# Table of Contents

## A. Preliminary Section

<table>
<thead>
<tr>
<th>List of Tables</th>
<th>viii</th>
</tr>
</thead>
<tbody>
<tr>
<td>List of Figure</td>
<td></td>
</tr>
<tr>
<td>List of Appendices</td>
<td>ix</td>
</tr>
<tr>
<td>List of Abbreviations</td>
<td>x</td>
</tr>
<tr>
<td>Preface</td>
<td>xi</td>
</tr>
</tbody>
</table>

## B. Main Body of the Report

### CHAPTER- I: INTRODUCTION

1.1 General Introduction:

   1.1.1 Active primitive life of man  
   1.1.2 The consequence of Inactivity or hypokinetic lifestyle.  
   1.1.3 The general benefits of chronic physical activity.  
   1.1.4 The growth and development factors.  
   1.1.5 Hormonal regulation - its merits and demerits  
   1.1.6 Thyroid gland – its role on metabolism  
   1.1.7 Role of $T_3$, $T_4$ in energy dynamics  
   1.1.8 Mental Development and self – concept  
   1.1.9 Regular active participation in sports and its influence upon self – concept

   2. Statement of the Problem:  

1.3 Purpose of the Study:  

1.4 Significance of the Study:  

1.5 Delimitations of the Study:  

1.6 Limitations of the Study:  

1.7 Hypotheses:  

1.8 Definition of Terms:  

### CHAPTER- II: REVIEW OF RELATED LITERATURE

2.1 Introduction:  

2.2 On Anthropometric Dimension:  

2.3 On Physiological Dimension:  

2.4 On biochemical Dimension:  

2.5 On Psychological Dimension:
CHAPTER- III: METHODOLOGY
3. 1 Introduction: 66
3.2 Sample:
   3.2.1 Sampling Design 66
3.3 Personal Data: 67
3.4 Criterion Measured: 67
3.5 Experimental Design: 67
3.6 Procedure for Collecting Data:
   3.6.1 Physical (Anthropometric) Variables 68
      3.6.1.1 Body Mass 68
      3. 6.1.2 Stature 69
      3. 6.1.3 Bi – iliacus Breadth 70
      3. 6.1.4 Length of Arm 70
      3. 6.1.5 Length of Forearm 71
      3. 6.1.6 Length of Thigh 71
      3. 6.1.7 Length of Leg 72
      3. 6.1.8 Body Mass Index (BMI) 72
      3. 6.1.9 Pryor’s Width Length Index 73
      3. 6.1.10 Relative Arm Index 74
      3. 6.1.11 Crural Index 74
   3.6.2 Physiological Variables 74
      3.6.2.1 Resting Heart Rate (HRrest) 74
      3.6.2.2 Exercise Heart Rate (HRmax) 75
      3.6.2.3 Aerobic Power (VO₂ max) 75
      3.6.2.4 Physical Efficiency Index (PEI) 76
   3.6.3 Biochemical Variables 76
      3.6.3.1 T₃ (Tri-iodothyronine) 76
      3.6.3.2 T₄ (Thyroxine) 77
      3.6.3.3 TSH (Thyroid Stimulating Hormone) 77
   3.6.4 Psychological Variables 78
      3.6.4.1 Self – Concept 78
3.7 Method of Imparting Training Treatment: 79
3.8 Statistical Computation for Analysis of Data: 80
CHAPTER IV: ANALYSIS AND INTERPRITATION OF DATA

4.1 Introduction:

4.2 Personal Data:
   4.2.1 Age
   4.2.2 Height
   4.2.3 Body Weight

4.3 Physical (Anthropometric) Variables:
   4.3.1 BMI
   4.3.2 Pryor’s Width Length Index
   4.3.3 Relative Arm Index
   4.3.4 Crural Index

4.4 Physiological Variables:
   4.4.1 HR_{rest}
   4.4.2 HR_{max}
   4.4.3 VO_{2max}
   4.4.4 Physical Efficiency Index

4.5 Biochemical Variables:
   4.5.1 T_{3} (Tri-iodothyronine)
   4.5.2 T_{4} (Thyroxine)
   4.5.3 TSH (Thyroid Stimulating Hormone)

4.6 Psychological Variables - Self – Concept:
   4.6.1 Self Concept I (Behaviour)
   4.6.2 Self Concept II (Intellectual and Social Status)
   4.6.3 Self Concept III (Physical Appearance and Attributes)
   4.6.4 Self Concept IV (Anxiety)
   4.6.5 Self Concept V (Popularity)
   4.6.6 Self Concept VI (Happiness & Satisfaction)
   4.6.7 Total Self Concept

CHAPTER V: SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 Summary:

5.2 Conclusions:

5.3 Recommendations:

C. BIBLIOGRAPHY

APPENDICES