

## EXERCISE PROMOTION AMONG SCHOOL STUDENTS THROUGH STREET WORKOUT

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**Abstract.** *Today in Ukraine, there is a steady trend towards health deterioration of the younger generation. This negative phenomenon is associated with insufficient motor activity of young people (Rymar, Sorokolit, Solovey, Yaroshyk & Khanikiants, 2021; Solovey, Vovkanych, Sorokolit, Rymar, Yaroshyk & Novokshonov, 2021; Yaroshyk, Rymar, Malanchuk, Solovey, Khanikiants & Bubela, 2021). This problem can be solved by developing a positive attitude towards physical exercises, promoting trendy sports. Street workout is popular among young people. This type of activity is safe and suitable for anyone regardless of age, gender and level of physical fitness (Sanchez-Martinez, Plaza, Araneda, Sánchez & Almagiã, 2017; Taipei-Nasimba & Cantón Chirivella, 2020).*

*Purpose of the article – development of measures to promote physical activity among school students through Street workout. Methods: theoretical analysis and generalization; pedagogical observation; survey; mathematical statistics methods.*

*A redistribution of self-assessed motor activity was recorded among school students at the end of the pedagogical observation after the implementation of the developed measures. Thus, the number of school students whose self-assessment grades were "excellent," "good," and "satisfactory" increased by 19.5%, 10% and 13.4% respectively. There was a 20.2% increase*

*in the number of school students who regularly attended sports clubs. The number of school students who began to engage in physical activity at home increased by 12.8%. The number of school students who started doing morning gymnastics also increased by 13.5%. At the end of the pedagogical observation, the duration of sleep in most school students increased to 7-7.5 hours, and sleep quality improved and reached 6 points.*

**Keywords:** motor activity, promotion, school students, street workout.

## Introduction

Today, 80% of teenagers in Ukraine and the world do not reach the recommended level of physical activity, which negatively affects their health. Therefore, the system of physical education requires immediate measures to update its structure and content. The introduction of the latest technologies, new methods and tools will contribute to a more personal approach to each student and increase the interest of the younger generation in physical education and sports. Street workout is popular among young people. This type of activity is safe and suitable for anyone regardless of age, gender and level of physical fitness (Sanchez-Martinez et al., 2017; Taïpe-Nasimba & Chirivella, 2020). Also, it has been proven that street workout has a positive impact on physical and emotional state of young people (Sanchez-Martinez et al., 2017; Taïpe-Nasimba & Chirivella, 2020; Podrihalo, Podrigalo, Kiprych, Galashko, Alekseev & Tropin, 2021; Schlegel, Sedláková & Křehký, 2022). This makes the chosen topic for the article both important and relevant.

The purpose of the article was to develop measures to promote physical activity among school students through street workout. The following methods were used to achieve the set goal: theoretical analysis and generalization; pedagogical observation; survey; mathematical statistics methods.

**Literature review.** Theoretical analysis and generalization of information sources made it possible to clarify the motivational and health-improving potential of street workout in the system of physical education of school students. According to scientists (Stochmal, 2017; Amatriain-Fernandez & Leyton-Román, 2019; Bajraktari & Kryeziu, 2019; Lechowicz & Stochmal, 2019; Skiba & Pilch, 2020; Sobota, 2020), the main motivational factors for street workouts are: improving physical health, healthy living, self-expression and creativity, appearance and aesthetics, social interaction, improving general well-being, challenge and satisfaction from an achievement, freedom (no limitations like need for exercise machines or special equipment), coaching support, community and social networks, enjoyable pastime. The healing potential of street workout lies in its complex positive effect on the body of young people. According research results (Taïpe-Nasimba & Chirivella, 2020; Podrihalo et al., 2021; Schlegel, Sedláková & Křehký, 2022), improvement of the physical and emotional state of the body as well as the development of will and moral qualities were observed in young people after street workout sessions. Research (Sanchez-Martinez et al.,

2017) showed that systematic street workouts not only increase the proportion of muscle tissue in athletes, but also significantly reduce fat content. Therefore, it can be concluded that the longer athletes practice street workouts, the higher will be the percentage of athletes with harmonious indicators of physical development.

**Methodology.** The conducted pedagogic observation of school students aged 15-18 who started attending street workout sessions (30 people) lasted 7 months. Pedagogical observation made it possible to broadly and multidimensionally evaluate approaches to the educational and training process, describe the interaction of all its participants and establish the regularity of attending classes, learn about the peculiarities of engagement and communication between school students, their preferences and interests. Using the questionnaire method, we learned about the self-assessed motor activity of young people, their motives for motor activity and popular forms of motor activity among school students.

**Research results.** Our survey made it possible to determine the main motivations of school students for participating in physical activity classes (table 1).

