

#### 4. Conclusions

The jumps are used in the physical education lesson for the achievement of several objectives: training and strengthen the long and height jumping (as main forms), jumping over long or high obstacles; and the development of motor qualities, as well as of specific forms of motrical skills, of which the most important are the force and speed as their combination (springiness). Skill is also influenced by the execution of the jumps. Also, the jumps develop a sense of rhythm and balance.

Using two processes for throwing the following shall be carried out: training and consolidating some of the motor skills of push or dispose, which will be later in the execution of athletics samples (shot-putting or ball throwing), in other areas of sport and in everyday activity; development of motor qualities, such as force and the force-speed. The throwing practice will contribute to the development of the upper and lower limbs.

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## ASCERTAINING STUDY ON THE KNOWLEDGE LEVEL ABOUT THE EFFECTS OF A SEDENTARY LIFE ON THE HUMAN BODY AND THE FIGHT AGAINST A SEDENTARY LIFE DURING LATE ADOLESCENCE (18-22 YEARS)

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#### Abstract

This study is aimed at finding out the 18-22 year old teenagers' (students) opinions about their level of knowledge and information on the sedentary life and its effects on the human body, by the instrumentality of the questionnaire-type survey.

When analyzing the main features of the everyday life evolution at present, we notice that sedentariness has become a lifestyle defined by the dominance of physical inactivity.

At the global level, according to the statistics provided by the World Health Organization, 60% of the population is sedentary; the first signals about the seriousness of this disease appeared in the '70 in the United States of America, when doctors noticed that millions of people encountered serious health and behavioural problems due to physical inactivity, mainly determined by the amount of time spent in front of the TV and more recently in front of the computer.

This aspect has become a very serious problem at present, as this sitting in front of the computer is still attracting individuals of various ages, particularly children and young people, that is the types of population that until recently had not been affected by „the Couch Potato Disease”, that most of the times is associated with obesity.

*Keywords: sedentary lifestyle, late adolescence, students*

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#### 1. Introduction

Even if the modern life has numerous benefits, the sedentary life is the natural consequence of the „*life of convenience*“, being one of the major factors that affect the health state of the contemporary people by diminishing the amount of movement in their professional and daily activities.

By diminishing the effort he makes, man decreases his physical and motor abilities, which in time determine functional and metabolic disorders, producing hundreds of diseases and destroying millions of lives.

**The purpose of the research** is to point out the level of knowledge regarding the effects and influences of the sedentary life on the human body, but also the information that 18-22 year old teenagers have about how to use specific means to fight a sedentary life.

**The research tasks** consist in drafting, applying and analyzing the answers of 18-22 year old teenagers at a series of questions regarding their level of knowledge about the influences and the prevention of a sedentary lifestyle.

## 2. Materials and Methods

**The questioned sample group** consisted of 151 students of the Faculty of Medicine and Pharmacy from the „Lower Danube“ University of Galati, specializing in General Nursing and Dental Medicine. The questioned group, consisting of teenagers between 18-22 years, was divided according to sex, dominated by the female side, with 58.2%, and 41.8% the male side of the interviewed people.

The questionnaire comprises 12 questions with 2 to 8 response options, the respondents being expected to choose only one answer according to the importance of the issue and the personal opinions regarding the sedentary lifestyle.

**The Recorded Results** offered us an important amount of information and helped us get a general overview of the knowledge of the questioned teenagers on the topic addressed.

On **question no. 1**, „*What is the sedentary lifestyle ?*“, 21.2% of the respondents have chosen „a“, associating this term with the concept of stress, 15.3% have chosen „b“, considering that sedentary life may be defined by a state of mental inactivity, and 63.5 % , that is 96 of the respondents have chosen the correct variant, „d“.

On **question no.2**, regarding the teenagers' knowledge about the effects of a sedentary lifestyle on the human body, 80 (53%) out of the 151 respondents have chosen „a“, stating they possess knowledge related to the negative influences of the sedentary lifestyle and only 14 (9.2%) of the teenagers stated they did not know what its effects were, the rest of the respondents having chosen c and d (that is very little and enough knowledge).

On **question no. 3**, 54.9% of the respondents have agreed that ½ hour of exercise per day may fight sedentary lifestyle, and on **question no. 4**, 55.6% of the questioned teenagers have chosen „c“ stating they spent at least 30 minutes per day outdoors, walking, running or doing sports.

In his specialized study, prof. Mircea Popescu (1995), found that on their admission to university, students constitute a heterogeneous group, from the point of view of their general motricity level, with few top elements in point of motricity, when compared to the motricity of the previous generations.

