

Comparison of Physical Education Courses in Turkey and European Countries, Examination of Some Problems in the Field of Physical Education and Sports

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Abstract

Physical Education Courses in Turkey and European Countries were compared and Investigation of some problems in the field of Physical Education and Sports was aimed. The opinions of Physical Education teachers and academicians working in the field of sports towards Physical education and sports-related problems were collected by the survey method consisting of seven questions prepared by the researchers. The course hours of physical education and sport in Turkey in all levels of education are less than the course hours of physical education and sport in Europe. It was concluded that to be in compliance with European standards in Physical Education courses, the physical education and sports course hours at all levels of education should be four hours per week, in the first stage of primary education, the physical education and sports teacher should teach "Game and Physical Activities" course instead of the class teacher, the more graduates of Physical Education and Sports should be employed in Youth Centers, coaching and refereeing certification should be nominated to those who have completed sports high school or physical education degree. It has been determined as the problem of employment and insufficient facilities, materials, and infrastructure.

Keywords: Turkey countries, European countries, physical education, sports

1.Introduction

Physical education course varies from country to country in terms of purpose, practice and course hours. Moreover, in some countries, physical education and sports courses can be changed according to the states, while in some countries they determine the course hours and the decision to be given in this regard to the schools. Physical Education and Sports course hours in some European countries; 3-4 hours per week in Primary school in Ireland (in grades 1,2,3,4) and 4-6 hours per week in France. In the second stage (grades 5, 6,7,8), this period is between 6-7 hours in Spain and Malta while it is between 5-6 hours in France and Austria. In Germany, physical education and sports course hours vary upon states from 3 to 4 hours per week while they are performed 3 hours per week in Estonia. In some countries, the physical education course is performed for 3 hours per week. In addition to this, the student may select another sports branch which is 2 hours per week and it will be 5 hours per week totally. It is seen that the physical education course is weekly performed 3-4 hours in Poland, 2-5 hours in Hungary, 3 hours in Bulgaria and 4 hours in Portugal. (Hardman, 2008). In our country and European countries, Physical Education and Sports course are examined by taking into consideration the course hours.

Compulsory education in Turkey is a total of 12 years: primary school (4 years), middle school (4 years) and high school (4 years) (Table 1).

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Table 1. Physical Education and Sports courses in Turkey

Grade	Age	Stage	Physical Education Course Hours
Pre-school	-6-66 months in kindergarten -48-66 months kindergarten	Preparatory class with primary school	Game based movement training
1st,2nd,3rd and 4th grade	6-11 years old	Primary level 1	2 hours of Play and Physical Activities course
5th,6th,7th and 8th grade	11-15 years old	Primary level 2	2 hours of Physical Education and Sports course
9th,10th,11th and 12th grade	15-19 years old	Secondary education General High School Vocational and Technical High School	2 hours of Physical Education Course but 1 hours in Vocational and Technical High School

There are 16 states in Germany. According to the states, Physical Education and Sports courses vary (Table 2 and Table 3).

Table 2. Physical Education and Sports course in Baden-Württemberg

Grade	5th grade	6th grade	7th grade	8th grade	9th grade	10th grade	11th grade
Sports course hour	4 hours	4 hours	4 hours	4 hours	4+1 hours	4+1 hours	4+1 hours

(www.landesrecht-bw.de, 2018).

Table 3. Physical Education and Sports course in Bayern

Grade	1st grade	2nd grade	3rd grade	4th grade
Sports course hour	2 hours	3 hours	3 hours	3 hours

It is noted that physical education and sports course is 5-6 hours per week in 5th-10th grade secondary education, 4 hours per week in 5th-12th grade high schools. (www.lehrplanplus.bayern.de). In the state of Bremen in Germany, Physical Education and Sports course is 5th grade -10th grades are 3-4 hours per week (www.bildung.bremen.de/gymnasium, 2018). In France, education is compulsory between the ages of 6-16 (Table 4).

Table 4. Physical Education and Sports classes in France

Age		Physical Education Course Hours
2-6 years	The preparatory class before primary school-preschool	Physical Education course
6-11 years	Elementary School - First Year Second Year The last two years of pre-college classes	9-11 hours (1 lecture hour is 30 min.)
11-15 years	Middle School- * Orientation Period Central Development Phase* Orientation Period	Physical Education course
15-16 years	General and Technical High School Vocational and Technical Schools 3-year or 4-year program	3-4 hours in secondary education

(Eurydice, 2015; Organization of the education system in France, 2009/2010; www.estudandoeducacao.files.wordpress.com/2011).

