

MEPDEV 2nd: 2016
Central & Eastern European LUMEN International
Conference - Multidimensional Education & Professional
Development. Ethical Values

RESEARCH ON THE FITNESS LEVEL OF THE STUDENTS
FROM UNPROFESSIONAL FACULTY

Florina Liliana Paraschita (a)*

*Corresponding author

(a) Ecological University of Bucharest/ Faculty of Physical Education and Sport, Bucharest, Romania,
luludenia@yahoo.com

Abstract

Fitness seeks a tight end, to develop a healthy body, strong, beautiful, with smooth musculature, proportionate and prominently represented. Fitness not only contributes to the development of muscles but also to preserve or improve the silhouette, acquisition or retention of physical condition. The purpose of this study is to detect your fitness level at which students are found to have objective arguments in decisions to be programs for promoting, maintaining or regaining health. Hypothesis of the research. It is assumed that involvement in a regular program of physical activity can have a beneficial impact on the body, stressed the effects on functional levels and can improve significantly the fitness level. Objective: to evaluate the fitness levels of students deadlock specialization; Creation of data bases as support for information and training of a healthy lifestyle. The study sample was made up of 98 students in Kinesiology specialization and special motion within the Ecological University of Bucharest. To test the appliance myoartrokinetic system apparatus using test Hettinger, have been used 5 exercises to test joint mobility and balance, and 5 for testing the force. The research aimed to identify potential shortages of healthy subjects by testing myoartrokinetic system using appliance test Hettinger. We also wished to acknowledge students about the effects of systematic practice of physical exercise within some programs aimed at maintaining and optimizing health to prevent premature degradation of the body and its functions in general.

© 2017 Published by Future Academy www.FutureAcademy.org.UK

Keywords: Fitness, distance, health, Hettinger test, level..



1. Introduction

Physical activity is one of the basic functions of the human body. Lately, people have begun to ignore the importance of the health and well-being of her. Due to lack of food and obesity movement reaches all higher odds among the population. Sedentary lifestyle has significant consequences on the health of the public, and the proof is the most obvious increase in obese (Negrea, 2012, pp. 106).

The benefits of physical activity for health only appear as a result of regular physical activity participation (Negrea, 2012, pp. 67). Heart rate can be harvested with Polar Protrainer XTSM, Finland which continuously monitors the FC of the subject. Based on the information, parameters and data collected, it has been found that this method is more efficient than the classic and a further test for higher levels of preparation (Urichianu-Toma & Dima, 2013, pp. 193).

Report of the Surgeon General on physical activity and health (Stallings & Fung, 1998) recommends that all persons over the age of 2 years to accumulate at least 30 minutes of moderate-intensity physical activity at least, and preferably in all days of the week. Fitness is a discipline for men and women of any age, no special motor qualities claims, is equally accessible to those strong and to those far from the point of view of labour (Pălărie, Marinescu, Marinescu, 2005, pp. 1).

Fitness seeks a tight end, to develop a healthy body, strong, beautiful, with a harmonious, proportionate and musculature visible contoured (Constantin, 2012, pp. 7). Fitness contributes not only to the development of the muscles but also to preserve or improve the silhouette, acquisition or retention of physical condition.

Recreational sports also play a social protection role (in case of crises), by being an alternative to the presumed disorganized or even harmful spending of spare time (Urichianu-Toma et al., 2014, p.31).

One of the test systems of the myoartrokinetic system enjoys a particularly successful, is the Hettinger (Sbenghe, 1987) which can demonstrate that although the subjects are healthy, and presents important deficits in time affect the major structure and functions of the body.

2. Problem Statement

Leisure activities may constitute a means to relax after a tiring day's work. Sport physical activities carried out in his spare time, is based on the idea of preventive preservation and improvement of health; improvement of the body's functions and increase the capacity to fight disease.

The great variety of means of driving activities of leisure, can provide "personalized routes", led by specialists carefully so the momentary satisfaction to them correspond to long-term benefits in terms of health status, social efficiency, social success, etc. (Cristea, 2010, p. 4).

Executing physical exercises, new forms and new permanent or conditional reflexes, which are attached to, the body acquires the ability to adapt better to the heavier physical work and more complex. Because of this, we can perform the movements more easily, so our body is preparing. As a result of the work of the sporting activity and improves the structure of all body organs and the central nervous system (Neder, 2015, p. 113).

Sport as a recreational activity creates rebound being ideal to socialize with other like-minded people.

Sport is an important component of quality of life and culture that must be supported by all the primary institutional apparatus. The State should be an important factor in ensuring optimal functional (and logical) to guarantee all citizens the right to practice exercise (Brîndescu, 2010).

3. Research Questions

Hypothesis of the research. It is assumed that involvement in a regular program of physical activity can have a beneficial impact on the body, stressed the effects on functional levels and can improve significantly the fitness level.

