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A Result of Physical Fitness Test of Keio University Freshmen

A Comparative Study of the freshmen from Keio
High Schools and the other high schools in the
1965 th and 1966 th.

*By Naoomi Shimizu**

We, members of the Institute of the Physical Education of Keio University, have taken measurement of the freshmen in physique and functions. The results examined carefully are of help in guidance of students. The motives of our recent research are as follows.

Entrance examinations to a university have become more and more difficult yearly owing to the increase of aspirants to a university from the increased high school students these several years. Under such circumstances they are, in actuality, working hard at the sacrifice of many things in everyday-life and time spent in physical measurement and sports has to be shortened to a remarkable extent.

As we supposed that their physical abilities as well as their bodily development might have been suffered from lack of physical fitness test, we examined the freshmen in the 1965 th and 1966 th. The subjects of the investigation were those who have entered our university without examinations, in other words, students from high schools attached to our university and those who sat for the entrance examinations; they were 800 in number.

We took measures in height, weight, girth of breast and height in sitting position. In respect to physical functions, we took measures of Sergeant Jump, Side Step, Repetition of hopping on one leg, and Bending Forward. The times of our measuring were April, at the very beginning of their college life, and December.

After the measurement of physique students from Keio High Schools were found to be a little superior only in weight to those from other high schools, and there was scarce difference in other measures between the two groups.

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The fact that the influence of hard work in preparation for an entrance examination upon their physical development is unrecognizably small may be ascribed to these reasons.

- ※ The time which is supposed to be spent in preparing for the entrance examinations is about one year and a half.
- ※ Improvement in food life and adding to it endeavour of each candidates for a university and his family.
- ※ The fixing of physical development in that age.

In the measures of physical abilities in April students from outside were generally inferior but in December both groups show similar tendency. The differences are remarkably seen especially in endurance (Repetition of hopping on one leg) and in flexibility (Bending Forward).

It is inferred that the various functions sacrificed were recovered by the normalization of everyday-life, expansion of hours spent in physical exercises and effect of them.

When we consider things mentioned above, we could find some influence of students in their preparatory period for the entrance examination in figures measured on their bodily functions, though we could find none in the measure of physique.

In the end of this report we must confess that our researches are in the midway and some problems still remain unsolved because of our lack of study. But we are to do our best in study from now on.