

**SOCIALIZATION THROUGH SPORT.
EFFECTS OF PHYSICAL EDUCATION AND SPORT**

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Summary: Diversity effects sport and physical activity is found in diverse spheres of influence it. Addressed key issues relate to physical, psychic unity relationship, essential in the development of individual personality, the importance of building a beautiful body motricity and maintain his health, the role of sport and physical activity in human socialization by developing qualities recognized important in society and can be transferred to other social spheres and the impact these effects on different population groups in sport and exercise.

Introduction

Any company faced with problems of transformation and transfer of its dominant social conventions (morals, values, norms, knowledge, skills) to the generations that succeed in life. learning and experiences in a given period of life tend to influence what happens later. Size formal education, physical education period begins with preschool and continues throughout the educational journey. Activities driving the increased interest in various forms and their practice lifetime highlight the other dimensions of physical education: non-formal and permanent.

Children and youth are the main beneficiaries of the practice of physical education and sport. Early childhood is the period in which motor activity is vital for socialization. At an early stage of life, the child is sensitive to cognitive and moral development, he assumes different roles, learn from others and that is especially, especially, learn to build relationships with others. Granting the importance of play and games in infancy due premise is driving development plan healthy, social and cognitive. Physical requirements necessary game and games allow children to gradually adopt various social roles, which enable them to acquire skills, abilities, skills needed later in the broader context. Playing Games builds bridges between spontaneous and institutionalized sport (Sage, 1986).

Physical education and sport influences the development structural-functional and functional somatic indices harmonizing body, forming and maintaining a proper body position, muscle tone and preventing or correcting deficiencies in optimal physical and not least combat overweight and obesity.

Importance of physical education and sport lies in the positive effects it produces a constant practice among all categories of citizens, is a favorite activity not only young but also older people, disabled people or those with various motor disorders.

Peculiarities that distinguish sports fields and other characteristics, sometimes less visible and publicized, is necessary privilege in psycho-somatic development of human personality and his training.

In modern societies, sport is becoming increasingly important, given that more people practice it, attending sports arenas, sports or read about it look like people. Practiced in schools, but also in leisure, sport has become a profession, meaning not only active participation but also participate in the show offered.

Material and method

Effects of socialization through sport and physical activity. Some parents consider that it is not necessary for their children "are still energetic" to exercise or to practice a sport more so, since they have no natural inclination in this direction. In these cases, the forms of movement are chosen given episodically, the school holidays: skiing, skating, swimming, playing ball etc.. Most times (is adults), who's entourage is mobilized for a particular sport, as dictated by geographic area (mountain, sea) who spend their free time.

From the perspective of socialized effect of sport, social organization and forms of social interaction are greater for children than the type of sporting activity. Giving their children more responsibility in organizing sports activities, they may form, under careful supervision, social and ethical conscience. Anticipatory socialization in the family and play groups can provide partial answer to the question: "Why some children begin to practice sport and not others?". Explanation, involvement in sports, going through a process refers to "the involvement of which consists of several steps: testing a Sport (influenced by media idols), beginning a sport (under the influence of environmental factors) sport further, establishing a specific sport. In the process of "involvement" motivating identification is a first necessary condition that can support playing a sport. Most times, the reasons are

related to sports activities that sport provides enjoyment of the strongest and most diverse. In a first stage, the motivation for sport may be related, first, the need to move the child, the obligation of school and then wish to practice a sport.

The second stage of individual sports activity may be marked by awakening interest in the sports industry, chosen with the discovery of its specific qualities. Living sporting success, performance and desire temptation moral and material benefits they may get athletes are reasons that attract people to practice sports.

The next stage, the sport of skill, training begins with the need for deepening the content of sports activity in the desire to improve the training methodology to achieve best performance. Tend to send other sport athlete experience and knowledge gained over time, is for athletes in most cases, early career coaches. For an activity that has become extremely popular offering those who practice it on many occasions of joy, fun experience, one way of showing the feelings and experience success, the sport has become an important medium of socialization, even if not intended, in conscious social effects. In this regard, studies in different countries shows that the vast majority of children and young people in sport clubs, live positive experiences of fun and pleasure, the race and establish social relationships with people of a particular lead or training and adults competitions. Social Life under the sport is important for that sport provides an appropriate framework for training and maintaining social relationships, developing team spirit and solidarity.

Many of the effects of socialization through sport is evident in terms of carrying out the social life around sports activity itself and become stronger at those involved in sport for longer periods of time and with greater intensity. Directed primarily towards performance and competition in today's society acquires new facets motivational sport, such as entertainment, sports extreme risk, aesthetic values, communication, etc. a certain social integration.

