

STUDY ON THE IMPORTANCE OF PHYSICAL EDUCATION IN TODAY'S SCHOOLS

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Abstract: The purpose of this research study is to help connect the program to its long-term impact in a sample population school. Some research efforts have determined this, different aspects of health behavior exceed participation in physical education classes, they are discussed below.

Although many research has established the long-term generalized benefits of attending physical education classes, a limited number of research studies have examined the long-term effects of physical education in high school. Physical education offers students many opportunities to improve their overall lifestyle. First, it gives students the opportunity to improve their physical skills, physical development and health.

The purpose of this study was to investigate the effects of school physical activity on a physical education program in a post-secondary school environment. The three major areas that this study investigated were:

- a) students' perceptions of physical education in today's schools;
- b) motivation of physical education teachers to improve training;
- c) characteristics of an effective physical education programme.

Introduction:

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Although many research has established the long-term generalized benefits of attending physical education classes, a limited number of research studies have examined the long-term effects of physical education in high school. Physical education offers students many opportunities to improve their overall lifestyle. First, it gives students the opportunity to improve their physical skills, physical development and health.

A chronic problem related to physical education, combated in Romania, is overweight in childhood, adolescence and overweight in adults. Overweight is defined as a body mass index (BMI) between 25 and 30. BMI is calculated using the weight and height of the person. Instead, obesity can lead to health problems such as cardiovascular disease, certain types of cancer and type II diabetes. Research has found that obese children and adolescents are likely to become obese as adults. According to the National Centre for Health Assessment and Promotion (NCHAP), Romania ranks last in terms of obesity among people over 18 years of age, with 9.4%, on the opposite pole being Malta with 26%, according to a 2014 Eurostat study.[4] These statistics are overwhelming and an excellent indication that physical education programmes must come to the fore to educate and promote the importance of physical activity and healthy eating.[1,6]

Physical education teachers are responsible for promoting a healthy and positive learning environment. A healthy positive environment can be created and maintained especially if a physical education teacher provides constructive and positive feedback.[2] In addition, if a physical education teacher is prepared, offers well-organized activities and sets clear expectations, students will usually respond positively to the environment. Physical education gives students the opportunity to enhance their physical, social, emotional and cognitive development. This usually happens during team sport, project adventure activities, problem-solving activities and fitness physical activities.[3,5]

Material and method

In this study we started from the following hypotheses:

- a. Can school physical education lead to a significant improvement in the general health of the student body?
- b. Can we say that physical education plays a very important role among the other subjects studied in school?
- c. Can the success of physical education among students be linked to the activity of the physical education teacher?

Purpose of the work

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Research tasks

The tasks of the research relate to the study and resolution of concrete objectives, which by summarizing lead us to the correct and efficient realization of the given theme. The main tasks were:

- Choosing the sample for research, establishing the research strategy, establishing research methods, application of the questionnaire, data processing and interpretation, formulation of conclusions and proposals, reflection in the literature of the proposed thematics.

Objectives of the study

1. Analysis of the specialized bibliography on the peculiarities of the organization of the instructional-didactic process in the discipline "Physical education" in the Romanian school.
2. Investigation of military students to argue the need to make physical education lessons more efficient at the post-secondary stage.
3. Verification and experimental argumentation by questionnaire of the efficiency of physical education classes.

The method used in the research was the survey method, and as a “tool” we used the questionnaire.

The questionnaire is one of opinion that tries to capture not only the opinions of the students, but also their attitudes, inclinations, motivations and expectations.

Other methods used in research, especially in interpreting the results, were the Microsoft Word text editor, including Microsoft Excel spreadsheet, graphical method, and bibliographic documentation method.

Description of the test applied in research

The „tool” used in the research was the questionnaire. The questionnaire contains a set of questions aimed at collecting the data necessary to achieve the objectives of the research. It comprises 15 multiple choice questions aimed at physical education in a formal environment, as well as the role that physical education teachers have in transmitting knowledge and training students' skills.

The present research targeted military students in post-secondary education aged between 19 and 27 years, the vast majority of whom are male, coming from rural, but also urban, families with a modest socio-professional and financial situation, which led them to opt for a military career.

