

*Az egyetemi sport szerepe a
felsőoktatás fejlesztésében*

*Growing role of the university
sports in modern higher education*

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The main characteristics of modern higher educational systems should be as follows:

- **The scope of knowledge should follow the continuously changing needs of the society,**
- **The university education should give reliable expert knowledges and good competences in the special lines of teaching,**
- **The students should have excellent professional skills,**
- **The graduated students should be independent intellectuals, who are able to cooperate with each other on personal level or in teams,**
- **They should be healthy persons with self-reliance, strong commitment to common values,**
- **The institutions of higher education should accept many participants (30-50% of cohort)**



University sports are excellent tools in the processes of basic reforms of higher education because many desirable features can be promoted by cultivating sports!



„There is no quality higher education without quality university sports!”

The organization of university sports needs an effective system, which must be well harmonized with other sections of the higher educational institutions

Developments should be reached on the following fields:

- **To enhance the number of students, who move for their health,**
- **To promote the popularity of team sports,**
- **Competitive sports**
 - a) **university level,**
 - b) **international level**
- **Teacher training for university studies**
- **Sport-science and research: its natural host institution is the Testnevelési Egyetem (University for Physical Education)**



**HUNGARIAN
UNIVERSITY
SPORTS
FEDERATION**



In this country the organization to fulfill the former jobs: **Hungarian University Sports Federation**

Foundations of national and international organizations

1829 the first Oxford – Cambridge
rowing competition

1860 the first Hungarian sports club:
Selmezbánya Colleges Athletic
and Football Club
(SMAFC)

1907 foundation of the Hungarian
University Sports Federation
– the first in Europe, the second
in the World

1949 foundation of FISU – 7 Western-European countries

1959 integration of FISU – Hungary among founders

1999 foundation of EUSA – 25 countries (incl.: Hungary)



110 YEAR CELEBRATION – HUSF

Celebration of the foundation: 24-25. March 1907

- The biggest maintained Royal Palace from the XVIII-XIXth century
- The story of the foundation by contemporary institutional successors



PAST AND PRESENT OF HUSF



Former President Gallien (FISU):
“Hungary has been one of the major pioneers in the construction of the International University Sports Movement, from 1923 to 1939.”

Universiade medals (1959-2015)

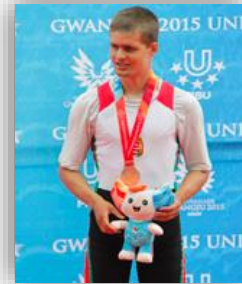
119 gold, 94 silver, 111 bronze

Summer Universiade 2015, Gwangju:

10.711 participants, 137 countries; 21 sports, 1500 journalists, 20.000 volunteers, 30 new and rebuilt venues

Results: most universities/colleges (29+9),
43 scorer athletes,
2 gold, 3 bronze medals

Appreciation: Médaille Jean Petitjean,
the highest price of FISU,
contribution to the development of
University Sport



HUSF SET UP AN INTEGRATED SPORT OFFICE SYSTEM

24+2 Sport Offices in Total

14+1 countryside venues

10+1 Budapest venues

Social Renewal Operational Programme (EU – TÁMOP)

Convergence regions

2 years, 440 m HUF

Central Hungarian Region

Budapest-Gödöllő

1+2+1 half year, 3 tenders

(160 m HUF, used: 135 m HUF) (KMR)

Development of Human Capacities Operational Programme (EU – EFOP)

Convergence regions, 4,5 years max. 1,68 Mrd HUF



SPORTS FOR PLEASURE



Physical activity – a public policy issue

'Sport for All' is not a luxury. Though it is important for its own sake, still - due to its wide range external benefits - it is also a social task and a public policy issue:

- October 2014 UN decision: sport is an important tool for promoting education, health, development and peace.
- WHO considers that it is a scientific fact that sport plays a key role in chronic disease prevention.
- UNESCO: the deployment of personal abilities is a basic human right – and the right to sport is the requisite of it.

It's exceedingly true for university sport:

- This rights and possibilities are same for disabled students, and has to be same for man and woman sports for pleasure



**World Health
Organization**



OLYMPIC CHARTER

Surveys of students' sport habits

Three researches on the characteristics of students' sporting habits, opinions and attitudes towards university sport

- Online university study with 16 767 participants (National Student Union of Hungary – Eötvös Loránd University, ELTE 2011)
- Representative study with 1.500 young adults (more than 200 students, Educational Authority – ELTE, 2013)
- Weighting: institution, gender, rank of education, level of education, sporting frequency (Hungarian University Sports Federation – National Institute of Health Development, 2015)



University sport survey

Question: „Since you’ve been a university student, how often have you done sport (apart from compulsory gym courses)?”

