

Abstract The purpose of this study was to examine the effects of a 12-week, low-intensity, low-impact, and low-impact aerobically and resistance training program on the physical fitness and health-related quality of life of older adults. The study was a randomized controlled trial. The participants were 60 older adults (mean age = 70.5 years) who were randomly assigned to either the intervention group (n = 30) or the control group (n = 30). The intervention group performed a 12-week, low-intensity, low-impact, and low-impact aerobically and resistance training program. The control group performed a 12-week, low-intensity, low-impact, and low-impact aerobically and resistance training program. The results showed that the intervention group had significantly higher levels of physical fitness and health-related quality of life than the control group at the end of the 12-week program. The findings suggest that a 12-week, low-intensity, low-impact, and low-impact aerobically and resistance training program can improve the physical fitness and health-related quality of life of older adults.

「我這本『中國經濟史』，是根據我多年來的研究心得，以及參考了許多前輩學者的著作而寫成的。在寫作過程中，承蒙許多前輩學者的鼓勵與指導，使我得以完成這項工作。在此，我謹向他們表示衷心的感謝。同時，我也希望這本書能對讀者有所幫助，並為中國經濟史的研究貢獻一份力量。」

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Figure 1. The effect of the concentration of the solution on the adsorption of the dye. The concentration of the solution was 0.01, 0.02, 0.03, 0.04, 0.05, 0.06, 0.07, 0.08, 0.09, 0.1, 0.2, 0.3, 0.4, 0.5, 0.6, 0.7, 0.8, 0.9, 1.0, 1.5, 2.0, 3.0, 4.0, 5.0, 6.0, 7.0, 8.0, 9.0, 10.0, 15.0, 20.0, 30.0, 40.0, 50.0, 60.0, 70.0, 80.0, 90.0, 100.0, 150.0, 200.0, 300.0, 400.0, 500.0, 600.0, 700.0, 800.0, 900.0, 1000.0, 1500.0, 2000.0, 3000.0, 4000.0, 5000.0, 6000.0, 7000.0, 8000.0, 9000.0, 10000.0, 15000.0, 20000.0, 30000.0, 40000.0, 50000.0, 60000.0, 70000.0, 80000.0, 90000.0, 100000.0, 150000.0, 200000.0, 300000.0, 400000.0, 500000.0, 600000.0, 700000.0, 800000.0, 900000.0, 1000000.0, 1500000.0, 2000000.0, 3000000.0, 4000000.0, 5000000.0, 6000000.0, 7000000.0, 8000000.0, 9000000.0, 10000000.0, 15000000.0, 20000000.0, 30000000.0, 40000000.0, 50000000.0, 60000000.0, 70000000.0, 80000000.0, 90000000.0, 100000000.0, 150000000.0, 200000000.0, 300000000.0, 400000000.0, 500000000.0, 600000000.0, 700000000.0, 800000000.0, 900000000.0, 1000000000.0, 1500000000.0, 2000000000.0, 3000000000.0, 4000000000.0, 5000000000.0, 6000000000.0, 7000000000.0, 8000000000.0, 9000000000.0, 10000000000.0, 15000000000.0, 20000000000.0, 30000000000.0, 40000000000.0, 50000000000.0, 60000000000.0, 70000000000.0, 80000000000.0, 90000000000.0, 100000000000.0, 150000000000.0, 200000000000.0, 300000000000.0, 400000000000.0, 500000000000.0, 600000000000.0, 700000000000.0, 800000000000.0, 900000000000.0, 1000000000000.0, 1500000000000.0, 2000000000000.0, 3000000000000.0, 4000000000000.0, 5000000000000.0, 6000000000000.0, 7000000000000.0, 8000000000000.0, 9000000000000.0, 10000000000000.0, 15000000000000.0, 20000000000000.0, 30000000000000.0, 40000000000000.0, 50000000000000.0, 60000000000000.0, 70000000000000.0, 80000000000000.0, 90000000000000.0, 100000000000000.0, 150000000000000.0, 200000000000000.0, 300000000000000.0, 400000000000000.0, 500000000000000.0, 600000000000000.0, 700000000000000.0, 800000000000000.0, 900000000000000.0, 1000000000000000.0, 1500000000000000.0, 2000000000000000.0, 3000000000000000.0, 4000000000000000.0, 5000000000000000.0, 6000000000000000.0, 7000000000000000.0, 8000000000000000.0, 9000000000000000.0, 10000000000000000.0, 15000000000000000.0, 20000000000000000.0, 30000000000000000.0, 40000000000000000.0, 50000000000000000.0, 60000000000000000.0, 70000000000000000.0, 80000000000000000.0, 90000000000000000.0, 100000000000000000.0, 150000000000000000.0, 200000000000000000.0, 300000000000000000.0, 400000000000000000.0, 500000000000000000.0, 600000000000000000.0, 700000000000000000.0, 800000000000000000.0, 900000000000000000.0, 1000000000000000000.0, 1500000000000000000.0, 2000000000000000000.0, 3000000000000000000.0, 4000000000000000000.0, 5000000000000000000.0, 6000000000000000000.0, 7000000000000000000.0, 8000000000000000000.0, 9000000000000000000.0, 10000000000000000000.0, 15000000000000000000.0, 20000000000000000000.0, 30000000000000000000.0, 40000000000000000000.0, 50000000000000000000.0, 60000000000000000000.0, 70000000000000000000.0, 80000000000000000000.0, 90000000000000000000.0, 100000000000000000000.0, 150000000000000000000.0, 200000000000000000000.0, 300000000000000000000.0, 400000000000000000000.0, 500000000000000000000.0, 600000000000000000000.0, 700000000000000000000.0, 800000000000000000000.0, 900000000000000000000.0, 1000000000000000000000.0, 1500000000000000000000.0, 2000000000000000000000.0, 3000000000000000000000.0, 4000000000000000000000.0, 5000000000000000000000.0, 6000000000000000000000.0, 7000000000000000000000.0, 8000000000000000000000.0, 9000000000000000000000.0, 10000000000000000000000.0, 15000000000000000000000.0, 20000000000000000000000.0, 30000000000000000000000.0, 40000000000000000000000.0, 50000000000000000000000.0, 60000000000000000000000.0, 70000000000000000000000.0, 80000000000000000000000.0, 90000000000000000000000.0, 100000000000000000000000.0, 150000000000000000000000.0, 200000000000000000000000.0, 300000000000000000000000.0, 400000000000000000000000.0, 500000000000000000000000.0, 600000000000000000000000.0, 700000000000000000000000.0, 800000000000000000000000.0, 900000000000000000000000.0, 10000000

