

STUDY ON THE FUTURE INSTRUCTORS' MOTIVATIONS TO PARTICIPATE IN SPORT FOR ALL PROGRAMS OF PROFESSIONAL TRAINING AND IMPROVEMENT

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Abstract

Sport for All represents a social activity field of national interest that supports the practice of physical activities by all the population categories. Physical activities are considered elements essential to health improvement, social integration, development of human personality, integration of moral values, but also to the promotion of self-discipline, respect and tolerance. These factors are fundamental to the life of any democratic society.

Purpose. This study aims at investigating the reasons for which people of different age groups and professions, both males and females, choose to become Sport for All instructors.

Methods. This questionnaire-based study analyzed the categories of age, gender and professional training in persons attending the Sport for All training and improvement stages organized by the Romanian Sport for All Federation (FRSPT). The research was focused on the following variables: age, gender, profession, previous sports experience, preferences related to physical activities specific to the field.

Results. By analyzing the respondents' answers to the questionnaire, we detached some reference data concerning subjects' motivations to approach this specialization. Thus, we find on the first places the following motivations: desire to improve and update one's knowledge in the field; desire to work as Sport for All instructors within different clubs for sport activities; pleasure and passion for movement; improvement of one's own physical condition.

Conclusions. The efforts made by the Sport for All Federation to develop programs assigned to specialists' training and improvement have constantly determined more and more persons either to choose from the very beginning the career of Sport for All instructors or to become interested in a professional reconversion. Besides the professional concern, there are also motivations related to the perspective of starting some business, such as opening fitness rooms or clubs, promoting and trading sport equipment etc.

Keywords: Sport for All, professional training, motivation.

Introduction

Sport for All represents a social activity field of national interest that supports the practice of physical activities by all the population categories, as a factor for the health improvement, the development of human personality, the integration of moral values, the promotion of self-discipline, self-respect and mutual respect, as a means of social integration and tolerance learning - all these elements being essential to the life of a democratic society (A., Suci, Gh., Dumitru, 1997; Gh. Dumitru, 1997).

The promoter of these activities in our country is the Romanian Sport for All Federation (FRSPT) that, through its "Sport for All National Program, Romania 3rd millenary - another way of life", has for strategy to promote and cultivate sport for health, education and recreation, as an integrant part of the lifestyle (Buiac, D., Suci, A., 2007).

According to the FRSPT documents, the federation objectives are focused on (www.sportulpentrutoti.ro):

- guaranteeing any person's right and access to the free practice of recreational sport/ physical activities;
- building up favorable mentalities, as well as positive and active attitudes on all levels;
- providing the necessary conditions - human

resources, material facilities, management, quality services for the organized or independent practice of recreational sport/ physical activities in a clean and safe environment;

- passing from a centralized planning and offer to local programs based on traditions, on the population's needs and preferences.

These desiderata can be fulfilled only under the supervision of some well-trained specialist teams able to meet each practitioner's individual needs, but also the social needs.

The task of training skilled specialists in the field comes to the subprogram called "Human Resources - specialists in Sport for All", within which there are organized training and improvement courses for the future Sport for All instructors, courses accredited by the CNFPA and that have also become traditional through their location during the last 10 years.

In relation with the previously commented aspects, the authors of this study were interested in investigating the reasons for which persons of different age groups and professions, both males and females, choose to become Sport for All instructors.

The desire to know their motivations was also inspired to us by the necessity of identifying the modalities through which the program assigned to specialists' training and improvement can be developed

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and rendered efficient, so that it offers the population who loves movement an expert professional assistance.

Research methods

We applied this questionnaire-based study to persons attending the training and improvement stages destined to Sport for All instructors organized by the FRSPT.

