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CERTIFICATE BY THE SUPERVISOR

This is to certify that the dissertation entitled “**EFFECT OF VARIED INTENSITIES AND FREQUENCIES OF WEIGHT TRAINING ON SELECTED MOTOR FITNESS AND PHYSIOLOGICAL VARIABLES AMONG ATHLETES**” is a record of research work done by N. GOWRI, a part time scholar of Doctor of Philosophy, in the Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai during the year 2009 – 2013.

This dissertation is her original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associateship or other similar titles. This dissertation represents, entirely an independent work on the part of the candidate but for the general guidance by me.

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