



PHYSICAL EDUCATION AND SPORT FOR ECOLOGY DIRECTED DEVELOPMENT OF MAN

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ABSTRACT

The aim of our research is to reveal the unutilized possibilities of physical education and sport and the regularities in harmonization between people and the surroundings through motive activity and ecology directed behavior. We have applied traditional methods (psychology-pedagogical, special and statistical) as well as untraditional methods of scientific research: (psychical self-regulation, auto-training, sensory-figurative, respiratory and verbal suggestion). Using various practical and untraditional physical exercises in the physical education and sport syllabus of the secondary schools and universities, aimed at the health improvement assure mobile organization and optimum structure of the syllabus: improvement of the quality and the effectiveness of the training; positive changes in the physical ability and physical culture of the participants; formation of a healthy way of life and ecology directed behavior; creation of value orientation and motives for self-improvement through motive activity; revealing the social and personal importance of the systematic physical exercises and sport training; increasing the adaptive and potential abilities of the person for successful self-manifestation and realization in various conditions.

Key words: Adaptation, Ecology directed behavior, Healthy way of life, Self-improvement, Value orientation

INTRODUCTION

Physical education is a mediator of a new type of values in social and scientific plan. It is necessary to throw light upon the problem of ecology in the man development and in preserving vitality in the conditions of the fast changing society through physical education and sport.

Demographic collapse, technology, modernization of the surroundings, remoteness from the nature, unhealthy way of life set higher requirements toward the education. General education and professional training of the students are aimed at their successful physical and spiritual development and at their future social adaptation and realization. There are many research works in this area (1-4). The problems of ecology directed development of man in condition variations and the ability of person to increase the possibilities of healthy way of life and

self-improvement through physical education and sport are still unsolved.

Physical education and sport face the challenge to oppose the hypodynamics, neuropsychic strain and stress.

It is necessary to renovate the organization, means and technologies of the lasting motivation to systematic physical and sport training to enrich knowledge, abilities and competence through constant education and self-development.

The aim of our research is to reveal the unutilized possibilities of physical education and sport and the regularities in harmonization between people and the surroundings through motive activity and ecology directed behavior. The following tasks were realized: studying of the typical features in/of pedagogical interaction in the field of the physical education and revealing the mechanism of ecology directed behavior stimulation; creating new models for increasing the motive activity and healthy way of life orientation; examination of the Tae Bo aerobics effectiveness on the psychomotor, physical ability, health and individual development among 11-15 years

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old students; establishing regularities in value orientation in connection with the professional education and the self-improvement of the students through physical education and sport.

METHODS

The research has been carried out from 1999 – 2002 year with 1123 individuals (397 schoolboys and schoolgirls from “Zheleznik” and “Vasil Levski” Secondary Schools and 726 students from the Faculty of Medicine, Trakia University, Stara Zagora).

In our research took place current ecology-evolutionary, subject-subjective and situational approaches in conformity with the social and personal importance of the problem. We have also applied traditional methods (psychology-pedagogical, special and statistical) as well as untraditional methods of scientific research: (psychical self-regulation, auto-training, sensory-figurative, respiratory and verbal suggestion).

A new Tae Bo aerobics model has been experimented / is being experimented as a part of the main and additional bodies of the physical education and sport syllabus of the secondary schools. We examine the effectiveness of the new Tae Bo model on the 11- 15 year olds on the basis of tests, specific criteria and indexes.

We apply new organization of training in physical education and sport in the Faculty of Medicine, Trakia University, Stara Zagora). It gives students the opportunity to choose and practice a sport activity according to their interests during the whole process of education. New modern systems of physical training and self-training, aimed at the future professional competence of the students, are used.

RESULTS

Our research works and their results reveal positive changes in participant's development. Morphofunctional, physical, cognitive indexes, general physical and ecological culture have improved.

The results of our tests prove the advantages of the applied methods and the organization of the physical education and sport with students. The typical accents in our research stimulate assimilation and transformation of the general targets of our pedagogical practice into personal targets. The freedom of choice of the created system of organization motivates and stimulates the

activity. Using various practical and untraditional physical exercises in the physical education and sport syllabus of the secondary schools and universities, aimed at the health improvement assure:

- mobile organization and optimum structure of the syllabus.
- improvement of the quality and the effectiveness of the training.
- Positive changes in the physical ability and physical culture of the participants.
- formation of healthy way of life and ecology directed behavior.
- creation of value orientation and motives for self-improvement through motive activity.
- revealing the social and personal importance of the systematic physical exercises and sport training.
- increasing the adaptive and potential abilities of the person for successful self-manifestation and realization in various conditions.

CONCLUSIONS

The results of our research at this stage lead to the following conclusions:

1. The duration of physical education and sport has increased.
2. Physical ability of the participants has improved.
3. The quality changes in the technical performance of the chosen sports have been revealed.
4. The professional training of the medical students is adapted to the physical exercises and to their healthy way of life.
5. Interest, motivation and aspiration for independent training and self-improvement through physical education and sport has risen.

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