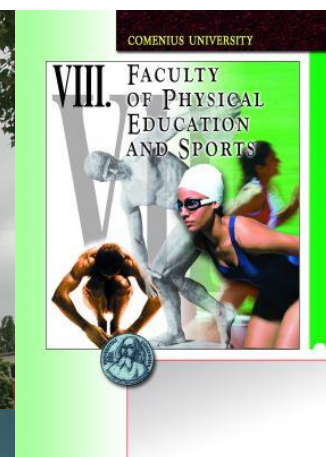


Quality Physical Education in Opinions of High School Students in Slovakia, Croatia and Czech Republic

Branislav Antala – Iveta Cihová - Dario Novak – Jana Vašíčková



HIPE 2020

**BUDAPEST
HUNGARY**
16th – 19th NOVEMBER

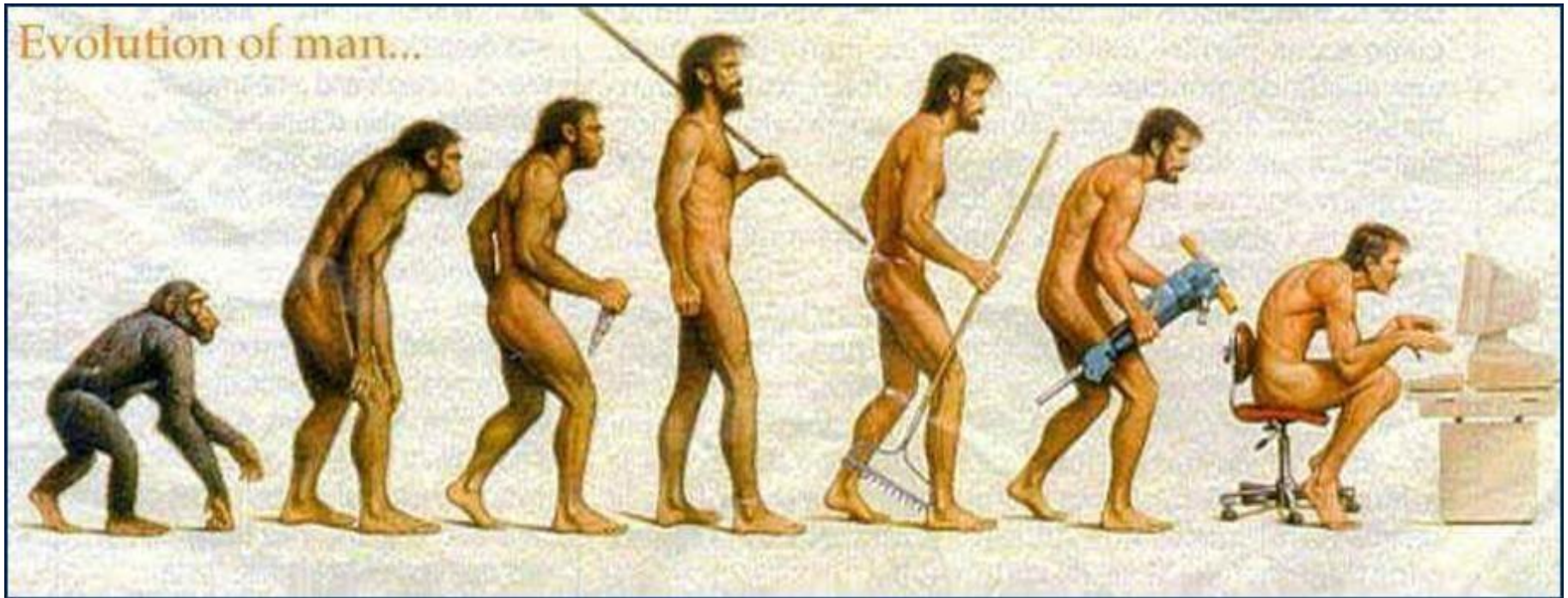
CEREPS+ Summit 2020: Quality physical education
– What does it mean and how should it look like?



