

A STUDY OF THE EFFECTS OF YOGA ON THE ATHLETES PARTICIPATING IN THE INTER-COLLEGIATE SPORTS COMPETITION HELD UNDER SAVITRIBAI PHULE PUNE UNIVERSITY, BALASAHEB THORAT COLLEGE OF ARTS, COMMERCE AND SCIENCE

Prof. Deepak Krushna Ranpise

SBVP's Loknete Balasaheb Thorat Arts, Commerce and Science College,
Talegaon Dighe, Ahmednagar

Abstract

In this research, Savitribai Phule Pune University's Balasaheb Thorat College players competing in intercollegiate sports contests may benefit from yoga. Studies on yoga's effects on sports performance and physical and mental health are examined. It then evaluates how focused yoga practices might be adjusted to the unique demands of varied sports provided at the institution, ranging from strength and endurance sports like cycling to precision sports like archery. Challenges in adoption and measures to encourage excitement among athletes are addressed. The report presents practical ideas for incorporating yoga via pre-game routines, rehabilitation sessions, and devoted practices, stressing the need for individualization. It suggests undertaking pilot studies to test yoga's efficacy within the college's specific sporting setting. By emphasising yoga's many advantages, the study wants to promote acceptance of this ancient practice as a beneficial, holistic training tool for growing well-rounded student athletes.

Keywords: *Research, Savitribai Phule Pune University, Balasaheb Thorat College, Intercollegiate Sports, Yoga, Sports Performance and Mental Health*

Introduction

Yoga is the ultimate practice, which makes a marvellous alteration in the ifestyle. The criminal character of the unsocial aspects may be modified via yoga. The sentiment of dissatisfaction, egotism, anger, greediness, attachment, etc. are the root causes of crime. When a person, being aware and conscious of yoga practice, recognises its basic nature and the suffering gained by the ill statement, a change appears in his mind, and he lives a decent social life that is full of softness, piousness, friendliness, and happiness. As the current world is full of stress and strain, people are understanding the importance of relaxation and mental quiet. Since ancient times, the sages have established numerous systems of yoga that, when done correctly, offer relaxation to your mind and body and renew them. Yoga is universally beneficial to people of all ages. The study is intriguing to individuals with a philosophical mind, as it is described as the silence of the

mind's activity, which leads to a total understanding of the essential essence of the Supreme Being. It is a practical, holistic philosophy meant to bring about a deep state of well-being as an essential topic. Which takes into account man as a whole? The term yoga is derived from 'Yuj', which implies union or merging. The union of the soul with God and the sensation of oneness with Him are intended by yoga. B.K.S. Iyengar believes that "Yoga is a timeless practice since over thousands of years dealing with the physical, mental, and spiritual wellbeing of human society as a whole."

Background

The colourful halls of Balasaheb Thorat College vibrate with the enthusiasm of youthful athletes preparing for the crucible of inter-collegiate competition. Yet, the quest for physical achievement sometimes misses a critical aspect: the athlete's well-being. In this high-pressure atmosphere, where win and loss dance cheek-to-cheek, a balanced strategy that nurtures both physical prowess and mental fortitude becomes crucial. Enter yoga, an ancient discipline rising from the mists of time, whispering promises of greater flexibility, resilience, and inner calm. This research digs into the potential of yoga as a transforming tool for these committed athletes, investigating its power to not only sharpen their physical edge but also foster the mental concentration and emotional equilibrium needed for winning the battlefield of inter-collegiate competition. By weaving insights from existing research with the unique tapestry of Balasaheb Thorat College's athletic landscape, this study aims to pave the way for a future where yoga embraces the athlete's journey, guiding them towards not just personal bests but also a flourishing sense of well-being, both on and off the field. Stay tuned as we explore the intricacies of this ancient technique and its potential to alter the world of college sports.

Significance of physical and mental well-being with extraordinary performance in the high-pressure atmosphere of inter-collegiate sports tournaments.

