

THE EFFECT OF PHYSICAL BOYS' BODY COMPOSITION CHANGES ON PHYSICAL EDUCATION CLASS

Moon Soo Park

Department of Physical Education/Dong-eui
University, KOREA
sport8688@deu.ac.kr

Man Kyu Huh*

Food Science and Technology Major /Dong-eui
University, KOREA
mkhuh@deu.ac.kr

ABSTRACT

The purpose of this study is to verify the effectiveness of 120 minutes of physical fitness classes once a week for adult male students in their 20s who majored in physical education, and to determine what changes in body composition and basic metabolic variables when complex exercise programs such as circuit, weight training, and plyometric training are applied to classes. The height of human body was higher after (mean = 177.4 ± 3.83) than before ($M=177.7 \pm 3.76$), and there was a statistically significant difference ($t=-3.54, p<.001$). Weight was lower after the program ($M = 77.99 \pm 5.86$) than before the program ($M = 77.82 \pm 6.21$), and there was no statistically significant difference ($t=-0.35, p>.05$). The skeletal muscle mass (SMM) was higher after the program ($M = 38.31 \pm 2.51$) than before ($M=37.26 \pm 2.51$), and there was a statistically significant difference ($t=-4.98, p<.001$). Circuit training is very time efficient helping to develop strength and stamina in a physical education class.

Keywords: Circuit training, plyometric training, physical education class, weight training.