ACKNOWLEDGEMENTS

A deep sense of gratitude is expressed to Dr. M. Robson for his guidance, suggestions and encouragement given in successfully completing this study.

Appreciation is expressed to Dr. R.N. Dey, Lecturer in Physiology, and Dr. A.K. Uppal, Reader, Laksheyabai National College of Physical Education, Gwalior, for the valuable suggestions from time to time and also to Shri R.L. Chopra, Lecturer, Laksheyabai National College of Physical Education, Gwalior, who helped in finalising the manuscript and to Shri B.S. Brar for helping in drawing the illustrations.

Thanks are due to the Principal, Kendriya Vidyalaya for permitting the scholar to select the school students as subjects for the study, and Physical Education Teachers for their interest and cooperation.

Appreciation is also extended to the students of the Kendriya Vidyalaya who acted as subjects of the study.

Acknowledgement is also due to colleagues and post-graduate students, who assisted the scholar in conducting the tests and administering the training programmes.

T.S.B.