



THEORETICAL DEMARCATIONS REGARDING PHYSICAL EDUCATION AND SPORT IN THE ROMANIAN UPPER EDUCATION SYSTEM

Alina Anca VULPE¹

Abstract

In the higher education system, PES (physical education and sport) regards to solve specific tasks including: versatile development of the physical qualities, movement skills, harmonious physical development, strengthening of health etc., tasks which have a positive influence in shaping the future citizens and professionals.

In Romania the training and the education must be transformed into an act of culture and civilization.

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Introduction

The physical education and sport (PES in text) represents a component of the university education system. Together with the other disciplines of the upper education system, physical education is an instructive and educational process that has ideal, functions, objectives and principles.

The PES ideal has to coincide with the general educational ideal, so any ideal changes based on society requirements. When setting the PES ideal, it should consider the following "fundamental reference elements"²:

- ✓ Smooth and proper physical development.
- ✓ Motion skills and abilities.
- ✓ Motion capabilities.
- ✓ Individual or micro clustered knowledge regarding self-organization, self-management and self-evaluation of the physical exercises practice.
- ✓ Positive qualities and behaviors in moral, aesthetic, intellectual plans.

¹ The Technical University of Civil Engineering of Bucharest

² Cârstea, Gh.,(2000), p. 38



Content

In the upper education system, PES (physical education and sport) regards to solve specific tasks including: versatile development of the physical qualities, motion skills, harmonious physical development, strengthening of health etc., tasks that have a positive influence in shaping the future citizens and professionals.

Due to the permanent character and formative attributions, PES represents, according to the experts in this domain, a deliberate process constructed and systematized, which aims to improve the mental and physical development of the students, according with:

- ❖ Age particularities.
- ❖ Maintaining wellbeing of the physical and mental status.
- ❖ The youth integration level in the social life.
- ❖ The specific requirements of the professions chosen by young students.

The specialists in this domain believe that the activities of PES, in the academic environment, have to pursue with priority the PES ideal which is the physically and mentally health person, with a proper and harmonious body development and with motion skills and capabilities multilaterally developed. It is also necessary for students to have a "baggage" of theoretical knowledge regarding the benefits of practicing physical exercises, which would allow them an effective use of the free time, acting also in a healthy lifestyle. „ European Commission recommends at ministerial level to promote an enhanced cooperation between the health, education and sport, in order to define and implement coherent strategies to reduce the incidence of excess weight, obesity and other health risks”³

Both the physical education specialists and those in the sociology, pedagogy, medicine fields established the objectives, in the terms of their scope. Among these approaches doesn't exist, however, major differences. Thus, PES must accomplish the following set of objectives, targets known as Tier 1⁴:

- maintaining an optimal health status and increasing the work and life capacity and life for those who practice physical education and sports activities;
- the development of the basic motion capacity and of that specific for certain branches of sports;
- training the habit of practicing correct and conscious the physical exercises, both in an organized and independent form, especially in spare time;

³ Voinea Andreea, Iacobini A., 2015

⁴ Cârstea, Gh., 2000 pp.42-43



- creating a large system of motion skills and capacities, and also harnessing it in sport;
- an effective contribution to develop intellectual, civic, moral traits and qualities, etc.

The Tier 2 objectives, customizes the Tier 1 ones and are specific to each subsystem of PES.

The objectives targeting the homework and other forms of PES activities are known as Tier 3 goals, and they are subordinate to the themes of certain activities. They are making their contribution in achieving the general and specific objectives.

In the same trend, of PES objectives presentation in non-profile upper education system, Netolitzchi, 2009 (acc. Ionescu, C., 2010)⁵ notes the following objectives:

- ensuring a fair and harmonious physical development;
- maintaining an optimal health status for the students;
- Improving the student body resistance to the action of harmful environmental factors and to the specific professional activities;
- the habit to independent practicing any kind of recreational physical activity, in any way, with compensation, corrective or fortification purpose in leisure;
- attracting students to organized activities of physical exercise, sports games, tourism practicing;
- highlighting and outlining moral-volitional and intellectual traits and qualities.

Regarding the establishment of the overall objectives of PES in non-profile upper education, Stoica, A., 2004⁶, highlights the following objectives:

- ✓ the formation of a healthy lifestyle by practicing outdoor physical exercises, the tourism activities revival;
- ✓ the preservation of the health status and the growth of the capacity to adapt to adapt to various ambient conditions;
- ✓ develop a team and competitive spirit intended to integrate young students in the society;
- ✓ independent and continue practicing physical exercises or sports;
- ✓ the integration of knowledge and specific PES techniques in optimizations actions of physical development and individual motor capacity.

From psycho-pedagogical point of view, there are important the physical education tasks, systematized Cucos, 2006 (acc. Ionescu, C., 2010)⁷:

⁵ Ionescu, C., 2010 p.15

⁶ Stoica, A. 2004, pp. 62-63

⁷ Ionescu, C., 2010, p. 17



1. Establishing the harmony between body and soul.
2. Physical development and fortification.
3. Strengthening the body's physiological capacity.
4. Correcting and improving physical deficiencies.
5. Getting used with the sanitary rules.

During the student period, the PES activities aim to continuously train and self-train the future specialist. Thus, during the PES lessons, through the activities of practicing various sports, students can capitalize and harness the talent and skills; also, it is ensured the setting to strengthen the movement skills, the motor capabilities are developed at a higher level, the major body functions are improved; there are also developed moral values as self-respect and for the opponent, fair play, mutual aid, perseverance, attention, memory etc.

So practicing various sport disciplines has positive effects on physical and intellectual development for the younger students, contributing this way to their educational process, the final goal of the sport being to improve the human being

In specialized literature, the notion of sport generally means "...all forms of exercise and motion games with more or less spontaneous and competitive character, with origins in traditional games and major founding myths of the modern civilization, and its diversification links with the fact that it conveys values from contemporary lifestyle". (Dragnea, A.,C., Mate-Teodoresc, S.,2002)⁸.

The physical education and sport have an important role in the education system, according to the Education Law no. 69 April 28, 2000, art. 5 the physical education in school is compulsory in the pre-university and university education system, "with a differentiated number of hours, according to curriculum set by mutual agreement between the Ministry of Youth and Sports and Ministry of National Education"⁹.

Conclusions

In the non-profile upper education system, the PES activity is reflected in the curricula in all years of study; during the first two years of study, namely the years I and II there are stipulated compulsory PES hours; in the following years of study these activities are optional. The teams representing different branches of sports can include students from all years of study. The PES departments have to organize

⁸ Dragnea, A.,C., Mate-Teodoresc, S., 2002, p. 12

⁹ http://www.dsjtimis.ro/files/File/legislatie/Legea_Educatiei_Fizice_si%20Sportului.pdf, accessed on 2013.08.05, 14:00



sport competitions within their own universities, involving a large number of students, thus promoting the practice of motor activities in their free time. For the physical education classes, there are foreseen two hours/week, involving practice activities with a 100 min duration.¹⁰

The content of the educational process in academia is targeting the improvement of the subjects in certain events or sports, but there are universities which, depending on the material basis, are organizing initiation lessons, for sports that are not included in the curricula (tennis, aerobics, martial arts, swimming, fitness etc.)¹¹.

In Romania, training and education must be transformed into an act of culture and civilization.

Summarizing, we can say that the purpose of PES, in the upper education is to strengthen and maintain health status, increase working capacity, improve motor skills, train intellectual, moral, aesthetic, behavioral qualities and traits, stimulate creativity and interest in independent practicing of sports, obtain active relaxation by practicing motion recreation activities.

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