

**ЗДОРОВ'Я ЛЮДИНИ, ФІТНЕС І РЕКРЕАЦІЯ,  
ФІЗИЧНЕ ВИХОВАННЯ РІЗНИХ ГРУП НАСЕЛЕННЯ**

**OPINION OF UNIVERSITY STUDENTS ON WAYS  
TO IMPROVE PHYSICAL EDUCATION**

**ДУМКА СТУДЕНТІВ ВНЗ ЩОДО ШЛЯХІВ УДОСКОНАЛЕННЯ  
ФІЗИЧНОГО ВИХОВАННЯ**

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**Summary**

This article presents the results of a questionnaire survey among 264 students of the foundation of "Brusov State University", Armenian State University of Economics, National Agrarian University of Armenia, the State University after H. Tumanyan of Vanadzor.

The purpose of the study is to find out the opinion of university students about the organization of the process of physical education focused on fitness.

Methods of research organization are questionnaire survey, literature study, analysis and generalization.

Main tasks are to study literary sources on ways to improve physical education, to organize a questionnaire survey of students of various universities and to clarify their opinion about the features of the process of physical education focused on fitness.

According to the results of the survey, the importance of physical education with the use of fitness technologies was explained. Within the framework of the research funded from the RA state budget on the scientific topic "Ways to improve the process of physical education of university students", a questionnaire was compiled in order to organize a questionnaire survey among university students. The questionnaire consisted of 14 questions, which in turn were divided into 2 parts. The first part of the questions was related to the study of the existing state of physical education, to the other the search for ways to improve them.

In particular questionnaires were used to find out the opinion of students on the pleasure of participating in physical education classes at universities, the main reasons for the absence of students in these classes, ways of students' interest in the process of physical education, self-assessment of the state of their physical fitness, complaints often heard during physical education classes, exercises performed with the greatest pleasure, features of the organization of physical education classes based on the preferred forms of training of students, including the ways of their influence and also about the features of the use of fitness technologies in physical education classes.

As a result of the surveys, the expediency of organizing the process of physical education of university students focused on fitness was revealed, especially in the context of working with female students. At the same time, it turned out that most of the surveyed university students are satisfied with the current way of conducting physical education at the university.

**Key words:** questionnaire survey, students, physical education, fitness technologies.

У статті представлені результати анкетування 264 студентів фонду «Брюсовський державний університет», Вірменського державного економічного університету, Національного аграрного університету Вірменії, Ванадзорського державного університету ім. Г. Туманяна.

Мета дослідження – з'ясувати думку студентів ВНЗ щодо організації процесу фізичного виховання, орієнтованого на фітнес.

Методами організації дослідження є анкетування, вивчення літератури, аналіз та узагальнення.

Основними завданнями є вивчення літературних джерел щодо шляхів удосконалення фізичного виховання, організація анкетування студентів різних ВНЗ та з'ясування їхньої думки щодо особливостей процесу фізичного виховання, орієнтованого на фізичну форму.

За результатами опитування виявлено важливість фізичного виховання з використанням фітнес-технологій. В рамках дослідження, що фінансується з державного бюджету РА на наукову тему «Шляхи вдосконалення процесу фізичного виховання студентів ВНЗ», була складена анкета з метою організації анкетного опитування студентів ВНЗ. Анкета складалася з 14 питань, які в свою чергу поділялися на 2 частини. Перша частина питань стосувалася вивчення існуючого стану фізичного виховання, інша – пошуку шляхів їх вдосконалення.

Зокрема, було використано анкетування для з'ясування думки студентів щодо задоволення від участі в заняттях з фізичного виховання у ВНЗ, основних причин відсутності студентів на цих заняттях, способів зацікавлення студентів процесом фізичного виховання, самооцінки, оцінка стану їх фізичної підготовленості, скарги, які часто чуються під час занять фізичною культурою, вправи, які виконуються з найбільшим задоволенням, особливості організації занять фізичною культурою з урахуванням переважних форм занять студентів, у тому числі способи їх впливу, а також про особливості використання фітнес-технологій на заняттях з фізичної культури.

