CHAPTER II

REVIEW OF RELATED LITERATURE
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The reviews are the main part of every research. It is the standard procedure adopted by scholars in general and researcher scholars in particular. A review of the related literature gives scholars an understanding of the work that has already been done in areas related to the study they are going to make. For any research work supporting evidences are very necessary, a literature review supports the investigator to formulate the hypothesis and opportunity to gain deep knowledge about the work. Moreover, a review helps a researcher to avoid replication of previous studies. It is a well established fact that a thorough review of available literature enables a researcher to fix priorities and to avoid distractions. Keeping all these facts in view, the researcher has made a bold attempt to make full use of the material available in the related literature.

Durse (2012) analysed the area of the study of effects of six weeks break in training practice on resting pulse rate and agility variables among the selected subjects. For this investigation fifty male used as a subject and they belong to seventeen and twenty five years of age group. The experimental group was engaged in six weeks break in training. Resting pulse rate and agility variable were considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for resting pulse rate and agility due to break in training programme.

Kumar (2012) the study is attempt to focus on the effects of eight weeks high intensity aerobic training and repeated sprint practice on resting pulse variable among the selected subjects. For this investigation forty five male used as a subject and they belong to seventeen and twenty five years of age group. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group separated for two groups and one non-performing group with the same number of performers. The special training group was involved in repeated sprint on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The statistical level was considered for this investigation as 0.05. The
outcome of this investigation clearly explicit that, there would have difference for resting pulse rate due to training variation.

Mahendiran and Balamurugan (2013) examined a study related to the area of the effects of twelve weeks bench stepping exercise practice on resting heart rate variables among the selected subjects. For this investigation thirty male used as a subject and they belong to nineteen and twenty five years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in bench stepping exercise on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. Resting heart rate variable was considered for this investigation. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not considered for this investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for resting heart rate due to training variation.

Kiruthiga (2012) examined a study related to the area of the effects of six weeks hollow sprint training practice on resting pulse rate and vital capacity variables among the selected subjects. For this investigation forty five school girls used as a subject and they belong to fourteen and sixteen years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in hollow sprint training with maximum of fifteen repetition and hollow sprint training with ten repetitions on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. Resting pulse rate and vital capacity variables were considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for vital capacity due to training variation. However, there would not have much difference in resting pulse rate.
Vino and Kumaresan (2012) evaluated the area of study of the effects of twelve weeks plyometric practice on resting heart rate variables among the selected subjects. For this investigation thirty male used as a subject and they belong to seventeen and twenty two years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. The special training group was involved in plyometric practice on every alternate day (Tuesday, Thursday and Saturday). A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for resting heart rate due to training variation.

Nithya and Maheshwari (2012) administrated the study of the effects of twelve weeks aerobic practice on respiratory rate variables among the selected subjects. For this investigation thirty male used as a subject and they belong to fourteen and seventeen years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in aerobic training on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Respiratory rate variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for the respiratory rate due to training variation.

Roy and Ghosh (2013) administrated the study of the effects of fourteen weeks yoga practice on resting heart rate and BP variables among the selected subjects. For this investigation thirty female diabetic patients used as a subject and they belong to thirty five and fifty five years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing
group, that training may be help make much improvement for the subjects. The special training group was involved in yogic asanas practice on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for resting heart rate and Bp due to training variation.

Indranil et al. (2010) examined the effect of training on selected physiological and biochemical variables among the selected subjects. For this investigation hundred and twenty soccer players used as a subject and they belong to nineteen and twenty three years of age group. The special training group separated for three groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in aerobic and skill development practice on every alternate day (Tuesday, Thursday and Saturday). Physiological and bio-chemical variables were considered for the present investigation. The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for haemoglobine (Hb) due to training variation. However, there would not have much difference in body mass and maximal heart rate.

Subradeepan (2014) evaluated the area of study of the change on six weeks resistance practice on physical and physiological variables among the selected subjects. For this investigation thirty Kabaddi male used as a subject and they belong to eighteen and twenty years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in resistance training practice on every alternate day (Tuesday, Thursday and Saturday). The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Physiological
variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for resting pulse rate due to training variation.

