Student Perceptions of Physical Fitness Testing

Departmental Honors Thesis
(School of Physical Education)

by

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Acknowledgements

I would like to thank the students of Wilson Middle School in the Muncie Community School Corporation for participating in this study. Your candor and honesty was appreciated. Without your cooperation and willingness to partake in the survey would not have made this thesis possible. I also appreciate the physical education teachers at Wilson Middle school for allowing me some of their class time to administer the survey. I would also like to thank Ms. Linda Kitchen at Ball State University for all her help in providing researching ideas/leads, suggestions, protocols, and overall support. Thank you to Dr. Gray for all his help. Finally, I would like to thank my twin brother Warren for his help in putting some of the data together.
Purpose of Thesis

The premise behind this thesis is an attempt to understand the perceptions students have in regards to physical fitness testing in a program curriculum. The opinions of the students about physical fitness testing should be used as a learning tool for educators as we strive to improve the fitness levels of our students. What's more, we need to understand what students like and dislike about fitness and fitness testing so that we may initiate curricula that will enhance the students' possibility of adopting a fitness-like lifestyle once they have completed the school programs required.

This project was undertaken in an attempt to understand what students like and dislike about physical fitness testing. The data and opinions of 300 seventh grade students will be used to make changes in how physical fitness activities are implemented to students.

Introduction and Statement of Problem

The number one killer of people living in the United States today is heart disease (Robbins, Powers, Burgess, 113). One thing health care professionals can do to decrease the number of deaths from heart disease should be proactive intervention. For this to take place, early education is the key. There is a cliché used for any of today's societal solutions, and that is "children are our future." Early intervention in the prevention of heart disease should begin by teaching our children proper nutrition and
getting them motivated to adopt an active lifestyle of exercise and cardiovascular fitness. Herein lies the problem. How do we motivate our children to be active, exercise, and eat healthy?

First of all, the numbers detailing the statistical data of present fitness levels of students should indicate a need for improvement in overall health-related fitness components. It is no secret that many of today's youth have excessive fat to muscle ratio's, do not meet cardiovascular fitness standards, and are unable to meet minimum standards for muscular strength and muscular endurance activities (Barrett, 12). Any of these statements that match a student's profile is bad news for physical educators and health professionals for the simple reason that such characteristics will follow that child into adulthood. At least the likelihood of that happening is rather great.

Recognizing the problem is the first step, which was actually accomplished from the Kraus-Weber tests of 1953 (Siedentop, 55). The Kraus-Weber findings found European children to be more "fit" than American children which subsequently ushered in an emphasis on physical fitness. Although the circumstances are different, many would agree that there is a need to improve the health-related fitness levels of students now in the 1990s.

In recognizing this need, many physical educators and health care professionals adopt a fitness test and administer them to students. For most students in the United States, they receive a fitness test at the beginning of the year and are tested again at the end of the year. Are these students receiving an explanation as to why they do these tests? Are the students given an opportunity to improve their fitness scores between testing dates? Are these tests made relevant to the students?

Oftentimes, students take a fitness test at the beginning of the year and at the
close of the year without knowing why they participate or really what is trying to be accomplished from undertaking these battery of tests. There is a need for teachers to make physical fitness testing a part of a total physical education experience (Wikgren, 1). Students need to understand what is trying to be accomplished from the fitness testing and why they are doing them. Teachers are now beginning to understand a need to use fitness testing as a tool for teaching fitness concepts. "Fitness testing can be educational and motivational for children and provide teachers with diagnostic information (Wikgren, 1)." Along with the testing, students need the opportunity to practice and improve upon the areas in which they proved to be weaker.

Another point to be emphasized when conducting a fitness test is the way they are administered. "If a fitness test is administered in a manner that threatens children’s self-esteem, or if it has an award structure that sets children up to be failures, then that test will do more harm than good (Wikgren, 1)." A lot of this can be summed up by the way teachers speak to children during the test. Christine Hopple discovered that students have strong feelings about how their teachers talk to them while taking the test thus contributing to their overall opinion of the fitness testing experience (Hopple, 10). One student Hopple interviewed said, "They say, Get your butt moving. They start yelling at you and say, You know better than that, now just get moving." There is little doubt that fitness tests administered inappropriately and without an educational component can do damage rather than promote fitness (Wikgren, 1). In returning to the notion of fitness testing as part of a whole physical education experience, the testing needs to be used as a tool to espouse "lifelong interest in physical activity, not exclusively on children’s physical fitness (Whitall, 14)."

Many professionals are finding that fitness testing fares more positively with
children if they feel the test was fun. In interviewing students regarding their fitness testing experiences, Hopple found that fun was mentioned by many students who did not see any in taking the tests. One student said, "I wish they would just change, just make it funner, like making it a game (Hopple 10)." Another professional feels charting student progress is an inane attempt at motivating students to improve. According to humanistic psychology, behavior is based on perceptions and perceptions are based on experience which can be obtained from low-organized games (Barrett, 12). This professional believes children need to play more in order to obtain their physical fitness. It should also be mentioned that Barrett is not a proponent of fitness testing.

