RESOURCES IN THE SCHOOL ENVIRONMENT FOR ENCOURAGING MOTOR ACTIVITY OF THE STUDENTS
PARENTS’ SURVEY FOR IMPLEMENTATION

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ABSTRACT

The motor activity is an important factor for the psychical and physical development of the students. The optimal physical activity has a major role in prevention of diseases with social significance. Involvement of children and adolescents in regular physical activity and developing sustainable habits for healthy physical activity will decrease the risk of obesity and chronic diseases in a long term. Although all the evidence of the benefits of the physical activity for one’s health, as of now there is a tendency of immobilization in all ages. It emerges a need for identifying the reasons for the reduced physical activity of the students and to be taken measures to improve it. The goal of this study is to summarize the opportunities of the school education to improve the student’s physical activity. The school environment has an influence upon the health of the adolescent. The teachers in physical education and sports have the important task to help the increasing of the physical activity amongst the students.

KEYWORDS: physical activity, children and adolescents, encouragement, school.

INTRODUCTION

The daily physical activity of children and adolescent has to be at least 60 minutes. The school education and especially the sports and physical active classes have the unique
opportunity to encourage health oriented behavior. This can be accomplished through educational policies and practices in a safe and supportive environment. A significant percentage of the physical activity of the students can be provided by comprehensive school-based motor regime. The regime should include the time before, during and after classes, incorporating activities such as: physical education, physical activities during the breaks in the classroom and walking or cycling from home to school and on the way back as well as out of school sporting events.

The World Health Organization (WHO)\textsuperscript{[12]} supports schools involvement in promoting physical activity. Nowadays the need of encouragement of the youth’s physical activity in the schools environment is a way greater, given the fact of the more and more common immobilized style of life.\textsuperscript{[5, 9, 10, 12]} A number of scientific researches prove incontestable that the purposeful motor activity improves the physical, the neuro-psychical and the functional fitness of the organism.

The health education of the children and the adolescents can build the necessary behavior for improvement of the health. It can contribute for establishing motor patterns that would decrease the risk of developing chronic diseases as adults.\textsuperscript{[11]} The health knowledge, skills and patterns acquired in school are a premise for living a healthy lifestyle as adults.

The goal of this study is to summarize the resources of the school’s education to improve the physical activity of the students.

The school health programs have proven their effectiveness for significantly decreasing the risky behavior and improvement of the health. The social significance of the motor activity is a function from the positive effect that the physical education, sports and the tourism has over the human’s body.\textsuperscript{[1]} The healthy student can learn more on average compared to the ones that suffer often by various illnesses. The physical education often is the only one available option for motor activity in school.\textsuperscript{[5]}

To establish modern system regarding physical education and sport requires specificity and overall conception of its character, place and role as an undividable part of the social policy of the state and the society.\textsuperscript{[4]}

The health programs in school should be aimed towards analysis, protection and improvement of adolescents’ health, thus decreasing the absence of lesson and improve
academic achievements. The realization of a successful program requires training of the staff[8] and coordination with social groups.[6]

The quality program of physical education depends on fulfilling the following criteria.

- To respond the needs of all students.
- To be a pleasant experience for the students.
- To keep the students active for a long period of time during their physical education classes.
- To teach them independent management and movement abilities.
- To provide general knowledge and skills that can be used throughout life.

The physical education is based upon training held in a proper sequence, required for adoption of motor activities, focused upon developing motor skills consistent with the age.

The schools are a public resource for encouragement of the physical activity and have many advantages.

1. The schools are well available and students spent there at least six hours a day, five days a week, 36 weeks in a year.

The school environment has the potential to provide considerable opportunities for physical activity through.

- Physical education classes
- Out class programs for physical activity, public programs for sport and relax
- Sports clubs (for example dance, aerobics, activities for overweight students or ones with improper posture)
- Both structured and unstructured activity for the free time (for example working out, expeditions, fun and competitive games)

2. In the school environment there are physical education classes and promotion of physical activity is one of the main goals of the school’s schedule including.