Kumar and Shanmuganathan (2012) administrated the study on the effects of nine weeks mind body walking practice on heart rate variables among the selected subjects. For this investigation thirty female used as a subject and they belong to eighteen and nineteen years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in walking on every alternate day (Tuesday, Thursday and Saturday). Heart rate variable was considered for the present investigation. Before the beginning of the conducting tests, the investigator recorded the data for all the three groups separately. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for resting heart rate due to training variation.

Varalakshmy and Saravanan (2014) made an attempt to analyze the effects of twelve weeks jogging and asanas practice on physiological variables among the selected subjects. For this investigation thirty girls used as a subject and they belong to twenty five and thirty years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in jogging and asanas on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Physiological variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for resting pulse rate due to training variation.

Sangita and Brajanath (2012) evaluated the area of study of effects of twelve weeks plyometric practice on resting pulse rate, respiratory rate, leg explosive power, hand explosive
power variables among the selected subjects. For this investigation sixty male used as a subject and they belong to eighteen and twenty two years of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in plyometric practice on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for selected variables due to training variation.

Ramkumar (2011) analysed the area of the study of the effects of eight weeks aerobic exercise practice on physiological variables among the selected subjects. For this investigation twenty middle aged men used as a subject and they belong to forty to forty five years of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in aerobic exercise practice on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for resting pulse rate due to training variation. However, there would not have much difference in breath holding.

Venkatesan and Kolanji.(2011) administrated the study of the effects of twelve weeks intensity resistance training practice on physiological variables among the selected subjects. For this investigation forty males used as a subject and they belong to seventeen and twenty five years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special
performing group, that training may be help make much improvement for the subjects. The special training group was involved in resistance exercise on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Bp and VO$_2$ variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for Bp due to training variation. However, there would not have much difference in VO$_2$.

Pandey (2014) analysed the area of the study of effects of three months practice of yoga exercise on pulse, systolic and diastolic BP variables among the selected subjects. For this investigation twenty eight males used as a subject and they belong to eighteen to twenty years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in yoga exercise on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Systolic and diastolic Bp, pulse variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for systolic and diastolic Bp and pulse due to training variation.

Eswarakrishnan and Singh (2012) analysed the area of the study of the effects of twelve weeks aerobic practice on systolic and diastolic Bp variables among the selected subjects. For this investigation twenty diabetic patients used as a subject and they belong to thirty and fifty years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in aerobic practice on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing
group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Systolic and diastolic Bp variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for systolic and diastolic Bp due to training variation.

Kothaiammal and Kumaressure (2012) examined a study related to the area of the effects of twelve weeks yogic practice and physical exercise practice on systolic and diastolic Bp, resting pulse rate variables among the selected subjects. For this investigation thirty women used as a subject and they belong to thirty five to forty years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in yogic practice and physical practice on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Systolic and diastolic Bp and pulse rate variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for systolic and diastolic Bp and pulse rate due to training variation.

Initha and Gopinathan (2012) analysed the area of the study of the effects of twelve weeks aerobic practice on respiratory rate, systolic and diastolic BP variables among the selected subjects. For this investigation forty five women used as a subject and they belong to thirty five and fifty five years of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in yoga training and aerobic practice on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Respiratory rate, systolic and diastolic Bp variable was considered for the present
investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for systolic and diastolic Bp and respiratory rate due to training variation.

Manickam and Sandeep (2014) administrated the study of the effects of physical relaxation technique on Bp among the selected sixty subjects. For this investigation sixty Bed students used as a subject and they belong to twenty two and thirty years of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in physical relaxation technique on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Bp variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for Bp due to training variation.

Shophana and Chandrasekharan (2014) the study is attempt to focus on the effects of twelve weeks aerobic exercise practice on physiological variables among the selected subjects. For this investigation thirty males used as a subject and they belong to thirteen and fourteen years of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in aerobic practice on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Pulse rate and systolic Bp variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for pulse rate and systolic Bp due to training variation.
Suman and Reddy (2012) made an attempt to analyze the effects of twelve weeks yogic practice on blood pressure variable among the selected subjects. For this investigation one hundred and twenty college women students used as a subject and they belong to sixteen and twenty years of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in yogic practice on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Bp variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for Bp due to training variation.

