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STRATEGY FOR THE DEVELOPMENT OF PHYSICAL EDUCATION WITHIN THE FRAMEWORK OF MOLDOVA STATE UNIVERSITY

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Currently, university physical education faces a deficient procedural organization, characterized by a fragmentation of teaching-learning processes and the absence of a coherent structure that harmoniously integrates all disciplinary components. The article proposes a strategy for the development of physical education, based on a systematic and in-depth analysis of the identified deficiencies, highlighting the lack of coherence and pedagogical innovation. Consequently, a holistic approach is taking shape that aims to modernize all aspects of the system, from updating teaching content and adapting to new educational paradigms, to reorganizing and optimizing material and human resources. By integrating these components, the strategy aims to transform the educational experience and contribute to the qualitative and quantitative growth of sports and academic activities in the university environment.

Keywords: *development strategy, university physical education.*

STRATEGIA DEZVOLTĂRII EDUCAȚIEI FIZICE ÎN CADRUL UNIVERSITĂȚII DE STAT DIN MOLDOVA

În prezent, educația fizică universitară se confruntă cu o organizare procedurală deficitară, caracterizată de o fragmentare a proceselor de predare-învățare și de absența unei structuri coerente care să integreze armonios toate componentele disciplinare. Articolul propune o strategie de dezvoltare a educației fizice, bazată pe o analiză sistematică și aprofundată a deficiențelor identificate, evidențiind lipsa coerenței și a inovației pedagogice. În consecință, se conturează o abordare holistică care vizează modernizarea tuturor aspectelor sistemului, de la actualizarea conținuturilor didactice și adaptarea la noile paradigme educaționale, până la reorganizarea și optimizarea resurselor materiale și umane. Prin integrarea acestor componente, strategia urmărește să transforme experiența educațională și să contribuie la creșterea calitativă și cantitativă a activităților sportive și academice în mediul universitar.

Cuvinte-cheie: *strategie de dezvoltare, educație fizică universitară.*

Introduction

The studies carried out by us within the State University of Moldova did not allow us to observe that the students involved in the practice of university physical education "consider that the contents of the discipline are accessible, current and necessary, but the active participation of students in the activities is conditioned, in most cases, by the accessibility to the sports buildings, their location but also the inadequate timetable" [1, p. 108]. In this context, it was necessary to intervene immediately, at the level of curricular concept, in order to adapt the discipline at the level of university physical education to the current needs of the student, which consisted in the reconceptualization of the discipline through innovative approaches that "propose a flexible structure, and offer the student several forms of practicing physical education in the USM, consisting of lessons – sports tests on the circle, modules of your choice, and sports sections" [2, p. 199], but also of individual motor activities or in sports associations outside the University [3, p. 13]. In this sense, this concept of the discipline aims to integrate modern educational models, which allow the development of motor, cognitive and social skills through structured physical activities. A special attention is paid to the personalization of the educational path of each student, through a diversified offer of sports activities and by implementing self-evaluation and continuous feedback mechanisms [4, 5, 6].

The reconceptualization of the discipline of physical education within the university comes with new approaches regarding the management of the specialized department (strategic management), emphasizing the streamlining of organizational processes, optimizing the use of sports infrastructure and adapting teaching methods to the current needs and preferences of students.

According to the authors Vicol V. and Marian M. “The strategic management process defines the set of decisions and actions materialized in the substantiation and implementation of plans and programs designed to achieve the set of objectives of the organization” [7, p. 384], and in the educational system educational management is defined, which complements the managerial activities through actions specific to the field such as curricular development, continuous training of teachers, use of ICT, increasing community involvement, monitoring performance evaluation, etc. [8, p. 95].

In this regard, the design of the strategy for the development of university physical education must be based on modern principles of educational management, adapted to the current requirements of the academic environment and society. Such a strategy involves the integration of well-defined directions of action, which ensure both the efficiency of the educational process and the increase of the degree of active participation of students in physical activities.

Analytical framework

Analysis of the current situation regarding physical education and sport within the State University of Moldova

In the 2021-2022 academic year, two reports on the organization of physical education activities and the Palace of Sport within the USM were presented to the Board of Directors and the Senate of the University of Moldova. The conclusions of the commissions reflected the real state of the educational process and the functioning of sports buildings. In fact, these conclusions generated the need to develop a new vision on physical education and sport within the State University of Moldova.

