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## EDUCATIONAL ASPECTS OF HYGIENE TAUGHT IN THE PHYSICAL EDUCATION LESSON

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*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 Roman mythology), the god of healing diseases and symbol of curative medicine.

By defining hygiene, we emphasize that it is the science of health, preserving and promoting human health, the human collectivity, therefore it is the basic discipline of preventive medicine at the same time basic disciplines of community medicine. 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 understood to be a good physical, mental and social state of the individual and of the collectivities. The mutual conditioning of these attributes is so tight that physical and neuropsychic development can not be conceived without ensuring proper social conditions..

Through health and understand the human dynamic ability to adapt to the changing environment, adaptation that allows (through the created conditions) an optimum working and living ability.

*Conclusions.* Sports hygiene, integral component of general hygiene, is 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 the level for a long period of time, the student has to sort out his life and work after a hygienic regime, in which, the individual hygiene, of the equipment, of the nutrition, exercise, etc, have a 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 Roman mythology), the god of healing diseases and symbol of curative medicine (Idu, 2007).

"Physical education makes a connection between being and becoming, in a balanced transition, favors the full expression of the motric, mental, and social potential of the subject " (Dragnea, 2006) which compel us to open up interdisciplinary perspectives on the basis of which physical education achieves a rational balance in the body's demand, ensure the correct and multilateral development of personality, strengthen health, increase professional performance and stimulate the embrace of an active lifestyle.

The motor performance of the subject, its performance, is only partially determined by his / her

aptitude, and other factors of psychic nature are added: attitude, motivation, affective state, previous exercise, education, fatigue (Epuran, 1976).

The motric profile is determined by the characteristics of individual's motor skills. Between motric and the somatic-physiological types there is a close interrelation, in the sense that the motor act is carried out by the locomotor system, 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 the general metabolic substrate. In performing the motric act, the authors Dragnea, Bota (1999), consider the body as a complex biomechanical system.

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

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notion of health first (Vâjială, 2000).

Health is understood as a physical, mental and social development of the individual and of the collectives. Mutual conditioning between these attributes is so close that a physical and neuropsychological development can not be conceived without ensuring adequate social conditions.

The main objective of hygiene is health.

Health is a multidimensional unity of the physical, mental, spiritual and social components. 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 that allows (through the conditions created) an optimal working and living conduction of life.

The subject of hygiene study consists of:

- research of environmental factors - natural, social and their action on human health;
- health and environmental consequences caused by human actions on the environment;
- human and collectivity capacity to adapt to changing environments.

The purposes of hygiene are:

- preserve and improve the health of the individual and the community;
- increasing body resistance;
- extending the average life of the population;
- extending the biologically active duration of life.

Individual body hygiene of the student

Individual hygiene is called upon to solve a set of rules to be followed in order to keep the student healthy. The pupil has the task of acquiring a range of hygienic skills, which, applying them systematically, provides the body with the most accurate training conditions, thereby contributing to strengthening its health and increasing the pupil's performance. Some negligence in terms of individual hygiene can make the student lose the sequence of learning exercises.

Hygiene of the body corresponds to the correct activity of the body, it leads to the improvement of the exchange of substances, blood circulation, food digestion, respiration, development of the physical and intellectual possibilities of man.

Body hygiene requires, first and foremost, to keep the skin clean. The skin's role for the body is very important.

Keeping skin clean is necessary to its normal activity.

Skin care measures are simple, easy, accessible and therefore can be applied systematically, in any situation and in any place, if it is concerned about this.

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

- daily washing to the waist, or in a shower with soap and water after the 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 blood vessels gymnastics is performed, ensuring a better facial skin moisturizing. If the skin face is washed only with hot water (which cleans oily skin very well), there is a persistent vasodilation and a weakening of the vascular walls, with blood stasis leading to redness of the face. If the face is washed only with cold water, the skin is poorly fed, it is not well cleaned and in time it becomes dry and rough. It is recommended that facial skin to be washed with soap 1-2 times a week. More frequent washing, with water and soap, degrades and reduces the skin layer and reduces the acidic reaction of the skin, thus facilitating the penetration of microbes;

- washing hands with soap and water whenever they get dirty and mandatory before every meal;

- foot washing;

- general bath with hot water in the shower;

Regarding water for personal hygiene, it must have a temperature between 20-25 °C, for the shower and between 35-39 °C for the general bathtub wash.

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

For humans, the skin has the following main roles:

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

- thermoregulation function. Through the subcutaneous fat layer and peripheral vasoconstriction, the skin protects the body from the loss of a large amount of heat, and evaporation of perspiration and peripheral vasodilation protects the body from overheating. The skin so the most important role in thermoregulation at skin level is made in proportion of 97% to 95% the loss of the body heat.



