

---

# BIBLIOGRAPHY

**BIBLIOGRAPHY****BOOKS**

- Ajmeer Singh, et.al. (2005). **Essential of Physical Education**, New Delhi: Kalyani Publication, PP 66.
- Alderman,R.B (1974). **Psychological Behaviour in Sports**, Philadelphia: W.B.Saunders company, P.. 135.
- Ananda R. (1982), **The Complete Book of Yoga Harmony of Body Mind**, Delhi: India.
- Brayant J. Crathy, (1989) **Psychology in contemporary Sport**, 3<sup>rd</sup> Ed; Englewood Cliffs, N.J: Prentice Hall, Inc..
- Charles A.Bucher (1978) , **Administration of School Health and physical Education programme**, St, Louis: The C.V. Mosby Company, 2<sup>nd</sup> Ed., p.196.
- Chester W. Harris, (1996) **Encyclopeadia of Psychology** New York: Mc. Millan Book co., P. 280
- Clayne R. Jenson and A. Garth Fisher (1972), **Scientific Basis of Athletic Conditioning**, Philadelphia: Lea and Febiger, , p.65.
- Diane L. Cell, (1972), **Psychological Dynamics of Sports**, Illinois: Haman Kinetics Publications, Inc., P..13.
- Edward L. Fox and Denold K. Mathews(1981), **The Physiological Basis of Physical Education and Athletics**, Philadelphia: Saunders College Publishing, p. 167.
- Frank W. Dick, (1992), **Sports Training Principles**, Cambridge, University Press.
- Gharote,M.L. (1982), **Guidelines for Yogic Practices**, Lonavla: Medha Publications.

- Hardyal Singh (1991), **Science of Sports training**, New Delhi: DVS Publication, p.15.
- Iyengar,B.K.S. (1983) **Light on Pranayama**, London: Urwin Paper packs.
- Jack H.Lewellyn and Judy A. Blucker, (1974) **Psychology of Coaching Theory and Application**, New York: HenryKimpton Ltd., ,P. 7.
- Kamlesh,M.L.(1990) **Psychology in Physical Education and Sports**, New Delhi : Metropolitan, P..vii.
- Martin H. Anderson, et. al. (1976), **Play with the purpose**, New York: Harper and Row publishers, p.11.
- Sharma, P.D. (1984), **Yogasana and Pranayama for Health** Bombay, India: Navneet Publication, PP. 10-11.
- Swami Kuvalayananda, (1977), **Asana**, (India: Lonavala: Kaivalyathama)
- The History of Madras Police** (Centenary 1859 to 1959), published under the authority of Inspector General of Police, Madras, 1959
- Thomas R. Baechle (1994), **Essentials of Strength Training and Conditioning**, U.S.A: Creighton University, National Strength and Conditioning Association, , p. 61
- Wayne and Payne (1986), **Understanding your Health**, Missouri: Times/Mirror Mosby College Publishing, pp. 73 -76.
- Yobu, A.(2001) **Test measurement and Evaluation**, Chennai, Grace Printers, p. 422-425.

## JOURNALS

- Barabash LV, et.al. (2009), "Effect of extreme conditions on seasonal patterns of endocrine and metabolic processes", **Klin Med (Mosk)**. 87(7):47-9
- Boyce RW, et.al. (2006)," Physical fitness, absenteeism and workers' compensation in smoking and non-smoking police officers." **Occup Med (Lond)**. Aug;56(5):353-6.
- Boyce RW, et.al. (2009), "Longitudinal changes in strength of police officers with gender comparisons.", **J Strength Cond Res**. Nov;23(8):2411-8
- Brown RP, and Gerbarg PL.et.al (2005). "Sudarshan Kriya Yogic Breathing in The Treatment of Stress, Anxiety, And Depression. Part II--Clinical Applications And Guidelines." **J Altern Complement Med**. 11(4):711-7
- Chakraborty K, et.al. (2011), "Club drugs: review of the 'rave' with a note of concern for the Indian scenario.", **Indian J Med Res**. Jun;133:594-604
- Frost D, et.al. (2012)," The relationship between general measures of fitness, passive range of motion and whole-body movement quality.", **Ergonomics**. Jan 31.,
- Hartley TA, et.al. (2007), "Associations between major life events, traumatic incidents, and depression among Buffalo police officers." **Int J Emerg Ment Health**. Winter;9(1):25-35.
- Hartley TA, et.al. (2012), "Association between depressive symptoms and metabolic syndrome in police officers: results from two cross-sectional studies.", **J Environ Public Health**. ;2012:861219.
- Heide S, et.al. (2012), "Medical examination of fitness for police custody in two large German towns." **Int J Legal Med**. Jan;126(1):27-35
- Heneweer H, et.al. (2011), "Physical fitness, rather than self-reported physical activities, is more strongly associated with low back pain: evidence from a working population." **Eur Spine J**. Dec 2.

