

Particularities of the use of non-specific means of physical education and sports at young people

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Abstract:

Generally, it is accepted that individuals practicing physical exercise using natural quenching factors respecting hygiene conditions have better health indices and a better physical and mental condition than those who do not have this concern or others and the students who practice various outdoor activities and take advantage of natural quenching factors generally have a positive attitude in their relationship with themselves and with others.

Key words: adolescents, physical education, non-specific means.

Introduction

Recent studies carried out on the territory of Romania reveal that there is a link between the school success and the way students spend their spare time: Competitive pupils recreate themselves through good-quality reading, artistic performances without neglecting sports, walks, The role of parents in structuring children's free time contributes to the formation of free time management capacity by: setting tasks, permanently controlling achievements and failures, stimulating choice of responsibilities, duties, tasks.

We found that 96% of adolescents watch television daily, 50% spend more than three hours on this activity instead of socializing, learning, playing or doing sports. Also, 88% of adolescents use the internet, averaging 3.37 hours per day.

The results of the study reveal that 46% of high school students are exercising only once a week or not at all, while only 17% move every day. On average, 50% of respondents barely make 30 minutes and one hour of exercise per week.

Most adolescents do not sleep enough, the optimal sleep time per night - 8 ½ - 9 ¼ hours - is not reached. Along with nutrition and exercise, sleep should be taken into account both in prevention and in the treatment of obesity in children and adolescents.

Hypothesis: We assume that the application of a program of recreational activities in the open air with the use of natural quenching factors, respecting the individual and collective hygiene requirements of a teenager group in Arges, with the involvement of the other sides of education, such as music, sports themes will have a major impact on students' physical and mental development.

The aim of the research is to highlight some particular aspects of the use of non-specific means of physical education and sport in the free time of lyceum students, as well as their role in the development of pupils.

Method

Questionnaire survey method. In this method we used a questionnaire, which comprised 8 questions and was applied to a number of 60: 36 boys and 24 teenage girls from Arges. Studying students on the use of free-time activities of natural quenching factors and hygienic conditions

The research was conducted over a school year and started with a questionnaire addressed to high school students. Subjects included in our study (60, 36 boys and 24 girls). The results of the questionnaire filled in the data gathered by studying the specialized bibliography and field observations and helped us to design the program of activities based on the use of natural calming factors, the observance of hygienic measures of exercise and the involvement of the other sides of education, such as music and dance or reading, and addressed to high school students

Table 1. Survey results

Nr. crt.	Questionnaire content - Answer options	Initial responses		Final answers		
		nr	%	Nr.	%	
1	Do you exercise during your free time?	Yes	48	80%	56	93%
		Not	12	20%	4	7%
2.	How many times a week do you exercise?	2-4 times	48	80%	56	93%
		never	12	20%	4	7%
3.	How long does this work?	1 hour or more	30	50%	44	73%
		Approximately 30-40 min	18	30%	12	20%
4.	Do the activities take place in the open air or indoors?	At the gym	32	53%	26	43%
		Fresh air	16	27%	28	47%
		Not practical	12	20%	4	7%
5.	If you are in the mountains or in the sea do you exercise?	Yes	35	58%	58	97%
		Not	25	42%	2	3%
6.	If the temperature is lower, do these physical activities?	not	34	57%	10	17%
		Yes	16	26%	46	77%
		Not practical	10	17%	4	7%
7	How do you feel while practicing these exercises?	tired	32	53%	12	20%
		Full of energy	8	13%	38	63%
		Usual	20	34%	10	17%
8	Is your physical condition better after you do these activities?	Yes	21	35%	48	80%
		Not	12	20%	10	17%
		I do not know	27	45%	2	3%
9	Do you feel more "in shape"?	Yes	18	30%	48	80%
		Not	24	40%	10	17%
		I do not know	18	30%	2	3%
10	Cool more or less?	More often	19	32%	0	-
		More rarely	12	20%	54	90%
		I do not know / until now	29	48%	6	10%
11	Will you adapt more easily to low temperatures?	Yes	18	30%	50	83%
		Not	22	36%	6	10%
		I have not noticed	20	34%	4	7%

From the analysis of the answers to the questionnaire applied before our program, we observe that the students exercise 80% at leisure, 2-4 times a week. The duration of the exercises is 1 hour or more for 50% of the students, and for 30% the duration is about 30-40 minutes. Most of those questioned go to room 32, and 16 practice outdoor. 58% practice exercises on holiday at sea or in the mountains. If the ambient temperature is lower, 34-57% no longer exercise, only 16 do not give up the outdoor exercise.

