

**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,  
Chennai for the fulfillment of the requirements for the award of  
Degree of*

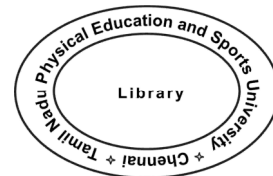
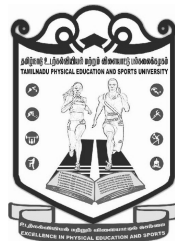
**DOCTOR OF PHILOSOPHY  
IN  
PHYSICAL EDUCATION**

*Submitted by*

**R.BALAGANESHAN**

*Guided by*

**Dr. C. ARUMUGAM**



\*99001233\*

**DEPARTMENT OF PHYSICAL EDUCATION  
TAMIL NADU PHYSICAL EDUCATION  
AND SPORTS UNIVERSITY  
CHENNAI**

**JUNE - 2013**