



Figure 1 illustrates the experimental design, showing a timeline of stimulus presentation and response recording. The timeline is divided into two main sections: 'Stimulus presentation' and 'Response'. The 'Stimulus presentation' section includes 'Stimulus presentation' and 'Response' sub-sections. The 'Response' section includes 'Response' and 'Response' sub-sections. The timeline is marked with time points from 0 to 100 minutes.

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Abstract
This study examined the effects of a 12-week, low-intensity, supervised walking program on the physical and psychological health of sedentary, middle-aged women. The program was designed to be a safe and effective means of increasing physical activity. The results showed that the program had a positive effect on physical health, with significant improvements in cardiovascular fitness, muscle strength, and body composition. Psychological health also improved, with significant increases in self-esteem and decreases in anxiety and depression. The program was well-tolerated and had a high level of adherence. These findings suggest that a supervised walking program can be an effective means of improving the physical and psychological health of sedentary, middle-aged women.

Summary

Author's Statement

When we visited the National Science Foundation's (NSF) Office of Biological Services, we were struck by the NSF's commitment to the study of biodiversity. The NSF's Office of Biological Services is a leading organization in the field of biodiversity research, and we were honored to be invited to participate in a symposium on the topic of biodiversity. The symposium was held at the NSF's Office of Biological Services, and it was a great opportunity for us to share our research and to learn from the experts in the field. The symposium was a great success, and we were very pleased to have participated in it. We hope that our research will be helpful to the NSF's Office of Biological Services and to the field of biodiversity research.

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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 blood pressure (BP) of sedentary, middle-aged men. The subjects were divided into two groups: a control group and a training group. The control group consisted of 10 men who did not exercise regularly. The training group consisted of 10 men who participated in a 10-week training program. The training program consisted of three sessions per week, each lasting 30 minutes. The sessions were performed on a stationary bike at a heart rate of 150 beats per minute. The HR and BP were measured at the beginning and end of the training program. The results showed that the training group had a significant decrease in HR and BP compared to the control group. The HR of the training group decreased from 170 beats per minute to 150 beats per minute, and the BP decreased from 140 mmHg to 120 mmHg. The HR of the control group remained at 170 beats per minute, and the BP remained at 140 mmHg. These results suggest that a 10-week training program can effectively reduce HR and BP in sedentary, middle-aged men.



Looking At Australia

Michael Pearson, Sharon Sullivan



Looking At Australia:

The Rock: Looking into Australia's 'Heart of Darkness' from the edge of its wild frontier Aaron Smith ,2020-12-01

Journalist Aaron Smith's new memoir holds up a unique mirror to Australia. What he sees is at once amazing, disturbing and revealing. The Rock explores the failings of our nation's character, its unresolved past and its uncertain future from the vantage point of its most northerly outpost, Thursday Island. Smith was the last editor, fearless journalist and the paperboy of Australia's most northerly newspaper, the Torres News, a small independent regional tabloid that until it folded in late 2019 was the voice of a predominantly Torres Strait Islander and Aboriginal readership for 63 years across some of the most remote and little understood communities in Australia. The Rock is a story of self-discovery where Smith grapples to understand a national identity marred by its racist underbelly where he is transplanted from his white boy privileged suburban life to being a racial and cultural minority and an outsider. Peppered with his experiences, Smith gradually and sensitively becomes embedded in island life while vividly capturing the endless and often farcical parade of personalities and politicians including Scott Morrison and Tony Abbott. Smith pulls no punches while he reflects on the history of Terra Australis incognita, dissecting what is truly Australia and its gaping cultural and moral divide. A credit to regional journalism, Aaron carried on the fine tradition of the Torres News, holding governments to account and telling stories of everyday life in the Straits, never shying away from controversies, lifting all the rocks and even outfoxing prime minister Tony Abbott on his visit to Mabou's grave. Stefan Armbruster, SBS. Aaron Smith makes a huge and extremely valuable contribution to journalism in Australia. With insight and commitment, he brings issues of national and international significance to audiences in Australia and beyond. Dr Tess Newton Cain, Griffith Asia Institute. Aaron's journalism has provided a rare and valuable insight into issues affecting the Torres Strait Islander community. Navigating cultural protocols and geographical challenges, he has given a voice to some of Australia's most marginalised people and shared important stories that would otherwise have gone unheard. Ella Archibald, Binge. Sydney Morning Herald. **Looking South** Lorne K. Kriwoken, Julia Jabour, Alan D.

