

DECLARATION BY THE SCHOLAR

I, **K.ARIDHAS, (Reg.NO.345)** Full time scholar of Doctor of Philosophy, in the Department of Physical Education hereby declare that the dissertation entitled **“EFFECT OF PROGRESSIVE AEROBIC RESISTANCE AND COMBINED TRAINING ON SELECTED MORPHOLOGICAL PHYSIOLOGICAL AND BLOOD PARAMETERS IN SEDENTARY MALE”** submitted to Tamilnadu Physical Education and Sports University, for the award of Doctor of Philosophy in Physical Education is my original work and that it has not previously formed the basis for the award of any degree, diploma, associateship, fellowship or any other similar titles to any candidate of any university.

Place: Chennai

Date: 26-03-2014


K.ARIDHAS