At the same time, it is necessary to complete the analytical framework with the following findings and conclusions:

1.1. On the dimension of the educational process:

- The physical education process is organized in 4 semesters, (first and second year, first cycle of the bachelor’s degree) – 1 hour per week (2 hours - 2 weeks);
- Basic form – Physical education lesson for all students regardless of aptitudes, interests, within each faculty, by the same teacher;
- In the last 3-4 years, the physical education process has been carried out without having a modern curriculum, without having clear goals, without applying effective strategies, including those of evaluation.

1.2. On the size of the activity of the sports sections:

- The sports sections were rather made only on paper (according to the findings of the respective evaluation commissions);
- There is no clear concept of the functions of the sports sections;
- In recent years, for various reasons (online, etc.), there have been no university sports competitions between faculties and the number of tests in which USM participates in interuniversity competitions has been reduced.

1.3. On the dimension of sports infrastructure:

- The Palace of Sports. Absorption of students for the educational process in the games room – 50 students, strength room - 10/ 12 students, fitness room - 8/10 students, swimming pool – 5 x 10 students;
- The sports hall of Block 5. Absorption of students for the educational process in the game room – 25 students, the undeveloped land in front of the block where the number of students involved in the process at the same time cannot be calculated;
- The sports hall of Block 6. Absorption of students for the educational process in the table tennis room – 40 students, the strength room – 10/12 students, the undeveloped field around the hall where the number of students involved in the process at the same time cannot be calculated;
- Sports complex of the merged university „D. Cantemir”. Absorption of students for the educational process in the basketball hall – 25 students, strength room – 10 students, fitness room – 12 students, table tennis room – 10 students.

The potential of the sports complex of the State University of Moldova can be included in the educational process at the same time, in all specialized spaces are the following:

- Games rooms (table tennis included) – 150 students;

- Gyms – 30 students;
- Swimming pool – 50 students:
- Fitness room – 20 students.
- Total – 250 students enrolled simultaneously in activities

From the data presented, the potential of the sports infrastructure of the State University of Moldova for the development of the educational process in different forms of activities can be calculated:

- 1 day/ 4 lessons/ activities (8:00 a.m. -3:00 p.m.) = 1000 students;
- 5 days/ 20 lessons/ activities (8:00 a.m. -3:00 p.m.) = 4000 students;
- 10 days/40 lessons/activities (8:00 a.m. -3:00 p.m.) = 8000 students;

At the same time, it is necessary to highlight what are the impediments to carrying out an effective educational process:

- Limited access to all halls of the sports palace;
- Deficiencies in the preparation of the timetable efficiently;
- Location - students' travel to sports buildings;
- Lack of a specialized outdoor sports field.

1.4. On the human resources dimension

Table 1. Current data of the teaching staff who ensure the educational process employed within the Department of Physical Education

Scientific-didactic potential	Professor	Associate Professor	University Lecturer	Assistant Professor
	0	1	1	10
Scientific titles / specialty	Doctor of Pedagogical Sciences	Coach Emeritus	Master of the sport	No titles
	2	3	7	3
Initial training and continuing education	Initial training "Physical Education"	Initial training "Coach"	Continuing education courses in the last 5 years	Doctoral students
	7	4	4	2
Academic involvement (last 5 years)	Scientific papers	Methodical works	Guest Professors/ Members of Working Groups	Organization of round tables / seminars
	13	2	1	3

Challenges for strategy development

Following the analysis of the current state of physical education and sport within the State University of Moldova, the following challenges were identified for the elaboration of the strategy for the development of physical education and sport within the State University of Moldova.

Challenges for strategy development are described below:

Challenge 1. The educational process. The physical education process within the USM at the current stage does not correspond to national and international requirements, standards, but also does not meet the needs of students and does not open up new opportunities.

Challenge 2. Human resource. Human resources at the current stage (1 doctor, in pedagogical sciences, associate professor and 10 university assistants) cannot fully ensure the quality of the educational process.

Challenge 3. Sports infrastructure. The sports infrastructure of the State University of Moldova does not work optimally either from the perspective of ensuring the physical education process of the students, nor from the perspective of the activity of the sports sections, nor from the entrepreneurial / economic perspective.

