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Abstract
The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health of sedentary middle-aged men. The study was conducted in a laboratory setting. The subjects were 20 sedentary middle-aged men (mean age 45.5 ± 5.2 years, mean weight 75.5 ± 10.5 kg, mean height 175.5 ± 5.5 cm). They were divided into two groups: a control group (n = 10) and a training group (n = 10). The training group underwent a 12-week training program consisting of three sessions per week, each lasting 45 minutes. The training program included aerobic exercise, strength training, and flexibility exercises. The control group did not participate in any training program. The physical fitness and health of the subjects were measured at the beginning and end of the 12-week period. The measurements included maximum oxygen consumption (VO₂max), heart rate (HR), blood pressure (BP), body mass index (BMI), and waist circumference. The results showed that the training group had significantly higher VO₂max, lower HR, lower BP, lower BMI, and lower waist circumference at the end of the 12-week period compared to the control group. The findings suggest that a 12-week training program can improve the physical fitness and health of sedentary middle-aged men.



- 11. The following property characterizes continuous functions on compact metric spaces:
 - (a) If f is continuous, then f maps closed sets to closed sets.
 - (b) If f is continuous, then f maps open sets to open sets.
 - (c) If f is continuous, then f maps compact sets to compact sets.
 - (d) If f is continuous, then f maps closed sets to compact sets.

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Research has shown that individuals who experience an increase in their level of self-esteem are more likely to engage in positive behaviors and experience better mental health outcomes. This is because self-esteem is a key component of one's self-concept, and a positive self-concept is associated with a greater sense of control and resilience. Therefore, interventions that aim to boost self-esteem can have a significant impact on an individual's overall well-being.

Abstract

Abstract—The purpose of this study was to determine the effect of a 10-week training program on the physical fitness of 10-year-old children. The study was conducted in a primary school in the city of Ankara, Turkey. The study group consisted of 20 children (10 boys and 10 girls) who were randomly selected from the 10-year-old children in the school. The children were divided into two groups: a control group and an experimental group. The control group did not participate in any physical education program, while the experimental group participated in a 10-week training program. The physical fitness of the children was measured at the beginning and at the end of the 10-week period. The measurements included maximum heart rate, maximum oxygen consumption, maximum power, and maximum speed. The results of the study showed that the experimental group had significantly higher values for all four measurements at the end of the 10-week period compared to the control group. The results suggest that a 10-week training program can improve the physical fitness of 10-year-old children.

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