

EDITORIAL

Considerations Regarding the Role of Attitude and Behaviour in the Development of Motion Thorough Physical Activity

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Motto: “It has been shown that physical education is the best method of education that synergistically contributes to strengthen body and soul and to character building ...” (Iuliu Hatieganu-1935)

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Abstract

This article draws the attention of important considerations regarding the creation, development, promotion and support for the cult of moving exercise in human life, from the earliest age until old age. There are shown here relevant aspects of educational factors in connection with their involvement in the development of the sports movement, contents and forms of exercise, extending it to the mass phenomenon.

There are proposed certain ways of addressing to the physical exercise, training the most important stakeholders in the development of this cult, given the need for individual and social health, performance and Olympic spirit in sports, recognition and appreciation of the nation and the country among civilized world.

Keywords: exercise, movement cult, attitude, behavior, sports.

In the current context of socio-economic development of Romania, when new technology takes over more and more during the existential time of humans, but also in terms of changes into the global and regional climate, education takes on new connotations and its realization in the human from birth to years of old age, supposes some of the most complex strategies, in order to form and define a professional profile and a health status that ensure the safety and security of persons in this unpredictable world full of changes.

Facing this reality, physical education – essential factor in the contemporary educational process - has a key role in training, development and support of worship for movement through exercise, sports and performance in sport - vectors particularly important and sustainable in providing a healthy lifestyle, maintaining the health, vigor and vitality of every person and population capable of effort and efficiency in work, a dynamic, harmonious, efficient and competitive Romania in the economic field among the nations of the civilized world.

But this movement cult cannot emerge into the man's conduct and work for the joy of a healthy and beautiful living, to perform as a social being, professional and civic without strong support from the side of behavioral skill of human personality, activated and cultivated permanently all through education.

Practising movement through exercise is the link that accompanies and helps the human being in all its business, in life and work. In the academic sense, the cult is defined as "a feeling of admiration, respect, deep love towards someone or something". In this article I chose to come with certain considerations and issues about cult movement through exercise, based on the idea that worship is seen in reflections and my beliefs as a passion for movement, through respect, appreciation and joy to practise lifelong exercise as a factor for personal and civic maintenance, integration and affirmation.

In essence, this cult is an attribute, a value of a great man, trained and powerful human being with a healthy lifestyle, prosocial, proactive, empathetic, dynamic, solidary and selfless. He acts following a lengthy educational process and external education factors influence. At the core of development are lots of causes, phenomena, processes and mental activities, an inseparable range

of factors, conscious and unconscious, physiological, intellectual, affective, social, which are in constant mutual interaction.

I can point out the role that have in one way or another, the sensations, perceptions, representations, attention, willingness, reasons, necessities, needs, beliefs, inclinations, aspirations, desires, attitudes and skills in shaping behavior dimension of personality.

Based on this reflection, we can say that it is accepted role of attitude in the development of the whole philosophy of growing concerns for exercise. The concept of attitude means “thinking orientation, deep provisions of our own being, mood before certain new values (...), a set of personal reactions to a specific object: animal, person, idea or thing.” Attitude caused by reactions of individuals to environment or other people around, following interaction with them, greatly influences human behavior intended to support or prevent the development of activities to meet some personal needs or social group needs.

Attitude is influenced by the existence of skills in the personality structures. The mere presence of skills is not enough for professional and social affirmation of a person. Sometimes the skills deficit can be offset by a greater degree of development of other qualities or a sustained interest, a strong inclination for exercise, diligence, perseverance and other characteristics of the person depending largely on attitudinal components. There is a determinations relationship between attitudes and skills. Skills for a particular activity can cause favorable attitudes in the same field or similar areas, may direct evolution of the whole conduct of the person to perform some essential aspirations of an ideal life up on these skills imperative.

Attitudes influence in turn skills directing the person energy toward a fundamental direction, driving or inhibiting their skills development, according to the externalization of their fundamental attitudes in consensus or against them. Structurally skills are related to attitudes because, as they express the tendency to select the plurality of objects and situations of reality surrounding a particular category. “In turn attitudes, such as skills ensure performance efficiency for favorite activities.”

In our case, it's about passion for movement by practicing an exercise or a favorite sport with ease and pleasure. In practicing physical exercises by cult movement or physical education, but es-

pecially in sport is of great importance to achieve an appropriate relationship between skills and attitudes. Without this requirement it would not be possible to obtain high-level performances.

Closely related to skills and attitudes is the behavior. It is natural to find the possibility of giving a meaning to the behavioral action seeking a new situation or object on which to act and lead eventually to harmonize reality and the installation of the well, to give relaxation to the detriment of anguish, adapting the individual to normal and open to performance and satisfaction through movement and sport. Behavior is defined as “conduct of a subject considered in an environment and in a unit of time.” This is why I believe that the relation attitude-behavior as a dimension of human psychology can contribute heavily to the formation, developing and maintaining constancy of worship for exercise.

