BIBLIOGRAPHY

BOOKS


JOURNALS AND PERIODICALS


Fitzgerald, "Comparison of Body Density Values." Mayer, overweight, 32.


Nelson Jack K. and Dorociak, Jeff J. "Reducing Administration Time While Improving Reliability and Validity of Fitness


Shephard, Roy J; Berridge, Mavis and Montelpau William "On the Generality of the " Sit and Reach" Test: An Analysis of Flexibility Data for an Aging population" Research Quarterly for Exercise and Sport 61:4 (December, 1990):326


Shukla, N.B. "Health Related Physical and Physiolosical Fitness on Indian Sportsman and Non-sportsman" Cited by


**MISCELLANEOUS**


Rao, V.S. Sethumadhava. "Yoga - The technique of integration", Paper presented at the National Seminar on Health for all through Yoga. Sri H.S.Gour University, Sagar, 6-8 September 1999.


