

THE MOTOR ACTIVITY IN THE SECONDARY SCHOOL IN OUR COUNTRY NOT AFFECTED BY THE CURRENT GLOBAL CRISIS

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Abstract:

In this period of global crisis the motor activity at the level of the secondary school from our country did not stagnate, on the contrary it achieved a special development due to an increase in the number of students (pupils) eager to practice the motor activity, as a result of the improvement of the material equipment with more than 40 simple and complex stadiums of various gymnastics, judo and karate courts, equipped with minifootball, handball, basketball and volleyball courts.

But the most important thing is to provide professionals belonging to the field of physical education within the Universities of Arad up to the present and also in the future.

Keywords: motor activity, secondary school, exercises, crisis

Introduction

The human's motor activity, understood as an assembly of movements or actions performed by the body through a series of operations, motor actions oriented towards the fulfillment of some current or general objectives are found within the objectives specific for the subject of physical education compulsory in the entire teaching system in our country.

In parallel with the scholar physical education a long training process of the pupils takes place by the so-called sports training with its objective of improving the motor skills to a performance level that has brought us great national and international recognition.

I would like to remind those who do not work in the field of motor activity specific to the physical education that the objectives I've referred to, found in the school curricula within the school physical education programmes, which work towards to (aiming) the

achievement of the objectives provided by the Education Law, as following:

- the students` curricular physical development
- the development of the students` general capacity necessary for carrying out sports activities
- the assimilation by the students of the technical procedures and of the tactical activity specific for practicing various sports in school and sports clubs
- the favouring of the maintenance and improvement of the health state according to the age and sex particularities of the students.
- the education of the positive character traits
- the development of the personality traits favourable for social integration
- the participation in sport and science competitions based on regulations.

If we succeed to permanently achieve these objectives we will benefit from a peaceful atmosphere, unity and understanding, love, a result hardly reached in other fields or in events of today`s modern world, and we will be beneficiaries of the ancient ethics “Love your neighbour!”.

The achievement of these objectives belonging to the scholar and sports physical education was possible due to the two pathways: the material law and the modernization of the infrastructure.

The equipment necessary for carrying out the scholar physical education has been neglected due to the fact that the physical education was just a subject that was taught by non-specialized teachers but who were somewhat able to teach and were not concerned about ensuring the conditions necessary for a good teaching of the discipline-sportshalls, simple courts for games, running, throwing and jump tracks.

The removal of this lack of teachers state and lack of equipment necessary for the subject of physical education and sports took place during the 1960s once with the broadening of the training possibility for teachers within the Pedagogical Institutions having a 3 year-course.

Considerations regarding motor activity in secondary school

The knowledge acquired by the teachers within the sports facility

equipping course lead to the appearance of locations destined for carrying out scholar and sports physical education lessons, reaching a certain level of performance, in communes, towns and villages, thus contributing to the accomplishment of the scholar sports and physical education's objectives at a secondary school level, the basis for discovering talented students able to achieve great performances in all fields of activity.

After the 1989 Revolution the modernization of the infrastructure and equipment has been continued at a qualitative level compatible with the recommendations of the European Council by the Science Council for Physical Education and Sports, becoming compulsory wherever they haven't been implemented.

I am reminding the fact that the recommendations of the European Council are referring to three directions:

1) The training of physical education teachers- mono or bivalence- meaning they could only teach one school level- primary, secondary, high school or all of them, or

2) Polyvalent training or specialization- meaning that the physical education teacher's training should be done by a rich content of subject matters which would ensure teaching at all educational levels.

3) The training of physical education teachers capable of teaching in mixed classrooms (students consisting of boys and girls). This recommendation has been fulfilled due to the content of the curricula.

4) Giving priority to "freetime sport", an activity which could train the students to be able to satisfy their wishes by taking part in practicing the desired sports or recreational activities.

Since 1996 the accomplishment of these recommendations has been possible due to an open collaboration spirit between the Physical Education and Sports teachers from Universities across Europe reunited within the Association of the Faculty of Physical Education and Sports belonging to the Danube riparian countries - The former Republic of Yugoslavia, Hungary, Bulgaria, Moldova, the Ukraine, the Czech Republic, Slovakia, Poland and Romania.

A promoter of this collaboration and of this organisation is also the Faculty of Physical Education and Sports of Arad, represented by Associate Dean PhD Marconi Ioan, who organized and took part in the faculties' planned scientific conferences, acting as the

association's president and also as the author of the article, having written articles during his time as a student and then as a teacher.

Back to the material equipment of the physical and sports education in the county, I am mentioning the several physical education halls built in the last few years and which will be built in the future, simple and complex stadiums from more than 40 localities where several children's and juniors I, II and III carry out their activity, boys and in some localities even girls, the schoolyards arranged with minifootball, basketball and volleyball courts, atletism courts, courts for long jump, high jump, circle for weight throwing, objective for small ball throwing, javelin throw as well as cross routes, bike competitions and last but not least halls for practicing judo and wrestling, ski and sledge slopes, touristic routes and recreational places.

I believe that the infrastructure has started to develop starting with the establishment of classes with sports profile in 1969 within the "Ioan Slavici", "Moise Nicoara" Highschool, Sports school, "Gloria" sports club and since 1990 "Vasile Goldis" University and "Aurel Vlaicu" University of Arad, which include in their structure Physical Education and Sports Faculties, with the Sports Highschool of Arad being established in 1998.

Conclusion

The contribution of the universities in the field of infrastructure was great due to the fact that the athletes that reached the senior age had the possibility to attend the desired university courses and the sporting performances to remain local and moreover new students' teams and new clubs such as "Aurel Vlaicu" University Sports Club and "Vasile Goldis" University Sports Club were created.

The pupils and the students took part in all the national and international competitions for which they clasified.

"Aurel Vlaicu" University obtained through its students several titles of national and university champions and medals in the fields of athletics, judo, wrestling, canoeing(rowing), aerobic gymnastics.

I believe that the material infrastructure developed so well as a result of the physical education teachers' involvement, graduates of the specialized faculties willing to fulfill their educational ideal in achieving the objectives of the subject matter (discipline) and to

offer valuable elements to the sports and to the specialized student group.

To conclude I propose the establishing of the Master's degree and sports specialization within the Faculty of Physical Education in order to ease the possibility of training by obtaining the degree of trainer (coach) and to be able to teach in highschool after the conclusion of the Master's degree.

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