

Slavko Dragosavljević

Primary School "Jovan Jovanović Zmaj" Srbac

Scientific work review

UDK:796.035:502/504

Doi: 10.7251/SHT1301012D

SPORTS RECREATION AND ECOLOGY IN THE FUNCTION OF HUMAN HEALTH

Summery

Sports recreation is the most closely connected with ecology. It could be said that it is an integral part of ecology in its widest sense. The issue of human health and the problems of the planet earth are closely connected. Health of the Planet Earth is of crucial importance for the health of people who live on the planet. By destroying the nature, the man destroys himself. If one doesn't care for his health, he acts in the same manner towards his natural environment. In that sense, there is high analogy between medicine and ecology. While medicine mostly deals with diseases, and partially with specific but not primary prevention, ecology mainly develops as a science that detects changes in biosphere. Ecology remains at the level of symptoms. Ecology still does not equip people with means and methods of prevention and treatment of diseases of the planet Earth.

If we compare ecology with medicine, and/or with prevention in medicine, we would identify many similarities when it comes to health prevention. We witness the situation of modern way of living and negative impact of modern technologies which result in expansion of various diseases that have preoccupied attention of medical scientific workers, so that prevention is given adequate attention.

Key words: sports recreation, ecology, biological-health

INTRODUCTION

Explosive growth of population of the world, permanent decrease of natural resources reserves and continuous accumulation of various pollutants, dramatically warn about how serious the current situation in the living environment. These indicators show the need for checking the behavior of men and their attitude towards the living environment and the biosphere in general.

The state of living environment is worsen by other global ecological problems such as progressive destruction of biodiversity, damages to the ozone layer, global climate disorders, destruction of forests, acid rains and many other.

Sports recreation in spare time has become an important factors of protection of biological-health and social-psychological balance contributing by the following: contents and use of spare time; more efficient and better quality rest and rehabilitation; prevention, protection and improvement of health; protection and development of motor and functional skills and psycho-emotional stability of modern men.

Contemporary definitions of ecology emphasize that it is a complex science that deals with law-measure of mutual acts of man and natural environment, although it comprises health problems, physical and physical abilities of men.

METHOD OF WORK

In order to survive under current conditions one has to form not only ecological way of thinking, but also to substantially change his attitude towards the living environment, and to change his negative habits of passive way of living which are the most dangerous things when it comes to health and survival of men. Understandably, it is possible only if man fit into a harmonious union of functional processes and natural flows. Connection between functional processes of relevant macro-systems – ecosystem and biosphere as planetary macro-ecological system as a whole.

The main precondition is proper knowledge of basic ecological principles and legality. Acquiring of new knowledge become the main elements of human survival under the conditions of dramatical changes of the global ecology system. Therefore, development and strengthening of ecological awareness has crucial importance for men, but also for the whole humanity if they want to improve living conditions and prevention of negative impacts.

Education in ecology comprises inter-linkage of the systems that are the products of activities of men: social, cultural, political, economic, technological, communicative and information systems on one side and natural systems, namely: atmospheric, geological, hydrological and biological systems on the other side.

Raising awareness on environment is based on basic ecological principles, contents and methods. In that sense, contents should focus on interpretation and explanation that make a dynamic interaction of human activities and natural resources. In that sense, ecological awareness presents basis for better management of natural resources and more proper planning for the future.

Each individual employed in institutions of Bosnia and Herzegovina that is obliged to create preconditions to foster ecological awareness at all levels, in particular educational institutions that can include contents into their curricula in order to influence the public awareness on ecology in B&H (Table 1.1.).

FB&H		RS	
Subject	%	Subject	%
My currounding	2		
Nature and science	10		
Biology	28		37
Religion	1		
Culture of living	7		
Chemistry	15		13
History	2		
Geography	10		13
Arts	3		
Gimnastics – Physical education	3		
Democaracy and human rights	3		3
Homeroom class	10		

Mother language	3		3
Technical education	2		
		Physics	5
		Protection of environment	5
		Ecology	13
		Higiene	13

Table 1.1 Subjects in which ecology awareness is taught

Educational imperative imposes the question of understanding the existence and functioning of life on Earth. The life has its hierarchic organization, and/or biotic levels: from molecular, over the level of cells, units, population, community, eco-systems, biomes to bio-sphere. This unity should be taken as one system of dynamic equilibrium within which a human being is only of the sub-systems.

A man as a sub-system of the entire living world on the Earth can be defined as a complex dynamic self-regulating system. Changes on the Earth and in bio-sphere are the cause of many negative impacts on human health; if we add to that the negative impact of science and technology, and the static way of living, then it is quite certain that adaptation mechanisms of men are not able to follow the pace of changes on the Earth and that life of men is threatened ever more.

The answer to this question lies on education of the population in order to raise the awareness of men on protection of the environment and on higher physical activity in order to raise the capacity of people to adapt to new conditions and way of life.

