

كشكوف، رستم، 1395
[2021 / 2020 / 2016 - 1401 هـ] رستم، رستم

$$\frac{1}{\sqrt{2}}$$

	10	10	10	10	10	10	10
--	----	----	----	----	----	----	----

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 subjects were 20 men, aged 40-50 years, who were sedentary and had no history of cardiovascular disease. They were randomly assigned to either a control group or a training group. The training group performed a 12-week program of aerobic exercise, resistance training, and flexibility exercises. The control group did not exercise. Physical fitness was measured by a battery of tests including a maximal aerobic test, a submaximal aerobic test, a resistance test, and a flexibility test. Health was measured by a battery of tests including a blood pressure test, a lipid profile test, and a glucose tolerance test. The results of the study showed that the training group had significantly higher levels of physical fitness and health than the control group at the end of the 12-week program. The training program was effective in improving the physical fitness and health of sedentary, middle-aged men.

1. *Staphylococcus aureus*

10

4. 1000

Logo of the Ministry of Health and the Ministry of Education, featuring a stylized figure and the text "وزارة الصحة والتعليم" (Ministry of Health and Education).

