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Abstract—The purpose of this study was to determine the effect of a 10-week training program on the aerobic capacity and heart rate of 10-year-old children. The study was conducted in a primary school in the city of Ankara, Turkey. The study group consisted of 15 children (10 boys and 5 girls) who were selected from the 10-year-old children of the school. The children were divided into two groups: a control group and an experimental group. The control group consisted of 7 children and the experimental group consisted of 8 children. The children in the experimental group participated in a 10-week training program that included aerobic exercises, strength training, and flexibility exercises. The children in the control group did not participate in any training program. The aerobic capacity of the children was measured using a 20-minute shuttle run test. The heart rate of the children was measured using a heart rate monitor. The results of the study showed that the children in the experimental group had a significantly higher aerobic capacity and heart rate than the children in the control group after the 10-week training program. The results of this study suggest that a 10-week training program can improve the aerobic capacity and heart rate of 10-year-old children.

JUNE 1979

4466 JIANG ET AL.

LATE/2002

Interventions

Comments:

Statistical assessment procedure

5274-300

Integrated Stress Sys

273/REV/2000

Accurate Expressions

DOI: 10.1002/for

Stafford Park NEW 2.499

[illegible]

10. 2000 **continued general improvement**

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