

Perspectives on Physical Education and Sports Management Academic

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Abstract

University physical education should be recognized as an indispensable component in shaping the young generation. University physical education represents a fundamental psycho-behavioral dimension of the personality characteristics for students in medicine. The relation between physical education and the personality characteristics of the students in the medical field is the prospect of a scientific research which should function in order to deepen the process of knowledge of this problem while concomitantly with the amplification of the studies of transposition in life, of the results of the scientific investigation. The project wishes to highlight the possibilities of action on the personality characteristics of the students in medicine through the systematic and conscious practice of physical exercises. The knowledge of the psychological profile and the efficient acting on the personality characteristics of the students will have positive bio-psycho-socio-professional implications.

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Introduction

The research of the theme problems enables the study of homo si movens si homo ludens that is the analysis of human totally bio-psycho-social, being in the general framework of its manifestations through the process of learning, building, improving, training, emulative competition, the manifestation of the physical energy, emotional dedication, social and integrator networking. The project wishes to highlight the possibilities of action on the personality characteristics of the students in medicine through the systematic and conscious practice of physical exercises. "The term instructional design, which according to some opinions that might arise and pedagogical design appears more often in the literature with teaching design purposes. Design teaching towards rationalization, by design, gives its efficiency, insight, rigorous procedural and meets the requirement of planning and work release instructive - educational" (Dragnea, et al, 2006). The physical activity of students who practice sports games is requested in full: the cognitive functions in connection with the perception and the intimations of the situations and choosing the best ways of action in developing the physical education, it will and qualities in relation with defeating the fatigue and the negative effects of emotions, the affectivity in close connection with the concrete or imagined situations, both as regards the satisfactions offered inwardly and the successes, as

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well as the fear of failure, or the bitterness in front of the superiority of the opponent. "In the new knowledge based economy the human resources get a new status as they are those who generate and use the knowledge. It's only one reason for which more scholars, but also practitioners talk about the human capital." (Năstase & Hotăran, 2011).

1. The Main Goal

The main goal pursued is to highlight the role, the actual state and the importance of the university physical education designed to ensure a constant balance between the physical and the intellectual activities with beneficial effects on the mental, physical state, on the learning capacity, personality characteristics and growth potential of bio-psycho-socio-professional students in medicine. The proposed project also aims to treat new scientific approaches of research and development of the personality characteristics of students, by establishing a methodology of action following the development and the implementation of a new strategic system of programs which will be included in the organization, management and development of the educational process. Consequently, the purpose of the proposed project aims at a scientifically based interdisciplinary approach on the determination relationship between the physical education and the complex, tridimensional, bio-psycho-social structure – the personality seen with all its components and characteristics.

2. The Actual State of the Theme

The scientific approach of the topic is an important step in research. The interdisciplinary treatment between the fundamental area of physical education and of psychology, pedagogy and sociology is highlighted from the beginning. The design capitalizes pedagogical actions and "proactive operations to define the objectives, content, learning strategies, assessment exams and especially the relations between them in terms of a way of organizing the educational process". (Cerghit & Vlăsceanu, 1988). An interdisciplinary approach is needed in the education content, taking into account the methodological and the structural changes which took place in the contemporary science and a stronger orientation towards an interdisciplinary training of the human personality in order to integrate itself into a dynamic democratic society. The design capitalizes pedagogical actions and "proactive operations to define the objectives, content, learning strategies, assessment exams and especially the relations between them in terms of a way of organizing the educational process". (de Landsheere, 1979).

The interdisciplinary character shows that the human being as „personality” is the subject of many scientific disciplines, such as: biological and cultural anthropology, sociology, psychology, psychosomatic medicine, human physiology, neurophysiology, pedagogy, linguistics, ethics, and last but not least the physical education and sport. "Design is the activity of anticipation and

preparation of all steps involved in the educational process which aims to ensure the efficiency of this process." (Epuran, 1997).

The personality is a complex issue which cannot be caught but only by a convergence and a cautious combination of many points of view (psychology, pedagogy, sociology, physical education). Moreover, the interdisciplinary activities have formative valences marked. They help to develop intellectual, social, emotional, and physical, they cultivate confidence in its own forces and the spirit of competition, as well as other personality characteristics. Most of the scientific knowledge, whether it comes from practice and research, aims to understand and to optimize the effects of the exercise on the body. The research proposed in this project comes to enrich the theory of physical education and sport. "Character is a dimension (structure) key, on the one hand, means any individual personality in the context of social relationships, and on the other hand, differ more or less significant individual personalities together." (Golu, 2005).

