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Considerations on the problem of the relationship between movement and health

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Abstract

If we are speaking about the relationship between movement and health, we usually mean activities realized within the sphere of physical culture, activities intended for human beings. Naturally, at the same time we have to count on specific differences between physical education, recreation based on movement or physical exercise, and sports. Unfortunately, physical exercises as intentionally used movements are, in our literature, understood most frequently on a bio-mechanical and bio-medical basis. Less frequently are their psychological, social and psycho-social aspects perceived, and the fewest experts look at their philosophical essence. In addition, we also see that health is primarily perceived by society as the exclusive domain of medicine and healthcare organizations. In this paper, the author deals with the problem of relationships between movement and physical, psychological and social health and differences between humans: those who are both sporters and human as opposed to those who are human, but not sporters. In connection with these problems, attention is also paid to environmental, leisure time and life style problems. Our healthy existence is conditioned by our struggle for it and our fight against all influences which threaten it. Negative tendencies have a global character, their solution, however, is of a regional nature, a problem resulting from concrete conditions. It is also the problem of the education of specialists connected with these problematics.

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