

COMPARATIVE STUDY ABOUT THE PHYSICAL EDUCATION ACTIVITY AMONG STUDENTS BETWEEN TWO UNIVERSITIES IN TÎRGU MUREȘ

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ABSTRACT. We start this study from the necessity to evaluate the possibilities and options of the students from two universities in Tîrgu Mureș, to improve and enrich the teaching activity for physical exercises when required. In the past years we don't evaluate to much the student's options about their need to practice one kind of sport, what we realized with this paperwork. This can opened new horizons to widening our educational offer and the enrichment the program of study in physical education by the two institutes. We were curious if the students from other locations, countries (in case of the foreign students who studies at English section) have enough knowledge about possibilities to practice different outdoor sports in our city, out of physical education lessons. After this study if we realize to offer more information about the sport potential of the universities and the city, we can achieve that the students make more physical activity. As method, we built a questionnaire with 19 questions concept by the authors, applying at most to the students from 1st and 2nd year of study, but also from senior years, because they have more experience, they lived longer in Tîrgu Mureș and they know better the cities opportunities. If we can form a clear image about the student options, needs, and also their attitude about the physical activities we would know in which direction to go to forestall the students' attention to do physical exercises.

Keywords: *physical activity, compare, university sport, options*

REZUMAT. *Studiu comparativ al activităților fizice a studenților între două universități din Tîrgu Mureș.* Am pornit această cercetare de la necesitatea de a evalua posibilitățile și opțiunile studenților al celor două universități din Tîrgu Mureș pentru a îmbunătăți și îmbogăți la nevoie activitatea didactică în ceea ce privește exercițiile corporale. În ultimii ani nu am avut curiozitatea de a evalua opțiunea studenților despre practicarea unor discipline sportive, ceea ce am efectuat prin această lucrare, ce poate deschide orizonturi în lărgirea ofertei

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educaționale, îmbogățirea programei de educație fizică învățământ în cadrul celor două instituții. Am fost curioși, dacă studenții din alte localități, județe sau chiar din alte țări, studenți străini la seriile de engleză, au cunoștințe necesare de potențialul de a practica sporturi outdoor în oraș în afara programului de învățământ. După acest studiu dacă reușim să oferim mai multe informații despre potențialul de a efectua activități sportive din oraș și a lărgi posibilitățile universităților de a oferta practicarea mai multor ramuri de sport, putem spune că am venit în sprijinul ideii ca studenții de la universitate să facă din ce în ce mai multă mișcare. Ca metode de studiu vom acționa cu un chestionar alcătuit din 19 întrebări de concepție proprie, aplicând în majoritate studenților care mai au în program disciplina educație fizică, adică anii I și II, dar chestionând și studenți din anii de studii superioare, deoarece aceștia au experiența de a petrece deja mai mult timp în oraș, cunoscând mai bine posibilitățile lui. Dacă vom putea alcătui o imagine clară despre opțiunile studenților și atitudinea lor față de sport, vom ști în ce direcție să ne orientăm pentru a acapara atenția spre a efectua mișcare.

Cuvinte cheie: *activitate fizică, comparare, sport universitar, opțiuni*

Introduction

Physical education has a significant influence on building the human personality (character, intelligence, skills, creativity, temperament) so it is considered a basic component in the process of improving the human personality.

Among the objectives of the physical education, we have to mention:

- The optimal health maintenance;
- Promote physical development processes;
- Proper development of motor skills;
- Forming the habit to practice physical exercises during leisure time;
- Proper development of intellectual traits (Cârstea, 2000).

Among of the above mentioned objectives, we have to emphasize the fourth one, to form the habit to practice sport and physical exercises during leisure time, because at the university level, we suppose that we work with students who have a lot of knowledge and skills formed in the school and high school, and our role is to lead them to use this skills during their free time.

To relaunch the physical education activity in the universities and schools, the recommendations of the European Council are:

- Alternating the practice of the competitive sport with those for recreation, entertainment, which cover the students options for motion;
- Introducing tourist activities in the school's schedule, which takes place mostly outdoor;
- Ensure coordination of activities within the university physical education to those outside the university;
- Teachers provide regular contests and competitions for all levels of sport, but mostly for recreation (Smîdu & Smîdu, 2012).

