

## SPORTS FOR ALL, THE RIGHT OF THE PERSONAL DEVELOPMENT AND PHYSICAL EXERCISE

**Vassilios Ath. Oikonomou**

*Dr. of Sports Law , University of Peloponnese, Lawyer, Greece\**

**Abstract:** *The term individual utilization through physical exercise through participation in sports activity is new and aims to start the discussion on this topic by enriching this term with various aspects that contribute in this direction. What could define the phrase individual utilization through mainly physical activity? This can be answered by many researches from which we can draw many elements such as: the physical activity - recreation of the individual with the aim of good psychological state on a permanent basis, sociability, formation of personal individual relationships and body image commensurate with social status, ensuring individual physical condition and personal health in pursuit of higher goals, where extremely greater strength and endurance is required both physically and mentally, as well as the emitted radiation, individual prestige , are elements that can constitute individual utilization through physical exercise. A kind of education through the body by ensuring the healthy condition of this, the members and the psycho-physical condition of the individual with not only individual but also social and public benefits.*

**Keewords:** *physical activity, physical exercise, sociability, personal health, personal right*

### 1. Individual utilization and physical exercise

The program development of physical exercise and sports activity in people in addition to the above contributes significantly to the creative use of free time, which means a special contribution to the overall development of their personality, physical and mental health, the cultivation of skills and character, through and through the development of noble rivalry. In other words, the possibility contributes participation in physical exercise, within a regulatory framework, through this activity, in the development of resistance against the scourge of the negative phenomena of society such as drugs and other addictions, violence and crime, but also in the mass subculture that overwhelms young people.

In trying to find the reasons that contribute to the participation of individuals in physical activity in order to explain the reasons that make physical exercise necessary, various methodological tools were used, such as the Participation Motivation Questionnaire that has been used in several foreign studies ( Kirkby, Kolt & Liu, 1999; Longhurst & Spink, 1987; Wang & Wiese-Bjornstal, 1996)

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\* Author is a member of Greek Parliament from 2000 until to day.

which traded in children's sports, but there was no stability in the factors that were measured. Another study found seven factors (Kirkby et al., 1999), another four (Longhurst & Spink, 1987) and another eight (Wang & Wiese-Bjornstal, 1996). This differentiation may be due to differences in methodology, the existence of different sports in the sample, or even the different ages and cultural diversity of individuals (Kirkby et al., 1999). In their work Clough, Shepherd and Maughan (1989) investigated six categories of motivation that motivate individuals to choose running as a way of physical activity - recreation: good psychological state, sociability, challenge, social status, physical condition - health, prestige. The results highlight the challenging factor and subsequently the health and good mental state in a high position in the answers of the respondents.

Respectively, the work of Ashford, Biddle and Goudas (1993) examined the participation of men and women in sports and leisure centers. Here the main reasons for participation are the maintenance of health, the development of physical condition and relaxation. In addition to the above important research has also shown the benefits that people bring from their participation in outdoor leisure activities, in the improvement of self-awareness, self-confidence and stress reduction (March, Richards, & Barnes, 1986), and that regular participation in exercise programs is a fundamental need to improve mental health (Dishman, 1982). Many people still realize the benefits of exercise, but few really try, as they do not find any real causes, create self-defense mechanisms and invent excuses (Biddle, 1981, p. 28).

The difficulties for individuals to adopt an athletic lifestyle have many possible explanations. People participate in a fitness program either because they want to lose weight, or to improve their body image, or to improve their health, or to relax, or to meet new people, etc. When these programs do not meet their expectations and priorities, while at the same time a number of obstacles and difficulties arise, then they give up.

