



**Transilvania
University
of Brasov**

**FACULTY OF PHYSICAL EDUCATION
AND MOUNTAIN SPORTS**

**FÉDÉRATION
INTERNATIONALE
D'ÉDUCATION PHYSIQUE**



International Scientific Conference

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT

Brasov, February 2020



International Scientific Conference

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT

27-28 February 2020, Brașov, Romania

Chairman of the Conference

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Faculty of Physical Education and Mountain Sports Brașov, Dean

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Department Physical Activity, Sport, and Recreation Focus Area, North-West University, South Africa

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Director PEHRD, Prince Sultan University, Saudi Arabia

Keynote Speakers

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Antala Branislav, Prof. PhD

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Department Physical Activity, Sport, and Recreation Focus Area, North-West University, South Africa

Luka Milanovic, Assist. Prof. PhD

Strength & Conditioning Coach at Croatian Football Federation, University of Zagreb, Croatia

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Conference schedule

Thursday, 27 February– University auditorium

11:00 - Guests arrival and accommodation

13:30 - Cofee break and snack

14:00 - Conference opening works

16:00 - Cofee break and snack

16:30 - Paper presentations (halls U.I.6)

16:30 – The Deans' Forum (hall U.I.7)

16:30 - Workshop: "Training methods and injury prevention in team sports" (hall U.I.2)

20:00 - Completion of the first days of scientific work

20:30 - Social evening

Friday, 28 February – University auditorium

9:00 - Coffee break

9:30 - Paper presentaions & Presentations on sections
(halls U.I.6, U.I.7)

12:00 - Posters session

13:00 - The awards ceremony

Sections

- The current Olympic movement
- Young people sports performance
- Physical education and sport for all
- Formal and non-formal motor activities
- Orientations and current trends in Kinetotherapy

Participation fee

The conference fee:

- *200 lei (45 euro) / paper; 250 lei (55 euro) / two papers*
or
- *150 lei (35 euro) / paper, 200 lei (45 euro) / two papers* for doctoral and master students.

The conference fee covers technical facilities, the conference map, the social evening for one person and publication of the papers in the Bulletin Transilvania University of Brasov.

Important deadlines

- abstract deadline – **FEBRUARY 16, 2020**
- notification of abstract acceptance – **FEBRUARY 18, 2020;**
- sending full paper and Participation fee–**FEBRUARY 25, 2020**

Terms of the abstract drafting

Paper abstract and keywords will be writing in Romanian and English in: Windows Word, A4, Times New Roman, 12 pt., Justified, in a row, max. 150 words, all edges 2 cm and the keywords (3-5 words) will be written in Times New Roman, Size 12, Justified). Title of the paper 18 pt., capital letters, bold, centered. Under the title shall be pass the authors (name and surname), 14 pt., capital letters, bold, centered. The collectives and the institutions they belong to shall be in the basement note, 9 pt.

The abstract will be sent to email address: ypom@unitbv.ro

Terms of the full-paper drafting

The best works will be selected and published in the Bulletin of the Transilvania University of Brasov, Series IX SCIENCES OF HUMAN KINETICS No.1 or 2/2020, This scientific journal is indexed in the following international databases (in accordance with CNATDCU standards):

- EBSCO, - Erih PLUS, - ProQuest; - DOAJ;
- **Crossref** (digital object identifier)

The paper which will be selected and published in the Bulletin of Transilvania University of Brasov, will be write in English language (and Romanian language for the Romanian people) and will be comply with the conditions of editing that can be found at:

<http://webbut.unitbv.ro/Bulletin/Series%20IX/send9.html>

They are accepted max. 2 papers which must fit into the topic session. For the publication in the Bulletin of the Transilvania University will be sending: abstract, keywords, and full text in English , max.8 pages, following the indications of template.

Terms of the poster drafting

The poster must have the size of 100/70 cm.

The option for poster presentation will be communicated when you send the abstract.

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Contact

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of Brasov
FACULTY OF PHYSICAL EDUCATION
AND MOUNTAIN SPORTS



TRANSILVANIA UNIVERSITY FROM BRASOV
FACULTY OF PHYSICAL EDUCATION AND MOUNTAIN SPORTS



PROGRAM

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**YOUTH IN THE PERSPECTIVE OF THE OLYMPIC
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Bogdan Pelin, Assist., PhD student, Brașov, Romania

CONFERENCE SCHEDULE

Thursday, 27 February 2020 – University auditorium

11:00 - Guests arrival and accommodation

13:30 - Coffee break and snack

14:00 - Conference opening works

Chairman of the Conference

Mr. Assoc. Prof. Ioan Turcu, PhD, Dean Faculty of Physical Education and Mountain Sports

