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BASIC CONCEPTS OF PHYSICAL EDUCATION

ABSTRACT

In order to develop the theory and practice of physical education, and successful professional approach in this area of human activity, it is not enough to define technical terms and expressions only. It is necessary, above all, to determine appropriate terms in an accurate way. Every form of human activity has its own language. The basic difference between the term and concept corresponds to the difference between language and thought. In fact, the term represents linguistic expression of the concept.

As well as in any science, so in physical culture, it is essential to determine precisely what each term means, in order to avoid mutual misunderstandings and misinterpretations.

With every new knowledge and deeper access to the essence of objects and phenomena, the concepts expand, upgrade and change. Therefore, we can conclude that defining the basic concepts of physical culture is temporary and only for a certain period of time.

Concepts do not last forever. The process of establishment, in fact, is nothing but a continuously defining subject of cognition.

According to their method of production, people regulate not only their social relations, they produce beliefs, ideas and concepts, too, which are temporary or historical.

Keywords: physical culture, education, exercise, exercising.

1. INTRODUCTION

Analysis of terms, their study, the skill of their usage, always requires the study of their movement, their connections and their mutual interactions. As knowledge develops, according to the changes in the practice, there is always a need and opportunity of reviewing previously given definitions. What is required is dialecticism of knowledge, which means the creation of the term, which corresponds the objective processuality of knowledge, in the first place of processes and phenomena of objective reality. Each term is then located in a certain relation, that is, in a certain connection to others. Defining a term, means to determine the content of that term. Without a definition, as a relatively constant provision of term, it is impossible to get the knowledge.

Scientific understanding of the world is part of the human capacity to change the nature and himself, so that the scientific truth can be reached through historical research using certain methods. In this case, facts should be subjected to re-test in order not to make speculation and mysticism of science.

Basic terms of physical education represent a reflection of the historical movement of relations of production in which we should look for their deeper meaning. The meaning of terms is important to rely on them in thinking, as the specifying of a term increases the possibility of a practical action, to a large degree. Otherwise, any conclusion escapes the truth. Terms are not eternal and unchangeable, but change with the development of events in society and our knowledge about them.

Several basic terms about physical education are:

1. Physical culture
2. Physical education
3. Physical exercise
4. Physical exercising

These terms are fundamental, because they represent essential features of the entire scientific field of physical culture.

2. PHYSICAL CULTURE

The term „physical culture“, and other terms represent a reflection of historical trends in production and society. The beginning of systematic work on the culture of the human body, begins at higher levels of development, when the human body and moving does not just imply a bunch of muscles and simple locomotion. Quite the contrary, the human body begins in a certain way to nurture, to prepare for specific skills and to practice for more effective work or to another purpose. It is evident that physical culture did not exist before the culture, that is, cultivation of body and movement could not precede the cultivation of other forms of human existence. In its broadest sense, culture usually implies the totality of scientific behaviour, with all products of that behaviour.

There are several definitions of physical culture:

1. Conscious, planned, free, purposful, creative social activity for cognition and management of material and spiritual benefits of human physical activities, as well as structural: physical education, sport and sports recreation.
2. Physical education represents part of the material and spiritual values of society, directed by special and various motoric activities, towards the optimal bio-psycho-social status of man.

The dilemma of the term „physical education“ creates serious difficulties to the theory and practice. On the one hand, the term implies idealistic division of man into spiritual and physical being, while on the other hand, implies physical education and sport. The solution for this confusion of meanings should be sought in one broad term that would include everything that is common to physical education, sport, recreation etc., characterizing basic purposes of society in this field. Culture, as it turns out once again, includes all human activities in the field of material and spiritual work, as well as the creations and changes made in nature, society and human thinking, as a result of these activities. It could be said that culture represents the creation of new values that are objectified through labor.

The term „physical culture“ refers to the area of creating changes that reflect the man's physical being directly. These are the activities whose main goal is purposeful changing of man's physical characteristics and abilities. However, explanation of the words themselves is not enough to understand the concept. What the words themselves do not indicate is that the physical education means the process of creating new values. Moreover, the term „physical culture“ applies to the knowledge of the process and these values, that is, here lies the essence of science of physical education. In other words, when we say „physical culture“, it is usually referred to the science of physical culture.

