

## SPORT AND PHYSICAL EDUCATION. A MEANS OF MANIFESTATION OF COMMUNICATION CAPABILITY

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**Abstract:** *Communication is no longer seen as a simple exchange of information involving transmitter-receiver pair. We can say that today communication is virtually at the core of human activities and means, in particular, understand the other's gesture. In line with this approach, which means close to the sports communication, communication and physical education is very difficult to prepare an accurate definition of the word physical education because it is a concept that changes continuously. However we can say that in general, is a physical education physical activity and motor skills may involve competition.*

**Key words:** *communication, physical education, sports, socialization, interaction.*

### 1. Introduction

It is obvious that, since its inception as a physical education activity was located on one part entertainment for viewers and as an activity that involves the hard work and desire to play sports to reach performance. We believe that holding the Olympics Co and Paralympic Games in Beijing represent a step forward in sports communication, a manifesto on the side cumunicaţionale competition, performance and fair play.

### 2. Communication-social factor

Factor of social communication, such invades all areas of the enterprise, in

political circles, the press itself, where under "communication" prosperous, audio-visual, advertising, mobile, Internet and more, all set up and maintain an atmosphere very dense communication. Communication in Physical Education can be defined as "a fundamental way interaction of young people willing to practice or exercise, done through body segments in order to achieve optimal health status, even of individual behavior changes or group "and thus realizing a communication between" mind - body. "

Communication activity consists in transmitting messages between people, movement of impressions and controls the sharing of affective states, rational decisions and value judgments, with the

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express purpose of achieving the effect representations and opinions of individuals, social practices that they perform.

Communication and physical education has a role in controlling and synchronizing the efforts of individuals.

Communication can be represented as a system of actions of successive moments of the whole body movement transceiver reporting, coding and decoding them. Messages can be encoded and interpreted correctly only if interlocutors share the same code if the master signals the same system. Individuals involved in communication transmitters and receivers are each thus ensuring full system operation.

The communication is transmitted, also needs, aspirations, impulses to action, to initiate or halt activities are initiated, there is resistance efforts.

Socialization process coincides with the development and transformation of human individuals throughout childhood to their adult stage.

Physical education is a means of showing the communication capacity. Past century, giving rise to the idea that would revolutionize the entire sports world that is building the Olympics. Pierre de Coubertin said: "without sports, youth would atrophy in a purely intellectual band."

Renee Matheu argues that the roots of sport and culture are the same, considering sport and physical education as human subjects with social function and role in the development and perfection of personality.

The effects of quantitative and qualitative systematic exercise stimulates balanced, and ennobles the human being compensated, and sport can claim the right of integration into society's cultural heritage, thus defending the notion of physical culture. For some people, sport is a game, a form of stress release, relaxation and fun, improve fitness, promote social integration.

Social learning theory, has shown that socialization is best done through physical education and sport environment. The practice of physical education and sport has created foundations for the development of this environment, known as socialization that favorable communication.

Communication through physical education and sports aimed in equal measure, and group. An individual socialization arises when individuals assimilate attitudes, values, conceptions or models of behavior specific group or community to adapt and enhance its integration.

Communication through Sport signifies the extent to which attitudes, values, skills and rules learned in sports is transferred and manifested in other social spheres. Physical education and sports are considered as means of influencing the formation of human character and the honesty, humility, courage and teamwork. Individual acquires the ability to adjust their attitudes, habits and rules similar to the specificity of sport and other activities in different areas.

The effect of social, communication and sport activities, generating a multitude of positive effects on several categories of beneficiaries.

Physical Culture is in the minds of Forin Georgescu (1998), a component of the social organism, "a phenomenon without which society can not be conceived."

Physical Culture is a component, even field of great complexity that summarizes the categories of universal culture, institutions, mechanism and material goods created for the recovery exercise.

In this context, communicative competence is a result of the knowledge, skills, abilities, skills and temperament traits of character, that individual is equipped to fulfill its social function. Communication competence may be acquired through the assimilation of information and communication skills training.

The distinction between communication competence and communication skills is evident from the fact that differentiation, if we talk about communication skills a potentiality, something that exists or can be cultivated and developed. If communicative competence skills and skills that must be formed on a base to build cognitive, narrative predispositions.

Study of physical movement has always been an area of investigation for science education, but it is a little investigated field of social sciences and here we refer to communication through sports. Continuing to explore this area would come, perhaps, the conclusions to determine the importance of sport in resolving conflicts and interference of communication.

