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## QUESTIONNAIRE REGARDING THE PERCEPTION AND PERSPECTIVE OF HIGH SCHOOL STUDENTS ON THE PHYSICAL EDUCATION CLASS IN THE HIGH SCHOOL CYCLE.

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### Abstract

**Aim.** The research aimed to identify students' perception and perspective on introducing new training means during the high school physical education classes.

**Methods.** The study was conducted using the online Google Docs platform for collecting data provided by high school students. The questionnaire was completed between 15 May - 15 June 2022 by 1357 students. The questionnaire is made up of two sections. The first section contains 4 demographic questions, and the second section consists of 14 questions that have as theme the students' perception of the physical education class.

**Results.** After analyzing the results obtained, based on the answers provided by the students, it is obvious that they are interested in new methods and means to be introduced in the physical education classes. 43.7% of them believe that new fitness equipment would make the physical education class more attractive.

**Conclusions.** The result of the questionnaire shows that: 41.3% of the students believe that more physical education classes would be useful for harmonious physical development, 43.7% of the respondents say that the introduction of fitness equipment increases the attractiveness of the physical education class.

**Keywords:** Physical education classes, TRX, fitness, questionnaire, high school students.

### Introduction

This paper aimed to evaluate the perception and perspective of high school students on the physical education class, in the context of introducing fitness equipment. The physical education class is part of general education, and it is a vital activity for the physical and mental health of the student, but also for the harmonious development and shaping of the character. During the 4 years of high school students are subject to major transformations that take place between 14 to 18 years old. 15% of high school students in Europe are affected by obesity according to the published study Petrovics et al. (2021). This has increased significantly over the past 30 years. This must be overcome by a greater amount of physical effort.

Promoting physical exercises among the students is extremely important because it forms the ability to move voluntarily. The purpose of education is to increase the subject's independence and to challenge him to make a series of fully responsible decisions and knowledge of facts. The term education aims the development of individual or collective possibilities in certain areas. Pedagogical influences tend to alter the skills and habits of subjects, causing them to acquire knowledge and means of evaluation, which attract behavioral changes, resulting in the enrichment of existence and control over individual and social life.

The role of the specialist in the field is to look for new ways to increase the level of attraction for the high school physical education class. Through the questionnaire submitted to the students, we wanted to know the opinions, both from a cognitive approach, in order to gather the data necessary for a better knowledge of the field in general, and at the action level to find ways in which we could intervene with the proper importance of the field, to make certain changes upon the system.

Fitness equipment is in a continuous development and its benefits are proven. We knew that from the research carried out by Snarr and Esco (2014), showed that the electromyographic activity of the large pectoral is significantly higher when performing suspension push-ups with the TRX compared to classical push-ups. It is important that students benefit from training means adapted to the present time.

### Methods

The study was managed using the online platform Google Docs. I have uploaded the questionnaire composed of two sections. The first category was composed of 4 demographic questions (male/female gender, class, county, and urban/rural area), the second category consisted of 14 questions regarding the concern for sport and students' perspective on the idea of introducing fitness equipment in the physical education classes.

The questionnaire was distributed by the physical education teachers to the students before the class began.

The questionnaire was completed between 15 May -15 June. The study included a total of 1357 high school students.

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Based on the data obtained we have gathered a statistic that reflects the perception and perspective of the students on the topic discussed.

### Results

Upon the students' answers, we have noticed that there are 54,6% (741) male and 45,4% (616) female.

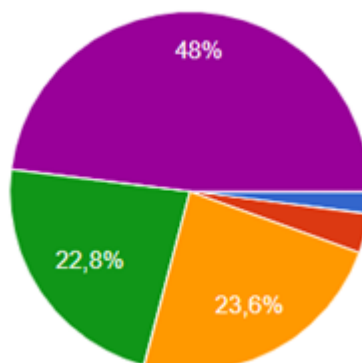


Fig 1. Question 1: Do you consider that physical education class is important for the high school schedule?

652 very much  
351 a lot  
308 sufficient  
75 little bit  
41 not at all

The students' answers to this question shows that 48% of the respondents consider that the role of physical education class in the high school schedule "is very important". It is also interesting the fact that in this development period, they are aware of the importance of the sport classes for their personal development.

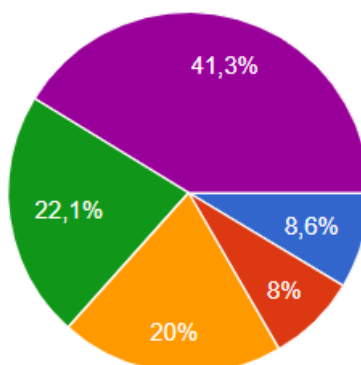


Fig 2. Question 2: Do you consider that more physical education classes would be useful for you, within the weekly high school schedule?

