URN etd-0407109-183712-972
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Statistics This thesis had been viewed 35 times. Download 0 times.
Department
Year 2007
Semester 2
Degree Master
Type of Document Master's Thesis
Language zh-TW.Big5 Chinese
Title A Study of Mining Association Rules of Physical Education Questionnaire Variables
Date of Defense 0000-00-00
Page Count 100

Keyword
Physical Education
Data Mining
Association Rules
Clustering

Abstract
Health is important to everyone, and regular exercise is helpful for good health. It's very important for both parents and school to help students develop good habit of regular exercises. If students make exercise a part of daily habits, they will do it voluntarily. Realizing “what” and “why” the students like and dislike exercise will be helpful for the teachers to encourage the students develop the habit of exercise. Therefore, the purpose of this study is to explore what sports the students at different stages like and the reasons why they like or dislike them.
The purposes of this study were to understand if the students enjoy the related sports and their reasons by using Association Rules Mining and Clustering Analysis to analyze 93814 questionnaires from students at different educational levels.
Finally, 337association rules were generated from the Association Rules Mining. It showed that the reasons why the students liked or disliked physical education were similar to the reasons why they liked or disliked to do the sports in their leisure time. All the participant students hated to do exercise on hot days or rainy days. Basketball was the male students’ favorite sport while female students or students bad at sports enjoyed badminton. Female students’ participation in exercise was correlated with the fact of beauty. Positively thinking, doing exercise could lose weight and keep shape. Negatively thinking, doing exercise could cause dark skins and fat legs.
There were 20 clusters in clustering analysis. A common characteristic in one elementary female student cluster, one junior high school female student cluster and one senior high school female student cluster was that they didn’t want to do exercise because they were afraid to make skins dark or get fat legs. One elementary cluster would decide to do exercise based on the impressions of their physical education teachers or the coaches. The characteristics of most junior high school student clusters was enjoying sports. However, many of them would give up sports because of school work. This revealed that the pressure of school work was above health.
Advisory Committee - advisor

Files No Any Full Text File.
Date of Submission 2008-07-15