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CERTIFICATE BY THE SUPERVISOR

This is to certify that the dissertation entitled “**EFFECT OF WEIGHT TRAINING AND RESISTANCE TRAINING ON SELECTED BIOMOTOR, PHYSIOLOGICAL AND SKILL VARIABLES AMONG TAMILNADU STATE HOCKEY PLAYERS**” is a record of research work done by C. GODWIN PAUL, a part time scholar of Doctor of Philosophy, in the YMCA College of Physical Education, affiliated to Tamil Nadu Physical Education and Sports University, Chennai during the year 2007 – 2009.

This dissertation is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This dissertation represents, entirely an independent work on the part of the candidate but for the general guidance by me.

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Date: 12.05.2010

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