TABLE OF CONTENTS

LIST OF TABLES
LIST OF FIGURES
LIST OF APPENDICES

Chapter Page No.

I INTRODUCTION 1 - 30
   Statement of the Problem
   Delimitations
   Limitations
   Definition and Explanation of Terms
   Significance of the study

II REVIEW OF RELATED LITERATURE 31 - 59

III METHODOLOGY 60 - 81
   Development of Questionnaire
   Item Analysis
   Item Difficulty
   Item Discrimination
   Reliability of Health Related Physical Fitness Knowledge Test
   Validity of Health Related Physical Fitness Knowledge Test
   Selection of Participants
   Administering the Health Related Physical Fitness Knowledge Test
   Scoring of the Health Related Physical Fitness Knowledge Test
   Statistical Techniques Employed

IV RESULTS AND DISCUSSION 82 - 142
   Findings
   Development of Software Package for HRPFKT
   Working of the Software
   Flowchart of the Software Package
   Discussion of Findings
<table>
<thead>
<tr>
<th>Chapter</th>
<th>Page No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>V SUMMARY, CONCLUSION AND RECOMMENDATIONS</td>
<td>143 - 153</td>
</tr>
<tr>
<td>Findings</td>
<td></td>
</tr>
<tr>
<td>Discussion of Findings</td>
<td></td>
</tr>
<tr>
<td>Summary</td>
<td></td>
</tr>
<tr>
<td>Conclusions</td>
<td></td>
</tr>
<tr>
<td>Recommendations</td>
<td></td>
</tr>
<tr>
<td>APPENDICES</td>
<td>153 - 169</td>
</tr>
<tr>
<td>BIBLIOGRAPHY</td>
<td></td>
</tr>
</tbody>
</table>