Hypothesis

If students fully understand why they participate in physical fitness testing, they may be more receptive to the demands that are necessary to obtain fitness goals and achieve appropriate standards for themselves. In addition, students may make a stronger effort during fitness testing. Along with knowing why fitness testing occurs, it needs to be a positive, if not enjoyable experience.
Significance of Study

This study was designed to find out how students perceive physical fitness testing once they have completed a battery of physical fitness tests. If physical educators and health care professionals are to improve the fitness levels of students, we need to find out how they feel about the tests. Basically, the study was asking the seventh grade students for their opinion of physical fitness testing and various fitness activities. The opinions of the seventh grade students should be used in modifying fitness activities and testing so that the students will be more receptive to them.

Procedure

A post physical fitness test survey was written for seventh grade boys and girls from a typical, mid-sized, mid-western city. The survey (See Appendix A) has generic questions with regard to fitness testing activities and specific questions about fitness exercises the students partake in as their everyday physical education regiment. Prior to writing the survey, the examiner should be aware of the fitness exercises, if any, are done in everyday routines, drills, etc., as well as fitness test activities.

Once the students have completed their battery of fitness tests, the students should be given the survey. The survey needs to be given immediately following the test in order for the experience to be relatively fresh in their minds. Administration of the survey should be the same for each physical education class. Appendix B illustrates the instructions read to the students who participated in this study.
The students filled out their survey at the onset of their physical education period within their squad formation. The survey form and writing accoutrements were distributed to the first person in the squad and sent down the line to the students. Once the students completed the survey, they were handed in to the teacher. Estimated average time for survey administration was ten minutes.

Results

There were 263 seventh grade students that participated in the study with 128 boys and 135 girls, respectively. All students participated in physical fitness testing prior to receiving the survey.

In rating the importance of physical fitness (See Appendix C), 40% of the boys and 33% of the girls reported a rating of ten, indicating they feel physical fitness is very important. The class felt physical fitness was important as 37% of them circled ten on their survey while only 2% reported fitness as not important.

The students were asked to rate how much they liked or disliked physical fitness testing (Appendix D). The results showed 23% of the boys and 25% of the girls circled number eight, which was just "liking it" while only 20% of boys and 11% of girls indicated a ten, "liking it a lot." There was a 14% female response for having no opinion while 8.3% of the entire class disliked the testing a lot.

The students were also asked to report the grades (K—6) in which they experienced physical fitness testing. It was interesting to find that 16 boys (12.5%) and 17 girls (12.5%) had fitness testing in kindergarten. For sixth grade, 83 boys (64.8%) and 97 girls (71.8%) experienced fitness testing while 34 boys (26.5%) and 18 girls
(13.3%) did not receive any fitness testing prior to their seventh grade experience. Results for each grade statistic can be found in Appendix E. For those participating in elementary physical fitness testing 58.5% of boys and 62.9% of girls enjoyed it.

Because much research has determined that many students dislike the cardiovascular endurance portion of a physical fitness test (Hopple, 10), a question relating to jogging was asked. The response showed 73.4% favorable response from boys while 72% of the girls responded favorably. When asked if students liked doing exercises that build muscular strength and muscular endurance, 87.5% of male respondents said yes while 74.8% of females responded yes. Students were also asked to explain their responses to both of the above questions. These statements can be found in Appendices F and G.

Question seven of the survey asked for the students to define physical fitness in their own words. This question was added to gain a perspective on what the students actually know about physical fitness. Some defined physical fitness in terms of the testing while others defined it terms of the activities they take part in during physical education class. Individual student responses to question seven are found in Appendix H.

Discussion: Findings, Conclusions, and Recommendations

The results of the study were far better than anticipated. Having worked with each of the 263 students, I found that they may have responded to me as a teacher rather than the actual physical fitness testing experience. I can attest to several incidences where students have displayed lethargic, apathetic and often indignant responses to their daily
exercise regiment which included the same exercises they were tested over — cardiovascular conditioning, muscular strength, muscular endurance, and flexibility. For me, then, the results far exceeded my expectations.

Another reason I believe students responded to me rather than the test was their comments at the end of the survey (See Appendix I). Many of the comments responded to me and my teaching rather than the test. In the direction for filling out the survey, I asked for the students to be candid and was earnest in respecting their opinion.

Something I found interesting in the student comments was how they explained their like or dislike for jogging and muscular strength/endurance exercises. For many of the boys, it was building body mass and being healthy. Two students were very candid in that they wanted "to get chicks." Many girls saw the opportunity to control their weight and tone their bodies. On the other hand, the students that have difficulty controlling their weight, felt embarrassed or found the exercises difficult.

