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**STUDY ON THE STUDENTS OPTION STABILITY IN RESPECT  
OF SOME MOTION ACTIVITIES**

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**Abstract**

An informed student, is also interested in practicing motive activities, having also a diverse motivation: health, physical appearance, harnessing his own experience to strengthen his carrier on the labour market, developing the necessary capacity in order to gain 'social success', personal fulfillment, self-knowledge, self-discipline, and so on.

Physical education in pre university period and later at university must offer students a wide range of options so they can accomplish the so called objective: continuously practice of motive activities during leisure time.

We know that 'sport training, that is done in one way or another throughout life, aims to make the child and later the adult able to choose the activity that suits him best, according to his needs and interests.

Determining the stability of students' initial options taking into consideration the diversity of options based on the attractiveness expressed for those activities as a condition of constant interest for sport is the aim of this paperwork.

For that, in academic year 2014-2015, I have decided to check the stability of initial choices, for a group of students at Economic Industrial Engineering specialty, from their first year of academic studies, planning various activities, different from a class to another.

In this paperwork I have tried to find out how my students are eager to experience new things and how these new habits can modify their horizon of options.

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**Keywords:** Options for motive activities, stability; students at faculties with no sports and physical education profile.

## **1. Introduction**

When signing the contract with the faculty, the newly student is requested to choose a sport discipline that he wants to practice in that academic year during the sports classes.

We know that `sport training, that is done in one way or another throughout life, aims to make the child and later the adult able to choose the activity that suits him best, according to his needs and interests.

„ Motric habitude is an acquisition which, ultimately, represents the adaptation to the environment” ( Dragnea & Bota , 1999, p 158) .

Activities "outdoor education" acquires a particularly important role in the system of extracurricular programs, subject to the further training of their students with special skills in terms of knowledge, efficient and professional orientation as holding a lofty civic behavior (Moldovan, 2006, pp. 231-232)

In 2008, following studies of specialists in exercise and public health, in USA, is issued a document specifying the amount, type and intensity of physical activity needed to achieve many health benefits for Americans across the lifespan, source : <https://health.gov/paguidelines/pdf/paguide.pdf>.

Great variety of means working in motor activities of leisure can provide „routes customized" conducted carefully by specialists so that satisfaction of the moment to meet long-term benefits in terms of health, efficiency in social, social success, by Bota (2007, pp. 89-90).

Young, gifted with skills and attitudes, competence, due to an objective need of training in the context of a democratic society based on market economy, will be helped effectively in the current social and virtual integration. Thus, the student is interested:

1. To capitalize his own experience to strengthen his carrier on the labour market;
2. To develop his integration ability to a group (family, professional environment, friends, etc.);
3. To develop the needed capabilities for `social success`;
4. Achieving personal fullfillment, a quality life and moral autonomy.

Adults have therefore, complex motivations for practicing sports as: „self - knowledge, self - discipline, self - image, adequate physical shape, communicating with others, personal and professional development, etc. " by Stancu (2004).

Therefore, at the beginning of the academic year, the group, consisting of 30 students is expressing about 10-12 choices.

## **2. The aim of this Paperwork**

Determining the stability of students initial options taking into consideration the diversity of options based on the attractiveness expressed for those activities as a condition of constant interest for sport.

## **3. Hypothesis of this Paperwork**

- As motive luggage of the subject in discussion is more diversified, his options will be more stable and intense.
- Students are eager to experience new sports activities.

**Subjects** : students, aged between 19-24 years old.

**Methods used:** As they intervned in the study performed the methods are the following ones : observation, scientific documentation, questionnaire survey, statistical and graphical method.

#### 4. Work Methodology

For the academic year 2014-2015, I have decided to check the stability of initial choices, for a group of students at Economic Industrial Engineering speciality, from their first year of academic studies, planning various activities, different from a class to another. I have taken into consideration the weather and the possibility to move to the specific places, the exams, their specific program, professional competitions, student session, etc. Therefore, I have planned during the two semesters, classes with themes of sports games, handball, basketball, volleyball, soccer, swimming, jogging, hiking with a competition for tourist-oriented, aerobics, fitness, table tennis, tennis, skiing, movement games.

In the pictures below, I will present some images from lessons mentioned above with themes of handball, football, tennis, dynamic games, hut games, skiing.

At the end of the academic year they have completed a survey with questions regarding the level of attractiveness for each activity, with positive and negative but also difficulty elements identified. At the end of the survey, they have expressed their options for the next academic year. The answers were then analysed and interpreted.



