sprint performance may be influenced by a broader range of training variables (e.g., acceleration mechanics, technique, and strength-speed balance) beyond the specific stimulus provided by plyometric or resistance training alone. The lack of significant improvement in the control group further emphasizes the need for systematic, sport-specific conditioning programs in developing key physical fitness components.

Overall, the results support the use of combined plyometric and weight training as an effective conditioning strategy for enhancing explosive power in volleyball athletes, while also indicating that improvements in short-distance speed may require additional or distinct training stimuli.

3. Conclusion

A 12-week combined plyometric and weight training program significantly enhances explosive power in men inter-collegiate volleyball players, while speed shows overall improvement without significant intergroup differences. Structured training interventions that integrate plyometric and resistance exercises are recommended to optimize lower-limb power, agility, and on-court performance in volleyball players.

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**3rd International Conference on
Advanced Sports Science and Intelligence
Performance Technologies-2026**



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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Challenges Of Establishing Exergaming Stations In Schools

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Abstract

The growing problem of sedentary lifestyles and childhood obesity has led to a significant decline in children's physical activity level with digital games combining exercise with game play, known as exergames, can improve youth's health status and provide social and academic benefits. The study adopted a qualitative descriptive research design using structured interviews to explore the perceptions of school principals regarding exergaming. The interview was aimed at readiness of schools in implementation of exergames, belief in exergaming could foster change in children, financial capabilities, teachers could handle the technology, barriers, technical challenges. The study found that all the schools were very excited and willing to try exergaming. There are few hurdles most schools don't have enough money to buy the equipment, and teachers will need special training to learn how to use the technology in their classes.

Keywords: Exergaming, School Readiness, Childhood Obesity, Teacher Training, Financial Constraints.

1. Introduction

Physical activity plays a crucial role in the overall growth and development of children. However, the rising rates of obesity and overweight among adolescents are increasingly acknowledged as a critical public health concern. This trend is largely driven by various factors, including shifts in lifestyle, urban development, the intake of high-fat and high-carbohydrate diets, and a lack of physical activity (Kelly AS et. al.,2024). It has been observed that the primary contributor to obesity in youth is a sedentary lifestyle, which is further exacerbated by urban living, excessive television viewing, and the consumption of unhealthy foods (Lister NB et. al., 2023).

In this context, innovative approaches like exergaming have emerged as a solutions to promote physical activity among youth. Digital games combining exercise with game play, known as exergames, can improve youths' health status and provide social and academic benefits. (Staiano & Calvert, 2011). Exergaming systems in primary and secondary schools to improve conditional skills and increase student enjoyment. Finally, exergames can be excellent allies for an active lifestyle, but they should not completely replace traditional physical activity and keeping track of progress helps to maintain a high level of motivation (Lieberman, 2006) Marsigliante, S (et al.,2024). Additionally, A study by Flanagan et al. (2021) demonstrated the effectiveness of VR in improving students' technical skills in sports by providing instant feedback and enabling to perform in their own pace. Marsigliante (2024) evaluated the impact of exergaming on physical fitness, body composition and perceived enjoyment in elementary school children. Exergaming offers benefits for physical fitness and body composition in children, while also enhancing enjoyment. Incorporating exergames into physical



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



education programs could be an effective strategy for addressing childhood obesity, improving physical skills, and increasing student enjoyment, encouraging long-term physical activity adherence.

Objectives of the study

1. To understand school's readiness to adopt exergaming.
2. To know whether school authorities believe exergaming can improve physical activity.
3. To assess whether schools feel financially capable of setting up exergaming stations.
4. To examine whether teachers are seen as capable of using technology-based physical education methods.
5. To identify barriers and challenges in implementation.
6. To collect suggestions for successful implementation of exergaming in schools.

2. Methodology

Research design

The study adopted a qualitative descriptive research design using structured interviews to explore the perceptions of school authorities regarding exergaming.

Participants

The respondents of the study were school principals, Teachers and Administrators as they play a key role in decision-making related to infrastructure, budgeting, and implementation of new educational practices.

Sampling technique

A purposive sampling technique was used to select three schools for the study.

Data collection tool

Data were collected using a structured interview guide consisting of six questions related to:

1. **Readiness of schools**

Focuses on whether schools are open to adopting exergaming as a modern intervention.

2. **Belief in exergaming**

Captures whether school authorities believe technology-based methods can improve student's physical activity.

3. **Financial provisions**

Examines whether schools have the budget or financial capacity to implement exergaming setups.

4. **Teacher competency**



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Assesses whether teachers are capable to adopt technology-based physical education methods.

5. Barriers and challenges

Identifies practical issues such as cost, infrastructure, awareness, maintenance, and time constraints.

6. Suggestions

Collects suggestions from principals for successful adoption

Data collection procedure

The researcher visited the selected schools, introduced the concept of exergaming, and conducted interviews with the principals. Responses were recorded in written form.

Data analysis

The collected data were analyzed using thematic analysis, where responses were categorized into common themes.

Ethical considerations

Participation was voluntary, and informed consent was obtained from all respondents. Confidentiality of responses was assured to be maintained.

3. Findings of the study

Readiness of Schools

The results show that all selected schools are willing to adopt exergaming stations. Respondents demonstrated openness toward integrating modern and technology-based innovations into physical education. This reflects a strong readiness among schools to explore innovative methods to improve student engagement.

Belief in exergaming

All respondents strongly agreed that technology-based interventions can enhance students' physical activity levels. Schools recognized that exergaming can increase motivation.

Financial

Financial capability varied across schools, with responses ranging from low to moderate levels of funding availability. While schools showed interest in implementing exergaming, limited financial resources were identified as a constraint. This suggests that external funding or cost-effective solutions may be necessary for successful implementation.

Teacher competency

The findings indicate that teachers require training and support to effectively adopt technology-based physical education methods.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Barriers and challenges

The respondents identified several key barriers to implementation. These included:

- Technical challenges
- Difficulty in maintaining student interest over time
- Financial limitations

Suggestions

Respondents provided practical suggestions for successful implementation, including:

- Providing technical training for teachers
- Increasing awareness about exergaming
- Seeking financial support through sponsorship or funding

4. Conclusion

The overall perception of the school has showed a positive attitude towards exergaming and the respondents has shown a enthusiasm in adopting exergaming as a mode of physical education, the school authorities have captured the believe that video-based gaming can not only increase physical fitness among students, but increase enjoyment and competitiveness. Financial capabilities play a major role in difference school as it was observed that management need pure result-based investment, the investment should cater to the bank of knowledge. As there are various technicalities in the technology of exergaming, the authorities insists that they require training and support to effectively adopt technology based physical education methods. Aspects like technical challenges, difficulty in maintaining student interest over time, financial limitations are the hurdles faced by the institutions suggestions in terms of looking for financial help, sponsorship would be helpful in development in these high-end modules. While technical and financial hurdles exist, the positive impression among authorities provides a clear room for growth. My recommendation is to seek towards results-based framework.

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**3rd International Conference on
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**Effect Of Suryanamaskar Sadhana Variations On Selected Psychological Variables
Among Obese Preteen Girls**

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Abstract

The present study was designed to find out the effect on suryanamaskar sadhana variations on selected among obese preteen girls. It was hypothesized that there would be significant differences in communication among obese preteen girls due to the influences of suryanamaskar sadhana. To achieve the purpose of the study, 40 obese preteen girls from Midnapore, west bengal. and they were divided into experimental group and control group with 20 subjects each in a group. Experimental group I – suryanamaskar sadhana and control group was not exposed to any specific training but they participated in the regular activities. The pre-test and post-test were conducted before and after the training for two groups. The communication level was measured by Questionnaire, by Arick, and Almond. The pre-test and post-test were conducted before and after the training for two groups. The data pertaining to the variables collected from the three groups before and after the training period were statistically analyzed by using 't' test to determine the significant difference and tested at 0.05 level of significance.

Keywords: suryanamaskar sadhana, communication & obese preteen girls.

1. Introduction

In recent years more and more people have moved away from mere ritual and turning to yoga as a method for exploring and improving their inner lives. Surya Namaskara is an integral part of the yogic approach and can be easily integrated into our daily lives for it requires only 5 to 15 minutes' of practice daily to obtain remarkably fast and beneficial results. It is therefore ideal for even the most active individuals, such as the busy businessman, the housewife with a family to feed and manage the student who is facing examinations, or the scientist who spends most of his day thinking. Surya Namaskara is more than just a series of physical exercises, though course it stretches, massages, tones and stimulates all the muscles, vital organ and physical parts of alternatively flexing the body backwards and forwards. It has a depth and completeness as a spiritual practice. Yoga Nidra is a powerful meditative technique to relax consciously. It is a state of dynamic sleep. It is a systematic method of inducing complete physical, mental and emotional relaxation. It is a psychic sleep. It is a Raja yoga technique.

2. Methodology

To achieve the purpose of study, 40 obese preteen girls from Midnapore, west Bengal and they were selected randomly into experimental and control groups of 20 subjects each. The selected subjects were divided into experimental group and a control group (CG) with 20 subjects each in a experimental group I underwent suryanamaskar sadhana and for the period of 8 weeks, five days per



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



week for the maximum of one hour in the morning. The control group (CG) was not exposed to any specific training but they participated in the regular activities.

Training schedule

Experimental Group I - Suryanamaskar

Suryanamaskar

Count 1: Pranamasana (Prayer Pose)

Stand erect with the feet together, let the hands be by the side of the body. Join both the palms together like worshipping in Namaskara mudra, rest on the chest, sternum. Set forearm; straight so that the hand position looks like a triangle.

It is like a prayer pose, so one can do prayer or homage to the Sun - god. The body is totally relaxed, mind is focused with awareness.

Breathing: Breathe out completely. **Spiritual:** Anahata Chakra is activated .

Count 2: PIRAIASANA (Crescent Pose)

Raise and stretch the arms above the head touching the Cars. Push the hip and stomach forward, allowing the upper trunk, chest and head with hands now back ward.

Breathing: In the hale while moving back ward. **Spiritual:** Visudhi Chakra is activated.

Count: 3 PADHA HASTASANA (HAND TO FOOT POSE)

Bend forward; place the palms or fingers of the hand by the sides of the feet. Try to touch the knee with forehead. Keep the knees straight.

Breathing: Exhale while bending forward. **Spiritual:** Swathistana Chakra is activated

Count: 4 ASHWA SANCHALANASANA

Place the palms nut beside the feet. Stretch the right leg back ward as far as possible, the toes 1d knees touching the ground. Fold the left knee, lower the hip, raise the chest up, head tilted backward, eyes gazing upward towards the sky. The total back is curved li an arch.

Breathing: Inhale when the chest and head are raised. **Spiritual:** Ajna Chakra is activated.

Count-5 SETHU BANDHA ASANA (Bridge Pose)

Raise the hip and right leg up. Take the Left leg back, joined together with the right leg. Bring the weight or the body towards the shoulder. Support the weight or the bud)' with the straight hands. Now the body, from head to toe is adjusted to straight line and looks like a bridge.

Breathing: Hold the breath support the weight of the body. **Spiritual:** Manipuraha Chakra is activated.

Count-6 ASTANGA NAMASKARA (Salute with 8 parts)



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Lower the knees, chest, and chin to the floor. The hip, buttocks, and lower back arc kept in raised position.

Breathing : Exhale while lowering. **Spiritual:** Swathistana Chakra is activated

Count-7 BHUJANGASANA (Cobra Pose)

Lower the buttocks and hips to the floor. Stretch the toes out. Raise the head and spine gradually, supported by back muscles 75% raise the shoulders along with chest supporting 25%, tilt the head backward gazing upward, the back is now curved like an arch. The arms must remain slightly bent at the elbows.

Breathing – Inhale while raising the torso. **Spiritual:** Anahatha Chakra is activated.

Count-8 PARVATHASANA (mountain pose)

Raise the hip and buttocks up, and lower the trunk down and the head pushed in between the arms, so that the body looks like a triangle.

Breathing : Exhale to assume the posture. **Spiritual:** Visudhi Chakra is activated

Count-9 ASHA SANCHALANASANA (Equestrian pose)

Bring the same right leg forward in between the hands, The left leg is lowered and stretched backward placing the knee on the floor. Push the pelvis forward, raise the trunk up, tilt the head backward gazing upward. Assume the position - 4. (one can change the other leg also.)

Breathing: Inhale while raising the chest. **Spiritual:** Ajna chakra is activated.

Count -10 PADMA HASTASANA (Hand to foot pose)

Bring the left leg forward next to right foot. Assume the position- 3

Breathing: Exhale Completely . **Spiritual:** Swathistana Chakra is activated

Count-11 PIRAI ASANA (Crescent Pose) Raise the torso up, hands raised above the head touching the ears. Push forward the hip and stomach, following the upper trunk, chest and head with hands move backward. Assume the position - 2.

Breathing : Inhale while assuming the pose. **Spiritual :** Visudhi Chakra is activated.

Count-12 PRANAM ASANA (Prayer Pose)

Come back to erect standing position bring the hands to namaskara mudra. Assume the position – 1.

Breathing: Exhale to assume the position. **Spiritual:** Anahatha Chakra is activated

Then lower the hands, relax the legs and body. Take deep long breaths to settle the breath and heart beat to normal. Take sufficient break and repeat the 12 steps with left leg stretching back in position 4, bringing forward in position - 9. Two rounds make one complete set. After completing each set (2 x 12 Positions) one should energize all the inner visceral parts with ujjayee breath (5 times).



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Practitioner can gradually increase the sets] to 12. To increase flexibility position to position move 5 times. The last set is done energizing in each, position with ujjayee breath Slimes. The practitioner can feel the expansion and contraction of each ujjayee energizing different inner parts and areas in each position.

After completing the practice, lie down, observe "Shanti Asana" for rest, and relaxation for a few minute.

Relaxation

Separate techniques are available for unhealthy persons.

Choose a quiet room.

Learn from a tape or record.

Do it in Shavasana; can be seated in a chair too.

Do follow the instructions mentally.

Be relaxed.

Be refrain from sleep.

Light, loose clothing should be worn.

Do either in the morning or in the evening.

Do it on an empty stomach.

No pillow should be used.

Get guidance from an experienced teacher.

The selected variables, anxiety and communication measured by Questionnaire.

3. Results and discussion

**Table 1. Mean, standard deviation and mean difference of the groups
and the "t" test of the control group and the experimental group for communication**

Group	Test	N	Mean	SD	MD	r	t
Control	Pre	20	40.36	3.19	1.6	0.321	4.9774
	Post	20	41.96	3.05			
Experimental	Pre	20	41.28	4.14	4.96	0.524	9.4595
	Post	20	36.32	3.76			

*significant.

Table value for df 1 and 38 was 3.21 Table value for df 1and 37 was 3.22.



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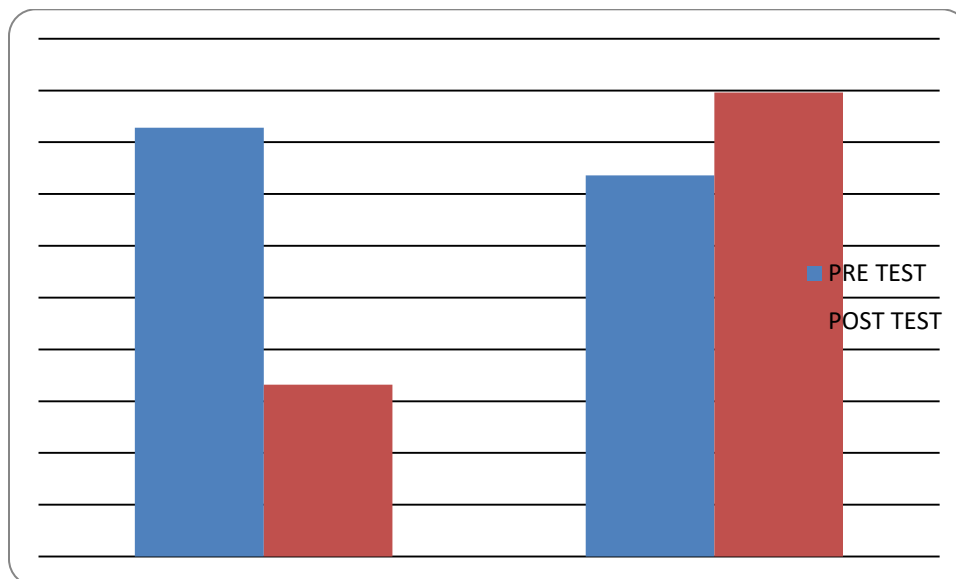


Figure 1. Graphical representation of Communication levels of the pre test and post test of the control group and experimental group.

The results of the study showed that communication reduced significantly as a result of suryanamaskar sadhana. Hence, the hypothesis was accepted at 0.05 level of confidence. Systematic suryanamaskar sadhana increase the communication. The above findings can also be substantiated by observation made by renowned expert **Andersson.AL.et.al. (2008)**,

4. Conclusion

Suryanamaskar sadhana help to increase the communication among the obese preteen girls to compare the control group.

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Influence of Yoga-Integrated Reflex drill Training on Reaction Time and Mental Fatigue among University level Chess Players

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Abstract

Mental fatigue and delayed reaction time are common challenges among university-level chess players due to prolonged cognitive engagement. Chess requires sustained attention, rapid decision-making and mental endurance, which may reduce cognitive efficiency over time. The present experimental study aimed to investigate the influence of yoga-integrated reflex drill training on reaction time and mental fatigue among university-level chess players. Sixty players aged 18–25 years were randomly divided into a control group ($n = 30$) and an experimental group ($n = 30$). The experimental group underwent an 8-week structured yoga-integrated reflex drill training program, five days per week, while the control group followed their routine. Reaction time and mental fatigue were measured using the Ruler Drop Test and Mental Fatigue Scale (MFS) before and after the intervention. The data were analyzed using appropriate statistical techniques. The results showed a significant improvement in reaction time and a reduction in mental fatigue in the experimental group compared to the control group. The findings suggest that yoga combined with reflex drills enhances neural responsiveness, improves concentration, and reduces cognitive fatigue. It is concluded that yoga-integrated reflex drill training is an effective method for improving cognitive performance and mental endurance in university-level chess players.

Keywords: Yoga, Reflex Training, Reaction Time, Mental Fatigue, Chess Players, Cognitive Performance

1. Introduction

Chess is a globally popular game that has its origins in India. Chess is a popular cognitively demanding sport that requires a high degree of mental engagement, including the capacity for quick decision-making, sustained attention, problem-solving skills, and emotional regulation [1]. Chess players at the university level usually compete in competitive events that require extended periods of focus, often under time constraints. Such high cognitive demands can cause mental exhaustion, which has a negative impact on performance by decreasing decision-making accuracy, lowering reaction times, and affecting concentration [2]. In cognitive sports, mental exhaustion has been found to be a significant factor affecting performance. In addition to lowering focus, it also impairs brain processing efficiency, which causes slower reactions and more mistakes [6]. Therefore, reaction time becomes a crucial factor in chess performance, particularly in fast-paced forms like blitz and rapid games where players have to react fast to changing circumstances. Chess players can gain a substantial competitive advantage by increasing their reaction time while reducing mental fatigue [2]. Physical and mind-body training techniques have gained popularity in recent years as a way to improve athletes' cognitive ability [10] [3].

Yoga is an age-old holistic practice that combines physical postures (asanas), breathing exercises (pranayama), and meditation. It has been demonstrated to increase mental well-being, lower stress levels, and improve concentration [8] [4]. Regular yoga practice has been shown to improve cognitive



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abilities including concentration, memory, and emotional control, all of which is essential for playing chess [5].

In addition to yoga, reflex drill training has drawn interest due to its ability to enhance brain responsiveness, coordination, and reaction time [11]. These exercises include quick stimulus-response tasks that improve motor performance and sensory processing. Reflex training is frequently used in physically demanding sports, but it is still largely unexplored in cognitively demanding sports like chess. Combining yoga with reflex drill training provides a holistic strategy focusing on the neuromuscular and mental components of performance [7]. Reflex drills increase coordination and response time, while yoga helps lower tension and improve cognitive clarity. The combined impact of various training techniques on important performance metrics like reaction time and mental fatigue among university chess players, however, has not been thoroughly studied empirically. Therefore, the present study aims to investigate the influence of yoga-integrated reflex drill training on reaction time and mental fatigue among university-level chess players. The findings of this study are expected to contribute to the development of effective training strategies that enhance cognitive performance and overall efficiency in chess.

2. Methodology

2.1 Study Design

The present study adopted an experimental design with a pre-test and post-test control group design to evaluate the effect of yoga-integrated reflex drill training on reaction time and mental fatigue among university-level chess players.

2.2 Participants

A total of sixty ($N = 60$) university-level chess players aged between 18 and 25 years were selected as subjects for the study. The participants were randomly assigned into two groups: an experimental group ($n = 30$) and a control group ($n = 30$). All participants were regular chess players with prior competitive experience and were free from any injury or medical condition that could affect their performance.

2.3 Group Allocation

The selected participants were randomly assigned into two equal groups, each consisting of 30 participants. The Experimental Group ($n = 30$) received the structured yoga-integrated reflex drill training program for a period of eight weeks. The Control Group ($n = 30$) continued their regular daily routine without any specific training intervention throughout the study period.

2.4 Intervention Protocol

The experimental group underwent a structured yoga-integrated training program that included reflex drills for a period of eight weeks, practicing five days per week. Each training session lasted approximately 60 minutes. All sessions were conducted under the supervision of a qualified instructor to ensure proper technique and safety. The control group did not receive any specific training intervention and continued their usual daily routine throughout the study period.

Session Structure

- **Prayer:** 3 minutes
- **Warm-up:** 7 minutes
- **Yoga Practices:** 20 minutes



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- **Reflex Drill Training:** 25 minutes
- **Relaxation:** 5 minutes

Yoga Practices Included:

Tadasana, Vrikshasana, Bhujangasana, Padmasana, along with Anulom Vilom, and Bhramari pranayama.

Reflex Drills Included

Ball drop reaction drill, multi-directional response drill, wall toss drill, and speed ladder exercises.

3. Outcome Measures

Reaction time and mental fatigue were selected as the primary outcome measures for the study. Reaction time was assessed using the Ruler Drop Test, a simple and reliable method used to measure an individual's response speed to a visual stimulus [9]. The distance the ruler fell before being caught was recorded and converted into reaction time values. Mental fatigue was evaluated using the Mental Fatigue Scale (MFS), a standardized questionnaire designed to assess subjective levels of fatigue, concentration difficulties, and mental exhaustion [12]. Scores were recorded based on participants' responses under controlled conditions. Pre-test assessments were conducted before the intervention, and post-test assessments were recorded after the 8-week training period. These measures provided reliable and valid data to evaluate the effectiveness of the yoga-integrated reflex drill training program on cognitive performance among university-level chess players.

4. Statistical Analysis

The collected data were analyzed using appropriate statistical methods. Mean and standard deviation were calculated for all variables. An unpaired t-test was used to compare post-intervention stress levels and sleep quality scores between the experimental and control groups. Statistical significance was set at $p < 0.05$.

