

THE ROLE OF IN OPTIMIZING PROFESSIONAL PREPARATORY GAMES PROFESSIONALLY APPLIED OF PHYSICAL TRAINING

Dănut STOICA¹, Valeriu JURAT²

¹University of Physical Education and Sport, Chişinău, Republica Moldova

²University of Physical Education and Sport, Chişinău, Republica Moldova

Abstract: Professional preparatory games are the easiest model to boost loved professional actions of the operators from order and public security system in active breaks, substantiating professional activity, together with professional progress, evolving liked in the physical and psychical plan. To this form of practical activity is observed from the beginning two distinct structures (education and occupation) during the process instructions which efficiently complement each other. After a longer time professional preparatory games evolve in mentally and motor plan acquiring complex and varied characteristics, approaching as much as they can the operators profession. With the passing to the step of creativity of the game takes shape and content clearly for the operator by developing the psyche and its motility, thus participating relaxed, conscious and active physique and psyche to the real professional actions that are to fulfill in their daily duties.

Keywords: games, training, professional, practical.

Introduction

Professional preparatory games have an important role in the physical training professional content applications and are useful and effective in the educational process with a dynamic character development major functions of the body, establishing a clear harmony between them, providing an active psychic and motor. Here by the content, structure and application adapts and complements creating permanent professional content accessibility implementation games for different ages. Between these two types of exercises (physical and mental) that are in the contents of games, it needs to make a clear distinction between the foundation, which is designed as a means to actively instruct and as guidance psychomotor in the evolution and progress of people arrived at an high level of professional psychomotor maturity to reset psychomotor intense effort to solve practical professional duties.[1,2,3].

Professional preparatory games strengthen physique and psyche of the human being, developing thinking, imagination, creativity rapidly, exerting an important influence on the character of conduct of such business and pleasure. The Permanence of improvement of moral-volitional qualities plays a key role in the development of muscle which in turn indirectly influences breathing, circulation and psyche of that person.[4,5]. Most experts in the field made permanently linked impossible to

distinguish between play and work, showing the important role it plays in development adding that "therefore can not fix an absolute border between play and work. Play and work are not only the same line poles, along passing imperceptibly from game to work"[6].

Materials and methods

The definition of game is made easiest and targeted by "The terminology of physical education and sport" (1973), which states that "the game is a complex activity, predominantly motor and emotional, which occurs spontaneously established rules having previously recreational, sporting and while adapting to social reality "[7]. (professional). The game is a psychomotor activity practice, running natural, spontaneous, pleasant, leisure, recreational activity primarily aimed at restoring the body after intense physical and mental effort. This is the fast, safe, pleasant and efficient working method as a means of acquiring and consolidating the contents psychomotor and professional staff policy and public security system.[1,4, 7].

Preparatory professional game has a key role in the continued development of psychomotor qualities having a formative influence in the training process by deepening knowledge previously acquired professional execution. Throughout working life, man is a being active practice and professional preparatory games you can engage in activities without any previous specialized training,

requiring only a strong personality and well-developed driving skills.[2,8] Multilateral contribution to preparing creates an active influence on the human body, only if properly designed, organized, led and coordinated permanent instructors. In the course of preparatory games professionally requested maximum of physical attributes and specific professional skills, moral-volitional qualities, while strengthening the confidence and the know-how.

Specific professional driving skills are improving rapidly consolidating and especially through the game, creating new and complex professional connections here by harmonizing practical interests of professional activities. Using games preparatory professional operators develops rapidly in a pleasant work environment, initiative, rapid adaptation, group work, tolerance, responsibility for execution, accepting mistakes, group cohesion, independence movement, self-confidence itself, etc ..[2,6,9]. Choosing the most efficient requirements in games preparatory professional are based on a number of criteria such as purpose, content, objectives, motivation, equipment and technical means, working time, the degree of effort used by health, venue, weather conditions, develop physical fitness, volitional qualities, etc ..The influence of psychomotor and professional preparatory training games on the operator determines the purpose, content and structure of their overall participating intensively and effectively to the training objectives that are essential implication on future operational content. They require time, precision, coordination, speed, strength, flexibility, mental mobility that much work is done only by rational and objective that required intense observation, attention, will, imagination, motivation, etc ..

It was observed that, lately, the Interior Ministry granted increasingly less time professional preparatory games and sports specialist. But back to the original idea: is it an important professional preparatory game in applied professional physical preparation? It's worth it to pay this special attention and support as? It requires specialists in applied professional physical preparation? Does our efforts are doomed from the start? To acknowledge and clear answers to these questions need to look a little more closely professional preparatory games.[9, 10]

Playground is varied (sporting grounds, parks, housing, etc.) which increases the possibility of practical concern to human movement, which can be as varied; and the joy and pleasure of victory or defeat clearly affects psychomotor skills, quickly triggering mechanism moral-volitional qualities especially self-control and strengthen the will. Therefore, in a short time professional preparatory games helps to counteract the effects of sedentary satisfying their urge to move them. Most games require a multilateral body, which develops the final effects of physical attributes (speed, coordination, endurance, strength) with perfect perseverance and desire to prepare physically and professionally.[2,5,8]

