

Indicii de corelație statică care atestă dependența productivității de muncă a lucrătorilor față de nivelul stării funcționale a organismului și de pregătire fizică (n=28)

| Nr.ctr | Probele | r | P |
|--------|---|-------|-------|
| 1. | Index Harvard step-test (capacitatea generală de lucru) | 0,892 | <0,01 |
| 2. | Forța brațelor în regim de rezistență | 0,840 | <0,01 |
| 3. | Frecvența contracțiilor cardiace | 0,827 | <0,01 |
| 4. | Exactitatea mișcărilor | 0,790 | <0,01 |
| 5. | Viteza mișcării mâinilor (Tepping-test) | 0,764 | <0,01 |
| 6. | Forța spatelui în regim de rezistență | 0,692 | <0,01 |
| 7. | Mobilitatea coloanei vertebrale | 0,654 | <0,01 |
| 8. | Volumul și comutarea atenției | 0,551 | <0,05 |
| 9. | Rezistența față de hipoxie | 0,481 | <0,05 |
| 10. | Capacitatea vitală pulmonară | 0,472 | <0,05 |
| 11. | Memorie vizuală | 0,415 | <0,05 |

Rezumând cele expuse anterior, este necesar să menționăm că actualmente există o anumită reliefare a metodologiei de elaborare a mijloacelor concrete pentru asigurarea procesului de pregătire fizică profesional-aplicativă a viitorilor specialiști, sunt elaborate și mecanismele de adaptare-selectare a mijloacelor de educație fizică, precum și metodologia selectării comunității factorilor și elementelor care constituie baza profesiogramei specialistului. Totodată, pe acest fond, constatăm lipsa în teoria și practica educației fizice din învățământul liceal cu profil tehnico-profesional a multiplelor aspecte ce reflectă conținutul, metodologia și formele de organizare a procesului de pregătire fizică profesional-aplicativă a elevilor - viitori specialiști tehnicieni-electroniști.

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**PHYSICAL PRACTICES BETWEEN MODERN SOCIETY
AND NATURAL ENVIRONMENT**

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Key words: physical practice, physical activity, natural environment, modern society.

Abstract

This essay, tries to analyze the changes of physical practices in our society regarding the relation between modern society and natural environment. I intend to link the characteristics of this society with some particular type of physical practice, the one related to the nature.

A few introductory ideas aim to explain how the changes, mainly economic and social, which occurred from mid-century, have brought major changes in the way of understanding the world. These changes, in the design and lifestyles of people have influenced every one of the social fields. From this basis, my interest is to show the relationship between these social changes, and the physical practices in natural environment.

1. About modern society

Changes in economic, social and political environment, translated mainly by the globalization of free

market economy, the spread of democracy as a system of government and the proliferation of new communication technology brought us a lot of new solutions for every domain of activity.

We can say about us that we have a new and pragmatic view of life (this could be a good thing or a bad one). Some negative changes: - it seeks immediate pleasure that costs little effort and by the quickest route, barely pausing to assess their consequences; - the principle of economy of effort and maximum return surrounding our lives; - loss of absolute foundation; - we are facing a devaluation of the highest values; - a culture of appearance. There is an excessive preoccupation with aesthetics, the cult of the body and superficiality. Consumerism comes upon us, we try to accumulate the latest products for the only purpose of placing ourselves in a higher social scale. Generally, the obsession with the image we present to others, guides, and sometimes determines our lives. Finally, one of the key features of the modern society is determined by the strong technological development allowed by the triumph of telematic pathways. New forms of media have achieved a significant relationship with the transformation of intimacy within the context of everyday life, breaking the space-time structures maintained before. Never thought of situations occur, such as being able to get to know a person who lives thousands of miles, and we've never seen that our neighbor who has 15 years living with us.

The new information technology leads to a new mental model for understanding the reality, data and images are removed differently.

2. About sport and culture in our time

From the XVIIIth century the predominance of reason versus belief has allowed people, thanks to constant technological and scientific development, to achieve a high level of social welfare. The changes made by science have been appreciated in each and every one of the areas of our lives and relationship maintained with the environment.

Since the beginning of modernity, the industrial production system has become the main focus of interaction with nature.

