

## Sport and Society

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**Abstract:** Sport can improve many aspects like personal health, lifestyle and national pride. In the context of development of European Sport, and particularly the Olympic card, the goals of our federation aim particularly at the development of youth groups that could be ready for several attempts on life-style in general and improvement of quality of health. Meanwhile, another objective of Sport Federation for all is participation in all events for reviewing and re-formulating laws for sport, making possible the overall reviewing of the platform in general that gives solutions on problems of sports for all.

### Understanding or actual understanding of sport for all

As part of youth politics in the second and third generation in Albania, FSA has seen the integration of sport and values of Albanian culture as one of the primary tendencies for promoting new mentalities and best models to be applied for building tradition of active participation of people in sport activities (national and regional levels up to international events). As a systematic social activity, Sport for all aims at expanding in all social categories, including age groups, in order to attain general values. Up to now, the important educative events for developing and relaxation in sports have not been at the center of attention of relevant institutions, and particularly of the central government, so that they could be managed, motivated, become massive and their values continuously promoted. The attention of the central government of sports has been observational and little has been done for constructing public sport facilities. The wish and acknowledgement of people that face some basic need for recreational, sportive environments, even though in our country we generally don't have such options, people check for rented place and the first to participate in this new tendency were the middle age groups and the second generation (40-60 years old).

### Actual situation of development of sport for all

Everywhere, the beginning of century is presented with many characteristics, where information and life-globalization have changed the mentalities and life-style of people. Today, indicators of well-being tend to shift to growth of spending (wealth) and free-time, where people spend high amounts of money for leisure time, while its importance now is even bigger than any other historical period. Also, the sport movement in the developed world has taken very big proportions, whereas the culture of people inside makes individuals more active than other popular movement. Through a wide offer for sport events, the sports movement is giving a big contribution in health-care, social development of friendship, cooperation, unity, national pride etc. Health problems today have become more concerning, because automatic actions, stressful life, long-term jobs, non-healthy style of eating, has brought many health problems starting from children up to the elderly. This makes physical activity and sports easily understood by taking an important social values. All national organizations of non-governmental sport institutions such as the Olympic committee of Albania, National federations of winter sports and summer sports have prioritized their objectives in spreading sports for health and life-style as an important philosophy that affects people's culture and solves many social problems that concern the government today like drugs, prostitution, smoking, alcohol, murders, obesity, stress, heart problems, diabetes, osteoporosis etc.

### Socio-demographic analysis

Today in Albania live around 4 million people. Around 1 million, over the last twenty years, have emigrated. Meanwhile, we can analyze some data taken from studies of sports science institute, Instat and MASH for year 2010. The data we have are: total number of licenced athletes over federations equaling 11,781 from young age groups to adults, the number of students in school levels in Albania (according to MASH 2009) are:

School cycle	Public	Private
9 yr elementary	586,826	4,382
Medium (high)	131,234	1,587
University	69,867	18,465
ALL	787,927	24,465
TOTAL	811,392	

The total is 811,392 for students and pupils. This can be compared with the number of athletes that are licensed in social networks or private companies, thus having an index approximately 1.5% of the total number of pupils and students. If we compare our number with developed states (evaluation strategies of sport symposium, stiintic international, Bucarest, 196), we should note a significant difference. From 1.5% that practice tracking and fields sports, over 15% that do qualitative sport in the Balkan States, with highest percentage are the Scandinavian States, but also Western States, with over 22%, meaning we have a sensitive change related to some factors. These factors are:

1. Parent concepts, but also those of the teacher, especially of Natural Sciences, that check the child participation or their students with sport as an obstacle to well-going of classes.
2. Incapability of teachers in physical education, Methodists and trainers to treat with professional competence and conceptualized intelligence or moving intelligence. In order to explain this connection we could say that intelligence builds knowledge of each field of thought, for different people in different areas of movement. With the evolution of human intelligence, being 2 concepts associated with the moving sensor and intelligence, differentiated from each other, starting from a common root, conceptual intelligence is build along side the development of sportive soul in all fields of thought. Moving intelligence is spread and surpasses the sensory-motor activity for body-building in many fields of movement (athletics, fast-track, swimming, games, specific exercises etc). Activity in movement doesn't merge with intellectual properties, and neither can be confused with it, but instead it finds its root in building moving structures and coordination of other activities. In other words, the techniques are the ones that are considered as solutions from moving intelligence of solving problems caused by the environment that can be renewed in a continuous manner out of the theoretical teaching. Sometimes the environment is enriched with the presence of a teacher or a trainer, whose role is to help the subject to build or find the solutions. After receiving the grade of efficiency and stability that characterizes every scale of achievement, these techniques form knowledge that is incorporated with each other and not on the ontogenetic plane or the biogenetic one. Also, it is important to study them like perfect models, for understanding of building mechanisms. Today there are many questions but most importantly is the one that relates moving intelligence, how much the affect each other, how are the relationships of dependence and causes between them. One of the fields affecting such reciprocity interests the forming of teachers and trainers, that can be thought as a pedagogic activity in different circumstances, systemized in a conscious way for interpretation of senses, feelings etc. On the other hand, relationships of moving intelligence and the conceptual one is made with mechanisms out of the field of cognition.