Objectives

We start this study from the necessity to evaluate the possibilities and options of the students from two universities in Tîrgu Mureş, to improve and enrich the teaching activity for physical exercises when required. In the past years we didn't evaluate the student's options about their need to practice one kind of sport, what we realized with this paperwork. This can open new horizons to widening our educational offer and to enrich the program of study in physical education of the two institutes. We were curious if the students from other locations, countries (this is the case of foreign students who study in English) have enough knowledge about possibilities to practice different outdoor sports in our town, out of physical education lessons.

Method

As method, we used the method of investigation, for identifying the students' options and interests for the physical education activity. We have designed a questionnaire with 19 questions which was applied to students from the 1st and 2nd year of study, but also from senior years, because they have more experience, they lived longer in Tîrgu Mureş and they know better the town's opportunities. We have interrogated 156 student from the University of Medicine and Pharmacy of Tg-Mures and 100 from the "Petru Maior" University of Tg-Mures, starting from this university year.

In the case of UMF Tg-Mures, the subjects were between 18 and 26 years old, from 17 counties and 10 countries (the UMF has in his offer to study in English section, so they have students from different countries of the World), and between 18 and 29 years old and from 6 counties and 2 countries in case of UPM Tg-Mures. Both universities have physical education in their program of study for 2 years, in the 1st and 2nd year.

Results

The first important question was: how many students practiced competitive sport before they enrolled at the university? We see that the percentage of the UMF students is better than the UPM students, represented by the two charts below:

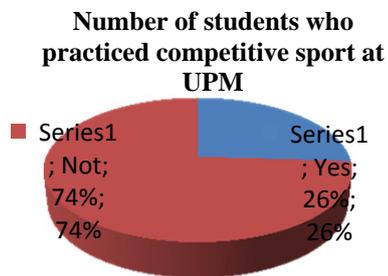


Fig. 1. Sport loving students from UPM

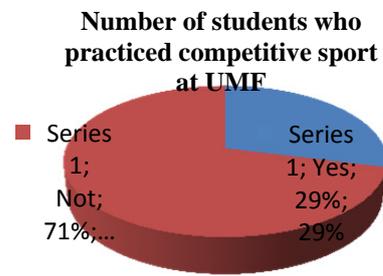


Fig. 2. Sport loving students from UMF

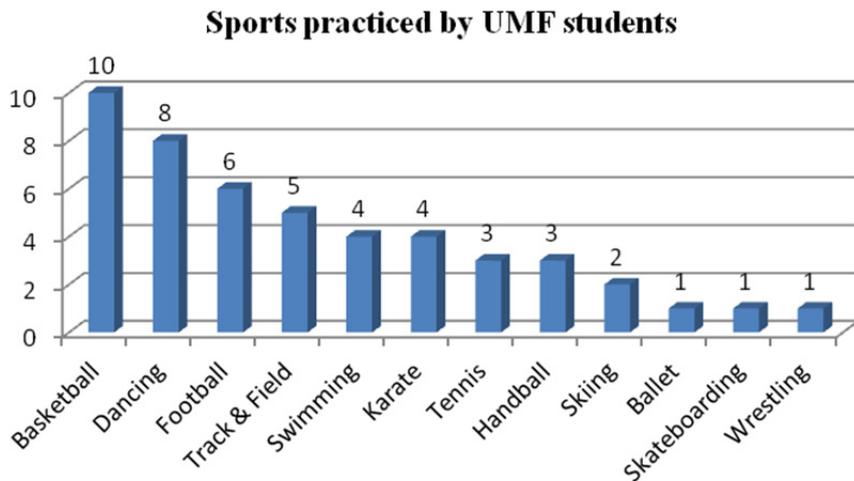


Fig. 3. Different sports, what the students practiced in high school from the UMF

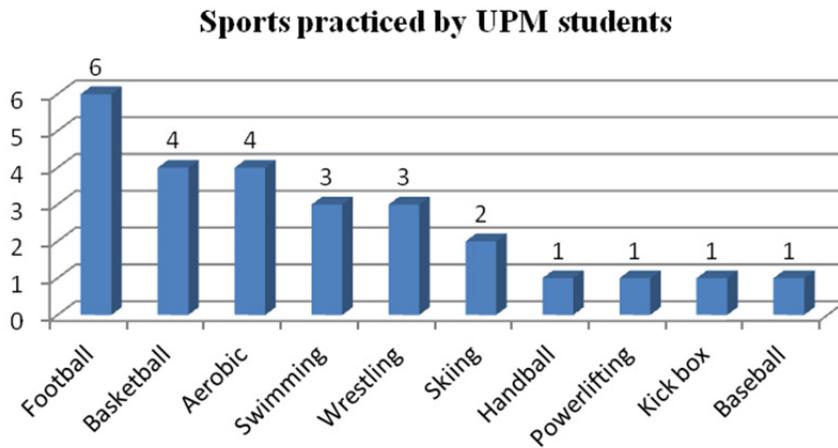


Fig. 4. Different sports, what the students practiced in high school from the UPM

