

LIST OF TABLES

TABLE	TITLE	PAGE
I	Analysis of co variance of experimental groups and control group on speed	75
I (A)	Scheffe's post hoc values of paired mean differences on speed	77
II	Analysis of co variance of experimental groups and control group on explosive power	79
II (A)	Scheffe's post hoc values of paired mean differences on explosive power	81
III	Analysis of co variance of experimental groups and control group on muscular strength endurance	83
III (A)	Scheffe's post hoc values of paired mean differences on muscular strength endurance	85
IV	Analysis of co variance of experimental groups and control group on flexibility	87
IV (A)	Scheffe's post hoc values of paired mean differences on flexibility	89
V	Analysis of co variance of experimental groups and control group on resting pulse rate	91
V (A)	Scheffe's post hoc values of paired mean differences on resting pulse rate	93
VI	Analysis of co variance of experimental groups and control group on VO ₂ max	95
VI (A)	Scheffe's post hoc values of paired mean differences on VO ₂ max	97
VII	Analysis of co variance of experimental groups and control group on breath holding time	99
VII(A)	Scheffe's post hoc values of paired mean differences on breath holding time	101