

# The Results of Student's Survey on Models of Physical Education in Universities and Motivations to Encourage for Active Participation in Physical Education

 Lavrin G.Z.<sup>1</sup>,  Sereda I.O.<sup>1</sup>,  Kuczer T.V.<sup>2</sup>,  Grygus I.M.<sup>3</sup> and  Zukow W.<sup>4</sup>

*1 Ternopil National Pedagogical University named by Volodymyr Gnatyuk.*

*2 Kremenets Regional Humanitarian and Pedagogical Academy named after Taras Shevchenko.*

*3 National University of Water and Environmental Engineering, Ukraine.*

*4 Department of Spatial Management and Tourism, Faculty of Earth Sciences, Nicolaus Copernicus University in Torun, Torun, Poland.*

## Abstract

There is the student's ratio to models of physical education in high school in this article.

The aim of the article is to examine the attitude of students to models of physical education and motivations to encourage for active participation in physical education.

According to the survey, was found that the most students (47.9%) supports the traditional form of classes, while students are also supported by other models of studies (sport activities (26.5%), professionally oriented classes (13.5%) and individual employment (12%)).

The survey of incentives showed that the motivation of students to physical education classes is different (rating – 15.7%, the material – 26.5%, the race – 17.1%, certificates and qualifications – 28.4%, media support – 11.8%).

Re-survey of students showed increase in the number of students who chose the traditional form of education (from 39 to 56.7%).

**Keywords:** physical education, students, incentives, models, forms of physical education.

## Introduction

The intensification of the educational process in higher education in recent years resulting decrease in motor activity of students [1, 4]. The chronic shortage of motor activity in the mode of life of the students becomes a threat to both of their health and normal physical development. An effective way to increase motor activity of the students and the future professionals are required, optional and independent physical exercises. However, insufficient training mandatory physical education classes cannot provide health promotion and improvement of the physical condition of the students [1].

In article 26 of the law of Ukraine "On Physical Culture and Sports" states that physical education has a purpose to develop physical health of students and heads of educational institutions are required to provide an enabling environment for proper motor activity of students and students [3].

In this regard, the Ministry of Education of Ukraine has proposed models of physical education in higher education in order to teach physical education in university at the appropriate level [6].

Thus, the relevance of research on the one hand is due to the importance and social significance enhance of motor activity of the student, and the other - the proposals of Ministry on possible forms of physical education.

Considering the above, we set a goal: to explore the attitudes of students to models of physical education and incentives for active participation in physical education. We've being decided the following tasks for the purposes:

1. To ask the students about patterns of physical training and incentives offered by the Ministry of Education and Science of Ukraine.

