

EFFECTS CORRECTIVE GYMNASTICS PHYSICAL EDUCATION AND SPORT LESSON

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Abstract: *Young people in the new generation must be prepared for more dynamic society, continuously growing, which requires a certain model. This model should combine harmoniously side of the personality of the young, as a healthy person, harmoniously developed physically a man of creative thinking, with ability to select, systematize and reorganize information. The paper aims to highlight those attitudes deficient early-stage is slight deviation from the normal physiological functions of body shape and that turns negative appearance. Detection of these case in the initial stage is the duty of every teacher, especially of the physical education, which in collaboration with the therapist can act effectively to prevent attitudes deficiencies and shortcomings and it they were installed, to have the most efficient use complex exercise that favorably influence the body' s balance state students.*

Key words: *health, physical disability, period of growth, new generation*

1. Introduction

Young people should be prepared for the new generation a more dynamic, rapidly growing, which requires a specific model. This model should harmoniously combine youthful personality sides, as a healthy person, harmoniously developed body, a man of creative thinking, the ability to select, organize and reorganize information.

In this sense youth, health and beauty healthy man created this profile, harmoniously developed, these characteristics are closely linked. The

essential role of health is how to combine youth, health and beauty, all being found in a complex harmony.

Health is the support that is made all individual events and on which we must focus our attention in every stage of life. strengthening health by strengthening the body is not done early, they will see a number of shortcomings and problems, mainly during the growth period considered to be the most dangerous in the transformations that take place on the human body, during which requires special attention both from parents, teachers, and doctors must observe, correct and control

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all aspects of children's growth and development.

Modern gym has all the qualities to be of real use physical training of students. Thus practicing gymnastics provide health enhancing, maintaining suppleness, strength, resistance and boosts mood [1].

Healthy appearance bothers anyone, but this can only be achieved by developing educational programs by professional and systemic recurrence of their resources by students.

The movement is "the largest health resort, who believes that he would get it through inaction would be as wise as one who would condemn to silence in order to improve oratory" [2]. Ability to restore or rehabilitate movement organs, systems or functions lost by the body is the essential role of corrective gymnastics for a long time [5].

"The purpose of school physical education is to raise a healthy youth, normally developed and strong." The author state that only healthy and well developed student from physically can successfully meet educational demands ever higher [6].

Another author presents health by pairing two components: developing proper form and body functions and ever-changing conditions of the environment [7].

In order to obtain health among students paper aims to highlight those poor attitudes in the early stage, is slight deviation from the normal physiological functions of the body shape and transforming negative appearance. Detection of cases in the initial stage is the duty of the teachers, especially the physical education, which in conjunction with physical therapist can act effectively to prevent deficiencies and shortcomings attitudes, and if they were already installed, have the most efficient use of complex corrective means that

favorably affect body balance state students.

Otherwise various shortcomings or problems of any kind detrimental to overall body health will create unfavorable conditions for its development.

2. The Concept of Physical Disability

Physical deficiencies are defined as deviations from normal in shape and physical functions of the body, which disturbs normal growth and harmonious development of the body, changing appearance, reducing skills and adaptation to exercise power, reducing work capacity.

Physical deficiencies are characterized by morphological changes more or less pronounced, occurring primarily in the form and structure of the body and manifests itself through a downturn or an excessive growth through the development of a disorder or disproportionate development through deviations, deformities or other structural defects, followed or preceded by functional disorders.

Physical deficiencies can be differentiated by their performance, especially after the possibilities of correcting physical exercises:

- Mild physical disability;
- Average physical disability;
- Increased physical disability.

Preventing physical deficiencies should begin with students entering secondary education, and continue throughout the school. Teachers, aided by physical education teachers and physical therapists should conduct at the beginning of each school year in each class, a thorough medical examination, to detect attitudes and physical deficiencies at an early stage. For this, you need to prepare collective and individual sheets, which are denoted anthropometric data, calculating clues and

even physical deficiencies found upon examination.

Undetected these deficiencies lead them worse, by simply working student with a physical exercises, which are often indicated for deficiency against him, others receive medical exemptions and so ignorantly and a deficiency and aggravated by faulty static positions.

