



Abstract

100

Conclusions de Peter Berke

[illegible]

THE **NEW** **WORLD** **OF** **THE** **21ST** **CENTURY**

[illegible][illegible]

1. *Journal of Management Studies*, 1996, 33, 1, 1-14.

Executive Summary
The purpose of this study was to determine the effect of a 12-week, low-intensity, resistance training program on the strength and endurance of the lower extremities in healthy, young adults. The study was conducted in a laboratory setting and involved 20 participants who were randomly assigned to either a control group or an exercise group. The exercise group performed a 12-week program of resistance training, while the control group did not. The results of the study showed that the exercise group had significantly greater strength and endurance than the control group at the end of the 12-week period. The study was limited by its small sample size and the lack of a blinding procedure. Further research is needed to confirm the findings of this study and to determine the optimal intensity and duration of a resistance training program for improving lower extremity strength and endurance.

The following table shows the results of the regression analysis for the dependent variable "Number of children in the household" (N = 1,000). The table is organized into three columns: "Variable", "Coefficient", and "Standard Error". The "Variable" column lists the independent variables used in the model. The "Coefficient" column shows the estimated effect of each variable on the number of children in the household. The "Standard Error" column shows the standard error of the coefficient estimate.

Variable	Coefficient	Standard Error
Intercept	1.52	0.05
Age	0.02	0.01
Gender	0.15	0.05
Marital Status	0.35	0.10
Income	-0.05	0.02
Education	0.10	0.03
Religion	0.05	0.02
Region	0.10	0.05
Urban	0.20	0.05
R-squared	0.15	

Cumpleaños de Pablo Neruda [artículo] Marino Muñoz Lagos.

Libros y documentos

AUTORÍA

Muñoz Lagos, Marino, 1925-2017

FECHA DE PUBLICACIÓN

1996

FORMATO

Artículo

DATOS DE PUBLICACIÓN

Cumpleaños de Pablo Neruda [artículo] Marino Muñoz Lagos. retr.

FUENTE DE INFORMACIÓN

[Biblioteca Nacional Digital](#)

INSTITUCIÓN

[Biblioteca Nacional](#)

UBICACIÓN

Avenida Libertador Bernardo O'Higgins 651, Santiago, Región Metropolitana, Chile