



THE IMPACT OF THE LACK OF PHYSICAL EDUCATION AND SPORTS LESSON ON FITNESS HEALTH - CASE FEMALE STUDENTS

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Abstract:

Physical activity, health fitness and academic results are two very important goals in the student life. Whereas Success in study lies in academic subjects in educational establishment where Marshall, Nick Draper and Helen (2014) indicate that time of physical activity is reduced to improve academic results in many countries thing confirmed in university programs. While Riva L. Rahl (2010) confirms that spending, increased time in structured physical education does not reduce academic achievement and may even contribute to achievement case middle and high school in Algeria. From this perspective, our outcome in this study reveals the contradictions between the two philosophers which agreed the importance of physical education in the component of the curriculum based on declaration of Jane M. Shimon (2011). Where others educators approved that physical education and sports would never be a component of the curriculum based on statement of Dhiraj Kumar Singh (2010) declaration. Whereas our results based on body shape index (ABSI) and body composition BMI as health measures confirm that the absence of lesson physical education and sport is a risk factors on fitness health from that we agreed the philosophers that physical activities are a very important activity in the life of our female students ♀ in different academic specialty and in all levels of life (A K Sayed 2012). Where Helen Toner et al confirm the Sport practice is a physical and a mental effort that we make to use extra energy of our body consume regularly (Helen Toner, John Reynolds , 2016) which guides us that Sport is the key to a healthier life according to Ali Narvani et al (2014) where Frank Webbe(2010) and Tomporowski, Phillip (2015) confirm that the role of physical activity has a great role in the development of brain networks and the adaptive mental function.

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1. Introduction

Physical education is an educational course related to the physique of the human body. It is taken during primary and secondary education and encourages psychomotor learning in a play or movement exploration setting to promote health. (Anderson, D, 1989) whereas this practice differs from country to another for example, In France, physical education has been a compulsory subject since 1880 and 1882. Every week the pupils are taught 3 hours of PE in primary school, 4 hours in the first form of secondary school, then 3 hours in high school (Mrs Rajani. J. Dalvi, 2014). While in South America (including Caribbean countries) 73 minutes in primary schools and 87 minutes in secondary schools (Ken Hardman, Ken Green, 2011). Where in Algeria are 2 hours per week in middle and high school (Boubeker YAHIAOUI, 2013) whereas it is absent in university programs where this difference leads us to the short time required to engage the student in physical activity thing confirmed by the studies which indicate that time of physical activity is reduced to improve academic results in many countries. (Marshall, Nick Draper and Helen 2014) Whereas the researchers discovered that exercise influenced specific measures of cognition and academic achievement. (Tomporowski, Phillip, McCullick, Bryan, Pesce, Catherine, 2015)

From this perspective the importance of this study was to reveal the contradictions between the two philosophers which agreed the importance of physical component of the curriculum (Jane M. Shimon, 2011) and other approved which confirm that physical education and sports would never be a component of the curriculum (Dhiraj Kumar Singh, 2010).

Since the foregoing is consistent with the absence of physical education and sport from university programs, our objectives in this study line on the beneficial effects of Physical Education within and beyond the curriculum to successfully participate in physical activity throughout life thing confirmed by Dominic Haydn et al (Dominic Haydn-Davies, Emerick Kaitell, 2010) and Bette Loef et all (Bette Loef, Ellen L. de Hollander, Cécile R.L. Bootb, Karin I. Proper, 2016). Where the effect of the physical inactivity contributes to substantially and global burden of disease confirmed by James F. Sallis et al (James F. Sallis and Jordan A. Carlson, 2015), Pate, Russell R et al (Pate, Russell R., Buchner, David, 2014) and Lee, I-M, Shiroma FJ et al (Lee, I-M, Shiroma FJ, Lobelo F, et al, 2012). Based on the review of literature Sport is fundamentally a social

phenomenon that encompasses all of these social forms of human activity (Prof. Karin Volkwein-Caplan , 2013).

