LIST OF TABLE

Tab. No. 1 Anthropometric Characteristics: ................................................................. 101
Tab. No. 2 Body Composition: .................................................................................... 101
Tab. No. 3 Phy. Fitness Parameters: ............................................................................ 101
Tab. No. 4 Reliability Coefficient of Test & Retest Scores of Criterion Variables ................................................................. 117
Tab. No. 5 RANK ORDER CORRELATION FOR COACHES RATING SCORES ON CRICKET PLAYING ABILITY ................................................................. 119
Tab. No. 6 SELECTION OF TEST .............................................................................. 120
Tab. No. 7 Testing Schedule ....................................................................................... 130
Tab. No. 8 Mean values (±SD), standard error of mean & test statistic t of standing height in cricketer (n = 165) & non-cricketer (n = 165). .................................................. 137
Tab. No. 9 Mean values (±SD), standard error of mean & test statistic t of weight in cricketer (n = 165) & non-cricketer (n = 165). .................................................. 138
Tab. No. 10 Mean values (±SD), standard error of mean & test statistic t of leg length in cricketer (n = 165) & non-cricketer (n = 165). .................................................. 139
Tab. No. 11 Mean values (±SD), standard error of mean & test statistic t of upper leg length in cricketer (n = 165) & non-cricketer (n = 165). .................................................. 141
Tab. No. 12 Mean values (±SD), standard error of mean & test statistic t of lower leg length in cricketer (n = 165) & non-cricketer (n = 165). .................................................. 142
Tab. No. 13 Mean values (±sd), standard error of mean & test statistic t of arm length in cricketer (n = 165) & non-cricketer (n = 165). .................................................. 143
Tab. No. 14 Mean values (±SD), standard error of mean & test statistic t of upper arm length in cricketer (n = 165) & non-cricketer (n = 165). .................................................. 144
Tab. No. 15 Mean values (±SD), standard error of mean & test statistic t of lower arm length in cricketer (n = 165) & non-cricketer (n = 165). .................................................. 146
Tab. No. 16 Mean values (±SD), standard error of mean & test statistic t of hip width in cricketer (n = 165) & non-cricketer (n = 165). .................................................. 147
Tab. No. 17 Mean values (±SD), standard error of mean & test statistic t of shoulder width in cricketer (n = 165) & non-cricketer (n = 165). .................................................. 148
Tab. No. 18 Mean values (±SD), standard error of mean & test statistic t of chest width in cricketer (n = 165) & non-cricketer (n = 165). .................................................. 149
Tab. No. 19 Mean values (±SD), standard error of mean & test statistic t of calf girth in cricketer (n = 165) & non-cricketer (n = 165). .................................................. 151
Tab. No. 20 Mean values (±SD), standard error of mean & test statistic t of thigh girth in cricketer (n = 165) & non-cricketer (n = 165) .......................152
Tab. No. 21 Mean values (±SD), standard error of mean & test statistic t of chest girth in cricketer (n = 165) & non-cricketer (n = 165) ..................153
Tab. No. 22 Mean values (±SD), standard error of mean & test statistic t of upper arm girth in cricketer (n = 165) & non-cricketer (n = 165) ..........154
Tab. No. 23 Mean values (±SD), standard error of mean & test statistic t of lower arm girth in cricketer (n = 165) & non-cricketer (n = 165) ........156
Tab. No. 24 Mean values (±SD), standard error of mean & test statistic t of body composition in cricketer (n = 165) & non-cricketer (n = 165) ....157
Tab. No. 25 Mean values (±SD), standard error of mean & test statistic t of speed in cricketer (n = 165) & non-cricketer (n = 165) .......................158
Tab. No. 26 Mean values (±SD), standard error of mean & test statistic t of strength in cricketer (n = 165) & non-cricketer (n = 165) ...............159
Tab. No. 27 Mean values (±SD), standard error of mean & test statistic t of agility in cricketer (n = 165) & non-cricketer (n = 165) .................161
Tab. No. 28 Mean values (±SD), standard error of mean & test statistic t of flexibility in cricketer (n = 165) & non-cricketer (n = 165) ..................162
Tab. No. 29 Comparison of Standing Height among District, State & National Level Cricketers .................................................................163
