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RECREATIONAL SPORTS – A FORM OF HEALTH EDUCATION

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Abstract: *A society that promotes sport and understand the value of life is one that secures a solid component of welfare and social optimism.*
Cooper test is the most significant achievement of the education for functional aerobic capacity. Both groups have improved their result by a few percent, but the experimental group experienced an improvement. We believe that programs drawn up and submitted to experimentation, through specific exercises, aimed at improving cardio-respiratory capacity were effective.
Educating a motivation for practicing systematic, continuous, lifelong physical exercise should be the main objective of physical education course. The most important thing is the habituation of students with systematic practice of physical exercise, physical activity inclusive of these daily lifestyle. The purpose of the present work can be considered achieved by means of its demonstration, that the sports and recreational activities in keeping and improving health.

Key words: *recreational sports, health, students.*

1. Introduction

In modern societies recreational sport is a phenomenon whose importance has grown tremendously, becoming increasingly present in everyone's daily life.

Sports and recreational activity have opened their gates to people of all ages, form young to old, from men to women, from school work to leisure, from hobby to profession, managing through exercise to shape the human physiognomy and behavior.

Good health seen as an ideal but also as a fundamental life reference is a problem preoccupying every individual but also the society on the whole, for a plethora of factors must be taken into consideration to achieve it: economical, spiritual, social, cultural, etc.

The World Health Organisation promotes the importance of systematical physical activity for health through the "Active Life" programme, with priority for children and teenagers.

„Health as physical, mental and social wellbeing is always unstable and threatened by all sorts of factors [5]

Among the most important factors negatively influencing our health were reminded:

1) Sedentariness;
2) Highly stressed nervous system and thinking processes;
3) Uneven exercising of the body segments;
4) Static tensioning of the muscles;
5) Incorrect body position during work.

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Research shows that physical exercise practiced over longer periods of time improves physical and mental health and it contributes to reducing the occurrence of physical and mental diseases associated with the modern lifestyle.

In this regard, we recommend at least 30 minutes daily of physical activity that requires moderate effort - for adults, and for children - 60 minutes [2].

Cooper (1982) believes that the most popular types of aerobic exercises are: walking, jogging, swimming, dancing and gymnastics.

The general objectives of an efficient health education programme should target [6]:

a. The forming and development of a correct attitude among the population regarding the enhancement or maintenance of one's health
b. Awareness about the need of adopting an optimal diet (qualitatively and quantitatively) in order to improve the quality of life
c. Prevention of individual or collective illnesses through shaping a correct, scientifically proven opinion about the personal or collective hygiene and the need to combat physical inactivity.

The measures aimed at solving these objectives will include a wide range of methods taken from the physical activity domain.

2. Research Method

Methods of research used were: process advisory-educational.

-Measurement Method and testing was needed to objectiveness of all processes, and other variables subject to scientific research.

-documenting through studying specialized material.

-The experimental method. The purpose of the experiment carried out were to relieve symptoms, so that it was aimed at increasing the efficiency of the educational-instructive process.

-The statistic-mathematical method. Data obtained by tests and measurements were analysed and interpreted using this method.

-The method of graphical representation allowed the expression of the processed data and of the findings. I also used graphs as a form of analysing the results of the research. [11].

The research starts from the following assumption: engaging in regular physical activity has a beneficial role on the health of the body, as shown by the resulted positive effects they had on the cardiorespiratory function.

3. Research Organization

The experimental study was conducted at the University of Bucharest, from October 2014 to May 2015;

The sample under investigation included a total of 120 students in the first year, subject to an organized system of participation in physical education classes.

The experiment consisted of systematic intervention in the form of recreational programs, each conducted separately within the experimental group, as independent activity. The control group only worked for the physical education lesson.

Initial tests (T1) were held from October 1 to 15, by both the experimental and the control group, and the final tests (T2) between 15 and 30 May 2015.

During this period the experimental group received a program that included swimming, dancing, aerobics and jogging 3-4 times weekly, 30-45 minutes, and the control group only received a classic lesson within the physical education course. At the end statistical elements were calculated, data being then presented in a graphical form.

