THE FITNESS IN PHYSICAL EDUCATION CLASS —
A DETERMINANT PROMOTER FOR STUDENT’S HEALTH
AND BODY AESTHETIC

Valentina CIOMAG
Corina DINCIU

Abstract
Each of us should pay special attention to our own body, developing and maintaining a proper body posture, maintaining our health and also a high tonus. Physical exercises, games, walks and other forms of motor activities can have a compensating effect. Through the adaptation process to extensive physical effort, these activities stimulate and balance in some extent the development. Correct body posture depends above all on the muscle activity, the path that provides the physical and health maintenance. Physical activity carried out systematically and regularly, contributes directly to improving the structure and functions of the various organs and body systems. The practice of physical exercise in various forms, in order to maintain good physical condition requires no special athletic ability, but intention and consequence. In planning fitness programs, one must take into account the following aspects: exercise duration, [effectiveness muscle activity to muscle groups involved] effort volume and complexity, and speed of recovery of the body after the exercise. Programs should be the result of a permanent dialogue between trainer and performers, providing analytical muscular approach for particular subjects.

Keywords: physical exercises, health, tonicity, body posture.

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1. Introduction

Young people developing their body have a special need for physical exercise. Lately, specialists are talking more and more about the acceleration of the biological development rhythm. It is undeniable that for the new generations puberty starts earlier, youngsters develop in weight and height faster than the generations before, reaching earlier a state of psychological maturity.

The explanation of this phenomenon is in the improvement of the hygiene conditions, in the progresses made in the prevention and the treatment of the diseases, better food and more rational organization of the time between work and

1 Valentina Ciomag, ASE Bucharest, valentina_ciomag@yahoo.com
Corina Dinciu, ASE Bucharest
rest, as well as in the stimulation effects of aerobics and fitness.

As consequences of these transformations, there are certain negative aspects, as for instance the decrease of the organism’s resistance, abnormally high physiological and psychological sensitivity towards the complex and intense demands of life in contemporary society, disequilibrium in their development. The increase in height is not always sustained by a proper development of the muscular system.

2. Content

Physical exercises, games, walks and other forms of motor activities have a certain compensating effect against intellectual prolonged effort. Through the adaptation process to extensive physical effort, these activities stimulate and balance in some extent the body development. The bone growth and the muscular systems is affected to a considerable extent by internal factors like glandular secretion, heredity, etc. also external factors like fitness, have an stimulating effect which can be decisive for a harmonious appearance. Unsolicited muscles atrophy, and moreover, the muscular system of a youngster, if unsolicited continuously, it will not develop properly.

Data indicates that students are engaged in physical exercise activities on average 90 minutes per week. Occasional motor activities like dancing, walking, are insufficient for the physical development of the young students aged between 18 and 25 years. Research proves that at the age of 18 to 25, student's physical condition is far behind their intellectual development, which is not a good thing. This phenomenon must receive special attention from those factors that have a role in the cognitive education and physical training of the young generation: family, university, organizations and government institutions, especially since there is a pronounced tendency to increase the hours of study, enhancing intellectual preparation and sedentary activities.

Correct body posture depends above all on the muscle activity, the path that provides the physical and health maintenance. Alongside the bones, muscles play an important role in the development of internal organs necessary to perform vital functions; it is the main driver of moving.

Physical activity carried out systematically and regularly, contributes directly to improving the structure and functions of the various organs and body systems. Also it can counteract the emergence of damage or correct some dysfunctions arising as a result of inadequate conditions of life and / or work, aging etc.

Each of us should pay special attention to our own body, developing and maintaining a proper body posture, maintaining our health and also a high tonus.
Even though the fitness did not receive yet a generally accepted definition, it recognizes as main reference element the motor and psychological capacity of the individual, the capacity of facing physical and functional demands of the everyday life. Adaptation to these demands improves as the individual allocates, in his/her daily program, a certain time to physical exercise. This way, the physical exercise can be considered as a natural cure, accessible and agreeable, at hand for anyone who wants and understands how to make use of it properly.

“Fitness is a self-motivated of participation to systematic practice of physical exercise in order to improve the quality of life” Fall, H., Baylor, A., Dishmann (1980).

“Fitness is a way of life, which implies the systematic practice, regulated and rational of a complex of activities of basic gymnastics, athletics, sports games, swimming and nautical sports, skiing and mountain sports, cycling etc., associated with a proper nutrition, which lead to a good condition of the organism as a whole” Hidi J. (2007).

The practice of physical exercise in various forms, in order to maintain good physical condition requires no special athletic ability; it may be enhanced through natural movements as walking, running or basic gymnastics.

