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**PHYSICAL EDUCATION AND SPORTS OPPORTUNITIES TO**  
**LEAD POSITIVE SOCIAL CHANGE**

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*Abstract*

Physical education and sport have a significant impact on the development individual. Changes can be seen both as a motor, emotional and psychosocial. Sports activities are necessary for early development of children and youth, through the purchases acquired during their practice, knowing that physical education and sports contributes to the holistic development of the individual.

By sport individual accumulates a set of values, such as honesty, cooperation, fairness, self-respect for opponents, and respect the rules, which will lead to moral and social development of a child.

Involving children in sports cultivates the spirit of competitiveness, helps to maintain optimal health and form the habit of practicing exercise.

To achieve the overall objectives in education and development, sports programs should focus on developing the individual and not only sports skills development.

While the physical benefits of participation in sport are well known and supported by large volumes of empirical evidence, sport and physical activity can also have positive benefits on education.

Physical education activity seeks to promote and develop complementary aspects of education, such as school attendance and reduce absenteeism.

The literature stresses the vital role of physical education teachers and providers of sports as determinants of educational experiences of individuals. This shows the positive relationship between involvement in sports activities and psycho-social development of the individual.

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**Keywords:** physical education, students, involvement.



## **1. Introduction**

Physical education and sports opportunities to lead positive social change are determined by their major impact on the population. The large number of participants in sporting competitions make an essential contribution to economic and social development. Major events organized by various countries creates the possibility of economic development of disadvantaged areas, create jobs for a large number of people, contribute to improving the living conditions of the population through space furnished for conducting competitions, which remain available to authorities to be managed and use data to residents, but also can be used in organizing other competitions. Often it happens that young people practice some sports because of great athletes that I have admired and been sustained in sporting competitions that have become models for them and have been sources of inspiration in choosing a particular sport. High performance athletes become role models for many children and why on sport plays an important role, can generate positive changes in the lives of many.

Sport does not create barriers can be practiced by anyone, regardless of his condition, religion, country living is a way that creates characters and shape behaviors, personalities form. Through sport, the individual accumulates a set of values, such as honesty, cooperation, fairness, self-respect for opponents, and respect the rules, which will lead to social and moral development of an individual.

Physical education and sport can make a major original contribution to cultural education by promoting beauty body through expressive movements and the quality of human relationships involved.

Involving children in sports cultivates the spirit of competitiveness, helps to maintain optimal health and form the habit of practicing exercise.

Objectives of physical education and sport are well established and known by all of us, but not enough, it is important that they be met in the educational process, but more importantly, to develop skills that will lead them to the individual for integration into society.

Literature (Cârstea, 2000; Dragnea & Teodorescu, 2002; Hanțiu, 2013, Teodorescu, 2006 ) considers that the essence of physical education and physical development aims to improve the driving ability of people having social and cultural meanings educational, recreational determine neecesități order, expansion and emulation developing aesthetic sense.

Participation in sport encourages and stimulates people with athletic ability, creating a climate psychosocial them and encouraging public recognition (Cucui, 2016).

## **2. Problem Statement**

The article presents the research carried on for one year, at a sample of 86 subjects of both sexes, aged 12-14 years. It targeted physical education and sports opportunities to lead positive social changes in the life of middle school students.

We believe that by engaging in sports activities of students with low frequency can reduce school absenteeism, which generates improving the social status of students.

## **3. Research Questions**

The activities of sports can lead to positive social change?.

#### 4. Purpose of the Study

The research purpose is to improve the social life of students by practicing sports activities.

#### 5. Research Methods

To achieve the proposed research was based on questionnaire-based survey method, direct and indirect observation and data processing was performed using statistical and mathematical method.