Individual recovery through sports activities and physical exercise also includes the factors of relaxation with reduction of stressors, increase of self-confidence and relaxation. Regarding psychological variables, it is generally accepted that the improvement of body image is one of the main reasons that pushes the female and male population to participate in exercise programs for individual use. So it seems that the study of the subject, this is especially important in the field of exercise and sports as several studies have shown an increase in people's satisfaction with their physical appearance which is a result of participation in exercise programs (Balogun, 1987 Tucker, 1983a 1983b). The maximum individual benefit through the participation of individuals in exercise programs or sports action program is considered to be the increase of the level of self-esteem of the individual (Sonstroem, 1984), due to the positive effect it has on their physical image, thus contributing to the increase of self-confidence and increase resistance to any fall moral or physical as well as personal wear and tear.

In this direction of individual utilization, when the person evaluates the reason for which he exercises, he also evaluates the way of exercise and the physical exercise itself. Knowledge of these people's attitudes towards physical activity or towards specific programs (eg towards basketball, or towards aerobic exercise) becomes necessary. Negative attitudes towards sports change mainly through the cognitive process and thinking, during which one realizes the benefits of exercise<sup>1</sup>, as long as of course the conditions. Consequently, one of the important reasons for participating in physical exercise and its individual utilization is the acquisition of skills, knowledge and attitudes through physical exercise, so that gymnastics becomes necessary throughout life and keeps the person in a good level of physical condition and health, a condition with a high index of individual recovery.

Based on the above, the necessity beyond the formulation of a general public health policy is considered "out of the ordinary", and the formation of an institutional framework with regulations for the physical activity of the citizens as a satisfaction of the right to individual exploitation that besides contributes to individual exploitation It also contributes to health, thus forming a framework for their special contribution to the economic, social, cultural and other life forms of the country (Article 5 par. 1 of the Law). It is therefore clear that the satisfaction of this right requires, among other things, specific information of the population and citizens, not only about the dangerous consequences of lack of physical activity and the encouragement to engage in systematic physical activity during leisure time. , but also to indicate ways and methods for how one can satisfy this right in order to enjoy on the one hand the on the other hand, there should be a compensatory common benefit for the organized society in the state, that is, to indirectly but clearly satisfy the public interest as well, since there will be healthy and active citizens, which means that the state spends little on health and benefits the efficiency of the health of its members

It is important in this case to emphasize that in the White Paper on a European Strategy on Nutrition, Overweight and Obesity of 30 May 2007, the Commission "considers that the Member States and the EU should to take precautionary measures in order to reverse the decline in physical activity rates in recent decades, which is due to many reasons".

Both of these organs emphasize the importance of physical activity in the fight against obesity and related diseases.

Physical fitness creates the right conditions for the individual to be exploited because, as noted above, a quality standard of living is ensured and at the same time serves the public - social interest and ultimately the public interest, as it leads to a larger majority of combatants, who will serve the

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1. Biddle, S. (1981). The 'Why' of the Health related Fitness. Bulletin of Physical Education, 17(3), 28 – 31.

whole of society according to the content of the above and the provisions of the Constitution.

In the above logical initiative of special legal regulations but also the substantial improvement of the existing sports facilities, which can be utilized for such physical activities for the physical exercise for all, in this direction in order to ensure in practice the satisfaction of the wishes and the needs for physical activity for individual use of all that they would like, constitute Basic requirements. In other words, the parameter of unimpeded access to places of physical activity - physical exercise for everyone for individual use, to people of all ages and socio-economic levels is important and must be taken seriously.

## **2. Physical exercise, individual and public interest**

Human value is enshrined in article 2 par. 1 S and is defined as the totality of the general material, spiritual and social features of the human race<sup>2</sup> and as Dimitropoulos emphasizes, it is identified with man and personality, it is not a value-idea, but value-reality<sup>3</sup>. The principle of inviolability of human value, as Dagtoglou (2005)<sup>4</sup> emphasizes, is not explicitly proclaimed by the Constitution but directly defines its legal consequence, is the obligation of the state to respect and protect human value. This case is one of the few where the constitution explicitly imposes obligations on the state and not just limits. These obligations include the taking of the necessary legislative and administrative measures, with the corresponding demonstration of the behavior of the administrative bodies, protection and respect of human value.

