

## STUDY REGARDING THE DEVELOPMENT OF A STRATEGY SPECIFIC FOR THE FREE AND INDEPENDENT PRACTICE OF PHYSICAL EXERCISES IN THE UNIVERITAR MILITARY LEARNING

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**Abstract:** *The purpose of this article is to put in the light the results of the research based on a questionnaire in order to project new content for the general physical training. The study also wants to find new strategies and methods to motivate students for the free and unconditioned practice of physical exercises under the guidance of specialist teachers.*

**Keywords:** *physical exercise, propellent skills, independent, individual physical training, strategy.*

### 1. INTRODUCTION

Sorin Şerbănoiu and Virgil Tudor support the idea that “the educational activities, projected and programmed” involve first of all the sketching of the final aims and then, choosing the strategies that lead to their accomplishment. The self note of the objectives is given by the fact that they precede the result of education in terms of behavior, predicting how the subject should react after passing through a sequence or stage of learning.” (Şerbănoiu, Tudor, 2007:29).

The most of the field specialists agreed that the objectives of the physical education are classified from different criteria:

A. after the degree of generality we distinguish:

- The general objectives- put emphasis on the essence of the physical education, the common dimensions of its subsystems.

These objective are:

- ✓ the maintenance of an optimum health condition;
- ✓ the foster of an harmonious physical development;
- ✓ the development of the propellent skills; the development of the basic propellent skills specific to some sports branches;
- ✓ the formation of the capacity of systematic and independent practice of the physical exercises;

- ✓ the harmonious development of the personality.

- The specific objectives- represent the practice of the general objectives, at the level of subsystems of the physical education.
- The mediate objectives act at the level of the learning cycles of the years of study.
- Operational objectives- they watch the immediate behaviors that can be seen in short time that can be traceable and measured.

B. After the sphere of influence and the type of behavior expected:

- Objectives for constitutional-functional development of the organism report:
  - ✓ harmony between the somatic and functional indices;
  - ✓ harmony and proportionality inside every indices category;
  - ✓ the maintenance of an optimum muscular tonus;
  - ✓ the formation and the maintenance of a right body attitude;
  - ✓ the prevention and correction of the postular and physical lacks;
  - ✓ the loss of body weight excess and the obesity.”

(Dragnea *et all.*, 2006:25-26)

All things considered, in order to create a strategy that target students capacity of practicing with pleasure physical exercises and also other ways of exercising, during the session of physical education and sports, and also outside the academic schedule, independent or under the guidance of the specialists in the field, we focused our attention upon the students from the first and the second year of study from the AIR FORCE ACADEMY "HENRY COANDA", where we have done a research based on a questionnaire, on an exhaustive sample with a number of 145 respondents. The content of the questionnaire targets 9 subjects, expressed through 9 items.

### HYPOTHESIS

We propose the following work hypothesis:

If the interest and options of students are known, it will be possible to obtain a strategy with the base of free, independent and unconditioned practice of physical exercise or some sports branches.

The data obtained from the research have been statistically processed and interpreted qualitatively and quantitatively. The charts obtained show the preferences of the subjects from the two years of study, about some optional sessions that take place among the department "SPECIALTY AND MILITARY BASIC INSTRUCTION" from the AIR FORCE ACADEMY "HENRI COANDA".

The first question: "Which of the following optional sessions: basketball, handball, football, taebo, martial arts, fitness, swimming, gymnastics, athletics, sky, gliding, plane modeling, tennis, table tennis, climbing would you practice?"

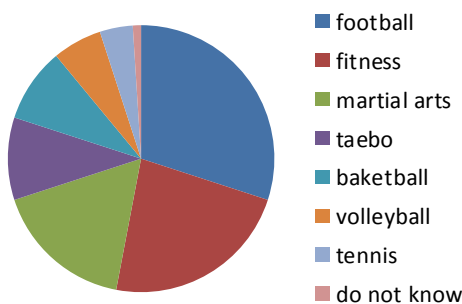


Fig.1. Subjects options for the sports.

Analyzing the first image we saw that football, being very popular and being given the possibility of practice on every season, outside and inside, it earned the first place in the students preferences, followed by fitness which is very advertised and the martial arts have the third place because their complexity and the practice conditions.

