
APPENDIX A-1**RAW SCORES OF PRE-TEST FOR SAQ GROUP ON PHYSIOLOGICAL VARIABLES OF
BASKETBALL PLAYERS**

Sr. No.	Name	Age	Resting Pulse Rate	Systolic Blood Pressure	Diastolic Blood Pressure	Resting Respiratory Rate	Peak Expiratory Flow Rate
1.	Anand Sharma	18	64	120	90	23	500
2.	Arihant Jain	18	68	114	75	22	420
3.	Sagar	17	70	125	80	19	450
4.	Sumeer Khol	17	85	115	80	20	350
5.	Anmol Thakur	16	72	128	78	17	470
6.	Prabhjot Singh	16	65	120	82	20	490
7.	Himanshu Verma	16	76	115	72	19	390
8.	Abhinav Sharma	15	78	128	90	18	480
9.	Tanish Gupta	15	78	118	83	21	380
10.	Vishal Yadav	15	68	120	78	20	400

APPENDIX A-2**RAW SCORES OF INTERMEDIATE-TEST FOR SAQ GROUP ON PHYSIOLOGICAL VARIABLES OF BASKETBALL PLAYERS**

Sr. No.	Name	Age	Resting Pulse Rate	Systolic Blood Pressure	Diastolic Blood Pressure	Resting Respiratory Rate	Peak Expiratory Flow Rate
1.	Anand Sharma	18	63	118	88	20	520
2.	Arihant Jain	18	67	113	75	18	450
3.	Sagar	17	68	120	75	16	470
4.	Sumeer Khol	17	83	115	78	17	380
5.	Anmol Thakur	16	70	125	72	16	480
6.	Prabhjot Singh	16	64	117	88	18	510
7.	Himanshu Verma	16	74	114	75	19	430
8.	Abhinav Sharma	15	75	125	88	16	500
9.	Tanish Gupta	15	77	115	76	17	410
10.	Vishal Yadav	15	65	117	74	20	420

APPENDIX A-3**RAW SCORES OF POST-TEST FOR SAQ GROUP ON PHYSIOLOGICAL VARIABLES OF
BASKETBALL PLAYERS**

Sr. No.	Name	Age	Resting Pulse Rate	Systolic Blood Pressure	Diastolic Blood Pressure	Resting Respiratory Rate	Peak Expiratory Flow Rate
1.	Anand Sharma	18	62	115	80	17	580
2.	Arihant Jain	18	65	110	70	15	520
3.	Sagar	17	64	118	72	14	530
4.	Sumeer Khol	17	75	110	75	13	430
5.	Anmol Thakur	16	67	120	70	13	540
6.	Prabhjot Singh	16	62	115	80	14	560
7.	Himanshu Verma	16	70	110	70	16	480
8.	Abhinav Sharma	15	72	120	85	14	540
9.	Tanish Gupta	15	75	110	72	15	470
10.	Vishal Yadav	15	63	115	70	17	450

APPENDIX B-1

RAW SCORES OF PRE-TEST FOR STRENGTH GROUP ON PHYSIOLOGICAL VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Resting Pulse Rate	Systolic Blood Pressure	Diastolic Blood Pressure	Resting Respiratory Rate	Peak Expiratory Flow Rate
1.	Sachin	18	69	115	80	17	480
2.	Amit	18	68	119	84	17	450
3.	Sandeep	18	82	125	75	18	420
4.	Gautam	17	72	118	85	19	470
5.	Ajmer	16	75	128	75	20	390
6.	Hitender	16	85	118	90	21	380
7.	Vardan Singh	16	78	115	80	23	320
8.	Manjinder	15	73	117	90	22	410
9.	Kanwar Singh	15	70	128	78	20	420
10.	Sushil Verma	15	75	120	76	18	350

