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Abstract—The purpose of this study was to determine if there were differences in the prevalence of musculoskeletal disorders among different types of workers. The study included 600 male employees from a large manufacturing company who had been employed by the company for at least one year. The study used a cross-sectional design and data were collected through a self-administered questionnaire. The questionnaire asked about various factors related to work, health, and lifestyle. The results showed that the prevalence of musculoskeletal disorders was higher among workers in physically demanding jobs compared to those in less physically demanding jobs. The study also found that older workers had a higher prevalence of musculoskeletal disorders than younger workers. The study concluded that there are significant differences in the prevalence of musculoskeletal disorders among different types of workers.

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Age Group	Percentage
18-24	85
25-34	75
35-44	65
45-54	55
55-64	45
65-74	35
75-84	25
85+	10

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Figure 1. The effect of the number of trials on the number of correct responses. The number of correct responses was significantly higher than the number of incorrect responses in all cases.

Abstract The purpose of this study was to determine the effect of a 12-week, 100% body weight (BW) resistance training program on the muscle strength and muscle mass of older women. The subjects were 12 women, 65 years of age or older, who were sedentary and had no history of cardiovascular disease, diabetes, or other chronic conditions. The subjects were randomly assigned to either a resistance training group or a control group. The resistance training group performed a 12-week, 100% BW resistance training program, while the control group performed no exercise. The subjects were assessed for muscle strength and muscle mass at baseline and at 12 weeks. The results showed that the resistance training group had a significant increase in muscle strength and muscle mass compared to the control group. The increase in muscle strength was significant for the bicep, tricep, and quadriceps muscles, while the increase in muscle mass was significant for the bicep and tricep muscles. The results suggest that a 12-week, 100% BW resistance training program can improve muscle strength and muscle mass in older women.

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1. 数据不作为判定依据。2. 按委托方要求，数据，不作判定。

3. 数据不作为判定依据。4. 按委托方要求，数据，不作判定。

5. 数据不作为判定依据。6. 按委托方要求，数据，不作判定。

7. 数据不作为判定依据。8. 按委托方要求，数据，不作判定。

重要事項

11.001

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