

PROFILE OF THE STUDENT-SPORT PEDAGOGUE

Preliminary communication

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Abstract

The subject of study is to explore the attitude for future professional realization and create a profile of students – bachelors graduating from the National Sports Academy. The object of the study is 44 students, last year of bachelor program. For the aims of the study was conducted a survey with the students. The survey consist 11 questions, from which 10 are with multiple choice and 1 with open answer. In order to accomplish the target and tasks of the study we use the following methods: complex study of specialized literature, pedagogical observation and survey. The results of the study are processed mathematical-statistical via: frequency analysis, relative share, comparative analysis with χ^2 criteria of Pearson. The studied contingent students generally are making systematically efforts to maintain a certain level of physical capability, which according to us is directly connected with the successful professional realization and the physical ability,

Keywords: survey method, Pearson's correlation, physical well-being, emotional balance, mental capacity, physical ability, motivation

INTRODUCTION

One very interesting material published by Harvard Business Review presents the concept for “The High-Performance Pyramid (Loehr & Schwartz, 2001). According to the material, the maximal productivity and top performance on work place can be accomplished, when four factors work together – physical well-being (stamina and resistance to stress), emotional balance, mental capacity and motivation. In the basis of the Pyramid is the physical well-being (Алексијева (Aleksieva), 2015; (Борукова & Иванов (Borukowa & Iwanow), 2015; Гигова (Gigova), 1999; Христова (Hristova), 2015), provoked our interest to research the attitude and opinion of the students – future sports teachers about the importance of maintaining a certain level of physical ability, health habits and self-assessment on their readiness for professional development.

The subject of the study is to explore the attitude for future professional realization and create a profile of students – bachelors graduating from the National Sports Academy „V. Levski“ - Sofia.

The object of the study is 44 students, last year of bachelor program. Total amount of 44 students were researched, from which – 28 man (63,6 %) and 16 women (36,4 %).

For the aims of the study was conducted a survey with the students. The survey consist 11 questions, from which 10 are with multiple choice and 1 with open answer.

METHODS

In order to accomplish the target and tasks of the study we use the following methods: complex study of specialized literature, pedagogical observation and survey.

The results of the study are processed mathematical-statistical via:

1. frequency analysis
2. relative share
3. comparative analysis with χ^2 criteria of Pearson

RESULTS AND DISCUSSION

On the question “Have you been active competitor?” - 84,10 % declared that they have competed actively, while 15,90 % are not.

For us was interesting to find if the students continue to sport and compete actively, and the results are following (Table 1.) 47,70 % still continue to compete and educate in the university.

Table 1. Are you active athlete currently?

Respondents	Percentages (%)	
	Yes	No
	47,70	52,30

Table 2. presents percentage ratio by gender, whereby 53,60 % of man are active athletes, while 37,50 % are active women athletes.

In order to research the physical activity of the students we asked the following question: “Are you taking part in other form of physical activity, except the activity in the university?” – the results are impressive - 81,80 % continue to sport, while only 18,20 % practice sport only through the educational process in the university.

Table 2. Relative share of the answers - Are you active athlete currently? according to gender

Respondents	Percentages (%)	
	Yes	No
Man	53,60	46,40
Women	37,50	62,50

Table 3. How often in a month do you practice sport?

How often in a month do you practice sport?	Percentages (%)
4 - 10 times	28,10
11 – 16 times	37,50
Over 16 times	34,40

Table 3. presents the relative share of the answers to the question "How many times do you sport monthly?". Analyzing the scores, we can see, that 37,50 % are practicing sport 11-16 times monthly, over 16 times - 34,40 %, while 28,10 % only 4 to 10 times monthly. Although only 1/3 of women sport systematically, we can say, that they occupy more actively with sport, because 44,40% from them train more than 16 times in a month (Table 4), while by man the percentage is 30,4%. The results by the both genders are almost equivalent by 11-16 times monthly (women 33,3% and man – 39,1%). From 4 to 10 times in a month participated 22,2% from the girls and 30,4% from the boys.

Table 4. Relative share of the answers to the question "How much do you practice sport in a month" according to the gender of the respondents

How often in a month do you practice sport?	Percentages (%)	
	Man	Women
4 - 10 times	30,40	22,20
11 – 16 times	39,10	33,30
Over 16 times	30,40	44,40

Unhealthy habits like irrational eating, smoking and drinking alcohol are influencing extremely negative on the health status of people from all age groups.

We can say that the students from NSA try to have a healthy lifestyle, because only 29,5% from them smoke, while 71,5% don't smoke.

On the question: "Do you drink alcohol?" (Table 5.), 61,4% - don't drink, 29,5% - occasionally, 9,1% - drink.

In addition to refrain from alcohol and smoke usage, young people must strive to eat healthy. On the question: "Do you keep healthy norms of eating?", on Table 6. can be seen, that 64,3% from man and 43,8% from women keep healthy way of eating. For bigger part of the women, who take part in the study (56,3%), a healthy way of eating is not a priority. This is also true for 35,7% from man.

Table 5. Relative share of the answers to the question „Do you drink alcohol?“

Do you drink alcohol?	Percentages (%)
Yes	9,10
No	29,50
Occasionally	61,40

Table 6. Relative share of the answers to the question "Do you keep healthy norms of eating?" according to gender of the respondents

Respondents	Percentages (%)	
	Yes	No
Man	64,30	35,70
Women	43,80	56,30

The students, who take part in our study are last year of bachelor program, so it's important to know if they feel prepared for their future professional realization (Table 7.).

Table 7. Relative share of the answers to the question „Do you feel prepared for professional realization?“ according to gender of the respondents

Respondents	Percentages (%)	
	Yes	No
Man	53,60	46,40
Women	75,00	25,00

By the analysis of the results presented on Table 7. we can see, that 53,6% from man are ready for professional realization, 46,4% are not. 75% from the girls declare that they are prepared for professional realization and only 25% have doubts, about the practical implementation of the knowledge and skills acquired in NSA.

Table 8. presents the results of students in connection to their expectations for future professional realization.

Table 8. „Are you an optimist for your future professional realization?“

Optimist	Percentages (%)
Yes	88,40
No	11,60

Table 9. presents preferences of the students about changes in the education program for bachelors. As it can be seen on the graphic, highest percentage of the students want increasing the practical training and internships – 81%.

Table 9. „If it depends on you what would you change in the educational process of NSA?“

Changes	Percentages (%)
Increasing the practical training	50,00
Increasing the practical training internships	81,00
Increasing the theoretical preparation	47,60

Table 10. „Do you follow sport news on national and international level?“

Sorts events	Percentages (%)
Yes	79,50
No	20,50

As it can be seen on Table 10. around 80% of the surveyed students follow systematically the national and international sport events and logically they have answered the next question: №11 "If you were sport pedagogue, the success of which Bulgarian athletes or teams would you give as an example to your students?". Here the students mostly point out Grigor Dimitrov, National volleyball and rhythmic gymnastics teams, which is undoubtedly connected with the accomplished results by these athletes on world stage.

CONCLUSIONS

The studied contingent students generally are making systematically efforts to maintain a certain level of physical capability, which according to us is directly connected with the successful professional realization, around 50% of the students have a healthy lifestyle and 88% from them are optimists about their future professional realization. The surveyed students think that the student programs of the university should be changed in direction of increasing practical exercises 50% and internships 81%.

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