

THE ROLE AND IMPORTANCE OF PRACTISING PHYSICAL EXERCISES WITH THE PURPOSE OF PREVENTING A SEDENTARY, STRESSFUL AND DISORDERED LIFE

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Key words: Physical education, Formative activity, Personality, dimension, Harmonious development, Body education, Sano-genesis, Physical and mental health, Social relationships, Childhood, Physical education classes, Life quality.

Abstract: Physical education represents one of the oldest ways of the formative activity and it is a part of personality structuring. This part of the activity comprises a set of activities which contribute to the forming and developing of the human being, by valorising the psycho-physical dimensions of personality and by establishing a balance between physic and psychic, psycho-motion and the intellectual potential, emotionalism, affectivity and will.

Starting from this idea, we think it is necessary to reconsider the place of physical education classes at school. Despite the general aims of the physical education curriculum, we notice a decrease of the interest for physical exercise. Charmed by the computer, some students ignore the physical education class, and they are even encouraged by their parents to do it. But school can be an important factor which has to contribute to forming physical exercise abilities, in an organised environment and individually, too, if the right decision are taken by people who are able to do it.

Some steps have been done in this direction. Physical education has represented, lately, the topic of many meetings of several decision factors belonging to different fields, and the importance of this activity in getting and maintaining a high standard of life quality has always been admitted. If the programmes which have been initiated continue and if the number of physical education classes becomes bigger, there is hope that physical education will get the place it deserves in the life of the young generation.

Motto:

“As a teacher, you join the child, not only in the adventure of the heart and spirit, but also in the adventure of harmonising their altar...the BODY.”

Introduction:

To form the modern man means to help him develop from different points of view: physical, intellectual, ethical, aesthetic, etc., while taking into account the requirements of contemporary society, according to his real skills, which are the grounds of human personality.

Physical education represents one of the oldest ways of the formative activity and it is a part of personality structuring. This part of the activity comprises a set of activities which contribute to the forming and developing of the human being, by valorising the psycho-physical dimensions of personality and by establishing a balance between physic and psychic, psycho-motion and the intellectual potential, emotionalism, affectivity and will.

Materials and methods:

Physical through the nature of exercises, pedagogical through strategies, biological through its effects and social through its organisation forms, physical education cannot be regarded in an isolated way, as being a form of physical strength expression, but as a way of relating the personality dimensions and improving it.

The important role of physical education at present can also be seen in the general aims of the curriculum:

1. To favour the maintenance and improvement of the general health condition and to ensure the harmonious evolution of physical development, according to age and sex particularities.
2. To develop personality features which are helpful to social integration.
3. To develop general motion skills.
4. To learn basic technical procedures and elementary individual and collective tactic activities, which are necessary for the practice of sports at school or outside the school.

Unfortunately, the generations born after the fall of the communist regime drift apart from outdoor games, from sports and movement in general, and they prefer the enemy of correct and harmonious development, which is sedentariness/hypo-kinetics.

If we add to all this unhealthy food, stress, long hours in front of the computer, an incorrect position at the desk, table, etc., we get a very dark image of the physical health in our country.

An alternative to the absence of physical exercise is the stimulation of the interest among children in taking physical exercise, in practising sports. They are important at any age, but mostly during the growing period. Motion helps human beings to keep their physical and moral strength for as long as possible and it delays oldness.

Education, sports, health are basic notions of our daily life, and they are inter-related, as their common subject is the MAN, in his complex social and moral acceptance.

Results:

It is not surprising to see that the history of humanity is a combination of these areas, which have aimed at transmitting experience to the next generations in the field of disease and environment resistance, the work ability and the survival, in other words the biologic efficiency and the man`s entire personality in his social development. Besides work and education, the game and other body activities have always concerned human beings. This is why they have looked for the best ways of improving physical and psychological abilities.

The body education has been a priority in educating the young generation, even if there has been little knowledge about its sano-genetic effects on some organs or body systems.

The discovery of the fact that sport has an important contribution in maintaining and growing work and fighting abilities has represented an important step in sano-genesis. Today, physical education and sports are accessible to everyone, and they can fight against the unwanted effects of the absence of movement, of sedentariness, of stress, of super-ponderousness, which are known as being the three negative “S` s”. Sport suggests an alternative to fight against them, the use of the three “R` s”: relaxation, refreshment, recreation. There is no doubt that today, sustained physical exercise is the main factor of maintaining and improving physical and mental health. Physical exercises represent the link between systematic movement, sport, health, recreation, education, socialisation, the most accessible antidote for the negative effects of technological developments and the rapid modernisation of life. Recent studies have shown that in the present society, dominated by the reduction of the body energy, by sedentariness and nervous pressure, the curative and sano-genetic value of physical exercises, mostly of those connected to the concrete necessities of the body, dictated by the conditions and the characteristics of the environment and work, and in accordance with the well-being of everyone, sometimes gets to absolute degrees, having an influence on the psycho-motion and socio-human area.

Unfortunately, many scientists have noticed that lately, more and more young people have given up the habit of frequently practising physical exercises in order to keep fit and to reinforce social relationships specific to their age. Most of them are interested, sometimes becoming

addicted, in computer screen, in front of which they spend hours. These activities take most of the time necessary to rest and recover. It is more and more difficult to keep the balance between environment and individual, between physical and intellectual effort. Under these circumstances, the huge educational potential of physical education-what we call education through sport and movement-is necessary to diminish this way of life and to encourage and ensure resources for a more active way of life.

