

DIAGNOSTIC ANALYSIS OF STUDENTS RELEASED FROM THE REGULAR PHYSICAL CULTURE AND SPORTS CLASSES

(Preliminary communication)

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Abstract

In this research work, an attempt has been made to analyze the health problems of the students, who at the beginning or during their study at the University of Medicine – Sofia, have had some deviations from the health status. The aim of the investigation is to explore the character of the diseases in the students, as well as to establish the reasons leading to their release from the regular physical culture and sports classes, by physician's decision. It has been established that in the practice of the Center of Language Education, Physical Culture and Sports, in the subject Physical culture and Sport, each year there is a significant number of students with temporary or durable health problems, having a decision of a physician, to release them from the regular Physical culture and Sport classes. Creating a specialized programme with theoretical preparation and specific exercises involving the students with health problems from all faculties of the University of Medicine – Sofia, could enhance the motive for their activity and quality of life, in order to combine their education with the treatment and prophylaxis of the diseases and to form up a better values orientation towards the physical culture and sport.

Keywords: *healthy condition, character of the diseases, physical exercises, Observation methods, motor activities*

INTRODUCTION

Investigations show that doing physical exercises and sport is a powerful factor in the prophylactic and treatment activity various diseases.

Through regular trainings of the physical exercises and sport, one enhances all-round, positive impact on the organism and enhancement of its resistance to a number of unfavorable factors – infections, sharp temperature changes, intoxications, radiation, etc. (Slanchev, Bonev & St. Bankov, 1986). It is also important to note that they should be carried out purposefully, under the leadership of sport experts or independently, after a prior theoretical-methodical preparation.

Experts on physical culture and sport (Dyakova, 2006; Ivanova, 2011) report the decreased quality of training process in the primary and secondary school level subject. It is a cause of the lack of habits built for trainings in sport and the insufficient theoretical knowledge of the benefit of systematic physical load.

This trend is enhanced with students to whom, upon the manifestation or existence of the health problem, physicians recommend releasing from physical education

and sport classes attendance. Practice shows that a great part of these students is not included in practical trainings and remains isolated from the remaining ones.

There are some unsolved problems in the organization of physical culture and sports at the stage of the higher schools education too, including the University of Medicine – Sofia. Usually, students are not motivated to attend the trainings in physical culture and sport, if they have some health problems (temporary or durable injuries / disabilities, or after a recommendation by a physician).

In this context, the Center of Language Education, Physical Culture and Sports, at the University of Medicine is an important factor in the sphere of public health, in view of creating equal conditions and possibilities for motive (motor) activity and sport of the above mentioned students.

Purpose of this investigation is to explore the character of the diseases with students, having a decision by a physician to avoid the regular trainings in physical culture and sport, as well as to establish the reasons leading to their releasing from them.

The following *tasks* have been envisaged for a realization:

1. Theoretical analysis of the informational sources.
2. Analysis of the documents, presented by the students (medical notes, records, etc., for temporary and durable injuries/disabilities) and their distribution in groups, according to the character of the diseases.
3. Preparation of a programme on Physical culture and sports, covering all students with health problems.

METHODS

Investigation was carried out in the academic year 2012/2013. All students trained in Physical culture and sports are informed at the beginning of the academic year, that at the existence and occurring of any disease, or injury during the year, they are obliged to present to the Center of Language Education, Physical Culture and Sports, a Record by a Board of physicians (in a week), according to which they could be included in trainings on Physical culture and sports for students with health problems.

Observation and alternative analysis methods have been used.

ANALYSIS OF THE RESULTS

Table 1 presents, the distribution of the students under observation, subject to training on physical culture and sports during 2012/2013, presented.

In the period considered, total number of educated students remained almost unchanged, compared to the previous years – 680 students. The same is valid to for the number of students too (40 students), who have presented medical documents issued by a physician, recommending the respective students to avoid participating regular trainings in physical culture and sports. This percentage is 5,88% for educational year 2012/2013, being around 7% for the previous years.

Table 2, indicate the total number of students on group diseases for academic year 2012/13, and detailed information of the number of students, as per the character of their disease.

Table shows clearly that the biggest is the group

Table 1. Distribution of students under observation, subject to training on Physical culture and sports

Period under investigation	Students trained on physical culture and sport subject	Students with decision for releasing from physical culture and sport subject	
		Total number	%
Educational year 2012/13	Total number 680	Total number 40	5,88%

Table 2. Distribution of students, as per the character of diseases

Group diseases	Academic year 2012/2013	
	Character of the disease	Total number
1. Bone-joints	Discopathy – 9; Traumas – 5; After operation – 2.	16
2. Cardio-vascular	Flebitis - 1	1
3. Obstetric-gynaecological	Childbirth – 1; Abortion – 1.	2
4. Eyes	Myopathy - 1	1
5. Lungs	General upper respiratory tract infection – 7; Allergic asthma – 5.	12
6. Kidneys	Cystitis – 3; Chronic kidney disease – 2.	5
7. Skin	Allergic dermatitis - 2	2
8. Others	Spleen – 1	1
Total:		40 students

Table 3. Semester distribution of program material for students with health problems

Period	Winter / summer semester														
Weeks (number)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
<i>lectures/Group</i>															
<i>Trainings (No) Duration (min.)</i>	X	L	L	1x90	X										
<i>Independent trainings (No)Duration (min.)</i>	X	X	X	2x30											
<i>Testing (No)</i>	1	X	X	X	X	X	X	X	X	X	X	X	X	X	2

with bone-joints diseases – 16 students, followed by the lung diseases – 12 students, kidneys – 5 students and remaining groups are with 1 and 2 students.

Upon a detailed analysis made in the groups, we have found out that there is no reason to recommend those students to avoid participation in trainings in physical culture and sports, as the moderate motor activity for example is the best prophylaxis of bone-joint problems. With the healthy individuals, it is enough to load efficiently the bone-muscle, as well as the cardiovascular system for keeping the organism in good condition.

In this connection, we propose for the training of these students in Physical culture and sports, at the University of Medicine – Sofia, to be carried out after a specialized programme (Table 3). In the programme, it has been envisaged to include theoretical preparation and a set of exercises with motor and healthy effect, for the enhancement of students quality of life. It will give them the opportunity for participation in the sport trainings with the remaining students, to enhance their motor activity and to form a better values orientation towards the physical culture and sport. Independent trainings are also recommended for each week of the semester.

CONCLUSIONS

Analysis of the results has allowed reaching following conclusions:

1. It has been established that in the practice of the Center on Language education and Physical culture and sport in the subject Physical culture and Sport each year, there is a significant number of students with temporary and durable health problems, having decision issued by physicians to be released from the regular trainings in Physical culture and Sport.

2. Diagnostic analysis of documentation has been made (Medical notes, Records, etc.), for qualification of health problems of students from all faculties of the University of Medicine – Sofia and their distribution into groups of diseases.

3. Creation of specialized programme with theo-

retical preparation and specific exercises, covering all students with health problems from all faculties of the University of Medicine – Sofia, would allow students:

- To increase their motor activity and quality of life;
- To bind their training with treatment and prophylaxis of the diseases;
- To form a better values orientation towards the physical culture and sport.

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