

## ROLE AND IMPORTANCE OF BASIC GYMNASTICS IN PERCEPTION OF 1<sup>ST</sup> AND 2<sup>ND</sup> YEAR STUDENTS, FACULTY OF PHYSICAL EDUCATION AND SPORT

BALLA BÉLA JÓZSEF<sup>1</sup>, PAȘCAN IOAN<sup>2</sup>

**ABSTRACT.** The basic gymnastic is one of the most important courses, at same way for the physical education student, as for the any grade of school pupils. Constitute a base for physical education and it will remain. In this research have been investigated a sample of one hundred students from the Faculty of Physical Education and Sports, University of "Babeș-Bolyai". The data for this pilot study were gathered using standardized questionnaires which were applied to first and second year students. Objectives of the study are to find answers to the following important aspects: Student's opinion about basic gymnastic lessons, from different point of view, on the one hand, and the importance given by the questioned students for this discipline compared with others.

**Keywords:** basic gymnastics, students, faculty of physical education, role, importance.

**REZUMAT.** *Rolul și importanța percepției gimnasticii de bază în rândul studenților din anul 1 și 2 de la Facultatea de Educație Fizică și Sport.* Gimnastica de bază este una dintre cele mai importante discipline, atât pentru studenții de la facultatea de educație fizică, cât și pentru elevii de diferite vârstă. Constituie mijlocul de bază pentru educația fizică școlară și nu numai. În această cercetare au fost investigați un eșantion format din o sută de studenți, de la Facultatea de Educație Fizică și Sport, din Universitatea "Babeș-Bolyai". Datele pentru acest studiu pilot au fost colectate prin intermediul chestionarelor standardizate, care au fost aplicate pentru studenții din anul I și II. Obiectivele studiului constă în găsirea răspunsurilor pentru următoarele aspecte mai importante, și anume: Opinia studenților legate de lecțiile de gimnastică de bază, din diferite puncte de vedere, pe de o parte și importanța acordată de către studenții chestionați acestei discipline în comparație cu alte discipline.

**Cuvinte cheie:** gimnastica de bază, studenți, facultatea de educație fizică, rol, importanță.

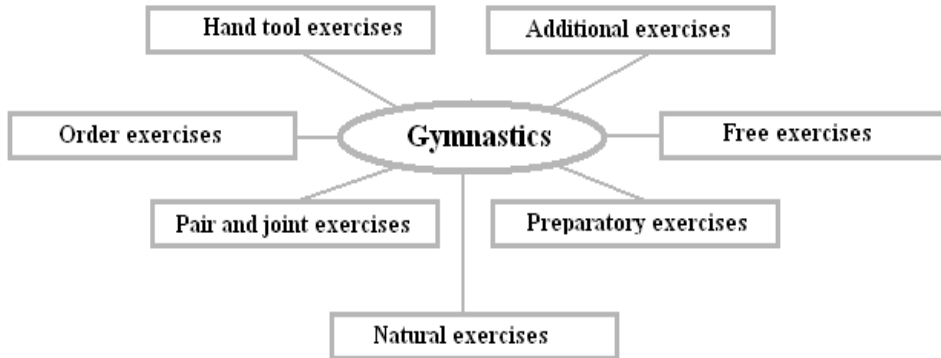
---

<sup>1</sup> Master Degree student, Faculty of Physical Education and Sport, Babeș-Bolyai University, Cluj-Napoca, Romania, balla\_bela\_jozsef@yahoo.com

<sup>2</sup> Faculty of Physical Education and Sport, Babeș-Bolyai University, Cluj-Napoca, Romania.

## Introduction

The gymnastics (we mean basic gymnastics) includes: general and special body exercises, natural human movements. The task of gymnastics is the general preparation; special preparation and direct preparation (warm up) of the human body. In the Figure 1 we present the exercises which belong to **basic gymnastics**.