Some people might ask: if from the beginning of modernity has made possible the enjoyment of nature with certain levels of security, why widespread physical practice in this environment does not occur until late modernity?. The answer could be: we must recognize that since the industrial revolution one of the most desirable accomplishments has been the increased leisure time, achieved mainly through advances in technology and continuing social claims to have been subjected to powerful groups.

The level of civilization attained by a society, should be determined by the degree of control that each of its members have come to learn. In this regard, sport and physical activities in general, should be viewed as a social function, perhaps as important as performing the work and situations of control imposed by society. Nature activities, particularly adventure activities provide opportunities to experience new emotions.

We can identified some trends of our present time:

1. Increasing the practice of individual over collective sports.
2. Adaptation of traditional sports for recreational ways.
3. Universal mercantilist in all areas of sport.
4. Choice of sport heavily influenced by "fashion" set.
5. Trend towards a more hedonistic ascetic in sport. Competitions considered *light* achieve a significant increase, where the level is very heterogeneous and valued social relationships more than performance.
6. Increase in the number of types of sport practiced.

In essence, the people preferences regarding physical activities are neither uniform nor completely predictable. All this should lead us to abandon the logic of evolutionary trends that routinely find some sociologists, in order to recognize the simultaneous presence of opposing tendencies: a pluralization of concepts, physical practices can no longer be considered and analyzed as a unitary whole but as separate universes; at this stage of pluralization of forms and sport experiences, generalizations seem unproductive.

Diversity in physical activities covers many aspects such as trends in various educational psychology, individual differences apparent between the levels of student development, diversity of socio-cultural contexts in which it develops, different curricular approaches, differences in professional training of teachers, among others. Integration, however, is understood as an educational purpose to be achieved in diversity.

But this educational purpose in accordance with the current conceptions of motor learning must be based largely on the variability, defined as the variation of conditions of practice adapted to the evolving

conditions, so that, through these changes, during their movement has to adapt its response and decisions.

The progress made by the social sciences (psychology and education), the great impact of the Olympic Games, of modern and contemporary sport as a sociocultural phenomenon, the need for better use of leisure time and to combat the sedentary lifestyle that generates economic development and urbanization, care of the ecological environment and improving the quality of life, among others, have established themselves as agents of the changes in this area.

Another important aspect to consider within the integral is to ensure the development process in the three natural elements in which the person may develop: land, water and air.

Physical activities performed in the environment stopped being a matter of necessity and survival – as in ancient societies - and become a way of recreation and release of the stress imposed by modern society, a way of entertainment. For example: compare the water navigation, as one of the many activities that can be carried out within the natural environment, and the same practice made centuries ago; we can appreciate the great changes that modernity has brought to the concept. So, today, a person who wants to practice this kind of activity needs very little preparation for the adventure (from the physical point of view).

External knowledge of the activity, such as knowing the opening hours of the company, the price to be paid for the services, location and the journey, finding the place where the exit is located, etc.. In any case, none of these skills are necessary for the activity itself, none of them guarantee greater security in the relationship with the affair developed in a natural environment. This same activity conducted by an ancestor, would not be excluded from danger, to which only could face an adventurer who possess physical qualities and a unique skill and knowledge in the construction and navigation of the boat. At that time, any person who does not has knowledge and physical qualities, will not choose such an adventure, unless their action was strictly necessary for the survival of themselves or their group.

The supremacy of man over the environment and continuous improvement of the challenges are made possible by the cooperation that exists between knowledge and science. The knowledge by which the world works, so broad and complex these days, is divided into systems, run by experts in each field. Although the media have allowed today to know many more things that our ancestors could have known, no person may be an expert in all fields. It requires the confidence in the domain that others have on each of the systems of knowledge.

On the other hand, although the outdoor physical activities in its most radical way have been associated with youth, however, the placement, clubs, companies, etc. has allowed in recent years to democratize their practice, so that many groups of different age, economic status or physical and mental ability were able to approach these adventures. So, we can say that technology has enabled the creation of adventurous activities in nature for all groups and ages.

When we think about exercise we think about the many benefits obtained through various acts of physical activity. However, if we don't exercise proper technique we can injure ourselves. Engaging in physical activity outdoors can expose us to certain risk.

