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CERTIFICATE BY THE SUPERVISOR

This is to certify that the dissertation entitled “**EFFECT OF HIGH INTENSITY PLYOMETRIC TRAINING ANAEROBIC TRAINING AND CROSS TRAINING ON SELECTED MOTOR FITNESS PHYSIOLOGICAL AND SKILL VARIABLES OF VOLLEYBALL PLAYERS**” is a record of research work done by **S. MAHESH KUMAR**, a part time scholar of Doctor of Philosophy, in the Department of Physical Education, 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 or other similar titles. This dissertation represents, entirely an independent work on the part of the candidate but for the general guidance by me.

Station : Chennai.

Date:

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