

**APPENDIX B**  
**RAW SCORES ON SPEED**

S.No	Expt.Group I		Expt.Group II		Expt.Group III		Control Group	
	PRE	POST	PRE	POST	PRE	POST	PRE	POST
1	7.2	7.2	7.4	7.2	7.2	7.2	7.8	7.7
2	7.6	7.5	7.6	7.2	7.6	7.4	7.6	7.6
3	7.7	7.6	7.7	7.3	7.7	7.5	7.7	7.7
4	7.4	7.2	7.4	7.2	7.2	7.2	7.6	7.6
5	7.5	7.2	7.7	7.3	7.7	7.5	7.8	7.7
6	7.5	7.2	7.2	7.2	7.8	7.6	7.7	7.7
7	7.7	7.6	7.7	7.3	7.6	7.4	7.7	7.7
8	7.4	7.2	7.8	7.4	7.8	7.6	7.8	7.7
9	7.3	7.2	7.2	7.2	7.7	7.5	7.2	7.2
10	7.7	7.6	7.7	7.3	7.7	7.5	7.7	7.7
11	7.2	7.2	7.2	7.2	7.8	7.6	7.5	7.5
12	7.2	7.2	7.2	7.2	7.8	7.6	7.2	7.2
13	7.4	7.2	7.2	7.2	7.2	7.2	7.2	7.2
14	7.4	7.2	7.8	7.4	7.7	7.5	7.2	7.2
15	7.4	7.2	7.8	7.4	7.2	7.2	7.2	7.2
16	7.7	7.6	7.7	7.3	7.6	7.4	7.7	7.7
17	7.4	7.2	7.8	7.4	7.8	7.6	7.8	7.7
18	7.3	7.2	7.2	7.2	7.7	7.5	7.2	7.2
19	7.7	7.6	7.7	7.3	7.7	7.5	7.7	7.7
20	7.2	7.2	7.2	7.2	7.8	7.6	7.5	7.5

## APPENDIX C

## RAW SCORES ON EXPLOSIVE POWER IN TERMS OF VERTICAL

S.No	Expt.Group I		Expt.Group II		Expt.Group III		Control Group	
	PRE	POST	PRE	POST	PRE	POST	PRE	POST
1	38	40	38	45	38	42	38	38
2	37	39	39	46	37	41	37	38
3	38	40	38	47	38	42	38	38
4	39	41	39	45	39	42	39	40
5	38	40	38	45	38	42	39	39
6	37	40	39	47	37	41	37	38
7	38	40	38	45	37	42	38	38
8	37	39	37	45	37	41	37	37
9	38	40	38	47	38	41	38	38
10	39	41	39	45	39	43	39	39
11	38	40	38	47	37	41	38	38
12	37	39	37	45	37	42	39	39
13	38	40	38	45	38	41	38	38
14	37	39	37	47	37	42	37	38
15	38	40	38	47	38	42	38	38
16	37	40	39	47	37	41	37	38
17	38	40	38	45	37	42	38	38
18	37	39	37	45	37	41	37	37
19	38	40	38	47	38	41	38	38
20	39	41	39	45	39	43	39	39