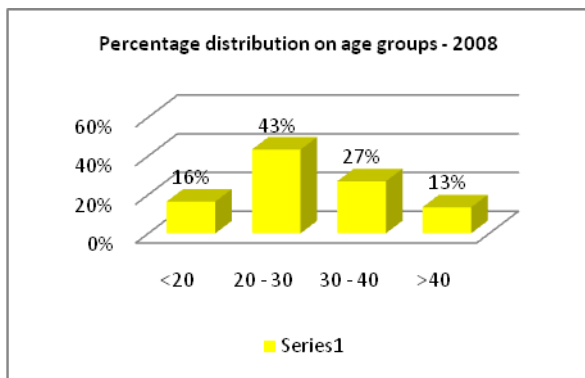
Results and discussions

Results were systematized on calendar years and we made a comparative analysis of the evolution of the above-mentioned variables. For each variable, the answers were calculated in percents and were graphically expressed.

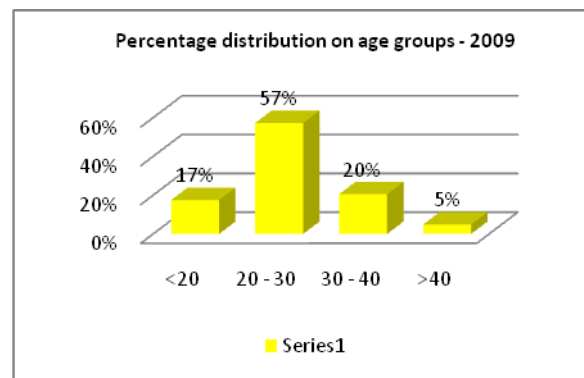
We analyzed the answers given by the 400 participants in these courses in 2008, 2009 and 2010. The applied questionnaire required information related to subjects' age, gender, studies, professional status, previous sport experience, motivations to choose this activity.

1. For the **age**-related variable, we established the following categories: under 20, between 20 and 30, between 30 and 40, above 40 years old. Graphs 1, 2 and 3 present the percentage distributions on these age groups.

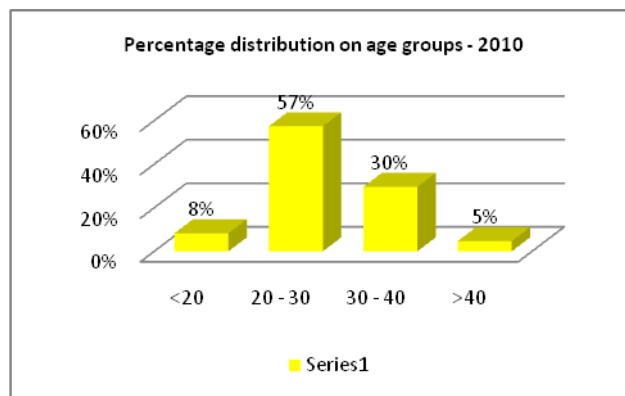
Graph no. 1



Graph no. 2



Graph no. 3



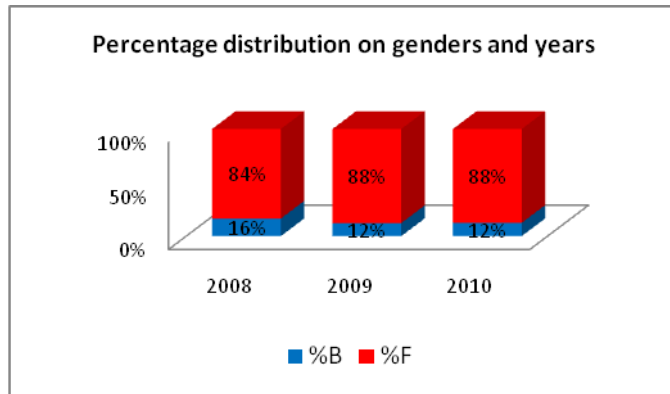
We can see that, during these 3 years, most of the students are comprised in the age group between 20 and 30 years old.

But we can also notice the interest of the group aged 30 to 40 years old in the Sport for All professional training and improvement, by taking into

account that they are already employed in other activity fields.

2. The **gender**-related variable highlights women's major participation in this activity, their representation being constant throughout the investigated period (graph no. 4).

