

摘要

由於科技進步、社會急劇變遷，人們體力活動大幅減少，使學童、青少年、甚至成年人的體適能不斷下降，健康也受到莫大的威脅，因此藉著健康體適能的推展，促進學童和青少年養成規律的運動習慣並增加身體活動的機會，以達到培養健康的體適能。參照香港和台灣兩地對學童所實行之體適能計劃內部分內容，設計一個為期八週的體適能計劃，並試加入在澳門初中學生體育課中，研究與探討該計劃對澳門初中學生體適能知識和表現之影響。本研究對兩班共 68 位的澳門初中生，進行體適能問卷前測及體適能表現前測，然後分實驗班及對照班進行比較；實驗班加入八週體適能計劃的實驗課，而對照班則進行一般的體育課。八週後再進行同樣的體適能問卷後測與體適能表現後測，並探討在澳門初中學生體育課中加入體適能計劃，對初中學生的體適能知識與體適能表現的影響。研究發現實驗經過八週加入體適能計劃的實驗課後，健康體適能和體適能知識得到明顯提升，且明顯優於進行八週一般體育的對照班。而實驗班的體適能表現亦優於對照班。

關鍵詞：健康體適能、澳門初中學生

ABSTRACT

As the prosperous development of today's technology people are getting more rely on, there is a trend of declined physical strength and health in both children and adults nowadays. In order to avoid this phenomenon to worsen, the promotion of physical fitness program becomes one prime activity so that school children and teenagers' can be given early messages to develop a lifelong active lifestyle for ones fitness can be maintained. This study first compared the physical fitness award scheme in Hong Kong and Taiwan and an 8-week program was designed relevantly to be applied in Macau to presume the effect of such program to physical fitness and health development in school children in Macau. A total of 68 secondary students from two different classes participated in this study with one experimental and one placebo group. Throughout the 8 weeks students were tested with physical fitness tests and health and fitness related questionnaires and results indicated that the experimental group, of which physical fitness training program and theory class were added, showed a significant improvement in health related knowledge and a better physical fitness, which as a result proved that such program can be successfully and usefully promoted in Macau.

Keywords: Physical fitness, Macau, secondary student