CONTENTS

Chapter I INTRODUCTION Page
Fitness 1 - 19
Fitness in Past
Fitness in Present
Fitness in Future
Physical Fitness
Need of Physical Fitness
Components of Physical Fitness
Methods of developing Fitness
Norms
Use of Norms
Construction of Norms
Criteria for selecting Norms
Objectives of the study
Statement of the problem
Significance of the study
Delimitation
Limitation
Definition of the Terms

Chapter-II REVIEW OF LITERATURE 20 - 37
Physical Fitness
Health Related Physical Fitness
Athletic events
Literature on Norms for Games
Summary of the literature
CONTENTS
(Continued)

Chapter-III METHODOLOGY 38 - 53
Selection of subjects
Selection of variables
Criterion Measures
Pilot study
Reliability of the data
Instrument Reliability
Tester's competency and
Reliability of Test
Subject Reliability
Orientation of Subjects
Item-I: Flexed Arm Hang
Item- II: Sit ups
Item-III: Shuttle Run
Item-IV: Standing Broad Jump
Item V: 50-yards dash
Item: 600 yards Run/ walk

Chapter-IV RESULTS AND DISCUSSIONS 54 - 70
Findings

Chapter - V SUMMARY, CONCLUSION AND RECOMMENDATIONS 71 - 74
Summary
Conclusion
Recommendations

Bibliography 75 - 79
Appendices 80 - 88