**Fig. 1.** Composition of the gymnastics

The aims are to develop the each part of the human body to be healthy and harmonious. Responsible for to overcome any adverse effects (bad movement, hunched body holding) and the preservation of the flexibility, force, natural forms of the body. These exercises are based to the strength and dexterity of the body. It is especially important to note, that these gradually and moderately affect the human body. (Pașcan, I., 2008., Nanu M. C., 2009)

Gymnastics is about putting balances together with traveling actions, weight transfers, and rotations. Is designed to promote endurance, strength, flexibility, coordination, and body control. It includes learning to develop locomotor and balance skills, as well as body and space awareness. (Werner, P.H., 1994)

## Objectives

- What is the opinion of students about the basic gymnastics classes, in terms of content, organizing, deduction, practice system and about the teacher?
- What is the attitude and the behavior of students to the basic gymnastics lesson, and to the teacher?
- What is the importance given to basic gymnastics lessons and to terminology?

- How satisfied are the students with the gymnastic classes, with the teacher and with the content of practical lessons.

### Methods

The data for this pilot study were gathered using standardized questionnaires which were applied to first and second year students, on the Faculty of Physical Education and Sport.

The questions were different types: closed format question, open format question, leading question, importance question, dichotomous question, rating scale question. Contains sixteen questions for the second year students, and fifteen for the first year students. In this study the emphasis is placed on the practical sessions.

### Subjects

Gymnastics classes take place in the gym of the faculty of chemistry. The room is fitted with all necessary equipment. With this basis we can satisfy the requirements of the gymnastics hours. The students have come gymnastic classes once a week for the first three semesters that means 42 hours during they university didactic activity. The evidence of groups varies between 25 and 40.

Students belonged to the „Babeş-Bolyai” University in Cluj-Napoca, Faculty of Physical Education and Sport (P.E.). First and second year students, with a number of one hundred (See the sample distribution in Table 1). The questionnaires had completed by four Hungarian groups. The survey time was from January 9 until January 13, 2012.

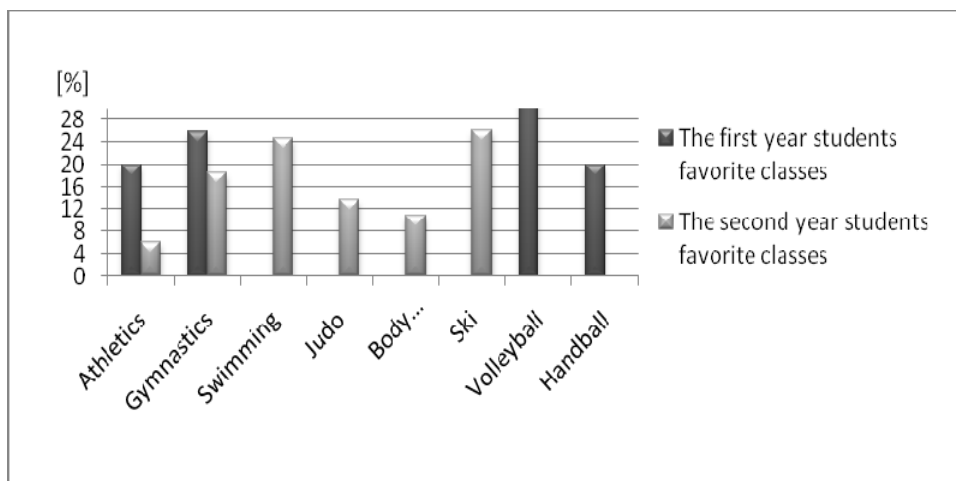
**Table 1.**

Distribution of the sample

Year of study		Girls	Boys
I.	P.E.	5	15
I.	Kineto.	7	8
II.	P.E.	6	22
II.	Kineto.	18	19
<b>Total</b>		<b>35</b>	<b>65</b>

### Results

**1. From the following practical classes, which was the students favorites?**



**Graph 1.** Rate of the preferred practical subjects

The results shown us that the preferred subjects of the second year students were the skiing (26.15%), swimming (24.61%) and gymnastics (18.46%). Appeared quite large differences in common sports that can be traced on chart. 1.

