

The case for an effective and enjoyable training in physical education classes by teaching using Mosston styles

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Abstract

As any conscious human activity, learning takes place in an organized environment, called the educational process, which is defined as an act aimed at achieving specific goals and capabilities to reach clearly defined objectives, assuming intent and motivation.

The training process is put in value and conveys certain content information, by creating notional systems, and information stands to help developing the personality. The quality of information by way of circulation of their cognitive structures forms and develops a certain way of thinking, skills, attitudes, personality traits.

Given the importance of the content of the education process, we are looking for solutions to its scientific determination in accordance with current and future requirements of contemporary society.

Learning content can be successfully driven through teaching techniques and strategies which are named and prefigured by Mosston (1966) in the *Spectrum of teaching styles in physical education and sport*.

Keywords: education, teaching process, teaching and learning, teaching strategies, teaching styles.