The structure of the education system in England consists of four main sections: preschool education, primary education, secondary education and higher education. In compulsory education covering the ages of 5 to 16, students who complete the secondary education level take an exam called as "11+" and get admission to academic, technical or modern schools in secondary education according to the results of this exam (Alexander, 2000; Dean, 2005) (Table 5).

Table 5. Physical Education and Sports Classes in England

	Age	School	Physical education course hours
Preparation for primary education	4-5 years old	Primary school	Physical Education course in primary education is 3 hours (120 min.)
1st,2nd,3rd,4th and 5th grade	5-11 years old	Primary school	
6th,7th,8th,9th and 10th grade	11-16 years old	Secondary school	Physical Education course in secondary and high schools is 4 hours (180 min.)
11th and 12th grade	16-18 years old	High school	

One course hour in the UK is 60 min. (National System Overview on Education System in Europe, 2011).

In Poland, education is compulsory in the ages of between 7 and 18. At the end of the 1st year of secondary education, a general compulsory examination is carried out. This exam measures knowledge and skills in the humanities and sciences. The results determine the entry into the secondary school (Table 6).

Table 6. Physical Education and Sports classes in Poland

Grade	Age	School	Physical education course hours
1st, 2nd, 3rd grade	6-9 years	Primary school	Physical exercise lesson 4 lessons (1 lesson consists of 45 min)
4th, 5th, 6th grade	9-14 years	Secondary Education	
7th, 8th, 9th grade	13-19 years	Three-year general high schools	3-4 hours per work of Physical exercise lesson
10th, 11th, 12th grade	16-19 years	year technical high school	
grade	16-20 years	vocational school	

(Eurydice, 2014; Parmaksız and Yavuz, 2016; Organization of the Education System in Poland 2009/2010; www.euro.who.int/data/assets/pdf_file/0003/288120/POLAND-Physical-Activity).

The National Center for Public Health and Analysis in Bulgaria encourages the public to activities such as cycling and hiking to different age groups, including the +65 age group. The rate of moderate physical activity in adults was found to be 47.7% in women and 57.3% in men (Table 7).

Table 7. Physical Education and Sports classes' hours in Bulgaria

Grade	School	Physical education course hours
1st, 2nd grade	Primary school	3 hours per week
3rd, 4th, 5th, 6th grade	Secondary school	3.5 hours per week
7st, 8th, 9th, 10th, 11th, 12th grade	Secondary/High school	3 hours per week

(National programs for 2010, in Bulgarian, 2015; www.euro.who.int, 2018).

According to the WHO (2010) reports in Romania, the level of physical activity is 20% in 11-year-olds, 32% in males, 13% in 13-year-old girls, 28% in males, 7% in females and 16% in males. The rate of physical activity was 66.7% in adult females and 73.5% in adult males (Table 8).

Table 8. Demographic data of the participants in the present study

Grade	School	Physical education course hours
1st, 2nd grade	Primary school	2 hours per week
3rd, 4th grade (8-10 years old)	Primary school	3 hours per week
5th, 6th, 7th Grade (10-13 years old)	Secondary school	2 hours per week

(http://ec.europa.eu/assets/eac/sport/library/factsheets/romania-factsheet_en, 2018).

There are 17 autonomous regions in Spain. In addition to the compulsory school hours of the government, there are some different applications for each autonomous region. According to a study conducted in Spain, the rate of physical activity in adults aged 18-69 was found to be 64.2% in females and 68.7% in males (www.msssi.gob.es/estadEstudios/estadisticas/encuestaNacional, 2011). Physical education and Sports lesson is available as a compulsory subject on average for 2 hours per week in primary and secondary schools (www.ec.europa.eu/assets/eac/sport/library/factsheets/spain-2018).

In the Czech Republic, according to the WHO (2010) reports, physical activity level is 23% for girls aged 11, 28% for boys aged 11, 19% for girls aged 13, 30% for boys aged 13, 14% for girls aged 15 and 25% for boys aged 15. The rate of physical activity was determined as 71.8% in males and 75.9% in males over the age of 18 years.

The hours of physical education and sports are conducted between 2-4 hours per week in primary and secondary schools. (www.ec.europa.eu/assets/eac/sport/library/factsheets/czech_republic, 2018). Examination of Physical Education and Sports courses in different countries, knowing the physical education hours of each country, understanding the inadequacy of the lesson hours in our country, it is important for children and young people to gain physical education and sports awareness at an early age. In European countries, it is determined that physical education and sports lesson hours are more than physical education and sports lesson hours in our country. It is aimed to examine some of the problems of Physical Education and Sports in our country based on the fact that the physical education and sports courses are less than the European countries.