**2. In terms of organizational and managerial, which was held more accurate from the following classes?**

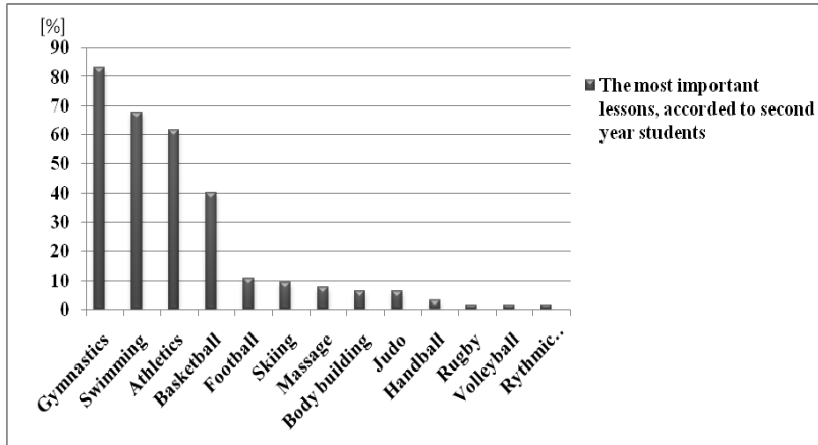
#### THE RESULTS OF SECOND-YEAR STUDENTS

- |                |                         |
|----------------|-------------------------|
| I. Gymnastics  | VI. Rhythmic gymnastics |
| II. Basketball | VII. Judo               |
| III. Athletics | VIII. Football          |
| IV. Swimming   | IX. Volleyball          |
| V. Handball    | X. Rugby                |

#### THE RESULTS OF FIRST-YEAR STUDENTS

- |               |                |
|---------------|----------------|
| I. Gymnastics | III. Handball  |
| II. Athletics | IV. Volleyball |

**3. Please list the top three most important practical lessons that you have studied until now in the faculty!**



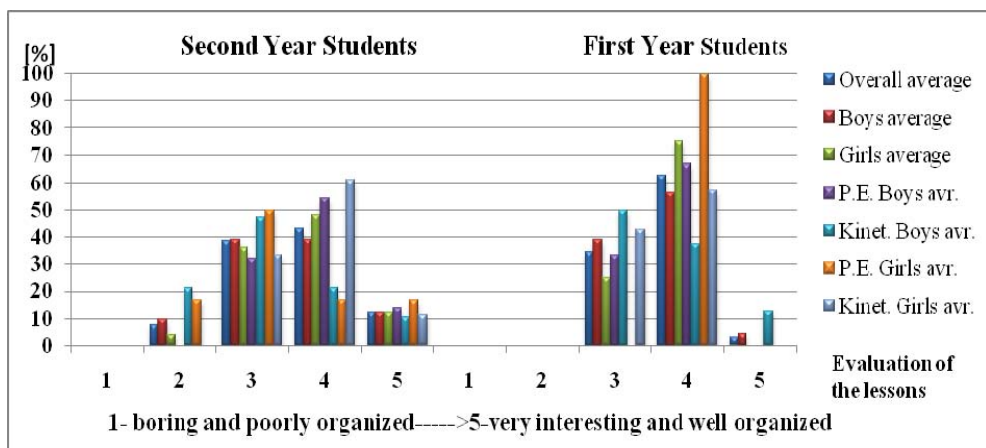
**Graph 2.** The most important lessons accorded to students

We asked **only the second year students** to name three subjects, which they think that are the most important.

