

第二章 文獻探討

第一節 體適能概念的探討

壹、體適能概念的探討

一、體適能的意義

U.S. Public Health Service. (1991)

2000

(Physicalfitness)

(Emotional fitness)

(Socialfitness)

(Spiritual fitness)

(Culturefitness)

(Total well-being)

(American Alliance for Health Recreation

and Dance)

(fitness)

(Physical fitness)

(Emotional fitness)

(Social fitness)

(Spiritual fitness)

(Culture fitness)

Corbin 1991

Corbin

10 % ~ 20 %

18 % ~ 25 %

86

86

88

(Mcglynn 1996)

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(

(

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(

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二、體適能對健康之重要性

(84)

(2-1)

(Hypokinetic disease)

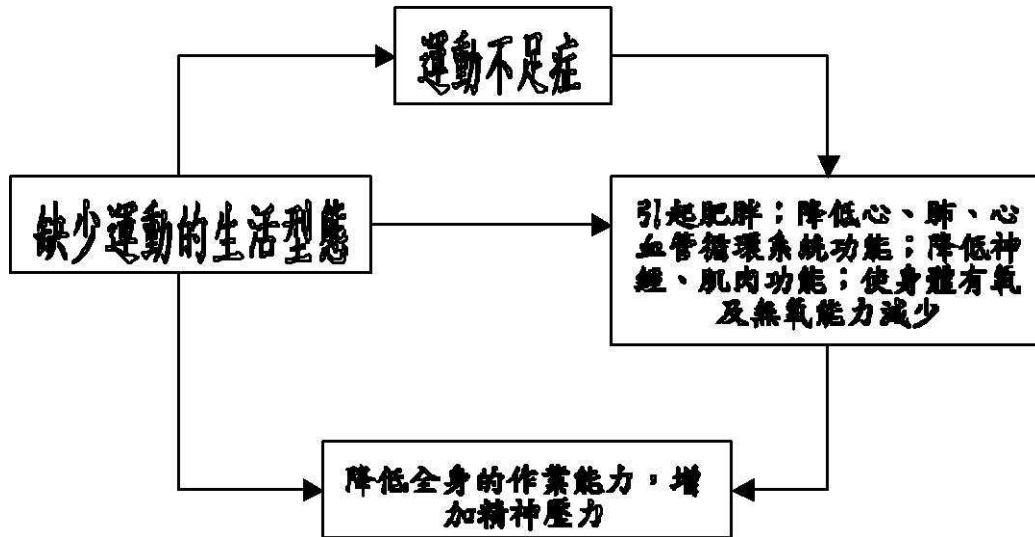


圖2-1 運動不足症對健康影響關係圖（陳全壽，民84）

Oja 1995

7-8

Andersen (1989)

(Gilliam

& Macconnie 1984 Wilmore & McNamara 1974) Rowland (1990)

Paffenbarger (1994)

Westcott (1998)

Blair Brodney 1999

貳、運動對體適能影響之相關研究

(86)

t-test

(87) 36

12

60

(HDL-C)

(TC)

(TG)

(LD-C)

t

TC TG

HDL-C LDL-C

(87) 21

10

15 20

1.9

VO2max

(SV)

(HDL-C)

(HDL/TC)

(RHR)

(87)

87

100

t-test

88

(89)

10

12

10

(10×4) 60

800

11

90

30

第二節 身體自我概念的探討

壹、自我概念的探討

89

一、自我概念的意義

Sherif

(85) (image)
(85)
;
;
78

Rogers(1951)

Rogers

83

Byrne

Canfieldn Wells

85

85

二、自我概念的形成與發展

Gurney 1988

(70)

Mead 1934

(80)

(84)

:

(85)

(egocentricstage)

(objectifiedstage)

()

(subjectifiedstage):

三、影響自我概念的因素

(一) 個體成熟度

(63)

(67)

(67)

(68)

(91)

貳、身體自我概念的探討

二、影響兒童身體自我概念的因素

(一) 性別

Marsh

(

(91)

(92)