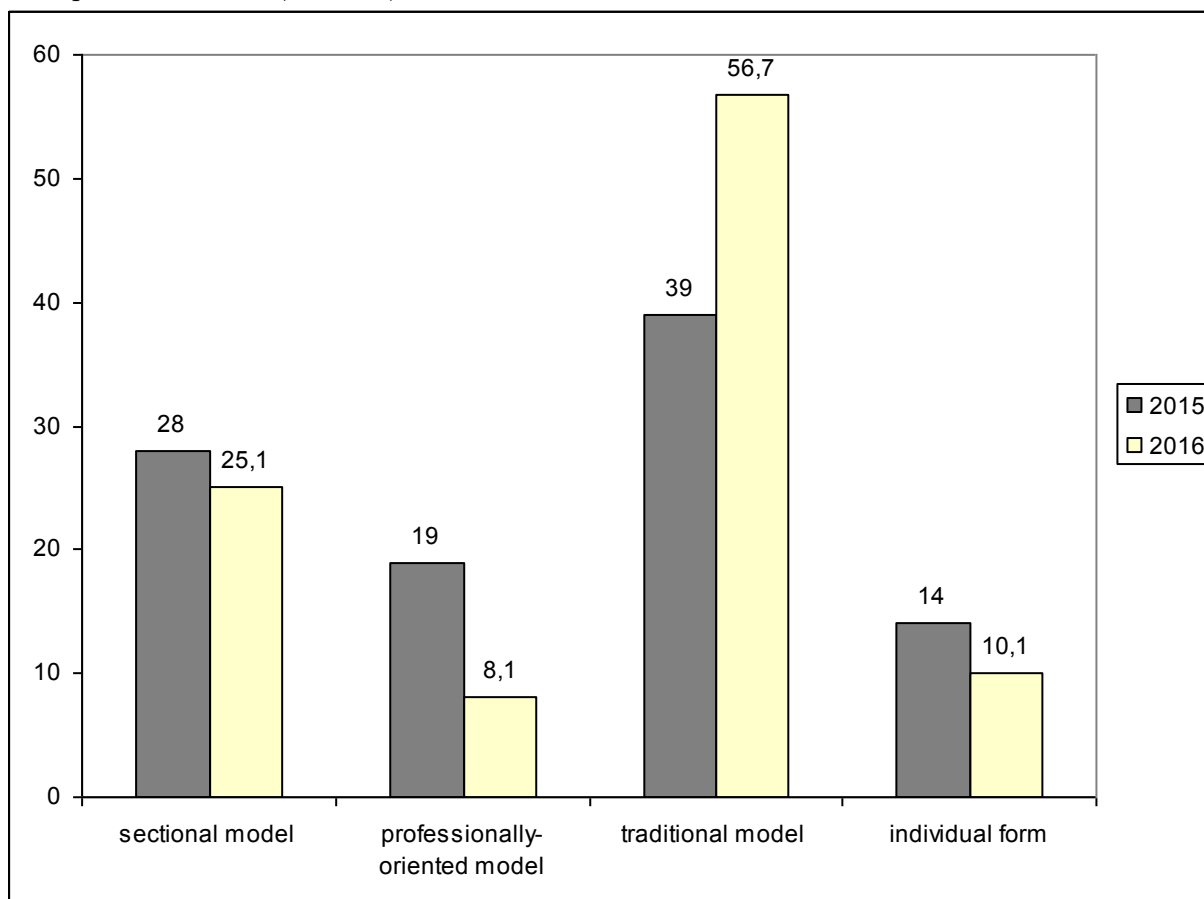
2. To analyze the attitudes of students on the proposed forms and incentives in a survey in 2015 and 2016 years.

To achieve the objectives, we used the following methods: theoretical analysis, literature and internet sources; monitoring and survey methods (surveys, interviews, interviews) methods of mathematical statistics.

The results of searching. The Ministry of Science and Education of Ukraine to ensure the teaching of physical education in universities at the appropriate level offers basic model of physical education in

higher education: sectional, professional-oriented, traditional, individual models or various forms of combination [6].

The students of 1-2 courses of Ternopil National Pedagogical University V. Hnatyuk was attended to survey in 2015. In the result of survey in 2015 was found, that the most students (39%) prefer the traditional model of physical education, 28% of respondents say about the effectiveness sectional model, which involves a broad network of sports and general sections, groups, clubs, working on fixed s in their spare time classes (Picture 1).



Picture 1. The student's ratio to forms of physical training on the results of questionnaires, %

19% of respondents inclined to professionally-oriented model, arguing that studies aimed at developing comprehensive programs are necessary. Moreover, they focused on the features of a future profession. The fewer students (14%) would prefer individual sessions form [2, 5].

There was a survey of the students of 1-2 courses of Geography Department and the Department of Foreign Languages of the same university ( $n = 416$  responses) in 2016 year. Results of the second survey showed reduction in the number of students who have chosen sporting activities (by 2.9%), professionally oriented classes (10.9%) and private lessons (by 3.9%). According to the 17.7% increase in the number of students who chose the traditional form (Picture 1).

The presence of such results satisfies the aspirations of students in traditional forms of employment that enables a student to work in the classroom, and visit the section, especially medical group. On the other hand, this desire is caused by inadequate logistics, lack of professional personnel, due to the constant reduction of teachers. Especially adapted to prevailing conditions classroom teachers trying to combine different types of physical training, relevant and useful for students.

It should be noted that students were active and made suggestions on the organization of physical education in the survey. This is associated primarily to the absence of necessary material and technical basis, which would stimulate students to attend sectional or individual classes.

