

**EFFECT OF OWN BODY WEIGHT RESISTANCE
TRAINING PROGRAM ON LONG JUMP
PERFORMANCE IN HIGH SCHOOL BOYS**

BY

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A DISSERTATION

**SUBMITTED FOR PARTIAL FULFILMENT OF THE REQUIREMENTS
FOR THE DEGREE OF MASTER OF PHYSICAL EDUCATION
IN THE DEPARTMENT OF STUDIES IN PHYSICAL
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UNIVERSITY OF MYSORE
DEPARTMENT OF STUDIES IN PHYSICAL EDUCATION
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CERTIFICATE

I certify that the dissertation entitled “**Effect of own body weight resistance training program on long jump performance in high school boys**” was prepared by **DARSHAN C J.** student of M.P.Ed. Degree course under my guidance and supervision. I recommend that this may be accepted as fulfilling the partial requirements for the award of **Degree of Master of Physical Education (M.P.Ed.)** in the University of Mysore, during the year 2020.

Date:

Place: Mysore

A handwritten signature in blue ink, appearing to be 'S. Madialagan', written over the word 'Guide'.

Guide

Dr. S. Madialagan