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[illegible]

Figure 1. Schematic diagram of the experimental setup.

Table 1 Mean number of correct responses and standard error of the mean (SEM) for each condition

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Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary middle-aged men. The subjects were 15 men, 40 to 50 years old, who had been sedentary for at least 10 years. They were randomly assigned to a 10-week training program or a control group. The training program consisted of 3 sessions per week of 30 minutes of aerobic exercise at 60% of the maximum HR. The control group did not exercise. The HR and HRR were measured at rest and during a 30-minute submaximal exercise test at the beginning and at the end of the 10-week period. The results showed that the training program significantly increased the HR and HRR of the subjects. The HR increased from 72 to 78 beats per minute (b·min⁻¹) and the HRR increased from 28 to 34 b·min⁻¹. The control group showed no significant change in HR and HRR. The results suggest that a 10-week training program can improve the cardiovascular fitness of sedentary middle-aged men.

Abstract

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- They are made up of predominantly young and middle-aged adults, with the highest numbers being people aged 18-29.
- They are also more likely to be female than male.

Abstract

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Precalculus Hs Mathematics Unit 1lesson 01

D Keegan



Precalculus Hs Mathematics Unit 1 lesson 01:

Teaching and Learning High School Mathematics Charlene E. Beckmann, Denisse R. Thompson, Rheta N. Rubenstein, 2009-11-02 Too many high school students faced with mathematics in courses at the level of algebra and beyond find themselves struggling with abstract concepts and unwilling to pursue further study of mathematics When students curtail their course taking in mathematics they may be impacting their college and career options Thus high school mathematics teachers have the responsibility to help students recognize the value and importance of mathematics while also designing instruction that makes mathematics accessible to all students Ball and Bass 2000 as well as other mathematics educators have recognized that mathematics teachers not only need to know mathematics content and mathematics pedagogy i e teaching strategies but they also need to know how these ideas are integrated This mathematical knowledge for teaching is the knowledge that teachers of mathematics need and it differs from the knowledge that research or applied mathematicians must know This text is designed to provide teachers with insights into this mathematical knowledge for teaching Teaching and Learning High School Mathematics is likely different from many other texts that you have used It integrates both content and pedagogy to help you develop and build your own understanding of teaching The text is designed to help you develop deep conceptual understanding of fundamental mathematics Ma 1999 so that you are able to approach mathematics from multiple perspectives with many tools Such flexibility in teaching is essential if teachers are to help all students become mathematically proficient Throughout this book you are encouraged to work in cooperative teams This strategy is designed to help you develop a mathematics learning community and build a professional network that will be a valuable resource during your professional career Hopefully you will experience the benefits of engaging in rich mathematical discussions with peers and consider how to encourage such learning environments in your own classrooms Lesson planning is another element pervasive throughout this text To help teachers plan for effective student centered lessons the Question Response Support QRS Guide is introduced in Lesson 1 1 and used throughout the remainder of the lessons The QRS Guide is a tool on which teachers may record tasks or questions Q for students expected and observed student responses R and teacher support S in the form of additional just enough questions to support students in their progress on the task In each unit teachers expand their repertoire of teaching and learning elements and strategies and incorporate these elements as they plan additional lesson segments In Unit 4 lesson planning is formally introduced as teachers put together elements from previous units into complete cohesive lesson plans **Resources in Education** ,1998

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Comprehensive Dissertation Index ,1984 *Precalculus Unit 1 (RES)* Responsive Education Solutions Staff,2010-08-01 Precalculus extends the concepts of algebra and geometry It emphasizes the role of functions in developing trigonometric concepts with angles and triangles that offers students the opportunity to investigate equations graphs and properties The course applies and extends basic algebra and other elementary functions leading into the study of calculus Topics include rational radical and piece wise functions Trigonometric and Inverse Trigonometry functions graphing analytic trigonometry Applications of Trigonometry and Limits Precalculus Franklin D. Demana,Bert K. Waits,Stanley R. Clemens,1993

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Previously published under the titles Precalculus the easy way and E Z precalculus *Annotated Instructors Edition* Bittinger, Beecher, Ellenbogen, 2003-06 **Pre-Calculus For Dummies** Mary Jane Sterling, 2018-11-13

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