

1.13	Lipids	20
1.14	High Density Lipoprotein (HDL)	21
1.15	Low Density Lipoprotein (LDL)	22
1.16	Blood Cholestrol	22
1.17	Triglyceride	23
1.18	Need for the Study	24
1.19	Statement of the Problem	25
1.20	Hypothesis	25
1.21	Significance of the Study	26
1.21.1	Delimitations	27
1.21.2	Limitations	27
1.21.3	Definition of the Terms	28
	Training	28
	Speed	29
	Explosive Power	29
	Flexibility	30
	High Density Lipoprotein (HDL)	30
	Low Density Lipoprotein Cholesterol (LDL)	30
	Triglycerides (Tg)	30
	Cholesterol (Tc)	30
<b>CHAPTER-II</b>	<b>REVIEW OF RELATED LITERATURE</b>	<b>31-88</b>
2.1	Studies on Effect of Swiss Ball Exercises	32
2.2	Studies on Effect of Plyometric Training	61
<b>CHAPTER-III</b>	<b>METHODOLOGY</b>	<b>89-102</b>
3.1	Selection of Subjects	89
3.2	Selection of Variables	89
	Dependent Variables	90
	Independent Variables	90
3.3	Criterion Measures	90
3.4	Research Design	91
3.5	Pilot Study	92

3.6	Reliability of Data	93
3.6.1	Instrument Reliability	93
3.6.2	Tester's Competence	94
3.6.3	Subjects Reliability	95
3.7	Training Programme	95
3.8	Administration of Tests	95
3.8.1	Explosive Power (Vertical Jump Test)	95
3.8.2	Speed (50 Meters Run)	96
3.8.3	Agility	97
3.8.4	Flexibility (Sit And Reach)	97
3.9	Measurement of Biochemical Variables	98
3.9.1	High Density Lipoprotein(HDL)	99
3.9.2	Low Density Lipoprotein(LDL)	100
3.9.3	Total Cholesterol	100
3.9.4	Triglycerides	100
3.10	Statistical Technique	101
<b>CHAPTER IV</b>	<b>RESULTS AND DISCUSSIONS</b>	<b>103-145</b>
4.1	Overview	103
4.2	Test of Significance	104
4.2.1	Level of Significance	104
4.3.1	Analysis of Explosive Power	105
4.3.2	Analysis of Speed	109
4.3.3	Analysis of Agility	113
4.3.4	Analysis of Flexibility	117
4.3.5	Analysis of Triglycerides	121
4.3.6	Analysis of Total Cholesterol	124
4.3.7	Analysis of High Density Lipoprotein	128
4.3.8	Analysis of Low Density Lipoprotein	131
4.4	Discussions on Results	135
4.4.1	Discussions on Physical Fitness – Explosive Power	135
4.4.2	Discussions on Speed	136

4.4.3	Discussions on Agility	136
4.4.4	Discussions on Flexibility	138
4.4.5	Discussions on Triglycerides	139
4.4.6	Discussions on Total Cholesterol	140
4.4.7	Discussions on High Density Lipoprotein	141
4.4.8	Discussions on Low Density Lipoprotein	142
4.5	Discussions on Hypotheses	143
<b>CHAPTER V</b>	<b>SUMMARY, CONCLUSIONS AND RECOMMENDATIONS</b>	<b>146-150</b>
5.1	Summary	146
5.1.1	Result	147
5.2	Conclusions	148
5.3	Recommendations	149
5.4	Suggestions for Further Research	150
	<b>BIBLIOGRAPHY</b>	<b>151-158</b>
	Books	151
	Journals	153

## LIST OF TABLES

<b>TABLE</b>	<b>TITLE</b>	<b>PAGE</b>
4.1	Analysis of Covariance on Explosive Power Among Plyometric Training, Swiss Ball Training And Control Group.	105
4.2	Scheffe's Confidence Interval Test Scores on Explosive Power	107
4.3	Analysis Of Covariance on Speed Among Plyometric Training, Swiss Ball Training And Control Group.	109
4.4	Scheffe's Confidence Interval Test Scores on Speed	111
4.5	Analysis of Covariance on Agility Among Plyometric Training, Swiss Ball Training And Control Group.	113
4.6	Scheffe's Confidence Interval Test Scores on Agility	115
4.7	Analysis of Covariance on Flexibility Among Plyometric Training, Swiss Ball Training And Control Group.	117
4.8	Scheffe's Confidence Interval Test Scores on Flexibility	119
4.9	Analysis of Covariance on Triglycerides Among Plyometric Training, Swiss Ball Training And Control Group	121
4.10	Analysis of Covariance on Total Cholesterol Among Plyometric Training, Swiss Ball Training And Control Group.	124
4.11	Scheffe's Confidence Interval Test Scores on Total Cholesterol	126
4.12	Analysis of Covariance on High Density Lipoprotein Among Plyometric Training, Swiss Ball Training And Control Group.	128
4.13	Analysis of Covariance on Low Density Lipoprotein Among Plyometric Training, Swiss Ball Training And Control Group.	131
4.14	Scheffe's Confidence Interval Test Scores on Low Density Lipoprotein	133