- Jonassaint CR, et.al. (2009),” The effects of neuroticism and extraversion on cardiovascular reactivity during a mental and an emotional stress task.”, **Int J Psychophysiol.** Dec;74(3):274-9.
- Kapoor,V.K. (1996) 'Pollbe : A Multi variate approach.' **Indian Society of Criminology congress 1996**
- Katagi M, et.al. (2010),” Metabolism and toxicologic analysis of tryptamine-derived drugs of abuse.”, **Ther Drug Monit.** Jun;32(3):328-31
- Lamprecht M, et.al. (2008), “Single bouts of exercise affect albumin redox state and carbonyl groups on plasma protein of trained men in a workload-dependent manner.”, **J Appl Physiol.** Jun;104(6):1611-7. Epub 2008 Apr 17.
- Lindauer RT, et.al. (2006), “Heart rate responsivity to script-driven imagery in posttraumatic stress disorder: specificity of response and effects of psychotherapy.”, **Psychosom Med.** Jan-Feb;68(1):33-40.
- Liu Y, et.al. (2010), “Effect of different levels of pressure support on physiological variables and patient-ventilator synchronicity during noninvasive pressure support ventilation in patients with respiratory failure” **Zhongguo Wei Zhong Bing Ji Jiu Yi Xue.** Jul;22(7):405-9
- Madanmohan et.al. (2005). “Effect of slow And Fast Pranayams on Reaction Time And Cardiorespiratory Variables.”, **Indian J Physiol Pharmacol.**49(3):PP. 313-8
- Madanmohan, Thombre, D.P., Balakumar B., Mambimnarayan, T.K., Thakur, S., Krishnamurthy, N., Charabose, A., (1993).”Effect of yoga training on reaction time, respiratory endurance and muscular strength”, **Indian Journal of Physiological Pharmacology.** 34 (4), 350-2.
- Mandanmohan , et.al. (2003).” Effect of yoga Training on Handgrip, Respiratory Pressures And Pulmonary Function” . **Indian J Physiol Pharmacol.** 47(4):PP. 387-92
- Matsuda I, et.al. (2011),” Event-related potentials increase the discrimination performance of the autonomic-based concealed information test.” **Psychophysiology.** Dec;48(12):1701-10.

- Murugesan R, et.al. (2000).” Effect of selected Yogic Practices on The Management of Hypertension.” **Indian J Physiol Pharmacol.** 44(2): PP.207-10
- Myers SD, et.al. (2011), “Physiological consequences of military high-speed boat transits.”, **Eur J Appl Physiol.** Sep;111(9):2041-9.
- Nabeel I, et.al. (2007), “Correlation between physical activity, fitness, and musculoskeletal injuries in police officers.” **Minn Med.** Sep;90(9):40-3.
- Najström M, and Jansson B. (2007), “Skin conductance responses as predictor of emotional responses to stressful life events.” **Behav Res Ther.** Oct;45(10):2456-63.
- Niederhauser, H.U, (1996) “Heart Patient and Sports Klinik fur Medizinische Rehabilitation”, **Schweiz. Rundsch. Med. Pra.** X, Vol. 84: 33 (August), PP. 933-38.
- Ogawa T, et.al. (2007), “Effects of arousal level on the physiological responding on the Concealed Information Test” **Shinrigaku Kenkyu.** Oct;78(4):407-15.
- Payne W, and Harvey J. (2010),” A framework for the design and development of physical employment tests and standards.”, **Ergonomics.** Jul;53(7):858-71.
- Pole N, et.al. (2007), “Associations between childhood trauma and emotion-modulated psychophysiological responses to startling sounds: a study of police cadets.”, **J Abnorm Psychol.** May;116(2):352-61.
- Ray US et.al. (2001). “Effect of yogic Exercises on Physical And Mental Health of Young Fellowship Course Trainees”, **Indian J Physiol Pharmacol.** Jan;45(1):PP. 37-53
- Remesh Reddy, P. and P.Ravikumar, (2001). ” A Comparative Study of Yogasanas and Aerobic Dance and Their Effects on Selected Motor Fitness Components in Girls Students.” **Bi-annual for Movement** 18: 34-36.
- Rossomanno C, et.al. (2011), “,A 6 month supervised employer based minimal exercise program for policeofficers improves fitness.”, **J Strength Cond Res.** Nov 5

