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MANGALORE UNIVERSITY: A STUDY ON ATHLETICS PERFORMANCE IN TRACK AND FIELD EVENTS AT ALL INDIA INTER-UNIVERSITY MEN AND WOMEN SINCE 1998 TO 2014

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ABSTRACT: -

In today's age of scientific knowledge, man is making rapid progress in all walks of life and it is true in the area of games and sports also. Scientific knowledge has revolutionized the standard of human performance in sports disciplines. The athletes are now trained on scientific lines



and using highly sophisticated technology for top performance in their specific sport, to get optimum performance in their specific sport, to get optimum performance with, minimum expenditure of energy and Health, the basic objective of Physical Education is a state of condition under which an individual is

capable of mobilizing all his resources, intellectual, emotional and physical, for optimum living.

KEYWORDS: Athletics Performance, Track and Field Events, human performance.

INTRODUCTION :

Mangalore University campus at Mangala gangothri, located about 20 km to the south-east of the historic coastal town of Mangalore, sets the tone for the educational endeavors of the three districts under the jurisdiction of the University. It is a picturesque campus that sprawls over 333 acres, overlooking the confluence of the river Nethravathi with the Arabian Sea on the one side, and the cloud-capped Western Ghats on the other. It grew out of a modest post-graduate centre of the University of Mysore to become the focal point of an independent University in 1980. The University has twenty-five postgraduate departments, supported by modern infrastructure and experienced faculty. The University campus is a self-contained facility that provides all the essential facilities and infrastructure for the pursuit of excellence in higher education. Among the several central facilities at Mangala gangothri, mention may be made of the Department of Physical Education which is one of the centres for education which provided systematized education for the dedicated and talented sports achievers of the region.

ILLUSTRATIVE CASE STUDIES

These are primarily descriptive studies. They typically utilize one or two instances of an event to show what a situation is like. Illustrative case studies serve primarily to make the unfamiliar familiar and to give readers

a common language about the topic in question.

Track and field is a sport which includes athletic contests established on the skills of running, jumping, and throwing. The name is derived from the sport's typical venue: a stadium with an oval running track enclosing a grass field where the throwing and jumping events take place. Track and field is categorized under the umbrella sport of athletics, which also includes road running, cross country running, and race walking. Presently in this study preferences is been given to the athletes who made place between one to eighth positions in Track and field events.

PURPOSE OF THE STUDY:

Physical Education is a vigorous physical activity that can provide an inexpensive and practical workout for most people. Physical Education Training is an excellent all-round exercise program since any amount of exercise can be incorporated with the program to enhance the body's physical and physiological fitness. Physical education and sports, being integral parts of education have also experienced the effect of scientific advancement. Now, the sportsmen have been able to give outstanding performance because of involvement of new scientifically sustained training methods and means of execution of sports exercise such as sports techniques and tactics, improvement of sportswear and equipment's as well as other components and conditions of the system of sports training. The present study aims to find out the number of Athletics players represented from each district and degree colleges of Mangalore University region. It also aims to compare and find out the differences in the total number of Athletics players representation from college to University level. Further through its investigation the present study aims to recommend the Mangalore University authorities and District Youth Sports Services departments to provide the proper infrastructure facilities to improve the standard of Indian Athletics at grass root level.

OBJECTIVES OF THE STUDY:

- The present study aims to find out the players representation at All India Athletics Meet Track and Field Events (Running, Jumping and Throwing) from Mangalore University region.
- To explore the sports achievements of Men and Women Athletes of Mangalore University Athletics players team from All India Athletics Meet Running, Jumping and Throwing Events.
- Through its investigation the present study aims to recommend the Mangalore University authorities and Degree College Affiliated under the Mangalore University to provide proper infrastructure facilities to improve the standard of Indian Athletics players Running, Jumping and Throwing Events at grass root level in Mangalore University region.

HYPOTHESES OF THE STUDY:

- There would be number of Athletics players represented to Athletics team from All India Athletics Meet Running, Jumping and Throwing Events in Mangalore University region.
- There would be differences in the total number of Athletics player's representation to Mangalore University Athletics team from All India Athletics Meet Running, Jumping and Throwing Events.
- Through its investigation recommendations would be made to the Mangalore University authorities and Mangalore University under the Degree College of each district to provide the proper infrastructure facilities to improve the standard of Indian Athletics players Track Event Running, Jumping and Throwing Events at grass root level in the Mangalore University region.

