

**THE RELATIONSHIP OF SELECTED KINEMATICAL VARIABLES TO THE PERFORMANCE OF RUNNERS IN SPRINT START**

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**ABSTRACT**

*The purpose of this study was to measure the relationship of selected kinematical variables to the performance of Runners in Sprint start. The subjects for this study were ten male Runners of Lakshmibai National Institute of Physical Education, Gwalior, who represented L.N.I.P.E., Gwalior in Intervarsity Championship. The age ranged from eighteen to twenty two years. Selected kinematic variables were: ankle joint, knee joint, hip joint, shoulder joints, elbow joints, body inclination and standing height. The scores of the subjects in sprint start were used as criterion variable in this study. The performances of the subjects were assessed by three judges and their average was taken as the score. The result reveals that the Ankle Joint (Right and Left), Knee Joint (Right and Left), Shoulder Joint (Right and Left), Elbow Joint (Right and Left) and Wrist (Right and Left), and Hip Joint (Left and Right) showed insignificant relationships with the performance of subjects in sprint start.*