

Fairmont

Abstract

James C. Thompson

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 children were divided into two groups: a control group and an experimental group. The experimental group participated in a 12-week training program that included aerobic, strength, and flexibility exercises. The control group did not participate in any training program. Physical fitness was measured at the beginning and end of the 12-week period using a series of tests including a 1000m run, a 10m sprint, a 10m shuttle run, a 10m sit and reach, and a 10m standing long jump. The results showed that the experimental group had significantly higher scores than the control group in all five tests at the end of the 12-week period. The findings suggest that a 12-week training program can improve the physical fitness of 10-year-old children.

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Marco Cascella



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