



PHYSICAL EDUCATION AND SPORT IN HIGHER EDUCATION

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Abstract

The benefits of practicing long-term physical exercise determine the improvement of health, the development of social values with a positive impact on quality of life. Physical education in international higher education is an act of culture, which aims to develop the motor skills, psychic and social qualities of the future citizen, training and educating an active and healthy lifestyle. In Romania physical education is compulsory in the pre-university and university educational system. After physical education classes students should have a "luggage" of theoretical knowledge about the benefits of practicing physical exercise that will allow them to use their free time, also acting in the area of healthy lifestyle.

Keywords: *physical education, sport, higher education.*

JEL classification: *I0, I20*

Introduction

Young people develop and mature in a complex and diverse society characterized by multiple and rapid changes, by sedentary work, by promoting unhealthy behaviour from various causes. We live in a society where caring for a healthy style, self-image, physical form must be prioritized. The benefits of practicing long-term physical exercise determine the improvement of health, the development of social values with a positive impact on quality of life. Here comes the role of physical education and sport that gives students the chance to critically evaluate the opportunities and challenges in modern society, it educates them in order to proceed for maintain their health and to form a healthy and active lifestyle.

The World Manifest of Physical Education FIEP 2000 believes that practicing physical education is a fundamental human right, with the main purpose of educating young people for a healthy and active lifestyle.²

In higher education the purpose of physical education aims enhancing and improving physical and psychological indices that favour for shaping a positive future behavior specialist, in line with modern society.

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² http://www.fiepromania.ro/manifestul_mondial_al_educatiei_fizice_-_fiep_2000.html



Physical Education in Higher Education All Over the World

In the UK education system, physical education is a component part of the university curriculum, with the main goal of maintaining an active and healthy lifestyle. During the lessons teachers aim to develop a harmonious body, to develop attitudes and socio-moral values, to promote healthy habits and to promote the benefits of practicing on-going and regular motor activities, both in an organized and independent manner and in free time.³ One of the prestigious universities in England, British School of Washington, attaches great importance to physical education and sport, as witnessed by the many sports trophies and House Cup won by university students and the whole university involvement in the Sport Week.

In Sweden, universities provide students optimal conditions for physical education and sports activities, as well as for relaxing and recreational activities. Physical Education and Sport is known as "Physical Education and Health", and physical education curriculum aims to promote practicing physical activities systematically and regularly. After practicing physical education, young people have to acquire physiology notions about the human body, they have to realize that practicing physical exercise periodically determines physically and mentally positive effects and they have to develop motor skills and a series of social and moral values. Teachers duty is to promote and provide useful and important knowledge about a healthy lifestyle for young people.⁴

The extracurricular activities of physical education and sport are present in universities in Poland. These aim developing physical skills, maintaining body health, practicing physical exercise in leisure time, forming a "baggage" of knowledge about personal hygiene and healthy eating.⁵

In Canadian universities extracurricular activities of physical education are a major concern of the Government having as primary goals the practice of physical activities in leisure time, identifying healthy behaviours for the body and awareness of benefits in practicing physical exercise. In British Columbia, Canada, the government forces students to participate in daily physical activities of 30 minutes, effortless to moderate, on days when they have classes. On October 6, 2005, in Ontario, Canada, the Ontario Education Ministry introduced physical activity for 20 minutes in every day of school, both for students and for students with special needs.⁶

Physical education is part of university education process in the United States, where students are required to participate in a sporting activity according to their preferences. The physical education curriculum aims at achieving the following

³ <http://www.nordangliaeducation.com/our-schools/washington/curriculum/our-approach/sport-and-physical-education>

⁴ Quennerstedt, M., Öhman Marie, Öhman E., 2008

⁵ Bronikowski M., 2014

⁶ http://en.wikipedia.org/wiki/Physical_education



objectives: improving motor skills, improving and maintaining health, increasing interest in practicing sports, increasing self-confidence, developing a harmonious body, building an active and healthy lifestyle, leading to an active and healthy life.⁷

Many extracurricular activities of physical education are implemented in many Australian universities. Thus through the program "Physical activity and physical culture in the life of young people", realized by "Young Research Center" aims to constantly improve physical education activities and "Government health policies" focused on increasing young people's interest for movement and health.⁸

Japanese Physical Education and Sports System after World War II aims the physical, mental and social development, mentioning that once at 10 years the physical education curriculum is adapted to the new demands and needs. Thus, one of the new changes was oriented to physical condition, due to the "decrease of the physical movement level" of the young people, another curriculum change focused on learning about life through sport and the game. It focused on the development of motor and sport skills and moral values.⁹

Physical education in international higher education is an act of culture, which aims to develop the motor skills, psychic and social qualities of the future citizen, training and educating an active and healthy lifestyle. Students are provided with conditions to participate in physical education and sports activities, they participate in physical education classes in order to maintain optimal health, to initiate and improve in a sport.

Physical Education in Romania Higher Education System

In Romania, the practice of sporting disciplines in higher education system grew at the beginning of the 20th century, when they opted for practicing some of the famous sports in Europe and in the world, but also for practicing the national sport, oina.¹⁰

Physical education and sport play an important role in the educational system, according to Article 5 of no. 69 Education Law from 28th April, 2000, physical education is compulsory in the pre-university and university educational system, "with a differentiated number of hours, according to the curriculum agreed between the Ministry of Youth and Sports and the Ministry of National Education". At national level extracurricular physical education activities are considered to be activities of national interest supported by the state, meant to develop the physical condition, to establish optimal relations of socialization, to balance mentally and help maintain a healthy body.¹¹

⁷ Moosong Kim, Bradley J. C., 2018

⁸ Uță, F., 2012, p. 53

⁹ Ionescu, C. L., 2012, p. 29

¹⁰ Dragnea, A., Teodorescu, S., 2002, p. 5

¹¹ http://www.dreptonline.ro/legislatie/legea_sportului.php



In higher education the physical education and sport subject is reflected in the curricula of all years of study, in the first two years of study are provided compulsory physical education classes and in the following years of study these activities are optional. In the representative universities teams for different sports branches can be included students from all years of study. Departments of Physical Education and Sports should organize competitions within their own universities, including the participation of a larger number of students, thus promoting the practice of various sports. For physical education are two hours per week of practical work, with a duration of 100 minutes.¹²

In higher education during the physical education and sports classes students will be divided into demixed groups and will participate in various activities such as:

- initiation in various sports disciplines, depending on the existing material basis;
- training lessons for the representative teams of the university;
- hours of Physical Therapy for students with physical deficiencies and specific diseases.

Physical education and sport activities in the university environment must pursue the ideal of physical education that is the physically and mentally healthy man with a harmonious and correct body development, with multifaceted skills and abilities. It is also necessary for students to have a "luggage" of theoretical knowledge about the benefits of practicing physical exercise that will allow them to use their free time, also acting in the area of healthy lifestyle.

Conclusions

- Physical education, a component part of the curriculum, seeks to use the time spent on physical education activities in order to stimulate the process of harmonious psychic and physical development, and maintain an optimal state of health.
- One of the main goals promoted by physical education in the university environment is to encourage young people to participate in physical activities to counteract the effects of sedentary life in order to cultivate a constant interest in movement and sport to understand that physical activity promotes opportunities for fun, useful and enjoyable leisure and, last but not least, social interaction.
- Awareness of the fact that a physical attitude, a minimum daily exercise program, produces significant positive effects, immediately and over time, prevents the emergence of illness and determines good professional and social integration must be the result of physical education classes in universities.

¹² <http://ro.scribd.com/doc/134360866/94499172-didactica-domeniului-efs#scribd>



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