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Abstract of the doctoral thesis

**MODELING STUDENTS' CONDUCT THROUGH THE PRACTICE OF  
JUDO DURING EXTRACURRICULAR ACTIVITIES**

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**Introduction**

Practicing contact sports during extracurricular physical education activities, depending on the material facilities, enjoys an increasingly higher popularity among young people, which has led us to achieve an extensive research, with the intent to develop and implement an experimental preparation program using judo-specific exercises, with direct influence on the conduct of practitioners.

Physical education practiced during curricular and extracurricular activities, in the academic environment, is the only one that could reposition, among the priorities of each of us, the practice of physical activities during leisure time. It should be supported and promoted especially because of the disruptive factors present in everyday life, which have multiplied at both the mental and physical levels.

**Motivation for choosing the theme**

The motivation for choosing this theme was mainly based on the positive effects of practicing judo on the human body, both physically and mentally, among which we mention: development of motor capabilities, development of socio-moral values such as will, courage, ambition, self-control, self-respect and respect for others, creativity, imagination, fair-play etc., consistent with building the optimal conduct of future citizens.

The doctoral thesis is structured in three parts:

- Part I: Theoretical background of the theme
- Part II: Preliminary experimental research
- Part III: Final experimental research

**Part I** contains four chapters:

Chapter 1, *Topicality of the theme in specialty literature*, treats about the importance of practicing physical education as a curricular and extracurricular activity. The idea is also supported by the World Manifesto of Physical Education - FIEP 2000, where, according to Art. 1, it is stated that physical education, along with its values, “must be understood as one of the fundamental human rights”, and in Art. 2, it is specified that physical education is an education process achieved through formal and informal means, the interaction with cultural and natural environments, and the use of physical activities, which aims to develop motor skills in young people, improving thus their physical fitness and promoting ways for spending leisure time in a manner both agreeable and efficient for the human body.

Chapter 2, *Conceptual delimitations*, deals with the concept of “motor conduct/ behavior”. Generally, the specialists in PES field tend to use the term of “motor behavior”. Thus, motor behavior/conduct continuously develops after birth, according to neuromotor maturation and educational background. Each one’s motor conduct evolves depending on both the physical and intellectual development levels and the education received in the course of time.

Chapter 3, *Physical education in the instructional and educational process in non-profile higher education*, approaches the importance of this subject, as well as current orientations and trends. Physical education and sports in non-profile higher education is a physiological and conscious activity of the human body, which is conducted in compliance with the pedagogical methods and aims to maintain body health, increase the individual biological potential and increase the young people’s capacity for social and professional integration. Together with moral, aesthetic and intellectual education, it contributes to educating the young generation, being subordinated to intellectual education and influencing moral and aesthetic education.

Chapter 4, *Judo - an important factor in modeling positive conduct*, highlights the benefits of practicing judo as an extracurricular activity. Practiced as an extracurricular activity, judo has an undeniable educational value and a positive impact on modeling students’ conduct; by greeting, judo practitioners show respect for their sparring partner, opponent, master or teacher, in our case. As regards the fight itself, it develops various moral qualities, such as: courage, self-control, calm, ambition, perseverance, desire to win, ability to solve

unpredictable situations, ability to withstand pain, thinking ability, will etc., qualities that are necessary and put their mark on each one's way of living.

*Conclusions drawn from theoretical research*

- Extracurricular physical education and sports activities contribute to shaping the personality of young people, stimulating their curiosity, imagination, creativity and providing them the opportunity to find about ways of recreation, develop their competitive spirit and satisfy their need for movement, with direct and positive influence on the physical and mental health of the body.
- There are several programs and projects organized at both the national and international levels, and designed to promote extracurricular physical education activities, which strengthen the efficiency and importance of practicing them for the young people's body, from the psychomotor point of view.
- Practicing judo during extracurricular activities in non-profile higher education contributes, through both the general and specific competences it builds and its content, to forming and consolidating students' personality, by developing character traits such as: honesty, fairness, respect for partners etc. and moral-volitional traits such as: courage, self-confidence, self-control etc., with positive influence on the conduct of daily life.
- To have a healthy body, both physically and mentally, man must practice different motor activities, depending on each one's skills and preferences.

