

# **EFFECT OF EXTENSIVE AND INTENSIVE INTERVAL TRAINING AND DETRAINING ON SELECTED PHYSICAL FITNESS AND PHYSIOLOGICAL VARIABLES OF COLLEGE MEN**

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**DOCTOR OF PHILOSOPHY  
IN  
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**Submitted by  
R. AMIRTHARAJ**

**Guided by  
Dr. Mrs. K. JOTHI**



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**DEPARTMENT OF PHYSICAL EDUCATION  
TAMIL NADU PHYSICAL EDUCATION  
AND SPORTS UNIVERSITY  
CHENNAI - 600 127  
INDIA**

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