The highest good and foundation of social humanity that justifies man as the most perfect creation, is the human value which, as the hard core of humanity, is an inviolable principle. The hard core of humanity is the simultaneous securing of the human idea, its protection and its self-evident evolution towards the justification of its form. But for this course of human evolution and the actual justification of the idea of humanity to become a reality it is also necessary to secure the means and material benefits that will lead him proportionally to the desired result of personal utilization. In the context of this law, the magnitude of the value of individual and social rights is highlighted, as established means to ensure his moral uplift, his spiritual upliftment in which the right to physical cultivation is included, which has indirect and positive effects on human nature through the exaltation of the soul but also through physical competence individual-personal exploitation with individual and social-public interest.

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2. Dimitropoulos, A. (2004). Constitutional rights vol. I'. Athens: Ant. N. Sakkoula.

3. Dimitropoulos, A. (1981). Defense rights. Athena.

4. Dagtoglou, P. (2005). Personal rights. volume B'. Athena. Sack.

The promotion and respect of human value as a product of individual exploitation is an obligation of the state for participation in sports and physical exercise. Athletic activity directly affects the human condition, personality and physical condition as shown above. For this very reason, it is necessary to delimit training programs according to the teachings of the relevant science and the results of research to ensure physical well-being, fitness and the health of citizens, which are areas of basic protection of human rights in the context of due individual exploitation.

Physical, mental and spiritual health belongs to the primary goods (S. article 21 par. 3 and article 5 par. 5) and its constitutional protection is imperative. Health is in principle protected as a right of defense, in the sense that it repels the aggressive actions of fellow human beings, which are directed against health. For this reason, torture, any bodily injury, damage to health, the use of psychological violence and any other violation of human dignity are prohibited and punished as provided by law (also Article 7 par. 2).

The defense claim of the right to health is directed against everyone. At this point it is good to determine what is meant by the word torture. Torture is any method of inflicting severe physical pain or physical exhaustion dangerous to health or mental pain capable of causing serious mental harm, as well as any unlawful use of chemicals, drugs or other natural or artificial means to alleviate Dimitropoulos, (2004)<sup>5</sup>. In addition, the treatment of the lack of conditions and conditions to ensure physical and mental health is also a right, as well as the promotion of these factors that lead to individual exploitation and the satisfaction of the public interest. This side can be described as a positive right, that is, the other side of the defense right of conservation and non-fall.

### **3. Personality development and satisfaction of individual interest**

Personality is an identical concept with character, which in essence gives the special expression of the individual the so-called cultural aspect of personality. The right that every person has over himself, as a member of an organized society, with the ability to move within the framework of legality and at the same time to legally claim the protection of his rights, composes his personality. The fundamental right to self-determination is an essential condition for the personal evolution and physical development of human beings. The term self-determination refers to the consensus of the development process, which takes place within it and the essential effect it has on the person.

The development of the personality is part of the framework of rights, which defines the frameworks within which the individual can move. This framework

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5. Dimitropoulos, A. (2004). System of Constitutional Law volume A': General constitutional theory. Athens: Ant. N. Sakkoula.

composes the value of man and elements of human quality which are inextricably linked and constitute the individual as a physical, mental, physical and social entity. Everything else in a person's personality includes physical and mental goods (relating to mental health and the emotional world). Confidentiality, face image and family asylum are still included in the individual's personality. The circle of content of the personality also includes the honor and freedom of the individual as elements of his personality, which through sports, competition, but also participation in physical activity are developed and highlighted. But beyond that, ensuring the healthy environment of the organism through which the person is presented, through physical exercise, liberates aspects of the personality, which acquires individual and wider social content which condenses the personality beyond its judicial character, as social, political and cultural personality with the possibility of offering to society as a whole

The concept of the person and the personality as above is protected in principle by the Constitution provided that the rights of others are not violated and the "good morals" or the sports and competitive morals are not violated<sup>6</sup>. Anyone who expresses a desire to participate in sports activities and physical activity, must be provided with rules of law the opportunities for unhindered development of his personal abilities, respect for his personality, physical integrity and moral environment in sports activities<sup>7</sup>.

