

CERTIFICATE

This is to certify that the thesis entitled “**EFFECT OF HIGH INTENSITY INTERVAL TRAINING, AEROBIC TRAINING AND CONCURRENT TRAINING ON SELECTED PHYSICAL, PHYSIOLOGICAL AND SKILL PERFORMANCE VARIABLES AMONG FOOTBALL PLAYERS**” submitted to Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, for the degree of **Doctor of Philosophy in Physical Education (Ph.D.)** is a record of original research work done by **Mrs. S. Eswari** during the period of study under my supervision and guidance, and the thesis has not formed the basis for the award of any Degree, Diploma, Associateship, Fellowship or other Titles in any other University or Institution of Higher Learning.



Signature of the

Head of the Department



Signature of the Supervisor



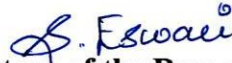
Signature of the Dean

DECLARATION

I hereby declare that the thesis entitled **“EFFECT OF HIGH INTENSITY INTERVAL TRAINING, AEROBIC TRAINING AND CONCURRENT TRAINING ON SELECTED PHYSICAL, PHYSIOLOGICAL AND SKILL PERFORMANCE VARIABLES AMONG FOOTBALL PLAYERS”** submitted to Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, for the award of **Doctor of Philosophy (Ph.D.)** is the record of original research work carried out by me during the period of study under the guidance of **Dr. T. Shanmugavalli**, Associate Professor, Department of Physical Education. This work has not formed the basis for award of any Degree, Diploma, Associateship, Fellowship, or other Titles in this Institute or any other University or Institution of Higher Learning. It represents entirely an independent work from the part of the candidate.



Signature of the Supervisor



Signature of the Research Scholar

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