

TABLE OF CONTENTS

APPROVAL PAGE -----	2
STATEMENT -----	3
TABLE OF CONTENTS -----	4
LIST OF ABBREVIATIONS -----	6
LIST OF FIGURES -----	8
LIST OF TABLE -----	9
LIST OF ATTACHMENT -----	11
ABSTRACT -----	12
CHAPTER I	
INTRODUCTION -----	15
A. Background-----	15
B. Problem Formulation-----	18
C. Study Objective-----	19
D. Study Benefits-----	19
E. Study Authenticity-----	20
CHAPTER II	
LITERATURE REVIEW -----	22
A. Literature Review-----	22
1. Maximal Aerobic Capacity-----	22
2. Elderly and The Effect of Aging on Maximal Oxygen Uptake-----	29
3. Aerobic Exercise and Its Effect on Maximal Oxygen Uptake-----	31
4. Resistance Training and It's Effects on Maximal Oxygen Uptake-----	32
5. The Impact of Combination between Aerobic Exercise and Resistance Training on Maximal Oxygen Uptake-----	34
6. Recommendations for Aerobic Exercise and Resistance Training for the Elderly-----	35
7. Measurement tools for VO ₂ max-----	37
B. Theoretical Framework-----	41
C. Conceptual Framework-----	42
D. Hypotheses-----	42
CHAPTER III	
METHODOLOGY -----	43
A. Study Design-----	43
B. Populations and Sample-----	44
C. Sample Size-----	46
D. Variables-----	47

E. Operational Definition-----	48
F. Data Collection Method-----	50
G. Data Collection Instrument-----	51
H. Research Procedures-----	56
I. Data Analysis-----	59
J. Ethical Considerations-----	59
K. Research Schedule-----	60
CHAPTER IV-----	61
RESULT AND DISCUSSION-----	61
A. Result-----	61
B. Discussion-----	68
CHAPTER V-----	71
CONCLUSION-----	71
A. Conclusion-----	71
B. Recommendations-----	72
References-----	74
ATTACHMENT-----	88