

30 天全封闭减肥训练营对超重少年儿童体质健康水平的影响与跟踪研究

唐 华¹, 党 珊², 谷雨东³

(1. 新乡医学院三全学院体育部, 河南 新乡 453000; 2. 新乡医学院三全学院基础医学院, 河南 新乡 453000; 3. 中国减肥达人北京分部, 北京 通州 101101)

摘要: **目的** 解决好少儿的超重、肥胖问题, 关系到国民体质健康水平的“起跑”位次, 关系到健身产业在某些线路上的科学性、长远性, 更关系到诸多由肥胖引起的少儿慢性病的研 究价值。 **方法** 通过深度访谈, 将有着丰富经验和较高学历的体育教师、营养师、教练、少儿体能训练师、生活老师, 和不同学校、不同年级、不同性别的、不同 BMI 区间的学生建议和意见, 融入到问卷当中; 通过问卷调查, 尽量减小不可抗力对于受试者的影响, 减小研究结果误差; 通过实验观察, 对五到八年级的 400 名超重学生进行为期 30 天的全封闭减肥训练营模式干预, 观察他们的各项指数变化, 并在 1 年后进行第 3 次追踪测试。 **结果** 除心肺功能、折返跑、50 米跑 3 项外, 30 天的全封闭训练, 对于超重少年儿童的其余各项体成分和体质健康测试结果有明显的提升作用; 除多项已经明确的致胖因素外, 少年儿童的兴趣爱好, 与他们减重后的反弹有非常显著的相关性。 **结论** 全封闭减肥训练营对于少儿体质有很好的提升作用, 现有训练营的运营模式, 并不能实现所有体成分和体质健康测试水平提高的要求; 解决超重、肥胖问题, 除已知的运动、营养, 还要注重少儿兴趣爱好的培养。

关键词: 少年儿童; 超重; 训练营; 反弹; 兴趣爱好

中图分类号: R87

Impact of 30-day closed weight loss camp on physical health of overweight children and adolescents and follow-up study

TANG Hua¹, DANG Shan², GU Yu-dong³

(1. Sports Department, Sanquan College of Xinxiang Medical University, Xinxiang, Henan 453000; 2. Basic Medical College, Sanquan College of Xinxiang Medical University, Xinxiang, Henan 453000; 3. Beijing branch of China's Weight-loss Talent, Tongzhou, Beijing 101101)

Abstract: **Objective** To solve the problem of overweight and obesity in children. It is related to the “starting” rank of national physical health, the scientific and long-term nature of the fitness industry on some routes, and the research value of many chronic diseases in children caused by obesity. **Methods** Through in-depth interviews, suggestions and opinions from various people were integrated into the questionnaire, including those from physical education teachers, nutritionists, coaches, physical fitness trainers for children and life teachers with rich experience and higher education, and those from students of different schools, grades, genders and BMI ranges. Through the questionnaire survey, the influence of force majeure on subjects is minimized to reduce the error of the research results. In addition, 400 overweight students in grades 5 to 8 were given a 30-day closed-in training camp model intervention, and their index changes were observed, followed by a third follow-up test one year later. **Results** In addition to the cardiopulmonary function, round-tripping and 50-meter running, the 30-day closed training significantly improved the body composition and physical fitness of the overweight children. In addition to abundant factors identified, the interests and hobbies of children were significantly correlated with the rebound. **Conclusion** The closed training camp results in improved physical fitness of children, but the current mode cannot meet the requirements of improving all body components and physical fitness test level. Specific attention, therefore, needs to be given to the cultivation of interests and hobbies to solve the problem of overweight and obesity besides exercise and nutrition known to people.

Key words: children; overweight; training camp; rebound; interests and hobbies

收稿日期: 2020-03-18

基金项目: 河南省教育厅 2020 年度人文社会科学研究, 资助项目, 立项名称《体育运动对肥胖儿童审美价值观的干预研究》, 交叉学科/综合研究(编号: 2020-ZZJH-388)。

作者简介: 唐华, 男, 讲师, 硕士, 体质健康方向, 邮箱: 317498751@qq.com。