**4. How would you rate the overall practical lessons learned in the university until now, in terms of organization and by content?**

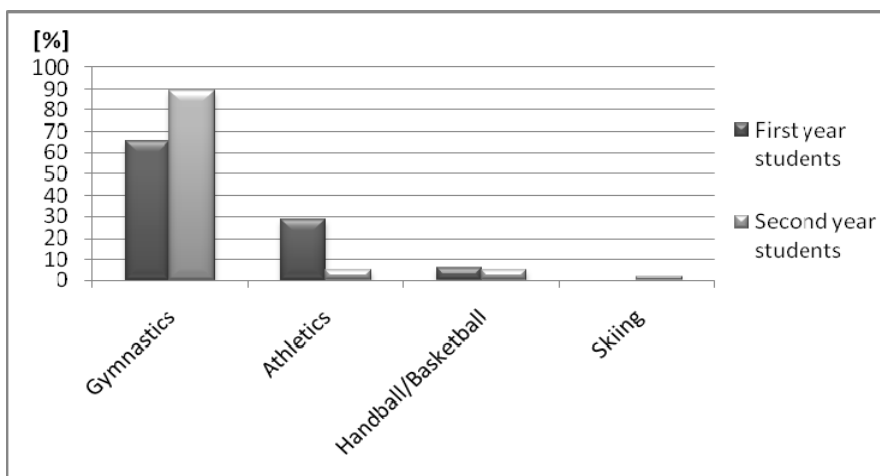
Evaluate from one to five!

1-boring and poorly organized → 5-very interesting and well organized



**Graph 3.** Results of the lessons evaluation

**5. What practical lesson seemed to you the most organized?**

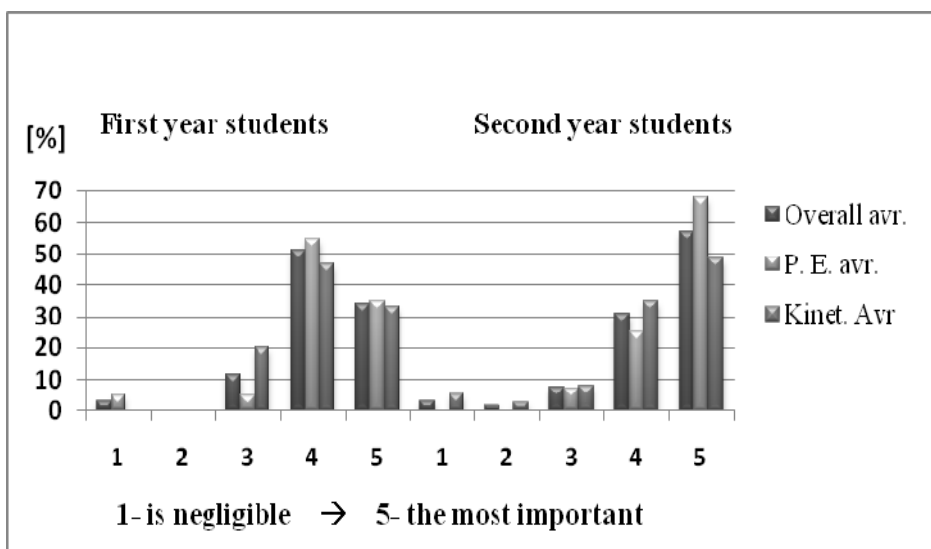


**Graph 4.** The most organized practical lessons

**6. How important is the role of the gymnastics lesson in the physical education specialist language acquisition?**

Evaluate from one to five!

