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Appendix- A

Performa for Data Collection

Name:…………………………..  Father’s Name:Sh……………………
Date of Birth:…………………..  College/University:…………………..
Weight:…………………………  Age:…………………………………...
Class:……………………………  Date:………………………………….

**Anthropometric Measurements**  Linear Measurements(In Centimeters)

1. Height…………………………  2. Sitting height…………………..
3. Trunk Length…………………  4. Total Arm Length………………
5. Upper Arm Length……………  6. Fore Arm Length………………
7. Total Leg Length………………  8. Thigh Length…………………..
11. Hand Breadth…………………  12. Foot Length…………………..

**Bone Diameters (breadth):**

1. Wrist Diameter………………  2. Elbow Diameter………………
5. Knee Diameter………………..  6. Ankle Diameter………………

**Body Girth Measurements:**

1. Shoulder girth………………  2. Upper Arm girth………………
5. Hip girth…………………..  6. Thigh girth…………………..
7. Calf girth…………………..

**Skin fold Measurements:**

1. Biceps skin fold………………  2. Triceps skin fold………………
3. Sub Scapular skin fold………  4. Supra iliac skin fold…………
5. Thigh skin fold………………..  6. Calf skin fold………………
7. Sum of Four Skin Fold…………
Body Composition Variables:

1. Body density
2. Fat Percentage
3. Fat Weight
4. Lean Body Mass

Strength Measures Components:

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Items</th>
<th>Trial 1&lt;sup&gt;st&lt;/sup&gt;</th>
<th>Trial 2&lt;sup&gt;nd&lt;/sup&gt;</th>
<th>Trial 3&lt;sup&gt;rd&lt;/sup&gt;</th>
<th>Final Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Explosive arm strength</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Explosive leg strength</td>
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Skill Efficiency Tests of Volleyball players:

<table>
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<tr>
<th>S.No.</th>
<th>Items</th>
<th>Trial 1&lt;sup&gt;st&lt;/sup&gt;</th>
<th>Trial 2&lt;sup&gt;nd&lt;/sup&gt;</th>
<th>Trial 3&lt;sup&gt;rd&lt;/sup&gt;</th>
<th>Final Score</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Face pass skill efficiency test of Volleyball players</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Forearm pass skill efficiency test</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Wallspike pass skill efficiency test</td>
<td>Trial 1&lt;sup&gt;st&lt;/sup&gt;</td>
<td>Trial 2&lt;sup&gt;nd&lt;/sup&gt;</td>
<td>Trial 3&lt;sup&gt;rd&lt;/sup&gt;</td>
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