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## PERFORMING PHYSICAL EDUCATION IN THE ARMY

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**Abstract:** *The purpose of this study was the observation of staff performing physical activity required, collective and individual, and conscious participation and involvement in these activities.*

*Study shows:*

- *identification of diseases and their causes*
- *identification of advantages of practicing physical exercises*
- *illustrating the benefits of exercise on the human body.*

**Keywords:** drill, physical activities, practice, healthy.

### 1. INTRODUCTION

Work environment, personal life, concerns about the future, lack of time for relaxing and energizing activities is a risk factor for the health of the military, and this in turn is a risk factor for its sustainable performance and, therefore, for the efficiency of military structure.

#### 2. CASE STUDY

Health or better said health maintenance, the main objective of physical activity should be addressed not only as absence of disease but as well a physical, emotional and social development, which is the main resource of every employee to make good work. In terms of the institution, the lack of military health be it a teacher, instructor, student, has negative effects on labor services:

- low physical participation (the military man is currently at work, but the yield is far below the maximum)
- errors or accidents in work tasks;
- extended breaks during the program;
- irritability and conflicts between colleagues;
- lack of interest, involvement in solving

problems;

- inefficient management of time.

Also, lack of health effects both professional life and family life and causing social disturbances such as:

- an increased frequency of sick leave;
- lack of concentration at work;
- low participation in social life;
- irritability and conflicts in family life;
- use of time for medical treatments.

#### 2.1 Reason for research

The reason behind this study and analysis started as soon as I entered professional life, in a profession that although it is linked to general and specific physical education, military, cannot be related to sports performance and sports life than to a lesser extent, because you take more time than you realize, and through the weekly objectives, daily stress and pressure makes you forget that have to eat, do sports, to get a life outside

workplace.

Thus, all students go from school to working life habits gradually forgetting a carefree life (balanced diet, life sports, recreation, and lack of stress) and start a daily life with family and professional responsibilities.

It is generally accepted that the inclusion of sporting activities in daily life has a beneficial effect on general health.

## 2.2 Purpose

Highlighting the positive influence that some sports have over reducing illnesses characteristic of staff through optimum management of sport.

Many military men, whether we want to admit it or not, have risen above the permissible level, body mass index, which is to be appreciated as unfit, even if they satisfy the scales to assess the level of physical fitness.

Being overweight is a condition characterized by weight gain over the optimum level, by storing excess fat tissue. Obesity reflects the existence of strong hormonal imbalances in the body, being one of the most common diseases of modern society. In recent years, the global number of people suffering from obesity has doubled. According to estimates by the World Health Organization experts, up to 2010, more than half of Western population will be affected by obesity. Not even developing countries and poor ones will get rid of this scourge in the coming years provided a substantial increase in obesity. Cases of childhood obesity are alarming, with dramatic proportions in the United States and more recently in France.

Among the causes of obesity there is the excess consumption of food or irregular diet, especially those rich in fat, protein and carbohydrates and reduced physical activity. Some social factors, such as too low family income or lower educational level were also associated with obesity.

“Lack of physical activity, through weight gain which is the main element, takes us to obesity. In its turn, this disease is prone to other many diseases - peripheral vascular and venous insufficiency or stretch marks (varicose veins), especially for those found

operating in the office or go passive, joint disorders and osteoarthritis (rheumatism of the hip) or depression because these people who are not moving do not participate in the active life. Muscular disorders are severe and go to muscle atrophy or muscle weakness.”(C. Dumitrache)

Obesity is a risk factor favoring serious chronic disease:

- sleep apnea and respiratory problems
- increasing cholesterol
- coronary heart disease
- stroke
- gall bladder disease
- diabetes
- hypertension
- osteoporosis
- malignancies in the following organs: uterus, breast, colon and rectum, kidney, gall bladder)

As well, these conditions generate a series of psychological disorders on the human body:

- psychological disorders: anxiety, depression, panic attacks etc.
- menstrual disorders
- complications in pregnancy
- hirsutism (excess hair present on body and face)
- incontinence caused by stress (involuntary disposal of urine due to a lack of control over bladder muscles)
- increased risk of developing complications if surgery
- high mortality rate

To these we add the negative impact on the entire metabolism. Fat storage begins at the internal organs, which will be “suffocated” by the pressure of accumulated fat deposits around them. This installs functional imbalance in the internal organs and organ systems. The first organs affected are the liver, the heart and the kidneys.

