

IDENTIFICATION OF STUDENT MOTIVATION TO PRACTICE PHYSICAL EDUCATION LESSON

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Abstract:

Investigation research was conducted at the Department of Physical Education and Sport at the University of Medicine and Pharmacy "Carol Davila". Scolding students were enrolled in the faculties: General Medicine, Dentistry, Nursing and Physio-Therapy. In this research, I used a questionnaire developed by me and distributed to students who participated in physical education lessons. The sample of students tested is a homogeneous group in that age falls within close (19-25 years), have the same level of intellectual training, and have chosen the same profession, with common aspirations. Awareness of the role of the movement in the medical profession will increase motivation for physical exercise throughout life. Of the 5593 students, research comprised a significant sample of 421 students.

Key words: physical education, sports games, motivation.

1. Introduction

Students' behavior during the practice of sports games is very complex, which makes us very well check the conditions of production. Direct action on motivation (dependent variables) of students was performed using specific means of Physical Education lesson - sports games (independent variables).

2. Purpose, Hypothesis, Tasks, Research Methods

Purpose

Awareness of the role of the movement in the medical profession will increase motivation for physical exercise throughout life. Movement was helping future doctor more easily withstand multiple requests to the subject when the profession and also to recommend his patients and for the role of beneficial exercise.

Hypothesis

- If students opting for a particular branch college sports this is explained by the high school experience and marks obtained in physical education;
- If students have chosen to study medicine which involves teamwork, are more motivated to practice sports games in physical education class;
- If students practice sports games in physical education lesson, realizes better than those who practice individual sports that there is significant influence over both the spirit of competition and focusing attention while playing sports and on group work;
- If success is seen in sports games then he can be charged with similar career success;
- If there are differences of opinions about the influence of sports games on the performance of the medical profession, this vision may be different.

Objectives

Developed the questionnaire is to clarify the following issues:

- Attitude toward physical education students can be determined how to practice physical exercise in school and may lead to preferences practice some sport branches in the university;
- The students' opinion in terms of the future doctor, may be related to the influence of exercise on the body, the link between physical education and basic medical disciplines, physical exercise as an aid in medical practice like prophylactic and therapeutic;
- Use time outside the university for physical education and sport;
- Student competitions and forms of organization they most agreed;
- Initiating the formation of a database containing information on potential demand and effective sports games among students in order to ensure data comparability over time and the possibility of creating time series means and variances sampling for making forecasts to guide managerial activity of the Department of Physical Education and Sport;
- Segmentation students and identify the most powerful grouping variables in turn, depending on their level of sports activity and motivation for choosing that branches chosen sport;
- Assess attitudes towards the link between sport and the medical profession;

Research Methods

- Observation method
 - ✓ pedagogical observation
 - ✓ direct observation
 - ✓ remark cross
 - ✓ longitudinal observation
- Survey method
 - ✓ The questionnaire survey
 - ✓ interview
 - ✓ survey
- Experimental method
- Statistical and mathematical method

3. Content experiment

Investigation research was conducted at the Department of Physical Education and Sport at the University of Medicine and Pharmacy "Carol Davila". They were introduced in scolding students from faculties: General Medicine, Dentistry, Nursing and physio-Physical Therapy (B.F.K.T.).

The overall figure tuition to students who attended the university is stated in Table 1, which shows the following effects:Facultatea de Medicină Generală: 4395 studenți, reprezentând 80,07% din efectivul total al U.M.F.

- Faculty of Dentistry: 698 students, representing 12.71% of the overall population.
- Faculty of Nursing and Physio-Therapy: 396 students, representing 7.22% of the total number.

Table 1. Situation digital students per faculty, years of education, gender

Anul de studii	FACULTĂȚI									TOTAL U.M.F. „Carol Davila”		
	Medicină Generală			Medicină Dentară			Moșe, Asistenți și B.F.K.T.			M	F	TOTAL
	M	F	TOTAL	M	F	TOTAL	M	F	TOTAL			
I	379	490	869	27	81	108	13	95	108	419	666	1085
II	384	511	895	36	113	149	7	94	101	427	718	1145
III	210	540	750	26	90	116	2	102	104	238	732	970
IV	169	483	652	18	159	177	1	41	42	188	683	871
V	216	419	635	15	133	148	-	-	-	231	552	783
VI	144	450	594	15	130	145	-	-	-	159	580	739
TOTAL	1502	2893	4395	137	706	843	23	332	355	1662	3931	5593

In this research, I used a questionnaire developed by me and it was distributed to students who participated in physical education lessons. It was also made an assessment of the physical and technical preparation of students with application for basketball, volleyball, handball.

