

大学正課体育実技の教育効果に関する研究

(3) 体力, 特に敏捷性におよぼす影響について

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Studies on the Educational Effects of Required Physical Activity Courses at University of Tokyo

Reports: Effects of Regular Physical Education on Agility Test

by

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In order to study the influences of the regular physical education upon physical fitness of studies of Univ. of Tokyo, we selected 22 freshboys, who had not had the experience some regular sports activity.

They attended 10 times regular physical education lessons (once a week: 90 minutes).

Before and after these lessons, we tested the abilities of total reaction time, stepping test and side step to knew the changes of these records.

The results were as follows:

- 1) As to reaction time, authors recognized significant decrease of onset time of reaction, with a divergence-ratio of 0.10 level, but could not find the defference on muscular contraction time.
- 2) As to stepping test, authors recognized the significant increase of stepping time (8.3 times) with 0.01 level.
- 3) As to side step test, authors found the significant increase of stepping time with 0.01 level.

These results showed us, some improvement of agility were shown by regular physical education activity but we needed future investigation on them. [Proceedings of Department of Physical Education, College of General Education, University of Tokyo, No. 6, 17~20, 1971]

研究目的

大学における正課体育の指導には種々の目的が考えられる。将来社会の中心となる人達に社会生活における身体運動の重要性を理解させ、生活の中に身体活動を計画的に実践することが、健康の保持増進と活動力の拡大に極めて大切であること

を認識させると共に、その実践のための具体的手段としての技術や方法を体得させることもその主要な狙いである。また身体発育の最終段階にある大学生に、正課体育実技を課することによって適切な運動刺激を与え、身体発育の促進に役立てることもその主要な狙いであろう。大学における正課体育実技の存続が云々されている今日、大学における体育実技が身体発育に及ぼす影響を明らかにし、それをどのように構成し展開すればよいか

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