BIBLIOGRAPHY
BIBLIOGRAPHY

Books


BIBLIOGRAPHY (continued)


**Journals and Periodicals**


Fu, Frank H. et al., “Implementation of ICHPER- SD, Asian Health Related Fitness Test in Hong Kong” *ICHPER Journal* (Spring, 1994): 22-26

BIBLIOGRAPHY (continued)


Jean Traham, Baverly “The Effects of Two Specific Exercise Programme on the Body Composition of Women” *Dissertation Abstracts International* 34 (February 1974): 4878-A.


BIBLIOGRAPHY (continued)


Salughter, M.H.; Lohman, T.G. and Misner, J. E. “Relationship of Somatotype and Body Composition to Physical Performance in Seven to Twelve Year Old Boys” *Research Quarterly* 48 (March 1977): 159.

Samuel, Krebs Paul “The Effects of Exercise Training and/or Lecithin Supplement upon Serum Cholesterol, Triglycerides and Beta Lipoprotein”, *Dissertation Abstracts International* 39 (December 1979): 3451-A.


BIBLIOGRAPHY (continued)


Tooshi, Ali “Effect of Three Different Duration Endurance Training on Serum Cholesterol, Body Composition and Other Fitness Measures” Dissertation Abstracts International 31 (March 1971): 4533-A.


Miscellaneous

Concise Medical Dictionary S.V. “Cholesterol”


Stadman Medical Dictionary S.V. “Cholesterol”

Uppal, Arun Kumar “Comparative Effects of Two Duration Load Methods and Internal Running Method on Cardio-Respiratory Endurance and Selected Physical Variables” (Unpublished Doctoral Dissertation, Jiwaji University, Gwalior 1980).