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Factors hampering the development of physical culture in the years 2011-2015

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ABSTRACT

You cannot assess how culture develops physical, without a prior diagnosis of physical activity of Polish society at that time. The analysis of the main factors that affect the weakening of the development of physical culture on the example of Polish in the years 2011-2015. It is imperative that public administration has taken effective measures that encourage more people to it, to turn on sport and physical activity to your daily routine. This is of great importance, not only to improve their health, well-being and integration in society, but also because the lack of physical activity generates significant economic costs.

Keywords: physical activity; sport; law; European Union; factors of the development

1. INTRODUCTION

Starting with an analysis of the physical fitness of Polish society should look especially physical activity of children and youth. From time pre-school begins shaping the health awareness of children and young people [3]. Scientific studies on changes in organizational and legal matters related to physical education, reveals a number of shortcomings in this topic.

2. FACTORS HAMPERING THE DEVELOPMENT OF PHYSICAL CULTURE

The first unfavorable factor to mention is the still insufficient number of hours of physical education provided under the program of teaching in kindergartens and schools. At least 4 hours in primary school, combined in blocks, would bring better health outcomes. In primary schools, there are only 3 hours of physical education after 45 minutes, and when it comes, primary education, are classes taught by a teacher who is not sufficient preparation in physical education. This amount of time is insufficient to meet the basic recommendations of the WHO [13]. In addition, it should be noted that physical activity in kindergartens is negligible. Moreover, still little is extracurricular activities, which would re-enter to schools. The process of awareness of the importance of physical and psychological development is slightly better than 10 years ago, but still not good. Physical education of children and youth is at a low level of education in both urban and rural areas. It does not undermine the issues related to the education of the teaching staff, but draws attention to the lack of suitably adapted facilities for the development of physical culture.

The development strategy of the sport until 2015, assumed that in each municipality uprising gym, that there will be public, multi-purpose fields for children, as well, that each district will have its swimming pool. It should be noted that the assumptions were not realized and being planned for the next years, in the next Strategy for the development of the sport until 2020. Existing facilities are not suited to implement them in a wide range of programs, in addition to improper positioning of the country [5]. At the moment, most every school has a gym, but still there are often situations where children and youth practice in the corridors or in the locker room. Much depends on the economic and political situation that prevails in the country. Attention is drawn to the underfunding of the sphere of physical culture. Although it should be noted that in 2015, the appropriations from the budget for the development of sport for 25 million. The amounts seem to be still too small or improperly disposed of. Reasonable financing method of physical culture, including sports can cause a number of good results. In recent years in Poland you can be seen fashion for sport. Running for pleasure, is a form of recreation and a healthy way to spend free time. This form selects more and more Poles. Mass events are organized cross-country, which should be regarded as a positive phenomenon. However, still the majority of the Polish society is interested in the sport in a passive way, watching the matches on television. Physical culture is for only some of the high-performance sports. People do not see the relationship of physical recreation movement. The low level of public awareness is mainly due to the lack of willingness and time to undertake the activity. The results of the last conducted in Poland, European Health Interview Survey (European Health Interview Survey, EHIS) indicate that more than half (52.2%) had at least overweight, and 15.8% were classified as obese group.

The result is very bad, should force to reflect. Going further, you see that the results of research conducted by the Institute of Mother and Child in 2010. Provide information about the problems with excessive weight also apply to children and adolescents: overweight or obesity was characterized by 22% of children aged 11-12 years, 18% of 13-14-year-olds and 12% of young people aged 17-18 years. It is said that this percentage increases by about 2-3% per decade [10]. This is a very worrying trend, which must fight effectively, promoting all forms of physical activity. In terms of making intense physical activity, Poland has obtained results similar to the EU average: 13% of respondents in Poland said they take intense physical activity minutes. 4 times a week (average for the EU - 16%), while 27%-1-3 times a

week (average for the EU - 29%). Considering the total share of respondents declaring undertake vigorous exercise at least once a week, by far the highest rates have reached northern European countries - Finland (63%), Sweden (61%), Denmark (60%) and Germany (58%). You will notice that the people of Northern Europe are more physically active than residents of Southern and Eastern Europe. In subsequent Euro barometer survey, carried out for the European Commission shows that in Sweden, 70% of respondents practiced or play sport at least once a week. Immediately behind Sweden it was Denmark (68%) and Finland (66%), followed by the Netherlands (58%) and Luxembourg (54%). At the opposite end of the rankings were: Bulgaria (78% never practiced or play sport), followed by Malta (75%), Portugal (64%), Romania (60%) and Italy (60%) [18].

Sport is an area which builds the prestige of the position of the state, society and the arena of national and international, but it is also the foundation of health and development of young generation. Therefore, the Polish state should be responsible for children and young people, care and help in their psychophysical development, properly guide the belief their health, creating the conditions are right. It is important to education, taking care of physical efficiency and prevention related to health care. The basis for the better development of physical culture broadly understood, is a suitable policy of public authorities: national, regional, local mechanisms supported by appropriate management [6]. In order to support the authorities of European countries, the European Union has issued a number of documents supporting the development of sport, which is based on the White Paper on Sport. One of the most important are the European Union guidelines on physical activity. There are recommendations for the training of physical education teachers, which were developed by an expert group member countries, among others: EUPEA - European Union Physical Education Association [11].

We cannot forget that the European Union also carried out research on: „Young people's lifestyles and sedentariness" where the report by Wolf-Dietrich and Naul, it turned out that young people have a tendency to lead a sedentary lifestyle [8]. The struggle with bad habits started a lot of European countries, the Council Recommendation of 2013, prescribe look at the problem between sectorally. In Hungary, the government finances the program called "Open Doors" in the framework of which some sport facilities open their doors after the official hours of business (weekends and evenings) to enable the public who lives in the neighborhood, for the sport. Poland, like other countries dealt with the implementation of the program Erasmus +, shaping a European dimension of sport for the years 2014-2020 [15]. It should be emphasized that this especially because, as it relates to mass sports, and most important beneficiaries of this program can be schools, introducing physical education classes based on the slogan: "Move up to be healthy and happy."

3. CONCLUSION

Summing up considerations touched on it can be said that the development of Polish physical culture is not bad, but not good. There has been a pursuit of the main strategic objective is the active and efficient society. However, you should focus on concrete actions and do a lot more, so as to completely eliminate the factors which constantly undermine the development of the Polish physical culture. These are: inadequate quantity and quality of PE lessons, no sports extracurricular activities, lack of or too slow development of sports

infrastructure, schools and mainstream, poor policies pro-health, poor management of Polish sport and inadequate legislation, lack of sufficient funding Polish sport, the vast discrepancy between competitive sport and mass physical culture, attention is also on the social and political conditions, sometimes even historical. Are all factors that in the coming years should be completely abolished, because the constant development of physical culture, contributes not only to social development, but also economic.

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