

PREVENTION AND HEALTH EDUCATION

CHAPTER II

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Physical activity in the environment of students Aspirants School of National Fire Service in Krakow

Aktywność fizyczna w środowisku uczniów Szkoły Aspirantów Państwowej Straży Pożarnej w Krakowie

Key words: fire brigade, leisure time physical activity

Słowa kluczowe: straż pożarna, czas wolny, aktywność fizyczna

INTRODUCTION

Security is the supreme value and autonomous, which determines the implementation of almost all the others. He writes Mariusz Kubiak "security somehow precedes other values" [4]. One type of security is public safety, and its high level of specialized care groups disposition such as the Police, Army, Prison service, Fire Brigade and Border Guards. According to a survey by the GKF Custom Research in 17 European countries in 2009, more than 90% respondents recognized the firefighters for a professional group that enjoys the greatest public confidence. A similar

study in Poland revealed that 71% of the inhabitants of our country also declared that such high confidence [5]. As defined in the Act of 24 August 1991 (Dz.U. z 2006 r. Nr 96, poz. 667 ze zm.). National Fire Brigade (NFB) is a "professional, uniformed and equipped with specialized equipment formation, designed to fight fires and other threats," [7].

Occurring in the modern world different kinds of threats naturally imply the need to make significant changes in the system of various uniformed services, including fire protections. They have been developed proposals for new laws that were prepared by the officers of the fire departments and fire schools, representatives of trade unions and scientists. In April 1991, he was appointed team to organize National Fire Service, who prepared and forwarded to the Parliament two draft laws: fire protection and of National Fire Service. Under the Act of 24 August 1991 was appointed National Fire Brigade. It has become one of the elements National System Fire Fighting (NSF), which started its operation at the beginning of 1995. In subsequent years, the system was expanded to include the most mobile units of voluntary fire brigades. In the process of the formation of different organizational structures of National Fire Service (NFS), particular attention was paid to the need to develop a comprehensive education fire. Steps were also taken which improve working conditions and safety service officers (modern equipment and technical equipment, development of new methods and forms of recognition and control).

In Poland, there is a well-functioning system of education of potential officers of the fire service. In Poland, the officers firefighting promotes Main School of Fire Service in Warsaw. While the aspirants Central School National Fire Service in Częstochowa, College of the State Fire Service in Poznan, College of the State Fire Service in Krakow. School non-commissioned officers of the State Fire Service in Bydgoszcz, educated and non-commissioned officers and rank and file. In Poland, the National Fire Brigade has its own system of education and training. It consists of two subsystems, one of which is responsible for raising generic skills in preparing young people to become a firefighter, firefighting technician or engineer firefighting, while the second is related to the increase of professional qualifications structures fire. This system also applies to fire-fighters employed in occupational fire services [2].

The education system consists of:

- 16 training centers in the provincial headquarters of the State Fire Service
- 1 school non-commissioned officers of the State Fire Service in Bydgoszcz
- 3 school aspirants State Fire Service in Krakow, Czestochowa and Poznan (with the rank of post-secondary) education on the profession of firefighting techniques
- 1 Main School of Fire Service in Warsaw educating on first degree - fire engineering studies and second degree - masters of fire engineering.

One of the more recognized schools implementing the program of educating Fire is the College of the State Fire Service in Krakow. It was founded in 1960 after the liquidation of such an institution in Nysa [1].

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In order to prepare the cadets to perform professional tasks in all conditions, training is virtually on objects such as factories, hospitals, schools, theaters, hotels, base stations, sports clubs and others with whom the school maintains close cooperation [3]. School of Fire Service in Krakow is not limited to conduct classes in extramural and stationary. Here also held symposiums, conferences, training national and international congresses and meetings of various organizations. Tradition School became the training of district commanders FS, employees of the establishments involved in the affairs of fire protection, training for emergency medical technicians, training for human resources departments of Emergency Management and Civil Protection. The school also organizes presentations of companies products firefighting equipment, the hardware can not only be presented to cadets as well as invited guests from local fire protection units and representatives of other institutions. Demonstrations and presentations are also a one of the important elements of teaching, because direct contact with the latest technology, design solutions and the latest generation equipment, expanding existing knowledge, awareness and horizons of students [3]. The specificity of the profession requires exceptional physical fitness. It plays a very important role, from the moment of recruitment to the School of the Fire and is equally important in the whole process of staff training fire brigade. Because it affects the fatigue strength, hardening, better and more quickly adapt to new situations and exercise loads. In connection with such an important role of physical fitness in this profession is the care and broadening its scope has become one of the fundamental duties of every firefighter [1].