The risk is associated with aerobic activities conducted outdoors near roadways, streets and highways during high volume times. When we run, bike, walk or skate near these areas we risk pollutants irritating the lungs and respiratory system. Pollution emitted from the engines of trucks and buses, fine particulate matter, ozone and carbon monoxide are the main culprits and can exacerbate the problems of individuals with underlying diseases such as asthma, bronchitis, emphysema or cardiopulmonary maladies.

The quality of materials used and the ability to manipulate the equipment limits the real risk of the activity, although these conditions are present unknown to the initiated practitioner. Either way, the risk to some extent is an ever present feeling, though initially it does not have to know the conditions of reliability of the company, can be understood further that knowledge is not unique and unquestionable, and therefore can exist at any time any error in the system.

Conclusions

In our society adults have lost their leading role, giving way to peer learning, while increases the need for mentoring and teaching younger, who until recently had led them. In this sense, the young, instead of waiting for the transmission of sports culture, which indicates that practices should be done, has been launched to search for new sensations and experiences that will provide their body's relationship to space.

The urban environment, for this purpose, it is the only place where emotions can be found daily in large part, combined with sporadic periods offered in other means. With this, the physical practices once practiced in the nature, with respect to its element of risk and adventure, are being moved to the city. Urban spaces are adapted to new uses. Roads, bridges and rails are used, respectively, for racetracks, urban

climbing, walls for climbing, or as obstacles to the practice of skate board.

Towards the search for new practices the amendments, mainly economic and social, produced in the modern society in the recent decades have acted as a significant consequence in the new way of understanding life, and consequently in the ways of seeing and enjoying sport and physical practice.

Active living protects and promotes a healthy environment by encouraging people to participate in outdoor activities like walking, cycling and gardening. Environmental benefits are achieved when more and more people choose active modes of transportation such as walking, cycling or in-line skating rather than using their cars for a few more trips per week. Therefore, active living can contribute to decreasing air pollution.

Immediate access to natural environments with high recreational values was rare in the study population and was distributed in an inequitable manner. Moreover, such access was associated with a positive assessment of neighbourhood satisfaction and time spent on physical activity, which can be expected to reduce obesity and increase vitality by having a buffering effect on stress.

People's participation in physical activity is influenced by the built, natural and social environments in which people live as well as by personal factors such as sex, age, ability, time and motivation. The way people organize cities, design the urban environment and provide access to the natural environment can be an encouragement or a barrier to physical activity and active living. Other barriers exist in the social environments within which people work, learn, play and live.

Physical activity is an essential component of any strategy that aims to address the problems of sedentary living and obesity among children and adults. Active living contributes to individual physical and mental health but also to social cohesion and community well-being. Opportunities for being physically active are not limited to sports and organized recreation; opportunities exist everywhere - where people live and work, in neighbourhoods and in educational and health establishments.

The causal relationships between active living and the physical and social environments may be considerably more complicated. However, creating opportunities for active living should be a priority in urban planning that is concerned with public health, a sustainable environment, cost-effectiveness, social cohesion and the creation of a people-friendly, attractive city.

PRACTICAREA ACTIVITĂȚILOR FIZICE - ÎNTRE SOCIETATEA MODERNĂ ȘI MEDIUL INCONJURĂTOR

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Cuvinte cheie: practica fizică, activitatea fizică, mediu natural, societate modernă.

Rezumat

Prin acest eseu se incearca analiza schimbarilor survenite in societatea noastra, privind relatia dintre modernizare si mediul natural. Incerc sa relationez caracteristicile acestei societati cu practicarea activitatilor fizice in natura.

Cateva idei introductive au scopul de a explica faptul ca aceste schimbari, in principal cele de ordin economic si social, au adus transformari majore in modul de a privi si intelege lumea. Aceste schimbari ale modului de viata au influenta asupra fiecarei clase sociale.

Avand ca punct de plecare aceste observatii, scopul acestei lucrari este de a relationa aceste schimbari cu practicarea activitatilor fizice in mediul natural.

Despre societatea moderna

Schimbarile survenite in mediul economic, social si politic, extinderea economiei de piata si a sistemului democratic, precum si dezvoltarea continua a tehnologiei comunicarii ofera noi solutii pentru fiecare domeniu de activitate.

