

OPTIONS STATISTICS ON BACHELOR'S PHYSICAL EDUCATION AND SPORT NATIONAL EVALUATION IN 2009 BY GENDER AND EFFORT CAPACITY CRITERION

MACARESCU CRISTINA¹

Abstract

This paper gives us a clue on candidate's options on Bachelor's Physical Education and Sport National Evaluation 2009, Bucharest, Romania, Traian High School Exam Centre and the candidates effort capacity to overcome the sportive tests chosen.

The purpose of this study is to determine the candidates profile and classify the tests chosen by type or degree of physical effort engaged by the candidate to pass it.

Methods and procedures

A hundred and ninety candidates (190), 93 female and 97 male candidates were tested by four evaluators in four sportive disciplines: athletics, gym, force and sportive games. Brief description of the tests is provided by National Bachelor's Physical Education and Sport Exam Methodology (2009) here in short.

Candidate's results is written down and marked according to National Bachelor's Physical Education and Sport Exam Programme Standards, the four evaluators giving a candidate two marks in each test. The four marks in each test by average gives us the final score and mark obtained by the candidate.

Results are presented synthetically giving us a gender statistics on tests chosen and their score. Gender preferences in athletic test: speed running 50 m (63 female candidates, 83 male candidates), throwing a 4 kilo ball : 30 females, throwing a 7,257 kg ball : 15 males. Gym test: acrobatic gym: 33 females; horse jump: 60 females, 97 males. Force test: abdomen exercises in 30 seconds time: 52 males, 93 females; push-ups: 43 males; length jump: 2 male candidates. Sportive game test : handball: 88 females, 67 males; football: 24 males; basketball : 4 males, 4 females; volleyball: 2 males, 1 female candidate.

Discussions

We can see all male candidates opted for horse jump test in gym testing, which means only female candidates like acrobatic gym.

We can see all female candidates opted for abdomen exercise in 30 seconds time instead of push-ups preferred by male candidates in force test. Female testing push-ups is not accepted in this case study.

¹Student Bucharest Economic Studies Academy, ROMANIA

Email: macarescucristina@yahoo.com

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Few options include sportive games like: voleyball or basketball , their preference in this case being hadball and football , due to the practice of this sports during high-school years, or in a sportive discipline voluntarily chosen previously and practiced independently as a performance activity.

Conclusions

Candidate's profile ca be classified in three categories by degree of effort preferred and individual previously autoevaluated effort capacity: little (sporadic training), medium (sporadic training , but regularly done before the exam) higher effort capacity(regular training in a sportive discipline previously chosen to be practiced as a performance activity, intense and specific before the exam).

The importance of this study is the authenticity of data used giving us a correct local statistics for further use.

Brief description

This case study gives us the local options of the candidates on Bachelor's Physical Education and Sport National Evaluation 2009, Bucharest, Romania, Traian High School. A candidate's profile is done reviewing their options and effort capacity previously engaged to pass sportive tests. A gender options statistics is presented as well as their results (average, SD). A brief description of tests is also included in this paper.

Keywords: effort capacity, gender, sport, test

Introduction

The purpose of this study is to determine the candidates profile and classify the tests chosen by type or degree of physical effort engaged by the candidate to pass it.

Methods and procedures

A hundred and ninety candidates (190), 93 female and 97 male candidates were tested by four evaluators in four sportive disciplines: athletics, gym, force and sportive games. Brief description of

the tests is provided by National Barchelor's Physical Education and Sport Exam Methodology (2009) here in short.

Their time was written down and a mark resulted according to Anexe 2 of National Barchelor Sportive Evaluation Programme 2009 as follows below:

Athletic test , speed running on 50 m put together two candidates to run this distance once.

1	1	2	2	3	3	4	4	5	5
F	M	F	M	F	M	F	M	F	M
14,6''	12,6''	14,4''	12,5''	14,2''	12,4''	14,0''	12,3''	13,8''	12,2''

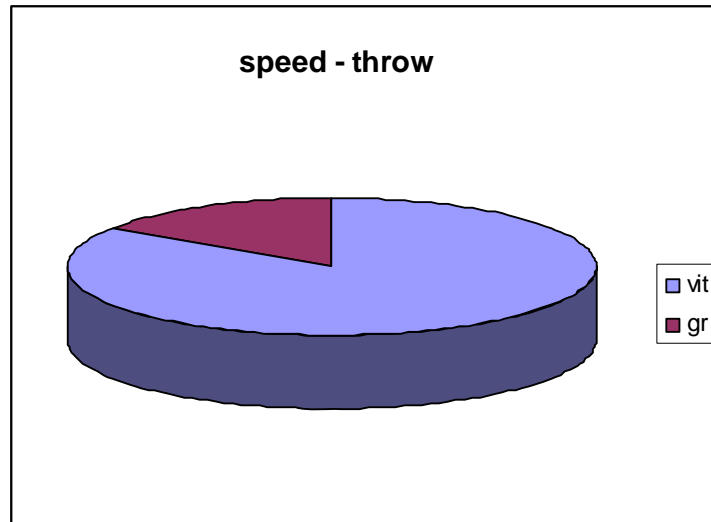
6	7	6	7	8	8	9	9	10	10
M	F	F	M	F	M	F	M	F	M
12,1''	13,4''	13,6''	12,0''	13,2''	11,9''	13,0''	11,7''	12,8''	11,5''