The sample of students tested is a homogeneous group. The sample falls close to the age (19-25 years), have the same level of intellectual training, have chosen the same profession with common aspirations.

Table 2. The sample research on years of study, sex, age

Anul de studii	Sex	Efectiv U.M.F.	TESTAȚI		VARSTA										Media vârstei
			Nr.	%	19	20	21	22	23	24	25	26	27	28	
I	M	419	142	33,88	19	48	34	17	9	8	6	-	1	-	20
	F	666	171	25,67	25	64	41	18	13	7	2	-	-	1	19,8
II	M	427	25	5,85	-	1	9	3	7	4	1	-	-	-	21,1
	F	718	83	11,51	-	8	22	18	25	8	2	-	-	-	21,1
III-VI	M	816	27	3,36	-	-	-	-	3	14	8	1	1	-	23,4
	F	2547	40	1,62	-	-	-	3	10	23	3	1	-	-	22,7
TOTAL	M	1662	194	11,76	19	49	43	20	19	26	15	1	2	-	20,6
	F	3931	294	7,65	25	72	63	39	48	38	7	1	-	1	20,6
TOTAL GENERAL		5593	488	8,88	44	121	106	59	67	64	22	2	2	1	20,6

The analysis suggests three characteristics of the collective of students tested, namely:

1. The unequal students effective in three faculties determined that after grouping responses to them analyze the entire university, having as reference unit school year;
2. The share of female students in the general staff of the university is particularly high, representing a rate of 70%, compared to only 30% of students;
3. There is a balanced distribution of the number of boys students and girls students on the five years of joint studies, ranging between 825 and 1145 students.

Of the 5593 students, the survey included a sample of 421 first and second year students, who are enrolled in the educational process of discipline, of which 167 boys and 254 girls. At III-VI years of study, the survey included 67 students file in which 27 boys and 40 girls.

4. Results

A. Participation in sports current students in secondary education

To liaise with the previous step of education (high school) as a form of conditioning skills to practice physical exercises, was investigated participation of the present students in physical education and sport in school education, both in school obligations and during free.

Table 3. Participating high school students in physical education and sport activities

Anul de studii	Sexul	Total studenți testați		Forme de participare				
				A	B	C	D	
I	BĂIEȚI	Nr.	142	85	34	22	1	
		%	100	59,9	23,9	15,5	0,7	
	FETE	Nr.	171	125	24	15	7	
		%	100	73,1	14	8	4,1	
	II	BĂIEȚI	Nr.	25	13	5	7	-
			%	100	52	20	28	-
FETE		Nr.	83	70	4	5	4	
		%	100	84,3	4,8	6	4,8	
III – VI		BĂIEȚI	Nr.	27	5	12	10	-
			%	100	18,5	44,4	37,1	-
	FETE	Nr.	40	27	9	3	1	
		%	100	67,5	22,5	7,5	2,5	
	TOTAL	BĂIEȚI	Nr.	194	103	51	39	1
			%	100	53,1	26,3	20,1	0,5
FETE		Nr.	294	222	37	23	12	
		%	100	75,5	12,6	7,8	4,1	
TOTAL GENERAL			488	325	88	62	13	
			100	66,59	18,03	12,7	2,66	

It is found that 97.32% of the subjects participated in various forms, from physical education and sport as follows:

- 66.59%, only the lessons of physical education in the curriculum;
- 18.03% attended both physical education lessons, but also outside them, by participating in various branches of sports in teams representing the school, school sports clubs or other clubs with junior sections;
- 12.70% participated only in sport outside school obligations, as basic school representative teams, school clubs or sports clubs with junior sections;
- Only 2.66% were exempted from medical school, but currently participating in physical education classes in college.

