

Table of Contents

A. No	Volume 3, Issue 1, Year 2014	Pg. Nos
1	Effect Of 6-Week Interval Training Protocol on Running Performance of Mesfin Industrial Engineering (Mie)Track Traniee Athletes <i>Soumitra Mandal, Samson Wondirad</i> DOI: https://doi.org/10.26524/1411	1-6
2	Comparative Relationships of Selected Physical Fitness Variables among Different College Students of Mekelle University Ethiopia Africa <i>Degele Shomoro, Soumitra Mondal</i> DOI: https://doi.org/10.26524/1412	7-14
3	Effect of Basketball Specific Endurance Circuit Training on Body Composition and Aerobic Capacity of High School Male Basketball Players <i>Akilan N</i> DOI: https://doi.org/10.26524/1413	15-21
4	Effects of Combination of Assisted and Resisted Sprint Training on Anaerobic Power among Male Soccer Players <i>Tamilarasi K, Maniazhagu D</i> DOI: https://doi.org/10.26524/1414	22-30
5	Comparison of Speed and Agility between Handball and Volleyball Players <i>Akilan N, Mohd Shafi Shah</i> DOI: https://doi.org/10.26524/1415	31-34
6	Investigation of Varied Intensity Interval Sprint Training and Detraining Impact on Selected Speed Parameters <i>Wise Blessed Singh Y</i> DOI: https://doi.org/10.26524/1416	35-43
7	Effect of Yoga Practices on Total Cholesterol Triglycerides and Uric Acid among Women Diabetic Patients <i>Chidambara Raja</i> DOI: https://doi.org/10.26524/1417	44-50
8	Twelve Weeks of Aerobic Dance Impact on Cardiovascular Parameters of Male Obese Adults <i>Prasanna Sundara Raju</i> DOI: https://doi.org/10.26524/1418	51-55
9	Effect of Strength Training Exercise on Instep Kick Performance of Soccer Players <i>Sushant Ranganath Haldankar</i> DOI: https://doi.org/10.26524/1419	56-60
10	Comparison of Explosive Power between Male Volleyball and Basketball Players <i>Ramkumar B</i> DOI: https://doi.org/10.26524/14110	61-64
11	Investigation of Core Strength Training Induced Adaptations on Selected Physical and Physiological Parameters of Cricket Players <i>Subramanian A</i> DOI: https://doi.org/10.26524/14111	65-70

12	<p>Comparison of Repeated Sprint Ability and Fatigue Index Among Male Handball Players with Respect to Different Playing Position Chittibabu B DOI: https://doi.org/10.26524/14112</p>	71-75
13	<p>Effect of Aerobic Training on Percentage of Body Fat and Resting Heart Rate among College Obese Women Valarmathi V. V. A, Muthu Eleckuvan R DOI: https://doi.org/10.26524/14113</p>	76-79
14	<p>Efficacy of Intensive and Extensive Interval Training on Selected Biomotor Abilities among Schoolboys Elamaran M DOI: https://doi.org/10.26524/14114</p>	80-84
15	<p>Effectiveness of Fartlek Training on Maximum Oxygen Consumption and Resting Pulse Rate Muthu Elekuvan R DOI: https://doi.org/10.26524/14115</p>	85-88
16	<p>Effect of High Intensity Interval Training on Antioxidants of Male Physical Education Students Hassan M.A DOI: https://doi.org/10.26524/14116</p>	89-93
17	<p>Effects of Practicing Yogasanas and Physical Training on Selected Physiological Variables Johnson P, Anjaneyulu M DOI: https://doi.org/10.26524/14117</p>	94-99
18	<p>Comparison of Leg Strength Gripstrength and Back Strength among the Wrestlers Weightlifters and Jodokas of College Students Meenakshi Saini, Ankan Sinha DOI: https://doi.org/10.26524/14118</p>	100-107
19	<p>Impact of Level of Participation on Anxiety and Performance among Basketball Players Sentu Mitra, Sagarika Bandyopadhyay, Arup Gayen DOI: https://doi.org/10.26524/14119</p>	108-113
20	<p>Comparison of Health of Height-Weight Matched Young-Adult Female Athletes of Hilly and Plane Regions in Selected Anthropometric Measurements Sanjib Mridha, Prasenjit Barman DOI: https://doi.org/10.26524/14120</p>	114-118
21	<p>Changes and Predictors of Pre-Service Physical Education Teachers' Subjective Well-Being over the Course of the Semester Rolf Kretschmann DOI: https://doi.org/10.26524/14121</p>	119-127