Female 63, male 82 candidates have chosen this tests. Mean speed is 6.946527, standard deviation 0.827242. The average value on first test is 9.821053.

Other candidates (30 females, 15 males) were tested according to their options in throwing a ball of 4 kilos on feminine test and 7,257 kilos on masculine test. Their performances were noted following the table below:

1	1	2	2	3	3	4	4	5	5
F	M	F	M	F	M	F	M	F	M
8,5m	9,5m	9m	10m	9,5m	10,5m	10m	11m	10,5m	11,5m

6	6	7	7	8	8	9	9	10	10
F	M	F	M	F	M	F	M	F	M
11 m	12 m	11,5 m	12,5 m	12 m	13 m	12,5 m	13,5 m	13 m	14 m

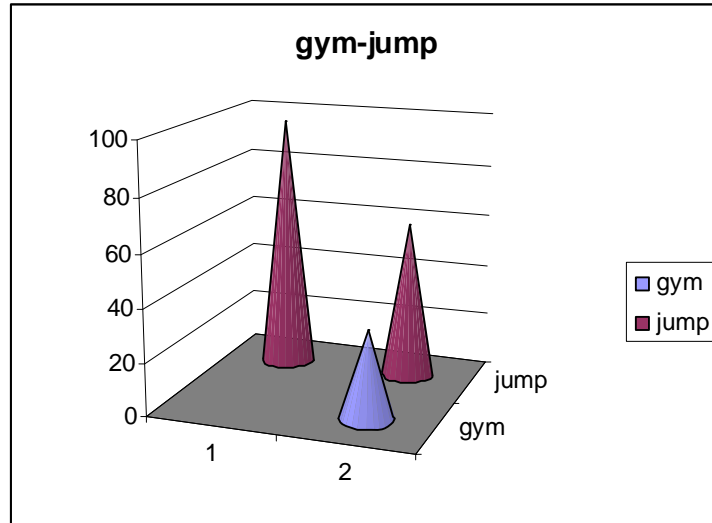


First test took place outdoor the weather being variable sometimes even raining.

The second test is gym test: acrobatic or horse jump.

The other three tests were held indoors : no air conditioning, space being very crowded and noisy.

Acrobatic gym: 33 female candidates
Horse jump : 60 female, 97 male candidates



9.584211 is the average mark in second gym tests.

held the chronometer and the other counted the correct executions and noted them , the final result standards in push-ups is presented below:

The third test is force either push-ups or abdomen exercises in 30 seconds time. One teacher

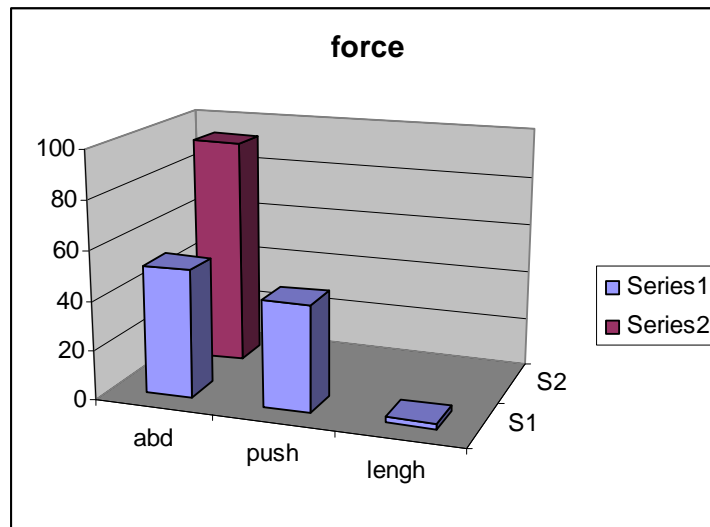
5	5	6	6	7	7	8	8	9	9	10	10
F	M	F	M	F	M	F	M	F	M	F	M
5	15	8	18	11	21	14	24	17	27	20	30

