

The relationship between the morbidity and teaching spaces for sport in schools

Florina Gabor-Harosa¹, Mihai Cucu², Simona Tache¹, Traian Bocu¹

¹Iuliu Hațieganu University of Medicine and Pharmacy Cluj-Napoca

²Dimitrie Cantemir Christian University Cluj-Napoca

Abstract

Background. The survey was based on the data provided by the Centre of Calculation and Statistics of the Ministry of Public Health and the National Sports Medicine Institute of Bucharest. According to this information, the health status of the school population is alarming, which requires the careful monitoring of the health of students in schools.

Aims. To conduct a study on morbidity in the pre-university education system, for students aged between 12-18 years. The maintenance of a small number of physical education classes in pre-university education, as provided by the 2010 Education Law Project, may have a negative impact on the health of students.

Methods. The study was based on the information from the annual medical examination of the students performed by school doctors.

Results. The prevalence of the physical deficiencies found were the following: *pubertal* (6th grade): boys-14.6%; girls-12.1%; mean=13.35%; *post-pubertal* (9th grade): boys-17.5%; girls-15.45%; mean=16.47%; *post-pubertal* (11th grade): boys-27.5%; girls-20.5%; mean=24.0%.

Conclusions. The dominant diagnosed diseases were pubertal and post-pubertal spinal deformations (kyphosis, lordosis and scoliosis) in both boys and girls. The frequency of spinal diseases was higher in post-pubertal boys. A percent decrease in the number of subjects without any diagnosed disease was found, from 35.7% to 22.9% in girls and from 35 to 28.4% in boys, along with an increase in comorbidity, from 32.4% to 48.3% in boys and from 32.9% to 44.8% in girls. The presence of a relationship between the level of morbidity and the teaching spaces existing in schools was found.

Keywords: health status, morbidity, students, diagnosed diseases.