У результаті проведених опитувань виявлено доцільність організації процесу фізичного виховання студентів ВНЗ, орієнтованого на фітнес, особливо в контексті роботи зі студентками. Водночас виявилось, що більшість опитаних студентів ВНЗ задоволені нинішнім способом проведення фізичного виховання в університеті.

**Ключові слова:** анкетування, студенти, фізичне виховання, фітнес-технології.

**Introduction.** In the modern world, along with the continuous development of science and technology, the educational process of students has become more intense and stressful. In addition, various epidemics have made humanity more unmovable. However, even in this case, most of the youth underestimate the importance of organizing physical exercises, work, rest and rational nutrition. With all this in mind, compulsory physical education classes in educational institutions that were supposed to provide the necessary amount of motor activity become more relevant. Nevertheless, there are also a number of problems here, because of which students are happy not to participate in these classes. Specialists from a number of universities cause poor attendance of students with physical education classes by lack of interest in it, which is especially related to its content. Therefore, it can be stated that the current program of physical education of university students needs serious changes, where innovative approaches should also have a big role. One of these new directions is the sportiness of physical education lessons in universities.

**Research organization.** The survey was organized in the 2021–2022 academic year. A total of 264 students of the "Brusov State University", Armenian State University of Econom-

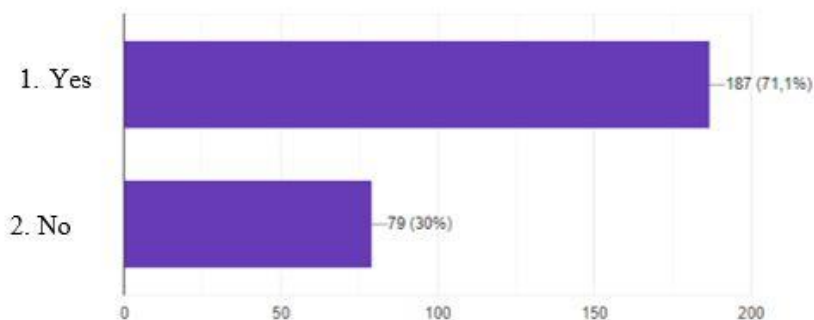
ics, National Agrarian University of Armenia, the State University named after H. Tumanyan of Vanadzor took part in the survey: 91% are first year students, 40.3% are second year students, 19.8% are third year students, and 5.3% are fourth year students.

**Research results.** As a result of the survey, it turned out that most of the students of different university courses are satisfied with the current physical education classes. It is noteworthy that at the same time, the majority of respondents noted the need to organize classes based on the selected forms of training, noting that they will be the best way to increase the effectiveness of classes.

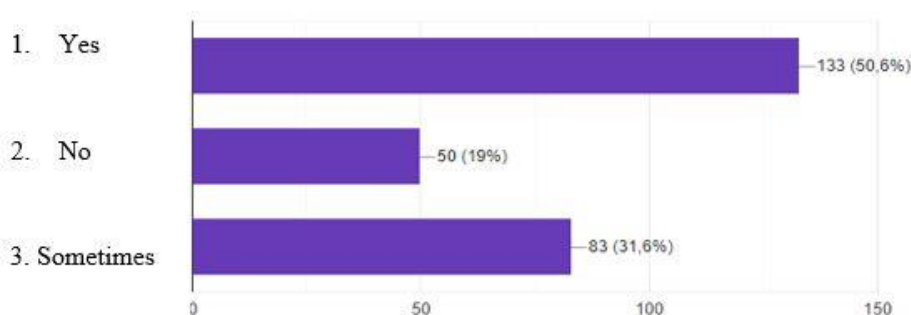
A survey organized among university students showed that the majority of students – 71.1% are satisfied the current form of physical education at the university (Figure 1).

Figure 2 shows that 50.6% of the surveyed students are happy to attend classes in traditional physical education classes, 19% gave a negative answer to the question, and 31.6% are not always happy to attend these classes.

