

- 4 Interval training significantly reduced the selected psychological variable namely anxiety compared to other groups.

5.3 RECOMMENDATIONS

On the basis of the findings and conclusions, the following recommendations were made.

1. The findings of the study confirmed that circuit training, interval training and stair case training significantly improved the selected physical, physiological, psychological and skill performance variables among college level handball players. Hence, professionals in physical education, coaches and trainers in the field of sports can utilize these training programme for better performance of their players.
2. Physical education teachers, coaches and trainers may adopt the circuit training, interval training and stair case training methods to develop the selected physical, physiological and psychological variables.
3. The result of the study would help the handball coaches and players to understand and add the circuit training, interval training and stair case training in their training schedule of fitness and skill development.

5.4 SUGGESTIONS FOR FURTHER RESEARCH

1. There are great scopes for other researchers to carry out similar studies with different physical, physiological, psychological and skill performance variables.