The provision of article 5 of the C. has an ancillary application and is applied only where the Constitution does not contain special provisions. The constitutional protection of the free development of the personality does not mean that only the "superior" expressions of the human personality are protected. Growth does not only mean promotion and improvement of personality.

Physical exercise, in the form of either Physical Education or Sports, is a fundamental right of all. In the constitution, the term personality simply states the status of a person as a person, rational and individualized. The protection of the personality has a universal character; it refers to any event of human life, but also to any attitude of its development and utilization. Freedoms together with equality are the two general constitutional definitions of human value. Man's free action highlights his individuality, so freedom is linked to personality.

This freedom guarantees the three rights of participation (free) in the social, political and economic life of the country. In particular, reference is made to the freedom of participation in the social life of the country and that it entails as any human activity. The possibility of personal sport and the possibility of physical

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6. Panagotopoulos (1998). Legal aspects of ethics and sports and the protection of fair play. *Sports Science Theory and Practice*, 13. / Ibid (1993). *Sports Code*, pp. 306 - 347. Athens: Ant. Sack.

7. Ibid (2001). Legal aspects of the personality of under aged athletes in sports activities. *International Sports law Review Pandektis*, 4(1), 25-37.

exercise are part of the cycle of human activities, concerning the right to free development of personality. It is protected by the constitutional provision of article 5 par. 1 and is directly related to sports activity, which shapes the freedom of individual and collective sports activity<sup>8</sup>.

It is worth mentioning that the freedom of sports activity cannot stand as a legal obstacle to state intervention to create a field of free physical activity for individual exploitation and to the teleological meaningful personality, capable of contributing to the common interest, is the public interest in many respects. Strong and sufficiently experienced personality.

According to the International Charter, Physical Education and Sports is an essential dimension of education and culture. Its value is due to the fact that it contributes substantially to the perfect development of the personality and their free use is characterized as a fundamental right. The explanation of this right is attributed as a means of freedom for the development of physical, spiritual and moral human rights. Education through Physical Education and Sports aims at Capacity building: the self-discipline and the willpower of the individual to become an integrated member of society. The law, therefore, defines Physical Education and Sports as activities, at the same time as a place of cultivation and education, as an educational asset aimed at man, either in the educational or social process or as a cultural asset of personality formation. A fundamental, "international right to education governed by the principles: human rights, freedom, Physical Education without discrimination, Physical Education and environment, Physical Education and human values, Physical Education as a right ". This paper presents the right of Greek citizens to exercise and sports activity in accordance with the Constitution, laws and international rules and acts of international governmental bodies and international practice. At the same time, the role and the possibility of the local self-government for the sports action are examined<sup>9</sup>. Special care for minors is provided by the UN Convention on the Rights of the Child, which has a general tendency for the welfare of the child (Law 2101/1992, which ratified the International Convention on the Rights of the Child) (Pararas, 1996). The contract provides opportunities to enable the child to cope in a healthy way with conditions of freedom and dignity in his life (Galaso, 1984).

In this context, physical exercise as a right of citizens is combined, among other things, with the provisions of article 5 par. 1 of the Greek Constitution,

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8. Greek Constitution Article 16 par. 9, 21 par. 3 and 6 of the Constitution, article 29 of Law 2725/1999

9. Dimitrios Panagiotopoulos (1989b). Gymnastics in the levels of education according to Greek law. *Sports Science Theory and Practice*, 4, 25-30./ Ibid (1994). Conclusions of the 2nd International Congress on Sports Law, Olympia, Greece, (Oct. 29-31, 1993), Rights and Obligations in the Sport Process. *International Journal of Physical Education*, XXXI, 1, 36- 37.

since it effortlessly follows that in order for every citizen to contribute to the economic, political, cultural and other life of the country In principle, he must be healthy, that is, he must maintain his physical integrity, physical strength, well-being and health to the extent that his action has a successful special contribution to the above provided by the Constitution.