Official from Transilvania University of Brasov – Rector/ Vice-rector

Official from the City Hall of Brasov;

Mr. Adrian Gabor – Vice-president Braşov County Council;

Mr. Prof. Rodolfo Pablo Buenaventura, PhD - Secretary General FIEP World, National University from Lujan, Buenos Aires;

Mr. Prof. Antala Branislav, PhD – President FIEP Europe, Vice-president FIEP World International;

Mr. Assoc. Prof. Pavel Ruzbarsky, PhD - Dean, Faculty of Sports, University of Presov, Slovakia;

Mr. Luca Milanovic, PhD - Strength & Conditioning Coach at Croatian Football Federation, Faculty of Kinesiology University of Zagreb;

Mr. Răzvan Burleanu – President of the Romanian Football Federation;

Mrs. Prof. Alina Moanță, PhD – President of the Forum of Deans of Physical Education and Sport in Romania;

Mr. Prof. Leon Gomboș, PhD – Dean, Faculty of Physical Education and Sport, Cluj Napoca;

Mr. Assoc. Prof. Adrian Constantin Nagel, PhD - Dean, Faculty of Physical Education and Sport, Timișoara;

Mr. Nicolae Dobre - President of the Oina Federation;

Mr. Prof. Ioan Lador, PhD, President of Science of Human Excellence and University Sport Society;

Mr. Lorand Balint - Managing Director, Publicis Sport and Entertainment representative of Mr. Mihai Covaliu - President of the Romanian Olympic and Sports Committee: The project - "The new hour of sport";

Mr. Valeriu Tomescu, PhD - Director of the Olympic Center for Testing and Scientific Assistance;

Keynote speaker:

Mr. Prof. Rodolfo Pablo Buenaventura, PhD - 'Policies of a City in favors of Sport for everyone'.

16:00 - Coffee break and snack

16:30 - Paper presentations (halls U.I.6)

Keynote speakers:

Mr. Prof. Antala Branislav, PhD, Slovakia – “Physical Education and its International Dimensions”;

Mrs. Prof. Dr. Christine Nash, PhD, Scotland – “Sport Coaching for Young People”;

Mr. Prof. Miran Kondric, PhD, Slovenia – “Benefits of fitness testing and morphological measurements in Slovenian schools”;

Mr. Assoc. Prof. Martin Zvonar, PhD, Czech Republic; Mr. Assoc. Prof. Peter Krska, PhD, Slovakia – “Pain Intensity Level Determination by Physical Fitness of School Youths”;

Mr. Assoc. Prof. Guillaume Martinent, PhD, France - “Why and how helping youth elite athletes' adaptation to their demanding environment: A psychological approach”;

Mrs. Lecturer Bibiana Vadasova, PhD, Mr. Prof. Jaromir Sedlacek, PhD, Mr. Assoc. Prof. Pavel Ruzbarsky, PhD, Slovakia – “Physical Constitution of High School Slovak Students”.

16:30 - The Deans' Forum (hall U.I.7)

16:30 - Workshop: Training methods and injury prevention in team sports (hall U.I.2)

Keynote speaker:

Mr. Luka Milanovic, PhD, Croatia: "Injury prevention in team sports"

20:00 - Social evening (ARO PALACE – floor 8 – Restaurant)

Friday, 28 February 2020 – University auditorium

9:00 - Coffee break

9:30 - Paper presentations (hall U.I.6)

Keynote speakers:

Mr. Prof. Jurgen Beckmann, PhD, PhD – "Young athletes' mental health and well-being";

Mr. Lecturer Stanislaw Henryk Czyz, PhD, Poland : "Physical education - does it really matter?"

10:00 - Presentations on sections (halls U.I.6)

Mr. Nicolae Dobre - "Presentation of Oina game";

Mr. Govina Prasad Bhattarai, Mr. Damodar Nepal, Chairpersons Nepal – "Mountain Sports in Nepal prospective".

09:30 - Presentations on sections (halls U.I.7)

Mr. Cristian Văduva, Mr. Gheorghe Monea, Mr. Mihnea Marin, Mrs. Ligia Rusu – "The importance of the tasks of oina players when hitting the ball with the bat";

Mr. George Radu – "Ensuring peace and order within the sports arenas";

Mrs. Carmen Gheorghe, Mr. Claudiu Mereuță – "An analysis of the collective effectiveness of the romanian national team's attacks during 2019 women's handball world championship";

Mr. Cristian Ghena: "The sport backgammon of the mind and a trust copy of life";

Mr. Mircea-Ionuț Olteanu, Phd Student, Romania – "Comparative study regarding the importance of free throws in Romanian upper basketball leagues";

Mr. Stefan Alecu, Phd Student, Romania – "Improvement of the landing phase at the junior category, beginners, advanced and performers, within the 110 m hurdles".