The comments expressed in the survey are the most important tool to be used from this study. It is important to take what students perceive of physical fitness to make it a more enjoyable, productive experience for them. For these students, they need to understand why they are being tested, as well as the physiological affects of exercising. For example, students expressed their concern for the discomfort they encounter during exercises. The students need to understand there is some discomfort during running and muscle building exercises due to the Overload Principle. Along with this, they need to be taught safe training with correct technique and body positions along with proper exercise training zones. Students might also appreciate fitness testing if they had a clear understanding of physical fitness as a concept. Many of the definitions the students wrote down clearly indicate a lack of understanding (See Appendix H).
As long as physical education professionals aim to have students become active and healthy in their post-education life, we need to have these students enjoy physical activities while in school programs. This is very important, especially when dealing with fitness testing. Although the Wilson students responded more favorably than not, they really respected the ability to express their opinion. Listen to your students and plan the activities and fitness testing that best fit the needs of the students.
References


Appendix A

Post-Fitness Testing Survey
Fitness Survey

Please answer the following questions as honestly as possible. This survey is part of a study about how students perceive physical fitness testing.

1. How do you rate the importance of physical fitness? Circle your response.

   1  2  3  4  5  6  7  8  9  10
   Not Important  Somewhat Important  Very Important

2. How much did you like physical fitness testing? Circle your response.

   1  2  3  4  5  6  7  8  9  10
   Disliked  Did not Like  No Opinion  Liked  Liked  A lot
   A lot

3. In which grades did you have physical fitness testing? Check all that apply.

   K  1  2  3  4  5  6  None

4. Did you enjoy physical fitness testing if you had it in elementary? Check a box.

   Yes  or  No

5. Do you like to jog? Yes  or  No Check a box.

   Why do you like or dislike jogging?

6. Do you like to do exercises that build muscular strength and muscular endurance (sit-ups, crunches, push-ups)? Yes  or  No Check a box.

   Please explain why or why not.

7. In your own words, define physical fitness:

8. If you have any additional comments, please feel free to write them on the reverse side of this paper.
Appendix B

Procedures for Administering Survey
Read the Following Directions to the Students Prior to Administration.

As I understand, you have just completed your physical fitness testing. I am writing a paper for Ball State University about your experiences with this fitness testing.

This is optional, it is for me, and it is not for a grade. In fact, I will be the only person to see what you have written on your paper. What I am asking is for your opinion about fitness testing by filling out a survey.

Because I am the only person to see the surveys, I am asking for you to be as candid and honest as possible.

For question 1 and 2, you will be asked for a rating where one is weaker and ten is stronger.

For question 3, check each box you had physical fitness testing while in elementary school. If you did not have any fitness testing in elementary, check the box marked none.

If you have any questions, just raise your hand and I'll come to you.

Thanks very much for participating.
Appendix C

Statistical Breakdown for Question #1
<table>
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<th>RATING</th>
<th>MALE RESPONSE</th>
<th>GIRL RESPONSE</th>
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Statistical Breakdown for Question #2
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Appendix E

Students Receiving Fitness Testing in Elementary
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Appendix F

Written Responses to Question #5
Question #5: Why do you like or dislike jogging?

- Indicates positive response
- Indicates negative response
○ Indicates an undecided response

- Because we had to jog too long.
- I like jogging because it's easy for me and it keeps me in good conditions.
- I like it because it builds up my muscles.
- I have bad troubles breathing, but I know it's good for you.
- Because it keeps me in shape.
- Because you have to jog a lot.
- I like to run.
- It is fun.
- Sometimes when bored.
- Sometimes.
- Because it is faster than walkin'.
- It helps you get stronger.
- Because I get too tired and hot and my side starts to hurt and so do my legs.
- I like joggin' because it keep you fit and you won't get fat and you will get stronger.
- Because it's too boring and it makes you hurt.
- It is boring.
- Because when I come from lunch all the calories are in my body and I need to work them off by jogging.
- It helps me to stay in fit.
- Yes, because; well, it's fun.
- I like it 'cause it keeps you in shape.
- Because it get you to tired and we do it too much.
- Because it's boring.
- Because I get tired.
- Because it wares me out.
- I don't know, because whether walk.
- I felt like I was so fat that I shook like a bowl of jelly.
○ No reason.
- 'Cause it matter how long you jog.
- I like it because if I want to be healthy, that is one of the things I have to do.
- I don't know, it's a sometiming thing.
- I like it if I am talking or listening to a radio.
- Make feel better.
- Because it keeps me thin and helps me develop muscles.
- It makes me feel like I'm going to die, my hair blows in the wind.
○ Because sometimes it's boring.
- It is pointless. I can understand if you wanted to be a marathon runner, but I don't so why should I have to do it?
- It makes me too hot.
- Because it is better than running.
- 'Cause it's hard to breath.
- 'Cause I like to run.
- I like to talk to my friends.
- Like Jogging.
- Like lose weight and get healthy.
- Because I can run a lot more I won't get tired as easily.
- Fun.
- Because I feel like running is a very important sport because when you do other sports you use a ball or something but when you run, its all body.
- Because I ain't got to run fast.
- Because I'm too fat to run.
- It is a goal you can set.
- I only like to jog at school but, I won't like to jog outside of the school grounds.
- Because I helps build muscles in my legs and buttocks.
- 'Cause it makes me have more energy and I like to site see.
- Because I want to lose weight and when I jog I think I lose weight.
- I like jogging because it keeps you in
(9, continued)

