

Dr. A.S.NAGESWARAN

Associate Professor

Department of Physical Education and center for Research

H.H. The Rajah's College (*Autonomous*)

Pudukottai-622 001

Tamilnadu, India.

CERTIFICATE BY THE SUPERVISOR

This is to certify that the dissertation entitled “**INFLUENCE OF DOWNHILL AND UPHILL RUNNING ON SELECTED PHYSICAL FITNESS VARIABLES AMONG FOOTBALL PLAYERS**” is a record of research work done by **VINOTH.T**, a part time research scholar of Doctor of Philosophy, in the Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai during the year 2011-2014.

This dissertation is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associateship or other similar title.

This dissertation represents entirely an independent work on the part of the candidate but for the general guidance by me.

Place: Chennai

(Dr. A.S.NAGESWARAN)

Date:

Research Supervisor