

REVIEW

on the monograph *"Efficiency of physical education lessons in secondary education through the method of play and competition"*, author: Delipovici Irina

Physical education is a very important area for the harmonious development and growth of the child's body.

Physical education is a component of general education that is based on human movement in improving the physical and psychic condition, the physical and harmonious development of the body at the same time, the formation of personality.

The game has immense power in children's lives. There is a close interdependence between the events at the beginning of the child's learning and the successes in the future educational activity.

The functions of the game are the following: cognitive, informative function, stimulating - motor function, formative - educational, social, balancing, therapeutic, cathartic function (purification).

We can say that the paper is an interdisciplinary approach with the proposal to streamline the physical education lessons in the ninth grade.

The topic of the paper is current. The combination of the game method with the competition was performed in the ninth grade physical education lessons.

The purpose of the paper is an important factor of the educational process and is the functional - motor and intellectual development age-adjusted, which form in students the necessary health, the system of cognitive skills to obtain basic knowledge, necessary for further professional and cultural training.

The scientific problem was solved in the experimental argumentation of the efficiency of physical education lessons in the ninth grade by combining the method of play with the competitive one, using such criteria as: increasing students' satisfaction and self-

confidence, improving health and the level of general physical training of adolescents.

The Introduction argues the topicality and importance of the subject, the objectives of scientific research to achieve the purpose, explains the scientific novelty of research, characterizes the methodological and informational support, as well as the theoretical significance and applicative value of the paper.

Chapter I addresses the issues related to the difficulties faced by students and teachers of physical education who teach in the ninth grade. The situation in the field of physical education of 14-15 years old students, the peculiarities of this age, the game method and the competitive one, its role in the physical education of 14-15 years old adolescents were analyzed.

In Chapter II, the organization of research, methods of scientific investigations was carried out. Through interesting surveys with questions in the field of physical education in school, the survey was conducted by physical education teachers and students in the school aged 14-15 years old. The opinions of 14-15 years old adolescents regarding the motivation to attend physical education lessons and teachers' answers were analyzed.

The author used methods to determine the indices of physical development of the body and the functional state of the systems of organs. Students were tested with methods of testing the level of general physical training.

In Chapter III, the verification and experimental argumentation of the increase of the efficiency of the physical education lessons in the ninth grade was made by combining the game method with the competition. After the implementation of the methods, in this context the annual dynamics of the students' physical development indices were appreciated, the

annual dynamics of the group structure was appreciated depending on the harmony of adolescents' physical development, the analysis of the annual dynamics of the functional status indices of the systems of organs.

The level of general physical training of adolescents in the annual dynamics was evaluated. It was also analyzed the estimation of students' satisfaction and self-confidence in experimental physical education lessons at the end of the school year.

Based on the previous scientific study, the appropriate methodology for organizing them

was developed - combining the game method with the competitive one, which will increase the attractiveness of lessons for adolescents and their involvement in physical exercises, resulting in improving the state of health and the level of their general physical training.

I appreciate the monograph of Mrs. Delipovici Irina, interesting, with a rich material of literature in the field, the scientific problem was solved, and its solution led to the development of practical recommendations, but also to the application of that methodology.

Reviewer,
Crivoi Aurelia,
Dr. habil. In biological sciences,
university professor,
State University of Moldova