

LIST OF TABLES

Table		Page
I	Intra-Class Co-efficient of Correlation Test-Retest Scores	76
II	Oneway Analysis of Variance of Age among University Men Football, Basketball and Volleyball Players	90
III	Oneway Analysis of Variance of Body Weight among University Men Football, Basketball and Volleyball Players	93
III-A	Ordered Scheffe's Post-Hoc Test for Body Weight Means and Difference between Means of University Men Football, Basketball and Volleyball Players	93
IV	Oneway Analysis of Variance of Height among University Men Football, Basketball and Volleyball Players	97
IV-A	Ordered Scheffe's Post-Hoc Test for Height Means and Difference between Means of University Men Football, Basketball and Volleyball Players	97
V	Oneway Analysis of Variance of Sitting Height among University Men Football, Basketball and Volleyball Players	101
V-A	Ordered Scheffe's Post-Hoc Test for Sitting Height Means and Difference between Means of University Men Football, Basketball and Volleyball Players	101
VI	Oneway Analysis of Variance of Lower Limb Length among University Men Football, Basketball and Volleyball Players	105
VI-A	Ordered Scheffe's Post-Hoc Test for Lower Limb Length Means and Difference between Means of University Men Football, Basketball and Volleyball Players	105
VII	Oneway Analysis of Variance of Upper Limb Length among University Men Football, Basketball and Volleyball Players	109

LIST OF TABLES (Continued)

Table		Page
VII-A	Ordered Scheffe's Post-Hoc Test for Upper Limb Length Means and Difference between Means of University Men Football, Basketball and Volleyball Players	109
VIII	Oneway Analysis of Variance of Humerus Width among University Men Football, Basketball and Volleyball Players	113
IX	Oneway Analysis of Variance of Femur Width among University Men Football, Basketball and Volleyball Players	116
X	Oneway Analysis of Variance of Chest Circumference among University Men Football, Basketball and Volleyball Players	119
XI	Oneway Analysis of Variance of Abdominal Circumference among University Men Football, Basketball and Volleyball Players	122
XII	Oneway Analysis of Variance of Relaxed Arm Circumference among University Men Football, Basketball and Volleyball Players	125
XII-A	Ordered Scheffe's Post-Hoc Test for Relaxed Arm Circumference Means and Difference between Means of University Men Football, Basketball and Volleyball Players	125
XIII	Oneway Analysis of Variance of Flexed Arm Circumference among University Men Football, Basketball and Volleyball Players	129
XIII-A	Ordered Scheffe's Post-Hoc Test for Flexed Arm Circumference Means and Difference between Means of University Men Football, Basketball and Volleyball Players	129
XIV	Oneway Analysis of Variance of Calf Circumference among University Men Football, Basketball and Volleyball Players	133
XIV-A	Ordered Scheffe's Post-Hoc Test for Calf Circumference Means and Difference between Means of University Men Football, Basketball and Volleyball Players	133

LIST OF TABLES (Continued)

Table		Page
XV	Oneway Analysis of Variance of Sum of Six Skinfolds among University Men Football, Basketball and Volleyball Players	137
XVI	Oneway Analysis of Variance of Ponderal Index among University Men Football, Basketball and Volleyball Players	140
XVI-A	Ordered Scheffe's Post-Hoc Test for Ponderal Index Means and Difference between Means of University Men Football, Basketball and Volleyball Players	140
XVII	Oneway Analysis of Variance of Skelic Index among University Men Football, Basketball and Volleyball Players	144
XVII-A	Ordered Scheffe's Post-Hoc Test for Skelic Index Means and Difference between Means of University Men Football, Basketball and Volleyball Players	144
XVIII	Oneway Analysis of Variance of Endomorphy among University Men Football, Basketball and Volleyball Players	148
XIX	Oneway Analysis of Variance of Mesomorphy among University Men Football, Basketball and Volleyball Players	151
XIX-A	Ordered Scheffe's Post-Hoc Test for Mesomorphy Means and Difference between Means of University Men Football, Basketball and Volleyball Players	151
XX	Oneway Analysis of Variance of Ectomorphy among University Men Football, Basketball and Volleyball Players	155
XX-A	Ordered Scheffe's Post-Hoc Test for Ectomorphy Means and Difference between Means of University Men Football, Basketball and Volleyball Players	155
XXI	Oneway Analysis of Variance of Percent Fat among University Men Football, Basketball and Volleyball Players	159

