

# TAKING THE PHYSICAL EDUCATION CLASS INFLUENCES ON HEALTH-RELATED PHYSICAL FITNESS

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**Purpose:** The purpose of this research is mainly discussing how physical education class influences on health-related physical fitness. **Methods:** 481 sophomores who were tested in this research (Average age is  $19.6 \pm 0.2$  years old, height is  $159.9 \pm 3.4$  cm, weight is  $54.1 \pm 2.3$  kg) needed to accept the test of physical fitness before starting training. The content of the test included five parts; sit-and-reach (flexibility), standing long jump (explosive strength), 30 seconds sit-ups (strength), 60 seconds sit-ups (endurance), and 800 or 1600 meter run (cardiovascular endurance). Also join the twelve-week physical training program, every class will take two hours for once a week. Sophomores will be tested again after the training program. This research used paired-samples T test to do statistical analysis, set up significant level for  $\alpha = .05$ . **Results:** The twelve-week physical training program, every two hours class can improve the result of standing long jump ( $p < .05$ ). As for flexibility, 800 or 1600 meter run, and 30 or 60 seconds sit-ups did not change. **Conclusion:** The higher exercise

intensity can enhance strength and endurance, but not effectively improve the cardiovascular function.

**Key words:** Strength, endurance, cardiovascular function...

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