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### **CERTIFICATE BY THE SUPERVISOR**

This is to certify that the dissertation entitled **“EFFECT OF ISOLATED AND COMBINED SWISS BALL AND FLEXIBILITY TRAINING ON SELECTED PHYSICAL FITNESS BIOCHEMICAL AND SKILL PERFORMANCE VARIABLES AMONG SCHOOL VOLLEYBALL PLAYERS”** is a record of research work done by **Mr. M. NATARAJAN**, a part time scholar of doctor of philosophy, in the department of physical education in **Tamil Nadu Physical Education and Sports University, Chennai** during the year 2009 – 2013.

This dissertation is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associateship, fellowship or other similar titles. This dissertation represents, entirely an independent work on the part of the candidate but for the general guidance by me.

Place: Chennai

**(Dr. Ch. VST. SAI KUMAR)**

Date:

Guide