PROBLEM OF SHORTAGE OF MOTOR ACTIVITY STUDENTS
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Annotation. The approaches to the problem of a rational organization of motor activity of students. Elucidate the relation of motor activity of health conditions. Shows the contradictions between the growing need to enhance students' mental labor in the modern educational environment and the lack of physical activity of young people in the learning process at the university. The level of physical activity of students and to assess its compliance with the appropriate regulations. An expert survey of physical education teachers. The necessity of changing approaches to the process of physical education and the development of recommendations and actions to improve the quality of education in physical education. It is proved that the deficit of motor activity by the students it is advisable to include educational and daily activities of this category of students of various forms of physical education classes of various kinds.

Keywords: health, healthy living, physical activity, students, experts.

Introduction
As on to day, the problem of population’s motion deficit is one of the most acute in the whole world. [1, 6]. Its aggravation is conditioned by unprecedented successes in many fields of science and production of material benefits. They became the reason of the fact that most of our contemporaries do not satisfy natural demand in motion activity, which ensures efficient vital functioning of all human’s systems [6]. Especially troublesome are negative results of insufficient students’ motion activity, which lead to increase of morbidity, distortion of growth and development processes, reducing of organism’s adapting abilities. As analysis of modern researches shows [2-4], everyday students’ motion activity does not ensure optimal functioning of main physiological systems of organism and does not create conditions for health improvement. The fact, that motion activity is a compulsory component of healthy life style and mean mean of health improvement, points at acute problems of its deficit, when speaking about students. Proportion of this problem is confirmed by the results of recent scientific researches, according to which more than 50% of higher educational establishments' students have health abnormalities [3, 4, 6]. In the researchers’ opinion [1], first of all, such situation is connected with crisis state of students’ physical education system, which does not meet modern requirements of society.

Scientific experience, which has been accumulated recent years, witnesses about great attention of researchers to the students’ motion activity’ rational organization problems, about important role of regular physical exercises for full-fledged life, health preservation, prevention and rehabilitation of different diseases [1, 6-11]. A lot of scientific works are devoted to the problem of development and foundation of motion activity regimes [1-6]. In the opinion of many researches, the connection of motion activity with health state, organism’s functional reserves, physical workability, labor activity on the one hand and social purposefulness of its scope on the other hand shall determine its rational values. However, the presence of contradictions between growing demand of students’ mental work’s intensification and insufficient motion activity of youth in the process of study at higher educational establishment, as necessary condition of health improvement should be noted. Against the background of these contradictions the problem was identified, which implicates the search of ways to reduce students’ motion activity deficit in the process of study at higher educational establishment.

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Purpose, tasks of the work, material and methods
The purpose of the research is to determine the level of students’ motion activity and evaluate its compliance with standards.

The methods of the research: theoretical analysis of scientific-methodological literature, analysis of normative documentation, study of pedagogical experience of higher educational establishments in organization of students’ physical education, pedagogical observations, sociological methods, methods of motion activity evaluation (timing, Fremingem’s method), methods of statistical data processing.

Results of the research
The process of study at higher school is realized within the frames of multi-forms, integral system of organization forms and methods of teaching. Studying at higher educational establishment implicates attending of lectures by students according to the approved schedule (compulsory and optional) and a large scope of independent work.

The conducted sociological questioning resulted in establishing of students’ work peculiarities. Students marked that, mainly, educational load does not exceed physical abilities (boys - 65,38%, girls - 49,43%), with it, engagement in educational establishment and preparation of home tasks, independent preparation for classes take most of respondents more than 8 hours a day. It often witnesses about unlimited working day and being in static position for rather long time that, as per recommendations is not hygienically justified.

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Activation of educational process, with growing loads, requires still more attention to ability correctly work and restore in the process of students’ study, domestic conditions and rest. Systematical use of physical education means is a necessary condition of healthy life style organization, promotes restoration, maintaining and development of organism’s reserve abilities. Increase of students’ motion activity up to appropriate level is an important factor. That is why the next stage of the researches was determination of students’ motion activity level.

For determination of daily motion activity we used Fremingen’s methodology. The results showed that students’ motion activity distributes unevenly during academic year. So, the volume of specially organized students’ motion activity in the period of classes was 9,5-14,2% from day time; in the period of exams -1,0%, and in the leave period – 35,0-39,2%.

Comparative analysis of day motion activity index as well as the share of every level permitted to determine quantitative value of day motion activity level and qualitative value of motion activity by intensity of the applied efforts. The first year students’ physical activity indices were within 32-37 points.

