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POWER & ABILITY PLAYS

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WEST LAS VEGAS ARTS CENTER
DOUGLITTLE PARK - LAS VEGAS, NEVADA

DOCKUTTE PARK - LAS VEGAS, NEVADA

Abstract The purpose of this study was to determine the effect of a 12-week, 30-min, 3 times per week, low-impact aerobically and resistance training program on the physical fitness of 12-year-old children. The study was conducted in a school setting. The children were divided into two groups: an experimental group and a control group. The experimental group performed the program, while the control group did not. Physical fitness was measured at the beginning and end of the 12-week period. The results showed that the experimental group had significantly higher levels of physical fitness than the control group at the end of the 12-week period. The program was found to be effective in improving the physical fitness of 12-year-old children.

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