

DRAFT MEASURES OF THE PHYSICAL EDUCATION CLASSES FOR HEALTH IMPROVEMENT OF THE STUDENTS IN THE PRIMARY AND SECONDARY SCHOOLS IN THE REPUBLIC OF MACEDONIA

(Professional paper)

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Abstract

Each physical activity in the modern living is imposing itself as the imperative for a good health. For a successful introduction of permanent habits for physical activity within the youth, we need to start at the youngest age. The subject Physical and health education in the curriculum is the first place to start acting in that direction. Through the activity of the students at the gym class we are affecting the process of developing physical capabilities, introduction and directing them towards positive values and aspects for the physical and sports culture in the everyday living and relating the physical education to life. By introducing novelties in the class for physical and health education we will reach our objective.

Keywords: *physical activity, motor skills, physical deformities, lower classes, upper classes, sports activities, assessment in physical education, representation week of physical education*

The muscular and skeletal diseases are an important reason for the incapability throughout the whole world and they represent a significant social and economic burden to all the societies. The scoliosis, being part of these diseases, according to the Association for scoliosis research, the scoliosis is defined as the lateral distortion of the spine for more than 10° and it is usually associated with the rotation of the spine 24. In the Republic of Macedonia each year the Program for health exams of the students is performed. Within this program besides the other activities, a screening is performed for early detection of the distortions in the spine and the limbs. According to the data, in 2008 scoliosis was registered within 8,8 out of 100 examined students in primary education respectively 8,9 out of 100 students in the secondary education. In 2009 the scoliosis was ranging at 5,5 out of 100 in the primary education respectively 9 out of 100 in the secondary education. This points to the fact the scoliosis is more present within the students in the secondary schools. (Source: JZU Institute for Public Health – Skopje).

Draft - measures for primary education

In the primary education starting from grade I (first) until grade V (fifth) the gym class should be taught by professors that hold a BA in physical education where the students in I, II and III grade will be assessed with descriptive marks and students in IV and V grade should be assessed with a mark. In the Republic of Macedonia there is a big number of professors holding BA degree in physical and health education who are not employed and with these draft-measures for the education they will have a chance to receive a job in their professional field and to transfer their knowledge to each student in direction for improving their physical development.

In the education from VI (sixth) until IX (ninth) grade, the frequency of the gym class should be increased from 3 (three) to 4 (four) classes. Furthermore, the subject SPORT should be introduced. By doing so the class will be divided in 2 (two) classes of physical education and 2 (two) classes of sport activities. The subject sport will be elected by the students through a survey in the beginning of the school year. The mark would be formed out of the average marks in both subjects: physical education and sport. The subject sport will be elected by the students through a survey in the beginning of the school year. The

management of the school will perform the survey for all the recognized sports that are present in the country (source of sports: Youth and Sports Agency). The two sports that will have the top votes of the students will be applied in the school. The subject sport will be held by the same professor of physical education. Also, in the draft-annual curriculum obligatory school leagues (competitions) should be introduced. Until now, the Federation for School sport in Macedonia is putting their maximum efforts to implement the school leagues in several sports, but somewhere, they face with a resentment from the school management.

Draft measures for secondary education

In the secondary education starting from I (first) until IV (fourth) year besides the subject physical education, the subject sport should be introduced. The subject physical education should be held two times a week and the subject sport and sports activities should be held two times a week. The students in each year will have the opportunity to select the sport they want through a survey conducted by the school management. The survey will offer all the recognized sports in the country (source: Youth and Sports Agency). Those two sports that will have the top votes of the students will be applied in the secondary schools. The mark will be formed from the average score in both subjects physical education and sports. The classes in sport (depending on the sports that will be elected by the students) will be held by the professor in physical education in the presence of a student from the Faculty of physical education (obligatory praxis for the student in first year – legal amends adopted in 2011). Also, the school itself can provide a coach depending on the sport. Furthermore, the draft annual curriculum should include obligatory school leagues (competitions).

European examples

In Austria in the primary education the number of classes per week is different: in I and II grade – twice a week, in III and IV – three times a week, in the middle secondary education the number of classes in I year is 4, and in II, III and IV year the number of classes is 3 times a week. In the secondary education the number of classes in I and II year is 4 times a week, and in III and IV year is 3 times a week. In Denmark, in the primary education the number of weekly classes is different as it follows: in I grade 1 class per week, in II and III grade 2 times a week, IV, V, VI grade 3 classes per week, and in VII, VIII, IX and X grade also 2 times a week. In the secondary education the number of classes per week is 2 for all the grades.

In Cyprus in the primary education the number of classes per week is 2, in the grammar school 3 times a week, and in the secondary education the number of classes is 1 class of physical education plus 2 classes of sport. In Estonia, in the primary education the number of classes per week is different: I grade 1 class a week, II and III grade is 3 times a week, in IV grade – 2 times

a week, in V and VI grade 3 times a week, in VII, VIII and IX grade 2 times a week, in V and VI grade 3 times a week, in VII, VIII and IX grade 2 times a week. In the secondary education the number of classes per week is 2. In Finland in the primary education the number of class is represented differently as it follows: I to X grade – 2 times a week.

In the secondary education the number of classes for physical education is 2 a week plus 1 class of health education per week for all the studying years. In France, in the primary education the number of classes is 4 times a week, and in grammar school also 4 times a week. In the secondary education the number of classes per week is 3 times in all the school years. In Greece, in the primary education the number of classes per week is 2, in grammar school in I and II year – 3 times a week, whereas in III year – 2 times a week. In the secondary education the number of classes in I and II year is 3 times, and in III year is 2 times. In Iceland, in the primary education the number of classes per week is different: in I to VI grade – 3 times a week, in VII – 4 times a week, in VIII – 3 times a week, and in IX and X – 4 times a week. In the secondary education the number of classes per week in I and II year is 3 times, and in III and IV – 4 times a week.

In Norway, in the primary education the number of classes is different: I to V grade – 2 times, and VI to X grade – 3 times a week. In the secondary school the number of classes is 3 times in each year. In Slovakia, in the secondary education the number of classes is 3 times a week in each year for grammar schools, and in the professional secondary education the classes are 2 times a week.

By reviewing the current situation we will need a timely action and activities that will improve the present conditions. Therefore, we have processed the propositions that will have an effect in direction of improvement of the conditions of the students in the primary and secondary education. These draft-measures for the class of physical and health education in the primary and secondary education are made in order to prevent the diseases of the muscular and spinal system because they are showing a trend of increasing in the past years.

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