

Integrating Mathematics Skills into the Computer Science Curriculum

Abstract—The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and energy expenditure (EE) of sedentary, middle-aged women. The subjects were 12 sedentary women, 40 to 50 years of age, who were randomly assigned to a 12-week training program or a control group. The training program consisted of three sessions per week of aerobic exercise at 60% of maximum HR. The control group remained sedentary. The HR and EE were measured at rest and during a 30-minute period of moderate exercise at the end of the 12-week period. The results showed that the training program had a significant effect on the HR and EE of the subjects. The HR and EE were significantly lower in the control group than in the training group at rest and during exercise. The results suggest that a 12-week training program can improve the cardiovascular fitness of sedentary, middle-aged women.



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