Scientific-technical progress, apart from the progress and development, caused many negative consequences on men and the natural environment, including health problems, physical and physiological abilities of men:

- Most people are deprived from direct contact with nature; they are concentrated in big cities, they work in closed areas exposed to un-natural factors (noise, vibrations, evaporations, air and other pollution, and so on)
- Planet earth is threatened globally: nuclear probes; exhaustion of natural reserves; pollution resulting from industrial waste; chemicals used for agricultural production; pollution from cars; threat to flora and fauna and many other;
- Hypo-kinetics as a general lack of physical activity is widespread and endangers biological-health of contemporary men by its character and intensity and its connection with other threatening factors. Hypo-kinesis does not act in isolation, but in combination with other „pathogenic factors of civilization“: nervous-psychological efforts, excessive and improper consumption of food, unfavorable living and working environments, harmful habits.
- Structure of food and medicals has moved towards a more refined products, which are less useful and often harmful in comparison with natural food.

Having in mind such unique organization and manifestation of life on our planet, it is clear that any change that occurs in any part of the system shall have an impact on the entire system, and/or each change of the entirety shall have an impact on any of its parts.

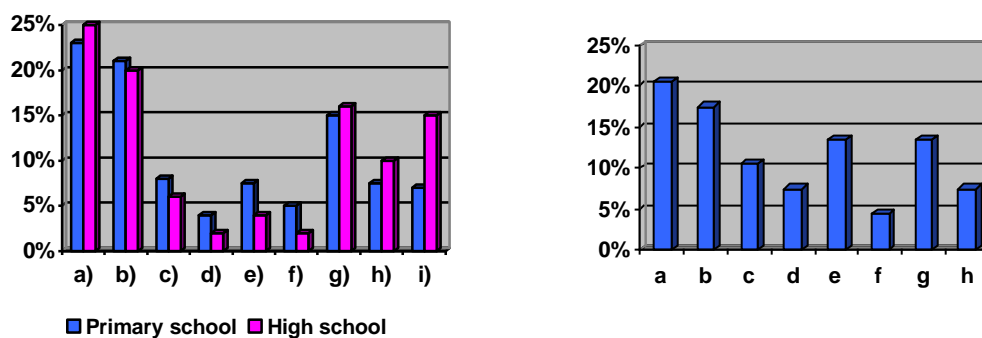
Interactive relation between men and the environment are so complex and multi-dimensional in ecology education, which is a unique system in which men have a crucial role in any change of natural equilibrium both in changes in nature and in his own body, as a sub-

system of micro-biological world on the planet Earth. Exactly for these reasons we have to make efforts to ensure that the entire society acquires new knowledge and develop awareness on protection, improvement and conservation of the environment, as well as active time spent in various physical activities in order to meet biological needs of men to be active.

Strengthening of ecological awareness is a process of acquiring basic values of all validity around men. In this way, ecology education shall resolve many concepts of understanding of each individual with the aim of development of abilities, attitudes and opinions towards the respect of mutual interaction between man, his culture and bio-physical environment. Education on the environment shall ensure basic aims of protection of the environment in line with principles of integral lifelong education. Therefore, education comprise teaching on evaluation of values and on direct benefit and life efficacy through various forms of physical activity in a healthy and un-polluted environment.

RESULTS AND DISCUSSION

In the several months long research on carrying out of any activities on education of students or teachers in primary and secondary schools to raise awareness of the importance of protection of the environment, we have reached significant data that indicate that it is necessary to involve as many relevant contents as possible related to protection, development and conservation of the environment (Picture 1.).



Picture 1. Activities of teachers aimed at raising the awareness of ecology

Researches mostly indicate the main lack of development of awareness in the field of environment due to the lack of interest among the student, lack of motivation for the activity, lack of time for problem solution, lack of interesting data for the activity. There are many data that could be used through activities, using multiplication approach, for learning about the environment, which varies in educational institutions.

Educational contents on the environment can vary through many programs, both in curricular and extra-curricular teaching. If we want to influence the ecology knowledge, we can introduce contents on ecology into certain program contents and defined number of classes in order to introduce the contents effectively. (Picture 3).

