

Education of corporal expressiveness using Physical Education and Sport lessons

Carmen Isac

North University, Baia Mare

Abstract

The human being exists and develops not only in concordance with intellectual-practical reasons, but also in conformity with the laws of beauty, harmony and coherence of aesthetics in nature, society and art work.

Physical education and working the muscles have not been enough to create the ideal man. To the usual methods of the formation of some indispensable characteristics for obtaining performances by effort, will and spiritual training must be added.

The aim of this research is to find ways that lead to the “reconstruction” of our sensibility to aesthetic values. The research proves that by assimilating some creative gestures by students, as well the formation of the capacity to present emotional features by movement, favors the quick adaptation to the changes of society, a more profound knowledge of your body, the development of orientation in time and space capacity, equilibrium. By using more attractive methods it will allow the participation of children in more diverse activities.

Keywords: creativity, aesthetics, non-verbal communication, expression.