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APPENDIX A

CONSENT FORM FROM THE SUBJECTS

Investigator: SIBY LUKOSE

Thesis Advisor: Dr. P.K. SENTHIL KUMAR

Title of the Investigation: Effect of plyometric and functional core training on selected physical fitness components, body composition and skill performances among basketball players.

I…….....Class…….....certify that

Siby Lukose, Ph.D., Research Scholar, TNPESU, Chennai has explained to me in detail the nature, purpose and significance of the proposed investigation. I am aware of testing methods on physical, physiological, psychological, skill performance and anthropometrical variables test. I certify that I voluntarily accepted to participate as one of the subjects in this study.

S/d…
Signature of Subject

Place: Ernakulum
Date: