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ACKNOWLEDGMENTS

1. *Journal of Management Studies*, 1997, 34, 1, 1-14.

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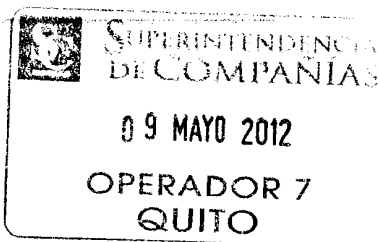
ACKNOWLEDGMENTS

^a The number of subjects who were included in each group.

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12. *Journal of the American Statistical Association*, 92, 1997, 1029-1036.

99-15370-1 LE PRINCE D'ORANGE / FERNANDO ALFONSO DE ALBUQUERQUE



Abstract

ABSTRACT The purpose of this study was to determine the effect of a 12-week resistance training program on the muscle strength and endurance of 12-year-old female adolescents. The subjects were divided into two groups: a control group and an experimental group. The experimental group performed a 12-week resistance training program, while the control group did not. The results showed that the experimental group had significantly higher muscle strength and endurance compared to the control group after the 12-week program. The findings suggest that resistance training can improve muscle strength and endurance in young females.

ABSTRACT: The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary, middle-aged men. The subjects were divided into two groups: a control group (n = 10) and a training group (n = 10). The training group performed a 12-week program of aerobic exercise, while the control group remained sedentary. HR and HRR were measured at rest and during maximal exercise before and after the 12-week period. The results showed that the training group had a significant increase in HR and HRR compared to the control group. The control group showed no significant change in HR and HRR. The findings suggest that a 12-week training program can improve cardiovascular fitness in sedentary, middle-aged men.

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