TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>List of Tables</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>List of Illustrations</td>
<td>iii–iv</td>
</tr>
</tbody>
</table>

**CHAPTER – I**  
**INTRODUCTION**  
1–16

- Statement of the Problem
- Significance of the Study
- Objective of the study
- Delimitations
- Limitations
- Definitions and Expansion of terms

**CHAPTER- II**  
**REVIEW OF RELATED LITERATURE**  
17–40

**CHAPTER – III**  
**PROCEDURE**  
41–74

- Selection of Subject
- Selection of Specific Physical Fitness Test
- Reliability of Data
- Criterion Measure
- Collection of Data
- Administration of Tests
- Statistical Procedure

*Contd.*
CHAPTER- IV  ANALYSIS OF DATA AND RESULTS OF THE STUDY
Identification of Physical Fitness Test Items
Inter correlation Matrix
Factorial Structured underlying Specific Physical Fitness variables of Judokas
Selection of specific physical fitness Test Battery for Judokas
Scientific authenticity of the specific fitness items.
Development of Norms
Discussion of findings

CHAPTER- V  SUMMARY, CONCLUSION AND RECOMMENDATIONS
Summary
Conclusions
Recommendations

BIBLIOGRAPHY  166–175
APPENDICES