

THE LEXICON OF THE PROJECT SO-SPORT



HR+So
More active citizens for a better society
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As announced in the application, we felt it was important to set up a language to share in the development of a new pedagogical model teaching Human Rights through martial arts.

The following lexicon is aimed at the HR+So project, in the logic of UPKL and its mission. The lexicon does not want to attribute different meanings to words, concepts or actions present and described in each Dictionary, vocabulary or glossary.

The proposed lexicon aims to define the meaning and function that these terms assume within the framework of the project, this may help to standardize a series of key concepts and avoid single, sometimes misleading, interpretations.

The different cultural, geographical and social contexts, in which the four partners operate, as well as their different personal beliefs, have made this work particularly fascinating and challenging.

During the project and mainly working at the textual analysis of human rights documents, we realized that the weight of words and their color in the context in which they are found are the key to transform legal documents into teaching tools. Without this textual analysis the documents remain generic statements.

Sergio Meda
Deputy Vice President of UPKL



Listening

Ability to put oneself in the other person's shoes by sharing their experiences and emotional perception.

Paying attention to why and how the other person communicates.





Chaos

Perception of an unordered state which manifests itself through an event with a potentially infinite number of unpredictable variables.

State in which the Being is urged to take responsibility for its decisions.





Global citizenship

Universal perception of belonging.

Condition of Being capable of interpreting and interacting with others in every predictable and unpredictable situation, overcoming physical and cultural barriers to create a relationship with others based on the recognition of dignity and respect for human rights.





Consent

Result of the process of sharing vision and actions through emotions.





Crisis

A state of uncertainty in which a phase is no longer interpreted effectively by previously valid rules.

A state in which the subject undergoes external events and elements without knowing how to read clearly.

A state which dictates a choice.





Didactics

The strategy which regulates the processes and the use of communication tools and the teacher-student relationship during the educational-instructive-training process.

Strategy adopted for the realisation and facilitation of the pedagogical process.

The teaching adopted is correlated to the chosen pedagogy.





Education

A permanent complex process allowing personal growth, during which experiences are stimulated and proposed in an organised way in view of their subsequent re-elaboration and capitalisation in terms of skills and behaviours which allow us to position ourselves in a social context by facing reality in a responsible way.





Emotions

They are the codes which bind the Being to its expressions.

The classification of emotions as "positive" and "negative" is a convention influenced by various factors: cultural, moral and ethical, social, economic.

Emotional states relate being with others and the environment.





Energy

Transformative capacity of reality.

Potential devoid of an absolute negative or positive value which can be addressed according to a final purpose through regulated actions (see purpose, process, pedagogy, didactics).





Error

In the educational process, opportunities for the process of physical, moral, intellectual and spiritual growth.

Error is often, erroneously, given a negative connotation.





Happiness

The ultimate aspiration of every living being who has awareness of the Self.

A condition in which the human being is not prey to passions.

Happiness is a transcendent state often confused with emotional states (pleasure, satisfaction, enthusiasm, joy).

Beware of misuse of this term in activities.





Training

The process of acquiring and developing knowledge in competencies and the latter in operational skills through an organised process.





Idea

A spark of reality which has not yet passed the test in terms of measurability, in space and in time.





Instruction

The process of the transmission of knowledge.

Not to be confused with education whose meaning is broader and more oriented to the overall development of the person.





Freedom

This is the primary duty which the individual must exercise to operate and pursue the common good.





Goals

Intermediate steps in pursuing a purpose.

Concluding results of a specific phase or process.





Opposition

Resistance to an external action or decision which goes against our principles, our projects or which wants to change our state in an unsolicited way.

The force which is resistant to a change, without necessarily being positive or negative.





Order

A model of the declination and interpretation of events which occur according to fixed elements and variables established in a defined and measurable field.

A Space in which the condition of Being is Limited Liability.





Paradigm

Set of relationships between the elements of a complex system.

Term, figure, set of rules or reference process which you intend to follow or imitate to achieve a certain goal or level in a phase.

The paradigm is nothing more than a representation of the explained system and not the system itself.





Pedagogy

A discipline which has educational processes as its object of study.

The different pedagogical processes define the aims and tools of education, of training, of instruction.





Reality

Context as perceived collectively or individually with shared tools.

The level of sharing by convention is an indication of the acceptability of perception and proximity to a common norm (see "normality").





Knowing

A complex and heterogeneous set of knowledge organised in a coherent way; it allows the Being to communicate through actions and emotions.





Purpose

Striving for a final visible goal. Primary goal of the ongoing process. This can only be achieved with the joint use of strategies, monitoring, reviews and verifications.

Final concretisation of an initial idea at the conclusion of the desired educational process, inspired by a pedagogical choice and facilitated in its realisation by adequate teaching.

Not to be confused with objective, which could be an intermediate outcome.





Transformation

A change of state due to an external agent or process, or an event deriving from this; it can occur voluntarily or involuntarily.





Transmission

Transfer of energy or elements.
A process related to transformation.

As a condition, it requires a sufficient degree of freedom to be effective and to carry out the expected transformation.





Visualization

Forms of exercise in which there is a mental self-representation, systematically repeated, vivid and conscious of the motor action.