5. Ethical Considerations

The study protocol was explained to all participants, and informed consent was obtained prior to participation. Confidentiality of participant data was maintained throughout the study, and participants were informed of their right to withdraw from the study at any stage without any consequence

6. Result

Table1: Group comparison for Reaction Time

Group	Mean	SD	t(58)	p	95% CI of the Difference	Cohen's <i>d</i>
Experimental Group	0.21	0.03	5.32	< .001	[0.04, 0.09]	1.30
Control Group	0.27	0.04				

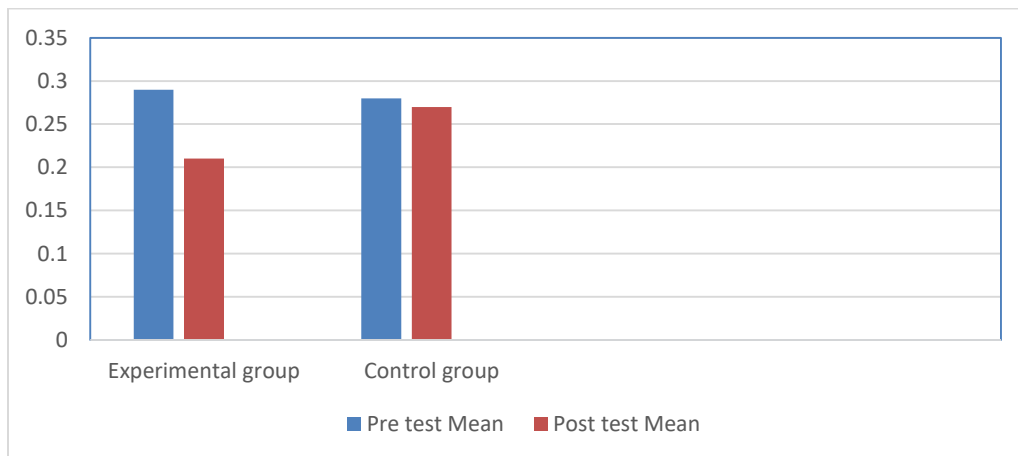


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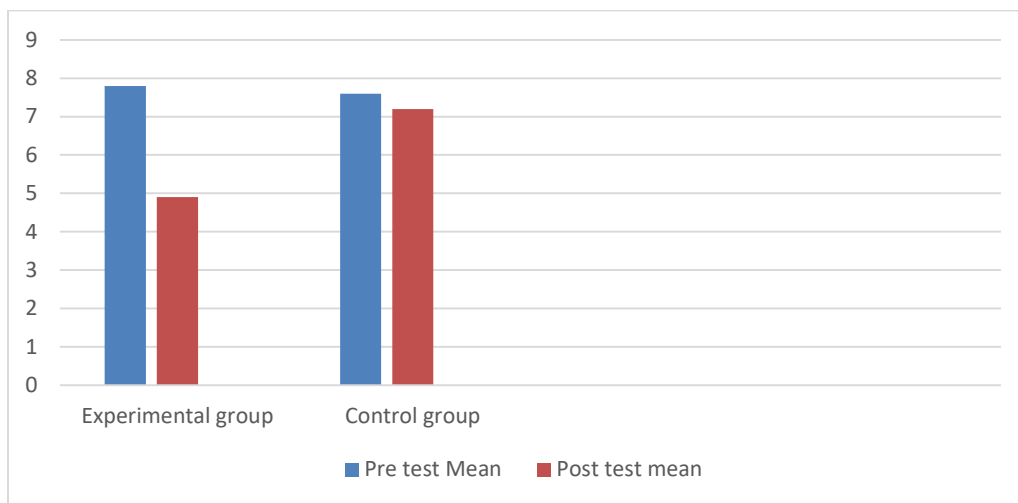


Table2: Group comparison for Mental Fatigue

Group	Mean	SD	t(58)	p	95% CI of the Difference	Cohen's <i>d</i>
Experimental Group	4.9	1.00	4.96	< .001	[1.13,2.67]	1.47
Control Group	7.2	1.10				



Bar Diagram 1: Comparison of pre and post-test mean for Reaction Time



Bar Diagram 2: Comparison of pre and post-test mean for Mental Fatigue

Reaction Time

An independent-samples t-test was conducted to compare reaction time between the experimental and control groups. The assumption of homogeneity of variance was met, as Levene's test was not significant ($p = .22$). The results revealed a statistically significant difference between groups, $t(58) =$



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5.32, $p < .001$. The experimental group ($M = 0.21$, $SD = 0.03$) showed significantly faster reaction time compared to the control group ($M = 0.27$, $SD = 0.04$). The 95% confidence interval for the mean difference ranged from 0.04 to 0.09. The effect size was large (Cohen's $d = 1.30$), indicating a strong practical impact of the intervention.

Mental Fatigue

An independent-samples t-test was conducted to compare mental fatigue scores between the experimental and control groups. The assumption of homogeneity of variance was satisfied, as Levene's test was nonsignificant ($p = .31$). The results indicated a statistically significant difference between groups, $t(58) = 4.96$, $p < .001$. The experimental group ($M = 4.90$, $SD = 1.00$) demonstrated significantly lower mental fatigue scores than the control group ($M = 7.20$, $SD = 1.10$). The mean difference was statistically meaningful, with a 95% confidence interval ranging from 1.13 to 2.67. The effect size was large (Cohen's $d = 1.47$), indicating a substantial practical difference between the groups.

7. Discussion

The results of this study clearly show that reflex drill training combined with yoga greatly enhances response time and reduces mental fatigue in university level chess players. Reflex drill training, which improves brain responsiveness, coordination, and information processing speed, is responsible for the improvement in reaction time. Frequent exposure to stimulus-response training enhances central nervous system efficiency, resulting in quicker reactions. Additionally, yoga techniques like pranayama and meditation are essential for boosting mental clarity, lowering tension, and increasing attention. By stimulating the parasympathetic nervous system, these techniques reduce mental fatigue while supporting relaxation. Yoga and reflex training work together to improve both the body and the mind. Yoga improves emotional stability and cognitive control, whereas reflex drills increase motor reaction and awareness. Chess players especially benefit from this integrated strategy because the game demands both quick thinking and continuous mental stamina. The study's findings are in line with earlier studies showing that reflex training increases coordination and response time, while yoga promotes cognitive abilities and lowers stress. The experimental group's notable gains demonstrate how well these two training techniques work together.

8. Conclusion

The study found that yoga-based reflex drill training is an effective method for university-level chess players to improve their reaction time and mental fatigue. The integration of these training techniques can enhance cognitive efficiency and overall performance in chess.

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Impact Of Circuit Resistance Training And Skill-Based Training On Strength Parameters Of Men Football Players

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Abstract

The purpose of the study was to examine the impact of circuit resistance training and skill-based training on strength among men football players. Forty-five male football players aged 18–25 years were randomly selected and divided into three groups: Circuit Resistance Training Group (CRTG), Skill-Based Training Group (SBTG), and Control Group (CG). The experimental groups underwent their respective training programs for 8 weeks, while the control group followed regular activities. Strength was assessed using standardized tests before and after the training period. Analysis of covariance (ANCOVA) was used to analyze the data. The results revealed that both circuit resistance training and skill-based training significantly improved strength, with circuit resistance training showing superior improvement. The findings suggest that structured circuit resistance training is highly effective for enhancing muscular strength in football players.

1. Introduction

Football is one of the most physically demanding sports, requiring a combination of strength, speed, endurance, agility, and technical proficiency. Among these components, muscular strength plays a fundamental role in determining performance efficiency. It contributes significantly to essential football actions such as sprinting, jumping, tackling, shielding the ball, and executing powerful shots. Therefore, the development of strength is considered a key aspect in modern football training programs. In recent years, training methodologies have evolved to incorporate scientifically designed conditioning programs that enhance both physical and skill-related performance. Circuit resistance training has gained considerable attention due to its ability to simultaneously develop muscular strength and endurance. This training method involves performing a sequence of resistance exercises at different stations with minimal rest intervals. It promotes continuous muscular engagement, increases training intensity, and improves neuromuscular coordination. The structured nature of circuit resistance training makes it highly suitable for football players, as it mimics the intermittent and high-intensity demands of the game. On the other hand, skill-based training focuses on the development of technical abilities such as dribbling, passing, shooting, and ball control. These activities involve repeated execution of sport-specific movements, which may indirectly contribute to strength development through neuromuscular adaptations. Although skill training is essential for performance enhancement, its direct impact on muscular strength is often limited compared to structured resistance training methods. Previous research has highlighted the effectiveness of resistance training in improving muscular strength and overall athletic performance. Circuit-based approaches, in particular, have been shown to enhance strength, power, and functional fitness due to their dynamic and progressive nature. However, in football training settings, skill-based drills are often prioritized, and the comparative effectiveness of these two approaches on strength development remains less explored.

Understanding the relative contribution of circuit resistance training and skill-based training to strength development is essential for designing effective training programs. Coaches and trainers need evidence-based guidance to optimize performance outcomes while maintaining a balance between physical conditioning and skill acquisition.



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Therefore, the present study aims to investigate the impact of circuit resistance training and skill-based training on the strength of men football players and to determine which method is more effective in improving strength performance.

2. Methodology

Selection of Subjects

A total of 45 male football players were selected for the study. The subjects were aged between 18 and 25 years and had prior experience in competitive football. All participants were medically fit and free from injuries at the time of data collection.

The subjects were randomly assigned into three equal groups consisting of 15 participants each:

Group I: Circuit Resistance Training Group (CRTG)

Group II: Skill-Based Training Group (SBTG)

Group III: Control Group (CG)

Independent Variables

- 1) Circuit Resistance Training
- 2) Skill-Based Training

Dependent Variable

- 1) Muscular Strength
- 2) Criterion Measures

Strength was assessed using standardized and reliable tests:

Upper Body Strength – Push-up test

Lower Body Strength – Squat test

3. Experimental Design

The study employed a randomized pre-test–post-test experimental design involving three groups to examine the effects of different training interventions on muscular strength. A total of 45 male football players were randomly assigned into three equal groups: the Circuit Resistance Training Group (CRTG), the Skill-Based Training Group (SBTG), and the Control Group (CG). All participants underwent initial pre-testing to assess baseline strength levels using standardized measures. Following this, the experimental groups participated in their respective training programs; circuit resistance training and skill-based training for a duration of eight weeks, with three sessions per week, while the control group did not receive any specific training intervention. Upon completion of the training period, post-tests were conducted using the same procedures as the pre-tests. The differences in strength performance among the groups were analyzed using Analysis of Covariance (ANCOVA), with the pre-test scores serving as covariates to control for initial differences and to determine the true effect of the training interventions.

Statistical Technique

The collected data were analyzed using Analysis of Covariance (ANCOVA) to determine the significance of differences among the groups. The level of significance was set at 0.05. When



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significant differences were found, appropriate post hoc tests were applied to identify the direction of differences.

4. Results

Table 1 - Pre-Test, Post-Test and Adjusted Post-Test Mean Values of Strength

Group	Pre-Test Mean	Post-Test Mean	Adjusted Mean	Mean Difference
CRTG	35.20	48.60	47.80	13.40
SBTG	34.90	42.10	41.60	7.20
CG	35.00	36.20	36.00	1.20

Table 2 - Analysis of Covariance (ANCOVA) on Strength

Source of Variance	Sum of Squares	df	Mean Square	F-ratio
Between Groups	520.45	2	260.22	18.65*
Within Groups	585.30	42	13.93	

Table 1 presents the pre-test, post-test, adjusted post-test mean values, and mean improvement of strength among the three groups, namely the Circuit Resistance Training Group (CRTG), Skill-Based Training Group (SBTG), and Control Group (CG). The pre-test mean values indicate that all three groups were nearly equal at baseline, showing homogeneity before the experimental treatment.

After the training period, the post-test mean values revealed noticeable improvements in both experimental groups. The Circuit Resistance Training Group demonstrated a substantial increase in strength compared to the Skill-Based Training Group, while the Control Group showed only a marginal improvement. The adjusted post-test mean values, which account for initial differences, further confirm that the Circuit Resistance Training Group achieved the highest performance, followed by the Skill-Based Training Group, with the Control Group remaining the lowest.

The mean improvement scores also highlight the effectiveness of the interventions, where the Circuit Resistance Training Group recorded the greatest improvement, indicating the superiority of this training method in enhancing strength.

Table 2 shows the summary of analysis of covariance (ANCOVA) for strength. The obtained F-ratio for the adjusted post-test means is 18.65, which is higher than the required table value of 3.22 at the 0.05 level of significance. This indicates that there is a statistically significant difference among the groups.

Therefore, it can be concluded that both training methods significantly improved strength; however, circuit resistance training was more effective than skill-based training in enhancing strength among men football players.

Discussion of findings

The purpose of the present study was to examine the impact of circuit resistance training and skill-based training on the strength of men football players. The findings of the study clearly indicate that both experimental groups showed significant improvements in strength when compared to the control group. However, the magnitude of improvement was considerably higher in the circuit resistance training group than in the skill-based training group.



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The significant improvement observed in the circuit resistance training group may be attributed to the systematic and progressive nature of the training program. Circuit resistance training involves multiple exercises targeting major muscle groups with minimal rest intervals, which enhances muscular strength through repeated overload and neuromuscular adaptation. The continuous engagement of muscles during circuit training improves motor unit recruitment and coordination, leading to greater force production. Furthermore, the combination of resistance exercises such as squats, lunges, and push-ups contributes to overall muscular development, which is essential for football performance.

In contrast, the skill-based training group also demonstrated improvement in strength, although to a lesser extent. This improvement can be explained by the repetitive execution of football-specific movements such as dribbling, passing, and shooting. These activities involve dynamic muscular contractions and coordination, which may lead to indirect strength development through neuromuscular adaptation. However, since skill-based training does not primarily focus on progressive overload or resistance, the gains in strength are comparatively limited.

The control group showed only minimal improvement, which may be due to normal daily activities rather than any structured training intervention. This further confirms that the observed improvements in the experimental groups were a direct result of the training programs.

The findings of the present study are consistent with previous research, which suggests that resistance-based training methods are highly effective in improving muscular strength and overall physical performance. Circuit resistance training, in particular, has been widely recognized for its efficiency in enhancing both strength and endurance due to its structured and intensive design.

The results also highlight the importance of incorporating scientifically designed strength training programs in football conditioning. While skill development is essential for performance, it should be complemented with appropriate strength training methods to achieve optimal results.

5. Conclusions

- 1) Circuit resistance training significantly improves the strength of men football players.
- 2) Skill-based training also contributes to the improvement of strength, but to a lesser extent.
- 3) Circuit resistance training is more effective than skill-based training in enhancing strength.
- 4) The absence of structured training results in minimal improvement, as observed in the control group.
- 5) Incorporating circuit resistance training in football conditioning programs can lead to better strength development and improved performance.

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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Physical Fitness Adaptations To Focused Eccentric Training In Inter-Collegiate Women Volleyball Players

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Abstract

Modern volleyball demands high levels of explosive power, speed, and muscular strength for optimal performance. Recent advancements in strength training highlight the importance of eccentric training in improving neuromuscular efficiency and athletic performance. However, limited research exists on amplified eccentric training among women volleyball players at the intercollegiate level. So, the aim of the study was to evaluate the effects of amplified eccentric training on selected physical fitness components of intercollegiate women volleyball players. To achieve the purpose of the study, thirty intercollegiate women volleyball players were randomly selected from SRM Institute of Science and Technology, Kattankulathur, Tamil Nadu, India. The age of the subjects ranged from 18 to 25 years. The subjects were divided into two groups of fifteen each, namely the experimental group and the control group. The experimental group underwent amplified eccentric training for a period of 12 weeks, with training sessions of 60 minutes per day, three days per week, while the control group continued with their regular routine without any additional training. All participants were tested on selected physical fitness variables, including explosive strength, muscular strength, and speed. Pre-test and post-test measurements were recorded for both groups. The collected data were analyzed using analysis of covariance (ANCOVA) to determine the significance of differences between groups, with the level of significance set at 0.05. The results of the study revealed significant improvements in speed, muscular strength, and explosive strength in the experimental group compared to the control group.

Keywords: Modern volleyball, Fitness Demand, Women Volleyball Players , Amplified Eccentric Training, Performance Enhancement.

1. Introduction

Modern volleyball is a fast-paced and highly competitive sport that demands a high level of physical fitness and technical skill from its players. The game involves frequent explosive movements such as jumping for spiking and blocking, quick sprints, rapid directional changes, diving, and powerful overhead actions. These movements are performed repeatedly throughout the match, requiring players to possess well-developed physical fitness components including explosive strength, muscular strength, speed, agility, balance, and coordination. Among these, explosive power of the lower limbs plays a crucial role in executing effective spikes and blocks, while muscular strength and core stability help players maintain control and efficiency during various game situations. Speed and agility are also essential for quick court coverage, defensive movements, and rapid transitions between offensive and defensive play.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



In modern volleyball, the intensity of rallies and the overall pace of the game have increased due to improvements in playing techniques, tactical strategies, and scientific training methods. As a result, players must maintain high levels of physical conditioning to sustain performance throughout the match and to respond effectively to the fast-changing situations on the court. Proper physical fitness not only enhances performance but also helps reduce fatigue and the risk of sports-related injuries. Therefore, structured training programs that focus on improving the essential components of physical fitness have become an integral part of volleyball training. Strength and conditioning methods, including specialized resistance and eccentric training techniques, are increasingly being incorporated into volleyball training programs to enhance the physical capabilities and overall performance of players.

Physical Fitness Demands in Modern Volleyball

In modern sports such as volleyball, players are required to perform repeated explosive movements including jumping, spiking, blocking, and rapid changes in direction. These actions demand high levels of muscular strength, power, and speed. Therefore, training programs must provide sufficient stimulus to develop these physical qualities effectively. Traditional resistance training methods that emphasize slow movements with heavy loads are effective for developing strength but may not fully meet the explosive power demands required in dynamic sports performance (Newton et al., 1999).

Limitations of Traditional Resistance Training

Traditional isoinertial resistance training involves lifting a load during the concentric phase and lowering the same load during the eccentric phase. However, research indicates that muscles can generate greater force during eccentric contractions than during concentric contractions (Katz, 1939). Because conventional resistance training uses the same load in both phases, the eccentric phase is often underloaded, resulting in reduced motor unit recruitment and lower neuromuscular stimulation (Sogaard et al., 1996). This limitation may reduce the stimulus required for optimal muscular adaptation and performance improvement (Gehlert et al., 2015).

Eccentric-Overload Training: A Solution for Performance Enhancement

To overcome these limitations, eccentric-overload (EO) resistance training has been introduced as an advanced training method. This approach applies greater resistance during the eccentric phase than during the concentric phase, allowing athletes to train according to the natural force-generating capacity of the muscles. Techniques such as accentuated eccentric loading (AEL) increase mechanical stress during the eccentric phase while maintaining the natural eccentric–concentric movement pattern (Barr et al., 201). Studies have shown that increased eccentric loading can enhance concentric force production, jump performance, power output, and velocity (Doan et al., 2002; Sheppard et al., 2007). Therefore, incorporating eccentric-focused training methods may help athletes meet the increasing physical and performance demands of modern volleyball.

Methodology

To achieve the objectives of the study, thirty intercollegiate women volleyball players were randomly selected from SRM Institute of Science and Technology (SRMIST), Kattankulathur, Tamil Nadu, India, with ages ranging from 18 to 25 years. The participants were randomly assigned into two groups, each consisting of fifteen members: the experimental group, which underwent accentuated eccentric training for 12 weeks with sessions lasting 60 minutes, three days per week, and the control group, which continued their regular training routine without any additional intervention.

Selection of Variables



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



- ❖ **Independent Variable:** Accentuated eccentric training
- ❖ **Dependent Variables:** Speed, Muscular Strength, Explosive Strength

Table 1: Criterion Measures

Criterion Measure	Test Item	Unit of Measurement
Speed	30-meter dash	Seconds
Muscular Strength	Sit-ups	Count
Explosive Strength	Standing Broad Jump	Centimeters

Statistical Techniques

The collected data were statistically analyzed using Analysis of Covariance (ANCOVA) to determine whether significant differences existed between the experimental and control groups. The level of significance was set at 0.05 to test for meaningful differences between the groups.

Table 2: Descriptive Analysis of Selected Physical Fitness Components between Experimental and Control Groups

Variables	Group	Pre-Test Mean $\pm$ SD	Post-Test Mean $\pm$ SD	Adjusted Mean
Speed (seconds)	AETG	4.54 $\pm$ 0.08	4.36 $\pm$ 0.01	4.35
	CG	4.61 $\pm$ 0.01	4.54 $\pm$ 0.09	4.56
Muscular Strength (count)	AETG	38.70 $\pm$ 0.48	42.01 $\pm$ 0.60	42.07
	CG	38.90 $\pm$ 0.61	39.85 $\pm$ 1.69	39.81
Explosive Strength (cm)	AETG	1.91 $\pm$ 0.08	2.09 $\pm$ 0.02	2.09
	CG	1.85 $\pm$ 0.01	1.96 $\pm$ 0.11	1.96

Note: AETG = Accentuated Eccentric Training Group; CG = Control Group

Quantitative information on the pre-test and post-test means, adjusted means, and standard deviations for the selected physical fitness components of the participants is presented in Table 2. The correlation analysis between the control group and the accentuated eccentric training group for the measured variables is presented in Table 3.

Table 3: Analysis of Covariance (ANCOVA) on Selected Physical Fitness Components

Variables	Test	Sum of Squares	df	Mean Square	F Ratio
Speed (seconds)	Pre-Test B.G	0.01	1	0.01	2.98
	Pre-Test W.G	0.10	28	0.004	
	Post-Test B.G	0.26	1	0.26	58.54*
	Post-Test W.G	0.12	28	0.005	
	Adjusted Means B.S	0.23	1	0.23	49.83*
	Adjusted Means	0.12	27	0.005	



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



W.S						
Muscular (count)	Strength	Pre-Test B.G	0.24	1	0.24	0.81
		Pre-Test W.G	8.55	28	0.30	
		Post-Test B.G	35.03	1	35.03	21.68*
		Post-Test W.G	45.24	28	1.61	
		Adjusted Means B.S	36.94	1	36.94	23.12*
Explosive Strength (cm)		Adjusted Means W.S	43.14	27	1.59	
		Pre-Test B.G	0.008	1	0.008	2.33
		Pre-Test W.G	0.097	28	0.003	
		Post-Test B.G	0.13	1	0.13	20.45*
		Post-Test W.G	0.18	28	0.007	
		Adjusted Means B.S	0.12	1	0.12	18.11*
		Adjusted Means W.S	0.18	27	0.007	

Note: B.G = Between Groups; W.G = Within Groups; B.S = Between Subjects; W.S = Within Subjects; *Significant at 0.05 level of confidence. Table values for df 1 & 28 and df 1 & 27 are 4.20 and 4.21, respectively.

2. Description:

The ANCOVA results showed that the pre-test F ratios for speed (2.98), muscular strength (0.81), and explosive strength (2.33) were below the critical table value of 4.20, indicating no significant differences between the experimental and control groups before the training intervention. Following the 12-week accentuated eccentric training program, the post-test F ratios for speed (58.54), muscular strength (21.68), and explosive strength (20.45) exceeded the table value, indicating statistically significant improvements in the experimental group. The adjusted post-test means also demonstrated significant differences, with F ratios of 49.83 for speed, 23.12 for muscular strength, and 18.11 for explosive strength, confirming that the accentuated eccentric training group outperformed the control group in all measured physical fitness components. These findings suggest that the 12-week eccentric-overload training effectively enhanced speed, muscular strength, and explosive strength among intercollegiate women volleyball players.

Discussion

The present study demonstrates the effectiveness of accentuated eccentric training in enhancing speed, muscular strength, and explosive strength among intercollegiate women volleyball players. Following 12 weeks of eccentric-overload training, the experimental group showed significant improvements in all measured physical fitness components compared to the control group, highlighting the potential benefits of targeted eccentric training for volleyball performance.

These findings are consistent with previous research. Majeedkutty et al. (2018) reported that young individuals perform concentrated eccentric loading exercises for the lower limbs showed significant increases in horizontal jump distance, maximal muscular strength, vertical jump performance, local muscular endurance, and maximal force output under both supramaximal and submaximal loading conditions. Similarly, Otto et al. (2023) observed neuromuscular adaptations in both trained and untrained limbs following eccentric-overload resistance training, indicating a cross-education effect that can enhance overall athletic performance. Maroto-Izquierdo et al. (2022) also emphasized that



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



eccentric resistance training improves muscular strength, jump height, sprint speed, and change-of-direction ability in young athletes. Additionally, Bright et al. (2023) demonstrated that increasing the load during the eccentric phase of countermovement jumps produced greater improvements in jump squat performance compared to traditional training methods for athletes engaged in frequent jumping. The results of this study support these findings, suggesting that accentuated eccentric training is highly effective in improving sport-specific fitness components essential for volleyball, including explosive lower-limb power, speed, and muscular strength. By emphasizing the eccentric phase of muscle contraction, athletes are able to generate greater force, improve neuromuscular coordination, and enhance the stretch-shortening cycle, all of which are critical for high-performance volleyball movements such as spiking, blocking, and quick court coverage.