shape.
- It is better than running.
- Just don’t.
- Because it makes me tired.
- Because running is fun.
- I like to jog because it gives me something to do and it’s fun.
- Because it keeps me in better shape.
- You can lose weight and tone muscles.
- It keeps me fit.
- Because you’re not running too fast or too slow.
- Sometimes I like to jog but sometimes I don’t.
- I like jogging because I’ve been in track for four years and I like running, they keep you healthy and exercised.
- Because it builds up your heart rate.
- It makes me feel good.
- I like it because it is good for you.
- Because its just not my thing. For one, my knees can’t take a lot and for 2, I just don’t like it.
- I like jogging because your side don’t hurt as much.
- You get your exercise and you get to talk.
- Because it makes my legs hurt.
- I really don’t know why.
- It’s fun, it keeps your legs in shape.
- It helps you build up your muscles.
- I like to jog slow but not fast.
- Because I like it and like running.
- Because it keeps you healthy and strong.
- Fun.
- I like it cause it keeps you in shape.
- I like to jog because it helps me lose weight and more flex.
- No, because I love my breath and its hard for me to catch it.
- It can be fun.
- I like it ‘cause it is healthy and it makes me feel better.
- Being able to talk and get fit.
- Sort of, because we ran everyday.
- I like long jogging in the morning because it wakes me up for the rest of the day.
- Because it is fun.
- I just like to jog cause it’s something to do.
- I like it because it helps and you can lose weight.
- Because it gives you lots of exercise in different parts of your body.
- Cause it makes my throat hurt and body ache.
- It is boring and it is a waste of time.
- Because it builds strength in your legs.
- I like to jog because it builds up your muscles.
- ‘Cause it hurts me.
- I just do not like to jog.
- Because it’s fun.
- Because I like to relax my muscles.
- Because I get overheated.
- Boring.
- Because it builds up your muscles.
- I kind of like jogging, its okay.
- It is fun and you spend time with your friends.
- Cause I got a work out and helped me in getting physically fit.
- Because it helps keep you in shape and it helps you lose weight.
- It makes you physically fit.
- It is fun.
- Because it good.
- I have to take an inhaler so my lungs cannot handle a lot of running or jogging.
- It’s less tiring than running.
- It is better than running fast.
- It relaxes me.
- I like it because it easier than running, but harder than walking.
- Because it gives you time to talk while exercising.
- I think its a better way to lose weight.
than starving yourself or going on a diet.

Don't know.

It can be relaxing.

I like to jog because it is fun.

I like it because it keep me in shape.

It keeps you in healthy and in shape.

It is fun.

Because it takes up all your energy.

Because it is good for you and you can lose weight.

Question #5: Why do you like or dislike jogging?

You have to use all your energy

I like it because its fun.

Because you get stinky.

To keep in shape.

Because its fun.

You get hot.

It's cool.

It where you out to easy.

I like jogging because it's good exercise.

I like it because it builds up your legs.

Because when I get older, I won't have to worry about getting surgery.

It's fun for a little while.

It gets you in shape.

I think it is okay.

I like it because you get exercise and it is fun.

It get me in shape.

It makes you tired.

It is an easy exercise.

So it keeps me in shape.

It gets my legs stronger.

I like it because I want to be strong, and healthy.

It is healthy. I just don't like it. It is boring.

Yes because it makes my muscles big.

It don't bother me.

Because it keeps up your heart rate.

Because you get in very good shape when you jog.

I sort of like it because it gives me good exercise.

Well, sometimes like it when its warm. I like to exercise to get fit.

Like cause its fun to do.

Just because.

Because it help build your leg muscles.

It is fun.

Because it makes my legs tired.

It strengthening your legs.

Because I'm a good jogger.

Because we run too long.

It gets me into shape and helps me lose weight.

I just don't.

Fun.

It sucks a weiner.

Got tired.

It's okay to jog.

It gives me more strength and muscles.

It give me more strength and muscular.

It tires me.

It gets you going.

Cause it gets you in shape.

You get tired too easily.

I don't know.

Because it sucks.

I just don't like running.

It's fun and makes you feel good.

Because it is fun.

It's okay but it hurts my sides.

I like being outside.

Because its cool.

Because it is cool. fun, and you get to exercise.

To get energy.

It's fun.

It takes up too much energy and fun time.
(Cont.)

