


Proceeding

Supplementary Issue: Spring Conferences of Sports Science. 15th Convention and Workshop of the International Network of Sport and Health Science, 5-8 June 2019. University of Las Palmas de Gran Canaria, Las Palmas de Gran Canaria, Spain.

Territorial survey on the interest in sport in the local territory of "Gian Camillo Glorioso" school

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ABSTRACT

The latest survey by the Central Statistical Institute (ISTAT) in 2015 reports in Italy an increase in the number of sports practitioners compared to 2011. They are greater in girls and more distributed on the 4 age groups chosen as a representative sample. The chosen disciplines vary according to age classes and the previous survey, indicating a significant increase in dance for females and fitness for males. This study doesn't focus on any reasons for the choices, on the related to the study or work activities and the data don't emerge locally. The aim of the study is to investigate a limited area, an homogeneous sample based on high school students and to investigate possible motivations including the relationship with the study. Data show that more females (63%) than males (37%) replied to the questionnaire and that a third of the students study 3 hours a day. 60% of students practices sport and the most practiced ones are fitness (38%), dance (19%) and football (16%). The lack of time due to the study prevents physical activity for a third of the students, followed by a lack of motivation (30%) and facilities in the area (13%). In conclusion, results suggest that the study circumscribed locally, with a representative sample of the reference population is more reliable and can be used as a basis for any actions to be taken. **Keywords:** Physical activity; Study; High school sport; Limited area.

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INTRODUCTION

The sport and physical practice is one of the most important datum (Raiola, Di Tore, 2012) because it is very important to know if the people know the knowledge about physical activity (D'Isanto et al, 2019, Mazzeo et al, 2018, Raiola et al, 2018, Valentini et al, 2018, Sanseviero et al, 2018). To know the aspects about sport disability (Cassese, Raiola, 2018, Raiola, 2015ab), sport performance (Altavilla, Raiola, 2019, Rago, et al, 2016, Gaetano, Rago, 2014), sport assessment (Alminni et al, 2019, D'elia et a, 2019, Forte et al, 2019) sport leisure, sport pedagogy (Ceciliani, 2019, Ceciliani et al, 2005, D'Isanto 291, 2016), sport education (D'Elia, 2019), sport wellness (Severino et al, 2019) and health. The ISTAT survey of 2015 highlighted that there are about 20.2 million people of 3 years and more who practise in their spare time one or more sports, equal to 34.3% of the population. It remains in very high time the quota of sedentary, those who have declared not to practice sports or physical activity in the free time: after a strong decrease recorded between 2006 and 2010, (from 42.0% to 38.8%), since 2010, the quota of sedentary is stable to 39%. Sport is a highly age-related leisure activity: from the age of 15, the interest in sports practice begins to decline even if the quota of practitioners is still elevated to 24 years (respectively 63.4% between 15 and 17 years and almost 54% between 18 and 24 years). The table no. 1 carry out the percentage.

Table 1. Answers A

AGE CLASS	THEY PRACTICE SPORTS			OF WHICH:					
				CONTINUOUSLY			IN A SALTUARY WAY		
	MALES	FEMALES	MALES & FEMALES	MALES	FEMALES	MALES & FEMALES	MALES	FEMALES	MALES & FEMALES
15-17	69,60%	56,40%	63,40%	58,10%	41,40%	50,00%	11,50%	15,00%	13,20%
18-19	71,10%	47,70%	59,60%	54,00%	33,20%	43,80%	17,10%	14,50%	15,80%

This ISTAT study was carried out on a national scale; therefore, the data obtained represents a generalized situation that doesn't enter into the specific case. The latest survey by the Central Statistical Institute (ISTAT) in 2015 reports an increase in the number of sports practitioners compared to 2011. They are greater in girls and more distributed on the 4 age groups chosen as a representative sample. The chosen disciplines vary according to age classes and the previous survey, indicating a significant increase in dance for females and fitness for males. This study doesn't focus on any reasons for the choices, on the related to the study or work activities and the data don't emerge locally. The problem that we want to observe is the absence of physical activity (Gaetano, 2016, Tiziana et al, 2017) in adolescence, related to high school study activity because it wants itself to establish hypokinetic aspects (Raiola, 2017, Raiola, Di Tore, 2017) and furthermore correlated aspect (Altavilla et al, 2015ab, Gaetano et al, 2015ab). The aim of the study is to investigate a limited area, an homogeneous sample based on high school students and to investigate possible motivations including the relationship with the study. In fact, the ISTAT survey shows that there is already a noticeable difference regarding the practice of physical activity between northern and southern Italy: these data show that a survey carried out at national level doesn't take into consideration territorial differences and therefore it is not possible to make personalized interventions as it is carried out at the table no.1.