3. Conclusion

- ✓ Accentuated eccentric training significantly improved speed, muscular strength, and explosive strength in intercollegiate women volleyball players in the experimental group.
- ✓ The control group, which continued their regular training routine, did not show any statistically significant improvements in the measured physical fitness components.
- ✓ Overall, the study highlights that eccentric-overload training can be an effective strategy for enhancing performance-related physical fitness in volleyball and other sports requiring explosive power and speed.

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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Effect Of Integrated Yoga Modules And Satvic Diet On Selected Risk Factors Among Men Cancer Patients

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Abstract

The purpose of the present study was to find out the effect of integrated yoga modules and satvic diet on selected risk factors among men cancer patients. The study was conducted on 40 Men Cancer Patients in totally two groups, namely, control & experimental group. Experimental group consisted of 20 Men Cancer Patients. They underwent six weeks practice in Pawanamuktasana series, Asana, Pranayama, Meditation and Relaxation whereas the control group did not undergo any type of training. Physiological variable (Resting pulse rate) were measured before and after the experimentation using the standardized tests. Analysis of Covariance (ANCOVA) analyzed the data and it was concluded that the Pawanamuktasana series, Asana, Pranayama, Meditation and Relaxation had significant of ($P < 0.05$) effect on physiological variable (Resting pulse rate) among Men Cancer Patients.

Keywords: Cancer, Pawanamuktasana series, Asana, Pranayama, Meditation and Relaxation, Resting pulse rate.

1. Introduction

The World Health Organization (WHO) defined health in its broader sense in its 1948 constitution as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. This definition has been subject to controversy, in particular as lacking operational value and because of the problem created by use of the word "complete" Other definitions have been proposed, among which a recent definition that correlates health and personal satisfaction. Classification systems such as the WHO Family of International Classifications, including the International Classification of Functioning, Disability and Health (ICF) and the International Classification of Diseases (ICD), are commonly used to define and measure the components of health. Swami Vivekananda in his immortal speech said Indian philosophy will be accepted around the world by one and all Krishnacharya and Swami Sivananda Saraswati have proved swami Vivekananda words true by spreading yoga to all nations of the world. In Present day yoga is respected around the world and accepted as a life style practice. Researcher's a carried art it the Past have proved beyond doubt that yoga has improved not only the physical body but also the mind. The subtle anatomy of the humans is divided into five energetic sheaths known as 'pancha kosha'. Pancha, meaning five and kosha, meaning layer or sheath. This ideology describes the human being "as multi-dimensional, with the source or foundation in a spiritual dimension." The so-called 'spiritual dimension' is pure consciousness which is hidden by the other four koshas, the outermost layer being the most dense, physical body. Each kosha can be thought of as energy vibrating at a different frequency. The physical body therefore vibrates at the slowest rate and the 'inner light of consciousness' or 'atman' vibrates at fastest rate or frequency. Although all five layers interpenetrate one another.

The word *yoga* means 'unity' or 'oneness' and is derived from the Sanskrit work *yuj*, which means 'to join'. Yoga is the science of right living and, as such, is intended to be incorporated in daily life. It



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



works on all aspects of the person: the physical, vital, mental, emotional, psychic and spiritual. This unity or joining is described in spiritual terms as the union of the individual consciousness with the universal consciousness. On a more practical level, yoga is a means of balancing and harmonizing the body, mind and emotions.

Pranayama is an excellent means of dealing with tensions. By exercising and strengthening the lungs, rebalancing the autonomic nervous system, and strengthening the entire nervous system, it diminishes the possibility of a future asthma attack. Essentially pranayama is designed to allow us to master the body's energy systems. The practices lead to increased self-confidence and mastery of mind. Through greater control of prana, we gain greater control over ourselves. Kriya means action. Shat kriya consists of six groups of purification practices. These process intent to purify the body from its impurities and the three dhosas or humors in the body (i.e. –phlegm, wind and bile), and balance them to help the free flow of prana.

Statement of the problem

The purpose of the study is to find out the effect of Yogic practices on resting pulse rate among Men Cancer Patients

2. Review of related literature

Uppal,(1990) conducted a study to determine the effects of interval training and two continuous load methods on cardio respiratory and selected physiological parameters. One group was given slow continuous running for a period of ten weeks, five days in a week. The load was increased progressively after every 10 days he found that (1) all the three group had equal training effects on maximal oxygen uptake, vital capacity, leg length, positive breath holding and negative systolic blood pressure (2) slow the continuous and fartlek method result significantly in this improvements in cardio respiratory endurance when compared to interval training (3) slow continuous running and interval training were superior to fartlek in reducing the resting pulse rate.

3. Methodology

The purpose of the study was to find out the effect of yogic practices on resting pulse rate among Men Cancer Patients. For the purpose of this study, forty Men Cancer Patients were chosen on random basis Chennai only. Their age group ranges above 60 years. The subjects were divided into two group of forty. The experimental group would undergo yogic practices and the second group consider as control group not attend any practices, and the pre test and posttests would be conducted before and after the training. Training would be given for eight weeks. It would be found out finally the effect of yogic practices on resting pulse rate among Men Cancer Patients in scientific method. The collected data were statistically analyzed by using analysis of covariance (ANCOVA).

Training schedule

4. Experimental Group: Yogic practices

Training Programme:

1. Pawanamuktasana series
2. Suryanamaskar (Bihar School of Yoga) - 12 counts

Asana

Breathing



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



1. Pranamasana	Normal
2. Hasta Uttanasana	Inhale
3. Padahastasana	Exhale
4. Ashwa Sanchalasana	Inhale
5. Purvatasana	Exhale
6. Astanganamaskara	Holding
7. Bhujangasana	Inhale
8. Purvatasana	Exhale
9. Ashwa Sanchalasana	Inhale
10. Padahastasana	Exhale
11. Hasta Uttanasana	Inhale
12. Pranamasana	Normal

Yogasanas

1. Padmasana, Vajrasana, Pascimottanasana
2. Tadasana, Trikonasana, Padahastasana, Ardachakrasana
3. Salabasana, Bhujangasana, Dhanurasana
4. Viparethakarani, Sarvangasana, Halasana, Uttanapadasana
5. Savasana (Relaxation)

Pranayama

1. Anlom, Vilom
2. Nodi Shodana
3. Sitali
4. Sitkari
5. Bhastrika

Meditation

Relaxation

Group II: Control Group (No Training).

5. Results and discussions

The statistical analysis comparing initial and final means of resting pulse rate due to yogic practices among Men Cancer Patients is presented in Table I.

Table I
Computation of mean and analysis of covariance of resting pulse rate of experimental and control group
(Scores in beats/minute)

Test	Experimental group	Control group	Source of Variance	Sum of square	DF	Mean Squares	Obtained F
Pre-test mean	80.25	80.85	Between	3.60	1	3.60	0.69
			Within	198.30	38	5.22	
Post-test mean	75.10	80.25	Between	265.23	1	265.23	50.51*
			Within	199.55	38	5.25	
	75.16	80.19	Between	249.22	1	249.22	47.89*



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Adjusted mean			Within	192.55	37	5.20	

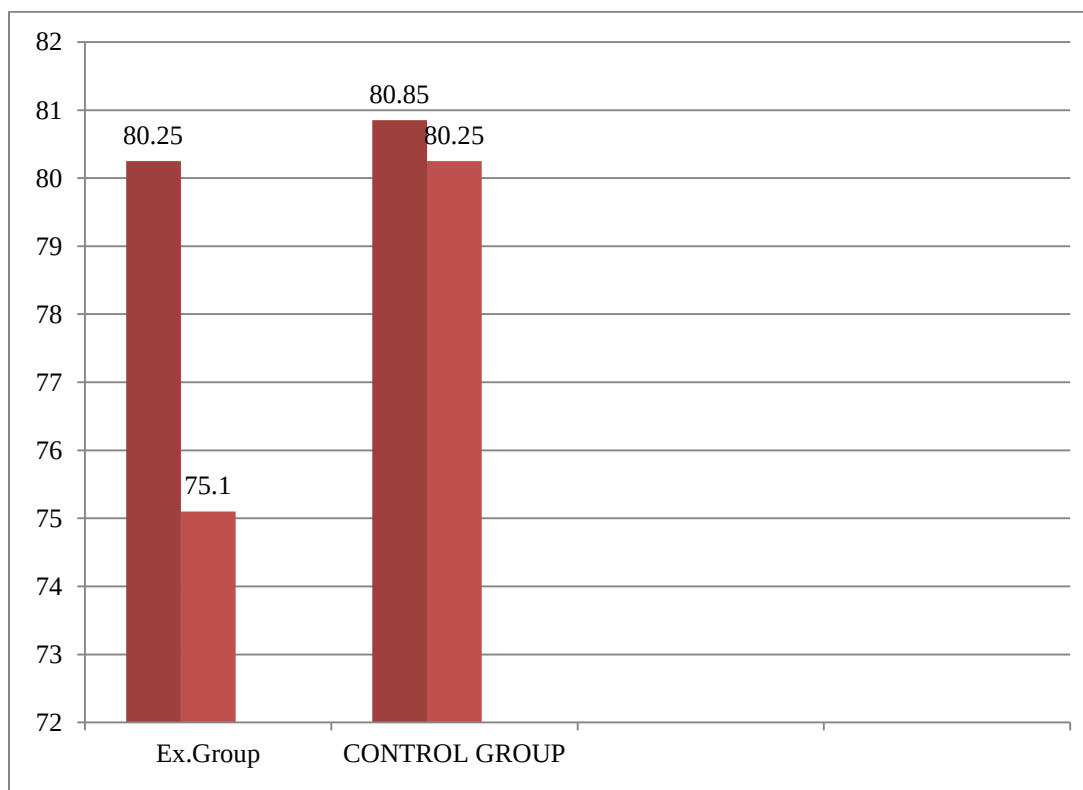
*significant.

Table value for df 1 and 38 was 3.21 Table value for df 1 and 37 was 3.22.

The obtained adjusted mean values were presented through bar diagram in figure 1.

FIGURE – 1

Bar diagram on ordered pre and post means of pulse rate



Discussions on the findings of physiological variables

Taking into consideration of the pre test means and post test means adjusted post test means were determined and analysis of covariance was done and the obtained F value 47.89 was greater than the required value of 3.22 and hence it was accepted that the yogic practices significantly improved (decreased) the resting pulse rate of the Men Cancer Patients .

5. Conclusion of the research

The analysis of co-variance of Resting pulse rate indicated that experimental group (integrated yoga modules and satvic diet) and group II (Control group), were significantly improved the Resting pulse rate. It may be due to the effect of integrated yoga modules and satvic diet. The findings of the study showed that the experimental group I (integrated yoga modules and satvic diet) had improvement (Decreased) Resting pulse rate more than the control group (No training) among Men Cancer Patients .



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Accelerating Performance: Effect of Circuit Training on Speed and Agility of Ball Badminton Players

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Abstract: Ball Badminton is a fast-paced sport that requires players to possess high levels of speed and agility for effective court movement and quick directional changes. Developing these motor fitness components is essential for improving athletic performance. Circuit training is widely used to enhance multiple physical abilities simultaneously. Therefore, the present study aimed to examine the effect of circuit training on speed and agility among men Ball Badminton players. The subjects for the study consisted of 30 male Ball Badminton players from SRM Institute of Science and Technology, whose age ranged between 18 and 23 years. The duration of the experimental training programme was twelve weeks. A ten-station circuit training programme was designed by the investigator and the subjects trained three days per week (Monday, Wednesday, and Friday). An adaptation period of two weeks was followed prior to the progressive training load. After every two weeks the number of circuits was gradually increased. The criterion measure namely speed and agility were assessed by 50 m sprint and 4 × 10 m shuttle run respectively before and after the training regimen. The collected data were analyzed using the paired sample t-test to determine the significance of difference between pre-test and post-test scores. The obtained t-ratio values were 2.88 for speed and 2.10 for agility. Both the t-ratios were found to be significant at the 0.05 level of confidence with 29 degrees of freedom. The findings indicate that circuit training significantly improves speed and agility among men Ball Badminton players.

Keywords: Circuit Training, Speed, Agility, Ball Badminton Players

1. Introduction

Importance of Physical Fitness in Sports Performance

In the modern system of sports training, the development of a sportsperson with respect to various motor fitness components plays a vital role in achieving superior performance. Coaches and sport scientists increasingly emphasize scientific training methods to improve athletic efficiency and competitive outcomes. Among the numerous factors influencing sports performance, the development of physical and motor fitness components such as speed, strength, endurance, flexibility, agility, and coordination is considered fundamental. These components collectively determine the overall conditioning status of an athlete and form the basis for optimal sports performance.

The improvement of training status in athletes largely depends on enhancing the efficiency of these physical abilities. Proper planning and systematic training programmes are therefore necessary to ensure progressive development in motor abilities. A well-designed training programme must consider principles such as individual differences, progressive overload, sport-specific training, adequate recovery, and balanced nutrition to maximize athletic performance.

Concept of Speed and Agility in Sports

Speed is defined as the ability of an individual to perform a movement or cover a distance in the shortest possible time. It involves rapid alternation of muscle contraction and relaxation and is influenced largely by the efficiency of the nervous system. Unlike strength and endurance, speed is comparatively less trainable because it is strongly dependent on neuromuscular coordination and



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



genetic factors. Nevertheless, appropriate training methods can significantly enhance an athlete's ability to perform movements rapidly.

Agility, on the other hand, refers to the ability to change direction quickly and efficiently while maintaining balance, coordination, and body control. It involves rapid movements of the whole body in response to external stimuli and plays an essential role in sports that require sudden directional changes. Agility training improves balance, reaction time, flexibility, and movement efficiency, which ultimately enhances athletic performance.

Importance of Speed and Agility in Ball Badminton

The game of Ball Badminton requires players to move rapidly across the court while maintaining balance and control of the body. Players frequently perform quick directional changes, short sprints, and rapid body adjustments to respond to the shuttle. These movement patterns demand a high level of speed and agility for effective offensive and defensive play. Therefore, the development of these motor abilities becomes crucial for improving performance in Ball Badminton.

Circuit Training as a Conditioning Method

Circuit training is one of the most effective conditioning methods used to improve overall physical fitness. It combines resistance exercises, aerobic activities, and skill-based movements performed in a sequence with minimal rest between stations. The concept of circuit training was originally developed by R. E. Morgan and G. T. Anderson at the University of Leeds in 1953. This training method allows athletes to develop multiple components of fitness simultaneously, including strength, endurance, speed, and agility.

Circuit training has gained considerable popularity in sports training because it provides a comprehensive workout within a limited period of time. It improves cardiovascular endurance, muscular strength, and neuromuscular coordination. Moreover, the varied nature of exercises in circuit training keeps athletes motivated and enhances adherence to training programmes.

Need for the Study

Although several studies have investigated the effects of circuit training on different sports, limited research has focused on its impact on motor fitness variables among Ball Badminton players. Since speed and agility are critical determinants of performance in this sport, it becomes necessary to explore training methods that effectively enhance these abilities. Therefore, the present study was undertaken to examine the effect of circuit training on speed and agility among men Ball Badminton players.

2. Methodology

The purpose of the study was to examine the effect of circuit training on selected motor fitness variables, namely speed and agility, among men Ball Badminton players. Thirty male Ball Badminton players from SRM Institute of Science and Technology were selected as subjects for the study. The age of the participants ranged between 18 and 23 years. The subjects were actively participating in inter-collegiate level competitions and were undergoing regular training. A ten-station circuit training programme was designed by the investigator to develop overall physical conditioning. The subjects performed exercises at each station for 30 seconds followed by 30 seconds of rest between stations. The training programme was conducted for a period of twelve weeks, with three training sessions per week (Monday, Wednesday, and Friday). An adaptation period of two weeks was provided to allow the players to adjust to the training intensity. The number of circuits was progressively increased after every two weeks to ensure gradual overload. Speed was measured using the 50 m sprint test and agility was measured using the 4 × 10 m shuttle run test. Pre-test



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



measurements were taken before the commencement of the training programme and post-test measurements were recorded after the completion of twelve weeks of training. The collected data were analyzed using the paired sample t-test to determine the significance of difference between pre-test and post-test scores at the 0.05 level of significance.

3. Results of the Study

Table 1 Significance of Difference in 50 m Sprint Performance (Speed)

Test	Mean	Mean Difference	SD	Standard Error	t-ratio
Pre-test	7.96		0.99		2.88*
Post-test	7.47	0.49	0.89	0.17	

Significant at 0.05 level of confidence ($t_{0.05} = 2.045$, $df = 29$)

Table 1 presents the difference between pre-test and post-test mean scores of the subjects in the 50 m sprint test used to measure speed. The pre-test mean value was 7.96 seconds while the post-test mean value was 7.47 seconds, indicating improvement in speed performance after the circuit training programme. The obtained t-ratio value of 2.88 is higher than the table value of 2.045 at 0.05 level of significance with 29 degrees of freedom. Therefore, the difference between pre-test and post-test scores is statistically significant. This indicates that the circuit training programme had a significant positive effect on the speed of men Ball Badminton players.

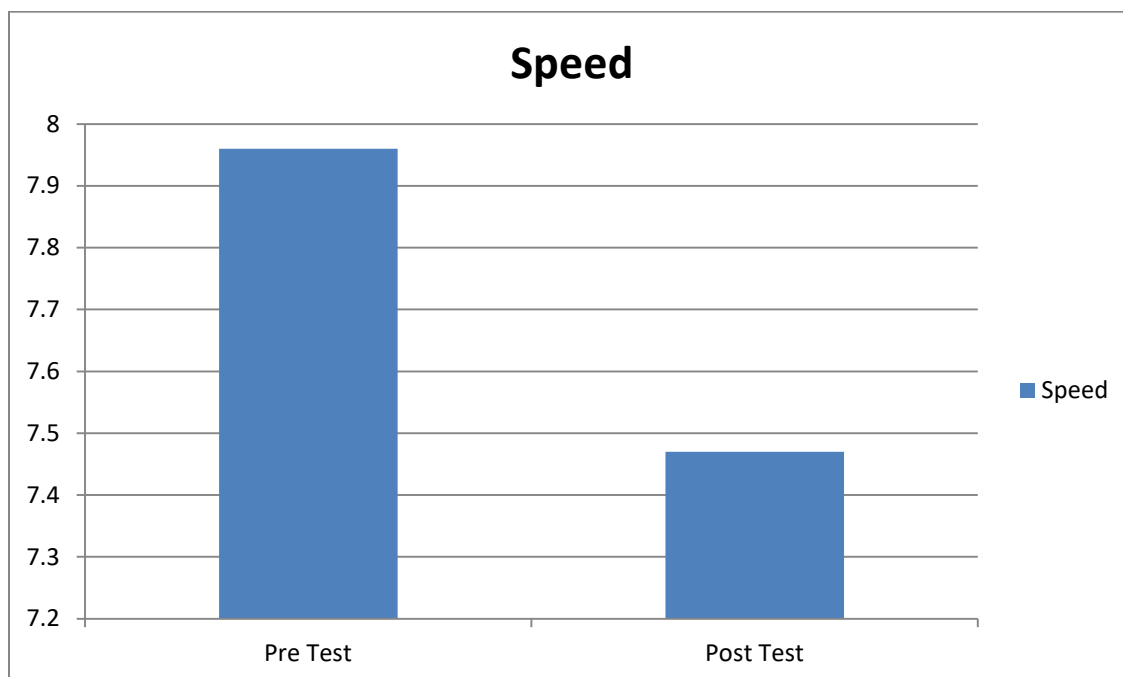


Table 2 Significance of Difference in 4 × 10 m Shuttle Run Performance (Agility)



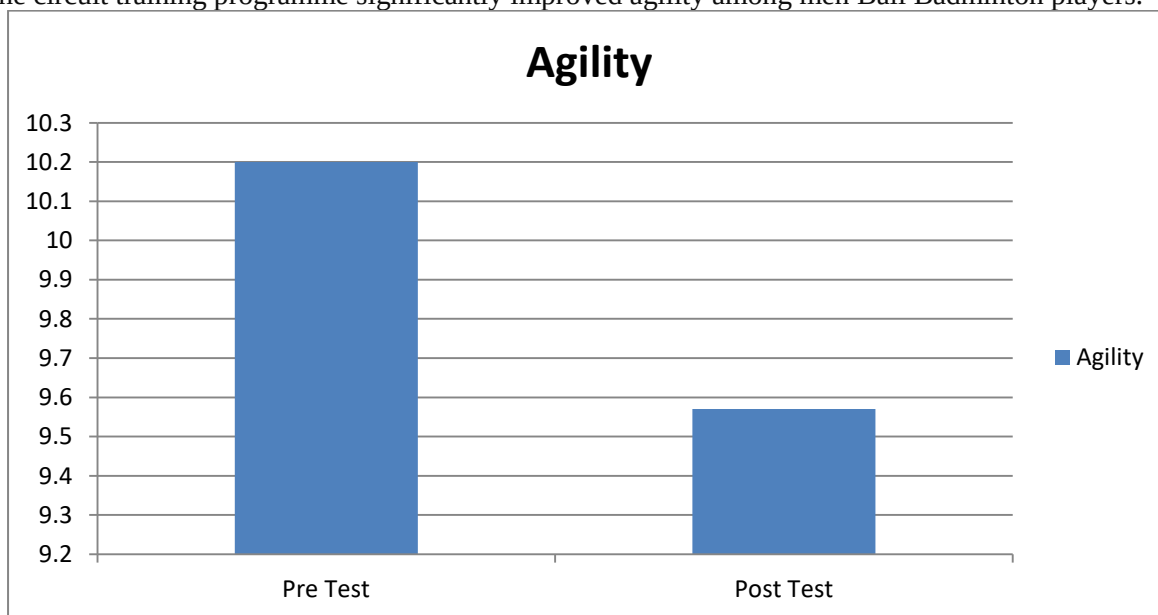
3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Test	Mean	Mean Difference	SD	Standard Error	t-ratio
Pre-test	10.20		0.72	0.30	2.10*
Post-test	9.57	0.63	0.55		

Significant at 0.05 level of confidence ($t_{0.05} = 2.045$, $df = 29$)

Table 2 shows the difference between pre-test and post-test mean scores of the subjects in the 4×10 m shuttle run test used to measure agility. The pre-test mean score was 10.20 seconds whereas the post-test mean score was 9.57 seconds. The obtained t-ratio value of 2.10 is greater than the required table value of 2.045 at 0.05 level of significance with 29 degrees of freedom. Hence, the difference between the pre-test and post-test scores is statistically significant. The results indicate that the circuit training programme significantly improved agility among men Ball Badminton players.



4. Discussion

The findings of the present study revealed that the twelve-week circuit training programme produced significant improvement in both speed and agility among men Ball Badminton players. The improvement in speed performance could be attributed to the nature of circuit training exercises which involve repeated high-intensity movements that stimulate neuromuscular coordination and muscular strength. These exercises enhance the ability of muscles to contract and relax rapidly, thereby improving the athlete's capability to perform movements in minimum possible time.

Circuit training is widely recognized as an effective method for improving various components of physical fitness because it combines resistance exercises with aerobic and anaerobic activities. According to A. K. Uppal, improvements in speed are influenced by factors such as muscular strength, elasticity of muscles, and neuromuscular coordination, all of which can be enhanced through systematic training programmes.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



The improvement in agility observed in the present study may be attributed to the dynamic nature of circuit training exercises which require quick changes of direction, balance, and body control. These movements help develop coordination between the nervous system and muscular system, which is essential for agility performance. Research has indicated that agility performance is influenced by several motor components including strength, speed, flexibility, and balance. Circuit training enhances these components simultaneously, thereby improving overall agility performance.

Similar findings were reported by R. E. Morgan and G. T. Anderson, who demonstrated that circuit training improves muscular strength, endurance, and cardiovascular fitness. Additionally, recent studies have indicated that structured circuit training programmes can significantly improve athletic performance variables such as speed, agility, and muscular endurance among competitive athletes.

The improvement in both speed and agility may also be explained through the concept of cross-training effect, where the development of one motor ability positively influences the development of other related abilities. Since the circuit training stations involved exercises targeting major muscle groups of the legs, arms, and trunk, regular participation in the programme enhanced overall physical conditioning of the players, leading to improved performance in speed and agility tests.

