

## DEVELOPMENT COURSE OF HEALTH EDUCATION IN THE FACULTY OF PHYSICAL EDUCATION FOR GIRLS IN ZAGAZIG BASED ON THE NEEDS OF LABOR MARKET IN THE HEALTH CLUBS

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### Abstract

The present research aims at:

- 1- Constructing a cognitive questionnaire to recognize the suitability of the health education course in the faculty of Physical Education for girls in Zagazig in the light of the requirements of the labor market in the health clubs.
- 2- Developing the health education course in the faculty of physical Education course in the faculty of physical Education for Girls in Zagazig in the light of the requirements of the labor market in the health clubs.

Researchers used the survey methodology which is one of the descriptive studies for its suitability for the nature of the research on a sample amounted (228) students of the fourth grade in the faculty of Physical Education for girls in Zagazig.

Researchers prepared the forms for studying the requirements of the labor market in the health clubs, concerning the health aspects of the health club and the programs introduces in it , to be used on a sample reached (35) coaches, (15) managers representing (15) health clubs and (100) benefactors.

. Then, they constructed a questionnaire to recognize the suitability of the health education course in the faculty of physical Education for Girls in Zagazig and it was applied on the students of the fourth grade in the faculty.

Researchers confirmed that the present course of health education in the faculty is unsuitable for the requirements of the labor market in the health clubs, so, they suggested the development of the present course by adding a special part for the requirements of the work in the health clubs.

**Keywords:** health education - labor market - health clubs.

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### Introduction

The availability of health services in the society is one of the factors that affect the health of the individuals such as the availability of health foundations as hospitals and health units and centers as well the equipment and instruments.

Now there are growing universal industries that include health and fitness and faced an increasing competition.

These organizations resorted to information system as a means to obtain a competitive advantage.

Many of these organizations and clubs complain of less experience and the lack of the competent labor in managing training and dealing with individuals.

The health clubs industry remarkably spread in the middle East area because of the increasing of the tourists and residents who wish to

This improvement is what makes the state able to confront and cope with the effects of

benefit from the available health and fitness facilities, this besides, the society's awareness of the importance of relaxation and having some rest to be for a way of the daily hassles (S. Walter, K. Andrew, I. Richardson, 2001)

The most important health conditions for health clubs is the efficiency of its staff both in terms of (physical training and specialized). Each division of the health club requires a special expert and in case of non- availability of this experience it will cause harm for the trainees, thus it is important that the health club workers must have full experience and they must be graduates of the faculties of physical Education to substitute the present unqualified workers (K. Medhat and A. Ahmed, 2004).

The modern developments in science and in various academic areas led to be improving standards and quality of education and one of the most important challenges faced by all countries. globalization policies, and therefore education has become a national issue to the attention of civilized

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nations and developing countries alike. What we need is to achieve the main goal of education, namely the supply of the community with graduates able to meet the needs of this society, professional and research by increasing the skills of graduates and enhance their competitiveness in the job market locally and regionally.

So it has been the development of reform policies in the quality of Higher Education of Egypt in order to ensure the production of graduates at the level of the universally recognized norms (NQAAC, 2005)

The reforming policies in the Egyptian high education quality were developed so as to secure providing graduates according to world standard (I.E. Kamal, 2005).

So we had interest in the development of health education course, and add the necessary health conditions for work in departments of health clubs so graduate from the Faculty of Physical Education can to storm the labor market health clubs, with skill and thought. The present research

#### **The purpose of the study:**

The present research aims at:

- 1- Constructing a cognitive questionnaire to recognize the suitability of the health education course in the Faculty of Physical Education- Girls in Zagazig for the requirement of the labor market in the health clubs.
- 2- Developing the health education course in the Faculty of Physical Education- Girls in Zagazig in the light of the requirements of the labor market in the health clubs.

#### **Enquiries of the research:**

- 1- Is the present health education course in the Faculty of Physical Education- Girls in Zagazig suitable for the labor market requirements in the health clubs?
- 2- Does the cognitive questionnaire contribute in developing the health education course in the light of the labor requirements in the health clubs?

#### **Methods and procedures:**

#### **The scientific transactions of the questionnaire:**

#### **The questionnaire's validity:**

Researchers used Researchers used a descriptive approach. According to (G. A. Rotem, 1992; Jose, D., 1994; M.S. Rehab, 2000; S. Alia, 2001; I. E. Kamal, 2005; A.A. Lila and T. S. Nadia, 2008) researchers prepared a data collection form is an open question, the purpose of identifying the knowledge and information needed by the labor market and health clubs, which should be available in order to qualify for graduate work in those clubs.

#### **Steps of constructing the questionnaire:**

Owing to the lack of questionnaire for the information and knowledge related to the labor market in the health clubs, researches designed this questionnaire through deciding the main axes of it and after examining the scientific reference, researches and studies and with the help of the from that was distributed to the labor market through (15) managers in the health club (53) coaches and (100) of the benefactors from the health club to collect the primary data to determine the most important requirements for graduate work in health clubs. and this included the health clubs in:

- Arab republic of Egypt (Sharkia governorate- Kaliobia governorate- Cairo governorate- Sharm El sheikh city)
- Arab Saudi kingdom as a regional market.