Physical culture does not only include the integrity of material and cultural values, but also implies certain conscious activities and its results. That conscious activity is manifested in the form of various physical movements, in order to achieve certain results. These results are quite different from the results of productive labor. Namely, while in the

process of labor the aim of physical activity is certain material product, here, the main goals are of totally different nature. Since the existence of human material and biological nature (physical being) is given (individual) independent of human activity, we can freely say that the physical culture corresponds to the conscious nurturing of human physical being. Above all, it refers to the human body, than from a theoretical point enters the domain of science, while in an educational service it occurs as the subject of physical education.

3. PHYSICAL EDUCATION

Physical education is the most organized, most systematic and professionally managed educational process in which, in correlation with other educational areas, with systematic and different movement activities, strives to achieve the main goals of our social system (development of motoric skills and acquisition of motor habits). It seeks for the values wanted to be achieved, in a broader overall personality development of students.

In general, the term education means both gaining knowledge and total cultural formation, focusing on the formation of personality and its world view.

Physical education is planned organizational activity that man, according to objective social needs, uses for his liberation through physical activities.

There are some other, similar or different, interpretations of the term physical education:

1. Physical education, part of the overall education process in which using physical exercises, planned and systematically, influences on physical constitution of the trainee. Using this kind of upbringing, helps in overall development of personality. The main goal of physical education is to improve the working and defensive capability of the individual and society. The task of the individual consists of providing healthy holiday, concerning the health, hygiene and education task, too.
2. Physical education is pedagogical process of forming and developing versatile personality, using appropriate motor activities.
3. Physical education is planned and systematic activity whose aim is, through physical exercise in the direction of versatility and through training in the direction of creativity in certain branches of sport, to develop human personality in terms of achieving educational goals.
4. Physical education is pedagogical process of forming and developing complete personality using appropriate motion activities. That is deliberate, systematic and permanent impact on human being, through particularly organized motion activity, for the sake of defining certain educational tasks.

The goals, means and physiognomy of educational and physical activity, as well as any other activities, have changed throughout history. Namely, there is no physical education which would be independent of specific historical circumstances. In every socio-economic formation, the historic goal of education has been developed and according to it the goal of physical education, too. Parallel with physical education, other components of education are being changed and developed: mental, moral, aesthetic, etc.

It all stands in a dialectical relation of close mutual connection and mutual influence.

In order to find out what was the physical education of earlier periods, it is necessarily to look at what the people were, that is, what were their needs, their productive forces, their way of production, and ultimately, their social relations which derived from

that conditions of existence. The creation of physical education is related to the tools for work. When the man realized that the sharpened stone worked effectively from the rounded one, that he can reach the fruit with a long stick and so, he got the desire to convey that knowledge to man and to the horde. Objective factors of creation of physical education are the material conditions of life, in this case hunting.

Today we can certainly say that hunting could not be the first sole factor that caused the occurrence of physical education. That are material conditions that existed before hunting.

Analysing the development of physical education throughout history, we can conclude that class physical education was based on the lack of production, and this class characteristic was destroyed by the development of modern force of production. The idea that economic eras do not differ from what is made, but in that what kind of tool is used in the process of making, we can conclude that: the bow and arrow are the features in the primitive society; halberd – physical education of the Middle Ages; gunpowder rifle – physical education of Capitalism. For physical education in Socialism, the basic characteristic is the creation of a special (new) science (physical education, kinesiology), whose task is to study the laws of human motion, giving it humane value.

4. PHYSICAL EXERCISE

Physical exercise is, as the primary means of physical education of student, particularly selected and designed methodological movement activity or sistem of movements collected in relatively unified structural parts in which is primarily, a) biological purpose, achieving an optimal level of motoric abilities and b) pedagogical purpose, the acquisition of motoric awareness throughout acquisition of motoric habits. It is specifically selected motoric activity whose main aim is to expand the level of physical development of man, the formation and improvement of his motoric abilities, habits and traits. The content of these specially composed activities, through which the level of physical development of man is expanded and other motoric properties are formed, comes from the working environment and serves for solving special pedagogical and medical tasks.

Physical exercise implies all those movements that man consciously uses for his development and improvement in terms of socially conditioned educational purpose. However, all motions, movements and activities cannot be called physical exercise in terms of physical education even though they indubitably affect our body, like: every day walking, sitting, writing, working in the field, factory, etc. Even though these every day activities represent some kind of physical exercises, they cannot be called like that, because their influence on the body is always random, so that they may affect positively or negatively.

