Table of Contents

| A. No | Volume 6, Issue 1, Year 2017 | Pg. Nos |
|-------|------------------------------------------------------------------------|---------|
| 01 | Effect of isolated and combined interval and continuous running on VO2 | |
| | max | 1-3 |
| | Karthikeyan R | 1-0 |
| | DOI: https://doi.org/10.26524/2017301 | |
| 02 | Effect of downhill sprint training on speed of school boys | 4-6 |
| | Muthuraj M | |
| | DOI: https://doi.org/10.26524/2017302 | |
| 03 | Effects of selected asana practices on flexibility and balance among | 7-10 |
| | school level taekwondo athlete | |
| | Vallimurugan V, Karthick M, Chinnadurai D | |
| | DOI: https://doi.org/10.26524/2017303 | |
| 04 | Effect of various hill running programme on power and reaction time | |
| | Sekarbabu K | 11-15 |
| | DOI: https://doi.org/10.26524/2017304 | |