APPENDIX B-2

RAW SCORES OF INTERMEDIATE-TEST FOR STRENGTH GROUP ON PHYSIOLOGICAL VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Resting Pulse Rate	Systolic Blood Pressure	Diastolic Blood Pressure	Resting Respiratory Rate	Peak Expiratory Flow Rate
1.	Sachin	18	65	115	78	16	550
2.	Amit	18	64	119	82	16	520
3.	Sandeep	18	82	120	72	17	500
4.	Gautam	17	71	118	80	18	480
5.	Ajmer	16	73	125	72	18	530
6.	Hitender	16	84	115	90	20	450
7.	Vardan Singh	16	76	118	78	21	380
8.	Manjinder	15	72	115	85	20	470
9.	Kanwar Singh	15	68	125	75	18	490
10.	Sushil Verma	15	72	118	74	17	450

APPENDIX B-3

RAW SCORES OF POST-TEST FOR STRENGTH GROUP ON PHYSIOLOGICAL VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Resting Pulse Rate	Systolic Blood Pressure	Diastolic Blood Pressure	Resting Respiratory Rate	Peak Expiratory Flow Rate
1.	Sachin	18	63	113	75	15	620
2.	Amit	18	62	115	80	14	600
3.	Sandeep	18	80	115	70	15	550
4.	Gautam	17	68	114	80	16	530
5.	Ajmer	16	70	120	70	16	590
6.	Hitender	16	80	110	85	17	550
7.	Vardan Singh	16	72	115	75	17	460
8.	Manjinder	15	70	110	82	17	540
9.	Kanwar Singh	15	65	120	72	16	560
10.	Sushil Verma	15	69	115	70	15	520

APPENDIX C-1

RAW SCORES OF PRE-TEST FOR COMBINE SAQ AND STRENGTH GROUP ON PHYSIOLOGICAL VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Resting Pulse Rate	Systolic Blood Pressure	Diastolic Blood Pressure	Resting Respiratory Rate	Peak Expiratory Flow Rate
1.	Vishal	18	80	125	76	17	480
2.	Mani ram	18	66	115	90	16	500
3.	Samarjeet Saini	17	75	120	90	19	470
4.	Mukul lal	17	72	125	75	18	550
5.	Navdeep Singh	16	74	110	75	19	500
6.	Shubham Kumar	16	70	120	80	22	350
7.	Harkirat	16	68	117	85	20	380
8.	Keshav	15	80	119	82	21	370
9.	Bhanu Jangra	15	82	130	80	19	420
10.	Atul Kumar	15	84	130	90	17	430

APPENDIX C-2

RAW SCORES OF INTERMEDIATE-TEST FOR COMBINE SAQ AND STRENGTH GROUP ON PHYSIOLOGICAL VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Resting Pulse Rate	Systolic Blood Pressure	Diastolic Blood Pressure	Resting Respiratory Rate	Peak Expiratory Flow Rate
1.	Vishal	18	78	120	75	17	520
2.	Mani ram	18	64	112	85	16	530
3.	Samarjeet Saini	17	73	118	85	18	500
4.	Mukul lal	17	70	120	75	17	550
5.	Navdeep Singh	16	72	110	74	18	400
6.	Shubham Kumar	16	68	115	78	20	420
7.	Harkirat	16	66	114	80	18	410
8.	Keshav	15	78	118	80	19	470
9.	Bhanu Jangra	15	80	125	75	18	490
10.	Atul Kumar	15	81	125	87	16	520

APPENDIX C-3

RAW SCORES OF POST-TEST FOR COMBINE SAQ AND STRENGTH GROUP ON PHYSIOLOGICAL VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Resting Pulse Rate	Systolic Blood Pressure	Diastolic Blood Pressure	Resting Respiratory Rate	Peak Expiratory Flow Rate
1.	Vishal	18	76	115	72	15	580
2.	Mani ram	18	62	110	80	14	600
3.	Samarjeet Saini	17	70	115	78	16	570
4.	Mukul lal	17	70	118	72	15	660
5.	Navdeep Singh	16	65	110	70	16	520
6.	Shubham Kumar	16	64	112	75	16	530
7.	Harkirat	16	62	113	75	15	500
8.	Keshav	15	75	115	80	14	550
9.	Bhanu Jangra	15	76	120	70	14	580
10.	Atul Kumar	15	75	120	85	13	650

