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STUDENT HEALTH AT TIMES OF PHYSICAL EDUCATION AND SPORTS

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Abstract*

Problem statement. Hygiene is the science or branch of medical science that deals with the preservation and promotion of health.

The word hygiene is derived from Hygeia, who in Greek mythology was the goddess of health, daughter of Asklepios (Aesculapius in Romanian), the god of healing diseases and symbol of curative medicine.

Defining hygiene, stress that it is the science of health preserving and promoting human health, the human community, therefore it is the basic discipline of preventive medicine at the same time basic disciplines of medicine community. To appreciate theoretical and practical importance of hygiene, it is necessary to know and to delimit first concept of health.

The aim of the research. Health is a unity components multidimensional physical, mental, spiritual and social. It is the permanent human-environment interaction effect, the interaction of hereditary, environmental and behavioral factors.

Through health and understand the human dynamic ability to adapt to the changing environment, adaptation to allow (through the conditions created) an optimum work and conduct of life.

Conclusions. Hygiene sporty integral component of general hygiene, trying to create the best conditions for participation in the training process of students in physical education classes, and competitions. To achieve higher performance and keep them for a period of time longer, the student must arrange their life and work on a regimen hygienic, in which individual hygiene, equipment, nutrition, exercise, etc, of particular importance.

Key words: children, health physical education.

Introduction

Hygiene is the science or branch of medical science that deals with the preservation and promotion of health.

The word hygiene is derived from Hygeia, who in Greek mythology was the goddess of health, daughter of Asklepios (Aesculapius in Romanian), the god of healing diseases and mediciii symbol of healing (Idu, 2007).

"Physical education makes a connection between being and becoming, in a transition balanced, favoring the full expression of potential motor, mental, and social subject" (Dragnea, 2006) which compels us to open up interdisciplinary perspectives on physical education on which to balance rational request of the body to ensure proper and multifaceted personality development, strengthen health, increase efficiency and boost professional embrace an active lifestyle.

The yield of the subject motor, its performance is only partially determined by a skill, it is compounded by other factors such as mental: attitude, motivation, emotional status, previous exercise, education, fatigue (Epuran, 1976).

Motor profile is determined by the

characteristics of individual motor skills, physical attributes and respective driving skills. Between type motor and the somatofiziologic are closely interrelated in that act motor is performed by musculoskeletal, which operates under the command received from the nervous system and drives the functionality of all systems and appliances (cardiovascular, respiratory, excretory, digestive) that provide so general metabolic substrate. In making the motor act, the authors Dragnea, Bota (1999), consider the body as a complex biomechanical system.

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With good health means a physical, mental and social development of individuals and communities. Mutual Conditioning between these attributes is so close that a physical and neuropsychological development is inconceivable without ensuring adequate social conditions.

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The main objective of hygiene is health.

Health is a unity components multidimensional physical, mental, spiritual and social. It is the permanent human-environment interaction effect, the interaction of hereditary, environmental and behavioral factors.

Through health and understand the human dynamic ability to adapt to the changing environment, adaptation to allow (through the conditions created) an optimum work and conduct of life.

The subject of hygiene consists of:

- research of environmental factors - natural, social and human health asura their action;
- health and environmental consequences caused by human actions on the environment;
- resilience of human communities and the environment changing.

Purposes Hygiene are:

- preserve and improve her health at the individual and the human community;
- lifting body resistance;
- extending the average life of the population;
- biologically active prolonging life.

Personal hygiene student body

Hygiene individual is called to solve a series of rules to be observed, for the student to be able to preserve health. Student's task to acquire a range of skills hygiene, which, applying them consistently provide the body the proper training conditions, thereby contributing to strengthening its health status and increasing the yield of the student. Some individual negligence in terms of hygiene, can make student learning exercises to lose sequence.

Proper body hygiene activity corresponds to the body, improves the exchange of substances, blood circulation, digestion of food, breathing, physical and intellectual development of human possibilities.

Body hygiene requires, first of all, keeping skin clean. The role is very big for the body skin.

Keeping skin clean is necessary to its normal activity.

Skin care steps are simple, easy, affordable and hence can be applied systematically in every situation and in every place where concern in this respect.