Global problems of today's world



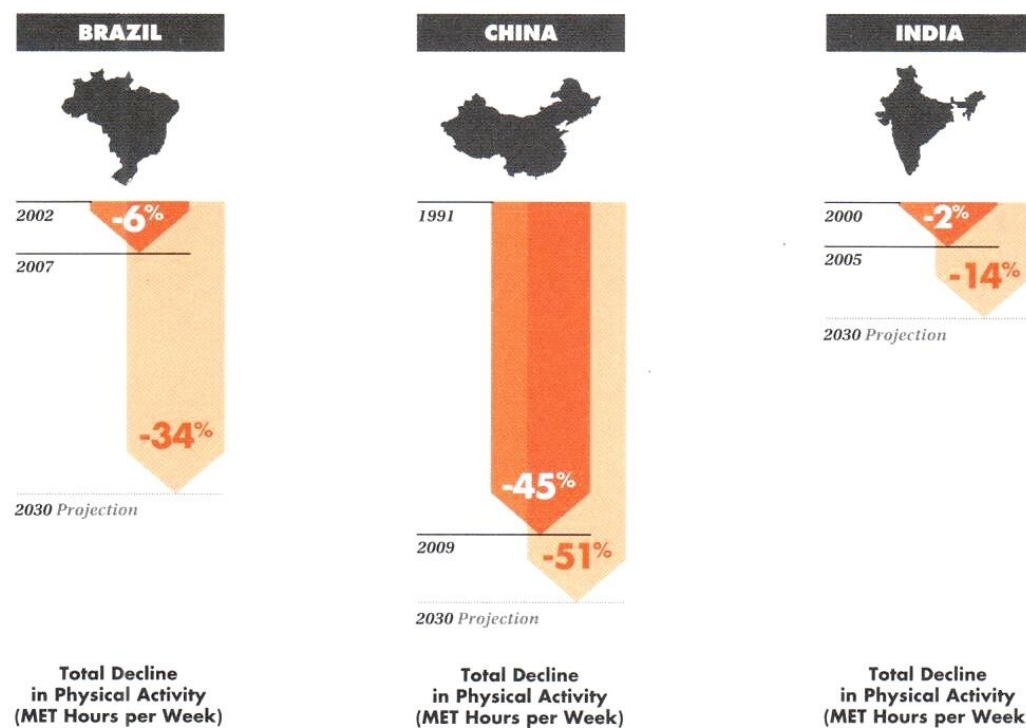
Sedentary life style



People have stopped to move

fig 2 HISTORIC AND PROJECTED PHYSICAL ACTIVITY (PA) LEVELS

Emerging economies' trends in physical inactivity are accelerating.



Human and economic costs

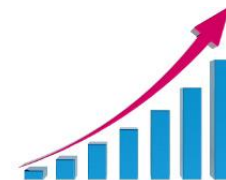


fig 3 THE ECONOMIC COSTS & CONSEQUENCES

Measuring the direct and indirect costs associated with inactivity, today and future projections.

	TOTAL SPEND (US\$) IN 2008	2008 Direct Costs (US\$)	2008 Indirect Costs (US\$)	2030 Direct Costs Projection (US\$)	% Increase in Direct Costs (US\$) 2008-2030
USA  <p>— OR — ~2x the federal budget for the Department of Education (based on US\$77.4B 2012 budget)</p>	\$147B	\$90.1B	\$56.5B	\$191.7B	↑113%
UK  <p>— OR — Close to the National Health Service's annual efficiency target (based on £20B of annual efficiency savings over the next four years)</p>	\$33B	\$16.1B	\$16.7B	\$26.0B	↑61%
CHINA  <p>— OR — Almost 1/3 of China's total health care budget (based on 2011 planned investment of approx. US\$63B)</p>	\$20B	\$12.2B	\$7.5B	\$67.5B	↑453%
INDIA  <p>— OR — Equal to the total annual budget for secondary education (based on US\$1.9B/year for 2007-2012)</p>	\$2B	\$1.3B	\$0.7B	\$7.5B	↑477%



MAIN FINDINGS

Nearly half of Europeans never exercise or play sport, and the proportion has increased gradually in recent years

In a given week, more than half of Europeans do not do any vigorous physical activity, and around half do not engage in moderate physical activity

15% of Europeans do not walk for 10 minutes weekly, while 12% sit for more than 8.5 hours per day

2018



Attitudes of Young Generation to Quality Physical Education



Methods



Sample : n = **1357 pupils**

12 secondary schools (Zagreb, Olomouc, Bratislava, age 14 – 19 years)

	15 to 17 years of age		18 to 19 years of age		Σ
	Girls	Boys	Girls	Boys	
Slovakia	192	150	76	94	512
Czech Republic	165	109	116	79	469
Croatia	118	68	116	74	376
Σ	475	327	308	247	1357

