

RESEARCH ON THE PHYSICAL DEVELOPMENT AND ACTIVITY OF STUDENTS TRAINING JUDO SPORT AT SOFIA UNIVERSITY

Preliminary communication

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Abstract

The study analyzed data from the recent findings of the experiment student's judo athletes in regular school classes during the academic year 2015/2016. The test battery is the same for all students in the various sporting disciplines practiced at Sofia University. The survey found that the distribution of data on different indicators is not normal, because the physical abilities of students are not on the same level. None of them was judo sportsmen, but most of them are not training any sport. The survey covered only students who agree to participate in the experiment and are not actively training any sports but some of them are only participating in activities in "Sport". Some sportsmen are included and students who participate in representative teams of Sofia University in the sport, as well as students of "Physical Education" at the Faculty of Preschool and Primary School Education. The study was done at the beginning of the school year on over 1,000 students, sportsmen of various sporting disciplines practiced at the Sofia University. The students involved in judo are 51 men and 35 women - a total of 86 subjects. These results strongly determined the physical development and motor abilities of students - men and women with varying degrees as predominantly a lower level of physical development.

Keywords: *motor abilities, pedagogical experiment, battery test, judo sportsmen, physical education*

INTRODUCTION

Physical development and activity determine the physical condition of the individual, which is a prerequisite for building and upgrading of skills in different sports and sports disciplines and to improve physical and health condition. Due to the insufficient number of hours of physical education and sports at all levels of the educational system in Bulgaria, sport lecturers from the Sofia University "St. Kliment Ohridski", set as their main task of improving the General physical and specialized training of young people aged between 18 and 25. For its implementation is necessary to conduct targeted and well organized educational sports process.

The number of administrative classes in high schools decreases and this requires increasing the efficiency and intensity of activities and the implementation of new forms, means and methods.

In this connection, it is necessary to update the curricula, according to current physical and health condition of the students. The team of professors of the Department of Sports in Sofia University conducted a survey of students participating in regular study groups in various sports. The study is part of a project funded by the budget of Sofia University entitled "Investigation of physical development and abilities of students practicing various sports disciplines at Sofia University" (Yaneva, Nedkova, Tumanova, et al. (Янева, Недкова, Туманова, et al., 2015)

The purpose of this article is to present and analyze the data from the first (input) study surveyed the students practicing judo in training their sport, ie by ascertaining experiment.

They were placed the *following tasks*:

- To check the data distribution indicators of ascertaining experiment students, judo sportsmen.
- To analyze the results and compare with aggregated data from the overall sample of all students involved in the experiment.

Based on the studied literature and personal experience of researchers in the project a battery test was made, and the data of the measured indicators were processed through the system SPSS 19.

The survey covered only students who agree to participate in the experiment and which are not actively training sports and participate only in activities in "Sport". Some sports are included, students who participate in representative teams of Sofia University in the sport activities, as well as students of "Physical Education" at the Faculty of Preschool and Primary School Education.

For students practicing judo, the requirement was to not play sports and do not actively engage in sports right now.

The study was done at the beginning of the school year over 1,000 students, sportsmen of various sporting disciplines practiced at the Sofia University. Students involved in judo are 51 men and 35 women - a total of 86 people.

In connection with the first task the results is presented from a breakdown of data on these indicators - Faculty and age presented in the Charts 1. and 2.

The largest number of students were from the Faculty of Law, because within these students the sport subject is a compulsory discipline (Fig. 1.).

Interesting is the fact that women are students of the two faculties - Philosophy and Law. In men, the most active are the students of the Faculty of Law, Faculty of Classical and Modern Philology (ФКМФ) and the Faculty of Mathematics and Informatics (ФМИ).