LIST OF FIGURES

Figure No.	ILLUSTRATIONS	Page
I	The Mean Values of Age Among University Men Football, Basketball and Volleyball Players	91
II	The Mean Values of Body Weight Among University Men Football, Basketball and Volleyball Players	95
III	The Mean Values of Height Among University Men Football, Basketball and Volleyball Players	99
IV	The Mean Values of Sitting Height Among University Men Football, Basketball and Volleyball Players	103
V	The Mean Values of Lower Limb Length Among University Men Football, Basketball and Volleyball Players	107
VI	The Mean Values of Upper Limb Length Among University Men Football, Basketball and Volleyball Players	111
VII	The Mean Values of Humerus Width Among University Men Football, Basketball and Volleyball Players	114
VIII	The Mean Values of Femur Width Among University Men Football, Basketball and Volleyball Players	117
IX	The Mean Values of Chest Circumference Among University Men Football, Basketball and Volleyball Players	120
X	The Mean Values of Abdominal Circumference Among University Men Football, Basketball and Volleyball Players	123
XI	The Mean Values of Relaxed Arm Circumference Among University Men Football, Basketball and Volleyball Players	127
XII	The Mean Values of Flexed Arm Circumference Among University Men Football, Basketball and Volleyball Players	131
XIII	The Mean Values of Calf Circumference Among University Men Football, Basketball and Volleyball Players	135

LIST OF FIGURES (Continued)

Figure No.	ILLUSTRATIONS	Page
XIV	The Mean Values of Sum of Six Skinfolds Among University Men Football, Basketball and Volleyball Players	138
XV	The Mean Values of Ponderal Index Among University Men Football, Basketball and Volleyball Players	142
XVI	The Mean Values of Skelic Index Among University Men Football, Basketball and Volleyball Players	146
XVII	The Mean Values of Endomorphy Among University Men Football, Basketball and Volleyball Players	149
XVIII	The Mean Values of Mesomorphy Among University Men Football, Basketball and Volleyball Players	153
XIX	The Mean Values of Ectomorphy Among University Men Football, Basketball and Volleyball Players	157
XX	The Mean Values of Percent Fat Among University Men Football, Basketball and Volleyball Players	161
XXI	The Mean Values of Absolute Fat Among University Men Football, Basketball and Volleyball Players	165
XXII	The Mean Values of Lean Body Weight Among University Men Football, Basketball and Volleyball Players	169
XXIII	The Mean Values of Anaerobic Power Among University Men Football, Basketball and Volleyball Players	173
XXIV	The Mean Values of Resting Pulse Rate Among University Men Football, Basketball and Volleyball Players	177
XXV	The Mean Values of Cardiorespiratory Endurance Among University Men Football, Basketball and Volleyball Players	181

LIST OF APPENDICES

Appendix	Page
A Experiment Consent Form	196
B Wilmore and Behnke's Equation used for Determining Body Composition	197
C Heath-Carter Somatotype Rating Form	198
D Procedures for Obtaining the Somatotype Ratings using Heath-Carter Anthropometric Somatotype Rating Form	199
I Raw Scores on Age of University Men Football, Basketball and Volleyball Players	201
II The Mean Values of Body Weight of University Men Football, Basketball and Volleyball Players	202
III Raw Scores on Height of University Men Football, Basketball and Volleyball Players	203
IV Raw Scores on Sitting Height of University Men Football, Basketball and Volleyball Players	204
V Raw Scores on Lower Limb Length of University Men Football, Basketball and Volleyball Players	205
VI Raw Scores on Upper Limb Length of University Men Football, Basketball and Volleyball Players	206
VII Raw Scores on Humerus Width of University Men Football, Basketball and Volleyball Players	207
VIII Raw Scores on Femur Width of University Men Football, Basketball and Volleyball Players	208
IX Raw Scores on Chest Circumference of University Men Football, Basketball and Volleyball Players	209
X Raw Scores on Abdominal Circumference of University Men Football, Basketball and Volleyball Players	210
XI Raw Scores on Relaxed Arm Circumference of University Men Football, Basketball and Volleyball Players	211
XII Raw Scores on Flexed Arm Circumference of University Men Football, Basketball and Volleyball Players	212

LIST OF APPENDICES

Appendix		Page
XIII	Raw Scores on Calf Circumference of University Men Football, Basketball and Volleyball Players	213
XIV	Raw Scores on Sum of Six Skinfolds of University Men Football, Basketball and Volleyball Players	214
XV	Raw Scores on Ponderal Index of University Men Football, Basketball and Volleyball Players	215
XVI	Raw Scores on Skelic Index of University Men Football, Basketball and Volleyball Players	216
XVII	Raw Scores on Endomorphy of University Men Football, Basketball and Volleyball Players	217
XVIII	Raw Scores on Mesomorphy of University Men Football, Basketball and Volleyball Players	218
XIX	Raw Scores on Ectomorphy of University Men Football, Basketball and Volleyball Players	219
XX	Raw Scores on Percent Fat of University Men Football, Basketball and Volleyball Players	220
XXI	Raw Scores on Absolute Fat of University Men Football, Basketball and Volleyball Players	221
XXII	Raw Scores on Lean Body Weight of University Men Football, Basketball and Volleyball Players	222
XXIII	Raw Scores on Anaerobic Power of University Men Football, Basketball and Volleyball Players	223
XXIV	Raw Scores on Resting Pulse Rate of University Men Football, Basketball and Volleyball Players	224
XXV	Raw Scores on Cardiorespiratory Endurance of University Men Football, Basketball and Volleyball Players	225