Putem afirma despre noi ca avem un nou mod pragmatic de a privi viata (ceea ce poate fi un lucru pozitiv sau negativ). Cateva schimbari negative: efort minim si calea cea mai scurta pentru obtinerea unei satisfactii, de multe ori fara a lua in considerare consecintele acelor actiuni; principiul rezultatului imediat cu minimum de efort este extrem de intalnit; inversarea scarii valorilor; cultul aparentelor.

Se observa o preocupare excesiva pentru partea estetica, cultul corpului este tot mai intalnit, precum si superficialitatea actiunilor intreprinse. Societatea de consum are o raspandire impresionanta, incercam sa achizitionam cele mai noi produse cu singurul scop de a evolua in ierarhia sociala. De cele mai multe ori obsesia pentru imaginea prezentata celorlalti ne ghideaza existenta.

Deasemenea o alta componenta importanta a noii societati este dezvoltarea tehnologiei comunicatiilor. Noile forme de comunicare au trecut de bariera timpului si a spatiului, creand situatii pe care acum cativa ani nu le credeam posibile; putem cunoaste persoane aflate la mii de kilometrii distanta, dar nu ne cunoastem vecinii cu care convietuim de 15 ani, de exemplu.

Tehnologia informatională permite un nou mod de a privi realitatea, datele si imaginile pot fi utilizate in tot mai multe feluri.

Despre sport si cultura

Inca din secolul al VIII-lea suprematia ratiunii asupra credintei a permis omenirii, datorita unei constante dezvoltari tehnologice si stiintifice sa atinga un nivel tot mai mare de bunastare sociala. Schimbarile realizate prin intermediul stiintei au fost utilizate in fiecare moment al existentei, precum si in relatia noastra cu mediul inconjurator.

Astfel, putem lansa intrebarea: daca de la inceputul epocii moderne natura a fost folosita ca o metoda de relaxare-recreere, avand un anumit nivel de siguranta, de ce practicarea organizata a activitatilor fizice in acest mediu nu s-a realizat decat mult mai tarziu? Un raspuns posibil: odata cu revolutia industrială, unul dintre scopuri a fost folosirea descoperirilor tehnologice pentru optimizarea timpului liber.

Nivelul de civilizatie atins de catre o societate este dat de gradul de control al fiecarui membru asupra propriei existente. Astfel, activitatea fizica trebuie considerata a fi o componenta sociala, poate la fel de importanta ca activitatea zilnica impusa de societate.

Activitatile in natura, in special cele insotite de aventura dau posibilitatea de a experimenta emotii noi.

In prezent se pot identifica cateva directii :

1. Cresterea practicarii sporturilor individuale
2. Adaptarea sporturilor traditionale pentru noi moduri de relaxare.
3. Existenta mercantilismului in toate domeniile sportive.
4. Influenta modei.
5. Cresterea relationarii prin sport in defavoarea performantei.
6. Cresterea numarului tipurilor de sport practicate.

Preferintele oamenilor in materie de practicare a activitatilor fizice nu sunt nici uniforme, nici previzibile. Acest lucru ar trebui sa ne convinga sa abandonam logica evolutionismului si sa recunoastem prezenta simultana a unor tendinte contradictorii, a unor concepte multiple; practicile fizice nu mai pot fi considerate un tot unitar, ci universuri separate; in acest stadiu al diversitatii de forme si practici sportive, generalizarea este eronata.

Diversitatea activitatilor fizice cuprinde mai multe aspecte, cum ar fi: varietatea educatiei psihologice, diferentiere in dezvoltarea indivizilor, diferentiere in procesul de educare profesionala, diversitate socioculturala, diferentiere curriculara etc. Integrarea este unul din obiectivele educationale, obtinut prin diversitate.

Acest obiectiv educational in acord cu actuala conceptie a invatarii motorie are nevoie de varietate: definita ca o multitudine de conditii de practicare a activitatilor fizice, corespunzatoare evolutiei societii si a mediului inconjurator.

Progresul realizat de stiintele sociale (psihologia si sociologia), impactul major al Jocurilor Olimpice, al fenomenului socio-cultural reprezentat de sportul modern si contemporan, nevoia de a combate modul de viata sedentar, preocuparea pentru mediul inconjurator, imbunatatirea calitatii vietii sunt cateva categorii care pot fi repere ale acestor schimbari.