APPENDIX D-1**RAW SCORES OF PRE-TEST FOR CONTROL GROUP ON PHYSIOLOGICAL VARIABLES OF
BASKETBALL PLAYERS**

Sr. No.	Name	Age	Resting Pulse Rate	Systolic Blood Pressure	Diastolic Blood Pressure	Resting Respiratory Rate	Peak Expiratory Flow Rate
1.	Kushlinder Singh	18	74	120	78	22	490
2.	Yunas	18	72	122	76	19	510
3.	Pawneet kumar	17	77	122	77	20	460
4.	Abhishek Rajan	17	65	118	80	19	480
5.	Aayush Uniyan	16	78	121	74	20	490
6.	Harkirat Singh	16	82	119	80	18	380
7.	Navjot Singh	16	64	118	81	19	400
8.	Deva Shish Gupta	15	70	115	75	19	420
9.	Karan Kumar Jhajria	15	67	125	72	20	370
10.	Aryan Mahajan	15	82	120	82	18	450

APPENDIX D-2

RAW SCORES OF INTERMEDIATE-TEST FOR CONTROL GROUP ON PHYSIOLOGICAL VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Resting Pulse Rate	Systolic Blood Pressure	Diastolic Blood Pressure	Resting Respiratory Rate	Peak Expiratory Flow Rate
1.	Kushlinder Singh	18	74	120	79	22	490
2.	Yunas	18	71	124	75	20	510
3.	Pawneet Kumar	17	76	120	77	19	470
4.	Abhishek Rajan	17	65	119	81	18	480
5.	Aayush Uniyan	16	77	118	74	20	480
6.	Harkirat Singh	16	82	118	79	18	380
7.	Navjot Singh	16	65	120	81	19	410
8.	Deva Shish Gupta	15	71	115	76	20	410
9.	Karan Kumar Jhajria	15	66	125	72	20	370
10.	Aryan Mahajan	15	81	118	82	19	450

APPENDIX D-3**RAW SCORES OF POST-TEST FOR CONTROL GROUP ON PHYSIOLOGICAL VARIABLES OF
BASKETBALL PLAYERS**

Sr. No.	Name	Age	Resting Pulse Rate	Systolic Blood Pressure	Diastolic Blood Pressure	Resting Respiratory Rate	Peak Expiratory Flow Rate
1.	Kushlinder Singh	18	73	120	80	23	500
2.	Yunas	18	71	125	74	21	510
3.	Pawneet Kumar	17	76	118	80	19	470
4.	Abhishek Rajan	17	64	123	82	17	470
5.	Aayush Uniyan	16	77	115	74	19	500
6.	Harkirat Singh	16	83	115	79	18	380
7.	Navjot Singh	16	66	120	81	18	420
8.	Deva Shish Gupta	15	69	115	77	21	400
9.	Karan Kumar Jhajria	15	65	124	72	20	380
10.	Aryan Mahajan	15	80	116	82	21	450

APPENDIX E-1

RAW SCORES OF PRE-TEST FOR SAQ GROUP ON MOTOR FITNESS VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Flexibility	Speed	Strength	Endurance	Co-ordination
1.	Anand Sharma	18	4.94	7.5	19.5	2850	17.94
2.	Arihant Jain	18	2.2	7.1	20	2480	18.56
3.	Sagar	17	1.16	8.55	18	2280	24.15
4.	Sumeer Khol	17	1.17	7.9	17.5	2610	17.96
5.	Anmol Thakur	16	4.5	8.42	16	2310	22.1
6.	Prabhjot Singh	16	2.9	8.25	14.5	2150	23.5
7.	Himanshu Verma	16	3.18	8.5	13.5	2240	25.1
8.	Abhinav Sharma	15	7.1	7.4	19	2540	21.4
9.	Tanish Gupta	15	1.2	7.8	16.5	2750	19.5
10.	Vishal Yadav	15	2.1	8.3	15	2310	20.4