**APPENDIX D**  
**RAW SCORES ON AGILITY**

S.No	Expt.Group I		Expt.Group II		Expt.Group III		Control Group	
	PRE	POST	PRE	POST	PRE	POST	PRE	POST
1	6.9	6.8	6.9	6.6	6.9	6.7	6.9	6.9
2	6.8	6.8	6.8	6.6	6.8	6.7	6.8	6.8
3	6.8	6.8	6.8	6.5	7.1	7	6.9	6.9
4	6.8	6.7	6.8	6.5	6.8	6.7	6.8	6.7
5	6.8	6.8	6.8	6.6	6.8	6.6	6.8	6.8
6	6.9	6.8	6.9	6.7	7.1	7	6.9	6.9
7	6.8	6.8	6.9	6.7	6.8	6.7	6.8	6.8
8	6.9	6.8	6.9	6.6	6.9	6.7	6.9	6.9
9	6.8	6.8	6.8	6.6	6.8	6.7	6.8	6.7
10	6.7	6.6	6.9	6.6	6.9	6.8	6.7	6.7
11	6.8	6.7	6.8	6.6	6.8	6.7	6.9	6.9
12	6.9	6.9	6.9	6.5	6.9	6.8	6.9	6.9
13	6.8	6.7	6.9	6.6	6.8	6.7	6.8	6.8
14	6.9	6.8	6.9	6.6	6.9	6.8	6.9	6.9
15	6.7	6.6	6.7	6.5	6.7	6.6	6.8	6.8
16	6.8	6.8	6.9	6.7	6.8	6.7	6.8	6.8
17	6.9	6.8	6.9	6.6	6.9	6.7	6.9	6.9
18	6.8	6.8	6.8	6.6	6.8	6.7	6.8	6.7
19	6.7	6.6	6.9	6.6	6.9	6.8	6.7	6.7
20	6.8	6.7	6.8	6.6	6.8	6.7	6.9	6.9

## APPENDIX E

## RAW SCORES ON REACTION TIME

S.No	Expt.Group I		Expt.Group II		Expt.Group III		Control Group	
	PRE	POST	PRE	POST	PRE	POST	PRE	POST
1	0.32	0.31	0.32	0.29	0.32	0.28	0.32	0.32
2	0.33	0.32	0.33	0.28	0.33	0.29	0.33	0.33
3	0.34	0.33	0.34	0.31	0.34	0.28	0.34	0.34
4	0.35	0.34	0.35	0.32	0.35	0.26	0.35	0.35
5	0.36	0.35	0.33	0.31	0.36	0.25	0.36	0.36
6	0.34	0.33	0.34	0.32	0.34	0.28	0.34	0.34
7	0.35	0.34	0.35	0.31	0.33	0.24	0.35	0.33
8	0.35	0.34	0.35	0.3	0.35	0.25	0.35	0.35
9	0.36	0.35	0.33	0.3	0.36	0.29	0.36	0.34
10	0.35	0.34	0.35	0.31	0.35	0.28	0.35	0.35
11	0.36	0.35	0.36	0.31	0.33	0.27	0.36	0.36
12	0.33	0.32	0.38	0.32	0.38	0.29	0.38	0.38
13	0.37	0.36	0.37	0.31	0.37	0.28	0.37	0.37
14	0.36	0.35	0.36	0.32	0.36	0.28	0.36	0.36
15	0.33	0.32	0.35	0.31	0.35	0.28	0.35	0.35
16	0.36	0.35	0.33	0.31	0.36	0.25	0.36	0.36
17	0.34	0.33	0.34	0.32	0.34	0.28	0.34	0.34
18	0.35	0.34	0.35	0.31	0.33	0.24	0.35	0.33
19	0.35	0.34	0.35	0.3	0.35	0.25	0.35	0.35
20	0.36	0.35	0.33	0.3	0.36	0.29	0.36	0.34