Graph no. 4

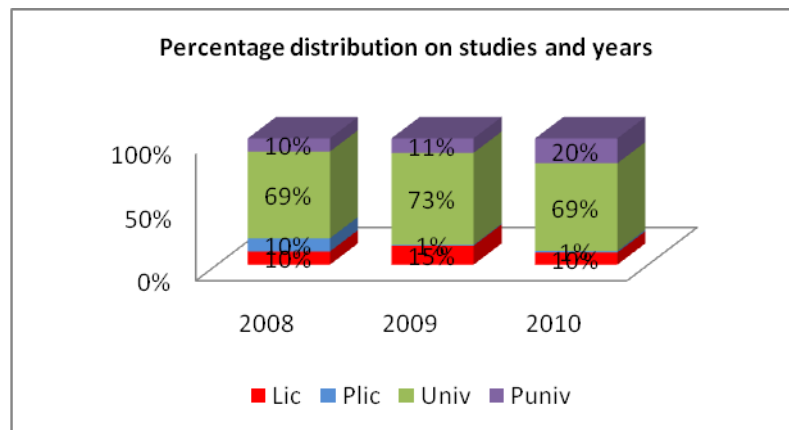


3. For the **study**-related variable, we had in view the high school (Lic), post-high school (Plic), university (Univ) and post-university (Puniv) studies.

Graph no. 5 shows the increased interest in these courses of persons with university and post-university studies (master's and doctor's degrees). The

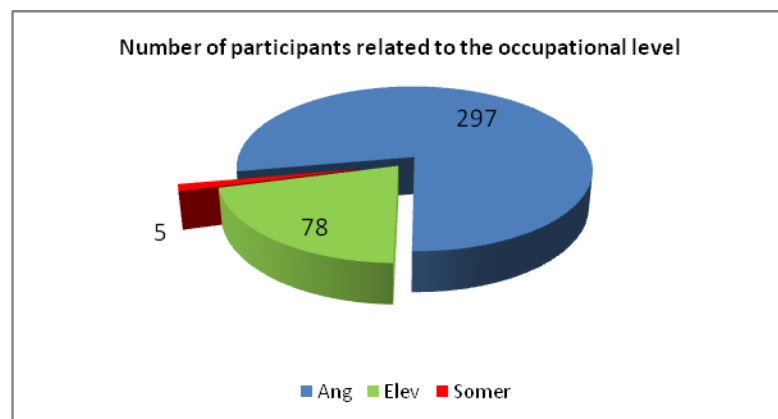
consistency of these categories of students is visible during the 3 years submitted to our analysis, which allows us to consider it as being remarkable and clarifying for the professional quality of the Sport for All future instructors.

Graph no. 5



4. The **professional status** analysis emphasizes that most of the students are persons with stable and well-defined occupations (graph no. 6).

Graph no. 6



The interest of our study being also directed to the occupational sphere or professions, after having analyzed the respondents' answers we identified the following professional categories: journalism and communication sciences (jur), psychology-sociology (psi), humanistic sciences (chemistry, biology), economic sciences (ASE), physical education and sport and physical therapy (sport), engineering (ing), medicine and dentistry (med), law, other professions (etc.), military staff and employees from the Ministry of Home Affairs (vam).