12:00 - Posters session

13:00 - The awards ceremony

THE SECTIONS OF THE CONFERENCE

The current Olympic movement

Georgiana Gavriluț, Cristina – Elena Moraru, Răzvan Andrei Tomozei: VIDEO ANALYSIS OF APPARATUS DIFFICULTY AT WORLD CHAMPIONSHIPS BAKU 2019;

Carmen Gheorghe, Claudiu Mereuță: AN ANALYSIS OF THE COLLECTIVE EFFECTIVENESS OF THE ROMANIAN NATIONAL TEAM'S ATTACKS DURING 2019 WOMEN'S HANDBALL WORLD CHAMPIONSHIP;

Carmen Gheorghe, Claudiu Mereuță: SIMILARITIES AND DIFFERENCES IN THE ATTACK OF THE ROMANIAN WOMEN'S HANDBALL TEAM AT EHF EURO 2018 AND WWC 2019;

Attila Daniel, Răzvan Sandu Enoiu: COMPARATIVE STUDY REGARDING THE USE OF TRIATHLON TRAINING IN THE COUNTRY AND ABROAD (EUROPE);

Elena Balint: OBJECTIFIED PARAMETERS OF WOMEN'S HANDBALL TEAM CSM BUCHAREST GAMES IN THE EUROPEAN CHAMPIONS LEAGUE GROUP A EDITION 2017-2018;

Mihai Constantin Razvan Barbu, George Bogdan Burcea, Dragoş Laurenţiu Diaconescu, Ioan Turcu: BUILDING THE BRAND OF ROMANIAN SPORTS TEAMS FROM HANDBALL;
Radu George: ENSURING PEACE AND ORDER WITHIN THE SPORTS ARENAS.

Young people sports performance

Petronel Cristinel Moisescu, Răzvan Marin Bucătaru: PHYSICAL TRAINING OF BEGINNER TENNIS PLAYERS AT THE AGE OF 8-10 YEARS;
Sofka Popova: PLANNING, PERIODIZATION AND MANAGEMENT OF THE TAEKWONDO COMPETITORS' CONDITIONING PREPARATION FIRST MACRO CYCLE – TRANSITIONAL PERIOD;
Tereza Marinova, Petar Peev: TRENDS IN DEVELOPMENT OF WOMEN'S TRIPLE JUMP DISCIPLINE;
Marin Chirazi: INFLUENCE OF CHANGES IN JUDO REGULATION ON TRAUMA;
Andreea-Georgiana Dobre: STUDY ON THE IMPACT OF THE ANALYSIS OF THE KINEMATIC PARAMETERS OF THE MIDDLE-DISTANCE RUNNER STEP IN THE IMPROVEMENT OF THE JUNIOR TECHNIQUE;
Petronel Cristian Moisescu: THE INFLUENCE OF COORDINATIVE ABILITIES ON TENNIS SPECIFIC DISPLACEMENTS;
Mădălina Epure, Dragoş Ionescu-Bondoc: EFFECT OF PLYOMETRIC TRAINING ON VERTICAL JUMP HEIGHT IN HIGH SCHOOL WOMEN BASKETBALL PLAYERS;
Iulia Găinariu, Răzvan Sandu Enoiu: ASPECTS REGARDING THE DIRECTING OF THE COMPETITIVE EFFORT IN MOUNTAIN RUNNING, WOMEN SENIOR;

Elena Mocrousov: INTER-STAGE SELECTION OF HIGHLY QUALIFIED WOMEN PLAYERS IN THE LONG TERM SPORTS-TRAINING PROCESS IN TABLE TENNIS;

Alecu Ștefan, Dragoș Ionescu-Bondoc: IMPROVEMENT OF THE LANDING PHASE AT THE JUNIOR CATEGORY, BEGINNERS, ADVANCED AND PERFORMERS, WITHIN THE 110 M HURDLES;

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THE CURRENT OLYMPIC MOVEMENT

VIDEO ANALYSIS OF APPARATUS DIFFICULTY AT WORLD CHAMPIONSHIPS BAKU 2019

Georgiana Gavriluț, Cristina – Elena Moraru, Răzvan Andrei Tomozei

Alexandru Ioan Cuza University of Iași, Faculty of Physical Education and Sport, Romania

Abstract: The purpose of this paper was to analyse the apparatus difficulty at the World Championships and observe what apparatus gymnasts manage the most valuable handling, but also the differences between the score of the eight finalists for each object and the representatives of Romania, to see how much they have to recover to qualify for this year's Olympics. For this paper we analysed a number of 40 video executions, eight finalists for each object and eight executions of the two representatives of Romania. We conclude that the Romanian gymnasts are far from the average of the finals, the first representative exceeding the minimum value in the finals on two apparatus, and the second on a single object. The highest value of 9.3 points was observed at clubs, the lowest in the ribbon of 4.3 points, the smallest average is also in the ribbon of 5.1 points, and the highest in the hoop of 8.28 points.

