EFFECTS OF POWER TRAINING WITH VARIED INTENSITY ON SELECTED ANTHROPOMETRIC MEASUREMENTS, MOTOR FITNESS AND PHYSIOLOGICAL PARAMETERS AMONG THE VOLLEYBALL PLAYERS

THESIS SUBMITTED TO ALAGAPPA UNIVERSITY IN PARTIAL FULFILMENT FOR THE AWARD OF THE Degree OF DOCTOR OF PHILOSOPHY IN PHYSICAL EDUCATION

By M. FRANKLIN (Reg.No.0231)

RESEARCH SUPERVISOR
Dr. A. PALANISAMY

COLLEGE OF PHYSICAL EDUCATION
ALAGAPPA UNIVERSITY
(Re-Accredited with ‘A’ Grade by NAAC)
KARAIKUDI – 630 003
TAMIL NADU, INDIA.

OCTOBER 2014