

Title	The characteristics of freshmen's fitness level in Keio University
Sub Title	
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Publisher	慶應義塾大学体育研究所
Publication year	1994
Jtitle	体育研究所紀要 (Bulletin of the institute of physical education, Keio university). Vol.34, No.1 (1994. 12) ,p.145- 146
JaLC DOI	
Abstract	
Notes	Abstract
Genre	
URL	https://koara.lib.keio.ac.jp/xoonips/modules/xoonips/detail.php?koara_id=AN00135710-00340001-0145

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The Characteristics of Freshmen's Fitness Level in Keio University

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The purpose of this study was to clarify the characteristics of freshmen's physical fitness level through the Norm derived from continuous data in the last 7 years (1986-1992).

We measured the physical fitness level of students (n=18,325, male and =5,740, female) with the standard physical fitness test which consisted of Vertical jump (as an index of Muscular power), Side step (Agility), Standing trunk flexion (Flexibility) and Floor Push-ups (1986-1990, Muscular endurance) or Step test (1991 and 1992, Cardio-respiratory endurance), and measured them twice at the beginning and the end of their P.E. classes. The mean value and standard deviation of measured values in 7 years were calculated as a standard value (Norm) in each element of tests, under the conditions for admission, sex and major ty of students, respectively. The students (freshmen) were divided into several groups depending on the way of admission (the condition) to Keio university, which were SUISEN; students who were admitted into the university upon the recommendations of high school principals, GEN'EKI; students who passed the university entrance examination directly upon graduation from high school, and RONIN 1 or 2; students who had failed the entrance examination for the first or second year and been waiting to try again before entering the university. It was supposed that those conditions gave students different opportunities to do some physical activities before entering the university. In this study, we showed the characteristics of freshmen's physical fitness level through those Norms.

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The results were as follows. 1) The remarkable changes in those 7years were not observed in those elements of test, except Standing trunk flexion, the values of which showed a tendency to slightly decline during those 7years. 2) The Norms of SUISEN were higher than the other conditions of admission in all elements of test. It meant that hard study for entrance examination restricted students to have an opportunity to exercise, and therefore decreased the physical fitness level of those students. 3) There was a tendency to increase the value of an index of Endurance, Floor Push-ups and Step test, during a year. Their physical fitness level was supposed to be progressed in a year as a result of physical activities including the P.E. class in the university. 4) This Norm was almost the same as the other norms of Japanese students which had been reported before. Therefore the Norms were supposed to be effective measures to evaluate freshmen's physical fitness level in Keio university.