<table>
<thead>
<tr>
<th>CONTENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>DESCRIPTION</td>
</tr>
<tr>
<td>List of Tables</td>
</tr>
<tr>
<td>List of Figures</td>
</tr>
<tr>
<td>List of Photographs</td>
</tr>
<tr>
<td>List of Abbreviations</td>
</tr>
<tr>
<td>CHAPTER-I: INTRODUCTION</td>
</tr>
<tr>
<td>1.1 General Introduction</td>
</tr>
<tr>
<td>1.2 Historical background and implications of anthropometry</td>
</tr>
<tr>
<td>1.3 Physical fitness and its components</td>
</tr>
<tr>
<td>1.3.1 Health related fitness</td>
</tr>
<tr>
<td>1.3.2 Motor fitness</td>
</tr>
<tr>
<td>1.4 Altitude growth and development</td>
</tr>
<tr>
<td>1.5 Present scenario of fitness</td>
</tr>
<tr>
<td>1.6 Statement of the problem</td>
</tr>
<tr>
<td>1.7 Purpose of the study</td>
</tr>
<tr>
<td>1.8 Significance of the study</td>
</tr>
<tr>
<td>1.9 Delimitation of the study</td>
</tr>
<tr>
<td>1.10 Limitation of the study</td>
</tr>
<tr>
<td>1.11 Hypothesis of the study</td>
</tr>
<tr>
<td>1.12 Definition of the terms</td>
</tr>
<tr>
<td>CHAPTER-II: REVIEW OF RELATED LITERATURE</td>
</tr>
<tr>
<td>CHAPTER-III: METHODOLOGY</td>
</tr>
<tr>
<td>3.1 Introduction</td>
</tr>
<tr>
<td>3.2 Subjects of the study</td>
</tr>
<tr>
<td>3.3 Sampling procedure</td>
</tr>
<tr>
<td>3.4 Criteria measured</td>
</tr>
</tbody>
</table>
3.4.1. Anthropometric variables and Body Composition Criterion 52
3.4.2. Motor Performance test Criterion 54

3.5 List of the equipments used during data collection 54

3.6. Procedure for administering tests 55

3.6.1 Measurement of Personal Data 56
  3.6.1.1 Age 56
  3.6.1.2 Height 56
  3.6.1.3 Weight 56

3.6.2 Linear measurements 57
  3.6.2.1 Sitting Height 57
  3.6.2.2 Foot length 57
  3.6.2.3. Acromiale-Radiale length 58
  3.6.2.4. Radiale-Styloion Radiale length 58
  3.6.2.5. Midstylion-Dactylion length 59
  3.6.2.6. Trochanterion-Tibiale Laterale length 59
  3.6.2.7. Tibiale Mediale-Sphyrion Tibiale length 60
  3.6.2.8. Tibiale Laterale Height 60

3.6.3 Bone breadth measurements 61
  3.6.3.1 Biacromial breadth 61
  3.6.3.2. Biiliocristal breadth 61
  3.6.3.3. Biepicondylar Humerus diameter 62
  3.6.3.4. Biepicondylar Femur diameter 62

3.6.4 Circumference/girth measurements 63
  3.6.4.1 Head circumference 63
  3.6.4.2. Neck circumference 63
  3.6.4.3. Arm Relax circumference 64
  3.6.4.4. Flex Arm circumference 64
3.6.4.5. Forearm circumference
3.6.4.6. Wrist circumference
3.6.4.7. Waist circumference
3.6.4.8. Gluteal circumference
3.6.4.9. Calf circumference
3.6.4.10. Ankle circumference

3.6.5 Skinfold thickness
3.6.5.1. Triceps Skinfold Thickness
3.6.5.2. Biceps Skinfold Thickness
3.6.5.3. Subscapular Skinfold Thickness
3.6.5.4. Iliac crest Skinfold Thickness
3.6.5.5. Supra spinale Skinfold Thicknes
3.6.5.6. Abdominal Skinfold Thickness
3.6.5.7. Medial calf Skinfold Thicknes

3.6.6 Tests for motor performance
3.6.6.1. 50 meter dash
3.6.6.2. Standing broad jump
3.6.6.3. Sit ups
3.6.6.4. Shuttle run

3.7 Condition for data collection
3.7.1 Competency of the testers
3.7.2 Reliability of the instruments
3.7.3 Reliability and validity of the tst
3.7.4 Environmental condition

3.8 Statistical procedure

CHAPTER-IV: RESULT AND DISCUSSION
4.1 Introduction

4.2 Anthropometric variables
4.2.1 Linear measurements
4.2.2 Bone breadths
4.2.3 Circumference

4.3 Body compositions

4.4 Motor performance variables

4.5 Co-efficient of correlation

4.6 Overall results and discussion on personal data
4.6.1 Overall results on height and weight
4.6.2 Results regarding height
4.6.3 Results regarding weight
4.6.4 Overall discussion on height and weight

4.7 Overall results and discussion on linear measurements
4.7.1 Overall results on sitting height and foot length
4.7.2 Results regarding sitting height
4.7.3 Results regarding foot length
4.7.4 Overall discussion on sitting height and foot length
4.7.5 Overall results on Acromiale radiale and Radiale-Stylion Radiale
4.7.6 Results regarding Acromiale radiale
4.7.7 Results regarding Radiale-stylion radiale
4.7.8 Overall discussion on Acromiale radiale and Radiale-Stylion Radiale
4.7.9 Overall results on midstylion-dactylion and trochanterion-tibiale laterale
4.7.10 Results regarding midstylion-dactylion
4.7.11 Results regarding trochanterion-tibiale laterale
4.7.12 Overall discussion on midstylion-dactylion
4.7.13 Overall results on tibiale med-sphyrion tibiale and tibiale laterale height 122
4.7.14 Results regarding tibiale med-sphyrion tibiale 122
4.7.15 Results regarding tibiale laterale height 122
4.7.16 Overall discussion on tibiale med-sphyrion tibiale and tibiale laterale height 122

