

广东省纺织协会

广东省纺织工程学会

广东省纺织团体标准技术委员会

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关于广东省纺织团体标准《牛仔服装和牛仔面料断弹原因定性分析（征求意见稿）》征求意见的通知

各位委员、专家和相关单位：

广东省纺织团体标准《牛仔服装和牛仔面料断弹原因定性分析（征求意见稿）》已完成编制工作，按照《广东省纺织团体标准（GDTEX）制（修）定程序文件》的要求，现公开征求意见，如有修改或完善的意见和建议，请填写“广东省纺织团体标准《牛仔服装和牛仔面料断弹原因定性分析（征求意见稿）》意见反馈表”（附件3），并于2019年8月15日前以电子邮件、信件或传真的方式反馈给我们，感谢您的支持！

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附件:1、《牛仔服装和牛仔面料断弹原因定性分析(征求意见稿)》

2、《牛仔服装和牛仔面料断弹原因定性分析(征求意见稿)》编制说明

3、广东省纺织团体标准《牛仔服装和牛仔面料断弹原因定性分析(征求意见稿)》意见反馈表



广东省纺织协会

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广东省纺织团体标准技术委员会

2019年7月12日



广东省纺织团体标准

《牛仔服装和牛仔面料断弹原因定性分析（征求意见稿）》

意见反馈表

姓名	电话	传真	E-mail	单位	通信地址	邮编
章条号	修改建议			修改理由		

签名：

日期：

Abstract

The purpose of this study was to investigate the effects of a 12-week training program on the physical fitness and health of middle-aged individuals. The study involved 50 participants who were randomly assigned to either a control group or an exercise group. The exercise group followed a structured program of aerobic and strength training, while the control group maintained their current level of activity. Data were collected at baseline and at the end of the 12-week period. The results showed that the exercise group experienced significant improvements in cardiovascular fitness, muscle strength, and body composition compared to the control group. Additionally, there were no significant changes in blood pressure or cholesterol levels in either group. These findings suggest that a 12-week training program can effectively improve physical fitness and health in middle-aged individuals.

The study was conducted in a laboratory setting over a 12-week period. Participants in the exercise group performed three sessions per week, each lasting 45 minutes. The sessions included 20 minutes of aerobic exercise (treadmill walking/running) and 25 minutes of strength training using free weights and resistance bands. The control group was instructed to continue with their usual daily activities. All participants underwent a series of physical fitness tests, including a maximal oxygen uptake (VO₂max) test, a 10-meter sprint, and a sit-and-stand test. Blood pressure and cholesterol levels were also measured at baseline and at the end of the study. The data were analyzed using statistical software to determine any significant differences between the two groups.

The results of the study are presented in the following table. The exercise group showed a significant increase in VO₂max (p < 0.05) and a decrease in body fat percentage (p < 0.05) compared to the control group. There were no significant differences in blood pressure or cholesterol levels between the two groups. The findings indicate that a 12-week training program can effectively improve physical fitness and health in middle-aged individuals. The improvements in cardiovascular fitness and body composition suggest that the exercise program was effective in promoting overall health and well-being. The lack of significant changes in blood pressure and cholesterol levels may be due to the relatively short duration of the study or the specific nature of the exercise program.

In conclusion, this study demonstrates that a 12-week training program can significantly improve physical fitness and health in middle-aged individuals. The exercise group experienced improvements in cardiovascular fitness, muscle strength, and body composition, while the control group did not. These findings support the recommendation that middle-aged individuals should engage in regular physical activity to maintain and improve their health. Further research is needed to explore the long-term effects of such training programs and to identify the most effective exercise interventions for this population.