Research period : X. 2017 – II. 2019



Methods

Questionnaire



**Popularity, Importance, Demandingness and
Next Selected Indicators of Quality PE**

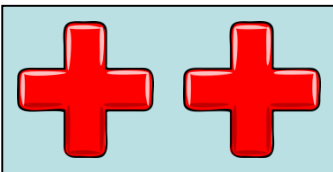
Social capital

New Technologies in PE Teaching

Health and Healthy Lifestyle

Inclusion in PE

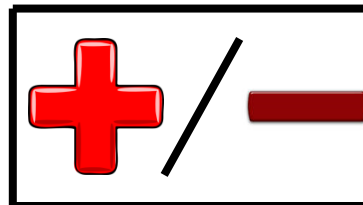
1



2



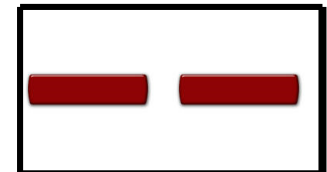
3



4



5



Results



18 to 19 years of age

Boys

Girls

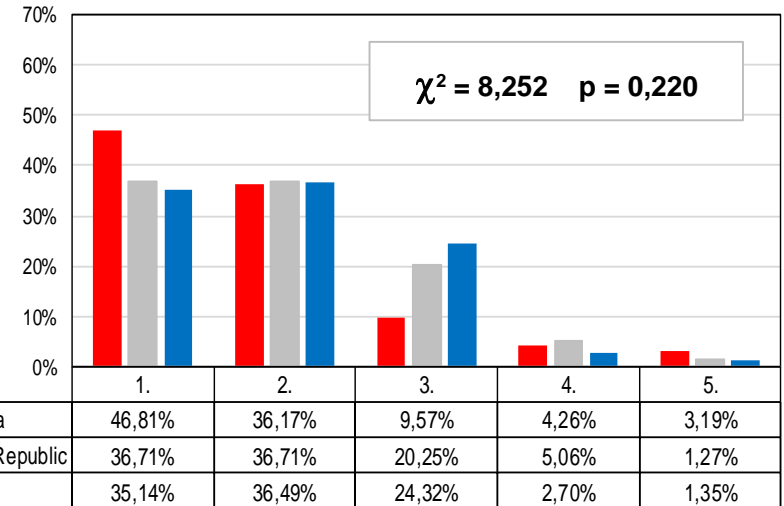
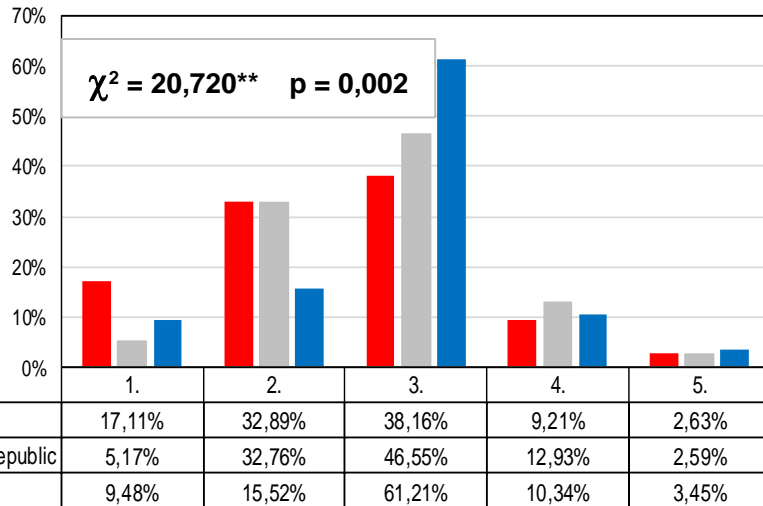


PE Popularity

1. Very popular, 2. Popular, 3. Neither popular nor unpopular, 4. Unpopular, 5. Very unpopular



18 to 19 years of age



**Popularity, Importance, Demandingness
and Next Selected Indicators of Quality PE**

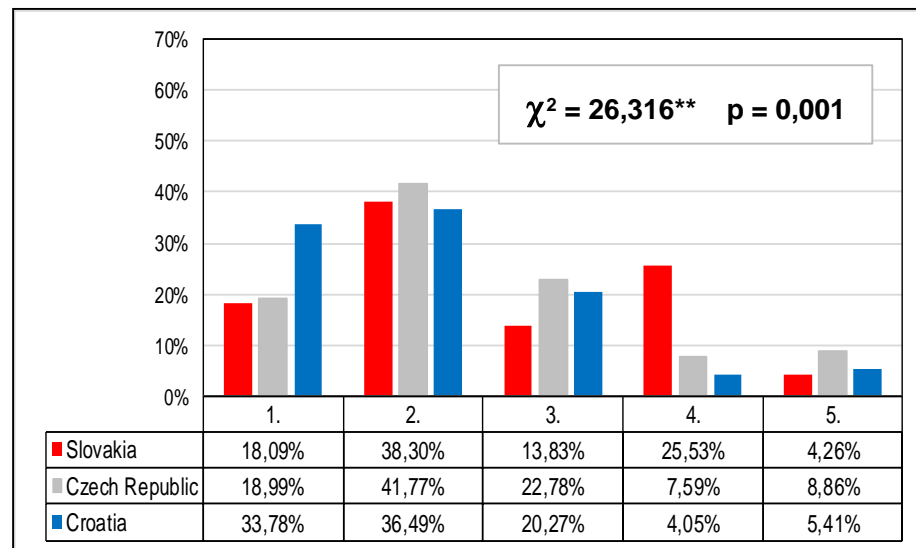
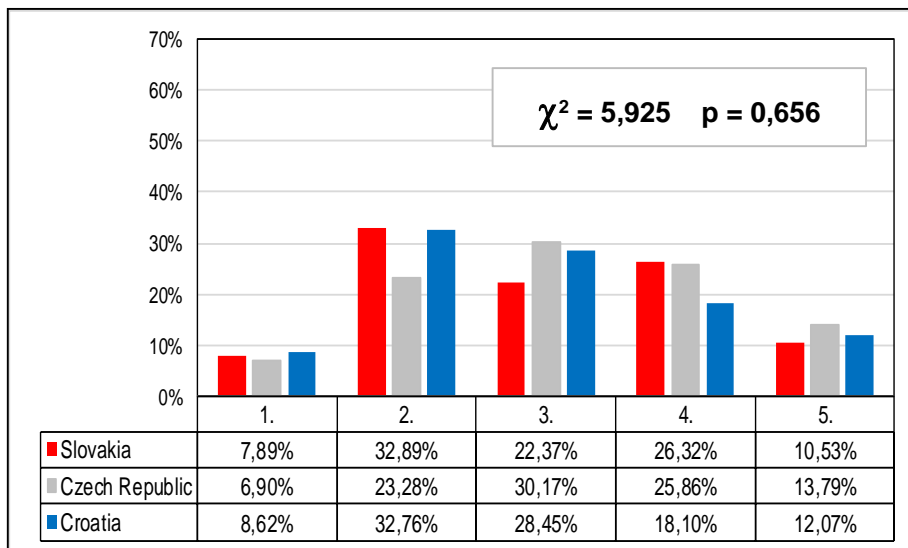