Kumaraguru et al (2014) administrated one study, the effects of six weeks aerobic training practice on physiological variables among the selected subjects. For this investigation thirteen males used as a subject and they belong to twenty and twenty five years of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in aerobic practice on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The subjects were not influenced by the researcher at any time while the data collection. All the subjects were taken part for the study with their own interest and without any compulsion. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Bp variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcomes of this investigation clearly explicit that there would not have much difference for Bp due to training variation.

Chittibabu (2012) analysed the area of the study of the effects of pre-cooling strategy using 3mg of melatonin during daytime on tympanic temperature, heart rate and endurance
capacity among the selected subjects. For this investigation twenty four males used as a subject and they belong to twenty one years (mean) of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The performing group was engaged in pre-cooling strategy using 3mg of melatonin while training. The investigator the data for the two groups and the data were collected with the help of medical institute, the heart rate by stop watch and the endurance by tread mill. The special training group was involved on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for tympanic temperature, heart rate and endurance capacity due to training variation.

Spitz et al. (2014) investigated the effects of elapsed time after warm-up on subsequent exercise performance in a cold environment. The 5-minute rest following warm-up in the temperate environment served as the control trial to which the other experimental trials were compared. Heart rate, lactate, and esophageal (Tes) and skin (Tsk) temperatures were measured throughout. Post rest and post-TT, Tes, and Tsk were lowest in the 30Cold trials. The extreme decrement in TT performance vs. 5Temp occurred in 30Cold. Theresult concluded that longer elapsed time following warm-up, combined with cold air exposure, resulted in potentially important reductions in exercise routine.

Elamaran and Samraj (2012) made an attempt to analyze the effects of one training season practice on RBC and hemoglobin variables among the selected subjects. For this investigation fifteen males used as a subject and they belong to seventeen and twenty five years of age group. The group was involved competition season practice in the sea level. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. The subjects were not influenced by the researcher at any time while the data collection. All the subjects were taken part for the study with their own interest and without any compulsion. RBC and haemoglobin variable was
considered for the present investigation. The statistical technique used this investigation for analysed the data by ‘t’ ratio. The statistical confidence level was considered as 0.05. The outcome of this investigation clearly explicit that, there would have difference for haemoglobin and RBC due to the environmental change and its influence on body condition.

Karthikeyan and Night (2012) the study is attempted to focus on the thracolumbar spine extension among sprinters, jumpers and throwers. A total of thirty males athletes of 15 sprinters, 15 jumpers and 15 throwers were randomly selected for this study. Thracolumbar spine extension variable was considered for the present investigation. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. The subjects were not influenced by the researcher at any time while the data collection. All the subjects were taken part for the study with their own interest and without any compulsion. Haemotological variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for haemotological due to training variation.

Ezhilarasi and Balaji (2012) made an attempt to analyze the effects of twelve weeks varied packages of yogic practice on hemoglobin and RBC variables among the selected subjects. For this investigation thirty male used as a subject and they belong to seventeen and twenty five years of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in yogic practice on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. The subjects were not influenced by the researcher at any time while the data collection. All the subjects were taken part for the study with their own interest and without any compulsion. Haemoglobin and RBC variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for haemoglobin and RBC due to training variation.
Manivannan et al. (2012) made an attempt to analyze the effects of six weeks plyometric practice on resting pulse rate and blood sugar variables among the selected subjects. For this investigation forty five males used as a subject and they belong to seventeen to twenty five years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in plyometric practice on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. The subjects were not influenced by the researcher at any time while the data collection. All the subjects were taken part for the study with their own interest and without any compulsion. Pulse rate and blood sugar variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for pulse rate and blood sugar due to training variation.

Saroja (2014) evaluated the area of study the effects of twelve weeks circuit training on motor fitness variables among the selected subjects. For this investigation sixty girls used as a subject and they belong to sixteen and twenty one years of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in circuit exercise on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Haemoglobin variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for haemoglobin due to training variation.

