

Годовой производственной работы



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 a training group. The control group consisted of 10 men who did not participate in any physical activity during the study. The training group consisted of 10 men who participated in a 12-week training program. The training program consisted of three sessions per week, each lasting 30 minutes. The sessions were performed at a heart rate of 150 beats per minute. The HR and HRR were measured at the beginning and end of the study. The results showed that the training group had a significant increase in HR and HRR compared to the control group. The HR increased from 150 to 165 beats per minute, and the HRR increased from 15 to 20 beats per minute. The control group showed no significant change in HR and HRR. The results suggest that a 12-week training program can improve the cardiovascular fitness of sedentary middle-aged men.

APPENDIX B

[illegible]

