

**THE EFFECT OF RESISTANCE CIRCUIT TRAINING AND INTENSIVE
INTERVAL TRAINING ON SELECTED PHYSICAL AND PHYSIOLOGICAL
VARIABLES OF VEER NARMAD SOUTH GUJARAT UNIVERSITY KHO-KHO
PLAYERS**

वीर नर्मद दक्षिण गुजरात विश्वविद्यालय के खो-खो खिलाड़ीयो के चयनित भौतिक एवं शारीरिक चर पर
प्रतिरोध सर्किट प्रशिक्षण और गहन अंतराल प्रशिक्षण का प्रभाव

A

Thesis

**Submitted for the Award of the Ph.D. degree of
PACIFIC ACADEMY OF HIGHER EDUCATION AND
RESEARCH UNIVERSITY**

By

PATEL PRAFULKUMAR RAMESHBHAI

पटेल प्रफुलकुमार रमेशभाई

Under the supervision of

DR. HEMANT PANDYA

Principal,
Pacific College of Physical Education,
Pacific Academy of Higher Education
& Research University, Udaipur

DR. ASHOK KUMAR SAHA

Associate Professor,
S.P.B. English Medium College of Commerce,
Surat, Gujarat



**FACULTY OF PHYSICAL EDUCATION
PACIFIC ACADEMY OF HIGHER EDUCATION AND
RESEARCH UNIVERSITY, UDAIPUR**

2024

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I, **PATEL PRAFULKUMAR RAMESHBHAI S/O SHRI RAMESHBHAI BHAGABHAI PATEL** resident of, At : Borlai, Post : Kumbhariya, Talluka : Pardi, Dist: Valsad, 396125, Gujarat, hereby declare that the research work incorporated in the present thesis entitled “**THE EFFECT OF RESISTANCE CIRCUIT TRAINING AND INTENSIVE INTERVAL TRAINING ON SELECTED PHYSICAL AND PHYSIOLOGICAL VARIABLES OF VEER NARMAD SOUTH GUJARAT UNIVERSITY KHO-KHO PLAYERS**” (वीर नर्मद दक्षिण गुजरात विश्वविद्यालय के खो-खो खिलाड़ीयो के चयनित भौतिक एवं शारीरिक चर पर प्रतिरोध सर्किट प्रशिक्षण और गहन अंतराल प्रशिक्षण का प्रभाव) is my original work. This work (in part or in full) has not been submitted to any University for the award or a Degree or a Diploma. I have properly acknowledged the material collected from secondary sources wherever required.

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Dr. HEMANT PANDYA

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Date:

Name and Designation of Co - Supervisor

Dr. ASHOK KUMAR SAHA
Associate Professor & Head,
S.P.B. English Medium College of Commerce,
Surat, (Gujarat)

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DATE: -

PATEL PRAFULKUMAR RAMESHBHAI

**DEDICATED TO
MY FAMILY, FRIENDS
AND WELL-WISHERS**

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