(WHO, recreational minimum for healthy life: 3x45 minutes/week)

	Students	Sport activity
Less than monthly	28,8 %	(practically) No sport
Monthly		
Weekly	48,2 %	Not enough sport
2-3 times a week	23,0 %	Enough sport (recreational minimum)
At least 4 times a week		

Gender differences in sport activity

Most popular sports

Sports (%)	Total	Male	Female	Sign.
Jogging, hiking, athletics	36,2	31,1	40,2	p=0,001
Aerobics, gymnastics	34,8	7,6	56,3	p<0,001
Swimming, other water sports	21,4	18,7	21,0	p=0,042
Cycling	21,0	17,2	24,7	p=0,047
Football	20,4	44,5	3,4	p=0,001
<i>Basketball, volleyball, handball</i>	18,5	17,0	17,0	
Power sports	17,4	28,2	6,7	p=0,001
“Pub” games	13,9	16,0	10,8	p<0,001
Squash, tennis, badminton	12,8	12,7	12,9	p=0,464
Skiing, ice-skating, snowboard	10,1	8,3	10,4	p=0,272
Table tennis	7,6	10,8	6,0	p<0,001
Dancing	7,5	1,9	11,1	p<0,001
Fishing, horse riding	5,9	5,6	6,7	p<0,001
Karate, kung fu, judo, kick-box	4,6	7,9	2,5	p<0,001
Roller sports	3,4	2,4	5,1	p=0,158
Other racket ball games	2,3	3,6	2,2	p=0,012
Chess, bridge	2,2	3,5	1,4	p=0,022
Archery, shooting	1,7	2,8	1,5	p=0,200
Boxing, wrestling	1,7	3,2	1,3	p=0,107
Technical sports	1,1	1,3	0,6	p<0,001
Other sports	0,5	0,8	0,6	p=0,179

Motivating factors in doing sports

	(%)	Total	Male	Female
Staying healthy	81,7	79,3	83,6	
Feeling good	70,0	71,6	68,8	
Improving fitness	66,2	61,4	69,9	
Improving physical abilities	65,4	79,9	54,0	
Looking better	57,6	50,6	63,2	
Controlling bodyweight	44,1	34,4	51,7	
Feeling relaxed	30,0	26,7	32,5	
Spending time with my friends	29,7	37,8	23,3	
Enhancing self-esteem	22,5	20,7	23,9	
Developing new skills	20,1	24,1	16,9	
Competing	18,4	24,1	14,0	
Making new acquaintances	14,9	17,4	13,0	
Balancing the effects of aging	6,9	6,1	7,5	
Fitting better in the society	4,5	6,1	3,2	

I do sport / I would like to do sport,
because ...

$p < 0,00$

Hungarian male students do sport more

	Male	Female	Sign.
How much time do you spend on sport? (minutes/week)	112,13	68,29	p<0,001
How much time would you spend with sport in optimal circumstances?	199,50	142,10	p<0,001

Factors against doing sports

I don't do more sport, because ...	(%)	Total	Male	Female
	Lack of time	64,3	63,2	65,2
Lack of proper opportunity	30,7	30,3	30,9	
Too expensive	29,9	24,3	34,3	
Lack of companion	20,5	20,1	20,9	
Satisfied with the current amount of doing sports	14,2	18,1	11,1	
Health condition doesn't allow doing sports	3,6	2,7	4,2	
Don't like sports	3,3	2,3	4,0	
It's not important, I don't feel it necessary	1,5	1,8	1,3	

STEP UP THE SPORTS FOR ALL



Provide conditions for Physical Education as a criteria subject

- Based on everyday physical education at primary and secondary schools
- Problems: budget, professionals, infrastructure

Sport Point Program (HUF & National Union of Students in Hungary NUSH)

- Motivation: point collection, point contest, guaranteed gifts, jackpot
- Database: registered students (>11 000), sport calendar (>400 events)
- “Olympic Pentathlon” (amateur performances in different sports)

Move it! (*Mozdulj rá!*)– university sports campaign

- Challenges: top athletes, student leaders, Basketball Festival: record trial
- Voucher system (with Hungarian Leisure Sport Association and NUSH)
- Events: University Summer Festival, “PointsThere” (Admission) Party, Freshmen weeks, IDUS

Sport Office Network 2016-2020 (EU Funds – max. 1200 m HUF/4,5 years)

- 25 integrated sport offices in the institutions (89,7% of students)
- Central Hungarian Region: massive lack of resources

