BIBLIOGRAPHY


Bhutia K.K. and Trinath Purothil, **Principles and Practice of Education** (Kalyori Publishers, New Delhi, 1989).


__________, Debrach A. West, **Foundation of Physical Education and Sports** (Saint Louis: Time Mirror Mosby Company Publishing, 1987).

__________, William E. Prentice, **Fitness and Life** (Toronto: C.V. Mosby Company, 1985).


Coft, Waynel West, **Strength and Fitness Physiological Principles and Training Techniques**. (Boston: Allyn and Bacon Inc., 1949).


Dan Antnony, **Field Athletics** (London Bats for Education Ltd., 1982).

Delavan Phil, Tom Pagani, Tom Telly, **Track and Field Coaching Manual** (USA: The Athletic Congress, 1996).


Schmolinsky, Gerhartl, Track and Field (Berlin: Sport Verlog Publications, 1978).


Yuhasz, Michal S., Physical Fitness Manual (London University of Western Ontario, 1977).


Carter, Byron Lagary (1994), "A Review of the Professional Preparation for Undergraduate Students in Corporate / Industrial and Hospital / Medical Wellness and Fitness Programme", *Dissertation Abstract International* Vol.54, No.9, 3367-68A.


Murugesan, "Effects of Hollow Sprints and Fartlek Training on Selected Physiological Variables". Unpublished M.Phil., Dissertation Alagappa University, Karaikudi, July 1990.


Ron, Maxey, "Physical Fitness Changes in Mildly Handicapped Individuals Following a Six Week Karate Instructional Programme, Arkanas University, 1989.


Uppal Arun Kumar, "Comparative Effect of Two Duration Load Methods and Interval Training Method on Cardio Respiratory Endurance and Selected Physiological Variables", Unpublished Doctoral Dissertation Jiwaji University, Gwalior, June 1980.


Wayne, Lee S. Task Related Aerobic and An Aerobic Physical Fitness Standards for The Canadian Army (Soldiers), Alberta University, Canada, 1992.