

ASPECTS REGARDING THE SKILL PROFILE IN A SEGMENT OF THE CANDIDATES ADMITTED IN THE UNDERGRADUATE PROGRAM: PHYSICAL EDUCATION AND SPORTS

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Abstract: *The purpose of this research was to highlight certain component of the skill profile in the candidates that were admitted in the undergraduate program Physical Education and Sports, over the course of 2 consecutive years. The hypothesis started from the assumption that the analysis of the admission results for this specific field would allow the identification of a psycho-motor test dynamics of the admitted students, compared to the proposed model. The research was conducted between 2018 and 2020, consisting in the analysis of several motor skill tests, performed on a group of 80 first year students of the Faculty of Movement, Sports and Health Sciences of Bacău. The results have shown homogeneity of values, the male subjects recording better values than the females. In comparison to the ideal model created for this paper, there were rare cases of the subjects recording high results in all tests, except for the professional athletes.*

Key words: *skill profile, candidates, physical education and sports.*

1. Introduction

Physical education, through teaching methods and its specific interactive nature, needs to focus on the motor skills, aiming for an active lifestyle, not just during school hours, but also outside them [10].

Career orientation presupposes the development of skills needed to build it through the educational process and by

ensuring their longitudinal nature [9].

Studying the people inside the professional training system in order to know the skill level of the human resource is a starting point in the instruction and education of students, a condition that can ensure the success of this activity [4]. Knowing their general motor skills is a basic condition in sports training (technical and methodical) [2]. The

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professional training activity is so much more important as the motor skills of the candidate admitted in the first year of a physical education university program would allow the performance at the highest peaks of the curriculum. The cognitive, creative, motor skills are cultivated through multiple experiences that have a stimulating effect and produce satisfaction, pleasure, joy [6], [8].

Many experts have described the main components of fitness as aerobic capacity, muscle strength, mobility and flexibility [13], [14], [7]. Fitness is a set of attributes through which the individual copes with the physical and functional demands, being dependent on the anatomical and psychological particularities [1], [15]. By diversifying and dosing the physical work, by increasing the regular volume and intensity of exercises, the functional skills and the development level of motor skills increase during the training process [11].

The training of future teachers in the field of Physical Education and Sports comes down to the specialized faculties that have experts in the field, good conditions for the training process, with a good material base.

Each specialized faculty aims to make a selection of the human resources through the admission process that is specific to the future teacher.

2. Material and Methods

The purpose of this research was to highlight certain component of the skill profile in the candidates that were admitted in the undergraduate program Physical Education and Sports, over the course of 2 consecutive years.

The research was conducted between 2018 and 2020, consisting in the analysis of several motor skill tests, performed on a group of 80 first year students of the Faculty of Movement, Sports and Health Sciences of Bacău.

The *hypothesis* started from the assumption that: The analysis of the admission results for the undergraduate program Physical Education and Sports would allow the identification of a skill profile of the admitted students.

Due to the COVID19 pandemic, access to information regarding the admission results of the 2018 and 2019 candidates was unavailable. Thus, this study considered the initial results recorded for the course General bases of gymnastics by the first-year students of the programs Physical Education and Sports and Sports and Top Motor Performance.

The applied tests were: Swedish ladder tractions and push-ups for arm strength, abdominal exercises in a hanging position to the Swedish ladder for abdominal strength, and core extensions for back strength.

The scoring was based on the ideal profile elaborated by the gymnastics chair of the faculty, as follows [3]:

- Push-ups: Females: 10, Males 205.
- Tractions: Females: 10, Males 10.
- Abdominal exercises: Females: 10, Males 5.
- Extensions: Females: 17, Males 20.

3. Results and Discussions

The tests applied to the male subjects showed no significant differences between the two years, except for the abdominal exercise test, where there was a difference of 0.7 repetitions (the 2018 subjects recording an average of 5.6 and the 2019 ones, an average of 6.3) (Figure 1).

During the traction test, the difference was of 1.4 repetitions, the averages being 11.4 in 2018 and 10 in 2019.

