

IMPLEMENTATION OF THE PHYSICAL EDUCATION PROGRAM IN HIGHER ARTISTIC SCHOOLS IN POLAND DURING SYSTEM TRANSFORMATION AFTER 1989

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- SWFiS
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Abstract:

Background: The transformation of the political system in 1989 had a significant impact on the development of education system, including higher education, in which radical change and transformation took place. In a few cases the importance of student physical culture has increased, but in many cases has been marginalized. This is especially true for compulsory physical education, where the current organizational solutions have not been accepted in the changing high school system. **Material and method:** The research was conducted in 15 higher art schools. The study covered institutions that represent the state of physical culture at universities, e.g. SWFiS (or similar). The monographic method was used for research, as well as interview technique and finally a questionnaire as a research tool. **Results:** PE classes for students of higher art education schools in most of researched universities are held in the first year of study, at a minimum duration of 60 hours. Most of the students of the other higher art schools receive one or two ECTS credits for participation in PE classes. Students of some researched arts colleges have the opportunity to participate in non-compulsory physical education classes. **Conclusions:** Social, legal and economic transformations have resulted in adaptive processes that enable the functioning of student physical culture in the new reality of higher education.

INTRODUCTION

Higher art schools are public universities, acting under the Act of 27 July 2005 - Higher Education Law [Dz.U. No. 164, item. 1365 with later changes]. They are supervised by the minister responsible for culture and protection of the national heritage. In the academic year 2010/2011 there were 19 state high schools of art, including 8 art academies, 8 music schools and 3 theatrical and film schools. Some of the researched art schools changed their names from academies to universities in accordance to the guidance of the Ministry of Science and Higher Education. The Academy of Music in Warsaw was transformed in 2008 to the University of Music and the Academy of Fine Arts in Poznań became the University of Art in 2010.

The Act of 20 July 2001 defined the requirements for the conduct of studies, programs and the number of hours devoted to specific subjects during whole studies. According to the education standards set by the Ministry of Science and Higher Education for the fields of art studies, physical education should be implemented in a minimum duration of 60 hours. Physical education is assigned to 2 ECTS credits [Nowakowski 2004]. The implementation of the classes, or the increase of the number of working hours, as well as organization of additional sports, recreational or tourist activities, largely depends on the sports base, the

funds allocated for this purpose and the initiative of the university authorities. The needs and opportunities of the students of the university are also important.

AIM OF THE WORK

The aim of this article is to present the ways of implementing the physical education program in higher art schools in Poland in 1989-2011.

MATERIAL AND METHOD

The research was conducted in 15 higher art schools. The study covered institutions that represent the state of physical culture at universities, e.g. SWFiS (or similar). On the basis of interviews and completed questionnaires, it was evaluated: the structure of the conducted classes and evaluation method, the number of sports, recreation, correction and rehabilitation sections, the nature and number of organized sports and recreation events, participation of students in summer and winter camps and cooperation with organizations operating in the university both inside and outside.

The study consisted of the following colleges of art:

a) Academies of Art

- Akademia Sztuk Pięknych im. Eugeniusza Gepperta we Wrocławiu
- Akademia Sztuk Pięknych im. Jana Matejki w Krakowie
- Akademia Sztuk Pięknych im. Władysława Strzemińskiego w Łodzi
- Akademia Sztuk Pięknych w Gdańsku
- Akademia Sztuk Pięknych w Katowicach
- Akademia Sztuk Pięknych w Warszawie
- Uniwersytet Artystyczny w Poznaniu

b) Theater and Film Schools

- Państwowa Wyższa Szkoła Filmowa, Telewizyjna i Teatralna im. Leona Schillera w Łodzi
- Państwowa Wyższa Szkoła Teatralna im. L. Solskiego w Krakowie

c) Music Schools

- Akademia Muzyczna im. Feliksa Nowowiejskiego w Bydgoszczy
- Akademia Muzyczna im. Grażyny i Kiejstuta Bacewiczów w Łodzi
- Akademia Muzyczna im. Ignacego Jana Paderewskiego w Poznaniu
- Akademia Muzyczna im. Stanisława Moniuszki w Gdańsku
- Akademia Muzyczna w Krakowie
- Uniwersytet Muzyczny im. Fryderyka Chopina w Warszawie

The monographic method was used for research, as well as interview technique and finally a questionnaire as a research tool.

