



Science, Movement and Health, Vol. XIV, ISSUE 1, 2014
January 2014, 14 (1): 97-100

Original article

ATTITUDINAL BEHAVIOUR, VALUES, METHODS OF FORMATIVE EDUCATION TO STUDENTS

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Abstract

Objectives. Using efficient methods for achieving physical education and sport specific training (within context acronym PE), systematic activities with diversified performance according to the student's choices and awareness and knowledge of students about the intrinsic core values of PE that may lead to the formation of attitudinal behaviour in action.

Methods. Empirical research has spanned on a period of two years and included two sample populations, students and teachers of physical education. The research methods used were focus group, questionnaire of opinions and values, observation and processing methods and statistical analysis.

Results. Most surveyed students, 57 respectively, from which 2% were heavily and largely satisfied with the training methods used. Involvement of students in PE classes meet over 50% of the teachers surveyed, 64% of students consider that there are values in practicing the PE activities, manifested in everyday life.

Conclusions. Formative education methods used in the PE hour are appropriate for the choices expressed by students, the involvement level is more than satisfactory and exchange board of students is well positioned and relevant.

Keywords: formative education methods, values, physical education and sports activities.

Introduction

Known phrase of physical education and sport, component and conditional-integrative element in university education, has as goal - excepting positive interventions (development, improvement, consolidation) on movement ability - growing, in the students a solid set of values and sustainable sets of social and personal behaviour and attitudes.

The characteristics of this stage, we set student life, are represented by the constant expression of the consciousness, with manifestations of identity and self. The challenges of the student' status involve major changes, with objective and subjective transformations, related to social and cognitive maturation, by recognizing the social, relational and professional dimensions.

The integration process of young people within the current social survey requires personal effort from the actors and students both intellectual and physical, and is manifested in various environments: family, group (membership, reference), professional, etc. The purpose of this process is the positive shaping of personality, by affirmation and expression of personal autonomy, taking responsibilities and roles etc. The students' expressed interest for the idea of physical exercise, performed under the most various forms, experiencing a continuous growth, as an option to a number of harmful behaviours that have an impact on quality of life and health of young people in general.

As is well known, the PE is considered to be primarily dependent on practicing physical activity. However, PE can be related to the formation of

positive attitudes for movement, assimilation, development and promotion of values, of acquiring ethical values, social, moral, sports, etc., leading ultimately to manifest among those who practice these types of activities, of an appropriate behaviour of today's society requirements.

According to the already asserted I carried out a scientific research from which I present an offcut from the perspective of formative education methods and the promotion of values for the understanding of ethical behaviour manifestations of students.

In the practice of PE discipline an important factor is the methods with formative valences. They come in a positive relationship, relative to what is practiced in teaching methodology of other sciences with their specificity. Characteristic to PE domain is that the following training methods are used (Clârstea, 2000): verbal methods, intuitive methods and practical methods.

Sociology and psychology professionals consider attitudinal behaviour as an outcome of the decisions we make based on the attitudes manifested, "results especially of education and social influences" (Epsuran et al., 2001).

The assimilation and promotion of values process through the practice of PE activities can and should contribute decisively to the changing of our mentality. This change, which converges to emphasize moral, social, sportive, values etc. of our actions is subordinated to our intention to take into account and to observe norms of conduct, rules, regulations, laws

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