## TABLE OF CONTENTS

CHAPTERS	TITLE		PAGE
	Certificate		ii
	Declaration	on	iii
	Dedication		iv
	Acknowledgement		V
	Table of Contents		vii
	List of Tables		ix
	List of Figures		xi
CHAPTER I	INTRODUCTION		1
	1.1	Sports in India at a glance	1
	1.2	Indian stalwarts	1
	1.3	Indian athletic team in olympics	4
	1.4	Sports and the media	6
	1.5	Objectives of the study	7
	1.6	Uniqueness of 400 mts sprint	8
	1.7	Statement of the problem	14
	1.8	Hypotheses	15
	1.9	Delimitations	16
	1.10	Limitations	17
	1.11	Significance of the study	17
	1.12	Definitions of the terms	18
	1.12.1.	Performance	18
	1.12.2.	Evaluation	18
	1.12.3.	400mtrs sprinters	18
	1.12.4.	Sprinters	18
	1.12.5.	Adolescence	18
	1.12.6.	Adulthood	19
CHAPTER II	REVIEV	V OF RELATED LITERATURE	20
CHAPTER III	METHODOLOGY		68
	3.1	Selection of subjects	68
	3.2	Selection of variables	69
	3.2.1.	Independent Variables	69
	3.2.2.	Dependent Variables	70
	3.3	Selection of Tests	71
	3.4	Competence of the Tester	78
	3.5	Orientation to the Subjects	78
	3.6	Collection of the Data	78
	3.7	Administration of the opinionnaire	79

	3.8	Experimental Design and Statistical	80
		Procedures	
CHAPTER IV	ANALYSIS OF THE DATA AND RESULTS OF		81
	THE STUDY		
	4.1	Analysis of the Data	82
	4.1.1	Nature of the Training	82
	4.1.2	Recovery Phases and Nature of	89
		Recovery	
	4.1.3	Excellence in 400 mts performance and	95
		its influence	
	4.1.4	Remedies for the problems faced by the	101
		400 mts sprinters	
	4.1.6	Other activities which influences the	113
		performance	
	4.1.7	Scope of the performance sustainability	119
	4.2	Results of the Study	125
	4.3	Discussion on Findings	125
	4.4	Discussion on Hypotheses	129
CHAPTER V	SUMMARY, CONCLUSIONS AND		132
	RECOMMENDATIONS		
	5.1	Summary	132
	5.2	Conclusions	135
	5.3	Recommendations	137
	REFERENCES		139
		Books	
		Journals	
		Unpublished Thesis	