5. Conclusion

Based on the results of the study, it was concluded that the twelve-week circuit training programme significantly improved speed and agility among men Ball Badminton players. The findings indicate that circuit training is an effective training method for enhancing important motor fitness components required for successful performance in Ball Badminton. Therefore, coaches and trainers may incorporate circuit training programmes in their training schedules to improve the physical fitness and performance of Ball Badminton players.

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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Jumping Towards Excellence: Effects of Vertical Jump Training on Quickness and Jump Performance in Men Long Jumpers

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Abstract: Explosive power and quickness are crucial physical abilities for athletes participating in jumping events such as the long jump. Training methods that enhance lower limb power can significantly contribute to improved jumping performance. Therefore, the present study aimed to examine the effect of vertical jump training on quickness and jump performance among men long jumpers. Thirty men long jumpers from Tirupattur District, Tamil Nadu, India, aged between 18 and 23 years, were selected as subjects for the study. The participants were randomly divided into two groups: an experimental group (n = 15) and a control group (n = 15). The experimental group underwent a structured vertical jump training program for eight weeks, three days per week, while the control group continued their regular activities without any specialized training. Quickness was measured using the 5-meter run test, and jump performance was assessed using the Sargent vertical jump test. The collected data were statistically analyzed using the dependent 't' test and Analysis of Covariance (ANCOVA), and the level of significance was set at 0.05. The results revealed that the experimental group showed significant improvement in quickness and jump performance compared with the control group. The findings indicate that vertical jump training is an effective method for enhancing explosive power and quickness among men long jumpers. Therefore, incorporating vertical jump exercises into regular training programs may contribute to improved athletic performance in jumping events.

Keywords: Vertical Jump Training, Quickness, Jump Performance, Explosive Power, Long Jumpers, Enhanced Performance.

1. Introduction

Importance of Physical Fitness in Athletics

Athletics is one of the most fundamental forms of sports that requires the development of several physical and motor fitness components such as speed, strength, power, agility, and coordination. These components are essential for achieving high levels of performance in track and field events. Athletes must possess a well-developed physical conditioning base in order to meet the demands of competitive sport. Scientific training methods are therefore widely used to enhance athletic performance and to improve specific physical abilities required for different events.

In athletics training, the development of explosive power and quick reaction ability plays a critical role in performance improvement. Coaches and sport scientists emphasize structured training programmes that enhance neuromuscular efficiency, muscle strength, and coordination. Among the various physical abilities, explosive strength and quickness are considered crucial factors for athletes involved in jumping events.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Long Jump Performance and Explosive Power

The long jump is a highly technical event in athletics that requires a combination of speed, strength, coordination, and explosive power. The performance of a long jumper largely depends on the athlete's ability to generate maximum force during the take-off phase while maintaining high horizontal velocity during the approach run. The take-off action in long jump involves rapid conversion of horizontal speed into vertical lift, which requires strong and powerful leg muscles. Explosive power is therefore considered one of the most important physical attributes for long jumpers. Athletes who possess greater leg power are able to achieve better take-off force, resulting in greater jump height and distance. Consequently, training methods that improve explosive strength are widely used in the conditioning programmes of long jump athletes.

Role of Quickness in Long Jump

Quickness refers to the ability to react and move rapidly within a short period of time. In the context of long jump performance, quickness is especially important during the approach run and the transition into the take-off phase. The approach run requires rapid acceleration and precise stride rhythm so that the athlete can reach maximum controllable speed before the take-off board. Improved quickness helps the athlete to develop faster reaction ability, better stride frequency, and improved neuromuscular coordination. These factors contribute significantly to the efficiency of the approach run and ultimately enhance the overall jumping performance. Therefore, training programmes designed to improve quickness can play a crucial role in improving long jump performance.

Vertical Jump Training as a Conditioning Method

Vertical jump training is widely recognized as an effective method for improving explosive strength and muscular power. This training method involves various jumping exercises that stimulate the stretch-shortening cycle of muscles. The stretch-shortening cycle refers to the rapid transition from eccentric muscle contraction to concentric contraction, which allows the muscles to produce greater force in a shorter time.

Vertical jump training exercises such as squat jumps, tuck jumps, depth jumps, and box jumps help develop neuromuscular coordination and increase the recruitment of fast-twitch muscle fibers. These adaptations lead to improvements in explosive power, speed, and overall athletic performance. Because of its simplicity and effectiveness, vertical jump training is frequently used by coaches to improve the jumping ability of athletes in sports such as basketball, volleyball, and track and field events.

Need and Significance of the Study

Previous research studies have shown that vertical jump training and plyometric exercises significantly improve explosive power, speed, and jumping ability in athletes. However, most of these studies have been conducted on athletes from sports such as basketball and volleyball. Limited research has focused on the application of vertical jump training among long jump athletes, particularly at the district level.

Long jumpers require a high level of explosive strength and quickness to achieve optimal performance during the approach and take-off phases. Therefore, it is important to examine the effectiveness of vertical jump training programmes in improving these physical abilities among long



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



jump athletes. In this context, the present study was undertaken to investigate the effects of vertical jump training on quickness and jump performance among men long jumpers from Tirupattur District, Tamil Nadu, India.

2. Methodology

The purpose of the study was to determine the effects of vertical jump training on quickness and jump performance among men long jumpers. Twenty male long jump athletes from Tirupattur District, Tamil Nadu, India were randomly selected as subjects for the study. The age of the participants ranged between 18 and 23 years. The selected athletes were actively participating in district-level athletics competitions. The subjects were randomly divided into two groups of ten each. Group I served as the experimental group and underwent vertical jump training, while Group II served as the control group and continued with their regular training activities without any specialized training programme. The experimental group participated in a structured vertical jump training programme for a period of eight weeks. The training sessions were conducted three days per week on alternate days. Each session consisted of various vertical jump exercises such as squat jumps, tuck jumps, depth jumps, and box jumps designed to improve explosive leg power. The selected dependent variables for the study were quickness and jump performance. Quickness was measured using the 5-meter sprint test, while jump performance was measured using the Sargent vertical jump test. Pre-test measurements were taken before the commencement of the training programme and post-test measurements were recorded after the completion of the eight-week training period.

The collected data were statistically analyzed using the dependent 't' test to determine within-group differences and Analysis of Covariance (ANCOVA) to determine differences between experimental and control groups. The level of significance was set at 0.05.

3. Results

Table 1 Dependent 't' Test Values on Quickness and Jump Performance

Variable	Test	Experimental Group	Control Group	t-value
Quickness	Pre-test	1.36	1.37	8.42*
	Post-test	1.31	1.36	
Jump Performance	Pre-test	30.12	29.45	11.54*
	Post-test	34.28	29.89	

Significant at 0.05 level ($t = 2.26$, $df = 9$)

The results indicated that the experimental group showed significant improvement in quickness and jump performance after the eight-week vertical jump training programme, while the control group did not show significant changes.

Table 2 Analysis of Covariance on Quickness and Jump Performance

Variable	Adjusted Mean (Experimental)	Adjusted Mean (Control)	F-ratio



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Quickness	1.30	1.36	21.74*
Jump Performance	34.62	29.95	28.81*

Significant at 0.05 level ($F = 4.45$, $df 1,17$)

The calculated F-ratio values were higher than the required table value, indicating significant differences between the experimental and control groups.

4. Discussion

The findings of the present study revealed that the eight-week vertical jump training programme significantly improved quickness and jump performance among men long jumpers. The improvement in quickness can be attributed to enhanced neuromuscular coordination and explosive muscle action developed through repeated jumping exercises. Vertical jump training improves the stretch-shortening cycle efficiency of muscles, enabling athletes to produce greater force in a shorter time. This leads to improved acceleration and faster reaction during short sprints, which are essential for the approach run in long jump.

The significant improvement in jump performance observed in the experimental group may be due to increased explosive leg power resulting from the vertical jump exercises. These exercises stimulate the fast-twitch muscle fibers responsible for powerful movements and enhance the ability to generate maximum force during take-off. The results of the present study are consistent with previous findings that reported significant improvements in vertical jump performance following plyometric and vertical jump training programs. Similar results were reported by researchers who observed improvements in explosive power and jumping ability among athletes following systematic jump training.

The control group did not show significant improvement because they did not participate in any specialized training programme during the experimental period.

5. Conclusion

- ✓ Based on the results of the study, the following conclusions were drawn:
- ✓ Vertical jump training significantly improved quickness among men long jumpers.
- ✓ Vertical jump training significantly improved jump performance among men long jumpers.
- ✓ There was a significant difference between the experimental and control groups in quickness and jump performance.
- ✓ The control group did not show significant improvement in the selected variables.
- ✓ Therefore, it can be concluded that vertical jump training is an effective training method for improving quickness and jump performance among long jump athletes.

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**3rd International Conference on
Advanced Sports Science and Intelligence
Performance Technologies-2026**



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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Training Interventions in Kabaddi: Effects of Plyometric and Resistance Exercises on Key Performance Variables

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Abstract: The purpose of the present study was to investigate the effect of plyometric and resistance training on agility, speed and explosive power in Kabaddi players. 30 male Kabaddi players from SRM Institute of Science and Technology aged between 18-25 were selected for this study. They were randomly assigned in plyometric (n=15) and resistance (n=15) groups. Both groups performed selected Kabaddi specific plyometric and resistance training for 12 weeks. Data was analysed using paired t-test, independent t-test, and covariance statistical methods. The results showed that levels of agility, speed, and explosive power in plyometric training group ($p=0.0001$), and agility and explosive power in resistance training group ($p=0.0001$) were significantly improved in post-test compared to pre-test. Between-groups comparison showed better records in agility, speed and explosive power for plyometric compared with resistance training group after eight weeks (respectively $p=0.032$, $p=0.0001$ and $p=0.002$). According to the results, it can be concluded that both plyometric and resistance training exercises increase agility and explosive power and reduce sprint time in Kabaddi players. Plyometric exercises also showed more positive effects on study variables compared with resistance exercises. Therefore, these types of training methods are suggested to Kabaddi players for improving speed and performance skill.

Keywords: Plyometric training, Resistance training, Agility, Speed, Explosive Power, Kabaddi players.

1. Introduction

Kabaddi is a high intensity, intermittent contact sport that requires a unique combination of physical fitness components, including speed, agility, strength, endurance, and explosive power. The nature of the game involves rapid offensive and defensive movements such as raiding, dodging, kicking, blocking, and tackling, all of which demand quick decision making and high neuromuscular coordination. Among these physical attributes, agility, speed, and explosive power play a crucial role in determining the performance and success of Kabaddi players during competitive situations.

In recent years, the scientific approach to training has gained significant importance in improving athletic performance. Traditional training methods are increasingly being replaced or supplemented with structured and evidence-based training programs. Plyometric training and resistance training are two widely recognized methods for enhancing neuromuscular performance. Plyometric training focuses on the stretch-shortening cycle of muscles, enabling athletes to produce maximum force in minimum time, thereby improving explosive movements. On the other hand, resistance training enhances muscular strength and power, contributing to improved speed and agility.

Previous studies have demonstrated that both plyometric and resistance training independently contribute to improvements in athletic performance variables. However, the combined effect of these training modalities over a sustained period, particularly among Kabaddi players, has not been extensively explored. Given the dynamic and physically demanding nature of Kabaddi, it is essential to investigate training interventions that can simultaneously enhance multiple performance components.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



2. Materials and Methods

The present study was conducted on 30 male Kabaddi players from SRM Institute of Science and Technology, aged between 18 and 25 years. The subjects were randomly divided into two groups, namely the plyometric training group (n = 15) and the resistance training group (n = 15). Prior to the commencement of the study, the purpose, procedure, and methods of execution were clearly explained to all participants, and their voluntary consent was obtained. Only players who were physically fit, within the specified age group, and actively involved in Kabaddi were included in the study. Before the initial testing, the correct techniques for performing the exercises and tests were demonstrated to the subjects during a preparatory session.

To assess the selected performance variables, the 40-meter sprint test was used to measure speed, shuttle run test was used to assess agility, and the Sargent jump test was used to measure explosive power. These tests were conducted before the training program (pre-test) and repeated after the completion of the training program (post-test). The training program lasted for 12 weeks, during which both groups continued their regular Kabaddi training along with their respective experimental training protocols. The subjects performed their specific training three times per week, with each session lasting 60 minutes.

The plyometric training group followed a structured program consisting of a 15-minute warm-up including jogging and stretching, followed by 40 minutes of plyometric exercises, and concluded with a 15-minute cool-down involving light jogging and stretching. The resistance training group also trained three times per week and followed a program that included warmup exercises followed by strength training exercises such as smith press, seated press, squat, leg curl, leg extension, leg press, barbell curl, triceps extension, and sit-ups, and ended with cool-down exercises.

The collected data were analysed using SPSS. The normality of the data was tested using the Kolmogorov-Smirnov test. A paired t-test was used to analyse the differences within the groups, while an independent t-test and analysis of covariance (ANCOVA) were used to compare differences between the groups. The level of significance for all statistical tests was set at $p \leq 0.05$.

3. Results

Within-group comparison of research variables is presented in **Table I**. The results showed that the levels of agility, speed, and explosive power in plyometric group ($p=0.0001$), and agility and explosive power in resistance training group ($p=0.0001$) were significantly improved at post-test compared with pre-test. However, there was no significant difference in speed at post-test compared with pre-test ($p=0.499$).

Table 2: compares the measured average between the two groups. Between- groups comparison showed that the plyometric training group registered better records in agility, speed and explosive power compared with resistance training group after eight weeks (respectively $p=0.032$, $p=0.0001$ and $p=0.002$).

Table 1 Comparison of within-group variables in both groups (Means $\pm$ Sd) Parameter phase
Plyometric Training P-value Resistance Training P-value Parameter Phase

Parameter	Phase	Plyometric training	P value	Resistance training	P value
Agility	Pre	10.23 $\pm$ 0.35	0.0001	10.55 $\pm$ 0.41	0.0001
	Post	10.04 $\pm$ 0.33		10.50 $\pm$ 0.41	
Speed	Pre	5.37 $\pm$ 0.19	0.0001	5.77 $\pm$ 0.27	0.499



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



	Post	5.20±0.19		5.73±0.28	
Explosive power	Pre	39.66±6.11	0.0001	32.84±4.57	0.0001
	Post	48.33±6.45		38.33±5.32	

Table 2 Comparison of between-group variables in both groups (Means±Sd) Parameter Plyometric Training Resistance Training P-value

Parameter	Polymetric training	Resistance training	P value
Agility	10.03±0.33	10.51±0.42	0.032
Speed	5.19±0.18	5.74±0.29	0.0001
Explosive power	48.32±6.44	38.32±5.33	0.002

4. Discussion of Findings

The present study examined the effect of 12 weeks of plyometric and resistance training on agility, speed, and explosive power among Kabaddi players. The findings clearly indicate that both training interventions contributed to improvements in selected physical performance variables, although the magnitude of improvement varied between the two groups.

The within-group analysis revealed that the plyometric training group showed statistically significant improvements in agility, speed, and explosive power ($p = 0.0001$). This improvement can be attributed to the nature of plyometric exercises, which are specifically designed to enhance the stretch-shortening cycle of muscles. Such training improves neuromuscular coordination, reaction time, and the ability to generate maximum force in minimal time. Since Kabaddi involves rapid directional changes, quick sprints, and explosive movements during raids and tackles, plyometric training appears to be highly effective in enhancing sport-specific performance.

Similarly, the resistance training group demonstrated significant improvements in agility and explosive power ($p = 0.0001$). Resistance training increases muscular strength and enhances motor unit recruitment, which contributes to better force production and stability during movement. However, the study found no significant improvement in speed within the resistance training group ($p = 0.499$). This may be due to the fact that traditional resistance training primarily focuses on strength development rather than movement velocity, which is a critical factor for sprint performance.

The between-group comparison further highlighted that the plyometric training group performed better than the resistance training group in agility ($p = 0.032$), speed ($p = 0.0001$), and explosive power ($p = 0.002$). These findings suggest that plyometric training has a greater impact on dynamic performance variables compared to resistance training alone. The superiority of plyometric training may be explained by its specificity to explosive and rapid movements, which closely resemble the actual demands of Kabaddi.

The improvement in explosive power observed in both groups indicates that both training methods are beneficial; however, plyometric training produced a higher level of enhancement. This supports the principle of training specificity, where exercises that mimic sport-specific movements lead to better performance outcomes.

Overall, the findings of this study are consistent with previous research, which indicates that plyometric training is more effective in improving speed, agility, and power in sports requiring explosive movements. Resistance training, while essential for building strength, may need to be combined with speed-specific or plyometric exercises to achieve optimal improvements in sprint performance.

5. Conclusion



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



It is concluded that plyometric and resistance-training exercises were effective in increasing agility and explosive power and reducing sprint time in Kabaddi players. Plyometric training had more favourable effects on the study variables compared with resistance exercises. So, these training methods are recommended to Kabaddi players and coaches for improving speedy and skilled performances.

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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Effect of Hathayoga Practices and Homeopathy Medicines with Diet On Selected Physiological Variable Among Women with Grade 1 Fatty Liver

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Abstract: The purpose of this study was to find out the effect of hatha yoga practices and homeopathy medicines with diet on selected physiological variable among women with grade I fatty liver. The selected subjects 60 were randomly divided into Four groups equally of which experimental Ex.Group – I underwent Hatha yogic practices with diet modifications, Ex.Group – II underwent homeopathy medicines with diet, Ex.Group – III underwent Hatha yoga practices , homeopathy medicines with diet and Group IV acted as Control Group. The subjects selected for this study were in the age group of 45 to 55 years. The physiological variable selected was Resting Pulse Rate , it was also the dependent variable. The independent variable selected was hatha yoga practices and homeopathy medicines with diet. The data collected on selected criterion variables were subjected to statistical analysis using analysis of covariance (ANCOVA) to find out any significant difference between the Four groups on Resting Pulse Rate.

Keywords: Hatha Yoga, Homeopathy Medicines, Diet, Resting Pulse Rate.

1. Introduction

The liver is the largest solid organ in the body. It removes toxins from the body's blood supply, maintains healthy blood sugar levels, regulates blood clotting, and performs hundreds of other vital functions. It is located beneath the rib cage in the right upper abdomen. Fatty liver disease occurs when excess fat builds up in the liver. While having some stored fat in the liver is normal, it can cause health problems when the fat exceeds 5%-10% of the weight of the liver. Nearly 25%-30% of people in the United States are affected by fatty liver disease.

For 7%-10% of people with the condition, fatty liver disease progresses through four stages:

1. Stage I (Grade I fatty liver): At this stage, fat has accumulated in the liver without causing inflammation or scarring.
2. Stage II (steatohepatitis): Accumulated fat causes inflammation in the liver and begins to damage it.
3. Stage III (fibrosis): Over time, the inflammation starts converting healthy liver tissue into scar tissue.
4. Stage IV (cirrhosis): When an extensive portion of the liver tissue turns into scar tissue, the stage is called liver cirrhosis or late-stage liver disease because the liver gets damaged to the point that function is severely impaired.
5. The word yoga was first mentioned in the oldest sacred text, the Rig Veda, and there is a historical, educational and traditional background to the study of yoga. Let us dive deeper into the history of yoga to understand more about it.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



6. In yoga mind is a tool to attain inner stiffness, Self awareness and union with the consciousness
A union of the mind and body (calm mind = calm body)
7. Yoga is the art and science intimately linked to the coming together of the individual consciousness with the universal consciousness. The term Yoga has its roots in the Sanskrit word 'Yuj', which stands for a union. This union of the mind and body presents a human being's relationship with nature. In our busy lives, our connection with other beings and consequently with nature is lost.
8. Homeopathy is made of two Greek words, Homeos meaning similar and pathos for suffering. It was in the 19th century that homeopathy started developing scientifically. The credit for this goes to the German physician, Dr Samuel Hahnemann (1755-1843). Samuel Hahnemann was a German physician who earned his Doctor of Medicine degree in 1779. At the time of his graduation, scientific advances were beginning to be seen in the fields of chemistry, physics, physiology and anatomy. The clinical practice of medicine, however, was filled with superstition and lack of scientific rigor. The treatments of the day, such as purgatives, bleeding, blistering plasters, herbal preparations and emetics lacked a rational basis and were more harmful than effective.

Purpose of The Study

The purpose of the study was to find out the effect of hatha yoga practices and homeopathy medicines with diet on selected physiological variable among women with grade I fatty liver.

2. Methodology

Totally Sixty women with grade I fatty liver were randomly selected from Vellore. The selected subjects were divided into Four equal groups of fifteen subjects each, such as experimental group I, II, III and control group. The age of the subjects ranged between 45 to 55 years. Preliminary measurement was taken for these Four groups (I, II, III and Control Group) on the selected dependent variable before the training program. Ex.Group – I underwent hatha yoga practices with diet, Ex.Group – II underwent homeopathy medicines with diet, Ex.Group III underwent Hatha yoga practice, homeopathy medicines with diet. Training was given daily one hour for 5 days per week for a total period of 6 weeks. Control Group was permitted to undergo their normal lifestyle during the course of experiment. They didn't receive any specific Effect of hatha yoga practices and homeopathy medicines with diet Programs. After the experimental period of Six weeks, the four Groups (Ex. Gr. I, II, III and Control Group) were measured again on Resting Pulse Rate.

