

**ISOLATED AND COMBINED EFFECT OF
PLYOMETRICS AND PAR COURSE TRAINING ON
SELECTED PHYSICAL PHYSIOLOGICAL AND
PERFORMANCE VARIABLES AMONG FOOTBALL
PLAYERS**

**FINAL REPORT OF THE UGC SPONSORED
MINOR RESEARCH PROJECT**

SANTHOSH . J

MARCH 2017

ACKNOWLEDGMENT

I express my heartfelt thanks to the university grants commission for providing financial support in the form of minor project grant for the successful completion of the project work.

I am grateful to the principal Nirmala College Muvattupuzha and all the office staff for the co-operation and assistance they extended to me during the tenure of the project.

I am grateful to my colleague in the Department of physical Education and Dr T M Jacob Department of statistics Nirmala College Muvattupuzha for their support and encouragement.

In the preparation of the report, I have received invaluable academic assistance from my research guide Prof. Dr. K. Sivakumar and Dr. K. Ashokan. I place on record my sincere thanks to each one.

Above all I thank the almighty for guiding, Inspiring and strengthening me during every stage of this project.

Muvattupuzha

SANTHOSH .J

28/03/2017

TABLE OF CONTENTS

Chapter	Title	Page No.
	ACKNOWLEDGEMENT	iv
	TABLE OF CONTENTS	v
	LIST OF TABLES	vii
	LIST OF FIGURES	viii
I	INTRODUCTION	1
	Statement of the problem	20
	Delimitations	21
	Limitations	22
	Hypothesis	23
	Definition and explanation of the terms	23
	Significance of the study	25
II	REVIEW OF RELATED LITERATURE	26
III	METHODOLOGY	38
	Selection of the subjects	38
	Selection of the test and variables	39
	Training schedule	40
	Statistical procedure	41

TABLE OF CONTENTS (Continued)

Chapter	Title	Page No.
IV	ANALYSIS OF DATA AND RESULTS OF THE STUDY	42
	Discussion on findings	62
	Discussion on hypothesis	63
V	SUMMARY, CONCLUSION AND RECOMMENDATIONS	64
	Summary	64
	Conclusions	65
	Recommendations	67
	REFERENCES	68
	APPENDIX	69