Vipin et al (2012) made an attempt to analyze the effects of twelve weeks plyometric practice on hematological variables among the selected subjects. For this investigation thirty
males used as a subject and they belong to fifteen to seventeen years of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in plyometric practice on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The subjects were not influenced by the researcher at any time while the data collection. All the subjects were taken part for the study with their own interest and without any compulsion. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. RBC variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for RBC due to training variation.

Ram et al. (2012) analysed the area of the study of effects of twelve weeks plyometric practice on hemoglobin and RBC variables among the selected subjects. For this investigation sixty males used as a subject and they belong to twenty to twenty five years of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in plyometric practice on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. RBC variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for haemoglobin and RBC due to training variation.

Rajendran (2012) administrated the study of the effects of eight weeks resisted sprint and plyometric practice on RBC count and hemoglobin variables among the selected subjects. For
Sanjoy and Krishna (2012) administrated the study of the effects of eight weeks recreation practice on speed and agility variables among the selected subjects. For this investigation thirty males used as a subject and they belong to thirteen and sixteen years of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in recreation practice on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Speed and agility variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for Speed and agility due to training variation.

Rawal et al. (2012) find out the impact of two types of resistance practice on leg power and speed among the selected subjects. For this investigation forty five males used as a subject and they belong to seventeen to twenty two years of age group. The special training group
separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in resistance practice on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Speed and leg power variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for Speed and leg power due to training variation.

Malik et al. (2012) examined a study related to the area of the effects of eight weeks resistance practice on strength, speed and agility variables among the selected subjects. For this investigation thirty males used as a subject and they belong to seventeen and twenty five years of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in resistance practice on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Strength speed and agility variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for Strength speed and agility due to training variation.

Sakthignanavel (2015) the study is attempt to focus on the effects of twelve weeks plyometric and resistance practice on speed and jumping performance variables among the selected urban boys subjects. For this investigation forty five males used as a subject and they belong to sixteen and eighteen years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in plyometric and
resistance practice on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Speed and jumping performance variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for speed and jumping performance due to training variation.

Manikandan and Premkumar (2010) examined a study related to the area of the effects of twelve weeks different intensities of plyometric practice on speed variable among the selected subjects. For this investigation sixty males used as a subject and they belong to seventeen to twenty five years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in plyometric practice on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Speed variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for speed due to training variation.

Jyothi et al (2014) the study is attempt to focus on the effects of six weeks interval training practice on Physiological variables among the selected subjects. For this investigation thirty males used as a subject and they belong to eighteen and twenty years of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in interval training on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Speed variable was considered for the
The present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for speed due to training variation.

Ananthakumar and Manikandan (2014) analysed the area of the study of the effects of eight weeks plyometric practice on bio-motor abilities variables among the selected subjects. For this investigation thirty males used as a subject and they belong to eighteen and twenty five years of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in plyometric practice on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Speed variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for speed due to training variation.

Medya and Ghosh.(2013) the study is attempt to focus on the effects of twelve weeks aerobic training practice on motor performance variables among the selected subjects. For this investigation thirty two males used as a subject and they belong to twenty to twenty four years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in aerobic training on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Speed variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for speed due to training variation.
Babu and Gopinath (2012) evaluated the area of study of the effects of eight weeks yogic practice on speed and flexibility variables among the selected subjects. For this investigation forty male players used as a subject and they belong to eighteen and twenty two years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in yogic practice on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Speed and flexibility variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for speed and flexibility due to training variation.

Jayabal and Thirumalaikumar (2012) analysed the area of the study the effects of twelve weeks aerobic and circuit practice on speed and agility variables among the selected subjects. For this investigation forty five males used as a subject and they belong to eighteen and twenty five years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in aerobic and circuit training on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Speed and agility variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for speed and agility due to training variation.

Kumar and Kumar (2012) the study is attempt to focus on the effects of twelve weeks aerobic practice on speed and agility variables among the selected subjects. For this investigation forty five college male used as a subject and they belong to eighteen and twenty five years of age group. The special training group separated for three groups and one non-performing group with
the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in aerobic and strength training on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Speed and agility variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for speed and agility due to training variation.

Arumuganaianar et al. (2012) evaluated the area of study of the effects of six weeks different forms of plyometric training practice on speed variable among the selected subjects. For this investigation thirty two college students used as a subject and they belong to eighteen and twenty two years of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in plyometric training on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Speed variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for speed due to training variation.