1- is negligible → 5- the most important

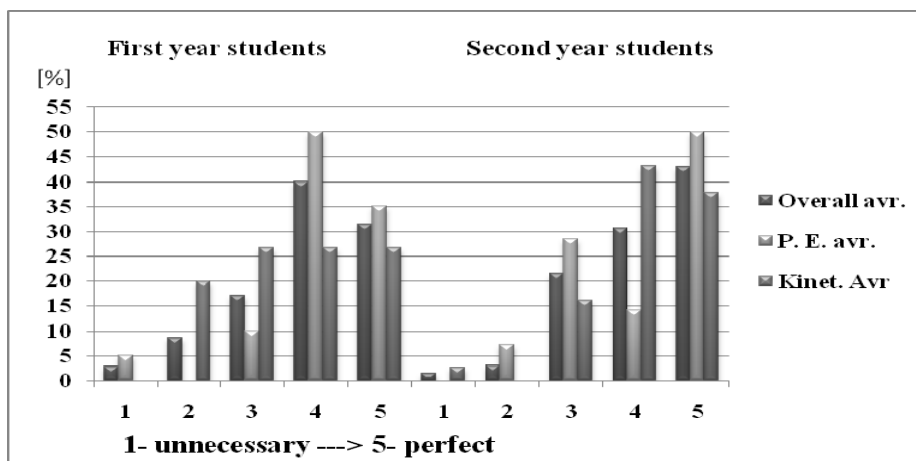


**Graph 5.** Role of the Gym. lesson in the special language acquisition

**7. As a future professional, how much you need to know the specialized language of gymnastics?**

Rate from one to five!

1- unnecessary → 5- perfect

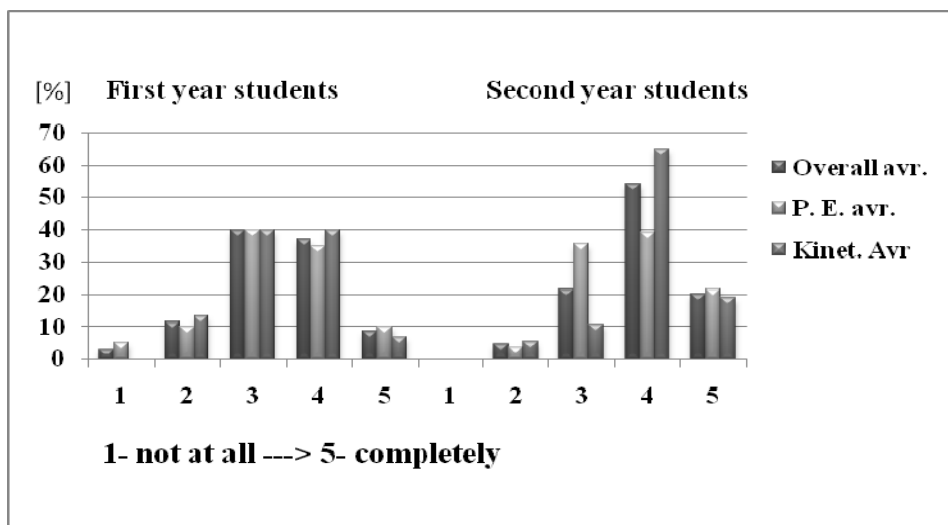


**Graph 6.** The importance of knowing the special language

**8. What proportion of gymnastics terminology can use within other practical classes?**

Rate from one to five!

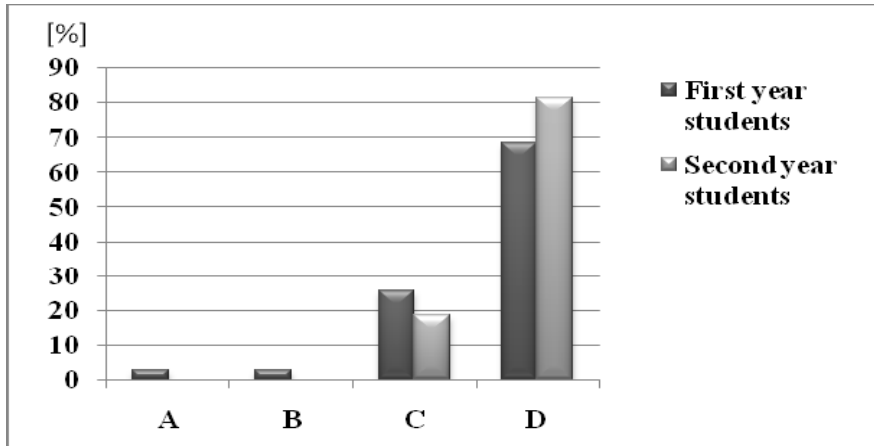
1- not at all → 5- completely



**Graph 7.** The terminology usability

**9. What do you think about the basic gymnastics content?**

- A) Obsolete and should have left long ago.
- B) It is difficult to meet the expectations of post modern age.
- C) It does well for a while anyway.
- D) A basis for P. E. and Sport, will be always actual. **p=0.9917**

