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UDK:796.035

Doi: 10.7251/SHT1301019D

REDEFINING THE ROLE AND PLACE OF SPORTS RECREATION IN NEWLY CREATED CONDITIONS OF THE SOCIETY IN TRANSITION

Summary

With decomposition of ex-Yugoslavia, the system that held the country together also fell apart. New countries were created within the borders of ex-Republics in different circumstances. Sports and sports recreation had an important role and place in the system of the former country. Newly created countries, each in its own way, handled this social phenomenon. If we accept the fact that in the former country sports, sports recreation and physical education were integrated into a unique system of Physical culture, the system as such under the name of „Physical culture“ being rarely used in practice today, then it is evident that the place and role of sports recreation as important activity in prevention and health protection of each citizen must be redefined. The basic goal of this paper is to define health care institutions, regardless of age, social, material or educational structure, to define the role of institutions and organizations in creating conditions and possibilities for a growing number of citizens to be engaged in diverse sports recreation programmes. The problem of hypokinesia, as fundamental reason for eruption of many diseases, is not an individual, but a national problem, and needs to be treated as such in the process of problem solving.

INTRODUCTION

A human being is a part of the society he lives in and health care should not be only his concern. The role of the state and the local community and institutions is to ensure conditions in which as many people as possible should be involved in various forms of physical activities, in line with their needs, interests and possibilities.

The role of the local community should be expressed through a more intensive construction of sports terrains, sports facilities and through support of all forms of organization of citizens in order for them to involve in various programs of sports-recreation activities.

Educational institutions, Faculties of Physical education and sports must educate people who would be able to professionally meet the needs of the market. Faculties must educate vocational profiled staff for sports recreation that would be educated to be propagators and those who implement of various sports programs and contents that are offered on the world scene and based on scientific foundations.

Health institutions do not deal enough with health prevention. The biggest problem lies in the lack of clear strategy and operational programs, and connection with institutions and organizations in one single system organized with the aim to ensure extensive involvement in sports recreation in the function of protection of health that has no alternative.

State and Republic institutions must have a clear strategy for prevention of health and programs for sports recreation that should support healthy habits of each individual. The project based on healthy life with regular physical activities should become the objective of general social interest and should be given due attention.

SUBJECT OF THE RESEARCH

Sports recreation as an organized form of physical activity, present a very important and complex area of research dealing with complex organizational, andragogic-pedagogical, professional-methodological, health-biological and other issues.

Movement, motion and the need for movement have played a decisive role in the development of people. Man, as the only conscious being, have developed his mental abilities due to motion. Motions enable a child to develop, first of all to start walking when he/she is one year old, and later on to develop his/her physical and motor abilities that would enable him/her to carry out all life matters.

Reduction of moves caused by modern way of life and work result in bias that reduces activity of vital life organs, weakens their function which eventually weakens and threatens health in general. The need for motion among children is satisfied in their spontaneous wish to play. Among adults, the need has to be developed and a strong impulse should be given that would provoke an individual to be active.

The way from need to action is conditioned with various factors: life conditions, social status, working engagement, economic-material situation of an individual, culture of living, environment, sports facilities available in the vicinity, health state, habits etc.

Out of complex problematic related to sports recreation, the subject of this research include the following:

To define the position and role of sports recreation in the society that has gone through tectonic changes, and to clearly define the role of individual institutions relevant for the development of sports recreation.

Given that sports recreation has an important role in the prevention of health, in maintaining vital and working capabilities of citizens, and in proper growth and development of the young, solution to this problem requires a complex approach towards all subjects and institutions which in any way have to do with the above stated tasks of sports recreation, as a life important activity.

AIM AND OBJECTIVES OF THE RESEARCH

The aim of this research is to clearly present the current situation in the area of sports recreation in the Republic of Srpska, and on the basis of the analysis which should indicate the level of involvement of citizens in sports-recreation activities, and to propose certain measures in order to better organization and involvement of certain institutions at local and the Republic level.

The main objective of this research is to set a clear differentiation of existing institutions in the social system of the Republic of Srpska, that are in any way responsible for the health of citizens, in particular for the prevention and protection of health. Clear definitions of the role of individual institutions, organizations and agencies in the aim of preventive activity related to health of citizens shall help this society become a humane society.

METHODS OF THE RESEARCH

Having in mind the specific aims set for this research and the problem we want to resolve, we have chosen to use cybernetic-analytic method that would enable us to develop the structure of institutions and organizations that are in function or should be important in the creation of conditions for the development of sports recreation.

Only with clear defining of the role and place of individual institutions, and the analysis of their direct connections and interaction conditioning, sports recreation can be the activity of special social importance.

It is clear that health, vitality, and physical working ability is an important link in the life of each individual, although some citizens are limited in the creation of general conditions to satisfy biological need of people to move. That is why there should be found a way to enable institutions to execute their legal obligations in the creation of real conditions for sports recreation available for the majority of the citizens of the Republic of Srpska as the National strategy in the prevention and maintenance of health.

ANALYSIS AND DISCUSSION

Looking for the answer to this question, I will start from the assertion which has been stated many times so far: optimum physical activity is the most effective means for health protection.

Health is the biggest wealth that one can have, and the Ministry of Health of the Republic of Srpska is the most responsible for the health of people in RS. Medical doctors are the most direct exponents of the most human job so that their role in care for people is the most important one.

The only problem is in the fact that doctors are not visited by healthy people, except when they have to get health certificate or be examined for regular examinations, although they are not many. Unfortunately, the law provided for that we have to take our cars to be tested once a year, but such a law is not obligatory for people so that it appears that we care more for our cars than for our people.