PE Importance

1.Very important; 2.Important; 3.Maybe important maybe unimportant; 4.Less important; 5.Unimportant



18 to 19 years of age



**Popularity, Importance, Demandingness
and Next Selected Indicators of Quality PE**

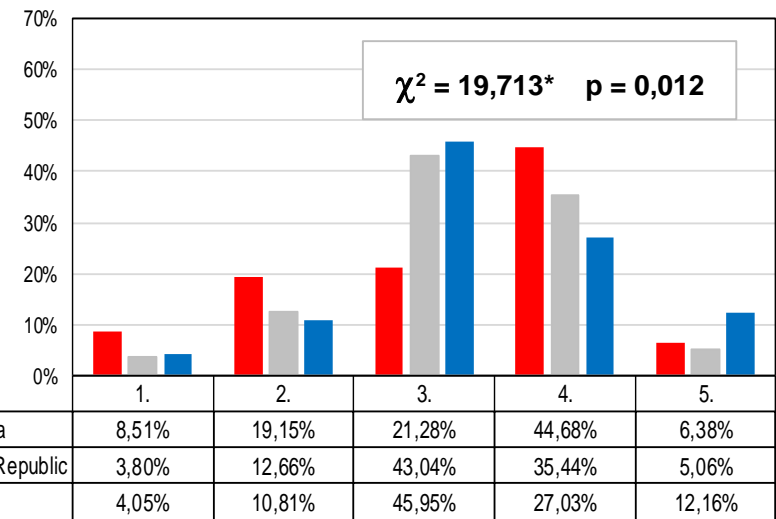
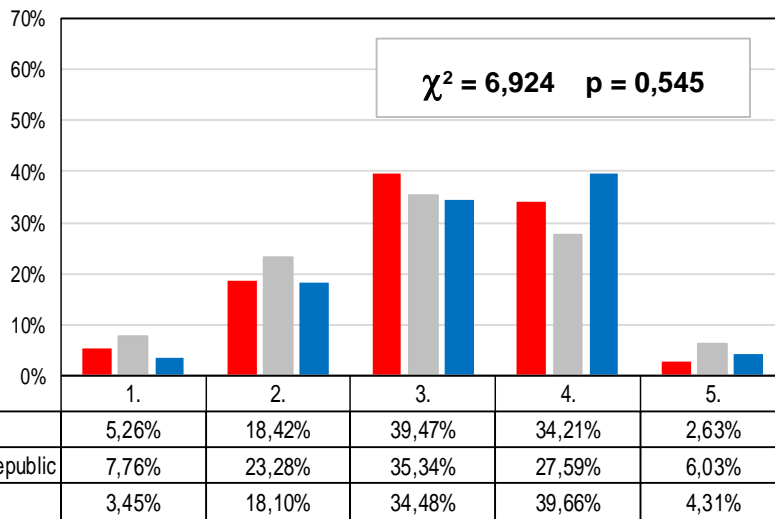


Do you feel teachers and students trust each other in your high school?

