

STUDENTS' MOTIVATION TO FITNESS CLASSES AT TECHNICAL UNIVERSITY

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Annotation. The aim of the study is to determine the motives of students to fitness classes at technical university. The results of the survey of students I - II courses motivation for fitness classes in physical education. The survey involved 182 students (173 girls and 9 boys) of technical faculties. Found that most of the students have been studying fitness for entry the university. The main motivation for fitness training is to increase the level of physical fitness and self-confidence, as well as the development of special vocational important physical qualities, which in the future will contribute to the professional activities of the students. It is shown that universities are engaged in fitness in 13.82% of the students. Swimming is the clear leader - 18.37% and athletic gymnastics - 17.19%. Also popular are sports games - 26.77% (football, basketball, volleyball, tennis). Also are visited sections in gymnastics, wrestling, boxing, and tourism.
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Introduction

Quick progressing of health improving sphere of physical culture and sports for everybody results in originating of new terms and concepts. Recent years a number of new terms have appeared in health improving physical culture: aerobics, slide-aerobics, spin-bike-aerobics, fit-ball, stretching, Pilates, shaping, aqua-aerobics, and other (L.Ya. Ivaschenko, T.Yu. Krutsevych, V.V. Levitskiy, 1997; M.V. Dutchak, 2002, 2009; Frank Holy 2005 et al.)

Term "fitness" is the most widely spread; it took important place in popular, social and methodic literature, though it has not yet clear scientific foundation in domestic sphere of physical education and sports.

Historically term «fitness» appeared in the years of the First world war in England, France and USA in connection with development of system "Keep-fit", which was oriented on improvement of boys physical preparedness in educational establishments. The programs of this direction envisaged development of general physical conditions and readiness in the process of reconstruction of physical education in schools for boys (L. Kun 1982).

In 30-th years term "fitness" replaced terms "physical efficiency" and "physical condition". In 1936 in «Magazine of health, physical education and recreation» (USA) there was published article by Arthur Stayhouse "Fitness and society", in which term "fitness" was mentioned in scientific literature for the first time (V.V. Levitskiy, 2004, M.M. Bulatova, 2007)

In methodological works on anthropologic technique fitness is regarded as general (not only physical) human readiness to leave ordinary stream of life and ensure efficient readiness for situations, which require mobilizing of physical and mental forces (O.P. Zinchenko, 1997, 1998; Yu.N. Tapper, 2006 et al.)

Besides, both in modern foreign and domestic literature term "fitness" is used rather widely in different cases:

1. Total fitness, General fitness – means reaching of optimal quality of life and include social, intellectual, mental and physical components. For example, in one fundamental book on fitness – "Complex guide on fitness and good self-feeling", that was published by "Reader's Digest" in 1988, term "fitness" included: planning of life career, hygiene of body, physical efficiency, rational eating, prevention from diseases, sexual activity, psycho-emotional regulation, including stress-fighting, and other factors of healthy life style. In this aspect general fitness is most of all associated with our ideas of health and healthy life style.

2. Physical fitness means optimal indicators of health, which permit to have high quality of life. Improvement of physical fitness is connected with positive health, while reduction of level of physical fitness's components (cardio-respiratory endurance-aerobic workability, power and power endurance, flexibility and etc.) increases the risk of progressing of main diseases. In this case three approaches to this concept are given:

- Health related fitness is oriented on reaching and keeping of physical welfare and reduction of risk of diseases (cardio-vascular system, metabolism, etc.);

- Performance related fitness, skill fitness is oriented on development of abilities to fulfill motion and sports tasks at rather high level;

- Athletic fitness is directed to achievement of general physical efficiency, first of all for successful for successful sports activity at the level of high sports results (Howley E, Don Franks B. 1997, 2001, 2007).

3. Fitness-motion activity was specially organized in the frames of fitness-programs and stipulates training running, aerobics, dances, aqua-aerobics, body mass-correcting exercises and so on.

4. Fitness – optimal physical conditions includes achievement of certain level of motion tests' results and low level of risk of diseases. In this aspect fitness is a criterion of motion activity's efficiency. System EUROFIT (European physical fitness) can be related to examples of such fitness.

5. Fitness as a kind of sports is based on fulfillment of elements from gymnastics and calisthenics as well as from acrobatics. There is a system of international competitions on fitness, which are carried out by International federation of fitness (IFSB).

Fitness is officially recognized kind of sports, which is not included in program of Olympic Games, and it is a developed system of normative requirements to awarding of sport grades and ranks in fitness. In Ukraine development

of fitness as a kind of sports is dealt with by a number of organizations: Ukrainian federation of fitness, Ukrainian federation of sport aerobics and fitness, Ukrainian federation of body-building and fitness and other.

Thus, in the sphere of motion activity's training new term "fitness" has appeared, that permits to include rather fully social (healthy life style), biological (motion activity, physical condition and physical efficiency), recreational and other characteristics in application of physical education means with health improving purpose [1, 3, 4].

In favor of priority of "fitness" term using, its extrapolation on other spheres of field "Physical education and sports" witnesses, in particular on state system of physical education in educational establishments. For example, one of the best manuals on physical education was published in 1999 by publishers "Human Kinetics", and was titled "Physical education for fitness"; in many higher educational establishments fitness groups or fitness centers have been organized; the process of physical education itself is oriented on targets, which are adequate to concept "fitness".