University physical education is a complex pedagogical process to be conducted systematically and continuously, by which the body adapts to physical and mental efforts of different intensities, in order to obtain bio-psycho-socio-professional results through all forms of practice of physical exercise. From the specialized literature study it has been found that currently the instructive-educational process is based on well-organized activities, planned and conducted by laws, principles and rules specific to the biological, psychological and social chains, where the development of motor skills is aimed particularly, simultaneously with the intellectual and emotional ones. Starting from the idea that the reevaluation of the personality characteristics may be due, mainly, to specific means of university physical education, in this sense we try to start an experimental psychopedagogical research. "The dynamics and importance of communication are inseparable, and the change has become more a rule than an exception. Importantly is the moment when the change is made and who will participate on it. People should be involved in this process." (Năstase, et al, 2012).

All the sports disciplines of the university physical education express special feelings granting the chance to race, to compete with others and with themselves, representing one of the fundamental psycho-behavioral dimensions of personality. Sports disciplines give to the educational activity within the university physical education, a dynamic and attractive character, it induces a state of joy and relaxation that prevents monotony and fatigue, strengthening the intellectual and physical energies of the students. Through the condition of networking imposed by the sports disciplines, the students at medicine can be activated in cognitive, affective, motor and emotional ways, and the interactions between them develop the effective self control of the conducts, behaviors and purchases. Also the correct or incorrect manner of behaving in certain situations can be highlighted and it is an effective method of rapid and correct training of the beliefs, attitudes and behaviors. Along with the cognitive objectives specific to certain activities, the university physical education helps to meet the emotional-social objectives, facilitating the socialization of students, habituating them with the way of thinking, living and acting, specific to the professional, cultural and scientific status.

The university physical education through the sports disciplines practiced systematically, develops the ability to resolve difficult situations, the empathic ability and of understanding of opinions, of feelings and aspirations of the people around. In the physical education in the context of university education no sufficient attention has been yet granted, on the implementation of methodologies specific for the physical education and sport, based on techniques of applying of special programs to work directly through operational objectives on the personality characteristics of the students in medicine and on the achievement of a forecasting of the psychomotor and physiological parameters. Examining concretely the current level of research, as well as the practice needs, we found that within the higher university education in Romania, there are studies and research on the development of the personality characteristics so necessary for the students in medicine who are involved in a long process of training and adaptation to the numbered specialties of the medical science. To this end we intend to start the experimental research project entitled - Prospects for the university physical education and the development of the personality characteristics in the context of growth of the bio-psycho-socio-professional potential of the students in medicine. This matter is of great current concern in the scientific areas of psychology, pedagogy, sociology, physical education and sports etc. in view of the present findings of the problems that the idea of personality of the human being at the youthful age imposes and the possibilities for action on them in an interdisciplinary relationship. Atkinson said that „The study of personality is not only the most ambitious, but also the oldest area of interest within psychology.”

3. Reason for Choosing the Theme

Choosing this complex area of analysis and research is justified, on the one hand, by the nature of my university formation at present, in the past with many competitive sports activities by practicing the game of handball and not least of the future concerns around which my further professional experience is being built. "Attitude is a state of neurological and mental (mental) action readiness, organized the experience which exert a dynamic and / or directly on behavior." (Allport, 1991). The increasing of the physical activities of students in medicine through the many activities of study, exams, sessions, projects during the academic year, all resulting in a high activity of the brain, and to counterbalance this aspect it is necessary to practice the sports disciplines in an organized framework of the university physical education lesson. "Physical education promotes physical balance and mental life threatening conditions. Shares held during driving lessons decisively influence the will, courage, perseverance, autonomy, initiative, responsibility, solidarity." (Pieron, 1980).

The project plans to demonstrate the fact that physical activity is very important acting on the increasing of self-confidence, responsibility, socialization, self-control, good condition, perseverance, commitment, etc., personality characteristics important for the activity currently carried out by students and for the professional activity of the future physician in Romania. The personality of

nowadays students, future physicians are expressed through their behavior, the corporal dynamic, every gesture, every expression and movement of the human beings being loaded with psychomotor, behavioral specific information. In shaping the personality characteristics of students in medicine, the university physical education should be more like a social necessity, as required by the new conditions in which the future specialist in medicine will conduct its professional activity. "Training methods of academic activity are concrete expressions of learning situations that students go through." (Vințanu, 2001).

The requirements imposed by practice, as well as the real opportunities to improve the areas of physical education which support the professional activity, claims scientific research and experiments sustained. The reconsideration of the old educational technologies depending on the new requirements of practice has become a current major concern which must include also the physical education process on the vocational training of the student in medicine through countless means of the university physical education which come to work on the modeling of the characteristics of personality. In a personal systematic vision I will present in the diagram below the relationship between the sports disciplines and the personality. Achievement motivation was measured using the Achievement Motivation Inventory/AMI (Schuler et al, 2004).

The university physical education must act by all means specific for the development of the deep interior of the student's personality to lead to a real perception, living, feeling and culture of the quality of the physical education and sport. Thus, one can understand the directions of physical, motor and psychomotor training necessary to adapt to the conditions and functions of the bio-psycho-socio-professional activity.

