The modern era aims at the improvement and maintenance of sports standards and development of physical fitness.

Physical Education programme has the tremendous role to play to fulfil these aspirations. Physical Education programme builds efficiency in body adaptability which enhances body's adjustments for improvement and maintenance of athletic performance. A sound physical education programme causes functional, biochemical and other physiological changes.

The present investigation is an unique responsibility undertaken by the scholar in implementing physical education programme on the development of physical fitness variables and performances in athletics.

The investigator hopes that the results of the present study may be useful for the educational society to develop physical fitness and to improve their performance in athletics.

MUNUSAMY JANAKIRAMAN