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CERTIFICATE

This is to certify that the dissertation entitled “**EFFECTS OF SAQ TRAINING, CIRCUIT RESISTANCE TRAINING AND PLYOMETRIC TRAINING ON SELECTED MOTOR FITNESS VARIABLES AMONG INTER COLLEGIATE MEN FOOTBALL PLAYERS**” is a record of research work done by **Mr. V. SENTHILKUMAR @ BALAJI** a part time scholar of Doctor of Philosophy, in the Department of Physical Education at Tamil Nadu Physical Education and Sports University, Chennai during the year 2011– 2014.

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.

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