The second question: "Do you believe that the number of hours a week for physical education is big enough?"

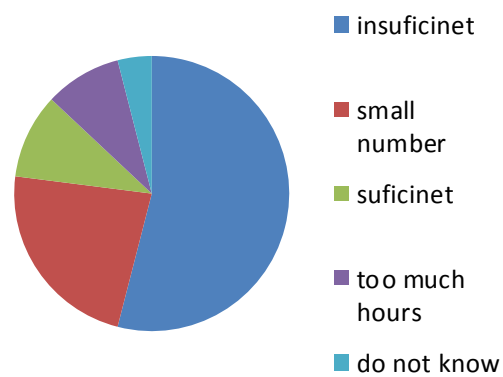


Fig. 2. The opinion about the time given to physical education and sports.

According to the second image, after processing the responses we have the following data: 54% of the questioned ones have considered that the amount of time for physical education and sports is not enough, 23% are really sure that the time given to this subject is a small one, 10% think that there is enough time, 9% support the idea that the effort is a high lever, 4% do not know, do not answer. In conclusion, we can see that over 75% of the students have appreciated objectively the value of the physical education and also decided to spend their time in a pleasant and relaxing manner, with a serious involvement.

The third question: "If the number of sessions is insufficient, how much of your spare time would you give for the optional sessions of physical education and sports?"

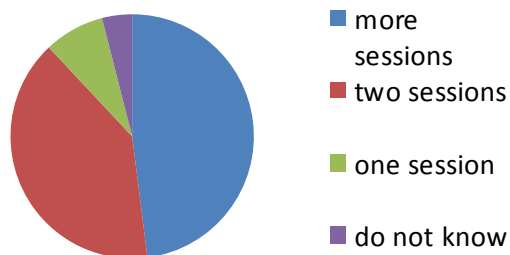


Fig. 3. The preferences regarding the number of physical education sessions given from the spare time.

The third image shows that: 48% of the respondents have manifested their wish for more sessions a week, 40% only for two more sessions, 6% for one session and 10% were not sure. We notice that more than 75% of the answers are for more additional sessions from the optional disciplines, led by specialist teachers, which proves that the accomplishment of the aims the students proposed is done by a consequent practice.

Question number 4: “Which are, in your opinion, the benefic effects obtained after practicing the optional discipline

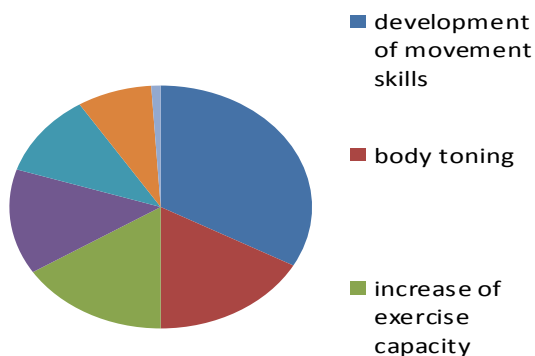


Fig.4. Benefic effects of the practice of the optional disciplines.

The image number 4 reveals that the highest percentage of 33% was in favor of the development of the propellent skills (force, speed, durance coordination, flexibility and mobility), 17% for the body toning, 16% for the increase of the exercise capacity through the activity specific to every optional discipline,

14% self-defense and the development of the fighter spirit, 11% for the increase of the speed of decision and efficient thinking, 8% for the development of the team spirit and friendship, 1% do not know, do not answer. From the data analysis we see that the student’s option for the development of the propellent skills is fair, having as an objective the creation of a basis of free practice of the optional disciplines, which will represent a serious support in their future career.

Question number 5:”Do you think that the discipline you chose is an element of progress in your development and for defining your personality? ”

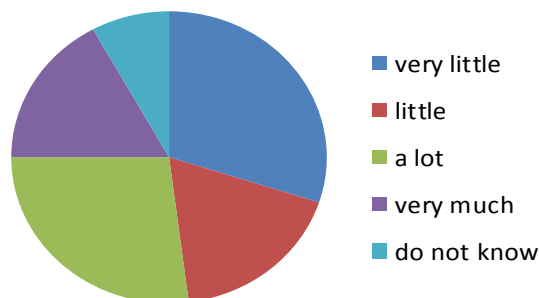


Fig.5. The development of the personality through the optional discipline.

