

**EFFECTS OF OWN BODY RESISTANCE TRAINING
ON PHYSICAL FITNESS COMPONENTS OF HIGH
SCHOOL GIRLS VOLLEYBALL PLAYERS**

**BY
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30/9/2020*

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30/9/2020*

**A DISSERTATION
SUBMITTED FOR PARTIAL FULFILMENT OF THE REQUIRMENTS
FOR THE DEGREE OF M. P. ED IN THE DEPARTMENT OF
STUDIES IN PHYSICAL EDUCATION AND SPORTS
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CERTIFICATE

I certify that the thesis entitled “**Effect of own body resistance training on physical fitness comments of high school girls volleyball players**” was prepared by **Santhoshkumara H N.** a M.P.Ed student, 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:
PLACE: MYSORE

A handwritten signature in blue ink, appearing to read 'Ashoka S'.

GUIDE
ASHOKA S