The same expert states that from the point of view of their level of training and practice of certain sport branches, under 10% of the questioned students have an optimal level of specific skills and knowledge, the rest of them being classified as beginners or uninitiated in a sports branch, the girls' motricity level being far below the boys'.

In order to confirm professor Mircea Popescu's statements, on **question no. 5**, „*have you regularly practiced any sports ?*“, 89 respondents out of 151 said yes, without giving details on their stock and level of knowledge, out of which 60 were boys and 29 were girls, and 17 of the respondents, all girls, have chosen „c“, stating they did not like sport. Under these conditions, we can explain why most of the students choose the minimum effort options, avoiding more demanding exercises such as endurance running, preferring sports games, badminton or aerobics.

**Question no. 6** was meant to determine how many of the questioned teenagers were practicing any sports at that moment. 41% of the respondents chose „b“, that is they did not practice any sports, the rest of them choosing other answers.

On **question no. 7**, out of the 151 teenagers included in the experimental study, 75 stated they would practice a certain sport if they were to improve their state of health, 28 would practice sports if they were to reduce the excess weight, and 20 of the respondents would exercise only if they were paid for it.

47% of the questioned teenagers have chosen „c“ on **question no.8**, stating they seldom practiced sanitary or maintenance gymnastics.

On **question no. 9**, 61 of the respondents stated they had never been in a gym, out of which 6 were boys and 55 were girls, and out of the 151 teenagers included in the research, only 24 boys stated they went daily to a gym – figure 1.

Only 6 of the questioned teenagers (4 boys and 2 girls) chose „d“ on **question no. 10**, stating they did not spend any time in front of the computer of the TV, the rest being addicted to such sedentary habits, spending even over 8 hours a day sitting – figure 2.

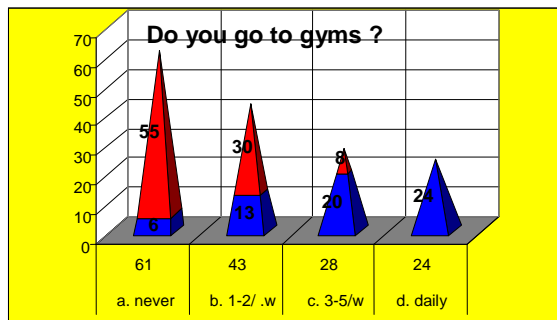


Figure 1 Answers to question no. 9

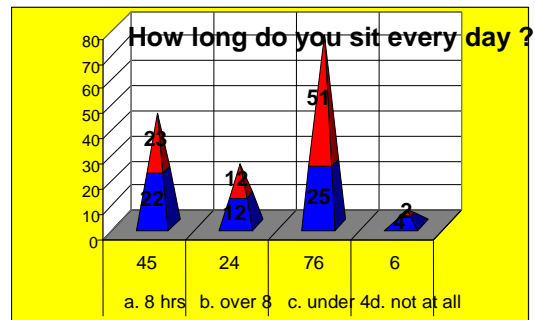


Figure 2 Answers to question no. 10

On **question no. 11**, 12.5% of the respondents chose „a”, stating they never climbed stairs if they could use an elevator, 21.3% stated they frequently used the elevator, and the rest chose „b” and „c” preferring to use the stairs and only if they had something to carry to go by elevator.

**Question no. 12** was meant to determine the use of means of transport at the expense of walking. Thus, 29.8% of the respondents stated they only went by vehicles (car, bus etc.), 6% did not walk at all, and the rest chose the other options, choosing walking and rarely using means of transport.

On **question no. 13**, „what physical activity would you choose to combat a sedentary life”, 59 teenagers would choose walking, 22 would prefer gymnastics to keep fit, 19 riding a bicycle, 16 roller-skating, 14 respondents would choose dancing, 11 a sports game and 10 self-defense sports.

Out of the 151 questioned teenagers, only 41 stated they frequently thought about food, and the rest chose the other options (no, very rarely, never), thus answering to **question no. 14**.

19 of the respondents chose „a” for **question no. 15**, stating that, they ate fast-food products daily, 88 chose „d” eating such products only occasionally, 89 of them stating they were big fans of sweets and only 7 of them had eliminated sweets from their diet— **question no. 16** - fig. 3 and fig. 4.