According to experts, the practice of physical activities or sports personality affects young people and create positive effects on body and mind. The mind works like body. When the body is not trained, it can not be used as before. The same thing happens with mind. Body and mind are closely related, so it works just naturally. Making exercise without concentration, to obtain some results, but they will not be as beneficial as when practicing, really, the concentration. Simultaneous training of the mental and the body creates a double positive, impact on strengthening the mind, self esteem, self identity and tangible impact on a harmonious development, maintaining health and wellness. So standing practice

offers a variety of driving activities benefits by counteracting the occurrence of medical problems, psychological, sociological, etc.

It was also shown that most sports and physical activity and other positive effects such as lead, strengthen health, good physically and mentally to children, youth, adults, disabled and elderly.

In adults, interest in sport and physical activity vary depending on many factors, such as sporting career, education, social status, occupation, time.

Nature sport fun and joy creates a good mood, relieves anxiety, depression or negative feelings and help maintain health in mind and body in harmony to deliver superior performance at work.

Practiced in clubs, fitness centers and outdoor physical activities are common mobile phone contacts, opportunity to form new relationships and can improve communication skills. Emotional benefits were found in people hesitant, shy or lack of ambition, which served much better in an environment in which the lower self-esteem does not play an important role, which helped develop the overall concept of self, facilitating social contacts. Often, physical activities are practiced to improve the physical condition, as prophylaxis, with schemes moderate social effects of involvement in groups and with changes in body image of those involved. Physical condition involves "human capacity to work with force and liveliness, without undue fatigue, with enough power to prevent physical stress (Ulrich, 2000; Epuran, 2005). A good physical condition can significantly reduce the risk of psychological disturbance in adults of both sexes. Exercise regularly practiced stimulate emotional functioning as stressors that are more easily tolerated.

Old age is that period of life that most people did not want or wish to be more distant. Problems characteristic of this age are, on the one hand, affecting all functions (more or less, depending on the genetic) and disease tend, on the other hand, especially after retirement, the loss of social status, there may be different disorders related to partial isolation leading to depression, anxiety, etc.

Practice exercise by the elderly can produce two types of positive effects, double impact. First, the decrease slows body functions, improving health and maintain optimal standards concept and self-consciousness. Second, direct beneficial effects on concern the influence of social contacts of elderly and therapeutic impact on their mental status, reinforcing their good mood and reduced their depressive moods etc.

These findings are supported by most of Gerontology, is conditional according to which longevity lifestyle in 40% and genetic factors determine a rate of 60%. Practicing physical exercises can reduce

or even remove some diseases or defects: depression and anxiety, sleep and food, alcohol, tobacco and drugs. Also visible are improved stress tolerance, self-concept. Influence of applied sport and exercise moderately or medically monitored to relate advanced age, equally physical and mental health and, not least social contact.

Educational and formative influences, behavioral and ethical standards

In terms of motricity, influences are felt through better muscle strength and cardiovascular, strength, speed, mobility, flexibility, balance. Component of education, physical education affects intellectual development through a system of skills training, skills and abilities to know themselves, to (re) discover and understand the environment, natural and social, to develop qualities such as attention, memory, intuition, thinking and creativity.

Sensory level, to develop those sensibilities to produce a greater awareness and greater concentration and memory develops the logic of movements, motor intelligence (practical) aspects of thinking such as anticipation, speed, intuition, creativity. In terms of motivational and volitional, and educates the shape attitudes and values, to create capacity for adaptation and emotional adjustment, forms beliefs on the role of exercise in increasing the quality of life.

The nature of social contact offered by the various sports, it is considered that ethical and moral values, it promotes the sport, can be infused at individual, group, community and may be transferred to other spheres of social life. Component of the educational endeavor, sport contains the essential values of living in community group promoting integration through assimilation of values such as respect for others, for the law (rules and regulations), discipline and self-discipline. Need to acquire these values is undeniable.

Support socialization through sports departments (Dragnea, A. et al., 2002) are major responsibilities for domain experts: "Some features of moral education, emotional stability, establishing and improving interpersonal relationships, etc.. Physical education as important dimension of education, intercultural education support, moral and aesthetic work, while sport and vibrate awakens a sense of patriotic pride, victory-induced high performance athletes, especially in international sports competitions.

Olympism, the values it promotes (equality, fairness, justice, respect for others, objectivity, understanding and excellence) is open to all people, not just high performance athletes representing each nation at the Olympics. Between sports, ethics and morality are created,

sometimes a complicated relationship, with conflicting results. It is noted that with age, experience and professional skills, attitude toward breaking the rules becomes more tolerant and inspiring sporting environment differing views on moral issues.

