

**Расписание практических занятий
5 курса лечебного факультета
на весенний семестр 2025 - 2026 учебного года**

[illegible]

13

полнкл. терапия

12

инф.белгезни

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Госпітальна хірургія

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Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary middle-aged men. The subjects were randomly assigned to a control group (CG) and an exercise group (EG). The EG performed a 10-week training program consisting of 3 sessions per week. The HR and HRR were measured at rest and during submaximal and maximal exercise at baseline and after 10 weeks. The results showed that the EG had a significant decrease in HR and HRR at rest and during submaximal and maximal exercise compared to the CG. The results suggest that a 10-week training program can improve the cardiovascular fitness of sedentary middle-aged men.

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общественное здоровье и

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фінансирован

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