- The sacred fields of inter-collegiate tournaments witness the spectacle of athletic prowess when pushing physical boundaries and seeking triumph become all-consuming ambitions. Yet, in this frantic dance of peak performance, the well-being of these young athletes frequently gets consigned to the shadows. Inter-collegiate tournaments, albeit thrilling, create a unique stew of strain, expectation, and emotional agony. Athletes contend with hard training schedules, college responsibilities, and the continuous possibility of injury, all while managing the emotional rollercoaster of win and disappointment. Neglecting their mental and emotional well-being in this dynamic setting may lead to burnout, anxiety, and lower performance potential. Therefore, finding a delicate balance between extraordinary performance and holistic well-being becomes vital for athletes to not only achieve on the field but also grow as people. Recognising this

crucial requirement, we turn to yoga, an ancient practice with the capacity to not only enhance physical talents but also foster the mental resilience and emotional stability that equip athletes to negotiate the high-pressure environment of inter-collegiate competition.

The Promise of Yoga for Athletes

In the excessive-depth world of inter-collegiate athletics, wherein players attempt for pinnacle performance, one situation is rising: how are we able to help no longer simply their bodily prowess but their trendy well-being too? This is where the historical practice of yoga enters the sport, providing a possible supplemental approach to promote both overall performance and intellectual wellness.

Recent years have witnessed a boom in athletes embracing yoga, realising its capacity to go beyond usual training. Yoga isn't just about flexibility and postures; it's about gaining energy, cognizance, and resilience, both bodily and psychologically. Research indicates that yoga can benefit athletes in numerous ways, including:

Boosting performance: Improved flexibility, energy, and stability translate to advanced athletic abilities in numerous sports activities.

Calming the thoughts: Yoga's mindfulness and respiratory techniques may also counteract tension and anxiety, improving awareness and attention in the course of opposition.

Speedy recuperation: By fostering body consciousness and attentive motion, yoga can help avoid injuries and speed up restoration.

This study goes into the interesting realm of yoga for athletes, substantially targeting its opportunities at Balasaheb Thorat College. We will examine the present research to understand how yoga improves athletes, analysing its effects on their physical and emotional well-being. Then, we will move onto the familiar fields of Balasaheb Thorat College to analyse how yoga practices can be smoothly included into athletes' training routines, opening the door for a more holistic approach to athletic improvement.

Objectives of the studies

To have a look at current research on the blessings of yoga for athletes throughout physical and intellectual overall performance metrics.

To examine how yoga practices might be customised to meet the desires of certain sports provided at the college.

To perceive possible barriers to embracing yoga and recommend answers to encourage pleasure amongst scholar athletes.

To endorse pointers for incorporating yoga into sports activities and training applications at the college.

The need for the study

There is a growing call for competitive college athletics to increase not simply physical prowess but also typical welfare among student athletes. The strong stress and strenuous training regimens related to intercollegiate tournaments could possibly extensively damage intellectual health and resilience. Yoga offers vast promise as a complete training method to meet this demand and stimulate various booms. However, more observation is important to understand yoga's usefulness across varied athletic populations in the particular placement of collegiate athletics. This work seeks to bridge this gap.

Methodology

This article utilised an evaluation of modern-day clinical literature on the advantages of yoga for athletes across a couple of disciplines. Searches were undertaken, making use of instructional databases, to discover relevant research studying yoga's impact on physical performance, flexibility, stability, electricity, endurance, consciousness, concentration, pressure discount, and different characteristics associated with sports activity education. The study's facts have been reviewed to generate a synthesis of yoga's potential advantages for athletes within the scope of inter-collegiate sports activity tournaments. Building on this basis, the look at investigates practical applications by means of presenting personalised yoga practices and implementation strategies for certain sports activities offered at Balasaheb Thorat College, combining ideas derived from successful yoga-primarily based training packages for athletes. The proposals try to establish a plan for imposing yoga into the university's sports activities training workouts using an evidence-based technique. Further empirical research, which includes surveys, interviews, and

pilot studies, is proposed to retain yoga's usefulness within the unique context of the university's various sports populations.

