

# **The Effects of the FITT Program on Health- Related Fitness in Secondary School Boys First Degree**

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The purpose of the present study was to evaluate the effects of the FITT program on physical fitness related to high school boys of the first period after 3 weeks of exercise. Subjects of this quasi-experimental study with pre-test and post-test design were 9 healthy male volunteer students (initial sample was available and randomly ed in groups) divided into two groups: experimental group (age :  $13.36 \pm 2.14$ , body mass index:  $18.2 \pm 60.64$ ) and control (age:  $13.68 \pm 2.02$ , body mass index:  $19.2 \pm 70.62$ ) were divided, forming They gave. Subjects developed a supervised exercise program according to FITT guidelines, three sessions a week, each session to develop health-related fitness factors (aerobic fitness, muscular fitness (strength, endurance and strength), flexibility and body composition). They did it for 6 minutes for six weeks. Before and after exercise, health-related fitness components were measured, to assess aerobic fitness by a 2-meter (one-mile) test, muscle strength by hand dynamometer, muscle endurance by sit-and-go, muscle strength by jump test Sargent, flexibility of the toe-to-toe toe test, and body mass index and body fat percentage were used to assess body composition. To investigate the normal distribution of data, Shapiro Wilk test was used, and to test for variance homogeneity, independent t-test and Mann-Whitney U were used. Independent t-test and Mann-Whitney U tests were used to assess differences between groups. The method of data collection was field and library. All statistical calculations were performed by SPSS software and the significance level was considered (P

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