



KHO KHO

Players Performance Relationship With
Anthropometric, Physiological And
Physical Fitness Variables



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B.Sc., M.P.Ed., Ph.D., N.L.S. Diploma
(Kho-Kho/Kabaddi)

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The author Dr. Prashant Gawande has completed his M.P.Ed. And doctorate from Sant Gadge Baba Amravati University, Amravati. He stood first merit in practical along with another batch mate in NIS, Gandhinagar Gujrat, from throughout Asia. His teaching/coaching career began with Dr. Ambedkar College, Nagpur(1997), District Sports Office Gadchiroli (1998) and mostly in Arts, science and commerce college Chikhaldara, (1999 to onwards). He has also been associated with the game of Kho-Kho from his childhood.

Being Kho-Kho coach, author has done his Ph.D. on Kho-Kho Game. Now he is publishing his Ph.D. work into book form. This book will be of immense help to coaches, trainer's physical education teachers, research scholars and players since it covers some of the coaching aspects of the game such as relationship of anthropometric measurements, Physiological variables and physical fitness with performance of Kho-Kho players. Kho-Kho, the indigenous most popular game of India, has comparatively very less literature especially on coaching and research point of view. Five important chapters have been dealt in the book. Authors Ph.D. work should come to fore to the physical education fraternity is the motto while preparing this book.

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