

Physical Fitness: Effects of Active Lifestyle Internalization Through Physical Literacy Awareness Based Project

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Abstract

Background and Study Aim. Physical fitness is an important indicator of the current and future health status of college students. But in reality, there are still many issues with poor physical fitness. Therefore, this study aims to determine and examine how internalizing an active lifestyle through physical literacy awareness based on project-based learning can improve physical fitness.

Materials and Methods. This research uses the experimental method of times-series type (equivalent times-series design). The population as well as the research sample were all physical education students of Lambung Mangkurat University, even in the 2022–2023 semester of programming physical literacy courses, totaling 140 people. The research sample was divided into three classes: 1) class A-1 numbered 48; 2) class A-2 numbered 45; and 3) class A-3 numbered 47. The three classes received intervention in lectures in the form of internalizing an active lifestyle through project-based learning and physical literacy awareness. The data collection instrument in this study was the TKPN (Student Fitness Test Nusantara) test in 2022. Data analysis using SPSS version 26 application.

Results. The results showed that there was an increase in physical fitness after treatment. The results can be seen from the mean value of test 3 which is 3.676 greater than the value of test 1 which is 2.936 and in test 2 the mean value is 3.051. Next, the results of further tests using the t-test show a significance value of $0.000 < 0.05$, so there is no significant difference between test 1 and test 2.

Conclusions. The results of the study provide information that internalizing an active lifestyle through project-based learning and physical literacy awareness can improve physical fitness. So that these results can be utilized and applied in physical education, especially to maintain physical fitness.

Keywords: Physical fitness, active lifestyle, physical literacy, project-based learning

31 Introduction

32 Physical fitness is defined as a set of attributes or characteristics that individuals have related
33 to their ability to perform physical activities. Where this refers to the body systems that work
34 either efficiently (Suryadi, Suganda, et al., 2023). Thus, to enable a person to be healthy and
35 able to carry out daily physical activities without causing excessive fatigue, it requires good
36 physical fitness (Rubiyatno et al., 2023). So that they are still able to enjoy their free time and
37 be able to carry out their activities again (Muhud, 2018). If the physical fitness conditions
38 described are owned by someone, that person will be able to carry out daily activities well, be
39 productive, and enjoy his life well too.

40 Sedentary lifestyles and a lack of physical activity in young people are two of the many
41 causes of the obesity epidemic and even a decline in physical fitness. The implementation of
42 Regular, quality physical activity during childhood can lead to improvements in physiologic
43 and morphologic variables (Owen et al., 2010). The success of realizing physical fitness
44 especially in school-age children, has been widely found. Various other benefits of physical
45 Activity can provide psychological development for children (M. & I., 2019)(Bäckmand et al.,
46 2006), lifestyle development, social development, cognitive development (Donnelly et al.,
47 2016), and motor development (Samodra et al., 2023). Most children's physical activity is
48 currently allocated to regular physical education classes at school for economic reasons (Bailey,
49 2016).

50 Physical fitness is an important indicator of the current and future health status of
51 adolescents (Rubín et al., 2017). There are several factors that cause a decrease in physical
52 fitness, including age, gender, BMI, waist circumference, hypertension, and diabetes mellitus
53 (Juliansyah et al., 2021). Several studies emphasize that low physical fitness is a contributing
54 factor in the development of non-communicable diseases (Lavie et al., 2019),
55 2019). For example, if physical fitness is low, such as cardiovascular disease, then it is at risk
56 of causing death (Vancampfort et al., 2019; Zhao et al., 2019). Research data assessing students'
57 physical activity levels shows a lack of physical activity in modern youth (Lipošek et al., 2019).
58 Some of these reviews reinforce the importance of maintaining physical fitness, which is not
59 only for sportsmen but also important for the general public. With some research
60 considerations, of course, it can be a reference on how to maintain good physical fitness.

61 A study found that 12 weeks of physical, functional-based training effectively improved
62 students' physical fitness (Li et al., 2023). It turns out that the application of the interval training
63 method can improve physical fitness (Hardiansyah, 2017)(Grygoriy et al., 2020).
64 Further research adds that regular and measurable endurance and strength training can improve
65 physical fitness (Görner & Reineke, 2020). Physical training for six months can cause
66 significant changes and promote improved bone health, especially in women (De Oliveira et
67 al., 2021). In addition, six months of physical training can improve cardiorespiratory capacity
68 and upper limb muscle fitness in all students. Some of the research results above suggest that
69 physical fitness is improved by doing physical activities by applying certain methods, carried
70 out over a certain period, and strictly controlled by the teacher or coach. So that physical fitness
71 can be improved properly.

