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An Analysis of Keio University Freshmen's Physical Fitness Test Results (II)

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