



Kolegji AAB

DIPLOMA THESIS

MASTER

**THE DIFFERENCE IN THE PERCEPTION OF BENEFITS OF THE
REGULAR EXERCISING IN THE GYM TO ACTIVE AND
SEDENTARY PERSONS**

Mentor:
Prof.Dr. Shemsedin VEHAPI

Candidate:
Armend XHEMAJLI

Prishtine, July, 2016

CONTENT

INTRODUCTION	
CURRENT RESEARCHES	
Impact of physical activities in human organism	
Sources of Energy	
Benefits of the Gym	
How is pulse measurement done	
General advices for exercises in gym centers	
Guidelines for right practice of physical activities	
Walking, running and aerobic exercises	
Methodology	
Purpose.....	
Questions of the Research.....	
Hypothesis.....	
Samples of Research	
Instrument and the way of collecting data	
Methods of processing the results.....	
Analysis and discussion of Results	
Interpretation of the main and statistical parameters- Active Group.....	
Interpretation of the main and statistical parameters- Sedentary Group.....	
Connections between variables (Correlations)- Active	
Connections between variables (Correlations)- Sedentary	
Differences between the groups.....	
Differences in the percentage of results distribution- H Square	
Verification of Hypothesis.....	
Resume.....	
Conclusion with Recommendations	
Literature.....	

INTRODUCTION

Regular physical activity and the food, good resting undoubtedly contribute to the state of good physical health to humans. Fitness has to do with humans body's physical condition and by this to feel good in motor aspect and it gives opportunities to display movements and to finish them without any problem. Fitness enable smooth functioning of the heart, lungs, muscles, that they do this with movements and the mind which positively affects emotional and mental stability to humans. Good physical form enables the human to have the energy that they need to complete daily living activities and other activities.

Fitness is known as sport to forge a body in a beautiful and healthy way. With the development of modern technology, it has influenced the development of tools- equipments for fitness, which aim to preserve human's figure from injury. These equipments are more practical and functional comparing to those digital for consumption of calories. Today fitness has conquered the world, there are millions of people in the world who are dedicated devotionally to the sweet muscle training, who aim to create the perfect body without adipose tissue and who are in search of eternal youth. Nowadays humans are physically and mentally busy with so much work and the life that surrounds them, therefore they need to organize, plan and motivate themselves for what it's on their and society interest.

Multiple data show that being in physical form is the key to a long and healthy life. Already in the fifth century BC, the ancient Greek physicians knew that the physical exercises and good food enable good health.(Center for Control and Prevention of the disease CDC). Numerous researches show that regular physical activity reduces the risk of serious chronic diseases, like heart disease, cancer, diabetes, arthritis, osteoporosis, obesity, etc. In a study of over 39,000 women, which lasted 7 years, it is found that walking for one hour per week, it resulted with a lower risk of heart disease (Lee with collaborator, 2001). Regular physical activity inhibit the emergence of high blood pressure and reduces it. Doing physical activities helps People who have high blood pressure so it improves their health condition. According to (Lee and Blair 2002) people who do physical activities are less likely to die from cancer. Also according to (American Cancer Society 2002) physical activities reduce and prevent occurrence of breast cancer and colon. Regular physical activity can help to prevent the occurrence of diabetes of type 2, which may be associated with higher risk of colon cancer and pancreatic cancer (American Cancer Society 2003a). Obesity (gaining weight, obesity), is associated with greater risk of showing various diseases, to keep the body mass in normal values undoubtedly the most important factor is to do physical activities, fitness, hiking, biking, climbing stairs, natural paths exploitation etc. (American Cancer Society, 2003b). So as it was documented by numerous researches that come by doing fitness, sport or any other activity, it has special characteristics that should be considered for a healthier life. As in other countries also in our country in recent years there's a pretty good growing interest for doing fitness, based that the on recent years there are being opened many fitness centers, we can say that this is a good awareness for people who wish to have better health. The number of people who do fitness is not the same, is changing every day and every month. Doing fitness has it's

own advantages and disadvantages. I had an interest to investigate this phenomenon in my municipality where I live in Ferizaj and give an explanation about the benefits and difficulties between active and sedentary persons. According to OBSH (World Organization of Health) it's recommended that people should move during the day, walk or do any other sport activity at least 30 min during the day due to the positive effect that movement has. Also according to OBSH physical inactivity is identified as the fourth factor as leading the risk for global mortality.

Realizing that the exercise is a very handy tool for promotion and human values and is part of human life for a better health etc. As in many developed countries, in our country as well some different activities which try to promote, develop, organize physical activities that aim to raise the awareness of population on the benefits they have by doing physical activity for a better health. However, the researchers point out that never is too late to repair or to restore some lost functions (strength, durability, flexibility etc.)

CONCLUSIONS WITH RECOMMENDATIONS

Research of the residence or the perception which people who exercise regularly have and those who do a sedentary life towards the regular inclusion of exercising, which is carried out with the help of collecting data from 200 respondents through standardized questionnaire it has the purpose to prove the issues that were raised through two research questions.

To fulfill the purpose of the research were submitted two research questions.

-Is there any differences between the understanding the perception for the value of regular exercise

People who deal actively with fitness compared to those who are passive and sedentary.

- People who make a sedentary life are more likely to justify their inactivity compared with those who exercise regularly.

These questions have raised two main hypotheses.

H 1: People who deal actively with fitness have better perception of the value of regular exercise than those who are passive.

H 2: Non-active persons are more likely to justify their inactivity in comparison with those who are active.

Both hypotheses are entirely proven and by this is determined that the attitudes that certain people have towards exercising represents the main factor of the inclusion or exclusion of certain individuals in the process of regular exercise. The findings of this study provide a good basis on which should be reflected in all levels of work with young people because then it is the appropriate age to influence the creation of right attitudes towards physical activity. Newest trends in physical education with students at school move in the direction where the main idea of changes should lead to the development of basic motor skills and also to the development of attitudes enabling young people to continue to develop those skills through life independently. In other words, young people should learn how to develop on a permanent basis in constant learning to be able to use those skills when they grow up. This is what the school education should equip the new generations today.

Brettschneider sees two crucial things for the future of physical education:

1. Physical education should develop physical fitness and motor skills to a level that enables young people to pursue an active life style.
2. Physical education should contribute to the general development of social, cognitive and emotional development of young people to prepare them for life.

These findings show that our schools need to work hard so that young people, since the early ages of the school to build a right state towards being active throughout life and to be aware of the values of living a healthy life.

According to the findings of this paper the following recommendations are provided:

Modern physical education should aim to strengthen personal characteristics (beliefs, moral values, motives, interests as much as motor skills or sport skills) in the preparation of an active life style not only in school but throughout life.

To make changes in the access of teaching organization and the learning to be organized through pedagogical methods and specific interactive nature of the relationship between teachers and students (in the educational environment of the gym, but not limited only in fitness).

Children to have the opportunity to enable an education through the diversity activities, forms and methods of their distribution, and the breadth of contexts it is used, to help young people to direct their interests towards physical education in the future.

In social life, physical culture plays an important part, to individuals of all ages participating in for different reasons and at different levels of physical activities.

To provide the necessary conditions and infrastructure which will enable the different categories to be included regularly in physical activity, regardless if they live in a rural or urban environments.

Invested by society and institutions in promoting the value of regular physical activity and healthy way of living, creating activities and promotional campaigns. Massive various initiatives which attack the creation of right attitudes towards the value of being active.