

專科學生體育課興趣選項與非興趣選項 身體活動量之比較

A Comparison of College Students' Physical Activities between Two P.E. classes: Interest — based vs Regular

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摘要：本研究的主要目的，是利用記步器探討專科學生體育課興趣選項與非興趣選項，對學生之身體活動量有何不同。受試者以德明商業專科學校體育課興趣選項與非興趣選項之女學生各 30 名為對象，進行為期三週測驗，所得之成績，經電腦 PE II 建檔後再以 SPSS / PC 套裝軟體進行統計分析，得到下列結果：

- (一) 連續三週體育課興趣選項第一、二節之身體活動量都超過 1500 步，而體育課興趣選項第一、二節與非興趣選項第一、二節身體活動量之比較結果，在體育課興趣選項第一週與第二週之第一節與非興趣選項第一週與第二週之第一節，都有顯著差異水準（ $P < 0.05$ ）。另外連續三週體育課興趣選項與非興趣選項第二節身體活動量之比較結果，在體育課興趣選項第一、二週與非興趣選項第一、二週之第二節，都達到相當的顯著差異水準（ $P < 0.001$ ）。而在體育課興趣選項第三週第二節與非興趣選項第三週第二節之比較結果，也有達到顯著的差異水準（ $P < 0.05$ ）。
- (二) 在連續三週體育課興趣選項與非興趣選項之第一、二節每分鐘平均之身體活量（步/分）方面，體育課興趣選項三週平均第一節每分鐘之

身體活動量 (32.6 步/分) 與三週平均第二節每分鐘之身體活動量 (35.9 步/分)，都大於體育課非興趣選項三週平均第一節每分鐘之身體活動量 (27.0 步/分) 與三週平均第二節每分鐘之身體活動量 (27.5 步/分)。

綜合上述結果，得到三項結語：1. 在同一運動項目之條件下，體育課興趣選項與非興趣選項對學生之身體活動量而言，的確不同。2. 本研究之結果說明，本校體育課興趣選項之實施，乃因應學生之需求，進而提升學生對體育課上課之活動程度與參與感，並期以達到培養其終身運動之基礎。3. 對於體育課非興趣選項第一、二節身體活動量之改善與作為本校體育課課程安排的一種參考資料，期能在體育課興趣選項之開設略盡棉帛之力。

關鍵詞：體育課興趣選項；身體活動量；記步器

Abstract : This study was using pedometer to investigate the differences of college students' physical education class and regular P.E. class. The objects were thirty Teh-ming Business Vocational School females students from interest-based and regular P.E. calsses. After three weeks testing, the grades were obtained by setting up the PE II files and statistical analysising the SPSS/PC software. Two results were addressed.

- I. In the three weeks, the physical activities of interest-based P.E. calss were over 1500 steps. There was a significant standard ($p < 0.05$) between interest-based and regular P.E. calsses in there first hours during the continuous three weeks. In the second hours of three weeks, interest-based and regular P.E. calsses had a meaningful standard ($p < 0.001$). Next, comparing the results of two classes in the second hours of the last week, both of this two grop had a significant standard ($p < 0.05$).
- II. In the every first hour of continuous three weeks, the physical activity (setp/min) of the interest-based P.E. class was 32.6 step/min higher then the regular class 27.0 step/min. On the other hand of every second hour in three weeks, the physical activity of the interest-based class 35.9 step/min was also

higher than the regular class 27.5 step/min.

1. Under the same sports, there were differences of physical activities between the interest-based P.E. class and regular P.E. class.
2. The results of this study explained that Teh-mings P.E. classes not only base on the students' needs, but enhance their participations to reach the goal of lifelong exercises.
3. Referring to the physical activity of regular P.E. class, this study was looking forward to offering interest-based P.E. classes in the Teh-ming Physical Education classes.

Key words: interest regular P.E. calss, physical activities, pedometer