

Physical Exercise in Universities across Europe – a Comparative Study

Nicolae-Horațiu Pop, Flavia Rusu, Ioan Pașcan

Babeș-Bolyai University, Faculty of Physical Education and Sport, Cluj-Napoca

Abstract

According to the European Sport Charter, *sport* means all forms of physical activity which, through casual or organized participation, aim at expressing or improving physical fitness and mental well-being, forming social relationships or obtaining results in competition at all levels. The Romanian legislation stipulates that *public authorities ensure the necessary conditions in order to enable young people to take part in the political, social, economic, cultural and sporting life of the community*.

The comparative studies published during the last years dealing with the fitness level of students from the Faculties of the “Babeș-Bolyai” University, studies have revealed the stagnation or even the regress of the students’ fitness level as compared to the standards required by the baccalaureate. In addition there is the increasingly obvious and expressed reluctance of students regarding participation in the weekly sports course imposed by the university curriculum which has led to writing this article.

In comparison university sport in other European countries works on the basis of students choosing the sporting activities they want to participate in freely and from a wide range of activities offered. University sport is generally organized in the sports centre (or centers) of the respective university. The aims of these sport activities are: health maintenance, organization of the spare time (leisure activities) operating a sports-for-all policy and the organization of competitions on a regular basis for professional sportspeople. Physical education and sporting activities in Romanian universities-particularly the “Babeș-Bolyai” University – can be reorganized in order to have less and less students with medical certificates in the future.

Key words: physical education, academic, sport, health, leisure.