Nevertheless, we have to state that most people visit doctors when their health is ruined, meaning that they have to be treated. Huge number of those people could have prevented the disease. The cause of disease is hypokinesia in most cases.

It is clear that Health centers are visited by the sick, whereas places where healthy people could come in order to prevent diseases do not exist.

It is certain that doctors have limited possibilities of amore operative acting in order to apply some sports-recreation programs, as it is not their field of work, after all. The tool and the means for health prevention lie with experts of another profile, and those are physical teachers and experts in the field of sports recreation.

This fact says that there is a need for close cooperation between doctors and experts for sports recreation. Currently, this cooperation is exercised only when doctors advise people

to practice physical activities, but not stating how, when and how much, so that individuals are left on their own to find out.

Pharmacy of health in which people could buy the most effective medicals for prevention of health is still on the unknown address.

In order to provide answers to some questions we must start from the beginning, and it is in the man himself, as he is the one who should make decision on possible participation in sports recreation activities. Regardless of the fact that man and his decision is important, we have to state that the decision itself as well as the action is conditioned with various factors:

- working
- ecological
- educational
- health and the other

Man is a part of the society he lives in and care for his health must not be only his concern. The role of the state and its institutions is to ensure conditions and assumptions in order to make it possible for most people to be more active, in accordance with their needs, interests and possibilities, which is not the case in RS.

The role of local community would be in intensive construction of sports terrain, sports facilities and support to all forms of organized sports and sports recreation.

Educational institutions, Faculties for physical education and sport must educate people who would professionally and responsibly satisfy the needs of the market. Unfortunately, we witness that in various clubs where such activities are carried out, people without proper knowledge and professional skills are employed, which is the risk for health.

In order to propose certain measures for better-organized and mass participation of citizens of RS in various sports-recreation activities, we need to make an analysis of the current situation and then define measures that would substantially change the current situation.

The unfortunate thing is that the area named PHYSICAL CULTURE has been ignored for some time. The term itself is not often used as before and it was replaced by the term SPORT which is often used as a synonym for the term physical culture so that we have the Law on Sports, Ministry of Sports etc. The change in the use of names is not the problem in itself but the thing is that the term „sport“ as an important social activity does not functionally comprised all the areas (physical training, sport in the system of competition, sports recreation).

Physical training is the area that is included in the system of education and defined by law. There certainly are many questions related to the program of teaching and extra-curricular activities in schools, as well as in the number of classes in a week, teaching syllabi, school sports competitions and in particular programs of school sports recreation that should give an important accent of training on health protection and development of lasting habits. In any case, this area should be better defined.

SPORT, as an area that presumes organized competitions in various sports is important as they attract a great number of young people who pursue healthy activities. Sports alliances resumed their work soon after the war, they established their structures and got involved into the system of competition. Results in sport are far below the results in the neighboring countries, although it requires another analysis.

SPORTS RECREATION is unfortunately the area that is left to an individual and personal interests of citizens. Nice stories are told about sports recreation, stories that relate to

health, but organized groups that pursue some forms of recreation, organizations that resumed their work, such as the organization „Sport for all“ do not have any significant support.

That is why I think that the first step in finding solutions to these problems should be analysis of the work of all institutions and bring them into correlation with some areas of sports as an integral field.

CONCLUSIONS:

- to form one Republic board for health prevention
- the task of the Republic Board would be to care for health in cooperation with the three relevant ministries in order to protect the health of people in the Republic of Srpska.
- The Board should develop one program and propose measures for mass and organized sports recreation as a lasting activity for health protection.
- Local communities (municipalities) should form an agency for sports recreation and health prevention under the title: HEPA (health-educational-prevention-agency)

The aim of Agency:

- to inform the citizens on threats to health;
- to inform people on possibilities and forms of sports recreation activities that the citizens can pursue
- to organize activities for groups and individuals
- to engage trainees, volunteer and send them to get further education for certain models of sports recreation
- to cooperate with working organization
- to organize sports games for workers
- to offer programmes for continuous inclusion of workers in sport recreation activity
- to propose amendments to the Labor law to ensure better rights of workers on active rest and the possibility for workers to spend time in specialized centers for medical preventive active rest (MPAR)
- to cooperate with schools and involves in activities and realization of projects in the local community developed for students and citizens
- to organize medical examinations in cooperation with health centers in order to examine health status of students/pupils
- cooperates with sports clubs and in particular in the issues of:
 - *health protection of young sportsmen
 - *organize lectures related to economy, nutrition and doping in sport.

GENERAL MEASURES :

- support to each form of private initiative in sports and sports recreation;
- provide legal significant easements for investments into sport facilities;

- stimulate all forms of sports recreation activities through benefits for leased sports facilities and terrains;
- support to associations of citizens, organized groups involved in implementation of various programmes of sports recreation activities;
- analysis of the state of existing sports facilities, playgrounds and terrains for sports recreation and then approach the construction of new ones with the aim to ensure access to as many citizens as possible to be involved in physical activities on daily basis;
- create conditions and make it possible for health institutions to more actively participate in various projects in order to provide information and educate and promote continuous physical activity as health prevention and protection measures;
- recommend and direct citizens to spend time in specialized rehabilitation centers that apply preventive and curative treatment with certain specific diseases (cardio-vascular, diabetes, anemia), where the effects of natural factors and special medical activities with dosed physical activity achieve the best effects;
- special attention should be given to developing conditions for organized sport recreation for disabled persons and children with special needs;
- ensure professional and material support in implementation of projects for re-integration and socialization of certain groups of citizens.

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