Medya (2011) examined a study related to the area of the effects of eight weeks plyometric practice on broad jump performance variable among the selected subjects For this investigation two hundred boys used as a subject and they belong to ten and sixteen years of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in plyometric training on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing
The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Broad jump variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for broad jump due to training variation.

Muralidharan and Antony (2014) evaluated the area of study of the effects of twelve weeks resistance and plyometric practice on explosive power, agility and speed variables among the selected subjects. For this investigation sixty males used as a subject and they belong to fifteen and eighteen years of age group. The special training group separated for three groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in load sprint training, plyometric training and combined of both training on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Explosive power, agility and speed variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for explosive power, agility and speed due to training variation.

Ketheeswaran and Gopinath (2013) made an attempt to analyze the AAPHER fitness among the selected subjects. For this investigation eight hundred adolescent boys used as a subject and they belong to fourteen and fifteen years of age group. The subjects were assessed for the fitness variables of speed, explosive power, endurance, abdominal strength agility and arm strength were of Srilankan students. The result of the study says that the adolescent boys of west province of Srilanka were having poor physical fitness qualities as speed, explosive power, endurance, abdominal strength and arm strength.

Manickam et al. (2013) evaluated the area of study of the effects of six weeks specific concentric and combined physical motor abilities of practice on speed, explosive power and long jump variables among the selected subjects. For this investigation sixty female students used as a
subject and they belong to fourteen and seventeen years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in specific concentric and combined physical motor abilities on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Speed and explosive power variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for speed and explosive power due to training variation.

Kumar (2013) administrated the study of the effects of twelve weeks varied intensity resistance practice on power parameter variables among the selected subjects. For this investigation forty five males used as a subject and they belong to eighteen and twenty four years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in high and low resistance training on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Power parameters variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for power parameters due to training variation.

Sendhil et al. (2012) administrated the study of the effects of twelve weeks complex training practice on speed and leg explosive power variables among the selected subjects. For this investigation thirty males used as a subject and they belong to eighteen and twenty three years of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects.
The special training group was involved in complex training practice on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Speed and leg explosive power variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for speed and leg explosive power due to training variation.

Vyas and Singh (2012) the study is attempt to focus on the effects of six weeks plyometric practice on explosive strength variables among the selected subjects. For this investigation thirty middle aged school students used as a subject and they belong to twelve and eighteen years of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in plyometric practice on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Explosive strength variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for explosive strength due to training variation.

Arumugam and Elango (2012) evaluated the area of the study of effects of eight weeks jump rope training and box jump training practice on explosive power variable among the selected subjects. For this investigation thirty college male athletes used as a subject and they belong to twenty one twenty six years of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in rope training box training on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be
considered for this study. Explosive power variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for explosive power due to training variation.

Pramod, K. G. (2012) the study is attempt to focus on the effects of twelve weeks step aerobics training practice on explosive power variables among the selected subjects. For this investigation thirty female students used as a subject and they belong to twenty and twenty four years of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in step aerobics practice on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Explosive power variable was considered for the present investigation as 0.05. The outcome of this investigation clearly explicit that, there would have much difference for explosive power due to training variation.

Sivaraman (2011) examined a study related to the area of the effects of twelve weeks stair running practice on speed and explosive strength variables among the selected subjects. For this investigation twenty male students used as a subject and they belong to eighteen and twenty five years of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in stair running practice on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Speed and explosive strength variable was considered for the present investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for speed and explosive strength due to training variation.
Kar and Mondal (2013) the study is attempt to focus on the effects of four weeks short term plyometric training practice on power development among the selected subjects. For this investigation forty five males used as a subject and they belong to twenty two twenty five years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in medicine ball and push-up practice on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Power variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for power due to training variation.

Poornachandran. (2012) examined a study related to the area of the effects of six weeks plyometric practice on resting pulse rate and blood sugar variables among the selected subjects. For this investigation sixty college male volleyball players used as a subject and they belong to eighteen and twenty one years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in plyometric and rope training on every alternate day (Tuesday, Thursday and Saturday). The subjects were not influenced by the researcher at any time while the data collection. All the subjects were taken part for the study with their own interest and without any compulsion. The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Explosive power variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for explosive power due to training variation.

