

The general basis of motion – foundations in motor education

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Abstract

This paper draws attention to the subject of human motricity. In a long career as practitioners or instructors of specialists in this domain, we have found that young people today are moving away from what means “control”, co-ordination or efficiency which signifies the movements performed in various forms of gymnastic performances. Thus, this study invites specialists in physical education, sports training, kinesitherapy or in leisure activities, to analyze the aspects which are the basis of the various forms of movement. Of course, we shall not be able to present all aspects, but in fact only the bases of the various physical structures.

Keywords: motricity, psycho-motor education, co-ordination.