1. Strongly disagree; 2. Disagree; 3. Neither agree nor disagree; 4. Agree; 5. Strongly agree



18 to 19 years of age



Social capital

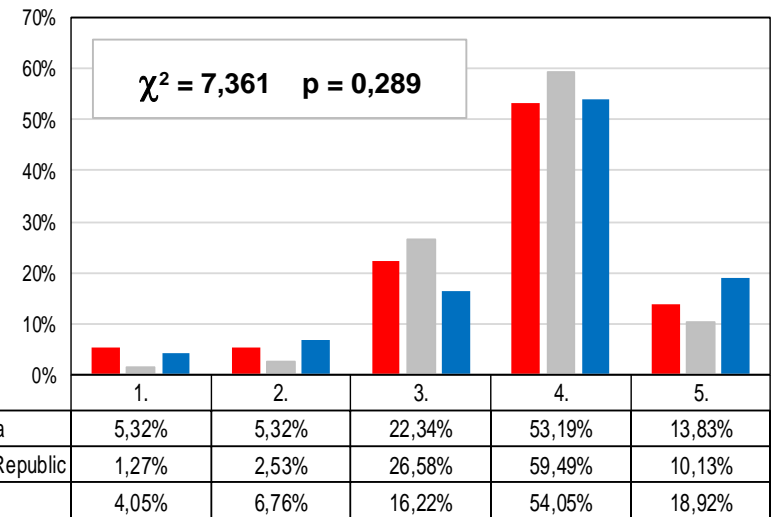
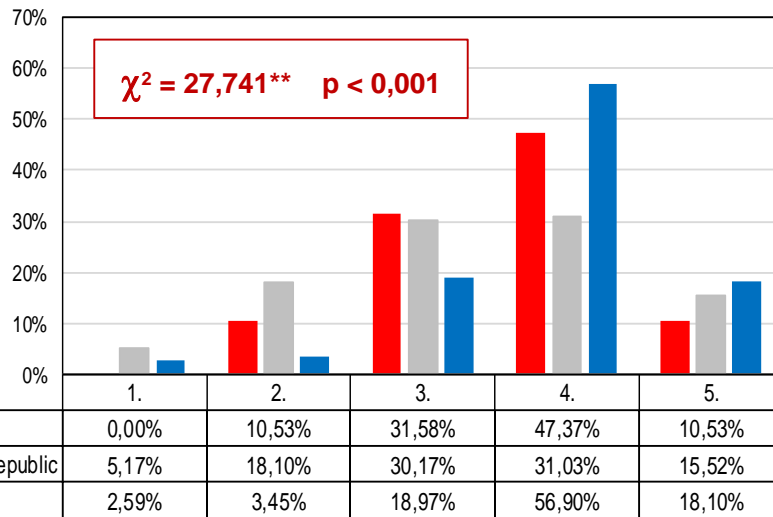


Do you feel students collaborate with each other in your high school?

1. Strongly disagree; 2. Disagree; 3. Neither agree nor disagree; 4. Agree; 5. Strongly agree



18 to 19 years of age



Social capital

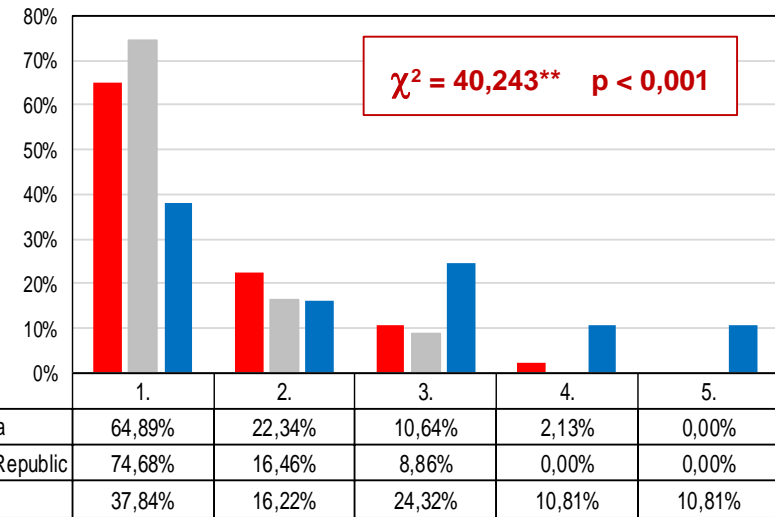
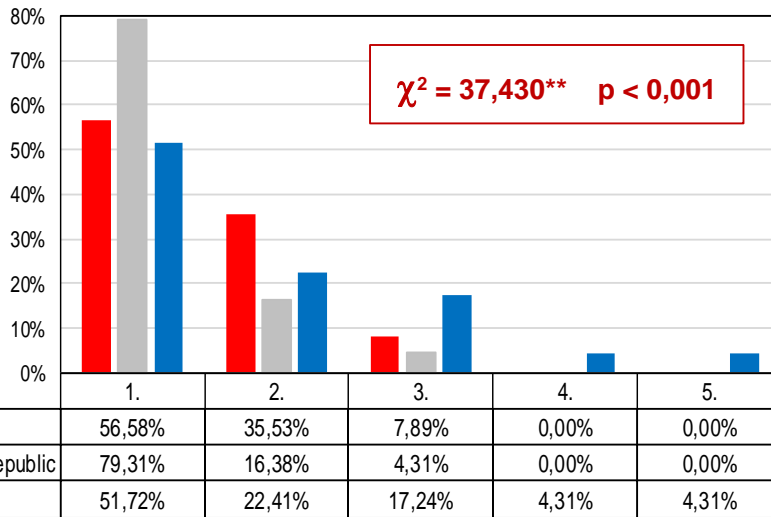