To preserve normal functions of the skin impose certain hygienic requirements, namely:

- ✓ daily washing to the waist, or in a shower with soap and water after refreshing gymnastics;
- washing your face with water at room temperature or alternating hot and cold water, ending with cold water washing. Thus, a kind of gymnastics is performed blood vessels, ensuring better feeding

facial skin. If only face wash with hot water (to cleanse oily skin very well), there is a persistent vasodilation and a weakening of the vessel wall tone with blood stasis leading to redness of the face. If the face wash with cold water only, nourished skin is weaker, it is well cleaned and in time becomes dry and rough. It is recommended that facial skin to wash with soap 1-2 times a week. Frequent washing with soap and water, degrades and thin stratum corneum and reduces the acid reaction of the skin, thereby entering facilitnd;

- washing hands with soap and water whenever they get dirty and mandatory onwards every meal;
- foot washing;
- general bath with hot water in the shower;

Regarding water for personal hygiene, it must have a temperature of 20-25 degrees C, shower and bathroom for general fall between 35-39 degrees C.

The best time for general bath is 2-3 hours after lunch or evening not to disturb digestion. After showering or bathing general is advisable to use individual towel.

In human skin meets the following roles:

-protection role. Horny layer of the epidermis, the body is protected against physical, chemical, infectious. Due to the elasticity of the skin and subcutaneous tissue, the underlying tissues and organs are protected from injury;

-role in thermoregulation. By the subcutaneous fat layer and skin protects the body peripheral vasoconstriction a large amount of heat loss and evaporation of sweat and peripheral vasodilation, protects the body from overheating.

The skin so the most important role in thermoregulation at the level they being made -97% to 95% loss of body heat.

-role in reception. Function by receiving tactile impressions, thermal and painful achieved through exteroceptorilor skin connects the body with the external environment, thus ensuring function relationship.

-anti-infective role. The skin acts as a barrier against anti-infective factors. By antitoxins and function to secrete the antibodies, the skin is an important defense against germs.

-role in excretion. During exercise accumulates in the body wear a number of substances (urea, lactic acid, uric acid, creatinine), which are harmful in large quantities. By the sweat glands, skin aging eliminating the excess water, mineral salts, in form of sweat.

-role in the synthesis of vitamin D. subcutaneous fat layer is provitamin D, which under the influence of ultraviolet rays are converted into vitamin D.



Nail care

Care anoint must be done systematically and carefully, because they usually formed as a culture medium for microbes. The nails of the hands should be cut short, but not exaggerated, not to peel off the bed digital unpleasant thing. Spaces under the nails should be washed daily with soap and brush special, absolutely mandatory.

Hair care

In addition to washing the hair must be groomed by brushing at least once a day, because thereby removes dust, dandruff, there is a greater influx of blood that nourishes the hair and make equal distribution of sebum.

Hygiene nose

The nose acts as the olfactory organ and is simultaneously beginning airways. It is the gateway filtrate, heating and humidifiers inspired. The nose should be cared for by washing with water and cleansing morning with a handkerchief (preferably hygienic disposable handkerchief) whenever needed. Avoid habits of your fingers in your nose and pluck nose hairs because in this way it creates gates of penetration of microbes in the body. The student is well to get used to breathe through your nose and in case of obstacles nasal passages, they must be solved surgically. The most common obstacles impeding nasal passages are manifestly breath: nasal septum deviation and polyps. They require a mouth breathing, reduce the sense of smell and hence a lower oxygenation of the body, which is of great importance for students who need a sustained oxygen supply during exercise.

Hygiene eye

Eyes are organs of vision. The view is not limited to simple brightness differentiation, form and color of objects.

Intense eyes seek in sport should be cared for very carefully. During physical education classes, the request is big enough vision, colors having a significant environmental influence. Thus, green and blue colors have a soothing, red is exciting, depressing black and yellow orange stimulatory effects.

For a good eye care and prevention of eye diseases that can occur in physical education class is recommended follows:

- morning face wash to remove accumulated secretions from the eye at night;
- giving up unhygienic habit to wipe his eyes with dirty hands or shirt, as often happens to students. They should use a clean handkerchief that should be dedicated only eyes or hygienic disposable handkerchiefs;

- a correct and sufficient natural or artificial lighting Sports facility.

Hygiene sports equipment

Through sports equipment means all items of clothing and footwear required students to conduct sports activities.

- during sports activity occurs in the body a large amount of heat, which varies depending on the effort (volume, intensity, duration, etc.), meteorological factors (sun, wind, rain, cold) stake emulation, equipment;

- color equipment is particularly important as it can help or hinder the process of thermolysis, by absorbing solar radiation. In this way, light colors absorb less solar radiation and the proportion of the dark, to a greater extent.

