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**PHYSICAL EDUCATION, AN IMPORTANT SANOGENIC ENVIRONMENT IN NON-PROFILE UNIVERSITIES**

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**Abstract.** *The analysis of the university physical education process demonstrated a low level of physical exercise by students. This is explained by the fact that the number of hours of physical education has been reduced, this process taking place only in the first year of studies with a schedule of two hours per week. This state of affairs causes the phenomenon of young people's hypodynamics, and subsequently leads prematurely to the appearance of multiple health problems.*

**Keywords:** *physical education, studious youth of 18-25 years, hypodynamic, motricity, sociological survey.*

Muscle activity is considered an indispensable condition for the development of motor and vegetative functions of the body and must be practiced throughout life.

Hypodynamics, being a negative phenomenon, creates multiple health problems, which are manifested by the appearance and development of cardiovascular, respiratory, digestive tract, musculoskeletal and endocrine diseases, whose existence leads prematurely to human disease and disability even before reaching age of maturity (50 years).

Technological progress that penetrates more and more intensely in various fields of activity considerably reduces physical and motor activity, often creating pathological conditions in the functionality of people who are included in this process.

This phenomenon occurs more and more frequently in the periods of growth and development of the young generation. Young people are passionate about various computer activities and do not prioritize exercise, which can lead to problems such as poor physical and morphological cues..

In this sense, the purpose of this paper is to guide young students to the systematic practice of physical exercise, an activity that creates

safe premises for their physical, functional and psychomotor development.

The scientific study was conducted by applying sociological surveys and examining the level of physical development. The results obtained demonstrate a low level of fitness indices. Thus, it is unfortunate that, during the last 15-25 years, multiple imperfections have been highlighted in the organization of the university physical education process.

If in the physical education programs in the university education for the first and second year of studies 4 academic hours per week were planned, at present the respective discipline is planned only once a week, only for the first year students and not for all university profiles.

These reorganizations led to the reduction of the physical activity of the second year students by 40%, of the third year students by 65%, of the fourth and fifth year students by 75-85%. This phenomenon (hypodynamics) favored the appearance of unsatisfactory sanogenic states of young people.

The results of the scientific study showed that high school graduates and first-year students show low motor skills, which is 76%



of the number of subjects subjected to these investigations (n = 500 people).

Here it can also be mentioned that more than 85% of the total number of young people included in this study cannot swim, 35-40% show a low level of functional and psychomotor skills. Following the scientific study, the method of sociological questioning of students was applied, which included questions with various variants of answers..

The results of the survey showed that 10% of respondents spend 30 minutes a day on physical activity, and 90% spend only

sporadically on these activities. To the question “How effective does exercise improve health?”, Only 3% answered in the affirmative, and 89% register a slight improvement. 78% of the respondents propose to increase the number of hours of physical education and to extend this process during the entire university study process.

In the research undertaken, a test was applied, which included 13 example-requests. The results obtained are presented in the table below.

**Table 1. Results of sociological testing of humanitarian students (n = 180)**

No. crit.	Sociological tests	Nr. of stud.	%	Place
1	Successes in professional activity	158	87,7	3
2	Positive team behavior	143	73,8	4
3	Respect from colleagues	98	54,4	6
4	Election in the governing bodies	62	34,4	9
5	The sanogenic significance of the body	48	26,6	11
6	Satisfactory material level	171	95,0	1
7	Benevolent attitude in collaboration with colleagues	112	62,2	5
8	Intelligent behavior	84	46,6	8
9	Friendship and security in relationships with interesting people	36	20,1	12
10	Creativity in the profession	87	48,3	7
11	Compulsory practice in motor activities	29	16,1	13
12	Independence from colleagues, friends and administrators	54	30,1	10
13	Creating a successful family	164	91,1	2

After analyzing and systematizing the results of sociological testing, an average equal to 52.8% of the total number of subjects included in the study is highlighted. The answers had an advanced percentage share: the satisfactory material level - 95.0%, the

creation of the family - 91.1% and successes in the professional activity - 87.7%. The answers had a slightly lower share: positive behavior in the collective - 73.8%; benevolent attitude towards colleagues 62.2% and esteem of colleagues - 54.4%.

As a result of the analysis of the answers, a low share of options was established: the sanogenic significance of the body (26.6%) and the mandatory participation in motor activities - 16.1%.

Through this study it can be seen that, at present, young people are not concerned with improving their health, but at the same time, they are interested in the satisfactory material level.

**Conslusions:** the study allows us to find that university physical education requires a reorientation towards the diversification of forms and methods of practicing physical exercise, by increasing the number of hours for the entire period of education in the university. As a result, physical and motor activity would contribute considerably to the improvement of health, which would subsequently promote vocational training in the selected profile.

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