

## Abstract

The purpose of this research is to study whether the degree of exercise of lower secondary students reaches the fitness level with the FITT standard(FITT to point Frequency, Intensity, Time and Type); and to find out reasons affecting their continuing involvement in exercise. Based on the research, the researcher will observe applicable methods to develop school administration operations so as to help students to reach the basic requirement of healthy physical fitness.

The data of this research are collected from questionnaire and tests on physical fitness. The items of the fitness tests include body mass index, waist and hip ratio, body fat, handing ability, one-minute sit-up, sit-and-reach, and 1600-metres-run. According to the result, students are classified into two categories: students with good physical fitness and students with non-good physical fitness. Students will answer the three parts of the questionnaires:

1. Personal data, frequency of doing exercise, duration;
2. Current situation of students' involvement in exercise and reasons (including physical strength and type of exercise; reasons of participation and consistency); and
3. Factors affecting students' involvement of extra-curricular activities and exercise.

To conclude the study, the finding indicates that most of the students reached the fitness level as set by the FITT principle. Peer's influence is the main reason to keep students involving in regular physical activities. The school policy in ECA play an important role in helping students to participate in physical & sports activities.