Figure 3 Answers to question no. 15

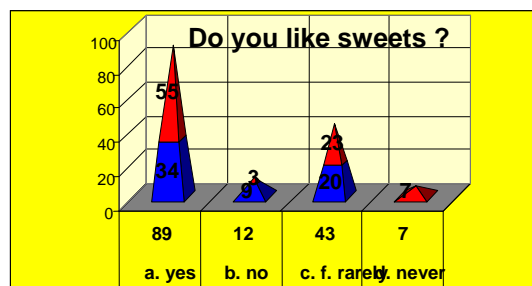


Figure 4 Answers to question no. 16

62,3%, that is 94 of the questioned teenagers considered a sedentary lifestyle may be a cause of fatigue, apathy and depression, 8.6% of the respondents did not think that a sedentary life was the cause of such disorders, and the rest chose other options for **question no. 17**.

On **question no.18**, if they consider themselves sedentary, 111 respondents answered negatively and only 40 of them admitted being sedentary.

All questioned people admitted that answering the items in this questionnaire made them think more about what is a sedentary life and its effects and influence, as well as means of fighting it.

### 3. Conclusions

1. The study of the literature of specialty on the issue, influences and effects of a sedentary life have been insufficiently studied and approached by experts, and particularly, there is not a statistical database according to the age, sex and features of the individuals more likely to become sedentary.

2. The survey taken among 18-22 years teenagers (students of the Faculty of Medicine and Pharmacy, specializing in general nursing and dental medicine), shows the fact that there is a considerable percentage of subjects predisposed to a sedentary life for various reasons, some of the results pointing out the fact that:

- 36% of the respondents do not know the meaning of the notion of sedentary lifestyle;
- 34% do not have knowledge about the effects of a sedentary life;
- 11.3% of the sample group of 151 questioned subjects stated that they do not like the idea of exercising;
- 13.3% would practice sports or a type of physical activity only for a financial reward;
- 60.3% do not use to exercise for at least 15 minutes/ day;
- 40.5% did not attend and do not attend a gym;

- Almost 50% spend more than 8 hours in a sitting position (in front of the TV, the office, the computer, while driving, etc.);
- 33.8% prefer using the elevator to climbing the stairs;
- 48.5% frequently think about food during the day;
- 19.3% frequently eat fast-food products;
- 59.9% eat sweets daily;
- 26.5% admit being sedentary people.

Even if 26.5% of the respondents say they consider themselves sedentary people, the recorded results of the survey make us consider that the percentage is much higher.

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# DYNAMICS OF THE INDICES OF GENERAL PHYSICAL TRAINING FOR 18-22 YEAR-OLD TEENAGERS, AFTER APPLYING A SPECIFIC TRAINING PROGRAM IN ORDER TO COMBAT SEDENTARY

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## Abstract

This study is aimed at producing an increase of the assessment indicators for the level of physical training and for the sensory-motor ability of 18-22 year-old teenagers (students), by applying specific training programs to fight a sedentary life – aerobic gymnastics (girls) and bodybuilding (boys) .

**Sedentary**, as well as stress are nowadays known as the „diseases of the 21<sup>st</sup> century”, that generate most of the illnesses which shorten a person's life in the contemporary society, even though they cannot be medically defined as diseases.

It is obvious that modern life encourages sedentary through its attractive offers of a comfortable lifestyle, but the striking decline of the amount of exercise leads in most of the cases to the occurrence or aggravation of diseases produced by the lack of physical movement, such as: *joint diseases, cardiovascular diseases, spine conditions, respiratory diseases, obesity and overweight, digestive disorders, diabetes, cellulite, infertility, susceptibility to infections, high level of blood cholesterol* and others.

It is alarming that the sedentary lifestyle has started affecting preschoolers too, due to their chaotic program, where they spend hours in front of the computer or the TV, not willing to play outside anymore, to interact with other children.

Therefore, it is of utmost importance to form the habit of doing physical activities every day, to have a varied diet, according to the amount of effort made in order to combat sedentary and obesity, that is associated most of the time with a sedentary lifestyle, but also with the occurrence of other disorders which destroy the bodies of millions of people.

*Keywords: physical training, sensory-motor capacity, physical tasks, sedentary, teenagers, student;*

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## 1. Introduction

The contemporary scientific revolution has a profound influence on the individuals' way of thinking and living, and the accelerated technological progress has changed people's way of living. Besides the advantages offered by the evolution of technique, there are also disadvantages of a civilized world, consequences which have a negative influence on the health state of people, in the sense that they increasingly deprive people of exercise, and demand even more from them intellectually, leading to nervous strain. Both sedentary work and lack of exercise keep people away from the natural sources of health, from nature, from movement – essential factors for an optimal physical fitness and for keeping and maintaining life (Bota A., 2006).