Table 2. Answers B

GEOGRAPHIC DISTRIBUTION	THEY PRACTICE SPORT
Northern Italy	39.95 %
Central Italy	35.3 %
Southern Italy	26.35 %

METHODS

Based statistical survey through the use of an anonymous questionnaire to collect statistical data. The questionnaire was processed through Google moduli, which provided a link to complete it. The three representatives of the institute of the scientific and human sciences high school "IIS Gian Camillo Glorioso" of Montecorvino Rovella Avellino have created a WhatsApp group, which contained a student representative of each class. In the group, a link to complete the questionnaire was sent and each representative reported that same link on the WhatsApp group of their class, and so it arrived to all the students of the institute. In the following two days the students answered the questionnaire, at the end of which the data were recorded and the graphs with the results were created.

Tools

The questions in the questionnaire are:

- Gender
- Age
- What is the average of your grades at school?
- Have you ever repeated a school year?
- How many hours a day do you spend studying?
- Do you practice any sport activities?
- If yes, what activity do you do?
- If not, what's stopping you from doing it?

Sample

The sample is made by the students of the Montecorvino Rovella High School "IIS Gian Camillo Glorioso" - scientific and human sciences for a total of 23 classes and 530 students.

RESULT

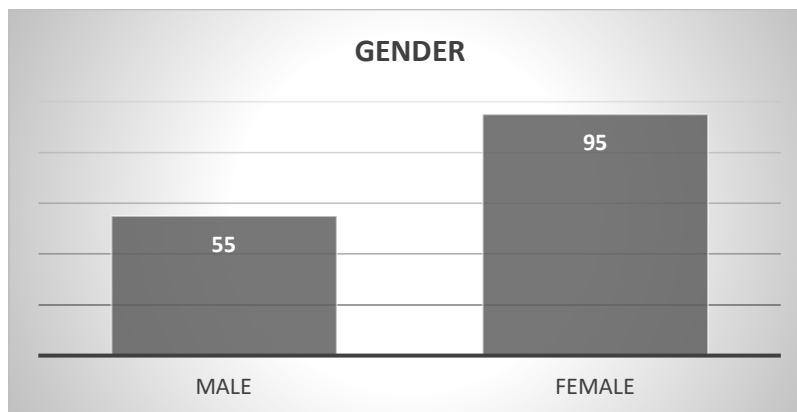


Figure 1. Answers C.

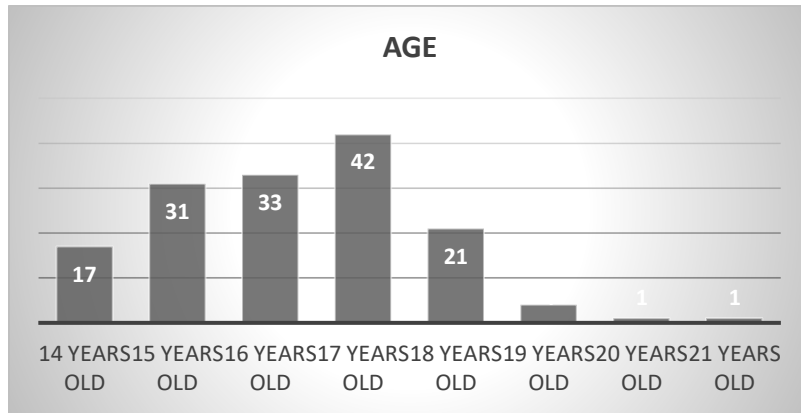


Figure 2. Answers D.

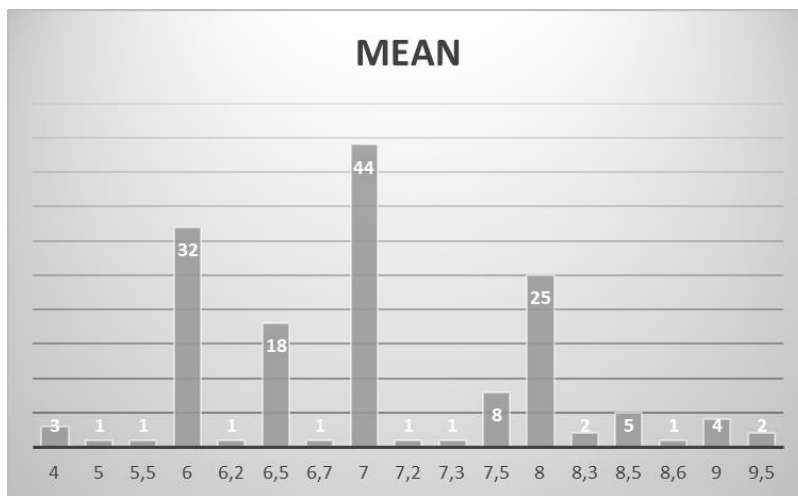


Figure 3. Answers E.

