

# **The Study of Student's Favorite Time Period for Exercise in Yu Da University\***

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## **ABSTRACT**

The purpose of this study was to investigate and compare the favorite exercise time period between male and female students in Yu Da University. The subjects were those students who were selected in the campus. The tool of this study was a questionnaire which was made by content validity, expert validity, and test-retest reliability. The t-test statistics was used to test the difference of favorite time period between male and female students. The SPSS statistics software for windows version was utilized for the data treatment. The significant lever was set at  $\alpha=.05$ . After data analysis, the result for the favorite time period for exercise were 15:00 to 18:00 and 18:00 to 21:00, and the significant difference of time period between male and female students were also 15:00 to 18:00 and 18:00 to 21:00. Finally, the conclusion was made that the results of this study could provide a good reference for the reformation of physical education curriculum for Yu Da University.

**Keywords** : physical education curriculum、favorite exercise time period

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## **INTRODUCTION**

Health is all around the country, regardless of ethnic origin to all the common pursuit of a goal in order to conform to the trend of the times, the Ministry of education in 1995 and 1996 established the norm people physical fitness test, and in 2000 launched a student fitness Passport program and hoped that all levels of school students through regular physical fitness test results, learn about its fitness progress and recession scenarios, which in turn on their health to take the necessary measures. Europe, Japan and other advanced countries have clear lack of fitness as modern people unable to overcome the pressure of work, enhance immunity and pleasant life, one of the main reasons. Therefore, the Ministry of education (2001) recommended that the citizen must have good physical fitness, can serve as a new era of tasks to suit the needs of the new century. Our Department of health (2001) noted that the lack of physical activity to increase chances of diabetes occurs 2 to 4 times, have the opportunity to increase colorectal cancer 2 to 5 times that if people can engage in regular exercise, as a result of these two diseases and deaths can be reduced by one third.

United States disease prevention and health promotion centre will 「introduction physical activity and health fitness」 as United States 「introduction health national 2010 (Health people 2010)」 of important goals. Therefore, the Ministry of education in recent years strongly focus on the school's physical education curriculum planning, and concentrate on the reform of the physical education curriculum, and students' physical fitness, are regularly held in the sport of test and evaluation, especially for post-secondary school sports

promotion scenarios, even as the Prize amount of subsidies for the reference point. PE study objective, namely the establishment of students on exercise is healthy correct concept, thereby training the students participate in sports habits, achieve the goal of improving quality of life. Scholars have raised Koh's journey, the students 66.2% consider themselves insufficient physical activity.

Former Director of Sport Secretary of Ministry of Education Wu (2001) pointed out that my college students regularly exercise habit of only 18 per cent of students' physical fitness testing results were worst than in the United States, Japan, Singapore and China. In view of this, schools must do a gatekeeper, sports curriculum goals prescribed, the students' physical fitness among sports course spare, get real improvements. Since the university students in physical education and sports activities of promotion do not spare capacity, in the Ministry of education of the 1998 junior college school of sports project evaluation, we won the first grade of evaluation results, to the university's most excellent grades in school. Based on this distinction, the school's physical education curriculum planning should continue to be next year will face to the overall evaluation after the great. Accordingly, the present research findings, available for future reference of physical education curriculum planning.

## **METHOD**

### **Subjects**

The subjects of this study were those 1030 students of Yu Da University which were selected from the Physical Education classes. There were 623 female students who were aged around 18.7 years old, and 407 male students who were aged around 18.8 years old.

### **Questionnaire**

The instrument of this study was a questionnaire which was made by the test procedure of content validity, expert validity, and the test-retest reliability. Each question concluded the Likert scale of 5 answers: very high, high, no comment, low, and very low. The time periods of before 7:00, 7:00 to 9:00, 9:00 to 12:00, 12:00 to 15:00, 15:00 to 18:00, 18:00 to 21:00, and after 21:00 were used for the questions to ask the subject.

### **Data treatment**

- A. 976 valid questionnaires were checked and keyed in the computer.
- B. transferred the Likert 5 scale data into the interval data for t test statistics.
- C. conducted the mean and standard deviation calculation, and listed out larger than 2.5 points considered as the favorite time period for exercise.
- D. tested the t test statistics to compare the difference between the male and female students.

E. the SPSS window version statistic software was used for the data treatment, and the significant level was set at  $\alpha = .05$ .

## RESULTS AND DICUSSION

### A. The Favorite Time Period for Female Students

In this study, each question was asked for the answer of very high, high, no comment, low, and very low. If the result of average is larger than 2.5 points, the period of time was considered as favorite level of that question. Table 1 showed the results of favorite time period for the female students.

Table 1 the mean and standard deviation of favorite time period for female students.

Time period	before 7:00	7:0 to 9:00	9:00 to 12:00	12:00 to 15:00
Mean	2.24	2.33	2.24	2.16
Sd	0.67	1.05	0.98	0.80

(Continued)

Time period	time	15:00 to 18:00	18:0 to 21:00	after 21:00
Mean	mean	2.72	2.62	2.27
Sd	sd	2.04	1.80	1.06

From table 1, it was showed that the favorite time period to exercise for female students were 15:00 to 18:00 and 18:00 至 21:00. This results matched with the most classroom courses were arranged on the morning, and free time on the afternoon possible to engage favorite exercise for most students. This two time periods should be listed as the important factor in the coming future of course arrangement.

### B. The Favorite Time Period for male Students

In this study, it was also asked the male students the answer of very high, high, no comment, low, and very low. If the result of average is larger than 2.5 points, the period of time was considered as favorite level of that question. Table 2 showed the results of favorite time period for the male students.

Table 2 the mean and standard deviation of favorite time period for female students.

Time period	before 7:00	7:0 to 9:00	9:00 to 12:00	12:00 to 15:00
Mean	2.16	2.35	2.29	2.24
Sd	1.23	1.50	1.51	1.32

(Continued)

Time period	15:00 to 18:00	18:0 to 21:00	after 21:00
Mean	2.95	2.92	2.32
Sd	2.66	2.38	1.69

From table 2, it was also showed that the favorite time period to exercise for male students were 15:00 to 18:00 and 18:00 至 21:00. This results matched with the most classroom courses were arranged on the morning, and free time on the afternoon possible to engage favorite exercise for most students. The other reason caused this results was possible due to the male students had more energy than female students to conduct the sport activities. This result provided a good consideration for courses arrangement in the coming future.

### C. The Comparison between male and female students

The students of PE courses in most college and university were combined together on same class. To know the difference opinion between male and female students could help for the class arrangement. Table 3 showed that the significant difference between male and female students were 15:00 to 18:00 and 18:00 to 21:00.

Table 3 the t test results for the difference between female and male students.

time	15:00 to 18:00	18:0 to 21:00
T value	-2.17*	-3.08*
P value	0.02	0.001

From table 3, it could be know the 15:00 to 18:00 and 18:00 to 21:00 were the significant different favorite time period to exercise. The favorite level was that male students were stronger than female students. The reasons of this result possible due to the male students are more love to exercise than female students. This result also provided good reference for course administration.

## Conclusion

This study used the tested valid questionnaire to investigate the favorite time period to both female and male students in Yu Da University. Through the data analysis, the results showed 15:00 to 18:00 and 18:00 to 21:00 were two favorite time periods to exercise for both male female students. Therefore, this result could provide a good reference for course administration affairs.

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