Comparative data for primary and secondary school

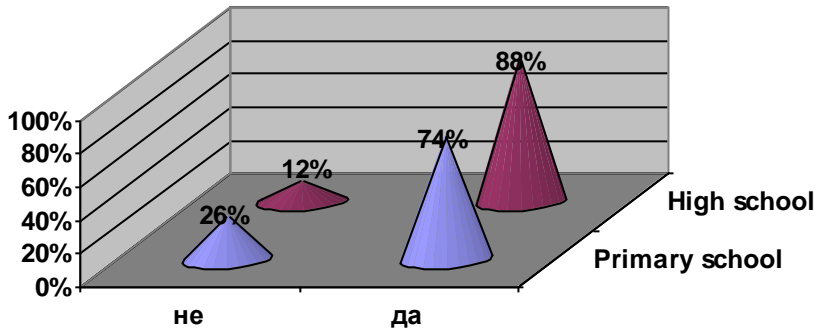
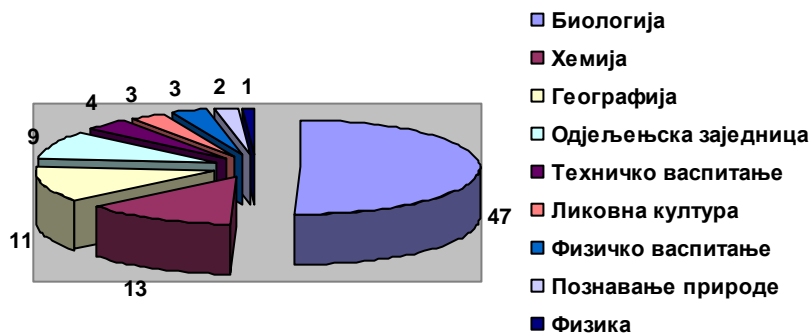


Table 1.1 Subjects in which ecology awareness is taught

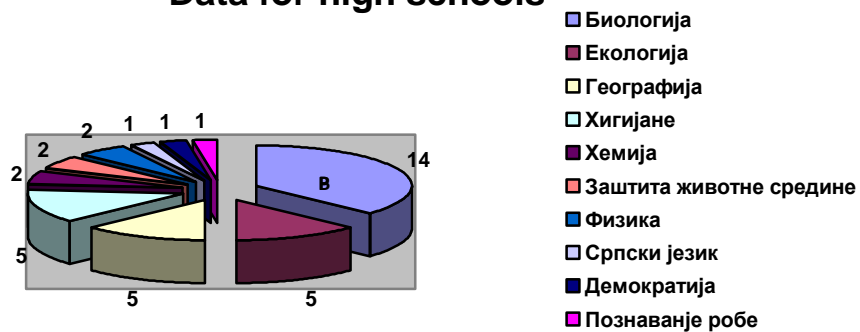
Researches have shown subjects in which ecology contents are included mostly in primary and secondary schools, data are shown in tables 3 and 4.

Data for primary schools



Subjects in which ecology awareness is taught

Data for high schools



Relation of contents by subjects in high schools

There are many activities that can be taken in different periods of children development in order for children to understand advantages of protection of the environment. In the course of education, children are involved in activities such as cleaning of the school yard and collection of paper as extracurricular activity related to the protection of environment. But, in order for students to develop love towards the environment, they have to be acquainted with all things that lead to violation of the environment in the way that students are involved in creative activities in order to develop ideas they would implement in accordance with the work plan.

CONCLUSIONS

Raising the awareness on protection of environment is in direct connection with the survival of man as an organic species and the human civilization as social development. Many terms that have recently been in the focus of ecological education should be taken into account. These are acid rains, ozone layer destruction, green houses effects, biodiversity violation, loss of fertile land, destruction of forests, concentration of various toxicants, pollution of atmosphere, surface and underground waters, etc.

Every education must ensure informed and educated population that would be ready to support and follow changes in terms of sustainable development. Such ways shall ensure education, flow of ideas, knowledge and skills, based on which it will be possible to achieve the set goals.

Structural-motor imbalance which is the consequence of hypo-kinesis expressed as a lack of physical load of dynamic character and as asymmetric loads preset risk factor of harmonious integrity of a person and his health in general.

Sport recreation is most closely connected with ecology. It could be said that sport recreation is an integral part of the most widely understood ecology. The issue of the health of men and the planet Earth are closely connected. The health of the planet Earth is of crucial importance of human health.

REFERENCES

1. Blagajac, M. (1991). *Programi sportske rekreacije zdravstveno preventivne usmjerenosti*, „Fizička kultura“ br. 4
2. Dragosavljević, P. (2001). *Pedagoško-psihološki činioci stavova o tjelesnim aktivnostima u slobodnom vremenu*. Naučno – stručni informativni časopis „Nastava“ republičko pedagoški zavod Banjaluka
3. Dragosavljević, P.(2004). *Slobodno vrijeme kao faktor sportske rekreacije*, Prvi kongres crnogorske sportske akademije, Kotor
4. Gldsmith, E. (1980). *The ecology of health“ Ekologist, Vpl, 10.N 6/7 P. 235-245.*

5. Relac, M., Bartoluči, M. (1987). Turizam i sportska rekreacija, *Informator, Zagreb*,

6. Živanović, Ž. i Blagajac, M (1993). . *Programi prevencije i kompenzacije hipokinezije i njihov značaj u održavanju ekološke ravnoteže*. Naučni skup, Sekcija za sportsku medicinu SLD, Vrdnik

Address: Momo Vidovis St. No number 78420 SRBAC;

E-mail address: tk.srbac@hotmail.com