



Attitude of junior schoolchildren and parents to the recommended volume of weekly motor activity

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Abstract

Objective of the study was to analysis of the attitude of primary school children and their parents to the recommended volumes of weekly physical activity.

Methods and structure of the study. A survey was conducted of 309 school-age children studying in 10 schools in St. Petersburg and the Leningrad region. Of these, 143 respondents were children of primary school age (6-9 years old).

Results and conclusions. It was revealed that a significant proportion of children of primary school age and their parents tend to believe that the amount of physical activity in the range of 180-360 minutes per week is sufficient for schoolchildren in this group. This range combines the necessary amount of physical activity to prevent the onset of symptoms of physical inactivity, ensure the process of physical development, and also save time for free leisure. A group of children whose volume of physical activity exceeds 360 minutes per week is considered insufficient. Parents of this group of children, whose volume of physical activity exceeds 360 minutes per week, and in exceptional cases reaches 900 and 1020 minutes per week, also tend to consider it insufficient.

Thus, the question of the upper limit of the volume of physical activity of school-age children, both daily and weekly, remains relevant for study. It is necessary to establish a threshold that has sufficient developmental potential, ensures an improvement in the health of children and contributes to their harmonious development.

Keywords: motor activity, volume, children, primary school age.

Introduction. Creating conditions for maintaining and improving the quality of life and, in particular, the health of citizens is one of the priorities of any state, since not only the satisfaction with the life of an individual and a group of people, but also the stability of the socio-economic state of the country depends on the degree of its solution. There is no doubt about the historically proven thesis that one of the most significant social determinants for human health is the adoption of healthy lifestyle values. Organizing your lifestyle and forming a life style based on these values requires adherence to a number of principles. Compliance with certain volumes of physical activity and rational organization of their

implementation is one of the leading principles of a healthy lifestyle [2].

Motor activity, as defined by V.K. Balsevich, this is: a person's purposeful implementation of motor actions aimed at improving various indicators of his physical potential. In a broad sense, physical activity is the sum of all movements performed by a person in the process of life [1].

An analysis of scientific research on the influence of physical activity on the level of health and the determination of optimal norms of physical activity allows us to conclude that in view of the inevitability of changes in all spheres of human life under the influence of various global social and environmental trends, the issue



of systematic review and adjustment does not lose its relevance. only existing norms of physical activity, but also methodological approaches to their determination.

Objective of the study was to analysis of the attitude of primary school children and their parents to the recommended volumes of weekly physical activity.

Methods and structure of the study. The study was carried out by the team of the Institute of Adaptive Physical Culture of NSU named after P.F. Lesgafta, St. Petersburg, within the framework of the state assignment to carry out research work on the topic: «Development of scientifically based norms of weekly physical activity in children, including those with disabilities and children with disabilities, creating conditions for the health-improving and developmental effect of classes physical culture and sports». The results of a study on the attitude of primary schoolchildren and parents of children 6-10 years old to the weekly volume of physical activity are presented. The sociological survey involved 309 school-age children - 143 respondents were schoolchildren (6-9 years old) studying in 10 schools in St. Petersburg and the Leningrad region.

Results of the study and discussion. When filling out a specially designed questionnaire, schoolchildren must answer whether they attend a physical education lesson. At the same time, the questionnaire specified how the child participates in the educational session. 100% of respondents answered that they take an active part in the physical education lesson.

Currently, WHO recommends that children aged 5-17 years follow a physical activity regimen that involves performing 60 minutes of moderate to vigorous intensity physical activity per day, at least 3 times a week. Accordingly, the minimum amount of physical activity that ensures the prevention of diseases associated with physical inactivity is 60 minutes per day or 180 minutes of moderate and high intensity physical activity per week. A decrease in the volume of physical activity of less than 180 minutes can provoke the development of somatic diseases, the appearance of excess body weight, and a deterioration in the physical development of schoolchildren.

Comparing these recommendations with the respondents answers, we can assume that almost all survey participants perform a minimum amount of physical activity. This assumption is confirmed by the fact that in the schools where the survey took place, physical education lessons are taught 3 times a week,

which guarantees students 135 minutes of organized and regular physical activity per week. The lesson, which lasts 45 minutes, involves a load of medium and high intensity, and children make up for the remaining 15 minutes by playing during breaks or moving to school and back, background and household physical activity. The share of such children was 22%.

