

Evolution and Role of Physical Education

Mihaela-Liana Faur¹

The phenomenon of physical exercise lays in the historical evolution of mankind, originating in the work process, work being the key factor that led to human evolution.

As a historical phenomenon, which amplifies and deepens continually becoming more complex requiring the existence of people with special abilities and skills.

C. Kirițescu (1942) stated that: "the interest in human physical development and the potential of physical growth were always a major concern of people, from the primitive peoples to the most advanced nations, and the variety and richness of forms and practice of physical exercises, as shown by historical studies is surprising"(1).

By the primitive peoples we cannot speak about the existence of rennet systems, only about the physical exercises used as a biological and social necessity of the primitive man.

Thus, each area of the world has certain characteristics in how to practice physical exercises. Items that may be incorporated in certain "systems" are beginning to take shape at ancient peoples.

A special place is occupied by the Greek people, who created one of the most beautiful cultures in the world "The Greek miracle."

Greeks gave physical exercise a special role, creating a true conception of movement that has evolved in three directions: hygienic conception, military conception and harmonious conception. Physical education in ancient Rome was the prerogative of free citizens, with good material condition. The basic concept was realising that physical education was to develop superior fighting capacity of the Roman soldiers.

During the Middle Ages physical exercises went down, they were limited at preparing the knight through the seven liberal arts, exercise that improved strength and coordination.

In the Renaissance, the current appeared in Italy in the XIV century, physical exercises resumed their place and role in educating the younger generation. Physical exercises became topics discussed by Renaissance spokesmen as: Vittorino da Feltre, Tomaso Campanella, Hieronymus Mercurialis, François Rabelais, Erasmus from Rotterdam, Luther Martin, Thomas More (2). Writers, philosophers, teachers of the XVI, XVII and XVIII centuries were able to restore physical education to the center of their preoccupation.

¹ Assistant Professor, PhD, Physical Education and Sports Faculty, West University of Timișoara, e-mail: mihaelafaur@yahoo.com

The Phylantropic spokesmen introduced physical education into school curriculum as an essential part of general education. At limit of the eighteenth and nineteenth century, it emphasizes the concret nature of physical education activities and the achievements of some personalities from France, Germany, Sweden or England and is crystallized in the national physical education systems.

The creators of these systems from the late eighteenth century and the beginning of the nineteenth century systems, managed to create complete physical education systems based on general pedagogical concepts, but also adapted to the social, political features of their countries and subordinate to clear goals. Because of the development level reached by the pedagogical thinking in physical education during this period and its adaptation to specific conditions of life in those countries, physical education systems created in this period were widespread. They entered the school life, became durable and were a feature of physical education in this century.

Moreover, some of them were taken by other European countries, influencing the development of physical education activities throughout Europe and the whole world, through emigrants. The nineteenth century was marked not only by the emergence and expansion of national physical education systems, but also by the struggle between them. In this rivalry has benefited mainly the activity of physical education which during this century became an important place in modern human life, especially through school and university education system, becoming an essential component of normal and harmonious development of human race, to preserve its most precious asset: health and wellness.

predisposition of the organism to a series of natural and organic matters which shatter the state of

An essential feature to be referred from the beginning of XVII th century, the modern age, is increasingly emphasized by the subordination of physical education and sports to political objectives, especially the military ones. Structures that coordinate or subordinate to physical education and sports activities are constantly changing depending on political and social demands.

The Romanian physical education and sport system was formed as a result of combined influences of the german, swedish, french, czech and russian doctrines.

We cannot overlook the contribution of Gheorghe Moceanu (1831-1909) considered the father of physical education in our country, actively campaigned for the introduction of physical education in schools, Dimitrie Ionescu, a professor of gymnastics, which was noted in the completion of curricula for discipline of physical education and not least that of Spiru Haret (1851-1912), Minister of Public Education, considered the main organizer of physical education in the school system (2).

After a short and succinctly historical analysis of the phenomenon of physical education we can say that the essence of physical education consists in improving the physical development and physical fitness of subjects, indifferent of the organizational form and social, economical and political formation. Nowadays due to the sedentary activities the human movement area is reduced, leading to an increase of certain maladies: obesity, hypertension and mainly to those connected to the cardiovascular system caused by arteriosclerosis. This state is aggravated by the various sedentary forms of spending free time.

Lack of movement, work demands, town pollution, all these accumulated can lead to the health and in the end they lead to a reduced work capacity.

Thus, maintaining an optimum health state and a harmonious development of the human body are the general objectives of the Physical Education and Sports which must find its solution in instructive educational process. The concept of EF define as: activity that systematically capitalizes all forms of physical exercises to increase mainly the biological potential of human body in accordance with social requirements. "(Terminology EFS) should underline the various influences of this activity on individual life (3).

Physical education is also a side of the integral education, which makes a vital contribution in the development of human personality close by the other sides, between them existing a close interdependence.

Physical education has a predominantly biological nature and important socially, culturally and educational valences.

Physical education in its various forms of organization and because of its emotional nature, contributes to the development of creativity, the spirit of affirmation and self-fulfillment. Physical exercise as a basic means of physical education contributes to the development of esthetic sense, wakes the taste for movement, to achieve the mastery of movement gesture.

Physical Education, as motrical activity takes place in two distinct ways:

- as a bilateral proces that involves a permanent and continuous activity guided by a specialist which has specific tasks;

- as a independent process, that involves an individual or group, without the presence of the teacher (leader).

We must mention the undrelining made by UNESCO concerning to the Physical Education's features:

- Beneficial effect on solving social, political and economical problems, as a means to reduce the offence, violence, crime and addiction;
- Contribution to social integration, including the physically disadvantaged;
- Contribution to increasing labor productivity through better physical shape and health.
- Contribution to extend active working age, retirement, and to improve the situation of the elder people and the disabled ones.

Finally, we may say that, Physical Education should be seen in nowadays society, as an activity with a large prophylactic nature and must be considered a real lifestyle.

References

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