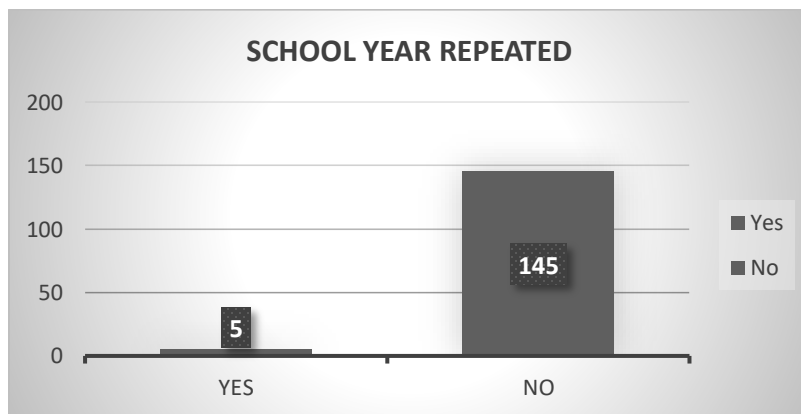


Figure 4. Answers F.

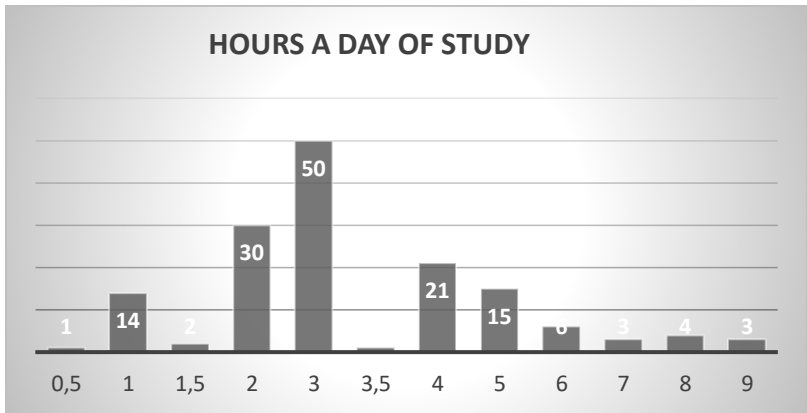


Figure 5. Answers E.

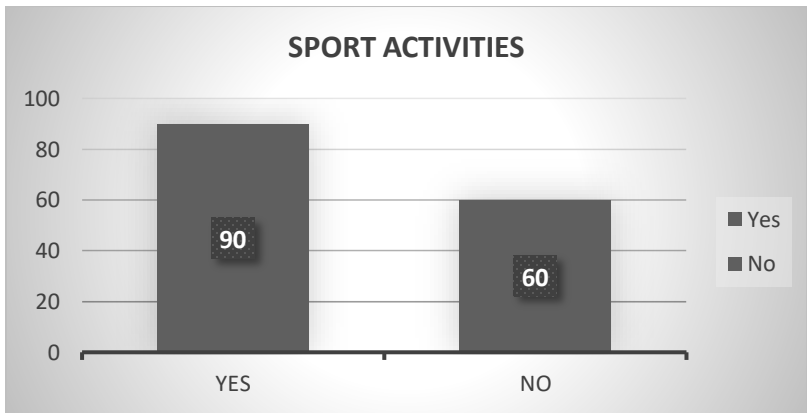


Figure 6. Answers F.

