

The Effect of Aerobics Course on Fitness Ability of the University Students

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Abstract : The purpose of the study was to examine abnormal BMI students of Chien Hsin University of Science and Technology, implement teaching aerobics course through elementary and advanced curriculum design, dietary education and three-day dietary record, analyze participant fitness improvement, an 10-week course as well as pre-test and post-test were carried out to evaluate the effect of the aerobics course on the fitness ability. The actual participate elementary and advanced courses each of 40 people, with low participation deduction course unfinished fitness testing, access to elementary curriculum valid samples 35 (87.5%) people, advanced courses valid samples 38(95%) people, 16 students participated in two consecutive courses. The fitness activities included sit-bending, one-minute sit-ups, standing long jump, and three minutes to board the stage. Analysis and comparison to the average three-day dietary record difference, an independent samples t-test was conducted to analyze the differences in the four activities between pre-test and post-test. The results showed that the elementary course had significant effects on females' sit-bending and one minute sit-ups, the females also had high fat intake in three-day dietary record. The advanced course had significant effects on males' sit-bending and on females' BMI, sit-bending and standing long jump, males and females in three-day dietary record carbohydrate intake slightly low, slightly higher protein and fat intake. In conclusion, aerobics course teaching, dietary education and three-day, dietary record implementation can significantly enhance the physical fitness indicators, and continued to participate in advanced courses better. In the practice of sport should be the future course planning elementary and advanced courses, while introducing dietary education, achieve concrete results in improving physical fitness.

Keywords : physical fitness, aerobics course, dietary education, three-day dietary record

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