CONTENTS

LIST OF TABLES
LIST OF FIGURES

Chapter

I  INTRODUCTION  1-17
  1.1 Statement of the problem  13
  1.2 Aims and objectives  14
  1.3 Hypothesis  14
  1.3 Delimitations  15
  1.4 Limitations  15
  1.5 Excusion Criteria  15
  1.6 Significance of the Study  17

II  REVIEW OF RELATED LITERATURE  18-54
  2.1 Studies related to cycling (endurance) discipline  20
  2.2 Studies related to Hockey (Intermittent) discipline  25
  2.3 Studies related to cycling (endurance) discipline  32

III  METHODOLOGY  55-84
  3.1 Selection of subjects  56
  3.2 Selection of variables  57
  3.3 Experimental design  59
  3.4 Instruments used for measurement of variables  60
  3.5 Tester competency  61
3.6 Reliability of instruments 62
3.7 Reliability and validity of tests 67
3.8 Procedure for administration of tests 68
3.8.1 Measurements of morphological variables 49
3.8.2 Assessment of physiological variables 82
3.9 Statistical treatment 84

IV RESULTS AND DISCUSSIONS 86-133

V SUMMARY AND CONCLUSIONS 134-143

References 141-171