

The Development of Health Fitness Information Management System In University

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Abstract

The process of recording the results of fitness tests currently depends on manual-paper-written, teachers have to record all of the test consequences into the computer system repeatedly in order to collect and conserve for further analyzing the data after the tests. The disadvantages of the operational process are not only time-spending and laborious, but also difficult to evaluate and distinguish the performances between the entire class and the individual condition of students. Therefore, the purpose of developing this system is to let students key-in the records of fitness test by themselves and get the analyzed results online immediately to solve the disadvantages in advance. And also, the students can ensure the results years by years and follow whether they have progressed in the health fitness or not. The specific consequence is the system will offer students with an appropriate exercise prescription and the analysis results according to the fitness norm.

Keywords: key-in result online, fitness norm, exercise prescription