For example: It happens that we observe during the trainings especially of physical, technical programming that can easily be observed with the way of learning techniques and easily understood by athletes or students. The reason is that we need intellectual knowledge and clean consciousness with what needs to be done or not.

This happened for three main reasons:

- i) Consciousness: by conveying action on sport results, cannot act immediately and causally over the mechanisms or the actions of mechanisms.
- ii) Being that knowledge makes a system of reasons from past actions very personal and with self observed image, wrong and deformed, it is also necessary, to individualize way that make up the same understanding, with every idea for each one.
- iii) This consciousness also take equal reports tested over the course of development of moving action, meaning that it can be done continuously in process, while sense are not an outcome of this action.

So, now we understand a little more the need for debates, descriptions, verbalizations, keeping along side what needs to be done, from intellectuals while the steady relationship with direct and indirect relationship with time, direct and indirect proportions. Nothing is build without moving, meaning that the worker also takes care of the material, simultaneously being the architect that directs the works. All this is a way that in essence has the opposite meaning with that of many teachers of sciences, especially natural sciences, and in some cases of parent too, because sport can reduce progression of learning. Doing sports increases the ability of SNQ, meaning that sports increase the absorption of knowledge for the unit time taken. This has been proven scientifically and we are obliged to understand these concepts and knowledge and make them clear to others. Remember that the 21<sup>st</sup> century has been accepted from everybody as the sports century.

3. Incomplete work of sport societies and organization for taking youth into sports. Today in our country yet hasn't been taken actions for choices and consequently selection of children. Without such actions it's hard to check sport talents, and if talents can't be picked, then we won't have evidence of how to follow their dynamic preparatory work. Expectations and lack of readiness are the 2 most harmful qualities in quality training, that unluckily are present in every sport ambient of our country.
4. Material base for race and especially for training in both aspects, special and general, that are not in their optimal level compared to minimal demands of time. It's known by everybody that in our country we have sport areas much smaller than any other Balkan state.
5. Another aspect with importance is that in our country, most of the practitioners of physical exercises, of second and third age groups, previously athletes, are not organized in sport societies. This means that some of our weaknesses lie in the organization aspect, in the direction of:
  - Sport structures, central and regional (sport organizations)
  - Low level of participation of sport leaders in central power and regional executive, with problems in coordination among sport institutions overall are the key element for having many deficiencies like we mentioned before.
  - Lack of concept of capitalist socialization. Still we insist on mixing past experiences with Western-European
  - Lack of sport environment (public)

### **Social and demographical level for development of sports**

The climate is favorable in Albania, being a priority for the development of sport. In our country, nearly 50% of the length of the Albanian border is by sea, lake, river, meaning that from 1094km of coastal line in Albania, over 450km are made of water. Likewise, mountains are very favorable for the development of sport tourism, with appropriate organization and management for better opportunities of participation rates in sports for youth and creating sport business, as a developing condition for supporting the quality of sports. Our country has some participation of young-age groups compared to other countries. The average age of our population is below 29 years, according to the yearly statistic of Recent Demographic Developments (October 2000). Starting from the demographic indicators, the tendencies of our federation are:

\*Expansion of sport activities in all schools of our country

\*Creation of a situation and favorable conditions for new ways of living with sport

\*Distribution of sportive activity in all our country in order for sport not to remain a monopoly of big cities.

Special politics that have to be included in a strategic project for sport, have to reflect in width and length of social age groups and demographics are in favor of the practitioners of sport by imposing:

\*change in life-style

\*fair play doctrine

\*wide-range participation with no gender, race, economical or religious discrimination

\*Increase physical indicators anthropometric and functional parameters

\*Increase of culture and civil education. Sport has to be the starting point of this culture

From this modest deduction, it seems obvious that the duties of our federation are quite big, with developmental difficulties, that need to be surpassed because this is exactly our mission.

### **References**

Mash- Ministry of Education and Sciences, Albania

