

H. M. YEERISWAMY
Lecturer in Physical Education
Adoni Arts and Science College
Adoni - 518302
Kurnool District
Andhra Pradesh.

DECLARATION

I, **H. M. Yeeriswamy** hereby declare that the thesis, entitled “**EFFECT OF PLYOMETRIC TRAINING ON SELECTED PHYSICAL FITNESS, BIO-CHEMICAL AND SKILL PERFORMANCE VARIABLES OF JUNIOR COLLEGE LEVEL FOOTBALL PLAYERS**” submitted to the Tamil Nadu Physical Education and Sports University, Chennai in partial fulfillment of the requirements for the award of the **Degree of Doctor of Philosophy in Physical Education** is a record of original research work done by me during the period 2009 - 2013 of under the supervision and guidance of Dr.Ch. VST. Saikumar, Principal, Maruthi College of Physical Education, Sri Ramakrishna Mission Vidyalaya, Coimbatore and it has not formed the basis for the award of any Degree / Diploma / Associate ship / Fellowship or other similar title to any candidate of any University.


Signature of the Candidate