- Sailendra Nath Maity and Subhash Chandra Samanta, (2001). Effect of Calisthenics and Yogasanas on Motor Fitness Status of Fifth Grade Girls, **Journal Of Sports And Sports Sciences**, 24 (1) 10-15.
- Sammito S. (2011), "Sport injuries during duty sport--a risk assessment", **Sportverletz Sportschaden**. Mar;25(1):50-5.
- Sassen B, et.al. (2009), "Physical fitness matters more than physical activity in controlling cardiovascular disease risk factors.", **Eur J Cardiovasc Prev Rehabil**. Dec;16(6):677-83
- Sassen B, et.al. (2010), "Cardiovascular risk profile: cross-sectional analysis of motivational determinants, physical fitness and physical activity." **BMC Public Health**. Oct 7;10:592
- Scarpa G, and Scarpa AM. (2006)," Stress among public safety and security forces. Genetic and physiopathology", **G Ital Med Lav Ergon**. Jan-Mar;28(1):67-71
- Shephard RJ, and Bonneau J.(2003), "Supervision of occupational fitness assessments.", **Can J Appl Physiol**. Apr;28(2):225-39.
- Sluiter JK. (2006), "High-demand jobs: age-related diversity in work ability?", **Appl Ergon**. Jul;37(4):429-40.
- Sörensen L, et.al. (2000), "Physical activity, fitness and body composition of Finnish police officers: a 15-year follow-up study.", **Occup Med (Lond)**. Jan;50(1):3-10.
- Sörensen L. (2005), "Correlates of physical activity among middle-aged Finnish male policeofficers.", **Occup Med (Lond)**. Mar;55(2):136-8
- Strating M, et.al. (2010), "A job-related fitness test for the Dutch police.", **Occup Med (Lond)**. Jun;60(4):255-60.
- Takken T, et.al. (2009), "Workload demand in police officers during mountain bike patrols.", **Ergonomics**. Feb;52(2):245-50.

- Thayer JF, et.al. (2009), "Heart rate variability, prefrontal neural function, and cognitive performance: the neurovisceral integration perspective on self-regulation, adaptation, and health." **Ann Behav Med.** Apr;37(2):141-53.
- Theurel J, et.al. (2012), "Physiological and cognitive responses when riding an electrically assisted bicycle versus a classical bicycle.", **Ergonomics.** Apr 16.
- Tiken,L., . Kosana, A.K. Joy and T. Inaobi (2002). "Influence of Specific Yoga and Aerobic Exercise on Physical Fitness of SAI (NERC IMPHAL) STC Athletes" **Journal Of Sports And Sports Sciences**, Vol. 25 (3); 47 – 51
- Tran, M.D., Holly, R.G., Iashbrook, J. Amsterdam, F.A.,(2001) "Effect of Hatha Yoga Practice on the Health – Related Aspects of Physical Fitness" **Preview of Cardiology** 4: (4) 165-170.
- Ukoho, (1988), "Exercise Your Way to Physical Fitness Health For All – All for Health, Exercise, Be Fit, Be Healthy", **WHO**, 440:2 (Nov), PP.1-2.
- Usha Lohan and Dolly Rajesh (2002), "Effect of Asanas and pranayamas on physical and physiological components of boys between age group 12-16 years." **Journal of Sports and Sports Sciences** 25 (1) 50-56.
- VanMeenen KM, et.al. (2010), "Cardiovascular evaluation of electronic control device exposure in law enforcement trainees: a multisite study.", **J Occup Environ Med.** Feb;52(2):197-201
- Vilke GM, et.al. (2007), "Physiological effects of a conducted electrical weapon on human subjects.", **Ann Emerg Med.** Nov;50(5):569-75.
- Violanti JM, et.al. (2006), "The Buffalo Cardio-Metabolic Occupational Police Stress (BCOPS) pilot study: methods and participant characteristics.", **Ann Epidemiol.** Feb;16(2):148-56
- Virtanen R,et.al. (2003) "Anxiety and Hostility are Associated With Reduced Baroreflex Sensitivity And Increased Beat-To-Beat Blood Pressure Variability.", **Psychosom Med.** 65(5) PP.:751-6



Zhao C, et.al. (2012), "Electroencephalogram and electrocardiograph assessment of mental fatigue in a driving simulator.", **Accid Anal Prev.** Mar;45:83-90.

Zimmerman FH. (2012), "Cardiovascular Disease and Risk Factors in Law Enforcement Personnel: A Comprehensive Review.", **Cardiol Rev.** Feb 6

### WEBSITES VISITED

"**History of Police Training**" cited in <http://www.tnpolice.gov.in/tnpa/home.html>

**Hand Book on Police**, (2011) <http://www.tnpolice.gov.in/tnpa/home.html>

[http //www.about.com](http://www.about.com)

[http//www.pubmed](http://www.pubmed)

[http://en.wikipedia.org/wiki/physical\\_education](http://en.wikipedia.org/wiki/physical_education)

<http://www.article-voip.com/Article/The-Importance-of-physical-Fitness-Education/209>

<http://www.en.wikipedia.org/wiki/sport>

<http://www.freeessays.cc/db/25/hpw84.shtml>

[http://www.kamat.com/database/books/kareducation/physical\\_education.htm](http://www.kamat.com/database/books/kareducation/physical_education.htm)

<http://www.tnpolice.gov.in/tnpa/home.html>