*Table 1 Motivations of school students for participation in physical activity classes, % (n=30) (made by authors)*

Motivation	Boys answers, %	Girls answers, %	Answers of boys and girls together, %
Get consultations for independent classes	36,6	23,3	29,9
Optimize weight, improve figure	40,0	56,6	48,3
Use free time rationally, ensure active leisure	43,3	19,8	31,5
Increase work capacity, physical fitness	26,6	19,8	23,2
Improve health	46,6	36,6	41,6
Cultivate will, character	23,3	13,2	18,2
Increase motor activity	46,6	40,0	43,3
Get relief from cognitive fatigue	73,3	73,3	73,3
Communicate with friends	90,0	83,3	86,6

The results of the survey showed that the leading motives for engaging in physical activity among our respondents are: communication with friends (86.6%), relief from cognitive fatigue (73.3%), weight optimization and figure improvement (48.3%), increasing motor activity (43.3%) and health improvement (41.6%). At the same time, the survey data show that only 19.8% of the surveyed school students do physical exercises 3-4 times a week. Most students limit their physical activity only to mandatory physical education lessons and, judging by the respondents' answers, they fill their free time with activities that have nothing

to do with active leisure and physical activity. We assume that this can be caused by two reasons: firstly, school students do not realize the importance of physical education for their life and work, its role in preserving and improving health; secondly, perhaps they have not yet found the type of activity that would arouse a strong interest and desire for regular classes.

As a result of the survey, we also found out that the majority of high school students (90%) have a positive attitude to the introduction of innovations in the process of physical education. In their opinion, it is advisable to include such types of motor activity to different forms of physical education as: various types of fitness, workout (parkour), yoga, functional training, fit ball, exercises with equipment and step aerobics.

We discovered the peculiarities of high school students' motor activity in the course of pedagogical observation and determined its assessment (questionnaire). The analysis of the obtained data showed that many high school students rate their motor activity highly at the beginning of the pedagogical observation. 33.3% of respondents interviewed by us believe that their motor activity corresponds to 5 points, and 23.3 and 26.6% of respondents assign it 4 and 3 points, respectively. Such data confirm the results of a number of scientists who state a rapid decrease in the motor activity of school students, especially when switching to a remote form of education (Yaroshyk et al., 2021).

The following questions of our questionnaire allowed us to find out which forms and types of motor activity dominated among school students. It turned out that few students – only 19.8% – engaged in regular specially organized physical activity at the gym, sports club or swimming pool. They spent 1-2 hours at such classes three or four times a week. 40.0% of respondents noted that they engaged in physical activity at home. 23.3% of school students did not engage in organized physical activity at all. The rest of the interviewees sometimes did physical exercises. On average, the daily organized motor activity of young people lasted from 30 to 60 minutes. As for types of motor activity, strength-oriented training dominated among our respondents – 52.8%, cardio training – 26.6% and training in the fresh air (biking, rollerblading, sports games and swimming in a natural reservoir) – 73, 3%. A significant percentage of school students used digital and online resources during motor activity to increase the effectiveness of classes and gain new knowledge - 36.6%. The percentage of school students who started their morning with exercise turned out to be catastrophically low – 19.8%. The majority of teenagers did not engage in organized physical activity during breaks – 56.6% of respondents. We assume that such low involvement of senior school students in various forms of physical education is related to the traditional format of their implementation. Most of the school students we interviewed gave a low assessment to traditional forms of motor activity. According to the results of the survey, we also found out that most school students feel tired and rate it from 5 to 8 points at the beginning and at the end of the week, respectively. The average

score of fatigue of high school students for the last six months was 7 points. We assume that school students do not have time to recover because the quality and duration of their sleep is also far from the established norms. Thus, on average, the school students interviewed by us sleep 6-6.5 hours and rate the quality of sleep as low as 4 points.

### **Measures to promote physical activity among school students through street workout.**

1. A page on Facebook was created, which is dedicated to sports activities related to the school; student achievements; articles on healthy eating and dietary fiber; information about sports events in the city and region. This approach enables students and parents to get more information about the sports life of the school, city, region, establishes close cooperation with parents, ensures the creative self-realization of the child and the teacher, equips them with knowledge and develops the ability to independently engage in physical exercises with the help of innovative technologies.

2. Movement breaks, physical education breaks, and physical education minutes have been resumed. New forms of motor activity during breaks have been introduced: fitness breaks, sports breaks, dance breaks, darts, frisbee competitions, scooter, roller, and bicycle races. These activities increase the level of motor activity of students during the day, allow them to get acquainted with new types and forms of motor activity and form an interest in physical education classes, ensure self-affirmation in the team, the desire to spend leisure time with friends in an interesting and healthy way.

3. Webinars on leading a healthy lifestyle and modern types of physical activity have been organized for school students. "Me and a healthy lifestyle," "Basics of rational nutrition," "Physical potential of a person." These activities are designed to enrich students' physical education experience, encourage them to self-educate and form a desire to be healthy and attractive.

4. An educational task "I am a future teacher" has been implemented for high school students during physical education lessons. Conditions are created for students to implement their own experience gained in sports sections or as a result of self-education on their favorite types of physical activity. The student-teacher is given 15 minutes to share their knowledge with their classmates. Such tasks stimulate the active and creative participation of students during lessons, enrich their vocabulary on sports topics, allow them to apply the acquired knowledge in practical activities, and promote those types of activity that are not included in the school curriculum.

