

Particularities of school physical education in Romania

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Abstract

This paper aims at emphasizing some characteristics of school physical education in Romania, analyzed from the perspective of a study discipline prescribed for all the education cycles, but also the problems faced by the specialists in the field while trying to preserve the activity status and efficiency within this discipline.

In Romania, school physical education is a study discipline with an old tradition. Nowadays, Romanian education is passing through an important reforming process meant to render it compatible with the European educational system. But the Romanian education reforming has many consequences, inclusively on physical education, and is reflected in some legislative documents (the Law of National Education no. 1/2011, the Law of Physical Education and Sports no. 69/2000, as well as in other official documents (the curriculum framework, the physical education syllabi - for all grades, the National School System of Evaluation for Physical Education and Sports).

The national curriculum or core-curriculum provides all the pupils with the conditions necessary to a unitary training, but, at the same time, it gives the decision factors at the school level the opportunity to particularize the education paths. The curricula provisions referring to the number of classes, correlated with the specialty syllabi content and the evaluation system requirements, also impose new methodological approaches to this discipline teaching.

As conclusions, we emphasize that physical education is passing through a period of profound conceptual and operational transformation, which requires the specialists' answers based on innovative ideas and their full responsibility taking in the education process. To increase the school physical education attractiveness, teachers are suggested to diversify as much as possible the extracurricular activities able to promote the practice of physical exercises for health purposes, by starting from the idea that a healthy lifestyle should be commenced from early childhood.

Keywords: educational system, school physical education, curriculum, teaching, evaluation.