Researchers were able to set the axes in its initial form and presented to the experts.

After exposing the questionnaire axes to the experts to know their suitability and their purpose, researchers formulated a group of phrases under each axis of the questionnaire in the light of understanding and theoretical analysis of each axis.

After that, researchers distributed the questionnaire phrases randomly and applied it on the introductory research sample which consisted of (150) students from the fourth grade in the faculty of physical Education-Girls-Zagazig University so as to finding the Scientific transactions of the questionnaire.

#### **1-The judges` validity:**

Researchers exposed the axes of the questionnaire and the phrases each axis to the experts in the field of health education and course who were (9) experts.

Researchers considered that the ratio of agreement of the experts on the axes and phrases of the questionnaire a criterion of its validity.

**2- The validity of the inner consistency of the phrases and axes of the questionnaire:**

Researchers calculated the validity by calculating the correlation coefficient among the degree of each phrase alone and the degree of each axis and the total degree of the questionnaire on the sample of the introductory study.

**Reliability coefficient of the questionnaire:**

In order to find reliability coefficient the axes of the questionnaire which are (4) ones and their phrases which are (18) ones. Researchers used the half partition of the answer of the sample of the introduction study for each axis by using the

**Results:**

Table (1)

Means, standard coefficient and skewness coefficients of the phrases of the questionnaire

N=50

Phrases	health conditions of health club			health conditions of instruments and the equipment			of health conditions of and the presented health Awareness					
	M	SD	Skew	M	SD	Skew	M	SD	Skew	M	SD	Skew
1	0.43	0.49	0.272	0.50	0.50	0	0.31	0.48	0.529	0.41	0.49	0.356
2	0.54	0.49	-0.189	0.44	0.49	0.217	0.38	0.48	0.499	0.61	0.48	-0.470
3	0.43	0.49	0.272	0.47	0.50	0.108	0.45	0.49	0.189	0.40	0.49	0.412
4	0.51	0.50	-0.054	0.36	0.48	0.589	0.42	0.49	0.300	0.56	0.49	-0.244
5	0.43	0.49	0.272	0.37	0.48	0.529	0.60	0.49	-0.441	0.43	0.49	0.272
6	0.47	0.50	0.108	0.37	0.48	0.529	0.39	0.49	0.441	0.30	0.45	0.882
7	0.40	0.49	0.384	0.45	0.49	0.189	0.29	0.45	0.917	0.42	0.49	0.300
8	0.33	0.47	0.714	0.31	0.46	0.813	0.38	0.48	0.499	0.22	0.41	1.366
9	0.47	0.50	0.108	0.37	0.48	0.529	0.21	0.41	1.414	0.31	0.46	0.813
10	0.35	0.47	0.620	0.28	0.45	0.953	0.28	0.45	0.953	0.38	0.48	0.470
11	0.44	0.49	0.244	0.36	0.48	0.589	0.62	0.48	-0.499	0.55	0.49	-0.217
12							0.30	0.45	0.882	0.45	0.49	0.189
13							0.31	0.46	0.813	0.28	0.45	0.990
14							0.37	0.48	0.529	0.29	0.45	0.917
15							0.29	0.49	0.917	0.42	0.49	0.327
16							0.32	0.47	0.747	0.35	0.47	0.620
17							0.28	0.45	0.953	0.38	0.48	0.470
18							0.32	0.46	0.780	0.39	0.49	0.441

equation of (Guttman- Spearman- Prown) and the method of (Alpha Kronpkh)

**Method of designing the questionnaire:**

- \* Marks of the questionnaire are calculated on a bi-value scale (Yes- No)
- \* The degree of the student's response on the questionnaire is from (0-3) that shows non-existent of cognitive information concerning the health clubs.
- \* And from (31-78) shows that they have cognitive information concerning the health clubs.

**The executive steps of the research:**

Researchers applied the cognitive questionnaire after confirming its scientific usefulness on the research main sample which are (50) students of the fourth grade in the Faculty of physical Education- Girls- Zagazig University after passing the health education course in the first academy term.

19	0.30	0.45	0.882	0.44	0.49	0.217
20	0.21	0.41	1.414	0.30	0.45	0.002
21	0.36	0.48	0.589	0.32	0.46	0.780
22	0.18	0.38	1.683	0.34	0.47	0.682
23				0.20	0.40	1.464
24				0.41	0.49	0.356
25				0.34	0.47	0.682
26				0.43	0.49	0.272
27				0.48	0.50	0.054
28				0.30	0.45	0.882
29				0.34	0.47	0.651
30				0.34	0.47	0.651
31				0.36	0.48	0.559
32				0.30	0.46	0.847
33				0.38	0.48	0.499
34				0.28	0.45	0.953

It is clear from table (1) that the values of skewness coefficient are limited between ( $\pm 3$ ) and this indicates that the main sample comes under (homogenous) curve in the questionnaire axes.

