

An Analysis of Effective Health Fitness Development-- The Basic Volleyball Training to Students in Elementary Schools - A

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ABSTRACT

The target audiences in this research are fifty-two (52) boy and girl students in fifth grade in Yuan-Lin elementary school. In the period of twelve week basic volleyball training, the researcher had five basic fitness exams to students. (Including to body mass index, flexibility, trunk curl, standing broad jump, 800-meter amble). The researcher used independent T analysis, dependent T analysis, One-way ANOVA, and statistics analysis to test if there is any significant difference between the training and students' health fitness. The significant correlation coefficient is below .05. The results of this research are showed below: 1. The result of this research showed there is no significant difference between having a basic volleyball training to boy students in elementary schools and their body quality index. However, there is a significant different for girl students between a basic volleyball training in their body mass index. 2. The result of this research showed there is no significant difference between having a basic volleyball training to boy students in elementary schools and their flexibility. However, there is a significant different for girl students between a basic volleyball training in their flexibility. 3. The result showed there is a significant difference between having a basic volleyball training to boy students in elementary schools and their body stomach muscular endurance. However, there is no significant difference for girl students. 4. The result of this research showed there is a significant difference between having a basic volleyball training to both boy and girl students in elementary schools and their power. 5. The result of this research showed there is a significant difference between having a basic volleyball training to both boy and girl students in elementary schools and their cardiovascular endurance.

Keywords : Basic volleyball training ; Health Related physical fitness

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