- Increase of the student’s knowledge, regarding the need of constant physical activity, sport and tourism for achieving better health and fitness.
- Involvement of public groups and parents in order to create an environment for freely practice of physical exercises, sport, tourism and offering support.
Motivation for the students towards physical activity. Inclusion of strategies for training in the physical activity programs that lead towards positive attitudes and perceptions of it.

Monitoring and assessment of the changes in the level of motor activity of the students.

Although the proven benefits of the physical activity it is observed a lower interest amongst high school students towards physical education classes.\textsuperscript{[1,3]} They do not attend regularly these classes. The reasons for such tendency need to be found, in order for them to be motivated. It is necessary to conduct a study amongst students for their preferences, which then to be offered in school at the physical education classes and after classes. It has to be offered a choice for the activities in the physical education classes. Physical activities such as walking, running, tourism, swimming, tennis, dancing and cycling have to be included in school’s programs.\textsuperscript{[8]} Partnership with parents and public organizations can increase the availability and the quality of the out of school programs as well as increase the time of the students for motor activities.\textsuperscript{[4,9]}

3. The measures that should be taken in order to create safe environment in which students to be active, especially the ones living in bigger cities are the following:

- The spaces and facilities for physical activity in the school territory have to fit into or even exceed the recommended safety standards. It should be made an assessment of the safety at least once a year.
- The sport playgrounds and facilities for physical culture, swimming pools, multifunctional halls and gyms should be consistent with the students’ age.
- Rules of safety should be developed and instruction for their implementation should be presented to the students who have to obey them. The rules should be put on a public place and available for everyone to see. If needed, they should be updated.
- It should be implemented control for providing and obeying the rules of safety. Shared responsibility is held by teachers, administrators, trainers, sports instructors, school’s nurses, students and parents.
- Children and adolescents should be proper clothing, according the sport type.
- To prevent injuries after the classes, the schools should consider conducting educational sessions for the staff, aimed towards techniques of monitoring, behavior management, proper surveillance as well as procedures for reaction in emergency.
• Constructing safe routes and bicycle lanes in the area of the school is also included into the measures of safety. That way is provided an opportunity for walking or cycling on the way to school.

• Encouragement of walking or cycling on the way to school and back with promotional activities called “safe routes” or “preferred routes” and constructing special places for storage of bicycles and helmets.

4. Required is to be formed a sustainable partnerships, driven by the common goal of maintenance and improving the facilities, offering various types of motor activity, motivation of the students towards maintaining a healthy doses of physical activity, taking part in various programs and projects.

The partnerships between the schools, the families and the members of the society could encourage mutual messages regarding healthy behavior and will increase the resources. Those three sectors of the society influence the growth and the development of the children and the adolescents and will share the responsibility for upbringing of a constant healthy behavior and turning the students into adults, responsible towards their health.

The families have a main role in forming of the daily social and physical environment of the children. They are the ones who can in reality control the presence of physical activity inside school. Partners of the society, including separate individuals, agencies and organizations could offer support of the schools for improving the physical activity.

Partners could be companies, health facilities, health specialists, pedagogues, organizations in the field of the healthcare, parks and services of relax, universities and educational institutions, transport companies and other government agencies, cultural institutions, sports clubs, regional foundations, voluntary organizations, local chiefs etc.

CONCLUSION
The periods of early and middle school age (6-14 years) are the most important for the social, psychical, physical and intellectual development of the children and adolescents. Their health is closely related with their academic achievements and vice versa. That’s why the health condition of the students is the main part of the mission of the schools. The schools’ health programs and policies could be one of the most effective sources for preventing or decreasing of the risky behavior, preventing major health problems amongst the students.
The improvement and activation of the efforts for encouraging of the physical activity is in a full alliance with the main mission of schools: educating the young people how to be healthy, productive citizens with meaningful contribution to the society.

The physical education offers the unique opportunity to the students to receive knowledge and skills required for constructing a physically active way of life throughout childhood, adolescence and as adults. A significant percentage of the recommended child’s and adolescence’s physical activity could be provided by overall program for physical activity in the schools.

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