**Acknowledgements**

All praises and thanks to the Almighty God who taught the man what he knew not and who blessed him with wisdom and courage. It is God's will that this thesis has seen the daylight.

In the first place I would like to present thanks and gratitude to my supervisor Dr. Kabir Shah Khan, Department of Physical Health & Sports Education, Aligarh Muslim University, Aligarh, under whose continuous guidance, valuable suggestions and encouragement in my work I am able to complete this thesis.

I shall be failing in my duties if I do not express my heartiest thanks to Prof. Ikram Hussain Chairman Department of Physical Health & Sports Education, Aligarh Muslim University, Aligarh, for his valuable inspiration and providing me necessary research facilities in the department.

A thesis is a long and difficult process and is never successful unless the support and assistance from others. I would like to take this opportunity to acknowledge those who have support throughout the completion of my thesis and for showing interest in my work specially Prof. Jaowad Ali Khan Ex. Chairman Department of Physical Health & Sports Education, Aligarh Muslim University, Aligarh.

I would also like to extend my sincere thanks all my teachers and non-teaching staff of the Department of Physical Health & Sports Education, Aligarh Muslim University, Aligarh, for their encouragement and motivation for this academic endeavour.
Acknowledgements

My cordial thanks are also due to Prof. Akbar Husain Department of Psychology Aligarh Muslim University, Aligarh, for his invaluable help in this thesis.

I would like to extend my thanks to Dr. Haseeb Akhtar, Department of Statistics & Operational Research, Aligarh Muslim University, Aligarh, for his valuable suggestions and help in terms of statistical treatment of data.

My special thanks are due to the all participants as well as organizing committee of All India Intervarsity Athletics Championship, University of Bangalore for extending valuable help and cooperation during the course of data collection.

I want to thanks everyone who extended their help in making this study a success.

Finally, I owe a deep sense of gratitude to the authorities of Aligarh Muslim University, my Alma mater, for providing me adequate research facilities.

Abdul Azeej Khan