The fifth image reveals that 30% of the respondent think that the choice of the optional discipline represents very little for the development and definition of their personality, 18% believe that it is possible in a small measure, 27% think that this option in a great measure an element of progress, 17% support the idea that their favorite discipline represents a lot for them and 8% of their preferences are not decided, they do not know, do not answer. We can see that 44% of the questioned ones have positively appreciated the practice of an optional discipline. The 8% of the ones who do not know is considered high, from the point of view of the age of the young future officers. In order to cover these lacks, the teachers must help them with clear training programs and they must be explained which are the advantages of practicing physical exercises generally, and especially of an optional discipline, some positive effects are visible on the spot, others on a long term, on which occasion, the objectives of the physical education will be accomplished.

Question number 6: “Which are the propellent skills you consider of the highest importance and absolutely needed for your future career?”

According to image number 6, the respondents have manifested their preferences as it follows: 27% chose the , 20% have considered speed important, 14% had their options for coordination and only 4% decided for flexibility and mobility, 1% do not know, do not answer.

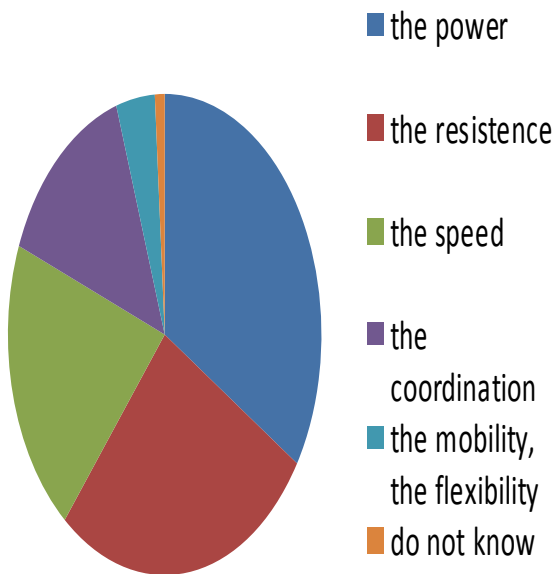


Fig.6. The importance of the motric skills in students opinions.

It is a quality we are born with and less improvable. The coordination has a high importance, its place being a good one. If it is educated right, it will have as a result the minimum consumption of energy in the propellent acts and actions. The mobility and flexibility have been preferred by a small number of subjects because of their complexity.

Question number 7: “Do you think that the independent practice of the physical exercises learned during the sessions of physical education is useful and needed?”

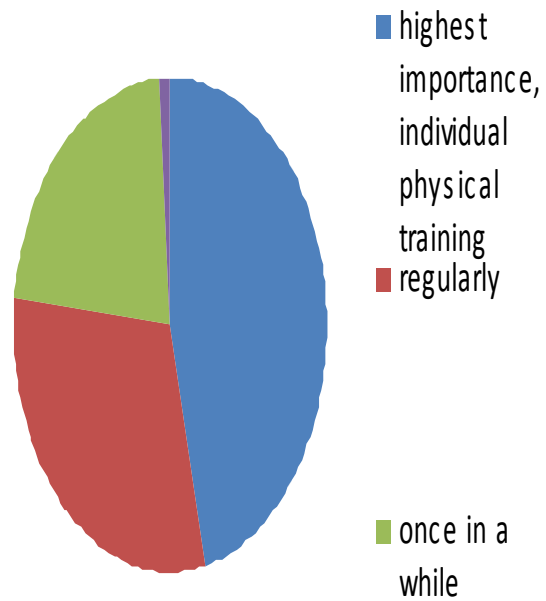


Fig.7. The preferences of independent practice of the physical exercises and some sports disciplines, individual or in a team.

