

LIST OF PLATES

PLATES		Page
I	Measuring the Height	77
II	Measuring the body Weight	79
III	Measuring the Upper arm girth	79
IV	Measuring the Chest girth	81
V	Measuring the Thigh girth	81
VI	Measuring the Calf girth	83
VII	Measuring the Strength by administering Pull Ups test	85
VIII	Measuring the Speed by administering 50 m. dash	85
IX	Measuring the Agility by administering the 4x10 meters shuttle run test	87
X	Measuring the Power by administering Standing Broad Jump test	89
XI	Measuring the endurance by administering 600 yards run / walk test	89
XII	Measuring the Resting pulse rate	91
XIII	Measuring the Blood Pressure using Sphygmomanometer	91
XIV	Wet Spirometer	93
XV	Measuring the Vital Capacity using Wet Spirometer	93
XVI	Skin fold calipers	95
XVII	Measuring Skin fold of Biceps	95
XVIII	Measuring Skin fold of Triceps	97
XIX	Measuring Skin fold of Sub scapular	98
XX	Measuring Skin fold of Supra-Iliac	98
XXI	Administering the Questionnaire of Psychological Variables in the Class room	100