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**THE SURVEY OF THE EFFECT OF EIGHT WEEK PHYSICAL EDUCATION
CLASSES MOVEMENT PERFORMANCE AND PHYSICAL FITNESS OF THE
STUDENTS IN ELEMENTARY SCHOOL**

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ABSTRACT

Considering that physical education is an important part of education and plays a crucial role in achieving the public goals of education and upbringing awareness and joyful generation. Hence, the development of physical education programs in schools are the needs of basic education and the need for continuing physical education at all levels is undeniable. This study was investigated the effects of eight weeks of physical education on physical and motor fitness of elementary school students. The study subjects included 176 primary schools student in four districts of the Shiraz city that were selected clustered randomly from the four Schools within the population. Cardiovascular endurance, flexibility, muscular strength, muscular power, speeds and agility of the subjects was measured before and after 8 weeks of physical education classes. Collected data were analyzed by SPSS software 16 and descriptive and inferential (paired t-test) statistics. The results of this study showed that after eight weeks of physical education classes, student's cardiovascular endurance, muscular strength, speed, agility and muscular power improves significantly ($P \leq 0.05$). While did not show significant change in students' muscular flexibility ($P \geq 0.05$). Finally we can say that physical education classes are effective factor in improving

cardiovascular endurance, muscular strength, speed, agility and muscular power of the students, but the effect on muscle flexibility must be reformed in this class.

Keywords: Physical Education, Muscle Strength, Speed, Agility

INTRODUCTION

Lifestyle in a way that was ever human physical activities for their livelihood had to do was considerable And it seemed natural for him to move completely eliminate the risk for physical and psychological balance But with the industrialization of society in the last centuries of human physical activity significantly reduced As a result of that, his physical and mental health risks are serious. So that is the largest in cardiovascular disease mortality in industrialized societies having. Doctors and researchers are increasingly in the last decades of the value of regular physical activity as a preventive medicine, health conditions, especially heart disease, respiratory and obesity are the Based on credible findings show the physical exercises as part of leisure or employment to be The rate of premature deaths from heart disease, particularly respiratory greatly decreased due to the addition of physical exercise And control obesity and reduce body fat, blood pressure remains at a safe range, preventing the occurrence of hollow bones in old age related infirmities of aging is delayed, Bone and joint pain and heal the tensions and stress decays [4]. Based on the results of extensive

research in recent decade's most recent scholars and researchers, fitness components are divided into two groups: (1) health-related components 2. The components related to motor skills [13]. Knowledge on the effects of exercise in improving the health and wellbeing of humans for ages. [4] believes that the fitness programs are needed for two main reasons, firstly, regular exercise and sporting activities Increase the efficiency and safety of the cardiorespiratory and muscular systems, and, secondly, to the full enjoyment of human potential fitness benefits of living increases. The [1] Physical education is said to be part of public education through physical activities and movements such as games, contests, sports, exercise, Gymnastics, dance and other activities performed. [14] Have defined physical education as an educational process in which physical activity as a way to help students to acquire skills, fitness, knowledge and positive attitudes towards optimal growth and well used. What is the foundation of all human motor activity level of fitnessbody, fitness having not only the fundamental movements. It assists us in learning athletic skills and is effective [12].

Fitness Concepts is a broad term and is defined in many ways in different documents routinely, quality and human resources in accordance with physical activity, physical fitness called [6]. [14] defined physical education as an educational process in which physical activity as a way to help Students to acquires kills, fitness, knowledge and positive attitudes towards optimal growth and well used.

Variables Investigation

Independent variable

The eight-week physical education classes

The dependent variable

1. Flexibility (stretching forward test) is measured in cm.
2. Muscular endurance (horizontal stretch) is measured by number.
3. Cardiovascular endurance (using run540mm), measured in seconds.
4. Agility (run9 × 4): measured in seconds.
5. Speed (45 m) is measured in seconds.
6. Power (Sargent jump): measured in cm.
7. After a lifetime of study of physical fitness is my firm belief that fitness the trunk of the tree house is ideal for all aspects of life is a source of strength and vitality and freshness of life [7].

History Research

A) Research conducted in-country

[11] study of physical education lessons in junior high school girls in Iran. The descriptive data showed that physical education teachers in five districts, physical education lessons variables (fitness, sports kills, concepts, cognitive domain and affective domain) were assessed as moderate.

B) Research conducted abroad

[2] in a study on the effects of physical training on the body mass index (BMI) in elementary school began.

The results showed that an extra hour of physical education classes in first grade compared to the allowable for physical education in kindergarten decreased (BMI) girls who are overweight or at risk for overweight are used. But significant effect on overweight or at risk for overweight boys or boys (BMI) was normal. [10] in a study to examine the impact of a health-related physical education program for fourth and fifth grade students began. The study included seven classes which eventually results suggest that participation in physical education lessons Potentially for 97 percent of elementary school students in terms of preparation and physical heal this good.

