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Article Review Report



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ANALYSIS OF MUSCULAR ENDURANCE AND DYNAMIC FLEXIBILITY BETWEEN BASKETBALL AND VOLLEYBALL PLAYERS		



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ABSTRACT:

The purpose of the study was to find out the differences in dynamic flexibility and muscular endurance between Basketball and Volleyball players. To achieve the purpose of the study 40 male Basketball and Volleyball players from Chennai city colleges were selected at random. The age of the subjects were ranged between 18 and 25 years.

Abstract Report: The Title Accurately Said The Study was About.

INTRODUCTION:

Basketball is popular game in the world. The modern Basketball is very fast, by it’s very nature the spectators and players enjoy the game of basketball with a great amount of merriment. The skills involved in the game are simple natural and yet are highly stimulating and satisfying to anyone who participates in the game. The skills include passing, running, jumping, dodgingetcetera.

Introduction Report: This Article Include Full Introduction, Methods, Results & Introduction Section.

METHODS & MATERIALS:

To achieve the purpose of the study 40 male Basketball and Volleyball players from Chennai city colleges were selected at random. The age of the subjects were ranged between 18 and 25 years. Dynamic flexibility and muscular endurance were selected as variables for the study.

Methods & Materials Report: Tables/Boxes/Diagram & Images are Used to Explain Specific Points or Background Information. Figures That The Plotted Parameters are Clearly Mentioned.

RESULT:

From the above table the mean value obtained for Basketball and Volleyball Players were 34.05 and 29.95 respectively and ‘t’ test value between the 5.39. Since the obtained’ test value of 5.39 is greater than the table value of 2.024 with df 38 at 0.05 level of confidence.

Result Report: Figures are Imported to Provide Explanation for Background Information. Conclusion of This Paper Clearly Supported Results.

CONCLUSION:

- 1. It was concluded that there was a significant difference in dynamic flexibility and muscular endurance between Basketball and Volleyball Players.
- 2. It was concluded that the Basketball players were better in dynamic flexibility than the Volleyball Players.
- 3. It was concluded that the Basketball players were better in muscular endurance than the Volleyball Players.

Conclusion Report: The Text is Rounded off with a Conclusion that Discusses the Implication of The Findings & Ideas Discussed & Their Impact on Future Research Direction.

REFERENCES:

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- Denis (2003), What is dynamic flexibility? <http://www.wisegeek.com/what-is-dynamic-flexibility.htm>.
- Elizabeth Quinn (2015), What Is Muscular Endurance?, [Sportsmedicine.about.com /od/ glossary/ g / MuscleEndur_def.htm](http://sportsmedicine.about.com/od/glossary/g/MuscleEndur_def.htm).
- Pasuapathi (2014) “Comparison of selected physical Fitness Variables between College Men Sprinters and Long Distance Runners.” Unpublished Masters Thesis, Tamil Nadu Physical Education and Sports University.

Reference Report: There are Places where the Author M. Rajakumari and S. Thirumalai Kumar Need to Cite a Reference, but Have Not

RECOMMENDATIONS:

Abstract Report: Introduce New Regular For Content & Communication.

SUMMARY OF ARTICLE:

	Very	High	Average	Low	Very Low
1. Interest of the topic to the readers	✓				
2. Originally & Novelty of the ideas	✓				
3. Importance of the proposed ideas		✓			
4. Timelines		✓			
5. Sufficient information to support the assertions made & conclusion drawn					
6. Quality of writing(Organization, Clarity, Accuracy Grammer)	✓				
7. References & Citation(Up-to-date, Appropriate Sufficient)			✓		

This Article is Innovative & Original, No Plagiarism Detected

Future Research Suggestions

This Article can expand further research for MINOR/MAJOR Research Project at UGC



Future Research Planning :

- 1. Career For Faculty (<http://academicprofile.org/Professor/CareerForFaculty.aspx>)
- 2. Academic Plan (<http://academicprofile.org/Professor/AcademicPlan.aspx>)
- 3. Regarding Professor Promotion (<http://academicprofile.org/Professor/regardingPromotion.aspx>)
- 4. Fellowship for Post Doctoral (<http://academicprofile.org/Professor/FellowshipForPD.aspx>)
- 5. Online Course on Research (<http://onlineresearch.in/Default.aspx>)

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