The structure of students’ motion activity consists of basic level 7,03-7,27 hours, “sitting” level - 3,39-3,57 hours, low level 9,50-11,13 hours, middle - 1,34-1,48 hours and high level - 0,05-1,20 hours. Percentage relation of motion activity’s levels both of boys and girls is presented in fig.1.

By evaluating of students’ motion activity it was established, that weekly, minimally required scope of specially organized motion activity (8 – 10 hours a week) is observed only by 32,39% of girls and 38,46% of boys. The motion activity of senior students was by 9-11% lower, than of the 1st–2nd - year students, where academic classes on physical education are conducted.

The researches show that students’ motion activity in the period of classes (8 months) is 56-65% from its value in leave period; in the period of exams (2 months) 39-46%. Its level in leave period can be taken as young people’s natural demand in motion because in academic period there are many factors (academic classes and independent preparation to them, journeys, connected with study, social work and etc.), which disguise or restrict students’ motion activity. That is why we can reasonably state the presence of students’ motion deficit during greater part of academic year. In days off, which are rendered to students for restoration of forces and rest, students’ motion activity reduces relating to mean day one owing to great time expenses for sleeping (10-11 hours), self-servicing, fulfillment of home tasks (2.5- 4 hours), spending of leisure time in conditions of low mobility (cinema, theatre, concerts, TV and so on) and extremely limited using of health improving and sports measure.

Considering the available deficit of motion activity, we studied the ways of students’ motion activity optimization (fig. 2).
Fig. 2. Ways of students motion activity regime’s optimization

1 – to make physical education classes (not less than 4 hours a week) compulsory for all years of study;
2 – to profile maximally physical education classes, considering peculiarities and requirements to the chosen profession;
3 – to develop methodological instructions for students on methodology of independent physical training;
4 – to render sports facilities of higher educational establishment for 1 hour free of charge for students independent physical training in convenient for the time;
5 – to organize for all, who desire, trainings in sports and health improving circles by popular among the students kinds of sports and physical exercises systems;
6 – to conduct competitions of faculties and higher educational establishment in popular among the students kinds of sports;
7 – to conduct faculties’ Health Days and other physical culture-recreational measure with attracting of all, who desire;
8 – at physical education tests it is necessary to stimulate the students’ fulfillment of physiologically reasonable motion regime;
9 – to create rooms for motion activity at students’ hostels.

So, by the opinion of girls motion regime optimization ways of first priority are: trainings in sports and health improving circles for all, who desire, in popular among student kinds of sports and physical exercises’ systems - 48,30%, everyday, free of charge, possibility of independent trainings (1 hour minimum) at sports facilities of higher educational establishment in convenient for students time - 33,52%, introduction of compulsory physical education for student of all years of study in the scope not less than 4 hours a week 27,27%. Boys mark out the following, most significant directions for motion regime’s optimization: free of charge possibility to train in sports facilities of higher educational establishment - 38,46%, availability of sports and health improvement circles by interests - 34,62%, stimulation of students’ fulfillment of physiologically reasonable motion regime at physical education tests - 30,77%.

In order to search the ways of students’ motion activity deficit reduction we carried out questioning of experts: representatives of professor teaching staff of physical education departments of Ukrainian higher educational establishments. The experts marked the necessity of changing of approaches to organization of physical education process.

In the experts’ opinion there is depreciation of physical culture, sports’, healthy life style’s social prestige; their social, health improving and educative value is underestimated. Low level of positive motivation to systematical physical trainings, to higher educational establishments’ students’ healthy life style is a result of state of physical education system. We have established the most efficient didactic content of students’ physical culture classes that will
facilitate increase of motivation to physical classes. So, experts offer to include modern physical culture and health improving technologies, outdoor games into content of compulsory physical education classes. All kinds of pedagogical influence in conditions of higher educational establishment shall be systematically arranged and ensure the possibility of everyday students’ provision with the necessary scope of motion activity that implicates development of mechanisms of different physical culture classes forms’ application.

Summary
The appropriate scope of students’ motion activity is up to 8 – 10 hours per week. In students’ opinion the scope of motion activity, which is required for rational functioning of organism, is much lower than standard norms. With it, only one third of students observe the recommended volumes of motion activity.

It is purposeful to realize the problems of students’ motion activity’s deficit by including different forms of physical culture classes of different orientation into educational and everyday activity of this students’ category. It would ensure the possibility of their motion activity everyday pedagogical monitoring.

With it, systematical character of physical influence on students’ organisms is ensured by interaction of all forms of physical culture classes and motion activity kinds, the content and orientation of which are constantly renewed, considering hierarchy of aims and successive solution of problems of students’ health restoration.

The prospects of further researches imply development and introduction of system of students’ attracting to regular motion activity trainings in order to increase its level up to appropriate one.

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