



The role of the Olympic Games and the Olympic Movement in Promoting Physical Education and Sports as Curriculum Fundamental - Case Study for the Education System in the Republic of Moldova

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Abstract

The phrase Physical education and sports, according to its current name, is relatively recent, entering into circulation only in the 19th century, but the forerunner of the current training discipline in the international education system is GYMNASTICS, practiced in an institutionalized system since ancient times. In this context, we believe that the International Olympic Movement has played a decisive role in keeping alive the competitive spirit and joy of the movement among young people, promoting sound principles that have the role of training and educating the younger generations. One of the goals of the Olympic Movement, as stated by The Olympic Charter, is to build a peaceful and better world by educating youth through sport practiced without discrimination of any kind and in the Olympic spirit, which requires mutual understanding with a spirit of friendship, solidarity and fair play. That is why we consider that Physical education and sports is one of the most important parts of the curricula, therefore our goal here is to summarize the evolution of the phenomenon and to present a series of conclusions and recommendations for an inclusive and tolerant society which contemporary students must be prepared and educated for. The article reflects the educational experience of the authors and the observations recorded along their teaching career.

Keywords: active life, learning environment, Olympic principles, Olympic spirit, syllabus