DECLARATION BY THE SCHOLAR

I, hereby declare that this research work entitled, "RELATIVE EFFECTS OF JUMP ROPE TRAINING, RUNNING, ABC AND STICK DRILL TRAINING FOLLOWED BY SPEED TRAINING ON SPEED PARAMETERS" being submitted through the Department of Physical Education, Health Education and Sports, H.H. The Rajah's College, Pudukkottai, Tamilnadu, in partial fulfilment of the requirements for the degree of "DOCTOR OF PHILOSOPHY IN PHYSICAL EDUCATION" under the guidance of Dr. V. SUNDARAMOORTHY, Lecturer (SS), Department of Physical Education, Health Education and Sports, H.H. The Rajah's College, Pudukkottai, Tamilnadu, is an original piece of research work done by me and that it has not previously formed the basis for the award of any degree, diploma, associateship, fellowship or any other similar titles.

Place : Tiruchendur
Date : 16th March 2009

J.P. Desiga Srinivasan
(Research Scholar)