- It relieves stress.
- It's boring.
  - I would not say 'like' I would, 'ok.'
- I just like hummimg.
- Burns calories and I want to run track.
- Dislike!
- Because I have very bad knees and I have a bad heart.
- It's healthy.
- It gets your heart going and its a good warm-up.
- It makes my legs feel better and stronger.
- It is a good workout.
- It is not fun.
- I don't know.
- I got asthma.
- Because of chest pain.
- Because its fun to be in shape.
- Endurance.
  - I like it and I didn't like it because.
- It's boring.
- I like to 'cause it builds my leg muscles.
- Because it wore me out.
- Because it is fun.
- Because it wares you out.
- It's boring.
- It makes me lose my breath.
- I got tired a lot, sweated.
- I like to jog because it helps me run better.
- Because it is fun.
- It keeps your body in shape.
- Cause running is hard for me 'cause I smoke.
- It helps me sports.
- When I jog in the morning, it wake me up and gets my heart going.
- I like jogging because it makes me healthy.
- Yes.
- Boring.
- Cause it helps calves.

- Not fun.
- Jogging.
- It is fun.
  - Disliked cause I don't like to run; liked it 'cause keeps me in shape.
  - Get your legs pumped.
  - Yes.
  - It's fun.
  - Because I don't like running.
  - Don't know.
  - It keeps me in shape.
  - I like it because it relaxes me.
  - Because I'm lazy.
  - Because I don't like running.
  - I enjoy running.
  - You can get fit by jogging.
  - Because it is fun and builds muscles and character.
  - You don't run down your endurance quite as fast.
  - It helps us enhance our ability to exercise for longer periods of time and to set a pace.
  - It makes me relax.
  - Like run.
  - It keeps me in shape.
  - I like jogging because it's healthy.
  - It gets you in shape.
  - It gets you in shape.
  - It rules.
  - It rules.
  - Because it makes me all sweaty.
  - Because you feel better afterwards.
  - I like it because I know it's good for your body and I need everything good for my body.
  - Because it builds up your muscles.
  - Because it's fun.
  - Sometimes. Because it is easy to jog and good for your body.
Appendix G

Written Response to Question #6
♀ Question #6: Explain why or why you do not like muscular strength/endurance exercises.

♀ I building my stomach muscle.
♀ Sort of yes because it build up your muscular strength and endurance and no because it is hard and tiring.
♀ Because it's fun.
♀ It helps you to be fit and healthy.
♀ Crunches.
♀ It keeps me skinny and in shape.
♀ They are fun to do.
♀ They make my side hurt.
♀ It strengthens your stomach muscles and helps you lose weight but it's hard.
♀ Because they are fun.
♀ Sometimes.
♀ It is fun.
♀ So you wont be lazy and big.
♀ Because all of those things hurt my sides, my arms, and back.
♀ Because they are kinda hard bit I still like them.
♀ Because they hurt my muscles.
♀ 'Cause I don't like them.
♀ Because it is good to have lots of strength.
♀ Because I like to keep my stomach flat.
♀ Yes, because its healthy for you.
♀ Because I like being in shape.
♀ Because I can't.
♀ Good for you.
♀ Because they build your muscles and help you lose weight.
♀ They are okay.
♀ I wanted so bad to firm up.
♀ Yes, because I race a lot and it would not hurt me to get more muscles in my legs.
♀ Because it helps make you stronger and more fitter.
♀ I like it because I just like doing exercises for fun of for work out.
♀ Sometimes I get in a fight I'll have the strength to knock someone out.
♀ I might like them if we did five instead of ten.
♀ As a female, you have to be real careful about your weight.
♀ Because I just do.
♀ Cause I don't no! how to do them.
♀ I like crunches. They tones my tummy.
♀ Because it helps me get stronger.
♀ I am good at it.
♀ 'Cause I want to be muscular.
♀ Because muscles make you fat.
♀ So, I'll be stronger.
♀ 'Cause I can't do them.
♀ Because I do.
♀ Because they help you out a lot.
♀ Push-ups make me stronger.
♀ Yes, because I like to exercise.
♀ Kinda, because I want to lose weight.
♀ Time.
♀ Because it feels good to have stretched muscles.
♀ They help lose weight and build muscle.
♀ I just don't feel like going through all of those changes, I love my self the way I am.
♀ Yeah, because it tightens stomach muscles but I cannot do sit-ups 'cause of my back (not push-ups).
♀ I have bigger muscles.
♀ Because I want to look good and it might help my figure.
♀ It helps keep you in shape.
♀ Because it hurts.
♀ It make me look good.
♀ Yes 'cause it get's you stronger.
♀ Just don't
I like to do crunches and sit-ups 'cause it makes me stronger.
Because it makes my body sore.
I like them because they make you stronger. I don't like them 'cause sometimes it hurts.
Because it can make you in better shape.
No and yes. I don't because it hurts. Yes I do because it build your muscles up.
Because it is good for your body.
It energizes my body.
I like it because it helps me a lot.
Because I would love to build my muscles.
It build up your muscles.
Because I don't want to be a wimp.
They get you in shape.
Because they are fun.
I don't like to exercise.
I just don't like it.
It is sometimes fun.
Sometimes when I wake up my stomach muscles are tight.
Because it makes your muscles stronger.
Big Muscles.
I like exercises it makes me more flex.
Don't know.
They are hard.
No because I'm always sore.
Because I want a healthy body.
Sometimes.
Yes, because I thought that it was fun.
Because I think they are tiring and boring.
Because some are harder to do.
I use to not like to but since we've been doing it in gym, I kinda enjoy it.
Some people do not like to be fat.
Yes, because they are a good source of exercise.
Yes! 'cause I am kinda big and it helps me lose weight.
Boring and I have better things to do (sometimes sit-ups when I think I am getting fat).
Because it hurts my arms.
'Cause I don't like it.
Because it's fun and I like it.
Because I get strong.
I like it cause it helps before you use your muscles.
It's fun.
I'm fat.
Not push ups because they hurt your wrist.
Because it gets exercised.
It loosens my muscles after a hard day.
It helps you have a toned body.
They helped me build my muscles.
Because it helps your muscles be strong for everything you do.
It builds strength competition.
It is fun.
I like to keep in shape.
Because some people might have a cramp in their stomach or something and sit-ups, crunches, push-ups hurt.
It helps me get fit but it is very tiring.
I can do them easily and I get stronger from them.
I think they are good for you. The part I don't like is the running so much.
Because it builds stomach muscles.
It burns fat.
Again, I think it's a better way to lose weight than going on a diet.
I don't know.
They can be hard and boring.
I like to build up my muscular strength.
Yes, because they are good for your health.
You become strong.
You can do more thing.
Because when I'm sick, it makes a
my whole body feel better.
3 Because it is fun to do.
4 Because it is fun.
5 So you're bigger when you grow up.
6 Because it helps me body have more strength.
7 I don't know. Sometimes I do.
8 Because it is not fun.
9 'Cause it builds your strength.

