

SPORTS LOISIR AS A WAY OF IMPROVING THE QUALITY OF LIFE - IN THE VIEW OF SPECIALISTS IN THE FIELD OF PHYSICAL EDUCATION AND SPORT

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Abstract.

Background. The idea of free time has been circulated since antiquity. Today, the concept of free time has a wide circulation. Increasing the quality of life is one of the basic concerns of modern society. Recreational leisure activities contribute to well-being, have an essential role in maintaining the tone and maintaining health and implicitly improve the quality of life.

Methods. Method of bibliographic study; The survey method, based on an interview, applied to a group of experts in the field of physical education and sport.

Results. Following the interview with experts in the field of physical education and sports, the following are examples: Experts appreciate the concept of quality of life as the result of education and gradually acquired by the individual. Systematic and continuous exercise of physical exercise induces a well-being with positive effects on quality of life

Conclusion. Following the qualitative research discussions with specialists in the field, the following conclusions can be drawn: Expert solutions also aim at increasing the number of hours allocated to institutionalized sports disciplines through curricula, but also increasing the quality of the educational act. Also, the modernization of existing sports facilities and the construction of new spaces for sport would stimulate the participation of young people in mass physical activities.

Keywords: sports loisir, quality of life, experts

Introduction

The idea of free time has been used since ancient times. Today, the concept of free time has a wide circulation. Sports-recreation activities practiced during leisure contribute to the well-being, have an essential role in maintaining the tone and maintaining the health and implicitly improve the quality of life (Rață G.,2007)

Having a good health is a dimension of quality of life It is well known that health is one of the important components of quality of life, meant to provide self-confidence, safety and resources for professional, social and, why not, demands. and personal (Grigore V., 2007).

Increasing the quality of life is one of the basic preoccupations of modern society, when daily activities generate more and more overload of the body, and the energy expenditure of the body becomes less and less. In these conditions, the prophylactic and sanogenic value of the physical exercise increases.

Dr. Kenneth Cooper, who is considered the parent of the movement that promotes fitness, also supported by other researchers, agrees that the body seems to respond favorably to aerobic exercise 4-5 times / week for at least 20-30 hours. minutes session. This physical activity program positively influences most of the beneficial effects of physical exercise.

The ordinary daily movement tends to become insufficient under the conditions of today's society, and it must be optimized by including an organized movement program in the individual's life regime (Balint, G., 2007).

The purpose of the research. The presented study aimed to highlight the role of sports leisure in optimizing the quality of life.

This paper is part of a larger study that aims to investigate the influence of physical education and sport (in its different forms), on the quality of life perceived by students (through subjective indicators).

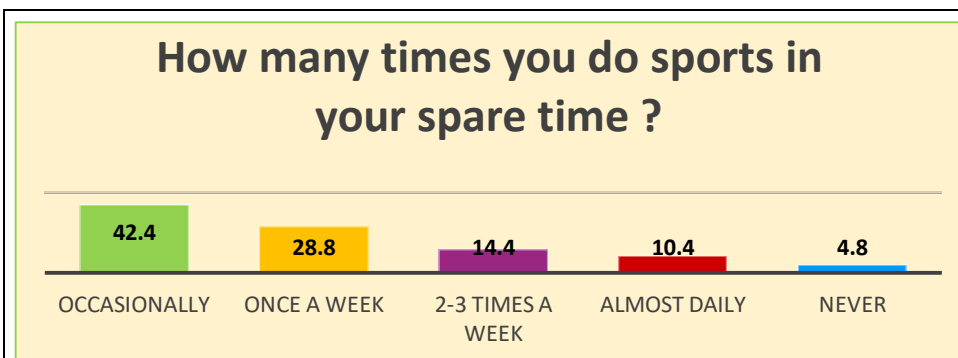
Research methods

- The method of bibliographic study
- The survey method, based on an interview, applied to a group of experts in the field of physical education and sport.
- The graphical representation method allowed me to express the processed data and the resulting findings.

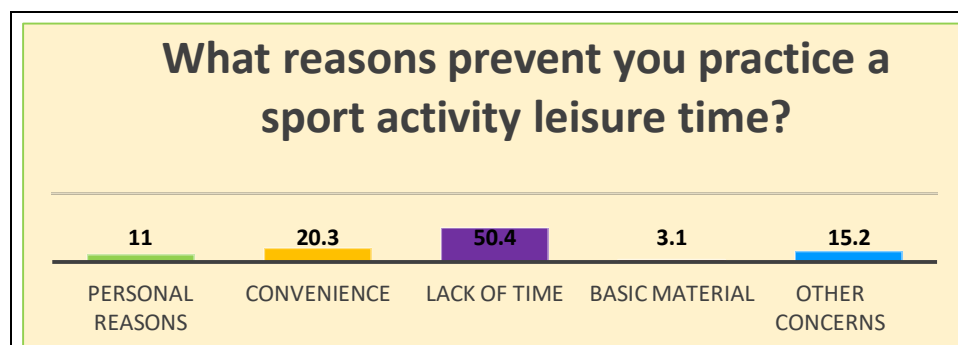
If, in the first phase, we set out to analyze the attitudes and behaviors related to physical education in young people, conducting a larger survey based on a questionnaire that was applied to the students from the University of Bucharest, (quantitative research), in phase one two, research, qualitative, I used the interview method.