Sport and physical activity as it is in many professions is an integral part of the education process and additionally unites environmental fire. In 1995 he was introduced to official use "manual physical education and sport in the organizational units of the FS," which was developed by the National Headquarters FS and the Department of Health and Physical Culture.

Any action taken when learning to have one main and essential purpose: improving efficiency and keeping it at the highest level. In view of the above the main purpose of this article is an attempt to approximate the attitudes of students Aspirants School of National Fire Service in Krakow to physical activity undertaken during free time.

MATERIAL AND METHODS

The study was conducted at College of the State Fire Service in Krakow in June 2014. The respondents are students of the first year. They were carried out during breaks in the mandatory classroom. The questionnaires were handed out personally by the person examining, current at the time of testing. In total, the study were given 115 students. After a pre-selection for further analysis assumed 107 surveys. Among all people surveyed were male. This does not mean, however, that women can not join the service. Apparently none of the candidates did not meet the demands for the entrance exam. A significant number of respondents, as many as 64.4% comes from the village, while nearly 20% are respondents from smaller towns (exactly 18.7%)

and from large cities-16.8%. As many as 85% of the respondents live in a dorm, and only a small proportion of their lives with the family (15%).

The study used a technique surveys auditorium. While research tool was a questionnaire, which is an essential tool in the methods of survey, which is a set of questions formulated in a specific, purposeful manner to which respondents give answers. The questionnaire included both closed questions, semi-open and open. Dominated in the them questions, involving the the choice by the respondents of one or more answers. All questions have been divided into thematic plane, among which there is a group of questions concerning: the subjective assessment of the role of the learner and the learning difficulties and how to deal with them; free time and more specifically the amount and variety of its development, sports and recreation activities, postulated ways of spending free time [3].

RESULTS

The first plane analysis will address issues related to the leisure time of students surveyed. Will be determined amount of free time they have, respondents and the structure of its development (Table 1).

Tab. 1. The amount of free time on weekdays, according to the origin of the respondents (in%)

The amount of free time on weekdays	Origin			Sum
	village	A small town	Big city	
1 hour	18,8	10,0	16,7	17,0
1 to 2 hours	29,0	40,0	5,6	27,0
2 to 3 hours	29,0	15,0	50,0	30,0
3 and more	20,3	30,0	27,8	23,0
I do not have free time	8,7	5,0	-	3,0
The number of categories	N=69	N=20	N=18	N=107

The analysis of the data can be seen that only a small number of subjects, because 3% declared that there is no free time. In contrast, the majority of the population (actually 80%) is 1 to 3 hours and more leisure daily. The largest pool of leisure have students from big cities this fact can be explained by the lack of additional responsibilities, eg. help on the farm.

Tab.2. Ways of spending leisure - present place of residence (in%)

Ways of spending leisure	The current domicile		Sum
	With family	In the dorm	
I watch tv	25	9,9	12,0
I play computer games, television	31,3	35,2	34,0
Friendly matches	18,8	38,5	35,0
Sports and recreational activity	50	54,9	54,0
Walk	6,3	9,9	9,0

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Ways of spending leisure	The current domicile		Sum
	With family	In the dorm	
Reading magazines, books, newspapers	6,3	16,5	15,0
Listening to music	50	3,3	57,0
Spending time with the family	25	3,3	6,0
Participation by in the sections of interest (which) ...		-	-
I do not do anything	12,5	9,9	10,0
In another way	-	9,9	10,0
The number of categories	N=16	N=91	N=107

Note: The percentages of respondents do not add up to 100% because respondents could give more than one answer

The results in the table show that passive leisure time activities involving listening to music chosen as much as 57% of respondents. Numerous indications received other forms of passive recreation, eg. Social events 35%, playing on the computer 34%, 15% readership – table 2. It should be noted, however, that more than half of the surveyed students (54%) declare activity sports and recreation. This applies to both respondents living with a family, and in the a dormitory. A small number of respondents spend it with family and probably this result is closely related to the fact that while science students are billeted, and only on weekends can go to the family.

The activity of recreation and sports among students of the School Aspirants State Fire Service is analyzed by other research issues.

Respondents declared that they engaged in sport and recreational activity carried out on weekdays and in the weekandy as evidenced by the results in table 3.