Yoga's advantages for athletes

- **Physical Prowess: Flexing for Strength and Grace:** Examine scientific statistics showing how yoga might also increase flexibility, resulting in a much broader variety of motion and a lower threat of injury.

Imagine sportspeople who waft through their recreation with unforced energy and elegance and want to swim. This is the capability that yoga unlocks—now it is not virtually a dream. Studies monitor that the slight stretches and strengthening poses of yoga can also appreciably grow an athlete's variety of motion, resulting in lots of predominant blessings:

- **Increased Range of Motion:** Imagine your body as a jigsaw piece. By liberating the proportions," yoga enables you to have extra range of movement in your muscle tissues and joints. This results in smoother swimming strokes, deeper weightlifting squats, and higher football kicks.

- **Better Performance:** You can circulate more precisely and controllably while being extra flexible. This improves energy, agility, and coordination, offering you a bonus in your unique sport.

- **Lower Risk of Injury:** Joints and muscular tissues that are inflexible are extra susceptible to harm. Stretching actions in yoga help extend and loosen up those tissues, lowering the opportunity for rips, pulls, and tears.

Athletes that incorporate yoga into their training routine may also improve their energy, resilience, and injury prevention. They can move powerfully and fluidly, using all of their capacity even when they're on the pitch. Recall that adaptable athletes can overcome every impediment their sport affords them, simply as a flexible tree can withstand any typhoon.

Figure 1:



Schematic Picture of Yoga Pose for Enhanced Athlete Flexibility


Strengthening the Basis: Using Yoga to Boost Athletic Performance, Endurance, and Core Strength




Although yoga is regularly linked to mindfulness and versatility, it also has a surprising impact on growing bodily staying power and core power. For athletes of all talent tiers, this translates to major benefits that enhance energy, performance, and injury avoidance in quite a few sports activities.


Studies Showcasing the Benefits of Yoga:

- **Enhanced Core Strength:** Compared to a manipulative institution, girl college football players who practiced yoga for 12 weeks had a large increase in their middle strength and balance, according to a 2016 study published in the Journal of Strength and Conditioning Research.
- **Enhanced Muscular Endurance:** Important core muscle tissues for balance and power production, the rectus abdominis and obliques, showed superior muscular patience after yoga training, in step with a 2015 study posted inside the European Journal of Applied Physiology.
- **Enhanced Performance:** 2017 research posted inside the International Journal of Sports Medicine showed that yoga education improved distance runners' performance and strolling economy.

Table 1: Yoga Pose Combinations to Boost Athletes' Strength and Stamina

Pose	Muscle Groups Targeted	Advantages for Athletes	Image
Plank	Rectus abdominis, obliques, shoulders, glutes	Core stability, posture, running economy	

<p>Warrior II</p>	<p>Legs, glutes, core, shoulders</p>	<p>Balance, agility, leg power</p>	
<p>Boat Pose</p>	<p>Rectus abdominis, obliques, hip flexors</p>	<p>Core strength, spinal stability, rowing performance</p>	
<p>Downward-Facing Dog</p>	<p>Shoulders, core, hamstrings, calves</p>	<p>Upper body strength, hamstring flexibility, running form</p>	

Chair Pose	Legs, core, glutes	Quadriceps strength, balance, endurance	
------------	--------------------	---	--

The benefits of yoga for stability and coordination, which are critical for quickness and accuracy in lots of sports