#### 6. Findings

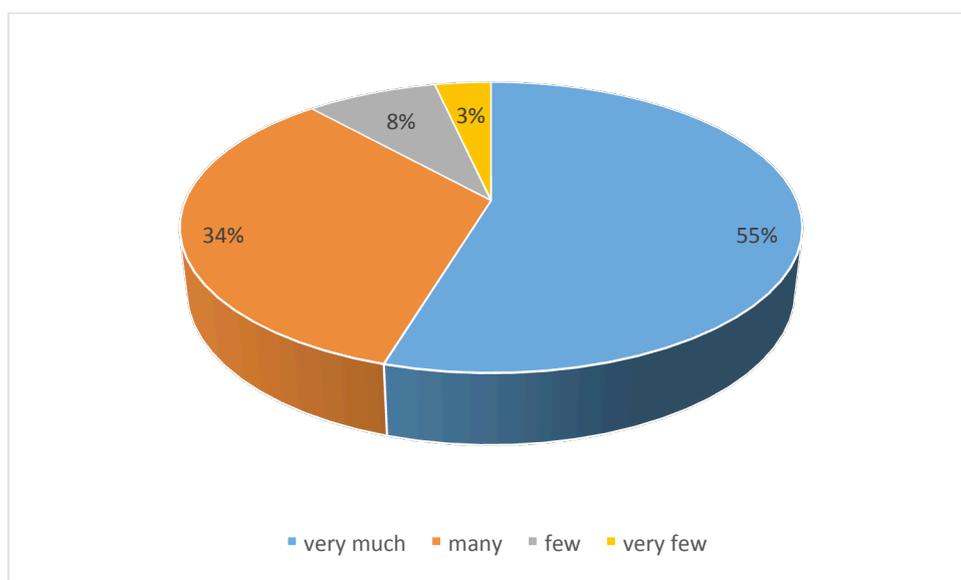
Physical education activity seeks to promote and develop complementary aspects of education, such as school attendance and reduce absenteeism. In collaboration with professor of physical education and sport, based on responses provided by the subjects it was implemented at school level competitive program with a wide range of sporting activities. Participation in these sports has been conditioned by the daily presence of students in the school program.

The research was conducted during 2015-2016, Secondary School no. 1 Ocnița. The sample consisted of a total of 86 subjects (32 girls and 54 boys), aged 12 to 14 years.

The research results showed that after the conditions for participation in sports was reduced absenteeism by 38% over the previous year.

Student involvement in sport has led a number of benefits, expressed by them by improving interpersonal communication, improving self-esteem due recognition possible sporting results achieved, identify opportunities for expression in the community and reducing conflicts between students.

The data obtained are above, where we see that a 55% opines for many benefits, 33% more benefits, 8% fewer benefits and only 3% said that sport activities brought them little benefit.



**Figure 01.** Subjective opinions on the benefits of sports' activities

Following research carried out, we found that the implementation of well-organized sports activities in student life, determine new behaviors, we conduct creates new possibilities for expression. Promotes physical activity through their specific organization, establish human contact, dialogue and cooperation. By means of specific sport, promote adherence to common rules, overcoming barriers of discrimination and creating new prerequisites for integration in the community and create a new image of itself, socially inclusive

Sports activities have a significant impact on the development individual. Changes can be seen both as a motor, physical, emotional and psychosocial. Sports activities are necessary for early development of children and youth, through the purchases acquired during their practice, knowing that physical education and sports contributes to the holistic development of the individual.

Physical education and sport creates a new framework for cooperation between pupils, recognizing sports teams of students from schools develop feelings of tolerance and solidarity.

Müller (2014) in his "Social values and sports", says also that through sport, human beings are improving not only the health condition, but also their power of reasoning, control of emotions, personality development and improvement social relations.

In conclusion, we can say that physical education and sport generates a multitude of changes in the evolution of the individual by promoting beauty body through expressive movements, the quality of interpersonal relationships involved and respect social values.

Nowadays sport should be viewed as a way to improve quality of life..

## 7. Conclusion

Physical education and sport provides an accessible learning environment with strong formative influence on youth and education.

Physical education and sport creates a new framework for cooperation between pupils, recognizing sports teams of students from schools develop feelings of tolerance and solidarity.

Sport, by means of specific favors adherence to common rules, overcoming barriers of discrimination and creating new prerequisites for integration in the community and create a new image of itself, socially inclusive.

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