The following question show us, the options what the two university students can choose to practice physical activities during the physical education lessons. We can see that the students from UMF have more options as the students from the UPM. As we see in the two charts from below (Figure 5 and 6), the students from UMF have possibilities to practice regularly 9 types of sports, and the students from UPM only 5.

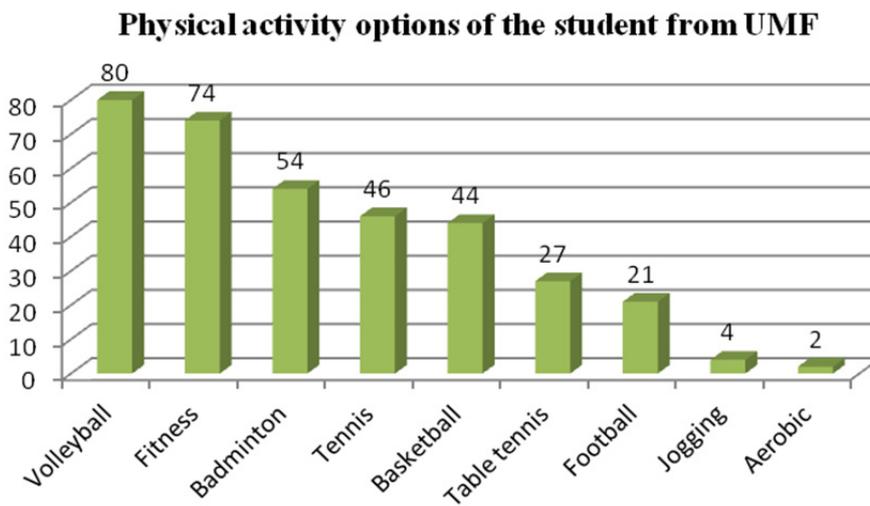


Fig. 5. The 9 sport activities chosen by students from UMF

Physical activity options of the student from UPM

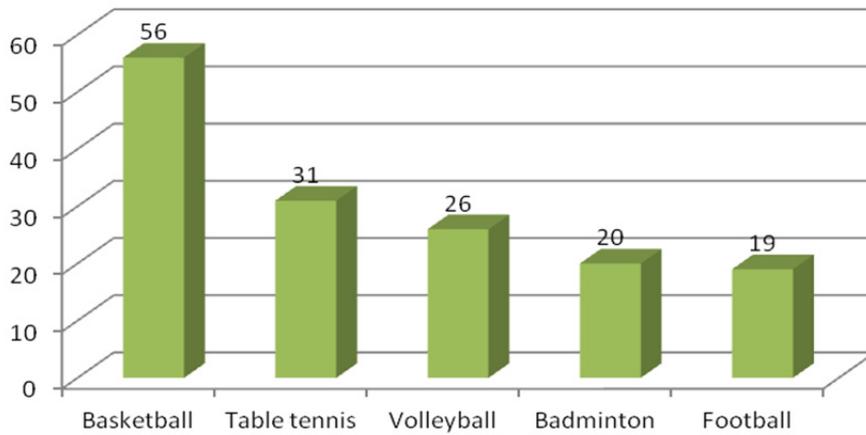


Fig. 6. The 5 sport activities chosen by students from UMF

This difference we can explain by the existence of the better sport complex from the UMF. UMF has 2 sport gyms, 4 open air tennis fields, 3 indoor tennis fields, 2 fitness gyms, 1 aerobic gym, 2 synthetic football fields, and 1 fencing gym. There is also a swimming pool, which is under construction in the final phase. There are only 2 sport gyms at the UPM University.

