

HOW TO INCREASE SPORTS ACTIVITIES OF STUDENTS AT THE UNIVERSITY OF LJUBLJANA AFTER THE ANALYSIS OF THE BOLOGNA REFORM?

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SUMMARY

The analysis of the Bologna reform showed that sports activities of students at the University of Ljubljana at the time of the introduction of the Bologna reform (2006-2011) fell from approx. 40% before the introduction of the Bologna reform to 12.9% after its introduction. The »alarming situation« has triggered a series of activities to improve it.

Given the decentralized operation of the University of Ljubljana, sports teachers at each faculty of the University of Ljubljana found themselves in their own way - in general, unsystematic. The introduction of additional sports programs in recent years has resulted in an increase in the number of active students (to approx. 20%), but we believe that this is not satisfactory from several aspects - especially from the health point of view of the younger generation.

The first step in this direction was made with the PROPOSAL on amendments (changes/additions) to the HIGHER EDUCATION ACT in the Republic of Slovenia of 23.01.2018 (additional funding for regular sports activities for all first-year students of all study programs in the amount of two teaching hours per week - which not evaluated by ECTS). Due to various reasons, no changes/additions have been made to date.

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During this time, however, the opinion was formed that the proposal would have difficulty »penetrating« through all the necessary procedures if all activities for inclusion in the mentioned sports activities in the NATIONAL HIGHER EDUCATION PROGRAM in the Republic of Slovenia (2021-2030) are not carried out. In 2021, this was realized with a series of activities.

Key words: National Higher Education Program in the Republic of Slovenia 2021-2030 (sports and physical activity).

INTRODUCTION

It is the right of every university to be better organized, to have a broader, more comprehensive offer for students, to introduce changes and innovations that often outgrow European modernity. Just as young people need food and rest every day, as well as normal human relationships, they also need physical activity every day. All schools, including universities, should be organised in such a way that all students have access to physical activity every day.

The orientation of the sports teachers at the University of Ljubljana is to enable the requirements above and offer a form of sports expression to as many students as possible. Sports teachers, the university and the government must be aware that the foundation of modern sports at universities is the so-called regular physical activity, which enables and at the same time obliges students to participate in sports programs that universities should offer them at least once a week. This is the basis for increasing the number of physically active students in other university sports programs, such as sports recreation programs/sports for all and competitive sports.

THE IMPORTANCE OF REGULAR SPORT ACTIVITY AT SLOVENIAN UNIVERSITIES

Regular sport activity is one of the most important factors in maintaining health and preventing disease. The effects of regular sport activity strengthen both physical and mental health. Sport also strengthens Slovenia's reputation in the world and connects us as a nation and a community.

The prevalence of low sport activity among young people is very high. According to the latest research in the world-famous Lancet, as many as 80% of young people in the world do not reach the minimum amounts of sport activity prescribed by the World Health Organization.

It is high time that we stop the negative trends and reintroduce regular physical education programs into the Slovenian university space, which will be a mandatory component of study programs. As Edvard Kolar has already written in

the Strategy for the Development of Sports Activities of University of Ljubljana, such programs would represent a social space at the beginning of their studies in which young intellectuals from different social backgrounds with different social statuses, different worldviews, different professional orientations meet knowledge and, last but not least, various sports knowledge and other abilities (abilities and characteristics). At the same time, in such a mixed social environment, they can simultaneously gain new experiences, knowledge, skills and acquaintances that will have a significant impact on their personal growth, intellectual development and life success. It is very important that the programs change the habits of students and that we »equip« them with knowledge (preparation of individual training, use of applications...) that will be useful to them in coping with a sedentary lifestyle. Students will therefore be given skills that will upgrade the knowledge they have acquired in primary and secondary school.

Regular physical education represents a logical transition from secondary school to university and is the basis for the vertical (hierarchical) connection of all sports programs that are already implemented at the faculties (especially UL). We are convinced that in this way it would be much easier to direct the student population towards a healthy lifestyle, which represents an important value for a healthier and more productive life until late in life.

