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澳門與珠海 3~6 歲幼兒體適能情況調查研究

**Investigation study about Physical Fitness Status for Young
children (age 3~6) between Macao and Zhuhai**

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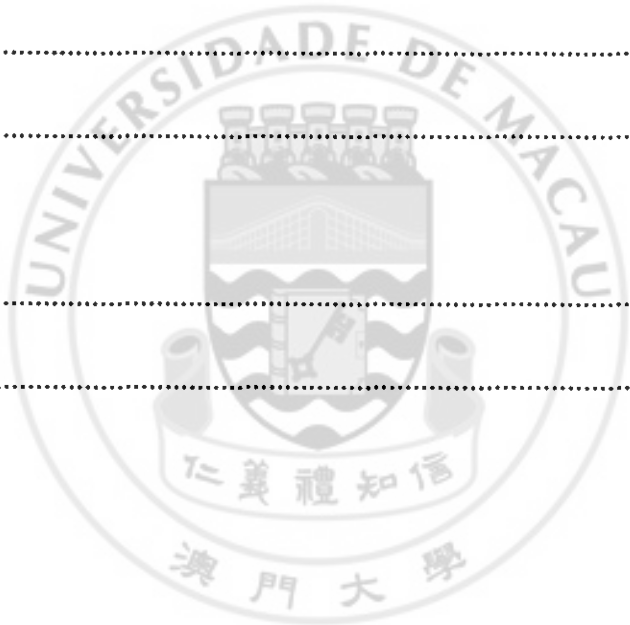
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摘要

本研究主要：從性別、地區、年級等方面探討澳門、珠海 3~6 歲幼兒體適能單項指標進行了綜合分析，歸納其體適能變化的特徵。

本研究樣本為於澳門北區某所幼稚園的 120 名 3~6 歲幼兒和珠海南區的某所幼稚園的 100 名 3~6 歲幼兒，兩地幼兒共 220 名。體適能要素包括：身體組成（測量身高、體重以計算 BMI，測量 LBM、脂肪比率）、柔軟性（坐姿上身前驅、伏臥上身後仰）、肌力（伏臥上身後仰、仰臥直抬腿）、肌耐力（單腳跳、支撐身體）、平衡力（金雞獨立、走 3 米平衡木）、瞬發力（立定跳遠）、協調性（網球擲遠）、敏捷性（雙腳連續跳越障礙物）、速度（10 米折返快跑）和反應時間（落棒）等 10 項體適能要素（16 項測試項目）。研究結果進行了統計分析發現：

一、澳門、珠海 3~6 歲幼兒健康體適能總體隨著年齡增加而提高，兩地的男女幼兒間身體成分的 LBM ($p=0.006$)、體脂含量中澳門 ($p=0.007$) 和珠海 ($p=0.046$)、肌耐力中珠海女幼兒的左腳單腳跳 ($p=0.019$)、柔軟性的坐姿上身前驅，澳門男幼兒顯著好於女幼兒 ($p=0.033$)。速度的 10 米折返跑中澳門女幼兒顯著快於男幼兒 ($p=0.037$)、敏捷性中連續跳躍障礙物顯示澳門女幼兒顯著快於男幼兒 ($p=0.060$)。珠海中男幼兒敏捷性顯著高於女幼兒 ($p=0.020$) 等有顯著性差異。

二、澳門、珠海兩地的幼兒運動體適能在柔軟性、肌耐力、瞬發力、協調性、速度、反應時間上都有顯著性的差異。

三、隨著歲數的增加幼兒身高、瞬發力（立定跳遠）、協調性（網球擲遠）和速度（10 米折返快跑）有顯著性提高。

關鍵字：體適能 幼兒



Abstract

Comprehensive analysis, conclusion to the character of single index of Physical Fitness of children from sex, area and school age from three to six in Macao and Zhuhai were given in this paper.

The present study 220 children, 120 from three to six in north area of Macao kindergarten, 100 from one of the kindergartens in south area of Zhuhai. Results were noted down after testing the physical property of the children. Testing items and factors of Physical Fitness including: body composition (height, LBM, weight and BMI, fat proportion), pliability (testing the protraction of upper body when sitting and the hypsokinesis of upper body when face lying), muscle strength (testing the hypsokinesis of upper body when face lying and the straight leg swinging when back-lying), muscle stamina (testing one foot jump and body supporting), equilibrant force (testing the ability of standing on one foot and walking on three-meter balance beam), instant power (testing standing long jump), coordination (testing throwing the tennis ball, beating the basketball and rope skipping), agility (testing constantly jumping over the barrier), speed (testing ten meters turn-back fast running), reaction time (testing clutching the dropping rod). The 10 body element (16 tests). The results of statistical analysis found:

1. Healthy from normal Physical Fitness of three to six age old children in Macao and Zhuhai basically correspond to the body composition of LBM ($p=0.006$), body fat content in Macao ($p=0.007$) and Zhuhai ($p=0.046$), muscle endurance in Zhuhai Girls left Hop ($p=0.019$), soft posture body precursor, Macao male children better in female children ($p=0.033$). Speed 10 metre shuttle run in Macao, significantly faster than the male female infant toddler ($p=0.037, p=0.041$), the agility of the continuous jumping obstacles to show the Macao girls significantly faster than the male children ($p=0.060$). The Zhuhai male preschool agility significantly better than girls ($p=0.020$) and there was significant difference.

2. Great difference from Softness, muscle endurance, strength, coordination, speed,

and reaction time are were found in children from different area of Macao and Zhuhai.

3.With grade adding, Children's height and power (standing long jump), coordination (tennis throw far) and speed (10 metre shuttle run) had significantly increased.

Key words: Physical Fitness, Young children