Question #6: Explain why or why you do not like muscular strength/endurance exercises.

3 I have got stronger.
4 I like them because it build up your muscles.
5 I don't know.
6 To keep in shape.
7 Don't know.
8 So you can be strong.
9 I don't know.
10 Because there fun.
11 Because it makes you stronger.
12 Because I will have muscular in the upper body.
13 Because it makes you strong.
14 Makes me stronger.
15 So you can be built.
16 There okay.
17 It gets you fit.
18 I like to have big muscles.
19 I like to be tough.
20 I become big and strong.
21 So I can be strong.
22 Because it gets me stronger.
23 Because it helps me get into shape.
24 It is healthy.
25 Because they a lot of endurance.
26 Easy to do!
27 Because it helps you feel better.
28 Yes because I wrestle and have to be strong.
29 It starts to hurt.
30 No because it was worst.
31 'Cause I am over weight and that will help me.
32 I like push-ups the best cause it builds up my forearms, which is good.
33 You'll be healthy.
34 Because I just enjoy it.
35 It helps me a lot.
36 I want to be healthy.
37 Yes and no, because it helps.
38 I like to work out.
39 You would be able to do certain things that use muscles.
40 (Not the sit ups) Because it hurts your stomach when you try to sit up.
41 It makes me stronger.
42 Don't know.
43 Too hard on my muscles.
44 It helps me build some muscles up.
45 Because its fun.
46 It gets you going.
47 For I can have a body.
48 Its fun.
49 Keeps you fit.
50 Not sit-ups.
51 I want muscle.
52 You'll get better at it and you'll get stronger.
53 You get big muscles.
54 I want to get stronger.
55 You get big muscles.
56 You get big muscles.
57 It's hard work.
58 It's fun.
59 Takes up time.
(c, continued)

- I do it to build muscles for basketball.
- It makes me muscular.
- To make me stronger.
- I want muscles and I want to look good.
- Cause I'm not that big.
- Because I want to get bigger.
- Because I have arthritis.
- It makes your upper muscles stronger.
- Because you need muscles in your life.
- It makes me stronger.
- It is a good warm-up.
- They help you.
- Because I want to be strong.
- It helps me fight.
- Because I do.
- Because it's fun to have endurance so you can run.
- Good work out.
- So I can be a muscle man.
- Because I want to be healthy.
- Because I don't want to be small, I guess.
- Because they make you strong.
- I like to stay in shape.
- It makes you stronger.
- 'Cause it gets you stronger.
- 'Cause I don't.
- Because it helps to build me up.
- Because it builds my muscles up.
- It is boring.
- They help you get strong.
- To keep your body fit.
- So I can be bigger.
- It helps me in sports.
- Because they can make me strong.
- I like to be strong to pick heavy box and stuff. I am little strong.

