

CERTIFICATE

This is to certify that the thesis, entitled “EFFECTS OF PLYOMETRIC AND RESISTANCE TRAININGS ON SELECTED SKILLS AND PERFORMANCE RELATED FITNESS VARIABLES OF COLLEGE FEMALE HOCKEY PLAYERS”, submitted to Tamil Nadu Physical Education and Sports University, in partial fulfillment of the requirements for the award of the Degree of **Doctor of Philosophy in Physical Education** is a record of original research work done by **P. GANESH KUMAR** during the period 2008 - 2010 of his study in the Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai, under my supervision and guidance and the thesis has not formed the basis for the award of any Degree/ Diploma/ Associateship/Fellowship or other similar title to any candidate of any University.



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