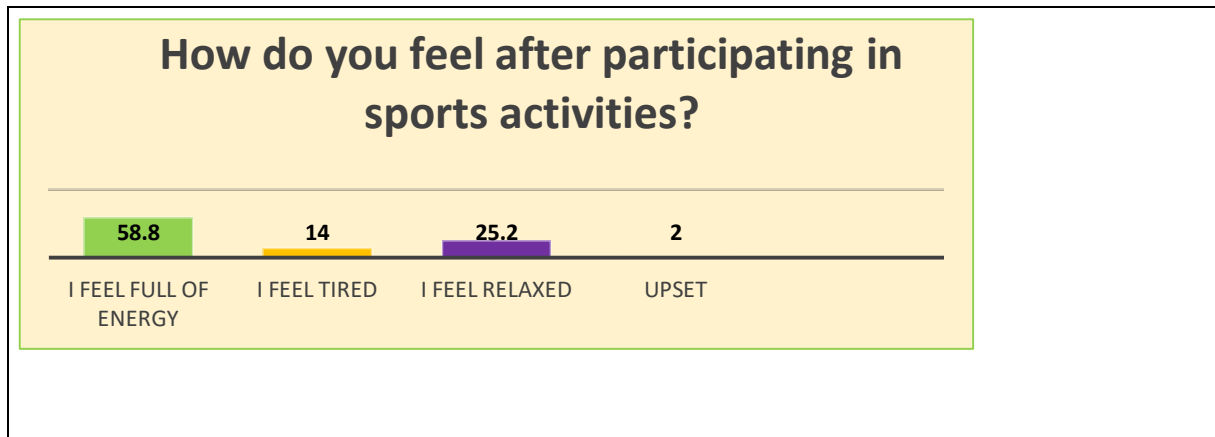
In fig. no. 1 is graphically represented the opinion of the investigated subjects on the practice of sports activities during leisure



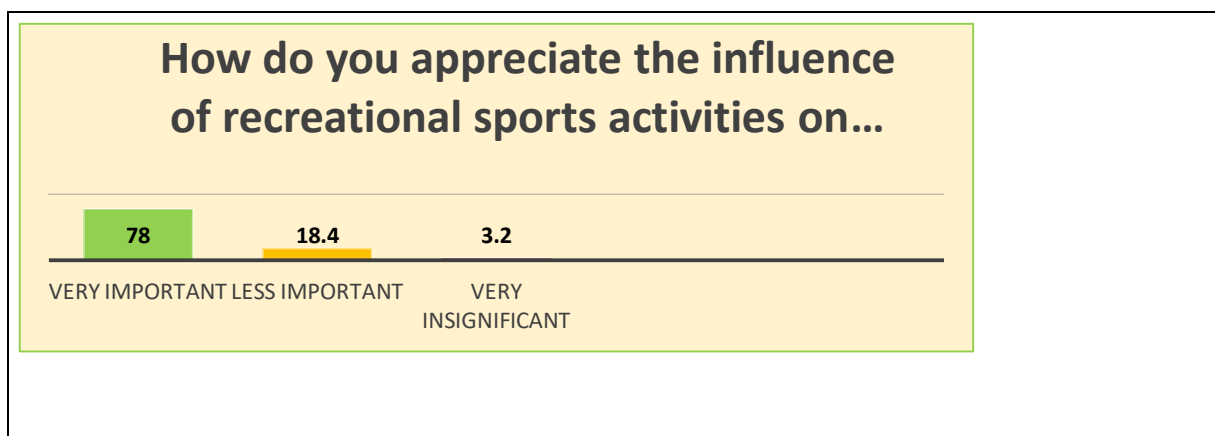
In fig. no. 2 is graphically represented the opinion of the investigated subjects on the frequency of practicing sports



