ACKNOWLEDGEMENTS

I hereby place on record my deep sense of gratitude to Dr. K. VAITHIANATHAN, Ph.D., Professor and Director, Department of Physical Education and Sports Sciences, Annamalai University, Annamalai Nagar, Chidambaram for his motivation, consistent guidance and encouragement. But for him, I could not have completed this thesis in time and so well. Dr. K. Vaithianathan, with his rich and varied experience and with his deep knowledge of the subject had been a source of inspiration. He has proved himself to be an ideal guide, displaying a sense of commitment and leadership and monumental patience. No praise can be too high for him and yet, I feel it my pleasant duty to acknowledge these qualities and the computer mind of Dr. K. Vaithianathan.

I have had the fortune of enjoying the benefits of the wisdom and sharing of expertise of Dr. G. RAVINDRAN, Ph.D., Reader, Department of Physical Education and Sports Sciences, Annamalai University, Annamalai Nagar, Chidambaram.
I thank from the bottom of my heart my good friend Mr. A.S.Nageswaran, Lecturer, Dr. Sivanthi Aditanar College of Physical Education for his sincere help in the successful completion and presentation of this research.

I wholeheartedly thank the University Grants Commission (U.G.C.) for sanctioning me a financial grant for this research work.

I am grateful to the Principal Dr. A. Athichan, Mr. D. Jimreeves, Mr. B. Navneethan and Mr. V. Sundaramoorthy Lecturers of Dr. Sivanthi Adithanar College of Physical Education, Tiruchendur, for their sincere help in completing this study.

I express my gratitude to Dr. D. Shunmugananthan, Prof. K.M. Mohammed Farook, Prof. N. C. Narayanan, Mr. Mohan Rajkumar and Mr. P. Michaelraj for their assistance in my research work.

I owe my grateful thanks to Prof. E.D. Ponnudurai, Prof. T. Pandian Thanasingh, Former Principals, St. John’s College,
and Dr. J. Balasingh Principal of St. John's College, Palayamkottai for their constant encouragement.

My heartfelt gratitude is extended to Dr. Rajkumar Ambrose, Mrs. Sarojini Ambrose and Mr. Vinod Ambrose of the U.S.A., for providing me the necessary literature.

I am indebted to Mr. G. Namasivayam for his deep involvement in making this study a grand success.

My sincere thanks are extended to Dr. P. Kanagaraj, Reader in English, St. John's College, Palayamkottai for having corrected the language part of the thesis.

I wish to extend my sincere thanks to Mr. K. Siva Murugan, Director, Siva Computers, Palayamkottai and his associate Mr. G. Parthasarathy who displayed exceptional professionalism in typing this thesis elegantly.

The field of study was the most important area of any research and it required the co-operation of a number of people. The Headmasters and The Headmistresses of the Schools gave their
gracious consent for me to conduct my field study. The Physical Directors, Physical Directresses and Physical Education Teachers offered their full help and co-operation. I express my gratitude to all of them. They are not named here for want of space. My sincere gratitude to Mrs. Manorama Benjamin for her service in the administration of skinfold measurements for girls. Last but not the least, I express my thanks to all the students who have responded enthusiastically and whole-heartedly to my request for undergoing the tests.

A word of thanks also goes to my mother Mrs. Grace Thomas, my wife Mrs. L. Chandravathana and my son Mr. H. Brighton Isaac John who have been my source of inspiration to complete this research in time.

D. Harrington Thomas