LIST OF TABLES

Table		Page
I	Selection of Tests and Units of Measurement	68
II	Intra class Co-efficient of Correlation on Selected Variables	69
III	Training Schedule - Tabata Interval Training Group-I (Ratio: 1:1)	72
IV	Training Schedule - Tabata Interval Training Group-II (Ratio: 1: 0.5)	73
V	Levene's Test of Equality of Error Variances on Selected Variables of TTG1, TTG2 and Control Groups	80
VI	Summary of Mean Standard Deviation and Dependent 't' Test for the Pre and Post Tests on Body Fat of Experimental and control Groups	85
VII	Analysis of Covariance for the Data on Body Fat among Experimental and Control Groups	86
VIII	Scheffe's Test for the Differences between the Adjusted Post Test Paired Means of Body Fat	87
IX	Summary of Mean Standard Deviation and Dependent 't' Test for the Pre and Post Tests on VO2Max of Experimental and control Groups	91
X	Analysis of Covariance for the Data on VO ₂ max among Experimental and Control Groups	92
XI	Scheffe's Test for the Differences between the Adjusted Post Test Paired Means of VO ₂ max	93
XII	Summary of Mean Standard Deviation and Dependent 't' Test for the Pre and Post Tests on Resting Heart Rate of Experimental and control Groups	97
XIII	Analysis of Covariance for the Data on resting heart rate among Experimental and Control Groups	98
XIV	Scheffe's Test for the Differences between the Adjusted Post Test Paired Means of Resting Heart Rate	99
XV	Summary of Mean Standard Deviation and Dependent 't' Test for the Pre and Post Tests on Speed of Experimental and Control Groups	103

LIST OF TABLES (Contd...)

Table		Page
XVI	Analysis of Covariance for the Data on speed among Experimental and Control Groups	104
XVII	Scheffe's Test for the Differences between the Adjusted Post Test Paired Means of Speed	105
XVIII	Summary of Mean Standard Deviation and Dependent 't' Test for the Pre and Post Tests on Speed Endurance of Experimental and Control Groups	109
XIX	Analysis of Covariance for the Data on speed endurance among Experimental and Control Groups	110
XX	Scheffe's Test for the Differences between the Adjusted Post Test Paired Means of Speed Endurance	111
XXI	Summary of Mean Standard Deviation and Dependent 't' Test for the Pre and Post Tests on Agility of Experimental and control Groups	115
XXII	Analysis of Covariance for the Data on Agility among Experimental and Control Groups	116
XXIII	Scheffe's Test for the Differences between the Adjusted Post Test Paired Means of Agility	117
XXIV	Summary of Mean Standard Deviation and Dependent 't' Test for the Pre and Post Tests on Abdominal Muscular Endurance of Experimental and Control Groups	121
XXV	Analysis of Covariance for the Data on Abdominal Muscular Endurance among Experimental and Control Groups	122
XXVI	Scheffe's Test for the Differences between the Adjusted Post Test Paired Means of Abdominal Muscular Endurance	123
XXVII	Summary of Mean Standard Deviation and Dependent 't' Test for the Pre and Post Tests on ARM strength of Experimental and Control Groups	127
XXVIII	Analysis of Covariance for the Data on Arm Strength among Experimental and Control Groups	128
XXIX	Scheffe's Test for the Differences between the Adjusted Post Test Paired Means of Arm Strength	129