

**İhalede teklif edilen bedelin %80'i oranı tutarında iş deneyim belgesi sunulması gerektiğinden başvuru sahibinin sunacağı iş deneyim belgesi tutarının en az \* TL olması gerekmektedir Başvuru sahibinin sunduğu iş deneyim belgesinin tutarı \* TL'dir Yapım İşlerinde Benzer İş Grupları gereği belge tutarının %31'i benzer iş tanımına (BIII Grubu işler) uygun olduğundan değerlendirmeye alınabilecek tutarı \* TL'dir Buna göre başvuru sahibinin sunmuş olduğu iş deneyim belgesinin**

**değerlendirmeye esas alınacak  
tutarı da başvuru sahibinin  
teklifine göre sunması  
gereken iş deneyim belgesi  
tutarını fazlasıyla  
karşılamaktadır**

**Abstract**

The purpose of this study was to investigate the effect of a 12-week training program on the physical and psychological characteristics of young athletes. The study was conducted with 20 young athletes (10 males and 10 females) who were divided into two groups: a control group and an experimental group. The experimental group underwent a 12-week training program, while the control group did not. The physical characteristics measured were maximum oxygen consumption ( $\dot{V}O_{2\max}$ ), maximum heart rate ( $\text{HR}_{\max}$ ), and maximum power output ( $\text{P}_{\max}$ ). The psychological characteristics measured were anxiety, depression, and self-esteem. The results showed that the experimental group had significantly higher values for  $\dot{V}O_{2\max}$ ,  $\text{HR}_{\max}$ , and  $\text{P}_{\max}$  compared to the control group. Additionally, the experimental group had significantly lower levels of anxiety and depression, and higher levels of self-esteem compared to the control group. The findings suggest that a 12-week training program can improve the physical and psychological characteristics of young athletes.

**Keywords:** young athletes, 12-week training program, physical characteristics, psychological characteristics.

**Introduction**

Physical and psychological characteristics are important factors in determining the performance of young athletes. Physical characteristics such as  $\dot{V}O_{2\max}$ ,  $\text{HR}_{\max}$ , and  $\text{P}_{\max}$  are directly related to an athlete's ability to perform at a high level. Psychological characteristics such as anxiety, depression, and self-esteem can also affect an athlete's performance. Therefore, it is important to investigate the effect of a training program on these characteristics in young athletes.

The purpose of this study was to investigate the effect of a 12-week training program on the physical and psychological characteristics of young athletes. The study was conducted with 20 young athletes (10 males and 10 females) who were divided into two groups: a control group and an experimental group. The experimental group underwent a 12-week training program, while the control group did not. The physical characteristics measured were  $\dot{V}O_{2\max}$ ,  $\text{HR}_{\max}$ , and  $\text{P}_{\max}$ . The psychological characteristics measured were anxiety, depression, and self-esteem. The results showed that the experimental group had significantly higher values for  $\dot{V}O_{2\max}$ ,  $\text{HR}_{\max}$ , and  $\text{P}_{\max}$  compared to the control group. Additionally, the experimental group had significantly lower levels of anxiety and depression, and higher levels of self-esteem compared to the control group. The findings suggest that a 12-week training program can improve the physical and psychological characteristics of young athletes.

**Method**

The study was conducted with 20 young athletes (10 males and 10 females) who were divided into two groups: a control group and an experimental group. The experimental group underwent a 12-week training program, while the control group did not. The physical characteristics measured were  $\dot{V}O_{2\max}$ ,  $\text{HR}_{\max}$ , and  $\text{P}_{\max}$ . The psychological characteristics measured were anxiety, depression, and self-esteem. The results showed that the experimental group had significantly higher values for  $\dot{V}O_{2\max}$ ,  $\text{HR}_{\max}$ , and  $\text{P}_{\max}$  compared to the control group. Additionally, the experimental group had significantly lower levels of anxiety and depression, and higher levels of self-esteem compared to the control group. The findings suggest that a 12-week training program can improve the physical and psychological characteristics of young athletes.

**Results**

The results showed that the experimental group had significantly higher values for  $\dot{V}O_{2\max}$ ,  $\text{HR}_{\max}$ , and  $\text{P}_{\max}$  compared to the control group. Additionally, the experimental group had significantly lower levels of anxiety and depression, and higher levels of self-esteem compared to the control group. The findings suggest that a 12-week training program can improve the physical and psychological characteristics of young athletes.

**Conclusion**

The findings suggest that a 12-week training program can improve the physical and psychological characteristics of young athletes. The experimental group had significantly higher values for  $\dot{V}O_{2\max}$ ,  $\text{HR}_{\max}$ , and  $\text{P}_{\max}$  compared to the control group. Additionally, the experimental group had significantly lower levels of anxiety and depression, and higher levels of self-esteem compared to the control group. The findings suggest that a 12-week training program can improve the physical and psychological characteristics of young athletes.

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