

Poll regarding the content and the requirements of the secondary school gymnastics curriculum

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Abstract

Background. The contribution of gymnastics, in general, and of acrobatic gymnastics, in particular, to the harmonious physical development of secondary school pupils is strongly documented in the literature, and the content of the secondary school curriculum is properly structured according to the children’s age and to the modest physical education facilities available in the great majority of our schools.

Objectives. The aim of this study is to investigate the opinion of physical education teachers from both urban and rural areas of Cluj and its surrounding counties regarding the content of the secondary school gymnastics curriculum, in general, and of the acrobatic gymnastics curriculum, in particular.

Methods. 203 subjects, with different levels of teaching experience, were investigated. The research method was the inquiry based on a written questionnaire using open questions. The questionnaire included a great number of questions, but, for reasons of brevity, we only present the answers to two of them.

Results. The answers to both questions vary from “very good” to “overloaded” regarding the content of the secondary school gymnastics curriculum.

Conclusions. The great majority of the teachers questioned consider that the content of the secondary school gymnastics curriculum is acceptable and that, with an adequate strategy, the means of this particular discipline can be optimally assimilated.

Key words: gymnastics, acrobatic gymnastics, curriculum, inquiry, written questionnaire, open questions.