

**Abstract** The purpose of this study was to investigate the effects of a 12-week training program on the physical and psychological health of young adults. The study was conducted in a laboratory setting and involved 30 participants who were randomly assigned to either a control group or a training group. The training group underwent a 12-week program of aerobic and strength training, while the control group remained sedentary. Physical health was measured using heart rate, blood pressure, and body mass index (BMI). Psychological health was measured using a validated questionnaire that assessed stress, anxiety, and depression. The results showed that the training group experienced significant improvements in physical health, including a decrease in heart rate and blood pressure, and an increase in BMI. Additionally, the training group showed significant improvements in psychological health, including a decrease in stress, anxiety, and depression. The control group showed no significant changes in physical or psychological health. The findings suggest that a 12-week training program can have positive effects on the physical and psychological health of young adults.



# HOUSE OF REPRESENTATIVES COMMITTEE ON THE BUDGET

REPORT  
ON THE  
BUDGET OF THE UNITED STATES  
FOR THE FISCAL YEAR 1966



U.S. GOVERNMENT PRINTING OFFICE  
1965

FOR SALE BY THE  
GOVERNMENT PRINTING OFFICE  
1965

1

2

3

4

5

6

1. **Identify the main idea of the text.**

→ The main idea is...

2. **Identify the supporting details.**

→ Details are...

**TABLE OF CONTENTS**

<b>LIST OF ABBREVIATIONS</b>	vii
<b>CHAPTER I</b>	1
<b>CHAPTER II</b>	
<b>CHAPTER III</b>	
<b>CHAPTER IV</b>	
<b>CHAPTER V</b>	
<b>CHAPTER VI</b>	
<b>CHAPTER VII</b>	
<b>CHAPTER VIII</b>	
<b>CHAPTER IX</b>	
<b>CHAPTER X</b>	
<b>CHAPTER XI</b>	
<b>CHAPTER XII</b>	
<b>CHAPTER XIII</b>	
<b>CHAPTER XIV</b>	
<b>CHAPTER XV</b>	
<b>CHAPTER XVI</b>	
<b>CHAPTER XVII</b>	
<b>CHAPTER XVIII</b>	
<b>CHAPTER XIX</b>	
<b>CHAPTER XX</b>	
<b>CHAPTER XXI</b>	
<b>CHAPTER XXII</b>	
<b>CHAPTER XXIII</b>	
<b>CHAPTER XXIV</b>	
<b>CHAPTER XXV</b>	
<b>CHAPTER XXVI</b>	
<b>CHAPTER XXVII</b>	
<b>CHAPTER XXVIII</b>	
<b>CHAPTER XXIX</b>	
<b>CHAPTER XXX</b>	
<b>CHAPTER XXXI</b>	
<b>CHAPTER XXXII</b>	
<b>CHAPTER XXXIII</b>	
<b>CHAPTER XXXIV</b>	
<b>CHAPTER XXXV</b>	
<b>CHAPTER XXXVI</b>	
<b>CHAPTER XXXVII</b>	
<b>CHAPTER XXXVIII</b>	
<b>CHAPTER XXXIX</b>	
<b>CHAPTER XL</b>	
<b>CHAPTER XLI</b>	
<b>CHAPTER XLII</b>	
<b>CHAPTER XLIII</b>	
<b>CHAPTER XLIV</b>	
<b>CHAPTER XLV</b>	
<b>CHAPTER XLVI</b>	
<b>CHAPTER XLVII</b>	
<b>CHAPTER XLVIII</b>	
<b>CHAPTER XLIX</b>	
<b>CHAPTER L</b>	

SECTION 101 - GENERAL PROVISIONS

ARTICLE I

CHAPTER 1 - GENERAL PROVISIONS

Section 101.01 - Purpose and Scope  
Section 101.02 - Definitions  
Section 101.03 - Short Title  
Section 101.04 - Construction of Title  
Section 101.05 - Severability  
Section 101.06 - Effective Date

101.01  
101.02  
101.03  
101.04  
101.05  
101.06

ARTICLE II

CHAPTER 2 - GENERAL PROVISIONS

Section 201.01 - Purpose and Scope  
Section 201.02 - Definitions  
Section 201.03 - Short Title  
Section 201.04 - Construction of Title  
Section 201.05 - Severability  
Section 201.06 - Effective Date

201.01  
201.02  
201.03  
201.04  
201.05  
201.06

ARTICLE III

CHAPTER 3 - GENERAL PROVISIONS

Section 301.01 - Purpose and Scope  
Section 301.02 - Definitions  
Section 301.03 - Short Title  
Section 301.04 - Construction of Title  
Section 301.05 - Severability  
Section 301.06 - Effective Date

301.01  
301.02  
301.03  
301.04  
301.05  
301.06

**Table of Contents**

<b>Introduction</b>	1
<b>Chapter 1: The History of the Book</b>	10
<b>Chapter 2: The Structure of the Book</b>	20
<b>Chapter 3: The Language of the Book</b>	30
<b>Chapter 4: The Style of the Book</b>	40
<b>Chapter 5: The Content of the Book</b>	50
<b>Chapter 6: The Audience of the Book</b>	60
<b>Chapter 7: The Future of the Book</b>	70

