



The Relationship between Physical Education and Current Fitness Level

Amy Lavallie, Chelsea Burton, Kelcie Knewtson, Rebecca Troop

Faculty Sponsors: Paul Shirilla and James Gostomski

University of Wisconsin – River Falls

Spring 2010

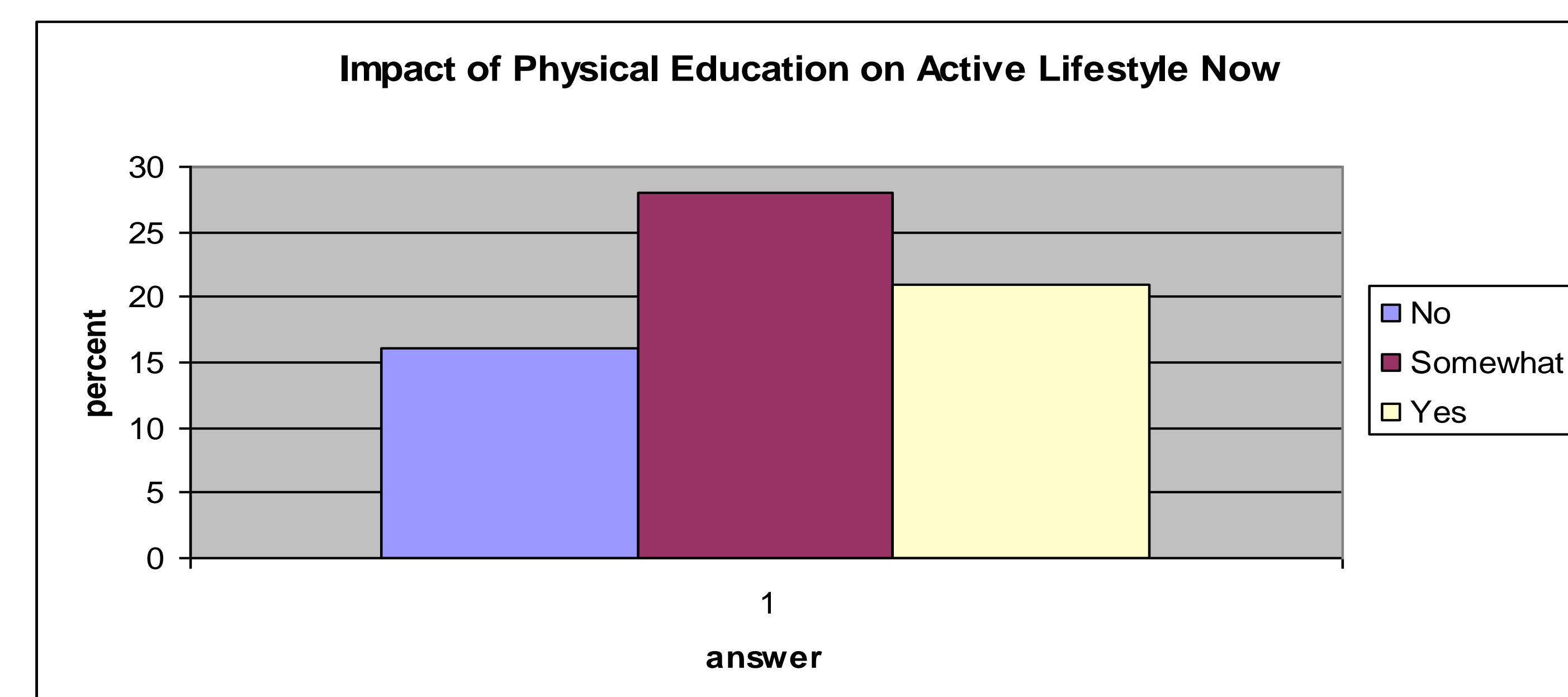
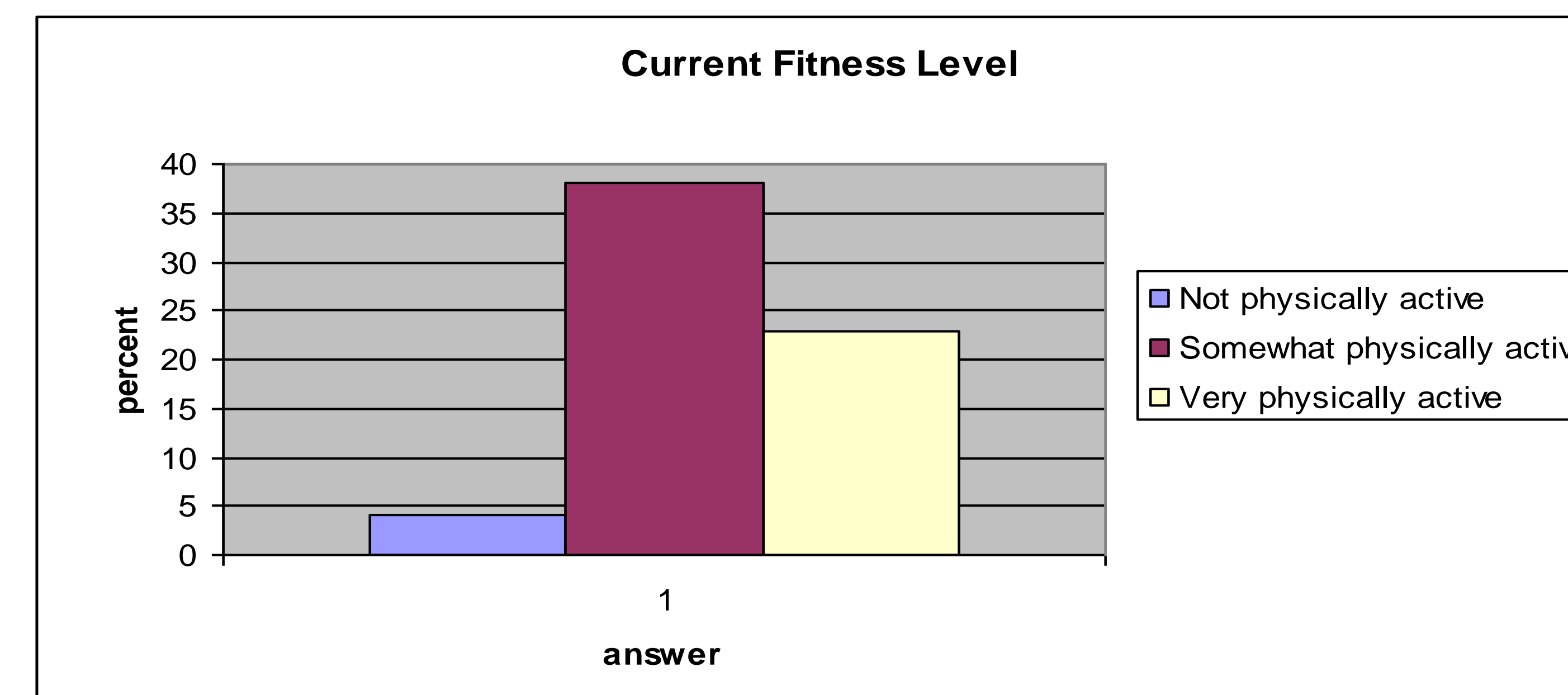


