TABLE OF CONTENTS

CHAPTER	TITLE		PAGE
	Certificate		ii
	Declaration	Declaration	
	Dedication		iv
	Acknowled	gement	V
	Table of Co	ontents	vi
	List of Tab	les	xii
	List of Figu	ires	xiii
	Abbreviation	ons	xiv
	Abstract		XV
	Flow Chart		xvii
CHAPTER I	INTRODUCTION		1-11
	1.1	Circuit Training	1
	1.2	Principal of Circuit Training	4
	1.2.1	Regularity	4
	1.2.2	Strength development	4
	1.2.3	Muscular endurance	4
	1.2.4	Cardio vascular improvement	5
	1.2.5	Agility	5
	1.3	Overload principles in circuit training	5
	1.4	Effects of circuit training	5
	1.5	Statement of the problem	6
	1.6	Objectives of the study	6
	1.7	Hypotheses	6

CHAPTER	TITLE PAG		
	1.8	Significance of the study	8
	1.9	Delimitations	9
	1.10	Limitations	9
	1.11	Operational definitions of the terms	10
	1.11.1	Training	10
	1.11.2	Speed	10
	1.11.3	Explosive power	10
	1.11.4	Flexibility	11
	1.11.5	Muscular strength endurance	11
	1.11.6	Resting pulse rate	11
	1.11.7	VO ₂ max	11
	1.11.8	Breath holing time	11
	1.11.9	Independent variables	11
	1.11.10	Dependent variables	11
CHAPTER II	REVIEW OF RELATED LITERATURE		12-34
	2.1	Studies on Circuit Training	12
	2.2 Studies on Yogic practices		30
CHAPTER III	METHODOLOGY		35-73
	3.1	Introductions	35
	3.2	Selection of the subjects	35
	3.3	Experimental design	35
	3.4	Selection of variables	36
	3.4.1	Dependent variables	36
	3.4.2	Independent variables	36

CHAPTER		TITLE	PAGE
	3.5	Criterion measures	38
	3.5.1	Speed	38
	3.5.2	Explosive power	38
	3.5.3	Muscular strength endurance	38
	3.5.4	Flexibility	38
	3.5.5	Resting pulse rate	38
	3.5.6	VO ₂ max	38
	3.5.7	Breath holding time	38
	3.6	Orientation of the subjects	38
	3.7	Instrument reliability	38
	3.8	Subjects reliability	39
	3.9	Reliability of the data	39
	3.10	Competency of the tester	39
	3.11	Collection of the data	40
	3.12	Administration of test	40
	3.12.1	Speed	40
	3.12.2	Explosive power	40
	3.12.3	Muscular strength endurance	41
	3.12.4	Flexibility	41
	3.12.5	Resting pulse rate	42
	3.12.6	VO ₂ max	42
	3.12.7	Breath holding time	43
	3.13	Administrations of yogic practices	43
	3.13.1	Suria namaskar-The sun salutations	43

CHAPTER		TITLE	PAGE
	3.13.2	Asanas practices	45
	3.13.3	Pachimottaasana	45
	3.13.4	Vajrasana	45
	3.13.5	Dhanurasana	46
	3.13.6	Navasana	46
	3.13.7	Bhujangasana	46
	3.13.8	Vipareethakarani	46
	3.13.9	Bhastrika pranayama	46
	3.13.10	Chin mudra or gyan mudras	47
	3.14	ACSM-Training guidelines	47
	3.14.1	Intensity	47
	3.14.2	Duration	47
	3.14.3	Frequency	48
	3.14.4	Progression of exercise	48
	3.14.5	Pilot study	48
	3.15	Training approaches of the present study	49
	3.15.1	Training programme for Group one	50
	3.15.2	Training programme for Group two	58
	3.15.3	Training programme for Group one three	68
	3.16	Statistical Applications	73
CHAPTER IV	AN	ALYSIS AND INTERPRETATION OF DATA	74-120
	4.1	Introduction	74
	4.2	Comparison of speed in the experimental groups and control group	75
	4.2.1	Results on speed	75

CHAPTER		TITLE	PAGE
	4.2.2	Results of post hoc test on speed	77
	4.3	Comparison of explosive power in the experimental groups and control group	79
	4.3.1	Results on explosive power	79
	4.3.2	Results of post hoc test on explosive power	81
	4.4	Comparison of muscular strength endurance in the experimental groups and control group	83
	4.4.1	Results on muscular strength endurance	83
	4.4.2	Results of post hoc test on muscular strength endurance	85
	4.5	Comparison of flexibility in the experimental groups and control group	87
	4.5.1	Results on flexibility	87
	4.5.2	Results of post hoc test on flexibility	89
	4.6	Comparison of resting pulse rate in the experimental groups and control group	91
	4.6.1	Results on resting pulse rate	91
	4.6.2	Results of post hoc test on resting pulse rate	93
	4.7	Comparison of VO ₂ max in the experimental groups and control group	95
	4.7.1	Results on VO ₂ max	95
	4.7.2	Results of post hoc test on VO ₂ max	97
	4.8	Comparison of breath holding time in the experimental groups and control group	99
<u> </u>	4.8.1	Results on breath holding time	99
	4.8.2	Results of post hoc test on breath holding time	101
	4.9	Discussions of findings	103
	4.9.1	MOTOR FITNESS ATTRIBUTES	103

CHAPTER	TITLE		PAGE
	4.9.1.1	Speed	104
	4.9.1.2	Explosive Power	106
	4.9.1.3	Muscular Strength Endurance	108
	4.9.1.4	Felxibility	110
	4.9.2	PHYSIOLOGICAL VARIABLES	112
	4.9.2.1	Resting Pulse Rate	113
	4.9.2.2	VO2 Max	115
	4.9.2.3	Breath Holding Time	117
	4.10	Discussion on Hypotheses	118
CHAPTER V	SUMMAR	Y, CONCLUSIONS AND RECOMMENDATIONS	121-126
	5.1	Summary	121
	5.2	Conclusions	124
	5.3	Recommendations	125
	BIBLIOGRAPHY		126-134
		Books	126
		Journals	129
		Publications	134