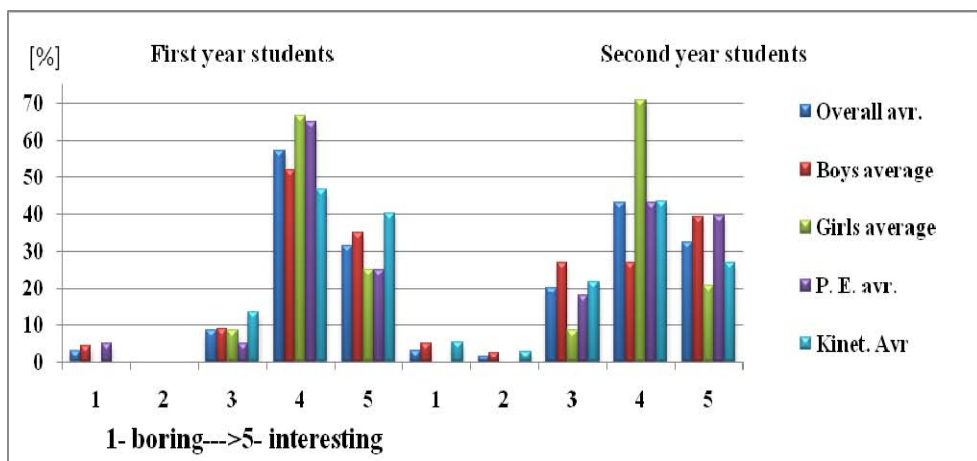


**Graph 8.** The content of basic gymnastics

**10. How did you found the content of gymnastics lessons?**

Rate from one to five!

1- boring → 5- interesting



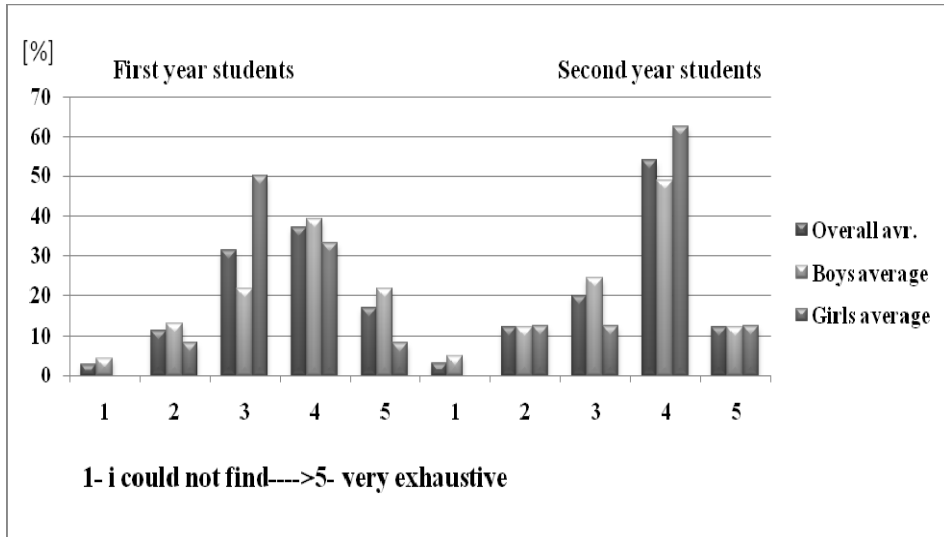
**Graph 9.** The content of gymnastics lessons



