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Original article

THE ROLE OF PHYSICAL EDUCATION TEACHER IN ACHIEVING EDUCATION FOR A HEALTHY LIFE

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Abstract A problem facing the school population is childhood obesity, the result of inappropriate eating behavior in children, due to negative examples and lack of discernment in food choices. This demonstrates the gaps in health education and in terms of discernment about physical activity. A physical education teacher has the necessary skills and tools to limit the effects of harmful factors on young people's health. The involvement of the school in the health education of the students is also observable at the level of the curriculum for physical education. Physical education and sports activities are part of the curricular activities, provided in the school curriculum because of its mission of health promotion and health education. The practical lessons of physical education lay the foundations for the formation of correct living habits, as well as a healthy lifestyle.

Keywords: physical education, health education, gymnasium

Introduction: The concept of education is a social phenomenon, a process of training man for to active integration into society, education is a set of measures applied systematically to train and develop the intellectual, moral or physical qualities of children and youth or by extension of people, of society; the result of this pedagogical activity. (Dicționarul explicativ al limbii române, 1998, p. 331).

Physical and sports education is a part of general education as a predominantly motor form of education and is integrated with the concept of education along with other forms of education: intellectual education, moral education, aesthetic education and technological and vocational education. Physical education is also a training activity - education oriented toward the acquisition of skills specific to sports, as well as the integration of students in school sports and participation in competitions in the school sports calendar by age levels and education cycles (Rusu, F. 2008) .

Health education is a component of general education, a system of measures and influences for the formation of hygienic behavior, it is the activity of leading the children and young persons from his condition of natural being to that of social-cultural being in health problems; is the provision of knowledge to individuals, to groups of individuals, so that they can voluntarily change certain usually risky behaviors. According to the World Health Organization, health education is a set of organized efforts aimed at promoting the development of knowledge, attitudes and behaviors aimed at improving the level of health of the individual and the community." (World Health Organization)

Health education is part of the New Education, which was addressed after 1980 in UNESCO programs and recommendations, and after 1990 began to appear in pedagogy textbooks and research in the field of education sciences, being addressed as responses of education systems to the imperatives of the contemporary world. of a political, economic, ecological, demographic, sanitary, etc. nature. According to the reports, health education is in a relationship of interdependence and complementarity with the general contents of education, the desideratum of new education, which gives education in society, family and school an open and dynamic character, requires continuous improvement. , a focus on the principles of its prospective and systemic character (Apostol S.L., 2008).

Research premises In our research we start from the premise that the physical education lesson and its leader, the physical education teacher, provide the framework and tools necessary for the formation of correct living habits, as well as a healthy lifestyle.

Research hypothesis We believe that the physical education teachers can contribute to health education by raising awareness of the benefits of exercising on health, family health and the social environment by promoting a healthy lifestyle for the younger generation.

Aim: The research aims to highlight the role of the physical education teacher in the health education of students.

Research methods used: the method of study and analysis of the literature, the method of observation, the method of survey by questionnaire and the graphic and tabulation method.

Result: We applied questionnaires to a number of 80 students to test their knowledge of the field of health education. 80% of students knew the concept of health education and believed that the information provided is

important. 75% of students followed the rules of personal hygiene: Fruits and vegetables are washed before being consumed by all 80 respondents. To maintain good health, students engage in physical activities such as basketball, football, handball, running, cycling, walking, soccer, running and cycling predominating. Regarding the eating habits, I also discovered that students usually eat breakfast before going to school. Students prefer fruits, eating them fresh several times a day. Students consume sweets and pastries in approximately equal proportions.