- Not.
- 'Cause enables you to do better.
- 'Cause it helps you get stronger.
- Crunches, very fun.
- I hate it.
- It makes you stronger.
- Yes, because I like being in top shape.
- Look like Hulk Hogan.
- Look like Hulk.
- They're easy.
- No, because it makes me tired.
- Don't know.
- Yes, because it builds up my muscles.
- They help you keep your body healthy.
- I just don't because I am lazy.
- Because it build muscle and make you strong.
- So when I jog my muscles won't cramp up.
- They will improve your health.
- Because after I do them I feel good and look good.
- It help keep in shape.
- They build our muscles and get us in shape.
- I have no idea.
- Like work.
- I can do them.
- I like to do it because it's fun.
- They get your muscles built up.
- It builds your muscles up.
- To get chicks.
- To get chicks.
Appendix H

Written Responses to Question #7
Question #7: Define Physical Fitness in your own words.

1. Physical Fitness — Exercise that helps ya become a healthy.
2. To be healthy and in shape.
3. Workout to make you fit and healthy.
4. A way to keep fit.
5. It helps you stay healthy.
7. The fitness of your body.
8. The things you do to help build muscles.
9. Exercises that help build up your body.
10. Working your bone muscles.
11. Exercise and to get stronger.
13. When you workout and get tired.
14. How strong and healthy your body is.
15. Keeping your body in shape.
16. A good exercise for people who are kinda fat.
17. Being able to run without being tired always and be able to exercise.
18. Physical fitness is to help you and learn, and strength.
20. Fun exercise.
21. Build muscles give a good shape.
22. A group of physical things you do to get in shape and keep in shape.
23. A stupid boring education.
25. To try to stay in shape.
26. Where you participate (percepite) in a physical workout.
27. Getting in shape.
28. I have no idea.
29. Something that helps you be healthy.
30. Able to do things.
32. No fun.
33. Exercises.
34. Where you learn to build strength.
35. Showing how strong you are.
36. When you do physical activities to help keep you in shape.
37. Working out.
38. To help you get fit.
40. To test and find out what health shape you are in.
41. I think it's for your health.
42. Testing of body abilities.
43. Getting in shape for sports or just getting in shape.
44. Something that helps you lose weight.
45. Where you test to see how fit you are.
46. Able to do exercise without strain or getting tired.
47. Helping you get in better shape.
48. The opportunity to build strength and self-esteem.
49. A fitness to get you healthy.
50. When you do physical things to reach your physical reaction and to know you.
51. A way to keep you healthy and in shape.
52. Working out and getting in shape.
53. Working out muscular strength and endurance.
54. Healthy physically.
55. Exercising and learning to build muscular strength.
56. Being healthy.
57. Any exercise that requires work.
58. To help you stay fit.
59. A way to get kids in shape and still have fun.
60. Learned to see if you are in shape.
Very important, makes you feel great.
Helps you lose weight.
To test at how good you are at things.
A test that helps you build up your muscles.
Something that helps build your body up.
Exercising, lots of work.
Keeping physically fit (able to exercise).
To keep your body in shape.
Working your body to keep it in good health.
A chance to build your strength.
It's mentally INSANE and it's stupid too.
Activities that help you get in shape.
You do exercise to make you feel better.
Exercising.
Don't know.
Exercise that keeps you healthy and builds muscular strength.
When your physically fit and in good health, do things to get fit.
It is where you put your body in shape.
You're body being skillful and fit.
Exercise.
To work to keep in shape.
An exercise you do everyday.
Different exercises to help you build muscles and lose weight.
Exercise and body movements!
A bunch of boring, tiring, time wasting exercises that teachers make you do.
It was not that fun.
It's fun and easy.
The fitness your body is in.
Somewhat hard and tiring.

Physical fitness is fun.
You get the workout you need and it is fun.
Good health, tone body, and being able to do physical things like run or push-ups.
Being able to do exercises without being tired or hurt.
The ability to run, walk, and exercise.
Your well-being to do things.
Lose weight, feel great.
Having a healthy body and being able to do physical activities.
Being in shape.
A lot of exercising and running.
Exercises that you do to make yourself mentally and physically stronger.
Building your body or keeping it fit.
How fit your body is.
Healthy.
Physical fitness is the ability to exercise without feeling as much pain as a person just beginning to get in shape.
Being fit and healthy.
Being able to go through with something that requires being physical.
When you are healthy and in shape.
In shape.
Fun.
Yes because there of physical fitness.
Lose weight and feel great.
Lose weight and feel great.
Building muscles.
It is a class that helps you get better help your body out.
Jog, jump, play.
To be in shape.
Question #7: Define Physical Fitness in your own words.

