

DECLARATION BY THE SCHOLAR

I, N. GOWRI, part time scholar of Doctor of Philosophy, in the Department of Physical Education hereby declare that the dissertation entitled **“EFFECT OF VARIED INTENSITIES AND FREQUENCIES OF WEIGHT TRAINING ON SELECTED MOTOR FITNESS AND PHYSIOLOGICAL VARIABLES AMONG ATHLETES”** submitted to Tamil Nadu Physical Education and Sports University for the award of Doctor of Philosophy in Physical Education is my original work and it has not previously formed the basis for the award of any degree, diploma associateship, fellowship or any other similar titles to any candidate of any University.

Station: Chennai

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(N. GOWRI)