**APPENDIX F**  
**RAW SCORES ON VITAL CAPACITY**

S.No	Expt.Group I		Expt.Group II		Expt.Group III		Control Group	
	PRE	POST	PRE	POST	PRE	POST	PRE	POST
1	4.28	4.31	4.28	4.58	4.28	4.36	4.32	4.32
2	4.22	4.31	4.22	4.52	4.22	4.38	4.31	4.31
3	4.26	4.3	4.26	4.56	4.26	4.35	4.31	4.31
4	4.25	4.3	4.28	4.55	4.25	4.35	4.25	4.25
5	4.27	4.3	4.27	4.57	4.27	4.36	4.27	4.27
6	4.28	4.3	4.28	4.59	4.28	4.38	4.28	4.28
7	4.27	4.31	4.27	4.58	4.11	4.39	4.32	4.34
8	4.25	4.32	4.29	4.54	4.25	4.38	4.25	4.25
9	4.26	4.31	4.29	4.58	4.26	4.39	4.26	4.26
10	4.25	4.32	4.25	4.57	4.25	4.39	4.25	4.25
11	4.25	4.31	4.25	4.58	4.25	4.38	4.25	4.25
12	4.25	4.31	4.25	4.59	4.25	4.38	4.1	4.2
13	4.28	4.3	4.28	4.58	4.28	4.37	4.1	4.2
14	4.26	4.31	4.26	4.56	4.22	4.38	4.26	4.26
15	4.25	4.31	4.25	4.57	4.25	4.38	4.1	4.1
16	4.25	4.3	4.28	4.55	4.25	4.35	4.25	4.25
17	4.27	4.3	4.27	4.57	4.27	4.36	4.27	4.27
18	4.28	4.3	4.28	4.59	4.28	4.38	4.28	4.28
19	4.27	4.31	4.27	4.58	4.11	4.39	4.32	4.34
20	4.25	4.32	4.29	4.54	4.25	4.38	4.25	4.25

**APPENDIX G**  
**RAW SCORES ON RESTING PULSE RATE**

S.No	Expt.Group I		Expt.Group II		Expt.Group III		Control Group	
	PRE	POST	PRE	POST	PRE	POST	PRE	POST
1	72	71	72	68	72	70	72	72
2	74	73	74	67	74	72	74	72
3	72	71	72	68	72	70	73	73
4	73	72	73	67	73	71	73	73
5	72	71	72	67	72	70	73	73
6	72	71	72	68	72	70	73	73
7	73	71	73	67	73	70	73	73
8	73	72	73	68	73	71	73	73
9	72	71	72	67	72	71	72	72
10	73	72	73	67	73	70	73	73
11	72	71	72	67	72	70	72	72
12	72	71	72	67	72	71	72	72
13	74	73	74	66	74	71	74	74
14	71	70	71	68	71	70	71	71
15	71	70	71	68	71	70	71	71
16	73	72	73	67	73	71	73	73
17	72	71	72	67	72	70	73	73
18	72	71	72	68	72	70	73	73
19	73	71	73	67	73	70	73	73
20	73	72	73	68	73	71	73	73

**APPENDIX H**  
**RAW SCORES ON CARDIO VASCULAR ENDURANCE**

S.No	Expt.Group I		Expt.Group II		Expt.Group III		Control Group	
	PRE	POST	PRE	POST	PRE	POST	PRE	POST
1	1460	1500	1450	1650	1480	1590	1470	1475
2	1480	1520	1480	1660	1480	1580	1480	1480
3	1490	1520	1490	1680	1490	1590	1470	1470
4	1480	1530	1480	1670	1480	1580	1480	1480
5	1460	1550	1460	1660	1460	1570	1480	1480
6	1480	1520	1480	1650	1480	1580	1480	1480
7	1475	1530	1475	1680	1475	1590	1480	1480
8	1470	1530	1470	1650	1470	1580	1490	1490
9	1470	1530	1470	1640	1470	1570	1470	1475
10	1490	1520	1480	1650	1490	1580	1480	1480
11	1490	1550	1450	1650	1450	1580	1480	1480
12	1475	1500	1490	1650	1475	1550	1475	1475
13	1485	1520	1485	1650	1485	1580	1485	1485
14	1458	1520	1458	1660	1458	1560	1470	1475
15	1450	1520	1450	1680	1450	1560	1480	1480
16	1475	1530	1475	1680	1475	1590	1480	1480
17	1470	1530	1470	1650	1470	1580	1490	1490
18	1470	1530	1470	1640	1470	1570	1470	1475
19	1490	1520	1480	1650	1490	1580	1480	1480
20	1490	1550	1450	1650	1450	1580	1480	1480

