

TABLE OF CONTENT

		Page No
CHAPTER – I - INTRODUCTION		1-16
1.1	Introduction	01
1.2	Statement of the Problem	13
1.3	Objectives of the Study	13
1.4	Delimitations	14
1.5	Limitations	14
1.6	Hypothesis	14
1.7	Definition and Explanation of Terms	15
1.8	Significance of the Study	16
CHAPTER - II - REVIEW OF THE LITERATURE		17-29
CHAPTER – III METHODOLOGY		30-51
3.1	Introduction	30
3.2	Selection of Subjects	30
3.3	Selection of Variables	31
	3.3.1 Depended Variable	31
	3.3.2 Independent Variables	31
3.4	Selection of Tests	32
3.5	Research Flow Chart	33
3.6	Reliability of the Data	34
	3.6.1 Instrument Reliability	34
	3.6.2 Tester Competency	34
	3.6.3 Reliability of Data	34
	3.6.4 Subjects Reliability	35
3.7	Orientation to the Subjects	35
3.8	Training Programme	36
	3.8.1 Slow Continuous Training	36

	3.8.2 Alternate Pace Endurance Training Group	37
3.9	Administration of Tests	38
	3.9.1 Physical Variables	38
	3.9.2 Physiological Variables	47
3.10	Collection of Data	51
3.11	Statistical Technique for Analysis of Data	51
CHAPTER – IV - ANALYSIS AND INTERPRETATION OF DATA		52-92
4.1	Over View	52
4.2	Analysis of Data	53
	4.2.1 Physical Variables	53
	4.2.1.1 Speed Endurance	53
	4.2.1.2 Cardio Respiratory Endurance	57
	4.2.1.3 Endurance	61
	4.2.1.4 Abdominal Strength Endurance	65
	4.2.1.5 Leg Strength	69
	4.2.2 Physiological Variables	73
	4.2.2.1 Heart Rate	73
	4.2.2.2 Vital Capacity	77
	4.2.2.3 Systolic Blood Pressure	81
	4.2.2.4 Diastolic Blood Pressure	85
4.3	Discussion of Findings	89
	4.3.1 Physical Variables	89
	4.3.2 Physiological Variables	90
4.4	Discussion On Hypothesis	92
CHAPTER – V - SUMMARY, CONCLUSIONS AND RECOMMENDATIONS		93-95
5.1	Summary	93
5.2	Conclusions	93
5.3	Recommendations	94

5.4	Suggestions for Further Research	95
	APPENDICES	96-101
	BIBLIOGRAPHY	102-106
	PUBLICATIONS	
	CERTIFICATS	

LIST OF TABLES

Table No.	Table Description	Page No.
3.1	Characteristics of Participants by Group	30
3.2	Selection of variables and tests	32
3.3	Correlation Co-Efficient of Test-Retest Score	35
4.1	Results of Analysis of Covariance on Speed Endurance among Experimental and Control Groups	53
4.2	LSD Post Hoc Test for Difference between Adjusted Post Test Paired Means on Speed Endurance	55
4.3	Results of Analysis of Covariance on Cardio Respiratory Endurance among Experimental and Control Groups	57
4.4	LSD Post Hoc Test for Difference between Adjusted Post Test Paired Means on Cardio Respiratory Endurance	59
4.5	Results of Analysis of Covariance on Endurance among Experimental and Control Groups	61
4.6	LSD Post Hoc Test for Difference between Adjusted Post Test Paired Means on Endurance	63
4.7	Results of Analysis of Covariance on Abdominal Strength Endurance among Experimental and Control Groups	65
4.8	LSD Post Hoc Test for Difference between Adjusted Post Test Paired Means on Abdominal strength endurance	67
4.9	Results of Analysis of Covariance on leg strength among Experimental and Control Groups	69
4.10	LSD Post Hoc Test for Difference between Adjusted Post Test Paired Means on Leg Strength	71
4.11	Results of Analysis of Covariance on Heart Rate among Experimental and Control Groups	73

412	LSD Post Hoc Test for Difference between Adjusted Post Test Paired Means on Heart Rate	75
4.13	Results of Analysis of Covariance on Heart Rate among Experimental and Control Groups	77
4.14	LSD Post Hoc Test for Difference between Adjusted Post Test Paired Means on Heart Rate	79
4.15	Results of Analysis of Covariance on Systolic Blood Pressure among Experimental and Control Groups	81
4.16	LSD Post Hoc Test for Difference between Adjusted Post Test Paired Means on Systolic Blood Pressure	83
4.17	Results of Analysis of Covariance on Diastolic Blood Pressure among Experimental and Control Groups	85
4.18	LSD Post Hoc Test for Difference between Adjusted Post Test Paired Means on Diastolic Blood Pressure	87

LIST OF ILLUSTRATIONS

Sr. No.	Content	Page No.
4.1	The Mean value of Speed Endurance are shown graphically	56
4.2	The Mean value of Cardio Respiratory Endurance are shown graphically	60
4.3	The Mean value of Cardio Endurance are shown graphically	64
4.4	The Mean value of Abdominal strength endurance are shown graphically	68
4.5	The Mean value of Leg Strength are shown graphically	72
4.6	The Mean value of Heart Rate are shown graphically	76
4.7	The Mean value of Vital Capacity are shown graphically	80
4.8	The Mean value of Systolic Blood Pressure are shown Graphically	84
4.9	The Mean value of Diastolic Blood Pressure are shown graphically	88