The answers included in the surveys concern the academic year 2010/2011.

PHYSICAL EDUCATION AS AN OBJECTIVE SUBJECTS OF TEACHING

Classes for students of higher education schools in the majority of researched schools are held in the first year of study, at a minimum time (60 hours). This amount of hours is realized in: UA, AMuz Poznań, AMuz Kraków, AMuz Wrocław, ASP Łódź, AM Gdańsk, ASP, UMuz Warszawa, ASP Katowice, AMuz Bydgoszcz, PWSFTiT Łódź (most faculties), ASP Kraków (most faculties). In two studied universities (AM Łódź - Faculty of Art Education and ASP Krakow - 2 Faculties - Painting and Maintenance) PE classes are held also on the 2nd year of study. There are also higher education institutions that offer more hours

of PE classes. At AMuz in Łódź (apart from faculty - Artistic Education) and PWST Kraków, students have two years of full time study in a time of 120 hours at all faculties and at PWSFTiT in Łódź at the Faculty of Operational Research 180 hours during 3 years of study.

In most higher art schools (10) students receive credit at the end of PE classes. In one of the researched schools (AMuz Kraków), the grade of the course ends with an assessment. As far as ECTS points are concerned, AMuz's students in Łódź receive only 0.5 ECTS for participation in PE and it is the only university that awards the lowest number of credits from all universities. Students of other higher art schools receive one or two ECTS credits for participation in classes.

Table 1. Form of credit and number of ECTS points awarded for physical education classes.

Uczelnia	Form of credit	Number of ECTS
ASP Katowice	zaliczenie	2
ASP Gdańsk	zaliczenie	2
ASP Kraków	zaliczenie	1
ASP Łódź	zaliczenie	2
ASP, UMuz Warszawa	zaliczenie	1
ASP Wrocław	zaliczenie	1
UA, AMuz Poznań	zaliczenie	2
PWST Kraków	zaliczenie	2
PWSFTiT Łódź	zaliczenie	2
AMuz Bydgoszcz	zaliczenie	1
AMuz Katowice	zaliczenie	1
AMuz Kraków	zaliczenie z oceną	1
AMuz Gdańsk	zaliczenie	1
AMuz Łódź	zaliczenie	0,5
AMuz Wrocław	zaliczenie	1

Source: Own elaboration, 2014

Table 2. Students participating in compulsory and optional physical education classes at higher art schools.

Uczelnia	Form of classes				
	compulsory, stationary	compulsory, non-stationary	optional	correction	rehabilitation
ASP Katowice	b.d	b.d	b.d	0	0
ASP Gdańsk	90	0	0	0	0
ASP Kraków	200	0	40	0	0
ASP Łódź	350	0	0	0	0
ASP, UMuz Warszawa	600	0	0	0	0
ASP Wrocław	b.d.	0	0	0	0
UA, AMuz Poznań	135	0	0	0	0
PWST Kraków	25	0	0	0	0
PWSFTiT Łódź	353	62	0	0	0
AMuz Bydgoszcz	110	0	40	25	0
AMuz Katowice	b.d.	b.d.	b.d.	b.d.	b.d.
AMuz Kraków	150	0	40	0	0
AMuz Gdańsk	110	0	0	0	0
AMuz Łódź	137	0	23	0	0
AMuz Wrocław	154	0	18	0	0

Source: Own elaboration, 2014.

The implementation of PE in non-stationary studies takes place only at two universities: ASP Katowice and PWSFTiT in Łódź. Classes are conducted in 60 hours in the first year of study and end with obtaining a credit for this subject.

One of the forms of implementation of the physical education program in higher art schools is the sports specialization group. These are classes most often for those who are interested in a particular discipline, but who do not have such skills that would allow them to participate in academic or league competitions. This type of group operates in 7 universities. According to the survey, the: Gymnastics (6), swimming (5), badminton (4) and fitness (4) are the most popular disciplines.

Table 3. Sports specialization group in higher art schools.