Abdomen exercises : 52 male candidates, 93 female candidates

Push-ups : 43 male candidates

Length jump: 2 male candidates

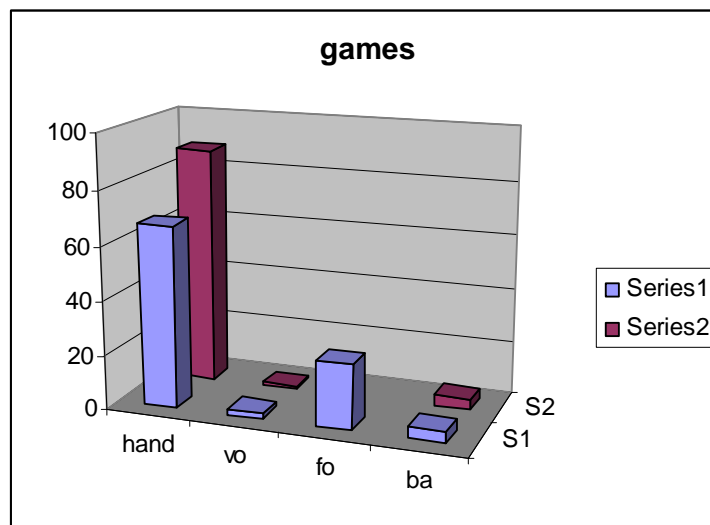
9.921052632 is the average mark on force tests.



The forth test on sportive games classifies our candidates like this:

- handball : 88 female and 67 male
- volleyball: 2 male and 1 female

- football: 24 male candidates
- basketball: 4 female and 4 male candidates



This tests a game structure and correct execution of technical elements used to play the game and second part tests the correlation between players who play this game and the efficiency of their technico- tactical actions. 9.126316 is the averagemark obtained in sportive games tests.

Final result's average mark is 9.5696842.

Candidate's results is written down and marked according to National Bachelor's Physical Education and Sport Exam Programme Standards,

the four evaluators giving a candidate two marks in each test.

The four marks in each test, by average, gives us the final score and mark obtained by the candidate.

Results are presented synthetically giving us a gender statistics on tests chosen and their score. Gender preferences in athletic test: speed running 50 m (63 femae candidates, 83 male candidates), throwing a 4 kilo ball : 30 females, throwing a 7,257 kg ball : 15 males.

Gym test: acrobatic gym: 33 females; horse jump: 60 females, 97 males.
Force test: abdomen exercises in 30 seconds time: 52 males, 93 females; push-ups: 43

males; length jump: 2 male candidates. Sportive game test : handball: 88 females, 67 males; football: 24 males; basketball : 4 males, 4 females; volleyball: 2 males, 1 female candidate.

test	test	male	female
athletic	speed	83	63
	throw	15	30
gym	gym	-	33
	jump	97	60
force	abd	52	93
	push	43	-
	length	2	-
games	hb	67	88
	fb	24	-
	bk	4	4
	vo	2	1

Discussions

We can see all male candidates opted for horse jump (97) test in gym testing, which means only female candidates like acrobatic gym (33 females to have this test).

We can see all female candidates opted for abdomen exercise in 30 seconds time instead of push-ups, preferred by male candidates in force test. Female testing push-ups (no female candidate to have this test) is not accepted in this case study, nor length jump (2 male candidates).

Few options include sportive games like: volleyball (2 males, 1 female) or basketball (4 males, 4 females) , their preference in this case being handball (67 males, 88 females) and football (24 males, no female) , due to the practice of this sports during high-school years, or in a sportive discipline voluntarily chosen previously and practiced independently as a performance activity.

By interviewing the candidates we classified them regarding their effort capacity as follows:

- little effort capacity, which means his training is sporadic, incontinous and does not keep a high effort capacity in time

- medium effort capacity, which means sporadic training , but regularly done before the exam at least two months, achieving a good level of effort capacity during some tests

- higher effort capacity which means regular training in a sportive discipline previously chosen to be practiced as a performance activity, intense physical effort, repetability and specific before the exam. Practicing a sportive discipline regularly helps us keeping a higher effort capacity constantly.

Final result's average mark is 9.5696842 means our subjects were prepared before the tests to be held in the exam, including here specific training, because of variate physical actions demanded here and standards to be achieved to pass.

Conclusions

Candidate's profile can be classified in three categories by degree of effort preferred and individual previously autoevaluated effort capacity: little (sporadic training), medium (sporadic training, but regularly done before the exam) , higher effort capacity (regular training in a sportive discipline previously chosen to be practiced as a performance activity, intense and specific before the exam).

Gender preferences exclude push-ups, length jump and football in female testing, meanwhile acrobatic gym test is not a choice for male candidates in this case study.

References

National Physical Education and Sport Bachelor Evaluation Programme, 2009
www.edu.ro Bachelor Exam Methodology, 2009.