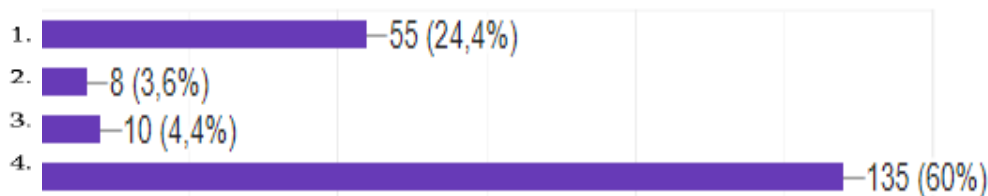
It also turned out that students are mostly absent from physical education classes due to illness – 60%, probably due to the epidemic situation in Armenia at that time. Interestingly, 24.4% of respondents noted the content of the



**Fig. 1. Monitoring the effectiveness of the current physical education classes at the university**



**Fig. 2. About participation with pleasure in physical education classes of university students**



**Fig. 3. Study of the main reasons for the absence of students in physical education classes**

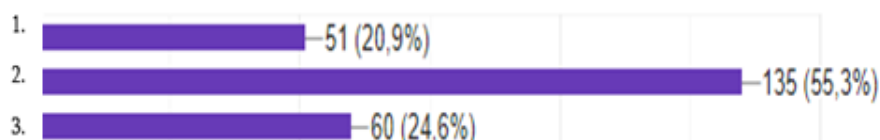
1. The content of the class is uninteresting. 2. The exercises performed are difficult. 3. My interests are not taken into account. 4. Illness.

classes as the reason for their absence. Therefore, it can be assumed that the current university physical education program needs changes, where new approaches and technologies should occupy a large place (Figure 3).

According to the students surveyed, their interest in physical education classes would increase if they were organized on the basis of their preferred form of education – 55.3%, and 20.9% believe that the number of classes

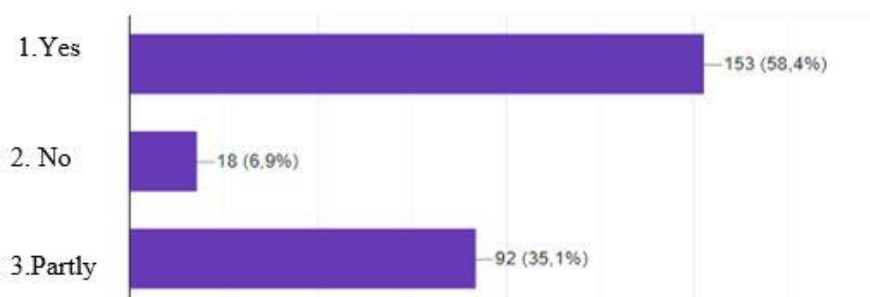
should increase for this, along with this there are supporters of reducing classes – 24.6% (Figure 4).

From the 5th figure it can be seen that according to the majority of students of several universities, 58.4%, the regulatory requirements for physical education fully correspond to the state of their physical fitness, 35.1% believe that they partially correspond, and 6.9% gave a negative answer to the question (Figure 5).

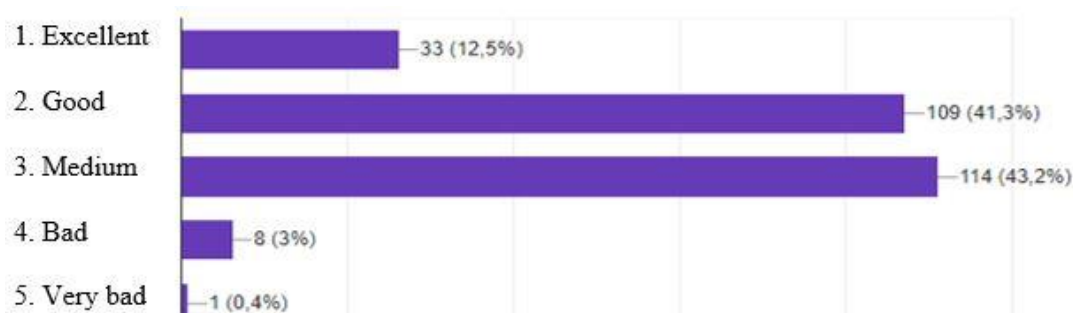


**Fig. 4. Ways to interest students in physical education classes**

1. Increasing the number of classes. 2. Conducting classes based on the preferred form of training. 3. Reducing the number of classes.



