

## THE IMPORTANCE OF PHYSICAL EDUCATION AND SPORT IN THE LIFE OF THE STUDENTS OF THE ECONOMY COLLEGES

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**Abstract:** *The easiest way to stop inactivity, stress and intellectual overload is represented by practicing physical exercises regularly and in an organized way. There is a strong relation between promoting health, a healthy life style and physical development. While training the students (future specialists in other areas apart from physical education and sport) we do not focus on the movement abilities that are subsequently requested at their work or those that help them in raising efficiency at work and adapting to working conditions. This statement is based on the disaccord between the current curriculum requirements in physical education and the requirements of the nonprofile universities (economic profile). In nonprofile higher education system the only way to improve physical activities, physical condition and to adopt a healthy life style is the PE class. The PE classes offer a minimum of physical exercise and help to maintain the quality of life and of all physical activities.*

**Keywords:** students; educational curricula; physical education; physical exercise; nonprofile universities.

### *1.1. The importance and topicality of the theme*

The easiest way to stop inactivity, stress and intellectual overload is represented by practicing physical exercises regularly and in an organized way.

Guts Muths published "Gymnastics for the Young Ones" in 1973 which is the base of introducing practicing gymnastics in schools and institutions. At the end of the 19<sup>th</sup> century England is renowned by "the modern Olympics", an idea formulated by Pierre de Coubertin.

At the beginning, the interest for the physical training of young people was subordinated to some military tendencies. From 1940, in Italy and Germany physical education has become compulsory in higher education system regardless the profile of the faculty. Physical education was included in the university curriculum. The modern way of organizing physical education is often mistaken for

the early beginnings of college sporting events. The complex contents, to which the features of different cultures and civilizations have contributed, helped physical education and sport in general to become a daily concern of a modern citizen.

Practising exercises recorded have progressed and developed new ways of understanding the role it has in the life of a person or society.

The improvement of Europe's position in the world led to the European universities permanent optimization of the educational process offered to its citizens. Discovering personal performance domain needs a higher system of training.

Universities have a solution to a knowledgeable economy and society due to the outstanding role they play in the three specific domains:

- Education and training;
- Scientific research and innovation;
- Economic competitiveness and social cohesion.

As a result of implementing new school curricula, students get the necessary competencies needed for choosing a career, besides their general knowledge. The European Social Fund (ESF) helps and supports educational institutions in their process of building strong relationships with companies and employers in order to make the young people's transition easier from school to work.

- There is a strong connection between the specific offer of each subject and education. Researchers found out that education represents "the action of the adult generations on the young ones, in order to develop certain physical, intellectual and moral states needed for the social life for which they are meant (E. Durkheim, apud. E. Planchard, *Contemporary School Pedagogy*, E.D.P., R.A., 1992);
- Education doesn't mean preparing for life; it is life itself (Idem J. Dewey,);
- Through education one can look at achieving perfection that human nature is capable of (Idem Kant);
- Physical education in itself gives importance to physical and moving abilities. During classes we look at developing moving abilities, getting a better coordination, faster reactions, a higher speed, middle distance, balance, force and grace.
- Practicing and understanding the value of this activity are essential for their future education, at work and in their free time.
- There is a strong relation between promoting health, a healthy life style and physical development.
- A very important role that physical education has is that of young people personal development through developing self esteem and self confidence as well as willingness, responsibility, patience and courage.
- The European guides regarding "The Physical Activities Meant to Improve Health" estimated that up to 80% of the children of school age are involved in physical activities only at school even though they should have at least one hour of light physical activity daily. One hour of extracurricular activity can have a crucial contribution to a healthier and more balanced life style.

"In the educational curricula physical education should be

compulsory and children should have at least three classes of PE a week” it is mentioned in a report voted for in Strasbourg with 590 votes pro, 56 cons and 21 abstains. This information is mentioned in a press statement for the digital financial newspaper.

Physical education is a physiological activity if we look at it from the point of view of the resources, a pedagogical activity by its results and a social activity if we take its effects into account.

If we look at it as an institutionalized activity, physical education implies a selection of the most efficient and adequate exercises out of the multitude of physical exercises, according to the pedagogical, physiological and hygienic and norms principles typical of the age and sex as well as educational purposes.

As an organized instructional activity physical education represents a bilateral process where, under the guidance of specialized staff, the subjects are systematically conformed to a series of influences that are in a permanent accordance with the educational objectives in general and with those for each phase regarding the progress of the movement ability and physical development.

As a conclusion, it is an undoubted necessity that, out of the number of school subjects used as tools in the process of growing and developing, including the first years as a student, training the young generation cannot be conceived without PE (physical education).

As a follow up of the research studies, scientists came up with some solutions that could have visible effects on the Romanian educational system. We can mention some of these:

- The necessity of alternating sporting competitions with free time activities;
- Introducing touristic sporting activities in the PE curriculum;
- Coordination of physical education activities practised outside universities with those from inside.
- Organizing recreational and preventive mass competitions and races for all the stages of PE training.
- The study on the young people depending on the degree of involvement in movement activities led to the following classification:
- The sedentary ones doing inactive jobs (economists, engineers, lawyers) showing the least interest in practising moving activities;
- The ones who show low interest in moving, without adopting a consistent attitude in this respect and who occasionally practise different moving activities;
- The active young people who feel a pleasure in moving along with getting the practice of systemic physical exercises. The interpersonal relationship these young people have is prosperous. They are highly valued by their fellow

The global social system aims at very well set goals and purposes for all domains: economic, political, military, cultural, educational etc.