The answers processed in percents of those questioned result from the image number 7 as it follows: 30% of the respondents have manifested their will of independent practice of a sports discipline, like team games or other ways of individual exercising, with regularity, 22% have chosen the once in a while practice of physical exercise, while 46% think it is of high importance the individual physical training and only 1% do not know, do not answer. Consequently, we can figure out that the students, in a number of over 75%, want to get involved systematically and consciously in the physical education in general and especially in the independent practice of the disciplines led by the field specialists.

Question number 8: “What do you think that there should be done in order to optimize the lesson at the sports discipline you chose, to make it more pleasant and attractive?”

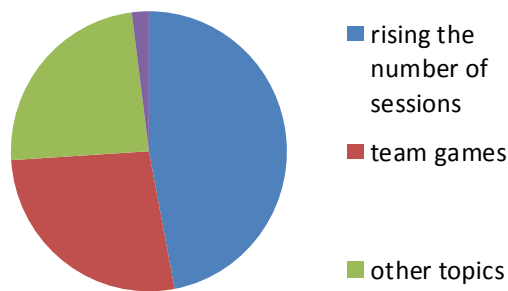


Fig.8. The optimization of the physical education lesson according to students opinions.

According to the image number 8, the students options turned into percent are the following: 47% had their preferences for raising the number of sessions, related with the specific activity, 27% chose the team games, 24% wanted to use other topics during the physical education sessions and 2% do not know. About this situation, we believe that the students suggested be more innovation and creativity during the sessions, with a higher percentage for the team games and a various range of topics.

Question number 9: "How do you appreciate the lessons of physical education at the discipline you chose, on the scale of effort intensity: easy, very easy, hard or very hard?"

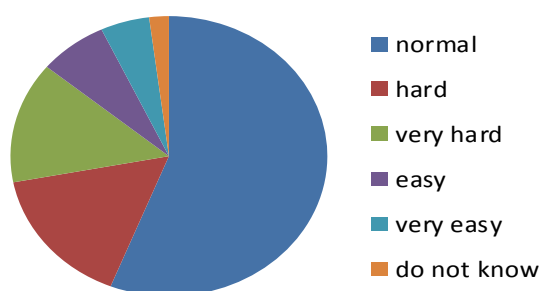


Fig.9. How the students appreciate the intensity and density of the effort during the physical education sessions.

According to the image number 9, the answers are the following: 56% have considered the effort as being normal, 16% hard, 14% very hard, 7 % easy, 5% very easy and 2% do not answer.

We consider that the appreciation of the students about the intensity and density of the effort has been done right, which reveals that the schedule of the optional lessons stick to the training standards, and where there are adaptation issues, the physical exercise and the training programs will be adjusted to the somatic and physiological characteristics of the age of the subjects.

### CONCLUSIONS

1. From the research based on questionnaires realized among the students from the AIR FORCE ACADEMY "HENRI COANDA", come up the following conclusions: The students have shown their practical options for some of the sports disciplines;
2. They have shown interest for the independent practice of the physical exercises, alone or under the guidance of specialists.

They have realized that a right development of the propellent skills leads to harmonious building of the body, and also to a development and definition of a complex personality.

### SUGGESTIONS

After this research based on questionnaire we can formulate the following suggestions:

- making up a syllabus based on the close research of students options and those which are compatible with the academic demands should be also added to that document;
- the physical education sessions should contain topics through which the team spirit will be developed and also the competition and creativity, which responds to the role of fighter and the skills required by the pattern of the one who graduates the AIR FORCE ACADEMY "HENRI COANDA";
- inside the gyms should be put posters that would contain physical training schedules well structured and comprehensible for students;
- the teachers must be very careful that the presented exercises are well learned by students;



- inside the gyms should be put some boards and posters where the side muscle groups that are activated during exercising are presented and also all the muscle groups of the human body;
- in the academic library must be enough specialty literature with the news from which the young will be able to inform themselves about everything connected to physical exercising;
- the specialist teachers ought to present information about sports medication;
- during the evaluation of the young who are part of the sport groups or who train individually, they should be given as models and they should be awarded with a bonus at their grade;
- the teachers should promote a modern concept of the physical education with scientific basis which are linked with the culture and civilization values that will lead to the integration of intellectual, moral, socio-economic, artistic and civic values, to the development of a fighter personality, with the thinking of a fighter specific to the modern armies.

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