

# THE OPINION OF THE PHYSICAL EDUCATION AND SPORTS TEACHERS ON THE DEVELOPMENT OF THE GAME OF HANDBALL IN THE PHYSICAL EDUCATION AND SPORTS LESSON

Dan G. MIRŞIDAN<sup>1</sup>

**Abstract:** *The results of the data analysis from the questionnaire addressed to teaching staff indicate that the majority of teachers have an adequate degree of professional training to teach physical education and sports. Physical education and sports teachers emphasized that the development of basic and specific motor skills and abilities represents the most important formative effect of physical education and sports classes, with a weight of 94.7%. Also, 71.2% of the respondents mentioned that stimulating interest in the motor act and 61.4% indicated that stimulating interest in directly or indirectly watching sports events are important aspects in physical education and sports classes. Regarding the use of handball curriculum content, 87.9% of teachers use it, but only 13.1% use this content for more than 20 weeks in a school year. The involvement of students in the game of handball is generally of medium level (51.5%) or low (26.5%), indicating the need to motivate them more actively in carrying out sports activities. The willingness to participate with students in sports competitions specific to handball is shown (62.6%). Regarding the motor qualities developed by practicing the game of handball, the teachers highlighted that speed is developed (53.8%).*

**Keywords:** *teachers, questionnaire, handball, students.*

## 1. Introduction

A greater involvement of students in the process of learning and practicing the game of handball, supported by an adequate material base, support from parents and adaptation of the content of the school program according to the interests and

needs of the students, will contribute to improving the results in terms of development of motor skills and interest in physical education and sports.

Handball is a complex sport, and physical education and sports teacher has an important role in its development. If they can determine the correct positions of the

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<sup>1</sup> Şcoala Gimnazială „Lucian Blaga”, Str. Garoafelor, nr.7, Jibou, Romania.

players and make the moves quickly, they can prevent the opponents from scoring. Also, the role of the goalkeeper in defense is important, and he can influence the game through positioning and reflexes. The physical condition of the students is important to be able to stay focused and act quickly during the game, requiring cooperation and communication between players during defense [1].

Handball requires both well-developed individual techniques such as throwing and dribbling as well as effective team game strategies to achieve success in competitions. These game strategies can include attacking and defending tactics, as well as ways to organize the team and strengthen the bonds between players [2].

The importance of game strategies and techniques in handball cannot be underestimated. The approach to a handball lesson and match must be well planned and put into practice to achieve the desired results. Good coordination of the players during the attack is required, as well as good communication between the goalkeeper and the rest of the team during the defense [3].

The rules and regulations of handball are extremely detailed and complex, but essential to playing and understanding the sport. Both players and teachers must be familiar with all the rules to participate and conduct themselves correctly and in the spirit of fair play [4].

To achieve a solid and effective defense, it is essential that the players communicate with each other and be coordinated in their movements and positions. This means that players must constantly communicate verbally during the game to indicate this to opponents, ask for help and coordinate defensive actions. In addition, defensive players should always be alert and aware of

the movements of the ball and opposing players. This involves constantly assessing ball and opponent positions, anticipating moves and making quick decisions depending on the situation. Communication and coordination are fundamental in handball defense, and players must constantly communicate and coordinate actions to achieve effective defense [5]. Each member of the team is a key player and has an essential role in the team's attack [6]. Game techniques, tactics and specific training can help create individual and team performance on the handball court [7].

Handball has become faster and more demanding in terms of individual skills and team strategies [8]. Popularity and health benefits: Handball is an intense and dynamic sport that trains endurance, strength and coordination. Participating in this sport can have significant health benefits, as well as the opportunity to build team relationships and develop leadership skills [9].

On pages 42-55 of the book "The Handball Way: Tactics for Winning" by László Nagy, the idea that speed and intelligence are the keys to success in handball is developed. The author emphasizes the importance of good tactical and technical training of the players, as well as effective team understanding and communication.

One of the main ideas is that a handball player must be able to anticipate and react quickly to game situations, adapting to the opponents' strategy changes and finding effective solutions in offense and defense. The author emphasizes the importance of studying your opponents and developing a proper game plan for each individual match [10].

Monitoring in the field of physical education and sports refers to the periodic

evaluation of the performance and development parameters of students or athletes during sports activities. This monitoring is based on a systematic approach, which involves the collection of relevant data, the preparation of reports, the analysis of results and, consequently, the development of performance indicators [11].

Through the combination of fundamental motor skills and intense mental demands, handball develops not only physical fitness, but also social skills such as teamwork, discipline and strategy. Its integration into school programs emphasizes its importance in physical education, contributing to the formation of healthy and balanced young people. Thus, handball confirms its essential role in the harmonious development of students, promoting not only sports performance, but also fundamental educational values [12].

Motivation in sports plays an essential role in developing and maintaining long-term sports practice. This not only influences the performance of athletes but also contributes to the formation of a healthy and active lifestyle. Therefore, physical education should focus not only on technical and physical skills, but also on cultivating an intrinsic motivation that encourages participants to engage in long-term sports activities. A holistic approach, which integrates the psychological and emotional aspects of motivation, can enhance not only sports performance, but also the general well-being of individuals [13].

