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Author	近藤, 明彦(Kondo, Akihiko) 松田, 雅之(Matsuda, Masayuki) 石手, 靖(Ishide, Yasushi) 佐々木, 玲子(Sasaki, Reiko)
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# An Analysis of Keio University Freshmen's Physical Fitness Test Results (Ⅱ)

By *Akihiko Kondo*\*

*Masayuki Matsuda*\*\*

*Yasushi Ishide*\*\*\*

*Reiko Sasaki*\*\*\*

The Purpose of this report is to analysis and examine the effects of three factors (1. The way a student entered the university. 2. The experience of exercises before the entrance. and 3. The exercises that carried out after the entrance.) to the measured scores of the Physical Fitness Test (Vertical Jump, Side-Step Test, Trunk Flexibility, Push Ups).

According to analysis of measured socres of Physical Fitness Test, the following results were obtained.

1. The difference in the way of entering the university (examination, recemmen-  
dation, or from high schools attached university) will be one of the cause for  
regulating the chance to do fitness training, exercises or sport. In the case of  
male students, the difference between students who took the entrance examination  
and the others, is apparently observed in the exercises of Side-Step Test and  
Push-Ups. For female students, the exercises of Vertical Jump and Side-Step Test.  
The scores of Physical Fitness Test of students who took entrance was examina-  
tion was lower than the others.
2. The Physical Fitness Tests clearly shows a person who had special exercise  
experience before entrance obtained higher scores than who had none except the  
case of female student's Trunk Flexibility.
3. Afer a year, the improvement of the measured scores of Physical Fitness Test  
is confirmed in the Side-Step Test and Push-Ups for male Students, Vertical Jump

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\* Associate Professor of the Intitute of Physical Education, Keio University.

\*\* Assistant Professor of the Intitute of Physical Education, Keio University.

\*\*\* Assistant of the Institute of Physical Education, Keio Univerrrsity

and Push-Ups for female students. Moreover, a positive attitude for carrying out exercises has an outcome as improved scores. This fact was only observed for male students.