

**A STUDY OF REACTION TIME AND ATTENTION CONTROL AMONG ATHLETES  
OF SPORTS TRAINING CENTERS OF SPORTS AUTHORITY OF INDIA**

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*(Received April 30, 2016, accepted May 27, 2016)*

**ABSTRACT**

*The present endeavor was planned to examine visual reaction time (simple and choice visual reaction time) and attention control in inmates of sports training centers of sports authority of India, Netaji Shubas Southern Centre, Bangalore. The sample was comprised of 261 athletes aged between 12-18 years from 8 sports viz., athletics, badminton, basket ball, foot ball, hockey swimming, volley ball and weightlifting. Audio Visual Reaction Time Apparatus (RTM-608) device was used to assess the reaction time among athletes. Attention control was measured by Knox Cube Test. One-Way ANOVA was applied to assess the mean differences of reaction time and attention control among athletes. Based on the results the extent of reaction time (simple and choice visual reaction time) and attention control were analyzed. The implications of the findings were drawn.*