Un alt aspect important in dezvoltarea practicarii activitatilor fizice este aducerea acestui proces la cele trei elemente de baza: pamant, apa si aer.

Practicarea activitatilor fizice in natura nu mai sunt de mult o necesitate – cum erau in societatile antice – au devenit un mod de recreere, de eliminare a stresului impus de societatea moderna. De exemplu: comparand navigatia actuala, ca una din practicile posibile in mediu natural, cu cea practicata cu secole in urma, putem sa ne dam seama de schimbarile majore ce au avut loc asupra acestui concept. Astazi, o persoana care vrea sa practice acest gen de activitate are nevoie de foarte putina pregatire pentru acest gen de aventura. E nevoie doar de cunostinte externe, cum ar fi orarul de functionare, pretul pentru acest serviciu,

locul de desfășurare etc. Aceeasi activitate desfășurată în urma cu secole necesită calități fizice deosebite, cunoștințe temeinice despre construcția unei barci, noțiuni de astronomie etc. Fără un motiv întemeiat, nimeni nu alegea asemenea activități doar pentru aventura oferită, ci doar în cazul în care depindea de acest lucru supraviețuirea individuală sau a grupului social.

Suprematia omului asupra mediului inconjurator și continua creștere a numărului de provocări a dus la cooperarea între cunoaștere și știință. Cunoașterea, care guvernează actualmente lumea este împartită în mai multe sisteme, fiecare având expertii săi. Chiar dacă media a permis răspândirea acestor cunoștințe și am ajuns să știm mult mai multe decât strămoșii noștri, nimeni nu poate fi expert în toate domeniile. E necesar ca fiecare să acorde încredere altor domenii despre care știe prea puține lucruri.

Privind activitatea fizică din alt punct de vedere, aceasta a fost asociată de cele mai multe ori cu vârsta tânără; în prezent diversificarea modalităților de practicare a activităților fizice, precum și a locurilor în care se poate face acest lucru a dus la mărirea categoriei de vârstă sau, putem spune că, indiferent de vârstă există o opțiune pentru fiecare de a practica o activitate fizică în natură.

Când ne gândim la exercițiu fizic primul lucru evident este beneficiul pe care acesta îl aduce stării de sănătate a corpului. Totuși, în cazul în care nu este executat corect și în condiții corespunzătoare poate duce la accidente și astfel putem vorbi de existența unui anumit risc în practicile fizice în natură.

Acest risc poate fi: activitățile desfășurate în mod constant pe lângă marile artere de circulație (plimbări, alergări, mers pe bicicletă), din cauza poluării tot mai mari, pot produce probleme respiratorii, pulmonare etc.; emisiile de gaze de la autoturisme, camioane, autobuze sunt principalii vinovați care pot declanșa aceste afecțiuni.

Calitatea materialelor folosite și capacitatea de a utiliza echipamentele în mod corespunzător duc la scăderea riscului în cazul oricărei activități de natură fizică. Totuși, riscul este un sentiment prezent, nimeni nu poate garanta siguranța totală, cunoașterea procesului de desfășurare a activității nu poate fi în proporție de sută la sută, adică oricând poate apărea o eroare a sistemului sau a individului.

Concluzii

În societatea actuală adulții și-au pierdut în mare măsură rolul de conducători, lăsând loc unui proces de învățare "de la egal la egal". Transmiterea din generație în generație a culturii sportului, a ceea ce ar trebui practicat și în ce condiții, nu mai este un mod real de perpetuare a practicării activităților fizice. În acest sens, tinerii caută noi experiențe și senzații privind relația dintre corp și spațiu.

Mediul urban este singurul loc unde se pot întâlni aceste noi experiențe și senzații. Activitățile fizice practicate la un moment dat în natură, respectând elementele de risc și aventură, au fost transferate în mediul urban. Spațiul urban a fost adaptat pentru aceste noi practici: drumuri, piste, pereți pentru catarare, piste cu obstacole etc.

Odată cu găsirea unor noi practici și îmbunătățirea celor cunoscute, în urma transformărilor la nivel economic și social din societatea modernă, au rezultat și noi moduri de a privi și practica activitățile fizice.

