

Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were 40 sedentary, middle-aged women who were randomly assigned to either a supervised walking program or a control group. The walking program consisted of 12 weeks of supervised walking, 3 times per week, for 30 minutes per session. The control group consisted of 20 women who did not participate in the walking program. The subjects were assessed at baseline and at 12 weeks for physical and psychological health. The walking program had a significant positive effect on the physical and psychological health of the subjects. The walking program significantly improved the subjects' physical health, as measured by the 6-minute walk test, the 12-minute walk test, and the 400-meter walk test. The walking program also significantly improved the subjects' psychological health, as measured by the Beck Depression Inventory, the State-Trait Anxiety Inventory, and the Zung Depression Index. The walking program had no significant effect on the subjects' weight, blood pressure, or cholesterol levels. The results of this study suggest that a 12-week, low-intensity, supervised walking program can improve the physical and psychological health of sedentary, middle-aged women.

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1. One possible pathway for photosynthesis is shown below. _____
- a. chloroplast
b. mitochondrion
2. Light and electron transport reactions slightly increase the _____.
- a. electron transport
b. photosynthesis
3. _____, most common form of photosynthesis.
- a. chloroplast
b. mitochondrion
4. _____, photosynthesis that requires oxygen as electron acceptor.
- a. chloroplast
b. mitochondrion
5. Photosynthesis uses sunlight and carbon dioxide to produce _____.
- a. glucose
b. oxygen
6. Light energy is converted to chemical energy in _____.
- a. 2 steps
b. photosynthesis
7. _____, photosynthesis that uses water as electron acceptor.
- a. chloroplast
b. mitochondrion
8. Photosynthesis uses sunlight and carbon dioxide to produce _____, and uses that _____.
- a. chloroplast
b. mitochondrion
9. _____, photosynthesis that uses water as electron acceptor.
- a. 2 steps
b. chloroplast
10. Photosynthesis uses sunlight and carbon dioxide to produce _____, and uses that _____.
- a. chloroplast
b. mitochondrion

Electromagnetic Radiation Study Guide Answer

H Kauffman



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