Bibliography

Books


8. Hayward. V.H; “Design for fitness Minneapolis”, (Burgess publishing Company.1984); P. 121.

9. Hockey; Robert V., “The pathway of living”, (St. Louis; C.V. Mosbey Company; 1973); P.93.


Journals and Periodicals

1. Agli, James J.; "A Study to Determine the Effect of A Selected Skills Program on Physical Fitness". (Completed Research In Health, Physical Education And Recreation, 6(1964); p-88.


3. Anne; Baun, Mary; "The Relationship Between Participation In A Program Of Dance Therapy And Changes In Flexibility Of Selected Joints Of Educable Mentally Retarded", Completed Research In Health, Physical Education And Recreation, 15: (1973); p-140.


5. Ball, Florence J.; "A Comparison of Four Method of Developing Physical Fitness in Junior High School Girls" (Completed Research In Health, Physical Education And Recreation, 9:( 1967); p. - 42.


14. Coker, Homer L.; “Selected Pre-Activity Calisthenics Programs and Effects upon the Physical Fitness of the Collage Male”, Completed Research in Health Physical Education and Recreation, 7: (1965); p-36.

16. Court, Reginald D. "A Comparison Of A Calisthenics Program And An Obstacle Course Program As Method Of Developing Fitness In Seventh And Eighth Order Boys", Completed Research in Health, Physical Education and Recreation, 9: (1967); p- 128.


22. Dunn, Steven E.; "Changes In Aerobic Capacity Strength and Body Composition with Timed Calisthenics", Dissertation Abstracts International, 40 (April 1980); 5363-A.

23. Dupper Michel Alfred, "The Effects of Ten Week Aerobic Exercise Program on Physiological, Cognitive and Children", Dissertation Abstracts International, 47:4 (October 1986); 1235. A


27. Faroh; Marshal, Angela "A Psycho-Physiological Comparison Of Cooper Aerobics Training Programme And A Running Training Programme", Dissertation Abstracts International, 43 (February 1983); 2596-A.


30. Gay; Israel, Richard "The Effects of Aerobic, Anaerobic, And Pulse Workout Exercise on Selected Physical Fitness Parameters, Plasma cholesterol And Plasma Triglyceride Levels in College Males", Dissertation Abstracts International, 37: (February 1977); 4957-A.


33. Grayson Judith Jee; "The Effect of an Eight Week Water Aerobics Program on Selected Physiological Measurements of Female Participants," Dissertation Abstracts International, 51:7 (January 1991); 2312-A

34. Greenberg; Franklin; R., "The Effect of Two Interval Training Programme on Running Ability", Completed Research in Health, Physical Education and Research, 8: (1966); p.83.


38. Halvey, Omer J.; "The Effect of Isometric, Isotonic and Sports Program on Physical Fitness", Completed Research in Health Physical Education and Recreation, 7: (1965); p-37.

39. Hallatt, Margaret M.; "A Comparison Of Physical Fitness Levels Achieved By Grade Ten Girls Through A Physical Education Program And A Competitive Sports Program", Completed Research In Health Physical Education And Recreation, 10:(1965); p-65.


41. Harryman, James W.; "The Contribution of Physical Education and Athletic To the Physical Fitness of Shoreline High School Boys", Completed Research in Health Physical Education and Recreation, 7: (1965); p-128.


43. Hess; Robert C.; "The Effect Of Weight Training Programme On Soccer Kicking For Distance", Completed Research in Health, Physical Education Recreation, 8 (1966); p- 97.


47. James, Sam E.; “The Effects of Isotonic and Isometric Exercise on Heart Rate and Blood Pressure and Their Relationship to Physical Work Capacity in College Men”, Dissertation Abstracts International, 34 (February 1973); 178-A.

48. Keith; Miller; Douglas.; “A comparison and the effect of hill training and weight training and sprint training on 800 meter run performance”, Dissertation Abstracts International, 53: 7. (January 1994); 2991 A

49. Kennison and E. James; “The effect of four training. Programme on the Acquisition of speed and accuracy in motor performance”, Completed Research in health, physical Education and Recreation 9 (1967); p. 59


51. Kirby, Ronald f.; “The Effect Of Various Exercise Program Involving Different Amounts Of Exercise On The Development Of Certain Components Of Physical Fitness”, (Completed Research In Health, Physical Education And Recreation, 9 (1967); p-169.

53. Kocher; H.C.; "Construction of scale for the measurement of "attitude towards yoga", *Yoga-Mimamsa*, 15:3. (1972); p-51


56. Lee; Grayton, Judith "The Effect of an Eight Week Water Aerobic Program on Selected Physiological Measurements of Female Participants", *Dissertation Abstracts International*, 51: (January 1991); 2312-A.

57. Lewis, Frederic B.; "A Comparison at Three Method of Conditioning upon Strength Speed By Selected Basketball Skills", *Completed Research in Health Physical Education and Recreation*, 10: (1956); p-58.

