SPORT PEDAGOGY APPLIED TO THE KNOWLEDGE OF THE MARRIAGE OF SPORTS AND TRAINING OF THE PERSON

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Abstract

The sport in Italy involving tens of thousands of young people with passion and dedication to train, play and compete under the constant guidance of coaches and instructors. You make a reflection, because the sport is not education per se, as also all other human activities. Being based on the difference physical and athletic that is increasingly enhanced and emphasized in the race, the sport is not for everyone and anyone who has had experience of racing knows that the important thing is not to participate, but that the very structure of the sport expected to looking for the win and you play to win. The task of the instructors, coaches is to move slightly accents where you practice sport at youth level: youth sport has its dynamics and its specificity if he wants to be educational, and therefore must be something more and something different from only sport. Then it should be possible for a coach or a trainer working for the practice of a sport education, focusing on the material elements of the sports event, such as the rules of the game, materials, field, opponents and turn them into option education.

Key words: sport, pedagogy, growth, value of sport, motor skills, integration, lifestyle

Introduction

The sport in Italy involving tens of thousands of young people with passion and dedication to train, play and compete under the constant guidance of coaches and instructors. You make a reflection, because the sport is not education per se, as also all other human activities. Being based on the difference physical and athletic that is increasingly enhanced and emphasized in the race, the sport is not for everyone and anyone who has had experience of racing knows that the important thing is not to participate, but that the very structure of the sport expected to looking for the win and you play to win. The task of the instructors, coaches is to move slightly accents where you practice sport at youth level: youth sport has its dynamics and its specificity if he wants to be educational, and therefore must be something more and something different from only sport. Then it should be possible for a coach or a trainer working for the practice of a sport education, focusing on the material elements of the sports event, such as the rules of the game, materials, field, opponents and turn them into option education.

Material and methods

Sport, education of the person. Sport is synonymous with competition, conflict, rivalry, leadership and challenge to the last breath with the dominance of its competitive, more crucial to enhance the values related more to the fight and the contrast between the contenders that meeting, the comparison and the discovery of self and other. Meeting, discussion and discovery that meeting, the comparison and the discovery of fight and the contrast between the contenders are crucial to enhance the values related more to the dominion of self and other, allowing us to understand how their own body, movement and sport promotes awareness of self, environment and possibilities of movement, and also contribute, the formation of the personality of the student through knowledge and awareness of one's bodily identity. In the common meaning today want to sport a physical activity that is carried out on at least three different levels of emotional investment: for competition, for fun, as a healthy activity. These levels are anthropologically and psychologically acceptable if they occur together and integrated with each
other, without the prevalence of a reason other. In particular, the speech that we intend to do, a redefinition is necessary just because we want mark the meanings of education and training, being men, that sport still can be expressed even if, in my opinion these meanings are covered masked and modified by many influences pollutants. Sport, for us, is as a vehicle for growth and, as a metaphor of shared challenge and tension to success, the shared objective, the importance of the role, respect and the ability 'to manage the skills that are here now joined training of a sports team and make a unique team. Success is not only given dale technical skills, but the ability to use these skills for the good of their own and their team, such as: - Sense of belonging to a group; - Discovery of values; - Development of problem solving skills and proactivity; - Acceptance of the challenges and the ability to learn from mistakes; - Management of emotions (fear, shyness, aggressiveness) and expansion of self-esteem. The sports training as well conducted in children and adolescents can get some results. Starting from the basic idea that sport is an activity specifically psychomotor activity, that is, that necessarily combines physical condition with psychological cognitive and emotional skills, and as such are tied to experiences that are then conditioning on subsequent behavior. The purpose of a sport training in childhood can be summarized as follows: - Build a harmonious development of the individual through the expression of personal skills both physical and mental, through compensatory mechanisms of deficiencies and inconveniences; - Establish a habit to finalize a healthy competitiveness in a complementary relationship with the cooperation and sharing; - Increase self-esteem as a basic element of personal safety starting from the concrete bodily ego involved and built in attachment dynamics - Contain finalize in a constructive way both physiological and reactive; - Enable the ability to ask, understand and follow the rules of the game. This can be achieved through an educational relationship that tends not only to train both the body and the mind in that specific discipline, but also to facilitate an awareness of what you do and what happens, but also of bodily sensations and emotions. This element of awareness is essential for the formation because it is the essential basis to develop a sense of the limits and possibilities that builds the critical sense which is the correct expression of a mature personality and balanced. Fundamental to conclude this speech is to try to define what is meant by educational relationship, because a relationship of this kind is needed to give meaning and return to sport training in children and adolescents. The concept of education has had in the history of thought, and several different definitions, always in tune with the ideologies historically and culturally determined. With the emergence of psychology and pedagogy that although human sciences, have agreed to also be based on an epistemological status of science, things have changed in the sense that the measure of the method and often the content of education are no longer ideologically arbitrary. This ultimately means that a good education should take into account the developmental level of the student and the quality of the relationship between the teacher and teaching. And 'now established that the children, and those in children in general, have shown a sensitivity and a chance to learn different depending on age, in close relationship to the level of cognitive and emotional maturation and in relation to meaningful relationships on which they depend in much of the motivation to learn. Teachers in the school should educate children and adolescents in sport. I personally believe that educating means helping each other to come out, to manifest, to be brought about by its potential. Children need to play, as a top priority in their lives. through the game to learn how to live, the other is not required, are not adults. it is important to give to the children the experience of moving, fun gameplay related. In addition, today's children live in the house paradoxically, where you created a fake reality that makes up the real one, move, for example, in front of an instrument called wii fit that simulates reality. The child thinks of walking, because the video before he throws a tree-lined avenue, a meadow, clouds, obstacles, but in reality really has not moved, has not breathed the air outside, has not run out, nor has come really a way. Therefore, we need to return to the street game, but where this is not possible, the experience of the sport played out, as a group, makes up beautifully to it, I remember from our childhood. The European Union and the World Health Organization have identified promotion of education "LIFE SKILLS", one of the priorities of educational policies and interventions to promote among the younger generations and adults, such as: - Problem Solving, address and solve everyday problems in a constructive way. - Critical Thinking and Creative Thinking, analyze the situation in detail, exploring alternatives and finding original solutions. - Effective communication, express yourself in a manner appropriate to the situation and the interlocutor, both verbal and non-verbal level - Empathy, recognize, discriminate, share the emotions of others - Managing emotions and stress management, recognize and regulate their emotions and states of tension - Effectiveness staff, to effectively organize a series of steps in order to cope with new situations, trials and challenges - Effectiveness collective system of values and beliefs shared by a group about the ability to achieve common goals.