Rajaram and Moorthy. (2012) examined a study related to the area of the effects of eight weeks complex and contrast training practice on explosive power variables among the selected
subjects. For this investigation forty five male college students used as a subject and they belong to eighteen and twenty five years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in complex and contrast training on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The subjects were not influenced by the researcher at any time while the data collection. All the subjects were taken part for the study with their own interest and without any compulsion. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Explosive power variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for explosive power due to training variation.

Aldrin et al. (2012) analysed the area of the study the effects of twelve weeks plyometric practice on explosive power and elastic power variables among the selected subjects. For this investigation twenty male college students used as a subject and they belong to twenty one twenty five years of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in aerobic and circuit training on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Explosive and elastic power variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for explosive and elastic power due to training variation.

Vipendra (2012) examined a study related to the area of effects of twelve weeks physical fitness practice on flexibility, strength, biochemical variables among the selected subjects. For
this investigation thirty players used as a subject and they belong to seventeen twenty five years of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in physical fitness training on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Flexibility and strength variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for flexibility and strength due to training variation.

Jitendra et al. (2012) the study is attempt to focus on the effects of twelve weeks plyometric practice on explosive strength and vital capacity variables among the selected subjects. For this investigation forty five male Kabaddi players used as a subject and they belong to eighteen and twenty five years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in aerobic and plyometric training on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The subjects were not influenced by the researcher at any time while the data collection. All the subjects were taken part for the study with their own interest and without any compulsion. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Vital capacity variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for vital capacity due to training variation.

Maniazhagu (2012) evaluated the area of study of effects of six weeks circuit and paecours practice on muscle strength variable among the selected subjects. For this investigation forty five school girls used as a subject and they belong to thirteen and fifteen years of age
group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in circuit training on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Muscle strength variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for muscle strength due to training variation.

Krishna (2015) made an attempt to analyze the effects of six weeks plyometric practice on shoulder strength and speed variables among the selected subjects. For this investigation twenty male used as a subject and they belong to fifteen and twenty years of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in plyometric training on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Shoulder strength and speed variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for shoulder strength and speed due to training variation.

Arumugam (2010) made an attempt to analyze the effects of six weeks resistance and plyometric practice on muscle strength and explosive power variables among the selected subjects. For this investigation forty males used as a subject and they belong to seventeen and nineteen years of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in different seasonal training on every
alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Muscle strength and explosive power variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for muscle strength and explosive power due to training variation.

Arasan and Perumal (2013) administrated the study of the effects of six weeks jump roping practice on muscular strength variables among the selected subjects. For this investigation twenty four school boys used as a subject and they belong to thirteen and fourteen years of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in jump roping practice on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The subjects were not influenced by the researcher at any time while the data collection. All the subjects were taken part for the study with their own interest and without any compulsion. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Muscular strength variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for muscular strength due to training variation.

Parimalam and Pushparajan. (2013) analysed the area of the study of the effects of eight weeks specific basketball training, traditional training practice on arm strength variables among the selected subjects. For this investigation sixty inter collegiate women players used as a subject and they belong to seventeen twenty five years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in basketball and traditional training on every alternate day (Tuesday, Thursday and Saturday). The researcher did
not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Arm strength variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for arm strength due to training variation.

Srivastava and pal (2014) the study is attempt to focus on the effects of vegetables and non-vegetables nutrition on performance of physical fitness among the selected subjects. For this investigation two hundred and sixty school boys used as a subject and they belong to twelve and sixteen years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in training with eating habits of vegetables and non-vegetables on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The subjects were not influenced by the researcher at any time while the data collection. All the subjects were taken part for the study with their own interest and without any compulsion. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. 100m, long jump and shot put variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for 100m, long jump and shot put due to training variation.

Dattu (2012) evaluated the area of study of effects of twelve weeks plyometric and circuit training practice on vertical jump variable among the selected subjects. For this investigation seventy five males used as a subject and they belong to eighteen and twenty five years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in plyometric and circuit training on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The
psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. The subjects were not influenced by the researcher at any time while the data collection. All the subjects were taken part for the study with their own interest and without any compulsion. Vertical jump variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for vertical jump due to training variation.