CONSEQUENCES OF THE BOLOGNA REFORM ON THE SPORTS ACTIVITY OF STUDENTS

The period after the introduction of the Bologna reform in Slovenian higher education (2005 - 2021) brought many novelties and benefits, but also shortcomings and problems. This period is also a time of constant efforts for a substantive shift and a quality increase in university sports at the University of Ljubljana (UL) and all other Slovenian universities. In 2023, the National Sports Program 2014-2023 (NSP) and the NSP Implementation Plan will end, where the entire development of Slovenian and university sports in the Republic of Slovenia is planned in detail. Due to the inconsistent and deficient implementation of the NSP, and the neglect of the entire field at Slovenian universities, a suitable time has come for analyzes, additions and changes to the NSP and the university sports system. Additional problems related to the COVID-19 pandemic indicated the need for a serious approach to the revitalization of NPS and thus physical education at Slovenian universities. It is necessary to provide a long-term systemic approach to a healthy lifestyle of the student population in the entire educational vertical: kindergarten - university.

Kolar (2010) in the Strategy for the Development of Sports Activities of UL students states: Slovenia was in the top of Europe in terms of the organization of

physical education in the education system and the scope of compulsory sports programs (Hardman, 2002), as well as the quality of curricular and extracurricular programs (Jurak et al., 2003; Strel et al., 2004). The system of physical education was (and still is at some levels) in the school system both vertically (primary, secondary and higher education program) and horizontally (interesting physical education of children, youth and students) connected and provides a wide range of sports programs and content, allowing the acquisition of broad sports skills and developing different types of abilities for each individual. Slovenia's accession to the European Union brought about certain changes which, from the point of view of compulsory physical education in the education system, had the greatest impact on the physical education program in higher education and university programs. With the introduction of study programs in accordance with the principles of the Bologna reform, physical education in higher education and university programs has lost the status of a compulsory component of study programs.

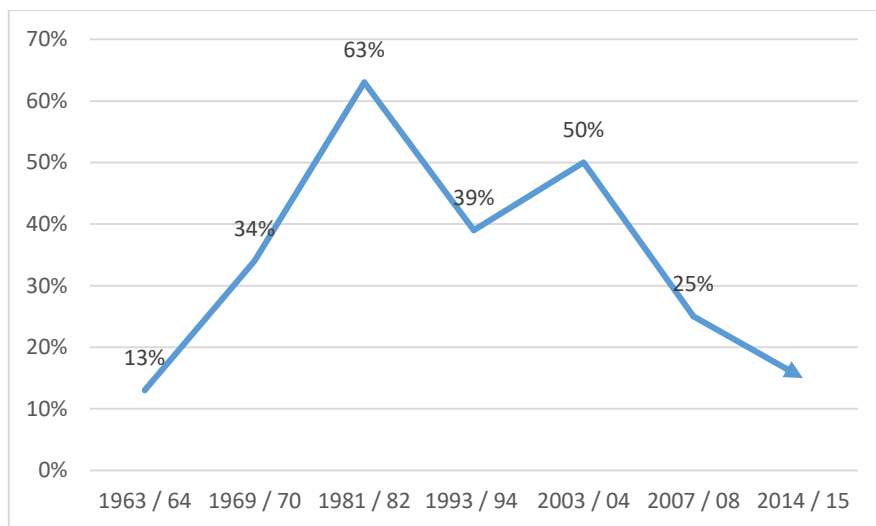
Kolar's vision of the development of UL's sports activities foresaw that UL would become a University of Sports Excellence and achieve the following important strategic goals:

- adjustment of the organizational and personnel structure in the field of sports at UL for the implementation of the strategy,
- to achieve by 50% involvement of students in regularly organized sports activities by 2012 and 65% by 2015,
- to become the most recognizable sports university in Slovenia and the South-Eastern European region.

