

**Dr. P. K. SENTHILKUMAR**

Assistant Professor

Department of Exercise Physiology & Nutrition

Tamilnadu Physical Education and Sports University

Chennai-127

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**CERTIFICATE BY THE SUPERVISOR**

This is to certify that the dissertation entitled “**EFFECT OF PLYOMETRIC AND FUNCTIONAL CORE TRAINING ON SELECTED PHYSICAL FITNESS COMPONENTS BODY COMPOSITION AND SKILL PERFORMANCES AMONG BASKETBALL PLAYERS**” is a record of research work done by **SIBY LUKOSE**, a Part Time Research Scholar of Doctor of Philosophy in Physical Education, in the Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai during the year 2012-2016.

This dissertation is his original work and it has not previously formed the basis for the award to any candidate, for any degree, diploma, associate ship or other similar titles. This dissertation represents entirely an independent work on the part of the candidate but for the general guidance by me.

Station: Chennai

**Dr. P. K.SENTHIL KUMAR**

Date:

Supervisor

## **DECLARATION BY THE SCHOLAR**

I **SIBY LUKOSE**, Part Time Research Scholar hereby declare that the dissertation entitled “**EFFECT OF PLYOMETRIC AND FUNCTIONAL CORE TRAINING ON SELECTED PHYSICAL FITNESS COMPONENTS BODY COMPOSITION AND SKILL PERFORMANCES AMONG BASKETBALL PLAYERS**” submitted to Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai for the award of Doctor of Philosophy in Physical Education is my original work and it has not previously formed the basis for the award of any degree, diploma, associate ship, fellowship or any other similar titles to any candidate of any university.

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**(SIBY LUKOSE)**

**DEDICATED**  
**TO MY**  
**FAMILY**  
**TEACHERS**  
**AND**  
**FRIENDS**

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