**APPENDIX I**  
**RAW SCORES ON BREATH HOLDING TIME**

S.No	Expt.Group I		Expt.Group II		Expt.Group III		Control Group	
	PRE	POST	PRE	POST	PRE	POST	PRE	POST
1	48	49	48	55	48	53	48	48
2	48	49	48	55	48	52	48	48
3	49	49	49	56	49	53	47	47
4	48	49	48	54	48	52	48	49
5	48	49	48	56	48	53	48	48
6	49	49	49	58	49	52	48	49
7	48	49	48	56	48	51	48	48
8	49	49	49	54	49	52	48	48
9	48	49	48	55	48	52	48	49
10	48	49	48	55	48	53	48	48
11	49	50	49	56	49	52	48	48
12	48	50	48	54	48	51	48	49
13	45	46	45	54	45	51	45	46
14	47	48	47	52	47	51	47	47
15	49	49	49	54	49	51	49	49
16	48	49	48	56	48	51	48	48
17	49	49	49	54	49	52	48	48
18	48	49	48	55	48	52	48	49
19	48	49	48	55	48	53	48	48
20	49	50	49	56	49	52	48	48



**APPENDIX J**  
**RAW SCORES ON DRIBBLING**

S.No	Expt.Group I		Expt.Group II		Expt.Group III		Control Group	
	PRE	POST	PRE	POST	PRE	POST	PRE	POST
1	24	23	24	22	24	23	24	24
2	25	25	25	22	25	24	25	25
3	24	23	24	21	24	23	24	23
4	23	23	23	21	23	22	23	23
5	24	24	24	22	24	23	24	24
6	25	24	25	21	25	24	25	24
7	24	24	24	21	24	23	23	23
8	25	25	24	22	25	24	25	24
9	24	24	24	21	24	22	23	23
10	24	24	24	21	24	23	24	24
11	25	24	24	22	25	24	25	25
12	24	24	24	21	24	23	24	24
13	24	24	24	21	24	23	24	24
14	25	24	25	21	24	24	25	25
15	24	24	24	21	24	23	24	24
16	24	24	24	22	24	23	24	24
17	25	24	25	21	25	24	25	24
18	24	24	24	21	24	23	23	23
19	25	25	24	22	25	24	25	24
20	24	24	24	21	24	22	23	23

**APPENDIX K**  
**RAW SCORES ON PASSING**

S.No	Expt.Group I		Expt.Group II		Expt.Group III		Control Group	
	PRE	POST	PRE	POST	PRE	POST	PRE	POST
1	5.45	5.4	5.45	5.56	5.45	5.5	5.45	5.45
2	5.42	5.5	5.42	5.55	5.42	5.6	5.42	5.42
3	5.4	5.5	5.4	5.6	5.4	5.6	5.44	5.44
4	5.6	5.7	5.6	5.7	5.6	5.8	5.55	5.55
5	5.5	5.5	5.5	5.6	5.5	5.7	5.55	5.55
6	5.5	5.6	5.5	5.6	5.5	5.8	5.35	5.35
7	5.4	5.5	5.4	5.5	5.4	5.6	5.66	5.66
8	5.3	5.4	5.2	5.3	5.2	5.4	5.2	5.2
9	5.3	5.4	5.3	5.4	5.3	5.5	5.3	5.3
10	5.4	5.4	5.2	5.3	5.2	5.6	5.2	5.2
11	5.7	5.7	5.4	5.5	5.4	5.5	5.4	5.5
12	5.5	5.5	5.5	5.6	5.5	5.4	5.5	5.5
13	5.4	5.4	5.3	5.4	5.3	5.5	5.3	5.5
14	5.2	5.3	5.4	5.5	5.2	5.5	5.2	5.2
15	5.2	5.3	5.4	5.5	5.2	5.6	5.2	5.2
16	5.5	5.5	5.5	5.6	5.5	5.7	5.55	5.55
17	5.5	5.6	5.5	5.6	5.5	5.8	5.35	5.35
18	5.4	5.5	5.4	5.5	5.4	5.6	5.66	5.66
19	5.3	5.4	5.2	5.3	5.2	5.4	5.2	5.2
20	5.3	5.4	5.3	5.4	5.3	5.5	5.3	5.3

