ACKNOWLEDGEMENTS

The Research Scholar expresses his sincere gratitude and indebtedness to Dr M.Chandrakumar, Professor, Chairman Department of Studies in Physical Education and Sports Sciences, University of Mysore, Mysore, for being the research supervisor, having provided valuable guidance, suggestions and constant encouragement for the successful completion of this thesis.

The investigator expresses his deep sense of gratitude to Mr.S.Seshanna, Reader, Department of Studies in Physical Education and Sports Sciences, University of Mysore, Mysore, Dr.Sebastain, Senior Scientific Officer Sports Authority of India (SAI), Bangalore, for their whole hearted co-operation and valuable advice in the formulation and completion of this thesis.

The investigator expresses his thanks to Dr M.P.Ganesh Executive Director, Sports Authority of India, J.N Stadium New Delhi, Mr.L.S.Ranawat Regional Director, Sports Authority of India, Moti Bagh Patiala and to Dr.Kishore, Director Sports Authority of India, Southern Centre, Bangalore for the timely help and facility provided to complete this study.

The investigator extends his sincere thanks to Dr Manilal, Junior Scientific Officer Sports Authority of India, Moti Bagh, Patiala, Dr.Mujumder, Scientific Officer Sports Sport Physiology, Sports Authority of India, Southern Centre, Bangalore, Mr. Tirumali Gopalan, Lecturer, Department of Studies in Physical Education and Sports Sciences, University of Mysore, Mysore and Mr.Mondal, Junior Scientific Assistant, Sport Physiology, Sports Authority of India, Southern Centre, Bangalore, for their valuable help in the successful completion of this thesis.

The investigator expresses his heart felt thanks to Sri E.Prasad Rao, K.Jagmohan, Mr. Iswar Angadi, Mr Soman, Mr.Sridhar Kumar and M.K.Satyakumar Kho-Kho and Kabaddi Coaches of Sports Authority of India, for their help and timely assistance in the completion of this study.
The investigator places on records the help and guidance rendered by Mr. Guru Prasad, Lecturer, Department of Statistics, University of Mysore, Mr. Lancy D’Souza, Lecturer Department of Psychology, University of Mysore, Mysore for the interpretation and analysis of data.

The investigator expresses his gratitude to Ms Asha Kumar and Ranjini Ramachandran faculty members The Princeton Riview, Bangalore, for the help in correcting the English language of this thesis.

The investigator extended his sincere thanks to Mr. Prasad.M.V. Micro Dot Creators, Mysore, for bringing this to this thesis to this format.

Nataraj. H.V.