



Universidade do Minho
Instituto de Estudos da Criança

GuoYong Wang

**Effects of School Aerobic Exercise Intervention
on Children's Health-Related Physical Fitness:
A Portuguese Middle School Case Study**

October, 2004
PORTUGAL, Braga



Universidade do Minho
Instituto de Estudos da Criança

GuoYong Wang

**Effects of School Aerobic Exercise Intervention
on Children's Health-Related Physical Fitness:
A Portuguese Middle School Case Study**

Dissertation submitted to Institute of Child Studies,
University of Minho in partial fulfillment of the
requirements for the degree of **Doctorate in Child Studies**
Specialty in Physical Education, Leisure and Recreation

Supervisors:

Professor Doctor **Beatriz Oliveira Pereira**

Professor Doctor **Jorge Mota**

October, 2004

PORTUGAL, Braga