**Fig. 5. Monitoring of physical fitness of students**



**Fig. 6. Results of self-assessment of physical fitness of students**

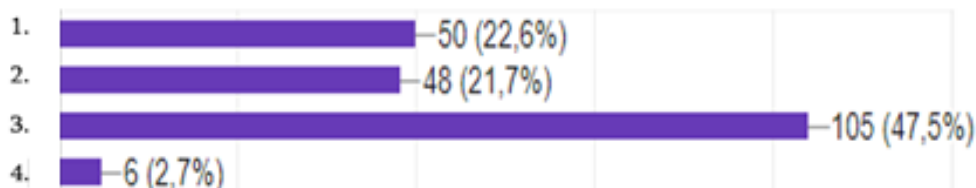
Figure 6 shows that 43.2% of respondents rate their physical fitness as average, and 41.3% – as good. Interestingly, the number of students who perfectly assess the state of their own physical fitness is not high.

Students often complain during physical education classes. 47.5% of the 224 students surveyed said that they get tired during physical education classes. Presumably, it depends on the insufficient level of physical fitness of students. 22.6% of students have difficulty performing certain exercises, and 21.7% consider the taught material not interesting (Figure 7).

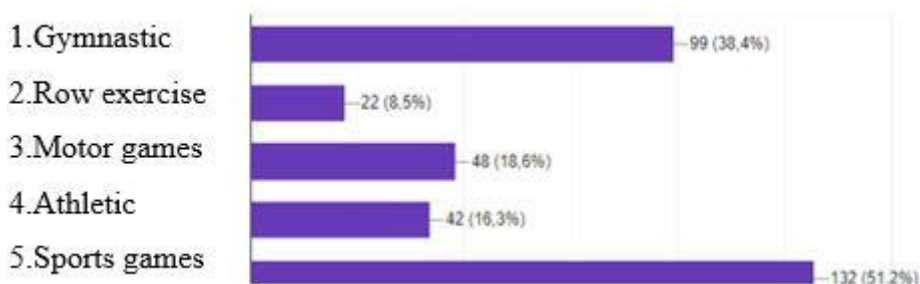
It turns out that 51.1% of university students are very happy to conduct classes organized with elements of physical education, which is

presumably due to their inherent level of emotional cushion. 38.4% of respondents are in favor of physical exercises, and only 8.5 gave a positive answer for row exercises. Probably, this approach is explained by the fact that the majority of university students who participated in the survey are girls (Figure 8).

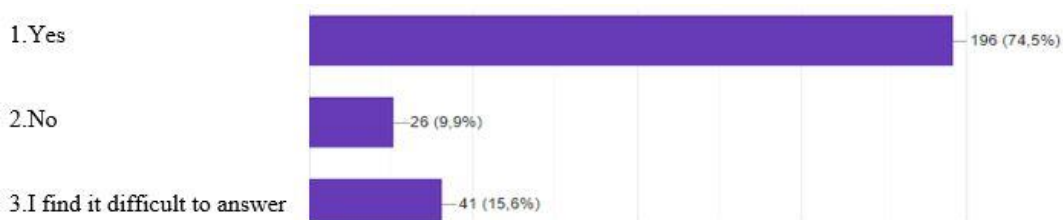
Of particular interest is the fact that the majority of students who took part in the survey expressed a desire to organize physical education classes based on fitness technologies – 74.5%. One of the reasons of this approach is that nowadays fitness is in great demand, especially among young people. Note also that 9.9% of respondents disagree with this approach, and 15.6% found it difficult to answer (Figure 9).



