

TRANSFERRING INFORMATION THROUGH BODY EXPRESSIVITY IN SYNCHRONIZED SWIMMING

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Abstract: Body expressivity has different levels of interpretation depending on age, previous experience and practice of various physical activities or performance sports. All these aspects are translated in gesture in various degrees of expressivity and highlight the individual's/athlete's ability to synchronize and coordinate the movements of the entire body generating a finality that can be perceived and accepted by those who follow the evolution.

Transferring information through gesture involves several internal and external factors that contribute to shaping and improving the individual's/the athlete's expressivity. This is a major benefit that the individual/athlete will use, voluntary or involuntary, all his/her life and in all the activities and that will lead to better results compared with those who did not train.

Keywords: body expressivity, gesture, synchronised swimming, body shaping.

Introduction

The picture of an infinite number of lines, shapes and forms generate feelings that only the human body can feel and can respond to them through its movements, movements that correctly routed underpinnings of tangible modeling human being and transforming it. [1]

This modeling of the body, due to the assimilation of information of the human brain was always done using analytical and synthetic exercises even if they were not known by this name from the beginning.

In the paper entitled "Body modeling through sports activities- Essay-looking perspective" [2] M. Epuran plays extremely well synthesized what was understood at that time, the cult of the body "philosopher Hippolyte Taine (1828 -1893) praised in his "philosophy of art" (1865, translated into Romanian in 1973) for the Spartans cult strong body, modeled resistant and pepper, formed in gymnasiums, exercises daily and long: "Greece to do so persistence of a beautiful human animal model that turned him into an idol on earth and in heaven glorifying it. From this view, it gave birth to sculpture, which we can mark all the stages of ... Three, four hundred years, and have corrected, purified and developed their idea of physical beauty. No wonder that eventually get to be shown the ideal model of the human body. " [3]

Development the theme

Structures expressive visual forms shaped by drawing and video recordings are means of expression of artistic content that have failed and still fail to convey the real world and imaginary generating new projections, leading to rank physical execution excellence. Attire bodily and spiritual transposed into specific phrases and played by athletes practitioners of synchronized swimming, formed by intersecting and tangent lines of movements performed in different axes and plans to prioritize and storing information generating statistics that remain for a period of time reference points are then permanently improved.

Achieving performance in synchronized swimming is not a material production, but ideal, moral and subjective self-motivation athlete, striving for excellence and to affirm, behind which can coexist different purposes, is found in desire to assert personal evolutionary ladder company and recovery of talent. When talent is combined with education excellence invited looms.

Attitudes that underpin efforts sportswomen swimmer who want to achieve high performance are very different motivation for self-realization, the desire to improve themselves and even touch, if possible, a "social model", in step with the times and society present trend of improvement, starting workouts are steps that are to be executed daily, sometimes to exhaustion.

The motivation that generates and supports efforts of fins is given by the significant changes occurring in well different aspects of permanent relationships with teammates, the desire to win competitions, to become a model for other generations etc. These different aspects of each

sport motivation to continue to want to become better with each workout executions are reported by postures appreciated by society.

Fitness obtained by practicing synchronized swimming performance level practitioners provides implicit quality of life and the desire for self-improvement is the level of its information and knowledge of how fair and healthy eating.

Craftsmanship in competitions, mastering emotions, relationships with teammates requesting that agility, balance, coordination, speed of execution, concentration and reaction time. Expressions through body language and gestures represented by driving actions are actually midst of expression and communication of the strongest athletes, transmitting emotions and impeccable execution of the topics chosen are intended to be perceived by referees and spectators superlative. Perception is based on several aspects of previous experiences, when assessing the information gained by personal experiences, etc.

Sports performance are obtained fins whose body is compared to a work of art because of his intervened repeatedly until proved a masterpiece that has attained perfection [4], perfectly mirroring strong gestures of the body in self-control, socialization with peers, etc.

Performance does not come by itself, it is not hereditary, but requires a sustained effort for many years, involves sacrifice, devotion, joy, and surrendered sometimes regret, delicate moments, decisions, perseverance, willpower, motivation etc. However being arranged for the final victory, is the supreme recognition of the status of "model" for future generations. And as a human being "pass", so the performances lasts a while, are celebrated, praised, become landmarks directions, after which others are outdated by others and others ... [5]

Synchronized swimming is a harmonious combination between artistic gymnastics executions of specific elements and "cohabitation" of body gesture in an environment different from that of human existence, synchronized artistic music. Blend and harmonize their engagement involves a long process with what is most valuable sports - his body - and complete trust in those who are devoted to him.