**APPENDIX L**  
**RAW SCORES ON SHOOTING**

S.No	Expt.Group I		Expt.Group II		Expt.Group III		Control Group	
	PRE	POST	PRE	POST	PRE	POST	PRE	POST
1	27	28	27	29	28	32	27	27
2	28	29	28	30	28	32	28	28
3	27	28	27	29	27	31	27	27
4	26	27	26	28	27	31	26	26
5	27	27	27	29	27	31	27	27
6	28	28	28	29	28	32	28	28
7	26	27	26	28	27	32	27	28
8	27	28	27	29	27	31	27	27
9	28	28	28	30	28	32	28	28
10	27	28	27	29	27	32	27	28
11	26	27	26	28	26	31	26	27
12	27	28	26	28	27	31	27	27
13	27	28	25	28	27	32	27	28
14	26	27	26	28	26	31	26	26
15	24	25	25	28	24	30	24	24
16	27	27	27	29	27	31	27	27
17	28	28	28	29	28	32	28	28
18	26	27	26	28	27	32	27	28
19	27	28	27	29	27	31	27	27
20	28	28	28	30	28	32	28	28

**APPENDIX – M**  
**TRAINING PROGRAMME FOR ASANAS GROUP**

I	SURYA NAMASKAR (12 counts)
II	ASANAS
1	Padmasana
2	Vajrasana
3	Navasana
4	Trikonasana
5	Pada Hastasana
6	Matsyasana
7	Bhujangasana
8	Halasana
9	Pashimottanasana
10	Dhanurasana
11	Vipareeta Karani
12	Savasana or Santhi Asana

**APPENDIX – N**  
**TRAINING PROGRAMME FOR AEROBICS GROUP**

S.No	Name of Exercise	No. of Sets in Weeks			
		I - III	IV – VI	VII - IX	X - XII
1	Marching on the Spot	32 counts	36 Counts	40 counts	48 counts
2	Touch Out	7 rep	10 rep	12 rep	16 rep
3	Step Touch	3 rep	4 rep	6 rep	8 rep
4	Double Step Touch	3 rep	3 rep	3 rep	4 rep
5	Grapevine	3 rep	4 rep	6 rep	8 rep
5	Cross Over Step	3 rep	4 rep	6 rep	8 rep
7	Jump on Spot	7 rep	10 rep	12 rep	16 rep
8	Ham Curl	4 rep	5 rep	6 rep	8 rep
9	Front Kick	4 rep	4 rep	6 rep	8 rep
10	Knee and Arm Lift	3 rep	3 rep	6 rep	8 rep

**APPENDIX – O**  
**TRAINING PROGRAMME FOR PROPRIOCEPTIVE TRAINING GROUP**

S.No	Name of Exercise	No. of Sets in Weeks			
		I - III	IV – VI	VII - IX	X - XII
1	One-leg balances	8 rep	10 rep	14 rep	16 rep
2	Forward-backward leg swings with knee flexed	8 rep	10 rep	12 rep	14 rep
3	Forward-backward leg swings with knee extended	5 rep	7 rep	8 rep	10 rep
4	Toe walking	8 rep	10 rep	12 rep	14 rep
5	Heel walking	8 rep	10 rep	12 rep	14 rep
5	Cross-body leg swings	8 rep	10 rep	12 rep	14 rep
7	Advanced one-leg balances	10 rep	12 rep	14 rep	16 rep
8	Maximum forward-backward leg swings with knee extended	8 rep	10 rep	12 rep	14 rep
9	One-leg squats	6 rep	8 rep	10 rep	12 rep
10	Runners' poses	7 rep	8 rep	9 rep	12 rep
11	Bicycle leg swings without resistance	5 rep	7 rep	10 rep	12 rep
12	Partial squats	7 rep	9 rep	10 rep	12 rep