Sport specialization	Number of group
gymnastics	6
swimming	5
badminton	4
fitness	4
weight lifting	3
football	3
table tennis	3
team sports	3
aerobic	2
acrobatics	2
fencing	1
general-purpose activities	1
volleyball	1
stage fighting	1
strength training	1
martial arts	1

Source: Own elaboration, 2014.

Some groups of sports specialization (eg acrobatics, stage fighting or fencing) have been created for the future profession of study at the youth academies. With this situation we can meet at the State Higher School of Movie, Theater and Television school in Łódź and at the State Higher School of Theater in Kraków.

The results of the research show that sports sections are only available in two schools. The Academy of Fine Arts in Katowice conducts a ski section, while the Wrocław Music Academy hosts a football section.

On the basis of the answers given, only three higher art schools in the studied academic year organized inter-team games for their students. The competition was organized in recreational skiing (ASP Katowice), volleyball (AMuz Wrocław) and in swimming, football, table tennis and alpine skiing within the framework of the Cracow Art Academies competition (SWFiS ASP). One of the researched universities (AMuz in Wrocław) organized inter-departmental competitions in which 4 teams took part. SWFiS ASP in Kraków is the organizer of the Cracow Artistic College Championships, which is attended by students of the ASP, AMuz and PWST in Kraków. Taking into account the specifics of artistic studies, the Academic Sports Association organizes for these schools the Festival of Higher Art Schools, which is the equivalent of the Academic Higher Education Schools championships. Unfortunately, the interest in this sports event is small. In the academic year of study, only three universities took part in the festival: ASP Katowice, ASP and UM in Warszawa. The low interest of students of various competitions may be caused by lack of appropriate skills

that allow students to start in different types of competitions as well as fear of injuries that might occur during physical activity.

Some of the examined arts colleges organize other forms of sport and recreation (mass events, festivals, rallies, workshops and others) as part of complementary activities. Such events were organized in 7 higher art schools. Most of them have been around for a few years now. In the years 2010-2011 the following events were organized in the researched schools: physical fitness workshops and dance and gymnastics workshops (PWSFTiT Łódź), recreational skiing (ASP Katowice), summer camps and skiing camps, new year's eve festivities, bike rides (in cooperation with KU AZS) sport celebration days in AMuz and ASP in Poznań, swimming competitions, table tennis tournament, intercollegiate indoor football tournament (SWFiS ASP, AMuz Poznań), bicycle rallies (AMuz Wrocław), Championships of Cracow Universities of Art (ASP Cracow).

Another form of performing arts classes in higher art schools are recreational activities. They are conducted in 8 universities. The most varied offer of PE classes is offered by SWFiS UA and AMuz in Poznań (6) and SWFiS ASP and Umuz in Warszawa (8).

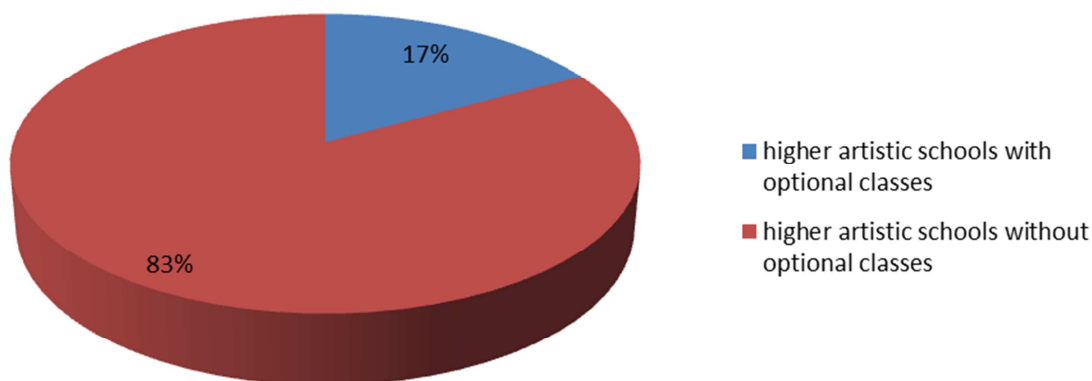
Table 4. Popularity of recreational disciplines in higher art schools.