APPENDIX E-2

RAW SCORES OF INTERMEDIATE-TEST FOR SAQ GROUP ON MOTOR FITNESS VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Flexibility	Speed	Strength	Endurance	Co-ordination
1.	Anand Sharma	18	5.62	7.03	20.5	3050	17.05
2.	Arihant Jain	18	3.1	7.05	21	2550	18.1
3.	Sagar	17	1.66	8.4	18.5	2450	23.5
4.	Sumeer Khol	17	1.7	7.5	18.5	2830	17.1
5.	Anmol Thakur	16	5.1	8.28	16.5	2520	21.7
6.	Prabhjot Singh	16	3.3	8.2	15	2370	22.7
7.	Himanshu Verma	16	3.4	8.3	14.5	2400	23.5
8.	Abhinav Sharma	15	7.68	7.15	20	2720	20.3
9.	Tanish Gupta	15	2.1	7.5	17	2950	18.1
10.	Vishal Yadav	15	2.65	8.15	15.5	2510	19.5

APPENDIX E-3

RAW SCORES OF POST-TEST FOR SAQ GROUP ON MOTOR FITNESS VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Flexibility	Speed	Strength	Endurance	Co-ordination
1.	Anand Sharma	18	6.5	6.95	21.5	3250	16.5
2.	Arihant Jain	18	3.6	6.97	22.5	2750	17.7
3.	Sagar	17	2.5	8.1	19.5	3010	21.94
4.	Sumeer Khol	17	2.6	7.2	19	3170	16.8
5.	Anmol Thakur	16	6.14	8	18	2530	20.5
6.	Prabhjot Singh	16	4.45	7.4	16	2690	21.6
7.	Himanshu Verma	16	4.1	7.8	15	2570	22.5
8.	Abhinav Sharma	15	8.5	7.1	21.5	2510	19.4
9.	Tanish Gupta	15	3.2	7.2	18	2820	17.3
10.	Vishal Yadav	15	3.45	7.92	16.5	2800	18.7

APPENDIX F-1

RAW SCORES OF PRE-TEST FOR STRENGTH GROUP ON MOTOR FITNESS VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Flexibility	Speed	Strength	Endurance	Co-ordination
1.	Sachin	18	4.15	7.8	20	2650	18.9
2.	Amit	18	2.8	7.9	20	2850	17.9
3.	Sandeep	18	4.22	7.15	15	2850	23.85
4.	Gautam	17	1.18	8.1	16.5	2450	24.1
5.	Ajmer	16	7.5	7.1	20	2820	19.2
6.	Hitender	16	3.1	8.32	15.5	2255	25.2
7.	Vardan Singh	16	1.24	8.4	14	2340	21.5
8.	Manjinder	15	2.35	8.2	14	2010	22.1
9.	Kanwar Singh	15	2.56	7.4	15	2560	24.1
10.	Sushil Verma	15	1.96	8.55	18	2370	24.4

APPENDIX F-2

RAW SCORES OF INTERMEDIATE-TEST FOR STRENGTH GROUP ON MOTOR FITNESS VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Flexibility	Speed	Strength	Endurance	Co-ordination
1.	Sachin	18	4.15	7.5	20.5	2750	17.95
2.	Amit	18	3.1	7.6	21	3010	17.1
3.	Sandeep	18	4.5	7.12	16	3010	22.8
4.	Gautam	17	1.55	8.08	17	2560	23.1
5.	Ajmer	16	8.1	7.07	21.5	2940	18.1
6.	Hitender	16	3.2	8.3	16	2420	24.2
7.	Vardan Singh	16	1.75	8.35	15	2510	20.6
8.	Manjinder	15	2.8	8.15	15.5	2200	21.1
9.	Kanwar Singh	15	2.8	7.38	16	2720	23.1
10.	Sushil Verma	15	2.2	8.4	18.5	2550	23.2

