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**A STUDY ON SKILL PERFORMANCE OF TENNIS PLAYERS IN WIMBLEDON
INTER-NATIONAL MATCH**

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Abstract

Sport is accepted as part of society and culture throughout the world. Sports and games also effect on social processes, human values, social life and International affairs. It is Universal in the sense that it is practiced in every country and yet it does not always take the same form in each country.

In general, apart from its broader significance to the society, sports have been viewed as a healthy distraction from the drudgery of everyday life. Majority of people involved in sports because of its element of fun, enjoyment and good past time. However, a sport has been looked at in various ways by various scholar concerned with its advancement.

Fitness is the ability to perform physical tasks with the minimum of efforts. This means that fitness is associated with efficiency. The fitter one works efficiently, and this increasing efficiency affects the whole of your body organism. It can combat depression, and illness, positive attitude towards all aspects of life and lead to greater mental clarity.