Questionnaire

CONCERNING THE IMPORTANCE OF PHYSICAL EDUCATION IN TODAY SCHOOLS

Environment of provenance

Urban Rural

Sex M F

On a scale of 1 to 5:

1	2	3	4	5
Very much	Much	Less	Very less	I don't know

1.	Do you like physical education?					
2.	Do you think physical education is an important discipline?					
3.	Do you attend physical education classes?					
4.	Can physical education activities arouse anyone's interest?					
5.	How important are the skills you develop in physical education classes?					
6.	Does physical education teachers influence you to continue to be physically active?					
7.	Does physical education classes give you activities you can't find anywhere else?					
8.	Does the physical education teacher embarrass you when you're wrong in exercising?					
9.	Do you think physical education keeps you away from some destructive habits for your health?					
10.	Do you think teachers can teach in very good conditions, even though equipment and equipment are poor?					
11.	Do you think two hours a week of physical activity is sufficient for physical health?					
12.	Should physical education remain in the curriculum because it has a physical, mental and emotional contribution to you?					
13.	Your physical education teacher, is he enthusiastic about teaching?					
14.	Is your physical education teacher interested in students who cannot perform physical activities properly?					
15.	Is it true that on days when you have physical education classes, you are more energetic in class?					

The place, time and conditions of the ambience in which the research was carried out.

Military School of Noncom Gendarmeries "Petru Rareș" Fălticeni was the educational institution where the research took place. The school is part of the Romanian national education system, post-secondary level, being established in 2008 and accredited in 2013.

"The mission of the school is to train the gendarme strained petty officers educated in the spirit of respect for the principles of the rule of law and democracy, devotion to the country, the historical past and traditions of the Romanian people, able to carry out at any time the missions entrusted to the Romanian Gendarmerie."

The questionnaire was applied in January 2018, and lasted forty minutes with instruction, and the centralization of the results "stretched" over several days. The actual locations where the questionnaire was

applied were the classrooms where the students were taught during the afternoon study program. Subjects undergoing research responded positively to the request to participate in this research.

Results and discussions.

- Analyze concrete data/results
- The results are discussed in the light of theoretical data in literature
- Partial conclusions are drawn on their practical and theoretical value

Table No. 1 Centralisation of questionnaire data

	VM	M	L	VL	Idk	ARITMETIC MEDIA	STANDARD ABATEMEN T	VARIATION COEFFICIENT
1	249	93	8	0	0	70	107,4872	1,535532
2	275	71	4	0	0	70	118,5137	1,693053
3	282	62	5	1	0	70	121,3404	1,733435
4	126	147	60	6	11	70	64,69544	0,924221
5	251	94	5	0	0	70	108,8141	1,554487
6	223	94	29	3	1	70	93,42912	1,334702
7	138	132	53	21	6	70	61,75354	0,882193
8	2	2	37	250	59	70	103,5109	1,478727
9	126	70	44	92	18	70	41,833	0,597614
10	122	126	61	31	10	70	52,54046	0,750578
11	23	47	137	141	2	70	64,98461	0,928352
12	311	39	0	0	0	70	135,7774	1,939677
13	204	111	20	3	12	70	86,58811	1,236973
14	189	108	23	13	17	70	77,25283	1,103612
15	156	122	48	18	6	70	65,9242	0,941774

Below we will present the graphic interpretation of some of the questions of the above questionnaire.

Question II

Do you think physical education is an important discipline?

To this question, the majority of the students surveyed appreciate physical education, being a very important discipline in addition to the other disciplines of "tradition" in the Romanian education system.

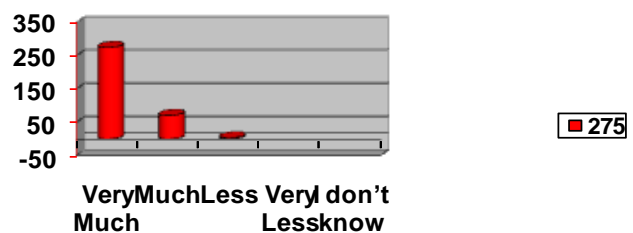


Chart No. 1. Do you think physical education is an important discipline?

Question VI

Does physical education teachers influence you to continue to be physically active?

To this question, the majority of those questioned answered in the affirmative regarding the contribution of the physical education teacher to influence the pro-active behavior of the students on the side of physical development and physical activity in general.

