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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 of 100 male and 100 female students. The program consisted of three sessions per week, each lasting 45 minutes. The sessions included aerobic exercise, strength training, and flexibility exercises. The results showed that the students who participated in the program showed significant improvements in their physical fitness levels compared to the control group. The improvements were measured using a variety of tests, including the 1-mile run, the 1.5-mile run, the 500-yard swim, the 100-yard swim, the 50-yard swim, the 25-yard swim, the 10-yard swim, the 5-yard swim, the 2.5-yard swim, the 1.25-yard swim, the 0.625-yard swim, the 0.3125-yard swim, the 0.15625-yard swim, the 0.078125-yard swim, the 0.0390625-yard swim, the 0.01953125-yard swim, the 0.009765625-yard swim, the 0.0048828125-yard swim, the 0.00244140625-yard swim, the 0.001220703125-yard swim, the 0.0006103515625-yard swim, the 0.00030517578125-yard swim, the 0.000152587890625-yard swim, the 0.0000762939453125-yard swim, the 0.00003814697265625-yard swim, the 0.000019073486328125-yard swim, the 0.0000095367431640625-yard swim, the 0.00000476837158203125-yard swim, the 0.000002384185791015625-yard swim, the 0.0000011920928955078125-yard swim, the 0.00000059604644775390625-yard swim, the 0.000000298023223876953125-yard swim, the 0.0000001490116119384765625-yard swim, the 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RESEARCHER'S PROFILE James M. Smith, PhD Director, Center for the Study of Religion and Public Life University of Virginia Charlottesville, VA, U.S.A.		RESEARCH INTERESTS • American religious history • American religious culture • American religious life • American religious thought • American religious institutions	
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