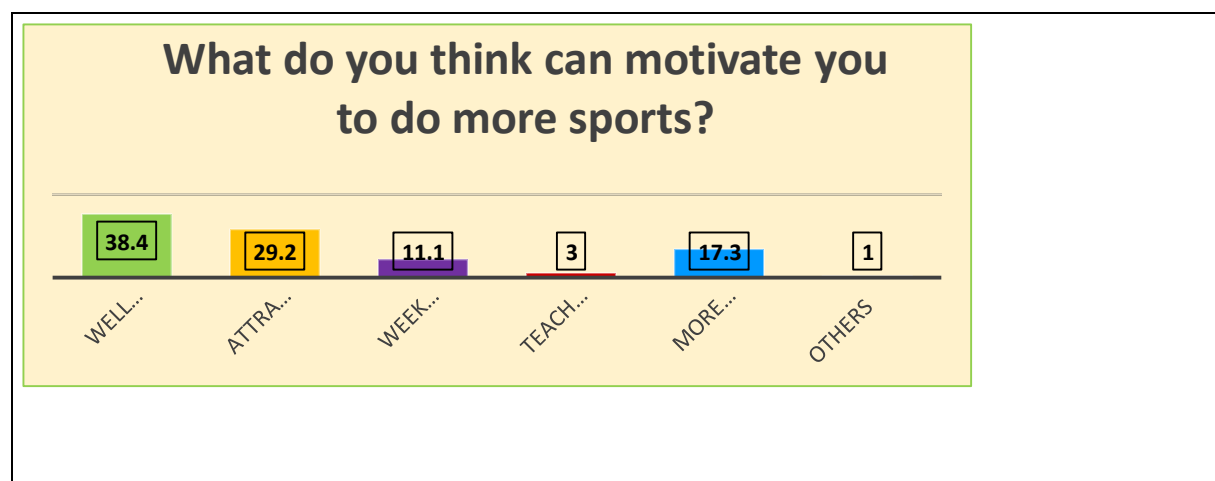
In fig. no. 3 is graphically represented the opinion of the investigated subjects on the practice of a sporting activity during leisure



In fig. no. 4 is graphically represented the opinion of the investigated subjects after participating in sports activities



In fig. no. 5 is graphically represented the opinion of the investigated subjects the influence that the practice of a sport has on health



In fig. no. 6 is graphically represented the opinion of the investigated subjects on the motivation to do more sports

The interview with the expert group was made on the basis of an interview guide (20-item questionnaire), to which the investigator receives free answers.

In addition to the survey method, we used both document analysis and interviews (talks) - with teachers and specialists in the sports world.

The talks had the role of clarifying the issue addressed, the teachers and sports specialists being asked to express their opinion on ways to improve the quality of life through sports.

We were also interested in their position on motivating students to increase their participation, regularly in sporting activities.

The problems addressed in the interview concerned the following aspects:

- how could the students be motivated to do more sports;
- the age at which it would be good to start the systematic practice of sport;
- the importance of practicing physical exercises in increasing the quality of life;
- socialization through sports;
- practicing sports-recreational activities at the weekend;
- to what extent does physical education help prepare students for life?
- the opportunity to introduce physical education into the curriculum, in all the years of education;
- to what extent physical exercise improves self-confidence, self-esteem;
- recommendations for improving the physical education lesson;

Analysis and interpretation of results

Following the interview with experts in the field of physical education and sport, the following results:

- Experts appreciate the concept of quality of life as the result of education and gradually acquired by the individual.
- Practicing the physical activities regularly, maintains the structure of the various tissues and organs, improves their functions and counteract the deteriorations that appear due to inactivity and aging.
- Practicing the motor activities leads to the maintenance and improvement of the health status,
- The specialists specify that a trained person has a "greater willingness to tolerate the effort of daily physical changes, compared to the untrained persons, to whom the effort is limited in time".
- The regular execution of some programs, of aerobic type, determines the strengthening of the functional systems that improve the capacity of effort
- The systematic and continuous practice of physical exercise induces a well-being with positive effects on the quality of life.

Synthesizing the opinions of the specialists, the effort recommended by them is the endurance, respectively the aerobic effort, at a certain percentage of VO₂ max. activities such as: brisk walking, jogging, cycling, or dosing effort on the ergometric bike or on the treadmill. Also practicing endurance sports disciplines adapted such as: cross-country skiing, aerobic gymnastics, swimming, boating, etc.

The duration of application of the training programs (number of weeks, months, years), as well as the optimal duration of the training sessions must be determined according to: age, health status, motor experience, level of physical condition of each participant and of course the final purpose of the activity.

Conclusions

Following the discussions in the qualitative research, with specialists of the field, the following conclusions are drawn:

The experts of the field consider that a strategy, which should be used in training, for training the capacity to practice physical exercise, throughout life, is represented by the application of the principle of awareness of the students in the process of practicing the exercises in the lesson.

To make students aware means to make them understand the purpose of learning and the usefulness of the acquired knowledge. The awareness process inevitably leads to the attractiveness of the students in understanding the execution and knowledge. When the student understands these things he will act with greater

pleasure, proving a greater will to perfect his executions. The student must understand the purpose of the physical exercises and their influence on the body.

The solutions identified for increasing the participation of young people in physical activities, largely correspond to the studies read to document the research, and are based on pro-sports education, the involvement of the media in promoting the benefits of sport on health and improving the quality of life, and on promoting the culture of sport. among the population;

The solutions coming from the experts also aim to increase the number of hours allocated to sports disciplines institutionalized through the curriculum, but also to increase the quality of the educational act.

Also the modernization of the existing sports bases and the construction of new sports spaces would stimulate the participation of young people in mass physical activities.

The interviewed specialists considered that a method of encouraging mass sport would represent free access to sports spaces, especially for young people, in order to adopt and maintain a healthy lifestyle.

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