## LIST OF ILLUSTRATION

FIGURE	LIST OF ILLUSTRATION	PAGE
1	Anthropometric Variables Test for Height	57
2	Anthropometric Variables Test for Weight	58
3	Anthropometric Variables Test for Chest Circumference	59
4	Motor Fitness Variables Test for Speed	60
5	Motor Fitness Variables Test for Agility	61
6	Motor Fitness Variables Test for Flexibility	62
7	Motor Fitness Variables Test for Cardio Vascular Endurance	63
8	Motor Fitness Variables Test for Explosive Power	64
9	Physiological Variables Test for Resting Heart Rate	65
10	Physiological Variables Test for Breath Holding Time	66
11	Physiological Variables Test for Vo2 Max	67
12	Bar Diagram Showing on Pre-Test and Adjusted Post-test means of Height	75
13	Bar Diagram Showing on Pre-Test and Adjusted Post-test means of Weight	79
14	Bar Diagram Showing on Pre-Test and Adjusted Post-test means of Chest Circumference	83
15	Bar Diagram Showing on Pre-Test and Adjusted Post-test means of Speed	87
16	Bar Diagram Showing on Pre-Test and Adjusted Post-test means of Agility	91
17	Bar Diagram Showing on Pre-Test and Adjusted Post-test means of Flexibility	95

18	Bar Diagram Showing on Pre-Test and Adjusted Post-test means of Cardio Vascular Endurance	99
19	Bar Diagram Showing on Pre-Test and Adjusted Post-test means of Explosive Power	103
20	Bar Diagram Showing on Pre-Test and Adjusted Post-test means of Resting Heart Rate	107
21	Bar Diagram Showing on Pre-Test and Adjusted Post-test means of Breath Holding Time	111
22	Bar Diagram Showing on Pre-Test and Adjusted Post-test means of Vo2 Max	115