4. Objectives

The objectives are subordinated to establish a theoretical and practical base which reflect the information in the fundamental areas of the behavioral education sciences and of the physical education and sports, in order to demonstrate the need to broach the sports disciplines in the context of the concept of the system of the educational process in order to model the personality characteristics of the students in medicine. "The ideal (goal) is essentially unique educational unit. It is done gradually, in stages (stage) corresponding to various tasks. Educational ideal is achieved by means of educational objectives. Learning objectives are anticipated design in the form of educational tasks that lead to educational ideal." (Bontaș, 1995). These objectives of the proper experimental research are stated in the following.

- Scientific documentation and efficient analysis of the specialized literature on the university physical education, sports disciplines and personality characteristics.

- Theoretical and methodological approach of the issue of the effects of practice of physical exercises on the personality characteristics of the students in medicine.

- Identification of the state of achievement of the domain achievements, the instructional strategies, the teaching design.

- Identification of the specific opportunities to use the knowledge gained in solving the theme problems.

- Identification of the opportunities for collaboration with the researchers belonging to the disciplines of psychology, sociology and pedagogy in order to launch an interdisciplinary approach of the phenomena of personality, networking, cohesion and communication in and through sport.

- Identification of the ways to reevaluate the knowledge in making assumptions and the completion of the project research directions.

- Identification of the methodological specifications on the university physical education lesson and the features of the sports disciplines as means to improve the personality characteristics.

- Identification of the opportunities for effective action on the personality characteristics of the students in medicine at a young age.

- Identification of the specifics of modeling the student's personality intellectually, morally, ethically and professionally for a proper social integration of the future physician.

- Identification of the procedures for determining the psychomotor, psycho-behavioral and psycho-social factors which stimulate the professional performance of students in view of the preparation of the socio-professional integration of students.

"Psychosocial objectives of physical education "capacity for social integration, collaborative capacity, development of tolerance, development emulative spirit, controlling aggression and channel it into socially useful activities, develop movement motivation, develop critical thinking conscious discipline, increase personal responsibility and collective contribution to the development audacity, the daring." (Virgil, 2005)

5. The Impact of Contributions of the Project

The impact of contributions of the project will be reflected on an educational, social, cultural plan with the help granted to the institutions of university education to develop a culture of the university physical education, the shaping personality characteristics and the growth of the bio-psycho-socio-professional potential of students. The social impact will be increased due to the participation of the educational sector. Changing the social attitude towards the university physical education will be achieved also through an intelligent dissemination. New programs specific to the university physical education will be promoted in universities. The biggest impact will be achieved through the direct participation in the project of certain major universities of medicine of the country such as: Iuliu Hatieganu University of Medicine and Pharmacy of Cluj, Grigore T. Popa University of Medicine and Pharmacy of Iasi, University of Medicine of Târgu Mures and Carol Davila University of Medicine and Pharmacy of Bucharest. The acceptance and the implementation of this system of programs and means

specific to the university physical education will have a major impact on the personality of the future physician bio-psycho-socio-professionally but also on health and life quality.

Conclusions

The degree of originality derives from the educational process based on the concept of system, which requires the action by means specific for sports disciplines on the personality characteristics, while operating on the motor and psychomotor components of students in medicine by developing a psychomotor test - original which comes to highlight the value of the sports disciplines of the university physical in order to determine the positive effects of direct influence on the personality characteristics of students in medicine. Also as an originality element we offer a questionnaire specifically designed for finding the motivation of the students in practicing certain sports disciplines, considering the fact that any action in an activity of any kind (physical, intellectual, emotional or inter-relational) is based on the motivation as a starting point. One second questionnaire developed and considered as an element of originality comes to show through its items the psychological personality profile of the typical student in medicine, building the items being reported to the specific of the students of the universities of medicine.

These two questionnaires will be linked on representative samples of students and the results of the psychological motivation and personality profiles will be compared with the two inventories (questionnaires) established internationally, known and recognized worldwide, respectively California Psychological Inventory invented by the famous psychologist of American origin Harrison Gough and the second inventory (questionnaire) called Motivational Achievement Inventory (AMI) translated in English version but native of Germany, namely Leistungsmotivationinventar, which was created by a team of 3 researchers and psychologists of German origin, respectively: Heinz Schuler, Ph.D., George C. Thornton, Ph.D., Drd. Andreas Frintrup. It should be noted that this inventory can be an element of originality being included for the first time in Romania in the doctor's degree thesis of the coordinator of this postdoctoral project. When adjusting and standardizing the inventory of motivation AMI, on the people of Romania we have participated along with psychologists researchers of Romanian origin coordinated by Ph. D. Horia Pitariu – Babes Bolyai University, University Lecturer Dr. Dragos Iliescu - SNSPA Bucharest, whose interests revolve around the applied research and the psycho diagnostic, with reference to the scope of the organizational psychology. The role that I had was to get involved in investigating the motivation for performance for the athletes included in the representative batches of handball, basketball and volleyball, men and women of Romania.

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