Acknowledgment

I wish to acknowledge my sincere gratitude to my guide Dr. V. S. Wangwad for sustained and invaluable help.

It is my privilege to acknowledgment to the HOD Dr. Shejwal and Department of Physical Education, University of Pune.

A special vote of thanks goes to Dr. Mohammad A. Mohseni-Bandpei faculty of Physiotherapy Department, The University of Social Welfare and Rehabilitation Sciences of Tehran for generous advice and company.

I would like to thank Mr. Salar Hassantavakoli for immense help to English edit and Mrs. Monavar Motallebi for disputable efforts to graphical design of my thesis.

I am thankful to Dr. Hossein Asheri, Dr. Mohammad Asad Masjedi and Dr. Qanieh Motallebi for unforgettable friendship and moral encouragement.

And also I would like to thank Dr. Mahvash Noorbakhsh and Dr. Eydi Alijani, my first teachers in Physical Education field.

I wish to express my deepest sense of gratitude to all those who have directly or indirectly support me in completing my research work. Thank you

Lena Motallebi

July 2012
Dedication To;

*My Mother, who gave me the real meaning of Sacrifice*

*My Elder Brother and Sister “Tofiq and Qanieh” who were supportive throughout my life*

*My Family Members, who gave me the real meaning of Hopefulness*

Lena