

1. **Identify the problem.** The first step in the problem-solving process is to identify the problem. This involves recognizing the issue, understanding its scope, and determining the impact it has on the organization.

Abstract

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1. **What is the purpose of the study?** The purpose of the study is to investigate the effect of a 12-week resistance training program on the muscle strength and endurance of older adults.

Figure 6

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- Figure 1: Schematic representation of the experimental design. The figure is divided into two main sections: 'Pretest' and 'Main Experiment'. The 'Pretest' section includes 'Pretest 1' (a 2x2 factorial design with 'Condition' and 'Stimulus' as factors) and 'Pretest 2' (a 2x2 factorial design with 'Condition' and 'Stimulus' as factors). The 'Main Experiment' section includes 'Main Experiment 1' (a 2x2 factorial design with 'Condition' and 'Stimulus' as factors) and 'Main Experiment 2' (a 2x2 factorial design with 'Condition' and 'Stimulus' as factors). Each section shows a flow from 'Stimulus' to 'Condition' to 'Response'.