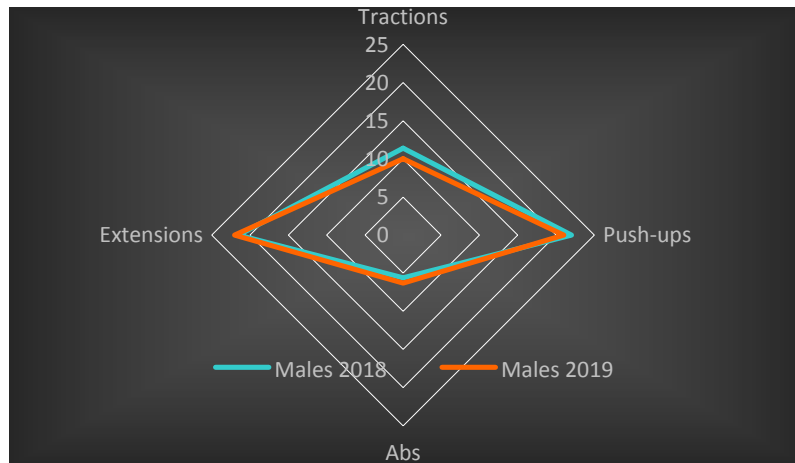


Fig. 1. Representation of the male subjects' average results on tests and years

During the push-up tests, performed with the feet on the gymnastics bench, the difference was one repetition, with an average of 22 in 2018 and 21 in 2019.

For the back strength test, there was a difference of 0.5 repetitions, with an average of 21.5 in 2018, and 22 in 2019.

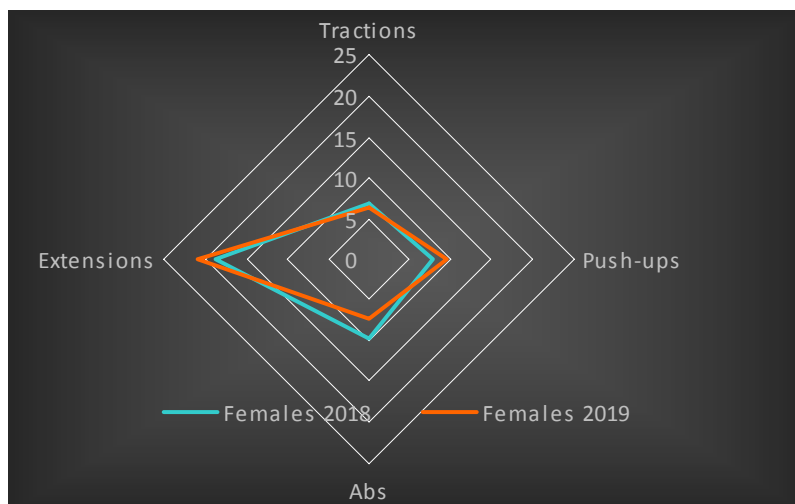


Fig. 2. Representation of the female subjects' average results

The values recorded by the female subjects were not very different either from one year to another. Significant results were recorded for the extensions,

where the 2019 female subjects recorded a higher result, of 20.8 repetitions, surpassing the 2018 average, of 18.7 by 2.1 repetitions (Figure 2).

To test the biceps strength, the subjects performed tractions in a hanging position at the Swedish ladder, the feet supported by the gymnastics box. Under these conditions, the 2018 female subjects recorded an average of 6.75 repetitions, 0.35 higher than the 2019 average (6.4 repetitions).

In regards to the push-ups, the 2019 female subjects recorded a better average (9.4 repetitions), 1.65 more than the 2018 ones (7.75).

Concerning the abdominal strength, the 2018 female subjects recorded a difference in the averages of 2.4 repetitions (9.8 repetitions compared to 7.4, recorded by the 2019 subjects).

Because the differences were not major, it can be said that both groups had an optimal training, with homogeneous values that allow the subjects to go through the instruction process.

Based on the comparison with the norms imposed by the faculty, only in one of the 4 tests the female subjects in both years manage to record an average above the norm. The only test where they recorded average values above the norm was the back strength, where the female subjects recorded averages of 1.7 repetitions (2018) and 3.8 repetitions (2019).

For the push-ups, the 2018 female subjects recorded a difference from the norm of 2.25 repetitions, the 2019 ones being close, with an average of 0.6.

For the tractions, the 2018 female subjects recorded a smaller difference (3.25) than the others (3.60).

The 2018 female subjects' abdominal strength was closer by 0.2 to the norm, while the 2019 female subjects recorded a difference of 2.6 repetitions (Figure 3).

