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Philosophical and socio-cultural conditionality of human movement as a means of quality of life determination

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Abstract

The quality of life has, concededly, its predispositions. They are of course, in the human being, with regard to the structure of his/her personality, very variable. That is why, to speak about the philosophical and socio-cultural conditionality of movement as a means of quality of life determination, is very difficult. But, nevertheless, it is necessary. So, this paper examines, from the point of view of these relations, first the problem of health, further the problem of movement, respectively human movement and, consequently, the problem of physical exercises as a specific human movement behavior. It takes notice of the relation of physical exercises to that physical fitness which is oriented towards achievement and also to the kind of physical fitness which is oriented towards health. And then, understandably, it remains by this orientation towards health.

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