APPENDIX F-3

RAW SCORES OF POST-TEST FOR STRENGTH GROUP ON MOTOR FITNESS VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Flexibility	Speed	Strength	Endurance	Co-ordination
1.	Sachin	18	4.65	6.98	22	2980	16.9
2.	Amit	18	3.75	6.98	22.5	3240	16.4
3.	Sandeep	18	5.25	7.1	16.5	3220	21.2
4.	Gautam	17	1.85	7.4	18.5	2740	22.2
5.	Ajmer	16	8.8	7	23	3120	17.1
6.	Hitender	16	3.7	8.1	17.5	2630	23.5
7.	Vardan Singh	16	2.1	8.15	16	2730	19.5
8.	Manjinder	15	3.5	7.85	16.5	2420	20.2
9.	Kanwar Singh	15	3.1	7.1	17	2920	22.1
10.	Sushil Verma	15	2.5	8.15	19.5	2810	22.1

APPENDIX G-1

RAW SCORES OF PRE-TEST FOR COMBINE SAQ AND STRENGTH GROUP ON MOTOR FITNESS VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Flexibility	Speed	Strength	Endurance	Co-ordination
1.	Vishal	18	3.55	7.6	20	2840	18.4
2.	Mani ram	18	5.9	7.8	20.5	2860	17.94
3.	Samarjeet Saini	17	1.58	8.3	18.5	2450	24.2
4.	Mukul lal	17	2.36	8.27	14.5	2610	22.2
5.	Navdeep Singh	16	2.75	7.3	20	2160	17.98
6.	Shubham Kumar	16	3.15	8.45	18	2345	23.6
7.	Harkirat	16	1.19	7.5	16.5	2050	25.1
8.	Keshav	15	1.38	8.1	17	2560	19.1
9.	Bhanu Jangra	15	2.56	7.8	17	2640	22.8
10.	Atul Kumar	15	4.33	8.55	16	2320	20.5

APPENDIX G-2

RAW SCORES OF INTERMEDIATE-TEST FOR COMBINE SAQ AND STRENGTH GROUP ON MOTOR FITNESS VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Flexibility	Speed	Strength	Endurance	Co-ordination
1.	Vishal	18	3.7	7.3	20.5	3030	17.9
2.	Mani ram	18	6.5	7.4	21.5	3050	17.1
3.	Samarjeet Saini	17	1.98	8.2	19	2570	23.8
4.	Mukul lal	17	2.6	8.15	15	2750	21.8
5.	Navdeep Singh	16	3.1	7.2	20.5	2280	17.2
6.	Shubham Kumar	16	3.65	8.32	19	2450	22.9
7.	Harkirat	16	1.6	7.25	17	2210	23.1
8.	Keshav	15	1.85	7.8	18.5	2680	18.5
9.	Bhanu Jangra	15	2.96	7.5	17.5	2710	22.05
10.	Atul Kumar	15	4.85	8.2	17	2440	19.8

APPENDIX G-3

RAW SCORES OF POST-TEST FOR COMBINE SAQ AND STRENGTH GROUP ON MOTOR FITNESS

VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Flexibility	Speed	Strength	Endurance	Co-ordination
1.	Vishal	18	4.6	6.96	22.5	3340	17.1
2.	Mani ram	18	7.1	6.98	23	3350	16.5
3.	Samarjeet Saini	17	2.4	8.05	20	2660	23.1
4.	Mukul lal	17	3.46	7.8	15.5	2880	21.05
5.	Navdeep Singh	16	3.1	7.9	22.5	2390	16.8
6.	Shubham Kumar	16	4.2	8.08	19.5	2570	22.1
7.	Harkirat	16	2.4	7.05	18	2310	22.8
8.	Keshav	15	2.2	7.5	20	2770	17.7
9.	Bhanu Jangra	15	2.7	7.15	19	2750	21.3
10.	Atul Kumar	15	5.45	8.05	18	2840	19.1

