



## Paper 7 - Allied Health

### **THE EFFECT OF EXERCISE TOWARD PHYSICAL FITNESS OF THE STUDENTS TAKING BASIC HEALTH PRINCIPLE CLASS (2015/2016)**

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#### **ABSTRACT**

Exercise is physical activity that is planned, structured, repetitive, and purposive in the sense that improvement or maintenance of physical fitness is an objective . Physical fitness is the ability to meet the physical demands of daily life and to resist diseases associated with inactivity. It also enables people to perform well in sports and other activities and to look and feel their best. Everyone must maintain certain aspects of health-related fitness to feel good and to resist disease. Students also need to be fit in order to finish their study, that is why the University where I teach concern for this matter by offering a subject as requirement for all Bachelor degree students named Basic Health Principle, where I do this reserch by asking my students to practice a series of healthier lifestyle named CELEBRTATION, an acromymn representing twelve health issues but here I will only choose E letter representing Exercise because I know that the students in this campus need to be more active in exercise. At the beginning of the semester the students were asked to record their activities daily such as the kind of exercise they have and for how long in a sheet of paper containing the list to record their age, gender, body weight, height, pulse, amount of liquid intake, sleeping and kind of exercise. At the end of the semester they all have to return the sheets of paper to be checked to find out the result weather their life styles affect their health, specially through exercise. Based on the data collected and the oral reports from the students I found that some had lost the unwanted weight and have many advantages and changes toward a better life as written at the end of this paper. For this purpose the researcher provide an automatic Blood Pressure Monitor and a Weighing Scale to check their vital signs. The other vital signs such as respiration and pulse were also recorded but the focus of this research is only on exercise and its benefit.