In this context, the global educational system points at general goals which activate all formative resources of human personality in the process of social-

economic development (that is 'social action'). In this way, the educational system controls human personality dimensions: intellectual, technological, ethic, moral and physical.

In Romania, education has become an important tool for setting up ideals which our society has always aimed at and for which all citizens are involved and have access to, regardless their nationality, religion etc. Higher education institutions represent the main source of spreading culture.

The Romanian educational system is under an ongoing change having in mind raising education to the international standards of building up personality.

Every year there are less and less "rookies" (new students) who are interested in PE activity, refusing any form of movement even though the percentage of young people with physical disabilities is worryingly growing, especially among the ones with spine deficiency.

The process to motivate young generation is more and more difficult, researches conducted in educational area revealed the necessity of coming up with an educational offer in close connection with social-economical changes.

In university, PE teacher ensures the continuity of physical training to a superior level towards those got from school that will enable the student to have superior parameters of moving emancipation and physical training.

Due to multiple technical means which are at modern man's disposal, the situations in which the body is required to do physical exercises are significantly reduced.

Researchers have proved that the sedentary life along with its associated obesity contribute to the occurrence of serious illnesses such as diabetes and atherosclerosis.

Unfortunately, lately, the number of participants to mass sport decreased considerably and the obesity at national level increased especially when it comes to teenagers. The passing from one educational cycle to another determines a new approach of the time issue allotted to PE.

Building the personality of the young generation was and will be a concern of great interest of human community. By building the modern man it is understood his development from physical, psychological, aesthetical, moral, etc. point of view.

The main objectives followed in prevention and elimination of the deficiencies that appear in different professions and mostly in economical ones are:

- Maintaining joint suppleness
- Maintaining muscle strength endurance
- Maintaining good coordination skills and abilities of movement
- Maintaining correct posture and alignment
- Maintaining exercise capacity

The main benefits of the aforementioned objectives are:

- through exercises to maintain joint suppleness aims at increasing the range of motion in all joints
- exercises to increase muscle strength and endurance aims at counteracting muscle weakening and retention of the realized gain force
- through muscle toning aims at maintaining and correcting the muscle tone
- postural correction exercises aim at correcting cifosis, lordosis and

scoliosis which frequently appear among the graduates of economics universities

- an increased physical strength , increased blood and cardiac flow is achieved through exercises to maintain exercise capacity.

Physical exercise plays an important role in maintaining health, ensuring integrity and good functioning of the human body.

The International Health Organization stated that young people and adults who regularly practise physical exercises are mentally and emotionally healthier than sedentary people. The IHO recommends physical exercises like a means of reducing the risk of depression or anxiety.

A survey made by a nonprofit mental health foundation (Mind) shows that:

- 83% of the number of mentally ill people opt for physical exercises as a way to reduce stress and emotional control;
- 2/3 of these experience the benefits of physical exercise by lowering the intensity of depression symptoms and reducing stress and anxiety
- Involving in physical activities improves wellness and reduces anxiety or depression with the help of a regular program (2-3 times a week).

## *2.1. Particularities of the curriculum of economic profile or non economic profile*

### *2.1.1. Defining the terms of 'profile' and 'non profile'*

In the higher education structure in Romania we find a great number of faculties of different profiles adapted to the social requirements and activities. The research field of PE teachers is called "sport and physical education domain", the term " non profile" being used for all the other faculties apart from PE Faculty.

The PE classes in non profile universities are based on more practice and less theory, whereas in the specific universities the ratio is the opposite. In physical education the process of teaching is based on a very clear methodology and the active participation of all the people involved in the educational process value the acquirments and competencies accomplished along the years.

## *3.1. The Romania higher education system – the role of physical education in nonprofile universities (economic profile)*

*The quality of life* represents "the whole set of personal and social life aspects under the actions of objective, subjective and political factors". During the process of developing the future economy specialist's personality, the aspect of physical and sporting education is more and more important as a social necessity, on the one hand it is about the profile they are preparing for and on the other hand it is about the conditions under which they will do their job. Our contemporary society requires sport and physical education to get involved in developing physically healthy citizens capable of coping with requirements imposed by society.

Romanian and foreign specialists consider that students in the nonprofile universities should be provided a certain level of physical training that is able to

fulfill the requirements mentioned above as well as enough information so that these features can be maintained throughout their lives.

While training the students (future specialists in other areas apart from physical education and sport) we do not focus on the movement abilities that are subsequently requested at their work or those that help them in raising efficiency at work and adapting to working conditions. This statement is based on the disaccord between the current curriculum requirements in physical education and the requirements of the nonprofile universities (economic profile).

#### 4. In conclusion

- The multitude of forms and approaches of physical education all contribute to professional development of the students in the economic universities. Training and improving students' moving capabilities influences their professional training.
- Specific operational structures contribute to the development of students' moving abilities in order for them to provide the necessary physical condition.
- Sport and physical education should represent that permanent concern for all factors that are responsible for training and physical instruction of teachers and professors.
- The quality of physical education is a combination of the way it unfolds, its objectives with focus on the contents of the training.
- Sport and physical education look at developing students' physical condition, strengthening their physical condition, taking part in sporting competitions, developing their effort capacity.
- Our modern life style, the gadgets, the online information have won against practicing the 'loisir' type of physical education by the students and the young people who have just graduated the nonprofile faculties.
- In nonprofile higher education system the only way to improve physical activities, physical condition and to adopt a healthy life style is the PE class.
- The PE classes offer a minimum of physical exercise and help to maintain the quality of life and of all physical activities.

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