

## EDITORIAL

# Medicine applied to physical education and sport Medicina aplicată la educația fizică și sport

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The year 2012 marks 75 years since the first Course of Medicine Applied to Physical Education and Sport was held in the King Charles II Sports Park in Cluj, between May 24<sup>th</sup> and June 19<sup>th</sup> 1937.

The conferences given on the occasion of the 1937 Course were edited in 1938, under the auspices of the *Medical Society of Physical Education and Sport*, founded in 1930 by Professor Iuliu Hațieganu. Today, the task of re-editing the Courses has been assumed by the *Romanian Medical Society of Physical Education and Sport* (SMREFS), founded in 2009, following the example of the 1930 Society.

The Course of Applied Medicine, similar to contemporary postgraduate courses, lasted for a month (May 24<sup>th</sup>-June 19<sup>th</sup>) and comprised 20 sessions including a theoretical course and a practical course. The theoretical courses were edited under the direct supervision of Professor Iuliu Hațieganu in 1938 and are being re-edited today, after 75 years. The re-editing is aimed at recalling the pioneering activities in the fields of sports medicine and physical education, in which illustrious doctors of the time such as Velluda, Benetato, Telia, Comșia, Daniello, Moga, Zapan, Prăgoiu, Hângănuț, Viciu etc. engaged, in an inspired and successful collaboration with physical education teachers.

The applied sports medicine courses are a challenge for doctors, elite teaching staff of the present generation, to get involved in the specific aspects of physical exercise activities of university education and education for all. At the same time, they also are a challenge for physical education teachers in collaboration with doctors. The invitation is also addressed to the current leaders of the University of Medicine and Pharmacy, the Rectors, to extract mottos from Iuliu Hațieganu's **masterful speeches of the interwar period** and adapt them to daily university life. In fact, there are many similar and even identical aspects between the situation of university education at that time and today.

Numerous similarities are found between the organization of the education system in the interwar period and the reform proposed at the present time. Thus, the Course of Applied Medicine organized in 1937 by the Medical Society of Physical Education of the time is similar to a postgraduate course that is currently scheduled by the Didactic Prorectorate of the University of Medicine. Such a course, awarding EMC credits, could be organized by SMREFS, a professional organization that includes prominent doctors, with an interest in sports medicine and

university physical activities, with many studies in the field of physical exercise, such as: **Marius Bojiță, Petru Adrian Mircea, Grigore Băciuț, Petru Derevenco, Vasile Negrean, Remus Orăsan, Victor Cristea** and others, who are founding members of the current society.

The subjects addressed by the course in the past are of high current interest for sports medicine. We only mention some suggestive titles: *The physical education of women* by Prof. Dr. Iuliu Hațieganu; *Anatomical beauty* by Docent Dr. C. Velluda from the Institute of Descriptive and Topographical Anatomy; *General considerations on the physiology of physical exercise* and *Physical exercise and the endocrine gland system* by Prof. Dr. Grigore Benetato; *Medical consultation for athletes* by Dr. Liviu Telia; *Mental differentiations between athletes and non-athletes* by Gheorghe Zapan, Assistant Professor at the Faculty of Philosophy and at the National Academy of Physical Education – Bucharest; *First aid in sport* by Dr. Ioan Prăgoiu, **Instructor at the Surgical Clinic – Cluj**; *Medical considerations on light athletics, heavy athletics, skiing and tourism* by Dr. Emil Viciu, Dr. Tiberiu Pop, and Dr. Ion Macavei.

Each theoretical course was accompanied by a practical course, with demonstrations performed by a physical education teacher or a doctor with a double specialization. Some of the physical education teachers were: Dr. Onoriu Chețianu with **demonstrations on gymnastics systems**; T. Faur, with *light athletics* demonstrations, I. Chiuhan, with *wrestling, boxing, jiu-jitsu* demonstrations; Miss Zelma Precup, with the demonstration of *physical exercises for women*; Mrs. Suciu, with demonstrations of *physical education for children*.

The cycle of Conferences included in the volume edited in 1938 by the "Cartea Românească" **Printing House Cluj**, under the auspices of the *Medical Society of Physical Education and Sport – 1930*, has been currently re-edited in order to resume and continue these activities by the *Romanian Medical Society of Physical Education and Sport – 2009* and to materialize them in the "Palestrica of the Third Millennium – Civilization and Sport" journal, which continues the tradition of the "Sports Medicine Supplement" of the prestigious "Clujul Medical" journal.

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