O viață activă protejează și promovează un mediu inconjurator sănătos, încurajând oamenii să participe la aceste activități în aer liber (plimbări, mers pe bicicletă, grădinarit etc.). O îmbunătățire a calității mediului inconjurator poate fi realizată și dacă tot mai mulți membrii ai societății aleg un mod de transport nepoluant. Acest lucru poate duce la scăderea nivelului de poluare.

Participarea oamenilor în cadrul unei activități fizice este influențată de mediul natural și social existent, precum și de factori personali – vârstă, sex, abilități, timp disponibil, motivație etc.-

Modul în care este structurat un oraș, arhitectura urbană, accesul facil la un mediu natural poate avea influențe pozitive sau negative asupra practicării activităților fizice, precum și asupra modului de viață activ.

Activitatea fizică este o componentă de bază a oricărei strategii de prevenire și combatere a modului de viață sedentar, a obezității în rândul copiilor, tinerilor și adulților. Un mod de viață activ contribuie la sănătatea individului, atât fizică cât și psihică, dar și la bunăstarea societății în ansamblu. Oportunitățile de a fi activ din punct de vedere fizic nu ar trebui să se oprească la practicarea în mod organizat a unei activități fizice, ci ar trebui să existe peste tot.

Relațiile între un mod de viață activ și mediul inconjurator sunt mult mai complexe, dar stabilind ca prioritate crearea acestor oportunități -de a fi activ din punct de vedere fizic- se poate obține o îmbunătățire a stării generale de sănătate a individului, cât și a societății; de asemenea creșterea eficienței individuale, îmbunătățirea calității mediului inconjurator, coeziune socială și nu în ultimul rând un oraș atractiv și, poate, mai sigur.

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DIFFERENTIATION AND INDIVIDUALISATION - A MUST IN THE TRAINING OF TALENTED SPORTSMEN

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Key words: training, talented, sportsmen

Abstract

The path to the top sporting result in handball is long and difficult; it is open only to individuals that have above average motor and physical abilities, suitable and unvarying personal characteristics, moral qualities and other mental aptitudes. External factors, such as organisational and expertise level of the club and coach, also influence the development and success. The beginning and an important part of this path is represented with the training of children and youth and a question: Will the sport of young people utilize its enormous educational potential and turn talents into stars, who will keep winning and at the same time stay happy? It is possible, yet the incorrect approach can result in the loss of handball talents or become a source of negative experiences, stress and pressure. Largely, this depends on a discipline, policy of the sports clubs, associations and society in general; yet mostly it depends on a coach who has daily contact with players in the training process. Handball training is carried out in groups that are usually very heterogeneous and require specific type of work. Differentiation and individualisation are coaching methods for working with a diverse group of handball players. A coach can achieve this by precise organisation of training, which allows practising various exercises within a specific individual task. It is also recommended that several coaches or specialist coaches participate in the work with the youngest age categories.

Introduction

The article describes the differentiation and individualisation of children at the time of general, educational and sports development. Slovenian society still considers “team building” as procedures for achieving equality and uniformity in the team. In extreme cases this leads to a “single society”, where everyone has to think, work and speak as one. On the other side, practice demands from a coach to increasingly develop creativity, elite success and talents, which requires a different way of working. Talented are those individuals with motor abilities and morphological characteristic developed to the point that allows them to become, with suitable development and external factors, elite handball players. Beside talents there are also exceptional individuals (stars). They have above average abilities in one or more areas of morphological or motor status as well as personal characteristics that demonstrate the potential for development into a star sportsman in a selected sport. Personal characteristics of a star sportsman are as a rule very specific. They are manifested outwardly as an individual being difficult to lead, different and unpredictable. If the coach does not recognize this potential it is very likely that a sportsman will be perceived as disturbing and unsuitable for the team or even sport. It is possible that the coach will try to mould the sportsman to his liking. In reality, such talented individuals need a special type of leadership with differentiation and individualization being key components of such leadership. Children encounter this in the primary school education.

In principle it can be differentiated:

TALENT; individuals have a (slightly) more than average developed basic abilities and characteristics (motor, morphology) and less developed dimensions of psychosocial status.

TALENT; individuals have a (or few) highly developed ability and their other abilities are average.

TALENT; individuals have a highly developed ability; other abilities are average.