

Title	On students' attitude toward the physical training class
Sub Title	
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Publisher	慶應義塾大学体育研究所
Publication year	1992
Jtitle	体育研究所紀要 (Bulletin of the institute of physical education, Keio university). Vol.32, No.1 (1992. 12) ,p.117- 118
JaLC DOI	
Abstract	
Notes	Abstract
Genre	
URL	<a href="https://koara.lib.keio.ac.jp/xoonips/modules/xoonips/detail.php?koara_id=AN00135710-00320001-0117">https://koara.lib.keio.ac.jp/xoonips/modules/xoonips/detail.php?koara_id=AN00135710-00320001-0117</a>

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## On Students' Attitude toward the Physical Training Class

by *Hirohito Kato\**  
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In Keio University, every freshman must take a Physical Training Class which is held once a week. The main purpose of this study is to examine students' attitude toward the Physical Training Class after they attended Imae's class for seven weeks. Students are asked to answer the questionnaire in five grades (5 indicates the most positive attitude).

Imae's class consisted of following three parts.

1. Physical Exercise  
to learn correct movements
2. Strength Training  
to improve the anaerobic ability
3. Running  
to improve the aerobic ability

58% of those who attended the class showed a positive view—marked on 5 or 4—toward the purpose of physical exercise and 74% showed a positive attitude toward the practice of it. This may suggest the necessity to make detailed explanation for the reasons why they practice physical exercise.

76% of the students had a positive view toward the purpose of strength training and 80% of the students had a positive attitude toward the practice of it.

70% of the students took a positive view toward the purpose of running and 65% a positive attitude toward the practice of it. Although only 5% had a negative attitude toward the purpose to improve the aerobic ability, 11% showed a negative attitude to run. The result requires us to present more attractive way to improve

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the aerobic ability to the students.

77% of the students took a positive attitude toward the method of teaching. Only one student (0.8%) took a negative attitude toward it. But this is the only question which some students (8%) did not answer. The students who took a positive attitude toward the method of teaching tended to have same attitude toward the practice of the class.

71% of the students answered that they had attended the class actively and 79% answered that they had been satisfied with their exercise.

The ultimate purpose of our studies are to find out the more effective way to teach physical training. For this purpose, it is necessary for us to make clear the students' attitude toward physical training and sports. We must therefore continue the investigations and analyses on broader and more detailed bases.