



The relationship between physical fitness and careers performance for residents in community

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Abstract Introduction

The purpose of this study is to examine the relationship between careers performance and physical fitness for 1512 residents in Puzi City, Chiayi County, Taiwan, supporting by Puzi Hospital, Ministry of Health and Welfare and Sport Administration, Ministry of Education. Hospitals complement the effectiveness of the community health system, providing concepts of Health lecture ,continuous availability of services for physical fitness and cancer screening. The next section describes the physical fitness records at the age from 23 years to 65 years for Puzi City Residents.

Methods

The study was conducted in the form of a series of experiments, with data being gathered via Health-related fitness tests. There are four areas of health related fitness tests including body composition, muscular strength, endurance, muscular flexibility, heart and lung endurance or cardiovascular endurance. Body Composition can be calculated by using the height and weight and body mass index (BMI) which uses those two measured values to determine BMI. Muscular strength, endurance, and flexibility can be calculated by one minute crunch test and sit and reach flexibility test. Endurance/cardiovascular activity should be done 3-Minute Step Test. To explore the correlation between and Health-related fitness tests. This study describe that statistics data such as sex, age, education, career by using Regression Analysis via SPSS software.

Results

Total 1512 persons (651 male/43.06% and 861 female/56.94%) are accomplished from 18 Health-related fitness tests, combined with 22 healthy promotion activities and 20 speeches in Puzi city. Career in regression analysis show that $p_value < 0.01$ in educational institution and Technology industry, $p_value < 0.05$ for Public agency in positive significant difference. Retirement and homemaker show that $p_value > 0.01$ have negative significant difference.

Conclusions

These results help us to understand the correlation between career and health-related fitness for 1512 residents in Puzi City. This study shows that there is a significant difference on educational institution, technology industry, public service institution. There were no statistically significant differences in retirement group and homemaker. To conclude, Maintaining a good physical condition to be competent for daily work. Bodily functions that can cope with sudden emergencies, leisure and entertainment function are also an important issue to keep well physical fitness.

The health benefits of regular exercise and physical activity are important for different careers. Everyone benefits from exercise, regardless of age, sex or physical ability can help prevent or manage a wide range of health problems.

