

Menbere Girma

Aerobic Exercise on Health Related Physical Fitness Component on Sedentary Male Workers

The Case of Bistima Town Administrative Office Workers

Case Study

YOUR KNOWLEDGE HAS VALUE



- We will publish your bachelor's and master's thesis, essays and papers
- Your own eBook and book - sold worldwide in all relevant shops
- Earn money with each sale

Upload your text at www.GRIN.com
and publish for free



Bibliographic information published by the German National Library:

The German National Library lists this publication in the National Bibliography; detailed bibliographic data are available on the Internet at <http://dnb.dnb.de> .

This book is copyright material and must not be copied, reproduced, transferred, distributed, leased, licensed or publicly performed or used in any way except as specifically permitted in writing by the publishers, as allowed under the terms and conditions under which it was purchased or as strictly permitted by applicable copyright law. Any unauthorized distribution or use of this text may be a direct infringement of the author's and publisher's rights and those responsible may be liable in law accordingly.

Imprint:

Copyright © 2020 GRIN Verlag
ISBN: 9783346300591

This book at GRIN:

<https://www.grin.com/document/956408>

Menbere Girma

Aerobic Exercise on Health Related Physical Fitness Component on Sedentary Male Workers

The Case of Bistima Town Administrative Office Workers

GRIN - Your knowledge has value

Since its foundation in 1998, GRIN has specialized in publishing academic texts by students, college teachers and other academics as e-book and printed book. The website www.grin.com is an ideal platform for presenting term papers, final papers, scientific essays, dissertations and specialist books.

Visit us on the internet:

<http://www.grin.com/>

<http://www.facebook.com/grincom>

http://www.twitter.com/grin_com

**Effect of Aerobic Exercise on Health related Physical Fitness Component on
Sedentary Male Workers: The Case of Bistima Town Administrative office
Workers in Bistima Town, South Wollo zone, Amhara Regional State
Ethiopia**

**A Thesis Submitted to the Sport science Academy
Postgraduate Program Directorate**

HARAMAYA UNIVERSITY

**In Partial Fulfillment of the Requirements for the Degree of
MASTER OF EDUCATION IN TEACHING PHYSICAL EDUCATION**

**By
Menbere Girma Alemayehu**

**March 2018
Haramaya University, Haramaya**

DEDICATION

I dedicated this thesis manuscript to Shewarega Assegidew who passed away this year, to my beloved mother Yeshiwaget and to my wife Gete.