

**EFFECT OF TABATA INTERVAL METHODS OF VARIOUS
DURATIONS ON SELECTED PHYSIOLOGICAL AND
ATHLETIC PERFORMANCE VARIABLES OF
SCHOOL STUDENTS**

**Dissertation Submitted to the Tamil Nadu Physical
Education and Sports University Chennai for the fulfillment
of the requirement for the award of Degree of**

DOCTOR OF PHILOSOPHY

**IN
PHYSICAL EDUCATION**

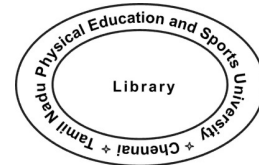
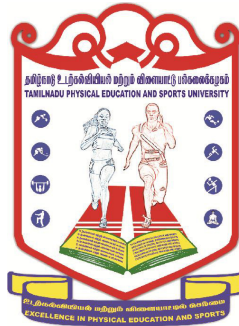
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CHENNAI, TAMIL NADU
SEPTEMBER 2016**