

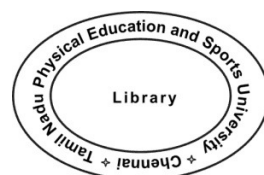
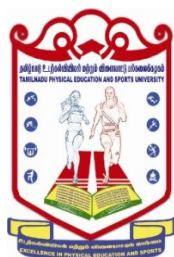
EFFECT OF VARIED INTENSITIES AND FREQUENCIES OF WEIGHT TRAINING ON SELECTED MOTOR FITNESS AND PHYSIOLOGICAL VARIABLES AMONG ATHLETES

DISSERTATION SUBMITTED TO THE TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY,
CHENNAI FOR THE FULFILLMENT OF THE REQUIREMENTS FOR THE AWARD OF
DEGREE OF

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IN
PHYSICAL EDUCATION**

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