We use ICT in PE

1. Never; 2. Rarely; 3. Sometimes; 4. Often; 5. Very often



18 to 19 years of age



New technologies in PE teaching

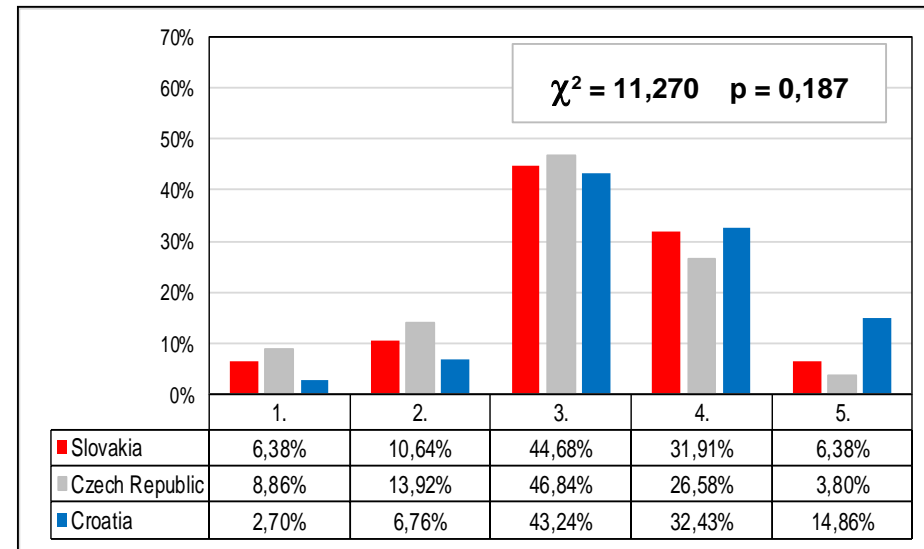
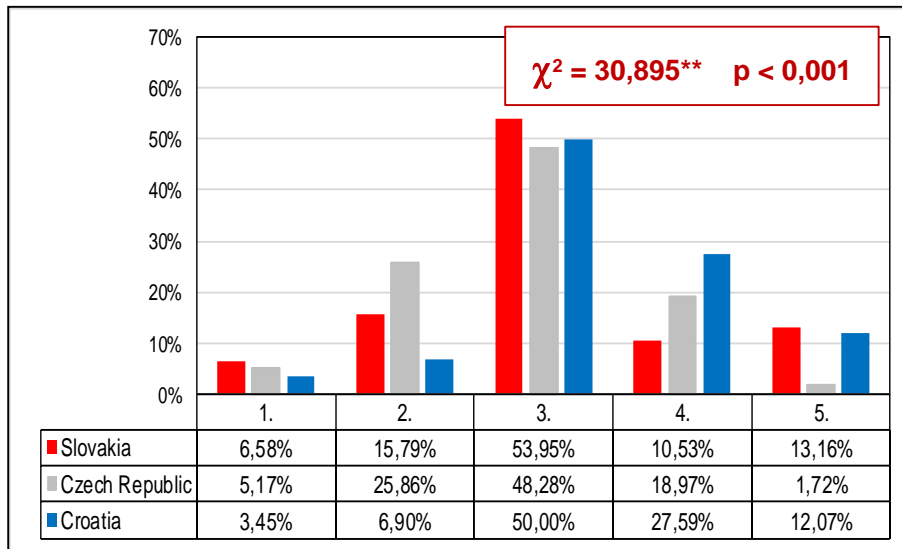


ICT as an educational tool allow for a more objective evaluation

1. Strongly disagree; 2. Disagree; 3. Neither agree nor disagree; 4. Agree; 5. Strongly agree



18 to 19 years of age



New technologies in PE teaching

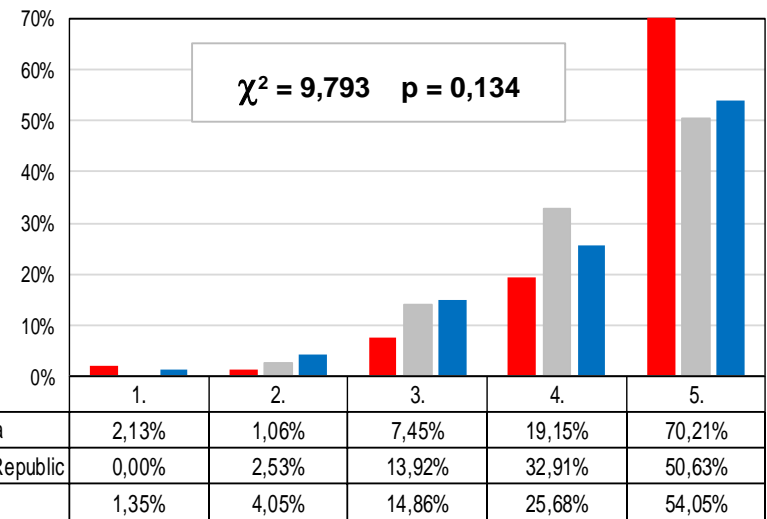
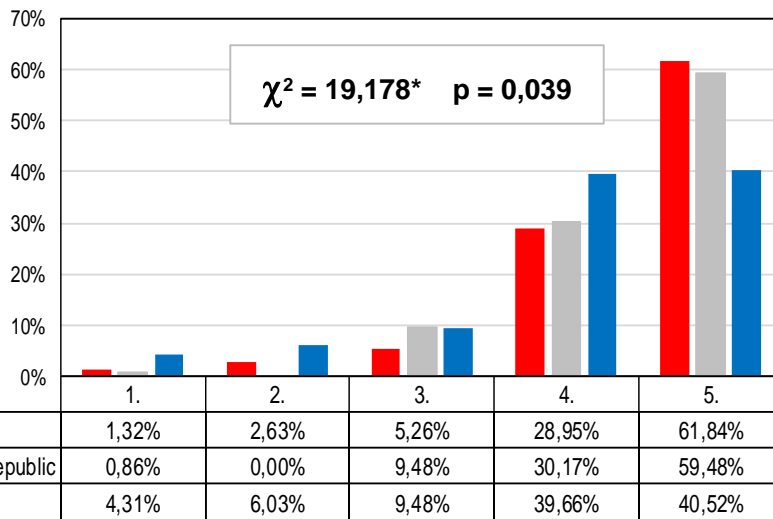