How can you achieve this? You can do it with a well-structured national project, with a valuable human resource, logistics and an appropriate impeccable organization. The starting point can be ECD, when kindergarten staffed with specialists in physical culture can open the way to detect children with native qualities for professional sports that they will organize and carry out along with movement activities and play for this age. You will continue at elementary and secondary levels of education, trying to recover two hours per week of “whole athlete” for recovery of inclinations and talent of students to sports.

There is a lack of a mass movement sports, the school is the main actor. Each community has the necessary facilities. In rural areas, in addition to existing gyms there is need for new utilities, such as swimming pools, running outdoor tracks, tennis fields, ski slopes and sledding trails for biking, other locations and material resources, the natural resources of the place which once were available to local, human resources can contribute to the development of the movement sports. Do not forget to grasp in this project non-formal education institutions that, through their circles, can be useful for supporting movement cult. To achieve this goal it is good to develop as many opportunities to practice physical exercise and outdoor sports, as close to nature.

Each territorial unit may have at least one specialised center for sports ground, where coaches and teachers in schools can train, there should also be some partnerships in this field between

community, family and school and city halls and county authorities should financially support activities here. One cannot form a favorable mentality for exercise and sports performance without encouraging the practice of individual sports to students and citizens, by creating a socially and organizationally complex and advantageously area supported by the Government in partnership with NGOs, which are expected to stimulating exercise and practice of other sports by all citizens, without discrimination, freely, voluntarily, independently or in an organized manner for maintaining health and socialization between people.

In addition to physical education lessons included in the curriculum, schools can organize refreshing gymnastics, daily gymnastics and “minute move by exercise.” During leisure, students can participate in activities of “health and performance through sport”, tourism, holiday camps, and excursions.

The cult to practice physical exercise strengthens prospective type of permanent education and implies not only the conditions and needs of present society, but the future too. Training for moving in this context enhances the function of active integration education to every person in society. Rethinking education objectives and their ranking highlights the adaptability of the individual through different techniques.

The temporal dimension of education in the spirit of worship for movement through exercise sets its permanent character and calls the individual engaging in a process of formation, growing in all stages of its ontogenetic evolution. Cult to exercise meets organizational forms specific to the younger generation, the adult generation and the elderly, without any essential differences between groups of individuals related to general features of educational action.

Although physical education curriculum is the best represented subsystem in the crystallization of worship for exercise, it compels to reconsider it as an activity that it becomes a constant concern accompanying individual from early life until old age. From this perspective, there is a lack of activities in complementary systems, compensators education, to meet the needs of social, economic and cultural needs of people of all ages.

Enlarging the school of education to a wider frame of reference, the extracurricular seems to meet these requirements to a

greater extent.

The concern and then the cult of exercise contribute to the transformation of child to adult and its integration into society. In that it empowers him with both the motor skills of order and the biological, functional, psychological, moral skills, these activities have become indispensable in the harmonious development of human personality. With the contribution that the cult of exercise and sport has to develop the capacity of the individual motive, important influences in the plan are induced cognitive, behavioral and emotional area.

The activity that takes place through the cult of exercise and sports is not only likely motive. Through movement, included in a planned and organized activity are yielded progressive modifications in the subjects ability to analyze situations, solve problems, make decisions and act. “Worship for moving positively influence intellectual activity (thinking, attention, memory, imagination, creativity), which is responsible for acquiring the subjects’ knowledge of skills (how we should move the body), about activities (in what context body can move), upon which rules these activities are carried out (how can the body move) about fitness (how the human body «works»).”

Exercise and other movement activities find their best space for deployment in the environment or in suitable locations. When talking about practicing physical exercise in a healthy environment does not refer only to the cultivation of sanogenetic factors and the reduction of pathogens, but also the creation of a favorable psychological climate developed on motor principles, a climate of security, safety.

To live is to move! To maintain health, to ease physical and mental, in order to achieve a state of good exercise - along with a healthy diet - is strictly necessary! In the absence of movement cult, it may very soon appear “side effects” (weight gain, bad mood, apathy, immobility, various pathologies, dependence on the health system, accelerated aging).

Cult movement through exercise can be a defense of the body against the proliferation of “social convenience”. Closing our premises for schools, job sites, housing lead us to a dangerous state of “atrophy” depriving us of the natural sense of movement. Faced with this reality, the only way out would be reintegration in nature,

practicing physical outdoors exercise sports for the sake of sport (in this case, cult movement is at home!), because movement and sport bring joy and good mood guaranteed and remind us about the child in us. No matter if you are teenagers, adults soon, elders over the years, do not forget to practice sports as a child!

