BIBLIOGRAPHY

BOOKS


Chatterjee M (1980) “*Human Physiology*” Calcutta: Medical allied agency Pvt. Ltd.

Chatterjee M (2003) “*Viva Voce on Medical Physiology(Practical)*” Academic Publisher.


Majumdar, D.C., (1950), *Encyclopedia of Indian Physical Culture*, Baroda: Good Companies.

Majunder, *Encyclopedia of Indian Physical culture*.


Mohimker, (1952), *Our Physical activities*, Bombay: Hindu Printed work


Paish Wilf, (1976), *Track and field athletics*, London: Lepus Books

Reily Thomas and Eston Roger (2001), *Kinanthropometry and Exercise Physiology Laboratory manual*, Routledge Publisher .


JOURNALS


Fatouros et.al,(2005) “Strength training and detraining effects on muscular strength, anaerobic power, and mobility of inactive older men are intensity dependent” British Journal for Sports Medicine,39,pp.776-780.


Harinath et.al. (2004),“Effects of Hatha Yoga and Omkar Meditation on Cardio respiratory Performance Psychological Profile and Melatonin Secretion”, The Journal of Alternative and Complementary Medicine, 10:2, pp. 261 – 268.


Hisaeda et al. (2003), “The effects of balance training and high-intensity resistance training on person with idiopathic parkinson's disease”. *Arch Physiological Medical Rehabilitation*. 84(8), pp.1109-17.


Martins et al,(2010), “Effect of aerobic and strength-based training on metabolic health indicators in older adults”, *Lipids in Health and Disease* 9, P.76


Senthilkumar et al., “Influence of aerobic and anaerobic interval training compared with yogic practices on selected physical fitness variables of high school football players” American Journal of Medical Science, 1(2),pp.126-129.


**THESES**

