

"Sport for Health" Conference



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SOCIETATEA ROMÂNĂ DE
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The recent "Sport for Health" Conference (21 October 2010), organized in Cluj-Napoca by the Cluj County School Inspectorate, the Romanian Society of Social Pediatrics and the Romanian Medical Society of Physical Education and Sports was concerned with scientific research in medicine and sport, as well as its reflection in health education in the school and academic environment. The idea of organizing such a meeting was expressed as early as April 2010, on the occasion of the National Congress of Pediatrics, and was fulfilled these days, by the joined efforts of the previously mentioned institutions/bodies. The novelty of the conference consisted of the fact that the participants in this event were heads of departments of physical education in the schools of Cluj-Napoca, school doctors, sports medicine doctors, pediatricians. Guests: Prof. Dr. Nicolae Miu – Pediatric Clinic 2, president of the Romanian Society of Social Pediatrics; Prof. Dr. Cristina Borzan – head of the Department of Public Health, UMPH Cluj-Napoca; Instructor Dr. Tudor L. Pop – Pediatric Clinic 2, secretary of the Romanian Society of Social Pediatrics; Dr. Manuela Mazilu – director of the Ambulatory Health Care Service for Athletes; Prof. Dr. Ioan Căținaș – school inspector, Cluj County School Inspectorate; Prof. Dr. Traian Bocu – vice-president of the Romanian Medical Society of Physical Education and Sports; Prof. Ioan Mureșan – head of the Methodical Circle of physical education teachers.

The conference debated the following subjects: Importance of maintaining a permanent relationship between physical education teachers and school doctors – presented by Prof. Dr. Nicolae Miu; Sport for Health – presented by Prof. Dr. Vasile Bogdan, Dean of the Faculty of Physical Education and Sport of the "Babeș-Bolyai" University; Morbidity/comorbidity in schools in relation to existing sport facilities – presented by Prof. Dr. Traian Bocu, UMPH Cluj-Napoca; Annual medical check-ups for the monitoring of the pupils' health – presented by Dr. Tulia Fanache, school doctor; Exemption from physical exercise in physical education classes – presented by Prof. Dr. Ioan Mureșan.

In his intervention, Prof. Dr. Nicolae Miu supported the need for the presence of a relationship between doctors in general, school doctors in particular, and physical

education teachers, in order to promote physical exercise and find solutions for pupils with low performance in physical education classes; Prof. Miu drew attention to the percentage increase in obesity, in the number of chronic hepatitis cases among children, and he recommended the guidance of children towards physical exercise. Prof. Miu also recommended differentiated physical exercise during the growth period, the consideration of medical exemptions only for children with severe health problems, the contraindication of high performance sport in children with health problems, as well as the attraction of a great number of children to the practice of different forms of physical exercise.

Prof. Vasile Bogdan showed that sport should be differentiated from sport activities, that the relationship between physical education teachers from primary schools, high schools and the faculty of physical education should be cultivated; also, that the collaboration between physical education teachers and doctors should be strengthened.

Prof. Dr. Traian Bocu presented some results of a grant project referring to the direct proportional relationship found between comorbidity and the level of development of teaching spaces for physical education in schools. And another interesting conclusion, which should set us thinking: the main reasons for the pupils' avoidance of physical education classes are the difficulty of the physical education curriculum and the current evaluation system.

Dr. Tulia Fanache, a school doctor, described the annual medical check-ups for the monitoring of the health status of pupils. Thus, during the school year 2008-2009, the following diseases were found: refractive defects, postural defects, cardiovascular diseases, obesity. Physical education teachers play an extremely important role in preventing these diseases and in stimulating pupils to practice physical exercise.

Prof. Ioan Mureșan approached the problem of medical exemptions within the legal framework provided by Order no. 520/2007 of 6.03.2007, published in MOF no. 275-25.04.2007. According to this, the specialist doctor should write the contraindications on the medical certificate. Pupils who do not excel in all control tests must be stimulated, particularly if they have good school attendance and work

hard. A pupil partially exempted from physical education must participate in the classes, not miss them. Also, there should be a kinesitherapist in schools.

Dr. Manuela Mazilu, director of the Ambulatory Health Care Service for Athletes, agreed with the need for a kinesitherapist in schools, showing that his/her role is essential. Many parents think that sport is bad for children, but they change their opinion when contacting the physical education teacher. In addition, physical inactivity is a risk, and the duration for fighting a sedentary life varies from 5-10 minutes to 20 minutes a day. Other remarks of Dr. Mazilu: chest traumas are dangerous in children; sport activity and high performance sport should be differentiated; in the case of the deviations of the spine, exemptions should be

given only to children who practice medical gymnastics in specialized centers, but work with the kinesitherapist of the school would be recommended, if the school had one.

The presentation of these subjects was followed by interactive discussions between the participating teachers and doctors, with reference to school realities.

Conclusions were formulated by Prof. Dr. Nicolae Miu, who particularly appreciated the quality of the meeting and proposed the following working meeting to take place, based on specific materials (e.g. the presentation of the last annual medical check-up and the past and current situation of medical exemptions from physical exercise), around the date of 15 January 2011.



Prof. Dr. Nicolae Miu, initiator of the "Sport for Health" Conference, addressing the audience on behalf of the Romanian Society of Social Pediatrics..



Prof. Dr. Nicolae Miu, President of the Romanian Society of Social Pediatrics..



Prof. Ioan Mureșan, President of the Methodical Circle of physical education teachers in Cluj-Napoca, addressing the audience. From left to right: Prof. Dr. Traian Bocu, head of the Department of Physical Education of "Iuliu Hațieganu" UMPH, editor-in-chief of the "Palestrica Mileniului III" journal, Prof. Dr. Nicolae Miu, head of the Pediatric Clinic II of Cluj-Napoca, Prof. Dr. Cristina Borzan, head of the Department of Public Health of "Iuliu Hațieganu" UMPH, Prof. Dr. Vasile Bogdan, Dean of the Faculty of Physical Education of UBB Cluj-Napoca, Prof. Ioan Căținaș, school inspector, ISJ Cluj.

Recorded by
Traian Bocu