SIGNIFICANCE OF THE STUDY:

- This study assumes great significance given to its comprehensive study to delineate the contributions and achievements of Mangalore University region All India Athletics Meet Running, Jumping and Throwing Events.
- It reveals the contributions of each All India Athletics Meet Running, Jumping and Throwing Events Athletics player's representation to Mangalore University.
- The study further explores the differences in the number of Athletics player's representation to Mangalore

University All India Athletics Meet Running, Jumping and Throwing Events.

- Through its investigation recommendations were made to the Mangalore University authorities and Mangalore University under the Degree College of each district to provide the proper infrastructure facilities to improve the standard of Indian Athletics Running, Jumping and Throwing Events at grass root level in the Mangalore University region.

MATERIALS AND METHODS

Based on the objectives laid down in the present study the illustrative case study method were used to obtain the data and the methods tools were explained and presented in the following ways,

Sources of Data and Information

The different sources and methods used by the researcher to gather data and information about the contributions and achievements of Mangalore University region Athletics players. There are two major sources and methods that have been identified by researcher to obtain the information and data are documents, and archival records.

(a) Documents

Researcher visited the Mangalore University Department of Physical Education to get the related data information of the study in the form of records maintained in the register book. These were studied and information retained as documents for the investigation.

(b) Archival Records

The official records of Athletics players name lists in the register book of Mangalore University Department of Physical Education were searched and information and data is retained for the study.

MAJOR FINDINGS

Track Event Wise Analysis of Data

The analysis of Mangalore University player's representation in All India Athletics Meet Running Events :- 100 mts Run, 200 mts Run, 400 mts Run, 800 mts Run, 1500 mts Run, 4X100 mts Relay, 4X400 mts Relay, 110 mts Hurdles Run for men, 100 mts Hurdles Run for women and 400 mts Hurdles Run Event. Jumping Events:- High Jump, Long Jump, Triple Jump and Pole Vault and Throwing Events :- Javelin Throw, Discuss Throw, Shot Put Throw and Hammer Throw Events presented in the following table,

Running Events

Table No 01
Name of the players and Result 100 Mts Run

SI No	Year	Men Participated	Result	Women Participated	Result
		Name of the Players		Name of the Players	
01	2007-2008	Jamaluddin	Silver Medal	--	--
02	2008-2009	Jamaluddin	Bronze Medal	--	--
03	2012-2013	Sonith Mendon	Silver Medal	--	--

The above table shows that during the year 2007-08 and 2008-09 Mr. Jamaluddin had represented Mangalore University at All India Inter University Athletics' Meet were he made first place in 100mtrs Run for Gold Medal and consecutive year he made third place for Bronze Medal for his respective University and where as Mr. Sonith Mendon represented Mangalore University in 2012-2013 at All India Inter University Athletics' Meet were he made first place in 100mtrs Run for Silver Medal and during above mentioned years no achievements were found regarding the women athletes of Mangalore University.

Table No 02
Name of the players and Result 200 Mts Run

Sl No	Year	Men Participated	Result	Women Participated	Result
		Name of the Players		Name of the Players	
01	2009-2010	Jayaprakash C S	6 th Place	--	--
02	2010-2011	Veerendra	4 th Place	Poovamma M R	6 th Place
03	2011-2012	Veerendra	Gold Medal	--	--
04	2012-2013	Sonith Mendon	Silver Medal	--	--

The above table shows that during the year 2009-10 Mr. Jayaprakash C S had represented Mangalore University at All India Inter University Athletics' Meet where he made Sixth place in 200mtrs Run and in 2010-2011 year Mr.Veerendra made fourth place in 200mts run and simultaneously in Women Athletes Miss. Poovamma M R made sixth place in 200mts run at All India Inter University Athletics' Meet for their respective University and where as Mr. Veerendra represented Mangalore University in 2011-2012 at All India Inter University Athletics' Meet where he made first place in 200mtrs Run for Gold Medal and Mr. Sonith Mendon represented Mangalore University in 2012-2013 at All India Inter University Athletics' Meet where he made first place in 200mtrs Run for Silver Medal.

Table No 03
Name of the players and Result 400 Mts Run

Sl No	Year	Men Participated	Result	Women Participated	Result
		Name of the Players		Name of the Players	
01	2002-2003	--	--	Vijayalaxmi	Silver Medal
02	2003-2004	--	--	Vijayalaxmi	Silver Medal
03	2004-2005	Vikas	Bronze Medal	--	--
04	2008-2009	--	--	Poovamma M R	Bronze Medal
05	2009-2010	Jayaprakash C S	Bronze Medal	--	--
06	2010-2011	--	--	Poovamma M R	5 th Place
07	2011-2012	--	--	Poovamma M R	Gold Medal

