

CONTRIBUTIONS TO THE IMPROVEMENT OF PHYSICAL CONDITIONS OF THE STUDENTS IN THE ECONOMIC EDUCATION BY MEANS SPECIFIC TO ATHLETICS

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Abstract: Physical education is considered a significant part of the general education, being the cultural phenomenon and act, a way of emancipation with education content which aim to a harmonious physical development, physical consolidation, education of character features of the individual. This action includes all life functions: of nutrition and relation, individual and collective hygiene and it is constituted in an activity which is specific to humans as it could not be reduced only to the practice of physical exercises. As instructive-educative process with organized character, physical education represents a bilateral process within which, under the management of the specialty staff, the subjects are systematically submitted to some influence in permanent concordance with the education objective, generally, and with those of each stage regarding the improvement of physical development and ability.

Keywords: physical education, physical condition, students, economic education, athletics.

Introduction

In each year less “freshmen”, young students are interested in the activity of physical education, refusing any kind of movement, although the percentage of young persons with physical deficiencies is increasing at an alarming rate, especially among those with deficiencies of the spinal column.

Making efficient the teaching-learning process of physical education and sports in the higher education, studied under various aspects, underlines the need of improving the entire system of university related physical education in order to improve the physical activity and the optimization of physical development. The classes of physical education, through the eyes of the professor, offer to the student the minimal foundation of physical abilities and habits useful in the daily life, motivating and directing the youth towards activity and achieving their goals. The motivation is the base of dynamics and orienting the subjects towards activities, being one of the decisive factors of success. Unfortunately, in the last years, the number of participants to popular sports has considerably decreased and the obesity at national level has increased, especially among the adolescents. [1] The passing from one education cycle to another determines a new approach of the issues of time allotted to physical education. Prophylaxis is the basic principle of health protection.

By prophylaxis we understand the totality of measures directed towards the education, maintenance and fortification of the health of

the young, healthy generation, increase of longevity and of the working capacity.

The objectives of physical education are: maintaining and improving the health state, harmonious physical development, development of the general physical capacity and that specific to a sport type, education of a series of positive character features.

The place and role of athletics in the lesson of non-profile physical education

The sport of athletics is one of the most important means of physical education and sports, it is practical activity in which the exercises differ by the execution way but also by the influences it may have on the human body as hyper-complex and dynamic biopsychosocial system.

In the lessons of physical education, running, jumping and throwing are practiced with or without a competitive character, the rules being set out depending on the potential of the students and on the material conditions of the university.

The exercises of athletics have a great utility and value in developing the basic physical qualities such as: speed, strength, resistance and mobility which are essential in strengthening the health state and fortifying the body. [2]

Methods

The aim of the study consists in underlining a sports discipline, in our case the sport of *athletics*, on the evolution/development of physical qualities in the lessons of physical

education with the students of the *Faculty of Accountancy and Business Informatics*.

Setting up and experimentation of some programs specific to the development of the physical qualities in athletics, determination based on experiments of the more efficient ways of practicing among the students in the non-profile higher education [3].

The functional independence and the social integration of the human is carried out by physical activities projected for his/her entire life with the result of a good physical condition.

The components specific to a physical conditions offer an optimal and continuous physical functionality as the human being ages.

The practice of physical exercises on a regular basis is conditioned by the sporting education that they gained during their lifetime and by the role of the physical education professor during faculty.

Starting from knowing the morpho-functional particularities specific to the age of 18-26 years and from the understanding of the university education system, we may structure a picture

leading to the identification of the implementation solutions of some programs of developing physical abilities.

There is the possibility of improving the physical condition of the students with the help of athletics in the lessons of physical education in the non-profile faculties.[4]

By the adequate systematization of the main ways that act on the development of physical qualities, the possibilities of improving the physical conditions are perfected.

Used research methods: The method of studying the specialty literature, the method of observation, the method of graphical representations, method of logic, the experimental method, methods of measuring and evaluation, statistical-mathematical methods.

In order to obtain some data needed for the analysis regarding the impact of the physical education activities on the physical abilities of the students, we carried out an educational experiment on a sample of 40 students, males and females.

Table 1. Results of the study

Height	r-Correlation coefficient	0.365*	0.003	0.051	0.559**	0.466**	0.275
	P-bilateral	0.047	0.988	0.790	0.001	0.009	0.141
	r ² – Effect size	0.133	0.000	0.003	0.312	0.217	0.076
Weight	r - Correlation coefficient	0.355	0.014	0.110	0.501**	0.395*	0.192
	P- bilateral	0.054	0.941	0.564	0.005	0.031	0.310
	r ² - Effect size	0.126	0.000	0.012	0.251	0.156	0.037
* The correlation is significant at the 0.05, bilateral significance threshold							
** The correlation is significant at the 0.01, bilateral significance threshold							

Pearson correlation		Squats in 30 sec	Crunches in 30 sec.	Extensions	Pushups in 30 sec.	Medicine ball front throw	Medicine ball back throw
IMC	r- Correlation coefficient	0.190	0.038	0.139	0.192	0.111	0.004
	P- bilateral	0.315	0.841	0.464	0.309	0.559	0.985
	² - Effect size	0.036	0.001	0.019	0.037	0.012	0.000

Conclusions:

The general physical activity carried out in the simplest way possible has an impact in a positive way on the lifestyle of youth-students and not only, the professor providing them a successful “start” and at the same time he/she forms the habit of practicing long term leisure and physical activities.

[1]. Bouchet, M., (2000), *Les tendances de consommation dans les activités physiques de pleine nature*, Rev.

Loisirs sportifs nouvelles pratiques, nouveaux enjeux. Les cahiers Espaces, septembre

[2]. Țifrea, C., (2007) – *Exercițiul fizic – factor active pentru prevenirea îmbătrânirii și instalării bolilor degenerative – Cap. VI – Jooging*, Ed Didactică și Pedagogică, București.

The study program of practical works dedicated to classes of physical education are carried out so that to stimulate the desire of knowledge and the organization of the classes must be the safety of a successful practice of leisure type physical education also after the end of the classes in the curriculum as well as after graduation.

References:

[3]. Rogers, L. J., (2010) – *Manualul antrenorului de atletism din SUA*, Track&Field Coaching Manual, Ed. Human Kinetics

[4]. Teodorescu, S.A., (2010) – *Educația fizică și sportivă în învățământul superior. Planificare și proiectare curriculară*, Ed. Universitaria, Craiova