

## 研究業績 英文表記

和文	
表題	保育者養成校学生の体力とこれまでの運動状況との関係性について—領域「健康」の視点を踏まえて—
著者名	竹森裕高
所属	西九州大学短期大学部 幼児保育学科
英文	
Title	Relationship between Physical Fitness and Exercise Situation of Students of Childcare Providers Training School—from a Viewpoint of Area Health—
Author	Hiroataka TAKEMORI
Affiliation	Department of Early Childhood Education and Care, Nishikyushu University Junior College
Abstract	Various efforts have been made to address the longstanding issue of children's declining physical fitness. Physical exercise is important in early childhood, and caregivers play a role not only in creating an environment for children's physical activity in preschool life, but also in moving and playing together with them in the course of their interactions. The purpose of this study was to gain an understanding of the physical fitness and previous physical activity status of childcare training school students and to gain some insight into the nature of early childhood physical activity and play. The physical fitness of our childcare students was below the national average, and their past exercise status and awareness of exercise tended to be slightly lower than that of students in other departments. However, they are not necessarily negative about physical activity, and it will be necessary to create classes that encourage students to become more aware of the importance of physical activity with preschool children.
keyword	students of childcare providers training school, physical fitness, area health

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