In the above Table much participation was not seen among Men Athletes for 400mts during 2002-2004 to 2004-2005 and were as we see in the same year the women Athletes represented Mangalore University, at All India Inter University and performed satisfactory by making consecutive Second Place for two year by Miss.Vijayalaxmi for Silver Medal and during 2004-2005 Mr. Vikas made third place for Bronze Medal at All India Inter University and were as no achievement was seen from women athletes and following year 2008-2009.Miss Poovamma M R made third place for Bronze Medal and no Men athletes achievement was seen and during 2009-2010,Mr Jayaprakash.C.S, made third place for Bronze Medal and 2010-2011 to 2011-2012 was a year for women athlete Miss. Poovamma M R made fifth place and following year placed herself first for Gold Medal and were as no achievements were seen from Men Athletes.

Table No 04
Name of the players and Result 800 Mts Run

Sl No	Year	Men Participated	Result	Women Participated	Result
		Name of the Players		Name of the Players	
01	2002-2003	Ashok K S	Gold Medal	--	--
02	2003-2004	Ashok K S	Gold Medal	--	--
03	2004-2005	--	--	Nisha Mathew	6 th Place
04	2005-2006	--	--	Meenakshi	4 th Place
05	2008-2009	--	--	Tishoni	6 th Place

In the above table in 800 mts 2002-2003 and 2003-2004 were productive years for Mangalore University as Mr. Ashok K S made consecutive first place for Gold Medal at All India Athletics Meet and were as no women achievements were seen and during 2004-05, Miss. Nisha Mathew made sixth place , in 2005-06, Miss. Meenakshi made fourth place and in 2006-07, Miss.Tishoni, made sixth place and were as no Men achievement were seen for consecutive three years at All India Athletics Meet in 800mts.

Table No 05
Name of the players and Result 1500 Mts Run

Sl No	Year	Men Participated	Result	Women Participated	Result
		Name of the Players		Name of the Players	
01	2007-2008	--	--	Tishoney	5 th Place

In the above table in 1500 mts during 2007-2008 Miss.Tishoney made fifth place at All India Athletics Meet and no Men achievements were seen.

Table No 06
Name of the players and Result 5000 Mts Run

Sl No	Year	Men Participated	Result	Women Participated	Result
		Name of the Players		Name of the Players	
01	2006-2007	--	--	Devaki	6 th Place
02	2007-2008	Manjunath M D	Gold Medal	Saroja Gowda	4 th Place

During the year 2006-2007, Miss.Devaki. made sixth place in 5000mts, were as no Men achievements seen and following year 2007-2008, Mr.Manjunath.M.D. made first place for Gold Medal and among women athletes Miss.Saroja Gowda made fourth place at all india athletics meet.

Table No 07
Name of the players and Result 4X100 Mts Run Relay

Sl No	Year	Men Participated	Result	Women Participated	Result
01	2003-2004	--	--	v	5 th Place
02	2007-2008	v	Silver Medal	--	--
03	2008-2009	v	Bronze Medal	--	--
04	2009-2010	v	6 th Place	--	--
05	2011-2012	v	Bronze Medal	--	--
06	2013-2014	v	Bronze Medal	--	--

In the above table during the year 2003-04, women athletes of Mangalore University made fifth place in 4X100 Mts Run Relay and no Men athletes achievements made and in 2007-08, a second place for silver medal was made by Men athletes and in 2008-09, a Bronze Medal was achieved by placing third and during 2009-10, sixth place was made and from 2011-12 and 2013-14, consecutive years Mangalore athletes Men placed third place for Bronze Medal and from 2007-2014, consecutive years no achievements were seen from women athletes of Mangalore University in 4X100 Mts Run Relay.

Table No 08
Name of the players and Result 4X400 Mts Run Relay

Sl No	Year	Men Participated	Result	Women Participated	Result
01	2003-2004	--	--	v	5 th Place
02	2005-2006	--	--	v	4 th Place
03	2007-2008	v	Gold Medal	v	Bronze Medal
04	2008-2009	--	--	v	5 th Place
05	2009-2010	v	5 th Place	--	--
06	2010-2011	v	6 th Place	--	--
07	2011-2012	v	Bronze Medal	--	--

In the above table during the year 2003-04, women athletes of Mangalore University made fifth place in 4X400 Mts Run Relay and no Men athletes achievements made and in 2005-06, a fourth place was made by Women athletes and in 2007-08, a Gold Medal was achieved by Men athletes and were as a Bronze Medal was achieved by placing third by women athletes and during 2008-09, fifth place was made by women athletes were as no Men achievements can be seen and from 2009-10, a fifth place was achieved by Men athletes were as no achievements from Women athletes can be observed and 2010-11, a sixth place was achieved by Men athletes were as no achievements from Women athletes can be observed and from 2011-2012, a Bronze Medal was achieved by Men athletes and no achievements was observed from women athletes of Mangalore University in 4X400 Mts Run Relay.

