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Research Paper | Physical Education

Study on The Profile of the Physical Activity and the Requirements Expected of The Students

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ABSTRACT

The survey consisted of questions asked respondents and claimed their active cooperation for the success of the investigation. The aim was to systematically collect data about a social group as best defined, gathering information about individuals, roles, social networks, social groups, such as households or families, organizations and educational institutions, jobs or companies.

KEYWORDS : business applications, exercise, physical activity

INTRODUCTION

The development and dissemination activities are physical processes that include diverse business and why we need a specific model of psychomotor demands specialization.

If the group is, however, a decision that emerges from interdisciplinary information processing but different contents, but one way, namely: optimal development of body aesthetics and psychological processes involved and the positive results in physical education classes.

The purpose of the questionnaire (activitygram) is to determine the physical activity profile and the demands of female students from the University of Bucharest, specialized in everyday life.

Establishment of sociological research related disciplines identified proposed.

The questionnaire was taken and adapted from "The Cooper Institute for Aerobics Research (1999) and applied to a number of 220 subjects.

Extracurricular activities related to the evaluation of physical education.

The University of Bucharest includes physical education as a curricular discipline in I and II, with optional courses in most faculties. Base material available to the department of physical education and sports games includes three sports halls, two aerobics rooms, a bodybuilding, fitness room, a football pitch, three tennis courts, a basketball court. Work is generally tailored to the needs of mixed groups and physical possibilities, without being able to cover all sports but required of students.

My study concerns only a sample of girls, from preliminary data, whose development helped to demonstrate the effectiveness and intensity of effort at certain times of day and the week and preferences for certain disciplines that help improve the aesthetics of the female body, increase driving ability, maintaining a high moral tone and physical and not least, skill training to make the move.

Following studies at the University of Bucharest (2008-2009 academic year), quantitative analysis, highlights the following:

- 52.5% of students considered to have problems with physical condition;
- 63% of the students are not happy with their physical condition.

Regarding the qualitative analysis we highlight the following:

- 97% of the respondents were aged between 18 and 20 years;
- 79% from urban areas;
- 21% of first year students did not participate in any physical education class in college admission in the previous year;
- 4% have purchased medical exemption.

Evaluation is the assembly of all operations to monitor the extent to which educational outcomes and standards consistent with the objectives initially set.

This system involves establishing objectives, organization and reorganization, and self control and permanent monitoring will provide data on the proposed tasks, progress or any errors flagged unsatisfactory results.

Develop survey questions centered on the types of extracurricular activities and school subjects.

The questionnaire consists of six main categories and six subcategories of physical activity each with 5 questions with respect to: daily schedule (time spent between 7.00 and 14.30), type of activity, rest, work intensity (low, medium , high).

Registration has included work week (Monday, Tuesday, Wednesday, Thursday and Friday).

Survey respondents consisted of questions and demanded their active cooperation for the success of the investigation. The aim was to systematically collect data about a social group as defined, can gather information about individuals, roles, social groups, organizations and educational institutions, jobs. The information is provided by the Dictionary of Sociology (1998).

ACTIVITYGRAM

Name_____**Surname** _____

Age_____

Record types of work they are doing it within 30 minutes during the day using the list at the bottom of the page. Then select a level of intensity, you choose depending on how "feel" effort - easy (low intensity), not too tiring (moderate), very tiring (high intensity). Periods of rest will be recorded, stating the superficial level of intensity (low intensity), medium (moderate), deep (maximum intensity).

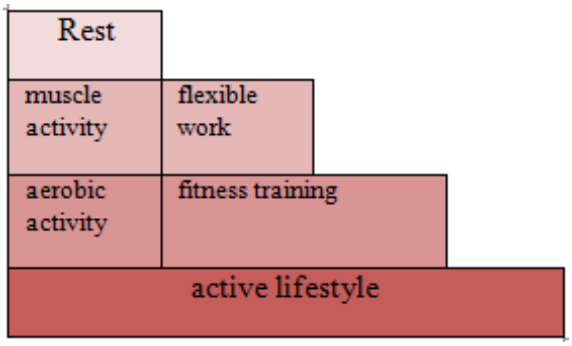
The categories of physical activity

- Physical activity involved in daily life activities;
- Aerobic Activities;
- Sports;
- Muscle toning activities;
- Mobility Exercises;
- Leisure and sleep.