The diagrams below indicate the upper threshold of the minimum amount of physical activity - 360 minutes per week, which is the sum of the time spent in physical education lessons and three additional classes, medium and high intensity. The range from 180 minutes to 360 minutes of weekly motor volume is accepted by us as a conditionally optimal range that ensures the prevention of somatic diseases, has a beneficial effect on the physical development of the child, but at the same time allows us to organize the weekly regime in such a way that children can attend additional classes of interest and have free time for leisure. It is important to note that 360 minutes per week is not the upper limit for the amount of physical activity, i.e. there is no data regarding the possible negative effect on children's health if it is exceeded. The WHO recommended volume of physical activity included both respondents who receive moderate and high intensity physical activity exclusively through physical education lessons, and those who, in addition to lessons, attend various additional classes: in the sports and physical education sections of their educational institution, children's and youth sports schools and other organizations. The proportion of such children in the study was 50%; in the diagram they are indicated by the number 2 (Fig. 1).

It should be noted that among all the younger schoolchildren surveyed, there were those whose weekly physical activity exceeded 360 minutes, the share of which was 27,3%. As a rule, such children, in addition to the physical education lesson, have at least three additional classes of 120 minutes each during the week.

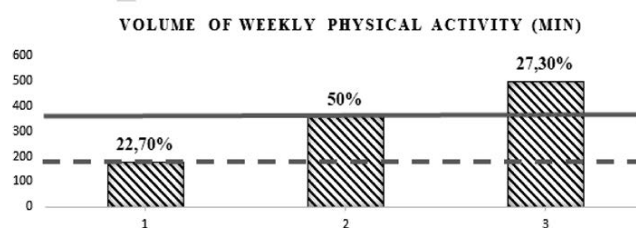


Fig. 1. Volume of weekly physical activity in children of primary school age



Despite the fact that all children overcome the lower threshold of recommendations, 31% of the respondents are not satisfied with their weekly volume of physical activity. The wording of the question assumes the interpretation of dissatisfaction in the volume of physical activity from the position of its insufficiency.

It is worth noting that 96% of children have free time for leisure on weekends, which they use for various types of physical activities: cycling, walking, roller skating, etc. For different children, this time ranges from 1 to 4 hours on every day off, but its intensity and duration are not regulated.

The study also included a survey of parents of children of primary school age. 334 parents raising a child attending primary school took part in the survey. All respondents noted that their child attends a physical education lesson and takes an active part in it - performs the same exercises as all children or does individual work.

Of the 334 parents surveyed, only 22.3% have children who attend only physical education classes. Taking into account that schools maintain 3 physical education lessons per week, these children perform the minimum amount of physical activity per week recommended by WHO, which is 180 minutes of moderate to vigorous intensity physical activity. At the same time, 42.3% of parents determine the amount of organized physical activity of their children in the range of 180-360 minutes per week, which also fits into WHO recommendations; 35.4% of respondents determined the weekly amount of physical activity for their children to be over 360 minutes. The highest indicators were 900 and 1020 minutes of training per week (Fig. 2).

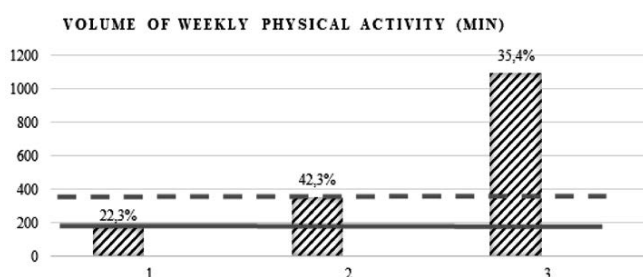


Fig. 2. The volume of weekly physical activity (according to parents) in children of primary school age

22% of respondents answered that their children's organized physical activity consists only of

physical education lessons. Of these, the proportion of parents who consider the daily and weekly volume of physical activity of their children to be sufficient was 38% and 62%, respectively, and 48,6% and 51,4% of parents consider the daily and weekly volume of physical activity of their children to be insufficient.

Among all parents participating in the survey, 64,4% and 69,5%, respectively, consider the amount of daily and weekly physical activity sufficient. 35,6% and 30,5%, respectively, are not satisfied with the level of physical activity of their children during the day and week. It is also worth noting that among the group of parents where the weekly volume of children's physical activity exceeded 360 minutes, 3% responded that they considered the volume of physical activity of their children insufficient.

Conclusions. Based on the results of the study, it was determined that a significant proportion of children of primary school age and parents of children of primary school age tend to believe that the amount of physical activity in the range of 180-360 minutes per week is sufficient for schoolchildren in this group. This range combines the necessary amount of physical activity to prevent the onset of symptoms of physical inactivity, ensure the process of physical development, and also save time for free leisure.

At the same time, children who perform more than 360 minutes of physical activity per week consider it insufficient. It is worth noting that in that group of parents of primary schoolchildren, whose volume of physical activity exceeds 360 minutes per week, and in exceptional cases reaches 900 and 1020 minutes per week, they tend to consider it insufficient for their children. Moreover, in these cases, children have no or very little time left for free leisure and personal time. Despite the positive attitude of both groups of respondents to the recommended volumes of weekly physical activity, the question of the upper limit of the volume of physical activity, both daily and weekly, remains relevant for study.

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