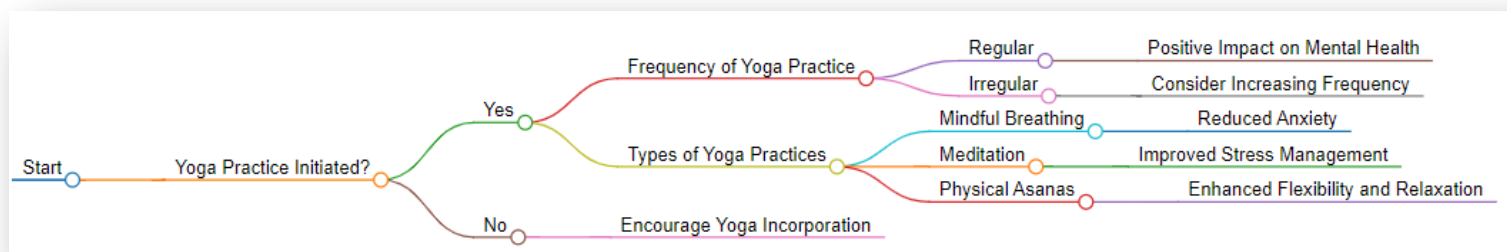
Not only is flexibility one of yoga's finest gifts, but so are stability and coordination. Imagine being capable of keeping a warrior stance with laser concentration, stability on one leg like a flamingo, or moving gracefully between postures like a cat. Studies reveal that the blessings of yoga may be transferred to your selected athletic interests, which include fending off tackles in football, landing perfectly throughout gymnastics, or hanging goals at some stage in archery. According to research, yoga strengthens your centre muscle mass, which helps you stay balanced, enhances proprioception—the flowery word for information wherein your frame is in space—and educates your brain to better coordinate actions. Thus, keep in mind that while you do yoga, you're developing superhuman agility and accuracy in your subsequent carrying endeavour instead of simply bending and stretching.

Mental fortitude: Yoga's Key to Taming the Tiger

It has been shown that yoga may also effectively fight strain and tension in athletes. Yoga calms the nervous system, improves interest, and strengthens intellectual resilience through an aggregate of physical postures, respiratory physical games, and mindfulness practices. It reduces cortisol and eases tension with the aid of encouraging deep breathing and stimulating the parasympathetic apprehensive machine, which blocks the strain-triggered fight-or-flight response. As you become more conscious of your body, yoga postures like downward-dealing with the dog and warrior II help you become more centred and confident. Yoga exercises that encompass meditation techniques educate the mind to remain within the now, calming racing

thoughts and fears and improving recognition and overall performance under duress. Overall, studies have shown that yoga may also correctly fight pressure and anxiety in athletes.

Figure 2: A flowchart showing how yoga affects athletes' anxiety and stress management



Yoga is a robust tool for athletes in high-strain opposition because it helps them pay attention and negotiate the ever-changing terrain of opposition. It includes regulated breathing, body recognition of sporting events, and contemplative strategies that construct attention and focus. Deep, everyday breaths cause the parasympathetic frightened gadget, encouraging concentrated attention. Mindful yoga postures, just like the Warrior II or the consistent Mountain Pose, heighten proprioception, assisting players to manage the sport with extra clarity and responsiveness. Meditation methods inspire the mind to be gifted and refine interest with pinpoint accuracy.

O

Research within the Journal of Sport and Exercise Psychology unearths that yoga dramatically complements attention span and awareness in athletes as compared to government companies. Athletes trained in yoga showcase a heightened ability to adapt to changing recreation scenarios and make rapid decisions under duress. The International Journal of Sport and Exercise Psychology emphasises yoga's capability to boost athletic performance by fostering an effective aggregate of attentive attention and emotional control. In the end, yoga is no longer simply a tool for flexibility and relaxation; it allows athletes to go beyond the throng, traverse the ever-changing terrain of opposition, and uncover their closing capability.

Application to Balasaheb Thorat College: • Balasaheb Thorat College is a highly efficient college in athletics, focused on the improvement of athletes. The university's attention to yoga goes beyond flexibility and relaxation, such as incorporating it into the training routine for each

hobby. By introducing yoga into training, the group strives to increase the bodily and intellectual fortitude of its athletes.

