

RELATIONSHIP OF THE THREE P.E. 3 PROGRAMS
TO THE PHYSICAL FITNESS OF THE STUDENTS
OF DE LA SALLE UNIVERSITY - EMILIO
AGUINALDO COLLEGE, SY 1990-1991

A Thesis

Presented to

the Faculty of the Graduate School
De La Salle University - Emilio Aguinaldo College

In Partial Fulfillment
of the Requirements for the Degree
Master of Arts in Education

by

Necitas F. Sayoto

ABSTRACT

**TITLE : RELATIONSHIP OF THE THREE P.E.-3 PROGRAMS TO
THE PHYSICAL FITNESS OF THE STUDENTS OF
DE LA SALLE UNIVERSITY - EMILIO
AGUINALDO COLLEGE,
SY 1990-1991**

Total Number of Pages :

Author : NECITAS FAMILIAR SAYOTO

Adviser : Dr. Oscar O. Bautista

Type of Document : Masteral Thesis

**Name and Address of Institution : DE LA SALLE UNIVERSITY-
EMILIO AGUINALDO COLLEGE, Dasmarinas, Cavite**

SUMMARY

The study was undertaken primarily to determine the relationship of the three P.E. 3 programs to the physical fitness of the students of De La Salle University - Emilio Aguinaldo College, SY 1990-1991.

Specifically, the study sought the answers to the following questions:

1. What are the performances of the male respondents in the pre-test?, the female respondents?, their individual performances relative to the group?

2. What are the performances of the male respondents in the post-test?, the female respondents?, their individual performances relative to the group?

3. Are there differences in their performances in the pre-test when they are grouped according to P.E.-3 programs?

4. Are there differences in their performances in the post-test when they are grouped according to P.E.-3 programs?

5. Are the differences between the pre-test and the post-test scores the same for all programs?

The Descriptive research design was used in the study to determine the relationship of the three P.E.-3 programs to the Physical Fitness of the students enrolled at De La Salle University- Emilio Aguinaldo College, SY 1990-1991.

METHODOLOGY

The main data gathering instrument was the Philippine Physical Fitness test (PPFT) which was administered in the beginning and the end of the

semester which was on the following:

- Sit-Ups
- Push-Ups
- Sit and Reach
- Standing Long Jump
- 15 Minute Run-Walk

FINDINGS

The major findings of the study were:

1. There were no significant differences in the average performances in the three programs in the pre-test except for sit-ups (Boys) and in the 15 Min. Run-Walk (Girls).

- The average performances in the Sit-Ups of the Boys of Programs 2 and 3 were significantly different from each other.

- The average performances in the 15 Min. Run-Walk (Girls) of Programs 1 and 2 were significantly different from each other and so with Programs 2 and 3, only Programs 1 and 3 had no significant differences.

2. There were no significant differences in the

average performances in the three programs in all the tests of the post-test.

- The three groups had the same average differences of scores in the pre-test and post-test in all the tests except for Sit-Ups (Boys), 15 Min. Run-Walk (Boys), Sit and Reach (Girls), and 15 Min. Run-Walk (Girls).

3. The average differences between the pre-test and the post-test scores in the Sit-Ups (Boys) in Programs 1 and 2 were significantly different from each other.

- Only programs 1 and 3 had no significant difference.

4. The average difference between the pre-test and the post-test scores in the 15 Min. Run-Walk (Boys) of Programs 2 and 3 were significantly different.

5. The average difference between the pre-test and the post-test scores in Sit and Reach (Girls) of Programs 1 and 2 were significantly different from each other.

- The average difference between the

pre-test and the post-test scores in the 15 Min. Run-Walk (Girls) of Programs 1 and 2 were significantly different from each other.

CONCLUSIONS

From the above findings it could be concluded that:

1. The respondents under all programs had the same average performances in all the tests in the pre-test except for the Sit-Ups (Boys) and the 15 Min. Run-Walk (Girls).

2. The male respondents under Program 3 got the lowest average performances in the Sit-Ups among the three programs.

3. The female respondents in Program 2 performed best in the 15 Min. Run-Walk among the three programs.

4. The three groups had the same average performances in all the tests in the post-test.

5. The three groups had the same average differences between the pre-test and the post-test

scores on all the tests except for Sit-Ups (Boys), 15Min.Run-Walk (Girls) and Sit and Reach (Girls).

6. The male respondents in Programs 1 and 3 got the highest increase in performance in Sit-Ups while Program 2 got the lowest increase in performance.

7. The male respondents under Program 2 got the highest increase in performance in the 15Min. Run-Walk test while Program 3 got the least increase in performance.

8. The female respondents in Program 1 got the highest increase in performance in Sit and Reach while Program 2 got the least increase in performance.

9. The female respondents in Program 1 got the highest increase in performance in the 15Min.Run-Walk while Program 2 got a minimal decrease in performance.

RECOMMENDATIONS

Based on the findings and conclusions, the following recommendations are hereby offered that:

1. All students enrolled in Physical Education

should undergo the Physical Fitness Test.

2. Due to the revised slant and activities in the P.E. program, the period for P.E. should be increased to 1 1/2 hours and 2 times a week, so that proper follow up on weaknesses observed could be corrected and remedied.
3. The first 15 minutes of every P.E. session be used for the physical fitness activities.
4. All P.E. teachers should know how to perform the physical fitness tests themselves and properly administer the tests.
5. All Deans and Offices be supplied with the results of the Physical Fitness Tests so that proper follow-ups could be done.
6. There should be an orientation of the faculty on how to perform the physical fitness activities for their own benefits and health improvement.
7. A follow-up study or research could be conducted or undertaken by other faculty members to find out the resultant effects of the physical fitness in improving the students performances and spot potential athletes.

8. These recommendations should be implemented this ensuing school year 1992-1993.

