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ANALYSIS OF PRACTICING PHYSICAL ACTIVITY DURING LEISURE TIME

Urichianu Bogdan Andrei,

University Of Medicine and Pharmacy "Carol Davilla", Bucharest, Romania

Abstract. The practice of sports activities takes place in two ways: as an educational instructive process within the school physical education lesson and as a self-employed activity in leisure time. Practicing physical exercise in leisure time is done as an extra-curricular activity organized by school, in family or with friends, performance sports. The most widespread way of practicing sports activities in Romania is within the school. In other countries, the most common way is practicing exercise in your free time.

Keywords: physical education, free time, sports, health, development.

Introduction. Physical education and sport is a field that is given special attention since its birth, and then throughout life. Physical activity is very important in the biological development of human beings and the natural basis of society and spirit.

Education in the 21st century increasingly recognizes the role of values and social skills in tackling global challenges, such as inactivity, obesity, unemployment, and conflict. This approach is at the core of the Sustainable Development Goal 4 on quality education, which advocates for inclusive lifelong learning opportunities and innovative content delivery. (Medium-Term Strategy 2014-2021, United Nations Educational Scientific and Cultural Organization).

During childhood, the task of physical education is to provide the necessary conditions for the timely maturing of internal organs, natural functions and optimal development of personality. With the development of society, the physical requirements are influenced by the emergence of harmful factors for normal physical development and even health. Physical education in interaction with other branches of education will include educational content and formative new problems, such as those related to hygiene and health education, gender education, physical and somatic correcting deficiencies. In fact, we live in a world with predispositions to sedentary and nervous overburden, in which maintaining health and cultivating physical qualities has become a major

issue of national and even educational interest.

Physical education and sport have always presented social activities with a real biological character, both contributing to the improvement of the physical traits of man and thereby, to the increase in the quality and duration of life. Always, the exercises performed systematically, organized stimulated the phenomenon of growth and development of the organism at the age of childhood and adolescence, contributed to maintaining in optimum parameters The human biometric system at the stage Maturity.

A sport, then, amounts to any voluntarily undertaken physical activity focused on completing a given set of physical objectives, played either as a game or for recreation.

The fundamental characteristics of physical education are the following (Cârstea G., 2000):

- it is physiological by the nature of the exercises;
- it is pedagogical by method;
- it is biological by effects;
- it is social through organization.

After Prodea C. [6], physical education always involves practical activities. This is a fundamental type of motor activity involving laws, norms, methodical prescriptions, etc., in order to achieve well-defined educational objectives. Physical education is carried out in two ways: as a bilateral educational process and as an independent activity. Our most common way in Romania is the first. In other countries the most common way is

the second. However, most theoretical methodological references relate to physical education as a bilateral educational process.

The independent activity of practicing exercise should be part of the daily activities of each of us, be a permanent means that is practiced efficiently and pleasantly in your free time.

Sports and Fitness Industry Association

(ATR) organized in 2011-2013 a online survey in 39 states from USA for persons over the age of 6 years, watching the most popular sports and other preferred practice activities. It was first compiled a top of 10 activities grouped according to the age. The survey involved a total of 287.138.000 subjects.

Ages 6-12	Ages 13-17	Ages 18-24	Ages 25-34
Swimming Camping Martial arts Bicycling Running/jogging Soccer Fishing Hiking Basketball Canoeing	Bodybuilding Swimming Bicycling Fitness Camping Running/jogging Hiking Treadmill running Martial arts Hunting	Swimming Running/jogging Treadmill running Bicycling Hiking Bodybuilding Camping Fitness Walking with back-loads Rafting	Swimming Bicycling Treadmill running Running/jogging Hiking Fitness Camping Bodybuilding Aerobics Basketball
Ages 35-44	Ages 45-54	Ages 55-64	Ages 65+
Swimming Bicycling Hiking Bodybuilding Camping Running/jogging Fitness Aerobics Treadmill running Walking with back-loads	Bicycling Swimming Hiking Bodybuilding Camping Fitness Running/jogging Fishing Aerobics Saving of wild birds	Swimming Bicycling Fitness Hiking Camping Aerobics Fishing Saving of wild birds Running/jogging	Swimming Treadmill running Bicycling Fishing Saving of wild birds Hiking Aerobics Camping Bodybuilding Watching TV

Fig. 1. Ranked by top ten most popular interested sport and activity (SFIA, 2013)

Swimming for Fitness is the most popular “aspirational” sport amongst almost all age groups. Besides swimming, most interest lies in outdoor activities. Children ages 6 to 12 have an increased interest in camping, where young adults ages 18-24 are becoming more interested in running/jogging. Bicycling is also becoming more attractive to adults ages 25-54.