- For instance, yoga asanas like Virabhadrasana II (Warrior II) facilitate improving the middle and leg muscle tissues of sprinters, while Pranayama techniques like Ujjayi breath can promote interest and manipulation. Yoga sequences like Adho Mukha Svanasana and Chaturanga Dandasana improve upper body and centre energy, while meditation techniques like Vipassana sell intellectual fortitude.
- Basketball gamers may find their allies in yoga postures like Vrikshasana (Tree Pose) and Virabhadrasana III (Warrior III), which expand balance and proprioception, making sure smooth jumps and accurate landings. Breath consciousness promotes awareness, resulting in quicker reaction times and correct throws.
- • The college's technique for yoga is primarily based on achievement testimonies, along with Michael Jordan's meditation-based total concentration, Serena Williams' put-up-partum recuperation, and Cristiano Ronaldo's injury resilience. By cooperating with coaches and yoga teachers, Balasaheb Thorat College can also construct customised practices for every pastime, meeting individual desires and improving overall performance. This complete approach promotes bodily and intellectual power, allowing athletes to triumph over not only the scoreboard but also their own inner problems.

Overcoming Hurdles and Embracing the Flow: Fostering Yoga Adoption at Balasaheb Thorat College • Balasaheb Thorat College is taking into account incorporating yoga into its sports education curriculum to provide a comprehensive athletic experience. The college attempts to conquer problems, which include cut-off dates, athlete scepticism, and logistical boundaries. To cope with these challenges, the institution can also design micro-practices, which concentrate on specific sports activity requirements, to optimise impact while decreasing time needs. To get rid of doubt, the organisation must invite successful athletes to talk about their experiences and conduct behaviour seminars illustrating how yoga handles recreation-specific wishes.

- Logistical rewards consist of dedicating sources for trained yoga teachers and partnering with coaches to enable smooth inclusion into training regimens. The group might also construct advocates from within, stressing the mental benefits of yoga, which include strain reduction, greater interest, and emotional stability. Building exhilaration and inspiring current yoga practitioners to turn out to be ambassadors may help the group turn out to be a crucible for holistic boom, spurring the introduction of champions in each body and thought.

Recommendations for Implementing Yoga at Balasaheb Thorat College

- Balasaheb Thorat College might also incorporate yoga into its sports activities education software to enhance its blessings. The university may additionally construct sport-particular programmes, along with heat-up routines, recuperation classes, and intellectual training, targeting unique postures for every activity. Optional yoga periods may be given in several forms, which include novice-friendly Hatha yoga, full-of-life Vinyasa guides, or soothing Yin yoga. These sessions may be arranged for numerous necessities and can be available online.
- Pilot studies and assessments may be undertaken to take a look at the efficacy of yoga in certain sports activities. Pilot applications can be carried out, measuring performance parameters together with agility, staying power, and restoration instances. Surveys and interviews may be undertaken to measure the impact of yoga on motivation, stress stages, and widespread well-being. The results might be shared with coaches and players to encourage extra utilisation.
- Additional proposals include educating yoga instructors in sports training ideas, inviting athlete memories, holding seminars and demonstrations, and cooperating with sports federations to increase yoga popularity in athletic training. By following those hints, Balasaheb Thorat College might also grow to be a pioneer in organising a holistic wearing tradition where bodily prowess and mental resilience are powered with the aid of the transforming electricity of yoga. The institution has to provide a fluid, responsive environment wherein athletes may additionally discover the benefits of yoga and include its potential to unleash their full ability, both on and off the field.