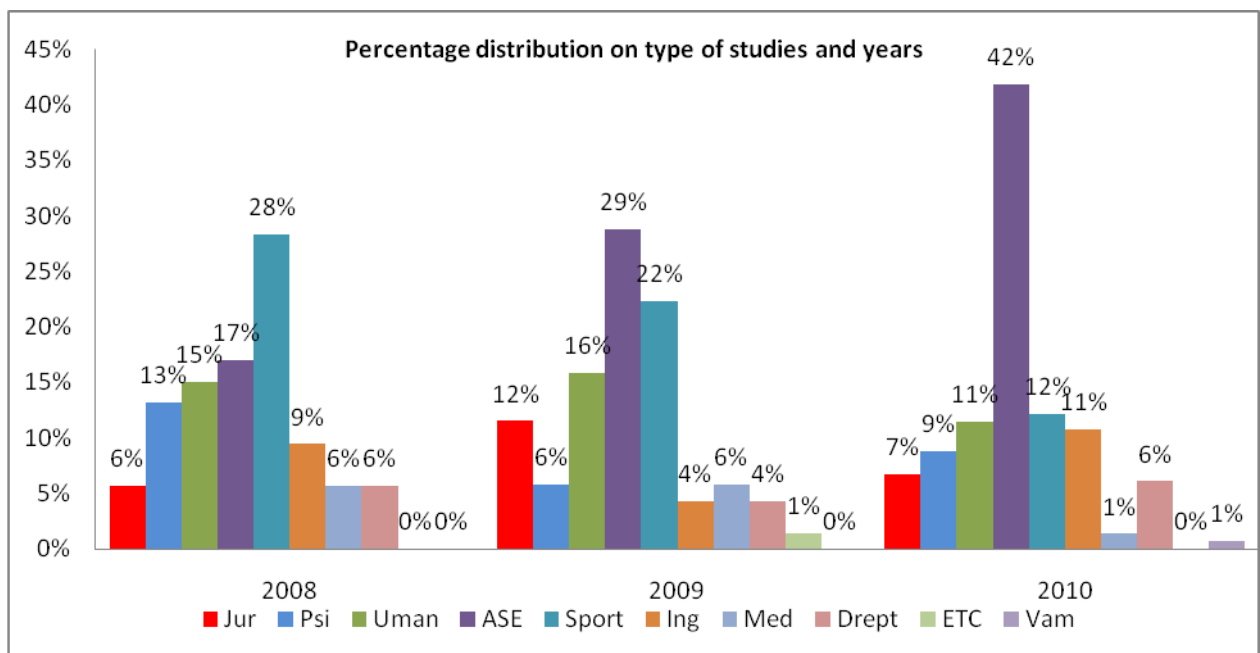
Generally, we can notice that the activity of Sport for All instructor is approached by persons from a wide

range of professions, but who are attracted by the magic of movement, according to the FRSP slogan: "movement is life, life is movement" (A. Suci).

Graph no. 7 shows that more and more specialists in the economic fields are interested in attending the Sport for All professional training courses, which can be explained by their perspective to start a business, such as opening a fitness room or club, promoting and trading sport equipment etc.

In contrast with this spectacular evolution, we can notice a diminution of the number of students coming from the physical education and sport field.

Graph no. 7



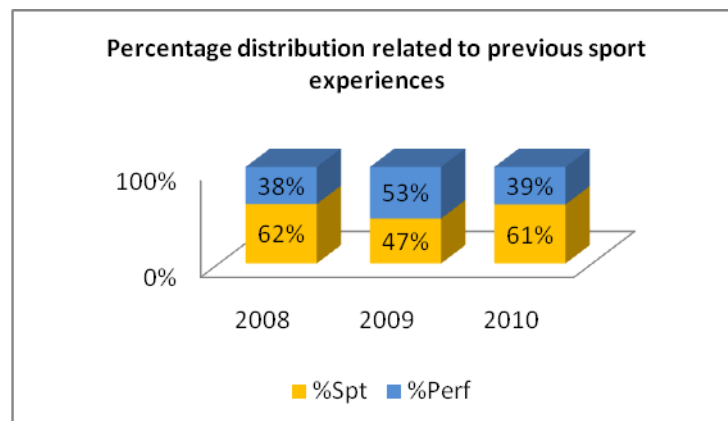
5. The variable related to **previous sport experiences** shows a balance between those practicing performance sports and those involved in Sport for All (graph no. 8).

We can see that all the investigated students love movement and have a certain sportive

background, either on the performance level or in different body conditioning activities.

Among the Sport for All preferred forms of activity, we mention: aerobic gymnastics, kangoo jumps, tae bo, step aerobics, Pilates, zumba.

Graph no. 8



6. **Motivations** for the professional training and improvement in the Sport for All area are represented in graph no. 9.