Objective of the study: the establishment of the study group and the research methods; to evaluate the fitness levels of students deadlock specialization; interpretation of the results and the formulation of conclusions; creation of data bases as support for information and training of a healthy lifestyle.

4. Purpose of the Study

The purpose of this study is to detect your fitness level at which students can be found. Research has sought to bring to the attention of students, the effects of the systematic practice of physical exercises in the framework of programmes intended to ensure the maintenance and improvement of health, prevent premature degradation of the body and its functions in general.

5. Research Methods

The research methods used were:

- bibliographic study method,
- the method of observation effort accomplished by students,
- testing method,
- method of registration results on separate sheets for each student,
- graphical method

6. Findings

The study sample was made up of 98 students (45 female and 54 male) in Kinesiology specialization and special motion within the Ecological University of Bucharest during December 2014. Participants in the study have had ages between 20 and 36 years.

We intend to reveal any deficits of the body healthy subjects, testing appliance myoartrokinetic system using test Hettinger. To test the appliance myoartrokinetic system apparatus using test Hettinger, have been used 5 exercises to test joint mobility and balance, and 5 for testing the force. They have been:

- Testing of joint mobility and balance

1. from the position of sitting, (with knees extended and feet close together) is running, bending the torso trying to touch the floor with your hands;

2. from a sitting position on the floor, as the great toe joint to be brought to the nose (bend your torso forward, his head leans forward and pulls his leg with his hand);

3. in the right hand with the upright position: the dorsal face in contact with the back, looking to reach with your fingers (facing upwards) fingers of the left hand, which is oriented from top to bottom at the back, with the Palm of the hand touching the back; his left forearm is reversed back over his shoulder;

4. Sits transversely on the Palm open (90 ° elbow) a ruler of 40-50 cm and counting wobbles: 21st, 22nd, 23 etc. (each figure representing a second) up the falls; three attempts are made with each hand, the best attempt counts;

5. Place a towel on the floor: sitting in a leg, the subject tries to catch up with the other fingers foot towel and pick up your thigh at right angles; to make five attempts with each foot, with one point for each successful test;

- Muscular strength testing

6. From supine position rises at the same time the trunk and lower limbs stretched out, remaining on the ground just fundament; the upper limbs are placed on the thighs;

7. The subject prone, with palms on the trunk and buttocks, raises legs stretched (extension) and time how long is maintained this position;

8. Position for push-ups (rhythm is given to those that were numbered 21, 22, 23, etc. (one second, one second MPA, laying arms); in the MPA, the abdomen should touch slightly the floor;

9. From the prone position of the push-ups of the preceding; the 21-22, 23-25, etc., makes the high jump rabbit, bring your legs in curled up and stretch back into the original position.

10. In dorsal decubitus with palms on your thighs vertical raises from the trunk (the heels remain in contact with the floor) in the rhythm of 1s, 1s lifting return; the score is different according to sex.

Fitness level assessment is done using test Hettinger (Sbenghe, 1987). For this, the score is calculated from the ten events of the Hettinger (can be a maximum of 100 points). Interpretation of results:

If the score is 50 points = < low level of fitness;

-between 50-64 points = average;

-between 65-79 points = good level;

-between 80-100 points = very good

As a result of the study conducted there were obtained the following results, which have been listed in table 1. On the basis of their realized graphical representation.

Table 01. Testing your fitness level

Students	Column Heading			
	Excelent level	Good level	Average level	Week level
Girls	68.18%	31,02%	-	-
Boys	59,26%	37,03%	3,71%	-

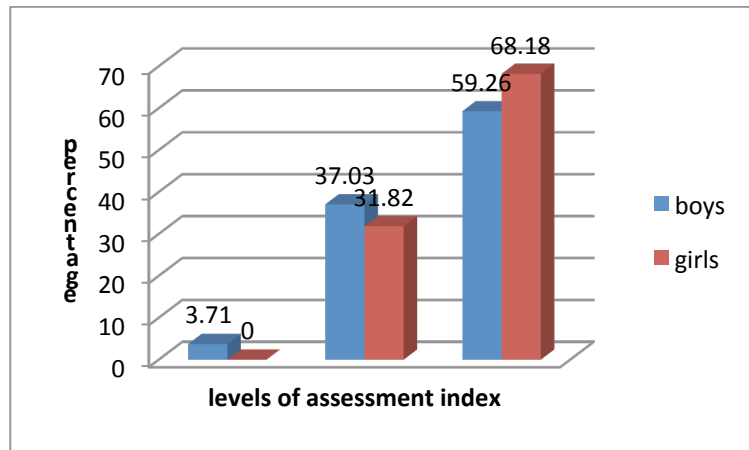


Figure 01. The level of appreciation of fitness in students

As a result of testing the level of fitness of the lot, 63.27 percent of students had a very good level, for it was level 37.09 percent good and 2.04% grew at an average level. We're not registered subjects with low level (below 50 points).