Strategic directions and visions

3.1. The dimension of the physical education process

No. crt.	Development directions	Actions / Conceptual provisions
3.1.1	Diversification of organizational forms of physical education and sport	- The lesson and the circle / sports section - basic forms of the organization of physical education; - Physical education lesson - sports tests on the circle. - Physical education lesson on modules according to sports tests (1 sports test - one semester); - The physical / sports education section as a form of organization of curricular activities.
3.1.2	Reconceptualization of the curriculum in the discipline of Physical Education	- Competency-focused curriculum; - Curriculum focused on the needs and interests of students, individualized and differentiated process, integration of people with SEN in the educational process; - Curriculum focused on the principle of achieving continuity between education cycles, continuity with the high school cycle; - Developing a system of teaching materials on the implementation of the curriculum; - Review of the system of evaluation of results in physical education.
3.1.3	Ensuring the physical education process with the respective inventory (specific to sports events)	- Annual planning of the inventory requirement to ensure the process; - Attracting material and financial resources through projects, alternative sources of financing; - Partnerships with specialized entities.

3.2. Human resources dimension

No. crt.	Development directions	Actions / Conceptual provisions
3.2.1	Continuous training of teachers	- Organization of seminars within the Department for the implementation of the curriculum (if necessary); - Participation in continuous training within the State University of Moldova; - Organization and participation in trainings at national/international level; - Involvement of teachers in scientific research, including doctoral studies.
3.2.2	Attracting young teachers	- Promotion of the Department’s image; - Creating collectively the organizational culture based on a democratic framework and mutual respect; - Developing a career plan for the young teacher; - Creating a favourable framework for obtaining scientific and professional performance.
3.2.3	Involvement of teachers in the organization of extracurricular activities.	- Reorganization of the university competitions of the University of Moldova; - Creating attractive educational environments (specialized space, inventory); - Involvement of the Department in sports extracurricular activities at national and international level; - Appreciation and stimulation for great results.
3.2.4	Involvement of teachers in national and international projects	- Organization of seminars on information about the opportunities of teachers’ participation in projects; - Trainings on guidance in writing and applying projects; - Institutional support for teachers involved in projects.

3.2.5	Participation of teachers in the activity of various sports federations, in the organization of various sports festivals	- Personal and professional development of teachers; - Initiation of educational partnerships with the profile federations; - Creation of the university sports club; - Formation of student sports teams for participation in competitions organized by sports federations.

3.3. The size of the sports infrastructure

No. crt.	Development directions	Actions / Conceptual Provisions
3.3.1	Optimal use of sports infrastructure	- Arrangement/repair of work spaces/educational process (gym, gym, methodical cabinet, inventory warehouse, locker room, etc.); - Efficient collaboration with the dean's offices/faculties in designing the timetable of the educational process; - Scheduling of sports sections in the morning for students who are studying in the second shift; - Diversification of the offer of sports sections.
3.3.2	Development of sports infrastructure	Through partnerships with specialized federations, NGOs: - Mini-football field; - Sports playground on the beach; - Chess Academy; - Specific installations and sports inventory for individual sports games.

Performance sports at the State University of Moldova

Performance sport in higher education institutions pursues the following functions:

- Promotion of performance sport at national level;
- Promoting the University's image;
- Initiation of inter-university partnerships / federations in the field;
- Attracting young people to continue your studies at the University of Moldova.

The support of performance sports within higher education institutions is conditioned by the availability of financial resources such as:

- Allocating space for the preparation process;
- Remuneration of coaches (12 - 16 hours per week);
- Travel financing;
- Finances for the participation quota in competitions, etc.

4.1. Performance sport dimension within the State University of Moldova

Development directions	Actions / Conceptual provisions
Directions / perspectives for the development / support of sport within the State University of Moldova	1. Creation of the UNIVERSITY SPORTS CLUB in 2 ways: - Founded and financed by the Ministry of Education, as a strategy to support performance sports in the Republic of Moldova; - Founded through a partnership between the Department of Physical Education and Sport and the USM Students' Union. 2. Partnerships with public associations where 50% of the teams are made up of USM students; 3. Monitoring of USM students who practice performance sports in sports clubs / associations.

Conclusions

The strategy developed and proposed aims to:

- motivating students to participate in physical education and sports activities within the USM;

- the involvement of the student, the teacher and the managers in the development of physical education and university sport;
- promoting an active and healthy lifestyle in the State University of Moldova.

In order to implement this strategy, it is necessary to:

- to develop and approve the operating regulations of the sports complex, which include all the sports buildings of the State University of Moldova;
- to develop an action plan for the implementation of the strategy within the State University of Moldova.

Thus, the strategy for the development of physical education within the State University of Moldova is a complex approach, aimed at streamlining the educational process, optimizing resources and promoting an active lifestyle among students. This initiative represents a significant step towards modernizing and aligning university physical education with international standards, contributing to the formation of a generation of active, healthy and involved young people in the life of the community.

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