5. Analysis of health programs on gadgets has been introduced. This allows students to monitor weight, sleep, heart rate, and homework.

6. Conditions have been created for independent street workout sessions. Students are given access to a sports hall and a playground with the necessary equipment.

7. Students were subscribed to popular Telegram channels (Street Workout Zhytomyr, workoutlvivcup), which provide an opportunity to deepen their knowledge of the elements of street workout, communicate with like-minded people, learn about the latest achievements in this type of motor activity, as well as competitions and their results.

8. Fan and support groups for athlete idols were created for the duration of street workout competitions.

9. A sports team was created to take part in street workout competitions.

10. Workout play list was made based on students' preferences.

11. Regular feedback was established with school students on the quality of motor activity at school (3 questionnaires per academic year).

12. The tradition of weekly meetings with the physical education teacher for consultation on current issues was started.

13. A public Telegram group has been created, where participants can share achievements, communicate with like-minded people, ask the physical education teacher questions and share general impressions from workouts.

14. A special training course for school students "STREET WORKOUT: discover a new level of motivation in your training!" was developed and implemented. The training course contains information about: historical aspects of the emergence and development of street workout; achievements of Ukrainian athletes in street workout; basic elements and requirements for their proper execution; "amazing exercises" in street workout; peculiarities of the development of physical qualities necessary for the performance of basic elements; the results of scientific research on the impact of street workout on the quality of human life; the basics of nutrition when engaging in strength types of motor activity; indications and contraindications for street workout; safety rules during classes.

Carrying out various measures to popularize motor activity, in particular using the means, principles and traditions of the street workout subculture, we saw significant changes during pedagogical observation (table 2). A redistribution was recorded among school students according to self-assessment of motor activity at the end of the pedagogical observation. Thus, there were 19.5%, 10% and 13.4% more students whose self-assessment corresponded to the grades "excellent," "good" and "satisfactory," respectively. The fact that there was not a single school student who would assign one or two points to their motor activity is also positive. At the beginning of the observation, 13.2% of the surveyed school students had a low self- assessment regarding motor activity.

**Table 2 Involvement of high school students in various forms and types of motor activity during pedagogical observation, % (n=30) (made by authors)**

Forms and types of motor activity	Yes		No		Sometimes	
	Start of PO	End of PO	Start of PO	End of PO	Start of PO	End of PO
Organized MA in a gym, sports club or section, swimming pool	19,8	40,0	23,3	16,7	56,6	43,3
Organized MA at home	40,0	52,8	23,3	13,2	36,6	33,3
Independent training without a teacher	33,3	56,6	–	–	–	–
Independent training with a teacher	66,7	43,3	–	–	–	–
Regular morning gymnastics	19,8	33,3	56,6	43,3	23,3	23,3
Organized MA during breaks	26,6	46,6	56,6	26,6	16,7	16,7
Physical education classes	73,3	73,3	19,8	19,8	6,6	6,6
Exercises for strengthening main skeletal muscles	63,3	76,6	23,3	13,2	13,2	9,9

*Source: PO – pedagogical observation; MA – motor activity*

The number of school students who started regularly attending the street workout sports club increased by 20.2%. The duration of classes was 1.5-2 hours 3-4 times a week. 12.8% more school students started engaging in physical activity independently at home. The percentage of school students who sometimes engaged in physical activity also decreased. Street workout, yoga and walks were added to the types of motor activity of school students. We assume that such positive changes are primarily due to the fact that the school students themselves initiated the organization of a street workout sports club. All that was needed from the school management was the help of the physical education teacher in matters of safety, dosage of physical exertion, consultations on balanced and rational nutrition, etc. and access to material and technical support (open playground with horizontal bars, sports hall). School students gathered information about the basic

elements of this type of activity from the Internet and from the young people who had experience with such activities (classmates, Telegram channels).

The number of schoolchildren who started doing morning gymnastics also increased by 13.5%. Motor activity during breaks also improved. As for school student's fatigue and the quality of their sleep, positive changes were also recorded. At the end of the pedagogical observation, the duration of sleep in most schoolchildren increased to 7-7.5 hours, and the quality improved to 6 points.

## Conclusions

The positive impact of street workout on a balanced development of school students has been clarified. Street workout exercises stimulate school students to be active, help develop strength, endurance, flexibility and coordination of movements; contribute to a balanced physical development of participants, in particular, reducing the percentage of fat, increasing muscle mass, reducing the risk of heart disease and other chronic diseases. The workout system also affects a person's social development (finding many friends and like-minded people); reduces stress and improves mood; the moral and strong-willed qualities of the participants are actively manifested during competitions. This type of physical activity is free (for the exception of sports clubs), and available for everyone. In addition, street training contributes to the formation of positive attitudes towards physical activity and a healthy lifestyle in school students.

The measures developed to promote physical activity among school students through street workout have shown their effectiveness. At the end of the pedagogical observation, the percentage of high school students with high self-assessment of motor activity increased. The number of school students who began to regularly engage in physical activity, perform morning gymnastics and actively spend their leisure time also increased. Positive changes in the quality and duration of sleep of young people and a decrease in their fatigue during pedagogical observation were recorded.

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