From that our addresses in this study come to examined the effects of the Nature and timing courses on the Health and Physical performance base on the reviews of literature where the WHO recommendations the body mass index (BMI) calculated from body weight and height and waist circumference (WC), are a valid indicator of fitness and health risk supported by many studies (Marzena Malara, Anna Kęska, Joanna Tkaczyk and Grażyna Lutosławska, 2015). In another, our researches come to determine the impact of the physically active as lifestyle which reduce pain and contribute to an improved physiological, emotional and social functioning in everyday life. Where Lauralee Sherwood (Lauralee Sherwood, 2006) confirms that mostly teenage girls or young women who have a morbid fear of gaining weight. Whereas George A. Bray (George A. Bray, 2014) confirm that there have been cases of obese students being dismissed from college on the basis of weight despite good academic. Based on this backgrounder our data analysis come to check and prevent the effect of its devices quality of life School Student where the most deference is in the presence and absence of EPS lesson in educational programs. From the principle that a healthy mind is linked to a healthy body where the similar studies by Nishant K. Baxi (Nishant K. Baxi, 2015) and Swami Mukundananda (Swami Mukundananda, 2014) that Healthy Mind Healthy Body Ways to Boost Your Overall Well Being where Carroll et al (Carroll et al, 2014) confirmed there have been cases of obese students being dismissed from college on the basis of weight despite good academic. While Gerard E. Mullin (Gerard E. Mullin, 2014) mentioned that research has shown that high school students benefit more from obesity prevention interventions than middle school that Effect of structured.

From the proofs our aim in this study is summarized in the question what effect can it falls in lack of physical activity in the educative program? While all studies confirm that physical activity prevention of major Health Physical Abilities, whereas de Hollander et al (de Hollander et al, 2015) confirm that Exercise- and sports behavior of people with a chronic disease or physical disability thing confirmed by Bette Loef et al that Physical activity of workers with and without chronic diseases (Bette Loef, Ellen L. de Hollander, Cécile R.L. Bootb, Karin I. Proper, 2016). Our interventions are based on the reality of our educational system university which does not correspond to the description of Lynea Gillen et al (Lynea Gillen, Jim Gillen, 2008) that the focus on academic learning is important, in order to preserve a comprehensive approach to teaching children social and emotional skills. Where Marlow Ediger (Marlow Ediger ,

2010) indicate that still leaves social studies are in art, music, and physical education on the periphery of curriculum areas. A balanced school curriculum should make for a well-rounded individual in all academic disciplines. However, J. Brinker (J. Brinker, 2008) confirms that participation in health-related physical education classes can have a positive effect on students' academic achievement.

2. Methods

2.1 Study population and design

The data of this cross-sectional study was conducted in the Laboratory OPAPS" Physical Education Institute" University of Mostaganem for academic years 2014-2015, where we have measured Body mass and body height using standard medical equipment. Body mass index (BMI) was calculated as body mass (kg) divided by height (m) squared (Amie Brooks, Steven T. Boyd, Cynthia Sanoski, 2015). Waist circumference (WC) was measured in the midway section between the lower edge ribs and the iliac crest (World Health Organization (WHO), 2008). A Body Shape Index (ABSI) was calculated according to Krakauer NY and Krakauer JC (Krakauer NY, Krakauer JC, 2012) formula:

$$ABSI=WC(m)/[BMI^{2/3}\times height(m)^{1/2}]$$

The research samples were selected by the intentional manner included 60 students ages 18,82 ±0,67 years' account 60 total 20 girls who will pass the baccalaureat, 20 girls first year department languages and 20 first year physical education and sports for the academic year 2014-2015.

2.2 Statistical analysis

All calculations variables were carried out using SPSS v 20, the Baseline characteristics of the sample homogeneity was calculating by Anova which are not significant in Age, Weight and Height listed in table 1 and Fig1 whereas all variables chosen to detect The impact of the lack of physical education and sports lesson on fitness health are significant at the 0.05 level listed in table2 and Fig2.