Muralidharan (2012) analysed the area of the study of the effects of eight weeks resistance circuit training practice on back strength variable among the selected subjects. For this investigation forty college level students used as a subject and they belong to seventeen and twenty three years of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in resistance circuit training on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The subjects were not influenced by the researcher at any time while the data collection. All the subjects were taken part for the study with their own interest and without any compulsion. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Back strength variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for back strength due to training variation.

Mahalakshmi et al. (2012) the study is attempt to focus on the effects of sixteen weeks physioterapeutic technique practice on core muscle strength variables among the selected subjects. For this investigation fifteen female injured athlete used as a subject and they belong to seventeen twenty five years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in physioterapeutic technique orients practice on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give
any unique activity for non-performing group. The subjects were not influenced by the researcher at any time while the data collection. All the subjects were taken part for the study with their own interest and without any compulsion. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Core muscle strength variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for core muscle strength due to training variation.

Suresh et al. (2012) administrated the study the effects of six weeks fartlek and staircase training practice on speed and strength variables among the selected subjects. For this investigation thirty male college students used as a subject and they belong to eighteen and twenty five years of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in fartlek and staircase on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. The subjects were not influenced by the researcher at any time while the data collection. All the subjects were taken part for the study with their own interest and without any compulsion. Speed and strength variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for speed and strength due to training variation.

Arumugam and Selvi (2014) administrated the study the effects of six weeks Swiss ball training and resistance training on fitness variables among the selected subjects. For this investigation sixty girls used as a subject and they belong to eighteen and twenty five years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in circuit training on every alternate day (Tuesday, Thursday and Saturday).
The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. The subjects were not influenced by the researcher at any time while the data collection. All the subjects were taken part for the study with their own interest and without any compulsion. Muscular strength variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for muscular strength due to training variation.

Varma and Babu (2015) examined a study related to the area of the effects of twelve weeks high and low aerobic training practice on aerobic capacity variable among the selected subjects. For this investigation thirty male used as a subject and they belong to seventeen and twenty three years of age group. This investigation comprised with one special training group and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in high and low aerobic training on every alternate day (Tuesday, Thursday and Saturday). The subjects were not influenced by the researcher at any time while the data collection. All the subjects were taken part for the study with their own interest and without any compulsion. The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Aerobic capacity variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for aerobic capacity due to training variation.

Neethi and Raja (2012) examined a study related to the area of the effects of eight weeks yoga practice and physical exercise practice on muscular endurance variables among the selected subjects. For this investigation thirty male students used as a subject and they belong to eighteen and twenty three years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in yoga practice and physical exercise on every alternate day (Tuesday, Thursday and Saturday).
The researcher did not give any unique activity for non-performing group. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. The subjects were not influenced by the researcher at any time while the data collection. All the subjects were taken part for the study with their own interest and without any compulsion. Muscular endurance variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for muscular endurance due to training variation.

Vanitha et al (2014) examined a study related to the area of the effects of six weeks plyometric and weight training practice on motor fitness components and physiological variables among the selected subjects. For this investigation forty five males used as a subject and they belong to eighteen twenty one years of age group. The special training group separated for two groups and one non-performing group with the same number of performers. A special programme have assigned for special performing group, that training may be help make much improvement for the subjects. The special training group was involved in plyometric practice on every alternate day (Tuesday, Thursday and Saturday). The researcher did not give any unique activity for non-performing group. The subjects were not influenced by the researcher at any time while the data collection. All the subjects were taken part for the study with their own interest and without any compulsion. The psychological parameters, physiological conditions of the subjects and the past experience for the sports competitions could not be considered for this study. Motor fitness and physiological variable was considered for the present investigation. The statistical level was considered for this investigation as 0.05. The outcome of this investigation clearly explicit that, there would have difference for motor fitness and physiological variables due to training variation.

Thus the above mentioned review of related literature has enabled the present investigator to know about the findings made earlier in this field of study and it has enabled him to analysis the data and testing of the thesis methodology is given in the succeeding chapter.