

**Executive Summary of the Minor Research Project under UGC XI th Plan**

**Entitled**

**“COMPUTER APPLICATION IN SPORTS MANAGEMENT”**

**UGC File No : MRP(H)-268/08-9/KAKA053/UGC-SWRO Dated: 30.03.2009**

**Of**

**Smt. N.S.TORGAL**

**Physical Director**

**BLDEA`S Smt.Bangaramma Sajjan**

**Arts and Commerce College for Women**

**Vijayapur - 586101**

The play instinct in man is as old as evolution itself. Man yearns to play different sports and games at different stages. In the primitive man this instinct either remained latent or not given full expression for the better part of time, as he was pre-occupied with searching for food. With the discovery of agriculture and consequent settled life, this instinct came to life. In course of time play has become a dominant part of the organized societies. History reveals that discovery at Ur, an ancient City of Iraq indicates play was part of people’s life. There was a board resembling draughts on which some game was played. Ur was once a flourishing city about five thousand years ago. This discovery atleast gives an indication that play was a part of life of the people who lived thousands of years ago.

The term “sport” is derived from the Latin words “des” meaning away, and “proto” meaning carry. In its original meaning it meant to carry away or to carry away from one’s work or business. It also is an abbreviation of the word “disport”, meaning to amuse oneself. According to “A New English Dictionary on Historical Principles”, diport meant sport, pastime, recreation, pleasure and was first used in the literature in 1303 AD. In the view of Prof. Kukushkin of USSR “sport is a specific form of culture, an aspect of the cultural activity of society, a component of its general culture, and an important means of improving the general health and developing the physical abilities and physical fitness of the growing and adult population. It also aids the development of will power, moral and aesthetic education and enhances the level of the physical and general culture of the people”.

Sports activities for girls and women should be selected with regard to their psychological as well as physiological characteristics. Those which involve grace and rhythm, and which have a minimum of body contact, should be favored. Systematic training for any activity contributes effectively to fitness in competitive sports. To bring laurels to the institution, organization, firms,

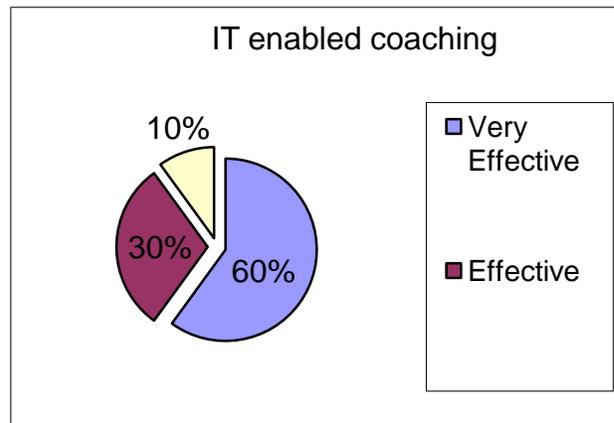
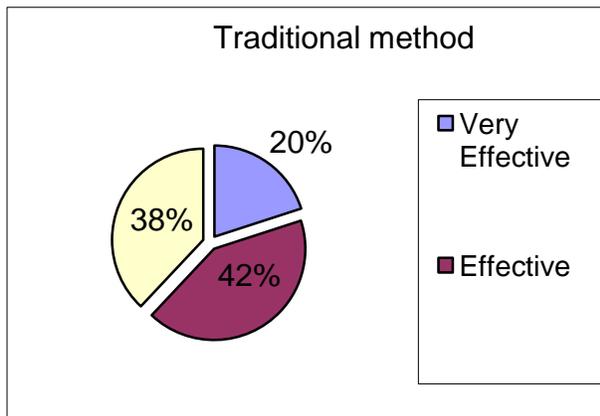
business establishments, district, state and the nation, the sportsperson strives very hard first, in maintaining the physical fitness level and next the performance level.

Students were given illustrations and demonstrations by two methods. These methods are

- 1) Traditional way of coaching in yoga and also coaching for other games such as football, hockey, cricket, volleyball, etc.
- 2) IT enabled coaching in yoga and the same thing is extended in coaching other games.

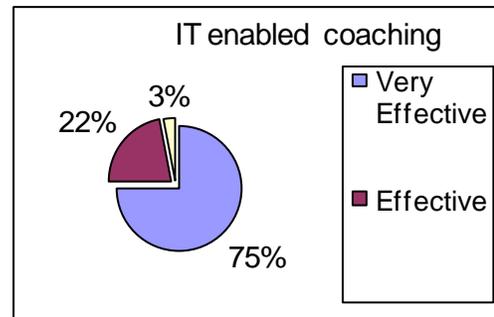
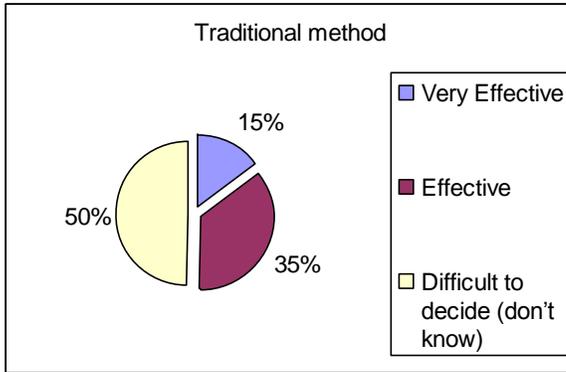
**Table-1 Feed back on Yoga Coaching through computer management**

Method of Coaching	Very Effective	Effective	Difficult to decide (don't know)	Z-Value
Traditional method	20 %	42 %	38 %	831.847
IT enabled coaching	60 %	30 %	10 %	



**Table-2 Feed back on other games through computer management**

Method of Coaching	Very Effective	Effective	Difficult to decide (don't know)	Z-Value
Traditional method	15 %	35 %	50 %	476.65
IT enabled coaching	75 %	22 %	3 %	



**Conclusion:**

From table-1 it seems that IT enabled coaching in yoga is more effective than the traditional method of doing the job. The statistical analysis using z-statistics shows that  $z\text{-cal} = 831.847$  which is much greater than the tabled value of  $z (= 1.96)$  at 5 % level of significance. Hence, we conclude that there is a significant difference between the two methods. Also the effectiveness of IT enabled coaching seems to be dominating.

Table-2 also reveals the same result. Hence, we may broadly conclude that the use of computers in sports seems inevitable.