

DIAGNOSTICS TO THE LEVEL OF SPORTS AND TECHNICAL SKILLS, KNOWLEDGE AND SPORTS INTERESTS OF THE STUDENTS

(Note)

Daniela Tomova

*South-West University „Neofit Rilski” Blagoevgrad, Faculty of Pedagogy,
Department of “Theory and Methodology of Physical Education”, Blagoevgrad, Bulgaria*

Abstract

The purpose of this report is to present the concept to determine the extent of acquiring knowledge and motor skills of sports games - basketball, volleyball, football, handball, tennis and table tennis from students at SWU “Neofit Rilski”. Contingent of the study are the students who choose “General Sports Training” by the compulsory course “Sport”. Improving the scientific and methodological training of teachers from the Department “Theory and Methodology of Physical Education “ and “ Sport” is relevant to strategy for development of the University. The obtained results can serve as the Ministry of Education to develop technologies for training and evaluation in the field of physical culture and sports at the University.

Keywords: *sports games, volleyball, football, handball, tennis, table tennis, survey research, expert evaluation, students sports activities*

INTRUDUCTION

Formation of knowledge and skills for the sports practiced by the students at the University is embedded in the curriculum of the course “Sport”. Looking for opportunities for improvement of the quality of the training in the University course “Sport” is in the core of this project. The problem is relevant and meaningful for today’s higher education didactics and for the practice of teaching in the University. Generally, the work of the University lecturers and teachers in physical education and sport in the country is based on the fact that most of the sports practiced by the students are taught at school and they are emotional, attractive and diverse enough as a physical activity and naturally they lead to achievement of the tasks of physical education.

Our studies, however, has shown little understanding of the theory and the rules, as well as a low level of mastering of sports and technical skills by the students. The project aims to explore the extent of formation of the students’ knowledge and sports and technical skills for sports games (basketball, volleyball, handball, football, tennis and table tennis).

The specific objectives are: To establish an effective system for their evaluation; to improve the skills of the students in “Physical education“ for conducting studies, processing as well as analysis of the results.

Sport represents all forms of physical activity which, through casual or organized participation, aims expressing or improving the physical and mental fitness, forming social relationships or achieving results in com-

petition at all levels.

Sport concept comes from old English (disport) and means fun, play, physical exercise. (Ivanov & Tomova, 2010).

The role of Physical Education and Sport at the University is to support the implementation of the overall educational process, to maintain the high level of mental and physical performance of students and to prepare them for their future professional activity.

Physical education and sport contribute for the manifestation of the best qualities of the personality of the student. Increasing the effectiveness of the learning process at the University is in direct relation to viability and good health of the students. The realization of the learning process of physical education in the universities takes place in certain restrictive framework of program time.

Physical education in the universities is subject of more research and discussion. (Ivanov, 1996; Ivanov, S.D. & Tomova, 2010). The planned volume of activities is not sufficient for young people to exercise with physical exercises and sport within the curriculum. They are regulated during the school week. (Tomov, 2012a).

METHODS

1. Analysis of the research on issues related to the topic.

2. Determine the level of knowledge of students about the sports games through thematic survey research.

3. The method of expert evaluation
4. Diagnosing the level of sport and technical skills of the sport games: / football, basketball, volleyball, handball, tennis, table tennis / by motor testing
5. To test students' interest in sports activities;
6. Math-statistical methods for processing the test results.

The project "Diagnosis of sport technical skills, knowledge and sporting interests of the students of SWU" Neofit Rilski " is commensurate with the strategy for development of the teachers and graduate students in the Department "Theory and Methodology of Physical Education" through opportunities for participation in scientific conferences, which enables to present the results of their scientific research and development toward wide professional community.

Preparation of methodology and training program for students of sport games /basketball, soccer, tennis, handball and table tennis / and evaluation system aims to improve the efficiency of the learning process in the course "Sport".

Improving the scientific and methodological training of teachers from the Department "Theory and Methodology of Physical Education" and "Sport" is relevant to strategy for development of the University. Creating an effective system for assessing the level of sport- technical skills and knowledge of the sport games (football, volleyball, handball, basketball, tennis, table tennis), as well as a fitness center is of great importance toward the students from the Southwestern's University "Neofit Rilski" in Blagoevgrad "Sport" Course.

The obtained results can serve toward the Ministry of Education to develop technologies for training and evaluation in the field of physical culture and sports at the University.

Also they may be used to develop collaborative projects with universities in neighboring countries. Methodologies for training in sports games and system level evaluation of sport and technical skills and knowledge of students can be implemented by other universities.

REFERENCES

- Иванов, И., & Костова, Д. (1996). Мотивацията за достижения и учителската професия. [Motivation for achievement and the teaching profession. In Bulgarian.] Сборник на ЦСДК, Шумен, 1996, "25 години Шуменски университет "Еп. К. Преславски" (стр. 139-146). Шумен: Шуменски университет "Еп. К. Преславски".
- Иванов, Ст. (2012). *Спортът и студентите*. [Sport and students. In Bulgarian.] Благоевград: Университетско издателство „Неофит Рилски“.
- Иванов, Ст. & Томова, Д. (2010). *Физическо възпитание - Социална интеграция Спорт*. [Physical education sport social integration. In Bulgarian.] Благоевград: Университетско издателство „Неофит Рилски“.
- Томов, Д. (2012а). Методика за начално обучение по тенис в условията на висше училище (учебна дисциплина – спорт), [Methodology for basic training in tennis in a university (academic discipline - sports). In Bulgarian.] (Unpublished doctoral dissertation, South-West University „Neofit Rilski” of Blagoevgrad) Благоевград: Факултет за обществено здраве и спорт.
- Томов, Д. (2012). Изследване нивото на формираните знания и развитите основни умения от игрите баскетбол, волейбол и хандбал на студенти от групите по обща спортна подготовка в учебната дисциплина „Спорт”. [Study level provides knowledge and basic skills of basketball games, volleyball and handball students from groups General Physical Education Course in „Sport“. In Bulgarian.] *Спорт & наука*, 56(5), 161-164.
- Томова, Д. & Томов, Д. (2008) Особенности на методиката на обучението по тенис на студенти. [Peculiarities of the methodology of teaching tennis to students. Conference "Physical education and sport in education". In Bulgarian.] *Сборник, Научна конференция с международно участие „Физическото възпитание и спортът в образователната система”* (стр. 115-116). Благоевград: Министерство на образованието на науката, Югозападен университет „Неофит Рилски“ Благоевград.
- Томова, Д. (2007) Иновационни подходи в прилагането на физическото възпитание и спорта в университетите. [Innovative approaches in the implementation of physical education and sports in the universities. In Bulgarian.] *Спорт & наука, Извънреден брой 50(1)*, (141-144).

Correspondence:

Daniela Tomova

South-West University „Neofit Rilski” Blagoevgrad

Faculty of Pedagogy,

Department of "Theory and Methodology of Physical Education"

Str 66 "Ivan Mihailov", 2700 Blagoevgrad, Bulgaria

E-mail: danitomova@abv.bg