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PHYSICAL EXERCISE MANAGEMENT FOR THE STUDENTS AT THE FINANCES AND MARKETING AND MANAGEMENT UNIVERSITIES

Case
Study

Keywords

*Quality of life,
Student,
Physical exercise,
Motric potential*

Abstract

*Physical education in higher education institutions creates what is called an optimum connection between “to be” and “to become”, within a balanced transition that fosters the full expression of one student’s motric, mental and social potential. **The purpose of our research** is that of: Identifying various inadequate behaviors (characteristic to sedentary lifestyle) and replacing the latter with some active life specific conducts; Drawing up an action system (didactical project), by using athleticism – specific means, in view of creating a new active lifestyle, in the case of those students from non – profile faculties (from the first years of faculty – 18 to 26 years old); The program we have conceived has some visible effects on the building and improving of motric abilities in students from non – profile universities, adjusting one’s body to various intensity strains, and it has some benefic effects on professional activity.*

THE CURRENT PROBLEMS OF PHYSICAL EDUCATION AND SPORT IN THE ROMANIAN HIGHER EDUCATION SYSTEM

Physical Education is considered a significant part of general education, being a cultural phenomenon, a means of pedagogical development whose aim is harmonious physical development, psychical reinforcing and character traits education, Jurgen Wienek, (2008). This process covers all vital functions such as the nutritional and relational ones, collective and individual hygiene and it forms a typically human activity, being impossible to be reduced to only practising physical exercises. Armando E, Pancorbo Sandoval, (2008).

As an educational and instructive process, physical education represents a bilateral **process** within which, led by specialists, the subjects are systematically committed to some influences that are permanently accordant to educational objectives in general and to those regarding each phase of a perfect physical development and moving ability. Delavier Frederic, (2010).

Teaching physical education efficiently in higher education system in different ways puts emphasis on the necessity to enhance the whole university physical education system, having in mind the improvement of the moving ability and the rightsize of the physical development. Frank W. Dick, (2007)

Physical Education classes, in terms of a physical education teacher's experience, offers students the basics of skills and moving abilities needed in our daily life, motivating and directing young people to action and reaching their goals.

Unfortunately, the number of participants to mass sporting activities has dramatically gone down whereas the national level of obesity has gone up, especially with regard to teenagers. The transition from an educational level to another leads to a new approach of the time allotted to physical education. Juan A.M., Eduardo C., (2010). Prevention is the main principle of health protection. The aim of research consists of emphasizing a sport subject, in our case athletics, in terms of development of moving abilities during physical education classes with the students of the University of Accounting.

SUPPOSITIONS

There is a possibility to refine the students' physical condition with the help of athletics resources during the physical education classes in the non-profile universities.

By adequately organizing the main resources that influence moving abilities development, the possibility of refining physical condition can be enhanced, Tifrea C., (2007).

THE SUBJECTS OF RESEARCH

The lot of subjects being researched is represented by young people of 18 to 26 years old.

STATISTICAL ANALYSES - MEASUREMENTS

The methods of study used have been: the Bibliographical Study Method, the Method of Observation, the Logical Method, the Method of Measures and Recordings, the Graphical Method, the Experimental Method, the Mathematical – Statistical Method.

RESULTS

The parameters that were analysed during the two testings, the initial one and the final one, as far as the 'Control Group' is concerned, significantly differs from the statistics point of view, the percentage being of 89% for 8 parameters out of 9 (weightlifting, speed running with upright start, long distance running, long jump without take-off, exercise number 4 - push-ups, body lifting from lying back position, body mass coefficient).

The parameter for which there are no significant differences is the WAIST, meaning 11%. The mean values obtained by the subjects in the final testing for the eight parameters show a positive evolution from the initial testing, more exactly the data spread is homogenous in 33% of the cases, relatively homogenous in 44% of the cases and for 23% of the cases it is inhomogenous (Table1).

CONCLUSIONS

Starting from the information regarding the functional features typical to people 18-26 years of age and from the understanding of the higher education system, one can create an overview leading to identifying solutions to implement a series of programs regarding the development of moving abilities.

Practising physical exercises actively and consciously represents an important indicator of quality of life and, at same time, an indicator of measuring the level of social development.

Applying training programs suggested in the study (the school of running, medium distance running, speed running, the school of throwing, the school of jumping, ling jump without take-off) led to gaining higher results with The Experimental Group compared to the Control Group.

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ANNEXES

The Control Group vs. The Experimental Group
 Table No 1

No	Parameters Measured	Final Test	Media	Dif. F-I	Ab. Std.	Cv (%)
1	Weight	C	70.50	-2.47	9.00	12.8%
		E	68.03		13.41	19.7%
2	Height	C	1.71	0.00	0.09	5.1%
		E	1.71		0.11	6.4%
3	Running speed start standing (50 m)	C	7.91	-0.29	0.52	6.6%
		E	7.63		0.52	6.8%
4	Running resistance 800 m (girls), 1000 m (boys)	C	4.19	-0.04	0.05	1.2%
		E	4.15		0.05	1.3%
5	Long jump without take – off	C	2.05	0.06	0.24	11.9%
		E	2.11		0.23	10.8%
6	Pushups	C	16.59	4.06	5.59	33.7%
		E	20.66		5.14	24.9%
7	Raising the trunk from lying on back	C	18.78	3.06	4.11	21.9%
		E	21.84		4.27	19.6%
8	Body Mass Index (BMI)	C	24.23	-1.16	2.41	10.0%
		E	23.07		1.94	8.4%
9	Quetelet Index	C	412.80	-17.46	42.24	10.2%
		E	395.34		53.78	13.6%