



Current Trends in Educational Science and Practice

Eva Szórádová (ed.)

I.

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FACULTY OF EDUCATION
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SOME PROBLEMS IN TEACHING PHYSICAL EDUCATION¹

GORAN SEKELJIC

SNEZANA MARINKOVIC

MILOVAN STAMATOVIC

Abstract: *Numerous studies indicate that the current concept of physical education is out of date, that does not meet the social and cultural needs of children and youth and it generates and promotes gender stereotyping of the adolescents. One of the goals of Physical Education is to acquire the necessary skills and to form positive attitudes toward physical exercises which is necessary for the development of healthy lifestyles.*

Key words: *teaching Physical Education, adolescence, motivation, the aspect of gender.*

Introduction

A research conducted by the Department of Health in the United States (U.S. Department of Health and Human Services, 1999) shows that more than 75% of adults are insufficiently physically active, which is the most common cause of the obesity. The obesity is a major health problem due to associated cardiovascular, renal, metabolic and endocrine disorders (WHO, 2006). What particularly concerns us is the fact that since 1970, in America has tripled the number of obese children and adolescents (Ogden et al. 1997). According to Collie et al. (Cali et al, 2008), 31% of people became overweight or obese at that age. The results of several studies conducted in different European countries indicate that the prevalence of obesity in some countries is very different, for example it is higher among adolescents in Western and Southern Europe than in the countries of central and northern Europe (Lissau, 2004). According to the research of Grozdanov et al. (2008), girls are particularly vulnerable because of inadequate diet and physical inactivity.

Despite the fact that the causes of this state can be cultural, sociological, economic, health, motivational, one of the main reasons for bad habits is recognized in the low quality of school Physical Education. Therefore, the Council of Europe (Council of Europe, 2003) called on the governments to put this system under a serious and regular monitoring and launched a pan-

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