Tab. No. 30 Comparison of body weight among district, state & national level cricketers. .................................................................164
Tab. No. 31 Comparison of leg length among district, state & national level cricketers. .................................................................164
Tab. No. 32 Comparison of upper leg length among district, state & national level cricketers .................................................................165
Tab. No. 33 Comparison of lower leg length among district, state & national level cricketers .................................................................165
Tab. No. 34 Comparison of upper arm length among district, state & national level cricketers .................................................................166
Tab. No. 35 Comparison of lower arm length among district, state & national level cricketers .................................................................166
Tab. No. 36 Scheffe test for mean comparison of lower arm length among district, state & national level cricketers ..............................167
Tab. No. 37 Comparison of hip width among district, state & national level cricketers. ................................................................. 168
Tab. No. 38 Comparison of shoulder width among district, state & national level cricketers. ................................................................. 169
Tab. No. 39 Comparison of chest width among district, state & national level cricketers. ................................................................. 169
Tab. No. 40 Comparison of calf girth among district, state & national level cricketers. ................................................................. 170
Tab. No. 41 Comparison of thigh girth among district, state & national level cricketers. ................................................................. 170
Tab. No. 42 Comparison of chest girth among district, state & national level cricketers. ................................................................. 171
Tab. No. 43 Comparison of upper arm girth among district, state & national level cricketers. ................................................................. 171
Tab. No. 44 Comparison of lower arm girth among district, state & national level cricketers. ................................................................. 172
Tab. No. 45 Comparison of body composition among district, state & national level cricketers. ................................................................. 172
Tab. No. 46 Comparison of speed among district, state & national level cricketers. ................................................................. 173
Tab. No. 47 Scheffe test for mean comparison of speed among district, state & national level cricketers. ................................................................. 174
Tab. No. 48 Comparison of strength among district, state & national level cricketers. ................................................................. 174
Tab. No. 49 Scheffe test for mean comparison of strength among district, state & national level cricketers. ................................................................. 175
Tab. No. 50 Comparison of agility among district, state & national level cricketers. ................................................................. 176
Tab. No. 51 Scheffe test for mean comparison of agility among district, state & national level cricketers. ................................................................. 177
Tab. No. 52 Comparison of flexibility among district, state & national level cricketers. ................................................................. 177
Tab. No. 53 Scheffe post hoc test for mean comparison of flexibility among district, state & national level cricketers. ................................................................. 178
Tab. No. 54 ANALYSIS OF COVARIANCE FOR PRE, POST & ADJUSTED POST TEST ON SPEED OF EXPERIMENTAL & CONTROL GROUPS ...................................................... 181
Tab. No. 55 SCHEFFE’S TEST FOR DIFFERENCE BETWEEN PAIRED MEANS ON SPEED ......................................................................................................................... 183
Tab. No. 56 ANALYSIS OF COVARIANCE FOR PRE, POST & ADJUSTED POST TEST ON ENDURANCE OF EXPERIMENTAL & CONTROL GROUPS .......................................................................................................................... 185
Tab. No. 57 SCHEFFE’S TEST FOR DIFFERENCE BETWEEN PAIRED MEANS ON ENDURANCE ................................................................................................................ 187
Tab. No. 58 ANALYSIS OF COVARIANCE FOR PRE, POST & ADJUSTED POST TEST ON EXPLOSIVE STRENGTH OF EXPERIMENTAL & CONTROL GROUPS .................................................................................................................. 188