Disciplines	Number
aerobic	9
bodybuilding	6
strength training	6
swimming	4
step	3
yoga	2
football	2
indoor football	1
jogging	1
skating	1
basketball	1
volleyball	1
team sports	1
table tennis	1

Source: Own elaboration, 2014.

According to the gathered information, aerobic, weight lifting and strength training are the most popular disciplines among college students. Among chosen disciplines, the most often are disciplines of shaping and improving the body (bodybuilding, strength training, aerobics, step). In the offer of recreational activities, there also appear modern forms such as yoga.

Students of some researched arts colleges have the opportunity to participate in the forms of non-compulsory physical culture classes. ASP in Katowice conducts classes with football and jogging group, AMuz in Bydgoszcz runs "power corners", i.e. general and strength classes, while AMuz in Katowice has football and aerobics. The optional courses offered by the mentioned arts colleges in the academic year 2010/2011 was attended by about 100 students.



Graph 1. Number of art schools conducting optional courses for students
Source: Own elaboration, 2014.

Only one of the researched universities (AMuz Bydgoszcz) meets the needs of students with developmental disorders or defects in the movement apparatus, arranging for them corrective classes.

From the above data it is evident that the studied colleagues hardly deal with limited ability students. Very often students with health problems are completely exempted from classes. At some universities (eg AMuz in Kraków), students who are fully exempted from the PE course choose a theoretical subject.

In the academic year 2010/2011 the number of students completely exempted from the classes in higher education schools was about 5% for all people subjects to compulsory physical education in the studied schools (data from 11 universities). AMuz students in Łódź (12.4%), AMuz in Gdansk (9%) and PWST in Krakow (8%) received the most exemptions. In AMuz in Bydgoszcz, in the academic year of study, there were the least students who were exempted from classes (less than 0.9%). A small number of students exempted from classes were the result of running 2 classes of corrective gymnastics at this school, attended by students who could not attend compulsory classes.

The research shows that only three higher art schools have a system to help the best athletes. During the academic year, students from Katowice, ASP Łódź and AMU Wrocław were able to benefit from this kind of assistance. Scholarships for outstanding athletic performance (or scholarly) are granted to colleagues students. Taking into account the profile of the schools in a survey, it can be concluded that this is a satisfactory result.

Some of the universities (8) give their students an opportunity to "do" physical education in another form. Selected students of art schools may obtain a compulsory course of study on the basis of the decision of the SWFiS manager or the person responsible for the implementation of the PE. This is usually done on the basis of a confirmation or certificate of participation issued by the competent authority conducting this activity. This opportunity can be used by students who are good at sports or training at KU AZS (AMuz Kraków, ASP Kraków, UA Poznań, AMuz Poznań, AMuz Wrocław) as well as students who cannot attend classes for various other reasons. According to the survey, teachers conducting classes are trying to meet the needs of students who are leaving the classes and allow them to take classes in other way, for example: on other additional courses offered by the university (AMuz Gdańsk). Students can also decide on the type of physical activity they would like to take part

in (AMuz Bydgoszcz, AMuz Gdańsk). Of course, it must be properly documented, for example, by a report, a picture of participation in selected classes and even a short film. In the case of students studying both in Poland and abroad, the PE instructors agree to the completion of compulsory classes at the foreign university (AMuz Gdańsk).

Table 5. Forms of doing compulsory physical education on the basis of other sport and recreation activity.

Forms of doing compulsory physical education	Liczebność
Zawodnicy wyczynowo uprawiający sport	5
Zawodnicy trenujący w AZS	1
Uczestnicy zajęć z tańca towarzyskiego	1
Członkowie zespołów tanecznych	1
Zajęcia na basenie (mieszkający poza miejscem studiowania)	1
Uczestnicy dodatkowych zajęć wf	1
Uczestnicy wybranych form aktywności fizycznej	1
Zajęcia wf na uczelniach zagranicznych	1
Brak możliwości	10

Source: Own elaboration, 2014.