72 Several studies have revealed various assumptions related to physical fitness. The facts
73 presented also illustrates that the reduction in physical activity carried out by some people can
74 cause a decrease in the level of physical fitness (Rubiyatno et al., 2023). However, researchers
75 still consider it inappropriate if the goal of physical fitness is for the long term (lifelong physical
76 fitness). So this requires knowledge, experience with discipline, motivation, confidence, and

77 awareness to carry out physical activity as a necessity of life. The results of the study
78 emphasize that physical fitness is related to health, which is influenced by several factors,
79 including socioeconomic status (Kljajević et al., 2022), and body weight (Galan-Lopez et al.,
80 2020).

81 Previous research has argued for the contribution that exercise makes psychological
82 emotional and physical well-being (Hughes et al., 2020). Exercise has benefits in
83 improving body health and can also reduce the risk of disease (Meo et al., 2021). Based on
84 these reviews, it has been explained that exercise plays an important role in keeping the body
85 fit. The truth about this explanation has been proven by several studies: that physical Activities
86 carried out through sports have a positive effect on physical fitness (Suryadi & Rubiyatno,
87 2022)(Suryadi et al., 2021)(Baek et al., 2020). Therefore, it is very important to maintain
88 physical fitness in order to carry out various activities optimally. Lack of physical activity, such
89 as moving, can cause the body's health to decline (Erliana & Hartoto, 2019). Which is estimated
90 as one of the risk factors for various health problems and stress experienced (Østerås et al.,
91 2017).

92 The United States Department of Health and Human Services recommends that youth ages 6–
93 17 engage in at least 60 minutes of physical activity daily (USA. DHHS, 2018). Therefore,
94 physical education as an organized and compulsory activity is a key component of physical
95 education (Aziz, Okilanda, Rozi, et al., 2023)(Aziz, Okilanda, Permadi, et al., 2023)(Suryadi,
96 Samodra, et al., 2023). So it can be one of several possible environments. Other Research
97 reveals that incompetent general teachers in physical education have been a major problem for
98 many years (Barroso et al., 2005)(Morgan & Hansen, 2008). Where teachers become one of the
99 success factors of school learning (Hardinata et al., 2023)(Harianto et al., 2023). The union of
100 teachers and pupils must have a mass, just as the union of athletes and their coaches must have
101 a mass. A person's bodily and spiritual connection will last till the end of time. As a result,
102 having training guidelines to enhance physical fitness autonomously with full knowledge, drive,
103 and confidence is essential.

104 Based on the fact that research is currently developing, namely increasing physical fitness due
105 to controlled and monitored training from teachers, trainers, or physical trainers. We understand
106 together that the togetherness of a teacher and trainer has a time limit, namely as long as they
107 are still students or under contract with their physical trainer. After that, They must separate,
108 and the student or students will live independently and determine all their own life
109 achievements. Independent in the sense that individuals are able to determine exercise patterns,
110 exercise loads, exercise variations, and habits for continuous physical activity during their
111 lifetime. Internalizing an active lifestyle through physical literacy using project-based learning
112 is the right method to equip students with knowledge and experience so that they can be
113 independent and realize the quality of their physical fitness. (Mashud, 2021). The main feature
114 of its internalization is that students carry out physical activity consciously, continuously, and
115 regularly every day, accompanied by knowledge understanding, motivation, and self-
116 confidence of the physical activities carried out so that an active lifestyle is formed throughout
117 their lives. Structured and patterned routines and continuous rounds of activity will form a fit
118 body or physique (physical fitness).

119 The form of internalization of physical activity with physical literacy using the project-based
120 learning method to form an active lifestyle is a novel concept that researchers carry in this
121 research. Researchers claim that this internalization concept has not been maximally developed
122 and needs deeper study and innovation, both abroad and domestically, especially in South

123 Kalimantan. In addition, the urgency of solutions in the short term is to form the awareness of
124 prospective teacher students to be cultured in active living throughout the day so that they are
125 expected to become a generation that is fit, healthy, and behaves productively. Furthermore, the
126 urgency of long-term solutions is the realization of teachers who are aware of the culture of
127 active living and physical literacy So that great hope will be formed, teachers who are able to
128 innovate in carrying out their duties and functions as physical education teachers.

