THE ROLE AND IMPORTANCE OF PHYSICAL EDUCATION AS AN EDUCATIONAL DISCIPLINE

ROLUL ȘI IMPORTANȚA EDUCAȚIEI FIZICE CA DISCIPLINĂ EDUCAȚIONALĂ

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Educația fizică nu este, așa cum se crede în mod obișnuit, doar o distracție în aer liber, ci este o disciplină educațională care ar trebui tratată ca oricare alta. Educația fizică ar trebui considerată una dintre cele mai importante părți ale curriculumului școlar. Are contribuțiile sale la viața școlarilor, iar una dintre principalele contribuții este îmbunătățirea sănătății și a pregătirii fizice a elevilor.

Educația fizică modernă a devenit o disciplină importantă în educația școlară.

Prin urmare, educația fizică în școli ar trebui susținută la nivel de stat. În articol sunt puse în descuție motivele care asigură importanța orelor de educație fizică în școli.

Cuvinte-cheie: *lecție, educație fizică, profesor de educație fizică, timp liber, activitate fizică, rol, importanță, instituție de învățământ, sănătate, concentrare, sport, elevi.*

Actuality. Modern research suggests that physical education lessons are very important and should be included in the school curriculum as a compulsory subject with a minimum of three lessons per week. But it is also a known fact that not all students like it, because they do not understand the importance of physical education classes. Physical activity helps balance children's mental state and also motivates them to tackle important issues in other lessons. The stress and anxiety they face in everyday life can only be relieved if they are physically fit, and this is facilitated by physical education classes.

If we look at Physical Education as an academic discipline, then it can be argued that Physical Education can lay the foundation for students' physical health and an active lifestyle throughout life. Quality physical education should provide students with opportunities for physical development and movement, as well as an environment suitable for personal and social development. Physical education and health are two parts of a whole, because physical education strengthens health, and the presence of health provides an

opportunity for good adaptation in society. Physical activity is defined as any body movement produced by skeletal muscles that results in energy expenditure.

Evidence related to the role and importance of physical education in children's development suggests that increased physical activity and fitness can improve school outcomes as well as leisure time. Physical education and physical activity in the gym and on the sports fields can also contribute to school results. Physical education is the foundation of a comprehensive school program of physical activity. It is based on educational content and instruction aimed at developing motor skills, knowledge and behavior for physical activity and physical fitness.

Physical education and sports constitute the only educational discipline with direct addressability to the health of the school population, having a significant specificity in the approach to the teaching-learning-evaluation process.

Physical education and sports are areas that contribute to the strengthening of students' health, they are declared some of the priority areas in the organization of the educational process in the general education institutions of the Republic of Moldova. Physical education, in accordance with the Framework Plan for primary, secondary and high school education, approved by Order no. 272 of March 25, 2016 of the Ministry of Education is introduced in the common core as a mandatory discipline for all general education institutions.

The field of physical education includes both physical education lessons and extracurricular motor activities, organized by the administration of the institutions together with the teaching staff, and aims to achieve the following objectives:

- maintaining optimal health;
- favoring the processes of growth and harmonious physical development of children;
- improvement of students' movement capacities by training basic motor skills and developing motor qualities;
- balanced multilateral development of the student's personality, which includes the cognitive, affective and volitional side;
- forming the habit of systematic exercise;
- formation of the student's ability to integrate and act in the collective;
- acquisition of basic knowledge specific to the field of physical education and sports.

Thanks to physical exercise, both children and adults recreate, restore and recover. One of the important advantages of a good elementary or secondary physical education program is that it allows students to use their free time wisely. This helps them learn ways to play more efficiently and effectively as children and later as adults.

In modern life, much attention is paid to the vital role of general physical development exercises in improving human health.

The example can serve Uzbekistan which adopted a series of decrees that ensure the strengthening and protection of the health of the population, which states that it is

necessary to develop the physical culture of the population in order to strengthen the health of the nation, called by the President of Uzbekistan the national strategy for improving the nation of the country "... promoting physical culture and sports, which is an important factor in ensuring the health of the population".

Achieving a high level of health depends both on developing physical well-being, physical fitness, and practicing good habits for a healthy lifestyle. This means that the promotion of physical well-being and physical skills are one of the necessary procedures for maintaining good health and are the result of constant and regular participation in physical activities. Optimal physical condition cannot be achieved without taking into account the emotional, mental, social state, as well as the development of healthy habits.

Physical education classes in schools ensure active participation in daily physical exercises, improving children's physical health, and their daily studies become better. Physical education makes another contribution – it helps students learn something about the possibilities and limits of their bodies and also gives them knowledge about how to improve their fitness and health. One of the most important goals of physical education programs in schools is to promote the students health.

Every state sets its goal to develop a healthy population that will ensure the healthy continuation of the nation. Healthy young people can function with high efficiency in modern society.

In this process, a special role is assigned to physical education teachers, because they can firmly lay the foundations of a healthy lifestyle for children. Physical education in schools is the only formal opportunity to disseminate the theoretical knowledge, attitudes, precepts, skills that are the basis of regular physical activity.

In school education, physical education lessons are conducted in the form of a game, and the game is considered as a phase of learning.

When children take part in different physical activities (jumping, throwing, catching, passing, running, etc.), discover a new environment for themselves, and this will facilitate and can lead to reflective thinking [1,2].

The object of the research. Physical education

Research subject. The study regarding the role and importance of physical education as an educational discipline

Research hypothesis in physical education as an educational discipline is a very important one.

The aim of Research. The survey analysis of contents on identifying the options regarding the role of physical education as an educational discipline respectively with the aspects that would make it more attractive, as well as the motivation of their preferences. In accordance with the purpose of the research there were identified **the tasks**, among which the most important were educational contents, effect, evaluation, role and importance of physical education.

