

## LIST OF TABLES

S.No.	TITLE	PAGE No.
3.1	Reliability Coefficient of Test Re-Test Score of different Tests	65
3.2	SAQ Training Schedule for Twelve Weeks	67
3.3	Strength Training Schedule for Twelve Weeks	69
3.4	Combine SAQ and Strength Training Schedule for Twelve Weeks	71
4.1	Mean Comparison of Physiological Variables in Pre-Test and Inter-Mediate Test for SAQ Training Group	75
4.2	Mean Comparison of Physiological Variables in Inter-mediate Test and Post Test for SAQ Training Group	76
4.3	Mean Comparison of Physiological Variables in Pre-Test and Post Test for SAQ Training Group	77
4.4	Mean Comparison of Motor Fitness Variables in Pre-Test and inter-Mediate Test for SAQ Training Group	80
4.5	Mean Comparison of Motor Fitness Variables in Inter-mediate Test and Post Test for SAQ Training Group	81
4.6	Mean Comparison of Motor Fitness Variables in Pre-Test and Post Test for SAQ Training Group	82
4.7	Mean Comparison of Skill Performance Variables in Pre-Test and Inter-mediate Test for SAQ Training Group	84
4.8	Mean Comparison of Skill Performance Variables in Inter-mediate Test and Post Test for SAQ Training Group	85
4.9	Mean Comparison of Skill Performance Variables in Pre-Test and Post Test for SAQ Training Group	86
4.10	Mean Comparison of Physiological Variables in Pre-Test and Inter-Mediate Test for Strength Training Group	88
4.11	Mean Comparison of Physiological Variables in Inter-Mediate Test and Post-Test for Strength Training Group	89
4.12	Mean Comparison of Physiological Variables in Pre-Test and Post-Test for Strength Training Group	91
4.13	Mean Comparison of Motor Fitness Variables in Pre-Test and Inter-mediate Test for Strength Training Group	93

4.14	Mean Comparison of Motor Fitness Variables in Inter-mediate Test and Post Test for Strength Training Group	94
4.15	Mean Comparison of Motor Fitness Variables in Pre Test and Post Test for Strength Training Group	95
4.16	Mean Comparison of Skill Performance Variables in Pre Test and Inter-mediate Test for Strength Training Group	98
4.17	Mean Comparison of Skill Performance Variables in Inter-mediate Test and Post-Test for Strength Training Group	99
4.18	Mean Comparison of Skill Performance Variables in Pre-Test and Post-Test for Strength Training Group	100
4.19	Mean Comparison of Physiological Variables in Pre-Test and Inter-mediate-Test for Combine SAQ and Strength Training Group	101
4.20	Mean Comparison of Physiological Variables in Inter-mediate-Test and Post-Test for Combine SAQ and Strength Training Group	103
4.21	Mean Comparison of Physiological Variables in Pre-Test and Post-Test for Combine SAQ and Strength Training Group	104
4.22	Mean Comparison of Motor Fitness Variables in Pre-Test and Inter-mediate-Test for Combine SAQ and Strength Training Group	106
4.23	Mean Comparison of Motor Fitness Variables in Inter-mediate-Test and Post-Test for Combine SAQ and Strength Training Group	107
4.24	Mean Comparison of Motor Fitness Variables in Pre-Test and Post-Test for Combine SAQ and Strength Training Group	109
4.25	Mean Comparison of Skill Performance Variables in Pre-Test and Inter-mediate-Test for Combine SAQ and Strength Training Group	111
4.26	Mean Comparison of Skill Performance Variables in Inter-mediate-Test and Post-Test for Combine SAQ and Strength Training Group	112
4.27	Mean Comparison of Skill Performance Variables in Pre-Test and Post-Test for Combine SAQ and Strength Training Group	113
4.28	Mean Comparison of Physiological Variables in Pre-Test and Inter-mediate-Test for control Group	114
4.29	Mean Comparison of Physiological Variables in Inter-mediate-Test and Post-Test for control Group	116
4.30	Mean Comparison of Physiological Variables in Pre-Test and Post-Test for	117

	control Group	
4.31	Mean Comparison of Motor Fitness Variables in Pre-Test and Inter-mediate Test for control Group	119
4.32	Mean Comparison of Motor Fitness Variables in Inter-mediate Test and Post-Test for control Group	121
4.33	Mean Comparison of Motor Fitness Variables in Pre- Test and Post-Test for control Group	122
4.34	Mean Comparison of Skill Performance variables in Pre- Test and Inter-mediate Test for control Group	124
4.35	Mean Comparison of Skill Performance variables in Inter-mediate-Test and Post-Test for control Group	125
4.36	Mean Comparison of Skill Performance variables in Pre-Test and Post-Test for control Group	126
4.37	Descriptive Statistics for Pre Test, Inter-mediate Test and Post Test Related to Physiological Variables among different Experimental Groups and Control Group	127
4.38	Analysis of Co-Variance on Resting Pulse Rate among Basketball Players	130
4.39	Significant Difference and Paired Adjusted Final Means of Resting Pulse Rate among different Training Groups	131
4.40	Analysis of Co-Variance on Systolic Blood Pressure among Basketball Players	132
4.41	Significant Difference and Paired Adjusted Final Means of Systolic Blood Pressure among different Training Groups	134
4.42	Analysis of Co-Variance on Diastolic Blood Pressure among Basketball Players	135
4.43	Significant Differences and Paired Adjusted Final Means of Diastolic Blood Pressure among different Training Groups	136
4.44	Analysis of Co-Variance on Resting Respiratory Rate among Basketball Players	137
4.45	Significant Differences and Paired Adjusted Final Means of Resting Respiratory Rate among different Training Groups	138
4.46	Analysis of Co-Variance on Peak Expiratory Flow Rate among Basketball Players	139

4.47	Significant Differences and Paired Adjusted Final Means of Peak Expiratory Flow Rate among different Training Groups	140
4.48	Descriptive Statistics of Pre Test, Inter-mediate Test and Post Test for Motor Fitness Variables among Basketball Players for different Experimental Groups and Control Group	142
4.49	Analysis of Co-Variance on Flexibility among Basketball Players	144
4.50	Significant Differences and Paired Adjusted Final Means of Flexibility among different Training Groups	145
4.51	Analysis of Co-Variance on Speed among Basketball Players	147
4.52	Significant Differences and Paired Adjusted Final Means of Speed among different Training Groups	148
4.53	Analysis of Co-Variance on Strength among Basketball Players	149
4.54	Significant Differences and Paired Adjusted Final Means of Strength among different Training Groups	150
4.55	Analysis of Co-Variance on Endurance among Basketball Players	151
4.56	Significant Differences and Paired Adjusted Final Means of Endurance among different Training Groups	152
4.57	Analysis of Co-Variance on Co-Ordination among Basketball Players	153
4.58	Significant Differences and Paired Adjusted Final Means of Co-Ordination among different Training Groups	154
4.59	Descriptive Statistics of Pre Test, Inter-mediate Test and Post Test for Skill Performance Variables among Basketball Players for different Experimental Groups and Control Group	156
4.60	Analysis of Co-Variance on Field Goal Speed among Basketball Players	158
4.61	Significant Differences and Paired Adjusted Final Means of Field Goal Speed among different Training Groups	159
4.62	Analysis of Co-Variance on Throw for Accuracy among Basketball Players	160
4.63	Significant Differences and Paired Adjusted Final Means of Throw for Accuracy among different Training Groups	161
4.64	Analysis of Co-Variance on Dribble among Basketball Players	163
4.65	Significant Differences and Paired Adjusted Final Means of Dribble among different Training Groups	164