58. Logsdon, Bette Jean; "A Comparison Of Two Method Of Developing Physical Fitness In Fourth And Fifth Grade Girls", *Completed Research In Health Physical Education And Recreation*, 5(1963); p.62

60. Marlene; Mayfield, Debra "An Investigation of the Effects of A Ten Week Aerobic Dance Programme on Cardio-Respiratory Functioning, Body Composition and Self-Actualization of Selected Females", Dissertation Abstracts International, 42 (April 1982); 4352-A.


63. Mathew, Jerry Lawrence; "Relative Contributions of Body Composition, Selected Hematological Parametric and Aerobic Capacity to Endurance Running Performance of Male and Female Adolescent Track Athletes", Dissertation Abstracts International 37 (July 1976); 179-A.


67. Moore, S.B.; "A Comparison Of The Body Composition And Selected Components Of Motor And Physiological Fitness Of Female Dancers And Softball Players", Completed Research In Health, Physical Education And Recreation, 22 (1980); p- 261.


69. Murray Guy B.; "A Comparison Of Physical Fitness Achievement Of Students Subjected To Two Different Types Of Physical Education Programs At Chadron State College", Completed Research in Health Physical Education And Recreation, 10:(1968); p-22.


72. Namars, Michel J.; "The Effect of Three Conditioning Program on Selected Physical and Physiological Parameter of College Student", Dissertation Abstracts International, 38: (Dec 1978); 7212-A
73. Nelson; Preist, Nita; “Comparative Effects Of Two Programs Of Aerobic Dance On The Flexibility, Body Composition And General Physical Condition Of Selected College Women”, Dissertation Abstracts International, 44:7. (January 1984); 2086-A.

74. Ortman, Rosemary; “Relationship between Dance and Balance in Girls”, Completed Research in Health, Physical Education and Recreation, 6 (1964); p-77.

75. Parks, Charles James; “The Effects of A Physical Fitness Program On Body Composition, Flexibility, Heart Rate, Blood Pressure And Anxiety Levels Of Senior Citizens”, Dissertation Abstracts International, 41 (July 1980); 1157-A.


78. Pilch, Arther Henry; “Comparative Effects of Two Programs of Aerobic Dance on the Flexibility, Body Composition and General Physical Condition of Selected College Women”, Dissertation Abstracts International, 44: (January 1984); 2086-A.


81. Savage, David Carl; "The Comparative Effects Of A Beginning Boxing Class And A Beginning Handball Class On Physical Fitness", Completed Research In Health Physical Education And Recreation, 10: (1968); p- 65.

82. Sergio S. R.; "Character Violence in Sports Governed by Criminal Law", (Olympic Review 1976); p. 44


84. Smith Haween; "The Effect Of A Six Week Aerobic Dance And Folk Dance Program Vs The Effect Of A Six Week Aerobic Jogging Programme On The Cardio-Vascular Efficiency And Percent Of Body Fat", Dissertation Abstract International, 40: (September 1979); 1344-A


88. Stanley, William; “The Effect Of Calisthenics And Game Type Programs On The Physical Fitness Of Elementary School Children”, Completed Research In Health Physical Education And Recreation, 7:(1965); p-37.

89. Sterie; J.R. and Mary; “The relative effectiveness of four activity courses on the development and maintenance fitness and college freshman, women”, Completed Research In Health, Physical Education and Recreation, 8:(1964); p.65.

90. Therland, Donald B.; “The Study Of Circuit Training As A Means Of Developing Physical Fitness In First And Second Grade Boys And Girls”, Completed Research In Health Physical Education And Recreation, 9:(1967); p-127.


93. Toit, D. U.; “Circulatory Respiratory Endurance Improvement”, Research Digest 5 (July 1974); p- 20


95. Upton, S.J. et. al.; “Comparison of Physiological Profiles of Middle Aged Women Distance Runners and Sedentary Women’ Research Quarterly For Exercise and Sport, 54:1. (March 1983); p-82


98. Voll, Bonnie M.; “Predicting Ability In Basic Modern Dance Skills Through Selected Anthropometrics And Physical Fitness Measurements”, Completed Research In Health, Physical Education And Recreation, 21: (1979); p-114.

99. Walker, Nancy D.; “A Comparison Of Perceived Exertion Ratings Of Aerobic Dance And Treadmill Performances Among College Age Males And Females”, Completed Research In Health, Physical Education And Recreation, 19:(1977); p- 162.

100. Wallin, Charles A. And Schendel, Jack S.; “Physiological Changes In Middle Aged Men Following A Ten Week Jogging Programme”, Research Quarterly, 40:3. (October 1961); p-60.


102. Wesley; Lathen, Calvin; “Running Programmes And Their Effects On Resting Heart Rate, Body Composition And Selected Muscle Weights In Rate”, Dissertation Abstracts International, 34 (November 1973); 2369-A.

104. Young; Doris, Allen Ivar; *Cardio-Respiratory Endurance and Flexibility: A Comparison Study of Taikondo and Aerobic Exercise in Adult Males*, Dissertation Abstracts International, 53: (March 1973); 3143-A.