560 very much  
300 a lot  
271 sufficient  
109 little bit  
117 not at all

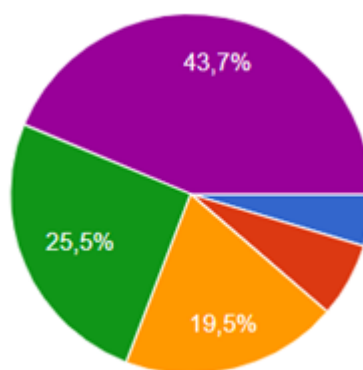


Fig 3. Question 3: Do you consider that the use of fitness equipment within the physical education class would make it more attractive for you?

593 very much  
346 a lot  
264 sufficient  
91 little bit  
63 not at all

43.7% of the students who answered this questionnaire said that the use of fitness equipment within the physical education classes increases the attractiveness with the sign “very much”, which shows that students are open to the new, to new training methods. What is interesting to observe is that only 4.6% of students who completed the questionnaire said they did not consider using fitness equipment would make the exercise class more attractive.

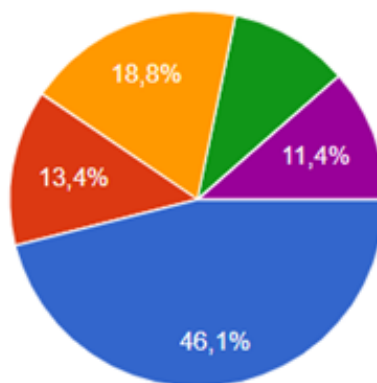


Fig 4. Question 4: Did you use the TRX fitness equipment?

155 very much  
140 a lot  
255 sufficient  
182 little bit  
625 not at all

The answer to this question shows the fact that 46,1% of the respondent students have stated that they didn't use “not at all” TRX.

#### Discussion

The study was designed to give us feedback on the perception and perspective of the students who answered this questionnaire. The answers collected indicate the path on which our efforts must be directed. This study lasted 4 weeks and evaluated the answers of 1357 high school students. The main answers provided by the students clearly show that there is interest in the physical education class and the interest in sport.

The introduction of fitness equipment during the classes stimulates students to get even more involved. This is also confirmed by the study conducted by Zhu et al. (2017) that sports equipment is vital in physical education classes. It plays an important role in supporting physical education and ensuring that it can be carried out smoothly. Therefore, teaching the performance of physical education in a school is closely related to sports equipment. If the equipment is used correctly, performance will be greatly improved.

The use of TRX during training helps to improve the quality of motor strength and endurance, this is demonstrated by the study conducted by Curițianu and Cătănescu (2016) examining the effect of six-week TRX suspension training on physical abilities such as strength, resistance and coordination of upper and lower limbs, back strength, stability, and balance. The effect of TRX suspension training on physical ability was assessed using five pre and post test. The subjects who were analyzed participated in three training sessions per week for 6 weeks. The results showed that there was a significant difference in four out of five tests that were used.

According to the results, the TRX suspension training program produced significant benefits for the subjects who were analyzed by increasing their levels of physical and functional fitness. Suspension training is an effective training system that requires power generation and control in a dynamic and changing environment.

In order to satisfy the needs of students in 2022, it is important to have feedback from them. A feedback that completes the entire plan of the development of the physical education lesson in the high school cycle. Based on the questionnaire made by us Roure, Lentillon-Kaestner and Pasco (2020) we can also support our research to improve the didactic act.

We know that following the questionnaires applied to high school students carried out by Danaia, Fitzgerald and McKinnon, (2012), one of the conclusions is the fact that students are more concerned with the grades obtained and less with the applicability of the information acquired after the lessons. This needs to be improved. the goal of education must be seen as a component of the individual's lifelong formation. This can be done with a different approach.

### Conclusions

The statements that have encouraged the realization of this research, regarding the interest and low participation of students in movement activities, are not confirmed, at least at the level of high schools that participated in this questionnaire. The answers of the various categories surveyed lead to several conclusions:

At the moment, there is a high level of awareness about the implications of movement in the high school schedule. Students are aware of the importance of movement in their lives and a high level of concern about physical activity. Students are motivated enough to perform a more sustained physical activity than the one currently performed in high schools. The existing conditions create a real and general dissatisfaction, especially among students. Students find alternative sport solutions that compensate for the insufficiency that physical education classes offer, perceived as a real lack. There is a real lack of information about fitness equipment.

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