The purpose of this study was to describe the processes of the 5th graders’ perception changes in a multidisciplinary team approach to health-related fitness program. Thirty-four 5th graders (18 boys, 16 girls) of Seaside Elementary School in Siheung City participated in the health-related fitness program for 22 sessions from May of 2007 through September of 2007. Observations of the lessons, questionnaires, interviews, and teacher diaries were used to collect the qualitative data. Constant comparative method and inductive analysis were used to analyze the data. First, the participants, while participating in the fun and exciting multidisciplinary team approach to health-related fitness program, had begun to have positive perceptions regarding health-related fitness. Second, the processes of the changes in perceptions were due to ‘fun and fit’, ‘success oriented’, ‘improved fitness’, ‘increased self confidence’, and ‘help from team members’. Third, many participants were changed in their attitude regarding healthy lifestyle and tried hard to stay fit, active, and healthy.

**Key Words:** a multidisciplinary team approach, health-related fitness program, 5th graders, perception changes
Introduction

Physical inactivity is, according to U.S. Department of Health and Human Services (1996, 2000), one of the most significant health problems of the 21st century. Sedentary work deteriorates physical capability of human body. Even worse, unbalanced diet and excessive stresses are threatening people's health. This tendency also applies to children’s health status in the same manner. While the patterns of consuming high calorie food improve the physical growth and development of Korean children, more Korean children are now disposed to the increasing risk of obesity and/or child diabetes due to preference for fast food, unbalanced diet, and lack of physical activity. According to the physical examination reports of K-12 graders by the Ministry of Education in Korea (2005), Korean boys became 2.19cm taller and Korean girls became 1.60cm taller than 10 years ago; boys became 4.03kg heavier, and girls became 1.92kg heavier than 10 years ago. In contrast, fitness levels of the Korean students have dropped significantly during those years. This trend worries all the educators.

In an attempt to solve the fitness problems of students, Seoul Board of Education (2006) has developed the Manual for the Enhancement of K-12 Students’ Fitness Levels and has encouraged the use of the Manual among the public schools in Seoul. In the Korean National Curriculum of School Physical Education, ‘Fitness Activity’ section has only begun to be assigned to 5th graders’ textbook and upper graders (Ministry of Education, 2006). Yet, these measures are not enough to enhance the fitness levels of Korean students. Meanwhile, most public schools in Korea had been taking the fitness testing that is mostly composed of skill-related fitness items.

Enhancing children’s health-related fitness is one of the most important goals of our society so as to foster optimal human development, to enhance health, and to enrich the quality of life. In reality, teaching health-related fitness concepts and enhancing and maintaining fitness levels of children have been more or less neglected in Korean society. In most physical education classes, fitness activities are not separately taught and reduced only to warm-up activities or closing activities (Lee, 2007). Moreover, most physical fitness examinations of K-12 students are done once during a specific period of the school year. In the Guidelines for the diagnosis and the cure of child obesity, Lee (2002) recommended that children needed to participate in moderate physical activities at least three time a week, 15 minutes per session, and 50-60% of maximal heart rate. However, most school physical education programs have not provided sufficient time to