Restrictions on the participant in the sports activity for free development of his personality are allowed only to the extent that the Constitution and the laws allow it, and more specifically only for the protection of the sport, for reasons of public interest and if they do not exceed the generally accepted measures, if only when these restrictions are absolutely necessary and not excessive<sup>10</sup>.

Particular attention is paid to vulnerable social groups, such as underage athletes, who are protected by current legislation. The right to attention to the personality of the minor athlete is essential and is at the center of attention in organized sports activity. The development of the minor athlete is a supreme value and hierarchically more important than the championship. The education of the minor is fundamental in this process, mainly in the field of decision making, which will have an impact on him very soon (Panagiotopoulos)<sup>11</sup>.

Physical exercise for all, but also the organized sports activity because it concerns the person and the person, is defined and organized on the basis of the current legislation, which among other things protects both the participants in this activity and the institutional structure within which come true.

#### **4. Social benefit and public interest**

In addition to the treatment of the individual interest through physical activity but also sports in general and participation in it, the common social, and public interest is also treated.

In this context, physical exercise as a right of citizens to be healthy, ie to maintain their physical integrity, physical fitness, well-being and health as provided above by the Constitution, leads to individual utilization and consequently to common public interest. The social interest exists because of the results that we observe within the society itself, since, among other things, there is a significant economic benefit from ensuring health, since otherwise more public expenditure is required for it. In addition, a healthy citizen becomes more efficient and productive in all areas of life that he is called to make a special contribution, so from this point of view, there is a major public economic and multiple financial benefits.

The Commission of the European Communities in its Green Paper on "Pro-

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10. See Council of State 2998/1994, 3876/1994

11. Ibid (2005a). Sports Law, I Systematic Establishment and Implementation. Athens: Law Library.



moting healthy eating and exercise: a European dimension in the prevention of overweight, obesity and chronic diseases" (2005) points out that exercise can be part of everyday life. Routine (eg walking or cycling instead of using motorized means to go to school or work). Transport and urban planning policies can ensure that walking, cycling and other forms of exercise are easy and safe and cover non-motorized modes of transport. Providing safe routes to school for cyclists and pedestrians could be a means of tackling the particularly worrying trends of overweight and obesity in children.

The above documents the findings of science, since according to Mastoras, Valotasiou and Molyvatos (2011)<sup>12</sup> regular; daily physical exercise strengthens the heart and activates the basic metabolism, leading to strength and longevity. Exercise reduces fat mass and increases muscle weight. Therefore, it is considered more important to adopt proper exercise and diet habits to maintain body weight than special diets for weight loss.

In addition to the above, the Green Paper points out those socio-economic inequalities are also reflected in physical exercise. Social status, income and education are key factors in nutrition and exercise. Some neighborhoods may be discouraged from exercising, lacking leisure facilities, and affecting people who are more disadvantaged than those with financial means or access to transportation. Lower levels of education and reduced access to relevant information reduce the potential for informed choices in all areas.

Previous studies<sup>13</sup> have identified age<sup>14</sup>- and educational-grade<sup>15</sup> differences in aggressive behaviors<sup>16</sup> identified age-related differences in aggression tendencies, stating that aggressive behaviors increased and positive behaviors decreased from third to fifth grade. Bredemeier (1994)<sup>17</sup> also identified age differences in aggressive and positive behaviors between fourth- and first-grade elementary school students, but without simultaneous differences in their moral logic.

