

**EFFECT OF WEIGHT TRAINING ON EXPLOSIVE
STRENGTH OF HIGH SCHOOL BOYS
VOLLEYBALL PLAYERS**

BY
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30/9/2020

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A DISSERTATION

**SUBMITTED FOR PARTIAL FULFILMENT OF THE REQUIREMENT
FOR THE DEGREE OF MASTER OF PHYSICAL EDUCATION
IN THE DEPARTMENT OF STUDIES IN PHYSICAL
EDUCATION AND SPORTS SCIENCES,
UNIVERSITY OF MYSORE.
MYSORE**

SEPTEMBER-2020



UNIVERSITY OF MYSORE
DEPARTMENT OF STUDIES IN PHYSICAL EDUCATION
AND SPORTS SCIENCES
SPORTS PAVILION, MYSORE- 570005

CERTIFICATE

I certify that the dissertation entitled “**Effect of weight training on explosive strength of high school boys volleyball players**”. Was prepared by **MANU D N** 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 2019-2020.

Date: 30/09/2020

Place: MYSORE

A handwritten signature in blue ink, reading 'Shivakumar G'.

GUIDE

SHIVAKUMAR G