

ACKNOWLEDGEMENT

It is with real pleasure the researcher record her indebtedness for her guide **Dr. J. P. SUKUMAR**, Research Supervisor, Director of physical Education, Anna University, Chennai for her counsel and guidance during the preparation of the dissertation, since the day began working on the origin of my studies, He helped me to come up with this topic and guided me for the development of this study.

The research scholar is grateful to Prof. **Dr. Mrs. GRACE HELINA**, Vice Chancellor (Officiating) Tamil Nadu Physical Education and Sports University, Chennai for the overall supervision for the completion of this thesis.

Sincere thanks to **All the** Professors, and Associate Professors Department of Physical Education and other Heads of the Departments and all the faculty of the Tamil Nadu Physical Education and Sports University for their support in the successful completion of this thesis.

The research scholar also expresses his sincere thanks to the athletes who volunteered to be the subjects and the Physical Education Directors, coaches and my colleague Mr. R.Muruganandam Physical Education Teacher Govt.Boys Hr.Sec.School my Head master Mr. C.Sivaji and parents for their kind consent to use their wards for this study.

My heartfelt thanks to my beloved husband Mr.D.Ramkumar and family members and my children Master Abishek kumar and Prasannakumar and one and all who directly and indirectly helped me for the completion of this thesis in all aspects.

N. Louni
INVESTIGATOR.