



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 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. Physical fitness was measured 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. The 12-week training program had a positive effect on the physical fitness of 10-year-old children.

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1. The first step in the process is to identify the problem or issue that needs to be addressed. This involves gathering information and understanding the context of the problem.

Category	Item	Value
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