

REVIEWER'S REPORT

Manuscript No.: IJAR-53313

Date: 13-08-2025

Title: BREATH- HOLDING DRILLS ON OXYGEN UTILIZATION AND FATIGUE RESISTANCE AMONG SWIMMING ATHLETES,

Recommendation:

Accept as it is

✓ Accept after minor revision.....

Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality	✓			
Techn. Quality	✓			
Clarity	✓			
Significance	✓			

Reviewer Name: Dr.D.Kalidoss

Date: 13-08-2025

Reviewer's Comment for Publication.

The paper presents a well-researched and relevant topic on breath-holding drills and their impact on oxygen utilization and fatigue resistance among swimming athletes. The introduction demonstrates a strong literature foundation, particularly with Southeast Asian perspectives, and the research objectives are clearly defined. However, the methodology requires more detail on sampling, statistical analysis, and ethical considerations, and minor inconsistencies in terminology (e.g., "tennis-specific" instead of "swimming-specific") should be corrected. With clearer methodological articulation and tighter presentation, the study has good potential for contributing valuable insights to sports science and swimming performance research.

Detailed Reviewer's Report

1. Title & Abstract

➤ Strengths:

- The title is clear, concise, and specifies both the intervention (breath-holding drills) and the outcome variables (oxygen utilization, fatigue resistance).
- Abstract covers key points — physiological basis, training effects, risks, and regional research gap.

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REVIEWER'S REPORT

➤ Weaknesses:

- The abstract is overly dense and reads more like an introduction; it mixes results from literature review with general background.
- No clear statement of the research gap or specific objectives in the abstract.

➤ Suggestions:

- Summarize *your* study's purpose, methods, and expected contribution in the abstract.
- Remove excessive literature citations in the abstract and keep them in the introduction.

2. Introduction

• Strengths:

- Strong theoretical foundation on breath-holding physiology and swimming performance.
- Inclusion of multiple references and regional context (Southeast Asia).
- Addresses physiological, psychological, and strategic effects.

• Weaknesses:

- Reads like a literature review rather than a focused introduction.
- The scope is very broad, which may dilute the focus.
- Transitions between subtopics (e.g., oxygen utilization → fatigue resistance → mental resilience) could be smoother.

➤ Suggestions:

- End the introduction with a clear research gap (what is unknown in current literature).
- State specific research objectives and/or hypotheses.
- Streamline citations to avoid overwhelming the reader.

3. Statement of the Problem

➤ Strengths:

- Clearly lists research questions.
- Links study location and purpose.

➤ Weaknesses:

- Research Question #7 mistakenly refers to a "tennis-specific" fitness training program — likely a copy-paste error.

➤ Suggestions:

- Correct "tennis-specific" to “swimming-specific” program.
- Consider grouping related questions to reduce redundancy.

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4. Methodology

➤ Strengths:

- Well-explained choice of descriptive-comparative-correlational design.
- Cites methodological literature to justify approach.

➤ Weaknesses:

- Very wordy; some theoretical explanations could be condensed.
- Lacks specifics on sample size, sampling method, data analysis tools, and statistical tests.
- Ethical considerations (consent, confidentiality, safety protocols) not mentioned.

➤ Suggestions:

✓ Specify:

- Expected number of participants and inclusion/exclusion criteria.
- Statistical methods for difference testing (e.g., t-test, ANOVA) and correlation (e.g., Pearson's r).
- Reliability/validity testing for the questionnaire.
- Ethical clearance process.

- ✓ Remove excessive theoretical explanation in methodology; keep focus on *how* the study will be done.

5. Research Instrument

➤ Strengths:

- Instrument design directly maps to research objectives.

➤ Weaknesses:

- No details on scoring method, Likert scale format, or validation process.

➤ Suggestions:

✓ Provide:

- Number of items per section.
- Sample items/questions.
- Scaling approach (e.g., 5-point Likert).
- Reliability testing plan (Cronbach's α).
- Pilot testing procedure.

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6. References

➤ Strengths:

- Extensive, covers both physiological and psychological aspects.
- Good inclusion of recent studies (2020–2024).

➤ Weaknesses:

- Many references appear to be from Southeast Asia; need balance with global literature.
- Formatting inconsistencies with spacing, punctuation, and DOI links.

➤ Suggestions:

- Format references according to a consistent style (APA 7th, IEEE, or journal requirement).
- Verify that all cited works in text appear in reference list and vice versa.
- Remove unnecessary symbols in author lists (e.g., &E, /).