## **2. Material and Methods**

The questionnaire method is one of the most used research methods in the scientific field. This provides researchers with an efficient way to collect information

from many participants, thereby obtaining quantitative and qualitative data relevant to their study. The questionnaire method is a powerful tool in scientific research, providing researchers with an efficient means of collecting and analyzing data from many participants. However, it is important to be aware of both its advantages and disadvantages and apply the appropriate steps in making a quality questionnaire. In the framework of our research, we applied a questionnaire intended for physical education and sports teachers, with the aim of evaluating the effect of the application of coordination capacities on students in physical education lessons. The questionnaire method was chosen due to its efficiency in collecting relevant data directly from teachers, who have practical experience in the field. The questionnaire was structured in several sections, each with a specific purpose: it included questions about the teachers' professional experience, the level of training, and the type of institution where they teach, the teachers were asked about the importance of coordination skills in the learning process and in the development of students' motor skills, we included questions about the techniques and exercises used in physical education lessons to develop coordination skills, as well as their frequency, and last but not least, the teachers had were asked to evaluate the impact of practical applications of these capabilities on student performance in physical activities and sports practiced.

The questionnaire was distributed online, facilitating accessibility and quick completion by respondents. We ensured confidentiality of responses and clearly explained the purpose of the research to encourage honesty in responses.

After collecting the responses, the data were analyzed quantitatively and qualitatively. The quantitative analysis involved the use of descriptive statistics to identify trends and correlations, and the qualitative analysis allowed the extraction of important themes and observations from the open-ended feedback provided by the teachers.

### 3. Results and Discussions

Analyzing the data presented in the questionnaire addressed to teachers, most teachers have a sufficient degree of professional training to teach physical education and sports. According to the results, 57.3% of respondents have teaching degree 1, and 11.5% have teaching degree 2, demonstrating good training in the field.

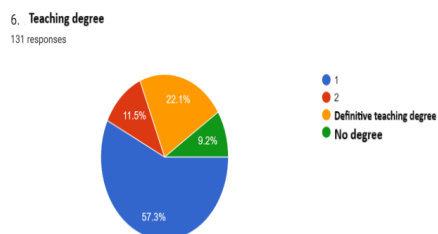


Fig. 1. *The didactic degree of the teachers*

Regarding the formative effects that occur during physical education and sports classes, the teachers highlighted several important aspects. The largest share, 94.7%, chose the answer "Development of basic and specific motor skills and abilities". This emphasizes the teachers' concern for the development of the students' physical abilities, which is essential in their education. Also, the stimulation of interest in the motor act was mentioned by 71.2% of the respondents,

and the stimulation of interest in directly or indirectly watching sports events was mentioned by 61.4%.

The development of intellectual qualities and the establishment of friendship and collaboration between colleagues were aspects considered important by 81.8% of the teachers surveyed. These results indicate that physical education and sports are not limited to the physical development of students but have a positive impact on their intellectual and social skills. The teachers also indicated that physical education and sports also contribute to the development of the spirit of fair play, acceptance of defeat and the performance of team tasks, in a proportion of 85.6%. This aspect is particularly important in the formation of students' character and in the development of values such as respect and cooperation.

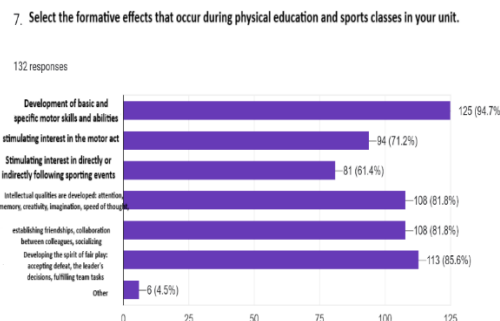


Fig. 2 *Question number 7 in the questionnaire*

Regarding the reasons why students have poor participation in physical education and sports classes, teachers mentioned several aspects. Inadequate material base was indicated as the main cause, in proportion of 55.3%. Also, 49.6% of teachers believed that parents encourage the avoidance of sports lessons, while 39% mentioned that other types of recreational

activities took the place of exercise activities. These results indicate that there are some structural and awareness issues regarding the importance of physical education and sports among students.

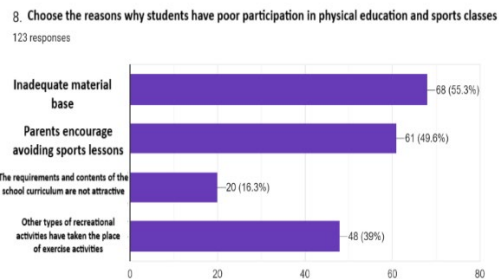


Fig. 3. Question number 8 in the questionnaire

Regarding the content of the handball school curriculum, the result indicates an acceptance rate of 87.9%, which proves that teachers understand the importance of this sport and implement it in physical education and sports classes. However, 13.1% of respondents mentioned only this content is used for a long period of 20 weeks in a school. This aspect can be established by expanding the handball theme in the school curriculum.

