

## Experimental Study on the Effectiveness of Functional Training for Female College Students' Physical Fitness and Sport Skills

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**Abstract :** Introduction: The purpose of this study is to integrate functional training into physical education to test the effectiveness of functional training in improving the physical fitness (PF) and sport skills (SS) of female college students. Methods: A total of 54 female college students from East China Normal University were selected for this study (27 in the experimental group and 27 in the control group), and 13 weeks of the experimental intervention was conducted during the semester. During the experimental period, the experimental group was functionally trained for 1 hour per week. The control group performed one-hour weekly sports (such as basketball, football, etc.) as usual. Before and after the experiment, the national students' physical fitness test was used to test the PF of the experimental group and the control group, and the SS of the experimental group and the control group were tested before and after the intervention. Then using SPSS and Excel to organize and analyze the data. Results: The independent sample T-test showed that there was no significant difference in the PF and SS between the experimental group and the control group before the experiment ( $T_{PF}=71.86$ ,  $p_{PF}>0.05$ ,  $T_{SS}=82.41$ ,  $p_{SS}>0.05$ ); After the experiment, the PF of the experimental group was significantly higher than that of the control group ( $T_{Improve}=71.86$ ,  $p_{Improve}<0.05$ ); after the experiment, the SS of the experimental group was significantly higher than that of the control group ( $T_{SS}=1.31$ ,  $p_{SS}<0.01$ ) Conclusions: Integrating functional training into physical education can improve the PF of female college students. At the same time, the integration of functional training into physical education can also effectively improve the SS of female college students. Therefore, it is suggested that functional training be integrated into the daily physical education of female college students so as to improve their PF and SS.

**Keywords :** functional training, physical fitness, sport skills, female college students

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