DEVELOPMENT AND EFFECT ANALYSIS OF PHYSICAL FITNESS TRAINING PROGRAM FOR COLLEGE STUDENTS

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ABSTRACT

This study used the parameter of the 2017 physical fitness training program to determine if there is an impact in student physical change towards sport education from before and after the program at D University in B City, the Republic of Korea. The participants of this study were 28 male students in the second year of physical education and 18 female students attending D university. The *p*-values of weight and skeletal muscle mass (SMM) were 2.294 (between baseline and after program conduct), 5.374 (between baseline and after program conduct), respectively. Both had shown significant differences and main effects existed amongst the observations of the within-weights and SMM. . The *F* value of the body weight of female college students was 0.912 ($p > 0.05$), which was not significant difference. Exercise intensity is more effective than exercise time. It offered a variety of instructional methods and was based on context. PE instructors and curriculum developers can determine how those education goals should be reached.

Keywords: Exercise intensity, physical fitness training program, skeletal muscle mass.