The intervention program included 8 dance programs, 8 swimming programs, 8 jogging programs, and aerobics-relaxation techniques, both within lessons but also in their spare time, as an independent activity, 3 times a week for 30-45 minutes.

4. Research Results

Cooper test is most important to achieving the objective of educating the functional aerobic capacity. Both groups have improved their result by a few percent, but the experimental group experienced a higher improvement. We believe that programs drawn up and submitted to experimentation, through specific exercises aimed at improving cardio-respiratory resistance were effective.

The results of both groups have improved with a few percents, but the experimental group experienced an improvement of 21,04%, compared to the control group, which only had 7,02%.

We believe that the formed and tested programs have been efficient, through the specific exercises that aimed at improving the cardiorespiratory endurance.

We find that at the initial testing, there is a difference of only 33.10 m between control and experimental group, compared to 331.02 m at final testing.

Increase in mean size is greater in group E (MC = 21,04%) compared to group C (MC = 7,02%) the null hypothesis is rejected for the experimental group, where the value of P <0.005

Average 2282,05 experimental group performed at the final testing, based on the evaluation table corresponding age and sex of female students developed by the Cooper Institute, indicates a good condition aerobic capacity.

Cooper test indicators recorded to evaluation times Table 1

Group	T1- Initial	T2- Final	Increasement Size (IS)	P value
Experimental	1870,70 m	2282,05 m	21,04 %	< 0,005
Control	1837.60 m	1951,03 m	7,02 %	> 0,005

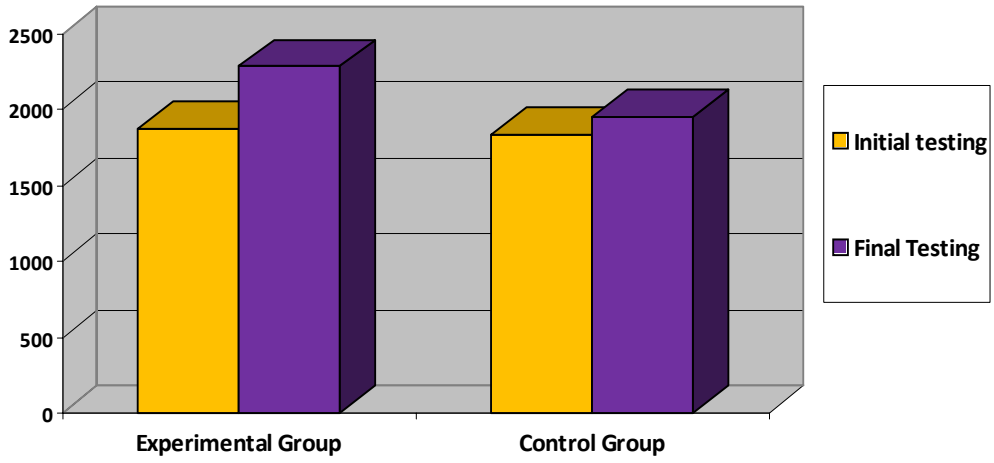

Chart 1. *Cooper test*

5. Conclusions

We believe that programs drawn up and submitted to experimentation, through specific exercises that focused on improving fitness, they were effective.

It can be appreciated therefore that if the spirit of research that was conducted was confirmed.

Based on the findings from processing data, designing programs to increase the effectiveness of physical education lessons in this age group.

Working on this social category targets, with awareness of the effects of this type of effort and creating a referential landmark of aerobic capacities and their functional states favoring indirect motivating the practice of corporal activities in general for their independent practice in particular.

Practicing sports and recreational activities determines

a) improvement of the circulatory and respiratory activity;

b) Endurance cardio training 3-5 times per week significantly improves the body health.

We believe that the programs that were developed and subjected to experimentation, through specific exercises which aimed at improving the functional body were efficient and favored the increase of motivation for sport activities both in general and also for their independent practice as leisure, in particular.

Based on the resulted conclusions from processing the obtained data, programs designed to increase the efficiency of physical education lessons in higher education of deadlock are being developed.

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