

Development of body aesthetics in the lessons of body-building in higher education to another profile than sports

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Abstract

Background. Body-building not only requires the harmonization of basic biosomatics in the maintenance of physical health, but also it is a defining factor of individual personality. Biological parameters are of particular importance in human development, influencing health, education, training and employment process.

Aims. Evaluation of the physical level on two groups: *experimental group* (subject to a program based on working with weights and devices which combine several methods of training); *control group* (subject to a program based on working with weights and devices in which the method is applied to traditional training), in the two stages of research, initial and final.

Methods. Knowledge of a bio-somatic status, mental and motor have been used in different methods: *assessment of somatic factors* (weight biacromial diameter, thoracic perimeter, elastic chest, abdominal, and arms perimeters, body mass composition); *assessment of driving ability* (abdominal muscle strength of lower limbs, the force under the speed – the back muscles, and train lower pectoral; flexion web strength, speed, strength aerobic cardio-respiratory tests); *assessment of physiological parameters* (exercise capacity, vital capacity).

Results. The formation of teaching strategies and program implementation of body-building based on differential treatment of students is well established and progress achieved by according the progress made (a significant improvement in the quality and effectiveness of lessons and increase and capacity of self and self image sensitivity itself) has proved the superiority of a frontal teaching strategy.

Conclusions. A training model designed by the expected combination of training with the front group, and especially an individual, containing all the functions of education: biological (somatic, motor functional hygiene etc.); *psychological* (through cognitive, emotional and volitional processes traits personality), *social* (through processes and social relations); *psychosocial* (aimed at training by exploiting internal resources); *personality development* (through the achievement of social objectives or under social condition).

Key words: aesthetic body, body-building, lesson of physical education, higher education.