It is known that the physical education habits are formed during the childhood. This is way the family has an important part in directing and encouraging children to do exercises, in different ways, from pleasure sports to performance sports. We should blame the attitude of some parents who not only discourage children from doing sports, but also prevent them from taking part to the physical education classes at school by presenting medical certificates which usually have no real grounds.

School is another factor which has to contribute to forming physical exercise abilities, in an organised environment and individually, too. The simple existence of one or more physical education classes a week in the timetable is not enough for our purpose. We got to this conclusion after studying the results of some researches on the connection between the bio-motion state and the motivation of students` participation-non-participation to physical education activities. There has been a growth of medical certificates and the participation to sports events organised in the students` free time has diminished. In our school there has been an improvement of this situation, thanks to the involvement of all the physical education teachers in organising attractive physical education classes which make all the students want to get involved. Another good aspect is the fact that physical education teachers now teach at primary level, too, as we all know that some primary level teachers used to do other activities during the physical education class. It is equally important to have appropriate materials that allow teachers to raise the students` interest for this activity.

Discussions:

Physical education has represented, lately, the topic of many meetings of several decision factors belonging to different fields, and the importance of this activity in getting and maintaining a high standard of life quality has always been admitted. Nevertheless, the approaches which are necessary for good physical education programmes have always been slow or have even stopped. We can speak here about the Protocol between the Ministry of Education, the National Sports Agency

and the Olympic Committee, which initiates the Physical Education Programme. This programme contains measures that should reinvigorate physical education and sports through objectives such as:

- the growth of education level, of socialisation and of health through physical exercises and sports
- improving the psycho-bio-motion and intellectual potential through the development of physical education activities
- the development of the activities in the programme “Sports for everyone”

This programme also contains the growth of physical education classes to at least three classes a week, 1-2 in the general programme, 1 class of sports assembly, 2 training classes of the representative school teams in different sports. These classes will be part of the physical education teacher` didactic norm. Taking into account all this, we appreciate the reconsideration of the place of physical education in the life of the young generation, as a basis for life quality and socio-professional success.

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Titlu: Rolul și importanța practicării exercițiilor fizice în combaterea sedentarismului, stressului și a unei vieți dezordonate

Cuvinte-cheie: Educație fizică, Sănătatea corpului și a minții, Activitate formativă, Relații sociale, Dimensiunea personalității, Copilărie, Dezvoltare armonioasă, Ore de educație fizică, Educația corporală, Calitatea vieții.

Rezumat: Educația fizică reprezintă una din cele mai vechi activități formative și o componentă importantă în formarea personalității. Ea cuprinde o serie de activități care contribuie la formarea și dezvoltarea ființei umane, prin valorificarea dimensiunilor psihofizice ale personalității, și prin stabilirea unui echilibru între fizic și psihic, psihomotricitate și potențialul intelectual, emotivitate, afectivitate și voință.

Plecând de la această idee, considerăm că este necesar să reconsiderăm locul orelor de educație fizică în școală. Chiar dacă obiectivele generale din curriculum la educație fizică plasează această disciplină pe o poziție respectabilă, se constată un interes diminuat pentru exercițiul fizic. Prinși de computer, unii elevi ignoră orele de educație fizică, încurajați uneori chiar de proprii părinți. Dar școala poate fi un factor important în formarea abilităților fizice, într-un cadru organizat și individual, cu condiția ca deciziile corecte pentru această disciplină să fie luate de cei în măsură să o facă.

S-au făcut pași în această direcție. În ultima vreme, educația fizică a constituit subiectul unor dezbateri la care au participat factori de decizie din diferite domenii, iar importanța acestei activități în menținerea standardelor înalte pentru calitatea vieții este recunoscută. Dacă programele începute vor continua și dacă numărul orelor de educație fizică va crește, putem spera că educația fizică va avea rolul meritat în viața tinerei generații.

Titre: Le rôle et l'importance des exercices physiques dans la lutte contre la sédentarité, le stress et la vie désordonnée.

Mots-clé: Education physique, Santé du corps et de l'esprit, Activité de formation, Relations sociales. La dimension de la personnalité, Enfance, Développement harmonieux, Classes d'éducation physique, Education du corps, La qualité de la vie, Sano-génétique.

Résumé : L'éducation physique représente l'une des plus anciennes activités de formation et une partie de la formation de la personnalité. Elle comprend une série d'activités qui contribuent à la formation et au développement de l'être humain, par la valorisation des dimensions psycho-physiques de la personnalité et par l'établissement d'un équilibre entre physique et psychique, psycho-motilité et potentiel intellectuel, émotivité, affectivité et volonté.

En partant de cette idée, nous considérons qu'il est nécessaire de reconsidérer la place des classes d'éducation physique à l'école. Malgré les objectifs généraux du curriculum pour l'éducation physique, qui placent cette discipline sur une position respectable, on constate une

diminution de l` intérêt pour l` exercice physique. Pris par l` ordinateur, certains élèves ignorent les classes d` éducation physique, démarche dans lesquelles ils sont parfois encouragés par leurs parents. Mais, l` école peut être un facteur important dans la formation des habiletés physiques, dans un cadre organisé et individuellement, aussi, à condition que les décisions correctes soient prises par ceux qui peuvent le faire.

On a fait des pas dans cette direction. Dernièrement, l` éducation physique a représenté le sujet de débat dans les rencontres des facteurs décisifs de différents domaines et l` importance de cette activité pour maintenir de hauts standards de la qualité de la vie a été reconnue. Si les programmes qui ont été initiés continuent et le nombre des classes d` éducation physique deviant plus grand, on peut espérer que l` éducation physique va recevoir la place qu`elle mérite dans la vie de la nouvelle generation.