**Fig. 1.** Handball



**Fig. 2.** Hut games



**Fig. 3.** Dynamic games



**Fig. 4.** Skiing



**Fig. 5.** Football

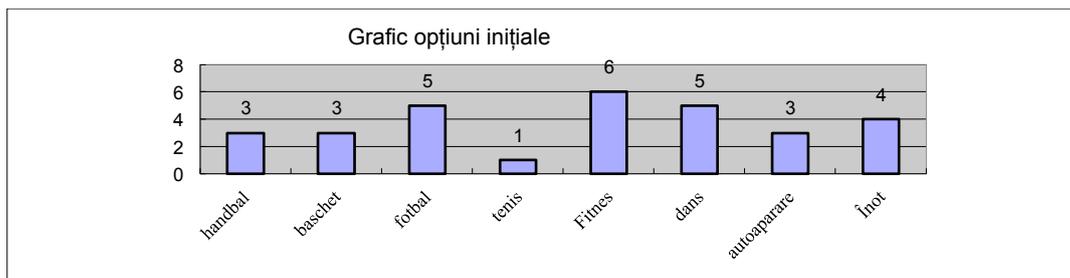


**Fig.6.** Table tennis

1. First question is about students' initial option.

**Table 1.** Initial options for sport activities

Sport activity	handball	basketball	football	tennis	fitness	Self-defense	Dance	Swimming
Nr. of answers	3	3	5	1	6	3	5	4
Answers								

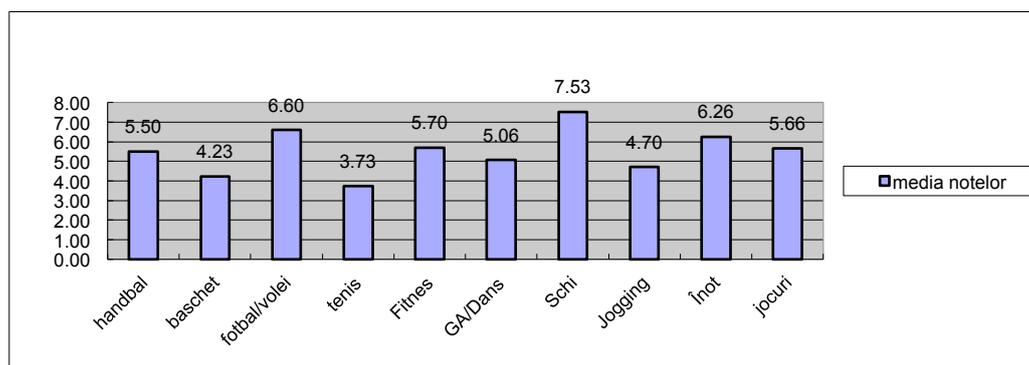


**Fig. 7** The situation of initial choices.

2. Second question was about putting a grade from 1 to 10 for sport activities conducted during sport classes. In the chart below are the averages obtained for each sport activity.

**Table 2.** Averages obtained

Evaluated sport	tennis	basketball	jogging	GA/dance	handball	games	fitness	swimming	football/volleyball	skiing
Average obtained	3,73	4,23	4,7	5,06	5,5	5,66	5,7	6,26	6,6	7,53



**Fig. 8.** Evaluating sports and their averages.

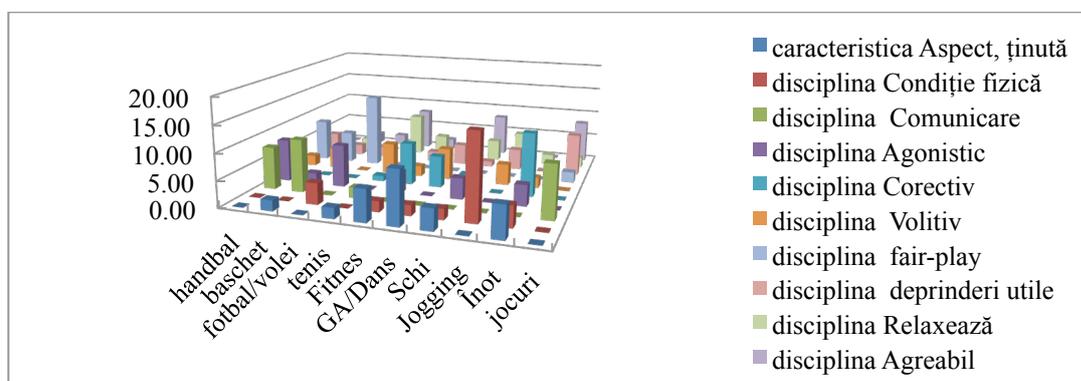
As shown in the fig. above, the first place is occupied by the skiing, with an average of 7.53 while on the last one is tennis with an average of 3.73.