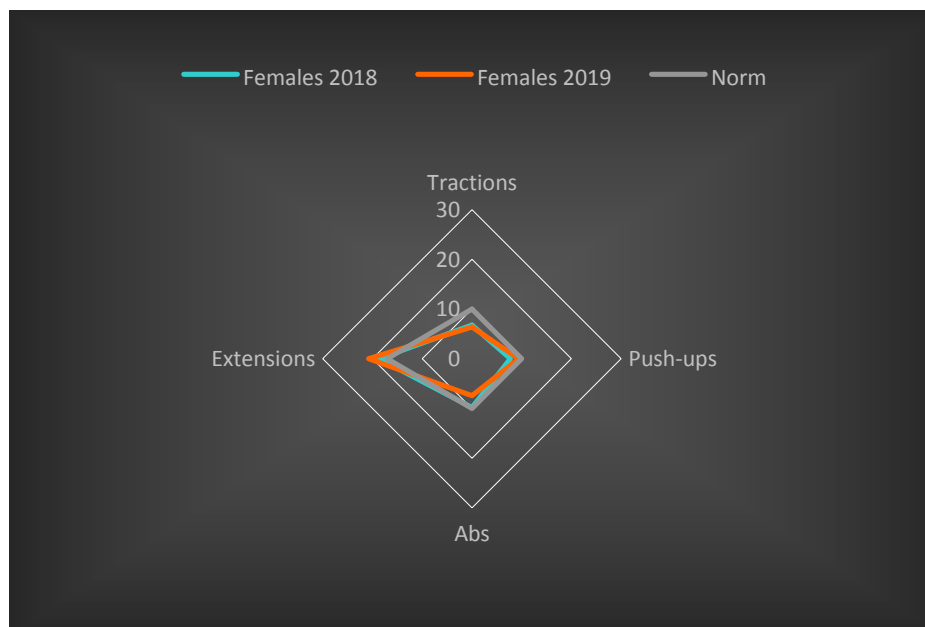


Fig. 3. Comparative chart between the norm and the female subjects' results

The male subjects in both years recorded better averages, showing a good initial potential in regards to strength (Figure 4).

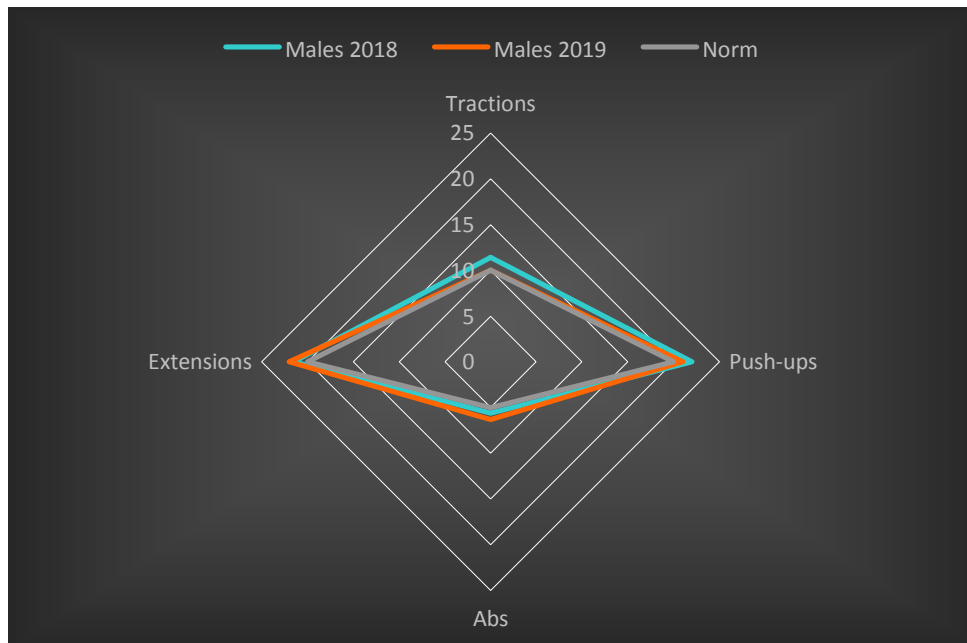


Fig. 4. *Comparative chart between the norm and the male subjects' results*

For the abdominal strength, a test performed in more difficult conditions than the female subjects, in a hanging position to the Swedish ladder, lifting the legs up to grabbing, the 2018 male subjects recorded a difference from the norm of 0.6 repetitions, while the 2019 ones, a difference of 1.3.

In the case of the traction test, the 2018 subjects recorded a difference of 1.4 repetitions from the norm.