From the above it follows that any physical movement can be an expression of communication capacity, moreover, the literature focuses on "body language" on the expressiveness and relevance of non-verbal language in human relationships, including those involved in sports competitions.

The literature shows a variety of meanings of various bodily manifestations. This communication skills varies from one sport to another, for example, movements of figure skating to gymnastics or other sports such as boxing, wrestling and skiing. Communication Theory argues that the individual can communicate with itself or the various social groups. In this context, we said exercise and sport as a mediator in specific ways on relating the individual with himself and the members of the community in which the competition operates. Thus we rely on individuals in terms of interaction aspect of sport as a product of cultural phenomenon. Moreover, culture and sports body revealed over time that sporting values are both aesthetic and moral values.

What can communicate through physical movement at the level of membership? The entire range of human emotions, all human-specific features and its spiritual manifestations. Not infrequently one sport or artistic performance is compared with an artistic event or concept.

Also are sports which are available through worth some features such as: strength, speed, strength and value of high rank. Whatever their nature, sporting events offer and mediates transmission of meanings for themselves and for others. It is what is meant by the theory of communication.

Body movements, hand position, how to look, all they tell us more about a competitor in the sport and part of his performance. Athlete must adapt to a different bodily existence that is not always an easy grip. Own body image or schema, the focus gradually, representing a core of self-awareness, action to resume driving. Education body expressiveness, use non-verbal language, have rules as strict as those of communication and are an extension of the latter.

Often in sport movement indicators are used intentionally to deceive opponent so physical activity and sport, well directed, is a very important language meanings.

On the attachment side, and sport seen as important dimension of education, intercultural education support, moral, professional and aesthetic awakening patriotic pride, victory-induced high-performance athletes, especially in international sports competitions. Man is by definition a social being, it is the essence of this man's ability to communicate, that is specifically human ability to precisely determine the relationship of some kind with itself and with other peers. Here is information about the type of relationships that occur wherever people interact.

The ability to communicate are two components, the native communication predispositions given physical and mental and social one, developed after a formative process, learning the rules for communication.

The difference between the two components is that the former is genetically complete, being hereditary, and the second is acquired through education.

### 3. Sport means of self expression

Man is not just a being, but an entity endowed with volition, affections and emotions, the individual performing an exercise is not just a robot that executes some commands, but an active subject that has certain goals, goals.

Natural gait study was always a field of investigation for teaching science, but it is a little investigated field of social sciences and we think the sport communication. Continuing to explore this area could lead perhaps to conclusions that to increase the effectiveness of sport and communication problems. Why, say communication problems, because the individual in sport or physical movement expresses itself, and beyond its dependence on certain movements executed at a different level of development according to motor execution of these movements can be distinguished as certain quality parameters, aimed at expressiveness or psycho-physiological relevance of individual features.

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What can communicate through physical movement at the level of competence? The entire range of human emotions, all human-specific features and its spiritual manifestations. Not infrequently one sport or artistic performance is compared to art.

Also are sports which are available through worth some features such as: strength, speed, strength, etc.

Profile of adolescent training was a constant subject of dispute among specialists in social sciences and humanities.

Body movements, hand position, seeing the ... however tell us much more about a person than what we say in words.

Gestures, eyes, body movements are controlled by the unconscious mind and that they generally express what we really are.

In communication matters nonverbal language elements: mainly facial expressions, gestures and posture.

Paralanguage: intonation and inflection of voice, words.

Proxemics is studying the role of science in communication distance, adopting a behavior, attitude and social position to indicate the speaker / audience, setting up rules / regulations in the act of communication.

There are four major types of distance communication, identified by American researcher Edward T. Hall:

- Intimate distance - close-reserved area close friends, children, remote area (more than ½ m): handshake;

- Personal-area nearest distance (0.5 to 0.8 m), reserved for those close, remote area (0.7 to 1.3 m) - limit physical domination, offer a degree of familiarity for interpersonal dialogue.

- Social distance - the nearest (1.2 to 2 m) - reserved for casual conversations: can be used to indicate dominance, superiority or power, remote area (2 to 3.5 m) - used for social relations, allows a freedom of behavior.

- Public distance - the nearest (3.5 to 8 m) - indicated for briefings, visits, remote area (more than 8 m) reserved for politicians, emphasizes personal domination. It is important to take into account cultural differences.

Athlete must adapt to a different bodily existence that controls the not always easy.

Own image (body schema), the focus gradually, representing a core of self-awareness and also the court-setting milestone in driving actions.

Education body expressiveness, use non-verbal language, have rules as strict as those of communication.

