BIBLIOGRAPHY

1. **AAHPERD (1984):** “Norms of Health Related Physical Fitness for School Student”
   AAHPERD Technical Manual, Washington, B.C. AAHPERD.


4. **Anand V. Upadhyay, (2013),** Construction and development of norms of basic motor fitness test, Research Bi-Annual for Movement, volume 29 No. 02 April, 66-70.

5. **Anyanwu (2008)** Physical fitness norms for Nigerian boys and girls of 11 to 18 years of age were constructed”. Completed Research in Health, Physical Education and Recreation, Vol. No:2,


7. **Avenl (2012)** “Test of Static and Dynamic strength for girls nine to twelve year old,” Completed Research in Health, Physical Education and Recreation, Vol.4, No:2

8. **Backford (2008)** ”To evaluate the physical fitness level of Navajo girls through AAHPER youth fitness test”, Completed Research in Health, Physical Education and Recreation, Vol.2,


11. **Bender, J. and Shea E.J.(1964)** Physical Fitness Tests and Exercises, New York: The Ronald Press company,


15. **Boespflug(2005)**”The study to find out the relationship between physical fitness social acceptability, social adjustment, intelligence and academic achievement.” “, Research Quarterly, Vol.33: No.1.


39. **Gross and Casciani(2013)** “To determine the value of age height and weight as a classification device for the AAHPERD youth fitness test” Research Quarterly, Vo.35: No.2


46. **Humphrey(2009)** Study to investigate the physical fitness level of third grade pupils taught by specialists and non-specialists”, Completed Research in Health, Physical Education and Recreation, Vol 5, No:3

48. **Jones, K. L.,(2004)** Total Fitness, New York: Canfield Press,


55. **Manoj, K.P,(2013)**, conducted a study on A Cross sectional analysis across class and Sex on concept of fitness of HRPFKT in high school and higher secondary school students in kerala, Scientific Journal in Sport and Exercise, Vo.09, No:01 Jun.

57. **Maud, J. and Barry B. Shultz.** (2011) “Norms for the Wingate Anaerobic Test with Comparison to Another Similar Test”, Research Quarterly for Exercise and Sport, Vol.6:No2.

58. **Mistkawi, J.J.** (2007) “Norms for Eight, Nine and Ten Year Old Boys on the YMCA Athletic Achievement Test,


61. **Parthiban, John** (2012), Effexcti of six week isolated and combined aerobic and anaerobic interval training on selected speed related components of college women footballers, Research Bi-Annual for Movement volume-26 No.2 April. 06-10.


73. **Shultz, Barry, B. and Maud, J.,(2011)** “Norms for the Wingate Anaerobic Test with Comparison to Another Similar Test”, Research Quarterly for Exercise and Sport, Vol.6:No2.


75. **Sirijaruwong C. and B. Kosa,(2006)** “A construction of health - Related Physical Fitness Norms for students Rajamangala University of Technology Thanyaburi” Kasetsart Journal - Social Sciences.


78. **Sparks, R.E.,(2006)** Vermont School Fitness Test Manual, Manipelior: Governor’s Council on Physical Fitness.


85. **Upadhyay, Anand, V.,(2013)**, Construction and development of norms of basic motor fitness test, Research Bi-Annual for Movement, volume 29 No. 02 April, 66-70.


87. **Veeraswami(2004)**”A study to evaluate physical fitness norms for higher secondary schools of greater Gwalior.” Unpublished Ph. D. Thesis,


