

大学正課体育実技の教育効果に関する研究

(5) 体育実技授業に対する態度

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

Students' Attitudes Toward Required Physical Activity Courses

by

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Students' attitudes toward the required physical activity courses were surveyed at the University of Tokyo in order to get information for the administration of the courses and to examine factors which affect students' attitudes. A questionnaire method was used in this study. The first questionnaire (A) was administered to 210 male freshmen students right after they first enrolled in their physical activity courses in April, 1966, and the second one (B) was given to the same group of students a year after the first one. Data were processed by the Rickert Method. Following conclusions were drawn from the discussion of the results.

1. As a whole, students favorable attitudes toward the required physical activity courses.
2. No significant differences in attitudes were found between the liberal art majors and the science majors.
3. Students who had belonged to athletic squads in their high school years and/or who were then belonging to athletic squads showed more favorable attitude than students who had not belonged to and/or who were not belonging to at the time of the survey.
4. No significant changes in the students' attitudes were recognized after one year of learning in required physical activity courses.
5. As was revealed that students with higher physical fitness level showed more favorable attitudes than those who were physically less fit, it might be concluded that the level of student's physical fitness was a factor which affects students' attitudes toward required physical activity courses. [Proceedings of Department of Physical Education, College of General Education, University of Tokyo, No. 6, 27~32, 1971]

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