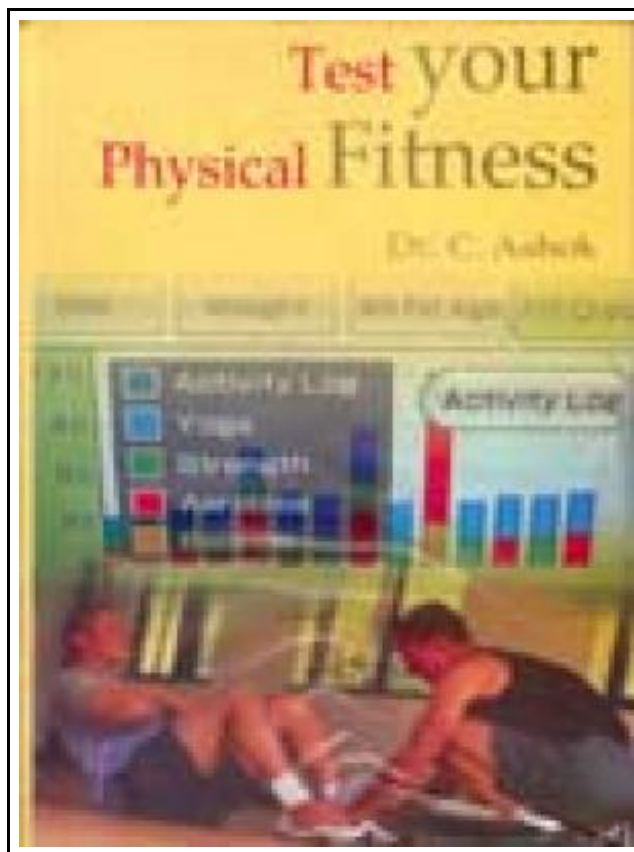


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TEST YOUR PHYSICAL FITNESS



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2008. Hardcover. Book Condition: New. 360 The book covers all the dimensions of testing, calculating, comparing, evaluating and deriving conclusions regarding all possible physical fitness variables in the fields such as anthropometry, strength, speed, power flexibility, coordination etc. The book shall be a boon to the researchers as well as the persons seeking physical fitness testing. Every one can assess their level of physical fitness and accordingly they may plan their routine life. Although the standard tests are required specific equipment, there are some tests that are feasible by every one without any sophisticated equipment. The book may guide a person for maintaining body fitness, since we are mostly depending on the machines which are most welcomed but directing us towards physical weakness. About The Author:- Dr. C. Ashok, is at present working as a Reader and Director of Physical Education in Ayya Nadar Janki Ammal College (Autonomous, Reaccredited with A status by NAAC and College with Potential for Excellence by UGC), Sivakasi, Tamil Nadu. He completed his Higher Secondary at Nadar Srawanthi Higher Secondary School, Theni. He was graduated from one of the pioneer colleges of Madurai Kamaraj University i.e., Ayya Nadar Janaki Ammal College. After graduation, he underwent B.P.Ed., M.P. Ed., course at Y.M.C.A. College of Physical Education, Chennai and acquired M. Phil under the guidance of Dr. R. Thirumalai samy, first Vice Chancellor of Tamil Nadu State Physical Education and Sports University, from Alagappa University, Karaikudi. He completed Diploma in Yoga Education course at Human Vyayam Prasarak Mandal College of Physical Education, Amravati and awarded Ph. D. Degree, under the guidance of Dr. S. Sivarmakrishnan, Former Principal of Padma Shree Dr. Sivanthi Aditanar College of Physical Education, Thiruchendur, from Alagappa University, Karaikudi. He has successfully completed a Minor Research Project funded by University Grants Commission, South-Eastern Regional...



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