Expressiveness body extensively trained and permanently molded specific synchronized swimming, requires grace, correctness running up to the impeccable symmetry of

the limbs of the body, mental projection of body gesture own similarity with the other fins, however, that finality of a permanent and long process information, practice, storage and playback of updated information assimilated by the receptors of the different systems. Regardless of the level achieved in sports performance, injury experts awarded a major contribution by modeling body gesture which has boosted the value of the human person and thus the value of the human body.

Value is associated with synchronized swimming fins and recognized mark put through performance reporting (performance) obtained at a time, so to previous levels of society and by overcoming contemporary values. Performance in the synchronized swimming is the reflection of intensive and continuous effort of an entire team (coach, masseur, doctor, psychologist, etc.) that conducts permanent training athletes in order to get medals.

Coach (with the team) fails, most often with much dedication, confidence and hope to travel a difficult road alongside sports together form a family, its role being to inform, shape and motivate permanently athletes, the subjecting them to body conscious and interested, a transformation process, guiding and exploit the potential of native and acquired.

Practicing synchronized swimming after a rigorous and scientifically designed, will lead to a definitive change in the body (body) human, both aesthetically and in terms of improving the quality of life. This improvement will allow long-term, body athletes can sustain the effort periods of training (training), have an excellent performance in competition and be able to rebuild resources for future competitions.

Transposition information assimilated through continuous training and adjust potentiometers directs performances expressive body being supported by motivation, willpower, perseverance; attitude showed by gestures own body expressing joy, ecstasy, pain, suffering, fulfillment, etc., all designed to meet one goal - victory.

It requires a distinction between aesthetics and artistry teachable; how far you can reach. If the first indicates a broader framework, and the second - a core of his who seems to generate it first, then the interpenetration of the two born perfection. Example is the clearest tangible beauty.

"The phenomenon is a phenomenon totally artistic, precisely because there are so many elements of soul life that, although the work they put in motion cannot be considered aesthetic. A research which considers art in its essence is not starting from considering aesthetic work as aesthetic object, but just as a work of art. " [6]

An athlete "is not thinking specifically his past because it means that withdrew from the race. The athlete lives only in the present and future. ... Our existence is not linear, but seems to be a mysterious equations chart with a multitude of variables. ... Race is very much like our existence - except that there is a prize at the end, and the consequences are less dramatic. Life is not that simple. "[7]

Body shaping by practicing synchronized swimming involves, in addition to many other issues, a convergence of efforts grueling submitted by the entire team, sustained focus and outline the new upper limits, an acquisition of own forces aimed only to victory, to reaching a new goal.

Influence of information assimilated and subsequently played expressiveness denote "permanent pressure body, bold, focused towards that horizon where the more you get closer, the more you want to go further; a win tend to go for more and more increasingly more valuable that if you've got "crave" to reconquer them again". [8]

Such performances are ascending continue, symbolizing the stages of human value, involving companies and different cultures communicating through a common language, merging under the impact of the same rules of conduct and building, regardless of nation which belongs to the victor, a new step more valuable and more challenging. [9]

Aesthetics in educating the individual through body expression is presented from the outset as isomorphic; isomorphism between the plane is about expression and content, between two parallel structures and outstanding common elements, however, "the sign and the sense of a certain visual grammar" [10] and a "ostensiologic reception par excellence" [11].

CONCLUSIONS:

- ❖ The transposition of the information by body gesture in synchronized swimming becomes a reality intended to ascribe a colossal value sometimes matchless, intangible, sometimes palpable, common, easily reached and perpetuate a competitive spirit, first by himself and then with future generations.
- ❖ Specific body expressiveness synchronized swimming, educated and trained permanent, will generate a special modeling and aesthetics of the human body valence appreciated and ennobled both spectators and practitioners of synchronized swimming.
- ❖ Multitude of lines and shapes outlined in merging with water, grace expressed in execution, self-control and transmission of special states, the fin body expressions, are feed-back the qualitative information assimilated and subsequently translated by body gesture.
- ❖ Specific physical modeling synchronized swimming has a considerable contribution in training outfit, the corporal expressiveness and body gesture of sportswomen meanings that influence the desire for self-improvement, motivation, grace, will etc. to "lift" the body to the rank of excellence.

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