Tab. No. 59 SCHEFFE’S TEST FOR DIFFERENCE BETWEEN PAIRED MEANS ON EXPLOSIVE STRENGTH .................................................................................................................. 190
Tab. No. 60 ANALYSIS OF COVARIANCE FOR PRE, POST & ADJUSTED POST TEST ON FLEXIBILITY OF EXPERIMENTAL & CONTROL GROUPS .................................................................................................................. 191
Tab. No. 61 SCHEFFE’S TEST FOR DIFFERENCE BETWEEN PAIRED MEANS ON FLEXIBILITY .................................................................................................................. 193
Tab. No. 62 ANALYSIS OF COVARIANCE FOR PRE, POST & ADJUSTED POST TEST ON RESTING HEART RATE OF EXPERIMENTAL & CONTROL GROUPS .................................................................................................................. 195
Tab. No. 63 SCHEFFE’S TEST FOR DIFFERENCE BETWEEN PAIRED MEANS ON RESTING HEART RATE .................................................................................................................. 196
Tab. No. 64 ANALYSIS OF COVARIANCE FOR PRE, POST & ADJUSTED POST TEST ON AEROBIC POWER OF EXPERIMENTAL & CONTROL GROUPS .................................................................................................................. 197
Tab. No. 65 SCHEFFE’S TEST FOR DIFFERENCE BETWEEN PAIRED MEANS ON AEROBIC POWER .................................................................................................................. 199
Tab. No. 66 ANALYSIS OF COVARIANCE FOR PRE, POST & ADJUSTED POST TEST ON ANAEROBIC POWER OF EXPERIMENTAL & CONTROL GROUPS .................................................................................................................. 200
Tab. No. 67 SCHEFFE’S TEST FOR DIFFERENCE BETWEEN PAIRED MEANS ON ANAEROBIC POWER .................................................................................................................. 202
Tab. No. 68 ANALYSIS OF COVARIANCE FOR PRE, POST & ADJUSTED POST TEST ON BREATH HOLDING TIME OF EXPERIMENTAL & CONTROL GROUPS ........................................................................................................203
Tab. No. 69 SCHEFFE’S TEST FOR DIFFERENCE BETWEEN PAIRED MEANS ON BREATH HOLDING TIME ........................................................................................................205
Tab. No. 70 ANALYSIS OF COVARIANCE FOR PRE, POST & ADJUSTED POST TEST ON SPORTS COMPETITIVE ANXIETY OF EXPERIMENTAL & CONTROL GROUPS ........................................................................................................206
Tab. No. 71 SCHEFFE’S TEST FOR DIFFERENCE BETWEEN PAIRED MEANS ON SPORTS COMPETITIVE ANXIETY TEST ..........................................................208
Tab. No. 72 ANALYSIS OF COVARIANCE OF PRE, POST & ADJUSTED POST TEST ON SOMATIC ANXIETY OF EXPERIMENTAL & CONTROL GROUPS ........................................................................................................209
Tab. No. 73 SCHEFFE’S TEST FOR DIFFERENCE BETWEEN PAIRED MEANS ON SOMATIC ANXIETY ........................................................................................................211
Tab. No. 74 ANALYSIS OF COVARIANCE FOR PRE, POST & ADJUSTED POST TEST ON COGNITIVE ANXIETY OF EXPERIMENTAL & CONTROL GROUPS ........................................................................................................212
Tab. No. 75 SCHEFFE’S TEST FOR DIFFERENCE BETWEEN PAIRED MEANS ON COGNITIVE ANXIETY ..........................................................................................214
Tab. No. 76 ANALYSIS OF COVARIANCE FOR PRE, POST & ADJUSTED POST TEST ON SELF CONFIDENCE OF EXPERIMENTAL & CONTROL GROUPS ........................................................................................................215
Tab. No. 77 SCHEFFE’S TEST FOR DIFFERENCE BETWEEN PAIRED MEANS ON SELF CONFIDENCE ..........................................................................................217
Tab. No. 78 ANALYSIS OF COVARIANCE FOR PRE, POST & ADJUSTED POST TEST ON SPORTS ACHIEVEMENT MOTIVATION OF EXPERIMENTAL & CONTROL GROUPS ........................................................................................................219
Tab. No. 79 SCHEFFE’S TEST FOR DIFFERENCE BETWEEN PAIRED MEANS ON SPORTS ACHIEVEMENT MOTIVATION ................................................................220
Tab. No. 80 ANALYSIS OF COVARIANCE FOR PRE, POST & ADJUSTED POST TEST ON CRICKET PLAYING ABILITY OF EXPERIMENTAL & CONTROL GROUPS ........................................................................................................222
Tab. No. 81 SCHEFFE’S TEST FOR DIFFERENCE BETWEEN .................................................................................................................................223