For the push-ups test, the male subjects recorded values of 2 (2018) and one (2019) repetition over the norm.

In regards to the back muscle strength test, the 2018 male subjects recorded an average of 1.5 repetitions over the norm, while the 2019 ones recorded 2 over the norm.

One can see that the subjects managed to surpass the norms for all tests, showing good fitness.

The authors believe that these results that are better than the norm are a consequence of some of the subjects being professional athletes, but also due to the interest all of them have over practicing sports.

Figure 5 presents the results recorded by the subjects in the 2 years, compared to the norm. One can see that the male subjects' average results surpass the norms for all tests. Thus, one can identify differences of 1.5 - 1.75 repetitions for push-ups and extensions, and of 0.70 - 0.95 for tractions and abdominal exercises.

The results recorded by the female subjects in both years recorded one single value over the norm - for the back strength, with 2.75 repetitions. For the

other tests, they recorded lower values, between 1.40 - 1.43 for the triceps and abdominal strength and even lower for the bicep strength (3.43) (Figure 5).

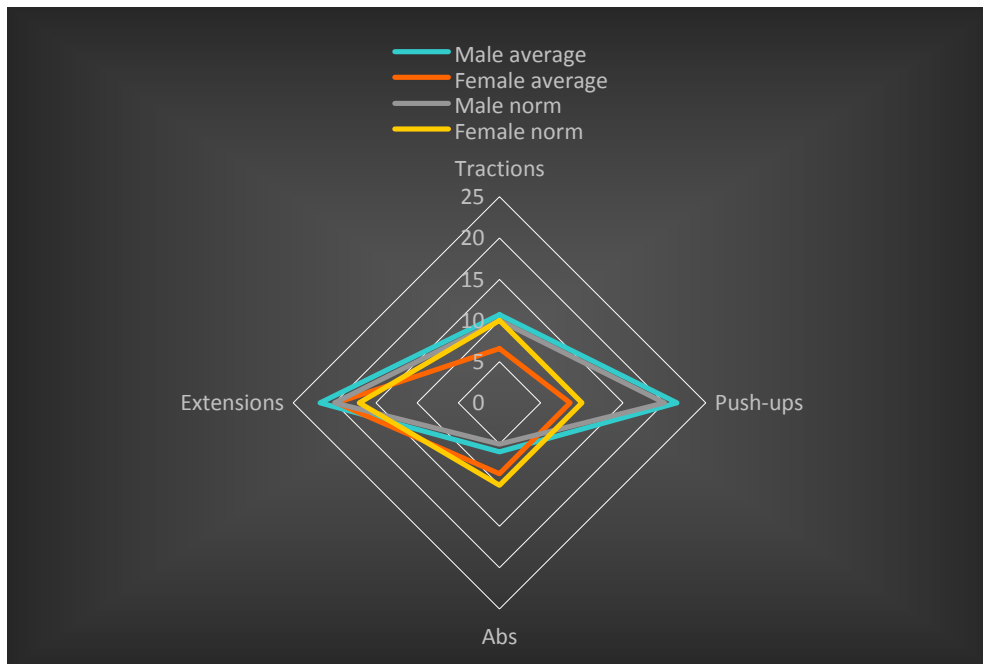


Fig. 5. Representation of comparative averages

4. Conclusions

Education and career orientation presuppose offering support to the candidates in order for them to apply the knowledge they acquired to the real condition of the labor market and to be able to capitalize on the results from the training process [12].

It is essential for the exercise experts to determine the people's convictions and motivations regarding the importance of exercise, of its benefits on one's health, promoting an active lifestyle in children and teenagers [5], [16].

Each faculty in the field of Physical Education has its own criteria, tests, and norms for the assessment of the candidates' fitness and skills.

The entire training process of the candidates admitted in the physical education training process must be organized, based on science in accordance to the principles, goals and contents of the physical education curriculum.

The research results showed homogeneity of the groups of subjects and that the differences from one year to the next are not essential, revealing also that the individual training level of each candidate is relatively high.

These results prove that the second year PES students are aware of the important role played by muscle training, team spirit, communication and understanding with the people around them, being convinced of the effects of the socialization and relating in their everyday life and their future career.

At the end of the research, it can be said that the hypothesis was validated, in the sense that the admission results for the undergraduate program Physical Education and Sports of 2 types of candidates allowed an identification of a skill profile of the subjects.

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