

中華大學學生身體質量指數、體育課學習動機與運動行為之研究

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摘要

Weinstein (1988) thought that there are five characteristics the successful learner should possess: motive, attention, understanding, remembering and relaxation. The motive to learn, concerning to learning effect, is more important than others. Its the drive and guidance of learning behavior that makes the learners move toward some particular goal persistently.. Sport course, especially college sport course is the best chance to keep the students regular exercise habit for life long before they graduate. (Chen Jun Zhong 1997) A total of 1197 participants (male 659, female 538) are all Chung Hua University 99 scholastic year students. Quoted physical education motive scale (Lu Chuo Zu 2005). Data analysis by t-test independent, one-way ANOVA, Scheffes method and Pearson' s product-moment correlation. Significant level ($P < 0.5$)

The result is as follows: 1 The gender difference in learning motive of physical education, and exercise behavior is obvious. Boys get higher score than girls does. 2 Join the association activities group is higher than non-join group in learning motive exercise behavior except self-confidence inclination variation. 3 The learning motive of physical education, and exercise behavior of different grade students show significant level in all variations except motive satisfaction, and exercise behavior. By Scheffes method comparison, senior are higher than freshman in motive focus variation; senior are higher than freshman and sophomore are higher than freshman in motive confidence variation . 4 BMI, confidence, relation, sense of satisfaction, and exercise behavior are positive correlation. Learning motive, attitude and exercise behavior are positive correlation.

關鍵字：BMI physical education learning motive, exercise behavior