

ANALYSIS OF SPORTS AND PHYSICAL ACTIVITY IN FRENCH UNIVERSITIES

Physical activity and physical education of university students is a global problem studied by scientists from different countries, including France.

Since the early 1970s, physical education and sports has been recognized as an independent university subject with its own teaching and research units. These, now the Faculty of science and technology of physical and sports activities, come under the generic term "Sciences of Sport". The result is a problem of sharing sports facilities for which a certain priority is given to Sttemporary Residence Authorization by universities, given their initial training missions.

When you are not a Sttemporary Residence Authorization student, playing sports at university can take three aspects: a free practice outside the curriculum, a recognized practice in training through UV or options, a competitive practice within the framework of the National University Sport Federation or the UNCU. A common university (or inter-university service in the case where several institutions are located on the same site) manages all these practices. It receives for this more or less resources: sports facilities, budget allocation, teaching positions (awarded within the framework of each university) and possibly additional hours. Attached to the universities, they are therefore closely dependent on the institutions and the own policies pursued by them as part of their autonomy.

For its evaluation, the Committee has chosen a sample of establishments that presents all the different structures set up for the organization of sport. To this end, the Committee has chosen to pay particular attention to:

- the design of the school management team of the importance of sport in the life of the student;
- the differences that may exist in the training between universities and grandes écoles;
- the arrangements for taking into account sporting activity in obtaining diplomas;
- the facilities that could have been designed to help those who compete without being classified in the category of top athletes;
- the various structures that have been put in place to manage the sports activity and the staff that animate them, in order to appreciate how it works in relation to the public who is affected (sport-leisure, sport for the disabled, sport-competition, sport-profession).

The sport is entrusted to a department of physical education and sports and a sports association.

The two structures work in close liaison, in the same premises and with the same management staff but with a distribution of missions:

- the EPS department deals with the teaching and practice of PSA for all. It functions as a common service of the university;
- the sports association deals with the practice and sports competitions. It works, like any non-profit association, according to the decisions of an elected student committee.

There is a problem of balance in the scheduling of courses, mainly related to the provision of sports facilities: 60% of the courses take place the first three days of the week and 50% begin between 14 pm and 18 pm; 20% of classes take place between 6 pm and 10 pm

Organizational difficulties (related to the dates of registration at the university, the start of classes, the September session or the definitive setting up of the timetable for students) disrupt each year the academic year of the Department EPS: The courses, yet complete, are empty after a few weeks and students on the waiting list do not necessarily have the availability to participate in the desired course.

Surveys relating to the practice of sport by students are regularly carried out by the National Group of Suteemporary Residence Authorization E directors or some Suteemporary Residence Authorization of the universities or even some students during memoirs. They are most often focused on the conditions of sport and the various activities offered, and rarely mention the reasons for non-practice.

For this reason, the Committee conducted a sample survey among the institutions evaluated with a sample of students practicing or not practicing physical and sports activities. From a short and easily exploitable document, the main objective was to measure the reasons of non-practice of the sport by the students at the university, but also the conditions of practice taking into account the specific characteristics (sex, age, living space) and university students (level of study, discipline, hourly load) of the students surveyed.

This survey, prepared by the General Secretariat of the Committee and validated by the group of experts, was sent in September 2015 to the institutions concerned by the evaluation, which were responsible for disseminating and collecting the replies. Each institution was asked to adhere to a pre-defined methodology that of the cluster survey, with a survey rate of 4%. The total student population has been divided into several subsets crossing the three cycles and the five sectors (law, economics, management-letters, languages, humanities-sciences-health-university institutes of technology). Students in Suteemporary Residence Authorization were dropped from the survey, those from engineering schools and institutes of political studies were treated separately. For the 1st cycle, only 2nd year students - those who already have a history at university - have been solicited.

For each university, the instruction was to survey groups of 10 students (clusters) gathered in tutorials, in order to benefit globally of a sample as broad and as representative as possible of the student population. With the survey rate chosen, the number of desired answers was in the order of 6,000, but the quality of the implementation of the survey, variable from one institution to another, led to a close response rate.

Academic institutions offer students the opportunity to perform physical and athletic exercises in their midst. These activities can be integrated into the student's curriculum as optional or compulsory Uv and be subject to validation, or be practiced freely for the well-being and leisure of everyone.

University sports policies attempt to satisfy the student population by taking into account not only the diversity of its demands, but also its economic and social characteristics. Thus, a wide range of sports activities is proposed and the registration fees are of a modest cost.

However, the survey of students' physical activity and sports practices shows that about 68% of students surveyed do not participate in sports at the university: 54.2% say they practice a temporary residence authorization outside. 69,6% of them practice at least one sport activity, whether outside, at university or in both places.

What are the reasons for this relative desertion of the university campus as a place for sports activities? Who are these students who do not want to exercise in this place? It will not only be a question of identifying all the explanations justifying this non-practice, but also of understanding the interests that the initiative of practicing sport in the university setting may provoke.

The main reason for non-academic sports practice cited by students is related to time: if we group the modalities associated with this notion, about 85% of them justify the absence of practice at the university for lack of free time (43,9%), by incompatibility with their schedule (32,8%) or because they exercise a professional activity (8,4%).

The above table is constructed on the "Non-Sport at University" population stratum containing 2,413 observations.

The number of citations is greater than the number of observations because of multiple responses (up to 15). Percentages are calculated based on the number of observations. The sum of percentages is greater than 100 due to multiple responses.

Question asked: You do not practice at university, what are the reasons?

Lack of free time (43,9%), Outdoor practice (43,0%), Incompatible with the timetable (32,8%), Facilities too far from home (21,2%), Transportation Constraint (9,2%), Lack of information (16,9%), Disinterest in sports practice (11,2%), Offer incompatible with your wish (10,4%), Financial cost (10,0%), Parallel professional activities (8,4%), Insufficient reception capacity (4,7%), Medical reasons (4,7%), Lack of supervision (3,6%).

Ranking of favorite French sports activities in 2016: randonnee hiking (31%), rugby (28%), swimming (26%), football (23%), tennis (19%), cycling (19%), skiing (17%), handball (17%), dance (16%), athletic gymnastics (10%), gymnastics (8%), judo (8%), basketball (7%), table tennis (5%), golf (3%), volleyball (3%).

Conclusion. Students play sports. One point, however, raises some questions: students generally practice their sports activities rather outside than at university. The lack of time, the problems of organization of sports services and the difficulties of transport or, more generally, access to sports facilities (considered too far away) are the most commonly cited reasons.

Sexual differentiations, membership of certain disciplines, level of education are all variables that affect the modalities of sports practice. The men are more attracted to sport than women.

The survey also shows that the students have few particular remarks to make on the sport at the university apart from those already mentioned in the reasons of non-practice: incompatibility with the timetable, the offer of sports activities insufficiently varied to meet their expectations, lack of places, etc. Less than 10% of them made a few comments. 61% of those who give a particular opinion practice an outdoor sport activity, 48% do sports in the university setting. Practitioners "outside" deploy a whole set of reasons that justify their non-practice at the university. Students who practice at the university want an improvement in the general organization of sport at the university.

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