**Part II**, entitled *Preliminary study on the opinions of students and teachers about the importance of practicing extracurricular activities focused on judo*, starts from the following *premises*:

- Non-profile higher education aims at the student-centered instruction process, so that students can gain theoretical knowledge and motor abilities needed for an optimal socio-professional life.
- Forming of a pro movement attitude among students and promoting the practice of motor activities in accordance with their preferences represent the basis of a healthy life, from the physical and mental points of view.

Preliminary research had the following *objectives*:

- To investigate students' opinions on the values and principles developed by the practice of judo during extracurricular physical education and sports activities.
- To know teachers' opinions on the physical education activities preferred by students and the socio-moral values developed by the practice of judo, as well as to establish the judo principles that positively influence the practitioners' personality.

Preliminary research *hypotheses*:

- a) For optimizing the teaching process, it is useful to know students' opinions regarding the influence of physical education on the physical and mental health of the body.
- b) Knowing teachers' opinions on the motivational factors that stimulate students to participate in physical education lessons and their options for the practice of sports activities provides data that can guide the teaching activity according to students' options.

Preliminary research *methods*:

- Survey method;
- Statistical and mathematical methods and techniques for data processing.

*Conclusions drawn from preliminary study*

After applying the questionnaire and interpreting the responses, we have drawn several conclusions, among which we mention:

- Motivational factors also have an essential role in determining students to participate in formal physical education classes. We think that students understand the importance and efficiency of participating in physical education and sports activities to have a healthy body. Therefore, according to the opinions of those investigated, if during physical education classes the teacher uses attractive physical exercises, then students' motivation to participate in physical education classes will increase.
- Students are aware of the positive effects resulting from the constant practice of physical exercises during curricular and extracurricular activities on the body health, which leads us to state that their interest in practicing extracurricular activities will increase significantly.
- We consider it essential to promote among youth the benefits of practicing judo on the body, which leads to increase their interest in practicing judo both as an extracurricular physical education activity and independently, during leisure time.
- Teachers' knowledge about students' preferences for different sports activities practiced during leisure time leads to promoting and conducting, during curricular and extracurricular physical education, those sports activities preferred by students, thus increasing young people's interest and participation in physical education activities.
- We believe that this investigation helps improving the instructional and educational process within the extracurricular activities, by correlating the opinions of students with the opinions of those who conduct the instruction process.

Following the statistical analysis of data obtained after applying the questionnaires to the two categories of respondents, we find that the objectives and goals of preliminary research have been fulfilled. On the other hand, the conclusions drawn show that the preliminary research hypotheses, namely “For optimizing the teaching process, it is useful to know students’ opinions regarding the influence of physical education on the physical and mental health of the body” and “Knowing teachers’ opinions on the motivational factors that stimulate students to participate in physical education lessons and their options for the practice of sports activities provides data that can guide the teaching activity according to students’ options”, have been validated.

**Part III** is entitled *Experimental research on modeling students’ conduct through the practice of judo during extracurricular activities*.

The experimental research *premises* start from the 10 principles of judo established by Jigoro Kano, the founder of this sport, and also from the judo rules that are compulsory to be observed; therefore, the practice of judo crucially contributes to modeling the positive conduct of practitioners.

Thus, in the scientific approach, we aimed to develop motor skills, develop moral qualities (ambition, courage, perseverance, seriousness, increased ability to make optimal decisions in critical situations, fair play, self-respect and respect for others and the institution etc.), develop a harmonious and balanced body and develop students’ personality, for their good social integration.

Experimental research had the following *objectives*:

- ❖ Increasing young people’s interest in practicing physical exercises during extracurricular activities;
- ❖ Promoting among youth the principles of judo;
- ❖ Students’ knowledge and awareness of the psycho-motor benefits to the body, as a result of practicing judo;
- ❖ Students’ knowledge about the set of social and moral values developed by practicing judo;
- ❖ Promoting useful values necessary for integrating young people into social and professional life;
- ❖ Developing values such as respect, self-control, perseverance, diligence, honesty, courage, fair play etc., compatible with optimal integration into society;
- ❖ Modeling students’ conduct by introducing in the extracurricular physical education activities a judo-specific preparation program, which, through its content and conduct, targets the objective aforementioned.