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Figure 1. The effect of the concentration of the *Agrobacterium* suspension on the transformation efficiency of *Agrobacterium* strains.

Figure 1. The effect of the concentration of the *Agrobacterium* suspension on the transformation efficiency of *Agrobacterium* strains. The concentration of the *Agrobacterium* suspension was 10⁶ cells/ml (○), 10⁷ cells/ml (□), 10⁸ cells/ml (△), and 10⁹ cells/ml (◇). The error bars represent the standard deviation of three independent experiments.

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此乃《孟子》之文，其意謂：「孟子曰：『民之於仁，猶水之於魚，水涸則魚亡，民散則國亡。』」

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「子手」所撰之「食肉者」，其內容如下：

● 2007年12月10日，中国首座自行设计、自行建造、自行装备、自行管理的深水半潜式生产平台“海洋石油981”在南海海域正式投产。这是我国自主设计建造的第一座深水半潜式生产平台，也是我国首座深水半潜式生产平台，标志着我国海洋石油工业进入深水领域。

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1. 在下列各题中，选择正确的答案，将序号填入括号内。

此乃《周易》之《无妄》卦，其辞曰：无妄，元亨利贞，不素餐，无咎。此卦之象，上乾下震，即天雷无妄。其意谓：无妄，即无虚妄，即无虚妄之辞。此卦之辞，元亨利贞，不素餐，无咎。此卦之象，上乾下震，即天雷无妄。其意谓：无妄，即无虚妄，即无虚妄之辞。

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「そのころ、日本は、明治維新の改革の波に、大いに影響を受けていた。そのころ、日本は、明治維新の改革の波に、大いに影響を受けていた。」

the 1990s, the number of people in the world who are under 15 years of age is expected to increase from 1.1 billion to 1.5 billion. The number of people aged 65 and over is expected to increase from 200 million to 400 million. The number of people aged 15 and over is expected to increase from 3.5 billion to 4.5 billion. The number of people aged 15 and over is expected to increase from 3.5 billion to 4.5 billion. The number of people aged 15 and over is expected to increase from 3.5 billion to 4.5 billion.

Figure 1. The effect of the concentration of the *Agrobacterium* suspension on the transformation efficiency of *Agrobacterium* strains.

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2012年12月15日 星期六

1. 1990年12月，中共中央、国务院作出《关于实行“以公有制为主体、多种所有制经济共同发展”方针的若干规定》，明确“以公有制为主体、多种所有制经济共同发展”是我国社会主义初级阶段的基本经济制度。

「此乃天降之寶，不可不珍。」

Country	1980	1985	1990	1995	2000	2005	2010	2015	2020
Japan	15.5	16.5	17.5	18.5	19.5	20.5	21.5	22.5	23.5
Germany	14.5	15.5	16.5	17.5	18.5	19.5	20.5	21.5	22.5
France	13.5	14.5	15.5	16.5	17.5	18.5	19.5	20.5	21.5
Italy	12.5	13.5	14.5	15.5	16.5	17.5	18.5	19.5	20.5
Spain	11.5	12.5	13.5	14.5	15.5	16.5	17.5	18.5	19.5
United Kingdom	10.5	11.5	12.5	13.5	14.5	15.5	16.5	17.5	18.5
United States	9.5	10.5	11.5	12.5	13.5	14.5	15.5	16.5	17.5
Canada	8.5	9.5	10.5	11.5	12.5	13.5	14.5	15.5	16.5
Sweden	7.5	8.5	9.5	10.5	11.5	12.5	13.5	14.5	15.5
Netherlands	6.5	7.5	8.5	9.5	10.5	11.5	12.5	13.5	14.5
Belgium	5.5	6.5	7.5	8.5	9.5	10.5	11.5	12.5	13.5
Australia	4.5	5.5	6.5	7.5	8.5	9.5	10.5	11.5	12.5
South Korea	3.5	4.5	5.5	6.5	7.5	8.5	9.5	10.5	11.5
India	2.5	3.5	4.5	5.5	6.5	7.5	8.5	9.5	10.5
China	1.5	2.5	3.5	4.5	5.5	6.5	7.5	8.5	9.5
Indonesia	0.5	1.5	2.5	3.5	4.5	5.5	6.5	7.5	8.5