Table 3. The interest in sport and recreational activity by place of residence (in%)

The interest in sports and recreational activities	origin			Sum
	The village	Small town	Big City	
Occurs	94,2	85,0	77,8	89,7
Absent	5,8	15,0	22,2	10,3
The number of categories	N=69	N=20	N=18	N=107

As can be seen almost 90% of aspirants showing interest in sports and recreational activities. The smallest percentage was indicated in an environment of students living in large cities.

Table 3. Forms of activity of sports and recreation on weekdays, according to the situation of the family (in%)

Types of activity of sports and recreation	The material situation of the family				Sum
	Very good	Good	Average	A difficult situation	
Swimming	16,7	16,1	8,3	-	13,0
Cycling	33,3	16,1	13,9	-	16,0
Playing football	50	64,5	38,9	33,3	54,0
Playing basketball	-	8,1	-	-	4,0
Volleyball game	50	25,8	16,7	-	25,0
walking	16,7	16,1	16,7	-	16,0
Other, how ...	-	26,5	18,7	7,0	35,0
The number of categories	N=6	N=62	N=36	N=3	N=107

Note: The percentages of respondents do not add up to 100% because respondents could give more than one answer

Analysis of the data contained in table 3 showed that a significant number of people, as many as more than half of the respondents, in their free time on weekdays is playing football. Every fourth respondent volleyball. Almost 1/5 of riding a bike. A large number of respondents also indicated other activities. The most popular among them proved to be jogging, gym, hiking, martial arts. The variety of types of activity undertaken decreases with the lower levels of the material situation of the family. This is probably due to the fact that many forms of recreational sport requires a financial effort. Among other reasons for this low diversity of classes free-time may be mentioned also the lack of people with similar interests, low skills of their own in a given discipline or lack of facilities necessary to practice the discipline.

The same situation occurs when we consider recreational activities undertaken at the weekend. Also, a significant and definitely overwhelming number of respondents were in favor of playing football. Not surprisingly this fact, because among the respondents there is not one woman, and football is the most popular men's game. The third plane analysis of source material applies to school sports facilities, and meeting the needs of students in the field of leisure and recreation carried out by the school. Another important research issue is the question whether, in addition its own initiative for action in the field of recreational sports is influenced by any external factor and precisely speaking school environment.

Tab. 5. Recreational activities on weekdays by place of origin (in%)

Recreational activities	Origin			Sum
	Village	A small town	Big city	
They are organized	69,6	55	66,7	66,0
They are not organized	27,5	45	33,3	34,0
The number of categories	N=69	N=20	N=18	N=107

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As shown in Table No.5 vast majority of surveyed students (70%) confirmed that such classes are held on weekdays by the school. Respondents from the country responded affirmatively to this question. So we can conclude that these people are more interested in recreation and diversity of its execution than the other participants. Perhaps this result is a confirmation of the fact that these people want to use this type of course, because so far had no opportunity to practice the discipline of different reasons. Or so that want to better prepare for future career firefighter.

Tab. 6. Recreational activities at the school on weekends by professional situation of the respondents (in%)

Recreational activities	The professional situation		Sum
	He works and learns	Learns	
they are organized	27,7	52,7	66,0
They are not organized	27,3	47,3	34,0
The number of categories	N=33	N=74	N=107

In Table. 6 can be seen that the school, in the opinion of students frequently organizes football events, classes in various fields of athletics, classes at the sports hall, climbing wall, sightseeing tours, trips to the pool, there is also the possibility of using the school sports hall. A similar situation occurred in the question on frequency of use of recreational activities organized by the school. This question is answered only those who in an earlier question admitted that the school organizes this type of classes. In all three variables, almost half of respondents in favor of the fact that use of this type of activities, both on weekdays and on weekends. About 20% of respondents who answered this question, use them only on holidays. And other people do not benefit from extra-curricular activities. The greater part of the respondents, and they were here only those who believe that such classes are not organized by the school. They claim that they wanted to make some extra classes took place. Only a small number of people, because less than 10% do not want their implementation.

Tab. 7. Barriers to engaging in recreation by origin (%)

Barriers recreation	Origin			Sum
	Village	A small town	Big city	
The lack of sports and recreation facilities	11,6	20,0	33,3	18,0
Lack of money	29,0	35,0	11,1	29,0
The lack of people with similar interests	37,7	25,0	38,9	37,0
Other barriers - what?	21,7	20,0	16,7	16,0
The number of categories	N=69	N=20	N=18	N=107

The biggest obstacle for respondents practicing favorite sports and leisure activities to suit your taste, there is a lack of people with similar interests - tab. 7. Such a choice made nearly 40% of respondents. Financial resources are an obstacle for nearly 30% of respondents. Few people approx. 1/5, admitted that the obstacle is the lack of sports facilities. In contrast, the most common additional reasons that served the respondents were: lack of time, school duties.

