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CERTIFICATE BY THE SUPERVISOR

This is to certify that the thesis entitled “**EFFECT OF TABATA INTERVAL METHODS OF VARIOUS DURATIONS ON SELECTED PHYSIOLOGICAL AND ATHLETIC PERFORMANCE VARIABLES OF SCHOOL STUDENTS**” is a record of research work done by **R. SARAVANAN**, a part time scholar of Doctor of Philosophy, in Department of Physical Education, Gandhigram Rural Institute - Deemed University, Gandhigram, Dindigul during the year 2011 – 2016.

This thesis is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associateship or other similar titles. This thesis represents, entirely an independent work on the part of the candidate but for the general guidance by me.

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