

Motivation for the practice of physical education and sport activities in high school students from Cluj-Napoca, Romania

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Abstract

Background. Physical exercises and sports are major contributing factor for the amelioration of health status and quality of life for teenagers and all groups of population

Objectives. The purpose of our investigation is to find out the motivation of 159 high school students from 6high schools in Cluj-Napoca, for participation in physical education and sports activities.

Methods. The instrument used in this investigation is a questionnaire named MOSP (motivation for sports activities) divided by the authors in 12 questions with 79 items. The structure of the questionnaire wants to put in evidence the motives for the students to participate in physical education and sports activities, the preferences for some of the sports, the wish and availability to do aerobic gymnastics and to investigate the most important qualities of a physical education and sports teacher.

Results and discussions. From the entire number of the students questioned, 82.05% expressed their option to choose the subject physical education and sports, even if this would be elective. The most important qualities of as ports teacher are the intellectual and moral ones.

Keywords: motivation, questionnaire, students, physical education, sport, aerobic exercises.