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Variables		N	Mean	S-D	F	Sig
Age years	Students EPS	20	18,95	0,69	0,95	0,39
	Students Bac	20	18,85	0,75		
	Students Language	20	18,65	0,67		
	Total	60	18,82	0,70		
Weight (kg)	Students EPS	20	54,15	3,25	2,31	0,11
	Students Bac	20	54,25	3,31		
	Students Language	20	56,20	3,64		
	Total	60	54,87	3,48		
Height (m)	Students EPS	20	1,53	0,02	1,28	0,28
	Students Bac	20	1,54	0,03		
	Students Language	20	1,52	0,05		
	Total	60	1,54	0,04		

Table 1: Homogeneity statistics of the sample

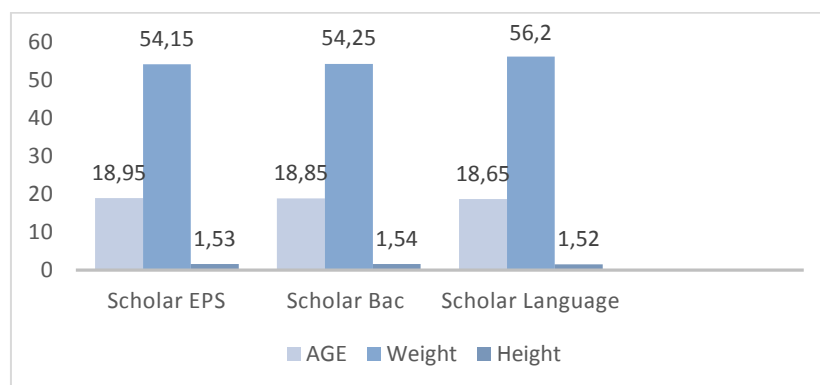


Figure 1: Homogeneity statistics of the sample

Variables		N	Mean	S-D	F	Sig
BMI (kg/m2)	Students EPS	20	22,76	0,43	15,50	0,00
	Students Bac	20	22,77	0,44		
	Students Language	20	24,22	1,53		
	Total	60	23,25	1,16		
ABSI	Students EPS	20	,0755		4,26	0,02
	Students Bac	20	,0760	,005		
	Students Language	20	,0795	,005		
	Total	60	,0770	,00394		
WC (cm)	Students EPS	20	31,39	2,82	12,76	0,00
	Students Bac	20	31,58	2,90		
	Students Language	20	35,58	3,16		
	Total	60	32,85	3,50		

Table 2 : BMI – body mass index; ABSI- a body shape index and WC statistics of the sample

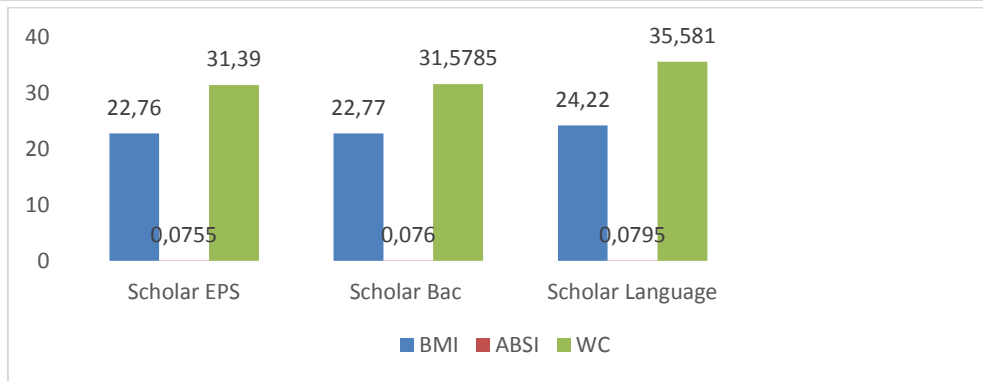


Figure 2: BMI – body mass index; ABSI- a body shape index and WC statistics of the sample

3. Results

LSD		EPS	Bac	Language	Correlations	EPS	Bac	Language
BMI (kg/m ²)	Students EPS	--	-,01	-1,46*	BMI Pearson	1,00	,455**	,758**
	Students Bac	0,01	---	-1,44*		Sig. (2-tail)	0,00	0,00
	Students Language	1,46*	1,44*	---		N	60,00	60,00
ABSI	Students EPS	--	0,00	-,004*	ABSI Pearson	,455**	1,00	,800**
	Students Bac	0,00	---	-,003*		Sig. (2-tail)	0,00	0,00
	Students Language	,004*	,003*	---		N	60,00	60,00
WC (cm)	Students EPS	--	-0,18	-4,19*	WC Pearson	,758**	,800**	1,00
	Students Bac	0,18	---	-4,00*		Sig. (2-tail)	0,00	0,00
	Students Language	4,19*	4,00*	---		N	60,00	60,00