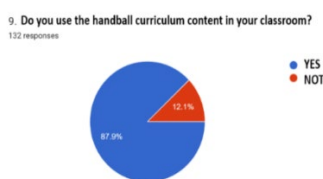


Fig. 4. Question number 9 in the questionnaire

Regarding the degree of involvement of the students in the game of handball, the teachers indicated that the majority (51.5%) get involved to an average degree, followed by a percentage of 26.5% with

little involvement. This aspect indicates the need to involve students more actively in sports activities, by creating more opportunities and incentives.

11. What is the degree of involvement of students in your school unit in the game of handball?  
132 responses

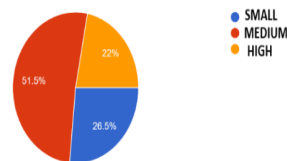


Fig. 5. Question number 11 in the questionnaire

It was also found that 62.6% of the teachers will participate with the students in sports competitions specific to the game of handball. This demonstrates their willingness to encourage students to test their skills in a competitive environment, which can contribute to both their physical and emotional development.

12. Do you participate in handball sports competitions?  
131 responses

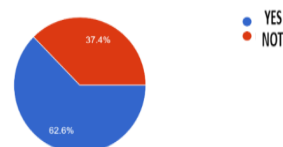


Fig. 6. Question number 12 in the questionnaire

Regarding the motor qualities developed by practicing handball, the teachers highlighted that speed (53.8%), skill (66.7%) and endurance (40.2%) are mainly developed. This indicates that playing handball can significantly contribute to the development of these motor skills in students.

14. What motor qualities do you think develop more in students by practicing handball?

132 responses

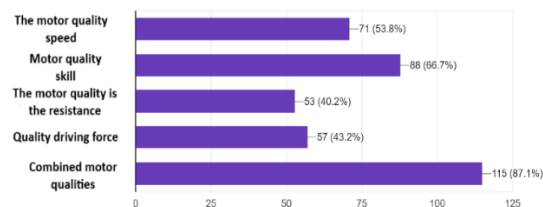


Fig. 7. Question number 14 in the questionnaire

Regarding the involvement of their own students in learning the game of handball, the teachers indicated that 41.7% get involved to a suitable extent, while 26.5% get largely involved. However, there is still a significant proportion of students (23.5%) who get involved to a small extent. It is important that teachers continue to encourage and support the active involvement of students in learning and practicing the game of handball.

15. Are your students committed to learning the game of handball?

132 responses

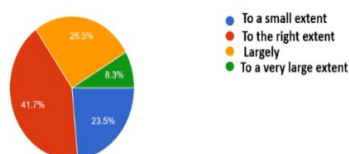


Fig. 8. Question number 15 in the questionnaire

Regarding the effective means for the development of coordinative capacities in physical education and sports lessons, the teachers mentioned the elements of sports games (87.9%) and exercise games (67.4%) as the most effective means. These results suggest that the involvement of students in sports games and motor activities is

essential for the development of coordination skills.

16. From your point of view, what are the most effective means in developing coordinative capacities in the physical education and sports lesson?

132 responses

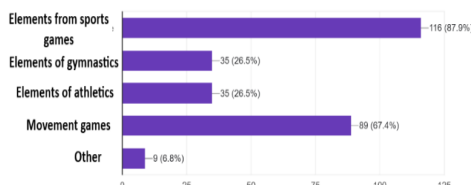


Fig. 9. Question number 16 in the questionnaire

#### 4. Conclusions

Most teachers have sufficient professional training to teach physical education and sports.

The development of basic and specific motor skills and abilities is considered the most important formative effect of physical education and sports classes.

Physical education and sports are not only limited to the physical development of students but also have a positive impact on their intellectual and social skills.

Physical education and sports contribute to the development of the spirit of fair play, respect and cooperation.

The inadequate material base and the negative influence of parents are the main reasons for the poor participation of students in physical education and sports classes.

The use of handball curriculum content is accepted by most teachers, but it should be implemented over a longer period in a school year. The involvement of students in the game of handball is generally of medium or low level, indicating the need to motivate them more actively in carrying out sports activities.

The teachers are open to participating with the students in sports competitions specific to the game of handball. By practicing the game of handball, students' speed, skill and endurance are mainly developed. Active involvement of students in learning and practicing the game of handball is necessary to maximize its benefits.

### 5. Proposals

Improving the material base by providing the necessary resources and equipment for the proper conduct of physical education and sports classes.

Sensitizing parents on the importance of student participation in sports classes and promoting a positive attitude towards physical activities.

Adapting the content of the school curriculum according to the interests and needs of the students, to make them more attractive and motivated to be actively involved.

Creating additional opportunities for playing sports and participating in competitions to encourage student involvement and the development of their sports skills.

Emphasis on the development of motor skills through sports games, movement games and activities specific to handball.

The active involvement of students in the process of learning and practicing the game of handball, by establishing specific objectives and challenges.

Finally, physical education and sports represent one of the important pillars in the harmonious formation of students. By improving the training of teachers, the active involvement of students and the development of motor capacities, it is possible to contribute to a quality

education and to the development of the skills necessary for a healthy life and success in various activities.

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