

EFFICACY OF “FITROLL” IN IMPROVING THE FITNESS LEVELS OF SECOND-YEAR BPED STUDENTS AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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This study investigated “Fitroll” as an instructional material for improving the fitness levels of second-year Bachelor of Physical Education students at Bestlink College of the Philippines. The intervention used structured roll-cube activities and interactive routines intended to promote participation while developing cardiovascular endurance, muscular strength, and flexibility. The study used a quasi-experimental pretest–posttest design involving 88 second-year BPED students selected through stratified random sampling. Standardized physical-fitness tests measured cardiovascular endurance, muscular strength, and flexibility before and after the intervention. A Likert-scale questionnaire gathered feedback on facilities, tools, and the learning environment. Data were analyzed using descriptive statistics, paired-samples t-tests, and weighted means. All three fitness components improved significantly after Fitroll was used. Cardiovascular endurance and muscular strength showed highly significant gains, while flexibility improved moderately. Pretest–posttest differences were statistically significant for all components ($p < 0.05$). Students also rated facilities (mean = 3.74), environment (mean = 3.72), and tools (mean = 3.65) within the “High Efficacy” range. The study recommends continued use of Fitroll as a supplementary Physical Education tool, with attention to safety and inclusion. Adequate facilities and materials are needed for implementation. Future research may examine long-term effects and use in other Physical Education programs.

RECOMMENDED CITATION

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