PROBLEM: TEAM SPORTS SHOULD BE MORE POPULAR



Nationwide university championships

in 2016 HUSF organized nationwide university championships in 38 sports

Serious results:

Basketball (throughout the academic year)

Water polo: new, more popular way of organization

Similar actions are planned with volleyball, handball and futsal

Strong publicity for

Universiades

European University Games

Different international university championships

Basket-ball,
2016/17:
16 teams
(males)
13 teams
(females)
Financials:
tao



CHARITY HEALTH WALK

- Charity walks can help provide a goal to motivate you to stay active
- Part of the traditional 31th '5vös5' running competition
- Opportunity for social contact and the support of others, since walking brings people together
- Participants: rectors, chancellors, professors, student leaders etc. + VIP
- Charity goal: to support a Hungarian hospital (Bethesda Children's Hospital)
- Distance: 1 km



**SPORT
COMPETITIONS
FOR UNIVERSITY
STUDENTS**



High level university sports in Hungary, its effects and value



Universiade and predecessors (4)

1935	6th World University Games
1949, 1954	World Student Games
1965	4th Summer Universiade

World University Championships in Hungary (14)

Orienteering – 1986, 1996, 2016; Table Tennis – 1990, 2004;
Handball – 1996 (men), 2010 (man and woman); Triathlon – 2000;
Futsal – 2002; Squash – 2006; Rowing – 2010; Wrestling – 2014;
Modern Pentathlon – 2018; Canoe Sprint – 2018

European Universities Championships in Hungary (5)

Karate 2013; Rugby 7's 2015; Basketball 2017; Chess & Bridge 2019

Universiade champions and Olympic medallists sport-leaders:

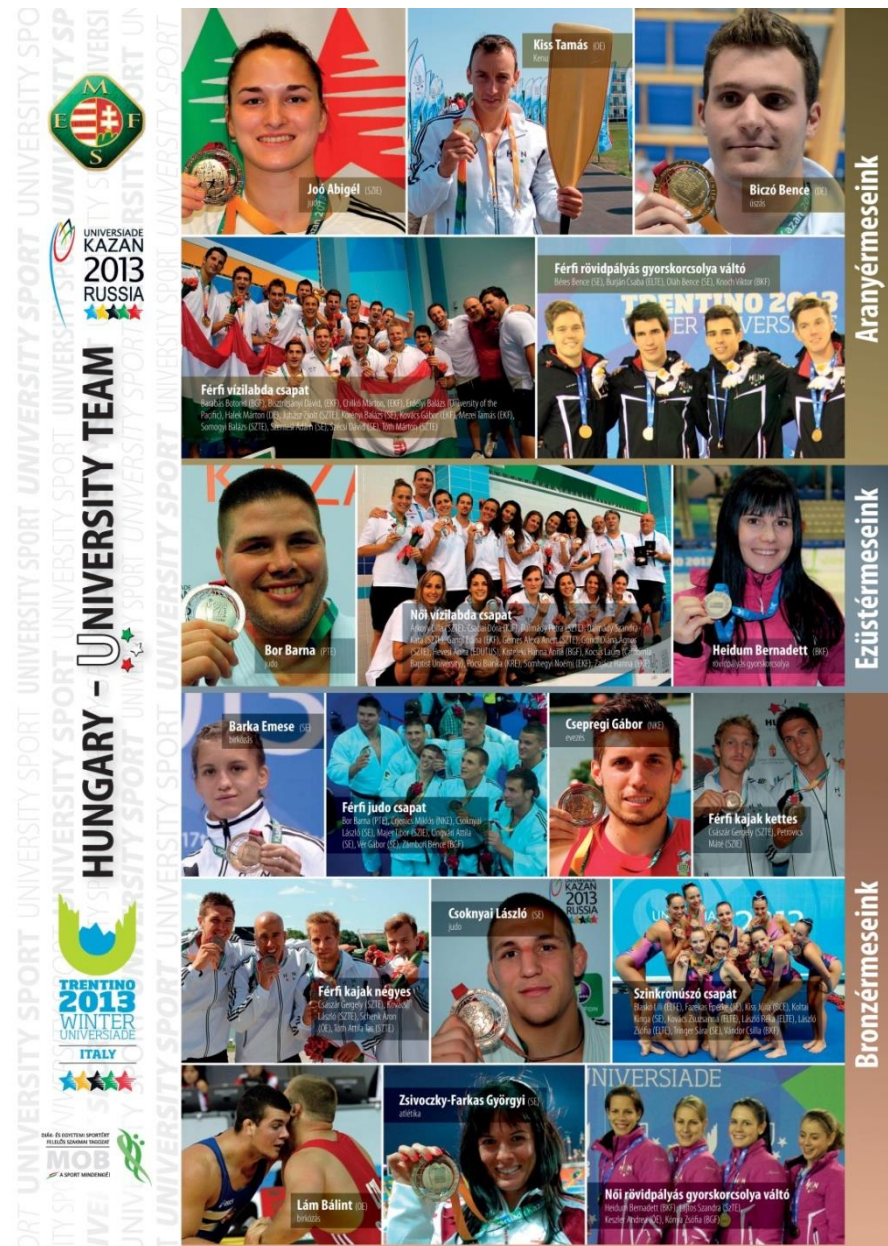
Jenő Kamuti (1959-1965), **György Kárpáti** (1963), **Pál Schmitt** (1965),
Zoltán Magyar (1977), **Pál Szekeres** (1985), **Zsolt Borkai** (1987),
Bence Szabó (1987, 1989), **Attila Ábrahám** (1987), **Tímea Nagy** (1989-1997),
Krisztián Kulcsár (1993, 1995), **Ádám Steinmetz & Bulcsú Székely** (2003),
László Cseh (2011)



