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Comparing the attitudes of female students studying in Kerman University of Medical Sciences relative to two training methods in general physical education

Najmeh Arab Nejad

Kerman Medical Science University, Iran

Physical education is a general unit presented for all students studying in Associate degree and Bachelor's degree level in all universities and higher education institutes in Iran. This research aims to study the students' attitudes towards the two training methods in physical education within one term and to study the students' ideas about the teaching method of this unit. In this descriptive and analytical research, the participants included 117 female students out of 180 ones studying in Kerman University of Medical Sciences. Students' attitudes were collected using questionnaire and were statistically analyzed using dependent T-test. Two training methods included compound aerobic and anaerobic exercises for a half semester, and aerobic ones with rhythmic music for a half semester. The questionnaire questions assessed the students' attitudes in 5 areas of sports performance, program content, exercise attractiveness, variety and intensity of exercise. There was a significant difference between students' attitudes regarding sports performance, program content, variety of exercise and intensity of exercise, and ($P < 0/05$); There was no significant difference between students' attitudes and exercise attractiveness ($P > 0/05$). In general, students' attitudes towards aerobic exercises with rhythmic music is more positive; it is, therefore, recommended that aerobic exercises are used with appropriate music in physical fitness classes for motivation and more vitality.

najmeharabnejad@yahoo.com

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