



EXTRACURRICULAR ACTIVITIES SPECIFIC IN PHYSICAL EDUCATION AND SPORTS IN INTERNATIONAL EDUCATION SYSTEM – THEORETIC ASPECTS

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Abstract

In countries such as Portugal, Scotland, Sweden, United Kingdom and others, extracurricular physical education and sport activities aim to develop the motion capabilities, the psycho-socio-cultural qualities of young people, which are essential to the future adult forming.

Some countries have implemented practicing martial arts in the educational process of physical education and sport. Philippines is among the countries that have introduced the karate practicing teaching, due its physically and mentally benefits on the organism.

Keywords: *extracurricular activities, physical education, sport*

JEL classification: *Y30, Y40*

Content

Present situation

In the Europe, the extracurricular activities are promoted by the Council of Europe, through the Committee of Ministers, which made various recommendations to the Member States. Thus, the 30 April 2003 Recommendation, recognizes "the equivalent status of curricular and extracurricular activities with the formal education, from the point of view of the equal contribution to the development of the child's personality and his social integration" (Tudor, V., Ciolca, C, 2010)².

In the United States, after researches, it was found that a large proportion of the population are overweight or obese due to sedentary life, including lack of practicing physical activities and unhealthy nutrition (fast food). So there were introduced a series of educational programs for youth aiming to acquire personal health knowledge and information and to be aware about the benefits of practicing physical exercises for the organism³.

¹ The Technical University of Civil Engineering of Bucharest

² Tudor, V., Ciolcă, C., (2010), *Teaching physical education (extracurricular activities)*
Publisher: Discobolul, Bucharest, p. 5

³ http://www.morgan.edu/school_of_education_and_urban_studies/departments/health_physical_education_recreation_and_dance.html, accessed on 2015.05.01, 15.01



„At the moment, it looks like we're losing the fight against inactivity and obesity. We are raising the most sedentary and unhealthy generation. Our young people are spending way too many hours in front of computer and television screens and only a few hours engaged in physical activity such as childhood games, team games or even outdoor activities".⁴ According to researches, one in three children is overweight or obese, but yet only six states: Alabama, Georgia, Mississippi, North Carolina, Illinois and Iowa, meets the recommendation of the National Association for Sport and Physical Education of the United States, whereby is stated that the students have to practice physical education activities for 150 min / week⁵. Because only by practicing physical exercises, along with healthy eating, children and young people can have a healthy life, both physical and mental.

In many universities in Australia there are implemented extracurricular physical education activities. Thus through the "Physical activity and physical education in young people's lives" carried out by "Young Research Center" –YRC, intends to improve the practice of physical education activities, and the "Government health policies" focused on increasing youth interest in movement and health⁶.

Regarding the Canadian upper education system, we can say that the physical education extracurricular activities represent a major concern of the Government, with primary objectives in practicing physical activity in leisure time, while from participating in such activities students being able to identify healthy behaviors for the organism and to realize the benefits of practicing physical exercises⁷.

Physical education and sport extracurricular activities in countries such as Portugal, Scotland, Sweden, UK and others, represent a genuine act of culture and civilization and an educational process whose main objective is to develop the motor capacities and the psycho-socio-cultural qualities of the youth, which are essential to the young adult formation⁸.

Certain countries have implemented practicing martial arts in the educational process of physical education and sport. Philippines is among the countries that have introduced the practice of karate in the teaching process, because their benefits, both physically and mentally, upon the organism, such as: motor capacity development, of contact sports specific m l conduct (respect, value recognizing, calm, honesty, fairness, nonviolence, determination, perseverance, etc.), all

⁴ Voinea A., Iacobini A, 2016, p. 1

⁵ <http://healthland.time.com/2011/12/07/childhood-obesity-most-u-s-schools-dont-require-pe-class-or-recess/>, accessed on 2015.05.05, 10:00

⁶ Uță, F., (2012), *Motor activities to students - values, perceptions, motivations* Publisher: Tiparg, Pitești, p. 53

⁷ http://en.wikipedia.org/wiki/Physical_education, accessed on 2015.05.05, 13:00

⁸ http://en.wikipedia.org/wiki/Physical_education, accessed on 2015.05.04, 15:00



necessary for a proper integration into the society⁹.

In Poland, after a reorganization of the curricula, there were introduced a number of four physical education lessons every week, each lasting 45 minutes: two lessons being introduced into the school schedule and two extracurricular but compulsory lessons. These physical education lessons have as priorities, to develop the physical skills, to maintain the organism's health, to practice physical exercises in the free time, to acquire a "baggage" of knowledge regarding the personal hygiene and healthy eating. Physical education and sport extracurricular activities of academia in Poland are targeting the same objectives set out above¹⁰.

We are able to present some international projects that support the importance of practicing extracurricular physical education and sport activities for the physical and mental health of the younger generation.

Project MOVE Week is a project that takes place annually in Europe; it was organized in 30 European countries collaborating with the European Cyclist Federation, supported by the European Commission and funded by the International Sport and Culture Association Denmark. The main objectives of the project are: population awareness of the benefits of practicing sport and motor activities on the organism and a greater accessibility for those who want to engage in sporting activities.

The United States "Healthy People 2010" project contains a well-established strategy of promoting a healthy lifestyle and disease prevention by practicing motor activities.

In 2007, the Slovenian Government, has developed and implemented a national public health plan, called "HEPA Slovenia 2007-2012", which has as main objective, the stimulation of regularly practicing motor activities lifelong. This plan aims to generalize the relaxing motor activities during leisure time, and practicing motor activities in the educational institutions and at the workplace¹¹.

"The World Manifest of Physical Education FIEP 2000" appreciates that the physical education is an important component of the education, inside and outside school, because by practicing physical activities educates youngsters are educated

⁹ http://en.wikipedia.org/wiki/Physical_education, accessed on 2015.05.04, 15:30

¹⁰ http://www.unimuenster.de/imperia/md/content/sportwissenschaft/eustudies/gkgk/where_is_physical_and_health_education_heading_in_poland.pdf, accessed on 2015.05.05, 12:30

¹¹ http://ec.europa.eu/sport/library/policy_documents/eu-physical-activity-guidelines-2008_ro.pdf, accessed on dat de 2015.05.08, 10:30



for an active and healthy lifestyle¹².

The European Commission's objectives include the promotion of sporting activity and the positive effects brought to the practitioners. Through the "White Paper on Sport", the European Commission recognizes the importance and role of sport in the European society progress, because sport develops the team spirit, fair play, solidarity, mutual aid, recognizing true values etc.¹³.

"World Health Organization", headquartered in Geneva, is designed to maintain / improve the health status of the population and advises young people to practice at least 30 minutes of daily motor activities¹⁴.

In **conclusion**, we can quote Pierre de Coubertin: "Sport is part of the heritage of every man and every woman, and its absence can never be compensated"¹⁵.

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¹² http://www.fiepromania.ro/manifestul_mondial_al_educatiei_fizice_-_fiep_2000.html, accessed on 2015.05.04, 16:11

¹³ <http://www.ramona-manescu.ro/carta-alba-a-comisiei-europene-privind-sportul/>, accessed on 2015.05.04, 16:00

¹⁴ http://ro.wikipedia.org/wiki/Organiza%C8%9Bia_Mondial%C4%83_a_S%C4%83n%C4%83t%C4%83%C8%9Bii, accessed on 2015.05.04, 17:15

¹⁵ <http://www.az.ro/articol/carta-alba-privind-sportul-uniunea-europeana>, accessed on 2015.05.05, 18:20



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