

ABSTRACT

NAME OF INSTITUTION: De La Salle University-Dasmariñas

ADDRESS: Dasmariñas, Cavite

TITLE: CAI on Basic Physical Exercise for Grade 5 Students in Burol,
Elementary School (A Supplement Material on Physical Fitness)

AUTHOR: Rizalyn M. Celi

FUNDING SOURCE: Parents

COST: P 8,000.00

DATE STARTED: December 1997

DATE COMPLETED: February 1998

OBJECTIVES OF THE STUDY:

A. General

To develop a software that would minimize the effort of a Physical Education Instructor in performing the exercise.

B. Specific

1. to create a software that will serve as a supplementary materials in the study of physical fitness.
2. to evaluate the performance of the student by means of the test provided by the software

SCOPE AND COVERAGE:

The topics to be discussed in the CAI on Basic Physical Exercise includes an overview of proper nutrition and relaxation. The main focus of the

study is exercise. It is categorized in seven exercises namely: neck, shoulder, arms, back, stomach, thighs and legs.

METHODOLOGY:

Prototyping Model was used by the author in the development of the software.

OUTPUT OF THE STUDY:

1/ CAI on Basic Physical Exercise was developed to provide a supplementary material in the study of Physical Fitness. It is a combination of sequential and free access. The main menu is free access. The exercise option is sequential^{1/} but after passing the test on the lectures regarding exercise, the next lesson, which is exercise, is free access.

2/ The lessons are presented with animation and sounds. Tests are included after each lesson to evaluate the performance of the students. A Database that will store the scores of the students is also provided.^{2/}

CONCLUSIONS:

After the evaluation of the software, CAI on Basic Physical Exercise is found out to be effective especially for the students. It serves as another instructional material that helps the instructor in presenting their lessons. It does not replace instructors but rather it is a great help for them in the sense that it lessens the effort of the instructor in performing the exercise during

their lesson proper. On the part of the students, they do not need to approach the instructor every now and then to learn the exercise.

RECOMMENDATIONS:

For further enhancement of the software the author recommends the following:

1. to include more categories and add more exercise in each categories
2. enhance the use of sounds
3. to add more animation to make the software more catchy and attractive
4. to add more exams after each lessons
5. to use colored pictures especially in the step by step procedure in performing the exercise