Phisycal activity needs of the students from UMF

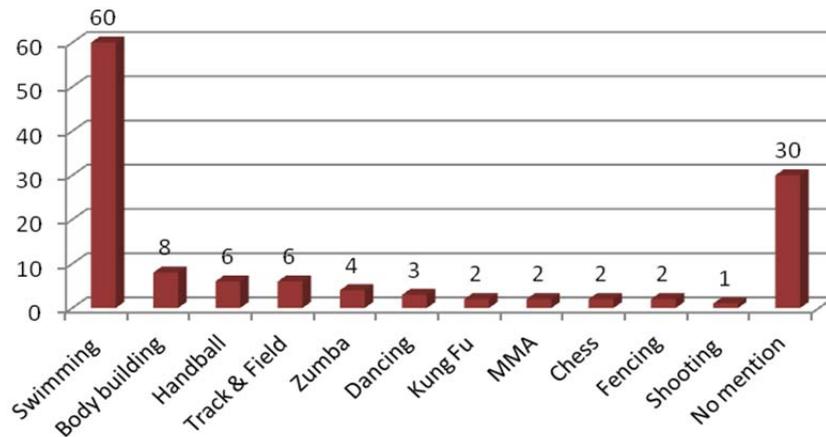


Fig. 7. The UMF student needs for physical activity

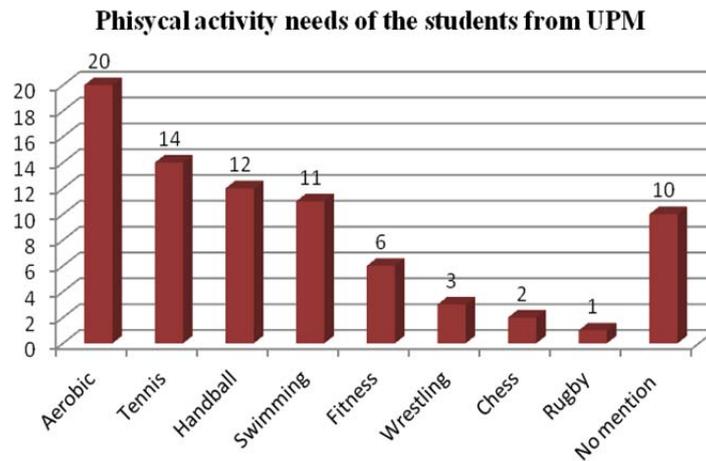


Fig. 8. The UPM student needs for physical activity

The students' need for physical activities is almost the same for both universities. Students from UMF are oriented to swimming, but this can be explained by the fact that they know the swimming pool will be opened soon. A lot of students are satisfied with their options, and they don't want to choose other activities. In the case of the students from UPM, we see their needs for the other common sports, as swimming, aerobic, handball, fitness, and we observe that only 10 students have any options.

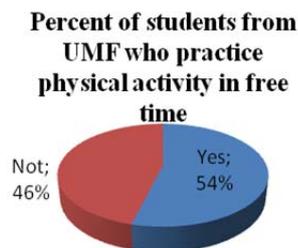


Fig. 9. Activity in free time in UMF

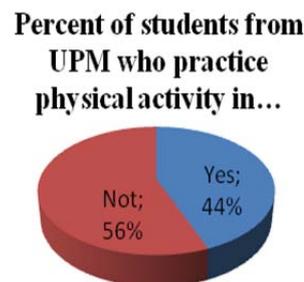


Fig. 10. Activity in free time in UPM

As the two charts from above show us, the students from the 2 universities don't practice physical activity during their free time, the answer from the both universities was that they don't have enough time. In this case, the role of the physical education teacher is to determine the students to be more active.

All of the students who were practicing sports in their free time, they know a lot of possibilities, they enumerate us about 20 types of sports which can be practiced in Tîrgu Mureş. Also they expressed their needs for a tourist guide in which they can find more information about the outdoor activities in the City.

Among their options we can mention sports that are not so popular and just a few people practiced them, as: scuba diving, sky diving, climbing, MMA, Krav Maga etc. They don't know, for example, that a lot of these sports can be practiced in Tîrgu Mureş.

On the questions about how they feel during physical activities, most of them are relaxed, they like competition, they like to practice sports in the company of their friends.

Conclusions

From this study we found out the students reviews about the physical activities in their Universities. From the results we can conclude that the students from the UMF have more possibilities and options to practice physical activities during the physical education lessons as the students from UPM. This can be explained with the better sport complex of the UMF.

The students' need for physical activities are the same, the reason that they can't practice some sports is lack of time.

In case of the UMF we can say that the options for physical activities during the physical education lessons will be increased significantly by opening the new swimming pool, and also we can collaborate with the University Club who can give us options for fencing and martial arts.

We observed that UMF students are more opened to the idea of physical activities when compared to their peers from UPM.

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