The most important feature of the strategy for the development of sports activities of UL students from 2010 is that UL did not achieve the set strategic goals and did not seriously deal with the problem of the development of university sports systematically and professionally.

With the renewal of the Bologna study programs in the field of sports (after 2007), changes took place, which led to a drastic drop in the number of active students. After the renewal of study programs in the 2014/15 academic year, the share of active students at UL was only 12.9% (Bratuž, 2017).

Graph 1: Share of active students at UL (1963–2015).



Bratuž, Ž. (2017). Pregled redno športno aktivnih študentov pri programih športne vzgoje in športa na Univerzi v Ljubljani v obdobju med 2014 in 2015. V H. Berčič (ur.), *Zdrav življenjski slog študentov: Mednarodni posvet Zdrav življenjski slog študentov na Univerzi v Ljubljani*, (str. 39).

At University of Maribor, it is estimated that in the 2014/15 academic year this share was even lower than 5% (Sitar, 2015), while at University of Primorska the share of active students in the 2014/15 academic year was 6% (Gerlovič, 2017). We were unable to obtain data for other stakeholders in the Slovenian university space.

The introduction of additional sports programs in recent years has resulted in an increase in the number of active students (to approx. 20%), but we believe that this is not satisfactory from several aspects - especially from the health point of view of the younger generation.

PROPOSAL FOR THE REGULATION OF UNIVERSITY SPORTS AT SLOVENIAN UNIVERSITIES

The sports teachers at Slovenian universities believe that we need a new systemic regulation of sports, which will precisely define all three interconnected segments of university sports (sports-educational, sports-recreational and sports-competition segment).

In order to actually implement this hierarchical model, it makes sense to introduce a program of regular physical education in the 1st year in all member faculties, which would include 60 contact hours per year as mandatory

accompanying content to study programs that are not evaluated by ECTS. As already mentioned, the basis of the hierarchical model of arranging sports programs at the university are the programs of regular physical education. This is the basis for increasing the number of physically active students in other university sports programs, such as extracurricular sports programs (sports recreation or sports for all) as well as competitive sports.

This was also highlighted at the international professional conference »Healthy lifestyle of students« organized by the Rectorate of the University of Ljubljana and sports pedagogues at Slovenian universities (April, 2016). The conference was attended by more than 40 participants from government and university organisations and other sports-related organizations. The participants in the conference adopted important conclusions aimed at advancing the healthy lifestyle of the entire Slovenian student population. The emphasis was mainly on the introduction of regular (compulsory) sports education in the first years of all members of Slovenian universities as compulsory (regular) content for study programs that are not evaluated with ECTS.

Image 1: *Hierarchical model of university sports organization.*



Katedra za šport na univerzi (2012) - prirejeno po Kolar, E. (2010).

ACTIVITIES FOR THE IMPLEMENTATION OF THE BASIC PROGRAM OF UNIVERSITY SPORTS (SPORTS EDUCATION IN THE FIRST YEARS OF STUDY)

On 23 January 2018, the Ministry of Education, Science and Sport of the Republic of Slovenia submitted a proposal to amend the Higher Education Act (with the Act Amending the Higher Education Act), stating that a new indent should be added to the first paragraph of Article 72a. namely: "Regular physical education for first-year students of all study programs in the amount of 2 pedagogical hours per week (60 hours per year, which are not evaluated with ECTS)". This demonstrated the intention that the reintroduction of regular (compulsory) physical education for first-year students of all first-cycle study programs (1st year) of Slovenian universities is necessary. The proposal to introduce regular sports education in the first year of Slovenian universities was also approved by the Olympic Committee of Slovenia-Association of Sports Associations and, with some necessary amendments, by the Professional Sports Council of the Republic of Slovenia (PSCRS). The proposal was unanimously supported by the Group of Sports Teachers who operate at UL. In September 2019, the members of the Rectors' Conference adopted a decision that sport needs to be revived.

