# LIST OF TABLES

<table>
<thead>
<tr>
<th>Table Nos.</th>
<th>Title</th>
<th>Page Nos.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>List of Selected Test Items</td>
<td>27</td>
</tr>
<tr>
<td>2.</td>
<td>Reliability Coefficients of Test–Retest Scores</td>
<td>29</td>
</tr>
<tr>
<td>3.</td>
<td>Descriptive Measures of 21 test Items</td>
<td>65</td>
</tr>
<tr>
<td>4.</td>
<td>Co–relation Matrix</td>
<td>68</td>
</tr>
<tr>
<td>5.</td>
<td>Unrotated Factor Loading</td>
<td>70</td>
</tr>
<tr>
<td>6.</td>
<td>Rotated Factor Loading</td>
<td>71</td>
</tr>
<tr>
<td>7.</td>
<td>Factor I</td>
<td>72</td>
</tr>
<tr>
<td>8.</td>
<td>Factor II</td>
<td>73</td>
</tr>
<tr>
<td>9.</td>
<td>Factor III</td>
<td>73</td>
</tr>
<tr>
<td>10.</td>
<td>Factor IV</td>
<td>74</td>
</tr>
<tr>
<td>11.</td>
<td>Factor V</td>
<td>75</td>
</tr>
<tr>
<td>12.</td>
<td>Factor VI</td>
<td>76</td>
</tr>
<tr>
<td>13.</td>
<td>Factor VII</td>
<td>76</td>
</tr>
<tr>
<td>14.</td>
<td>Factor VIII</td>
<td>77</td>
</tr>
<tr>
<td>15.</td>
<td>Test Battery for the Construction of Specific Physical Fitness Test for Boxers</td>
<td>79</td>
</tr>
<tr>
<td>16.</td>
<td>Reliability of Specific Physical Fitness Test for Boxers</td>
<td>81</td>
</tr>
<tr>
<td>17.</td>
<td>Validity of the Specific Physical Fitness Test for Boxers</td>
<td>82</td>
</tr>
<tr>
<td>18.</td>
<td>Objectivity of the Specific Physical Fitness Test for Boxers</td>
<td>83</td>
</tr>
<tr>
<td>19.</td>
<td>Analysis of Variance of the Difference of Each Test Items</td>
<td>86</td>
</tr>
<tr>
<td>20.</td>
<td>Comprehensive Specific Physical Fitness Test of Different Weight Categories of Boxers</td>
<td>87</td>
</tr>
</tbody>
</table>
21. T-Scale for Push Ups 90
22. T-Scale for Medicine Ball Throw (Left Hand) 92
23. T-Scale for Medicine Ball Throw (Right Hand) 94
24. T-Scale for 30 Meters Run 96
25. T-Scale for 6 minutes Run/Walk 98
26. T-Scale for 1500 Meters Run 100
27. T-Scale for Forward Bend and Reach Test 102
28. T-Scale for Side Step Test 104
29. Hull-Scale for Push Ups 106
30. Hull-Scale for Medicine Ball Throw (Left Hand) 108
31. Hull-Scale for Medicine Ball Throw (Right Hand) 110
32. Hull-Scale for 30 Meters Run 112
33. Hull-Scale for 6 minutes Run/Walk 114
34. Hull-Scale for 1500 Meters Run 116
35. Hull-Scale for Forward Bend and Reach Test 118
36. Hull-Scale for Side Step Test 120
37. Sigma-Scale for Push Ups 122
38. Sigma-Scale for Medicine Ball Throw (Left Hand) 124
39. Sigma-Scale for Medicine Ball Throw (Right Hand) 126
40. Sigma-Scale for 30 Meters Run 128
41. Sigma-Scale for 6 Minutes Run/Walk 130
42. Sigma-Scale for 1500 Meters Run 132
43. Sigma-Scale for Forward Bend and Reach Test 134
44. Sigma-Scale for Side Step Test 136