

## TABLE OF CONTENTS

	<b>Page</b>
Certificate by the Supervisor & Co-guide	i
Declaration by the Scholar	ii
Dedication	iii
Acknowledgement	iv
List of Tables	viii
List of Illustrations	x
List of Appendices	xi
<b>CHAPTER I INTRODUCTION</b>	<b>1-31</b>
1.1 Sports Activities	2
1.2 Athletics	4
1.3 Importance of Athletics	5
1.4 Athletic Ability of Running	7
1.5 Basic Mechanical Principles of Run	7
1.6 Physical Traits That Determine Athletic Ability	13
1.7 Neuromotor Facilitatory Training	17
1.8 Balance And Equilibrium Control Exercises on Firm And Foam Surfaces	19
1.9 Closed And Open Kinetic Chain Exercises	20
1.10 Proprioception	22
1.11 Placebo Training	23
1.12 Reasons For Selection of Topic And Variables	24
1.13 Objectives of Study	26
1.14 Statement of Problem	26
1.15 Hypotheses	27
1.16 Significance of Study	27
1.17 Delimitation	28
1.18 Limitation	30
1.19 Definition of Terms	31
<b>CHAPTER II REVIEW OF RELATED LITERATURE</b>	<b>33-59</b>
2.1 Studies Related To Neuromotor Task Training	33
2.2 Studies on Proprioceptive Neuromuscular Facilitation	44
2.3 Summary of Related Studies	58
<b>CHAPTER III METHODOLOGY</b>	<b>60-88</b>
3.1 Selection of Subjects	60

## TABLE OF CONTENTS

	PAGE
3.2 Selection of Variables	62
3.3 Experimental Design	63
3.4 Pilot Study	64
3.5 Criterion Measures	64
3.6 Orientation of Subjects	65
3.7 Reliability of Data	66
3.7.1 Reliability of Instruments	66
3.7.2 Reliability of Tests	66
3.7.3 Reliability And Competence of Tester	67
3.7.4 Reliability of Subjects	68
3.8 Experimental Protocol	68
3.9 Description of Neuromotor Facilitatory Exercises	74
3.10 Placebo Training Group	78
3.11 Test Administration	81
3.11.1 Static Balance (Unipedal Timed Balance Test – ECS)	81
3.11.2 Dynamic Balance (Dynamic Unipedal Timed Balance Test – ECD)	83
3.11.3 Agility – Change of Direction (T – Test)	84
3.11.4 Speed (50 Metres run)	86
3.12 Collection of Data	87
3.13 Statistical Procedure	87
3.14 Flow Chart of Methodology adopted for the study	88
<b>CHAPTER IV RESULTS AND DISCUSSIONS</b>	<b>89-126</b>
4.1 Overview	89
4.2 Test of Significance	90
4.2.1 Level of Significance	91
4.3.1 Results on Speed	92
4.3.2 Discussions on Findings	96
4.4.1 Results on Agility	97
4.4.2 Discussions on Findings	101
4.5.1 Results on Eyes Closed Static Balance - Dominant Leg	102
4.5.2 Discussions on Findings	106
4.6.1 Results on Eyes Closed Static Balance - Non Dominant Leg	107
4.6.2 Discussions on Findings	111
4.7.1 Results on Eyes Closed Dynamic Balance - Dominant Leg	112
4.7.2 Discussions on Findings	116
4.8.1 Results on Eyes Closed Dynamic Balance - Non Dominant Leg	117
4.8.2 Discussions on Findings	121

## TABLE OF CONTENTS

	<b>Page</b>
4.9 Discussions on Hypothesis	122
<b>CHAPTER V SUMMARY CONCLUSIONS AND RECOMMENDATIONS</b>	<b>127-131</b>
5.1 Summary	127
5.2 Conclusions	129
5.3 Recommendations	130
5.4 Suggestions For Further Research	131
<b>BIBLIOGRAPHY</b>	<b>132</b>
Books And Periodicals	132
Journals	133