32

129 **Materials and Methods**

130 *Participants.* The study population was all physical education students at Lambung Mangkurat.
131 University even in the semester of 2022-2023 who were programming physical literacy courses
132 totaling 140 people, but in this study only 133 people were given treatment until completion.
133 The sample used in this study is the entire population, also referred to as population research.
134 The entire population becomes the research sample (Vaughn, Debbie, & Lomax, 2020).

135 The intervention technique or treatment to the research sample by following the class
136 division carried out by the physical education study program, which is divided into three
137 classes: 1) class A-1 totaling 48; 2) class A-2 totaling 45; and 3) class A-3 totaling 47. The
138 research was conducted at Lambung Mangkurat University, Banjarbaru City, South
139 Kalimantan. The research was conducted from April to June 2023.

140 *Research Design.* This study used the time-series experimental method, which was chosen by
141 researchers because researchers only have access to one group and can study it within a certain
142 period of time (Harrison et al., 2020). In addition, the selection of the time series experimental
143 method was based on the research objectives, namely to determine the impact of changes in
144 students' physical fitness after attending lectures and internalizing active lifestyles through
145 project-based learning and physical literacy awareness for eight weeks or two months. or two
146 months (Payadnya, I & Jayantika, I, 2018). It is said that the researcher only has access to one
147 group; that is, researcher wants to test the application of internalizing an active lifestyle
148 through project-based learning-based physical literacy awareness on improving the physical
149 fitness of all students. a schematic description of the time-series experimental method is shown
150 in Figure 1 below.

151

152 >>>Figure 1. figure attached<<<

153 *Research Procedure.* Based on the research design of the time series experimental method in
154 Figure 1, The research procedure can be described as follows: 1) the researcher collects students
155 as research participants in accordance with the class group determined by the ULM physical
156 education study program; 2) after being divided into class groups, the researcher conducts the
157 first stage of measurement or observation (physical fitness) of participants; measurement and
158 observation are carried out in the first week of the study; 3) then the learning intervention is
159 carried out in the course by applying internalization of an active lifestyle through physical
160 literacy awareness based on project-based learning; 4) In the fourth week, the second stage of
161 measurement and observation (physical fitness) is carried out; 5) The learning intervention is
162 carried out in the course by applying the internalization of an active lifestyle through physical
163 literacy awareness based on project-based learning, and 6) in the twelfth week, the third and
164 final stage of measurement and observation (physical fitness) is carried out.

165 In addition, in implementing physical literacy awareness based on project-based learning,
166 students reported daily practice journals every week for eight weeks during the intervention

167 time. This data was also used by the researcher to investigate the stages of the project carried
168 out by students each week.

169 *Research Instruments.* Data collection instruments in this study used two kinds of instruments:
170 1) instruments measuring physical fitness using the TKPN test (Student Fitness Test of the
171 Archipelago) issued by the Ministry of Youth and Sports of the Republic of Indonesia
172 (Pedoman Tes Kebugaran Pelajar Nusantara, 2022). 2) A physical literacy portfolio instrument
173 in the form of a daily exercise journal.

174 The TKPN test in 2022 has five indicators, namely: 1) Body mass index test; 2) Sit and rich test
175 to measure body flexibility, 3) A sit-up test to measure abdominal muscle strength and
176 endurance, 4) Squatrus-test to measure body power, 5) Pacer test to measure cardio-respiratory
177 endurance. While the physical literacy portfolio instrument is in the form of a daily exercise a
178 journal is used to measure students' active lifestyles.

179 *Statistical Analysis.* Measurements were taken three times during the intervention period,
180 resulting in three consecutive sets of data. For this reason, data analysis was conducted in three
181 stages: descriptive statistics, normality, and repeated measurement ANOVA (Leppink, 2019).

182 **Results**

183 The results of the physical fitness category with internalization of active lifestyle through
184 physical literacy awariness based on project-based learning. The results in table 1 and figure 2
185 show that out of 133 students there are 1.5% in the very low category, 40.6% in the low
186 category, 57.1% in the moderate category and 0.8% in the good category. Based on these
187 results, it provides evidence that physical fitness in test 1 is dominant enough.

