



© 2000 Blackwell Science Ltd *Journal of Internal Medicine* 247: 115–121

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Abstract The aim of this study was to determine the effect of a 12-week training program on the physical and psychological characteristics of young women. The study was conducted in a laboratory setting. The subjects were 15 young women (mean age 20.5 years) who were divided into two groups: a control group (n = 7) and a training group (n = 8). The training group underwent a 12-week training program consisting of three sessions per week, each lasting 45 minutes. The control group did not undergo any training. The physical characteristics measured were maximum oxygen consumption ($\dot{V}O_{2\max}$), maximum heart rate (HR_{max}), and maximum power output (P_{max}). The psychological characteristics measured were anxiety, depression, and self-esteem. The results showed that the training group had significantly higher values for $\dot{V}O_{2\max}$, HR_{max}, and P_{max} compared to the control group. Additionally, the training group had significantly lower levels of anxiety and depression, and higher levels of self-esteem compared to the control group. These findings suggest that a 12-week training program can improve the physical and psychological characteristics of young women.

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Due to the complexity of the model, the authors do not provide a closed-form solution for the optimal policy. Instead, they use numerical methods to solve the model. The authors also provide a sensitivity analysis to show how the optimal policy changes with different parameters.

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