APPENDIX H-1

RAW SCORES OF PRE-TEST FOR CONTROL GROUP ON MOTOR FITNESS VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Flexibility	Speed	Strength	Endurance	Co-ordination
1.	Kushlinder Singh	18	3.48	7.8	19	2420	17.9
2.	Yunas	18	4.96	7.1	20	2820	19.55
3.	Pawneet Kumar	17	3.87	7.3	17	2280	24.1
4.	Abhishek Rajan	17	2.59	7.55	19	2050	23.5
5.	Aayush Uniyan	16	1.96	8.3	17.5	2750	19.2
6.	Harkirat Singh	16	1.18	8.45	17	2630	22.6
7.	Navjot Singh	16	2.77	8.5	13	2350	25.2
8.	Deva Shish Gupta	15	1.5	8.55	14.5	2540	18.5
9.	Karan Kumar Jhajria	15	4.72	7.85	16.5	2280	22.7
10.	Aryan Mahajan	15	2.54	8.2	13.5	2270	22.25

APPENDIX H-2

RAW SCORES OF INTERMEDIATE-TEST FOR CONTROL GROUP ON MOTOR FITNESS VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Flexibility	Speed	Strength	Endurance	Co-ordination
1.	Kushlinder Singh	18	3.48	7.8	19	2430	17.9
2.	Yunas	18	4.97	7.1	20	2820	19.54
3.	Pawneet Kumar	17	3.88	7.29	17.5	2270	24.09
4.	Abhishek Rajan	17	2.6	7.55	18.5	2050	23.49
5.	Aayush Uniyan	16	1.96	8.31	18	2720	19.19
6.	Harkirat Singh	16	1.16	8.44	17.5	2640	22.6
7.	Navjot Singh	16	2.78	8.51	13	2350	25.19
8.	Deva Shish Gupta	15	1.52	8.55	14	2550	18.51
9.	Karan Kumar Jhajria	15	4.72	7.85	17	2290	22.72
10.	Aryan Mahajan	15	2.53	8.19	13.5	2280	22.25

APPENDIX H-3

RAW SCORES OF POST-TEST FOR CONTROL GROUP ON MOTOR FITNESS VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Flexibility	Speed	Strength	Endurance	Co-ordination
1.	Kushlinder Singh	18	3.5	7.78	20	2440	17.89
2.	Yunas	18	4.97	7.1	20.5	2830	19.5
3.	Pawneet Kumar	17	4.9	7.28	18	2260	24.09
4.	Abhishek Rajan	17	2.61	7.56	19.5	2060	23.47
5.	Aayush Uniyan	16	1.95	8.31	18	2710	19.19
6.	Harkirat Singh	16	1.15	8.43	17	2660	22.62
7.	Navjot Singh	16	2.79	8.52	13.5	2370	25.16
8.	Deva Shish Gupta	15	1.53	8.54	15	2540	18.52
9.	Karan Kumar Jhajria	15	4.72	7.85	17	2300	22.73
10.	Aryan Mahajan	15	2.52	8.18	14	2310	22.24

APPENDIX I-1

RAW SCORES OF PRE-TEST FOR SAQ GROUP ON SKILL PERFORMANCE VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Field Goal Speed	Throw For Accuracy	Dribble
1.	Anand Sharma	18	10	22	30
2.	Arihant Jain	18	11	21	31
3.	Sagar	17	11	16	29
4.	Sumeer Khol	17	9	17	23
5.	Anmol Thakur	16	7	18	31
6.	Prabhjot Singh	16	11	12	27
7.	Himanshu Verma	16	8	9	28
8.	Abhinav Sharma	15	10	14	21
9.	Tanish Gupta	15	9	15	20
10.	Vishal Yadav	15	8	14	25

