

Corina ȚIFREA

National University of Physical Education and Sports of Bucharest

Dan Nicolae CRISTEA

Polytechnic University of Bucharest

IMPROVING THE QUALITY OF LIFE OF THE STUDENTS AT THE POLYTECHNIC UNIVERSITY OF BUCHAREST, THROUGH FITNESS

Case
Study

Keywords

*Higher education,
Biological potential,
Motricity
Fitness*

Abstract

The mission of higher education responds to the needs of education and training of the individual, but also to the social and economic development needs of the community. Access to higher education requires a balance between the capacity of the system and the size of the aspirations of individuals to education. As a result of the current observations and the practical findings during the teaching activity, I noted with concern that the level of development of the motricity and especially of the muscle strength in the student generations with which I worked was not at the desired level, the results obtained by the students in the tests of motorization within the assessment system is, on average, at Note 6 level. As a result, we aimed to naturally improve the biological potential of the university youth, with fundamental sides that condition the relaunch of the other educational sides (intellectual, moral, technological, professional), as well as its integration into the social life.

The Romanian education system, a mirror of the evolution of our society, is going through an extensive and complex restructuring program, aimed at harmonizing it with the requirements of the education and training system in the European Community, taking into account and enhance the value of the positive experience, traditions and resources of Romanian education. The academic activity is characterized by training, emancipation and valorization of the students in order to acquire a distinct, educated and performing own identity (Neacșu, 2006). In this way, our students, as members of society, contribute essentially to its development through the knowledge and skills acquired during the years of study.

The university must foster the development and expansion of multiple competencies on the basis of creating conditions favorable to an optimal health status, an increased physical performance, a robust psychic, all by diversifying and harmonizing the content of physical education in higher education with the model of professional training and human students.

"As an institutionalized activity, physical education implies the selection of the most adequate and effective physical exercises, in accordance with the pedagogical, normative and physiological norms specific to age characteristics, sex and educational goals.

Physical education in higher education is the only discipline in curricula that specifically addresses the human physique who, in this age, is in great need of practicing physical exercise; Increasing physical capacity helps young people to cope more easily with the volume of intellectual work required by academic activity (Hidi, 2007).

Academic physical and sporting education activities include a multitude of forms, ranging from classes provided in the curriculum, to the preparation of representative teams on sports disciplines, student competitions, as well as the independent practice of physical exercises and sports as a means of toning and relaxation.

Practicing physical exercise during the period of study has as a support the capitalization with high efficiency indexes of qualitative and quantitative accumulations from previous schooling periods.

Considering the students' age, their experience and their ability to move, during the course of their studies the emphasis should be on the responsibility of young people towards their own health, effort, and the development of their moving ability. Students need to be persuaded to invest in their personal and professional development by practicing lifelong exercise.

Nobody no longer doubts nowadays that success at the professional level is conditioned by the biological, moving resources of the individual, the so-called "physical-fitness" - motor capacity /

physical condition. This creates a healthy, balanced, vigorous "internal environment", a well-being and mental well-being that ensures efficient work performance (Șerbănoiu, 2004).

Reference Objectives

1. Maintaining and / or improving health;
 - Correct body behavior: posture tone, correction of individual deficiencies, harmonious physical development, morpho-functional measurements;
 - compensation for sedentary work and intellectual overburden (courses, seminars, exams, Olympics, etc.);
 - Awareness and regulation of the strains and reactions of the body to the effort, the relationship between diet - movement - breathing (fighting obesity), restoration after effort;
 - Utility knowledge and skills on: independent exercise, first aid, self-defense, avoiding injuries.
2. Improving the physical condition - improving the basic and applicative-utilitarian moving skills:
 - Moving abilities structures with a progressive degree of complexity, free, with the handling (throwing-gripping) of objects, with partners, performed in the form of games, contests, races, athletic tests or other sporting disciplines;
 - Increasing functional capacity:
 - cyclic exercises (running, gymnastics) performed over 5-12 minutes, pulse 140-170 b / m;
 - with intervals for the development of aerobic-anaerobic functional capacity;
 - harmonious physical development: exercises for the analytical development of large muscle groups (arms, back, abdomen, lower traction);
 - cultivation of motricity capacities and psychomotricity: exercises for speed development under its various manifestations: movement, reaction, execution, repetition; exercises for segmentation, development of body coordination (without and with objects, appliances); exercises to educate combined motricity skills: Detention (V + F); Explosive arm force (F + V); speed skill, speed-resistance; exercises to develop muscle tension and stretching.

The quality of life is a complex and multidimensional concept which, although originated in sociology, has far exceeded its boundaries through the many medical, psychological, economic indicators. what they are used to evaluate it (Esquerdo, 2009).

The concept of quality of life has become an important area of study in various fields (ecological, cultural, social, psychological, etc.), the respective studies becoming starting points for the implementation of the policies of raising the quality of life, a major objective of the modern

society. In this respect, there is a growing concern about the quality of life analysis, as well as the efforts of the specialists to define as much as conceptually as possible the possibilities of its evaluation. Many definitions have been proposed in an attempt to correctly frame and clarify this concept as well as the numerous measurement scales and methods, some of which are widely accepted and used. However, some specialists consider that it is difficult to develop a universally valid definition of quality of life because the mental processes involved in perceiving the quality of life can be described and interpreted through several conceptual filters. It is considered that there can be no unanimously accepted definition of the concept precisely because it is at the intersection of humanities, social and economic sciences, the significance of the concept considerably varying in relation to the nature of the study.

In defining quality of life, researchers will focus on their field of activity, so sociologists will focus on "the degree of satisfaction of the material and immaterial needs of people, their ties with other people, society and nature"; economists will value "a rich existence" reflected in economic indicators per capita, while doctors will focus on "maintaining health." Quality of life is considered a dual concept that incorporates both positive and negative aspects of well-being and life (Esquerdo, 2009)

CONCLUSIONS

By investigating the motricity potential of the students, a thoroughness of the specialized knowledge related to the motricity of this less analyzed population segment was achieved, a better understanding of the reality could be achieved in order to adopt the improvement strategies needed to optimize the physical education process and sport in the academic environment.

Our research, through its content and approach, highlighted useful information on the poor level of student mobility, with particular reference to the low level of muscle strength indices.

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