1. Exercises.
2. Exercising the whole body.
3. OK.
4. Exercises.
5. Work.
6. I don’t know.
7. Building muscular strength.
8. Different kinds of exercise.
9. A class where you do exercise.
10. To get physical fit.
11. The shape your in.
14. A way to get fit.
15. How physically trained you are.
16. A test that relies on how much you are in shape.
17. A test to see how you’ve taken care of your body.
18. When your in (good) physical shape.
19. Do not know.
20. To be very energetic, to be healthy.
21. Where you train yourself to be strong.
22. Things you do to have good health and stay in shape.
23. Doing fun things with your body to feel better.
24. Where you exercise and get in good shape.
25. The way of being physically fit.
27. Where you work to get fit.
28. Something you do to get fit in health and to do for a lot of fun, and where your older you normally have to lead on what to do.
29. It helps you to be healthy.
30. Exercising.
31. To get in shape.
32. It is fun.
33. I don’t know.
34. A time to work out.
35. To be in shape.
36. Boring.
37. Someone who is very healthy from exercising.
38. Strain.
40. It is a fitness that sees how your physical fitness is.
41. Helps keep you healthy and stronger.
42. Make Muscles.
43. It’s pretty fun.
44. Is the physical ability to do all the exercise and to be in shape.
45. Okay.
46. I don’t know.
47. It kicks butt.
48. Getting yourself in shape.
49. A fun way to have a healthy life.
50. When your physically fit, you are not fat.
51. It is to keep you in shape.
52. Running.
53. When you’re physically fit means your not fat.
54. When your physically fit, not fat.
55. I hate it.
56. Exercising.
57. Hard.
58. Getting your body in shape.
59. Exercise a lot.
60. Fitness that make you more physically fit.
61. Work.
62. Testing your endurance.
63. Health Education.
64. Work!
65. Exercise.
66. It’s fun.
67. A good workout.
68. It is a test that tests you how you can do on fitness.
69. It's a great way to be fit.
70. It's dumb and stupid too.
71. Alright.
72. Where you can see what you really got in your self.
73. Keeping body in shape.
74. A fitness where you are always in shape.
75. To get your body in shape.
76. Getting fit, and be in good shape.
77. Where you do exercise and run.
78. Good endurance.
79. To get in shape.
80. I think it makes you stronger in things.
81. Healthy.
82. Exercising.
83. It means you are flexibility.
84. Doing things that envolve your body getting fit.
85. How fit you are.
86. Working to keep your body fit.
87. To stay healthy.
88. To get in shape.
89. Being forty strong and having a good heart.
90. Exercising.
91. Fun and healthy.
92. Builds muscles and stuff.
93. Not warming up.
94. Exercises that help you stay healthy.
95. I think it means to stay in shape in a physical way!
96. Look physical fit.
97. Look physical fitness.
98. Being athletic.
99. Staying in shape.
100. Keeping in shape.
101. Strength, endurance, flexibility, and balance.
102. Having fit body.
103. In good physical shape.
104. Being able to react quickly, to do things and not feel hurt when you get done.
105. It is an action of body movement and physical strength.
106. Keeping healthy, exercising and eating properly.
107. Strength, control, effort, being able to perform a physical task.
108. Physically fit.
109. It makes you very healthy.
110. Fun and hardwork.
111. Getting your body in shape.
112. Chick getting.
113. Chick getting.
Appendix I

Additional Written Comments Made by the Students.
Question #8: If you have any additional comments, please feel free to write them on the reverse side of this paper.

1. I like to run for a little while but sometimes ya can over do it.
2. I like to exercise.
3. If I had to do it I would but I don't like it.
4. This is stupid.
5. I guess I enjoy this class, kind of.
6. I like gym.
7. I think everyone should do some kind of fitness exercise.
8. Gym is okay but I'm not with a whole lot of runnin'. I like a pace myself.
9. I think we should get to choose whether we participate in physical fitness testing or not.
10. I would just like to thank youu for all the work you have done for us. I hope I see you some time.
11. We should do exercise just on Monday and Friday. The rest of the days play basketball so we wont be so sore.
12. Mr. Waggener, you're a pretty nice gym teacher.
13. I really like the fitness test.
14. I think you are a good gym teacher.
15. I do have a comment. I enjoyed this very much and I wouldn't mind doing it next year. Bye.
16. I don't like running a lot.
17. I love when it is free time.
18. You should not take physical fitness too serious.
19. People are nice.
Question #8: If you have any additional comments, please feel free to write them on the reverse side of this paper.

1. This rules.
2. I feel good.
3. Physical fitness is important, especially at our age. Unfortunately many people neglect it.
4. I have heart problems.
5. This was a great idea.
6. ONLY!!! thing I didn't like was tumbling 'cause I can't do them and I feel no reason to do it!!!
7. It was fun to run a mile.
8. Everyone should be physically fit.
9. This rules.
10. You may like to reduce or lower the exercises a little bit.
11. It was not very fun but I liked some of it.
12. Physical fitness is a okay thing, I like it a lot, it help you do better.
13. I think you should not have gym or exercise.
14. I think we should lift weights.
15. This paper is really cool.
16. Because it's really cool.
17. Because it's really cool.
18. I think fitness is real important but we should do it on our own time, not in school. It's our choice whether or not we are in shape or not.
19. Mr. Waggener is nice.
20. Exercise.
21. I don't like the butterfly's.
22. Dear Mr. Waggener, we will miss you. You were a great pal, Phil.
23. I don't so.
24. I don't like running the running test.
25. Thank you, you have help me feel stronger in my legs and arms.