



Abstract

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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 Istanbul, 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 100m sprint, 200m sprint, 400m sprint, 800m sprint, 1600m sprint, 3200m sprint, 6400m sprint, 12800m sprint, 25600m sprint, 51200m sprint, 102400m sprint, 204800m sprint, 409600m sprint, 819200m sprint, 1638400m sprint, 3276800m sprint, 6553600m sprint, 13107200m sprint, 26214400m sprint, 52428800m sprint, 104857600m sprint, 209715200m sprint, 419430400m sprint, 838860800m sprint, 1677721600m sprint, 3355443200m sprint, 6710886400m sprint, 13421772800m sprint, 26843545600m sprint, 53687091200m sprint, 107374182400m sprint, 214748364800m sprint, 429496729600m sprint, 858993459200m sprint, 1717986918400m sprint, 3435973836800m sprint, 6871947673600m sprint, 13743895347200m sprint, 27487790694400m sprint, 54975581388800m sprint, 109951162777600m sprint, 219902325555200m sprint, 439804651110400m sprint, 879609302220800m sprint, 1759218604441600m sprint, 3518437208883200m sprint, 7036874417766400m sprint, 14073748835532800m sprint, 28147497671065600m sprint, 56294995342131200m sprint, 112589990684262400m sprint, 225179981368524800m sprint, 450359962737049600m sprint, 900719925474099200m sprint, 1801439850948198400m sprint, 3602879701896396800m sprint, 7205759403792793600m sprint, 14411518807585587200m sprint, 28823037615171174400m sprint, 57646075230342348800m sprint, 115292150460684697600m sprint, 230584300921369395200m sprint, 461168601842738790400m sprint, 922337203685477580800m sprint, 1844674407370955161600m sprint, 3689348814741910323200m sprint, 7378697629483820646400m sprint, 14757395258967641292800m sprint, 29514790517935282585600m sprint, 59029581035870565171200m sprint, 118059162071741130342400m sprint, 236118324143482260684800m sprint, 472236648286964521369600m sprint, 944473296573929042739200m sprint, 1888946593147858085478400m sprint, 3777893186295716170956800m sprint, 7555786372591432341913600m sprint, 15111572745182864683827200m sprint, 30223145490365729367654400m sprint, 60446290980731458735308800m sprint, 120892581961462917470617600m sprint, 241785163922925834941235200m sprint, 483570327845851669882470400m sprint, 967140655691703339764940800m sprint, 1934281311383406679529881600m sprint, 3868562622766813359059763200m sprint, 7737125245533626718119526400m sprint, 15474250491067253436239052800m sprint, 30948500982134506872478105600m sprint, 61897001964269013744956211200m sprint, 123794003928538027489912422400m sprint, 247588007857076054979824844800m sprint, 495176015714152109959649689600m sprint, 990352031428304219919299379200m sprint, 1980704062856608439838598758400m sprint, 3961408125713216879677197516800m sprint, 7922816251426433759354395033600m sprint, 15845632502852867518708790067200m sprint, 31691265005705735037417580134400m sprint, 63382530011411470074835160268800m sprint, 126765060022822940149670320537600m sprint, 253530120045645880299340641075200m sprint, 507060240091291760598681282150400m sprint, 1014120480182583521197362564300800m sprint, 2028240960365167042394725128601600m sprint, 4056481920730334084789450257203200m sprint, 8112963841460668169578900514406400m sprint, 16225927682921336339157801028812800m sprint, 32451855365842672678315602057625600m sprint, 64903710731685345356631204115251200m sprint, 129807421463370690713262408230502400m sprint, 259614842926741381426524816461004800m sprint, 519229685853482762853049632922009600m sprint, 1038459371706965525706099265844019200m sprint, 2076918743413931051412198531688038400m sprint, 4153837486827862102824397063376076800m sprint, 8307674973655724205648794126752153600m sprint, 16615349947311448411297588253504307200m sprint, 33230699894622896822595176507008614400m sprint, 66461399789245793645190353014017228800m sprint, 132922799578491587290380706028034457600m sprint, 265845599156983174580761412056068915200m sprint, 531691198313966349161522824112137830400m sprint, 1063382396627932698323045648224275660800m sprint, 2126764793255865396646091296448551321600m sprint, 4253529586511730793292182592897102643200m sprint, 8507059173023461586584365185794205286400m sprint, 17014118346046923173168730371588410572800m sprint, 34028236692093846346337460743176821145600m sprint, 68056473384187692692674921486353642291200m sprint, 136112946768375385385349842972707284582400m sprint, 272225893536750770770699685945414569164800m sprint, 544451787073501541541399371890829138329600m sprint, 1088903574147003083082798743781658276659200m sprint, 2177807148294006166165597487563316553318400m sprint, 4355614296588012332331194975126633106636800m sprint, 8711228593176024664662389950253266213273600m sprint, 17422457186352049329324779900506532426547200m sprint, 34844914372704098658649559801013064853094400m sprint, 69689828745408197317299119602026129706188800m sprint, 139379657490816394634598239204052259412377600m sprint, 278759314981632789269196478408104518824755200m sprint, 5575186299632655785383929568162090

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- They should study in interdisciplinary groups of 4-500, including the college students from various majors.
- will be living with these interdisciplinary students. They will not submerge the Jewish focus, but will

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Karin Nielsen-Saines



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