

## TKU STUDENTS' PHYSICAL FITNESS QUALITY LIES BEHIND AVERAGE APPRAISAL:

英文電子報

According to MOE's recent statistics of students' physical fitness, except in the item of "Curl-ups," TKU students' physical fitness quality lies behind the standard of average college student.

The items of physical fitness testing include flexibility (Sit and Reach), explosive leg strength (Standing Long Jump), abdominal strength and endurance (Curl-ups in one minute), anaerobic capacity (800- or 1600-meter Dash). The height and weight of TKU students is as normal as the standard. The abdominal strength and endurance reaches 60% of the national module. However, the scores of the other three testing items lie between 25% and 40% of the national module. Such stores indicate that the physical fitness quality is behind normality. Section Chief of Physical Education Instruction Section, Office of Physical Education, Hsiao Shu-feng indicates that according to the yearly records, students' physical quality in these three items is declining year by year.

Professor Hsieh Hsing-Chu, Director of Office of Physical Education, announces that to strengthen our students' physical fitness as well as to follow the governmental "Oceanic Nation Physical Policy," the Office will train and test students in "25-meter swimming" in Shao-mo Memorial Natatorium Complex, starting from next semester.

According to the investigation made last year by Office of Physical Education, 87.8% of TKU students spend less than one hour a day in exercise, usually less than 30 minutes, and female students take less time than the male students do. Therefore, the Office will hold a series of events in "The Year of Physical Education," and provides more exercise

spaces for student as the new gymnasium completed in this month, encouraging students to keep exercising as a habit.

Section Chief Office of Physical Education expresses that, unlike most male students, most female students prefer dieting to exercising, influenced by the unsound concept of weight-lifting. As for the amount of time for exercises, 70% of students regard that 3 days per week is necessary to keep healthy however, only 50% of them do as they believe. Students are suggested to pay attention to the records on their physical fitness passport, and do proper kind and amount of exercises to strengthen their health. (~ Chen Chi-szu )