Presentation of statistical data collected by years of study and sex, detach:

a) Looking participation in physical education class mandatory, the total of 194 boys and 294 girls, 53.1% (103) and 75.5% (222) attended these lessons only. Years of study and sex, the situation is as follows:

Guys: I year - 59.9%, second year - 52.0%, the years III - VI - 18.5%;

Girls: I year - 73.1%, second year - 84.3%, the years III - VI - 67.5%;

b) Physical education lessons, but also other forms, by practicing various branches of sport within the school or junior teams participated 26.3% boys (51) and 12.6% (37) girls, as follows:

Guys: I year - 23.9%, second year - 20.0%, the years III - VI - 44.4%;

Girls: I year - 14.0%, second year - 4.8%, the years III - VI - 22.5%;

c) Outside the school, meaning it sports clubs or other clubs sectional junior school sports, participated in 20.1% (39) boys and 7.8% (23) girls, as follows:

Guys: I year - 15.5%, second year - 28.0%, the years III - VI - 37.1%;

Girls: I year - 8.0%, second year - 6.0%, the years III - VI - 7.5%;

d) Medical patients with 0.5% (1) in boys and 4.1% (12) in girls, years of study and sex, detach:

Boys: only the first year - 0.7%;

Girls: I year - 4.1%, second year - 4.8%, the years III - VI - 2.5%.

It should be noted that the minimum percentage of exempt medical effort disappears with the success of young people in higher education entrance examination in medical, they opted for physical education in a certain branch of sport.

B. Branches of sport practiced in high school

Responses referring to sports practiced in high school, we detach that current students have practiced sports that higher education will become options as to practice physical exercises. Figure.... highlights the number of sports practiced by each student and their preferences:

- 60.66% preferred one, two or more sports - extra physical education lesson;
- 39.34% participated only in physical education lessons compulsory girls percentage of 51.0%.

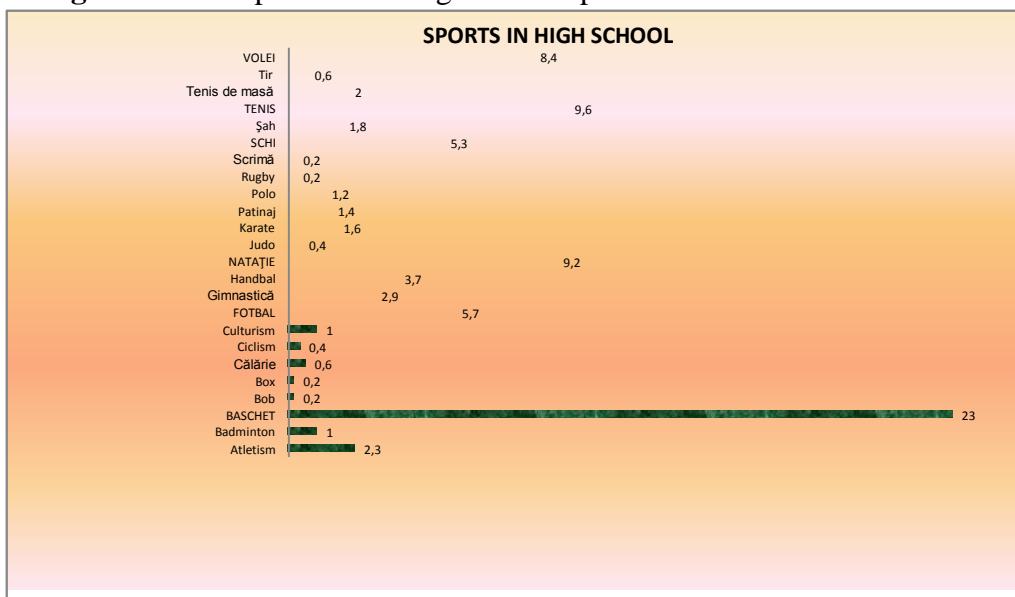
In order of preference, boys high school's sports are: basketball - 35.1%, soccer - 14.4%, 13.4% tennis, volleyball - 10.3%, with percentages ranging between 7.2% and 0.5% skiing, swimming, handball, martial arts, water polo, table tennis, bodybuilding, skating, chess, athletics, cycling, badminton, bob, boxing, judo, orienteering sports, rugby and shooting.

The girls practiced: basketball - 15.0%, 11.9% swimming, tennis and volleyball 7.1%, with percentages ranging between 4.8% and 0.3% - gymnastics, handball, athletics, skiing, chess, badminton, table tennis, martial arts.

