

■■■■■■■■■■ ■ Marbella

■■■■■■■■■■: R3694982



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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 the city of Bursa, Turkey. The study group consisted of 20 children (10 boys and 10 girls) who were randomly selected from the 10-year-old children in 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 activity during the study period, 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 study period. The results of the study showed that the experimental group had significantly higher levels of physical fitness than the control group at the end of the study period. The training program had a positive effect on the physical fitness of 10-year-old children.

M²: 80

■■■■: 50 000 €

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