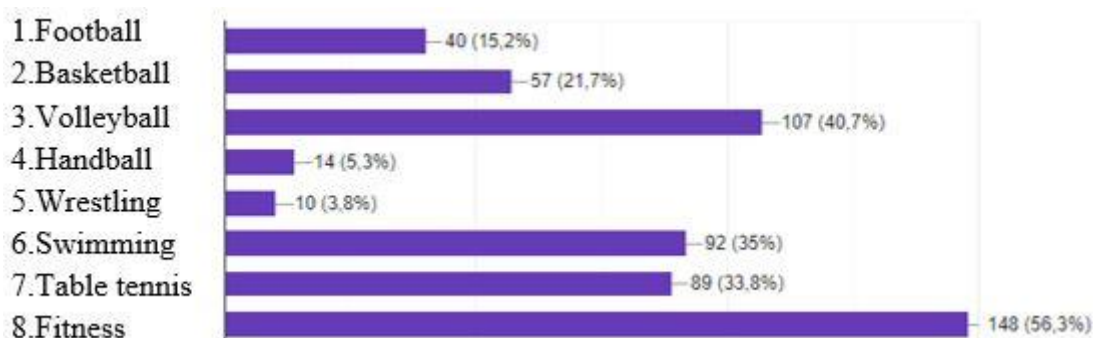
**Fig. 7. Studies of complaints often heard during physical education classes**  
 1. It is difficult to do exercises. 2. The learning material is not interesting. 3. I get tired. 4. I'm not complaining.



**Fig. 8. Comparison of exercises performed with the greatest pleasure in physical education classes**



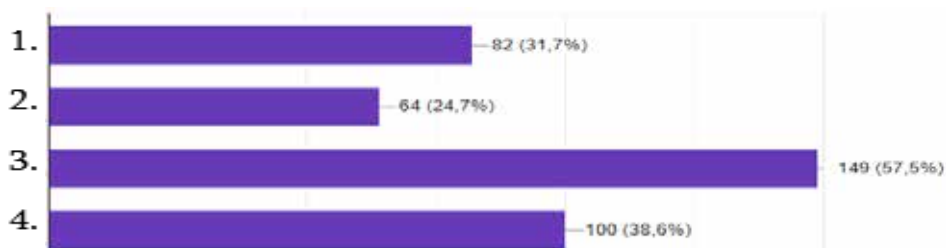
**Fig. 9. Effectiveness of physical education classes organized by fitness technologies**



**Fig. 10. Organization of a physical education class comparison of students' preferred forms of training**

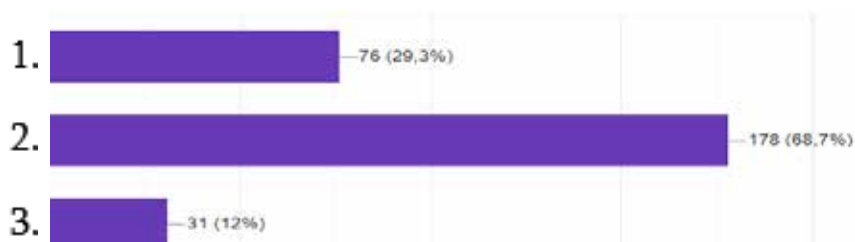
It turns out that fitness classes are preferable for university students than even the sports games that provide such high emotionality.

The majority of students surveyed, 56.3% noted fitness as the preferred way to conduct physical education classes. In comparison, sports



**Fig. 11. Ways to influence physical education classes organized on the basis of the preferred form of education**

1. Improvement of class attendance. 2. Increase of motor readiness. 3. Increase of interest in the class. 4. Formation of motor abilities and skills.



**Fig. 12. Features of the use of fitness technologies in physical education classes**

1. Increase the motor skills of the class. 2. Will increase the interest in physical education lessons. 3. Will not change anything.

games are less in demand: volleyball – 40.7%, basketball – 21.7%, table tennis – 33.8%, swimming – 35%, Football – 15.2%, handball – 5.3% and wrestling – 3.8% (Figure 10).

The survey of students showed that the organization of a physical education class based on the preferred form of education will increase their interest in the class by 57.5%, which will lead to an improvement in attendance. This also indicates that the current traditional physical education classes have lost their former interest (Figure 11).

According to the majority of respondents, the use of fitness technologies in physical

education classes will increase interest in them – 68.7%, and 29.3% believe that in this case the motor density of classes will increase (Figure 12).

**Conclusion.** Thus, according to a questionnaire survey of university students, it turned out that they are interested in organizing physical education classes in their preferred forms of training, in particular, noting the need for active use of fitness technologies, as a result of which their interest in physical education classes will increase and attendance rates of these classes will improve.

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