



Decorative

Búsqueda de Contribuyentes / Información del Contribuyente

Information is Confidential

Autorización de Documentos

Fecha : 29-04-2016

Monday, March 2

INTERNATIONAL TRAINING PROVIDER 8Y
COMPETENCY S.A. ITPC



0992851732001

Monitor Commercial

Entanto que

**Contribuyente en el
RNE**

Activo

Change also

Conclusions

Q10

Modo de Contribuente:

Sociedad

Management in Mexico

22

Available Economics Programs

ACTIVIDADES DE CONSULTORIA AMBIENTAL

Abstract The purpose of this study was to determine the effect of a 12-week training program on the physical fitness of 10-year-old children. The study was conducted in a primary school in Ankara, Turkey. The study group consisted of 20 children (10 boys and 10 girls) who were randomly selected from the school. The children were divided into two groups: a control group and an experimental group. The control group did not participate in any physical education program, while the experimental group participated in a 12-week training program. The physical fitness of the children was measured at the beginning and at the end of the 12-week period. The measurements included heart rate, blood pressure, and body mass index. The results of the study showed that the experimental group had significantly higher heart rates and blood pressures at the end of the 12-week period compared to the control group. The body mass index of the children in the experimental group also increased significantly. These findings suggest that a 12-week training program can improve the physical fitness of 10-year-old children.

05-03-2014

**Plasma der ersten 24
Stunden**

Frage: Welche der folgenden

[illegible]

24-10-2014

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References