Most 32- 535 feel tired during exercise, only 8-13% are energetic, while 20-34% feel as usual. 21-35% think they have a better physical condition and 18-30% feel fit. Those surveyed say they run more often at 32%, 20% cooler less often during this time, and 48% did not see any change. 30% are more adaptable to low temperatures when practicing exercise, 36% are not, and 34 have not noticed a change.

The program of leisure activities in which we wanted to focus on the use of non-specific means of physical education and sports was applied in December 1-15, 2017 and April 16-28, 2018, in the free time of students of these classes, in collaboration with their foremen I, with the requirement of involvement and observance of the requirements imposed by the researcher.

Objectives of the program

- Adopting measures to reduce or eliminate harmful factors
- Promoting sanogenic factors.

The proposed activities were as follows:

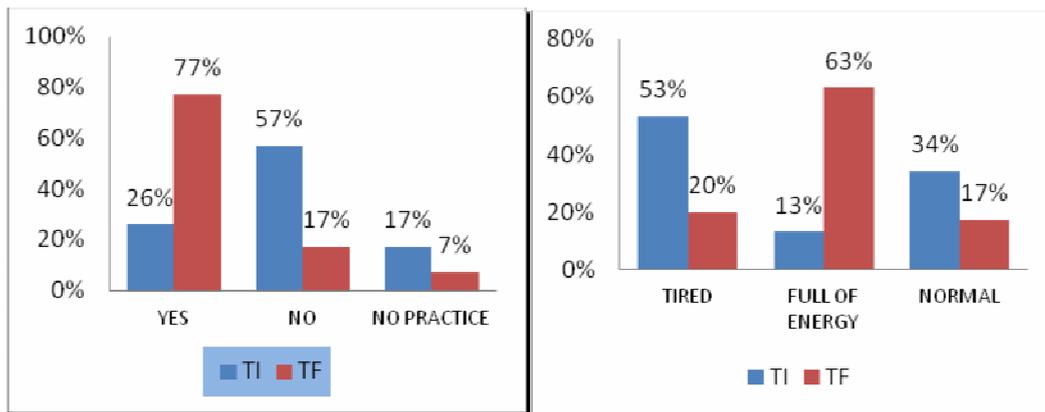
Tabel 2. Proposed activities

1. hygienic measures to be kept permanently, not only during the program:

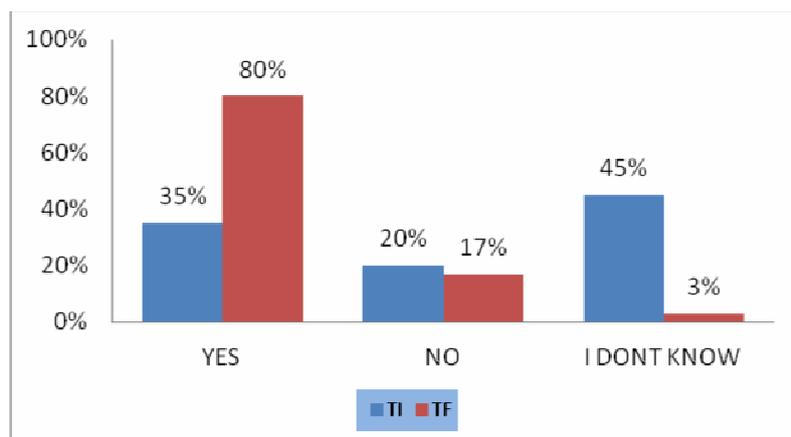
- Individual daily hygiene with emphasis on making the shower in the morning, changing sports equipment and washing it as needed, showering after physical activities, ventilation
- rational nutrition; alternating physical effort with intellectual effort; rest and post-exercise recovery (natural and artificial); avoiding habits and habits (alcohol, smoking, drugs).
- hygiene of sleep: ventilation before bedtime; no physical exercise should be performed before bedtime; the evening meal to take place a few hours before bedtime.
- balanced diet without excess;

2. Extracurricular physical activities performed in the open air, observing the principles of quenching: gradation; continuity; variation of intensity; the diversity of the means of quenching; the individualization of the quenching means.