They say that the attitude of the leader is aware of the participants build moral qualities. Appropriate educational interventions can have positive effects on learning and promoting fair play's prosocial behavioral self-help. Sportsmanship and fair play, whatever I say, assumes an attitude of dignity in defeat and in victory without ostentation, self-esteem to accurately assess their own values and respect for rules, referees and race partners. Fairness in the application's responsibility does not only athletes, but sports organizations to ensure conditions for equal opportunities, safety, health and training of all participants in sports competitions. The notion of fair play in sport is vital. Can not speak of socialization in sport if we mention the development of moral traits (Rez. UN, 2003).

Often, sports organizations face a number of negative aspects overshadow the image of high performance sport, the athletes and the countries they represent and, especially, shadow noble principles of Olympism. Unfortunately desocialization influences, such as discrimination, xenophobia, such as drugs and doping, violence and, recently, terrorism has gained momentum and is increasingly uncontrollable, occur not only in everyday life, but within high performance sport.

Doping creates adverse effects, primarily on health but also on-site fair play, drugs are increasingly threatening the health of youth and its desocialization and verbal and physical violence manifested in sports arenas or in extrasportiv harm competition, athletes, coaches, managers athletes, fans and some media representatives.

One possibility to mitigate these effects, according to experts, is intensive and continuous promotion of moral values among young people in sport and the Olympic principles, you must learn all recipients and their sport, be they practitioners, supporters or spectators. Profound moral values are principles that form the core of what we are. Any person based on Consciousness or value system that determines behavior. According to specialists (heron, L, 2000; Dragnea and cervix. 2002), a system of moral values learned in the spirit of the Olympic principles (equality, fairness, justice, respect for others, understanding objectivity, independence and excellence) can cause a blur the negative facets of socialization, changing attitudes and behaviors, bringing more tolerance

and cohesion among people who are more concerned with performance, achievement, contribution, strive, creativity, quality and opportunity.

The last decade has been a decrease in potential biometric population, with the main factor proscribing sport and exercise has increased the number of illnesses (injuries, relief, medical leave) and unfit for military service, increased more heart disease or those excessively obese. Adverse effects of sedentary lifestyle are controlled by actions for work and driving sports practice, which are promoted within the EU and supported by the Governments of both States and the acceding countries. Nationally, these activities are promoted in national programs: "Health Movement" and "School Health Education in Romanian. Also, the National Anti-Doping Programme is aimed at reducing and eventually eliminating doping in sport.

Conclusions

Sport and physical activity influences on man and society are complex, especially because it produces effects on health maintenance, training and personality development. Time has validated the positive effects of physical activity and sport on self-concept, self-esteem, anxiety, depression, tension and stress, self confidence, energy, mood, efficiency and wellness. Sport and physical activity contribute to the socialization of people and particularly young people, in circumstances where there is good management. They say in sport socialization can not be promoted only if moral qualities are highlighted. Attitudes, skills and similar rules in sport can be transferred to any other social sphere and can be adapted to any other social institutions.

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Titlu: Socializarea prin sport. Efectele educației fizice și sportului.

Cuvinte cheie: social, educație fizică, sport, jocuri.

Rezumat: Diversitatea efectelor sportului și activității fizice se răsfrânge în diverse sfere de influență. Problemele cheie abordate se referă la relația fizică, unitatea psihică, esențiale în dezvoltarea personalității individuale, importanța de a construi o motricitate generală, un corp frumos și să mențină starea optimă de sănătate. Rolul sportului și activitatea fizică în relațiile umane este recunoscut prin calitățile pe care le dezvoltă și care sunt importante în societate și pot fi transferate către alte sfere sociale, iar impactul acestor efecte diferite asupra populației poate fi transpus și în sport și exerciții fizice.

Titre: Socialisation par le sport. effets de l'éducation physique et du sport.

Mots - clé: sociale, l'éducation physique, sports, jeux.

Résumé : La diversité des effets du sport et l'activité physique se trouve dans divers domaines de l'influencer. Abordé des questions clés liées à la physique, la relation unité psychique, essentiel dans le développement de la personnalité individuelle, l'importance de la construction d'une motricité beau corps et maintenir sa santé, le rôle du sport et l'activité physique dans la socialisation de l'homme par des qualités reconnues de développement important dans la société et peuvent être transférés à d'autres sphères sociales et l'impact de ces effets sur les différents de population dans le sport et l'exercice.