Than shown, we remark:

- a. In higher education, sports options for students who wish to practice in physical education lessons will be: basketball, football, lawn tennis, volleyball and martial arts again;
- b. The girls will opt for basketball, swimming, tennis and volleyball, but will come very many options aerobics.

Figure 1. Share practiced in high school sports



C. Connections and influences of physical education

The above analysis highlights aspects of physical education and sport in school education, will be reflected in the design students on the influence of exercise on health, like physical education and sport in touch with related sciences, specific medical profession. Exercițiile fizice, procedee profilactice și curative

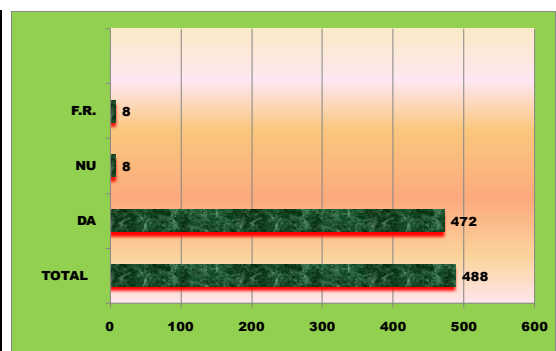
Students were asked whether they would recommend exercise as a preventive or curative methods; 96.72% answered in the affirmative, negative 1.64% and 1.64% did not answer. It is significant that both boys and girls in first year to fourth year in percentages between 95.1% and 100%, exercise will recommend prophylactic and curative.

Table 4. Health and exercise

Figure 2.

Health and exercise

Anul de studii	Sexul	TOTAL STUDENȚI TESTAȚI	RECOMANDA EXERCITIILE FIZICE			
			DA	NU	Fără răspuns	
I	BĂIEȚI	Nr.	152	133	4	
		%	100	95,1	2,3	
	FETE	Nr.	171	165	2	
		%	100	95,5	1,2	
	II	BĂIEȚI	Nr.	25	24	1
			%	100	96	4
FETE		Nr.	83	82	1	
		%	100	98,8	1,2	
III - VI		BĂIEȚI	Nr.	27	27	-
			%	100	100	-
	FETE	Nr.	40	39	1	
		%	100	97,5	2,5	
	TOTAL	BĂIEȚI	Nr.	194	186	4
			%	100	95,9	2,1
FETE		Nr.	294	286	4	
		%	100	97,3	1,4	
TOTAL GENERAL		Nr.	488	472	8	
		%	100	96,72	1,64	



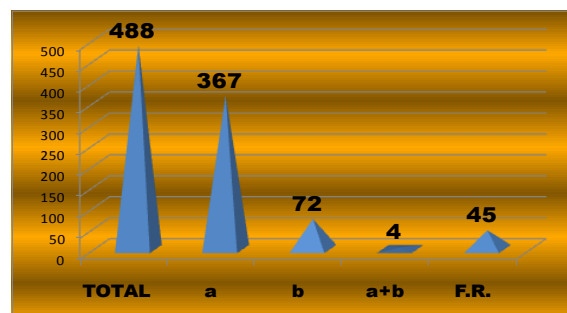
- Physical education and basic medical disciplines

In the same quality of future doctors, students would have asked to indicate whether between physical education and basic medical disciplines (anatomy, physiology, biochemistry etc.) are relations of interdependence or conditioning. A percentage of 75.20% appreciated linkages of interdependence (a) 14.75% of conditioning (b), 0.82% are for both ratios and 9.22% did not answer, the latter being mostly college freshmen who assume that having a clear opinion, preferred non-response.

Table 5. Interdisciplinary report

Anul de studii	Sexul	TOTAL STUDENȚI TESTAȚI	EDUCAȚIA FIZICĂ ȘI DISCIPLINELE FUNDAMENTALE				Fără răspunsuri
			a	b	a+b		
I	BĂIEȚI	Nr.	103	22	2	25	
		%	100	21,5	1,5	24	10,6
	FETE	Nr.	171	197	24	10	
		%	100	80,1	14	5,8	
II	BĂIEȚI	Nr.	25	20	2	6	
		%	100	80	8	12	
	FETE	Nr.	83	55	20	6	
		%	100	66,3	24,1	7,2	
III - VI	BĂIEȚI	Nr.	47	18	1	8	
		%	100	38,7	11,1	12,2	
	FETE	Nr.	40	34	1	5	
		%	100	85	2,5	12,5	
TOTAL	BĂIEȚI	Nr.	194	141	27	31	
		%	100	72,7	13,9	12,4	
	FETE	Nr.	294	226	48	21	
		%	100	76,9	15,3	11,1	
TOTAL GENERAL		Nr.	488	367	72	45	
		%	100	75,2	14,75	9,22	

Figure 3. Interdisciplinary report



- The impact of exercise on the body

That, in theory, students agree on beneficial influence of physical education, is reflected by the answers "in range" to the question in the questionnaire, the following influence:

- the harmonious development of organismului and strengthening health;
- recovery from mental effort;
- stimulates intellectual activity.

