MEJORA DE LOS NIVELES DE ACTIVIDAD FÍSICA MODERADA-VIGOROSA DURANTE LAS CLASES DE EDUCACIÓN FÍSICA

IMPROVEMENT OF MODERATE-TO-VIGOROUS PHYSICAL ACTIVITY LEVELS DURING THE PHYSICAL EDUCATION CLASSES

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RESUMEN

El objetivo fue examinar el efecto de un programa de desarrollo y mantenimiento de la condición física sobre los niveles de actividad física moderada-vigorosa durante las clases de Educación Física en estudiantes de educación secundaria. Cinco clases de 1º-2º curso de educación secundaria se asignaron aleatoriamente al grupo control (no intervención; n=19), experimental 1 (programa de desarrollo; n=34) y experimental 2 (programa de desarrollo y mantenimiento; n=39). Los estudiantes de los grupos experimentales realizaron un programa de desarrollo de la condición física durante nueve semanas. El grupo experimental 2 realizó además un programa de mantenimiento durante seis semanas. Los resultados mostraron que los estudiantes que realizaron un programa de desarrollo y/o mantenimiento de la condición física obtuvieron niveles de actividad física moderada-vigorosa durante las clases de Educación Física estadísticamente mayores que los del grupo control (p < 0,05).

PALABRAS CLAVE: intervención educativa, acondicionamiento físico, actividad física, estudiantes de educación secundaria, escolares.

ABSTRACT

The purpose was to examine the effect of a physical fitness development and maintenance program on the moderate-vigorous physical activity levels during Physical Education classes in high school students. Five classes of 1st-2nd grade of secondary education were randomly assigned to the control (non-intervention; n=19), experimental 1 (development program; n=34) and experimental 2 groups (development and maintenance program; n=39). The experimental groups students performed a physical fitness development program for nine weeks. Later, the experimental group 2 also carried out a maintenance program for six weeks. The results showed that the students who carried out a physical fitness development and/or maintenance program obtained statistically greater moderate-vigorous physical activity levels during the Physical Education classes than those of the control group (p < 0,05).

KEYWORDS: educational intervention, physical fitness, physical activity, high school students, schoolchildren.
1. INTRODUCTION

The purpose was to examine the effect of a physical fitness development and maintenance program on the moderate-vigorous physical activity levels during Physical Education classes in high school students.

2. MATERIAL AND METHOD

Five classes of 1st-2nd grade of secondary education were randomly assigned to the control (non-intervention; n=19), experimental 1 (development program; n=34) and experimental 2 groups (development and maintenance program; n=39). The experimental groups students performed a physical fitness development program for nine weeks. Later, the experimental group 2 also carried out a maintenance program for six weeks. During the Physical Education classes, the heart rate of five randomly chosen students was monitored by Polar RS300X heart rate monitors. Moderate-vigorous physical activity was estimated as the percentage of total time at intensity ≥70% of the maximum heart rate.

3. RESULTS

The results showed that the students who carried out a physical fitness development and/ or maintenance program obtained statistically greater moderate-vigorous physical activity levels during the Physical Education classes than those of the control group (p < 0.05).

4. DISCUSSION AND CONCLUSIONS

A physical fitness development and maintenance program improves the high-school students’ moderate-vigorous physical activity levels during Physical Education classes.

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REFERENCES