188 Further data on test 2 physical fitness provides information that out of 133 students there are
189 33.1% in the low category. Next, there are 64.7% in the moderate category and 2.3% in the
190 good category. Based on these results, it provides evidence that physical fitness in test 2 is in
191 the moderate category. The results can be seen in table 2 and figure 3.

192 The results of the physical fitness test 3 showed that out of 133 students there were 9% in the
193 low category. Next there are 82% in the moderate category and 9% in the good category. Based
194 on these results, it provides evidence that physical fitness in test 3 is in the moderate category.
195 The results have changed quite well, where the changes are clearly visible from the percentage
196 of physical fitness that is getting better. The results can be seen in table 3 and figure 4.

197 >>>Table 1. table attached<<<

198

199 >>>Figure 2. Figure attached<<<

200 >>>Table 2. table attached<<<

201

202 >>>Figure 3. Figure attached<<<

203 >>>Table 3. table attached<<<

204

205 >>>Figure 4. Figure attached<<<

206

207 Based on descriptive data analysis shows⁸ at the results of physical fitness through the mean
208 value of the increase that occurs. Where the results in test 1 show a mean value of 2.936 and
209 the mean test 2 results are 3.051 where these results show an increase although not so great.
210 The next result in test 3 physical fitness shows a mean²⁶ value of 3.376 which is greater than the
211 mean results of test 1 and test 2. Based on this data, it can be said that there is an increase in
212 physical fitness that occurs after internalizing¹⁶ active lifestyle through project-based learning-
213 based physical literacy awareness. To clarify the results can be seen in table 4 and figure 5.

214 >>>Table 4. table attached<<<

215

216 >>>Figure 5. Figure attached<<<

217 >>>Table 5. table attached<<<

218 >>>Table 6. table attached<<<

219

220 Based on the results of the normality test with Kolmogorov-Smirnov, ³ shows that the
221 significance value is $p = 0.200 > 0.05$, so the data can be said to be normal. The results can be
222 seen in table 5. Furthermore, the results in table ⁴ show the value of the physical fitness
223 homogeneity test on students. The results obtained a significance value of $0.181 > 0.05$ which
224 provides information that the data is homogeneous. So that further tests can be carried out to
225 see the difference in the data.

226 >>>Table 7. table attached<<<

227 The results of further tests in this study⁸ using the Tukey HSD test, the results of the study
228 provide information on the significance value of $0.053 > 0.05$, the data can be concluded that
229 Test 1 paired with Test 2 has no significant difference. The results of Test 1 paired with Test 3
230 showed a significant difference of $0.000 < 0.05$. The next data Test 2 is paired with test 1 with
231 a significance value of $0.053 > 0.05$ which means there is no significant difference. The results
232 of Test 2 are paired with test 3 with³³ significance value of $0.000 < 0.05$, so the data has a
233 significant difference. The results of Test 3 paired with Test 1 and Test 2 show a significant
234 difference, this is clearly seen in the mean value of Test 3 which is more dominant. These results
235 can be seen in table 7.

236 Discussion⁴⁴

237 This study aims to determine and examine how internalizing an active lifestyle through physical
238 literacy awareness based on project-based learning can improve physical fitness. The results
239 showed that there was an increase in physical fitness by internalizing an active¹⁵ lifestyle through
240 physical literacy awareness based on project-based learning. These results can be seen from the
241 fact that the mean value of test 3 is greater than the values of test 1 and test 2. In addition, the
242 results of further tests also show significant differences when test 3 is paired with test 1 and test
243 2. Therefore, these results have provided valid information that the application of an active
244 lifestyle through physical literacy awareness based on project-based learning can increase
245 students' physical fitness.

246 According to a research (Rudd et al., 2020), physical literacy is a cause to increase physical
247 activity performance, which is associated to fitness. It will build an active lifestyle with high
248 physical literacy. Furthermore, research indicates that a physically active lifestyle³⁹ plays an
249 essential role in enhancing fitness and health (Nooijen et al., 2012). This remark is supported
250 by study by (Filgueira et al., 2021), which found that a physically active lifestyle and physical

251 fitness can offer immunological protection. Increased physical exercise will improve physical
252 fitness and may help minimize the risk of cardiovascular illness (Nooijen et al., 2012). As a
253 consequence, the development of many facts will result in parallels and discrepancies with the
254 study's findings. Furthermore, project-based learning (Candra et al., 2023) shows that the
255 adoption of project-based learning can boost students' physical fitness. According to other
256 studies, project-based learning is one of the most popular learning methodologies in modern
257 education (Simonton et al., 2021).