Dr. Kevin Kendall, a prominent American epidemiologist, said that in the civilized world there are only three diseases: mental stress, sedentary and irrational diet.

The rest of diseases, he said, are only consequences of the first three listed.



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### **3. BENEFITS OF SPORTS ACTIVITIES PRACTICE**

#### **3.1 Weight reduction or maintenance**

The percentage of fat is an increasingly acute problem of modernity. It is directly related to inactivity and improper nutrition. When those rates exceed the optimum values set by medicine, the water deposits become a danger to health. The source of energy required is produced by aerobic decomposition of glycogen and free fatty acids favoring the presence of oxygen burning body fat.

By engaging in aerobic physical activity-specific (aerobics, swimming, jogging) energy consumption appeals to the body fat deposits which lead to a rebalancing of metabolism and a better functioning of the ratio between active mass and passive mass, reducing fat mass.

#### **3.2 Strengthening the cardiovascular and respiratory functions**

Many studies have shown that engaging in physical activity decreases the risk of cardiovascular disease. A regular exercise program keeps your body healthy. A daily trained body resists better than the untrained one when encountering a disease.

The aerobic drill has the effect of improving consumption of oxygen in the body, increases vital capacity, total and reserve lung volume increases and improves blood circulation. During these activities, the amount of blood circulating through the body increases, causing the necessary oxygen for the processes taking place in cells and tissues. Anaerobic effort influences muscle strength and flexibility.

#### **3.3 Balancing and harmonizing the body shapes**

Harmonizing body shapes can be achieved by training the specific muscles to develop and improve its activity. Gymnastics drills offer a wide range of variations of movement that can handle all areas of musculoskeletal selectively. This extremely complex influence is one of the advantages of aerobic gymnastics maintenance cycle to the kinds of exercises like running, cycling, swimming, always using the same muscle groups.

#### **3.4 Involvement of movement of the whole body**

Systematic application and enforcement of long-term exercise and their connection to volumes and well controlled weights, lead in time to the emergence of adaptive effects manifested by:

- increasing or even doubling of glycogen storage in muscle
- muscle increasing efficiency through more economical use of energy resources
- later appearance of fatigue
- producing smaller quantities of waste products in muscles as a result of effort
- improvement of energy resource recovery rate after exercise

The exercises can be adapted to each age group. They improve the conduct of various performances enhancing movement capacities necessary for daily activities. Among those mentioned are:

- the relative strength (relevant for the work chains of muscle groups)
- general and local resistance (from the different parts of the body)

- mobility of joints, ligament and muscle systems
- Ability to cope with different requirements concerning contraction actions, stretch and / or relaxation

- the moving alternation ability quickly and efficiently of different types of labor muscle in static and / or dynamic regime
- coordination between muscular and intramuscular capacity

### **3.5 Through sports activities we will obtain:**

- increase muscle mass and strength - and by default will look athletic and balanced, and self-confidence default
- help maintain mobility, balance, and in maintaining bone hardness and density
- reduces the risk of degenerative diseases, such as arthritis - increased volume of blood pumped by the heart, better oxygenation of the whole body, and avoiding cardiovascular disease
- efficient burning of fat

- helps reduce the amount of cholesterol

- help in activating and maintaining wellness by activating the release endorphin

- help maintain a healthy and mentally strong psychic status and reduces symptoms of anxiety or depression, better oxygenation of the brain, increasing the concentration capacity

- increased chance of longevity and quality of life

- risk reduction for diabetes

- body weight reduction and efficient way to relieve emotional stress

- increase male testosterone levels and all along comes a higher sexual

appetite

sexual life

- generally, there is a noticeable improvement in the quality of sexual life

## **4. CONCLUSIONS**

Although in school we learn about the benefits of engaging in physical exercise, we do not believe in them or we do not apply them. After the observation of military men in different structures I came to conclude the following:

- without a legacy of physical culture, physical activity occupies a very small percentage among everyday activities;

- most subjects under notice, who show importance to physical activity, both for their role in maintaining physical health as well as emotional and social benefits, live in environments with a strong sports character

- without legislation to support both military institution in shaping a policy to promote physical activity, they will be seated languishing in our lives.

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