Hemmings, 2007. Australia has a long, rich and significant history in Antarctic affairs. Since 1933, Australia has asserted a claim to 42 per cent of the continent as the Australian Antarctic Territory. Australia was an original signatory to the 1959 Antarctic Treaty and has subsequently played an active role in international governance of Antarctica under the Antarctic Treaty System. Almost half a century after the adoption of the Antarctic Treaty and in the first decade of the 21st century, Antarctica is better known but is still not completely understood to science. It has been designated a natural reserve devoted to peace and science and whilst some matters such as mining have been put on hold, other issues present both continuing and new challenges. These challenges include the implications for Antarctica of global climate change and indeed the continent's role in the generation of the world's weather, the environmental, political and ethical implications of increasing human activity in the region and the goals of maintaining or developing the most appropriate governance mechanisms given the complex

legal circumstances There had been no contemporary analysis of Australia's involvement in Antarctic matters until 1984 when Australia's Antarctic Policy Options edited by Professor Stuart Harris brought together a diverse and intellectually powerful array of Australians focussed on Antarctic law policy and the social sciences This volume provided a benchmark by which to measure the tenor of Australia's Antarctic agenda and as such has been of great assistance to the development of Looking South Consequently 20 years on Looking South explores how the issues identified have developed what significant new issues have emerged and how Antarctica is placed in the current political Australian agenda

Looking After Heritage Places Michael Pearson, Sharon Sullivan, 2013-04-01 Most people want to know about their past and to see and hear about the evidence of it They want to learn about past history and some places are particularly suited to achieving this Conservation of such places is important to national or local self identity Looking After Heritage Places is a comprehensive reference and sourcebook for anyone managing a heritage place an Aboriginal site historic building or any other place of cultural importance to the community The authors provide a step by step guide to identifying a heritage place assessing and documenting the site implementing conservation practices visitor management international and Australian legislation Looking After Heritage Places offers a wealth of information on preserving and conserving heritage places for administrators owners caretakers volunteers students and professionals Pearson and Sullivan survey key issues currently being debated in the field and in the wider community and discuss their implications for heritage management

China's Grand Strategy and Australia's Future in the New Global Order Geoff Raby, 2025-05-14 The US dominated world order has been replaced by a multipolar order but its closest allies such as Australia seek to retain American primacy adding dangerously to heightened geopolitical competition between the dominant and the ascendant power China Where the first great power shift of the twenty first century was across the Pacific from the United States to China the next great power shift is now underway from Russia to China Putin's invasion of Ukraine has depleted Russia of its power and influence across Eurasia while China's continues to grow As China consolidates its power across Eurasia it can turn to project power globally just as the US did at the turn of the last century when it cemented its power over the western hemisphere Diplomatically Australia is forced to navigate an increasingly unfamiliar world where the guarantor of its security is no longer the sole dominant power while China remains its most important economic partner Is Australia agile enough to walk the fine line of supporting US primacy in the Asia Pacific while providing a bulwark against China's ambitions In China's Grand Strategy and Australia's Future in the New Global Order Geoff Raby believes something has to give and unpacks the ramifications for Australia

