

體適能與健康生活型態之研究-以中華大學學生為例

曾明郎, 張維嶽, 邵心平, 謝偉雄

體育室

人文社會學院

0

摘要

The purpose of this study is to explore the correlativity among the health life style and fitness score in Chung Hua University students. We attempt to understand the differences in various attributes (sex, grade, college) of students and the effects of the students' health state. The objects were the students of Chung Hua University at the first semester in 92th school year. 1,987 questionnaires were emitted with simple sampling. 1,987 questionnaires were taken back, and the effective questionnaires were 1,986. In the sample, there were 1,208 men and 778 women. We found: 1. The self health appraisal score was independent with the full fitness variable and body mass, sit-up, standing jump and flexibility. 2. The health state in various attributes (sex, grade, college) of students and the effects of the students' health state had marked differences. 3. The health state in various attributes (sex, grade, college) of students and the effects of the students' health state had marked differences. 4. The self health appraisal score and the stepping index of the fitness variables in Chung Hua University students had marked negative correlation. 5. The 14 variables in the quantity of the exercise, body mass, sit-up, flexibility, standing jump, stepping index, quantity of sleeping, affecting of parents, emotion, physical agility and care of body, environment, stress, nutrition, and medical responsibility had marked positive correlation.

關鍵字：;Fitness, Life Style