In sports movement indicators are used or intended to deceive the enemy, so that sport and physical activity, well directed, is a language with special meanings. (Epuran M., 1982)

To analyze the structure of our behavior must have in advance a system of behaviors. Some theories postulate the existence of personality dimensions on which individuals are situated basically in a stable and can be described in words: the features.

Observing, then describe the features allows individuals, through statistical means (factor analysis) observe how those dimensions are structured.

Currently it is considered as true, describe the five personality dimensions ("the big five"), which takes the bipolar factors. These features are defined by their poles, themselves described by features (lower level).

These features are (Costa and Mc Crae): extraversion (warmth, gregariousness, self-confidence, activity, sensation seeking, positive emotions), agreeability (trust, loyalty, selflessness, cooperation, humility, attention to others), conscientiousness (competence, order, sense of duty, desire to succeed, self, reflection), emotional lability (anxiety, aggression, depression, self-centered, impulsiveness, vulnerability), opening: imagination, openness towards aesthetics, feelings, action, ideas values.

These traits are quite stable, but stability is lower in young people. If features are national requirements that allow explaining behavior in many situations, you should find a certain degree of consistency in behavior humanity (conduct alleged to take on a single trait which manifests itself in different situations should be strongly associated). However, those who are aggressive on the field are not necessarily the same in family relationships.

Consistency of behavior in different situations is far from being always very strong, you can see some flexibility in appropriate behavior and context.

Therefore, some feature of the notion of critical theory (conceived as a national provision which allows a general explanation), which is relative to the provisions of individual and situational factors. Some studies have shown anxiety over how this feature can vary according to different situations (social evaluation, physical danger, ambiguous situations and everyday situations).

- Attitudes are most often expressed in behavior through character traits. For example, attitude toward self is expressed through features such as modesty, dignity, self esteem, self confidence, self assurance, etc. You can call character traits, those that meet a number of requirements:
  - Are essential to defining human.
  - Are steady, sustainable, resulting in a constant expression of the individual and allows the individual to anticipate future reactions.
  - Are consistent with all other (character traits means not isolated, but rather than synthesized).
  - Are associated with a moral value.
  - Specific and unique.

Since 1948, Jean Maisonneuve analysis and other feelings of people (the inferiority or superiority); feelings psychosocial (vanity, sympathy, sociability) (as Zlate, 2000).

Emotional expressions have an important role in athlete development, namely:

- Role of communication (it is known outside the sport experienced emotional, in contact with others, coach, family, etc.).
  - Role of influencing the behavior of others to commit acts (may complain to impress, etc.).
  - Role of self in order to adapt the situation is;
  - Role of contagion (to be sent and to awaken and similar reactions from others).
- Emotional expressions have a meaning not just individual but a social one.

However if we were to consider only the communication with the sport itself, the problem becomes very complex and

requires an interdisciplinary approach. For example, the situation of disabled people through sport, provides a natural recovery of the individual higher than normal persons.

#### 4. Sport and physical education-social media

Sport and physical education contribute to the socialization of people, says that socialization in sport can not be promoted only when they are released for obvious moral qualities. Attitudes, skills and similar rules in sport can be transferred to any other social sphere and can be tailored to the specific dimensions of any other social institutions.

Communication in physical education is one of two ways negative and positive in achieving a positive statement of teacher of physical education is required to have a knowledge base outside expertise, such as psychology, pedagogy, anatomy, biomechanics, philosophy etc.

A great cultural baggage from the physical education teacher is required in terms of work that the players are different, both intellectually and emotionally, and he as chief of staff must be clearly understood by all who participate in physical education lesson . If this is done, there is the possibility of misinterpretation of the message to participants in physical education, which can seriously affect the performance capability of the staff, creating tension and distraction from the main objective. It was demonstrated that the use of positive expressions of the physical education teachers in time provides an increased yield, allowing the practitioner to take a "breath" and to analyze their own mistakes or errors of execution.

The expressions like "Here it is," there is nothing, the next phase we do ", verbal communication has its importance, but how little is known in training for explanations and verbal communication is often important.

It also involves health education, compulsory, continuous application of knowledge and communication skills, a fundamental element.

In physical education lesson, when communication has decisive weight, and retaining the largest part of the lesson. Most of the time this event is split into a number of sequences: preparing students to assimilate new knowledge, the announcement of the subject and objectives to be achieved.

#### 5. Conclusions

We could say that good communication can lead to increased performance and a willingness to practice physical exercise both in physical education classes and individual leisure, one of the main elements of performance and that good communication of the leading educational process - education and practitioners of exercise in physical education classes for high performance makes the road easier and enjoyable way.

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