BIBLIOGRAPHY

BOOKS

- Albert, Mark. (1991). *Eccentric muscle training in sports and orthopaedics*. New York,NY: Churchill Livingstone Inc.
- Bacechle, Thomas R., and Earle, Roger, W. (Eds). (2000) *Essentials of Strength Training and Conditioning* (2nd ed). In chapter-20, Speed Agility and Speed Endurance Development by Steven S.Plisk. Champaign, IL: Human Kinetics.
- Baechle Thomas R. (1994). *Essential of Strength Training and Conditioning*, Champaign Illinois: Human Kinetics Publishers.
- Barry L. Johnson and Jack K.Nelson (1982). *Practical Measurement of* /*Evaluation in Physical Education* (3rd Ed.)., (Delhi: surject Publications), 259.
- Chu, D, A. (1998). *Jumping into Plyometric* (2nd ed). Champaign, IL: Human Kinetics.
- Cohen, J. (1969) *Statistical power analysis for the behavioral sciences* (2nd ed.), New York: Academic Press.
- Dick, Frank W., (1992). *Sports Training Principles*. Great Britain: University Press Cambridge.
- Hari, f.J., Anderson, E., Tatham, L., and Black, C. (1998). *Multivariate Date Analysis* (5th Edition). New Jersey: Prentice Hall.
- Jensen, Clayne, R., Schultz, Gordon, W., Bangerter, Blauer, L. (1984). *Applied Kinesiology and Bio Mechanics* (3rd Ed). New York: Mcgraw-Hill Book Company.
- Singh, Hardayal, (1991). *Science of Sports Training*, New Delhi, D.V.S. Publications.

- Thelma S. Hoen, (1992). *Advanced in Sports Psychology*. Champaign, Illionois: Human Kinetics Publishers.
- Uppal, A.K. (1992). *Physical Fitness*. New Delhi :Friends Publications.
- Weinberg S. Robert and Daniel Gould., (1995). *Foundations of Sport and Exercise Psychology*, Champaign, Illinosis: Human Kinetics Publishers.
- Yessis, Michael and Fred Hatfied. C. (1986). *Plyometric Training*. *Escondido : Fitness System, Inc.*,

JOURNALS

- Adams, K, O'Shea, JP, O'Shea, KL, and Climstein, M. (1992) The effect of six weeks of squat, plyometric and squat-plyometric training on power production. *The Journal of Strength & Conditioning Research*, 6, 36–41.
- Blakey and Southard, (1987). "The Combined Effects of Weight Training and Plyometric on Dynamic Leg Strength and Leg Power", *Journal of Applied Sports Science Research*, 1.
- Brown, Andrea C., Wells, Tobin J., Schade, Margaret L., et.al., (2007). Effects of Plyometric Training Versus Traditional Weight Training on Strength, Power, and Aesthetic Jumping Ability in Female Collegiate Dancers. *Journal of Dance Medicine & Science*, 11(2), 38-44.
- Conroy, T.R., (1991) "Plyometric Training and its Effects on Speed, Strength and Power of Inter-Collegiate Athletes", *Abstract, Microform Publication Bulletin*,.
- De Villarreal, E. S. S., Izquierdo, M., & Gonzalez-Badillo, J. J. (2011). Enhancing Jump Performance After Combined vs. Maximal Power, Heavy-Resistance, and Plyometric Training Alone. *The Journal of Strength & Conditioning Research*, 25(12), 3274-3281. doi: 10.1519/JSC.0b013e3182163085
- Delamarche P., Gratas A., Beillot J., Dassonville J., Rochcongar P., Lessard Y.(1987). Extent of lactic anaerobic metabolism in Handballers. Int. **Journal Sports Medicine**. 8:55-59.

- Durham M.P. et.al, (2001). "Effects Plyometric and Weighted Plyometric Training on Lower Body Anaerobic Power Out put", *Medicine and Science in Sports and Exercise*, 33:5.
- Faigenbaum Avery D. et.al, (2007). "Effects of a Short-Term Plyometric and Resistance Training Program on Fitness Performance in Boys Age 12 To 15 Years" *Journal of Sports Science and Medicine*, 6.
- Fatouros J.G., et.al, (1992). "Effects of Plyometric Training and Weight Training on Force-Power Parameters of Vertical Jumping", *Medicine and Science in Sports and Exercise*, 24:5, May.
- Fatouros, I, Jamurtas, A, Leontsini, D, Taxildaris, K, Aggelousis, G, Kostopoulos, N, and Buckenmeyer, P. (2000) Evaluation of plyometric exercise training, weight training, and their combination on vertical jumping performance and leg strength. *The Journal of Strength & Conditioning Research.* 14, 470–476. Retrieved from: http://journals.lww.com/nscajscr/Abstract/2000/11000/Evaluation_of_Plyometric_Exercise_Training, Weight.16.aspx
- Fletcher, Iain M.,et.al, (2004). "Effect of an 8-week Combined Weights and Plyometrics Training Program on Golf Drive Performance". *The Journal of strength and conditioning Research*, 18:1.
- Galal El-Din H., Ibrahim H. (2009). Fitness Profile of Handball Players According to Playing Positions. Paper presented at the Theoretical, Methodological and Methodical Aspects of Competitions and Athletes Preparation,-
- Greg J. Wilson., Aron, Murphy., Anthony, Giorgi. (1996). Weight and Plyometric Training: Effects on Eccentric and Concentric Force Production. *Canadian Journal of Applied Physiology*, 21(4), 301-315, doi: 10.1139/h96-026
- Griffiths, Sian (2011). "The Canadian who invented basketball". *BBC News*. Retrieved September 14.