- the requirement for students in the experiment who work in the locality to go to high school and back home walking on foot regardless of weather conditions,
- Performing a 15-minute refreshing gym every morning with a wide open window;
- Physical education teachers and class instructors have performed in our program the activities we offer with the students:
 - cycling in the surroundings of the city
 - saniuş and games in the snow between classes, held in February,
 - football matches held during the first period of the program and in the second month of April;
 - setting up a group of girls and boys, who meet twice a week to run in the city park;
 - Walking to the main historical and worship monuments of the city,
 - sports literature has been recommended, physical education teachers have presented materials about various sports and champions

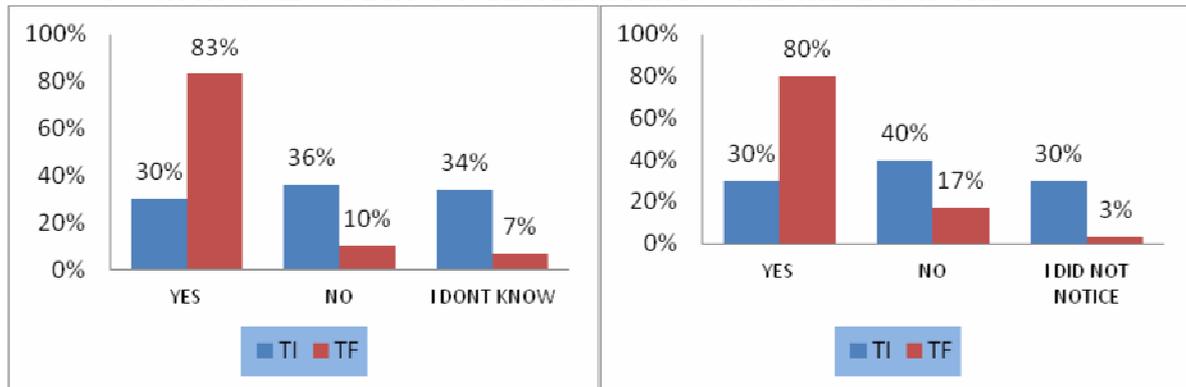


Graph. 1,2: Comparative graphical representation of the results of initial investigations - final bans 6 and 7



Graph. 3: Comparative graphical representation of the results of the initial and final investigations question 8:

YOUR PHYSICAL CONDITION IS BETTER AFTER YOU ARE THESE ACTIVITIES?



Graph. 4,5: Comparative graphical representation of initial survey results - final questions 9 and 11

Conclusions and recommendations

Often, field specialists neglect the category of nonspecific means and focus on physical exercise without linking to nonspecific means in achieving physical education skills. In the last period, the joy of having physical education classes in new, modern sports salons makes teachers forget to do outdoor lessons. Sometimes hygienic conditions are neglected for more or less objective reasons, especially in terms of hygiene of improvised workspaces - classrooms, their not being cleared, the removal of the prefect, the washing of the floors in pauses, etc.

Once we have designed outdoor excursions with the use of natural tempering factors and a healthy lifestyle, the majority of 38-63% feel full of energy and do not get tired during exercise, only 12-20% say they feel tired. 48-80% think they have a better physical condition and feel in shape.

WE RECOMMEND physical and outdoor education classes, curricular and extracurricular activities in the open air, with the use of natural factors of temperament, hygienic compliance and involvement in solving the objectives of physical education and the borrowed meals from the other sides of education, such as music, literature, aesthetic education.

We encourage students to do as many outdoor activities as possible, ozone, sunshine, water, and quenching the body.

High school students need to be aware of the need for an active lifestyle with multiple and diverse outdoor activities for optimum health.

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