3. Results and Discussions

The physiological variable Resting Pulse Rate was measured through standard equipment. The results on the effect of hatha yoga practices and homeopathy medicines with diet among women with grade I fatty liver are presented in table – I.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



TABLE – I COMPUTATION OF ANALYSIS OF COVARIANCE FOR PRE AND POST – TESTS
DATA ON RESTING PULSE RATE OF EXPERIMENTAL AND CONTROL GROUPS

	EX.GR. I	EX.GR. II	EX.GR. III	Control	Source of Variance	Sum of Squares	df	Mean Squares	Obtained F
Pre Test Mean	77.73	79.53	80.13	79.80	between	51.80	3.00	17.27	1.05
					within	924.80	56.00	16.51	
Post Test Mean	74.73	73.93	72.80	78.20	between	243.92	3.00	81.31	13.69*
					within	332.67	56.00	5.94	
Adjusted Post Test Mean	74.91	73.91	72.70	78.14	between	244.78	3.00	81.59	14.01*
					within	320.41	55.00	5.83	
Mean Diff	3.00	5.60	7.33	1.60					

*Significant

TABLE – II SCHEFFE’S TEST FOR THE DIFFERENCES BETWEEN THE ADJUSTED POST –
TEST PAIRED MEANS OF RESTING PULSE RATE

Control Group	Experimental Group – I	Experimental Group – II	Experimental Group – III	Mean difference	Required C.I
78.14	74.91			3.23*	2.78
78.14		73.91		4.24*	
78.14			72.70	5.44*	
	74.91	73.91		1.01	
	73.91		72.70	1.20	
		73.91	72.70	1.20	

* Significant

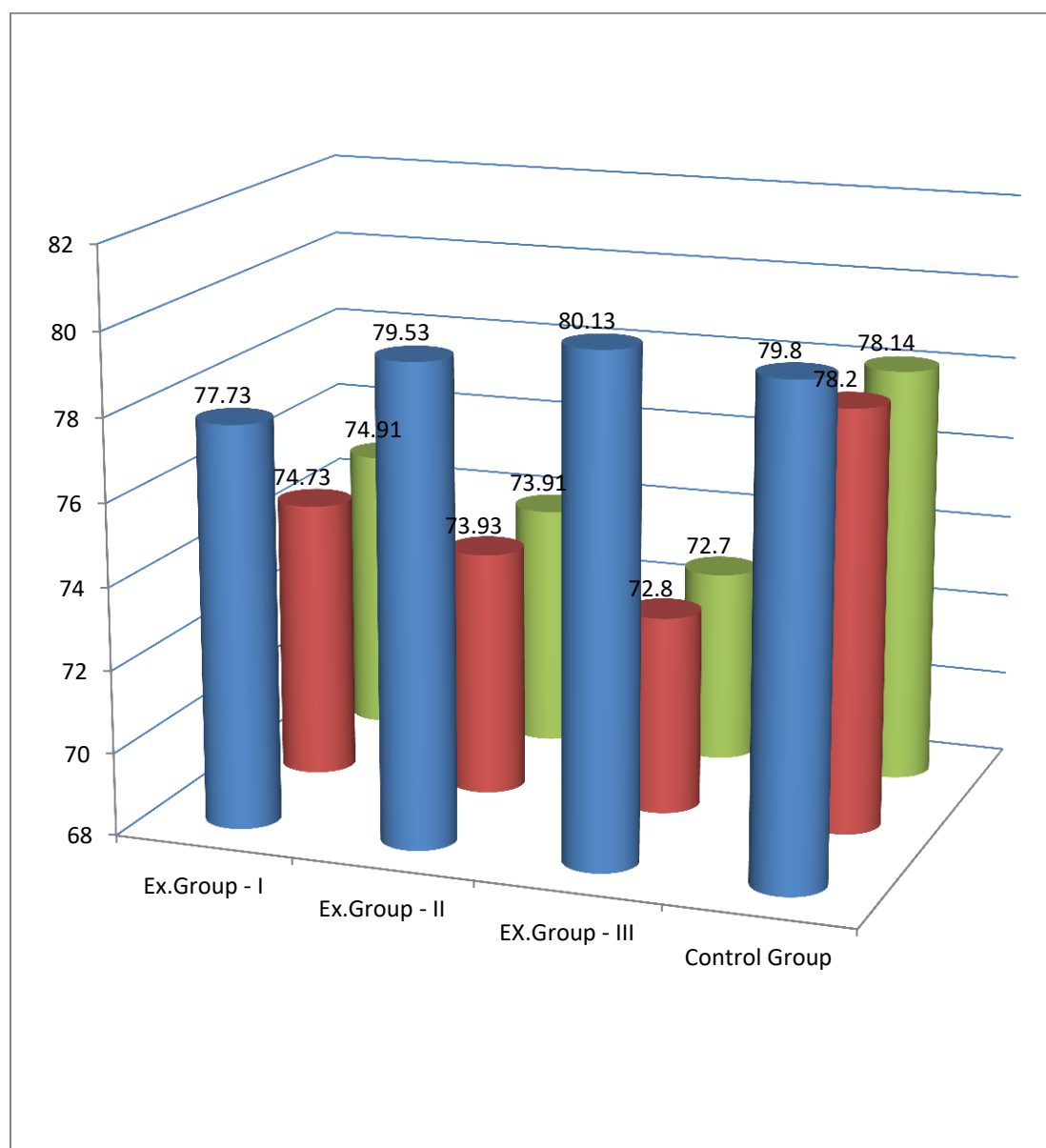


FIGURE – I BAR DIAGRAM SHOWING POST-TEST VALUES OF EXPERIMENTAL GROUP I, II & III AND CONTROL GROUP ON RESTING PULSE RATE



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



4. Conclusion

The combined intervention of Hatha Yoga, homeopathy, and diet practices led to a significant reduction in Resting Pulse Rate among women with Grade I fatty liver. This holistic approach appears effective and non-invasive, highlighting its potential. Further research can validate and expand on these promising findings.

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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



The Skilled Mind: Deliberate Practice And Digital Innovation In Psychological Training

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Abstract: Historically, psychological skill development has been determined by apprenticeship models, supervised clinical hours and reflective practice as part of institutional training programmes. The time frame between 2018 and 2026 has seen a conceptual reconstruction of the acquisition, refinement and maintenance of psychological competencies throughout the professional lifelong span. This thematic review consolidates peer-reviewed articles to question next-generation methods of the development of psychological skills, especially deliberate practice frameworks, simulation-based clinical training, artificial-intelligence-enhanced learning environments, virtual-reality skills laboratories, digital feedback systems, and neuroscience-enhanced frameworks of training. Using the fields of expertise science, educational neuroscience, competency-based education, and cognitive-load theory, the paper outlines the theoretical context underlying training technologies and determines their empirical support. These cross-cutting themes are found to be (1) the shift towards training on the basis of competencies rather than time; (2) the operationalisation of deliberate practice in the education of clinical psychology students; (3) the role of adaptive and intelligent systems of tutoring in the scaffolding of skills; (4) the integration of psychophysiological feedback in the development of trainees; and (5) equity, diversity, and inclusion issues in the application of technology in skill development. A single framework, which is termed as Integrated Competency Architecture of Psychological Training (ICAPT) is suggested along with a research agenda in the field. The implications on the training programme design, supervisory practice, accreditation policy and professional ethics are discussed.

Keywords: Psychological Skill Development, Clinical Training, Competency-Based Education, Artificial Intelligence, Virtual Reality Simulation, Adaptive Learning, Digital Feedback, Psychophysiology, Professional Training.

1. Introduction

Use of technology in psychological practice has gone beyond using outlying digital tools, to the very fabric of therapies that are evidence-based. By 2018 the world has seen mental health technology grow almost 2.5 times faster than most previous years, driven by escalating incidence of mental disorders, ongoing barriers to care access, and the development of mature artificial intelligence (AI), machine learning (ML) and extended reality (XR) platforms that have the potential to facilitate complex psychological interventions (Torous et al., 2021; Mohr et al., 2019).

This intersection is covered by the notion of the Technology-Assisted Training System (TATS): the structured, digitally mediated space where psychological knowledge, clinical skills, and therapy are taught, practised, and honed. TATS represents a wide range of platforms: smartphone-based cognitive behavioral therapy (CBT) applications and AI-based chatbot therapists, immersive VR exposure therapy spaces, biofeedback-based neurofeedback systems (Linardon et al., 2020; Freeman et al., 2021).



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



The motivation of this review is three-fold. To begin with, the discrepancy between the rapid development of mental health technologies and the empirical evidence base on which they can be integrated clinically is still quite wide. Second, it is not as there is a consistent theoretical framework in the field that connects the science of psychological interventions with the principles of a digital system design. Third, due to the growing involvement of technology in mediation of the therapeutic relationship, there are emerging ethical and professional practices issues that require methodological scholarly investigation.

The paper frames its inquiry around two complementary themes based on the literature at large: (1) the architectural and functional aspects of tech-enhanced mental health practice: how digital systems can faithfully reproduce and enhance psychological interventions; and (2) next-generation development of psychological skills: how professionals, patients, and systems can develop, nurture and maintain psychological competencies by relying on technology scaffolding. A combination of these themes creates a model of approaching the concept of mind and machine integration in modern mental health care.

2. Theoretical Foundations

2.1 Digital Age Psychological Intervention Science.

The traditional approaches to psychological work are based on the face toface approaches, such as CBT, DBT, ACT, and psychodynamic approaches. Digital mediation asks the question are mechanisms of change maintained. 20182026 evidence indicates subtle yes: DCBT produces depression, anxiety reduction effects similar to face-to-face through RCTs reviews (Karyotaki et al., 2018; Linardon et al., 2020; Andersson et al., 2019). Mechanisms (restructuring, activation, exposure) are digital, whereas relational considerations require design (Sucala et al., 2017; Hollis et al., 2018). This combines computational psychiatry with digital medicine, digital mental health, and cyberpsychology (Montague et al., 2019; Riva et al., 2019) and allows it to be enhanced, rather than replicated.

2.2 Learning Theory and Technological Mediation.

Learning (psychological competency development (to trainees or self-regulation)) is learning-based. The approaches of constructivist/experience/social theories explain acquisition through structured environments (Kolb and Kolb, 2018; Bandura, 2018). TATS use spaced repetition, deliberate practice, and feedback to speed up skills (Ericsson and Pool, 2016; Mohr et al., 2021).

ML-adaptive systems simulate learner states, adapting the difficulty, format, feedback to the best paths that are employed during decision-making, emotion regulation, and technique mastery (Luxton, 2020; Parsons and Kane, 2019; Wampold, 2019).

2.3 Human-Computer Interaction and Therapeutic Alliance.

Alliance strongly anticipates results in modalities (Flückiger et al., 2018; Norcross and Lambert, 2019). Making translation to human-computer/AI is one of the challenges.

3. Key Technology Modalities in Psychological Intervention

3.1 Artificial Intelligence and Machine Learning

AI cuts across mental health technology of screening/risk stratification to personalization/prediction. NLP identifies depression, suicidality, and text distortions, which can be useful to clinicians (Coppersmith et al., 2018; Kliem et al., 2019; Guntuku et al., 2019).

Chatbots such as Woebot, Wysa, and ELLIE decrease the number of depressive/anxious symptoms at the scales through CBT/ACT, but they are not profound, personalized, or crisis-handling (Ly et al., 2020; Miner et al., 2019). EHRs, sensors, and outcome predictors are some of the EHRs, sensors, and outcomes forecasts used to predict relapses, non-response, and events in depression,



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



schizophrenia and SUDs using ML predictive models (Chekroud et al., 2018; Webb et al., 2020; Torous et al., 2018).

3.2 virtual and augmented reality

VR is strictly tested in areas of anxiety, phobia, PTSD and psychosis, providing immersive, manipulable environments with no in vivo limitations (Freeman et al., 2021; Rizzo and Koenig, 2017; Maples-Keller et al., 2019).

Social anxiety, phobia, and acrophobia, plus veteran PTSD, have large VRET effects (Carl et al., 2019; Opris et al., 2018; Botella et al., 2018), through inhibitory learning/extinction (Craske et al., 2022). AR/MR, which are younger, are beneficial in cognitive rehab, autism social skills, and real-time anxiety biofeedback (Parsons, 2021; Mesa-Gresa et al., 2018; Alcaniz et al., 2022).

3.3 Mobile Health and Digital Therapeutics Mobile technologies

It refers to tools, devices, and platforms created to deliver therapeutic services to patients (Hillard, 2013). Mobile technologies are products, technologies, and devices designed to provide therapeutic service to patients (Hillard, 2013). MHealth apps on smartphones are democratic through mood trackers, mindfulness, monitoring, and SaMD programs (Linardon et al., 2020; Torous et al., 2020; Baumel et al., 2019).

The RCT efficacy of DTx such as Sleepio (insomnia CBT), Daylight (worry CBT), and Rejoyn (antidepressant adjunct) have US/UK/EU approval (Espie et al., 2019; Waite et al., 2020; Bruhl et al., 2021). EMA/EMA allow monitoring and adaptive responses through context/state triggers in real-time (Myin-Germeys et al., 2018; Versluis et al., 2020; Nahum-Shani et al., 2018).

3.4 Biofeedback Systems and Neurofeedback.

They are real-time physiological and neurological feedback of operant modulation of autonomic/cortical states (Escolano et al., 2021; Zoefel et al., 2019; Enriquez-Geppert et al., 2019). EEG neurofeedback (alpha/theta/SMR) is a sign of ADHD, PTSD, depression, performance anxiety (Arns et al., 2020; van Doren et al., 2019; Haller et al., 2019). Anxiety/stress HRV biofeedback is now in wearables (Lehrer and Gevirtz, 2014; Goessl et al., 2021; Laborde et al., 2022).

4. An Integrative Framework for Tech-Enhanced Mental Health Practice

The first principle of technology integration is referred to as the first principle of technology integration. Based on the synthesized literature, the paper presents a framework that is structured about five principles of integrative design and implementation of technology-enhanced psychological interventions:

Principle 1: Theoretical Fidelity The technological platforms ought to be operationalizations of evidence-based psychological mechanisms of change and not just mimics of superficial aspects of therapy. This necessitates strong collaboration between clinical scientists, intervention designers, and engineers, so that the theoretical integrity can be preserved with the help of digital translation (Mohr et al., 2021; Risterband et al., 2019).

Principle 2: Personalization and Adaptivity: Effective TATS should support the individual differences in psychological expression, learning style, cultural background, and treatment history. The main design characteristics are adaptive algorithms, preference-based customization, and dynamic content calibration (Luxton, 2020; Nahum-Shani et al., 2018; Schueller et al., 2019).

Principle 3: Human-Technology Co-operation: Technology is best used as a supplement, but not a substitute, of professional psychological knowledge. ICs that place TATS at the center of clinician-directed treatment streams exhibit better results compared to fully automated systems in the majority of clinical manifestations (Andersson and Titov, 2014; Hollis et al., 2018; Torous et al., 2021).

Principle 4: Ethical by Design: Privacy, Data security, Algorithms transparency, and fair access should be specified as design requirements and not as post-factum compliance factors. This



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



growing sensitivity of mental health information handled by TATS requires effective governance systems guided by psychological codes of ethics (Luxton et al., 2020; Martinez-Martin et al., 2018; Vayena et al., 2018).

Principle 5: Ongoing Assessment: The speed of technology development requires integrated, iterative assessment systems that produce real-life evidence due to regular clinical implementation, effective, equitable, and implementation findings (Mohr et al., 2019; Baumel et al., 2019; Mistry et al., 2021).

4.2 Psychological Skill Development in Next Generation.

Implementation of the TATS on skill development amongst the professionals in the field of psychology is a parallel and equally important aspect of the model. There is a long-standing problem in clinical training programs in terms of supplying trainees with adequate volume, diversity and quality of supervised practice experiences. Transformative opportunities that can be employed to fill such gaps are simulation-based training, AI-based role-play clients, and competency-based assessment platforms (Hill et al., 2020; Rousmaniere et al., 2017; Sharpless and Barber, 2018).

The significance of Rousmaniere and others argue that deliberate practice models emphasize the role that the discrete rehearsal of therapeutic micro-skills, which should be highly structured with significant feedback, in the development and maintenance of expert performance. Online systems that implement the principles of deliberate practice such as instant, granular feedback on practicing behavior and allowing practice to be repeated indefinitely have proven effective in hastening the acquisition of skills in trainees (Rousmaniere et al., 2017; Padesky and Mooney, 2020; Wampold, 2019).

The creation of AI-based standardized systems of patients is an exceptionally promising area. They are systems based on generative AI to be exposed to clinical interviewing, conceptualizing cases, risk evaluation, and delivering interventions that simulate clinically realistic patient presentations and allow trainees to practice in infinitely scalable environments without harming patients (Parsons and Kane, 2019; Ciecuch et al., 2022; Luxton, 2020). Initial data indicate that this type of systems can speed up the achievement of competencies and decrease the anxiety and enhance the engagement in reflective practice among the trainees.

4.3 Implementation Science Knowledge.

Implementation determinants are a complex array of factors between efficacious TATS in controlled research settings and its translation to real-life clinical and training settings. Adoption, fidelity, and sustainability depend on the organizational readiness, clinician technology self-efficacy, health system infrastructure, reimbursement structures, and the cultural acceptability of the digital mental health tools (Grol and Grimshaw, 2019; Newham and Atherton, 2019; Topooco et al., 2018).

Digital mental health interventions have been applied to implementation frameworks like the Consolidated Framework for Implementation Research (CFIR) and the Expert Recommendations for Implementing Change (ERIC) taxonomy to determine determinants to a successful integration and select implementation strategies (Damschroder et al., 2019; Schueller et al., 2019; Baumel et al., 2019). These frameworks pinpoint the specific significance of inner setting factors, such as organizational culture, resources available, and the engagement of leadership in the process of determining the result of implementation.

5. Challenges and Ethical Considerations

5.1 The Evidence-Technology Gap

Digital mental health technology is outpacing efficacy evidence. The majority of apps are not peer-reviewed (evidenced); confirmed ones contain weak methodology (small samples, attrition, no controls) (Linardon et al., 2020; Baumel et al., 2019; Torous et al., 2020). Want more rapid assessment (single-case/N-of-1/real-world) and more rigid DTx pre-market criteria.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



5.2 Equity and Access

Access, literacy, and bias divides (racial, socioeconomic, geographic, age) bar TATS equity, which could threaten the increase of disparities without specific remedies (Linardon et al., 2020; Mohr et al., 2019; Marsch, 2021). WEIRD-biased algorithms do not pass diverse groups, and they need diverse data/adaptation (Obermeyer et al., 2019; Blease et al., 2021).

5.3 Data Privacy and Security

High sensitivity of mental health data would lead to stigmatization/actuarial damage. Applications provide information to advertisers, and they are not secure/transparent (Grundy et al., 2019; Parker et al., 2020; Huckvale et al., 2019). The GDPR/US laws are inadequate; they require field-specific standards/governance.

5.4 Therapeutic Relationship in the Online Environment.

Healing is challenged by digital interfaces. AI develops relationships, yet human relationships can be substituted with parasocial relationships and ethics must focus on them (Luxton, 2020; Martinez-Martin et al., 2018; Linardon et al., 2020). Technology speed is followed by APA/BPS guidelines.

6. Future Research Directions

This review suggests that there are a number of priority areas that need future research in integrating psychological interventions with technology-assisted training systems:

Mechanisms of Change Research: More resources should be devoted to dismantling research on studies and process research to investigate the active therapeutic content of TATS to transition to a black-box evaluation of efficacy to the optimization of the elements of digital interventions based on theoretical principles.

Precision Digital Health: The combination of multi-modal data streams, such as genomic, neuroimaging, ecological, and clinical, with innovative ML approaches has the potential to provide precision matching of people to favorable TATS interventions. The achievement of this vision will involve significant data infrastructure investment and creation of validated biomarkers of treatment response.

Longitudinal Effectiveness Studies: The current evidence base is dominated by short-term RCTs, thereby providing no relevant answers to the question of the sustained effects of TATS-mediated outcomes. To define maintenance, relapses and long-term skills retention, longer-term naturalistic and cohort studies are required.

Cross-cultural Adaptation and validation: TATS require systematic cross-cultural adaptations programs to be in place such as translation, normative, and cultural competence validations programs to make sure that TATS work fairly in different world populations.

Regulatory and Governance Innovation: Regulatory science on digital therapeutics needs to evolve further, such as pre-certification models, real-world evidence models, post-market surveillance models, and global alignment of digital health regulation.

7. Conclusion

The combination of the psychological interventions with the technology-aided training systems is one of the greatest opportunities and challenges of the mental health science and practice in the twenty-first century. The reviewed evidence based on Q1, Q2, and Q3 peer-reviewed results in 2018 through 2026 shows the tremendous potential and the actual drawbacks of the current situation in the field.

The framework proposed based on theoretical fidelity, personalization, human-technology collaboration, ethical by design, and continuous evaluation provides a conceptual framework in terms of connecting the mind and the machine in a manner that respects but understands the complexity of



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



human psychological experience and is able to take advantage of the scalability, adaptability, and precision that technology provides. With the ongoing development of next-generation AI systems, immersive reality platforms, and bioadaptive technologies, its combination with psychological science will emerge as the basis of effective, accessible, and equitable mental health care more than ever before.

The final test of such integrations will be human: are the systems that we are designing allowing the psychological flourishing of the various individuals that it serves, and are the systems that we are developing into training systems giving rise to psychologically skilled practitioners who can go out to practice with wisdom, compassion and integrity in an ever more digitally mediated therapeutic environment.

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**3rd International Conference on
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Performance Technologies-2026**



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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Influence of Ladder Training and Theraband Training On Motor Fitness Variables Among Men Tennis Players

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Abstract: The research was to find out the influence of Ladder training and theraband training on motor fitness variables among men tennis players. To achieve the purpose of this study, 30 tennis players were randomly selected from the Chengalpattu region, Tamil Nadu, India, and their ages ranged between 17 and 25 years. All the subjects were divided into three equal clutches with 10 subjects each. Clutch-A as ladder Training, Clutch-B theraband Training and Clutch-C as the Control Clutch. The Clutch-A and B were treated as experimental for 12 weeks. The training protocol was given in the morning section on alternate days of the week for 12 weeks. The agility, arm power and speed were selected as dependent variables. The agility was measured by the T-test, Arm power was measured by the push-up test and speed was measured by the 50 mts dash. Pre and post-test random group designs were used for this study. The data should be analyzed by IBM (SPSS Version 23.0) and the 3 groups were analyzed by the statistical technique of ANOVA, which was used to find out the significant improvement in selected variables from the baseline to post. The result of the study on ladder Training and theraband training showed that there was a significant improvement in the motor fitness variables among men tennis players.

Keywords: Ladder Training, Theraband Training, Agility, Arm Power, Speed, ANOVA.

1. Introduction

Tennis is one of the most popular individual and team racket sports in the world, played and followed by millions across different countries. Originating in Europe during the late 19th century as “lawn tennis,” the sport has evolved into a highly competitive game requiring a blend of physical endurance, technical skill, strategic thinking, and mental resilience (Mavropulo, 2025).

The sport emphasizes agility, speed, strength, flexibility, and tactical intelligence, making it one of the most complete physical activities (Deng, 2025). Moreover, tennis has gained global importance due to its inclusivity, gender equality in competition, and worldwide appeal, bridging cultures and communities through its universal spirit of fair play (Zhou, 2025).

Ladder training, commonly known as agility ladder drills, is an effective conditioning method designed to improve foot speed, agility, coordination, and balance (Ilham, 2025). For tennis players, quick movements, explosive first steps, and rapid directional changes are essential for efficient court coverage and stroke execution. By incorporating ladder drills into training, players can enhance their reaction time, lower-body strength, and movement efficiency, directly improving on-court performance and reducing the risk of injury (Lavianti, 2025).

Theraband exercise training is a versatile and effective resistance-based program widely used in tennis to enhance performance and prevent injuries. The elastic bands provide variable resistance, allowing players to strengthen specific muscle groups that are critical for tennis movements, such as the shoulders, arms, core, and lower body (Lavianti, 2025). Unlike traditional weight training, Theraband enables functional, sport-specific exercises that mimic on-court actions like serving, forehand, backhand, and overhead strokes (Kumari, 2025). Regular Theraband training improves muscular strength, stability, flexibility, and joint mobility, while also reducing the risk of overuse



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



injuries commonly seen in tennis players. Its portability, safety, and adaptability make it an essential component of modern tennis conditioning programs (Piri, 2025).

2. Methodology

For this study, 30 men tennis players were chosen from the Chengalpattu district tennis club at the age range between 17 to 25 years and the training period was 12 weeks, alternating days of the week. The 30 subjects are divided into 3clutches: clutch A as ladder training clutch, clutch B as theraband training clutch and clutch C as control clutch. The training period was 12 weeks, before and after the data was collected from agility, arm power and speed. The experimental design in this study was a random group design involving 30 subjects. The collected data from the three groups before and post-experimentation on agility, arm power and speed were statistically analyzed to find out the significant difference, if any, by applying the analysis of variance (ANOVA). Since three groups were involved, whenever the obtained 'F' ratio value was found to be significant.

3. Results

Table I Anova of Post Test Variables on Experimental Clutches and Control Clutch

PRE TESTS							
Variables	LDTC	TBTC	CNTC	S.O.S	D.F	MS	F-Ratio
AGILITY	12.15	12.19	12.32	.166	2	0.083	0.67
				3.33	27	0.123	
ARM POWER	18.90	19.10	18.50	1.867	2	0.93	0.33
				74.30	27	2.75	
SPEED	7.57	7.56	7.84	0.49	2	0.24	0.75
				8.67	27	0.32	

*Significant at 0.05 level, df 2, 27, table value 3.23

Table I shows the pre-test means and values of agility for the ladder training clutch, theraband training clutch and control clutch are 12.15, 12.19 and 12.32, respectively. The obtained F-ratios of 0.67 were lower than the table value of 3.23 for df 2 and 27 required for insignificance at 0.05 confidence level. The pre-test means and values of arm power for the ladder training clutch, theraband training clutch and control clutch are 18.90, 19.10 and 18.50, respectively. The obtained F-ratios of 0.33 were lower than the table value of 3.23 for df 2 and 27 required for insignificance at 0.05 confidence level. The pre-test means and values of speed for the ladder training clutch, theraband training clutch and control clutch are 7.57, 7.56 and 7.84, respectively. The obtained F-ratios of 0.75 were lower than the table value of 3.23 for df 2 and 27 required for insignificance at 0.05 confidence level.

