### LIST OF TABLES

<table>
<thead>
<tr>
<th>TABLE</th>
<th>PAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Tester Competency For Test Re-Test In AAHPERD Health Related Physical Fitness Components</td>
<td>61</td>
</tr>
<tr>
<td>2. Descriptive Analysis of AAHPERD Health Related Physical Fitness Components of Rural School Boys of Rajasthan (14 to 16 years)</td>
<td>69</td>
</tr>
<tr>
<td>3. Descriptive Analysis of AAHPERD Health Related Physical Fitness Components of Rural School girls of Rajasthan (14 to 16 years)</td>
<td>70</td>
</tr>
<tr>
<td>4. Descriptive Analysis of AAHPERD Health Related Physical Fitness Components of Urban School Boys of Rajasthan (14 to 16 years)</td>
<td>71</td>
</tr>
<tr>
<td>5. Descriptive Analysis of AAHPERD Health Related Physical Fitness Components of Urban School girls of Rajasthan (14 to 16 years)</td>
<td>72</td>
</tr>
<tr>
<td>6. Comparison of Scores on Health Related Physical Fitness Variables of Rural School Boys (RSB) and Urban School Boys (USB)</td>
<td>74</td>
</tr>
<tr>
<td>7. Comparison of Scores on Health Related Physical Fitness Variables of Rural School Girls (RSG) and Urban School Girls (USG)</td>
<td>78</td>
</tr>
<tr>
<td>8. Analysis of Variance of Rural School Boys on Cardiorespiratory Function (14-16 Years Age-Group)</td>
<td>81</td>
</tr>
<tr>
<td>9. Significant Differences Between The Paired Means of Cardiorespiratory Function Among Different Three Age Groups</td>
<td>82</td>
</tr>
<tr>
<td>10. Analysis Of Variance of Rural School Boys on Body Composition (14-16 Years Age-Group)</td>
<td>83</td>
</tr>
<tr>
<td>11. Significant Differences Between The Paired Means of Body Composition Among Different Three Age Groups</td>
<td>84</td>
</tr>
<tr>
<td>12. Analysis of Variance of Rural School Boys on Muscular Strength and Endurance (14-16 Years Age-Group)</td>
<td>85</td>
</tr>
</tbody>
</table>
13. Significant Differences Between The Paired Means of Muscular Strength and Endurance Among Different Three Age Groups
14. Analysis of Variance of Rural School Boys on Flexibility (14-16 Years Age-Group)
15. Analysis of Variance of Rural School Girls on Cardiorespiratory Function (14-16 Years Age-Group)
16. Significant Differences Between The Paired Means of Cardiorespiratory Function Among Different Three Age Groups
17. Analysis of Variance of Rural School Girls on Body Composition (14-16 Years Age-Group)
18. Analysis of Variance of Rural School Girls on Muscular Strength and Endurance (14-16 Years Age-Group)
19. Significant Differences Between The Paired Means of Muscular Strength and Endurance Among Different Three Age Groups
20. Analysis of Variance of Rural School Girls on Flexibility (14-16 Years Age-Group)
21. Significant Differences Between The Paired Means of Flexibility among Different Three Age Groups
22. Analysis Of Variance of Urban School Boys on Cardiorespiratory Function (14-16 Years Age-Group)
23. Significant Differences Between The Paired Means of Cardiorespiratory Function Among Different Three Age Groups
24. Analysis of Variance of Urban School Boys on Body Composition (14-16 Years Age-Group)
25. Significant Differences Between The Paired Means of Body Composition Among Different Three Age Groups
26. Analysis of Variance of Urban School Boys on Muscular Strength and Endurance (14-16 Years Age-Group)
27. Significant Differences Between The Paired Means of Muscular Strength and Endurance Among Different Three Age Groups
28. Analysis of Variance of Urban School Boys on Flexibility (14-16 Years Age-Group)
29. Analysis of Variance of Urban School Girls on Cardiorespiratory Function (14-16 Years Age-Group)

30. Analysis of Variance of Urban School Girls on Body Composition (14-16 Years Age-Group)

31. Significant Differences Between The Paired Means of Body Composition Among Different Three Age Groups

32. Analysis Of Variance of Urban School Girls on Muscular Strength And Endurance (14-16 Years Age-Group)

33. Significant Differences Between The Paired Means of Muscular Strength and Endurance Among Different Three Age Groups

34. Analysis of Variance of Urban School Girls on Flexibility (14-16 Years Age-Group)

35. Significant Differences Between The Paired Means of Flexibility Among Different Three Age Groups

36. Percentile Norms For Cardiorespiratory Function of Rural School Boys

37. Percentile Norms For Body Composition of Rural School Boys

38. Percentile Norms For Muscular Strength and Endurance Of Rural School Boys

39. Percentile Norms For Flexibility of Rural School Boys

40. Percentile Norms For Cardiorespiratory Function of Rural School Girl

41. Percentile Norms For Body Composition of Rural School Girls

42. Percentile Norms For Muscular Strength and Endurance of Rural School Girls

43. Percentile Norms For Flexibility of Rural School Girls

44. Percentile Norms For Cardiorespiratory Function of Urban School Boys

45. Percentile Norms For Body Composition of Urban School Boys

46. Percentile Norms For Muscular Strength And Endurance of Urban School Boys
47. Percentile Norms For Flexibility of Urban School Boys  127
48. Percentile Norms For Cardiorespiratory Function of Urban School Girls  129
49. Percentile Norms For Body Composition of Urban School Girls  131
50. Percentile Norms For Muscular Strength and Endurance of Urban School Girls  133
51. Percentile Norms For Flexibility of Urban School Girls  135