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Introduction

The purpose of this study was to investigate the effects of a 12-week training program on the physical and psychological health of sedentary middle-aged adults. The study was conducted in a laboratory setting and involved a group of 20 participants who were randomly selected from a local community. The participants were divided into two groups: a control group and an experimental group. The control group remained sedentary throughout the study, while the experimental group participated in a supervised exercise program consisting of three sessions per week. The exercise program included a combination of aerobic and strength training exercises. The duration of each session was 45 minutes. The participants in the experimental group were monitored for changes in their physical and psychological health over the 12-week period. The study aimed to determine if the exercise program had a positive impact on the health of the participants compared to the control group.

Methodology

The study was conducted in a laboratory setting and involved a group of 20 participants who were randomly selected from a local community. The participants were divided into two groups: a control group and an experimental group. The control group remained sedentary throughout the study, while the experimental group participated in a supervised exercise program consisting of three sessions per week. The exercise program included a combination of aerobic and strength training exercises. The duration of each session was 45 minutes. The participants in the experimental group were monitored for changes in their physical and psychological health over the 12-week period. The study aimed to determine if the exercise program had a positive impact on the health of the participants compared to the control group.

Unit 1: Introduction to the Course

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