

IMRaD Abstract Example

Author's Name Surname

Department of X, Name of Institution

Course number: Course Title

Instructor's Name Surname

Month Day, Year



College Essay

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Background: High-Intensity Interval Training (HIIT) has gained attention as a time-efficient exercise strategy, but its specific effects on cardiovascular health markers remain an active area of research.

Methods: A randomized controlled trial assigned 100 participants (aged 25–45) to either a 6-week HIIT program or a moderate-intensity continuous exercise control group. Resting heart rate, systolic blood pressure, and flow-mediated dilation were measured at baseline and endpoint.

Results: The HIIT group showed a statistically significant reduction in resting heart rate ($p < 0.05$) and systolic blood pressure ($p < 0.01$) compared to the control group. Flow-mediated dilation increased significantly in HIIT participants ($p < 0.001$).

Conclusion: HIIT produced meaningful improvements across three cardiovascular markers in this population. These findings support HIIT as an effective short-term intervention for cardiovascular health, though longer-term effects and applicability across diverse populations require further study.