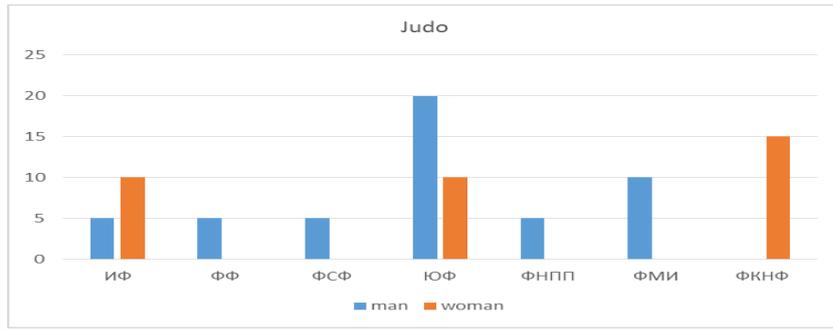


Fig. 1. Distribution by departments for the judo group

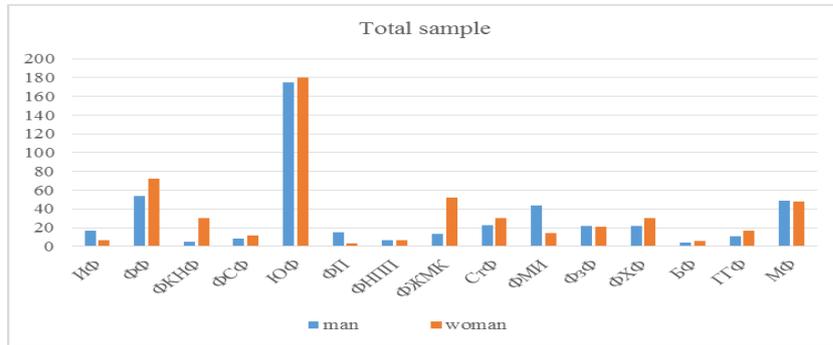


Fig. 2. Distribution by departments for the total sample

Table 1. Height and body mass of students, sportsmen judo

Descriptive Statistics - judo								
Sex	Variable	Minimum	Maximum	Mean	Std. Deviation	Variance	Skewness	Kurtosis
Man	Height	170	193	181,3	7,087	50,22	0,014	-1,036
	Body mass	60	96	76,3	10,317	106,431	0,161	-0,38
Woman	Height	142	170	161,4	9,217	84,958	-1,192	0,475
	Body mass	48,5	66	56,1	6,616	43,77	0,301	-1,425

Table 2. Height and body mass of students from all groups

Descriptive Statistics – total sample								
Sex	Variable	Minimum	Maximum	Mean	Std. Deviation	Variance	Skewness	Kurtosis
Man	Height	161	198	181,33	6,745	45,496	-,076	-,360
	Body mass	50,0	112,0	77,543	11,5607	133,650	,458	-,119
Woman	Height	142	197	167,34	7,438	55,329	-,046	1,507
	Body mass	40,0	122,0	57,923	9,8606	97,232	1,685	6,370

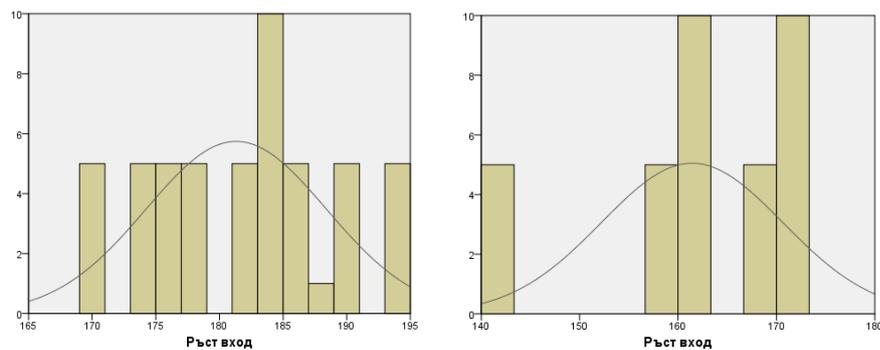


Fig. 3. Histogram of values distribution of the growth index, separately for men and women (right)

The data shows that of all students participated in the experiment, the highest activity has the students of Faculty of Law (ЮФ), Faculty of Philosophy (ФФ), Faculty of Journalism and Mass Communications (ФЖМК) and Medical Faculty (МФ), for which sport is a compulsory discipline.

The possible reasons for the situation are different, but this could be clarified in some further study.

The gender distribution is also different for the two groups of students - overall and for the judo. Naturally, the martial arts are more present within the men, although within the self-defence disciplines, which are not the subject of our study, the female students are about 90%. This could also be further explored in some future study.

Tables 1. and 2. give the basic parameters of the distribution as well as the height and weight parameters.

From the data presented in the tables and histograms (Fig. 3.) is apparent that the distribution is not within the normal values. This applies to all the other data in the survey – body mass index, strength of convenient and inconvenient hand, long jump from place, squat to seating for 30 s, depth of slope, running 20 m, lifting of occipital leg for 30 s. Determining the type of distribution will give a basis toward the usage of certain statistical indicators and ratios.

Our expectations about the uneven distribution of indicators is justified, given that the conditions of life and physical activity of students are different. Some students were sporting before their entering the University, but the majority are not actively involved in the organized and purposeful activities in sport. Many of them were unable to practice such sports disciplines offered by the Department of Sports.

The study gives reason to conclude that the data on students practicing judo and those of the entire statistical sample completely are similar, which allows working with a small sample, such as sample students training judo.

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