

Project of establishing and furnishing the Center for Psychomotor Counselling and Improvement of Quality of Life

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Abstract

Specialized studies showed the importance of physical activities in preventing premature aging, in maintaining functional independence and in improving life's quality. Our colleagues, the teaching staff from the other theoretical disciplines from the entire University of Bucharest showed their interest in changing their life style into a healthier one through a documentation, learning, adaptation and development program of their own psychophysical resources. The argumentation for this measure lies in the fact that the university staff forms a group with varied necessities.

The psychometric counseling for the teaching staff has as its main targets: the study of the individual's motor capacities in comparison with the standard motor possibilities of their age, sex and social position, of the possibilities of transfer in order to improve life quality, the establishment of the best ways of prevention and intervention.

The creation of programs which have as their purpose the self development skills of the teaching staff in accordance with particularities, through development and personal maintenance activities, the initiation of informal activities in partnership (psychomotor education specialist-academic community), the development of the services with regard to the teaching staff and their children in order to improve the child/teenager-parents relationship and the teaching staff's informing, educational and counseling actions. In addition the programs initiate some communication sessions, events, in order to promote models of good practice, the creation of some programs to form guidelines for credit awards and the elaboration of some support for the didactic activity focused on individual documentation with respect to health (nourishment, nutrition, support programs etc).

The Center will conduct activities such as: aerobics, physical therapy, fitness, bodybuilding, table tennis, chess, outdoor activities and educational activities.

In this way, we suggest the promotion through social policies and institutional ones of the establishment in each higher education institution of counseling centers for teachers and TESA staff. By accessing European funding and a consistent promotion of training in specially equipped rooms and outdoors benefits will be immediately demonstrated.

Keywords: psychomotor counseling, teaching staff, health, life's quality improvement.