APPENDIX I-2

RAW SCORES OF INTRMEDIATE-TEST FOR SAQ GROUP ON SKILL PERFORMANCE VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Field Goal Speed	Throw For Accuracy	Dribble
1.	Anand Sharma	18	11	24	32
2.	Arihant Jain	18	13	22	34
3.	Sagar	17	11	17	31
4.	Sumeer Khol	17	11	19	25
5.	Anmol Thakur	16	9	19	31
6.	Prabhjot Singh	16	12	13	29
7.	Himanshu Verma	16	9	10	29
8.	Abhinav Sharma	15	11	15	23
9.	Tanish Gupta	15	9	16	22
10.	Vishal Yadav	15	9	15	27

APPENDIX I-3

RAW SCORES OF POST-TEST FOR SAQ GROUP ON SKILL PERFORMANCE VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Field Goal Speed	Throw For Accuracy	Dribble
1.	Anand Sharma	18	15	25	34
2.	Arihant Jain	18	16	24	36
3.	Sagar	17	14	18	32
4.	Sumeer Khol	17	14	20	28
5.	Anmol Thakur	16	11	20	33
6.	Prabhjot Singh	16	14	14	32
7.	Himanshu Verma	16	12	12	31
8.	Abhinav Sharma	15	12	17	25
9.	Tanish Gupta	15	11	18	24
10.	Vishal Yadav	15	11	17	30

APPENDIX J-1

RAW SCORES OF PRE-TEST FOR STRENGTH GROUP ON SKILL PERFORMANCE VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Field Goal Speed	Throw For Accuracy	Dribble
1.	Sachin	18	11	21	29
2.	Amit	18	12	22	34
3.	Sandeep	18	10	19	27
4.	Gautam	17	7	10	25
5.	Ajmer	16	11	21	32
6.	Hitender	16	9	14	26
7.	Vardan Singh	16	8	10	28
8.	Manjinder	15	9	17	20
9.	Kanwar Singh	15	10	15	22
10.	Sushil Verma	15	8	16	24

APPENDIX J-2

RAW SCORES OF INTERMEDIATE-TEST FOR STRENGTH GROUP ON SKILL PERFORMANCE

VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Field Goal Speed	Throw For Accuracy	Dribble
1.	Sachin	18	12	23	30
2.	Amit	18	14	25	35
3.	Sandeep	18	11	19	29
4.	Gautam	17	8	12	25
5.	Ajmer	16	13	23	33
6.	Hitender	16	10	15	28
7.	Vardan Singh	16	9	11	28
8.	Manjinder	15	10	18	21
9.	Kanwar Singh	15	12	16	23
10.	Sushil Verma	15	9	18	25

APPENDIX J-3

RAW SCORES OF POST-TEST FOR STRENGTH GROUP ON SKILL PERFORMANCE VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Field Goal Speed	Throw For Accuracy	Dribble
1.	Sachin	18	15	25	33
2.	Amit	18	15	28	36
3.	Sandeep	18	13	21	29
4.	Gautam	17	10	13	29
5.	Ajmer	16	14	25	34
6.	Hitender	16	12	16	29
7.	Vardan Singh	16	11	13	31
8.	Manjinder	15	12	20	23
9.	Kanwar Singh	15	14	18	23
10.	Sushil Verma	15	11	19	26

APPENDIX K-1

RAW SCORES OF PRE-TEST FOR COMBINE SAQ AND STRENGTH GROUP ON SKILL PERFORMANCE

VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Field Goal Speed	Throw For Accuracy	Dribble
1.	Vishal	18	11	22	30
2.	Mani ram	18	12	23	33
3.	Samarjeet Saini	17	8	20	28
4.	Mukul lal	17	9	18	23
5.	Navdeep Singh	16	10	20	28
6.	Shubham Kumar	16	11	14	32
7.	Harkirat	16	10	18	30
8.	Keshav	15	9	10	22
9.	Bhanu Jangra	15	10	14	21
10.	Atul Kumar	15	9	15	26

