

Arranging Sports-Recreation and Health-Improving Activities by Students' Self-Government

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Abstract: *Highly industrialized and computerized society and educational institutions affect impellent activity of young generation. The objective of the given article is to find out, what measures are undertaken in universities of Germany, in particular within the students' self-government bodies, in order to increase the amount of physical activity of students, to involve them into sports clubs and make their way of life healthier. While investigating the problem the authors used the following methods: the comparative analysis and synthesis of the Russian and foreign scientific literature, sample of the actual material presented on the sites of leading Universities of Russia and Germany, studying university programs of sports subjects. The article presents results of research. The bodies of university students' self-government participate in the sports activity arrangement of students with a view of decreasing their physical and mental exertion. They try to arrange recreation activity of students and restoration of the certain parameters of their physical well-being, i.e. they do their best to train not only educated people but healthful future experts. To arrange sports and recreation activity of students the university sports centers and departments are created, where students enable to develop a great variety of sports programs, create sports facilities and sports information databases. The summary of the article shows that it is a contemporary intention of the university students' self-government bodies to supply learners with a number of sports activities, improving their health.*

Keywords: students' self-government bodies, student's sports committee, university sports center, sports and recreation activity

1. Introduction

The urgent problem of participation of students' self-government bodies in the arrangement of sports and recreation activity is caused, on the one hand, by social and economic variations and scientific-technical achievements in a social life, and on the other hand, by deterioration of health of students in connection with their low level impellent activity. To be healthy in a technological and multimedia society is the major modern tendency of young people's life.

Investigative techniques: the comparative analysis and synthesis of the Russian and foreign scientific literature, samples of the actual material presented on the sites of leading Universities of Russia and Germany, studying university programs of sports subjects.

It's hard enough to deny the opinion of G.S. Sinenko, that one of the effective ways of the youth turns to a healthy social way of life is sports and recreation activities which are arranged to change, restore, preserve and improve the certain parameters of a physical exertion of students and their mental abilities and capacities; to arrange entertainment and communication. Sports-recreation activity is due to determine a variety of its values, its huge socializing and educational potential, its capacity to carry out varied socio-cultural functions [5, with. 3].

2. Literature Survey

The term "recreation" is of a Latin origin and means "restoration". In dictionaries it is defined as a rest,

restoration of physical and mental forces of a person; recreation facilities in educational institutions. Concepts of health-improving and sports-recreation activity are discussed in scientific societies of Russian (A.V. Voronkov, T.V. Ganshina, I.N. Nikulin, T.A. Martirosova, G.S. Sinenko, L.V. Shapkova, etc.) and German (H. Altenberg, – H.P. Brandl-Bredenbeck, S. Kirsch – Institut für Sportwissenschaft/Universität Leipzig; W. Buskies, M. Kurscheidt – Institut für Sportwissenschaft / Universität Bayreuth; A. Schaper – J. Gutenberg-Universität Mainz, etc.) schools and on the pages of reviewed journals.

Of enormous value are studies devoted to investigation of positive experience of participation of students' self-government bodies in arranging sports and recreation activities in foreign countries, particularly in Germany.

The Policy of German Ministry of Education, Science and Arts; Ministry of Health and Care Services; Ministry of Culture, Youth and Sports of Federal areas aims to develop health-improving and sports-recreation activities. Being decentralized communities and areas in Germany focus on the arrangement and development of sports and recreation activities. It is important to mention that the main direction of such activity is to give finance support to organizations which create sports facilities, as well as to those which arrange sports and recreation activities at schools and universities [3, c.425].

In this article we are going to investigate some features of mass-sports and healthy-recreation activities arranged by the German university authority and by students' self-government bodies.

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3. Main aspects of mass-sports and healthy-recreation activities

University students do not only gain knowledge but participate in social university life, solving such vital student problems as provision of housing, nourishment arrangement and physical-mental development.

The University authority creates the definite programs of effective university development. One of them is the program of sports development and professors and students health improvement. Nowadays in German Universities there are modern sports facilities, sports equipment, financial resources to be used to develop health-improving and sports-recreation activities, a lot of sports services.

The Berlin University named after V. Humboldt, for instance, offers students to attend about 125 sports clubs, specialized in tennis, hockey, football; health-improving clubs, specialized in aerobics, yoga, fitness, horse riding, and dance clubs training students in ballet, step aerobics, salsa, modern dances, etc. Having analyzed the programs of sports subjects of the German universities, we can mention that they are distinguished into two main types: 1) programs of development of professional sports; 2) programs of mass-sports and healthy-recreation activities.

