

EDITORIAL

About teamwork in physical education and sport

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Physical education and high performance sport are areas of interference of several disciplines. In order to obtain performance, both the specialist and the athlete should acquire knowledge of all these disciplines. However, neither of them will be able to obtain results individually: they will have to be part of an interdisciplinary work team. The current physical education and sport system is ineffective partly due to the fact that it is almost exclusively based on the results of individual work, which can be synthesized by two sayings: *The right man in the right place* and/or *A good farmer makes a good farm*. These are two formulas that work perfectly, although within a deficient model that obliges the specialist in physical education and sport to cover a great part of the mentioned interference areas alone. The higher the number of the complementary and even collateral activities of a specialist, the higher his/her professional competence is. This mentality shows that we are subordinated to a work system that stimulates strictly individual self-assertion through the development of universal potentiality, forgetting that we live in the 21st century. At present, no one in the whole world is a factotum, because "one is too small a number to achieve greatness" (Maxwell, 2003). Today, interdisciplinary teams work together and problems are solved only by the specialist's intervention. In such a context, the two sayings are not completely justified. In other words, the subject should be referred to the specialist by the other team members themselves. The interdisciplinary character of physical education and sport requires team work. What kind of team? The models accepted as a team work system, inspired by sport and applied to multiple areas of economy and medicine, are not applied to the same extent to physical education and sport, not even high performance sport. There are three general types of teams for any work performed by man, an analogy between these models inspired by sport and the teams that act in various fields of activity being possible (Keidel, 1985; Brucker, 1999; Boghaty, 2007).

The first type of team accepted as a working model in any field of activity including physical education and sport is that borrowed from baseball or cricket. In this team, *all players play in a team*, but they *do not play as a team*: each player in the baseball or the cricket team has a fixed position that he never leaves. Similarly to this model, in surgery, the anesthesiologist of the surgical team will not help the surgeon. This team model is not the optimal model today.

The second type of team accepted is borrowed from football. It is the same team concept on which the organization of a symphony orchestra is based. In this team, all players have fixed positions, but the team members *work as a team*. Each correlates the specific efforts of his/her job with those of the rest of the team, contributing together to the final result. This team requires a conductor or a trainer. This type of team also needs a "score", as well as many rehearsals or training sessions in order to work well. This second type of team is highly flexible.

The third type of team is that of a double tennis team. This team should be small, including maximum seven to nine people. The players have a "preferred" rather than a "fixed" position, they "cover each other". They adapt to the strengths and weaknesses of each of them. The baseliner in the double tennis match adapts to the strengths and weaknesses of his/her volleying partner.

In high performance sport, team work should be oriented in two directions: the designing team and the execution team of the specific training, which are similar in composition. Both teams should include specialists in the main interference areas: specialized assistance, medical and psychological assistance and assistance related to recovery after physical exercise. The idea is that the complex training program in a sport and the training sessions should be carefully designed in an interdisciplinary manner, after which the elaborated projects should be executed by another interdisciplinary team built around the trainer, specialized in the implementation of the project. In Romania, interdisciplinary sport assistance is only ensured when the athlete starts the so-called centralized training, which takes place at the level of national groups, or is not ensured at all. The designing and the execution work of the training sessions is the same, medical and psychological assistance is not permanent, and recovery after physical exercise is precarious.

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