### 11. How exhausting was the gymnastics lessons?

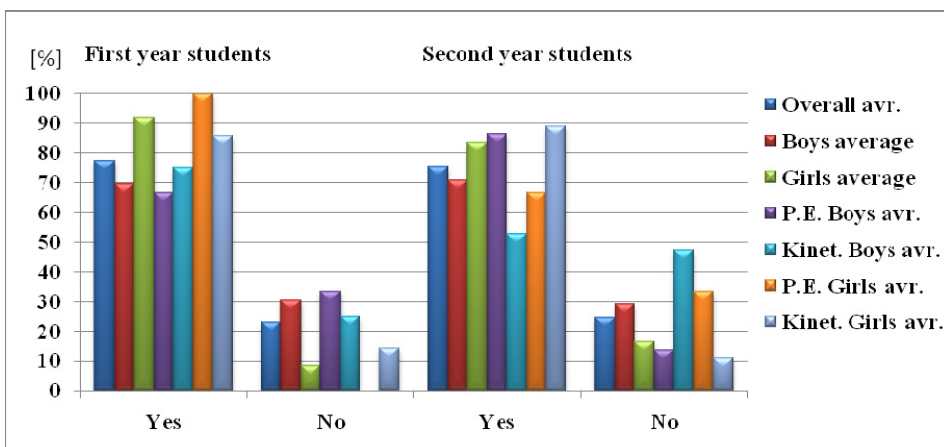
Rate from one to five!

1- i didn't find → 5- very exhaustive



Graph no. 10. How exhaustive was the lessons

### 12. If the gymnastic hours would be optional, would participate in education?



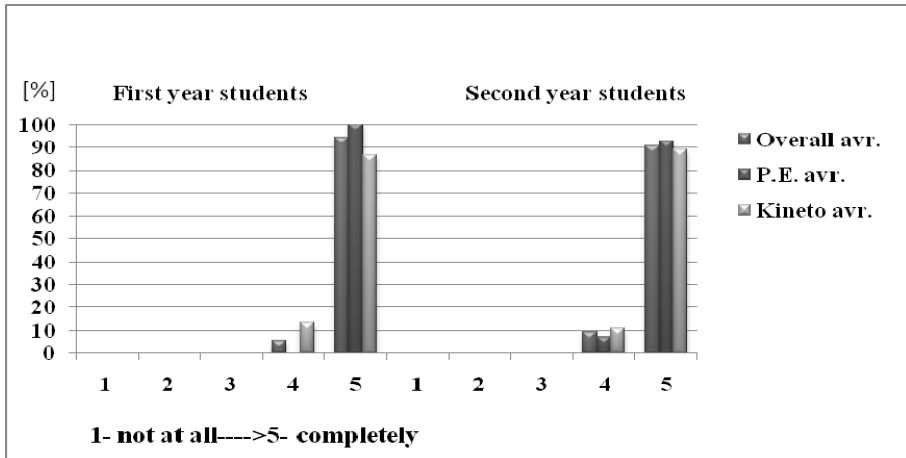
Graph 11. How exhaustive was the lessons

**13. How satisfied are you with the gymnastics teacher professionalism?**

Rate from one to five!

1- not at all → 5- completely

p=0.9991



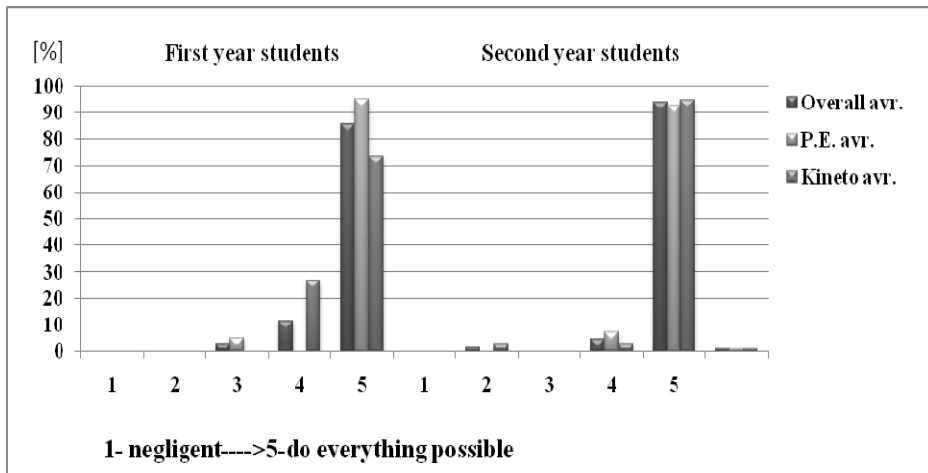
**Graph 12.** The gymnastics teacher professionalism

