

***EFFECT OF LAND BASED AND WATER BASED
TRAINING ON SELECTED HEALTH RELATED PHYSICAL
FITNESS AND PHYSIOLOGICAL VARIABLES AMONG
MIDDLE AGED WOMEN***

**Thesis Submitted to the Tamil Nadu Physical Education and Sports University,
Chennai through YMCA College of Physical Education, Chennai,
for the fulfillment of the requirements
for the award for the Degree of**

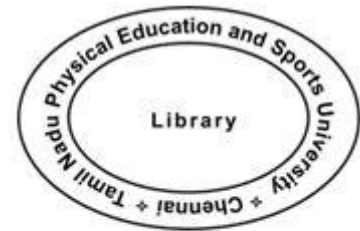
***DOCTOR OF PHILOSOPHY
IN
PHYSICAL EDUCATION***

Submitted By

**V.SUJITHA
(Reg. No. A1402PEPM028)**

Guided by

Dr. E. SIMSON JESUDASS



**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
CHENNAI, TAMILNADU INDIA,
MARCH - 2020**