Table No 09
Name of the players and Result 110Mts Hurdles for Men

Sl No	Year	Men Participated	Result
		Name of the Players	
01	2010-2011	Krish Beethovan	Bronze Medal

In the above table during 2010-11 Mr. Krish Beethovan placed third for Bronze Medal in 110Mts Hurdles for Men at All India Inter University Athletes Meet for Mangalore University.

Table No 10
Name of the players and Result 100 Mts Hurdles for Women

Sl No	Year	Women Participated	Result
		Name of the Players	
01	2006-2007	Shreema Priyadarshini	Bronze Medal
02	2007-2008	Shreema Priyadarshini	Bronze Medal

In the above table during 2006-07, to 2007-08, Miss. Shreema Priyadarshini placed third for Bronze

Medal in 110Mts Hurdles for Women at All India Inter University Athletes Meet for Mangalore University.

Table No 11
Name of the players and Result 400 Mts Hurdles

Sl No	Year	Men Participated	Result	Women Participated	Result
		Name of the Players		Name of the Players	
01	2005-2006	--	--	Pavithra	5 th Place

In the above table during 2005-06 Mr. Pavithra made fifth place in 400 Mts Hurdles in women athletes were as no Men athletes performance was observed at All India Inter University Athletics Meet.

JUMPING EVENTS

Table No 11
Name of the players and Result High Jump

Sl No	Year	Men Participated	Result	Women Participated	Result
		Name of the Players		Name of the Players	
01	1998-1999	--	--	Harshini Kumari	Gold Medal
02	1999-2000	--	--	Sahana Kumari	Gold Medal
03	2000-2001	--	--	Sahana Kumari	Gold Medal
04	2006-2007	--	--	Chandana K C	4 th Place
05	2007-2008	--	--	Chandana K C	4 th Place
06	2008-2009	--	--	Sanjana Shetty	5 th Place
07	2009-2010	Supreeth	4 th Place	--	--
08	2010-2011	Supreeth	Gold Medal	--	--
		Krish Beethovan	Silver Medal		

In the above table during the year 1998-1999, a Gold Medal was achieved by Miss. Harshini Kumari in High Jump in Women's Category Events from Mangalore University at All India Inter University Meet and in 1999-2000 and 2000-2001, consecutive two years Gold Medals was achieved by Miss. Sahana Kumari in Women Athletics and in the following years 2006-07 and 2007-08, Miss. Chandana K C made fourth place in High Jump and later year Miss. Sanjana Shetty made fifth place in High Jump and were as no Men's achievements were observed during the above mentioned years from Mangalore University in High Jump and following year 2009-10, Mr. Supreeth made fourth place and coming year 2010-11 again Mr. Supreeth achieved Gold Medal and a silver Medal was achieved by Mr. Krish Beethovan in High Jump at All India Inter University and were as no women performance was observed during 2009-2011.

Table No 12
Name of the players and Result Long Jump

Sl No	Year	Men Participated	Result	Women Participated	Result
		Name of the Players		Name of the Players	
01	2009-2010	--	--	Akshaya S B	6 th Place
02	2013-2014	Samsheer	Silver Medal	--	--

In the above table during the year 2009-2010, a sixth place was achieved by Miss. Akshaya S B in Long Jump in Women's Category Events from Mangalore University at All India Inter University Meet and no Men's

performance was observed and the following year 2013-14 a Silver Medal was achieved by Mr.Samsheer in Men's Long Jump events and were as no Women's achievements were observed during the mentioned year.

Table No 13
Name of the players and Result Triple Jump

Sl No	Year	Men Participated	Result	Women Participated	Result
		Name of the Players		Name of the Players	
01	2007-2008	--	--	Akshaya S B	6 th Place
02	2010-2011	Anoop Joseph	6 th Place	Joyline Mural Lobo	4 th Place
03	2011-2012	--	--	Joyline Mural Lobo	Gold Medal
				Jolly V M	Silver Medal
04	2012-2013	--	--	Jolly V M	Bronze Medal

In the above table during the year 2007-2008, a sixth place was achieved by Miss. Akshaya S B in Triple Jump in Women's Category Events from Mangalore University at All India Inter University Meet and no Men's performance was observed and the following year 2010-11, a Sixth place was achieved by Anoop Joseph in Men's Triple Jump events and were as Miss. Joyline Mural Lobo Placed fourth in Women's Triple Jump event and following year again Miss. Joyline Mural Lobo placed first in Triple Jump for Gold Medal and Miss. Jolly V M placed second for Silver Medal and were as no Men's achievements were observed and during 2012-13, Miss. Jolly V M again registered a Bronze medal placing third in women's Triple Jump and were as no Men's achievements were seen.