*. The mean difference is significant at the 0.05 level. **. Correlation is significant at the 0.01 level

Table 3: LSD and the correlation of the variables chosen to study

Tough the table 2 were the Anova is significant in all compare retests allowing us to calculate the LSD to reclassified the sample based on ABSI which is a recently proposed index that standardizes waist circumference for body mass index (BMI) and height according to (Yin Bun Cheung, 2014) Cheung YB, Krakauer NY, and Krakauer JC (Krakauer NY, Krakauer JC, 2012) our EPS students record Lowest level BMI, ABSI and WC followed by Bac students with a single difference significant in WC in the opposite with Language students healthy body are in the benefits Students EPS based on correlation calculate who is strong positive significant at the 0.01 level we confirm the impact of the lack of physical education and sports lesson on fitness health where our result confirm that the levels of BMI and WC are correlate with the level ABSI from that

in one hand we line with finding of Manoj Sharma, Professor Health Promotion and Education University (Cincinnati Manoj Sharma, Ashutosh Atri, 2011) that the effect return to the physical education instructional time on level body mass index (BMI) in other we referred to (Flanagan, Sarah, 2008) Flanagan, Sarah that the Increasing BMI and WC are related to lower performance where James M. Rippe et al (James M. Rippe, Theodore J. Angelopoulos, 2012) confirm that Measure of the Waist Circumference is the most practical clinical approach to classify Overweight and Obesity by BMI, Waist Circumference, and Associated Disease Risk according to Alexandra Kazaks and Judith S. Stern (Alexandra Kazaks, Judith S. Stern, 2012). Our results confirmed the theory that indicates the correlation between sport practice and healthy body according to James F. Sallis, et all (2015) (James F. Sallis and Jordan A. Carlson, 2015), Pate, Russell R et al (2014) (Pate, Russell R., Buchner, David, 2014) and Lee, I-M, et al (Lee, I-M, Shiroma FJ, Lobelo F, et al, 2012), (2012) in concepts of physical activity and sport is actions considered to be favorable to health (Wladimir Andreff, S. Szymanski, Stefan Szymanski, 2006). From the approve we agreed the judgment of Stuart Biddle et al (Stuart Biddle and Nanette Mutrie, 2001) that We must get serious importance about improving the health of the nation by affirming our commitment to healthy physical activity in our case integration EPS subject in the university programs of different academic specialties like high school 2 hours per week on the basis of our results (pretest and retest. For the reasons we confirm that the relationship of physical activity and cognitive competence has been approached primarily in the context of intellectual development and academic achievement thing confirmed by Nicholas G. Norgan (Society for the Study of Human Biology. Symposium, Nicholas G. Norgan , 1992) and Stuart J. H. Biddle et al (Stuart J. H. Biddle, Nanette Mutrie, Trish Gorely, 2015). In our case Imposed law of fitness and health in all sectors educations.

4. Discussion

From the data statistical differentiate we observe that the lack of subject physical education and sport as unit educational in the program of department literature languages increase the body fat stored in the body Waist circumference where the WC is a valid measure of abdominal fat mass and disease according to Sanjay Agrawal (Sanjay Agrawal, 2015) confirmed by Linda A. Ferrera (Linda A. Ferrera, 2005) in the linear relationship between Body Fat and the Function of the Increase in Body Weight in other we referee Karine Clement et al confirm that woman obesity is observed in waist circumference and sagittal abdominal diameter (Karine Clement, Thorkild I. A.

