

## LIST OF TABLES

<b>Table</b>	<b>Title</b>	<b>Page</b>
3.1	Tests selection	76
3.2	Intra class co-efficient of correlation on selected dependent variables	79
4.1	Analysis of covariance on speed of experimental and control groups	108
4.2	Scheffe's post hoc test for the differences among paired means of experimental and control groups on speed	110
4.3	Analysis of covariance on muscular strength of experimental and control groups	112
4.4	Scheffe's post hoc test for the differences among paired means of experimental and control groups on muscular strength	113
4.5	Analysis of covariance on flexibility of experimental and control groups	115
4.6	Scheffe's post hoc test for the differences among paired means of experimental and control groups on flexibility	116
4.7	Analysis of covariance on explosive power of experimental and control groups	118
4.8	Scheffe's post hoc test for the differences among paired means of experimental and control groups on explosive power	119
4.9	Analysis of covariance on triglycerides of experimental and control groups	121
4.10	Scheffe's post hoc test for the differences among paired means of experimental and control groups on triglycerides	122
4.11	Analysis of covariance on high density lipoprotein cholesterol of experimental and control groups	124
4.12	Scheffe's post hoc test for the differences among paired means of experimental and control groups on high density lipoprotein cholesterol	125

## LIST OF TABLES (Cont...)

4.13	Analysis of covariance on low density lipoprotein cholesterol of experimental and control groups	127
4.14	Scheffe's post hoc test for the differences among paired means of experimental and control groups on low density lipoprotein cholesterol	128
4.15	Analysis of covariance on hemoglobin of experimental and control groups	130
4.16	Scheffe's post hoc test for the differences among paired means of experimental and control groups on hemoglobin	132
4.17	Analysis of covariance on under arm pass of experimental and control groups	133
4.18	Scheffe's post hoc test for the differences among paired means of experimental and control groups on under arm pass	135
4.19	Analysis of covariance on over hand pass of experimental and control groups	137
4.20	Scheffe's post hoc test for the differences among paired means of experimental and control groups on over hand pass	138
4.21	Analysis of covariance on serving ability of experimental and control groups	140
4.22	Scheffe's post hoc test for the differences among paired means of experimental and control groups on serving ability	141