Table No 14
Name of the players and Result Pole Vault

Sl No	Year	Men Participated	Result	Women Participated	Result
		Name of the Players		Name of the Players	
01	2009-2010	--	--	Deepika A	6 th Place
02	2010-2011	Raneesh V V	4 th Place	--	--
03	2011-2012	--	--	Dija K C	Bronze Medal
04	2012-2013	Anup C B	Bronze Medal	--	--

In the above table during the year 2009-2010, a sixth place was achieved by Miss. Deepika A in Pole Vault in Women's Category Events from Mangalore University at All India Inter University Meet and no Men's performance was observed and the following year 2010-11, a Fourth place was achieved by Mr. Raneesh V V in Men's Pole Vault events and were as no Women's achievements were made during the year and following year 2011-12, Miss. Dija K C placed third place in Pole Vault for Bronze Medal and were as no Men's achievements were observed and during 2012-13, Mr. Anup C B registered a Bronze medal placing third in Men's Pole Vault and were as no Men's achievements were seen.

Throwing Event

Table No 15
Name of the players and Result Javelin Throw

Sl No	Year	Men Participated	Result	Women Participated	Result
		Name of the Players		Name of the Players	
1	1999-2000	Harish K V	Bronze Medal	--	--
2	2001-2002	Harish K V	Gold Medal	--	--
3	2003-2004	--	--	Mamatha Bangera	5 th Place
04	2008-2009	--	--	Nirupa K B	Silver Medal
05	2012-2013	--	--	Rashmi Shety	Bronze Medal

In the above table during 1999-00 and 2001-2002 Mr.Harish K V Made Third place in men Javelin throw Event Bronze Medal and second time he made First Place in Men javelin Throw Event Gold Medal.

During Year 2003-04 Miss.Mamatha Bangera made Fifth Place in Women Javelin throw Event. 2008-09 Miss Nurupa K B made Second place in Women Javelin throw Event Silver Medal and 2012-13 Miss.Rashmi Shety made third Place in Women Javelin throw Event Bronze Medal.

Table No 16
Name of the players and Result Discuss Throw

Sl No	Year	Men Participated	Result	Women Participated	Result
		Name of the Players		Name of the Players	
01	2004-2005	--	--	Arpith Rai	6 th Place

In the above table during 2004-05 Miss.Arpth Rai made sixth place in Discuss Throw Event women athletes were as no Men athletes performance was observed at All India Inter University Athletics Meet.

Table No 17
Name of the players and Result Shot Put Throw

Sl No	Year	Men Participated	Result	Women Participated	Result
		Name of the Players		Name of the Players	
01	2012-2013	--	--	Nisha U	Bronze Medal

In the above table during 2012-13 Miss.Nisha U made Third place in Shot Put Throw Event women athletes Bronze Medal were as no Men athletes performance was observed at All India Inter University Athletics Meet.

Table No 18
Name of the players and Result Hammer Throw

Sl No	Year	Men Participated	Result	Women Participated	Result
		Name of the Players		Name of the Players	
01	2013-2014	Khasim	Bronze Medal	--	--

In the above table during 2013-14 Mr. Khasim made Third place in Hammer Throw Event men athletes Bronze Medal were as no women athletes performance was observed at All India Inter University Athletics Meet.

	Men Medal list				Women Medal list			
	G	S	B	4 th	G	S	B	4 th
Running Events	5	4	8	1	1	2	4	3
Jumping Events	1	2	1	2	4	1	2	3
Throwing Events	1		2			1	3	
Total	7	6	11	3	5	5	9	6

*G Gold Medal **S Silver Medal ***B Bronze Medal

CONCLUSIONS

From the above discussions we come to conclusions that the achievements of Mangalore University in Sports is very commendable and specially the Department of Physical Education have provided available facilities to the young budding sports talents of Mangalore University to perform their talent at Running, Jumping and Throwing Events All India Level Men and Women athletes got very much encouragement to represent and perform at All India Inter University level.

SUGGESTIONS

Through the investigation the present study suggests that the Mangalore University authorities and Departments of Physical Education plays a very important role in encouraging sports talent each Degree College should be provided with proper infrastructure and coaching facilities to Athletics player's to improve the standard of Running, Jumping and Throwing Events at grass root level in Mangalore University region.

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