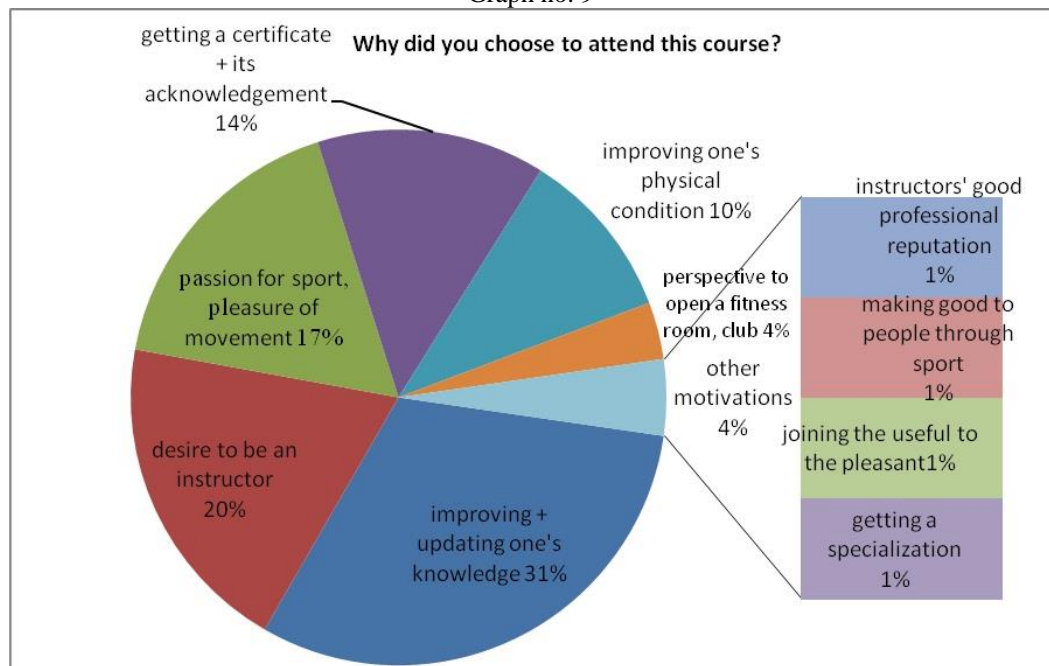
The answers to the questionnaire item “Why did you choose to attend this course?” were grouped on 10 categories of motivations:

- Improving and updating one’s knowledge in the field;
- Desire to work as a Sport for All instructor;
- Passion for sport and pleasure of movement;
- Improving one’s own physical condition;
- Getting an acknowledged certificate;

- Perspective to start a business;
- Good professional reputation of the instructors trained by the FRSPT;
- Contribution to the improvement of population’s quality of life through the movement practicing;
- Joining the useful and the pleasant;
- Getting a specialization in the field.

We can find on the first positions: desire to improve and update one’s knowledge in the field; desire to work as a Sport for All instructor within different clubs for sport activities; pleasure and passion for movement; improvement of one’s own physical condition.

Graph no. 9



Conclusions

• The approaches initiated by the Romanian Sport for All Federation in order to develop the programs assigned to specialists’ training and improvement have determined the attraction of a constantly increased number of persons who either choose from the very beginning the career of Sport for All instructors or become interested in a professional reconversion.

• The offer in Sport for All activities is very generous and provides those wishing to practice an organized movement form the opportunity to choose according to their personal preferences, to their individual physical capacities, but also to the specialized medical prescriptions. To wish and to do something you like, this is enough (Macovei, S., 2007).

• Most of the students are persons with a stable occupation based on university studies, but that has nothing to do with the sport field, and they approach the different forms of physical activities with passion, devotion and constancy.

• The main motivations determining the participants in the courses to become Sport for All

instructors promote the desire for intellectual improvement, the development of physical condition, the love for movement and the understanding of its value in improving the quality of life.

• Besides the professional interest, there are also motivations related to the perspective of starting a business, for instance opening a fitness room or club, promoting and trading sport equipment etc.

References

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