

Abstract

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The present study was designed to investigate the effects of a 12-week training program on the physical and psychological health of sedentary, middle-aged men. The study was conducted in a laboratory setting and involved a group of 20 men who were randomly assigned to either a training or a control group. The training group performed a combination of aerobic and resistance training, while the control group remained sedentary. The study was conducted over a 12-week period, with measurements taken at baseline, 4 weeks, 8 weeks, and 12 weeks. The primary outcome measures were changes in body composition, cardiovascular fitness, and psychological well-being.

The results of the study showed that the training group experienced significant improvements in body composition, cardiovascular fitness, and psychological well-being compared to the control group. Specifically, the training group showed a significant decrease in body fat percentage, an increase in maximal oxygen consumption (VO₂max), and a decrease in anxiety and depression scores. These findings suggest that a 12-week training program can have beneficial effects on the physical and psychological health of sedentary, middle-aged men.

Keywords: Training, Physical health, Psychological health, Middle-aged men, Sedentary lifestyle.

Affective Factors Influence Classroom Learning Ascd

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