Being physically active helps to improve my health

1. Strongly disagree; 2. Disagree; 3. Neither agree nor disagree; 4. Agree; 5. Strongly agree



18 to 19 years of age



Health and Heathy Lifestyle

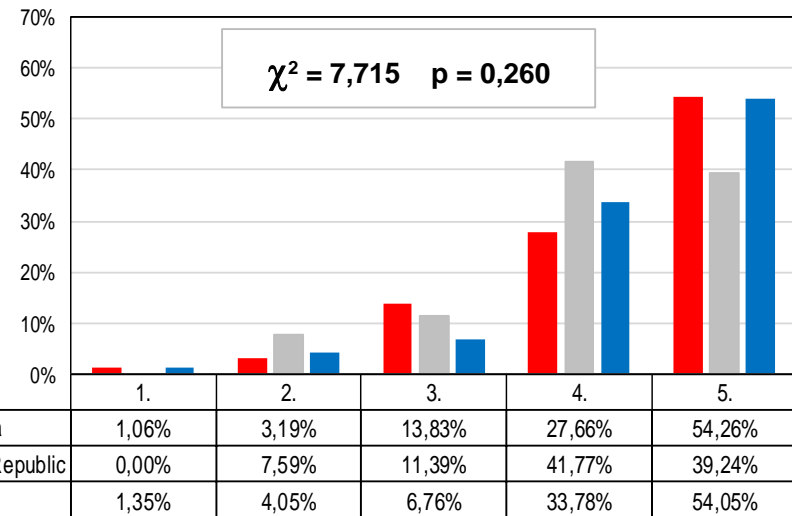
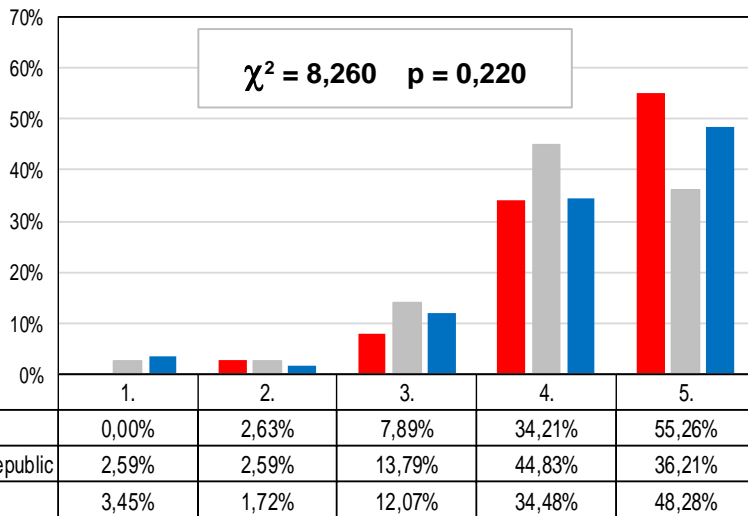


