The Effect of Health Program on the Fitness Ability of Abnormal BMI University Students

Authors : Hui-Fang Lee, Meng-Chu Liu, Wen-Chi Lu, Hsuan-Jung Hsieh

Abstract : The purpose of the study was to examine the effect of health program on the fitness ability of abnormal BMI students of Ching-Yun University of Science and Technology. In order to achieve this purpose, self-regulation theory and dietary education were applied, and the effect of 10-week sports activities and three-day diet records on pre-test and post-test of fitness activities was analyzed. There were 40 original participants. Then, nine people who were with normal BMI, low attendance or unfinished fitness test were eliminated from this research. The valid samples were 31 (77.5%) participants. The fitness activities included sit-bending, one minute sit-up, standing long jump, and three-minute stage boarding. The averages of three-day diet records were compared, and differences of pre-test and post-test of the four fitness activities were analyzed with paired-samples t test. The results showed that there was a significant difference between pre-test and post of male students' BMI and one minute sit-up. Females' sit-bending and one minute sit-up had the same effect. Females had high fat intake in three-day diet records. The research showed that the use of self-regulation theory and dietary education, the implementation of sports activities and three-day diet records could significantly enhance the physical fitness indicators or effects. While in the course of sports, we should guide students to think about the gap between self-behavior and ideal behavior, then realize the main reasons and improving methods, and finally go towards the goal and improve the effect of physical fitness.

Keywords : self-regulation theory, dietary education, three-day diet records, physical fitness
Conference Title : ICSEHS 2016 : International Conference on Sport, Exercise and Health Sciences
Conference Location : Vancouver, Canada
Conference Dates : August 04-05, 2016