# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>LIST OF TABLES</td>
<td>xiii</td>
</tr>
<tr>
<td>LIST OF FIGURES</td>
<td>xvi</td>
</tr>
</tbody>
</table>

## Chapter

### I  INTRODUCTION  1

- Statement of the problem
- Delimitations
- Limitations
- Hypotheses
- Significance of the study
- Definitions of the Operational terms

### II  REVIEW OF RELATED LITERATURE  27

### III  METHODOLOGY  63

- Selection of Subjects
- Selection of Variables
- Selection of Tests
- Tester Competency
- Instruments Reliability
- Reliability of data
- Orientation to the subjects
- Pilot study
- Training Programme
TABLE OF CONTENTS (contd.....)

Collection of the Blood sample
Administration of the tests
Experimental design and Statistical Procedure

IV ANALYSIS AND INTERPRETATION OF THE DATA 86

Analysis of the Data
Discussion on Findings
Discussion on Hypotheses

V SUMMARY, CONCLUSIONS AND RECOMMENDATIONS 148

Summary
Conclusions
Recommendations

BIBLIOGRAPHY 153
Books
Journals
Miscellaneous

APPENDIX 165
I Training Schedule of Aerobic training group for 12 weeks
II Training Schedule of Anaerobic training group for 12 weeks