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Means to be Taken against Obese Students while Conducting Physical Education

By *Ryuya Yoda**

In the improvement of obesity, treatment by low caloric diet is effective. As a result of positive guidance on nutrition, which was given to obese university students during the course of physical education, improvement on obesity was noted in many of those students, despite that the load of movement was rather reduced. In addition to this improvement, the hypertension, which had been noted in the obese students in high rates, was improved in many of them whose body-weight was reduced, they now having normal blood pressure.

Meantime, as a result of comparison made between those obese students and students of heavy weight who belonged to athletic clubs with the weight corrected upper arm circumference (UAC) as a parameter of muscle mass, it was found that the weight corrected UAC of those students of athletic clubs was significantly greater than that of those obese students, thus it was assumed that the students of athletic clubs were superior in terms of muscle mass to the obese students. On the other hand, no significant difference was noted when comparison was made between the weight corrected UAC of the obese students when they had their initial weight and that of those after their weight was reduced. This result suggests that the reduction in weight was mainly due to the reduction of fat, and that the muscle mass was not affected at all.

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