

ABSTRACT

In this paper consists of an inquiry to the young ladies of the second year students of National College Baccalaureate Ibarra, on the analysis of the development of aerobic endurance and its impact on physical fitness and provide an alternative. The research is oriented within the characteristics of descriptive research; it allowed us to describe the level of physical resistance of each of the young women students. The techniques and instruments that are used for the collection of information on practical, Cooper was the Test which was displayed in the first quimestre the investigated group was divided by fifty percent with aerobic and the other fifty percent with low aerobic capacity. And in the second quimestre the group with lowered efficient aerobic capacity compared the first quimestre and the group rated "poor" thus increased. In the mile test, the first ladies quimestre students showed that nine percent have aerobic capacity, whereas ninety-one percent do not have aerobic capacity. In the second quimestre the trend continued in almost or equal percentage. The results of the test applied to ladies students, which could be visualized in the Cooper test them maintain greater aerobic capacity, although it is a test is longer. However, in the mile test despite being a test shorter and faster, its endurance is lacking. Regarding the results of the survey instrument, the results obtained state that the students do not practice sport ladies, and only in physical education classes engage in some form of exercise regularly, but nevertheless if you would like to submit to sports programs that help them to improve aerobic capacity, and are aware that the constant practice of physical activity is beneficial to health. The alternative proposal was developed to guide appropriate exercises and sports activities with theoretical physicist will serve to help students develop ladies aerobic endurance capacity and avoid a sedentary lifestyle. This research will seek to solve an obvious problem in the National School Ibarra, especially as the ladies of the Second Year Students High School, in order to raise awareness among students referred to the ongoing practice of sports, inside and outside your school, either as aesthetic value and as a way to better life, maintaining a good and excellent physical and mental health.