APPENDIX K-2

RAW SCORES OF INTERMEDIATE-TEST FOR COMBINE SAQ AND STRENGTH GROUP ON SKILL PERFORMANCE VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Field Goal Speed	Throw For Accuracy	Dribble
1.	Vishal	18	12	24	31
2.	Mani ram	18	14	25	34
3.	Samarjeet Saini	17	9	21	29
4.	Mukul lal	17	10	20	24
5.	Navdeep Singh	16	12	22	29
6.	Shubham Kumar	16	12	16	33
7.	Harkirat	16	11	19	31
8.	Keshav	15	10	11	23
9.	Bhanu Jangra	15	11	16	22
10.	Atul Kumar	15	10	17	27

APPENDIX K-3

RAW SCORES OF POST-TEST FOR COMBINE SAQ AND STRENGTH GROUP ON SKILL PERFORMANCE

VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Field Goal Speed	Throw For Accuracy	Dribble
1.	Vishal	18	14	26	34
2.	Mani ram	18	15	27	37
3.	Samarjeet Saini	17	12	23	31
4.	Mukul lal	17	14	23	27
5.	Navdeep Singh	16	13	24	32
6.	Shubham Kumar	16	13	18	35
7.	Harkirat	16	13	21	34
8.	Keshav	15	11	14	25
9.	Bhanu Jangra	15	12	19	25
10.	Atul Kumar	15	11	20	30

APPENDIX L-1

RAW SCORES OF PRE-TEST FOR CONTROL GROUP ON SKILL PERFORMANCE VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Field Goal Speed	Throw For Accuracy	Dribble
1.	Kushlinder Singh	18	9	20	29
2.	Yunas	18	12	21	31
3.	Pawneet Kumar	17	10	19	28
4.	Abhishek Rajan	17	9	17	20
5.	Aayush Uniyan	16	8	20	30
6.	Harkirat Singh	16	10	12	28
7.	Navjot Singh	16	8	10	24
8.	Deva Shish Gupta	15	11	14	28
9.	Karan Kumar Jhajria	15	9	15	26
10.	Aryan Mahajan	15	7	13	25

APPENDIX L-2

RAW SCORES OF INTERMEDIATE-TEST FOR CONTROL GROUP ON SKILL PERFORMANCE VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Field Goal Speed	Throw For Accuracy	Dribble
1.	Kushlinder Singh	18	10	20	29
2.	Yunas	18	12	21	31
3.	Pawneet Kumar	17	10	20	28
4.	Abhishek Rajan	17	10	17	21
5.	Aayush Uniyan	16	9	19	30
6.	Harkirat Singh	16	9	13	27
7.	Navjot Singh	16	8	11	24
8.	Deva Shish Gupta	15	12	14	28
9.	Karan Kumar Jhajria	15	9	14	27
10.	Aryan Mahajan	15	8	12	25

APPENDIX L-3

RAW SCORES OF POST-TEST FOR CONTROL GROUP ON SKILL PERFORMANCE VARIABLES OF BASKETBALL PLAYERS

Sr. No.	Name	Age	Field Goal Speed	Throw For Accuracy	Dribble
1.	Kushlinder singh	18	11	21	30
2.	Yunas	18	12	21	31
3.	Pawneet Kumar	17	11	20	27
4.	Abhishek Rajan	17	11	17	21
5.	Aayush Uniyan	16	9	17	30
6.	Harkirat Singh	16	8	13	27
7.	Navjot Singh	16	8	12	24
8.	Deva Shish Gupta	15	13	15	29
9.	Karan Kumar Jhajria	15	10	13	28
10.	Aryan Mahajan	15	8	12	26