

EDITORIAL

Civilization and sport Civilizație și sport

Traian Bocu

“Iuliu Hațieganu” University of Medicine and Pharmacy Cluj-Napoca

Editor-in-Chief of the Palestrica Mileniului III Journal

Vice-President of the Romanian Medical Society of Physical Education and Sport

traian_bocu@yahoo.com

Civilization and sport involves two dimensions: the first, that of the relationship between *civilization* as a development level of society and *sport* as physical activity (***, 2007) and the second, that of the relationship between civilization and high performance sport, which mainly includes sport as a show, violence in sport due to both athletes and spectators, and self-control.

In contemporary society, maintaining optimal health and reaching an advanced age represent a triple problem, of civilization, culture and personal choice: *a problem of civilization*, in the sense of the living conditions that society offers the individual, for providing a decent way of life, adapted to their needs; *a problem of culture*, depending on how each individual knows and wants to use these conditions in order to ensure a rational, well-balanced and healthy way of life; *a problem of individual choice*, for understanding and finding the force and motivation to make a change (Riga & Riga, 2009).

These landmarks, with different development levels across the earth, are continuously evolving, because the general aspiration of peoples invariably tends towards a higher development level.

The degree of civilization is given by the presence of a certain level of material and spiritual development of society at a certain time. The impact of the level of civilization, industrialization and accelerated computerization on the health of the population is rather negative, because of stress, sedentary life and unhealthy nutrition. Consequently, economic, industrial development policies should be paralleled by state policies for the protection of the population, which should be included in local, national or continental social, health, education programs. Depending on the stage of civilization of a population, the methods and means of physical and sports activities should be considered or reviewed. The only population group that can be subjected to a perfect health monitoring and to the implementation of coherent health promotion programs is the one starting with primary school education (at the age of 6 years) and finishing with compulsory middle school education (at the age of 16 years). During

this period of 10 years, due precisely to the compulsory character of education, there is a possibility for a complete collaboration between the actors responsible for health promotion. In this period, all individual skills/abilities required for the management of situations generated by the impact of civilization on the human factor should be predominantly formed in children. These skills should be further developed by sectoral policies throughout the course of life. The fact that the actors responsible for health promotion have the possibility and the chance to address the whole population only during primary and middle school education due to its compulsory character represents an opportunity that should not be missed.

It is extremely important that the cultural level of a people should be as high as possible. The higher the cultural level, the higher the degree of emancipation of that people; they will have a high self-awareness level, they will know their rights as well as their obligations better and better. In our case, the high degree of culture will manifest by the sum of knowledge, movement skills and abilities that the individuals have acquired and will be able/will know how to use in order to ensure a rational, well-balanced and healthy way of life (Riga & Riga, 2009). The way of life is related to living conditions, the living environment (rural, urban), work/school (according to studies, with different degrees of difficulty), transportation means to school/work (public transportation, bicycle, etc.). As it can be seen, the way of life is not a purely personal choice, but is influenced by the individuals' social condition.

Individual choice is closely connected to civilization and culture. As part of this individual choice, lifestyle and stress management are predominantly concerned, which are unquestionably influenced by personal decisions regarding self-assumed behaviors. The higher the individual level of civilization and culture, the wider the range of personal choices regarding lifestyle and stress management.

Changing individual mentality so as to increase awareness of the importance of the regular practice of physical exercise for health promotion eventually depends

on a high degree of culture. At the same time, the aspects related to understanding the need for an adequate diet during the course of the day, before and after physical exercise, developing correct eating habits and a high degree of hygiene are components of a lifestyle favorable to health, which is formed in the period of the 7 years of education provided by the family, as well as during middle school education.

References

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