Create opportunities for students to participate in winter and summer camps and in various types of trips, can be an interesting addition to the educational offer in the field of physical education. Unfortunately, according to the research, none of the higher education schools organizes summer or winter camps for their students. No SWFiS initiative or people responsible for PE in the organization of camps most often results from the lack of interest of students in this form of classes. It results from the specificity of selected studies as well as the amount of financial costs that students would have to incur to participate in such classes. The situation in terms of organizing tourist events is slightly better. Two of the researched schools confirmed organization of such events in the academic year 2010/2011. It was the Academy of Fine Arts in Katowice, where SWFiS organized 4-day Rafting for 4 groups (120 people) and the Wrocław Academy of Music, which arranged for its students a 1-day bike rally for 45 participants.

Due to the nature of artistic studies, none of the studied universities conducts trainings of organizers of sport, recreation or tourism.

Collaboration with internal and external organizations plays an important role in SWFiS activities or other entities responsible for physical education in many higher schools. It is most often associated with student organizations that depend on the shape of cultural life at the university, with health departments, trade unions, employee organizations, or college AZS clubs.

Unfortunately, the survey carried out among higher education schools shows, that this activity form of entities responsible for the shape of physical culture almost does not work in the researched universities. The cooperation is made only with KU AZS. In the academic year 2010/2011 such cooperation was declared only by SWFiS ASP and UM in Warszawa. Cooperation between SWFiS and KU AZS most often concerns the organization of sports and recreational events. The remaining higher art schools do not cooperate with any organizations operating in the university. The situation is similar regarding the cooperation with outside organizations. Only one of the researched universities - Wrocław Academy of Music declared its cooperation with the cultural publishing house. The partnership includes financial support for the organization of a football tournament.

According to the conducted research, the dominant form of SWFiS activity and other subjects dealing with physical culture in higher art schools are recreation (6) and didactic classes (6) and sport (1). In the second place the most often answer was sport (4) and

the third was tourism (1) or correction classes (1). 14 universities were answered questions in the survey. Most of the universities exchanged only one form of activity. Based on the results of the study, it can be concluded that the major arts schools focus on recreational activities designed to introduce students to the choice and enjoyment of "whole-life sport" recreation and traditional general-purpose didactic activities.

Table 6. The dominant form of SWFiS activity in higher art schools.

Answer	Number	Procent przypadków
recreation	7	50
didactic classes	5	36
sport	3	21
correction classes	3	21
tourism	2	14
integration	1	7

Source: Own elaboration, 2014.

CONCLUSIONS

Social, legal and economic transformations have resulted in adaptive processes that enable the functioning of student physical culture in the new reality of higher education. Many activities were undertaken to adapt the student's physical culture to the new reality. Despite of this, it can be observed a decrease in the level of physical culture in the academic environment. There is also a decrease in the number of students taking part in sports and leisure activities. Compared to the 1980s, the number of art schools students under compulsory physical education decreased by 42%.

The difficult financial situation of the university prompts its authorities to seek savings, e.g. in the activity of the WFiS schools. The units themselves have not yet adapted to the conditions of free-market economy. They do not benefit from the ability to get additional resources from the outside, such as grants or rental of their own facilities, which are often outdated and generate high maintenance costs.

Despite the introduction of a wider range of sports and recreational activities for students, there is still a lack of interest in student activities. This situation may be due to the fear of injury, but also the lack of tradition from home and school, lack of interest or low level of physical fitness. Fortunately, there is an increase in awareness among students of researched colleagues about the positive impact of physical activity on their lives. It is possible for some colleges to show more interest in participating in the various forms of physical activity offered at the universities or outside them.

The threat to student physical culture and physical education in higher arts schools is to limit the hours of PE to the minimum or to completely abandon physical education in art schools. About 30% of the respondents are concerned about this fact. This is a result of the transformation of the structure of higher schools in Poland, their functioning on the new rules, the set up of programming minimums and the beginning of increased cost calculations and control.

A suitable sports and recreation base, which would be adapted to the needs of sport and recreation in the researched universities, could encourage students to participate in various forms of physical education. Also introducing elective courses that meet student expectations and allowing students not attending PE classes to choose the other forms of movement exercises, could contribute to the increase of physical activity of students in the researched art schools.

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