



IOSR Journals

International Organization
of Scientific Research

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

e-ISSN : 2347-6737

Volume: 12 Issue: 4

p-ISSN : 2347-6745

W
E
S
T
-
R
S
O
I

Contents:

The Current Situation And Solutions To Prevent Injuries In Physical Training And Sports At The Military Engineering University	01-03
Incidence of Jumper's Knee among Recreational Badminton Players: A Literature Review	04-10
Effectiveness of Upper Limb Proprioceptive Training on Balance and Strength in Mallakhamb Players	11-16
Assessing the current state of flexibility of the males Vovinam team of pupils at FPT School Can Tho	17-19
xxx	20-25
Role Of Gluteus Medius Strengthening On Function In Individuals With Chronic Ankle Instability	26-30
Effect Of Quadrupedal Movement Training On Posture Of Long Standing Physiotherapists	31-37
Influence Of Social Factors On Recreational Sports Participation Among Health Care Professionals In Federal Medical Centres, South-Western Nigeria	38-44