Here are some more definitions of physical education:

1. Physical exercise is motoric activity intended for the transformation of man.
2. The term „physical exercise“ means motion, movement and muscle activity, applied for a certain influence on human organism.
3. Physical exercise is a means of physical education that includes all the movements that one uses for his development and improvement in terms of socially conditioned educational purpose.
4. Particular movement that man does in order to maintain, increase and improve his physical and functional abilities and physical development in general.

In their free time, our ancestors taught others and also practiced shooting a spear, bow and arrow in order to hit the prey and provide food for themselves. He does this

because through history he understood the significance of repetition of movements.

By further evolution of human society, physical exercises were given other meanings. The man was still working with the help of physical exercises, physical movement, but also, due to a higher level of consciousness, he began to run, jump, throw even though when these physical movements did not have utilitarian character. As physical exercise develops not only a muscle, affecting the will, the character, the psychic life in general, it has been used for the development of intelligence, the elimination of deformity etc. Thus, in the oldest times appears Culturalism, training in order to gain attractive body and become pleasant only to the eye. But today, science reveals that physical exercise changes both man and nature itself. Each activity practiced only for the purpose of form, movement for movement, becomes the goal for itself and it loses its values and connections with society. Such movements do not create man, but creative labor movements whose effect on human organism, in fact, is positive and progressive.

If we liberate physical exercise from the case, and insert a conscious component, the need that person intentionally uses physical exercise for his development and improvement – then, walking down the street, working in the field or in a workshop, can be a physical exercise. Therefore, physical exercise can be defined as motions and movements of the muscular system, that are made for a certain effect on the body, whereby the creative activity of man would be at higher level.

5. PHYSICAL EXERCISING

Physical exercise, as the process or activity of implementation of physical exercise, is a process of adjustment which, using various motoric activities, or through the systematic repetition of physical exercises (as a complex neurophysiological and biodynamic process), causes positive changes of man's capacity from some primary (initial) state to the desired (final) state. Also, physical exercise includes movement and motions, whose main aim is improving human capabilities. It is as well, a process of conscious, organized and planned movement of material and biological nature of a man, whereby using physical exercises, man achieves specific goals.

Physical exercise is the process of developing of skills, habits and abilities, that is, several times repeated performance of physical exercise.

If it is a process of regular exercising, where the purpose is achieving excellent sports results, then this form of exercise is called training; if the physical exercise is used in order to strengthen and improve our health or due to fun and entertainment, then it is called a recreation. This type of exercise is recommended as an excellent and successful method in facing the disease of modern time – hypokinesia; if by using physical exercises we eliminate certain deformities of the body, then it is called kinesiotherapy.

When we add that our body without exercising loses its function, while it is created to carry out a number of actions in order to survive and develop, then it is needless to speak of the importance of exercising.

Physical exercise represents the basic method of physical education, systematic activity directed on improvement of general and special activities of human being. It could be said that physical exercise, as a process of organized and planned movement of material and biological nature of man, results from the work.

First physical exercise was related to the practical, environmental activity, to secure the material conditions of life.

For every good sports or any other result, it is necessary to exercise and to improve certain skills, but the most important question is why exercising, since the emancipation of

the arms and legs became significant only due to emancipation of the head.

While performing our daily activities, we can perform physical exercises such as going to work by foot or running, doing exercises at work etc. These physical movements become physical exercise if a person consciously programs that activity, connecting it with its social practice. Here is physical exercise truly identified with the creative working activity.

6. CONCLUSION

The human movement derives from the eternal human need and the necessity to adapt nature to their needs. Therefore, we can say that the world does not determine the physical movement of a man, but that the human movement is always a product of social development. The productive forces, no matter which period of history is meant, always reproduce such a physical being that makes his working and environmental activity worthwhile. Human abilities, both of physical and spiritual nature, will always obey the power of production. Satisfying human needs, production will always create new capabilities and needs. The human motion is always the same as the physical, ie., material and biological nature of man, and physical nature of man is nothing but a social being. The essence of the movement of human body is in close connection between the arms and legs with the process of working. Physical existence and physical abilities are nothing more than the totality of man's productive activity. Physical activity is particularly important in childhood for the development of functional ability of the heart, lungs, muscles, skeleton. If they are not sufficiently developed during the growth, the opportunity for optimal development of these organic systems is probably lost. Moderate movement, as well, affects mental health very positively, resulting in relaxation of mental stress throughout lifetime. Physical movement, both in childhood and adulthood, strongly influences the control of the body weight.

7. BIBLIOGRAPHY

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