**Appendix**

**Appendix A: The History of the Book**

<b>Appendix B: The Structure of the Book</b>	80
<b>Appendix C: The Language of the Book</b>	90
<b>Appendix D: The Style of the Book</b>	100
<b>Appendix E: The Content of the Book</b>	110
<b>Appendix F: The Audience of the Book</b>	120
<b>Appendix G: The Future of the Book</b>	130

**Index**

**Index of Subjects**

<b>Index of Names</b>	140
<b>Index of Dates</b>	150



**CONTENTS OF VOLUME ONE**

Introduction	vii
PART I	
Chapter I	1
Chapter II	15
Chapter III	30
Chapter IV	45
Chapter V	60
Chapter VI	75
Chapter VII	90
Chapter VIII	105
Chapter IX	120
Chapter X	135
Chapter XI	150
Chapter XII	165
Chapter XIII	180
Chapter XIV	195
Chapter XV	210
Chapter XVI	225
Chapter XVII	240
Chapter XVIII	255
Chapter XIX	270
Chapter XX	285
Chapter XXI	300
Chapter XXII	315
Chapter XXIII	330
Chapter XXIV	345
Chapter XXV	360
Chapter XXVI	375
Chapter XXVII	390
Chapter XXVIII	405
Chapter XXIX	420
Chapter XXX	435
Chapter XXXI	450
Chapter XXXII	465
Chapter XXXIII	480
Chapter XXXIV	495
Chapter XXXV	510
Chapter XXXVI	525
Chapter XXXVII	540
Chapter XXXVIII	555
Chapter XXXIX	570
Chapter XL	585
Chapter XLI	600
Chapter XLII	615
Chapter XLIII	630
Chapter XLIV	645
Chapter XLV	660
Chapter XLVI	675
Chapter XLVII	690
Chapter XLVIII	705
Chapter XLIX	720
Chapter L	735

## TABLE OF CONTENTS

<b>Table of Contents</b>	<b>iii</b>
<b>Chapter 1. Introduction</b>	<b>1</b>
1.1. The Problem	1
1.2. The Solution	2
1.3. The Algorithm	3
1.4. The Implementation	4
1.5. The Results	5
1.6. The Conclusion	6
1.7. The Acknowledgments	7
1.8. The References	8
1.9. The Appendix	9
1.10. The Bibliography	10
1.11. The Index	11
1.12. The Glossary	12
1.13. The List of Figures	13
1.14. The List of Tables	14
1.15. The List of Equations	15
1.16. The List of Symbols	16
1.17. The List of Abbreviations	17
1.18. The List of Acronyms	18
1.19. The List of Initials	19
1.20. The List of References	20
1.21. The List of Bibliography	21
1.22. The List of Index	22
1.23. The List of Glossary	23
1.24. The List of Figures	24
1.25. The List of Tables	25
1.26. The List of Equations	26
1.27. The List of Symbols	27
1.28. The List of Abbreviations	28
1.29. The List of Acronyms	29
1.30. The List of Initials	30
1.31. The List of References	31
1.32. The List of Bibliography	32
1.33. The List of Index	33
1.34. The List of Glossary	34
1.35. The List of Figures	35
1.36. The List of Tables	36
1.37. The List of Equations	37
1.38. The List of Symbols	38
1.39. The List of Abbreviations	39
1.40. The List of Acronyms	40
1.41. The List of Initials	41
1.42. The List of References	42
1.43. The List of Bibliography	43
1.44. The List of Index	44
1.45. The List of Glossary	45
1.46. The List of Figures	46
1.47. The List of Tables	47
1.48. The List of Equations	48
1.49. The List of Symbols	49
1.50. The List of Abbreviations	50
1.51. The List of Acronyms	51
1.52. The List of Initials	52
1.53. The List of References	53
1.54. The List of Bibliography	54
1.55. The List of Index	55
1.56. The List of Glossary	56
1.57. The List of Figures	57
1.58. The List of Tables	58
1.59. The List of Equations	59
1.60. The List of Symbols	60
1.61. The List of Abbreviations	61
1.62. The List of Acronyms	62
1.63. The List of Initials	63
1.64. The List of References	64
1.65. The List of Bibliography	65
1.66. The List of Index	66
1.67. The List of Glossary	67
1.68. The List of Figures	68
1.69. The List of Tables	69
1.70. The List of Equations	70
1.71. The List of Symbols	71
1.72. The List of Abbreviations	72
1.73. The List of Acronyms	73
1.74. The List of Initials	74
1.75. The List of References	75
1.76. The List of Bibliography	76
1.77. The List of Index	77
1.78. The List of Glossary	78
1.79. The List of Figures	79
1.80. The List of Tables	80
1.81. The List of Equations	81
1.82. The List of Symbols	82
1.83. The List of Abbreviations	83
1.84. The List of Acronyms	84
1.85. The List of Initials	85
1.86. The List of References	86
1.87. The List of Bibliography	87
1.88. The List of Index	88
1.89. The List of Glossary	89
1.90. The List of Figures	90
1.91. The List of Tables	91
1.92. The List of Equations	92
1.93. The List of Symbols	93
1.94. The List of Abbreviations	94
1.95. The List of Acronyms	95
1.96. The List of Initials	96
1.97. The List of References	97
1.98. The List of Bibliography	98
1.99. The List of Index	99
1.100. The List of Glossary	100