

EFFECT OF PLYOMETRIC AND FUNCTIONAL CORE TRAINING ON SELECTED PHYSICAL FITNESS COMPONENTS BODY COMPOSITION AND SKILL PERFORMANCE AMONG BASKETBALL PLAYERS

*Dissertation Submitted to the Tamil Nadu Physical Education and
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for the award of Degree of*

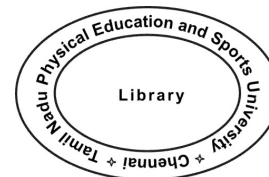
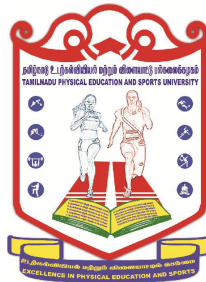
**DOCTOR OF PHILOSOPHY
IN
PHYSICAL EDUCATION**

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