

研究業績 英文表記

和文	
表題	幼児保育学科学生の体力とこれまでの運動状況との関係性について (その2)
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英文	
Title	Relationship between Physical Fitness and Exercise Situation of Early Childhood Education and Care Students (Part2)
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Abstract	Various efforts have been made to address the decline in physical fitness, which is cited as a health issue in early childhood. Moving and playing in early childhood leads to a "healthy mind and body," which is listed as a form of growth by the end of early childhood. The purpose of this study was to continuously grasp the physical fitness and exercise status of nursery school students, and to obtain a study of the state of motor play in early childhood. The students who were included in this study did not show a significant difference in physical fitness tests compared to the national average, but there were individual differences. Since the need for physical activity is felt by all age groups, it is necessary to create classes that increase students' awareness of actively engaging with children through classes.
keyword	Childcare Students, Physical Fitness, Area Health

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