3. To question: 'How many sports, from those written above did you practice in pre universitar education, students mentioned between a minimum of 2 subjects (a student) and a maximum of 5. I did the average responses of all 30 students, and that was 2.3.

4. Being somehow familiar with sports listed, students were asked to associate each sport with a feature like those from the columns.

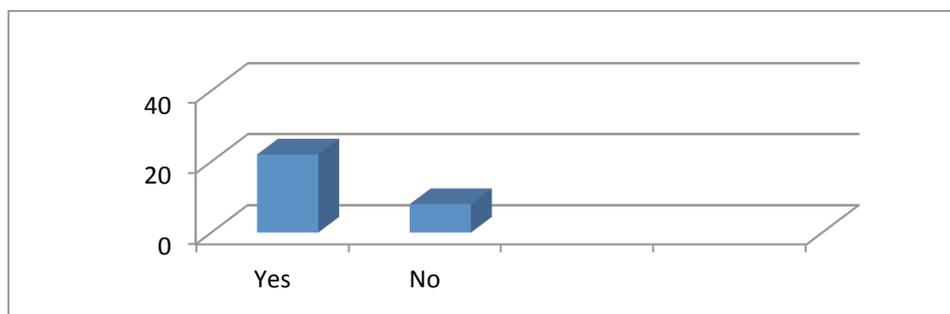
**Table 3.** Association between sports and features.

Nr. Cr.	Evaluated sport	Hand ball	Basketball	Foot bal/volley-ball	Tennis	Fit ness	GA/ Dance	Ski	Jogging	Swimming	Games
1	Physical and mental harmony (appearance, attire)	-	2	-	2	6	10	4	-	6	-
2	Physical condition (cardiovascular endurance, muscular flexibility, balance, etc.)	-	-	4	-	2	2	2	16	4	-
3	Strengthens relations of cooperation, teamwork and communication.	8	10	-	2	-	-	-	-	-	10
4	Develops fighting spirit, courage and boldness	8	2	8	-	4	-	4	-	4	-
5	Corrects posture defects	-	-	-	1	8	6	3	-	12	-
6	Develops volitional capacity (mobilization order, discipline)	2	4	-	6	2	6	4	4	2	-
7	Develops a sense of fair play	8	6	14	-	-	-	-	-	-	2
8	Is forming skills and motive habits useful in everyday life	4	2	2	3	2	4	1	4	-	8
9	Relaxes, removes stress, physical and mental strain	-	2	-	8	4	2	4	6	2	2
10	A useful and enjoyable way of spending leisure time	-	2	2	8	2	-	8	-	-	8



**Fig. 9.** Association between sports and features.

5. To question number 5: 'Do you have a different option for the next academic year?', 22 students answered *yes*, and 8 have responded *no*, which resembles that in 73.33% of the cases they have changed their option.



**Fig. 10.** Situation of final options

6. As reasons that might lead them to practice exercises in their free time, health was chosen by 25 students (83.33%), being with friends by 3 students (10%) and acquiring and firming specific skills, only by 2 (6.67%).

7. The last question requested some ideas for interesting activities, pleasurable and relaxing. Therefore, they had the following ideas: fishing, horse riding, expeditions aqua gym, hiking, biking, Park-adventure, paintball, rafting, kayaking -canoe, rollerblading, etc.

## 5. Conclusions

1. Baggage poor motor, revealed the number of sports practiced, (question 3, an average of 2.3).
2. Students are willing to practice new sports, which have not practiced never pre cycle (question no 2, skiing is appreciated by an average of 7.53).
3. Traditional Sports tend to be replaced by new ones: adventure sports, aqua gym, paintball, rafting, etc. chalet games (question no 7).
4. Higher institutions must be prepared to offer the opportunity to as many diverse sports, traditional or new sports, fashion.
5. Physical education in universities should offer students a wide range of options so that they can meet the objective : continuously practice of motive activities in their free time.
6. Physical education and sports turns multiple valences of practicing physical exercises in stable behavior characterized by self-respect, team work, respect for rules, tolerance. Stable behavior depend on the acceptance, integration and structuring of strong incentives for practicing physical exercises.
7. Also, as the motion skills and knowledge luggage is richer, the more the student will choose what he needs, what makes him happy and that activity that meets his objectives.
8. Adults have, therefore, complex motivations for practicing sports like: self-knowledge, self-discipline, self-image, adequate physical shape, communicating with others, personal and professional development, etc.

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