Research methods: Analysis and generalization of data from the scientific-methodical literature; Statistical data study; Sociopedagogical survey;

Organization of the study. In order to achieve the performance of the physical training and the children's health level, we need correctly directed objectives, planning, multi-year work, implementation of different forms, methods in physical education with the use and implementation of the wide spectrum of physical exercises. Within a month or two the problem will not be decided....

As a form of organization of the study of this problem, the most important particularities, factors, periods, circumstances of the field of physical education and sports were analyzed and generalized, as well as its influences on the health, physical training of students, the role of physical education in school, in accordance with the purpose of the research.

Study results. In order our research to be carried out further, we have divided it into six aspects and reasons, why physical education is necessary in school:

Aspect no. 1. Physical education increases concentration

The first and main reason why physical education is important in school is that it has the ability to increase concentration and maintain this concentration in other educational classes. In this technological age where students have a lot of distracting information at their disposal, it becomes difficult for students to maintain their focus.

Ordinary schools with physical education teachers should correctly place physical education lessons in the timetable, and organize the educational process by implementing the dynamic game method, which will help them maintain concentration and thus improve their skills, such as critical thinking, the ability to solve the problems that life puts before them. More than that, it can develop a sharp mind, which will lead to better achievement and better thinking skills [3].

Aspect no. 2. Physical education keeps the healthy human body

Are today children who do not eat fast food? In fact, it is very difficult to find a child who does not like fast food. Because a lot of unhealthy foods can be delicious to eat, which is also very unhealthy for students. It is important for students to have a balanced and healthy diet so that they are more productive in solving homework correctly.

Unhealthy foods can lead to excess weight (obesity) which is followed by various chronic diseases. Therefore, sports, physical education and other activities that require movement of the body and brain, reduce the chances of obesity and high blood pressure. In addition, it helps children to get enough energy.

These activities also play a major role in the development of the locomotor system and the muscular system of the human body. This strengthens the bones, increases endurance, which generates energy that can use in theory lessons to get good grades. Exercises like cycling, rope climbing and push-ups etc. can significantly improve students' metabolism and health.

In addition to strengthening the bone system and generating energy, exercise is also good for the heart.

Sports like basketball and football, etc., regulate the oxygen in the blood, which makes it easier for the heart to pump blood efficiently throughout the body [4].

Aspect no. 3. Physical education contributes to adequate sleep

Every child needs at least 7-8 hours of sleep to achieve good academic results. Students who practice physical exercise, play sports and train regularly, develop physical endurance, and yet by the end of the training they are tired, but instead they get a good night's sleep. A proper sleep cycle is beneficial for good brain performance, good mood and concentration. Research shows that lack of sleep increases stress and anxiety.

In fact, exercise can also reduce the production of glycogen and carbohydrates, which are extremely essential for the body. Any type of physical activity that requires children to use their bodies leads to physical fatigue. This automatically increases the attraction to sleep and thus maintains a regular and proper sleep cycle [5].

Aspect no. 4. Physical education relieves stress and anxiety

School life can be very stressful for students. Lessons, homework, exams, become exhausting and can increase the level of frustration in class.

It is very easy to be subject to anxiety because students are very sensitive in childhood because they are busy with a lot of mental activity.

Stress can be the result of low grades, or the student had a fight with a classmate or friend. Accumulated stress can be alleviated through exercise. Therefore, exercise is essential to relieve stress and make children feel more alert and relaxed. At the same time, children think better and become friendly.

Aspect no. 5. Physical education develops body elasticity

One of the main benefits of physical education in schools is that it develops the elasticity of the human body. This makes them less likely to be subject to trauma. Physical education also teaches them how to balance their physical and mental health.

Physical education helps to improve the connection between brain neurons. A healthy brain means that every other part of the human body is functioning perfectly.

Aspect no. 6. Physical education teaches the correct distribution of time

Children who are deeply involved in sports and who do more than regular activities know how to manage everything. They learn to effectively manage their studies and time for solving tasks.

This teaches them time management because every challenge in any sport has a limited time and they know they have to become victorious in that limited time.

Aspect no. 7. Physical education develops leadership qualities

Recent studies have shown that the professionals who are now the best employees, in the past practiced different physical activities. This is due to the fact that, in addition to developing leadership qualities, physical education and sports teach how to direct life, quick decision-making, thanks to leadership in this field [6].

Methodological and organizational directions. As methodical-organizational directions can serve the concept of conducting physical education lessons through the movement game method, exercises in the form of relays, sports games.

Game is vital for the healthy development of children, as it allows children to develop their motor skills, define their behavior in society, simulate alternative scenarios

and consider the various positive and negative consequences of their behavior during play, while learning important behavioral skills. Game is considered one of the most important physical needs of human and is as important as rest and sleep.

The importance of physical education carried out in the form of dynamic game [1] was recognized by the international community, as provided by the Declaration of the Rights of the Child from 1959: Chapter 7. "The child should be given full opportunities for play and entertainment, which would be directed to the goals pursued by education; society and public authorities should make efforts to promote the implementation of this right".

Conclusions. Physical education is now widely carried out in educational institutions due to the fact that it is very important for students. This not only makes them energetic and focused, but also makes them resistant to stressful situations, which at the moment is flooded with modern technology (mobile phones, gadgets, computers, etc.).

Physical education also teaches children how to balance their lives. Educational institutions should encourage children who play sports and emphasize its role.

Physical education is that essential part of the general educational experience, which through physical activity contributes to the physical, mental, social and emotional development of the individual.

Needless to say, a person with good health and well-being is better able to develop skills (e.g., acquiring a variety of knowledge) than a person with poor health and well-being. Since physical education is an integral part of education, its curriculum should be guided by the same criteria as other educational subjects.

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