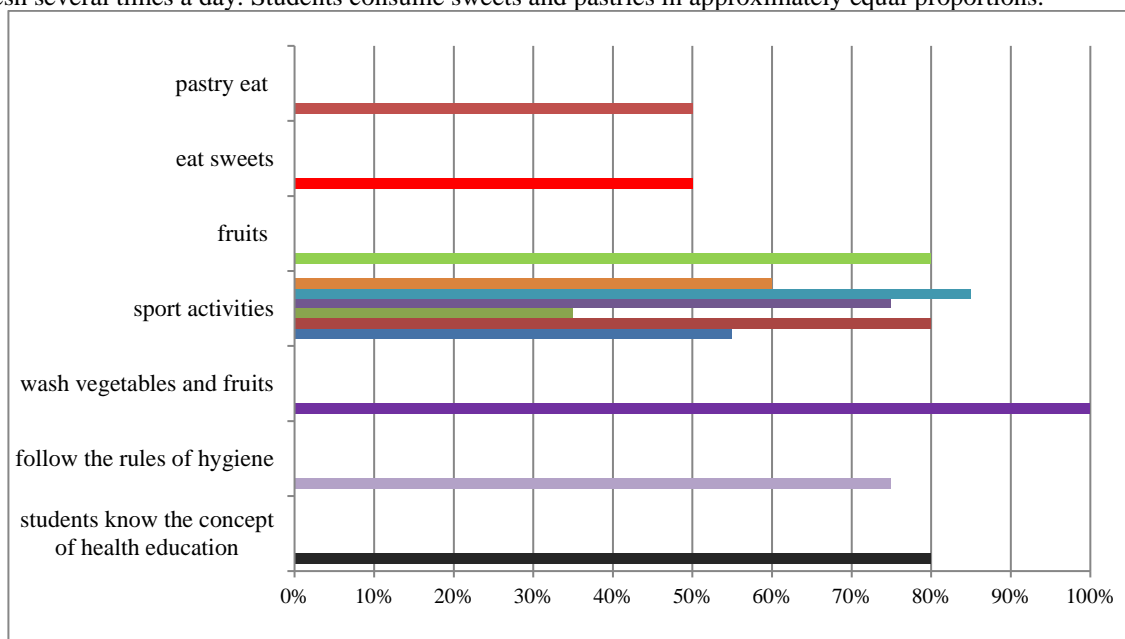


Fig. 1. Graph of knowledge about health education

The conclusion of the answers was that students generally have healthy eating habits and knowledge about health education.

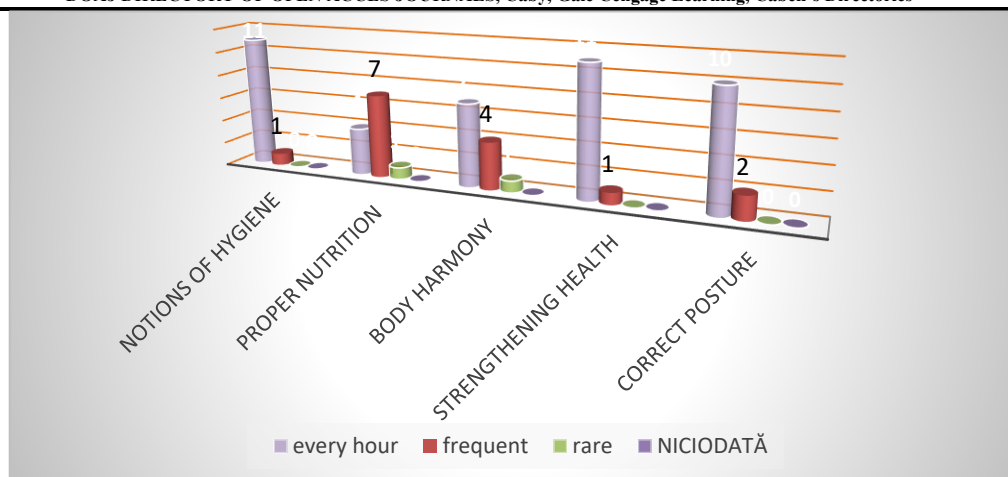
In the physical education school programs for the gymnasium, under the heading Values and attitudes appears "option for a healthy and balanced life, by adopting an activity regime that harmoniously combines physical and intellectual effort, recovery and recovery, leisure time". In accordance with these, the physical education teacher can structure his / her teaching approach in the way he / she considers most appropriate for their achievement. Physical education and sports activities are only a part of the need for systematic physical activities necessary to achieve the goal of health insurance. Since the notions related to the style and way of life regarding physical activities are mainly practical but also theoretical,

The survey by questionnaire targeted a number of 12 physical education teachers, of which 7 with the first grade, two second grade teachers, two full-time teachers and a junior teacher with a varied professional experience in education. as shown in the chart below.

