

Sport and Physical Activities in the Lifestyles of Russian Students.

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Presentation Outline

- Lifestyle changes in Russian studentship
- Sport and physical culture in the life of Russian students
- Sport priorities of St-Petersburg students
- Time budgets as a research tool of student lifestyles
- Exercise in the time budgets of students
- Sport practices within the time budget of students
- Physical space in the time budgets of students
- Space priorities for sport in students' time budgets
- Degree of physical exertion in the time budget of students
- Basic structure of student's time budgets
- Goals of student's sport practices

Lifestyle changes in Russian studentship

- Growth in inequality
- Rising flexibility of time budgets
- Self-management of leisure
- Variety and availability of information
- Reproduction of stable social meanings
- Growing value of health and sport
- “Simplification” of sport practices

Sport and physical culture in the life of Russian students

Time duration of one sport practice

- Sport participation - 35,3 million people.
- Physical culture training — 22,6 million people, students — 2,3 million people.
- Students - 2,6 million people, student's sport participation - 88,5%.
- Daily or every two days student's sport participation - 40%.

Less than 1 hour	4,4
One hour	48,9
Two hours	35,6
Three hours	4,4
More than three hours	4,4

Sport priorities of St-Petersburg students

Sport practices	%
Fitness	24,4
Gym	22,2
Wrestling	20,0
Soccer	11,1
Basketball	6,7
Swimming	6,7
Running	6,7
Nothing	4,4

Sport spectating	%
Soccer	21,1
Basketball	15,8
Hockey	15,8
Swimming	14,0
Boxing	12,3
Volleyball	10,5
Skiing	7,0
Nothing	10,5

Time budgets as research tools of student lifestyles

- Time budgets show the distribution of daily (weekly) amount of time by type of activity.
- Time budgets take the form of tables.
- Time budgets are calculated per person.
- Accuracy – per hour.
- Three-dimensional time budget.
- Pilot study. Focus group. Diary method of self-registration.

Exercise in the time budgets of students

Daily	10,0
Four times	20,0
Three times	10,0
Two times	10,0
Once	15,0
Never	35,0

Daily	15,8
Weekly	14,0
Monthly	15,8
Rare than monthly	5,3
Never	49,1

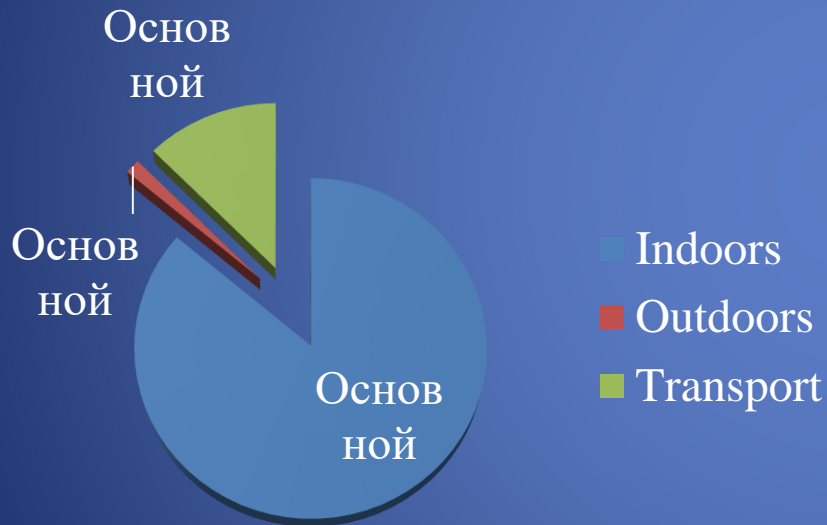
Sport practices within the time budget of students

Daily	5,0
Four times	20,0
Three times	10,0
Two times	35,0
Once	15,0
Never	15,0

Daily	24,6
Two-three times a week	36,8
Once a week	15,8
Once a month	1,8
Never	21,1

Physical space within the time budgets of students

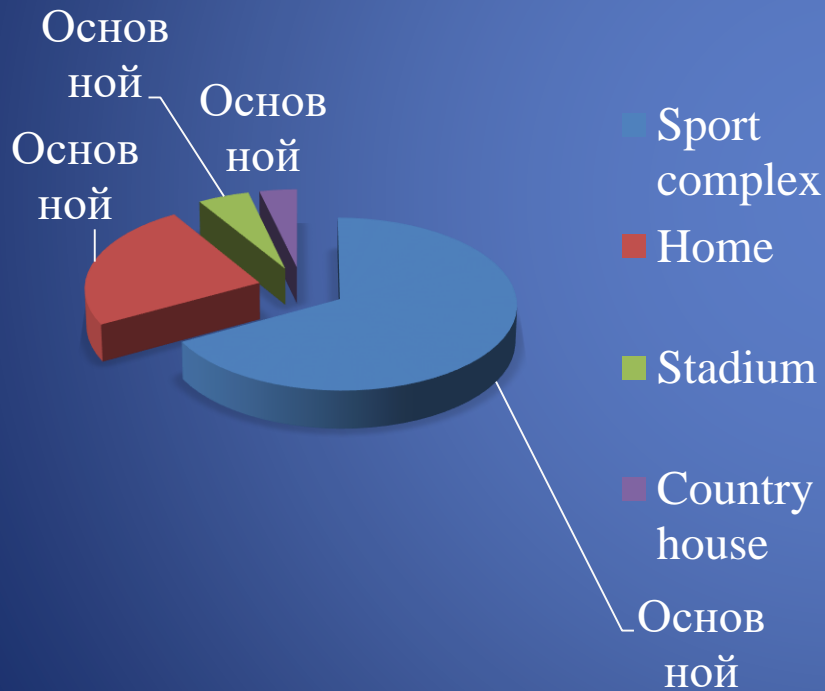
Location



Indoors almost the whole day	50,9
Mainly indoors, but a few hours outdoors	36,8
Equally indoors and outdoors	7,0
Outdoors almost the whole day	0,0
No answer	5,3