Professional preparatory games energises and mobilizes all forces and psychic driving, keeping up the interest and practical progress, which we maintain by using motivation, the desire to reach the final maximum efficiency. The motivation is stronger, the operator will be stronger in confidence, instructor assisting him with compliments positive during the action. Will try as much as possible as compliments to strengthen its self-confidence and practical knowledge, the will and desire to do more and better. Any process psychopedagogy of learning the professional knowledge to be executed to start the game preparatory professional because the pleasure of practicing "gives them wings", encourages and motivates, allowing people that they can choose for themselves the most effective, after desire and purpose. It would otherwise have underlined the importance of professional preparatory games disconnection from mental stress, the most effective method of active rest, enabling the use within leisure in the educational process.[3,9,10]

Preparatory professional games, if learned correctly during the action will develop the spirit of fair play, which is needed because of the freedom of action and that actually is the basic principle that all games are built to move. The game itself properly during continuous learning process influences individual behavior during social and professional life. Through it man is customary to bear with dignity and externalize defeats during victory. Those who depend on it during the competition and acquire him permanently translating it into social and professional activity.

One could mention a lot of qualities moral-volitional which is cultivated through games preparatory professional that intelligence has an important role by repeating permanent movements, coordinating them precise content and quick creation of environmental conditions favorable that can enable effective cultivation of the thinking capacity of each operator, developing the spirit of sacrifice, professional perseverance, courage, that can develop even using the most simple and fast motion gaming.[7,10]

Another feature of the game is to develop professional preparatory personality traits, characterized by dynamism and speed of thought, which developing practical and logical memory in short time and effectively. These positive influence multilateral development operator, combativeness, discipline, spirit of trust and responsibility of what is running. It should be stressed also that the game manifest liked not only positive traits of character, but while negative ones, such as lack of interest in coexistence with selfishness, pride immeasurable modesty, honesty cunning, etc .. The game itself does not cultivate negative qualities, but sometimes they emerge and are enhanced excessive unintentional. A feeling of belonging to a certain group is the one that gives priority positive traits. Each operator is aware that the spirit of sacrifice is a professional quality. Of affirmation and manifestation of an operator to dominate others and must be combated at all times because behavior between ideal and practical contradictions positive behavior can occur. But the presence of the instructor provides prevention and resolution of conflicts. Because of this preparatory games professionally designed have organized a stronger effect than spontaneously, provided that the instructor be familiar with the basic rules of the game, running technique and his professional order. Word, gesture, instructor's personal example, can have a key influence, can mitigate and avoid negative traits effectively developing basic motor skills and specific training.[2,6,7,9].

Discussion and conclusions

At a deeper analysis of professional preparatory games emerges the importance and role in educating the will and self-restraint in tense situations professionally, that is needed to have the ability to coordinate movements psychomotor work safer and more

efficient. Once it develops visual acuity, hearing, intelligence, observation, etc., that the variety of their content is an effective means of development and improvement of the physical and psychic operator. Clearly shown by I. Moraru that "between play and work is still an essential difference: the game only produce pleasure and enjoyment, but does not produce objects (goods) necessary to society" ^[6]. This clearly shows the essence of each key role which plays in civil society and professional activity daily.

Just proving something you can reach the initial allegation, that applied professional games are one of the most efficient, enjoyable and important means of instruction. Any instructor, once convinced of this, it realizes that it is necessary to know as many different games with professional content, to be able to analyze and select adapting their professional activity on the right to execute.[3, 9]

The games are challenging and professional preparatory multilateral body in a pleasant environment, with the highest efficiency if performed under the guidance and observation instructor to the following specific features games:

- lack of fatigue or lack of interest in play;
- attractive and fun of the game;
- spontaneous movements;
- mobilize all mental and motor skills;
- psychomotor maximum effort;
- maintain continuous desire to move;
- power mobilization of all forces in a short time;
- psychomotor quick disconnect;
- of affirmation;
- observation during the game lack of interest (selfishness, envy, wickedness, malice, etc.);

The true professional is not limited to the content of the game, leaving him to proceed to chance. If a teacher take people then retreats to perform another task will fail to capitalize on a series of educational resources and professional game. An effective multilateral exercises influence the game organized and coordinated closely followed the instructor intervening and directly influencing the content and purpose of professional preparatory games.[2,5,10].

Those who want to call themselves specialists in applied professional physical preparation need not identify during work on game play free, but know this game previously deployment. The game is entertaining from

start activity, then the trainer to treat it consciously as an occupation full responsibility.

References

- [1]. Mitrea, Gh., Mogoș, Al.(1980). *School Physical Education Methodology*. București: Ed. Sports -Tourism.
- [2]. Simister, C.J. (2011). *Games for the development of intelligence and creativity of children*. București: Ed. Polirom.
- [3]. Simion. Z.M.(2000). *The game in physical education in primary teaching - degree project*.Târgoviște: University of „Valahia”Târgoviște
- [4]. Epuran, M.(1974). *Psychology and sport in present*. București: Ed.Stadion.
- [5]. Chiriță, G. (1983). *Education through movement games*. București: Ed. Sports - Tourism.
- [6]. Moraru, I. (1992). *Interdisciplinarycreative strategies*. p. 22-25, București: Ed. Romanian Academy
- [7]. *** *The terminology of Physical Education and Sport*. (1974). București: Ed. Stadion
- [8]. Verza, E. (1978). *Man, play and fun*. București. Ed. Scientific and Encyclopedic.
- [9]. Șchiopu, U.(1970). *Psychological problems of the game and entertainment*. București: Ed. Didactic and Pedagogic.
- [10]. Cârstea, Gh.(1997). *Theory and methodology bases*. București: Ed. A.N.E.F.S.