IOSR Journal of Sports and Physical Education (IOSR-JSPE)

Managing Editor Board

- ❖ Dr. Sayed Mahdi Golestan Hashemi Head of the Iranian Research Center for Creatology, TRIZ & Innovation Science, Iran
- ❖ DR.P.MALYADRI OSMANIA UNIVERSITY, India
- ❖ DR. Waspodo Tjipto Subroto, M.Pdi State University of Surabaya, Indonesia
- Dr.Krishnamurthy Prabhakari SRM University, India
- ❖ Dr. makarand upadhyaya cba, jazan university, jazan, saudi arabia, Saudi Arabia
- Dr Joy Mukhopadhyay ISBR Bangalore, India
- Dr. Abdulsalam Jibril Adamawa State University, Mubi Nigeria., Nigeria

Contact Us

Website URL: www.iosrjournals.org Email: support@iosrmail.org







Qatar Office:

IOSR Journals Salwa Road Near to KFC and Aziz Petrol Station, DOHA, Qatar

India Office:

EHTP, National Highway 8, Block A, Sector 34, Gurugram, Haryana 122001

Australia Office:

43, Ring Road, Richmond Vic 3121 Australia

New York Office:

8th floor, Straight hub, NS Road, New York, NY 10003-9595



IOSR Tournal of Sports and Physical Education IOSR-ISPE) **IOSR** Journals

International Organization of Scientific Research

e-ISSN: 2347-6737 Volume: 12 Issue: 5 p-ISSN: 2347-6745



Contents:

Relationship of Hamstring Muscle Length with Dynamic Balance and Agility in Untrained Soccer Players: A Cross-Sectional Analysis	01-05
Comparison Of Trunk Muscle Endurance And Modified Oswestry Disability Levels In Female Recreational Badminton Players With Low Back Pain	06-12
Effects Of Keyboard Training Program On Fine Motor Skills And Hand Function In Geriatric Population: An Interventional Study	13-22
Long Term Effects of Instrument Assisted Soft Tissue Mobilization (IASTM) With Supervised Exercise Program in Improving Pain & Functions Among Subject with Tennis Elbow	23-29

Peer Reviewed Refereed Journal