

# LIST OF FIGURES

FIGURE NO.	DESCRIPTION	PAGE
1.	A subject is performing sit up test. Measurement of muscular endurance.	28A
2.	Subjects are performing the shuttle run test. Measurement of agility.	28A
3.	Recording of heart rate from carotid artery following sub maximal exercise.	34A
4.	A subject is performing step test for P. E. I.	34A
5.	Recording of reaction time of a female trainee	42A
6.	Recording of Galvanic skin response from the finger tips of a subject.	42A
7.	Comparison of body weight of the subjects before and after the training.	52
8.	Comparison of strength performance (shoulder girdle) before and after the training.	55
9.	Comparison of endurance performance (muscular) of the subjects before and after the training.	55
10.	Comparison of agility performance of the subjects before and after the training.	56
11.	Comparison of leg power performance of the subjects before and after the training.	56
12.	Comparison of speed performance of the subjects before and after the training.	58
13.	Comparison of endurance (Cardiorespiratory) of the subjects before and after the training.	58

FIGURE NO.	DESCRIPTION	PAGE
14.	Comparison of performance of the subjects in the formal activities before and after the training.	61
15.	Comparison of performance in the rhythmical activities before and after the training.	61
16.	Comparison of performance of the subjects in the individual activities before and after the training.	68
17.	Comparison of performance of the subjects in the group activities before and after the training.	68
18.	Comparison of RHR of the subjects before and after the training.	72
19.	Comparison of EHR of the subjects before and after the training.	72
20.	Comparison of PEI of the subjects before and after the training.	76
21.	Comparison of maximum oxygen uptake capacity of the subjects before and after the training.	76
22.	Comparison of sports achievement motivation before and after training.	81
23.	Comparison of anxiety level of the subjects before and after the training.	81
24.	Comparison of leadership quality of the subjects before and after the training.	85
25.	Comparison of reaction time before and after the training.	88
26.	Comparison of skin conductance before and after the training.	88