

**EFFECT OF HIGH INTENSITY PLYOMETRIC  
TRAINING ANAEROBIC TRAINING AND  
CROSS TRAINING ON SELECTED  
MOTOR FITNESS PHYSIOLOGICAL  
AND SKILL VARIABLES  
OF VOLLEYBALL  
PLAYERS**

**DISSERTATION**

*Submitted to Tamilnadu Physical Education and Sports  
University in fulfilment of the Requirement for the  
Degree of*

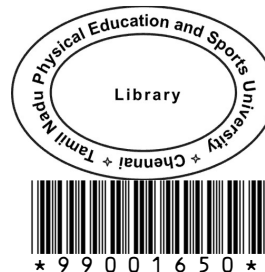
**DOCTOR OF PHILOSOPHY IN PHYSICAL EDUCATION**

*by*

**S.MAHESH KUMAR**

*Under the Guidance of*

**Dr. S.GLADY KIRUBAKAR**



**TAMILNADU PHYSICAL EDUCATION AND  
SPORTS UNIVERSITY, CHENNAI, INDIA**

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