The guidelines specifically advise lame selection of activities from each of the different levels of physical activity with physical activity pyramid initiated by Corbin, CB & Lindsey, R. (2007).

Pyramid is used as a method to classify different types of physical activities and also to assess with ACTIVIGRAM (Cooper Institute, 2004) presenting the best concepts of physical activity and fitness for life Corbin, CB et al. (2007).

Scheme no. 1. Activitygram pyramid.



Source: Corbin, C.B. & Lindsey, R. (2007) - Fitness for Life-Updated 5th Edition-Cloth

The questionnaires, compilation and analysis of views took place over a period of three months October, November, December, during the life-time of physical and sports education courses both before and after the lesson. Following the centralization have produced the following data:

Table no. 1. Synoptic picture of the type of business resu lts

days	exercise intensity			
	rest	low intensity	medium intensity	high intensity
Monday	0%	30%	45%	25%
Tuesday	20%	15%	30%	35%
Wednesday	10%	15%	50%	25%
Thursday	5%	35%	30%	30%
Friday	15%	30%	35%	20%

Source: Author

Chart no. 1 Physical activity in the home or park

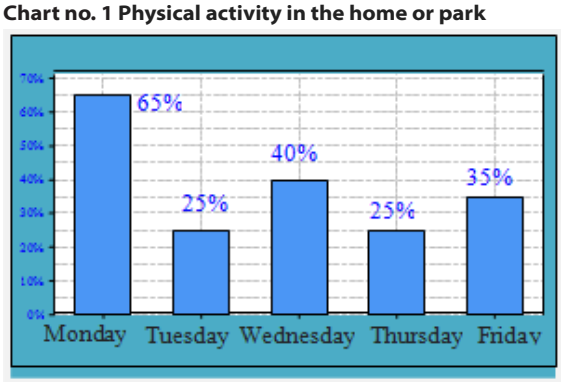


Chart no. 2 Activities that are part of everyday life

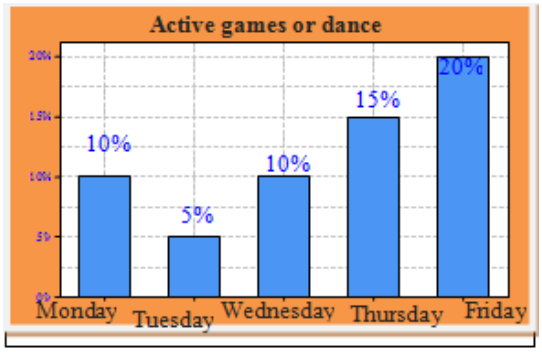
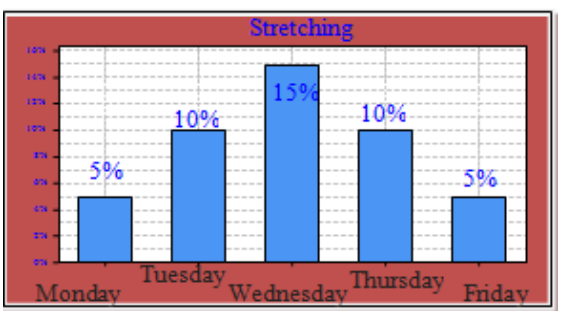


Chart no. 3 Activities to improve mobility and quality of life



Conclusions

Following the responses of subjects Activitygram applied research and discussions, we could observe the following:

- For the physical activity that is part of everyday life, most respondents opted for items 1 and 2, predominantly on Mondays and Fridays;
- For the activities that are practiced to improve physical condition, most respondents opted for items 1.1. and 1.2., predominantly on Mondays, Wednesdays and Fridays;
- For the sport that is practiced as a competitive or recreational sport, most respondents opted for the item 2.2., predominantly on Tuesdays and Fridays;
- For the activities that are practiced for muscle toning, most respondents opted for the item 3.3., Predominantly on Mondays and vinery;
- For participation in activities to improve mobility and quality of life, most respondents opted for items 4.2. and 4.4., predominantly on Tuesdays and Thursdays;
- For the activities practiced when physical activitities aren`t, most respondents opted for items 5.1. and 5.4., predominantly on Tuesdays and Wednesdays.

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