

## 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 ( $EG_w$  and  $EG_m$ ) and controlled ( $CG_w$  and  $CG_m$ ) each including 32 students ( $EG_w$ ;  $CG_w$ ) and 36 students ( $EG_m$ ;  $CG_m$ ) – 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

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

Answer (%)	Women		Men	
	EGw	CGw	EGm	CGm
Yes	25	23	33	31
No	75	77	67	69

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

Answer (%)	Women		Men	
	EGw	CGw	EGm	CGm
Yes	12	14	13	10
No	88	86	87	90

initial training in swimming.

This is one of the reasons this contingent is selected for researching the efficiency of developed methodic for accelerated initial swimming training by using a differentiated approach in the conditions of a higher institute.

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).

**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

Table 3. Preliminary readiness and motivation for swimming training (Do you want to learn to swim?)

Answer (%)	Women		Men	
	EGw	CGw	EGm	CGm
Yes	78	80	83	85
No	22	20	17	15

Table 4. Primary causes of swim training (interest) (Why do you/would you learn to swim?)

Answer (%)	Women		Men	
	EGw	CGw	EGm	CGm
a) due to obligation	2	3	4	2
b) swimming is my	19	17	18	16
c) curiosity	25	25	23	22
d) to protect myself of drowning	26	25	31	32
e) to overcome my fear of water and deep	28	30	24	28

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.

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