Pacific Power? Joanne Wallis, 2017-07-17 Australia is much larger and has significantly more military and economic power than its Pacific Island neighbours As a result it is frequently described as having a natural right to lead in the region Yet Australia has found it difficult to effectively influence Pacific Island states in pursuit of its strategic interests It provides the definitive account of how and how effectively Australia has sought to influence Pacific Island states in pursuit of its strategic interests

since 1975 the year that Papua New Guinea Australia's former colonial territory gained independence Informed by interviews with key decision makers Pacific Power analyses why Australia has had difficulty exercising influence in the Pacific Islands and identifies how Australia can more effectively influence Pacific Island states in pursuit of its strategic interests and how Australia can present itself more as a Pacific partner than power **Australia's Competitiveness** Michael J. Enright, Richard Petty, 2016-03-15 In this in depth overview of Australia's economy Michael Enright and Richard Petty leading scholars on international competition look at the data behind the news reports to offer a complete view of Australia's stable and wealthy economy The book compares Australia with other similarly sized OECD economies as well as other Asia Pacific economies and looks at fifteen international sources of data on competitiveness It features a large scale survey on Australian companies and offers deep insight on the country's future in terms of economics and economic policy Revealing an honest assessment of Australia's true position in the world the book looks at how Australian businesses see themselves and offers policy positions for government and firms to make the most of Australia's unique global economic position Backed by CPA Australia one of the world's largest accounting bodies Written by two global authorities on economic competitiveness Captures the thinking of more than 6 000 business leaders both within and outside of Australia Explains how Australia has weathered the global recession and looks at Australia's relationship with China For business leaders and policy makers in need of an in depth look at the current and future state of Australia's economy this book offers valuable and comprehensive information **National Health Data Dictionary 2012 version 16**, 2012 *Australia's Home Buying Guide* Todd Sloan, 2022-01-01 A must read practical insider's guide for all home buyers Whether you're buying your first home your next home or your forever home the proven process shared throughout this book will be an invaluable guide Award winning real estate agent and popular podcaster Todd Sloan speaks with hundreds of people each week and their objectives are always the same they want to find and purchase the right property quickly and for a good price Sharing insider tips and tricks that selling agents wouldn't normally disclose Australia's Home Buying Guide is an insightful practical and fun guide that takes the stress out of buying a home It covers common pitfalls and traps buyers should watch out for when they're at the start of their search such as How to make sure you get your finances approved correctly How to get the best deal on your loan and potentially save thousands of dollars How to find the right area for you and your family if you have one What questions to ask the agent to give you a competitive edge How to read a selling agent's tricks and potentially save stacks of cash Knowing your rights if you change your mind after you've signed the contract Todd Sloan has a genuine passion for helping people during what is often a scary and stressful process and he brings a unique and useful insider's perspective on how to buy property in this must read guide for home buyers **It Doesn't Cost A Million to Look A Million** Carl H. Becker, 2021-12-06 The old saying is a picture is worth a thousand words Believe it or not but appearance accounts for a great deal in your life Think of yourself as a book cover It is the book cover that sells the book or not Those same laws of attraction also apply to you So if you're well groomed

and wearing the correct apparel you ll attract attention We only get one chance to make a first impression Ninety percent of that first impression is visual and you re being summed up by your observer to the way you look in perhaps sixty seconds or less The other person observer be it a complete stranger peer coworker or employer is judging you based upon the way that you look Do you want to attract people into your life Or do you want to repel people Creating that positive image of yourself can open the door to conversation and that conversation can lead to opportunities of enriching your life So why would you want to shoot yourself in the foot My book will teach you grooming clothing care and how to buy quality apparel at bargain prices This book if followed will always have you putting your best foot forward and change your life forever *Tourism eBook* GURMEET SINGH DANG, **Australian History for Dummies** Alex McDermott,2011-05-16 Created especially for the Australian customer Exciting and informative history of the land down under Australian History For Dummies is your tour guide through the important events of Australia s past introducing you to the people and events that have shaped modern Australia Be there as British colonists explore Australia s harsh terrain with varying degrees of success In this informative guide you ll Find out about Australia s infamous bushrangers Learn how the discovery of gold caused a tidal wave of immigration from all over the world Understand how Australia took two steps forward to become a nation in its own right in 1901 and two steps back when the government was dismissed by the Crown in 1975 Discover the fascinating details that made Australia the country it is today **Key to Geophysical Records Documentation** ,1972 **Natural Hazards Photograph Catalog** National Geophysical Data Center,1983 Photographs of damage caused by natural hazards represent a unique form of data which captures the transient consequences of Earth s periodic upheavals They preserve a permanent record of the sometimes destructive effects that otherwise would be erased forever in cleanup and reconstruction operations Photographs serve as a reminder to both the research scientist and the layman not only that such events can and probably will reoccur but that we should be prepared to handle their consequences in the future Introduction *Everything You Need to Know (But Forget to Ask) When Buying or Selling Property* Mary Smits,2012-01-27 When it comes to buying and selling real estate knowledge is power and this book lets you in on the secrets Everything You Need to Know But Forget to Ask When Buying or Selling Property is a concise authoritative guide In plain simple language real estate agent Mary Smits looks at the many issues that confront both buyers and sellers including choosing a home or investment property wisely negotiating to save money understanding the paperwork dealing with and choosing real estate agents preparing to sell your property moving home Mary explains how to search for property on the internet and provides tips to help you use buying and selling tactics to your advantage and avoid potential traps The book features useful check lists to take with you to inspections along with sound practical advice **Teaching the Arts** David Roy,Bill Baker,Amy Hamilton,2012-09-12 Teaching the Arts Early Childhood and Primary Education provides a comprehensive and exciting introduction to Arts education in Australia and New Zealand By illustrating the fundamental links between theory and practice this book equips students with the skills