Conclusion

For us, education means, basically, propose a target and accompany him to his pursuit, train, educate, fatigue, perspiration. With regard to propose a target and accompany him to his pursuit, we must help children to appreciate diversity, to overcome the fear of becoming, to have courage, to design the game as inner
wellbeing besides physical, to be comfortable in the group, appreciating the contribution of all, without exception, not to give up in the face of difficulties. With regard to the objective dell’allenare, we must train the children to be able to face the difficulties, so that they can solve them, because you can risk life and you can go forward, fall thanks to them, to get up and continue the race.

The error must not be seen in a negative way, but positive, as it is the cornerstone of all progress and any improvement, then, err means progress, life such as sports, proceeding to problems and errors, and only at the end , through mistakes, you can improve its performance.

Train children and adolescents to overcome the errors mean give them strength from within, so as to give them a good reason to always face the inevitable difficult situations that arise in their lives. Goal of any sound education is to ensure that children acquire the inner strength to get back in the game, not give in to despair. With regard to the education effort and sweat, we must educate and modulate the experiences that require waiting, the realization of its objectives, in order to bring the kids to build their own making, or better, to grow and not be afraid because children and adolescents the capture and adapt accordingly. Our task will be to help children to form their future, so that we can grow adolescents ready to compete in adult society.

References

SPORTSKA PEDAGOGIJA PRIMJENJENA NA SPOZNAJU 'ŽENIDBE' SPORTA I USAVRŠAVANJA OSOBE

Sažetak
Sport u Italiji uključuje desetke tisuća mladih ljudi sa strašću i predanošću za trening, igru i natjecanja pod stalnim vodstvom trenera i instruktora. Moguće je napraviti svoj image, jer sport nije obrazovanje po sebi, baš kao i sve druge ljudske aktivnosti. Budući se temelji na razlici, fizičkoj i atletskoj, treba sve više jačati i naglašavati razlike u natjecanju, pa dakle sport nije za svakoga. I svatko tko je imao iskustvo utrke zna da nije važno sudjelovati, već da se po samoj strukturi sporta očekuje potraga za pobjedom, i igra se na pobjedu. Zadatak instruktora, trenera je da postavi jasan naglasak kako ćete vježbati na svojoj razini: sport mladih ima svoju dinamiku i specifičnost ako nastoji biti edukativan, ali svejedno treba biti nešto više i nešto drugačije od samo sporta. Tada postaje moguće da trener radeći na praksi sportske edukacije, fokusiran na materijalne elemente sportskog događaja, poput pravila igre, materijala, polja, oponenata i pretvori sve to u opciju obrazovanja.

Ključne riječi: sport, pedagogija, rast, vrijednost sporta, motorika, integracija, životni stil

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