The environment of physical activity and physical education is considered the most ideal for the development of moral and social behaviors in children and

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12. Mastora I., Valotasiou Ch. And Molyvatos S. (2011). Educational interventions in the prevention of obesity. Retrieved 21-7-2015 from: <http://www.encephalos.gr/full/45-2-11g.htm>

13. Bredemeier, B. J., & Shields, D. L. (1984). Divergence in moral reasoning about sport and life. *Sociology of Sport Journal*, 1, 348-357.

14. Haan, N., Aerts, E., & Cooper, B. B. (1985). *On moral grounds: The search for a practical morality*. New York: New York University Press.

15. Proios, M., & Doganis, G. (2003). Stages of moral meditation and prediction of athletic aggression. *Athletic Performance & Health*, 4, 5-18.

16. Deluty, R. H. (1984). Behavioral validation of the Children's Action Tendency Scale. *Journal of Behavioral Assessment*, 6, 115-130.

17. Bredemeier, B. J. (1994). Children's moral reasoning and their assertive, aggressive.

young people<sup>18</sup>. Although children enjoy playing and playing sports, research has shown that as children grow older their motivation to participate in physical education weakens<sup>19</sup>.

In the Book of the Teacher "Kallipateira" entitled "From sports to everyday life. "Everyone is different, everyone is equal", Derri and Augerinos point out didactic approaches that can, through the Physical Education course, raise the awareness of young students about Human Rights. It is pointed out that Physical Education is perhaps the most appropriate course to start teaching values, because on the one hand it is very dear to children and on the other hand the cooperation between children, with all that it presupposes and implies, is necessary for its conduct. For children and young people, therefore, the teacher is the person who will arouse the interest of the students / three and will create the appropriate learning environment, in order to cultivate good interpersonal relationships<sup>20</sup>.

One of the key areas that exercise contributes to is maintaining and improving health. It also offers creative leisure activities and makes him capable of dealing with life's difficulties.

Official websites aim to raise awareness and information on current issues related to sports. Typically we mention the website of the Technische Universitat Munchen regarding the administration of anabolic steroids.

## Conclusions

In conclusion, it can be seen that physical exercise for All through individual optimal utilization signals the existence of healthy citizens, who actively participate and contribute to the optimization of social becoming, so it is a social interest to have an environment and conditions conducive to physical exercise for all.

In recent decades, several researchers have studied the effect of exercise on psychological characteristics such as physical self-esteem and overall self-perception. The psychological benefits of exercise are in the relaxation from stress and stress, in the pleasant use of free time, the performance at work, the quality of life, in the opportunities for pleasant experiences, in the increase of self-es-

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18. Shields, D.L., & Bredemeier, B.J. (1995). *Character development and physical activity*. Champaign, IL: Human Kinetics.

19. Digelidis, N., & Papaioannou, A. (1999). Age-group differences in intrinsic motivation, goal orientations and perceptions of athletic competence, physical appearance and motivational climate in Greek physical education. *Scandinavian Journal of Medicine and Science in Sports*, 9, 375-380.

20. Loza Olave, E., & Derri, V. (2006). Developing social values through physical and sport activities. *Comenius 2.1 (2003-2006) «Les activites Physiques et Sportives: Media de la Culture Generale et Scientifique»*.

teem, in the good appearance and image of body<sup>21</sup>. Research has also shown the benefits that individuals derive from participating in outdoor recreational activities, improving self-esteem, self-confidence and reducing stress<sup>22</sup>.

In the social field, physical exercise contributes to the enrichment of social relations, to the creation of honest behavior which is valuable in addition to sports and society. Physical exercise is therefore presented in addition to the individual and as a social right, psychological, social consolidation of individual health, especially contributing to the wider public interest.

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21. Corbin, C.B., Dowell, L.J., Lindsey, R., & Tolson, H. (1983). Concepts in physical education with laboratories and experiments. Dubuque, WC: Brown.

22. Marsh, H., Richards, G., & Barnes, J. (1986). Multidimensional self-concept: the effect of participation in an Outward Bound program. *Journal of Personality and Social Psychology*, 50, 195-204.