

RESISTANCE OF BUILT HABITS FOR SYSTEMATIC EXERCISES AND SPORT AT SCHOOL AGE

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INTRODUCTION

Motor activity is an important factor for both physical and mental development of people. The insufficient motor activity is a topical problem for all age groups. For several decades now, the specialized literature made public facts related to the negative impact of hypodynamia on the physical development of children and their personal characteristics, their behaviour, as well as other manifestations of psycho-social imbalance, including a number of harmful addictions. The problem of obesity, now pressing and considered by specialists and experts a social and health problem, is of considerable importance.

The body mass Index is a medical-biological indicator, which serves to determine the normal healthy weight in people of different stature and to diagnose obesity and malnutrition.

The BMI norms, regardless of age, gender or other individual characteristics (World Health Organization, 1995)

State	BMI
Severe malnutrition	< 16,0
Moderate malnutrition	16 - 16,99
Mild malnutrition	17 - 18,49
Underweight	< 18,5
Normal weight	18,5-24,99
Overweight	≥ 25,0
Pre-obesity	25 - 29,99
Obesity	≥ 30,0
Obesity I Degree	30 - 34,99
Obesity II Degree	35 - 39,99
Obesity II Degree	≥ 40,0

The main objective of the EU strategy on nutrition, overweight and obesity is to fight any environment that predisposes to these negative phenomena and to help citizens reduce high-risk behaviour such as unhealthy diets and lack of physical activity.

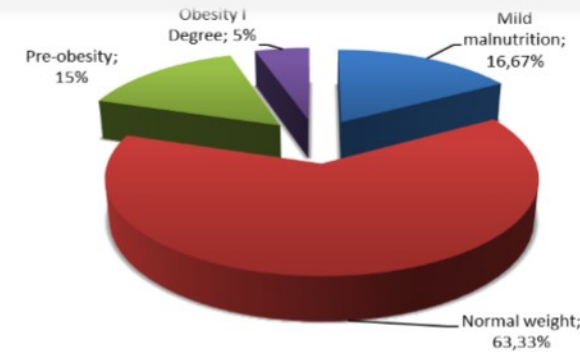
WHO's data show that to ensure the healthy development of school-age children, they need a daily intensive motor activity with a minimum duration of 60 minutes. A lot of universities carry out only one training activity per week (by merging the two obligatory academic hours), which is definitely insufficient in volume.

The authors of the article suggest that the expressed need for sporting activities after completion of secondary education is the result of the established system of habits in the school age, although the environment and the living conditions in the student years are radically changing.

RESEARCH METHODOLOGY

Studied at the beginning of the academic year 2019/2020 were 120 students - first-year students from the specialties "Preschool and Primary School Pedagogy", "Primary School Pedagogy with a Foreign Language", "Pedagogy of Education in Fine Arts and Graphic Design" and "Pedagogy of Training in Information Technologies" of the Faculty of Pedagogy of Trakia University, town of Stara Zagora. The studied subjects had an average age of 26, 02. The methods applied are the calculation of the BMI and a survey of the students' sporting interests. The questions in the questionnaire card were 5 in number, all with scaled (closed type) answers.

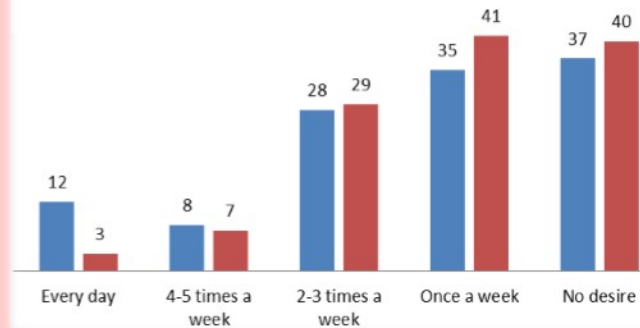
RESULTS



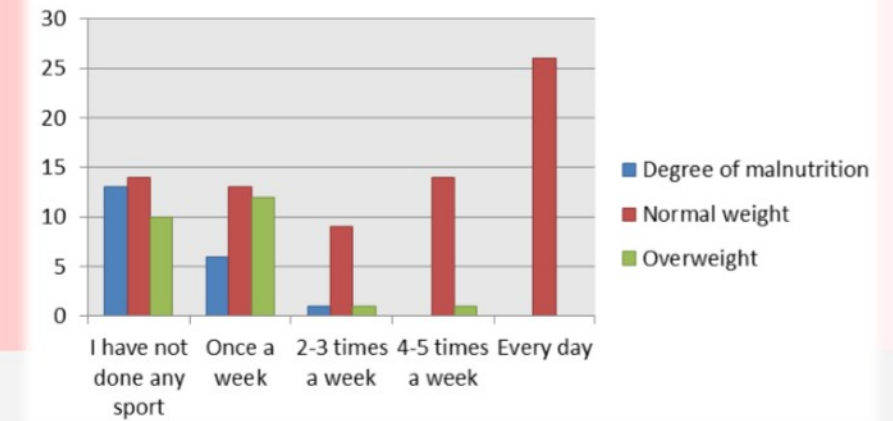
-Almost 2/3 of the subjects surveyed fall within the normal weight range;

-The number of students above the norm is 1/5 of the

What is the weekly frequency for practicing sports activities before and after the start of your university course in the HSI?



How often have you involved in sports activities during your free time in the last five years?

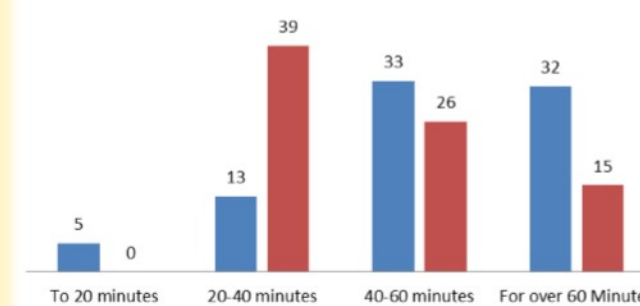


-Clearly shown here is the dependence between the weekly frequency of sports activity and normal body weight;

-Students who have practiced a sports activity for more than 2-3 times a week reach a state of normal body weight with a gradual decrease in overweight and malnutrition conditions, which in the cases of daily exercise of motor activity are completely absent.

The interest in everyday activities significantly decreases compared to the expressed preference to do sports once a week.

What is the duration of your sports activities before and after the start of the university course in the HEI?



The student's desire for sports activity lasting from 20 to 40 minutes has increased three times;

The tendency of students to devote from 40 to 60 and more minutes from their free time for a single sporting activity decreases.

CONCLUSIONS

Following the study of literary sources, the results of the study obtained and analysed and the subsequent comparative analysis, we could rightly draw the following conclusions:

The prevalence of excess weight is preserved and is the same as the results of studies made more than 20 years ago. Overweight indicators are 1/5 of the total, but only 5% of all individuals are with a degree of obesity

There is a strong correlation between the frequency of practicing sports activities and normal body weight.

The desire of the persons surveyed to be included in sporting activities with 2 to 5 times weekly frequency, added to the 90 minute compulsory physical education, fully meets the criteria for a necessary healthy level of motor activity.

The preferred duration of the additional activity is between 20 and 40 minutes.

The reasons for a pronounced reluctance to do sports in the free time are the changes in the living conditions (change of domicile) and the feeling of lack of time for this.

Students take sports activities mainly as opportunities to satisfy their need for movement and to increase their self-esteem.