- sports equipment, protects against physical agents and mechanics. Shirt and shorts protects a large part of the body from sunlight.

- equipment students have dressed only during physical education classes or competitions.

Within sports equipment, a special contribution in achieving a time has încățăminte.

- shoes legs appear not only temperature oscillations, but also external mechanical fragments, strokes etc. Shoes must ensure total freedom in movement. Therefore it has to match the aesthetic shape of the foot. Influenced wearing incorrect footwear sewn permanent (narrow, tight, as sole raising pressed) began suffering from soft parts of the foot, then the foot skeleton. Fingers often pressed one another, take an incorrect form, develop flat feet and other changes in the sole.

Pressing the blood vessels of the skin leads to retention of excess blood and asudarea legs.

In addition, tight shoes lead to foot the winter cooling, which in turn leads to cold and diseases rarely may not even lead to freezing. After the shoe is particularly important condition to forget during some long journeys.

To prevent illnesses cooling necessary to forget that feet are dry. If feet were wet, then it must necessarily after the possibility of change.

Sports shoes must meet the requirements of competition and technical differences correspond to a given type of sport: to be easy, convenient and good defending sole blunt trauma.

Wet shoes should be cleaned and dried in a warm and well ventilated room.

For the maintenance of sport shoes, it is recommended aeration, shaking, and brushing which must be daily, whenever washing is needed and drying in the sun.

Physical education and sport entered in the act of culture and education, together with other factors



contribute to the construction of the spiritual edifice educational, moral and physical man (Mihailescu, 2003).

Physical education and sport are constant concerns for all stakeholders in training generations of education, health and capacity biometrică population. Constitutive side of the complex process of training and education of the younger generation, physical education and has been recognized contribution to multilateral fulfillment of personality, in all periods of development of society (Mitra, Mogoș, 1980).

Addressing physical education requirements in terms of social and cultural system provides image individual development as a consequence of learning specific skills cultural values.

Being a core value for the individual and society, physical education is part of the sphere of physical culture. Motor activity is the most important social impact (number of subjects, age range and institutionalized forms of organization). It is a way to transmit from one generation to another, elements of culture, values, positive experiences, attitudes and beliefs that it creates (Dragnea et al, 2006).

In the era of technological and scientific revolution which considerably limits the effort of physical and movement in pursuit profesionale and everyday life of human concerns of society increases considerably to achieve a rational balance in the request body is able to ensure proper development and multifaceted personality, conserve health and ability to work and combat degenerative phenomena.

Specialist in physical education focuses its activity in accordance with the overall aim of the education system aimed besides physical training and training and development of harmonious consciousness and behavior of the individual in society (Rosal, 1970).

Multilateral development is preferable to unilateral due to natural regularities manifested in the context of social evolution of the individual (Ionescu, 1989).

Pronounced unilateral activities, sedentary lifestyle, stress, improved nutrition and abundant effort limitation are several factors characteristic of modern life that requires acute use of physical education and sports activities as a means of prevention and compensation of relaxation and leisure.

Balanced development (physical and mental), harmonious and multilateral body, working longer (Mitra, Mogoș, 1980) are concerns which aims at physical education influences on health maintenance and increase working capacity. Provides permanent

education "as full harmonization of labor requirements of society and dorente people skills."

Due to practical use printer physical education enroll subjects with great opportunities for achieving the general objectives of education. In this sense, it adds to the work equip students with the skills, abilities and habits transferable to productive activity, developing those qualities driving required in these activities, habituation with team spirit with group work, discipline, order, exigency.

This discipline must contribute objectives, contents and its specific forms of organization and development of the teaching process, to achieve the aims assigned to the secondary level. It can be said with certainty that it is meant to provide "skills development" bio-psycho-motor and training students' ability to act on them in order to maintain permanent status optimal health, ensuring a harmonious physical development and manifestation of capacity driving favorable employability and social present and future "(Dragomir, Scarlat, 2004).

Conclusion

Concuție igienie in sports, integral component of general hygiene, trying to create the best conditions for participation in the training process of students in physical education classes, and competitions.

To achieve higher performance and keep them for a period of time longer, the student must arrange their life and work on a regimen hygienic, in which individual hygiene, equipment, nutrition, exercise, etc, of particular importance.

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