2. Method

Physical Education Courses in Turkey and European Countries were compared and Investigation of some problems in the field of Physical Education and Sports was aimed in this study. The study was conducted under two chapters. In the first chapter, Physical Education courses in Turkey and European countries were examined at primary school, elementary school, and high school level. In the second chapter, the questionnaire which was prepared by the researchers was used to determine the opinions of the academicians working in the field of Physical Education and Sports Sciences about the problems in the field of Physical Education and Sports. The literature review has been done about Physical Education Courses in Turkey and European Countries. The opinions of Physical Education teachers and academicians working in the field of sports towards Physical education and sports-related problems were collected by the survey method consisting of 7 questions prepared by the researchers and percentage and frequencies were used to analyze data. The opinions of physical education teachers and academicians working in the field of sports science were taken into consideration such as that the physical education and sports course hours at all levels of education should be four hours per week, in the first stage of primary education, the physical education and sports teacher should teach "Game and Physical Activities" course instead of the class teacher, the more graduates of Physical Education and Sports should be employed in Youth Centers, coaching and refereeing certification should be nominated to those who have completed sports high school or physical education degree but not only to those who completed a 15-day course.

In the evaluation of the data, frequency and percentage calculations were analyzed in the scope of the sub-problems of the research. The answers of academicians and teachers to the questions were analyzed separately for each question and similar expressions were collected under the same category during the analysis. In addition, the data which are thought to be related to different questions are combined under the same category. The results obtained are presented as a table of frequency and percentage values. While calculating the percentage values, the number of academicians and teachers who answered the question were taken into consideration.

3. Findings

As seen in Table 9, 31.2% of the participants were female and 68.8% were male. 80.8% of the participants were Physical Education Teachers and 19.2% of them were academicians in sports sciences.

Table 9. Demographic data of the participants in the present study

Groups	Variables	n	%
Gender	Woman	346	31.2
	Man	764	68.8
Occupation	Physical education teacher	818	80.8
	Academician in Sport Sciences	194	19.2
Total		1110	100

As seen in Table 10, the answer to the question of "Would you like the Physical Education courses to be in European standards?" is yes with 99.5%. The answer to the question of "Would you like the Physical Education and Sports course to be 4 hours per week instead of 2 hours per week?" is yes with %97.1. The answer to the question of "Would you like the Physical Education and Sports course to be 4 hours per week instead of 2 hours per week? (Physical education and sports is 1 hour per week in Vocational High Schools)" is yes with %96.0. The answer to the question "Would you like the physical education and sports teacher to teach" Game and Physical Activities "course, which is 2 hours per week, instead of the class teacher?" is yes with %98.6. The answer to the question of "Would you like the more graduates of Physical Education and Sports to be employed in Youth Centers?" is yes with %93.5.

The answer to the question of “Would you like Coaching and Refereeing certification to be given to the students who were trained in Sports High School or Sports Science, not to everyone who has completed a 15-day course?” is yes with % 87.

Table 10. Analysis of the answers given to the questions by Academicians in sports science and physical education teacher

Questions	Answer	N	%
Would you like the physical education courses to be in European standards?	Yes	1104	99.5
	No	6	0.5
Would you like the physical education and sports course to be 4 hours per week instead of 2 hours per week? (primary and secondary level)	Yes	1078	97.1
	No	32	2.9
Would you like the physical education and sports course to be 4 hours per week instead of 2 hours per week? (High school level)(physical education and sports is 1 hour per week in vocational high schools)	Yes	1048	96.0
	No	62	4.0
Would you like the physical education and sports teacher to teach game and physical activities course, which is 2 hours per week, instead of the class teacher?	Yes	1094	98.6
	No	16	1.4
Would you like the more graduates of physical education and sports to be employed in youth centers?	Yes	1038	93.5
	No	72	6.5
Would you like coaching and refereeing certification to be given to the students who were trained in sports high school or sports science, not to everyone who has completed a 15-day course?	Yes	966	87.0
	No	144	13.0

Table 11. The answers to the question of "What is the most important problem for you in the field of Physical Education and Sports? Can you express it with a sentence?" by Physical education teacher and Academicians Working in the Field of Sport Sciences

Answers to open-ended question	%
Employment	21.8
Lack of insufficient materials, facilities and infrastructure	41,3
Merit	9,5
Necessary importance given to the course and lack of value	19,7
Vision	7,7
Total	100

As seen in Table 11, the answers to the question are 21.8% employment, 41.3% lack of adequate material facilities and infrastructure in Physical Education, 9.5% Merit, 19.7% lack of required importance and value to the course and 7.7% vision.