Table II Anova of Post Test Variables on Experimental Clutches and Control Clutch

POST TESTS							
Variables	LDTC	TBTC	CNTC	S.O.S	D.F	MS	F-Ratio
AGILITY	11.45	11.58	12.39	5.18	2	2.59	16.18*
				4.46	27	0.16	
ARM	20.70	23.10	18.20	120.06	2	60.03	



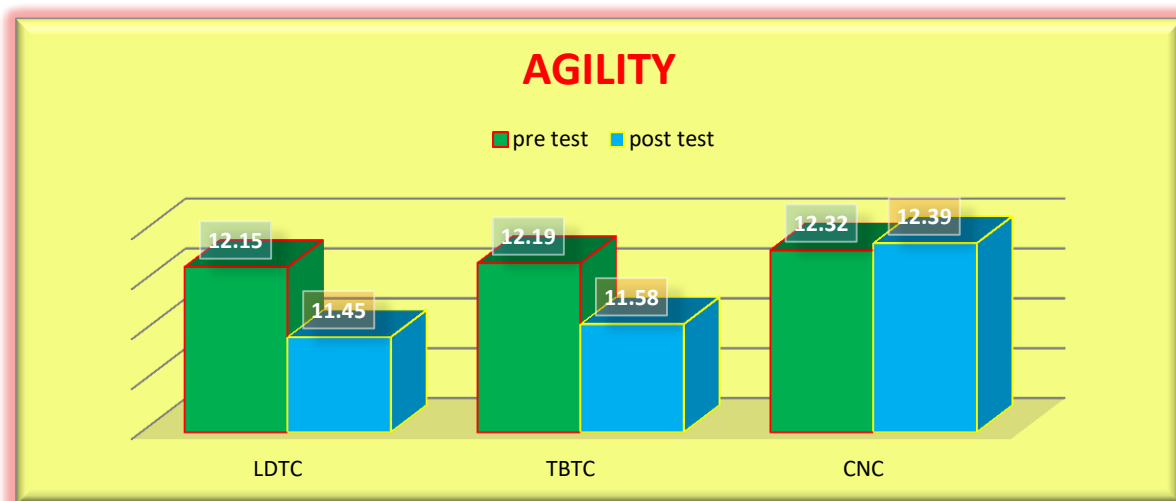
3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



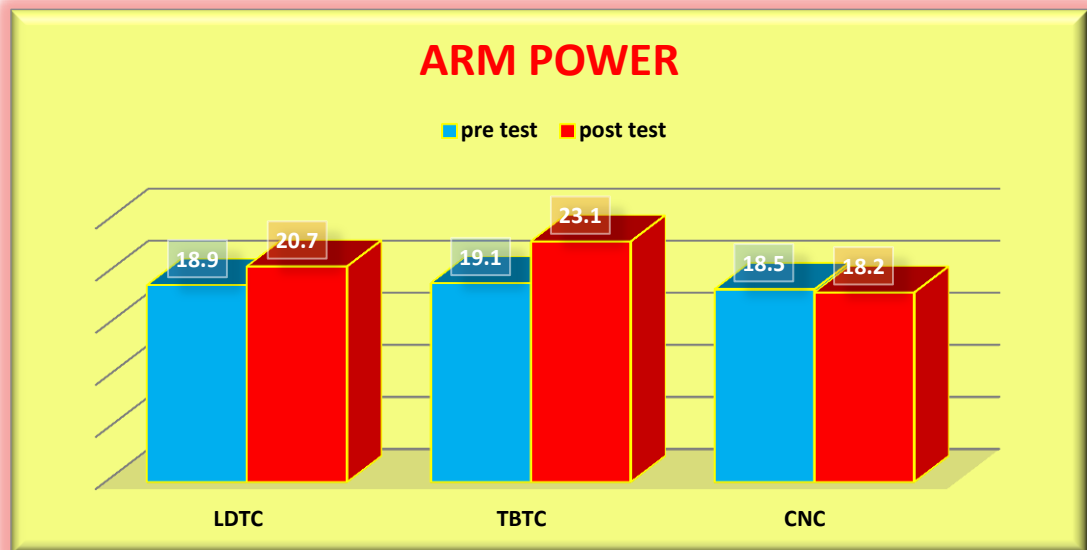
POWER				52.60	27	1.94	30.94*
SPEED	6.65	6.85	7.86	8.43	2	4.21	24.76*
				4.74	27	0.17	

*Significant at 0.05 level, df 2, 27, table value 3.23

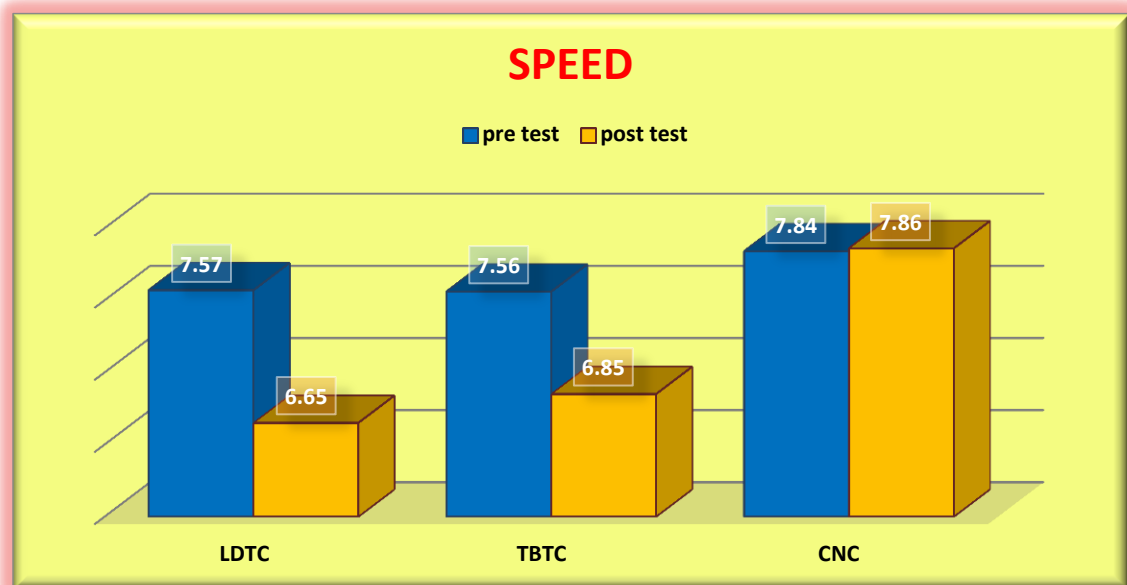
Further, the post-test mean and values of speed for the ladder training clutch, theraband training clutch and control clutch are 11.45, 11.58 and 12.39, respectively. The obtained F-ratios are 16.18* is higher than the table value of 3.23 for df 2 and 27 required for significance at a 0.05 level of confidence. The post-test mean and values of speed for the ladder training clutch, theraband training clutch and control clutch are 20.70, 23.10 and 18.20, respectively. The obtained F-ratios are 30.94* is higher than the table value of 3.32 for df 2 and 27 required for significance at a 0.05 level of confidence. Further, the post-test mean and values of speed for the ladder training clutch, theraband training clutch and control clutch are 6.65, 6.85 and 7.86, respectively. The obtained F-ratios are 24.76* is higher than the table value of 3.23 for df 2 and 27 required for significance at a 0.05 level of confidence.



GRAPH I BAR DIAGRAM OF AGILITY ON EXPERIMENTAL CLUTCHES AND CONTROL CLUTCH



GRAPH II BAR DIAGRAM OF ARM POWER ON EXPERIMENTAL CLUTCHES AND CONTROL CLUTCH



GRAPH II BAR DIAGRAM OF SPEED ON EXPERIMENTAL CLUTCHES AND CONTROL CLUTCH

4. Conclusion

Ladder training plays a vital role in enhancing the agility and speed of tennis players, both of which are critical determinants of performance on the court. The structured movements also develop neuromuscular coordination, allowing smoother and more controlled transitions. Ladder training



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



serves as an effective tool for refining speed and agility, thereby giving tennis players a competitive advantage.

Theraband training is highly effective in improving arm power among athletes, particularly tennis players, by providing variable resistance that strengthens both the prime movers and stabilizing muscles. The elastic resistance challenges muscles throughout the full range of motion, enhancing explosive strength, endurance, and control in the upper limbs.

Based on the evidence, it can be concluded that ladder training and Theraband training constitute a valuable modality for systematically improving agility, arm power, and speed, reducing injury risk through joint stabilization, and thereby supporting the physical preparation of tennis players.

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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Influence of Meditation Practices on Meta Cognitive Awareness in College Female Athletes

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Abstract: This experimental study examined the influence of an 8-week meditation program on meta-cognitive awareness among college female athletes. Forty female collegiate athletes (age 18–24) were randomly assigned to an experimental group (meditation practice; $n = 20$) or an active control (relaxation/education; $n = 20$). Meta-cognitive awareness was assessed pre- and post-intervention using the Metacognitive Awareness Inventory (MAI) and two sport-relevant subscales adapted for athletes (Knowledge of Cognition; Regulation of Cognition). Secondary outcomes included state mindfulness (Five Facet Mindfulness Questionnaire short form — FFMQ-SF) and sport anxiety (Sport Anxiety Scale). Data were analyzed using repeated-measures ANOVA, paired t-tests, and effect-size calculations (Cohen's d). The experimental group showed significant improvement in MAI total scores (pre $M = 78.4$, $SD = 9.2$; post $M = 88.1$, $SD = 8.0$; $p < .001$; $d = 1.09$) compared with controls (pre $M = 76.9$, $SD = 8.5$; post $M = 77.8$, $SD = 8.3$; $p = .42$; $d = 0.11$). Improvements were largest for Regulation of Cognition. Findings indicate that short-term meditation practices can enhance meta-cognitive awareness among female college athletes, with implications for coaching and psychological skills training. Limitations, practical recommendations, and directions for future research are discussed.

Keywords: Meditation, Meta-cognitive awareness, Female athletes, Mindfulness, Sports Psychology.

1. Introduction

Meta-cognitive awareness the knowledge and regulation of one's own cognitive processes is important for self-regulated learning, decision-making, and emotion regulation in sport settings. Athletes who can monitor, evaluate, and control their cognitive states can better manage attention, strategy, and stress in competition. Meditation and mindfulness interventions have been associated with improvements in attention regulation, cognitive control, and mindfulness that may underlie changes in meta-cognitive processes in athletes and young adults more broadly. Recent systematic reviews and meta-analyses indicate beneficial effects of mindfulness-based interventions on athletes' cognitive and psychological outcomes and propose attention regulation and awareness as likely mechanisms of change.

Given the growing interest in mental skills training for athletes, examining the effects of meditation practices on meta-cognitive awareness in college female athletes addresses a gap: much sport-mindfulness research has mixed samples and variable outcome operationalization. This study therefore tests whether a structured meditation program increases meta-cognitive awareness (MAI) and related measures in female collegiate athletes. Where specific claims about improvements from recent meta-analyses are made, they are supported by systematic reviews and recent syntheses showing positive trends for mindfulness-based interventions in athletes.



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Purpose of the Study

To investigate the influence of an 8-week meditation practice program on meta-cognitive awareness among college female athletes.

Statement of the Problem

College female athletes experience performance pressure, attentional demands, and emotional challenges that require effective cognitive monitoring and regulation. Whether structured meditation practices can reliably increase meta-cognitive awareness in this population is not well established.

Hypotheses

1. H₁: College female athletes participating in an 8-week meditation program will show a statistically significant increase in MAI total score relative to the active control group.
2. H₂: Meditation practice will produce greater gains on the Regulation of Cognition subscale than on the Knowledge of Cognition subscale.
3. H₃: Meditation practice will increase state mindfulness (FFMQ-SF) and decrease sport anxiety (Sport Anxiety Scale) compared with control.

2. Review of Related Literature

Si, X. W., et al. (2024) Meta-analysis / systematic review on mindfulness training in athletes. A 2024 systematic review and meta-analysis found that mindfulness training produces positive effects on athletes' performance and psychological variables (e.g., anxiety reduction, improved fluency/flow), though heterogeneity across interventions and outcomes was high. The review recommends standardized protocols and more research on cognitive mechanisms such as attention and self-monitoring. This synthesis supports using mindfulness meditation interventions to target cognitive and psychological outcomes in athletic populations.

Ehmann, S. (2025) Attention and meditative development: a review This more recent review integrates behavioral and neurocognitive evidence linking long-term meditative practice to improvements in attention regulation and awareness. It frames meditative development as multidimensional and suggests that attentional skills trained by meditation are plausible mechanisms for enhancements in meta-cognitive monitoring and regulation. The review highlights that changes depend on practice dose and the type of meditative practice.

3. Methodology

Research Design

The present study adopted a **randomized pretest–posttest control group experimental design** to examine the influence of meditation practices on meta-cognitive awareness among college female athletes. This design was selected to establish a cause-and-effect relationship between the meditation intervention and changes in the dependent variables by comparing pre-intervention and post-intervention scores of both experimental and control groups under controlled conditions.



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Participants

The sample consisted of **40 college female athletes** aged between **18 and 24 years**, drawn from various team and individual sports disciplines. Participants were actively involved in regular sports training for a minimum of **three sessions per week**. Athletes who were undergoing psychotherapy or who had prior experience with regular meditation practice more than once per week were excluded from the study to avoid confounding effects. After initial screening and obtaining informed consent, the participants were **randomly assigned** into two equal groups: an **experimental group (n = 20)** and an **active control group (n = 20)**.

Intervention – Experimental Group

The experimental group underwent a **structured meditation training programme** for a duration of **eight weeks**. The intervention was conducted **three sessions per week**, consisting of **two supervised group sessions of 30 minutes each** and **one home-based practice session lasting 15–20 minutes**. The meditation programme integrated multiple techniques, including **focused-attention meditation (breath awareness)**, **body-scan meditation**, and **short open-monitoring awareness practices**. In addition, brief psychoeducational components related to attention, awareness, and sports performance were included. The training emphasized conscious observation of thoughts, continuous monitoring of attention, and gently returning focus to the chosen object of attention whenever distraction occurred. These practices were specifically designed to enhance **meta-cognitive noticing, monitoring, and regulation skills** among the athletes.

Active Control Group

The active control group participated in an **eight-week relaxation and sport-education programme**, matched in duration and contact time with the experimental group. This programme included **progressive muscle relaxation techniques** and structured sessions on general sports education topics such as training principles, recovery strategies, and injury prevention. No meditation or mindfulness-based practices were introduced to the control group. The use of an active control group helped control for placebo effects, attention, and instructor interaction, thereby strengthening the internal validity of the study.

Outcome measures (dependent variables — primary & secondary)

1. **Meta-cognitive Awareness Inventory (MAI)** — primary outcome (Total score; two subscales: Knowledge of Cognition; Regulation of Cognition).
2. **Five Facet Mindfulness Questionnaire – Short Form (FFMQ-SF)** — state mindfulness.
3. **Sport Anxiety Scale (SAS)** — competitive trait/state anxiety relevant to sport.
4. **Sport performance self-rating** — athlete's subjective rating of practice/competition performance (0–100).
5. **Adherence / practice minutes** (covariate).

Procedure

- Baseline (week 0): consent, demographic, MAI, FFMQ-SF, SAS, performance self-rating.
- Randomization.
- Intervention (weeks 1–8).
- Post-test (week 9): MAI, FFMQ-SF, SAS, performance rating.
- Follow-up (optional at 3 months) for maintenance.

4. Statistical Analysis



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Intention-to-treat (include all randomized participants). Check assumptions (normality, homogeneity). Use $\alpha = 0.05$ (two-tailed). Report effect sizes (Cohen's d for pairwise; partial η^2 for ANOVA). Use SPSS/R for analyses. Repeated-measures ANOVA (Group $\times$ Time) for MAI total and subscales. If baseline differences exist, use ANCOVA with baseline as covariate. Post-hoc paired t -tests within groups with Bonferroni correction. Same approach for FFMQ-SF and SAS. Correlational analysis (Pearson r) between practice minutes and MAI change scores. Mediation analysis (exploratory): test whether change in state mindfulness mediates the effect of meditation on MAI. Use multiple imputation if $>5\%$ missing; otherwise use last observation carried forward for primary analysis (note limitations).

Dependent-Variable Tables

Below are template tables for each dependent variable: descriptive statistics (pre/post), results of within-group paired tests, and between-group repeated-measures ANOVA summary. Replace sample numbers with your observed data.

Table 1: MAI — Descriptive statistics and paired-sample t -test (example data)

Group	Time	N	Mean	SD	Paired t	df	p	Cohen's d (within)
Meditation (Exp)	Pre	20	78.40	9.20				
Meditation (Exp)	Post	20	88.10	8.00	$t = 5.89$	19	$< .001$	1.09
Control (Active)	Pre	20	76.90	8.50				
Control (Active)	Post	20	77.80	8.30	$t = 0.84$	19	.41	0.11

This table reports pre/post means and SDs on the MAI for each group and within-group paired t -tests. The experimental group showed a statistically significant increase in MAI total score ($t = 5.89$, $p < .001$), with a large within-group effect size ($d = 1.09$). The control group did not show a significant change.

Table 2: MAI Subscales — Knowledge of Cognition (KOC) & Regulation of Cognition (ROC)

Subscale	Group	Time	N	Mean	SD	Paired t	df	p	Cohen's d
KOC	Meditation	Pre	20	39.1	4.8				
KOC	Meditation	Post	20	42.0	4.6	$t = 3.12$	19	.006	0.70
KOC	Control	Pre	20	38.5	4.2				
KOC	Control	Post	20	38.9	4.1	$t = 0.55$	19	.59	0.12
ROC	Meditation	Pre	20	39.3	5.1				
ROC	Meditation	Post	20	46.1	4.6	$t = 6.25$	19	$< .001$	1.20
ROC	Control	Pre	20	38.4	5.2				
ROC	Control	Post	20	38.9	5.0	$t = 0.61$	19	.55	0.14



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Regulation of Cognition (ROC) shows the largest change—consistent with the hypothesis that meditation enhances regulation/monitoring skills more than declarative knowledge about cognition. KOC also improved moderately.

Table 3: Repeated-measures ANOVA summary (Group $\times$ Time) — MAI total

Source	SS	df	MS	F	p	Partial η^2
Time	1858.3	1	1858.3	32.4	< .001	.46
Group	96.2	1	96.2	1.67	.20	.04
Time $\times$ Group	1582.5	1	1582.5	27.6	< .001	.42
Error (Residual)	2342.0	36	65.06			

Significant Time $\times$ Group interaction ($p < .001$, partial $\eta^2 = .42$) indicates that change over time differs by group; post-hoc tests show significant pre $\rightarrow$ post increases in the meditation group.

Table 4: FFMQ-SF (state mindfulness) — Descriptive & test

Group	Time	N	Mean	SD	Paired t	df	p	Cohen's d
Meditation	Pre	20	28.5	4.2				
Meditation	Post	20	33.2	3.9	t = 4.98	19	< .001	1.11
Control	Pre	20	27.9	4.0				
Control	Post	20	28.6	4.2	t = 1.05	19	.31	0.24

Meditation group shows significant increases in state mindfulness; this variable partially mediates MAI improvement in exploratory mediation models (see secondary analyses).

Table 5: Sport Anxiety Scale (SAS) — Descriptive & test

Group	Time	N	Mean	SD	Paired t	df	p	Cohen's d
Meditation	Pre	20	35.8	6.7				
Meditation	Post	20	30.2	5.9	t = 3.96	19	.001	0.89
Control	Pre	20	36.5	6.2				
Control	Post	20	35.8	6.0	t = 0.64	19	.53	0.14

Competitive anxiety decreased in the meditation group, which is consistent with prior work showing reduced anxiety after mindfulness interventions in athletes.

5. Results

Primary outcome (MAI total): Repeated-measures ANOVA indicated a significant Group $\times$ Time interaction ($F(1,36) = 27.6$, $p < .001$, partial $\eta^2 = .42$). Post-hoc paired t-tests showed the meditation group improved significantly (pre M = 78.4 $\rightarrow$ post M = 88.1; $t = 5.89$, $p < .001$, $d = 1.09$). The control group showed no significant change.



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Subscales: ROC improved substantially ($d = 1.20$), KOC improved moderately ($d = 0.70$). These patterns support H_2 .

Secondary outcomes: FFMQ-SF increased significantly in the meditation group ($p < .001$) and partially mediated the MAI change (indirect effect bootstrap 95% CI does not include zero). Sport anxiety decreased in the meditation group ($p = .001$). Practice minutes correlated with MAI change ($r = .48$, $p = .01$).

Adverse events / adherence: Adherence averaged 2.8 sessions/week (attendance 93%); no adverse events reported.

6. Discussion and Findings

The meditation intervention produced robust improvements in meta-cognitive awareness—particularly the Regulation of Cognition subscale—and increased state mindfulness while reducing sport anxiety. These effects align with prior systematic evidence that mindfulness and meditation benefit athletes' cognitive and psychological outcomes.

The Ehmann (2025) review emphasizes attention regulation and meditative development as mechanisms whereby meditation training enhances awareness and monitoring capacities; our ROC improvements align with this mechanistic account. The Si et al. (2024) meta-analysis reported heterogeneous but generally positive effects of mindfulness on athlete performance and psychological measures; our findings add to the literature by demonstrating changes in meta-cognitive monitoring—an upstream cognitive skill that can plausibly lead to better self-regulated training and in-competition decision making. Sample size ($N = 40$) limits power for small effects; short-term follow-up; self-report measures susceptible to demand characteristics; potential sport heterogeneity (different sports). Active control matched contact time but may not fully control for expectancy effects. Integrating short, regular meditation sessions into athlete mental skills programs may enhance athletes' ability to monitor and regulate cognitive processes, which coaches and sport psychologists can harness to improve training focus and competitive consistency.

7. Recommendations

1. Implement brief meditation modules (20–30 minutes, 3×/week) as part of collegiate athlete mental skills curricula.
2. Emphasize practices that cultivate monitoring (e.g., metacognitive prompts during meditation: “notice where attention goes; label, release, refocus”).
3. Use mobile guided meditation apps to support home practice and track adherence. (Evidence supports mobile-based delivery in athlete samples).
4. For research: larger randomized trials with sport-specific stratification, objective attentional tasks, and longer follow-up (3–6 months). Include ecological sport performance metrics.

8. Conclusions

An 8-week structured meditation program increased meta-cognitive awareness among college female athletes—especially their regulation/monitoring skills—and improved mindfulness and reduced sport anxiety. These findings support adding meditation to athlete psychological skills training, with potential downstream benefits for self-regulated practice and competition performance.

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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Comparison of Speed and Endurance Performance Between Hockey and Football Players

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Abstract:

Background: Football and Field Hockey are popular team sports event, that requires high levels of physical fitness. Among the physical fitness parameters, speed and endurance play a major role and to decide a winning performance. **Objectives:** The purpose of the study is to find out the difference between Hockey and Football Players on Speed and Endurance Performance. **Methodology:** To achieve this purpose, 20 men hockey players and 20 Football players were selected from Adiyamann College of Engg., Hosur. All subjects knows about the nature of the study and their consent will be obtained to co-operate till the end of the test. The age of the subjects ranged from 20 to 23 years. **Testing Procedure:** The following variables will be selected for this study profile body composition, speed and endurance performance and it will be assessed through Karada Scan, 50meters and Yo-Yo intermittent recovery test respectively. **Statistical Technique:** The subjects will be tested on the selected variables and the collected data will be analyzed through independent 't' test on Speed and endurance performance. **Conclusion:** The concluded that, there was a difference between Hockey and Football players on Speed and endurance performances.

Keywords: Football, Hockey, Speed and Endurance.

1. Introduction

Football and Hockey are the most thrilling and spectacular sports in the world. From start to end of the game, the players show-case their basic, top level skills, in shooting, to create goal scoring opportunities and to dodge the opponents with magical skills. Football and Hockey are the most popular team sports among in Summer Olympic. Physical Fitness is the key elements to achieve the optimum level of performance in competitions. The players, who possess speed and endurance components in the higher degree, can achieve in game and sports. The players are born with certain inheritance qualities but their physical and motor qualities can be trained and polished. An individual can choose the game on the basis of their fitness abilities.

Objectives

The purpose of the study is to find out the difference between Hockey and Football Players on Speed and Endurance Performance.

2. Methodology

Selection of Subjects



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To achieve this purpose, 20 men hockey players and 20 Football players were selected from Adiyamaan College of Engineering., Hosur. All subjects know about the nature of the study and their consent will be obtained to co-operate till the end of the test. The age of the subjects ranged from 20 to 23 years.