MATERIALS AND METHODS

The population consisted of elementary school students (classes IV, V, VI), son of Education District 4 city of Shiraz in the

2012-2013 academic year. The study included 35 schools and 3670 students who. That a total of 1,150 students Fourth grade, 1,190 students in grades five And1, 330 sixth-grade students have been studying. The present study is cluster sampling.

Methods of Statistical Analysis

In this study, after collecting and entering data in software (SPSS 16), to calculate

measures of central tendency and dispersion, descriptive statistics were used.

Kolmogorov-Smirnov test to check the normality of the data was used. To test the research hypotheses using t-test and statistical significance level ($p \leq 0/05$) was used.

RESULTS

Table 1: Mean and standard deviation of the individual characteristics of the two groups

Standard deviation	Mean	Number	Statistical Indicators variable
1/12	10/5	176	Age(years)
5/93	129/84	176	Height(cm)
4/24	31/23	176	Weight(Kg)
2/35	815/83	176	Body massindex(BMI)

Suppose first eight weeks of activity in physical education classes has a significant effect on muscle strength of elementary students.

Table 2: Compares the shoulder girdle muscles of male students in the pre-test and post-test

P-value	T	SD	Mean	Statistical Indicators group
0/037	2/13	4/47	17/86	Posttest (horizontal)
		3/28	15/70	Posttest (horizontal)

Second assumption: eight weeks of activity in physical education classes to elementary students a significant effect on cardiovascular endurance.

Table 3: Comparison of maximal oxygen consumption among male students at the pre-test and post-test

P-value	T	SD	Mean	Statistical Indicators group
0/025	2/3	6/88	150/47	Posttest (540 meterrun)
		7/80	146/10	Pre-test (Run 540meters)

The third assumption: eight weeks of activity in physical education class on the back of the thigh muscle flexibility has a significant impact on elementary students.

Table 4: Compares the flexibility of the back of the thigh muscles of male students in the pretest and posttest

P-value	T	SD	Mean	Statistical Indicators group
0/123	0/94	4/00	13/70	Posttest (pullforward)
		3/98	12/04	Pre-test (pullforward)

Assuming an eight-week fourth grade Physical activity has a significant impact on the ability of muscle elementary students.

Table 5: compares the lower limb muscles of male students in the pretest and posttest

P-value	T	SD	Mean	Statistical Indicators
				group
0/032	1/286	4/28	21/26	Posttest(Sargent jump)
		4/71	19/93	Pretest(Sargent jump)

DISCUSSION AND CONCLUSIONS

According to research done in youth physical fitness seems to be a fundamental and critical issue that Population health and health guarantee. And as part of physical education should be complementary education programs. People who have good physical fitness Cholesterol are protected from the dangers of invasion-related diseases and their risk of developing less in the future. Therefore, teachers of physical education in schools and athletic trainers should be possible to modify the teaching methods and reform activities and programs and to make activities more students, the future generation aware of the risks and consequences of sedentary lifestyle as well as families who live in big cities. Their children from engaging in gaming From engaging in their children's gaming and leisure preventing them lead to the exercise. According to the results obtained in this study can be concluded that students are able to participate in physical education lessons most motor factors and

improve their physical fitness and physical education courses throughout the year to raise enough interest.

The findings show that eightweeks of activity in physical education classes to elementary students a significant effect on upper body muscular endurance (P-value =0/037).

- The findings show that eightweeks of activity in physical education classes to elementary students a significant effect on cardiovascular endurance (P-value =0/025).

- The findings show that eightweeks of activity in physical education classes to elementary students the flexibility of no significant impact (P-value =0/123).

First hypothesis: eightweeks of activity in physical education classes to elementary students a significant effect on upper body muscular endurance. Based on the results of this test can be said to mean muscle strength in scapulapre-test and post-test, there were significant differences. And eightweeks of activity in physical education classes has a significant effect on muscular endurance

elementary students. The results obtained from the research findings [9] is in consistent. But R [10] is consistent.

Second hypothesis: eightweeks of activity in physical education classes to elementary students a significant effect on cardiovascular endurance. According to the test result can be argued between cardiovascular endurance inpre-test and post-test, there were significant differences And eightweeks of activity in physical education class on cardiovascular endurance elementary students a significant effect on the results obtained from Research findings [6, 9] is consistent with the results of [11] is inconsistent.

Third hypothesis: eightweeks of physical training on the flexibility of elementary students in the class did not significantly change.

According to the research result showed that eightweeks of activity in physical education classes to elementary student's flexibility not significantly change the results obtained from the research findings [9] is consistent. Flexibility is very important factor fitness and adequate range of motion can improve student performance sports activities Injury of muscle and connective tissue and cut. The research suggests that stretching decreases resistance in muscle function and muscleaches. This means, people who enjoy the flexibility not

only experienceless damage, but the extent of their damage is lower. Rajayyan also believes that flexibility is desirable to reduce muscle damage tendons and muscle soreness and better performing motor skill simpact Many [9].

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