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## THE INFLUENCE OF THE PHISICAL EDUCATION ON THE COURSE OF THE EDUCATION PROCESS

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*Abstract: The begining of schooling brings many various problems to the child faced with the new way of organization. The teachers loaded with the stereotypal and extremly widened educational programs usually do not notice great physical pressure caused by the unadequate the benches and the duration of siting. A pilot research is done on a sample of the 65 third grade pupils of elementary school. The results were extremly well, the complex influenced positively on the improvance of: attention, discipline. The pupils are higly motivated for such a way of working.*

*Key words: educational process, schoolchildren, attention, discipline.*

The first day of cschool is one of the most moments in the child"s life. Faced with the new organization of work and life, the child tries to do its best in order to respond to the new demands and obligations. Very often, the child gets no help in such intentions from those who should help it (from their teachers).

The teachers burdened both with the stereotypical educational sistem and large education programes, fail to notice great physical efforts, cansed in children by the tvo long time spent in unadegnate seats and desks. During regular classes, as a direct consequence of that physical efforts, appears the fall of children"s attention and lack of discipline.

Wishing to help our pupils and also their teachers to better the education system, we elaborated an idea of a possible influence of the physical education on the course of the education process. These ideas will be experimentally cheked as a part of subprojekt: physical educaton and the schoolchildren"s health. This subprojekt is a part of the great investigation project: health and diseases of the schoolchildren.<sup>7</sup>

One of the basic problems for the teachers who work with small children is how to keep or better the child"s attention and discipline during the class.

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<sup>7</sup> *The project: Health and diseases of the schoolchildren is done of the Institute for sociological investigations researches at the Faculty of Philosophy in Niš, and is financed by the Republick of Srbija.*

Because of the long time spent at the school desks, the great number of children's muscles, which are not used to such an effort, get tired, and that provokes the lack of attention and discipline.

We tried to solve this serious problem by making a certain complex of physical exercises which could be practised even during Mathematics or Serbian classes or during any other subject.

The teacher uses the whole complex of exercises or just particular exercises when he notices that the attention or the discipline begins to lessen. The exercise lasts from 60 to 180 sec. and is practised in the seat.

Pilot investigation was executed in the two third grade classrooms in primary school in Preševo (Serbia). During 30 days of time, on sample of 65 pupils, the teachers practised the complex of physical exercises every other day when they noticed the lack of attention or discipline.

Beside that, they made an every day account a scale ranging from 1-5 on the following:

- 1) The pupil's attention during the class
  - a) with the experiment
  - b) without the experiment
- 2) The pupil's discipline during the class
  - a) with the experiment
  - b) without the experiment
- 3) The pupil's interestedness in this kind of work.

The results of the pilot investigation are encouraging. Pupils are interested in this kind of work, and what is more important their attention and discipline rises when the method applied.

#### UTICAJ FIZIČKOG VEŽBANJA NA TOK NASTAVNOG PROCESA

Polazak u školu detetu suočenom sa novom organizacijom donosi niz problema. Učitelji opterećeni stereotipnošću i glomaznošću nastavnog programa ne primećuju veliko fizičko opterećenje izazvano neadekvatnim klupama i dugotrajnim sedenjem. Pilot istraživanje je urađeno na uzorku od 65 ispitanika, učenika trećeg razreda osnovne škole. Rezultati istraživanja su ohrabrujući. Kompleks pozitivno utiče na poboljšanje: pažnje i discipline. Učenici su veoma zainteresovani za ovakav način rada.

### COMPLEX EXERCISE