Implementation of Bologna process and creation of national educational standard demand to train highly-educated experts and as the reflection of such demands stresses and psycho-physical exertion take place. Scientists of Göttingen University investigated the role and value of sports in the decreasing students' physical and mental exertion. As the result they found out that in contemporary world both graduate and undergraduate students, in particular university girls, often complain of some ailment, headache, nervositas, exhaustion, mental alertness, and somnolence. A growing number of university subjects prevent students from being engaged into sports activity of the definite sports clubs though there are a lot of sports services in German universities. German scientists underline the lack of time problem («Zeitdruck») of students and admit that teaching students to calculate time and find the opportunity to engage in sports and health care activities is that very solution of the problem.

In general, researchers share the idea, that exercising is the most important resource of students' health improvement and it greatly affects the general physical and mental state of young people. Students, engaged in sports activities, feel themselves better than their group mates and seldom complain of their health status [7]. In true-to-life conditions of our higher educational institutions we are interested in the study and implementation of experience of German Universities health-improving and sports-recreation activities for students arranged by students' self-government bodies.

University students' self-government bodies in Germany regardless of self-government university authority create Student Government, Department Student Councils, United Student Committee, Student Subdivisions specialized in

different activities, and including Student Subdivision (or Committee) specialized in sports and recreation activities.

University students' self-government bodies have funds to support and participate in various events of interest and affairs of the University.

One of the main directions of the students' self-government bodies' policy is sports development and runtime support of students' healthy way of life. Students Department or Sports Committee arrange and coordinate sports events and the work of martial arts club and yoga club, in which students are trained by experienced instructors and coaches [1, p. 113]. We'd like to present a scheme of sports activity of the Departments of Dresden Technical University. In the University there is a Sports Center, the members of which create different programs: A List of Sports from «A» to «Z», Sports and Recreation Clubs, which have much to offer university staff, professors, students and guests to be engaged into mountain sports, water sports, gymnastics, sport dancing and sport games playing and others. It is important to mention, that sports activity fee payment is not very high in the University, it is 20-50 EURO. Sometimes such activities are free of charge. The only thing students need to do is to make a registration to become members of sports groups.

The Sports Department of University students' self-government body interlinks the University Sports Centre and students' sports activity. Moreover it helps the University Sports Centre to arrange sports and health-care events. Representatives of the University Sports Department take an active part in conferences devoted to the sports matters and in General Assembly of General Sports Committee of German Universities. It allows students to be informed about all the sports projects [9]. The General University Sports Department Authority plan and conduct both, inside and outside University sports activity [8]. It is interesting to mention, the General University Sports Department (the Department Chairman, Financial Center, Information Center) plays a very important role in propaganda of sports-recreation and health-care activity.

Regardless of the fact that sports in German Universities is not a compulsory subject of the curriculum, each University authority intends to do much to involve students in health-care and recreation-sports activities. In the University, named after J. Gutenberg, in Mainz, for instance, the elected members (professors, coaches and managers) of the General University Sports Department («Allgemeiner Hochschulsport») coordinate corporate operations of the General University Sports Committee. One of the main objectives of cooperation of the General University Sports Department and the General Sports Committee of the University, named after J. Gutenberg, is assistance in sports development. These two University Bodies are responsible for involving all the students in sports activity, arranging sports events according to the university programs of sports and health-care courses. Students are traditionally to participate in conferences, discussing regional, national and even international sports development problems. As a rule students should not pay money to become members of any sports club, and only in some cases students pay arrangement fee. To give the students the possibility to

choose any sport they'd like to be engaged into, University students' self-government bodies offer them training programs in fencing, diving, juggling, Pilates, etc. Training in the university sports clubs, students are able to become members of two or some more of them simultaneously. Evidently, participating in sports events students can be injured and for this purpose University students' self-government bodies provide them with insurance [8].

The General University Sports Committee provides students, participating in national and international competitions, with financial support. Among business partners of the General Sports Committee of the University, named after J. Gutenberg, is a great variety of Firms: Techniker Krankenhaus, Fit & Fight Mainz GmbH, Einsplus, Wildwechsel GmbH, Sport sud Mainz GbR, Sauna am Lennenberg, Blockwerk, LADANZA Tanzmode, Tanzraum Mainz, Yoga Plus, Eishalle am Bruchweg GmbH, Stadtwerke Mainz AG [8].