However, everything mentioned in the previous paragraph is feasible provided that the strategies and appropriate measures are also recorded in the resolution of the National Higher Education Program 2021-30 (NHEP). Thus, on 19 August 2021, the Ministry of Education, Science and Sport invited the professional and other public to submit comments and proposals to the NHEP proposal. PSCRS considered the NHEP proposal from the point of view of sport, as on the basis of the Sport Act its task is to give opinions on draft laws and other regulations governing and intervening in the field of sport and other expert opinions in the field of sport. PSCRS thoroughly examined the proposal of the NHEP and established that student sports or university sports are not included at all. PSCRS assessed that the sports activity of students is an extremely important component of students' lives, as a supplement to intellectual work. Encouraging students' sports activities (as an accompanying content of study programs) is sensible and necessary, but universities must also be provided with additional funding. Thus, PSCRS prepared concrete proposals for amendments to the NHEP, which touch on sports and physical activities of students at universities. This is an initiative that has been expressed several times or written down to promote sports and physical activities of students. The proposal to return physical activity as an accompanying content to first-cycle study programs in the 1st year of study, which are not evaluated with ECTS, stands out in particular.

Subsequently, the comments on the NHEP proposal prepared by PSCRS were discussed by the Working Group on Student Athletes and University Sports within

the Rectors' Conference of the Republic of Slovenia (Working Group). The President of the Working Group explained the concept of creating the NHEP proposal, which was prepared by the expert group. The NHEP proposal is intentionally written concisely, but broadly and consistently, and leaves the definition of details to the measures of the action plan for the implementation of the NHEP. When reviewing the document comments (amendments) to the internal working material of the NHEP, prepared by the PSCRS, the Working Group assessed that the concrete proposals for amendments in individual points were written in too much detail in relation to the concept of the NHEP proposal. However, the members of the Working Group agreed that the issue of university sports is not properly placed in the NHEP proposal and that, given the importance and positive effects that physical activities bring in students' lives, it should also be properly placed in NHEP. The working group unanimously adopted a decision to support the comments or proposals for amendments made by the PSCRS to the internal working material of the NHEP for the period 2021–2030 (otherwise in a condensed form) and recommended that the matter be considered at the regular session of the Rectors' Conference.

The Rectors' Conference of the Republic of Slovenia, which has already taken a positive view of the status of sport in the past, of course under the condition of sufficient or additional funding from the competent ministry, met on 24. of September 2021 at its 8th regular session. The agenda of the session also included a discussion on the public hearing of the NHEP. At the proposal of the Working Group on Student Athletes and University Sports, it unanimously adopted the following decision: The Rectors' Conference of the Republic of Slovenia recommends supplementing the text of the NHEP for the period 2021–2030 with measures in the field of legislation and systemic financing of physical and sports activities of students. On the same day, the decision was forwarded to the competent authorities at the Ministry of Education, Science and Sport of the Republic of Slovenia.

Meanwhile, the editorial board of the NHEP has already been completed, and in the renewed document the expert group for the preparation of the NHEP 2021–2030 fully complied with the PSCRS proposal and included in the NHEP the care for physical and sports activities of students at Slovenian universities. Some details will be further defined in the NHEP implementation plan itself.

CONCLUSION

Sports teachers at Slovenian universities are committed to a comprehensive solution to university sports. The most important is the placement of regular (compulsory) physical education programs in the 1st year of all members of Slovenian universities as compulsory accompanying content to study programs

that are not evaluated by ECTS and thus the implementation of the proposal related to the amendment to the Higher Education Act (January 23, 2018) and the realization of the National Sports Program 2014-2023.

In order for the mentioned documents to be implemented, efforts were needed by the expert group for the preparation of the NHEP 2021–2030 to include the content of the physical and sports activities of students at Slovenian universities.