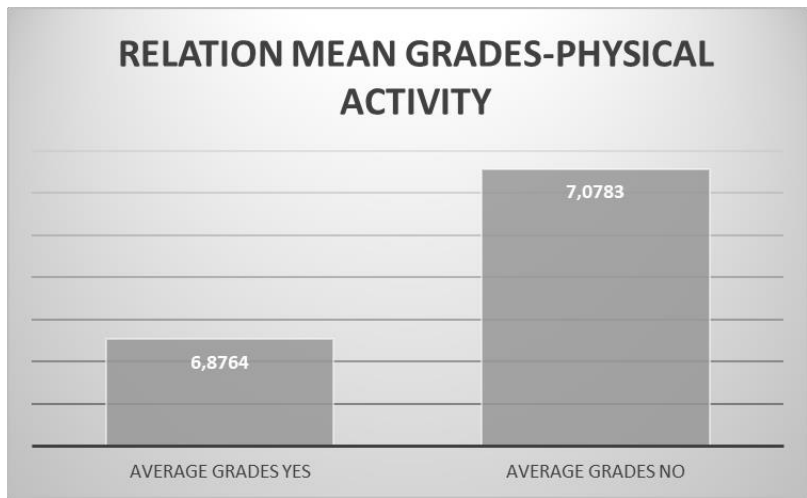


Figure 7. Answers G.

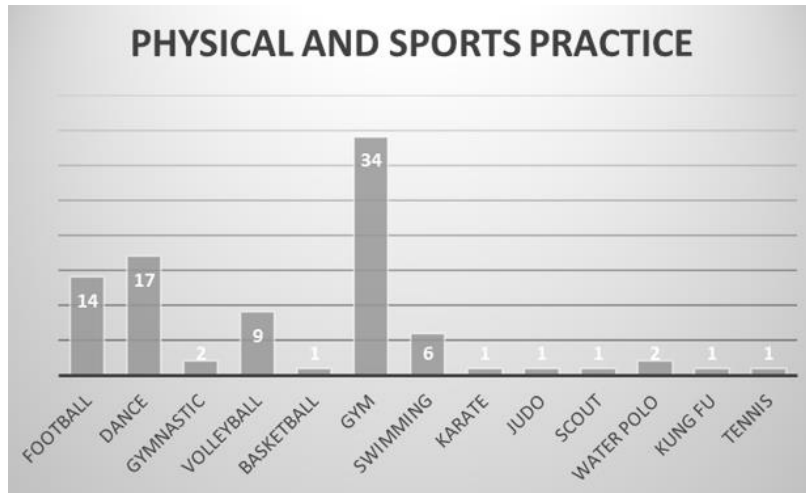


Figure 8. Answers H.

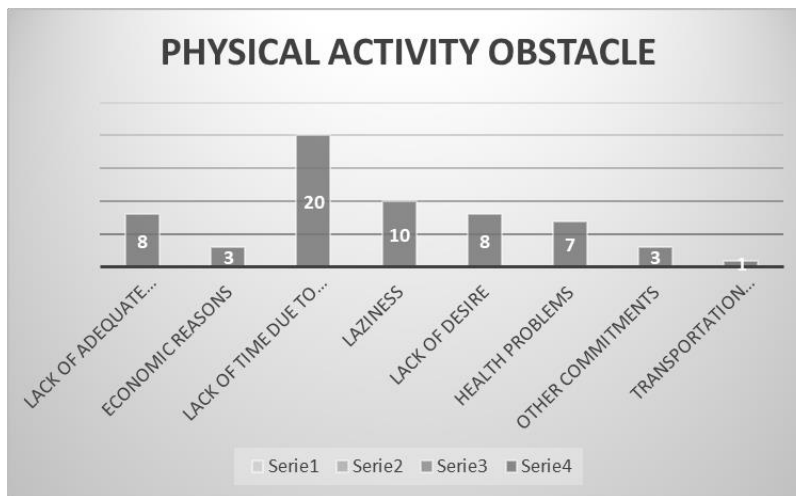


Figure 9. Answers I.

DISCUSSION

Data show that more females (63%) than males (37%) replied to the questionnaire and that a third of the students study 3 hours a day. 60% of students practices sport and the most practiced ones are fitness (38%), dance (19%) and football (16%). The average school grades of those who practice sports (60%) is 6.8764, while that one of those who don't practice any sport (40%) is 7.0783. These data show that the average of the scholastic grades between those who practice physical activity and those who do not practice it is almost the same, even if the physical activity takes time away from the study. The lack of time due to the study prevents physical activity for a third of the students, followed by a lack of motivation (30%) and facilities in the area (13%).

CONCLUSION

Results suggest that the study circumscribed locally, with a representative sample of the reference population is more reliable and can be used as a basis for any actions to be taken. Thus, it could be applied by the local Minister of education uses the institutional net of public school.

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