成大學生運動狀況、態度、認知之研究

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摘    要

本研究主要目的在探討成大學生參加教育部主辦「89 學年度學生體適能護照試辦計畫」的運動狀況、運動態度及運動認知。受試者為 1000 位參與檢測的成大學生，研究工具以教育部編製的調查表，調查表所得資料以 t 考驗進行分析，獲得以下結論：

一、運動知識的主要來源，依序為「看電視、錄影帶、聽收音機」，其次是「朋友、家人、同學」，第三為「學校的師長」。

二、本研究對象有 84.3% 的人在課餘時間從事運動，平均每次運動時間在 43 分鐘以上。

三、本研究對象最常做的課餘運動，依序為自由車、籃球、羽球、慢跑及排球。

四、本研究對象兩性間利用課餘時間從事運動有顯著差異，男性學生明顯高於女性，p*<.05。

五、走路上學、爬樓梯可以增加體能與運動可以紓解壓力，在兩性間並無顯著存在，p>.05。

關鍵詞：運動狀況、運動態度、運動認知
Study of exercise behavior, exercise attitude and exercise knowledge of the students in National Cheng Kung University

Abstract

The purpose of this study was to investigate 1000 National Cheng kung University (N.C.K.U.) students whom have participated in the 'Physical fitness passport project in the academic year of 2000' about their exercise behaviors, exercise attitudes and exercise knowledge. Subjects were asked to complete questionnaires and the results were as followed:

1. The major sources of students' exercise knowledge were from the television, the video and the radio. Followed by friends, family and classmates. Then from the teachers.

2. 84.3% of the subjects exercise after school and average exercise time was 43 minutes.

3. Exercises subjects usually do were riding bicycle, playing basketball, playing badminton, running and playing volleyball.

4. There was a significant difference between male and female subjects exercise after school. Male subjects exercise more than female subjects (p<.05).

5. Walk to school, climbing stairs can increase physical fitness and release stress. There is no different in sex (p>.05).

Keywords: exercise behavior, exercise attitude, exercise knowledge.