4.8 Overall results and discussion on breadth measurements 123
4.8.1 Overall results on biacromial and biiliocristal breadth 130
4.8.2 Results regarding biacromial breadth 130
4.8.3 Results regarding biiliocristal breadth 130
4.8.4 Overall discussion on biacromial and biiliocristal breadth 130
4.8.5 Overall results on biepicondylar humerus and biepicondylar femur breadth 139
4.8.6 Results regarding biepicondylar humerus 139
4.8.7 Results regarding biepicondylar femur 139
4.8.8 Overall discussion on biepicondylar humerus and biepicondylar femur breadth 139

4.9 Overall results and discussion on circumference/girth measurements 140
4.9.1 Overall results on head and neck circumference 147
4.9.2 Results regarding head circumference 147
4.9.3 Results regarding neck circumference 147
4.9.4 Overall discussion on head and neck circumference 147
4.9.5 Overall results on arm and flexed arm circumference 156
4.9.6 Results regarding arm circumference 156
4.9.7 Results regarding flexed arm circumference 156
4.9.8 Overall discussion on arm and flexed arm circumference 156
4.9.9 Overall results on forearm and wrist circumference 164
4.9.10 Results regarding forearm circumference 164
4.9.11 Results regarding wrist circumference  164
4.9.12 Overall discussion on forearm and wrist circumference  164
4.9.13 Overall results on waist and gluteal circumference  172
4.9.14 Results regarding waist circumference  172
4.9.15 Results regarding gluteal circumference  172
4.9.16 Overall discussion on waist and gluteal circumference  172
4.9.17 Overall results on calf and ankle circumference  180
4.9.18 Results regarding calf circumference  180
4.9.19 Results regarding ankle circumference  180
4.9.20 Overall discussion on calf and ankle circumference  180

4.10 Overall results and discussion on skinfold measurements  181
4.10.1 Overall results on triceps skinfold  185
4.10.2 Results regarding triceps skinfold  185
4.10.3 Overall discussion on triceps skinfold  185
4.10.4 Overall results on biceps and sub scapular skinfold  193
4.10.5 Results regarding biceps skinfold  193
4.10.6 Results regarding sub scapular skinfold  193
4.10.7 Overall discussion on biceps and sub scapular skinfold  193
4.10.8 Overall results on iliac creast and supra spinale skinfold  201
4.10.9 Results regarding iliac creast skinfold  201
4.10.10 Results regarding supra spinale skinfold  201
4.10.11 Overall discussion on iliac creast and supra spinale skinfold  201
4.10.12 Overall results on abdominal and medial calf skinfold  209
4.10.13 Results regarding abdominal skinfold  209
4.10.14 Results regarding medial calf skinfold  209
4.10.15 Overall discussion on abdominal and medial calf skinfold  209

4.11 Overall results and discussion on motor performance  210
4.11.1 Overall results on shuttle run and 50 meter dash
4.11.2 Results regarding shuttle run
4.11.3 Results regarding 50 meter dash
4.11.4 Overall discussion on shuttle run and 50 meter dash
4.11.5 Overall results on standing broadjump and sit ups
4.11.6 Results regarding standing broadjump
4.11.7 Results regarding sit ups
4.11.8 Overall discussion on standing broadjump and sit ups

4.12 Overall results and discussion on correlations

4.13 Testing of hypothesis

CHAPTER-V: SUMMARY, CONCLUSION

AND RECOMMENDATIONS

5.1 Summary

5.2 Conclusions

5.2.1 Personal data

5.2.1.1 Height

5.2.1.2 Weight

5.2.2 Linear measurements

5.2.2.1 Sitting height

5.2.2.2 Foot length

5.2.2.3 Acromiale radiale

5.2.2.4 Radiale-stylion radiale

5.2.2.5 Trochanterion-tibiale laterale

5.2.2.6 Midstylion-dactylion

5.2.2.7 Tibiale laterale

5.2.2.8 Tibiale mediale-sphyrion tibiale

5.2.3 Breadth
5.2.3.1 Biacromial 248
5.2.3.2 Biiliocristal 248
5.2.3.3 Biepicondylar humerus 248
5.2.3.4 Biepicondylar femur 249

5.2.4 Circumference 249
5.2.4.1 Head 249
5.2.4.2 Neck 249
5.2.4.3 Arm 249
5.2.4.4 Flex arm 250
5.2.4.5 Fore arm 250
5.2.4.6 Wrist 250
5.2.4.7 Waist 250
5.2.4.8 Gluteal 250
5.2.4.9 Calf 251
5.2.4.10 Ankle 251

5.2.5 Skinfold thickness 251
5.2.5.1 Triceps 251
5.2.5.2 Biceps 251
5.2.5.3 Sub scapular 251
5.2.5.4 Iliac crest 252
5.2.5.5 Supra spinale 252
5.2.5.6 Abdominal 252
5.2.5.7 Medial calf 252

5.2.6 Motor fitness variables 252
5.2.6.1 Shuttle run 253
5.2.6.2 50 meter dash 253
5.2.6.3 Standing broad jump 253
5.2.6.4 Sit ups

5.3 Specific conclusions

5.4 Recommendations

BIBLIOGRAPHY

A. Books

B. Journals, periodicals, research quarterly etc.

C. Thesis

APPENDICES

Appendix-A: list of selected schools from where data were collected

Appendix-B: certified copy of head of the institution for data collection

Appendix-C: data collection sheet

Appendix-D: journal publication