According to the statistics, those, who were successful at Universiades could be successful at Olympic games: 50% of Universiade winners became medalists at Olympic games!

The best persons in university front-line sports are candidates for the best athletes at all!

These facts make the university sport for an excellent selection point for the national teams!



Olympic champion students of London

2012



Danuta Kazak - canoe sprint (Corvinus University of Budapest)



Daniel Gyuta - swimming (Budapest College of Communication)
Hungarian University Champion 2011



Aron Szilágyi - triathlon (Eötvös Loránd University)



Éva Risztov - swimming (University of Debrecen)
Hungarian University Champion 2011



Rudolf Dombi - canoe sprint (Kisvárdai Széchenyi István Egyetem)
World University Championship 2007 1st place



Krisztián Berki - artistic gymnastics (Eszterházy Károly College)
Universiade 2009 (1st place)



Gabriella Szabó - canoe sprint (Károli Gáspár University of the Reformed Church)
Katalin Kovács - canoe sprint (Semmelweis University)

Over 100 university students and alumni in the Olympic team, 7 gold, 4 silver, 4 bronze medals

Olympic medalist students of Rio

2016



Áron Szilágyi – fencing (Károli Gáspár Univ. of the Reformed Church of Hun.)



Gabriella Szabó – canoe sprint (Edutus College)



László Cseh – swimming (Budapest University of Technology and Economics)



Boglárka Kapás – swimming (Eötvös Loránd University)
Hungarian University Champion 2015, 2016



András Redli – fencing (Óbuda University)
Universiade 2007 (1th place)

95 university students and alumni in the Olympic team, 8 gold, 3 silver, 4 bronze medals

UNIVERSIADE CHAMPIONS CLUB



Objectives

- Increase the prestige of university sport
- Motivating top athletes to study and mentoring
- Patronizing the national university championships
- Popularization of the regular physical activity amongst students
- Contribution to sport events of his/her alma mater and sport

Members

- Winners of Summer and Winter Universiades since 1959 (190 athletes)
- Automatic membership with gold medal: 169 live members

Officials

- The members of board are those members who are also
 - Olympic Champions (22 members)
 - Winners of 3 or more Universiade gold medals (14 members)
- President: Tímea Nagy, 6 times Universiade champion, coach: Győző Kulcsár, also Universiade champion)

Do dual career – Study and move!

Top athletes

- Study beside doing sports
- Participate at national and international events
- Appear in the university marketing
- Member of the university sports club
- International sport events in Hungary



Sport for All

- Sport near studies: Physical Education
- Motivation for physical activities (Sport Point Program and database)
- Sports coordination (Sport Offices)
- Special events (EFOTT, IDUS)
- Health Promoting Universities

University sports infrastructure

- Basic infrastructure at universities
 - Communal, sports specific, municipal, institutional infrastructure



SOME MORE TASKS IN DEVELOPMENT OF UNIVERSITY SPORTS



In order to promote the university sport, it is necessary to deepen the special knowledge of all those experts, who work as teachers of physical training at universities.

Reasons:

a) the university students need special training methods, different from those used for younger persons,

b) special expertise needed to prepare the students for competitions

**The special knowledge is at TE
(University for Physical Education)**



In the modern world it is impossible to reach world-class sports results without actively using the results of science.

The best place to promote, investigate and apply the new achievement is the University for Physical Education (Testnevelési Egyetem).

All support should be given to this institution!





**Thank you for your
attention!**