

عنوان مقاله:

A Study on the Effect of Physical Education (II) Curriculum Based on BASNEF Model on Female Students' Regular Physical Activity in Isfahan University of Medical Sciences

محل انتشار:

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خلاصه مقاله:

Background and objectives: Due to the benefits of regular physical activity and prevalence of sedentary of physical activity among females and the potential of health education theories and models in changing behaviors, this study was designed to assess the effect of physical education (II) based on BASNEF Model on female students' regular physical activity of Isfahan university of medical sciences. Materials and Methods: All female students who registered in physical education II classes in the first semester of academic year ۲۰۰۷-۲۰۰۸, participated in this experimental intervention program (N=۱۲۰). These students were from six classes and randomly divided into two groups: experimental group (۳ classes) and control group (۳ classes). The data was collected using a developed questionnaire based on BASNEF Model (contain Belief, Attitude, Subjective Norm, Enabling Factors components) as well as international physical activity questionnaire (IPAQ). The experimental group participated in ۲ months ordinary physical education program based on BASNEF Model. The control group had ۲ months ordinary educational program. The data was collected in pre and post-test periods and then ۲ and ۴ months follow-up and analyzed using SPSS software. Results: After intervention, the mean scores of BASNEF components were significantly high in experimental group in comparison to the control group. Also the experimental groups' participation in regular physical activity was significantly greater than the control group after ۲ and ۴ months prior to the interventional program. Conclusion: Developing physical education courses based on BASNEF model can improve regular physical activity of female students.

کلمات کلیدی:

Key word: BASNEF, Educational curriculum, Physical education (II), Female student, Isfahan

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