

EFFECTS OF CHRONIC AEROBIC EXERCISE
ON SELECTED CARDIO RESPIRATORY
VARIABLES OF SCHOOL BOYS



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

By
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DEPARTMENT OF PHYSICAL EDUCATION
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26.7.16

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Finally the researcher expresses his deep indebtedness to his friends for taking the pain while providing continuous inspiration and encouragement throughout the course of study.

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