Teachers believe that by using virtual e-learning training platforms, conducting individual studies and exchanging experiences with teachers from other EU countries, they will develop the most effective training activities for professional development. When asked if they had studied Health Education during college, the answer was 75% negative. Only beginners and graduates have benefited from Health Education courses during college.

In one of the schools where the surveyed physical education teachers teach, the subject of Health Education was taught this school year. In the opinion of all teachers, teaching the contents of health education increases the attractiveness and quality of physical education lessons.

Fig. 2. Frequency of approaching health topics by the physical education teacher



The analysis of the answers shows that all the schools where the surveyed teachers work are enrolled in various extracurricular activities on physical education and health education;

The teachers carry out, together with the students, sports activities, respectively health promotion activities with an extracurricular character, and among the qualified people from outside the school, the participation in these activities of the doctor and the school nurse was also mentioned.

Discussion:

Based on the data presented above, we consider that the role of the physical education teacher in achieving health education can be amplified by actions on the following levels:

Health education has three sides:

- cognitive - consists in communicating and acquiring new necessary knowledge defending and maintaining health;
- motivational - ensures the conviction of the population on the need preventing and combating diseases and the harmonious development of the organism, by observing the rules of sanogenesis;
- volitional behavior - consists in acquiring skills and sanogenic habits, with their application in daily practice.

CONVINCING STUDENTS ON THE NECESSITY COMPLIANCE WITH THE RULES OF HYGIENE AND CORRECT NUTRITION

- students' awareness of the importance of personal hygiene, equipment and sports facilities
- recommendations for responsible eating health behaviors
- food hygiene, diet, correct and balanced diet in relation to age and activity

COMMUNICATION AND ACQUISITION OF NEW NECESSARY KNOWLEDGE PROTECTING AND MAINTAINING HEALTH;

- teaching and applying in physical education lessons some notions, concepts, laws and principles specific to health education
- use and integration of the notions of biology and health education to explain aspects of physical education
- presentation and mastery by students of the determinants of physical development
- empowering students with disease prevention measures
- shaping a positive attitude towards maintaining a healthy lifestyle
- ensuring the hardening of the body and strengthening health through natural hardening factors

ADULT TRAINING - CONSUMER OF MOPTRIC ACTIVITIES

- awareness of the importance of lifelong physical activity
- empowering students with notions, knowledge and skills on building an individual and / or family plan to optimize fitness
- promoting the importance of exercise for a healthy life
- designing and displaying promotional materials in the school and community



Conclusions:

- The role of the physical education teacher is to introduce the practice of physical exercises among the local communities, to present its advantages, their importance in the development of students.
- The teacher contributes to the acquisition of the concept of health education, ie everything that means personal hygiene, healthy eating and exercise to maintain good health.
- physical activity is particularly important for the healthy development of students, having an important role in preventing overweight and helping improve school performance.
- A healthy diet combined with daily physical activity has a strong impact on the body and mind by increasing the ability to learn and understand, improving school participation and changing harmful attitudes and behavior.
- We recommend that notions borrowed from health education be integrated into physical education classes, and that the contents and recommendations of this discipline be correlated and supported by the contents and competencies of school physical education, helping students understand the importance of a healthy lifestyle.
- We consider the research hypothesis: it has been confirmed, in support of it, we come with the recommendation of the related actions of the teachers involved, which support the relationship between new education, respectively, health education and physical education.

- Related actions of the health education teacher and the physical education and sports teacher:

- - organized physical activity to combat a sedentary lifestyle and low level of motor skills;
- - learning the correct execution of movements by students, their dosage and knowing their effects on the body;
- - doubling exercise programs with hygienic measures and tempering the body.

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