QUESTIONNAIRE FOR RESEARCHING PRELIMINARY ATTITUDE AND OPINION OF STUDENTS, SPECIALTIES KINESIOTHERAPY AND PHYSICAL EDUCATION AND SPORTS DURING THEIR TRAINING AT SWU, REGARDING SWIMMING

(Preliminary communication)

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Abstract
For researching the preliminary attitude and opinion of students regarding swimming we made a questionnaire which consists of 14 questions of mixed type. The stated level of physical activity is comparatively low – in spite of the required preparation due to the specifics of training in specialties “Physical Education and Sports” and “Kinesitherapy” of which formed is an experimental group. This on its part imposes additional requirements regarding the methodic for accelerated initial training in swimming.

Keywords: swimming, swimming training, questionnaire, physical activity, self-esteem, experimental groups

INTRODUCTION
Main components of the design and methodology of empirical research are determined here in their sequence and structuring. Scope of the research is researching preliminary attitude and opinion of students, specialties Kinesitherapy and Physical Education and Sports, regarding swimming. Subject of the empirical research is the relation of the attitude and opinion of students regarding swimming for success and achieved level of swimming training.

METHODS
Survey’s contingent is students of formed groups – experiments (EGw and EGm) and controlled (CGw and CGm) each including 32 students (EGw; CGw) and 36 students (EGm; CGm) – total number of 136 students.

Attention deserves specific matters of the questionnaire, directly related to further research procedures and analysis.

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Questionnaire consists of 14 questions of mixed type. Questions 1, 2, 6, 7, 11 and 12 are of closed type and provide options for replies with “yes” and “no”. Only with questions 1 and 2, if “yes” is marked the questionnaire’s participant is required to share their opinion. What’s specific with question 8 is that it is of opened type and requires factual information. Questions 3 and 4 offer four options for answer of which the participant can choose only one alternative. Questions 5, 9, 10, 13 and 14 offer various variations of answers from 5 to 8 as more than one option may be selected. Questions 13 and 14 differ than all the other twelve because only there necessary is grading of information containing in the question as alternative answers from the questionnaire’s participant. This aims maximally objective analysis of information “searched” by the researchers. With Questionnaire No 1 registered is data about the participant of personal matter which aims authenticity of the latter. Necessary data, liable to the purpose of the following statement are physiological indicators as well having regard to the problem of research.

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RESULTS
The level of personal self-assessment regarding swimming skills to some extent matches the conducted research of establishment and the tendencies in it. In the experimental and controlled groups a large share of the
contingent does not have the necessary initial swimming skills – with women in EG this percentage is 88,00% and the controlled – 86,00%, with men respectively – 90,00% in CG and 87,00% in EG.

The stated level of physical activity is comparatively low – in spite of the required preparation due to the specifics of training in specialties “Physical Education and Sports” and “Kinesitherapy” of which formed is an experimental group. This on its part imposes additional requirements regarding the methodic for accelerated initial training in swimming.

Despite of the various reasons regarding motivation for participation in the swimming training (Table 3) present is a tendency for positive motivation towards training in four groups – experimental (men and women) and controlled (men and women).

**Table 1. Level of physical activity in the beginning of research (Do you do sports at the moment?)**

<table>
<thead>
<tr>
<th>Answer (%)</th>
<th>EGw</th>
<th>CGw</th>
<th>EGM</th>
<th>CGM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>25</td>
<td>23</td>
<td>33</td>
<td>31</td>
</tr>
<tr>
<td>No</td>
<td>75</td>
<td>77</td>
<td>67</td>
<td>69</td>
</tr>
</tbody>
</table>

**Table 2. Self-assessment on the level of swimming training (Can you swim?)**

<table>
<thead>
<tr>
<th>Answer (%)</th>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>EGw</td>
<td>EGM</td>
</tr>
<tr>
<td></td>
<td>CGw</td>
<td>CGM</td>
</tr>
<tr>
<td>Yes</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td>No</td>
<td>88</td>
<td>87</td>
</tr>
</tbody>
</table>

personality which is conducted upon preserving definite conditions, there is a specific scientific purpose, created according to confirmed requirements and results are analyzed and compared to preliminary created norms” (Bizhkov & Kraevski (Бижков, & Краевски), 2007).

Complex characteristics of each test are: objectivity, validity, reliability, efficiency, economy (Aleksandrova (Александрова), 2009), informativeness, grading system availability, standard (Zatsiorski (Зациорски), 1982). Part of these characteristics is researched according to selected procedures and results of this research are commented pursuant to the overall research conception for realizing experimental work.

**REFERENCES**


Testing the knowledge, skills and motivation for achievements – description of instruments

Despite the multiple interpretations of the terms “testing” and “test” they are often reviewed as “a scientific method of researching specific qualities in
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