

**EFFECT OF PLYOMETRIC TRAINING AND SWISS BALL
TRAINING ON SELECTED PHYSICAL FITNESS
AND BIOCHEMICAL VARIABLES AMONG
UNIVERSITY MEN BASKETBALL
PLAYERS**

*Dissertation Submitted to the Tamil Nadu Physical Education and Sports University,
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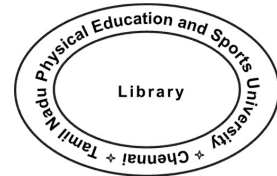
**DOCTOR OF PHILOSOPHY
IN
PHYSICAL EDUCATION**

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