In the "National Health Report of Children and Youth of Romania 2013" outlined "the greatest difficulties encountered in analyzing the prevalence of diseases in terms of territorial coverage with physicians deficient school." In December 2012, the central situation of the 35 counties and in Bucharest Municipality is as follows" [13]:

Table 1

The territorial coverage by medical school staff [13]

No. crt.		Urban	Rural
1.	Number of schools and colleges	2749	7113
2.	Number of students enrolled schools and colleges	1439648	790234
3.	Number of schools and medical schools	1427	9
4.	Number of doctors school employees	600,5	2

From table no.1, shows that standardization is insufficient (drilled a number of children assigned to a single medical school).

In terms of centralization chronic diseases emerge following:

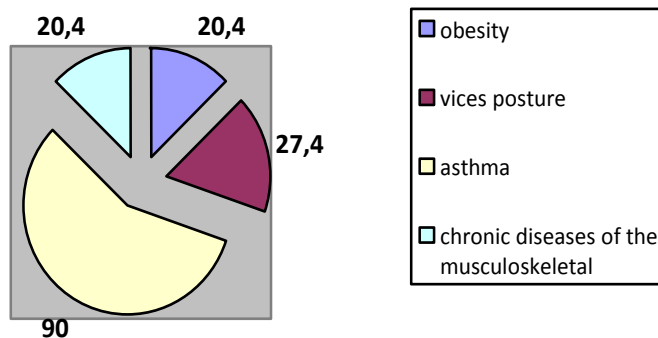


Fig.1. *Four chronic situation centralized structure* [14]

Table 2

Prevalence of chronic diseases [13]

No. crt.	Chronic diseases	Prevalence %
1.	Obesity	1,51
2.	Vices posture	1,65
3.	Asthma	0,6
4.	Chronic diseases of the musculoskeletal	0,49

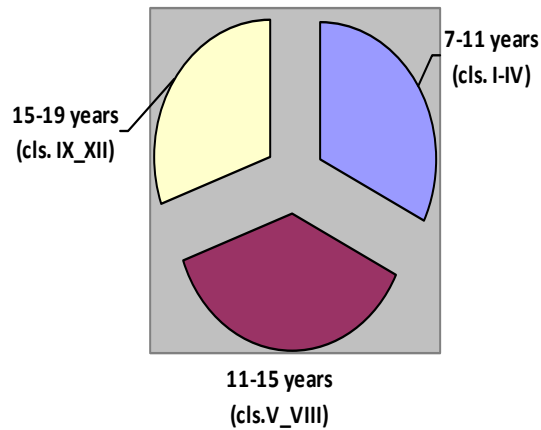


Fig.2. *Prevalences of chronic diseases* [14].

Young people are essential both for the present and for the future health of young people is the most precious wealth, so the ultimate benefit of investing in youth health is the welfare of the whole society [13].

In the "National Health Report of Children and Youth of Romania 2015 - Analyzing data obtained through exams balance of health in urban areas is observed that the value prevalence increases with age" [15].

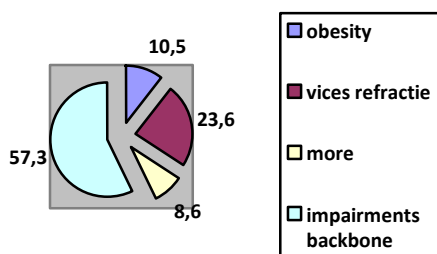


Fig. 3. *Share classes the first three chronic conditions studied urban 2013-2014* [15].

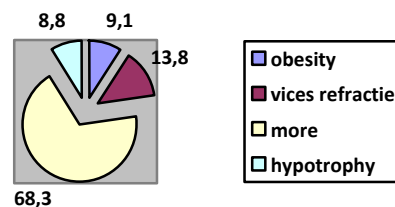


Fig. 4. *Share of the first three chronic diseases in rural areas in 2013-2014 school year* [15].