4. Discussion

In our study called as Comparison of Physical Education Courses in Turkey and European Countries, Examination of some problems in the field of physical education and sports; Physical education and sports course 3-4 hours a week in Germany, 9 hours a week in primary schools and 3-4 hours a week in secondary schools and high schools in France, 3-4 hours a week in England, 3-4 hours a week in Poland, 3-4 hours in Poland, 3 hours a week in primary schools, elementary schools and high schools in Bulgaria, 3 hours a week in Romania, 2-3 hours a week in Spain, 2-4 hours a week in the Czech Republic and 2 hours a week in Turkey. It was determined that physical education and sport course hours in European countries are more than physical education and sport course hours in Turkey. In our country, it is important to increase physical education and sports course hours in order to educate healthy individuals to society, to gain awareness of sports at an early age and to live in a society composed of healthy and mentally healthy individuals. It was determined that for our survey, 99.5 % of the Physical Education and Sports teachers and academicians working in the field of sports want the Physical Education courses to be in compliance with European standards.

In addition, they requested that the physical education and sports course hours at all levels of education should be four hours per week, in the first stage of primary education, the physical education and sports teacher should teach "Game and Physical Activities" course instead of the class teacher, the more graduates of Physical Education and Sports should be employed in Youth Centers, coaching and refereeing certification should be nominated to those who have completed sports high school or physical education degree but not only to those who completed a 15-day course (Table 10). It is among the problems in physical education and sports for class teachers to teach "Game and Physical Activities" course, which is the first step of education in our country. In a study conducted on the opinions of the class teachers about the Game and Physical Activities course, it was found that the number of weekly lesson hours was insufficient and the class teachers made different lessons in the Game and Physical Activity course. The most remarkable finding of the study is that the class teachers think that they are inadequate in the Game and Physical Activity course and Physical Education teachers should teach the Game and Physical Activity course (Kara, Kılıç ve Öncü, 2017).

The activities in Game and Physical Activities course not only contribute particularly to the development of children in terms of a physical, mental, psychological and social perspective (Gökmen, 1988) but also help children direct and love sports (Alemdağ, Öncü and Sakallıoğlu, 2014), and encourage children to have healthy habits and to become healthy individuals (Taşmektepligil et al. 2006). It has been determined that the level of participation of children in play and physical activities have a significant effect on the continuation of physical activity in adulthood. (Green, Smith and Roberts, 2005; Penney and Jess, 2004; Taras, 2004). For this reason, it is considered important that the Game and Physical Activity courses should be taught by the Physical Education and Sports teachers, not by the class teachers, in accordance with the content and objectives of the course. In the Youth Centers of the Youth Services and Sports Provincial Directorate, students who are graduates of Physical Education and Sports are not employed in sufficient numbers. Overall staff numbers of youth centers in Turkey are (Ministry of Youth and Sports, Youth and Sports with Data, 2015); 172 managers, 402 female leaders, 415 male leaders, 17 chefs, 34 training experts, 4 trainers, 8 consultants, 16 trainers, 7 sports experts, 33 sports training experts, 214 servants with a total of 1427 personnel. It is noteworthy that the number of graduates in Sports Sciences working in youth centers is few. The mission of the youth center is to prepare young people in scientific, cultural, artistic and sportive activities to meet their interests, needs and expectations in their free time, to provide their physical and mental development and to protect them from harmful habits (www.genclikmerkezi.gsb.gov.tr). In the recruitment of the youth centers, it is considered that it is appropriate to employ more educated people in the field of Physical Education and Sports in order to realize the active work and mission of these centers. The most important problems in the field of Physical Education and Sports are insufficient materials, lack of facilities and infrastructure and employment problems. The lack of a sports hall and sports field for each school for physical education and sports classes, the removal of sports branch fees and the inadequacy of schools' facility are considered to be the reasons lack of facilities, materials, and infrastructure.

5. Result

Consequently, the course hours of physical education and sport in Turkey in all levels of education are less than the course hours of physical education and sport in Europe. In our study, It was concluded that to be in compliance with European standards in Physical Education courses, the physical education and sports course hours at all levels of education should be four hours per week, in the first stage of primary education, the physical education and sports teacher should teach "Game and Physical Activities" course instead of the class teacher, the more graduates of Physical Education and Sports should be employed in Youth Centers, coaching and refereeing certification should be nominated to those who have completed sports high school or physical education degree. As the most important problem in the field of Physical Education and Sports, it has been determined as the problem of employment and insufficient facilities, materials and infrastructure. In the context of healthy individuals, healthy society, the protection of children and young people from harmful habits, it is recommended to increase the physical education and sports course hours in education levels based on the research findings, and to employ more young people who have diploma and certificate for physical education and sports towards leisure time activities in youth centers.

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