Research objectives. The main objective of the research is to discover the preferences, among the pupils from the gymnasium, with regard to practicing exercise, during free time.

Another objective of research is the analysis of trends in physical activity, based on the options recorded by pupils, because they prove, receptive-

itate, responsibility for their own training, they are Motivated by their interests, motivations, proclivities, aspirations.

Materials and methods. - For data collection: survey (based on questionnaire); The method of observation. - Data processing and Analysis: statistical-mathematical method; The tabulated; The graphical method.

Subjects. This study was applied to 240 students from the Vth - VIIIth grades of the Secondary School no 14, Bucharest, during the school year 2015-2016.

-60 students Vth grade, 34 girls; 26 Boys

-60 students VIth grade, 37 girls; 23 boys

-60 students VIIth grade, 33 girls; 27 boys

-60 students VIIIth grade, 31 girls; 29 boys.

The age of questioned is between 11-14 years.

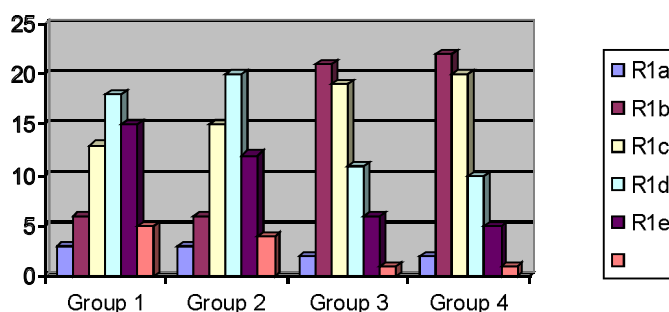
Results. From the 12 questions used in the questionnaire the following three questions are

the most eloquent:

Question no. 1. How much free time do you have, on average, per day for exercise?

Table 1. Answers to Question no 1

Groups of subjects Answers	Group1	Group 2	Group 3	Group 4
R1a	3	3	2	2
R1b	6	6	21	22
R1c	13	15	19	20
R1d	18	20	11	10
R1e	15	12	6	5
R1f	5	4	1	1



Note: a) do not have, b) less than one hour, c) 1 - 2 hours, d) 2-3 hours, e) 3-4 hours, f) over 4 hours

Fig. 2. Answers to Question no 1

We observe from students' answers that their free time is more concentrated around the answers corresponding to the less than 1 hour period for VIIth and VIIIth grades. The smallest students are those who have free time over 4 hours.

Question no. 2. In what form would you like to exercise? Variants of answers: a) refreshing gym-

nastics; b) maintenance gymnastics; c) jogging, running; d) tourism, excursions, hiking, walking; e) fun, fun games; f) aerobic gymnastics, dance; g) sports games; h) watering; i) table tennis, field, badminton; j) martial arts; k) fitness; l) performance sports; m) chess.

Table 2. Answers to Question no 2

Answers	group 1	group 2	group 3	group 4
R 2a	2	4	3	3
R 2b	2	3	5	5
R 2c	8	9	10	10
R 2d	6	7	6	6
R 2e	10	9	8	7
R 2f	8	11	9	7
R 2g	8	7	7	7
R 2h	1	2	3	3
R 2i	5	6	4	4
R 2j	3	1	2	0
R 2k	2	0	1	4
R 2l	4	1	2	4
R 2m	1	0	1	0

