



RIZAL TECHNOLOGICAL UNIVERSITY
INSTITUTE OF PHYSICAL EDUCATION



**EFFECTIVENESS OF ALTERNATIVE WORKOUT USED IN ENHANCING
PHYSICAL FITNESS OF RTU VARSITY**

A Thesis Presented to the Faculty of Institute of Physical Education

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ABSTRACT

The purpose of this study is to determine the level of the physical activities of selected athletes of the Rizal Technological University, Mandaluyong City campus, with regard to their respective sports event, and the significant difference between their demographic profile and physical fitness activities.

The study utilized quasi- experimental research method design to find out information relevant to this study and to find out how effective the resource materials are being used relevant to this study. The researchers aimed to know the effectiveness of resource materials as bases for developing physical fitness activities. The respondents of the study were the (20) varsity players from athletics, football, softball, swimming, volleyball under the sports development office.

The instrument employed in this study was a modified standardized test. The data were collected first through physical fitness test which consisted of five tests, namely; T-Test for Speed and Agility, Sit – up for Abdominal Strength, Vertical Jump for Leg Power, Push-up for Arm Strength and Step – test for Cardio – Vascular Endurance. The study used percentage in presenting the demographic profile of the respondents, the mean was used in determining the level of the physical activities of the athletes with regards to



their sports event, and lastly, the F – test or Analysis of Variance One-Way was used to test the significant difference between the demographic profile of the respondents and their level of the physical fitness activities. The findings show that the respondents of the study had equal number in gender, event or sport they belonged, and most were younger players. Moreover, in every team event/sport, the athletes had shown that they were excellent and very good on their corresponding physical fitness activities and majority revealed that they had significant difference.

In light of these, the recommendations are as follows: Future researchers should consider more sports events in greater number of athletes to verify the study being conducted and also of clearer and better picture of the outcomes. School officials and sports director should join hands in providing the appropriate physical training program/activities through well – funded and provided resources. Athletes should focus on their respective strengths and should be aware of their limitations in using/maximizing/utilizing the time and effort to surpass their current fitness status.



CHAPTER I

THE PROBLEM AND ITS BACKGROUND

Introduction

One of the objectives of Physical Education in the school system from grade one to college is to improve the physical fitness level of the students. Physical Fitness Testing is a necessary activity because it will give information on the status of their overall physical fitness. The result of the physical fitness test will serve as guide in determining what Physical Education activities the students will need to improve any physical fitness component. Testing will also serve as the basis to evaluate the effectiveness of physical education program.

The physical fitness test should be administered at least twice a year, the pre- test at the beginning of the school year and the post-test before the end of the school year. The result of this test will provide information whether the physical education program generally helps the students achieved desirable levels of physical fitness. One of the objectives of physical fitness program is to motivate students to improve and maintain desirable levels of physical fitness, second is to encourage students to engage in physical fitness activities and third, to establish reliable information on the physical fitness level of students to serve as basis in evaluating physical education.



Physical fitness and sports provide avenue for the development of man's virtues like patience, discipline and hard work; values, honesty and fair play. This indispensable virtues and values can be fully developed through well-planned massive sports activities in the grass roots level ranging from the sons and daughters of ordinary farmers, fisherman, craftsman, and businessman (Virginia, 2007)

A healthy nation is a strong nation, and the strong nation is a nation of physically fit, sports-minded and economically productive citizens, the state is concern with the development of a healthy and alert citizenry. The 1986 Philippine Constitution mandates that ;

1. The state shall promote Physical Education and encourage sports program. League competitions and amateur sports, including training for international competitions, to foster self- discipline, team work and excellence for the development of a healthy and alert citizenry.

All educational institutions shall undertake regular sports activities throughout the country and cooperation with athletic clubs and other sectors. (Section 19, Article XIV)".

Further, the state recognizes the vital role of the youth in nation-building and shall promote their physical intellectual and social well- being. This



policy is implemented largely through the Department of Education, Culture and Sports (DECS), Physical Education and School Sports (PESS) Development program. Providing challenging activities for the youth enhances the development of their knowledge and skill as well as their value in sports. This program is in consonance to the Presidential Proclamation No. 406 declaring the years 1990-2000 as a decade of Physical Fitness and Sports. (Gloria, 2010).

The developmental team of the Philippine 2000 is the improvement of the quality of life of the people and this will only be achieved through people empowerment. People empowerment has many aspects. Empowerment in the physical aspects ensures a healthy mind and a physically fit body for every Filipino.

Physical fitness is essential to any meaningful human activity. Any development program or activity be economical, educational, social or political will fail because of the failure of the people to develop and maintain their health and fitness, it stresses the importance of physical fitness to develop and maintain a desirable level of health and fitness that would enable him or her to participate actively meaningfully and productively in all the developmental effort of the family, community, government and country.