While the proof provided offers a compelling photo of yoga's potential for athletes, it's essential to be aware that the panorama isn't without its shadows. Certain regulations call for frank recognition:

- Research Gaps: While studies display yoga's benefits for positive athletic corporations, extra study within the inter-collegiate setting, consisting of multiple sports and training regimens, is important to deepen our knowledge of its particular affect on aggressive performance.
- Methodological Challenges: Isolating the particular advantages of yoga within the difficult tapestry of sports college workouts can be tricky. Controlled studies with larger pattern numbers and diverse treatments are important to enhance the current proof base.
- Individual Variance: Athletes react in another way to education stimuli, and yoga's performance can be altered via variables inclusive of age, revel in, and personal dreams.

Recognising this complexity is critical for adapting successful strategies and comparing their effects.

However, admitting limits shouldn't dampen excitement. Instead, it's a call to action, an encouragement to take part in extra examinations and decorate our hold on yoga's possibilities inside the inter-collegiate arena. Balasaheb Thorat College can play a key role in this attempt by:

- Conducting pilot research: implementing specialised yoga packages for positive sports activity groups and methodically analysing performance enhancements along with athlete input.
- Collaborating with researchers: Partnering with educational institutions to develop rigorous study projects in the college's particular sports activities surroundings.
- Sharing findings: disseminating outcomes through meetings, guides, and athlete workshops to contribute to the collective knowledge base on yoga and athletic performance. Balasaheb Thorat College can unlock the transformative ability of yoga for its athletes and pave the way for evidence-based yoga practices in inter-collegiate athletic training globally. By accepting constraints, participating in accountable studies, and helping records alternate, the organisation may additionally grow to be a pioneer in holistic athletic development. By developing champions in both frame and thought, Balasaheb Thorat College can mould the destiny of inter-collegiate sports, encouraging holistic learning and improvement.

While the advantages of yoga for athletes are apparent, a one-length-fits-all method risks not only missing the intention but additionally alienating prospective practitioners. At Balasaheb Thorat College, appreciating the uniqueness of every athlete is important to unleashing the whole potential of yoga within its sports activities subculture.

Beyond Standardisation: Recognising that athletes are not homogeneous entities, however complicated mosaics of awesome needs, skills, and options, is crucial. A tight, standardised yoga routine could fall short for a sprinter in search of explosive strength, even as a staying power runner may find their pace hindered by using too many restorative practices.

Tailoring the Tapestry: To effectively hold close the reworking ability of yoga, every athlete needs an exercise woven from the threads of their particular necessities. This calls for: • Body Awareness: encouraging players to listen to their bodies, recognising areas of strength and weakness, and adjusting postures correctly.

- field-specific adjustments: considering the demands of every area and including poses that address precise requirements, like balance for gymnasts or middle electricity for wrestlers.
- Choice and Agency: Offering a various selection of yoga patterns and intensities helps athletes explore and find out what resonates with them, developing ownership and drive.

Addressing Concerns:

- Safety First: Ensuring that teachers are educated in identifying and adjusting postures to meet person limits and harm hazards.
- Focus on Fundamentals: While responding to man or woman's requirements, having a foundation in essential yoga ideas permits safe and successful practice.
- Open Communication: Fostering open dialogue between athletes, coaches, and yoga teachers offers an area for adjustments and ensures improvement corresponds with character targets.

By promoting individualization, Balasaheb Thorat College might also expand a subculture wherein yoga does not seem like an enforced recurring activity but rather a sturdy instrument for self-discovery and empowerment. Athletes will method the mat now not with trepidation but with hobby and the warranty that their particular necessities are not simply noticed, however recounted. This holistic approach to athletic development, where physical power prospers along a tailor-made yoga practice, may produce not the best first-rate athletes but properly-rounded persons prepared to manipulate the difficulties of competition and life with grace and resilience.

