Abstract

Physical education and sports is an important antidote, active and accessible at the same time. This is one of the most important ways to balance the human body, to eliminate internal tensions and increase body's adaptive possibilities.

The means of physical education are also means of education for a healthy lifestyle. Practitioners know and acquire the motor contents, consciously directing both movements and body aesthetics, thus preparing for work and life, improving his motor ability and concomitantly realizing the benefits of physical activity.

Physical education is an important, indispensable component of general education, which aims mainly to develop individual's physical, mental, social and cultural features in a positive direction.

Higher education institutions in the world pay greater attention to human being's physical condition, their efforts being undertaken under the idea of physical benefit, defined by acquiring and encouraging healthy life habits.

Keywords: physical education, health, stress, personality, self-confidence.

JEL classification: I1, I19

Introduction

In the contemporary era, the ascension of intellectual spirit goes to the detriment of biology, creating an imbalance that is harmful to the human being.

Keeping health and maintaining intellectual and physical working capacity are diminished by the existence of high technologies. The modern individual must find solutions to keep his own balance.

Physical education and sports is an important antidote, active and accessible at the same time. This is one of the most important ways to balance the human body, to eliminate internal tensions and increase body's adaptive possibilities.

Starting from the idea formulated in today’s pedagogy on physical exercise as a means of forming the human personality and a person’s training for profession and contemporary requirements, the paper aims to highlight the many facets of movement, physical exercise, in general.

Rela-Valentina CIOMAG

1 Rela-Valentina Cismag, The Bucharest University of Economic Studies, valentina_ciomag@yahoo.com
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The practitioner is active in this complex process: he observes, thinks, updates creatively, acts in interrelation with others. The improvement of driving ability and harmonious physical development are correlated with the influence on personality development in its entirety.

Bodily activities must be the objective of scientific progress and of qualitative regeneration, increasingly integrating into the science to improve human being.

The physical condition is an expression that characterizes human biological availability to meet the requirements of everyday applications due to the external environment (Dinciu, C.C., 2014)

Within our work with students both in the Physical Education class and in sports activities, we focused on the following coordinates of afferent mental processes and complex formation of personality.

- maintaining and improving the harmonious and aesthetic development of students with effect on maintaining a healthy lifestyle corresponding to the current requirements of society;
- preparing students both theoretically and practically to fulfill the important role of tomorrow’s young people in society, the role of parent who has to face many social and family problems, forced to dole time between children's education, household problems, job duties, etc. Young people must be prepared to face the demands of an intensive work and able to maintain an optimal level, ability to work for as long a period as possible;
- in our work, we aim to offer students a healthy conception about motion, about the favorable effects obtained by systematic practice of physical exercise, to instill interest and desire to move. We pay particular attention to guiding students on leisure by practicing physical exercise independently, several hours a week;
- we also aim to form in young people the capacity for their somatic self-knowledge, to identify and correct certain physical disabilities. Students already know the main muscle groups and a minimum of proper physical exercises that they can do individually according to their needs and preferences;
- we insisted on knowing the basic rules on nutrition, the associative decisive role between diet and physical exercise for a healthy lifestyle.

Under these circumstances, professionals’ mission in our field is to instruct, guide and advise the youth interest towards various forms of learning and physical exercise in line with their needs, options or motivation. The various work methods
in leisure time motor skill activities may provide "custom routes", carefully managed by specialists so that the momentary satisfaction be associated with long-term benefits: health, efficiency on professional level, social success, personal fulfillment, etc.

Appropriate requests in terms of quantity and quality, both in Physical Education classes and Sports, in training sessions, leisure time activities (loisir) or physical therapy, lead to significant positive changes such as: muscle hypertrophy and tone up, increased stroke and breathing volume, decrease of heart rate at rest and during exercise, correct body attitude, improvement of quality in neuro-muscular control processes.

Studies in the field, Kiphard (1973), cited by Dragnea A. et al. (2002), demonstrated that physical exercise correctly guided will lead to the increase of the functional capacity of neurons in cortical motor areas, and, in the small child, it produces enrichment of synaptic branches of central nervous structures.

Statistics from developed countries show that health is accompanied by aspects regarding systematic practice of physical exercise as well as types of activities preferred to this end.

With this purpose in view, policy implementations are needed in health with a long-term projection, which should include increased time for physical exercises of all walks of life. Most Balkan countries are characterized by a polarization of conceptions about practicing physical exercises in different age groups, resulting that the younger generation shows a clear interest for the bodily appearance, materialized in engaging in various types of motor activities.

"Fitness for life" – is a phrase that summarizes an entire philosophy that reveals the importance of a rational regime where proper physical exercise must be an inseparable part in the existence of modern human being. The physical condition is an expression that characterizes human biological availability to face the daily demands caused by the external environment. In normal conditions, the human body is exposed to cold, heat, effort and, finally, to professional demands (Dinciu, C., 2012)

The issue of aerobic activities is an important theme embodied in basic research, especially in clinical studies, whose results are unanimously recognized. We note in this regard the works developed at the Institute founded by dr. Kenneth Cooper in 1970, addressing issues belonging to the physiology of physical exercise, causes of obesity, hypertension, epidemiology, behavioral changes, child health, nutrition and aging effects etc.

