

# Student perception on bio-medical disciplines in medical discipline in physical education and feed in the present curricula at Sports University of Tirana

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## Abstract

The disciplines of Biology, Biochemistry and Genetics of Physical Activity and Sports are part of the curriculum of 4 study programs, 2 Bachelors, and the 2 Masters of Science at the Sports University of Tirana, introduced for the first time in 2010. After the first rounds of graduations, was considered of particular interest to evaluate the content and outcome of such teaching subjects from the students who experienced the new curricula and to receive their feedback for further revision and improvement.

A total of 221 Students from Bachelor Master Programs from the Faculty of Physical Activity and Recreation were interviewed about the disciplines of Biology, Biochemistry and Genetics of Exercise. *Ad hoc*, appropriate and separate questionnaires for each subject have been prepared and filled in in an independent and anonymous way. The questionnaires included 10 questions, asking the interviewed students to evaluate the importance of the subjects, level of difficulty, eventual knowledge gaps from the high school and asking their perception, opinion and eventual suggestions for possible changes and/or improvement in the present subject/s structure and content.

The overall assessment by Bachelor students was good and very good, 85% and 81% for Biology and Biochemistry, respectively. 75-80% of them consider these subjects as important for their academic education programme, even though 85% of them find them difficult from medium to hard level. 68% identify overlapping knowledge among Bio-medical disciplines along the three years course, but 70% of them consider it helpful in filling the gaps from high school. Students evaluate as very good the applicative component of both subjects, Biology and Biochemistry (80-95%), suggesting avoidance and slight simplification of some parts (40% and 60% respectively).

The overall assessment from Master students was good and very good (92%). 83% of the students, consider it important for their profession, 67% of whom find it of medium to high difficulty. Only 33% of them find gaps or lacks of knowledge, 83% overlapping with issues and thematic already done at Bachelor level, even though 71% of last consider it helpful in filling the gaps from the bachelor level, while 59% evaluate as very good the applicative and advanced component of the subject.

The results of the questionnaires gave a clear and practice-based vision on student's perception on the structure and content of the evaluated subjects. During 2015-2018 these teaching disciplines were revised and improved taking also into consideration the student's feedback.

**Keywords:** student perception, programme evaluation, bio-medical disciplines, sport curricula, Tirana Sports University.