and knowledge to teach the Arts The book covers each of the five Arts strands dance drama media arts music and visual arts in detail Each chapter encourages readers to engage with the Arts and provides opportunities to develop understanding and practical skills through reflective questions examples and activities Teaching the Arts draws important links to the Australian Curriculum the New Zealand Curriculum the Early Years Learning Framework and Te Wh riki and includes substantial references to Indigenous histories and cultures relationships with Asia and sustainability Generously illustrated and featuring excellent on line resources Teaching the Arts is an indispensable resource for pre service teachers

Data Wrangling with JavaScript Ashley Davis,2018-12-02 Summary Data Wrangling with JavaScript is hands on guide that will teach you how to create a JavaScript based data processing pipeline handle common and exotic data and master practical troubleshooting strategies Purchase of the print book includes a free eBook in PDF Kindle and ePub formats from Manning Publications About the Technology Why not handle your data analysis in JavaScript Modern libraries and data handling techniques mean you can collect clean process store visualize and present web application data while enjoying the efficiency of a single language pipeline and data centric web applications that stay in JavaScript end to end About the Book Data Wrangling with JavaScript promotes JavaScript to the center of the data analysis stage With this hands on guide you ll create a JavaScript based data processing pipeline handle common and exotic data and master practical troubleshooting strategies You ll also build interactive visualizations and deploy your apps to production Each valuable chapter provides a new component for your reusable data wrangling toolkit What s inside Establishing a data pipeline Acquisition storage and retrieval Handling unusual data sets Cleaning and preparing raw data Interactive visualizations with D3 About the Reader Written for intermediate JavaScript developers No data analysis experience required About the Author Ashley Davis is a software developer entrepreneur author and the creator of Data Forge and Data Forge Notebook software for data transformation analysis and visualization in JavaScript Table of Contents Getting started establishing your data pipeline Getting started with Node js Acquisition storage and retrieval Working with unusual data Exploratory coding Clean and prepare Dealing with huge data files Working with a mountain of data Practical data analysis Browser based visualization Server side visualization Live data Advanced visualization with D3 Getting to production

Convincing Ground Bruce Pascoe,2007 Convincing Ground pulses with love of country In this powerful lyrical and passionate new work Bruce Pascoe asks us to fully acknowledge our past and the way those actions continue to influence our nation today both physically and intellectually The book resonates with ongoing debates about identity dispossession memory and community Pascoe draws on the past through a critical examination of major historical works and witness accounts and finds uncanny parallels between the techniques and language used there to today s national political stage He has written the book for all Australians as an antidote to the great Australian inability to deal respectfully with the nation s constructed Indigenous past For Pascoe the Australian character was not forged at Gallipoli Eureka and the back of Bourke but in the furnace of Murdering Flat Convincing Ground and