Only a systemic (substantive and financial) solution of university sports provides quality and healthy physical exercise, which will ensure a healthy lifestyle for all students and university employees and contribute to the fact that Slovenian universities will also provide appropriate support for Slovenians to become a healthy nation that is committed to sport.

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КАКО ПОВЕЋАТИ СПОРТСКЕ АКТИВНОСТИ СТУДЕНТА УНИВЕРЗИТЕТА У ЛЈУБЉАНИ НАКОН АНАЛИЗЕ БОЛОЊСКЕ РЕФОРМЕ?

САЖЕТАК

Анализа Болоњске реформе показала је да су спортске активности студената Универзитета у Љубљани у време увођења Болоњске реформе (2006-2011) пале са приближно 40% пре увођења Болоњске реформе, на 12,9% након њеног увођења. Алармантна ситуација покренула је низ активности ка њеном побољшању.

С обзиром на децентрализовано пословање Универзитета у Љубљани, професори спорта на свим факултетима Универзитета су се обрели у несистематичном систему. Увођење додатних спортских програма последњих година резултирало је повећањем броја активних ученика (на приближно 20%), али сматрамо да то није задовољавајуће са више аспеката – посебно са здравственог становишта млађих генерација.

Први корак у том правцу учињен је Предлогом о изменама и допунама Закона о високом образовању у Републици Словенији од 23.01.2018. године, увођењем два наставна часа недељно који се не вреднују кроз систем ЕСПБ). Из разних разлога, до данас нису направљене измене или допуне. За то време се, међутим, формирало мишљење да би предлог тешко „прошао“ кроз све неопходне процедуре уколико се не спроводу све активности за укључивање поменутих спортских активности у Национални програм високог образовања у Републици Словенији (2021-2030). У 2021. години то је реализовано низом активности.

Кључне речи: Национални програм високог образовања у Републици Словенији 2021-2030 (спорт и физичка активност).

КАК ПОВЫСИТЬ СПОРТИВНУЮ АКТИВНОСТЬ СТУДЕНТОВ В ЛЮБЛЯНСКОМ УНИВЕРСИТЕТЕ НА ОСНОВЕ АНАЛИЗА БОЛОНСКОЙ РЕФОРМЫ?

АННОТАЦИЯ

Анализ Болонской реформы показал, что спортивные занятия студентов в Люблянском университете снизились, показатели упали примерно до 40% на момент введения Болонской реформы (2006-2011 гг.) и до 12,9% после ее введения. «Тревожная ситуация» потребовала планирования и проведения ряда мероприятий, направленных на ее улучшение.

Учитывая децентрализованную работу Люблянского университета, преподаватели спортивных дисциплин на каждом факультете работали в своей индивидуальной манере – в целом, бессистемно. Введение дополнительных спортивных программ в последние годы привело к увеличению числа активных студентов (примерно до 20%), но мы считаем, что ситуацию нельзя считать удовлетворительной, особенно с точки зрения здоровья молодого поколения.

Первый шаг в этом направлении был сделан с ПРЕДЛОЖЕНИЕМ о внесении поправок (изменений/дополнений) в Акт о высшем образовании в Республике Словения от 23.01.2018 (дополнительное финансирование регулярных спортивных занятий для всех студентов первого курса всех учебных программ в объеме двух учебных часов в неделю, которые не оцениваются по ECTS). По разным причинам до настоящего времени никаких изменений/дополнений внесено не было. Однако за это время сформировалось мнение, что положениям Предложения будет трудно "преодолеть" все необходимые процедуры, если не будут проведены все мероприятия по включению указанных спортивных мероприятий в НАЦИОНАЛЬНУЮ ПРОГРАММУ ВЫСШЕГО ОБРАЗОВАНИЯ в Республике Словения (2021-2030 гг.). В 2021 году это удалось реализовать с помощью ряда мероприятий.

Ключевые слова: Национальная программа высшего образования в Республике Словения 2021-2030 (спорт и физическая активность).

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