

# A Proposal on Health and Physical Fitness Promotion in School

Takahiko Nishijima, University of Tsukuba, Japan

- Background
- In Japan
- Goals and Tactics
- Strategies
- Keywords and Concept

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- Background

- Aim of health promotion

Lifelong health promotion with active life

Inactive life cause lifestyle diseases in children

- Aim of school education and PE

Development of physique, physical fitness, motor ability, and sports skill

- WHO

Health promoting school project

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- In Japan

- From 1985, physical fitness in children and youth is decreasing
- Inactive life, lifestyle diseases and obesity of children and youth increase
- MEXT (Ministry of Education) start to improve physical fitness in children and youth
- Strategy: Improve health lifestyle to promote physical fitness level
- Use HQC technique and Health notebook

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- Goals

- Development of physique, physical fitness, and motor ability in children and youth age

- Tactics

- Maximize fitness level in adult age
- Maintain fitness level in older age after 40 years old
- Active life

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- Strategies: 7 steps
  - Plan: Exercise and sports program in school
  - Do: 60 min, over 3 times/week, at schools
  - Sports movement skill development in elementary school
  - Physical fitness development in secondary school
  - Cooperate educational office, schools and parents
  - Check: the effect statistically
  - Act: Improve exercise and sports program

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- Keywords and Concept: Physical fitness
  - Health related physical fitness;  
strength,  
aerobic endurance,  
flexibility,  
body composition (% fat, obesity)
  - Skill related physical fitness  
power, agility, balance, anaerobic endurance

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- Keywords and Concept: Health lifestyle
  - Exercise and sports (physical activity)
  - Eating
  - Sleeping
  - Learning
  - Leisure and playing

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THANKS FOR YOUR ATTENTION

WE  
LOVE  
HEALTH &  
FITNESS  
PROMOTION