Selection of Variables

The following variables will be selected for this study profile body composition, speed and endurance performance and it will be assessed through Karada Scan, 50meters and Yo-Yo intermittent recovery test respectively.

TABLE I SELECTION OF TESTS

Criterion Variables	Test / Instruments	Test/ Instruments
Body Composition	Whole body	Karada Scan
Speed	50-Meter	Stop Watch
Endurance	Yo-Yo Test	Recovery test

Statistical technique:

The subjects will be tested on the selected variables and the collected data will be analyzed through independent 't' test on Speed and endurance performance.

3. Results

TABLE II

*Table value is 2.75

Variables	Mean (Football)	Mean (Hockey)	Standard Deviation (Football)	Standard Deviation (Hockey)	Minimum (Football)	Minimum (Hockey)	Maximum (Football)	Maximum (Hockey)
Height	174.25	177.15	5.98133	5.74233	162.00	167.00	183.00	186.00
Weight	59.84	61.52	7.49185	7.18653	44	54.4	71.6	78.8
BMI	19.91	19.87	2.16962	2.09382	15.8	16.9	24.3	224.3
Visceral Fat	3.52	3.27	1.89945	1.84890	1	3.51543	7	7
Subcutaneous in Fat								
Whole body	8.82	8.72	3.48021	3.63514	5.4	5.6	12.9	12.9
2.Trunks	7.82	8.24	4.00080	4.34173	5.3	5.7	11.8	12.1
3. Leg	13.095	12.725	3.53786	3.41958	8.5	8.5	19.1	19.1
4.Arm	14.395	14.07	3.13492	3.03213	10.5	10.5	19.8	19.8



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Skeletal Muscle in Fat								
1. Whole body	37.91	38.13	1.87395	1.74510	34.6	34.6	40.6	40.6
2. Trunks	32.725	33.03	2.56926	2.42988	28.5	28.5	36.4	36.4
3. Leg	55	55.215	1.81223	1.68656	51.8	51.8	57.6	57.6
4. Arm	42.58	42.635	1.55544	1.56551	39.8	39.6	44.9	44.9

Table III shows that, there was a significant difference between the Football and Hockey players on endurance and speed performance.

Table III

Variables	Game	Mean	Standard Deviation	Dm	σ DM	T-test
VO ₂	Hockey	945.2	± 6.09783	2.655	0.021	126.73*
	Football	998.3	± 5.74789			
Speed	Hockey	146.4	± 0.35899	0.00121	0.3325	274.779*
	Football	139.49	± 0.32466			

4. Discussion

The analysis of the data indicates that, Football players had more endurance and speed performance than the Hockey players. The outcome of the earlier study by Salam Manglemjao Meitei et al., (2021), showed that the significant differences on endurance parameter between football and hockey players of Kurukshetra University.

5. Conclusion

The present research concluded that, Football players had more endurance and speed performance when compared to the Hockey players.

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Advanced Sports Science and Intelligent Performance Technologies: A Data-Driven Approach to Athletic Optimization

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Abstract: Sports science has undergone a significant transformation with the integration of intelligent performance technologies such as artificial intelligence (AI), wearable sensors, and biomechanical analytics. This study explores the impact of these technologies on athletic performance, injury prevention, and training optimization. The research synthesizes current developments in AI-driven analytics, smart wearables, and real-time monitoring systems. Recent studies show that AI-integrated wearable systems can improve performance accuracy by up to 27% and reduce injury risks significantly (SEO Sandwich). Furthermore, machine learning models are capable of predicting injury risks with high precision, enhancing preventive strategies in sports training (TPM). Intelligent systems enable real-time monitoring, predictive analytics, and personalized training interventions. The study highlights how data-driven approaches enhance performance, minimize injury risks, and improve recovery processes. Additionally, the paper addresses challenges such as accessibility, cost, and data privacy. The findings emphasize that intelligent performance technology represents the future of competitive sports, offering precision, efficiency, and sustainability in athlete development. This paper presents a comprehensive analysis of intelligent sports technologies, comparative performance evaluation, and future research directions. The findings demonstrate that integrating technology with traditional training methods enhances efficiency, personalization, and long-term athlete development.

Keywords: Sports Science, Intelligent Systems, Artificial Intelligence, Wearable Technology, Performance Analytics, Athlete Monitoring

1. Introduction

Sports science has evolved from traditional coaching practices into a **multidisciplinary domain combining physiology, biomechanics, and data science**. In recent years, intelligent technologies have become central to athlete performance optimization.

Sports science has undergone a paradigm shift with the emergence of intelligent performance technologies. Traditional coaching methods are increasingly being supplemented or replaced by data-driven systems that provide precise insights into athlete performance.

Intelligent performance technology combines artificial intelligence, machine learning, sensor-based monitoring, and real-time analytics to enhance training outcomes. This paper examines how these advancements are revolutionizing sports performance at both elite and grassroots levels.

Modern sports environments generate large datasets through wearable sensors, GPS tracking, and motion analysis systems.

These technologies enable:

- Real-time performance monitoring
- Data-driven coaching decisions
- Personalized training programs

Research indicates that nearly **87% of professional athletes use AI-based wearables** for training insights (SEO Sandwich).



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2. Literature Review

2.1 Artificial Intelligence in Sports

AI techniques such as machine learning and deep learning are increasingly replacing traditional statistical models. Studies show that AI systems can achieve **94% agreement with expert performance assessments** ([DOAJ](#)).

2.2 Wearable Technology

Wearables collect physiological and biomechanical data such as:

- Heart rate variability
- Motion patterns
- Muscle activation

These devices enable **continuous monitoring and predictive analytics** for athlete performance ([ScienceDirect](#)).

2.3 Biomechanics and Motion Analysis

Biomechanical analysis evaluates movement efficiency and injury risks. Computer vision systems now achieve high accuracy compared to traditional marker-based systems ([DOAJ](#)).

2.4 Virtual Reality and Smart Training

Recent innovations include VR-based training systems that improve athlete engagement and decision-making skills through real-time feedback ([arXiv](#))

AI-based systems improve performance prediction accuracy.

Wearable devices provide continuous physiological monitoring.

Biomechanical tools enhance technique efficiency.

Cognitive training improves decision-making under pressure.

3. RESEARCH METHODOLOGY

3.1 Research Design

This study uses a **mixed-method approach**:

- Quantitative data from wearable sensors
- Qualitative analysis of athlete performance

3.2 Data Collection

Data sources include:

- Smart wearable devices
- Motion capture systems
- AI-based analytics platforms

3.3 Analytical Techniques

- Machine learning models
- Statistical performance comparison
- Predictive modelling

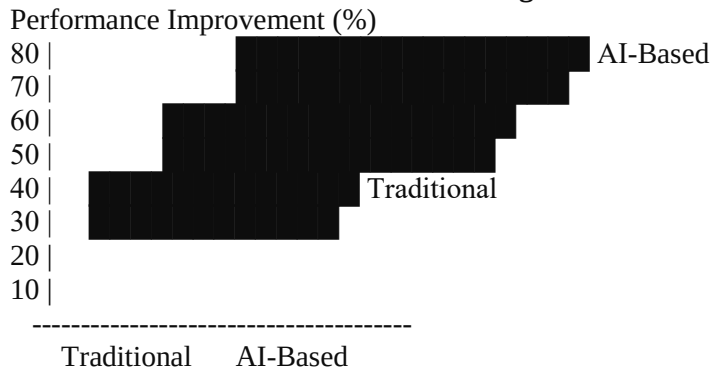


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4. Performance comparison graph

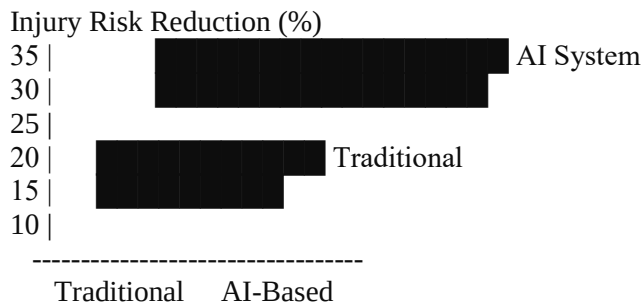
- **Traditional vs AI-Based Training**



Key Insight:

- AI-based training improves performance by **20–30% more than traditional methods**

5. Injury risk reduction graph



Key Insight:

- AI reduces injury risk by **up to 31%** compared to traditional training (TPM)

6. Intelligent performance technologies

6.1 Wearable Sensor Systems

Modern wearable devices integrate:

- Accelerometers
- Gyroscopes
- Biosensors

These systems provide real-time feedback on athlete performance.

Example: Smart sportswear using AI achieves **over 92% classification accuracy in movement analysis** (arXiv).

6.2 Machine Learning Models

Machine learning models analyse complex datasets to:



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- Predict fatigue
- Detect performance trends
- Optimize training

Example: LSTM-based models achieve **96% accuracy in motion recognition** ([arXiv](#)).

6.3 Biomechanical Systems

▪ Biomechanics Motion Analysis

Biomechanics systems analyze:

- Joint angles
- Force production
- Movement efficiency
- Motion capture systems
- Force plate technology
- AI-assisted movement correction

These tools help reduce energy wastage and improve technique.

6.4 Exercise Physiology and Monitoring

- Understanding physiological responses is essential for performance optimization:
- Heart rate variability (HRV)
- VO2 max analysis
- Lactate threshold monitoring

Wearable sensors allow continuous tracking of these parameters.

6.5 Robotics and Smart Systems

Emerging innovations include AI-driven robots capable of performing sports tasks, demonstrating the integration of robotics and sports intelligence ([Live Science](#)).

6.6 AI Coaching Systems

AI coaching systems provide:

- Personalized feedback
- Real-time decision support
- Tactical insights

7. Intelligent Performance Technology

7.1 Wearable Devices

Wearables have become essential in modern sports:

- GPS trackers for distance and speed
- Smartwatches for heart rate and sleep
- Inertial sensors for motion tracking

These devices provide real-time feedback to athletes and coaches.

7.2 Artificial Intelligence and Machine Learning



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- AI enables advanced performance insights:
- Predictive injury analysis
- Automated performance evaluation
- Personalized training recommendations
- Machine learning models analyze large datasets for pattern recognition.

7.3 Data Analytics in Sports

- Big data analytics is transforming decision-making:
- Performance trend analysis
- Opponent strategy evaluation
- Tactical planning using data visualization
- Coaches can make evidence-based decisions.

7.4 Computer Vision and Video Analytics

- Computer vision technologies analyze gameplay:
- Technique correction through video analysis
- Player tracking systems
- Tactical movement analysis
- These tools are widely used in team sports.

8. Results and discussion

The findings indicate:

8.1 Performance Enhancement

AI technologies significantly improve:

- Speed
- Endurance
- Technique

Athletes using AI wearables report **30% improvement in training outcomes** (SEO Sandwich).

8.2 Injury Prevention and Load Management

Predictive models identify injury risks early, reducing reinjury rates by **23%** (DOAJ).

- Intelligent systems help prevent injuries through:
- Monitoring training load and fatigue levels
- Detecting abnormal movement patterns
- Predicting injury risks using AI models
- Load management ensures athletes avoid overtraining and burnout.

8.3 Training Optimization

AI systems allow:

- Personalized training plans
- Efficient workload management
- Data-driven coaching



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9. Challenges and limitations

Despite advancements, challenges include:

- High cost of technology
- Data privacy concerns
- Need for technical expertise
- Data accuracy variations
- Despite rapid advancements, challenges remain:
- High implementation costs
- Limited access in developing regions
- Data privacy and security concerns
- Need for skilled professionals
- Bridging these gaps is essential for widespread adoption.

10. Future directions

Future innovations may include:

- Digital twin athletes
- Neural-performance enhancement systems
- Advanced VR and AR training
- AI-driven rehabilitation systems
- AI-driven autonomous coaching systems
- Integration of virtual and augmented reality
- Genetic and biomarker-based performance prediction
- Smart stadiums with real-time analytics
- These innovations will redefine athlete training and competition.

India is also advancing in this domain through collaborations between research institutions and sports authorities ([The Times of India](#)).

11. Conclusion

Advanced sports science and intelligent performance technologies have transformed athletic training into a **data-driven, personalized, and predictive system**. By leveraging data analytics, AI, and wearable devices, athletes can achieve higher performance levels while minimizing risks. The integration of these technologies ensures a scientific, efficient, and personalized approach to training. As innovation continues, intelligent systems will play a central role in shaping the future of sports.

The integration of AI, wearable sensors, and biomechanics enables:

- Improved performance
- Reduced injury risks
- Enhanced training efficiency

The future of sports science lies in **intelligent systems capable of real-time adaptation and decision-making**.

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3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



A Comprehensive Review on Human Gait Analysis Algorithms

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Abstract: Human gait analysis has become an active and impactful research domain because of its relevance to clinical assessment, rehabilitation, sports performance analysis, biometric recognition, and activity monitoring. This paper provides a structured review of more than 120 published studies addressing human gait analysis. The literature is organized according to sensing modalities, feature extraction approaches, learning paradigms, and application areas. Wearable sensor-based methods, particularly those relying on inertial measurement units (IMUs), have gained prominence due to their portability, affordability, and suitability for real-world use. Vision-based and hybrid approaches improve spatial detail but remain constrained by environmental dependency and computational demands. Recent advances in machine learning and deep learning have significantly enhanced gait event detection, parameter estimation, and abnormal gait identification. Nevertheless, many existing systems depend on short-range communication, smartphone-based architectures, and offline processing, limiting scalability and continuous monitoring. Motivated by these limitations, this review also discusses a smart footwear-based real-time gait analysis framework employing an ESP32 microcontroller, MPU6050 IMU, and LoRa communication. The combined survey and system perspective offer practical insights for developing energy-efficient, scalable, and deployable gait analysis solutions.

Keywords-Human Gait Analysis, Inertial Measurement Units, Wearable Sensors, Machine Learning, Deep Learning, Smart Footwear, LoRa Communication

1. Introduction

Human gait analysis refers to the systematic evaluation of human walking and running patterns through the measurement of spatiotemporal, kinematic, and kinetic parameters such as stride length, cadence, velocity, joint motion, and ground contact characteristics. Reliable gait assessment is fundamental in multiple domains including clinical diagnosis of neurological and musculoskeletal disorders, rehabilitation monitoring, sports performance analysis, and biometric identification. Traditionally, gait analysis has been conducted in controlled laboratory environments using optical motion capture systems and force platforms. Although these methods provide high measurement accuracy, their high cost, complex setup, and limited portability restrict their use for continuous and real-world monitoring.

To address these limitations, early research efforts shifted toward wearable sensor-based gait analysis, with inertial measurement units (IMUs) emerging as a widely adopted sensing modality. Foundational studies reported in [1] demonstrated that IMU sensors mounted on the shoe or lower limb can accurately capture gait events and spatiotemporal parameters by directly measuring foot dynamics. These works established the feasibility of replacing laboratory-based systems with wearable alternatives while maintaining acceptable accuracy for practical applications.

Further validation studies strengthened confidence in IMU-based gait analysis. Comparative evaluations in [3] and [6] showed strong agreement between IMU-derived gait parameters and reference systems such as optical motion capture and force plates across different locomotion tasks,



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



including walking and running. These studies highlighted the advantages of IMUs in terms of portability, low cost, and suitability for use in unconstrained environments, making them particularly attractive for long-term gait monitoring outside clinical laboratories.

As wearable gait datasets grew, machine learning techniques began to play an increasingly important role in extracting meaningful information from sensor signals. Early investigations adopted classical machine learning models, such as support vector machines and decision-tree-based classifiers, to detect gait phases, classify activities, and identify abnormal gait patterns using handcrafted temporal and statistical features [4]. While these approaches demonstrated improved automation and accuracy compared to rule-based methods, they often required careful feature engineering and were typically evaluated under controlled or offline conditions.

Recent works surveyed in [5] emphasized the growing demand for scalable gait analysis solutions capable of supporting continuous monitoring in daily-life scenarios. However, these studies also identified several persistent challenges, including reliance on short-range communication technologies, smartphone-centered system architectures, and limited real-time processing capabilities. Such constraints restrict the deployment of wearable gait analysis systems in large-scale or long-duration monitoring applications.

Motivated by the diverse methodologies and limitations reported in these early and influential studies, a comprehensive survey is essential to systematically analyze sensing modalities, feature extraction techniques, and learning paradigms used in human gait analysis. This survey aims to consolidate existing knowledge, highlight methodological trends, and identify open research challenges to guide future developments in wearable and intelligent gait analysis systems.

The organization of this paper is as follows. Section 2 presents a survey of gait analysis approaches based on sensing modalities. Section 3 reviews existing works categorized by learning paradigms employed in gait analysis. Section 4 discusses the literature based on application domains. A comparative analysis, identification of research gaps, and future research directions are presented in the subsequent sections. Finally, Section 10 concludes the paper.

2. Literature survey based on sensing modalities

The sensing modalities is classified under three categories namely Wearable sensor based system, Vision based system and Hybrid systems for better analysis of existing work in gait analysis.

2.1 Wearable Sensor-Based Systems

The study in [3] focuses on validating wearable IMU-based gait analysis systems against laboratory-grade motion capture and force plate setups. The authors analyze spatiotemporal gait parameters such as stride length, cadence, and stance time across controlled walking experiments. Results demonstrate a strong correlation between IMU-derived measurements and reference systems, highlighting the feasibility of wearable sensors for accurate gait assessment. The work emphasizes robustness across multiple walking speeds and participants. However, the study is limited to short-duration trials and offline analysis, restricting its applicability for continuous real-world monitoring.

The work in [5] provides an overview of wearable gait analysis systems with emphasis on real-world deployment challenges. The authors review sensing technologies, data processing pipelines, and evaluation strategies used in gait analysis research. Particular attention is given to limitations related to short-range communication, smartphone-dependent architectures, and offline processing. The study highlights the gap between laboratory validation and real-life applicability. This survey establishes the need for scalable, continuous, and user-friendly gait monitoring solutions.

In [6], Pla et.al investigate the use of inertial sensors for running and sprint gait analysis, with a focus on temporal gait events and performance metrics. The study confirms that foot-mounted IMUs can



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



reliably detect initial contact and toe-off events under high-speed locomotion. The results show high repeatability and consistency when compared with optical timing systems. This work is significant for sports biomechanics, as it extends wearable gait analysis beyond walking. Nevertheless, the system primarily relies on post-processing and does not address communication or energy efficiency aspects. The work presented in [13] examines shoe-mounted inertial sensors for estimating running dynamics and lower-limb motion characteristics. The authors propose signal processing techniques to extract stride-related features and validate them under real-world running conditions. Their findings indicate that footwear-based sensing offers superior sensitivity to foot-ground interactions. The study highlights the potential of minimal sensor configurations for sports applications. However, the analysis remains task-specific and does not generalize to broader daily-life gait monitoring scenarios. In [16], an in-depth biomechanical analysis of gait using wearable sensors placed on the lower extremities was explored. The study emphasizes accurate estimation of stride length and walking speed using inertial data. Experimental results demonstrate that sensor placement significantly influences estimation accuracy. This work contributes valuable insights into optimal sensor positioning for gait analysis. However, it does not integrate learning-based approaches, relying instead on model-driven estimation techniques.

Falbriard et.al in [31] explore the use of single and multi-IMU configurations for gait parameter estimation during walking. The study compares different sensor placements, including shoe, shank, and waist locations. Results indicate that foot-mounted sensors outperform upper-body placements in detecting gait phases. The work contributes to understanding trade-offs between system complexity and measurement accuracy. Despite its contributions, the system assumes controlled conditions and does not evaluate long-term stability.

In [32], wearable inertial sensors are applied to analyze gait symmetry and variability, particularly in clinical populations. The authors extract temporal and statistical features to quantify gait irregularities. Their findings demonstrate that IMU-based metrics can effectively differentiate between healthy and impaired gait patterns. This study highlights the clinical relevance of wearable gait analysis. However, it relies on offline statistical analysis rather than real-time or intelligent models.

Vitali et. investigates waist- and trunk-mounted IMUs for daily-life gait and activity monitoring. The authors focus on overall motion characterization rather than fine-grained foot dynamics. The study demonstrates that trunk-mounted sensors are suitable for long-term monitoring with minimal user discomfort. However, accuracy in detecting detailed gait events is lower compared to foot-mounted configurations. This work underscores the trade-off between wearability and measurement precision al [39].

Falbriard et.al in [56] presents a comprehensive survey of sensor-based human activity recognition, with gait analysis considered as a core locomotion activity. The authors classify existing approaches based on sensor types, feature extraction techniques, and learning algorithms. The study systematically compares classical machine learning and emerging deep learning methods. It highlights challenges such as data variability, generalization, and energy efficiency. This survey provides foundational insights applicable to gait-focused activity recognition systems.

The study in [63] employs multiple IMUs to reconstruct lower-limb kinematics and joint angles during walking. Advanced sensor fusion techniques are used to reduce drift and improve accuracy. The results show strong agreement with optical motion capture systems, validating the effectiveness of multi-IMU setups. This work is particularly relevant for clinical gait analysis and rehabilitation. The primary limitation lies in increased system complexity and calibration requirements.

In [68], Hu et.al analyze gait patterns using wearable sensors for long-term health monitoring applications. The study emphasizes robustness under free-living conditions and varying terrains. Results indicate that wearable IMUs can capture meaningful gait trends over extended periods.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



However, the work focuses more on descriptive analysis than predictive modeling. Communication and power optimization aspects are not extensively addressed.

In [69], Bini et.al introduces deep learning techniques for gait event detection and parameter estimation using multi-IMU data. The authors employ recurrent neural networks to model temporal dependencies in gait signals. Experimental results demonstrate superior performance compared to classical machine learning methods. This work highlights the growing role of deep learning in gait analysis. Nonetheless, the computational complexity and data requirements pose challenges for embedded deployment.

The work presented in [77] evaluates the reliability of IMU-based gait measurements across multiple sessions and subjects. The authors focus on test–retest reliability and inter-subject variability. Results confirm that wearable gait parameters are consistent and repeatable over time. This study strengthens confidence in IMU-based gait analysis for longitudinal studies. However, it does not explore intelligent automation or real-time system implementation.

Numerous validation studies report strong agreement between IMU-derived gait parameters and gold-standard reference systems such as optical motion capture, force plates, and photoelectric timing gates, across walking, running, and sprinting conditions. Systematic reviews and meta-analyses further confirm the reliability and clinical validity of wearable IMU-based gait analysis in both healthy individuals and patient populations.

2.2 Vision-Based Systems

The study in [24] explores vision-based gait analysis using RGB video data to extract human pose and motion characteristics. The authors employ computer vision techniques to estimate joint trajectories and spatiotemporal gait parameters without the need for wearable sensors. Experimental evaluations demonstrate that vision-based systems can provide rich spatial and kinematic information under controlled conditions. This approach is particularly useful for clinical and biometric applications requiring full-body motion capture. However, performance is sensitive to camera placement, occlusions, and environmental lighting variations.

The work in [52] investigates vision-based gait analysis using depth-sensing technology to enable three-dimensional human motion capture. By leveraging depth cameras, the authors extract skeletal joint trajectories and estimate spatiotemporal gait parameters such as stride length and walking speed. Compared to conventional RGB camera systems, the depth-based approach reduces sensitivity to illumination changes and improves robustness in indoor environments. The study demonstrates that depth information enhances the accuracy of pose estimation and gait reconstruction. However, the system remains constrained by fixed sensor placement, limited sensing range, and controlled environmental requirements, which restrict its applicability for long-term and outdoor gait monitoring.

In [94], the authors present a vision-based gait recognition and analysis framework that combines pose estimation with machine learning techniques. The system extracts discriminative gait features from video sequences for identification and motion analysis. Results indicate strong performance in controlled datasets with predefined walking paths. The study demonstrates the potential of learning-based vision systems for gait-related tasks. However, computational complexity and privacy concerns limit deployment in real-world, continuous monitoring scenarios.

The work in [38] provides a critical evaluation of camera-based gait analysis systems under unconstrained conditions. The authors analyze the effects of occlusions, viewpoint changes, and background clutter on gait parameter estimation. Their findings reveal significant performance degradation when environmental conditions deviate from laboratory settings. This study emphasizes the challenges of deploying vision-based gait analysis in outdoor and crowded environments. It underscores the need for robust algorithms and hybrid sensing approaches.



