

An Experiment of Exercise Intervention on Health Physical Fitness, Self-Efficacy and Class Cohesion for 9th Grade Student

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ABSTRACT

The purpose of this study was to investigate the exercise intervention on health physical fitness, self-efficacy and class cohesion of 9th grade students and their correlations. This study adopted the method of quasi-experimental research for four classes ; i.e., experimental and control group, with 48 students in each group. During early morning study period, the experimental group received the exercise intervention; whereas the control group maintained the traditional reading habit. The study lasted for 12 weeks. Before and after the experiment, these two groups took the health physical fitness test, self-efficacy scale and class cohesion scale. Then the collected data was analyzed, and the descriptive statistics, one-way ANCOVA, and Pearson Product-moment Correlation were used to test the research hypotheses. The results of this study were shown as follows : 1. The exercise intervention showed significant influence on cardiorespiratory fitness, muscular fitness, and flexibility. The performance of experimental group was better than that of the control group. 2. The exercise intervention showed significant influence on coping efficacy and exercise performance efficacy. The scores of experimental group was higher than those of the control group. 3. The exercise intervention showed significant influence on teamwork, and the experimental group was better than the control group. The exercise intervention had no significant influence on interpersonal affinity. 4. There was a positive and significant correlation between health physical fitness and self-efficacy in the experimental group. 5. There was no significant correlation between health physical fitness and class cohesion in the experimental group. 6. There was a positive and significant correlation between self-efficacy and class cohesion in the experimental group.

Keywords : exercise intervention、 health physical fitness、 self-efficacy、 class cohesion

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