Conclusion

This study emphasises the tremendous ability of yoga as a diverse training device to promote both physical prowess and mental well-being amongst intercollegiate athletes. By decreasing anxiety, increasing concentration, and addressing game-unique demands, personalised yoga practices may maximise performance and promote resilience. However, embracing yoga entails surmounting obstacles like closing dates and scepticism through smart answers. Conducting great investigations and prioritising individualization are critical for unlocking yoga's benefits within the college's sports activity packages. With wonderful application, Balasaheb Thorat College may additionally harness this ancient discipline to expand champions empowered in body and thoughts, able to fulfil their athletic ability and flourish inside the furnace of competition. Yoga's capability to inspire holistic improvement makes it a substantial tool in influencing the future of collegiate athletics.

References

1. Gothe, N. P., Pontifex, M. B., Hillman, C., & McAuley, E. (2013). The acute effects of yoga on executive function. *Journal of physical activity & health*, 10(4), 488-495.
2. Linke, S. E., & Ussher, M. (2015). Exercise-based treatments for substance use disorders: evidence, theory, and practicality. *The American journal of drug and alcohol abuse*, 41(1), 7-15.
3. Khalsa, S. B., Shorter, S. M., Cope, S., Wyshak, G., & Sklar, E. (2009). Yoga ameliorates performance anxiety and mood disturbance in young professional musicians. *Applied psychophysiology and biofeedback*, 34(4), 279.
4. Raub, J. A. (2002). Psychophysiological effects of Hatha Yoga on musculoskeletal and cardiopulmonary function: a literature review. *The journal of alternative and complementary medicine*, 8(6), 797-812.
5. Field, T. (2011). Yoga clinical research review. *Complementary therapies in clinical practice*, 17(1), 1-8.
6. Cowen, V. S., & Adams, T. B. (2005). Physical and perceptual benefits of yoga asana practice: results of a pilot study. *Journal of Bodywork and Movement Therapies*, 9(3), 211-219.
7. Büssing, A., Ostermann, T., Lüdtke, R., & Michalsen, A. (2012). Effects of yoga interventions on pain and pain-associated disability: a meta-analysis. *The journal of pain*, 13(1), 1-9.
8. Monro, R., Nagarathna, R., & Nagendra, H. R. (1995). *Yoga for common ailments*. Simon & Schuster.
9. Khalsa, S. B. S., Butzer, B., Shorter, S. M., Reinhardt, K. M., & Cope, S. (2013). Yoga reduces performance anxiety in adolescent musicians. *Alternative therapies in health and medicine*, 19(2), 34.
10. Ross, A., & Thomas, S. (2010). The health benefits of yoga and exercise: a review of comparison studies. *The journal of alternative and complementary medicine*, 16(1), 3-12.
11. Herrick, C. M., & Ainsworth, A. D. (2000). Yoga as a self-care strategy. *Nursing Forum*, 35(2), 32-36.

12. Psychiātr, P., Ruffini, C., Di Petta, G., & Purgato, M. (2020). The buffering effect of yoga in the development of compassion fatigue and compassion satisfaction in healthcare professionals: a systematic review.
13. Grabara, M., & Szopa, J. (2015). Effects of hatha yoga exercises on spine flexibility in young adults. *Journal of physical therapy science*, 27(2), 361.
14. Wang, M. Y., Yu, S., Hashish, R., Samarawickrame, S. D., Kazadi, L., Greendale, G. A., & Salem, G. J. (2013). The biomechanical demands of standing yoga poses in seniors: The Yoga Empowers Seniors Study (YESS). *BMC complementary and alternative medicine*, 13(1), 1-10.
15. Gribble, P. A., Hertel, J., & Denegar, C. R. (2007). Chronic ankle instability and fatigue create proximal joint alterations during performance of the Star Excursion Balance Test. *International journal of sports medicine*, 28(3), 236-242.
16. Berger, D. L., & Owen, D. R. (1988). Stress reduction and mood enhancement in four exercise modes: Swimming, body conditioning, hatha yoga, and fencing. *Research quarterly for exercise and sport*, 59(2), 148-159.