Intro: The purpose of this study was to find the relationship between adult’s previous physical education experience and their current physical activity levels. We are hoping to find a positive correlation between being physically active now and having a positive physical education experience in school. We are interested in researching this topic because as future educators we hope to promote the importance and benefits of physical activity.

Methods: The research method used to obtain the information for this report was a written survey given to sixty-five male and female adults over the age of twenty-one. These surveys were given out at random and participants had a choice on whether to complete and return the information or not. There were ten questions on the survey related to previous physical education experiences in school and current physical activity. After data was collected it was entered into a excel spreadsheet and results were taken.

Results: Drawing results from the articles relating current levels of physical fitness to physical education experience our group thought that there would be a correlation between our two main questions on the survey. We were expecting a correlation between current levels of physical fitness and how they rated their physical education experience. However after running the Pearson correlation on our data we found there to be no correlation.

What we did find is that most people had a positive experience with physical education with the average being 7.5 out of a possible score of 10 being the best. Another finding was that the majority of the population we sampled 76% considered themselves to be somewhat physically active. An interesting fact we found was that 100% of our surveys were required to take physical education classes in High School but only 66% thought that physical education classes had an impact on their interest of being physically active now.



Conclusion: From our research and the Pearson correlation we can conclude that even though people may feel that they had a positive physical education experience it does not necessarily mean that it made a life long effect on their current physical activity. When looking at the difference in responses based on age we also concluded that physical education classes were rated lower on effectiveness as ages increased. We can conclude that our classes seem to be more effective in the younger population compared to older generations. We can also conclude that the majority of our research subjects are doing some form of physical activity and have a positive motivation to do so. It is clear that more research on this topic is needed to make a clear conclusion. More specific questions should be considered. We should have choose one age group to focus on and collect data in a different format, possibly using an interview. This way we would be able to see what exactly their physical education classes consisted of.