258 Although not emphasized in this presentation, we suspect that active lifestyle through physical
259 literacy awareness based on project-based learning can be an appropriate learning model in
260 physical education, especially in maintaining physical fitness. This conjecture can be based on
261 (Tables 1,2,3 and 4) where changes are clearly visible, so this is an illustration to improve and
262 maintain physical fitness. In addition, sports teachers who implement project-based learning
263 can simultaneously improve student learning and gain an equal position with other educational
264 subjects by connecting with school initiatives (Simonton et al., 2021). (Simonton et al., 2021).
265 The results showed that project-based learning with interactive multimedia can improve
266 breaststroke swimming skills. (Mashud et al., 2023).. In the case of physical fitness, it turns out
267 that the project-based learning model is better than the case method to improve physical fitness.
268 (Candra et al., 2023).

269 Although it is not specifically mentioned in this presentation, we believe that an active lifestyle
270 based on physical literacy awareness and project-based learning can be an acceptable learning
271 paradigm in physical education, particularly for sustaining physical fitness. This hypothesis
272 may be supported by (Tables 1,2,3, and 4) where improvements are plainly evident,
273 demonstrating how to develop and maintain physical fitness. Furthermore, by collaborating
274 with school projects, sports teachers may simultaneously boost student learning and attain
275 parity with other educational topics (Simonton et al., 2021). The findings demonstrated that
276 project-based learning with interactive multimedia may enhance breaststroke swimming
277 abilities (Mashud et al., 2023). In the instance of physical fitness, it turns out that the project-
278 based learning model is superior to the case approach (Candra et al., 2023).

279 Therefore, physical education must be of high quality to encourage and support all learners. So
280 that they can develop into lifelong participants in a way that maintains their own health, fitness,
281 and well-being (Griggs & Fleet, 2021). Research findings conducted by (Wong et al., 2022)
282 Early life frequency in socioeconomic status has an important role in childhood and adolescent
283 physical fitness. Osteoarthritis in children can be prevented by early-life interventions (Antony
284 et al., 2016). This statement is reinforced by (Kang et al., 2015). The results of a
285 multicomponent training program can improve the physical fitness of elderly women.

7
286 Several studies have shown that physical activity has a positive impact on physical fitness.
287 (Pahkala et al., 2013; Suryadi, 2022; Suryadi, Suganda, et al., 2023), health (Moreno-Quispe
288 et al., 2021), physical fitness (Dede Pebriandi Sihotang & Novita, 2021), pediatric knee structure
289 (Antony et al., 2016), adiposity, bone health, psychological health, and cardiorespiratory fitness
290 (Loprinzi et al., 2012). Furthermore, the provision of physical activity was also found to
291 improve children's vascular hemodynamics (Köchli et al., 2021), reduce body fat levels (Dias
292 et al., 2018; Magaes et al., 2019; Ortega et al., 2013; Türk et al., 2017). Prevention of
293 overweight (Obert et al., 2017; Wewege et al., 2017), obesity (Afrasyabi et al., 2019; de Lira et
294 al., 2017; De Lorenzo et al., 2018; Musálek et al., 2021; Ortega et al., 2013; Soh et al., 2020),
295 type 2 diabetes mellitus (Rush & Simmons, 2014), muscle endurance (Alficandra et al., 2019),
296 and possibly increasing sports participation in high school (Battista et al., 2021).

297 These evaluations highlight the need of physical exercise, but particular dosages of physical
298 activity that are appropriate for this age are required (Laurent et al., 2021). Multifaceted
299 treatments can enhance preschoolers' body composition and physical fitness (Zhou et al., 2014).
300 The research intended to offer an overview of effective learning activities that promote physical
301 fitness. The key drawback of this study is the activities that students engage in prior to taking
302 the exam, whether heavy or light. Further research should encourage regular exercise since the
303 study on internalizing an active lifestyle through project-based learning-based physical literacy
304 awareness on physical fitness has not been applied. In some of these talks, sports practitioners'
305 readiness must be more mature (Parnell et al., 2020). Despite the limitations indicated, this
306 study should provide a significant addition to physical fitness as well as physical fitness
307 research, and it will be valuable in understanding the key unfavorable aspects (Kljajevi et al.,
308 2022).