#### Result:

The results of table (1) point that the axes of the cognitive questionnaire to determine the requirements of the labor market in the health clubs that are prepared by Researchers are (The health conditions of health club- the health conditions of the instruments and equipment- the health conditions of the presented programs- the health awareness)

Researchers see that these axes effect on the choice of the suitable competent ones to work in the health club because it is a place closely related to the general health and the individual personality, so it was necessary to set some conditions that must be found in any place having this name. thus, it is Important to set some health conditions for the health clubs which start on designing the health foundation and continue forever (K. Medhat, A. Ahmed, 2004).

Researchers concluded that the first axis is: the health condition of the health club:

The results of the questionnaire pointed out the Importance of the health conditions of the health club concerning:

- The building
- Ventilation
- Lighting
- Temperature

Setting the health rules for the parishioners of sport activities provides optimal conditions to complete training and sport practice.

The building of the health club is very important because it Is necessary to choose a suitable

location and a suitable total area to include the instruments and equipment and to allow the parishioners to go on training with out injuries.

Lighting is an important health condition of the health club because it has a great effect on the vision and the eye- safety. The sufficient lighting keeps the eye safe and attracts the beneficiaries to go on training. It protects the eye from sight- shortness (K. Medhat, A. Ahmed, 2004).

Ventilation is also very important for the health club because the air is necessary during the practice physical activity and the person needs to exchange gases rapidly in the lungs for the process of the food assimilation and getting rid of un wanted gases, providing the body with oxygen required for burning inside the body cells besides helping the body to maintain its temperature fixed (A. Kamal and A. Abo Elela, 2001)

This result agree with (I. E. Kamal, 2005) who pointed out to the necessity of taking care of the health club and its construction abilities such as the building and its components as sauna and other preparations with all health conditions and qualifications to secure good services from the health club.

Researchers concluded that the second axis is: The health conditions of the instruments and equipment:

The sport instruments and equipment used in the club must have the law prescriptions that go with the requirements of the special rules of each activity and cope also with the health and technical rules

concerning size, shape and weight to suit the years age and the training age of the individual. It is also necessary to follow the health rules in their cleaning, maintenance and keeping (A. Kamal and A. Abo Elela, 2001).

It is very Important to set and lay out the instruments and equipment in the club and distributing them in a suitable way that allow the practitioners in the club to exercise activity safely and remove the danger of injuries that are increased in the health club because of the lack the experts who can run the club and arrange it.

There must be experts who arable to take care of safety, to run the training sessions and to allow the parishioners who come to the club to get the targeted usefulness. (I. E. Kamal, 2005)

I. E. Kamal (2005) points out to the importance of performing periodical maintenance for the instruments and equipment and avoiding practicing training on the out the out of order ones to refrain from injuries (I. E. Kamal, 2005).

**The third axis:** the health conditions of the presented programs:

This axis refers to the necessity of taking care of the health conditions of the presented programs to the beneficiaries to the health club that include (exercises- sauna - rubbing- equipment, etc.) in order to give them the maximum benefit.

These conditions of the programs are related to the previous conditions of instruments- equipment and the facilities of the club as a whole concerning their importance to obtain the optimal benefit for the practitioners and to secure the continuity of the work in the health club and increasing its clients.

**The fourth axis:** health awareness:

Sport its related to health and needs health awareness so it is necessary to include the axis of health awareness and its many benefits with the beneficiaries to the health club from the part of (the women health- computer users- diseases and how to deal with them through practicing exercises- health feeding and others).

This was confirmed by (D. Tomanek and A. M. Levine, 2003) about the important part played by the health club through providing feeding services and health awareness by showing the importance of having complete feeding elements and how to reach the health food to maintain the health of individual.

Researchers calculated the average scores of the total questionnaire of the research sample that was (29.666) scores from the sum of (48) scores that was

the total score of the questionnaire. this shows the weakness of the cognitive level of students of h the research sample in the knowledge required to enter the labor market in the health club as a result of non-having of the health education course what concerns the health clubs as a labor market should be entered, taking interest in it and preparing the graduates well to be fit to work in these health clubs.

According to the previous results of the questionnaire and the lowering of the level of the girls' graduates concerning the required information to work in the health clubs, Researchers suggested developing the content of the health education course:

1- The health conditions of the health club.

- \* The building
- \* Ventilation
- \* lighting
- \* Temperature

2- The health conditions of the instruments and equipment:

- \* Prescriptions of the equipment
- \* Methods of their maintenance and storing
- \*Methods of laying out the instruments and equipment in the health club
- \* The heath conditions of clothes and shoes

3- The health conditions of the presented programs as follows:

- \* Exercises
- \* Sauna
- \* rubbing

4- Health awareness that includes:

- \* Food awareness
- \* Diseases and the role of sport in prevention and qualifications
- \* Woman and sport
- \* Computer users

### Conclusion:

1- The questionnaire prepared by Researchers measures the cognitive level of the requirements of the labor market in the health clubs.

2- The proposed content blocks the presented gap in qualifying the graduates to work in the health clubs.

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