RESUMEN
El objetivo del estudio fue comparar el efecto de un programa de acondicionamiento físico en Educación Física sobre la capacidad cardiorrespiratoria entre estudiantes de educación secundaria con un nivel saludable y no saludable de capacidad cardiorrespiratoria. Una muestra de 107 alumnos (55 varones y 53 mujeres) de 1º-2º curso de educación secundaria fueron asignados aleatoriamente (por clases naturales) al grupo control (1 clase) y grupo experimental (4 clases). Durante 8 semanas (2 veces/semana), el grupo experimental realizó un programa de acondicionamiento físico para la mejora de la capacidad cardiorrespiratoria. Los resultados mostraron que un programa de acondicionamiento físico durante las clases de Educación Física es efectivo para incrementar la capacidad cardiorrespiratoria de los escolares independientemente de su nivel inicial.

PALABRAS CLAVE: intervención educativa, educación física, nivel inicial, resistencia cardiorrespiratoria, adolescentes.

ABSTRACT
The purpose of the present study was to compare the effect of a physical education-based program on cardiorespiratory fitness among secondary students with healthy and unhealthy cardiorespiratory fitness level. A sample of 107 students (55 boys and 53 girls) from 1st-2nd grade of secondary school were randomly assigned (for natural classes) to a control group (1 class) or an experimental group (4 classes). During 8 weeks (twice/week), the experimental group carried out a physical fitness-based program for the improvement of cardiorespiratory fitness. The results showed that a physical education-based program is effective to increase students’ cardiorespiratory fitness independently of their baseline.

KEYWORDS: educational intervention, physical education, baseline, cardiorespiratory fitness, adolescents.
1. INTRODUCTION

The purpose of the present study was to compare the effect of a physical education-based program on cardiorespiratory fitness among secondary students with healthy and unhealthy cardiorespiratory fitness level.

2. MATERIAL AND METHODS

A sample of 107 students (55 boys and 53 girls) from 1st-2nd grade of secondary school were randomly assigned (for natural classes) to a control group (1 class) or an experimental group (4 classes). Then, according to students’ cardiorespiratory fitness baseline1, the experimental group was divided in two subgroups: healthy and unhealthy. During 8 weeks (twice/week), the experimental group carried out a physical fitness-based program for the improvement of cardiorespiratory fitness. The control group worked a different content during the same time and with the same frequency, but without emphasizing the improvement of cardiorespiratory fitness. Before and after the intervention students carried out the 20-meter shuttle run test2.

3. RESULTS

The results of the ANOVA (p < 0.01), followed by the pairwise comparisons with the Bonferroni adjustment, showed that both students with healthy and unhealthy cardiorespiratory fitness profile significantly improved their cardiorespiratory fitness levels compared to the control group students (p < 0.01). However, there were not found differences statistically significant between healthy and unhealthy students of the experimental group (p > 0.05).

4. DISCUSSION AND CONCLUSIONS

A physical education-based program is effective to increase students’ cardiorespiratory fitness independently of their baseline.

BIBLIOGRAFÍA
