

Review: Józef Węglarz, [*The Thing about Education in Physical Education*], Oficyna Wydawnicza “Impuls”, Kraków 2021

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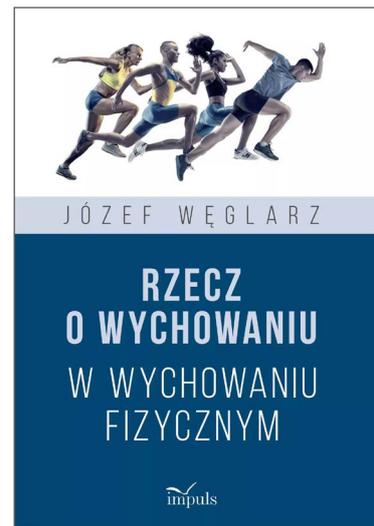
Book review

The book *The Thing about Education in Physical Education* is a kind of summary of Józef Węglarz's reflections and many years of practice, with emphasis on an extremely important although frequently undervalued area of physical education, i.e. 'education' understood as the process of preparation of a young man for an independent, conscious, satisfying and lifelong participation in the broadly understood physical culture out of concern for the body. The approach accepted by the Author makes the publication particularly valuable.

The structure of the work is well thought out and planned. The author in a subtle and clear way, without focussing too much on specialist knowledge, selecting only the most essential content related to physical education, tries to reach a wide range of readers.

In the first chapter the Author having briefly explained the axiology and values focuses on the human body and carnality, indicating a specific place for this issue in biological, medical and social studies. He emphasises the significance and perception of the body in different aspects of its functioning in the reality of the modern world. Mentioning forms of participation in physical culture the Author makes the reader aware that the body for every human being should constitute the highest value in itself. Moreover, he subtly reminds us that 'human bodies live in a society and are marked by it and transformed under its influence' (p. 17).

The content of the second chapter covers the most important areas of physical education theory selected by the Author, which were methodically prioritized. The Author rightly pointed out that 'the debate on education for participation in physical culture should be preceded by the reflection on the



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human being, who lives in a defined social and cultural reality and is able to multiply its wealth and change it for the better, including himself' (p. 25). Further in this chapter the Author concentrates on the role of physical education in the formation of a student's personality and essentially analyses the pro-somatic attitude with its components as well as the pro-social attitude, which constitute the basis of physical education. He also reminds the reader how important it is in the didactic and educational work, mainly at its planning stage, to take advantage of praxeology, primarily three main elements proposed by the Author, i.e. diagnosis, performance and assessment of results.

However, in my opinion the most valuable part of the book is the third chapter, where the Author explains how to proceed and what to pay attention to in the process of student attitude formation, simultaneously making use of scientific achievements of authorities in this field. The author's authentic impressions

and examples of practical solutions, which can successfully be applied to work with a student are a very original accent and supplement to the presented arguments.

The book finishes with the Author's own multi-threaded reflections that encourage the readers to join the discussion. It needs to be emphasised that the Author was discovering the structure of physical education as a teacher training secondary school student, a university student, a teacher of physical education, a teacher trainer and finally as an academic teacher.

I recommend Józef Węglarz's book *The Thing about Education in Physical Education* with satisfaction as a valuable text which can successfully supplement and support the process of educating physical education students and can also be helpful in didactic and educational work of physical education and other teachers, in particular at the stage of their professional development.