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Comparative Results of the Freshman Level Questionnaire on Physical Education at Keio University

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This paper combines the results of two questionnaires given to freshmen at Keio University concerning physical education through a whole year.

The first questionnaire was distributed in April, and the second was distributed at the end of the course in January.

The following points were clarified.

1) The number of freshmen who feel physical education should be a compulsory subject doubled.

2) Freshman-level physical education classes maintained an 80% attendance rate throughout the year.

3) There was an increase in the number of freshmen who responded that they enjoy participating in sports.

4) The percentage of freshman who feel a weekly physical education class is not sufficient increased from 25% to 40%.

5) The number of freshmen who think studying physical education at the university level is significant has increased, and the number of freshmen who answered strongly so has doubled.

6) Ball games such as volleyball, soccer, baseball and softball are the most

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popular sports in which freshmen wish to participate as part of their physical education at the university level. Budo and foreign sports that have recently been introduced to Japan such as lacrosse and discus throwing are also popular as physical education sports at the university level.

7) As swimming is the sixth most popular sports on the whole and the seventh most popular for men and women individually, it is considered one of the most popular sports.