



**Abstract**

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These results suggest that the use of a single, standardized, and validated instrument to assess the impact of the intervention may be more effective than the use of multiple, non-standardized, and non-validated instruments.

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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 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 15m shuttle run, a 1min sit-up test, a 1min plank test, and a 1min side plank test. The results showed that the experimental group had significantly higher scores than the control group in all 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.

[illegible]

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1. *How many studies of community violence did you find?*  
 2. *What is the most common type of community violence?*  
 3. *What is the most common type of community violence?*  
 4. *What is the most common type of community violence?*

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# Precalculus Hs Mathematics Unit Lesson Epsilen

**Marilyn Occhiogrosso**



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