In planning fitness programs, PE teacher must take into account the following aspects: exercise duration, effectiveness muscle activity to muscle groups involved, and speed of recovery after exercise.

The exercises used in the program must follow an orderly sequence, a specific volume to be graded in terms of intensity and complexity. Programs should be the result of a permanent dialogue between trainer and performers, providing analytical muscular approach to each particular student. Natural and harmonious body development is a fundamental objective of physical education class, in our case with fitness means.

The notion of fair and harmonious physical development includes:

1. promoting the development of natural processes of the body, leading to a normal evolution of morphological and functional indices;
2. tonicity and harmonious development of all groups and muscle chains;
3. increasing the stability and mobility of joints to ensure complete function;
4. education of the correct body attitude reflex (global and segmental) in static positions and in motion;
5. preventing incorrect postures or postural restoration.

In the lesson structure, harmonious physical development is well established and permanent, so no matter the lesson topic, students receive invaluable constant influences through the fitness development exercises.
The physical development is conditioned, on one hand by working at every lesson of all the regions and segments of the body and on the other hand by the consistency of the action over every region or segment.

During the PE lesson exercising imposes a methodology characterized by the following aspects:

1. motivating students by introducing formulas like using this work out your hips will strength”.
2. a correct exercise demonstration done by the teacher, concomitantly with the execution by the students accompanied by short and precise explanations, the teacher making general and individual observations without stopping the work out.
3. using an adequate terminology.
4. to follow up on the influence of teaching action towards physical development, it is recommended that the defined set of exercises to be carried out regularly over 4-6 weeks. Through this method, once with the learning of the exercise, the teacher will no longer focus especially on observations but on increasing the rhythm and the number of repetitions.

Obtaining the desired effects involves a sustained training, targeted methodologies, relying on practical experience and the results of scientific research.

The criteria for the selection of the exercise in organizing the educational process in general are:

- efficiency;
- effectiveness;
- controlling the influences.

The complexity of the instruction/educational process imposes the use of exercises with multiple and different influences. Conscious and active participation principle presupposes on the other hand a conscious directing of learning and understanding of the mechanisms and goals, as well as the formation of strong motivations. Awareness of the participants in physical education class, the positive effects of the physical exercise over the individual and social aspects of life, is one of the functions performed by the teacher through leading the instruction process.

Another condition for educational optimization is for the teacher to use feed-back in training process. Checking the preparation achieved by students is an important source of information, based on which selection can optimize resources, determining the volume and intensity, sequence and their alternation. Using systematic checks serves as feedback; it is the basis by which results are estimated, while providing necessary guidance and any corrections.

The teacher must demonstrate a high responsibility for the effectiveness of his/her
work, both in preparing training process and in the actual work with the students.

Effectiveness of physical education lessons is given by the principle of a systematic structure and continuity. The principle favors the formation of systematic work skills, will and character traits (perseverance, diligence, sense of discipline).

The principle of accessibility or orientation depending on individual characteristics and age of the students, expresses essentially effort balance, respect for rules such as the transition from easy to difficult, from known to unknown, from simple to complex, from concrete to abstract, etc. Also principle of overload, continuity, specificity, means variety and student’s active involvement are specific for an effective adaptation to physical effort (Pop, 2014).

It is known that the development of motor skills requires a special effort from the students, but necessary to achieve this objective. It is a favorable time as requiring students to execute a certain number of repetitions, with indicated hindering, they become accustomed to overcoming barriers that tend to exceed their immediate possibilities. Such moments are common during physical education classes; they must be exploited to the maximum, because the overcoming of difficulties, self-overcoming in the execution of the physical exercises is means which determines the change of character traits positively.

Another equally important point is the concluding lessons, which ensure the recovery of the body after independently student’s exercise, are conditions for achieving skills and positive habits.
3. Conclusions

Researchers and doctors, and even non-specialists in PE and sport know for years that regular practice of physical activity leads to substantial and sustainable health benefits. Generally speaking, it is unmistakably proven that physical activity favorably influences mental health and reduces the incidence and severity of diseases and pathological conditions, such as cardiovascular disease, cancer, type II diabetes, osteoarthritis, osteoporosis and obesity. Overall, however, in addition to these benefits of mainly punctual and somatic nature, physical activity done regularly and according to certain rules allows the individual to have access to an optimal quality of life.

The improvement of lifestyle, the awareness of the population regarding the influences of physical exercises over the body, the requirements of the new forms of practicing physical exercise requires an increased number of specialists in physical education and sport domain.

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