

The Relationships between Physical Fitness and Academic Achievement in Primary School Student.

吳婷琴、熊婉君

E-mail: 9805389@mail.dyu.edu.tw

ABSTRACT

The pressure of the academic is increasing in today ' s society, the exercise time of children is deprived seriously. It causes the worse physical fitness in Taiwan than other countries. Although the Ministry of Education strongly supports the concept of healthy physical fitness, many parents consider that exercise is a waste of time. They would rather their children spend more time on schoolwork than exercise. Therefore, promotion effectiveness of health in physical fitness is limited

This study uses the data of physical fitness and academic achievement of primary school students in Chang-Hua to understand the relationships between physical fitness indicators and the seven learning areas. The study uses the Pearson ' s product moment correlation coefficient analysis cooperated with one-way ANOVA in determining the dis-integration of physical fitness influence on academic achievement.

The analysis of this study found the correlations of overall student performance level of physical fitness and academic achievement level in all areas is existed. The highest correlation to academic is cardiopulmonary fitness, instantaneous force and muscular endurance and strength. However, there is no significant correlation in body composition and flexibility with students ' academic performance.

Keywords : physical fitness、 academic achievement、 primary school student

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