**14. What is the attitude of the gymnastics teacher to his lessons?**

Rate from one to five!

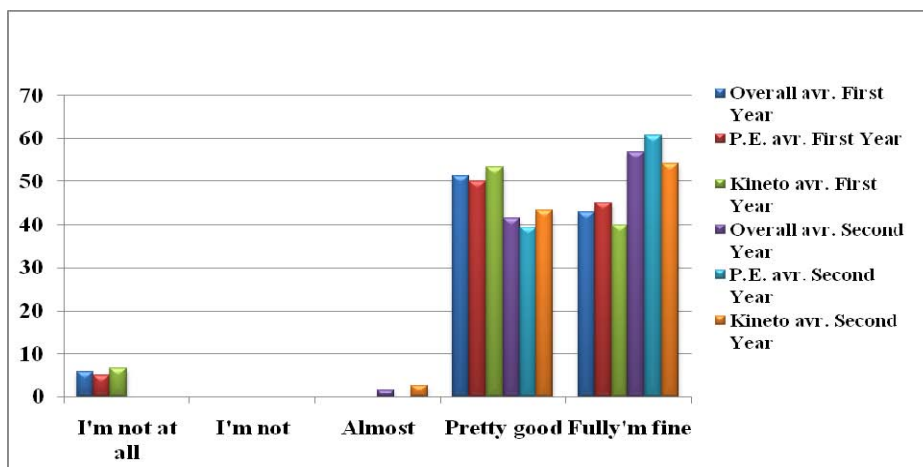
1- negligent → 5- do everything possible

p=0.9959



**Graph 13.** The gymnastics teacher attitude

### 15. How satisfied are you with the gymnastics lessons, at all?



**Graph 14.** – The students’ satisfaction with the gymnastic lesson

16. In an open question the students made a list, what they liked and doesn’t in classroom. Let’s see the answers.

**They like:** different exercises, the attitude of the teacher, the orderliness, the organization, discipline.

**They doesn’t like:** some exercises, the size of the room, high expectation.

### Conclusion

- ❖ The students surveyed are clearly considered that the most organized lessons are the gymnastics, athletics, swimming and basketball, but also the most important.
- ❖ The students believe that the gymnastics are a very important role in terminology acquisition, and use to know as a future professional.
- ❖ They sad that the most organized class it was the gymnastics.
- ❖ Most of the students (75%) think that the content of gymnastics will be always actual, and have an important role in the school education. And also they affirmed that the content was interesting.
- ❖ More than 75% of their, had been participating with cheerfully to classes, even if it was exhausting for many of they.
- ❖ The answered students are completely satisfied with the teacher professionalism, and more than 90% of them think that the teacher does everything possible on his class.

**Based on the results** we can declare that the basic gymnastics are an important role between the practical lessons, and the content of lessons is interesting, essential and isn't out of date.

The teacher who is holding the lessons in the answered groups makes a prudent and carefully job. This is supported by the student's satisfaction and feedback.

## REFERENCES

Nanu, M.C. (2009). *Gimnastica de bază*. Editura Sitech. Craiova.

Pașcan, I. (2008). *Gimnasztika az iskolában*. Kolozsvár: Casa cărții de știință.

Werner, P.H. (1994). *Teaching Children Gymnastics: becoming a master teacher*. NY: Human Kinetics.