

Abstract

The purpose of this study was to investigate the impact of exercise consultations and nutrition education after school on physical activity, nutrition, fitness, and exercise behavior over 12 week intervention among school students. 24 volunteer students from 2 classes of the 7th grade in a secondary school were selected and randomly assigned as the experimental (N=13) and control (N=11) groups. These two groups were basically made up of similar age and gender. A two-group (intervention and control) pilot test was used. The interventions consisted of sending emails, phone calls, mobile phone messages and interviews about 12 weekly exercise consultations of recommending more exercise and having an active living approach to life after school. Students in the control group had similar conditions of study and PE lessons with offering the interventions; whereas students in the experimental group were excluded of the intervention. The study intended to test the student's physical fitness parameters, 24 dietary recalls and physical activity record within three days through questionnaires of exercise behavior and interventions. General linear model with repeated measures, Independent T-test and Chi-Square were utilized to compare the differences. After 12 week intervention of exercise consultation and nutrition, it can be concluded of the following:

1. Push-ups, flexibility and endurance run had time effect but not intervention effect, while grip strength, sit-ups, skin-fold thickness (tricep + calf) and ratio of waist to hip had no time and intervention effects.
2. There was time effect in the consumptions of protein percentage, fat percentage and sugar percentage; however, no time and intervention effects were found in physical activity.
3. Positive changes were found in attitude towards physical activity outside the school,

but the changes were transient.

4. The students perceived the fact that it is important to do exercise consultation and nutrition education.

The results suggest that exercise consultation and nutrition education should be promoted in middle schools. By these means, the students could be aware of the knowledge of physical activity and increase the possibility to do exercise spontaneously. Finally, the aims of increasing more physical activity, improving physical fitness and setting up healthy lifestyles among junior students could be reached.

Key words: Exercise Consultations, Nutrition Education, Physical Fitness, Physical Activity.