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Article 6. Researcher's Advancing Employment With Employer

100

Question #	Early Career Counselor Relationship	Number of Sessions Completed
1		
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Now, identify the components of each group that make up the following sentence structure:

- Abstract** The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health-related quality of life of sedentary, middle-aged men. The study was a randomized, controlled trial. The intervention group (n = 20) participated in a 12-week training program, while the control group (n = 20) remained sedentary. The training program consisted of three sessions per week, each lasting 45 minutes. The sessions included aerobic exercise, strength training, and flexibility exercises. The control group performed no exercise. The primary outcome was the change in physical fitness, measured by the 6-minute walk test, 10-minute step test, and 12-minute sit-to-stand test. Secondary outcomes included changes in health-related quality of life, measured by the SF-36 questionnaire. The results showed that the intervention group had significant improvements in physical fitness and health-related quality of life compared to the control group. The findings suggest that a 12-week training program can improve physical fitness and health-related quality of life in sedentary, middle-aged men.

Abstract

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