Share of the first three chronic diseases in rural areas in 2013-2014 school year:

„Child and adolescent health, internationally recognized as one of the fundamental components necessary for the development and human welfare. It depends on the overall health of the population, prosperity and development of all countries” [15].

2.1. Causes Leading to Increase Number of Students with Physical Disabilities are of Two Types: Objective and Subjective:

Objectives:

- No set hours in the curriculum for anthropometric measurements and control deficiencies;

- No therapist employed in each school;
- Meter lacking (spirometers, sphygmomanometers, dynamometers, etc.).
- Lack adequate medical examination arranged cabinets;
- Due loaded curricula, the teacher does not have time to individually handle these cases;
- Specialist teachers in physical education and sport, having specialization therapist avoids specific work with students who have physical or medical exemptions, not make them worse.

Topic:

- Reluctance of students to this activity;
- Disinterest family;
- Distrust of teachers in the efficiency of these activities;
- Convenience of teachers.

3. General Bases of Corrective Gymnastics Physical Education Lesson

Physical shortcomings research students can be found in various specialized works, works that highlight a detection and correction very well designed [8], [9], [10].

Ensuring harmonious physical development of all children of school age is one of the basic tasks of physical education. "Middle school age, between 10 and 14, is one of the most important steps of development in which start the transformations that will ultimately lead to the organism's maturation [12]".

Body attitude is an important component characterizing the physical development of the individual under the influence of functional or pathological causes at the age of growth may be a global or segmental weaknesses easy grade, medium or sharp.

Another new form is to rehabilitate the water with gymnastic exercises. "Rehabilitation of water is a form of furthest from therapy traditional clinical management, but also the latest method of

therapy. Water has an effect recovery and rehabilitation physical and mental defects patient. However the introduction of this type of therapy requires expertise (Biophysics and physiology) and knowledge training patients. This helps in reforming or retraining subjects treated". [4]

For correction were issued several opinions as follows:

- Prevention deficiencies through exercise school age;
- Correcting deficiencies in some circles physiotherapy students comprising more schools or students of several parallel classes;
- Rectification individual exercises performed in different levels of physical education lessons;
- Rectification in culture gymnastic-medical services.

Of these, the lesson of physical education and sport is the most favorable for preventing and correcting physical deficiencies. Preventing physical deficiencies is achieved by educating and improving the skill of correct body position, starting with the entry of children into class I and current exercises that are used in each lesson to ensure physical development from the morphological and functional. For exercises used to prevent and correct physical deficiencies must first be made by the student exercises to be performed symmetrically and influence all parts of the body.

The structure exercises should not be abused by some movements as: circles made by prior upper limb backward flexion of the trunk increased its emphasis on thoracic curvature of the spine, knee deep flexion.

In general, you should avoid previous plan development body damage rear plane, given that it is the support plan should provide the necessary fixity moving arms and legs.

Within hours is imperative to introduce more frequent exercises that address the neck muscles, neck, trunk and abdomen, and the muscles supporting the arch planetary and necessary exercises to strengthen knee and ankle joints which is generally not much use.

Rectification light must fall between permanent tasks of each physical education lessons. The lessons current deficiencies can be corrected global attitudes and segmentation using special exercises throughout the class, making for some physical development tasks and the tasks of correcting others. Not be forgotten that the right attitude of the body is a basic element characterizing harmonious physical development of each child.

Mechanism for correcting physical deficiencies slight corrective exercises, executed jointly is that they disrupt the reflex goes wrong and the attitude of the body, the whole or segments and replace it with a new reflex, right and stable. This objective is based on the actions of exercise and mental nervous system. Exercise acts on the muscular system and joints, strengthening shortening conditions, elongated muscles, helping to balance the potential of the two antagonistic muscles acting to maintain the right attitude segments.

Rectification physical medium is a task more difficult in the current physical education lessons. The difficulty lies in the fact that there is a relatively small class of students with visual media. Mechanisms to correct deficiencies medium effects based on corrective exercises an impact on neuropsychiatric and musculoskeletal joint system.

