STUDY OF EFFECT OF EXPLOSIVE STRENGTH, SPEED ENDURANCE AND AGILITY TRAINING ON PERFORMANCE OF KHO-KHO PLAYERS

By

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Guide

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Thesis Submitted To:

THE LAKSHMIBAI NATIONAL INSTITUTE OF PHYSICAL EDUCATION, DEEMED UNIVERSITY, GWALIOR (M.P.) INDIA

FOR THE DEGREE OF DOCTOR OF PHILOSOPHY IN PHYSICAL EDUCATION

NOVEMBER-2005
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