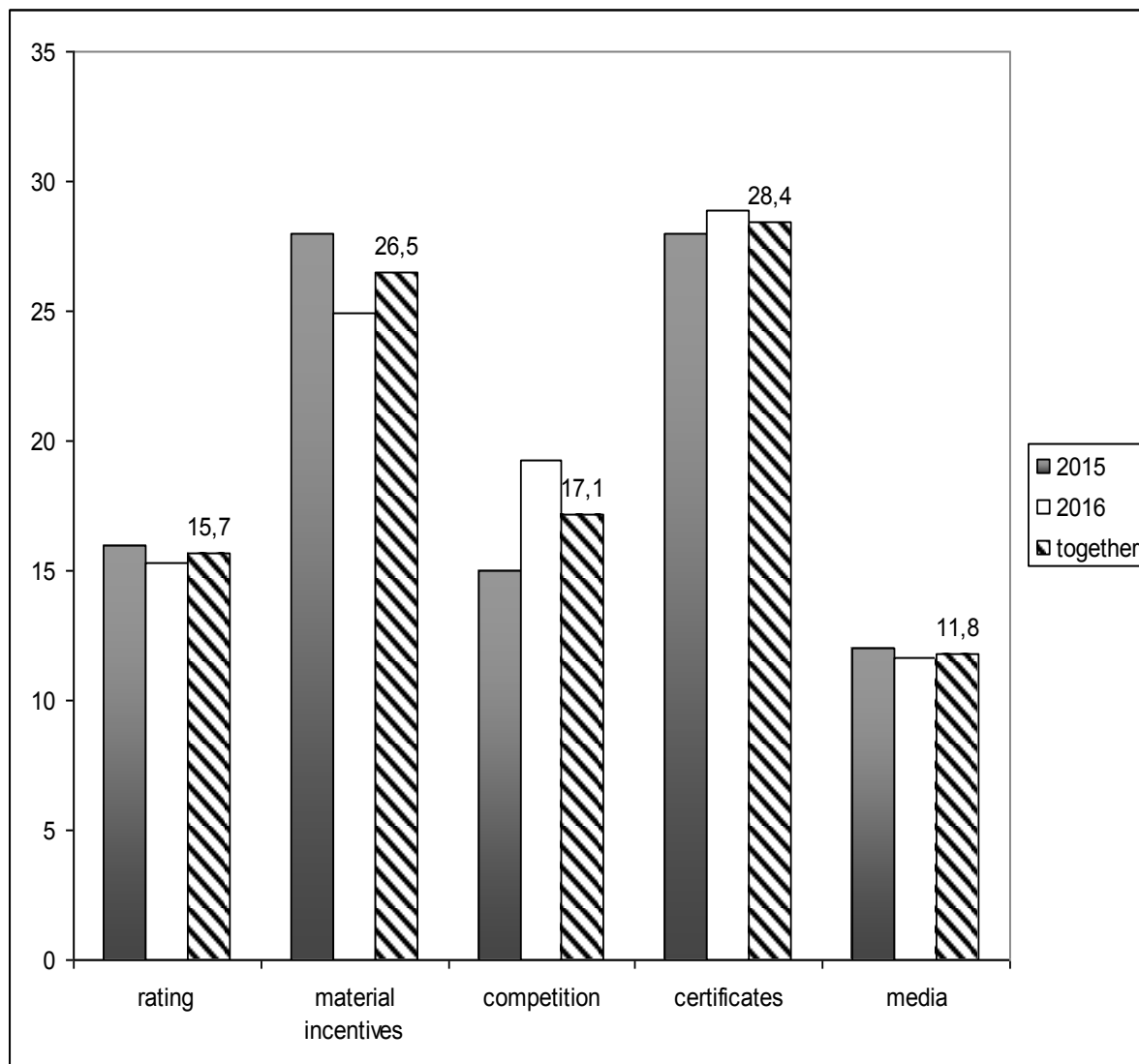
The presence of the pool, modern fitness and sports halls with equipment, would give teachers to expand the volume of assets. Moreover, students could attend classes with pleasure and do not spend money on fitness centers and thus learn under the guidance of experienced professionals.

Thus, experienced the recommended model by the survey, we can conclude that students do not see the need for drastic changes of physical education in high school. At most, they are committed to modernization, according to certain modern forms.

