# 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: 10 Issue: 6 p-ISSN: 2347-6745

### **Contents:**

University students' knowledge of World Health Organization guidelines	01-10
Movement In Focus	11-22
Aspects Nutritionnels Sur Les Facettes De La Fatigue Chez Les Athlètes Adultes En Préparation Physique	23-29
Electromyography Comparisons Of Lower Extremity Muscles During Warrior Two Yoga Pose	30-34
Selection Of Vovinam's Extracurricular Training Content To Develop Physical Fitness For High School Students In Iris Primary, Middle And High School (Thai Nguyen Province – Vietnam)	35-40
Level Of Knowledge Of Adolescents About The Recommendations Of The World Health Organization On Physical Activity And Health	41-47

Peer Reviewed Refereed Journal