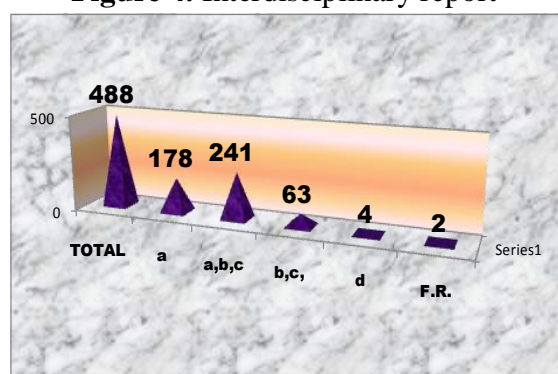
Only the variant "a" are chosen 36.47% for "b" and "c" - 12.90% and all versions cumulative "a, b, c" - 49.38%, justifying us to affirm that our students are aware that exercise is both means the harmonious development of body and strengthen the health field, intellectual activity incentives and help the body recover after mental exertion.

Adhere to this statement stronger boys (51.5%) than girls (48.0%), more conservative.

Table 6. Influences of exercise

Anul de studii	Sexul	TOTAL STUDENȚI TESTAȚI	a	a, b, c	b, c	d	Fără răspunsuri	
I	BĂIEȚI	Nr.	142	53	72	14	2	1
		%	100	37,3	50,7	9,9	1,4	0,7
	FETE	Nr.	171	58	83	28	2	-
		%	100	33,9	48,5	16,4	1,2	-
II	BĂIEȚI	Nr.	25	12	11	2	-	-
		%	100	48	44	8	-	-
	FETE	Nr.	83	56	38	8	-	1
		%	100	67,4	45,8	9,6	-	1,2
III - VI	BĂIEȚI	Nr.	27	9	17	1	-	-
		%	100	33,3	63	3,7	-	-
	FETE	Nr.	40	10	20	10	-	-
		%	100	25	50	25	-	-
TOTAL	BĂIEȚI	Nr.	194	74	100	17	2	1
		%	100	38,1	51,5	8,8	1	0,5
	FETE	Nr.	294	104	141	46	2	1
		%	100	35,4	48	15,6	0,7	0,3
TOTAL GENERAL		Nr.	488	178	241	63	4	2
		%	100	36,47	49,38	12,9	0,08	0,04

Figure 4. Interdisciplinary report



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The analysis of data collected, some conclusions can be drawn particular importance on physical education and sports, the concept that young people come into faculties:

Poor participation of high school students in physical education lessons (53.1% boys and 75.5% girls even), compulsory school education plan, shows lack of concern for the health of the pupils, skills based movement, and Why not make them an education sports, as befits a civilized youth in a civilized European country.

This aspect is responsible both subjects, but especially parents and teachers specialty should focus on explaining the theoretical efficiency physical education and sport on health and individual's personality;

The tendency of students to practice different sports in teams representing the school, school sports clubs, etc., and further demonstrates their desire to compete in competitions in sport, even if their percentage is not too high (20.1% boys and 7.1% girls). Both issues will be repercussions "for" and "against" in the practice of physical exercise during higher education.

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THE STUDY OF ANATOMICAL AND CLINICAL KNEE AFFECTIONS IN THE SPORTS PATHOLOGY

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Abstract

The large number of contusions at the knee articulation level resulted because of the sports traumas is a continual process in specialized studies. The sports traumas at the knee articulation level are accompanied by long periods of recoveries and can also leave behind morphological and functional sequelae, with consequences either on the sports activities or on the personal and social life of every individual. However, this type of effects can only happen if they had not been diagnosed at the right time and treated properly.

Key-words: *knee, ligament, sports*