B. Rajakumar,
Director of Physical Education,
Pavendhar Bharathidasan Institute of Information and Technology,
Tiruchirappalli,
Tamil Nadu, India.

DECLARATION BY THE SCHOLAR

I hereby declare that this research work entitled, “ACUTE EFFECTS OF CONTINUOUS RUNNING AND INTERMITTENT TRAINING PROGRAMMES ON SELECTED BIO-MOTOR, BIO-CHEMICAL AND ATHLETIC PERFORMANCE FACTORS OF PROFESSIONAL COLLEGE MEN ATHLETES” being submitted through the Department of Physical Education and Centre for Research, Ganesar Arts and Science College, Melasivapuri, Tamil Nadu, in partial fulfillment of the requirements for the degree “DOCTOR OF PHILOSOPHY IN PHYSICAL EDUCATION” under the guidance of Dr. N. Vijayareganathan, Director of Physical Education, Department of Physical Education and Centre for Research, Ganesar Arts and Science College, Melasivapuri, Tamil Nadu, 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.

Station: Tiruchirappalli
Date: B. RAJAKUMAR (Research Scholar)