## LIST OF TABLES

Table		Page
I	Showing The Criterion Measures	89
II	Variables Selected And Tests Used to Assess The Influence of Varied Package Training on Physical Fitness, Psychological Variables and Physiological Variables	92
III	Reliability Co-Efficient For Criterion Variables on Physical Fitness, Psychological Variables And Physiological Variables	93
IV	Training Schedule For Core Training (Package I) and Recreational Activities ( Package II)	95
V	Computation of Analysis of Covariance on Body Mass Index	111
VI	Scheffe's Confidence Interval Test Scores on Body Mass Index (BMI)	113
VII	Computation of Analysis of Covariance on Percent Body Fat	116
VIII	Scheffe's Confidence Interval Test Scores on Percent Body Fat	118
IX	Computation of Analysis of Covariance on Explosive Power	121
X	Scheffe's Confidence Interval Test Scores on Explosive Power	123
XI	Computation of Analysis of Covariance on Muscular Strength	126
XII	Scheffe's Confidence Interval Test Scores on Muscular Strength	128
XIII	Computation of Analysis of Covariance on Muscular Endurance	131
XIV	Scheffe's Confidence Interval Test Scores on Muscular Endurance	133

Table	List of Tables (Continued)	PAGE
XV	Computation of Analysis of Covariance on Flexibility	136
XVI	Scheffe's Confidence Interval Test Scores on Flexibility	138
XVII	Computation of Analysis of Covariance on VO <sub>2</sub> Max	141
XVIII	Scheffe's Confidence Interval Test Scores on VO <sub>2</sub> Max	143
XIX	Computation of Analysis of Covariance on Social Behaviour and Adjustment	146
XX	Scheffe's Confidence Interval Test Scores on Social Behaviour and Adjustment	148