

INTERNAL ORGANIZATION OF THE CLASS USING MOTIVATION AS A MECHANISM

Authors: Samir Hačković, Ajla Hamzić, Ilma Čaprić

8th INTERNATIONAL SCIENTIFIC CONFERENCE

"ANTHROPOLOGICAL AND TEO-ANTHROPOLOGICAL VIEWS ON PHYSICAL ACTIVITY
FROM THE TIME OF CONSTANTINE THE GREAT TO MODERN TIMES"

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Physical education in a unique way contributes to learning, personal development and health of students. All students have the right to physical education, which promotes broad competence and knowledge of physical activities, growth and development, understanding the importance of a healthy lifestyle, self-esteem in the context of physical activity and just engaging in physical activity.

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The aim of this research was motivation, as a mechanism of internal organization of classes in physical education classes and presentation of the results of a sample of empirical research.





KEY WORDS:

01 Internal organization

02 Motivation

03 Physical education

04 Students

05 Teacher



METHODS

The paper applies a theoretical analysis of relevant literature in the field of motivation for physical education classes. The basic method used in this paper is the descriptive method and it was used during data collection, as well as during processing and interpretation of results, and drawing conclusions. In addition to this method, the method of deduction was also used as a method of cognition. 212 students from the fifth grade of primary school participated in the research.

The aim of this research is to present how motivation in physical education can affect students, so that the internal organization of physical education classes would be more efficient. Through statistical processing, motivation is presented as one important component. The students unanimously agreed with the statement that the physical education class plays an important role for the growth and development of the child. Also, it should be noted that during the research, two students worked according to an individual program of physical education class, because they have certain deformities in the spinal column. But, regardless of their disability, they stated that physical education is very important for children of their age.

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RESEARCH RESULTS AND THEIR INTERPRETATION

The research we conducted is in the form of a questionnaire with formulated questions that have multiple answers that students choose.



Example of questions:

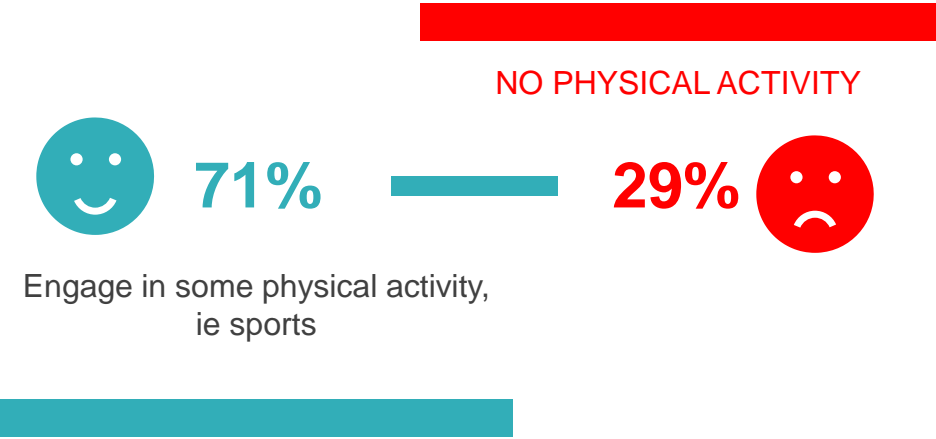
- Do you do any sports?
- Do you do physical education regularly?
- How useful is physical education in your opinion with your development (grade from 1 to 5)?
- Does the teacher with his / her expertise have an influence on my engagement in physical education classes?

How motivated are you by the following actions of the teacher in the physical education class:

- When a teacher allows us to play a game from a sport on our own
- When he introduces us to some new exercises that we have not performed before
- When the teacher participates in an exercise or game with us
- When the teacher allows me to compete with others
- Etc.***

Based on the obtained results, it can be stated that the motivation of students in the class is the basis for good communication and thus the main mechanism in the internal organization of the class of physical education, ie the teaching process.

Based on the students' answers, we came to the results:



MOTIVATIONAL MECHANISMS IN STUDENTS

Based on the students' answers, we came to the results:

Some of them are motivated when a teacher demonstrate some drills

All students love when they learn new content

When the teacher allows them to play interdepartmental matches with their peers

All of them are fans of physical education classes

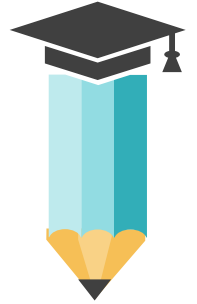


Students perceive physical education teachers as a dedicated professional who encourages, guides and facilitates their work in class. The presence of teachers additionally encourages them to work and be interested in physical education classes.

Conclusion



The obtained results published in this research support most of the results that indicate differences in motivation and physical when it comes to the level of physical activity of students. The most active children generally showed the highest degree of motivation.



Initial education of teachers and educators needs to be innovated in accordance with the new requirements and expectations that society puts before school and preschool physical education, and preparation for an active lifestyle.



Thank you for your attention