- reception function. Through the tactile, thermal and pain function, made through the exo-receptor, the skin connects the body with the external environment, thus assuring its relations function.

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

- excretion role. During physical effort, a number of substances accumulate in the body (urea, lactic acid, uric acid, creatinine), which in large amounts become harmful. Through the sweat glands, the skin removes excess substances, water, mineral salts in the form of sweat.

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

#### Nail care.

Nail care should be done systematically and with great care, as a culture element for microbes is usually formed underneath. Hand fingernails should be cut short, but not exaggerated, to avoid detaching from the digital bed, which is unpleasant. The spaces under the nails should be washed daily with special soap and brush, which is absolutely necessary.

#### Hair care

In addition to washing, hair should be brushed, at least once a day, because it removes dust, dandruff, produces a larger influx of blood that nourishes hair, and an equal distribution of sebum is made.

#### Nose hygiene

The nose performs the function of the olfactory organ and is at the same time the beginning of the airways. It is the gate of filtration, heating and humidification of the inspired air. The nose should be cleaned by washing in the morning with water and handkerchief (preferably a disposable handkerchief) whenever needed. Avoid getting the fingers into the nose and plucking the verriculs from the nose, as this creates gaps of penetration of the microbes in the body. The student is well advised to breathe through the nose and, in the case of obstructions in the nasal passages, they must be resolved surgically. The most common obstructions in the nasal passages that obviously embarrass breathing are: nasal septal deflection and polyps. They require breathing on the mouth, reducing the sense of smell and, implicitly, lower oxygenation of the body, which is of great importance to students who need a sustained supply of oxygen during the effort.

#### Eyes hygiene

Eyes are the organs of sight. The view is not limited to simply differentiating the brightness, shape and color of the objects..

The intense eyes demanded in sports activity must be treated with great care. During physical education classes, the demand for vision is quite large, with the colors of the environment having an important influence. Thus, the green and blue colors have a relaxing effect, red is excitative, black is depressing and yellow and orange have stimulating 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.

#### Sports equipment hygiene

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

- during sports activity a large amount of heat occurs in the body, which varies depending on the effort (volume, intensity, duration, etc.), meteorological factors (sun, wind, rain, cold) the stake of the competition, 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 and mechanic agents. Shirt and shorts protects a large part of the body from sunlight.

- the equipment of the students is used only during physical education classes or competitions.

Within sports equipment, a special contribution in achieving the class are the shoes.

- the footwear is not only protects from the temperature oscillations, but also from the external mechanic, hits etc. Shoes must ensure total freedom in movement. Therefore it has to match the aesthetic shape of the foot. If permanent wearing of improperly sewn shoes (narrow, tight, pressing) 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 foot.



Pressing the blood vessels of the skin leads to retention of excess blood and sweating feet.

In addition, tight shoes lead to cold feet in winter, which can turn into cold and may lead to freezing. The condition of the shoe is particularly important during long journeys.

To prevent cold illnesses is necessary to see if the feet are dry. If the feet are wet, then it is necessarily if possibility to change it.

Sports shoes must meet the requirements of competition and technical differences correspond to a given type of sport: to be easy, to defend the foot of traumatic hits.

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 daily, whenever washing is needed and drying in the sun.

Physical education and sport, included in the act of culture and education, contribute together with the other educational factors to the construction of the spiritual, moral and physical edifice of man (Mihailescu, 2003).

Physical education and sporting activities are a constant concern for all the actors responsible for generating training in health education, and health and biodiversity. The constituent part of the complex process of training and formation of the young generation, physical education has been recognized as contributing to the multilateral fulfillment of personality in all periods of society's development (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. It is the motric 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 A. et al, 2006).

In the era of technological and scientific revolution which considerably limits the physical effort and movement in pursuit profesioanale 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.

The Physical Education Specialist guides his / her work in accordance with the general purpose of

the education system that aims, in addition to the physical training and harmonious development and formation of consciousness and the behavior of the individual in society (Rosal, 1970).

Multilateral development is preferable to unilateral one due to natural laws that manifest in the context of social evolution of the individual (Ionescu, 1989).

Pronounced unilateral activities, sedentary lifestyle, stress, improved and abundant nutrition, 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.

Harmonious and multilateral balanced body development (physical and mental), prolongation of the active life (Mitra, Mogoș, 1980) are concerns which aims at physical education influences on health maintenance and increase working capacity. Permanent education provides " Harmonizing as fully as possible the demands of the workforce of the society with the skills and wishes of the people."

Due to its practical and applicative character, physical education is among the disciplines with great possibilities to achieve the general objectives of education. In this sense, it contributes to the increse of the work capaciti, 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

As a conclusion, sports hygiene, an integral component of general hygiene, trying to create the best conditions for participation in the training process 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, have a particular importance.



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