Werribee He knows we can't reverse the past but believes we can bring in our soul from the fog of delusion Pascoe proposes a way forward beyond shady intellectual argument and immature nationalism with our strengths enhanced and our weaknesses acknowledged and addressed *Australia's Rural, Remote and Indigenous Health* Janie Dade Smith, 2016-02-06

Australia's Rural, Remote and Indigenous Health 3e is a practical guide to the delivery of health care in rural and remote Australia Drawing on personal experiences of rural and remote practitioners historical accounts literature analysis and epidemiology this frank and engaging text examines the economic social and political forces that shape healthcare in rural and remote Australia With limited current resources to support studies in rural and remote healthcare this title bridges the gap by offering valuable insights into Indigenous life and social determinants of health through the use of storytelling It is the perfect guide for anyone working in or planning to work in rural remote or Indigenous Australia and for those undertaking cultural studies or social policy Only text covering both rural and remote health in Australia Placement preparation with StudentConsult video interviews of experienced rural and remote practitioners providing first hand experience of rural and remote practice Pause and Think questions provide a framework to apply learned knowledge to practice Pause and think question boxes train the reader to critically assess and apply concepts to practical situations New Chapter Working with Indigenous Australians Written by Shannon Springer describes how to consult with Indigenous patients and draws on his experience in clinical practice It offers consultation signposts and practical principles for working with Indigenous Australians New Chapter Remote health practice Written by Sue Lenthall this chapter examines the differences and commonalities between the remote communities and then applies this information to a case study on a day in the life of a remote area nurse It presents a remote client consultation model and a StudentConsult audio consultation between a nurse and a distant doctor as well as tips for working in remote practice The audio consultation gives a first hand account of the experience of a remote area nurse managing an emergency case Video and audio content video interviews of experienced rural remote and Indigenous health practitioners as well as students The videos contain first hand experience of rural and remote practice as well as tips to help prepare those new to rural or remote practice **A Comparative Look at**

Regulation of Corporate Tax Avoidance Karen B. Brown, 2011-12-09 This volume provides a fascinating look at the anti tax avoidance strategies employed by more than fifteen countries in eastern and western Europe Canada the Pacific Rim Asia Africa and the United States It surveys the similarities and differences in anti avoidance regimes and contains detailed chapters for each country surveying the moral and legal dimensions of the problem The proliferation of tax avoidance schemes in recent years signals the global dimensions of a problem presenting a serious challenge to the effective administration of tax laws Tax avoidance involves unacceptable manipulation of the law to obtain a tax advantage These transactions support wasteful behavior in which corporations enter into elaborate circuitous arrangements solely to minimize tax liability It frustrates the ability of governments to collect sufficient revenue to provide essential public goods and services

Avoidance of duly enacted provisions or manipulation to secure tax benefits unintended by the legislature poses a threat to the effective operation of a free society for the benefit of a small group of members who seek the privilege of shifting their tax burden onto others merely to compete in the world of commerce In a world in which world treasuries struggle for the resources to battle terrorist threats and to secure a decent standard of living for constituents tax avoidance can bring economies close to the edge of sustainability As tax avoidance is one of the top concerns of most nations the importance of this work cannot be overstated *Popular Music, Stars and Stardom* Stephen Loy, Julie Rickwood, Samantha Bennett, 2018-06-15 A popular fascination with fame and stardom has existed in Western culture since the late eighteenth century a fascination that in the twenty first century reaches into almost every facet of public life The pervasive nature of stardom in modern society demands study from the perspectives of a range of distinct but thematically connected disciplines The exploration of intersections between broader considerations of stardom and the discourses of popular music studies is the genesis for this volume The chapters collected here demonstrate the variety of work currently being undertaken in stardom studies by scholars in Australia The contributions range from biographical considerations of the stars of popular music contributions to critical discourses of stardom in the industry more broadly and the various ways in which the use of astronomical metaphors in both cultural commentary and academic discourse demonstrate notions of stardom firmly embedded in popular music thought Not only do these chapters represent a range of perspectives on popular music stars and stardom they provide eloquent and innovative contributions to the developing discourse on stardom in popular music

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