



Contents:

Effectiveness Of Jackknife Stretching On Hamstring Tightness With Low Back Pain Among Information Technology Professionals - Experimental Study	01-06
Beyond The Pitch: Exploring The Impact Of Coaching Leadership And Competency On Athlete Satisfaction In Ethiopian Super League Football Teams	07-15
Effective Yoga Asanas For Reducing Anxiety Symptoms After COVID-19	16-19
Awareness and Accessibility as Correlates of Utilization of Information and Communication Technology for Officiating Sports in Nigeria	20-24
Comparison of the Effect of Resistance Training and Conditioning Programme Pattern on Physical, Physiological Factors and Performance of Young Wrestlers	25-31
Plantar fasciitis in middle aged population and its impact on quality of life in association with lifestyle disorders. A survey study	32-40
Inclusion Des Eleves Inaptes Dans Le Processus D'enseignement/Apprentissage/Evaluation En Education Physique Et Sportive Au Bénin	41-53