- Herrero, A. J., Martín, J., Martín, T., Abadía, O., Fernández, B., & García-López, D. (2010). Short-term effect of plyometrics and strength training with and without superimposed electrical stimulation on muscle strength and anaerobic performance: A randomized controlled trial. Part II. *The Journal of Strength & Conditioning Research*, 24(6), 1616-1622. doi: 10.1519/JSC.0b013e3181d8e84b
- Holcomb, William R. et al., (1996). "The Effectiveness of a Modified Plyometric Program on Power and Vertical Jump", *The Journal of Strength and Conditioning Research*, 10:2.
- Johnson, B.A., Salzberg, C.L., Stevenson, D.A. (2011). A systematic review: plyometric training programs for young children. *The Journal of Strength and Conditioning Research*, 25(9), 2623-2633.
- Kubo, K., Morimoto, M., Komuro, T., Yata, H., Tsunoda, N., Kanehisa, H., & Fukunaga, T. (2007). Effects of plyometric and weight training on muscle-tendon complex and jump performance. *Medicine and science in sports and exercise*, 39(10), 1801-1810, doi: 10.1249/mss.0b013e31813e630a
- Masamoti, Nato, et.al, (2003) "Acute Effect of Plyometric Exercise on Maximum Squat Performance in Male Athletes", *The Journal of Strength and Conditioning Research*, 17:1.
- McBride, JM, Triplett-McBride, T, Davie, A, and Newton, RU (2002). The effect of heavy- vs. light-load jump squats on the development of strength, power, and speed. *The Journal of Strength & Conditioning Research*. 16, 75–82.
- Perez-Gomez, J., Olmedillas, H., Delgado-Guerra, S., Ara, I., Vicente-Rodriguez, G., Ortiz, R. A., & Calbet, J. A. (2008). Effects of weight lifting training combined with plyometric exercises on physical fitness, body composition, and knee extension velocity during kicking in football. *Applied Physiology, Nutrition, and Metabolism*, 33(3), 501-510. doi: 10.1139/H08-026.
- Pothemus, Russ, et.al., (1980) "The Effects of Plyometric Training with Ankle and Weight on Conventional Weight Training Programme", *Track and Field Quarterly Review*, 80: 4.

- Rahimi, Rahman and Naser Behpur (2005). "The Effects of Plyometric, Weight and Plyometric-Weight Training on Anaerobic Power and Muscular Strength", *Physical Education and Sport*, 3:1.
- Rahimi, Rahman et.al (2006). "Evaluation of Plyometrics, Weight Training and their Combination on Angular Velocity" *Physical Education and Sport*, 4:1.
- Ratamess NA, and et.al, (2007) "The Effects of Ten Weeks of Resistance and Combined Plyometric/Sprint Training With the Meridian Elyte Athletic Shoe on Muscular Performance in Women', *Journal of Strength and Conditioning Research*, 21:3.
- Rimmer, Edwin and Gordon Sleivert, (2000) "Effect of a Plyometric Interventions Programme on Sprint Performance", *The Journal of Strength and Conditioning Research*, 14:13.
- Rubenstein, Heidi, (2004). "The Effects of a Four-week Combined Plyometrics and Resistance Training Program on Shot Speed on Goal in Women's Soccer Players" Research Paper presented in training methods *International Seminar* at London, 22.6.
- Shallaby, H. K. (2010). The Effect of Plyometric Exercises Use on the Physical and Skillful Performance of Basketball Players. *World Journal of Sport Sciences*, 3(4), 316-324.
- Wilson, G.J., et.al, (1996). "Weight and Plyometric Training: Efforts on Eccentric and Concentric Force Production", *Journal of Applied Physiology*, 1:4, August,.
- Wilson, G.J., et.al., (1993). "The Optimal Training Load for the Development of Dynamic Athletic Performance", *Medicine and Science in Sports and Exercise*, 25: 11, Nov.

MISCELLANEOUS

- Hong, M. J. (2006). The Influence of Plyometric Training on Power in Elementary Male Athletes. *Unpublished Master Thesis*.
- Jeyaseelan, John, (1995). "Effects of Plyometric Training Arm Strength, Arm Endurance and arm Explosive Power of High School Boys *Unpublished Master Degree Thesis* M.S. University, Tirunelvelli.
- Parthiban, John. I, (2006). "Comparison of Power training programmes of varying intensities on power and speed related parameters" *Unpublished Doctoral Dissertation*, Bharathidasan University.
- Reddy, Sathiyanarayana., (1993) "Relative Effects of Plyometric and Weight Training Followed by Plyometric Training on Power, Speed, Stride Length and Stride Frequency", *Unpublished Doctoral Dissertation*, Annamalai University.
- Saravana prabha, R. (2007). Efficacy of Isolated Combined and Complex Training and Detraining on Speed and Power Development. *Unpublished doctoral dissertation*, Alaggapa University, Karikudi.
- Sundaramoorthy, V. (1999). Effect of Isolated and Combined Weight and Plyometric Trainings on Selected Strength Parameters Speed and Power. *Unpublished doctoral dissertation*, Alaggapa University, Karikudi.