Tab. 8. Barriers to engaging in recreation by material situation (in%)

Barriers to practicing recreation	Financial situation				Sum
	Very good	Good	Average	A difficult situation	
Lack of sports and recreation facilities	16,7	19,4	11,1	-	18,0
Lack of money	-	25,8	41,7	66,7	29,0
Lack of people with similar interests	16,7	45,2	27,8	-	37,0
other causes	66,7	9,7	19,4	33,3	16,0
The number of categories	N=6	N=62	N=36	N=3	N=107

Also in this category it appeared similar score- many people were in favor of the fact that the basic problem in practicing favorite recreational sport is the lack of people with similar interests – table 8. It should be noted that the difficult financial situation of the family, the more marked response for lack of funds. And so a person with a very good financial situation do not see obstacles financially to be able to practice a particular sport facilities. In contrast, patients with difficult material situation the matter of finance is a huge problem, because it marked the same answer over 60% of people in this group.

THE IMPLICATED WAYS OF SPENDING LEISURE TIME IN THE FUTURE

Responses to this open question were not varied because of the analyzed variables. The largest number of people because nearly 90% of all respondents were in favor of the fact that he wants to spend their free time in the future actively, and preferably as now. Here were mentioned most often, such as recreational sports: swimming, climbing, playing football, skiing, cycling, trips, going to the club. In a somewhat lesser extent was exchanged rest, spending time with family and friends.

CONCLUSIONS

1. The study population has a large pool of free time. On weekdays from 2 to 3 hours of free time you can spend at your own leisure. On weekends and days off from classes 40% of respondents are able to save up to 6 hours of free time.
2. Respondents among the various forms of free-time especially prefer listening to music and sports and recreational activities. In both cases, the rates were very

similar, and amounted to over 50%. The most popular sports discipline which respondents chose was football, which received as many as 54% of respondents. Slightly lower election related disciplines such as basketball, volleyball and cycling.

3. Seventy per cent of respondents said that the school organizes their leisure time. Most often were mentioned activities such as football events, classes at the sports hall, climbing wall, sightseeing tours, trips to the pool as well as courses in various fields of athletics.
4. Vision behaviors free-time in the future is directed towards active forms of resting. Among the listed forms of sport he had most of the running, soccer, swimming, and gym. A large number of indications received variants that indicate the needs of the students surveyed, such as the desire to spend free time with loved ones, family and with friends.

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ABSTRACT

The specificity of the firefighter profession requires a lot of physical fitness. It plays a very important role in the whole process of staff training for firefighting. Because it affects the fatigue strength, hardening, better and more quickly adapt to new situations and exercise loads. In connection with the such an important role of physical fitness in this profession is the care and broadening its scope has become one of the fundamental duties of every firefighter. The aim of this article is to attempt to approximate the attitudes of students Aspirants School of the State Fire Service in Krakow to physical activity undertaken during free time. The study was conducted at the Cracow School in June 2014. among the students of the first class. The study used a survey technique auditorium. While research tool was a questionnaire.

STRESZCZENIE

Specyfika wykonywania zawodu strażaka wymaga dużej sprawności fizycznej. Pełni ona bardzo ważną rolę w całym procesie kształcenia kadr strażackich. Wpływa ona bowiem na wytrzymałość zmęczenie, zahartowanie, lepsze i szybsze dostosowanie się do nowych sytuacji i obciążeń wysiłkowych. W związku z tak ważną rolą sprawności fizycznej w tym zawodzie to dbałość i poszerzanie jej zakresu stało się jednym z podstawowych obowiązków służbowych każdego strażaka. Celem niniejszego artykułu jest próba przybliżenia postaw uczniów Szkoły Aspirantów Państwowej Straży Pożarnej w Krakowie wobec aktywności fizycznej realizowanej w czasie wolnym. Badania zostały przeprowadzone w krakowskiej szkole w czerwcu 2014 roku wśród uczniów klasy pierwszej. W badaniu zastosowano technikę ankiety audytoryjnej. Natomiast narzędziem badawczym był kwestionariusz ankiety. Z analizy danych wynika iż uczniowie szkoły mają pozytywne nastawienie prozdrowotne, także duża aktywność ruchowa respondentów w czasie wolnym może prognozować wysoka sprawność w przyszłym zawodzie strażaka

Artykuł zawiera 23539 znaków ze spacjami