

DECLARATION BY THE SCHOLAR

I K.GIRIDHARAN, Part Time Research Scholar hereby declare that the dissertation entitled “EFFECTS OF HIGH INTENSITY AEROBIC INTERVAL TRAINING CONCURRENT LOW INTENSITY AEROBIC AND RESISTANCE INTERVAL TRAINING ON SELECTED MOTOR ABILITY PHYSIOLOGICAL PSYCHOLOGICAL AND SKILL PERFORMANCE VARIABLES OF COLLEGE LEVEL FOOTBALL PLAYERS” submitted to Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai for the award of Doctor of Philosophy in Physical Education is my original work and it has not previously formed the basis for the award of any degree, diploma, associateship, fellowship or any other similar titles to any candidate of any university.

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Date:

(K. GIRIDHARAN)