The literature cites medical research aimed at identifying the effects of exercising under aerobic regime on persons who have various types of diseases, highlighting cases of improvement of conditions of multiple sclerosis, diabetes, rheumatoid
arthritus and lupus erythematosus, as a result of tailored programs and dosed in terms of intensity, duration and frequency of work, noting that the main effect of these subjects was the significantly reduced chronic fatigue.

Studies made in recent years depict the idea that the health of the population is burdened in an alarming extent by the presence of stress, disease of modern civilization. A large part of the population, to a greater extent and increasingly younger, currently suffers from emotional, behavioral or psychological disorders (depression, panic attacks, psychosis, etc.).

The fight against this scourge and its effects must take into account that the human being is a dynamic, evolving, energy-informational type system, capable to continuously adapt and optimize behavior, by control and self control actions. Specialized literature data give us sufficient evidence on the role of movement in the mental construction and development of the individual, the mental balance being largely determined by physical activity.

Physical education is an important, indispensable component of general education, which aims mainly to develop individual’s physical, mental, social and cultural features in a positive direction.

Higher education institutions in the world pay greater attention to human being’s physical condition, their efforts being undertaken under the idea of physical benefit, defined by acquiring and encouraging healthy life habits.

Therefore, physical education is an important part of general education, being an act of culture and a means of emancipation with pedagogical content. As an educational process, physical education is a bilateral process in which, under the leadership of specialized staff, subjects undergo systematic influences constantly consistent with education’s objectives in general and with the objectives of physical and motor development improvement in particular.

Studies carried out abroad show that young people’s skeletal and muscular system’s robustness and development are not proportional to their height in all cases. The data published in the country and abroad show that approximately 20% of the young are not fit for military service. The main causes include underdevelopment of the musculoskeletal system. We must point out here some of the specific aspects of the activity we perform, referring specifically to the academic period.

Data indicate that students are engaged in physical activities 90 minutes per week on average. Occasional motor skill activities such as dancing, walking, are insufficient for young students aged between 18 and 25 years, according to specialists. Researches prove that students’ physical condition is far behind their intellectual development, which is not encouraging. This phenomenon must be
looked upon by those who have a say in the intellectual education and physical training of the young generation, family, faculties, organizations and government institutions, especially since there is a pronounced tendency to increase the number of study hours and enhance intellectual preparation.

Throughout history, the role of intellectual and education training grows, reaching maximum valences in contemporary society. Thus, the question is how much is the concern for reduction of individual’s physical development is justified. The answer must be sought in the effects arising from its neglect.

Forming students' ability to practice physical exercise continuously depends on school, as well as outside it, in the lifelong learning as a self-transformation process. This is achieved mainly by understanding the importance and necessity of bodily activities, by developing beliefs about practicing physical exercises.

Application by priority of active / participatory methods focused on the subject (student), on maximum activation of cognitive and operative structures of subjects, on exercising their psychomotor functions and potential, on subject’s (student’s) transformation into co-participant at his own training and education.

The growing share of active-participatory methods does not mean giving up on traditional educational methods (observation, presentation, conversation, demonstration, exercise, etc.), on methods for transmission and assimilation of information.

Class organization and development should be made by every teacher so as to ensure an active learning in an attractive and relaxing environment. Students’ activity must be stimulated by direct participation in class’ actual organization and development. The leadership should be promoted, an effective method to assert personality, to develop creative thinking, critical and self-critical thinking, a competitive attitude, desire for self-improvement and self-assertion.

The formative type of bodily activities does not result strictly from repeating and improving elements provided for in curricular lessons, in tests and control standards, but especially from the ability to apply knowledge, in various circumstances and to find quick, efficient, and appropriate solution. Preparation of students to be more attractive and efficient as we ask them to use in new contexts what they have learned, to update new forms, to choose what suits best at that moment and on that job.

Physical exercise complexes, applicative routes, mixed races, dynamic and sports collective games are means by which the physical education teacher can create situations for students. Troubleshooting of psychomotor exercises involves finding various structures, original, efficient, fit for purpose. I might add that creative imagination is the most important manifestation, the one that prepares new mental structures, motor skill models, sequence of elements, all contributing to
supplementing and enriching the existing motor abilities.

Based on previous experience or existing structures, with the contribution of new information taught in class, so that we can have surprise of certain innovations easily obtained for a value and an unexpected ingenuity (Ciomag, V., 2008)

Creativity is of particular importance, all the progress of science, technology and art are the results of creative spirits.

Conclusions

Students should be advised to acquire independent thinking, apart from the group, tolerance to new ideas, the ability to discover new problems and find a way to solve them and the possibility of constructive criticism.

The accent should be laid on building self-confidence; many do not show ambition to accede, because they do not want to be different than other colleagues, this attitude being determined by conformism. Here comes teacher’s task to make them aware of the possibilities they have to express themselves creatively and to develop this creativity. Subject’s personality should be highlighted and promoted, revealing driving skills that make him different from other students.

Physical education brings a significant contribution to the harmonization of the emotional and energy sphere, it allows us to consider that student’s health can improve by a modified and positive mental state, having a positive, optimistic attitude.

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