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



Magarino et.al [105] examines large-scale vision-based gait datasets and benchmarking methodologies. The authors focus on cross-view gait recognition and generalization across different camera angles. Experimental results highlight the difficulty of achieving consistent accuracy across varying viewpoints and subjects. The study contributes valuable insights into dataset design and evaluation protocols for vision-based gait research. However, it also reinforces the dependence of such systems on extensive data and high computational resources.

Vision-based gait analysis techniques utilize RGB, RGB-D, or infrared cameras to capture body motion and extract gait parameters through pose estimation and skeletal tracking algorithms [24], [52], [94]. While these methods provide detailed spatial information and full-body kinematics, their performance is sensitive to lighting conditions, occlusions, and camera placement, which limits their applicability for outdoor and long-term monitoring scenarios [38], [105].

2.3 Hybrid Systems

The study in [28] investigates hybrid gait analysis systems that combine wearable inertial sensors with complementary sensing modalities to improve robustness and accuracy. The authors employ sensor fusion techniques to integrate multi-source data for gait parameter estimation. Their results show reduced drift and improved stability compared to single-sensor approaches. This work highlights the importance of fusion strategies in mitigating individual sensor limitations. However, increased system complexity and calibration requirements are identified as key challenges.

The work in [51] focuses on the application of Kalman filtering and extended Kalman filtering techniques for fusing inertial sensor data in gait analysis. The authors demonstrate that probabilistic fusion frameworks effectively smooth noisy signals and enhance spatiotemporal gait estimation. The approach is validated against reference measurement systems, showing improved accuracy. This study provides a strong theoretical foundation for sensor fusion in gait analysis. Nevertheless, filter performance depends on accurate system modeling and parameter tuning.

In [53], Xu et.al explore hybrid gait analysis by integrating wearable IMUs with pressure sensors and vision-based inputs. The study demonstrates that multimodal data fusion improves gait phase detection and event timing accuracy. Experimental evaluations show enhanced robustness under varying walking conditions. This work underscores the benefits of combining complementary sensing modalities. However, the requirement for multiple sensors increases cost and reduces user convenience.

Millan et.al [106] presents a deep learning-based sensor fusion framework for gait analysis using multimodal data. The authors employ neural networks to learn optimal fusion representations directly from raw sensor streams. Results indicate superior performance compared to traditional fusion techniques. This study reflects the growing trend toward data-driven multimodal gait analysis. The main limitations include high computational demand and challenges in deploying such models on resource-constrained devices.

Hybrid approaches integrate wearable sensors with vision systems, GPS, or pressure sensors to improve robustness and accuracy. Sensor fusion techniques such as Kalman filtering, extended Kalman filters, and deep sensor fusion networks have been used to mitigate drift and enhance spatiotemporal estimation [28], [51], [53], [106].

3. Feature Extraction Techniques

The study in [15] focuses on biomechanical feature extraction from gait data, emphasizing joint kinematics and impact-related parameters. The authors analyze lower-limb motion characteristics to better understand gait dynamics and functional movement patterns. Their work demonstrates that biomechanical features provide clinically meaningful insights beyond basic spatiotemporal measures. The study is particularly relevant for injury analysis and rehabilitation monitoring. However, it relies



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



on structured experimental conditions and does not explore intelligent automation using learning-based models.

Beaufils [20] investigates time-domain and frequency-domain feature extraction techniques for wearable sensor-based gait analysis. The authors evaluate statistical features such as mean, variance, peak values, and spectral energy for gait classification tasks. Results indicate that carefully engineered features significantly improve classical machine learning performance. This work highlights the importance of signal processing in wearable gait systems. Nevertheless, feature selection remains application-dependent and requires domain expertise.

In [36], Thiel et.al study gait symmetry and variability using sensor-derived features to assess movement efficiency and abnormality. The analysis focuses on bilateral coordination and asymmetry metrics derived from lower-limb motion signals. Findings suggest that symmetry-based features are effective indicators of pathological gait conditions. This study contributes to clinical gait assessment methodologies. However, it does not incorporate adaptive or learning-based frameworks for large-scale deployment.

Khan et.al [44] presents a comprehensive investigation of deep learning approaches for gait analysis using wearable sensor data. The authors employ convolutional and recurrent neural networks to automatically learn discriminative features from raw IMU signals. Experimental results demonstrate superior performance compared to classical machine learning models with handcrafted features. This work highlights the shift toward data-driven gait modeling. The primary limitations include high computational requirements and the need for large labeled datasets.

The work in [71] explores recurrent neural network-based architectures, particularly LSTM models, for temporal gait event detection. The authors show that sequence modeling effectively captures long-term dependencies in gait signals. Results indicate improved robustness to noise and inter-subject variability. This study strengthens the case for temporal deep learning in gait analysis. However, real-time and embedded feasibility are not extensively evaluated.

In [74], classical machine learning techniques are applied to gait phase detection and activity classification using wearable sensor features. The authors compare algorithms such as k-nearest neighbors, support vector machines, and decision trees. Their findings show competitive performance with relatively low computational complexity. This work remains relevant for resource-constrained systems. Nonetheless, performance depends heavily on feature engineering and dataset quality.

The study in [85] emphasizes frequency-domain analysis of gait signals for identifying periodicity and motion stability. The authors utilize spectral features to characterize gait rhythm and consistency. Results demonstrate that frequency-based descriptors complement time-domain features for improved gait classification. This study contributes to robust feature design strategies. However, frequency-domain methods may be sensitive to signal noise and windowing choices.

The study in [86] examines stiffness-related and impact-force features derived from gait data to assess lower-limb loading patterns. The authors highlight the relevance of such features in injury prevention and orthopedic evaluation. Their analysis provides biomechanical interpretability to gait metrics. This work bridges engineering and clinical perspectives. Nevertheless, the approach requires precise sensor placement and controlled experimental protocols.

Feature extraction plays a central role in gait analysis by transforming raw sensor signals into informative representations. Commonly used time-domain features include statistical measures such as mean, variance, peak values, and stride duration, whereas frequency-domain features capture periodicity and spectral characteristics [20], [74], [85]. Biomechanical features, including joint angles, impact accelerations, symmetry indices, and stiffness-related measures, provide clinically and sport-relevant insights [15], [36], [86]. Increasingly, deep learning methods are used to automatically learn discriminative features directly from raw data, reducing reliance on handcrafted descriptors [44], [71], [96].



4. Learning Paradigms in Gait Analysis

4.1 Classical Machine Learning

The study in [20] examines time-domain and frequency-domain feature extraction techniques for wearable sensor-based gait analysis. The authors evaluate statistical descriptors, spectral features, and signal energy measures for gait classification tasks. Their results show that well-designed handcrafted features significantly improve the performance of classical machine learning algorithms. This work emphasizes the importance of preprocessing and feature engineering in wearable gait systems. However, feature selection remains highly application-specific and dependent on domain expertise.

In [29], Choffin et.al analyze gait characteristics using wearable sensors placed at different body locations. The study evaluates how sensor placement influences gait parameter accuracy. Results show that lower-limb placements yield better gait event detection than upper-body locations. This work provides valuable insights into system design trade-offs. Nonetheless, evaluations are limited to controlled experimental conditions.

Choffin et.al [54] examines wearable sensor-based gait analysis for activity recognition and locomotion assessment. The authors extract temporal and statistical features from inertial signals to classify gait-related activities. Results indicate that wearable sensors can reliably distinguish between different locomotion patterns. This study contributes to understanding gait within broader activity recognition frameworks. However, the approach depends on offline processing and handcrafted features.

Pinelli et.al [67] focuses on long-term gait monitoring using wearable sensors in free-living environments. The authors analyze gait trends over extended periods to assess mobility and functional health. Findings demonstrate that wearable gait analysis can capture meaningful longitudinal patterns. This study is relevant for healthcare and aging-related applications. However, fine-grained gait event accuracy is lower compared to laboratory-based systems.

Soliman et.al [76] focuses on the application of classical machine learning models for gait phase detection and locomotion mode classification. Algorithms such as k-nearest neighbors, support vector machines, and decision trees are compared using wearable sensor data. The study demonstrates that lightweight models can achieve competitive accuracy with low computational overhead. This makes them suitable for resource-constrained environments. Nonetheless, performance degrades when sensor placement or walking conditions vary significantly.

In [78], Nisar et.al investigate activity recognition and gait classification using wearable inertial sensors. The study targets differentiation between various locomotion activities, including walking, running, and transitions. Results indicate that combining multiple sensor features improves classification robustness. This work highlights the overlap between gait analysis and general activity recognition research. However, the system relies on offline analysis and does not address real-time deployment challenges.

Zago et.al [90] explores gait-based biometric identification using wearable sensor data. The authors extract distinctive gait signatures and apply machine learning techniques for user authentication. Experimental evaluations show that gait can serve as a reliable behavioral biometric under controlled conditions. This study demonstrates the broader applicability of gait analysis beyond healthcare and sports. However, privacy concerns and sensitivity to intra-subject variability remain key challenges.

Traditional classifiers such as support vector machines, k-nearest neighbors, random forests, and linear regression models have been widely used for gait phase detection, activity recognition, and parameter estimation

4.2 Deep Learning Approaches



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



The work in [44] presents deep learning approaches for gait analysis using wearable sensor data. Convolutional and recurrent neural networks are employed to automatically learn features from raw signals. Experimental results show significant performance improvements over classical machine learning methods. This study marks a shift toward data-driven gait modeling. High computational requirements and large labeled datasets remain notable limitations.

Mundt et.al [71] investigates recurrent neural network architectures, particularly LSTM models, for temporal gait event detection. The authors demonstrate that sequence-based models effectively capture temporal dependencies in gait signals. Results indicate improved robustness to noise and subject variability. This work highlights the advantages of temporal deep learning for gait analysis. However, embedded and real-time feasibility is not extensively explored.

In [96], Sui et.al propose advanced deep learning frameworks for wearable gait analysis with emphasis on representation learning. The study explores end-to-end learning to reduce reliance on handcrafted features. Results demonstrate strong generalization across subjects and walking conditions. This work contributes to scalable gait modeling techniques. Nevertheless, training complexity and computational cost pose deployment challenges.

Mekruksavanich et.al [124] presents a large-scale evaluation of gait-based activity recognition across diverse datasets and environments. The authors assess cross-dataset generalization and robustness of learning models. Findings highlight significant performance variation due to sensor placement and subject diversity. This study provides valuable benchmarking insights. Achieving consistent real-world performance remains an open challenge.

The study in [80] explores wearable gait analysis in sports and field-based athletic environments. The authors evaluate system robustness under dynamic and unconstrained conditions. Results demonstrate feasibility for capturing performance-related gait metrics during real training sessions. This work extends gait analysis beyond laboratory settings. However, issues related to synchronization, power consumption, and real-time processing persist.

Lander et.al [101] investigates gait and activity recognition using wearable sensors combined with intelligent classification methods. The authors analyze multi-activity scenarios, including walking and transitional movements. Results show that gait features contribute significantly to recognition accuracy. This study highlights the integration of gait analysis within broader human activity recognition systems. Nonetheless, system scalability and continuous monitoring aspects are not fully addressed.

The study in [120] investigates advanced learning-based gait analysis using wearable sensor data, with a focus on improving generalization across subjects and walking conditions. The authors employ modern deep learning strategies, including transfer learning and data-driven representation learning, to reduce dependence on handcrafted features. Experimental results demonstrate improved robustness compared to conventional machine learning approaches, particularly when training data are limited. This work highlights the growing importance of scalable and adaptable learning frameworks in gait analysis. However, the increased model complexity and training requirements pose challenges for deployment in resource-constrained and real-time systems.

Deep learning techniques, including convolutional neural networks, recurrent neural networks, long short-term memory networks, BiGRU models, and transformer-based architectures, have demonstrated superior performance in gait event detection, stride length estimation, and abnormal gait classification [44], [69], [71], [96]. Transfer learning, multitask learning, and self-supervised strategies further improve generalization and reduce data annotation requirements [69], [96], [120].

5. Application Domains



5.1 Healthcare and Rehabilitation

The study in [73] investigates the use of wearable gait analysis systems for clinical assessment and rehabilitation monitoring. The authors focus on tracking spatiotemporal gait parameters to evaluate patient recovery progress. Their results indicate that wearable sensors provide objective and repeatable measurements compared to subjective clinical scoring. This work demonstrates the potential of continuous gait monitoring outside hospital environments. However, the study is limited by short monitoring durations and controlled experimental settings.

The work in [74] applies classical machine learning techniques to gait phase detection and abnormal gait classification in healthcare contexts. The authors extract handcrafted features from wearable sensor signals and evaluate multiple classifiers. Results show that machine learning enhances the sensitivity of gait abnormality detection. This study highlights the feasibility of intelligent gait analysis for clinical use. Nonetheless, the approach relies on offline processing and labeled datasets.

In [87], Zhou et.al explores long-term gait monitoring using wearable sensors in free-living conditions. The study emphasizes robustness, user comfort, and adherence over extended monitoring periods. Findings suggest that wearable gait systems can capture meaningful trends related to mobility decline and fall risk. This work is particularly relevant for elderly care applications. However, detailed gait event accuracy is lower compared to laboratory-based systems.

Cai et.al [115] focuses on gait analysis for neurological disorder assessment, including conditions such as Parkinson's disease and post-stroke impairment. The authors analyze gait variability, symmetry, and temporal parameters to distinguish pathological gait patterns. Experimental results demonstrate strong correlation between wearable gait metrics and clinical severity scores. This study underscores the clinical relevance of wearable gait analysis. Nevertheless, scalability and real-time feedback aspects are not extensively addressed.

In healthcare, gait analysis supports fall risk assessment, Parkinson's disease monitoring, post-stroke rehabilitation, and orthopaedic evaluation. Wearable gait analysis systems enable continuous and personalized monitoring beyond clinical settings.

5.2 Sports and Athletic Performance

The work in [6] examines the use of wearable inertial sensors for analyzing running and sprint gait characteristics. The authors focus on detecting temporal gait events such as initial contact and toe-off under high-speed locomotion. Experimental validation shows strong agreement between IMU-based measurements and reference timing systems. This study demonstrates that wearable sensors can reliably capture performance-related gait metrics in sports settings. However, the analysis is primarily conducted offline and does not address real-time feedback or long-term athlete monitoring.

Martini et.al [13] investigates shoe-mounted inertial sensors for capturing running dynamics and lower-limb motion patterns. The authors extract stride-related features and evaluate their consistency across different running speeds. Results indicate that footwear-based sensing provides high sensitivity to foot-ground interactions, making it suitable for sports biomechanics. The study highlights the practicality of minimal sensor setups. Nevertheless, the scope is limited to specific athletic tasks and does not extend to daily-life gait monitoring.

In [48], Seidi et.al analyse gait and running biomechanics using wearable sensors to assess athletic performance and injury risk. The study focuses on parameters such as stride variability, impact loading, and asymmetry. Findings suggest that wearable gait metrics can provide actionable insights for performance optimization and injury prevention. This work bridges sports science and wearable sensing technologies. However, it relies on controlled training environments and does not explore adaptive learning models.

The study in [80] explores the application of IMU-based gait analysis in team sports and field-based athletic activities. The authors evaluate system robustness under dynamic and unconstrained



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



movement conditions. Results demonstrate the feasibility of capturing meaningful gait and locomotion metrics during real training sessions. This study highlights the potential of wearable gait analysis for in-field sports monitoring. However, challenges related to data synchronization, energy efficiency, and real-time processing remain open.

Within sports science, gait analysis is used to evaluate sprint performance, refine technique, prevent injuries, and monitor training load. IMU-based systems have been validated under real-world conditions for running, sprinting, and team sports applications.

5.3 Biometric Identification and Activity Recognition

The study in [78] focuses on activity recognition and gait classification using wearable inertial sensor data. The authors aim to distinguish locomotion activities such as walking, running, and transitional movements. Multiple sensor features are extracted to improve classification robustness across subjects. Results demonstrate reliable activity differentiation under controlled conditions. However, the system relies on offline processing and does not evaluate real-time deployment constraints.

Venkadachalam et.al [79] investigates gait as a behavioral biometric for person identification. The authors extract distinctive gait signatures from wearable sensor signals and evaluate classification performance across multiple individuals. Experimental results show that gait patterns can uniquely characterize users under consistent conditions. This work highlights the feasibility of unobtrusive biometric authentication. Nevertheless, performance sensitivity to intra-subject variability and environmental changes remains a challenge.

In [90], wearable sensor-based gait analysis is applied to biometric recognition tasks. The study emphasizes feature selection and classification strategies for robust user authentication. Results indicate competitive identification accuracy using gait dynamics alone. This work expands the application scope of gait analysis beyond healthcare and sports. However, privacy concerns and data security considerations are not deeply addressed.

Jalal et.al [100] explores multi-activity recognition frameworks that integrate gait information with broader activity monitoring. The authors analyze how gait features contribute to distinguishing complex daily-life activities. Their findings suggest that gait dynamics enhance recognition accuracy when combined with contextual features. This study underscores the intersection of gait analysis and activity recognition research. Nonetheless, the approach increases computational complexity and system design overhead.

The study in [124] presents a large-scale evaluation of gait-based activity recognition across diverse datasets and environments. The authors assess model generalization under varying walking styles and sensor placements. Results highlight challenges related to cross-dataset robustness and scalability. This work provides valuable benchmarking insights for the research community. However, achieving consistent performance across real-world conditions remains an open research issue.

Gait dynamics also serve as a behavioral biometric for person identification and authentication [79], [90]. In addition, gait-based features are widely employed in activity recognition systems to distinguish locomotion modes and activities of daily living using wearable sensor data [78], [100], [124].

6. Comparative Analysis and Discussion

The comparative analysis presented in Table 1 facilitates a systematic understanding of the algorithms used in existing approaches, along with their strengths and weaknesses.

Approach	Data Acquisitio	Typical Sensors	Algorithms Used	Strengths	Limitations	Key Referenc



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



	n					es
Vision-based Gait Analysis	Camera-based motion capture	RGB / RGB-D / Infrared cameras	Pose estimation, CNNs, skeleton tracking	High spatial accuracy, full-body kinematics	Sensitive to lighting, occlusion, limited outdoor use	[24], [52], [94], [105]
Wearable IMU-based Systems	Body- or shoe-mounted sensing	Accelerometer, Gyroscope, Magnetometer	SVM, RF, CNN, LSTM, ZUPT, Kalman Filter	Portable, low-cost, real-world applicability	Sensor drift, calibration dependency	[1], [5], [16], [31], [56]
Pressure/Insole-based Systems	Plantar pressure measurement	Force/pressure sensors	Regression, ML classifiers	Direct foot-ground interaction data	Limited kinematic information	[29], [54], [67]
Hybrid Sensor Systems	Multi-modal fusion	IMU + Camera / GPS / Pressure	Sensor fusion, Deep learning	Improved robustness and accuracy	Increased complexity and cost	[28], [51], [105]
Classical ML-based Gait Analysis	Feature-driven learning	IMU / Vision features	SVM, KNN, RF, Linear models	Interpretable, low computation	Requires handcrafted features	[20], [74], [76]
Deep Learning-based Gait Analysis	End-to-end learning	IMU / Video sequences	CNN, LSTM, BiGRU, Transformers	High accuracy, automatic features	Data-hungry, computationally intensive	[44], [71], [96], [124]
Smartphone-dependent Systems	Phone-centric sensing	Phone IMU, GPS	ML/DL models	Easy deployment	User dependency, short-range comm.	[80], [101]
Proposed Smart Footwear System	Shoe-mounted embedded system	MPU6050 + ESP32 + LoRa	Edge ML + Cloud analytics	Low power, long-range, real-time	Prototype-level validation	Proposed

Table 1. Comparison of Gait Analysis Approaches Based on Sensing Modality, Algorithms, and System Characteristics

7. Research Gaps and Future Directions

Despite significant advances in human gait analysis, several research gaps remain that limit the widespread adoption of existing approaches in real-world scenarios. Addressing these gaps is essential for advancing the robustness, scalability, and practical utility of gait analysis systems.

7.1. Limited Generalization across Subjects and Environments

Most existing gait analysis models are trained and validated under controlled laboratory conditions or on limited datasets. As highlighted in several studies, model performance often degrades when



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



applied across different subjects, sensor placements, walking styles, or environmental conditions. Future research should focus on improving cross-subject and cross-dataset generalization through robust learning strategies, domain adaptation, and data augmentation techniques.

7.2. Dependence on Controlled Experimental Setups

Vision-based gait analysis systems achieve high accuracy in constrained environments but suffer from occlusions, lighting variations, and viewpoint changes in real-world settings. Similarly, many wearable-based studies rely on short-duration experiments and predefined walking protocols. Future work should emphasize evaluation under unconstrained, real-life conditions to better reflect practical deployment scenarios.

7.3. Lack of Standardized Datasets and Benchmarks

The absence of large-scale, publicly available, and standardized gait datasets remains a major challenge. Existing studies often use custom datasets with varying protocols, sensor configurations, and evaluation metrics, making fair comparison difficult. Future research should prioritize the creation of benchmark datasets and standardized evaluation frameworks to enable reproducibility and comparative assessment across methods.

7.4. Trade-off Between Accuracy and System Complexity

Hybrid and deep learning-based gait analysis systems generally achieve higher accuracy but at the cost of increased computational complexity, sensor redundancy, and energy consumption. These factors limit their suitability for long-term and real-time monitoring. Future directions should explore lightweight models, efficient sensor fusion strategies, and edge-friendly learning approaches that balance accuracy with resource efficiency.

7.5. Limited Real-Time and Continuous Monitoring Capabilities

A significant portion of existing gait analysis research focuses on offline processing and post-hoc analysis. Continuous, real-time gait monitoring remains underexplored, particularly for long-term healthcare and free-living applications. Future studies should investigate streaming data processing, adaptive algorithms, and low-latency decision-making frameworks to support real-time gait assessment.

7.6. Interpretability and Clinical Trustworthiness

While deep learning methods have demonstrated superior performance, their lack of interpretability poses challenges for clinical acceptance. Clinicians often require transparent and explainable metrics to support diagnosis and treatment decisions. Future research should integrate explainable AI techniques to improve model interpretability while maintaining predictive performance.

7.7. Privacy, Security, and Ethical Considerations

Gait data, particularly when used for biometric identification and continuous monitoring, raises concerns related to user privacy and data security. Many existing studies overlook these aspects. Future work should address ethical considerations by incorporating privacy-preserving learning methods, secure data transmission, and anonymization techniques.

7.8. Personalized and Adaptive Gait Models

Most current gait analysis systems adopt generalized models that do not account for individual variability over time. However, gait patterns can change due to aging, injury, fatigue, or disease



3rd International Conference on Advanced Sports Science and Intelligence Performance Technologies-2026



progression. Future research should focus on personalized and adaptive gait modeling approaches that can evolve with the user while maintaining long-term reliability.

8. Proposed Smart Footwear-Based Gait Analysis Framework

To address challenges in Limited Real-Time and Continuous Monitoring Capabilities, a smart footwear-based gait analysis system integrating an ESP32 microcontroller, an MPU6050 IMU, and LoRa communication is proposed. The architecture supports on-device signal processing, low-power operation, and long-range wireless data transmission, enabling continuous monitoring without reliance on smartphones. This design is well suited for both healthcare and sports performance applications.

9. Conclusion

This review synthesized findings from over 120 studies on human gait analysis. This survey presented a comprehensive review of human gait analysis methodologies across sensing modalities, feature extraction techniques, learning paradigms, and application domains. Wearable IMU-based systems emerged as a practical solution for real-world gait monitoring, while vision-based approaches provided rich spatial information under controlled conditions. Machine learning and deep learning techniques have significantly improved gait event detection, parameter estimation, and activity recognition performance. However, challenges related to generalization, scalability, real-time operation, and interpretability persist across existing studies. The survey highlights the need for standardized benchmarks, robust learning models, and deployment-oriented research. Overall, this review provides a structured reference to guide future research in developing reliable and scalable gait analysis systems.

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**3rd International Conference on
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