Analyzing publications on problem of social role of health related physical culture and fitness (V.K. Balsevych, P.A. Vynogradov, A.P. Dushanin, V.P. Mochenov, B.I. Novikov, V.A. Ponomarchuk, A.Ts. Deminskiy, V.I. Stoliarov, et al.), we can mark out the following methodological ideas:

In the base of traditional, historically formed approach to health related physical culture human personality is regarded as a mean for achievement of social aim, but not the aim, for the sake of which all social life is arranged [2, 5]. If at earlier times in society there was prevailing of life space oriented for work and which permitted using of leisure time mainly for recreation of potential for production aims, at present the so called hedonistic ideas of life become more prevailing, according to which work is only a necessity, required for creation of new means of leisure, recreation, including physical education in its health related recreational forms (V.N. Platonov, 2005, 2007).

Practical realization of these two approaches to person's role in society, in system of physical education is reduced to: in the first case to existence of sports clubs with prevailing normative kinds of motion activity, oriented on fulfillment of society's tasks, i.e. on increasing of labor productivity, physical workability [1, 3].

In the second case, health related physical culture is realized in "club" organizational forms – centers of health, fitness-clubs, which realize physical culture - health improving activity in strict compliance with different interests and demands of the trainees [T.S. Lysytska, 1997].

For example, in researches by Lores D., Willis J., Campbel L. (1992) it was shown that outcome "product" of motion activity in many forms of its application is often far from increasing of biological or physical characteristics of a person. Great role in realization of interests of different population's groups by means of fitness is played exactly by possibility of realization of social and other demands, which are not connected directly with development of functional abilities [6-10].

The work has been fulfilled as per plan of scientific & research works of National university of physical culture and sports of Ukraine.

Purpose, tasks of the work, material and methods

The purpose of the work is to study motivation and theoretically ground scientific methodic approaches to physical education in general and fitness in particular.

The tasks of the research:

1. Carry out analysis of available literature sources of foreign and domestic authors on the problem of motivation and orientation of students on physical exercises training.
2. Determine the level of motivational orientation of students on fitness training in the process of physical education.
3. Clear up the level of fitness popularity among other kinds of 1st – 2nd year students' motion activity at technical HEE.

The methods of the research:

1. Analysis of scientific-methodic literature.
2. Analysis of video-materials and fitness programs. Questioning.

Results of the research

Questioning was fulfilled on the base of physical education department of Inter HEE medical-engineering faculty of NTUU "KPI" from September 10th, 2012 to January 15th, 2013. 182 students (173 girls and 9 boys) of 1st and 2nd years of study of all faculties took part in questioning. All, who trained fitness, were included in main group.

Processing of questioning's results showed that absolute majority of students (91, 5 %) consider physical culture classes a mandatory part of educational process in higher educational establishment.

Before entering higher educational establishment 13% of the questioned attended different sports circles; the circle of different directions (folk, classic, sport dances and so on) were attended by 9% and 78 % never trained fitness.

The question, concerning preferring fitness as a mean of physical education, 39% of respondents answered that they attend fitness trainings for improvement their physical efficiency; 25% - for the sake of pleasure; 10% - for being self-confident; 18% for obtaining special motion skills, which would facilitate their future professional activity; 6% for passing test and 2% named other reasons.

In order to determine the popularity level of fitness trainings we processed documentation about quantity of students in different groups by the chosen kinds of sports for 2010-2011 academic years, and obtained mean indicators, see table 1.

Table 1

Quantity of students, who are trained at main departments

Kind of sports	Quantity of trainees	%
Swimming (from them 472 persons, who train swimming within 1 st -2 nd years academic program)	1720	18.37
Athletic gymnastics	1610	17.19
Fitness-shaping	1294	13.82
Football	825	8.81
Lawn tennis and ping-pong	594	6.34
Aerobics	578	6.17
Basketball	573	6.12
Volleyball	515	5.50
Sport gymnastics	481	5.13
Boxing	425	4.54
Wrestling (Greco-Roman, free-style) sambo, karate	390	4.16
Tourism	356	3.80

Results of the fulfilled research showed that the most popular among students are: fitness (13.82%), aerobics (6.17%), gymnastics (5.13%). Leaders of this list are: swimming (18.37%), athletic gymnastics (17.19%). Also outdoor games are rather popular: football (8.81%), basketball - (6.12%), volleyball - (5.50%).

Summary

The fulfilled researches showed that students' motivation for fitness trainings is an important factor in physical educational process at technical educational establishment.

The main motivation factors for fitness trainings are improvement of physical efficiency, pleasure and self-confidence.

In NTUU "KPI" fitness is rather popular form of physical culture training. As per the data of the fulfilled researches when choosing the kind of sports for own physical education, 13.82% of students prefer fitness.

The carried out questioning proved that 94.4% consider physical education mandatory in educational process at technical higher educational establishment.

It is necessary to create conditions for formation of motives, which would condition transformation of external regulators of demands and motivations into inner belief, i.e. into understanding of own need in physical exercises or any kind of sports training, into special interest with understanding of socially-significant targets and demands in a certain kind of activity.

Thus, the main factor of formation of student's positive motivation for physical education shall be students' inner understanding of this motivation and accepting of it.

Further researches are envisaged to be carried out in direction of studying of other motivation problems of students.

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