Correcting deficiencies in physical medium, you must take into account a number of factors:

-Exempting students with disabilities exercises execution environments whose structures can lead to increased movements such deficiency;

-Execute the same set of corrective exercises at home independently or under the supervision of parents.

4. Measures to Prevent Deficiencies

Preventing physical deficiencies should begin with the entry of children in preschool and continue throughout the school. [11]

Teachers, teacher masters, aided by physical education teachers and physical therapist should perform at the start of each school year in each class, a detailed examination to detect attitudes and physical deficiencies at an early stage. Monitoring should reflect this action by making individual cards, where to record pupils' anthropometric data, calculating indices and physical deficiencies found upon examination.

"The data is processed, and the findings are teaching the school board to take necessary measures" [11]

The author said the family hygiene measures, hygienic measures and special measures school physical education as follows:

Family hygienic measures:

- Ensuring good nutrition which respects the principles of healthy eating;
- Performing gymnastics daily refreshment after awakening;
- Body hardening under the influence of environmental factors: water, air, sun;
- use appropriate clothing;
- Homework following a straight when writing, used furniture is made and adjusted to body size;
- Rest and sleep on a plane to make harder and the head slightly raised.

"Equally important is the communication with the patient's family. This must be kept constantly abreast with developments patient and have a duty to contribute to his recovery by continuing physiotherapy exercises data, home. It is preferable that at

least one family member to be trained in the treatment of the patient so that it can continue treatment phase home. For that family member must be responsive and communicative and understand the importance of his involvement. It is also good to know that the patient. They are trained in certain techniques because it can do certain exercises single” [13].

School hygiene measures:

- Places students in banks made after body height, eye deficiencies and natural light to enter from the left.

- Teacher regardless of the material they teach, especially teachers in primary, you need to check and correct the students' position in banks when they take their notes and when pursuing the explanation. For the teacher must occupy a position that can be pursued by students without them having to change their position, these changes can lead to fatigue and also favors the emergence of poor attitudes.

- Recreation organization to include gymnastic exercises, dynamic games and other popular games and exercises for children, but that does not deprive collective exercises for body recovery.

Special measures physical education

- Developing and maintaining morphological and functional support, the attitude of the body, developing muscle groups acting static and dynamic;

- Continuous education complex neuromuscular reflex and right attitude psychic body, which students can always check if they have a correct attitude during their activities.

- Toning in terms of shortening (concentric) muscle of neck and back;

- Toning under lengthening (eccentric) muscle chest;

- Toning in terms of shortening and lengthening the muscles symmetrically side of the trunk;

- Toning abdominal muscles and sacro-lumbar basin to hold the correct position, which is considered the key body attitude;

- Toning, lengthening and shortening conditions, the muscles of the arms, forearms, thighs and legs;

- Increase joint mobility shoulders and hips creates a certain independence movements of arms and legs from the shoulders to the pelvis, and spine movements scapular belt arm movements made in the previous plan and pelvic and leg, made back plan;

- Toning muscle shortening under planting.

Along with exercises that lead to the development of specific muscle groups and chains should be included and exercises that contribute to complex neuromuscular reflex, proper body attitude. Formation of neuromuscular reflex, proper body attitude is fostered by voluntary relaxation of segments. This will contribute to the gradual extinction of tonic reflexes of muscle tension, manifested by hypertonia or muscle spasms that tend to alter normal behavior segments.

5. Discussion

Given the procedural complexity of the detection and treatment of physical deficiencies that develop corrective programs are contributing factors in achieving a harmonious physical development can draw the following the conclusions:

1. Correction program design is the most important aspect in the therapeutic field with a deep scientific content based on a number of science especially physical education and sport;
2. The importance of prophylactic and therapeutic gymnastics emerges by way of application of corrective gymnastics programs by age group and sex, taking into account any selection exercise gym.

3. Student attitudes and physical deficiencies can be prevented, detected and corrected in physical education classes and outside them if there is interest and concern from educational factors, the age most suitable for obtaining good results and very good.
4. Establish adequate gyms to correct physical deficiencies and mobilize all stakeholders responsible for training and educating students to achieve optimum performance by forming a correct attitude and harmonious physical development.
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