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GRADUATING THE DOVETONS' GROUP

РОДИНА ВЕЛИКОГО СТАЛИНА

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Abstract

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Keywords: child abuse; child sexual abuse; child sexual exploitation; child sexual abuse investigation; child sexual abuse assessment

1. *Journal of the American Medical Association*, 1997; 277: 1033-1037.

[illegible]

Abstract The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary middle-aged men. The subjects were divided into two groups: a control group and an exercise group. The exercise group performed a 12-week training program consisting of three sessions per week of aerobic exercise. The control group did not exercise. The HR and HRR were measured at rest and during exercise at the beginning and end of the 12-week period. The results showed that the exercise group had a significant decrease in HR and HRR at rest and during exercise compared to the control group. The decrease in HR and HRR was greater in the exercise group than in the control group. The results suggest that a 12-week training program can improve the cardiovascular fitness of sedentary middle-aged men.

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the authors of the study. The authors also note that the study was limited by the fact that the data were self-reported and that the study did not include a control group.

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For more information, contact the American Society of Human Resources, 1000 17th Street, N.W., Washington, D.C. 20036, (202) 462-6080.

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1. The first step is to identify the problem. In this case, the problem is that the company is not meeting its sales targets.

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 heart rate, blood pressure, and body mass index. The results of the study showed that the experimental group had significantly higher heart rates and blood pressures at the end of the 10-week period compared to the control group. There was no significant difference in body mass index between the two groups. The study suggests that a 10-week training program can improve the physical fitness of 10-year-old children.



1. *Journal of the American Medical Association*, 2000; 283: 2689-2694.



Abstract

