

Abstract

According to the report by DSEJ and Macau Polytechnic, which investigates the level of health among primary and secondary students, the results shows that the health level of Macau students are comparatively lower than Zhang Zhou, Shanghai and Beijing etc. Among these students, over half of them will continue their study to tertiary level. Therefore, through the study of the university students to understand their views and objectives toward the demand of physical education in university level. In order to promote the awareness of physical activity in students of higher educational school and help them to develop it, so as to compensate the deficiency of physical education in primary and secondary schools as well as to narrow the physical standard difference between Macau teenagers and the areas around.

This study is to know most of Macau students' opinions about physical education lessons (physical activities) by using questionnaire. The studying subjects are from the faculties of two representative universities are chosen—Macau University and Macau University of Science and Technology. After sampling there are 379 students as subjects. The research tool is self-made questionnaire. And some of experienced physical education teachers from primary and secondary schools are selected to have personal interviews.

The result shows that although university students in Macau get appropriate knowledge in physical activity, the participating frequency tends to be low. They do not agree to incorporate physical education course in the obligatory curriculum. There are more differences between boys and girls of taking part in physical activities. Moreover, some of experienced physical teacher in primary and secondary schools think that it should strengthen the physical education in primary and secondary schools, and set up physical education lesson.

In order to strengthen physical quality of university students and to cultivate the interests and habits as for their long-term physical activity, Macau higher educational schools should highly deploy physical activity, and variegated for the needs of students, especially widely organizing girls to aggressively participating in their favorite physical activities. To strengthen Macau university students' physical quality and to develop physical activity should become an important task for Macau colleges and universities.