

**Abstract**—The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and energy expenditure (EE) of sedentary, middle-aged women. The subjects were randomly assigned to a control group (CON) and an exercise group (EX). The EX group performed a 12-week training program consisting of three sessions per week. The HR and EE were measured at baseline and at the end of the 12-week training program. The EX group showed a significant decrease in HR and a significant increase in EE compared to the CON group. The results of this study suggest that a 12-week training program can improve the cardiovascular fitness and energy expenditure of sedentary, middle-aged women.

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**Table 1**

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**SJ Ball**



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Candidates will be given a specific situation and will be required to write the text for a notice based on given directions. Write an e-mail on the same content as the notice. Question 4: An unseen prose passage of about 450 words will be given. Uncommon items of vocabulary or structure will be avoided. One question will be set to test vocabulary. Candidates will be required to show an understanding of the words/phrases in the context in which they have been used. A number of questions requiring short answers will also be asked on the passage. These questions will test the candidates' ability to comprehend the explicit content and organisation of the passage and to infer information, intention and attitude from it. There will be a summary question that will test the candidates' ability to distinguish main ideas from supporting details and to extract salient points to re-write them in the form of a summary. Candidates will be given clear indications of what they are to summarise and of the length of the summary. Question 5: There will be a number of short answer questions to test the candidates' knowledge of functional grammar structure and use of the language. All the items in this question will be compulsory. They will consist of correct use of prepositions, verbs and transformation of sentences.

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