It is important to form a habit of being physically active

1. Strongly disagree; 2. Disagree; 3. Neither agree nor disagree; 4. Agree; 5. Strongly agree



18 to 19 years of age



Health and Healthy Lifestyle

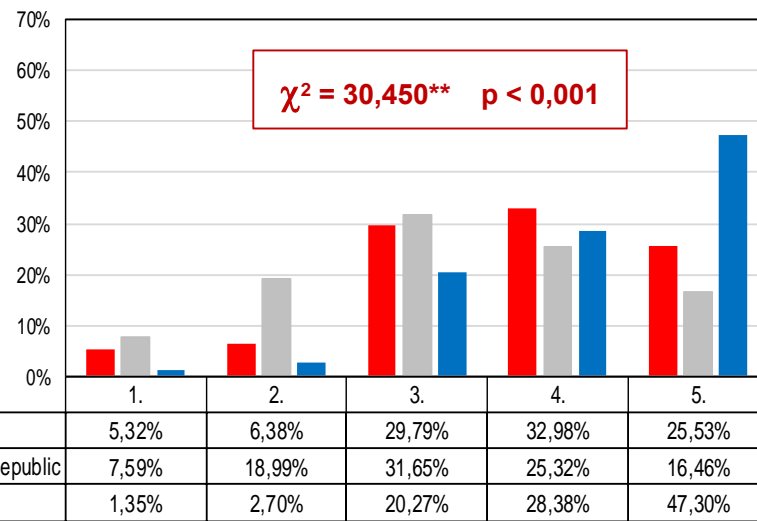
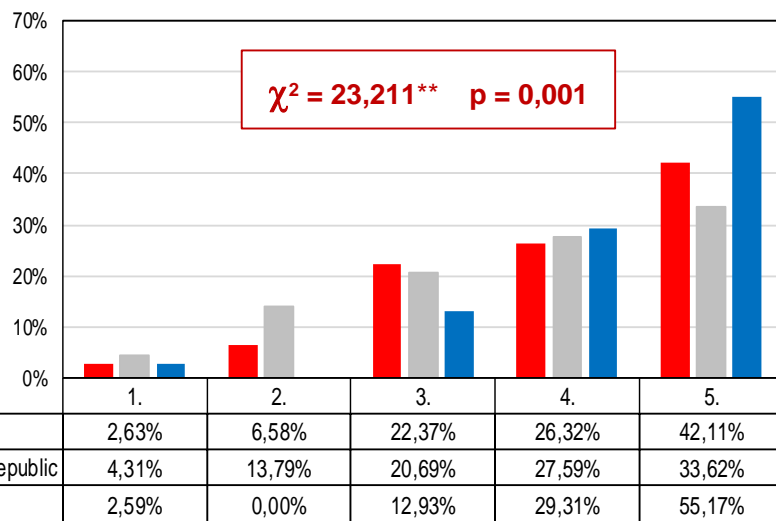


I wouldn't mind having students with disabilities in my PE lessons

1. Strongly disagree; 2. Disagree; 3. Neither agree nor disagree; 4. Agree; 5. Strongly agree



18 to 19 years of age



Inclusion in PE

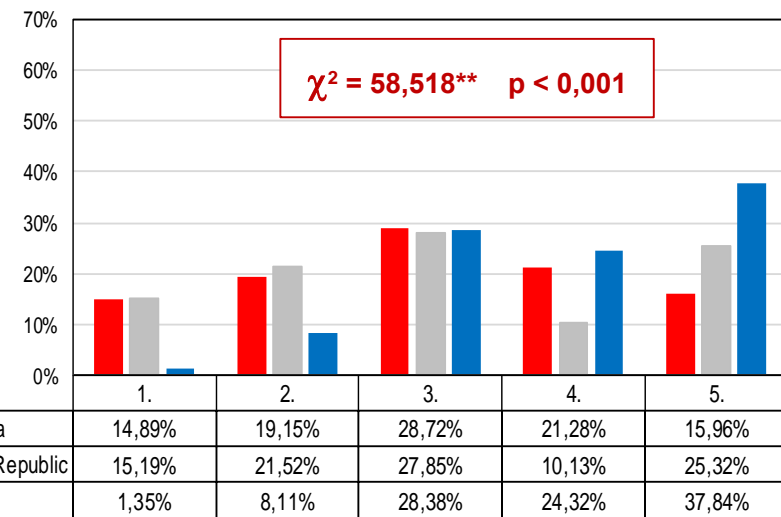
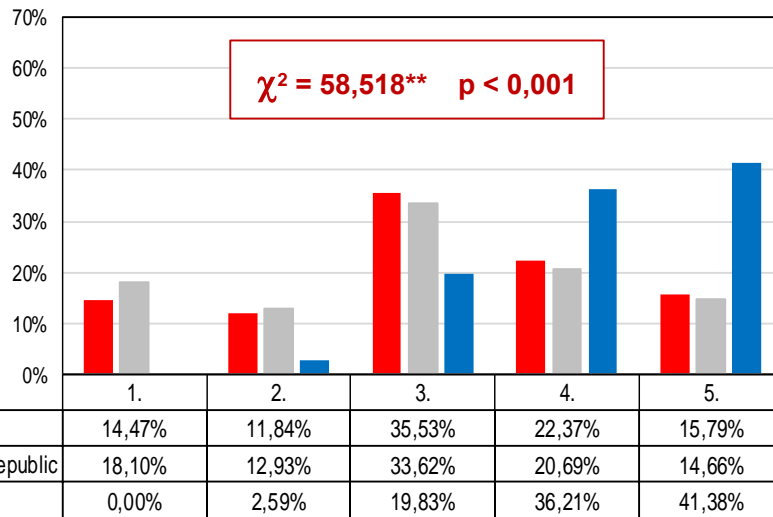


In PE lessons girls and boys should exercise together

1. Strongly disagree; 2. Disagree; 3. Neither agree nor disagree; 4. Agree; 5. Strongly agree



18 to 19 years of age



Inclusion in PE



Conclusions and European Perspective

Recommendations for better PE



to laugh...

All generations has changed ...



not only to laugh...

...but also to think !!!





Linking with
community
life

Linking with
PA and school
sport

Linking with
technologies

Scientific
support

Social and
political
support

International
support

PETE

Lifelong
education

Permanent
evaluation of
situation

... in the End

Lifelong Motor Competencies

Quality of Life





Thank you for your attention !