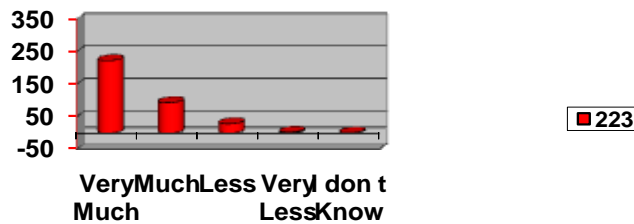


Chart No. 2. Does physical education teachers influence you to continue to be physically active?

Question IX

Do you think physical education keeps you away from some destructive habits for your health?

To this question, respondents split about in two in terms of the possibility that physical education would keep them away from unhealthy habits. A large proportion of those questioned do not consider physical education, in this form, to be the solution for a healthy life, free from abuse or excesses harmful to the body.

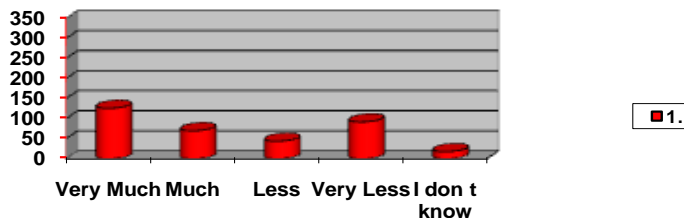


Chart No. 3. Do you think physical education keeps you away from some destructive habits for health?

Question XI

Do you think two hours a week of physical activity is sufficient for physical health?

Following the application of this question, it follows that the two hours of physical education per week are insufficient. Most respondents indicated that the allotted time of two hours is little and very little. From this we conclude that students are aware of the importance of physical education in school and would like to increase the number of hours.

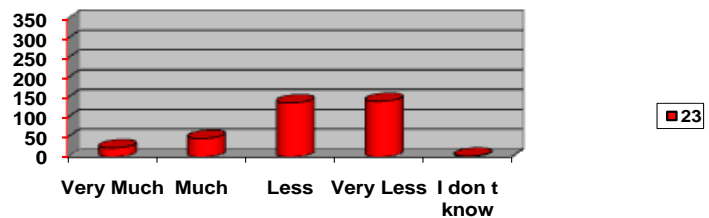


Chart No. 4. Do you think that two hours a week of physical activity is sufficient for physical health?

Conclusions: Based on the hypotheses formulated for the conduct of the research, we have analysed and interpreted the data obtained and we can draw the following conclusions:

- school physical education can be the guarantor of good health among students if practiced regularly. Improving and maintaining an optimal state of health, these two desires can be achieved only with the substantial and immediate contribution of the physical education teacher. Also, in order to maintain optimal health, the two hours of physical education per week seems to be insufficient and should be supplemented. In the current context of Romanian society and indigenous education, school physical education cannot keep children, but especially young people away from certain habits not exactly beneficial for health.
- physical education is an important discipline and can compete as importance with any other consecrated disciplines in the Romanian school. It certainly shouldn't be excluded from the curriculum.
- the most important contribution to the success of physical education in school is the physical education teacher. He is the guarantor of the application of the curriculum, the most effective methods of teaching physical education and of course the optimal means used in the instructional-educational process.

References:

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STUDIUL PRIVIND IMPORTANȚA EDUCAȚIEI FIZICE ÎN ȘCOLILE DE AZI

Cuvinte cheie: studiu, educație fizică, școală.

Rezumat Scopul acestui studiu de cercetare este de a ajuta la conectarea programului la impactul său pe termen lung într-o școală eșantion de populație. Unele eforturi de cercetare au determinat acest lucru, diferite aspecte ale comportamentului sănătății depășesc participarea la orele de educație fizică, ele sunt discutate mai jos.

Deși multe cercetări au stabilit beneficiile generalizate pe termen lung pentru participarea la orele de educație fizică, un număr limitat de studii de cercetare au examinat efectele pe termen lung din educația fizică în liceu.

Educația fizică oferă elevilor multe oportunități de a-și îmbunătăți stilul de viață general. În primul rând, oferă elevilor posibilitatea de a-și îmbunătăți aptitudinile fizice, dezvoltarea fizică și sănătatea.

Scopul acestui studiu a fost de a investiga efectele activității fizice școlare pe un program de educație fizică într-un mediu școlar postliceal. Cele trei domenii majore pe care acest studiu le-a investigat au fost:

- a) percepțiile elevilor asupra educației fizice în școlile de astăzi;
- b) motivația profesorilor de educație fizică pentru îmbunătățirea instruirii;
- c) caracteristicile unui program eficient de educație fizică.