It's important to mention, the General University Sports Committee charts sports courses which do not need students to be registered and insured. Programs are created by Tutors. Young people are suggested to become members of the following groups: 1) for beginners; 2) for little experienced people; 3) for trained people, even professionally. Tutors train students in aerobics, acrobatics, gymnastics, archery, tennis, tramp, swimming, dancing, etc. [8].

Sports programs aim to inform students about wood-, iron-, plastics-based materials of sports equipment. Students discuss dietary guidelines for those who are engaged in sports activity, learn the ways of treatment of contaminated water while hitchhiking [8].

The activity of Sports Center of the University of Dresden is of special interest. The Sports Development Center creates programs, equips gyms and arranges the following sports activity: sailing regatta, sports festivals, volleyball and basketball competitions, competitive skiing; meetings with famous athletes and coaches; conferences, discussing sports problems. Modular training program "Physical activity and health care", for instance, focuses on the problem of healthy nutrition of people, engaging in sports activities. Theoretical part of this program touches practicing sports activity problems and is based on scientific researches in sports medicine, sports psychology, threpsology and kinesiology [10].

Cooperating with the General University Sports Committee as the University students' self-government body, the Sports Development Center allows students to train in gyms throughout the year using cinder track, fitness and weight-lifting equipment [10].

Thus, students of German universities are able to be in good physical shape which effects their academic achievements. To be engaged in sports activities students are provided with specially created conditions:

- Highly-qualified coach for individual;
- Warm and friendly atmosphere of training spells;
- Low fee payment;
- Suitable timetable;

- Sports information system;
- Open finance report.

Surely, University students' self-government bodies arrange sports activities and discussions of sport development problems in order to make students healthy. Students Administration, facilitating a speedy solution of the issue and engaging University students' self-government bodies in an official capacity, arranges students' life, provides them with information of professional, social and sports development matters, helps reinforce their health.

Sports-recreation activity of University students' self-government bodies provides for possible arrangement sports events and sports facilities [6].

We are going to compare sports-recreation activity of German University students' self-government bodies with that one of Russian universities, in particular, of Belgorod National State Research University. Belgorod University students' self-government body created Students' Sports Club, main objectives of which are as following:

- Integration of students of National State Research University «BSU» in recreation-sports and health-care activities;
- Health education, students' health promotion, professional and corporate citizenship development of all the students of «BSU»;
- Arrangement of mass health-care and recreation-sports activity;
- Creation of amateur sports clubs and teams for university students;
- Students participation in local and regional sports competitions, arrangement of Dorm Olympics in different sports;
- Popularization of sports and healthy way of life [2].

In the University there are the following sports facilities: sports complex named after S. Khorkina, sports complex «Burevestnik», gyms, stadiums, and skiing center. In Belgorod State University «Sports» is an integrative part of the curriculum.

4. Conclusion

To conclude, students of Russian Universities are engaged in sports activity both, in academic classes and in extracurricular time.

Students' self-government bodies in Universities of Russia arrange health-care and recreation-sports activities under the control of the University Authority, i.e. they are less autonomous than those of German Universities. Sports clubs activity is coordinated by the University Authority and the Sports Societies of the city.

To summarize all the information above, it's important to note that Students' self-government bodies in Universities of Russia create Students' Sports Departments which, to some extent, self plan, self finance and self arrange health-care and recreation-sports activities. By contrast with Students' self-government bodies in Universities of Germany they are under the control of the University Authority.

University Students' self-government bodies in both countries Russia and Germany are in contact with sports institutions and university sports clubs, regional and international sports clubs. Meanwhile University Authority, Sport Societies and Sports Leagues support Students' self-government bodies of universities in planning and arranging sports events for students.

Taking into consideration the positive experience of German and Russian university students' self-government bodies in arranging health-care and recreation-sports activities for students it is important to underline the major directions:

- Creating sports facilities in universities;
- Increasing infrastructure development for sports activity arrangement;
- Creating a unified mechanism of arranging health-care and recreation-sports activities in Universities.

It is necessary to admit the E. Mrazek's appeal, sounded in 90-s of the XX century «to be engaged in sports activity – is the most direct way to achieve social position, to be healthy, to be successful in career and in life», is relevant nowadays, especially in students life [4].

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