309 The realization of physical fitness through the internalization of an active lifestyle physical
310 literacy awareness based on project-based learning. Where in this research study is it
311 to internalize the concept of physical activity by applying the principles of physical literacy
312 using project-based learning methods in a patterned and structured manner so that
313 periodically embedded awareness in students for an active lifestyle in everyday life. The
314 discipline of carrying out the internalization stage with full awareness, ihsklas, without any
315 element of coercion, then students will be physically literate and form a body that is physically
316 fit.

3

317 **Conclusions**

318 The results of the study have a strong foundation related to physical fitness, which has
319 been listed in the discussion. The results showed that internalization of an active lifestyle
320 through Physical literacy awareness based on project-based learning provides an increase in
321 physical fitness. The results also showed that there was a significant difference between test 3
322 paired with tests 1 and 2. Furthermore, test 1 paired with test 2 and test 2 paired with test 1
323 showed no significant difference. The results of this study have provided new references in
324 physical education, especially in maintaining fitness. Where in this study is the internalization
325 of active lifestyle through physical literacy Awareness can be a reference for trainers, teachers,
326 and the general public to maintain physical fitness. That way, an active lifestyle through physical
327 literacy awareness will be created by maintaining physical fitness in the environment of
328 students, sportsmen, and the general public. Further research recommendations can add
329 other variables so that they can be comparable in improving physical fitness in students.

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1

335 **Conflict of interest**

336 There is no conflict of interest.

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TABLES AND FIGURES

613

Tables

614

Table 1. Physical Fitness Test 1 Results

Category	Frequency	Percent	Valid Percent
Very Low	2	1,5%	1,5%
Low	54	40,6%	40,6%
Fair	76	57,1%	57,1%
Good	1	0,8%	0,8%
Excellent	0	0	0
Total	133	100%	100%

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Table 2. Physical Fitness Test 2 Results

Category	Frequency	Percent	Valid Percent
Very Low	0	0	0
Low	44	33,1%	33,1%
Fair	86	64,7%	64,7%
Good	3	2,3%	2,3%
Excellent	0	0	0
Total	133	100,0	100,0

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Table 3. Physical Fitness Test 3 Results

Category	Frequency	Percent	Valid Percent
Very Low	0	0	0
Low	12	9%	9%
Fair	109	82%	82%
Good	12	9%	9%
Excellent	0	0	0
Total	133	100%	100%

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Table 4. Descriptive Results of Physical Fitness

Results	N	Mean	Std. Deviationr	Std. Error	Minimum	Maximum
Test 1 Physical Fitness	133	2,936	0,4195	0,0364	1,8	4,2
Test 2 Physical Fitness	133	3,051	0,4124	0,0358	2,0	4,2
Test 3 Physical Fitness	133	3,376	0,3734	0,0324	2,4	4,4
Total	399	3,121	0,4425	0,0222	1,8	4,4

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Table 5. Kolmogorov-Smirnov Normality Test

Results	test	Statistic	df	Sig.
Physical Fitness Results	Test 1 Physical Fitness	.139	133	.200*
	Test 2 Physical Fitness	.118	133	.200*
	Test 3 Physical Fitness	.166	133	.200*

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Table 6. Homogeneity Test Results

Results	Levene Statistic	df1	df2	Sig.	
Physical Fitness Results	11 Based on Mean	1,717	2	396	0,181
	Based on Median	1,286	2	396	0,277
	Based on Median and with adjusted df	1,286	2	394,382	0,277
	Based on trimmed mean	1,525	2	396	0,219

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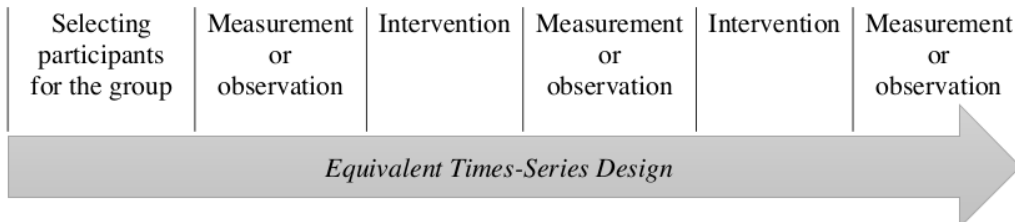
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Table 7. Tukey HSD Further Test Results