Experimental research *hypotheses*:

- 1) Applying a preparation program that promotes the judo principles during extracurricular activities leads to modeling students’ conduct.

- 2) The more we follow, during practical judo lessons, to fulfill a set of objectives aiming to promote and develop ethical values, the more the positive influence on young people's personality is likely to occur.
- 3) The higher the students' awareness of the positive effects derived from practicing judo on the body, the more the premises to practice this sport independently, during leisure time, are likely to exist.

#### *Research subjects*

The subjects included in the experimental research are students at the Technical University of Civil Engineering of Bucharest.

#### *Methods used in the experimental research:*

- Bibliographical study method,
- Survey method,
- Observation method,
- Measurement and evaluation method,
- Experimental method,
- Statistical processing and interpretation method.

#### **Dissemination of the research results**

Dissemination of the research results was achieved through participations in national and international sessions of scientific communications and publication of papers in specialized journals:

- *Social life - Theoretical approaches*. National Session of Scientific Communications "Education for movement - from social necessity to educational reality", 17 May 2013, ISBN 978-973-100-274-3, Bucharest, Conspress Publishing House;
- *Theoretical approaches to building a healthy lifestyle through the practice of physical activities*. International Congress of Physical Education, Sports and Kinetotherapy, UNEFS Bucharest, 13-14 June 2013, ISBN 978-606-8294-61-2;
- *The healthy lifestyle in students' opinion*. International Congress of Physical Education, Sports and Kinetotherapy, UNEFS Bucharest, 11-13 June 2014, ISBN 978-606-8294-90-2;
- *Theoretical approaches regarding the practice of physical education and sports in non-profile higher education*. International Session of Scientific Communications "Priorities and perspectives in physical education and sports", University of Bucharest, 14 March 2014;
- *The benefits of practicing judo as an extracurricular activity on the human body - Theoretical delimitations*. International Session of

Scientific Communications “Priorities and perspectives in physical education and sports”, University of Bucharest, 14 March 2014;

- *Motor activities and leisure time - Theoretical aspects*. National Session of Scientific Communications “Education for movement - from social necessity to educational reality”, UTCB, 23 May 2014;
- *Motor conduct/ behavior - Theoretical aspects*. National Session of Scientific Communications “Education for movement - from social necessity to educational reality”, UTCB, 23 May 2014;
- *Students’ opinions about the socio-moral values developed by the practice of judo*. International Scientific Conference “Perspectives in physical education and sports”, Ovidius University of Constanta, 22-23 May 2015;
- *Essential values for building a healthy lifestyle - Teachers’ opinion*. Session of Scientific Communications “Pluri- and interdisciplinarity: current approaches” organized within the International Conference “Quality of Life: A Challenge for Social Policy” by the Research Institute for Quality of Life, Romanian Academy, 22 April 2015, Bucharest;
- *The impact of judo principles on young people’s conduct - Students’ opinion*. National Session of Scientific Communications “Education for movement - from social necessity to educational reality”, UBTB, 29 May 2015;
- *Theoretical approaches to building a healthy lifestyle through the practice of physical activities*. Published in Elsevier Journal, 2013;
- *Students’ opinions about the socio-moral values developed by the practice of judo*. Published in Science, Movement and Health Journal, Volume XV, Issue 2, Series Physical Education and Sport/ Science, Movement and Health, Ovidius University of Constanta, June 2015;
- *The healthy lifestyle in students’ opinion*. Published in Medimond Journal, Monduzzi Publisher, International Proceedings Division, July 2015;
- *The influence of practicing judo on the development of students’ personality*. Published in Discobolul - Physical Education, Sports and Kinetotherapy Journal, Volume XI, no. 3(41), 2015.

## **Conclusions**

The results obtained by the experiment group subjects at the end of the research, compared to the control group subjects, respectively the results achieved after applying the opinion questionnaire to the experiment group subjects, following the analysis and statistical interpretation of the responses, confirm the hypotheses formulated in the experimental research.