

Effects of Music and Walk Training Intervention on the Health-Related Physical Fitness in Obese Female College Students

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Abstract

The purpose of this study was to investigate the effects of music (M) and walk training (WT) on the health-related physical fitness in obese female college students. A secondary purpose was to explore whether doing exercise listened music can improve intensity in obese female college students. The sample consisted on fifty-one female college students with BMI ≥ 30 were randomly assigned to two experimental groups and one control group from a private University located along Taichung, Taiwan. The subjects were assigned into WT (16 students), M + WT (17 students) and control group (18 students) (CG). Both WT and M + WT groups underwent walking training (30-40 minutes), 3-5 times per week for 12 weeks. The M + WT group listened to the music on the walk training while CG group maintained the normal daily life without taking any training.

All of the subjects were tested the physical fitness including sit and reach, flexibility, standing long jump, and 800m run. Descriptive statistics was used to express the percentage of change between pre-test and post-test. One-way ANCOVA was adopted to compare the physical fitness tests and difference among the groups. Ratings of perceived exertion (RPE) have been used to regulate exercise intensity in previous investigations. The RPE has been demonstrated as a valid and reliable measure of perceived exertion during walk training. Independent samples t-test was used to analyze the RPE score between WT and M + WT groups.

The results were as follows: Compare to the CG, both WT and M + WT groups had significant ($p < .05$) better performance on the tests including sit and reach, standing long jump, and 800m run than that of. Compare to the WT group, M + WT group also had significant ($p < .05$) better performance on the tests including sit and reach and standing long jump, 800m run and higher RPE score. This study concluded

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that walking with music can strongly improve health-related physical fitness; it is suitable to be used to train in obese female college students.

Key words: walk training, music, health-related fitness, obese, female college students