Results	Physical Fitness	Mean Difference (I-J)	Std. Error	Sig.	Lower Bound	Upper Bound
Test 1 Physical Fitness	Test 2 Physical Fitness	-0,1150	0,0493	0,053	-0,231	0,001
	Test 3 Physical Fitness	-.4398*	0,0493	0,000	-0,556	-0,324
Test 2 Physical Fitness	Test 1 Physical Fitness	0,1150	0,0493	0,053	-0,001	0,231
	Test 3 Physical Fitness	-.3248*	0,0493	0,000	-0,441	-0,209
Test 3 Physical Fitness	Test 1 Physical Fitness	.4398*	0,0493	0,000	0,324	0,556
	Test 2 Physical Fitness	.3248*	0,0493	0,000	0,209	0,441

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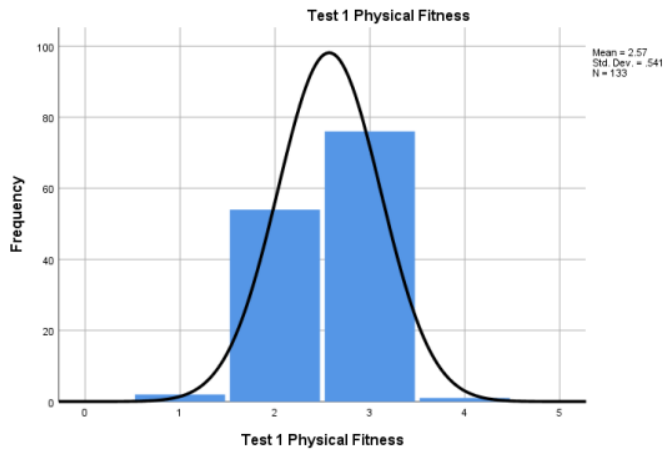
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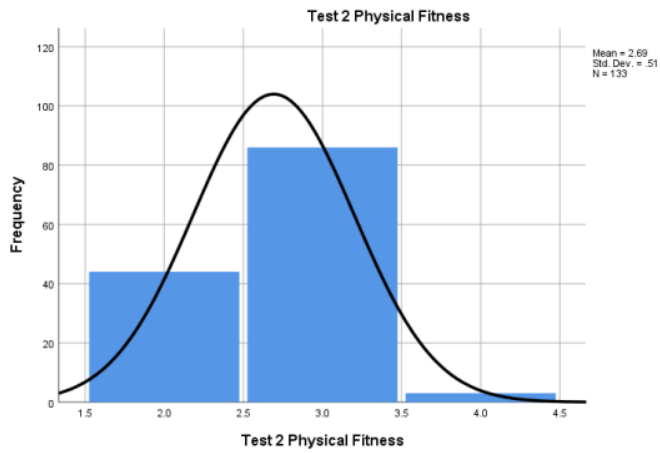
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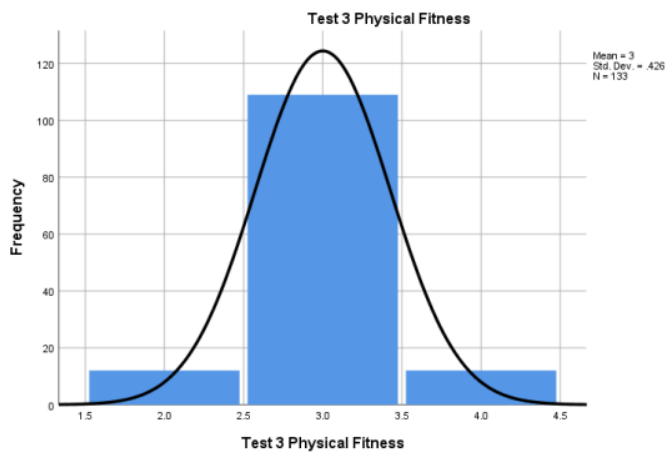
Figure 1. Design of the Times Series Experimental Method Applying the Equivalent Time-Series Design



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636 Figure 2. Description of Physical Fitness Test 1 Results
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639 Figure 3. Description of Physical Fitness Test 2 Results
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642 Figure 4. Description of Physical Fitness Test 3 Results

Physical Fitness: Effects of Active Lifestyle Internalization Through Physical Literacy Awareness Based Project

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