

**EFFECTS OF SAQ TRAINING CIRCUIT RESISTANCE TRAINING
AND PLYOMETRIC TRAINING ON SELECTED MOTOR
FITNESS VARIABLES AMONG INTER-COLLEGIATE
MEN FOOTBALL PLAYERS**

**DISSERTATION SUBMITTED TO TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY,
CHENNAI FOR THE FULFILLMENT OF THE REQUIREMENTS FOR THE DEGREE OF**

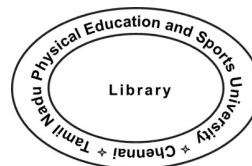
**DOCTOR OF PHILOSOPHY
IN
PHYSICAL EDUCATION**

Submitted by

V. SENTHILKUMAR @ BALAJI

Guided by

Dr. D. MANIAZHAGU, Ph.D.,



**DEPARTMENT OF PHYSICAL EDUCATION
TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
CHENNAI – 600 127
INDIA**

MARCH - 2014