Space priorities for sport within student's time budgets

Location



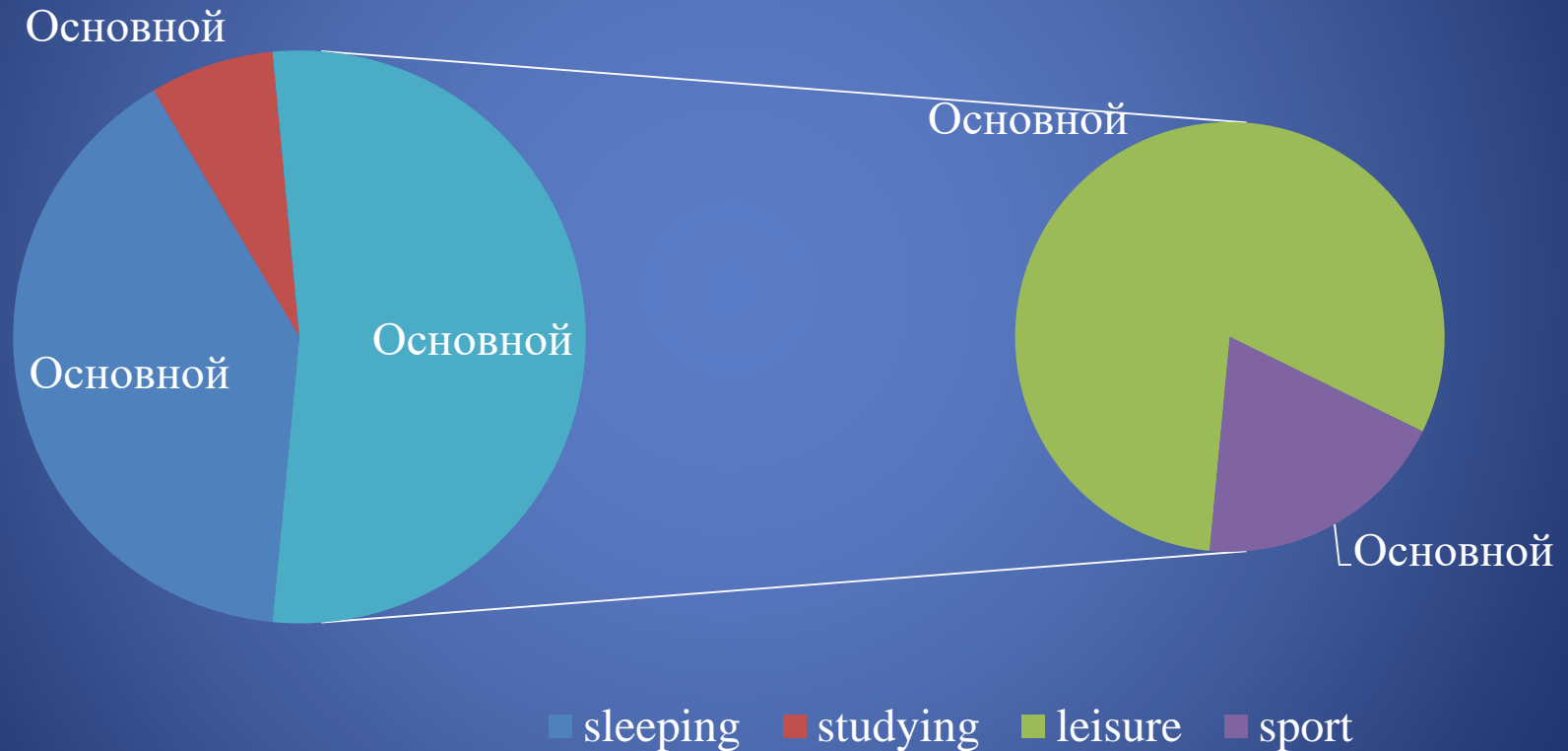
Sport complex	31,1
Fitness center	28,9
Home	20,0
Park near home	15,6
Sport club	13,3
Stadium	8,9
In yards	6,7
Swimming-pool	0,0
Country house	0,0
Other	15,6
Nothing	2,2

Degree of physical exertion in time budget of students

Sitting	28,0
Laying	14,0
Moving	8,0
Staying	5,0
Running	0,5

Mainly sitting	40,4
Mainly staying	3,5
Mainly moving	5,3
Equally sitting, staying, and moving	12,3
No answer	38,6

Basic structure of student's time budgets



Goals of student sport practices

Enjoy free time	14,8
Improve health	40,7
Developing character	29,6
Communication	11,1
Income	0,0
Victories	0,0
Else	3,7

Enjoy free time	22,2
Improve health	42,2
Developing character	8,9
Communication	11,1
Income	2,2
Sport achievements	11,1
Good shape	75,6
Anything else	6,7
No answer	2,2

Conclusions

- Sport amounts to 10,2 % of a student's time budget
- Student sports hours: 7.00-10.00; 16.00-20.00
- Student sports duration: 0,5-6 hours per day
- Factors influencing student's inclusion into sports: obligatory school program; attractive sport image; available free time and facilities.
- Students involved in sport at university are more likely to be physically active in sport in later adult life than those without higher education.