Analysing the results recorded by the girls can be seen that 68.18% have earned a very good level of subjects and 31.82 a good level. There have been no results with average levels or weak.

For boys, 59.26% of students have achieved a very good level of fitness, 37.03% achieved a level was good and 3.71% average. There was no result with low level.

As a result of the study conducted just 7.41% of guys have the maximum score (100 points), compared to 18.18% girls have achieved. Here, shows that the level of fitness of the girls was higher than the boys, so they have mobility and a better strength.

Students study responded to our question regarding how much movement they do in their spare time, and the answers were: 53% don't do any independent physical activity, 29% do only occasionally, and only 18% of them practice a physical activity outside of the scholar program.

In a country where sports fields are disappearing rapidly, the number of hours of physical education from school curricula decreases as the child grows, and the interest for practicing physical exercise is not very common, it is expected that the adult population present inadequacies in health.

Sport is an important component of quality of life and culture that must be supported by all the primary institutional apparatus. The State should be an important factor in ensuring optimal functional (and logical) to guarantee all citizens the right to practice exercise (Brîndescu, 2010).

In this work, we propose to have an insight into the level of fitness at the level of the young students to take objective arguments in decisions to be programmes for promoting, maintaining or regaining health. Literature, the Internet is full of articles on what you need to do in order to maintain or improve health, exercise, diets etc. for this. Our work aims to provide data on the current state of health of a group of students of a faculty in Bucharest. This theme was chosen on the students from a Physical education faculty, but with a program of physical therapy because in the educational plan of physical therapy and special motion from the Ecological University of Bucharest, there are sports disciplines with a small number of practical classes. Thus, students don't practice too much sport in question, but rather, learn what exercises discipline that are applicable in physical therapy. Although there are students of a

faculty with a sportive direction, lack of movement is evident, and the desire of the students in occupation of leisure time physical activities sport is also low.

7. Conclusion

The conclusions reached in the study performed are:

1. As a result of testing the level of fitness of the lot, the percent of students 63.27 had very good, 37.09 percent level was good, and the 2.04% average. We're not registered subjects with low level.
2. We found significant differences in fitness level of participants on the basis of the sex of the participants. For girls, very good level it acquired 68.18% of subjects and good level 31.82%. There have been no results with average levels or weak. For boys, 59.26% of students have achieved a very good level of fitness, 37.03% the level was good and 3.71% average. We're not registered subjects with low level.
3. Comparing the maximum results obtained by girls and boys is noted that 18.18% of the girls managed maximum points, compared to only 7.41% boys.
4. All students have been advised to carry out a program of regular physical activity as a self-employed person, in order to prevent premature degradation of the body and its functions in general, on the understanding that the optimization process of health and illness prevention is done by means of physical exercises.

Acknowledgments

This study is part of the research plan of the Faculty of Physical Education and Sports of the Ecological University of Bucharest in collaboration with the University of Bucharest, Physical Education and Sports Department.

References

- Brîndescu, S. (2010). Beneficiile practicării activităților de timp liber. *Marathon*, II (2) Retrieved from <http://www.marathon.ase.ro/pdf/vol2/22/brinescu.pdf>
- Constantin, I.C. (2012). *Fitness*. Iași: Editura PIM.
- Cristea, D. I. (2010). *Optimizarea practicării exercițiilor fizice în timpul liber la elevii de 11-14 ani*(Doctoral disertation,Univeritatea națională de educație fizică și sport București). Retrieved from http://www.unefs.ro/custom_images/file/cercetare/referate%20teze%20de%20doctorat/cristea%20dana%20rezumat.pdf
- Neder, P. F. (2015). *Bazele generale ale atletismului*. Iasi: Editura PIM.
- Negrea, C. (2012). *Nivelul de fitness, expresie a stării de sănătate*. Timișoara: Editura Eurobit.
- Pălărie, C., Marinescu, R. & Marinescu, A. (2005). *Fitness și stretching pentru toți*. Craiova: Editura Universitaria.
- Sbenghe, T. (1987). *Kinetologie profilactică, terapeutică și de recuperare*. București: Editura Medicală.
- Stallings, V. M. & Fung, C.H. (1999). Clinical nutrition assessment of infants and children. In M.E. Shils, J.A. Olson, M. Shike, & A.C.Ross (Eds), *Modern nutrition in health and disease* (pp. 1497-1511). 9th Edition. Philadelphia: Lippincott, Williams & Wilkins.
- Urichianu-Toma, S. & Dima M., (2013). The new e-training and directing effort in academic rowing. *Proceedings of the 9th International Scientific Conference "eLearning and Software for Education"* 3, doi:10.12753/2066-026X-13-235
- Urichianu-Toma, S., Gagea, G., Păunescu, M., & Dima, M. (2014). The issue of attracting students to the practice of sports. *Revista de cercetare și intervenție socială*, 45, 31-44.