Contents
**TABLE OF CONTENTS**

Certificate by the supervisor  
Declaration by the Scholar  
Acknowledgements  
Dedication  
List of Tables  
List of Figures

<table>
<thead>
<tr>
<th>CHAPTER I</th>
<th>INTRODUCTION</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.1</td>
<td>Physical Fitness</td>
<td>2</td>
</tr>
<tr>
<td>1.1.1</td>
<td>Benefits of Physical fitness</td>
<td>5</td>
</tr>
<tr>
<td>1.2</td>
<td>Health Related Physical Fitness</td>
<td>5</td>
</tr>
<tr>
<td>1.3</td>
<td>Skill Related Physical Fitness</td>
<td>6</td>
</tr>
<tr>
<td>1.4</td>
<td>Physiological Fitness</td>
<td>7</td>
</tr>
<tr>
<td>1.5</td>
<td>Metabolic Fitness</td>
<td>7</td>
</tr>
<tr>
<td>1.6</td>
<td>Morphological Fitness</td>
<td>8</td>
</tr>
<tr>
<td>1.7</td>
<td>Bone Integrity (Bone Strength)</td>
<td>8</td>
</tr>
<tr>
<td>1.8</td>
<td>Levels of Health Related Physical Fitness</td>
<td>8</td>
</tr>
<tr>
<td>1.9</td>
<td>Fitness Level</td>
<td>9</td>
</tr>
<tr>
<td>1.10</td>
<td>Components of Health Related Physical Fitness</td>
<td>11</td>
</tr>
<tr>
<td>1.10.1</td>
<td>Body Composition</td>
<td>12</td>
</tr>
<tr>
<td>1.10.2</td>
<td>Percent Body Fat</td>
<td>13</td>
</tr>
<tr>
<td>1.10.3</td>
<td>Percent Body Fat Fluctuation</td>
<td>14</td>
</tr>
<tr>
<td>1.10.4</td>
<td>Importance of Monitoring Percent Body Fat</td>
<td>14</td>
</tr>
<tr>
<td>1.10.5</td>
<td>Cardio Respiratory Endurance</td>
<td>15</td>
</tr>
<tr>
<td>1.10.6</td>
<td>Flexibility</td>
<td>16</td>
</tr>
<tr>
<td>1.10.7</td>
<td>Muscular Strength Endurance</td>
<td>18</td>
</tr>
<tr>
<td>1.11</td>
<td>Physiological Variables</td>
<td>21</td>
</tr>
<tr>
<td>1.11.1</td>
<td>Resting Heart Rate</td>
<td>21</td>
</tr>
<tr>
<td>1.11.2</td>
<td>Maximum Oxygen Consumption</td>
<td>21</td>
</tr>
<tr>
<td>1.11.3</td>
<td>Systolic Blood Pressure</td>
<td>23</td>
</tr>
</tbody>
</table>
1.11.4 Diastolic Blood Pressure 24
1.12 Calisthenics Exercises 25
   1.12.1 Benefits of Calisthenics Exercises on the Land 26
1.13 Calisthenics Exercises in the Water 27
   1.13.1 Benefits of Calisthenics Exercises in the water 29
1.14 Yogic Practices 31
   1.14.1 Definition of Yoga 31
   1.14.2 History of Yoga 31
   1.14.3 Types of Yoga 32
   1.14.4 Physiological Benefits of Yoga 33
   1.14.5 Psychological Benefits of Yoga 33
1.15 Statement of the Problem 34
1.16 Need for the study 34
1.17 Objectives of the study 35
1.18 Hypothesis 35
1.19 Delimitations 36
1.20 Limitations 36
1.21 Significance of the study 37
1.22 Operational definitions of terms 37

CHAPTER II  
REVIEW OF RELATED LITERATURE

2.1 Reviews related to Health Related Physical Fitness 39
2.2 Reviews related to Calisthenics Exercises on the Land 48
2.3 Reviews related to Calisthenics Exercises in the Water 50
2.4 Reviews Related to Yogic Practices 53
2.5 Reviews Related to Physiological Variables 58

CHAPTER III  
METHODOLOGY

3.1 Selection of Subjects 66
3.2 Experimental Design 67
3.3 Selection of Variables 67
3.4 Criterion Measures 68
3.5 Reliability of the Data 69
   3.5.1 Instrument Reliability 69
3.5.2 Testers Reliability
3.5.3 Subject Reliability
3.6 Orientation of Subject
3.7 Pilot Study
3.8 Administration of Test
3.9 Training Programmes
  3.9.1 Calisthenics Exercises on the Land
  3.9.2 Calisthenics Exercises in the water
  3.9.3 Yogic Practices Group
  3.9.4 Control Group
3.10 Calisthenics Exercises on the Land (CEL) Group
3.11 Calisthenics Exercise in the Water (CEW) Group
3.12 Yoga Practices Group (YP)
3.13 Statistical Techniques

CHAPTER IV ANALYSIS OF DATA AND RESULTS
OF THE STUDY
Results of Treatment effect 99-106
Results of Analysis of Co Variance on Adjusted post test means 116-150
Discussion of Hypothesis 152
Discussion on Findings 153

CHAPTER V SUMMARY, CONCLUSIONS AND RECOMMENDATIONS
Summary 162
Conclusions 164
Recommendations 165
Future Work 166

BIBLIOGRAPHY
APPENDICES