

**EFFECT OF PLYOMETRIC TRAINING ON  
SPEED AND POWER AMONG  
MALE ATHLETES**

**A THESIS  
PRESENTED TO THE VIDYASAGAR UNIVERSITY  
IN LIEU OF A THEORY PAPER  
FOR THE DEGREE OF  
MASTER OF PHYSICAL EDUCATION**

**BY  
BISWAJIT HAZRA**

**DEPARTMENT OF PHYSICAL EDUCATION  
MUGBERLA GANGADHAR MAHAVIDYALAYA  
BHUPATINAGAR :: PURBA MEDINIPUR  
W.B. PIN-721425**

**JULY, 2016**

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**EXAMINED**  
*[Signature]*  
20.7.16

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Sk. Khabiruddin  
Assistant Professor

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*CERTIFICATE BY THE SUPERVISOR*

This is to certify that **Mr. Biswajit Hazra** is a regular student of Mugberia Gangadhar Mahavidyalaya under Vidyasagar University, in the session of 2014 - 2016. He is a student of master of physical education, semester-IV, carried out his research study my supervision and guidance in partial fulfilment of the requirements for the master of physical education degree with his thesis entitled "**EFFECT OF PLYOMETRIC TRAINING ON SPEED AND POWER AMONG MALE ATHLETES**" the material and data composed from students in this study are genuine and were collected by him.

Date.....*12/07/2016*.....

  
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