

2007年國民體質研究論文報告會

The 2007 Conference on National Physical Fitness

中國澳門 MACAU CHINA • 3-7/7/2007

會議場刊

Conference Manual



● 主辦機構 Organizer:

國家體育總局
General Administration of
Sport of China

● 承辦機構 Host:

 澳門特別行政區政府體育發展局
Macau Sport Development Board

● 協辦機構 Co-organizer:

中國體育科學學會體質研究分會
Physical Fitness Research Association,
China Sport Science Society

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主題報告 Keynote Speech

05/07/2007 (星期四Thursday)
下午(Afternoon)

主題報告 Keynote Speech

主題報告 Keynote Speech : 14 : 00 ~ 17 : 35		主持人：邢文華 Host : Xin wenhua	
序號 Number	報告人 Presenter	時間 Time	題目 Title
1	範本浩 Fan benhao	14:00~14:40	上海市民體質發展的社會經濟因素探討 Discussion of social and economic factors on physical fitness development of Shanghai residents
2	S.Cheng (芬蘭Finland)	14:40~15:20	青春期骨骼、肌肉和脂肪的研究 Beyond bone – muscle and fat a longitudinal study of puberty growth
3	張建國 Zhang jianguo	15:20~16:00	城市老年人的肌力變化及其對ADL的影響 Changes in muscle strength and its effects on ADL in the elderly living in cities
		16:00~16:15	休息 Break
4	Nasrollah Javadian Sarraf (伊朗Iran)	16:15~16:55	女大學生有氧運動、瑜珈和有氧瑜珈的運動量與自我意念訓練上的效果比較研究 Comparing the effects of sessions number of aerobic, yoga and aerobic-yoga training on physical self-concept of female university students
5	張一民 Zhang yimin	16:55~17:35	細胞凋亡在增齡大鼠中的變化及游泳運動對細胞凋亡的影響 Trend of apoptosis accompanying the aging of rats and the influence of swimming in apoptosis

女大學生有氧運動、瑜珈和有氧瑜珈的運動量與自我意念訓練上的效果比較研究

COMPARING THE EFFECTS OF SESSIONS NUMBER OF AEROBIC, YOGA AND AEROBIC-YOGA TRAINING ON PHYSICAL SELF-CONCEPT OF FEMALE UNIVERSITY STUDENTS

Nasrollah Javadian Sarraf

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Organization: Mashhad Ferdowsi University

Abstract:

The purpose of the present study was comparing the effect of 5 and 10 weeks of aerobic, yoga and aerobic-yoga exercises on female students' physical self-concept. For that reason, 76 sedentary female students with mean age of 20.49 ± 1.32 years from Ferdowsi University who had not had any experience about selected training modes were voluntarily selected. They were randomly and equally assigned to three experimental groups (aerobic, yoga and aerobic-yoga) and one control group. The experimental groups participated in two 60-minute sessions per week for ten weeks in certain related programs. During this period, the control group did not engage in any organized exercise program. In order to collect data, Physical Self-Descriptive Questionnaire was used at three different times of the program (at the beginning, in the middle and at the end). This questionnaire has been validated in Iran and its reliability was 0.94 which had been done in a pilot study in the present research. For data analysis, the mean scores of physical self-concept derived from subtracting posttest and midtest from pretest for each group was calculated. One-way ANOVA and post hoc Duncan test showed that at the end of 5th week of exercise there was a significant difference between physical self-concept means of experimental and control groups ($F=3.634$, $P<0.05$). By assessing means differences, it was cleared that there is a significant difference in physical self-concept of yoga and aerobic-yoga groups in comparison with control group ($P<0.05$). However, this difference was not significant between aerobic and control group ($P>0.05$). The same results were gained at the end of 10th week of exercise ($F=6.383$, $P<0.05$). In addition, for assessing the differences within groups, Paired-Sample T Test showed that in yoga group there was a significant difference between physical self-concept mean of subjects in 5 weeks

and 10 weeks of exercise ($P < 0.05$) but this difference was not significant in aerobic, aerobic-yoga and control groups ($P > 0.05$). These results show that 5 and 10 week exercise programs in yoga and aerobic-yoga group has caused an increase in female students' physical self-concept, but this exercise period in aerobic group could not bring about remarkable increase in physical self-concept. Examining of physical self-concept mean of subjects between 5 and 10 weeks of exercise indicate that increasing the exercise session number after 5 weeks in yoga, aerobic and aerobic-yoga groups has been respectively associated with significant increase, decrease and non significant increase of physical self-concept. Therefore, the significant increase of physical self-concept in aerobic-yoga group at the end of 10 weeks of exercise can be attributed to effects of first 5 weeks. Overall, it can be concluded that physical self-concept improvement and its relative stability respectively in yoga and aerobic-yoga groups are due to the motivational effects of yoga exercises that agrees with literature.