What is ultimately the exercise and why it is a great asset for the individual and society. "Exercise is systematic and conscious repetition of an action for training or improvement of skills or abilities" it is motor act repeated in order to increase the biological potential of the human expressed by increasing the driving ability, physical and motor recovery correcting deficiencies.

Exercise is the basic means by which the cult movement, physical education, sports training and physical therapy are carried out. It has the following features:

- is always done with less energy (effort) needed to perform muscle contractions under the control of the nervous system and results in stimulation of body functions;
- specially designed for the purpose (physical training, developing motor skills, attitudes or correct a physical, recovery after injury or illness); intentional element exercise differs from other unorganized driving action (child's play) or organized (or productive activities of daily living);
- are carried out systematically, on methodical precise rules as only cumulative effects of its practice can achieve the proposed objective;
- although it influences the biological sphere of human being, it has also certain effects psychologically speaking (by stimulating fundamental processes such as excitation and inhibition, thinking, memory, imagination, etc.), and intellectual (enlargement fund of knowledge), as in morally and aesthetically.
- Exercise is characterized by content and form. The content is determined by the totality of the physical exercise component, namely:
 - movements of body segments or incurred by it in its entirety (flexion, extension, wheelwrights, etc.);
 - Built exercise, expressed through its parameters: volume, intensity and complexity;
 - mental effort, resulted in the load of different mental processes: memory, attention, imagination, will, etc.

The value of the contents of exercise is given by the quantity and quality elements that compose it and underpinning the selection of exercises based on their effectiveness in achieving objectives. Form of exercise is given of how the items are ordered and executed it and is focused on:

- body position at different times of year and position execution segments from each other or from the body;
- distance from devices or objects that are running;
- direction and meaning of body movements or its segments;
- amplitude of muscle tone, elasticity of muscles and tendons and joint mobility;
- tempo movements frequency (number of executions per unit time);
- pace - how to alternate phases of a movement or movement in its entirety.

It is estimated that in terms of shape, exercise has four types of features:

- space - positions, directions, amplitude etc;
- time - duration, rhythm, tempo, speed of response;
- space-time - acceleration and travel speed;
- dynamic - caused by forces acting within the movement (internal muscle strength, muscle elasticity antagonists resistance ligaments) and external (resistance to friction with the air, water or snow, the resistance of objects, support or opponent).

I conclude these brief considerations by identifying the aims that appear in daily life as a cult event for motion effects of the exercise. These beneficial effects are reflected in:

- Progress that is recorded by the subject (individual) in somatic, functional, motor, cognitive, emotional and social development;
- Harmonization of social requirements with the individual;
- Outcomes of the general cult of the exercise are reunited as the ideal, which includes the strategic orientation of the system of physical education in a certain stage of social, economic, cultural and scientific country - enshrined in the model of personality which polarize a society aspirations;
- the model of a physically educated person is designed and realized in the educational institutions of different degrees and kinds; in summary, the ideal arising from exercise aims at the purpose of practicing the cult for this activity as a whole, society as a whole,

- while the goals and objectives guide the conduct of determined and concrete educational activities;
- reconsideration of the cult for motion as activity, meaning "extension" to other age groups so that it becomes a continuous phenomenon, accompanying individuals from early life to senescence;
 - Setting up of permanent education complementary to respond to the social, economic, cultural population of all ages;
 - The extension of school education to a wider frame of reference, extracurricular responding to greater movement of needs;
 - A holistic approach to the practice of physical exercise influences acting on man, society and the environment;
 - Increase the contribution of physical education in school to compensate for the lack of physical activity of children and its effects;
 - Finding new attractive forms of organization of the school day regime (other than the lesson), creating motivation for sport outside school, in cooperation with sports clubs, parents, community;
 - Development of affective behaviors regarding: interests, motivations, attitudes, values;
 - Developing a sense of belonging to a group, by valuing personal ideas and actions, recognizing the value of the individual, capacity assessment and self-esteem, self-image structure;
 - Achieving acceptance and promotion of ethical behavior consistent expressed in concepts such as fair play, cooperation;
 - Creating a favorable environment to find subjects skills for a branch of sport or another, outside of that environment the skills remain untapped;
 - Realization process of socialization through activities with recreational or competitive features, extremely important for the individual to acquire social competence.

As a generator of these finalities, the movement cult through exercise remains a beneficial phenomenon to human society and the environment, a fountain and a promoter of the Olympic spirit in sport, for the prestige of human affirmation of the values of sport in the country.