TABLE OF CONTENTS (Cont...)

		PAGE NO
3.14.3	Breath Holding Time	100
3.15	Collection of Blood Sample for Bio-Chemical Variables	101
3.15.1	Computerized Semi- Auto Analyzer Randox - Imola for	
	Bio-Chemical Variables	101
3.16	Administration of the Questionnaires	102
3.16.1	Sports Competition Anxiety Test (SCAT)	102
3.16.2	Rosenberg Self Esteem Scale	103
3.16.3	Sports Achievement Motivation Test	103
3.17	Skill Test	104
3.17.1	Mor-Christian Soccer Dribble test	104
3.17.2	Borleske touch football punt for distance test	105
3.17.3	Shooting Skill Test	105
3.18	Collection of Data	106
3.19	Statistical Technique	106
3.20	Photos	110
3.21	Flow Chart Showing Methodology	114
CHAP	TER IV – RESULTS AND DISCUSSIONS	115-165
4.1	Overview	115
4.2	Test of Significance	115
4.3	Level of Significance	116
4.4	Computation of Dependent 't' test, Analysis of Covariance	117
	and Scheffe's Post Hoc Test on Vital Capacity	
4.4.1	Results of Vital Capacity	118
4.4.2	Results of Scheffe's Test on Vital Capacity	119
4.4.3	Discussion on Findings on Vital Capacity	120
4.5	Computation of Dependent 't' test, Analysis of Covariance	121
	and Scheffe's Post Hoc Test on Resting Pulse Rate	

TABLE OF CONTENTS (Cont...)

		PAGE NO.
4.5.1	Results of Resting Pulse Rate	122
4.5.2	Results of Scheffe's Test on Resting Pulse Rate	123
4.5.3	Discussion on Findings on Resting Pulse Rate	124
4.6	Computation of Dependent 't' test, Analysis of Covariance	125
	and Scheffe's Post Hoc Test on Breathe Holding Time	
4.6.1	Results of Breathe Holding Time	126
4.6.2	Results of Scheffe's Test on Breathe Holding Time	127
4.6.3	Discussion on Findings on Breathe Holding Time	128
4.7	Computation of Dependent 't' test, Analysis of Covariance	129
	and Scheffe's Post Hoc Test on Blood Glucose	
4.7.1	Results of Blood Glucose	130
4.7.2	Results of Scheffe's Test on Blood Glucose	131
4.7.3	Discussion on Findings on Blood Glucose	132
4.8	Computation of Dependent 't' test, Analysis of Covariance	133
	and Scheffe's Post Hoc Test on Total Cholesterol	
4.8.1	Results of Total Cholesterol	134
4.8.2	Results of Scheffe's Test on Total Cholesterol	135
4.8.3	Discussion on Findings on Total Cholesterol	136
4.9	Computation of Dependent 't' test, Analysis of Covariance	137
	and Scheffe's Post Hoc Test on Triglycerides	
4.9.1	Results of Triglycerides	138
4.9.2	Results of Scheffe's Test on Triglycerides	139
4.9.3	Discussion on Findings on Triglycerides	140
4.10	Computation of Dependent 't' test, Analysis of Covariance	141
	and Scheffe's Post Hoc Test on Anxiety	
4.10.1	Results of Anxiety	142
4.10.2	Results of Scheffe's Test on Anxiety	143

TABLE OF CONTENTS (Cont...)

		PAGE NO
4.10.3	Discussion on Findings on Anxiety	144
4.11	Computation of Dependent 't' test, Analysis of Covariance	145
	and Scheffe's Post Hoc Test on Self-Esteem	
4.11.1	Results of Self-Esteem	146
4.11.2	Results of Scheffe's Test on Self-Esteem	147
4.11.3	Discussion on Findings on Self-Esteem	148
4.12	Computation of Dependent 't' test, Analysis of Covariance	149
	and Scheffe's Post Hoc Test on Achievement Motivation	
4.12.1	Results of Achievement Motivation	150
4.12.2	Results of Scheffe's Test on Achievement Motivation	151
4.12.3	Discussion on Findings on Achievement Motivation	152
4.13	Computation of Dependent 't' test, Analysis of Covariance	153
	and Scheffe's Post Hoc Test on Dribbling	
4.13.1	Results of Dribbling	154
4.13.2	Results of Scheffe's Test on Dribbling	155
4.13.3	Discussion on Findings on Dribbling	156
4.14	Computation of Dependent 't' test, Analysis of Covariance	157
	and Scheffe's Post Hoc Test on Kicking	
4.14.1	Results of Kicking	158
4.14.2	Results of Scheffe's Test on Kicking	159
4.14.3	Discussion on Findings on Kicking	160
4.15	Computation of Dependent 't' test, Analysis of Covariance	161
	and Scheffe's Post Hoc Test on Shooting	
4.15.1	Results of Shooting	162
4.15.2	Results of Scheffe's Test on Shooting	163
4.15.3	Discussion on Findings on Shooting	164
4.16	Discussion on Hypotheses	165