Sorensen, 2007) while Debasis Bagchi et al (Debasis Bagchi, Harry G. Preuss, 2012) set that women tend to store fat in the gluteal and femoral (thigh) areas. According to level of ABSI we agreed that miss of physical activities can be a serious health problem which conducted to severe consequences according to medical studies (N. A. Garrett et al, 2004) . Education physical sport studies confirm that Regular practices physical activity as EPS and Bac girls develop the fitness health which promote health (L. B. Robbins et al, 2001) otherwise the physical activity increases the capacity function which upon the quality of life. Differently the low exercise level confirms our hypotheses that idler time due to hours of study deteriorate the Health Physical Abilities. From that we recommend the subject of Physical activity as a treatment to compensate the level of traffic during the week where the similar study show that student engaged in daily physical activity show better motor activity, academic performance (Ms Jacqueline Merchant, Ms Barbara Griffin, Anne Charnock, 2007) approved by Committee on Physical Activity (Committee on Physical Activity and Physical Education in the School Environment, Institute of Medicine, Food and Nutrition Board, 2013) and Dan J Graham et al (Dan J Graham, James Aaron Hipp, Simon Marshall, Jacqueline Kerr, 2014).

However, in our case where the Nature and timing courses to improve academic results on slim down the time of physical activities conduct our students' department languages to Physical inactivity which is recognized as an important risk factor for multiple causes of death and chronic morbidity and disability (Majid Ezzati, 2004). It also increases the risk of stroke and such other major cardiovascular risk factors as obesity, high blood pressure, low HDL ("good") cholesterol and diabetes (Noemie P. Beaulieu, 2008) on the basis of the results of School Student department literature languages.

In addition, we recommended the physical activities which improve endurance and strength, allowing the practitioner to perform activities more effectively and for longer periods. (Jerrold S. Greenberg, George B. Dintiman, Barbee Myers Oakes, 2004) from that our result line in The investigation of the relationships between improve academic results, physical activity, fitness, and health which are an important research field (Krell-Rösch, Janina, 2014) to improve the health fitness by integrating law of fitness and health in all different levels academics specialties and educational level.

5. Conclusions

Based on Physical education is a learning process which uses physical activities to improve skills, fitness and attitude of an individual to achieve optimum health fitness

(Suparmanputra Hehamahua, Anak Agung, Wayan Pedjeng, 2015). We confirm that physical activity in the long-term was associated with better health-related in the contents of the training program. Where the wellbeing of body students of Physical Education and Sports Institute in tests detrimental effects of fat excess on health Compared to the other groups explain to us that Training is designed to change the behavior of the Student in the study place in order to stimulate efficiency and higher performance standards (Blessing Adegoke, 2013) from that we agreed that The quality of Human Resource is an asset to any organization and as a result Training (Dr. David Ackah, Makafui R. Agboyi, 2014). Through the approved we confirm that Sport is fundamentally a social phenomenon that encompasses all of these social forms of human activity (Karin Volkwein-Caplan, 2013) where the physical activity required to maintain optimal health which is regular, planned, and structured with the aim of improving or maintaining of one or more aspects of physical fitness (Encyclopedia of Human Nutrition, 2012) a result which consist with the advantage of the two hours per week integrate into the high school program case Bac group.

Accordingly, to our results, we referee to Brigham Young et al (Brigham Young University Alton L Thygerson, Steven M Thygerson, 2015) and Carol D Tamparo (Carol D Tamparo, 2016) that A Body Shape Index (ABSI) The BMI has been used for years to determine body composition, including healthy fitness rating which determine health-related agility, balance, body composition, cardiorespiratory endurance (McConnell, Karen, Corbin, Charles, Corbin, David, 2014) where Sharon A. Plowman et al (Sharon A. Plowman and Denise L. Smith, 2013) confirm the physical fitness is composed of components representing as a vital component of the physical education curriculum confirmed by Anne Williams et al (Anne Williams and Joanne Cliffe, 2011) and John Porcari et al (John Porcari, Cedric Bryant, Fabio Comana, 2015). Whereas the lack of physical education and sports lesson case department languages risk obesity which is a severe healthy consequence in the nearest future (N. A. Garrett et al, 2004) where our result line with the found Chaffin (1974) according to Mark Cook, (Mark Cook, 2016) that any work demands some strength and physical capacity thing confirmed by Grant R. Tomkinson (Grant R. Tomkinson, Tim Olds, 2011) in case the relationship fitness and the education programme.

In general, the concept of fitness and its health benefits are vital components of a physical education curriculum) Lynn Dale Housner (2000) where the integration of these two very important content areas as approach lifestyle in university.

Conflict of interest

The author declares that there are no conflicts of interest.

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