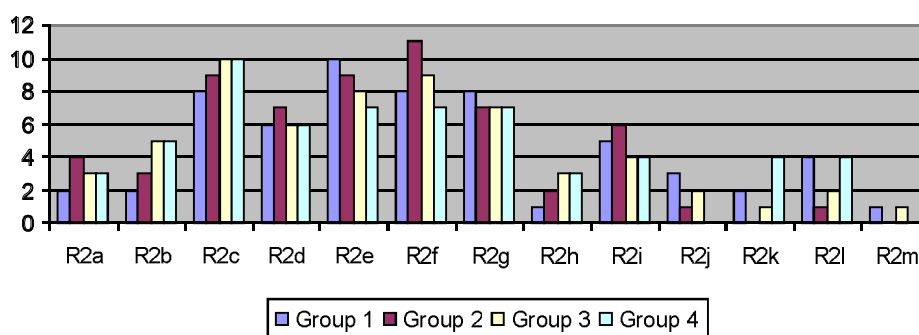


Fig. 3. Answers to Question no 2

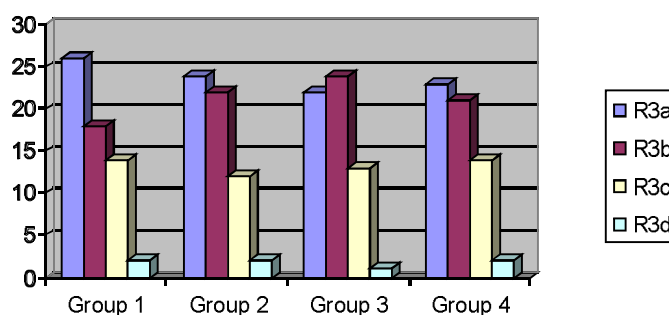
From pupils' answers to question 2, most of them prefer easy sports such as jogging; running; tourism; hiking; walking; fun, motion games; aerobics; dancing. The fewest of the students practice fitness and performance sports.

Question no. 3. How important are the exercises for you?

a) very important; b) significant; c) should pay more attention; d) Not at all important

Table 3. Answers to Question no 3

Answers	group 1	group 2	group 3	group 4
R 3a	26	24	22	23
R 3b	18	22	24	21
R 3c	14	12	13	14
R 3d	2	2	1	2



From the answers to question no. 3, students are aware of the importance of practicing physical exercise, and this leads them to spend time on this type of activity.

Interpretation of results and discussions.

From the study we can see a wide range of physical activities practiced by the gymnasium

students a structure and a varied weight of the preferred physical activities in order to be practiced in the future.

Some significant differences in place of physical activity are determined by the gender of the subjects, the female gender constantly being on the second place (with fewer exceptions in walk-

Regarding the structure of leisure time and the place where the exercises are concerned, this one is influenced by the occupation of the subjects. Also strong influence is manifested by the material or geographical conditions and the tradition of the area. From the answers obtained are confirmed opinions favorable to the practice of physical education, the recognition of beneficial actions on the health state and the intellectual efficiency, which are accepted in large proportions. Practicing physical exercise in leisure time is influenced by the material state of the family as well as by the state of health. Most of the preferences of the investigated persons are directed to aerobics and maintenance activities, field tennis, jogging, swimming, volleyball, karate, cycling, etc. The lack of time is considered by most girls to be a major difficulty that makes it impossible to practice physical exercises

Among the factors identified by the subjects as difficulties in the practice of sport are: lack of will, material conditions, fatigue after work, financial difficulties, lack of sports education, precarious health.

Conclusions. It can be appreciated, on the basis of the factual study, that practicing physical exercise in the future is part of the daily, at least weekly, preoccupations of the pupils, this type of activity being a logical and absolutely necessary continuation of the physical education activity. Lessons of physical school education help to ensure the achievement of adequate and successful content on the useful, recreational and diversified use of leisure time in the future through recreational sports activities.

Correlated with these actions and measures, it is necessary to provide students with the material base, land, halls, trails, swimming pools, near their houses, recreation or tourist areas, where people can practice exercises according to their preferences. The necessity of a continuous action of the media for the knowledge, understanding and acceptance by different categories of the population of the necessity to practice physical exercises in the future in different forms. We believe that the Physical Education teacher should emphasize on increasing students' awareness of the importance of independent exercise in physical exercise in leisure time in the future.

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