Moreover, in the annex to the letter of the Ministry of Education and Science of Ukraine of 25.09.2015 number 1 / 9-454 noted that higher education institutions can apply different kinds of incentives for active participation of full-time students [6].

After analyzing the proposed incentives and interviewing students in 2015 (1815 responses) and 2016 (635 responses) years, we found that students did not give an absolute advantage to any stimulus. It means that the motivation of students to physical education classes is different. However, significant differences were found in the results of the survey in 2015 and 2016.

According to the survey was found that 28.4% of respondents preferred stimulus "certificates and qualifications", which involves fixing the success of students in physical education and sport by issuing appropriate certificates, and in some cases additional qualification assignment with a record in the Diploma Supplement (Picture 2).



Picture 2. The student's attitude to incentives for active participation in physical education on the results of questionnaires, %

The main incentive for physical education classes for 26.5% of the respondents is the access to the limited resources of the institution, discounts in paying additional educational services, and more. The 17,1% of the surveyed students support the competition as the main incentive and media support (11.8%), which can generate a culture of physical activity through the promotion of successful student-athletes in competitions at all levels, promote healthy lifestyles, and so on.

The 15.7% of surveyed students offer to consider sports activities in the rating evaluation of education, research and innovation achievements of participants in the educational process.

### Conclusions

According to the survey, was found that most students (47.9%) supports the traditional form of classes, while students are also supported by other models of lessons. The survey of incentives revealed that the motivation of students to physical education classes is different (rating – 15.7%, the material – 26.5%, the race – 17.1%, certificates and qualifications – 28.4%, media support – 11 8%). Re-survey of students showed increased number of students who chose the traditional form of education.

### Prospects of research

This research does not exhaust all the problems mentioned topic, we expect to reveal the attitude of students to other universities proposed models and incentives in the future.

### References

1. Anikieiev, D. M. Analiz pidkhodiv shchodo orhanizatsii rukhovoï aktyvnosti studentiv v umovakh kredytno-modulnoi tekhnolohii navchannia / D. M. Anikieiev // Teoriia i metodyka fizychnoho vykhovannia i sportu. – 2010 – №4 – S. 89 – 91.
2. Lavrin, H. Stavlennia studentiv do modelei orhanizatsii fizychnoho vykhovannia u VNZ ta stymuliv dlia aktyvnoi uchasti yikh u fizychnomu vykhovanni // Suchasni informatsiini tekhnolohii ta innovatsiini metodyky navchannia u pidhotovtsi fakhivtsiv: metodolohiia, teoriia, dosvid, problemy // Zb. nauk. pr. – Vyp. 43 / Redkol. – Kyiv-Vinnytsia: TOV firma «Planer», 2015. – S. 379-383.
3. Pro fizychnu kulturu i sport : Zakon Ukrainy [Elektronnyi resurs]. – Rezhym dostupu : <http://zakon1.rada.gov.ua/laws/show/3808-12>.
4. Pylypei, L. P. Stan fizychnoi pidhotovlenosti studentok I kursu VNZ [Tekst] / Pylypei L. P., Shapoval M. S. // Slobozhanskyi visnyk Prydniprov'ia. – 2013. – №2. – S. 57-61.
5. Sereda I.O., Porcyna N.A. Rezul'taty opytuvannja studentiv Ternopil'skogo nacional'nogho universytetu im. V. Ghnatjuka, shhodo aprobuвання rekomendacij stosovno orghanizaciji procesu fizychnogho vykhovannja u vyshhykh navchalnykh zakladakh, zaproponovanykh MON Ukrainy [Tekst] / I.O. Sereda // Aktualni problemy rozvytku tradycijnykh i skhidnykh jedynoborstv : Zbirn. nauk. prac' X mizhn. internet nauk. – metod. konf. Vyp. 10 : – Kh. : Nacionaljna akademija Nacionalnoji ghvardiji Ukrainy, 2016. – S. 459-466.
6. Shhodo orhanizatsii fizychnoho vykhovannia u vyshchykh navchalnykh zakladakh // Lyst MON № 1/9-454 vid 25.09.15 roku [Elektronnyi resurs]. – Rezhym dostupu: [http://osvita.ua/legislation/Vishya\\_osvita/47947/](http://osvita.ua/legislation/Vishya_osvita/47947/)