Key words: apparatus difficulty, video analysis, hoop, clubs.

AN ANALYSIS OF THE COLLECTIVE EFFECTIVENESS OF THE ROMANIAN NATIONAL TEAM'S ATTACKS DURING 2019 WOMEN'S HANDBALL WORLD CHAMPIONSHIP

Carmen Gheorghe, Claudiu Mereuță

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Abstract: The aim of this study is to analyse the collective effectiveness in the attack phases of team Romania at the Women World Championship in Japan, 2019 and (ii) whether the forced changes made just two days before the start of the competition had any impact on the final results. As it had been through a generational transition and had also been confronted with injuries and doping cases right before the debut of the competition, the Romanian team had an unstable evolution, being either severely defeated or winning games by a low margin. Game expertise and scoring index were the main factors that affected the ranking, to the disadvantage of Romania, in this important tournament.

Key words: women's handball, forced changes, national team.

SIMILARITIES AND DIFFERENCES IN THE ATTACK OF THE ROMANIAN WOMEN'S HANDBALL TEAM AT EHF EURO 2018 AND WWC 2019

Carmen Gheorghe, Claudiu Mereuță

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Abstract: The Romanian women's handball team is the only team in the world to have qualified so far for all editions of both the European and World Championships. This paper aims to pursue an analysis of the collective attack of the Romanian team, by comparing the team's evolution in the last two major competitions of elite women's handball: EHF EURO 2018 and WWC 2019. Both similitudes and differences in the collective game will be highlighted, while also identifying the factors that may have influenced the game evolution. With a view to this data analysis, we have recorded the cumulative factors on the websites of the European Handball Federation and International Handball Federation and re-watched the 16 games of the Romanian team.

Key words: women's handball; factors of game evolution; collective effectiveness; national team.

COMPARATIVE STUDY REGARDING THE USE OF TRIATHLON TRAINING IN THE COUNTRY AND ABROAD (EUROPE)

Daniel Attila, Răzvan Sandu Enoiu

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Abstract: The study proposes to realize a comparison between the system and the training methods used in Romania and in Europe in the high performance triathlon. The purpose of the research is to identify an optimal training model which is going to be used in the training of the Romanian triathletes. The control samples were structured according to the three disciplines found in the triathlon (swimming, cycling, and running). Through the control test it was tried to obtain relevant data regarding the specific training of athletes. The research was carried out at the level of the national triathlon team, the result being compared with the best European performance in the field.

In conclusion it is demonstrated the fact that the level of the performance obtained is correlated with the duration of the means of recovery and with the quality of the competition materials.

Key words: triathlon, national team, preparation, comparison.

OBJECTIFIED PARAMETERS OF WOMEN'S HANDBALL TEAM CSM BUCHAREST GAMES IN THE EUROPEAN CHAMPIONS LEAGUE GROUP A EDITION 2017-2018

Elena Balint

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Abstract: The article aims to present some objectified indicators of the CSM Bucharest team game in the A group of the European Champions League 2017-2018 edition. Parameters subjected to the recording action constitute essential elements of the "statistical model of the game", being oriented both for the attack phase (10 parameters) and for the defense (8 parameters). On their basis, different values of the effectiveness of certain handball game sequences - in its phases - and of the global game were calculated. The data highlighted can be used to compile the optimal gaming model when preparing the teams in the National League and / or as a basis for conducting the training process at the level of the female national team, until J.O in 2020. Ratio of the effectiveness of the attack phase ($AE = 60.1\%$) and defence ($E.Ap = 38.9\%$) is (except for one defeat – with NFH Nykobing) in favor of the attack.

Key words: handball women, Champions League, game parameters, statistics.

BUILDING THE BRAND OF ROMANIAN SPORTS TEAMS FROM HANDBALL

Barbu Mihai Constantin Razvan, Burcea George Bogdan,

Diaconescu Dragoş Laurenţiu, Ioan Turcu

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Transilvania University of Brasov, Faculty of Physical Education and Mountain Sports, Romania

Abstract: In our days building a brand means that you start getting visitors to the site who have no reason to be there, except that part of the brain is connected with the company name. In the long run, this situation becomes paramount to expanding the brand. Because it is a first choice, people think about the name of the business and will tell or recommend the services / product to their peers. In the paper " Building the brand of Romanian sports teams from handball" we initially sought to present the theoretical aspects of the brand term, an introduction to the history of Romanian handball, presentation of the results and medals won by the Romanian teams and the strategy used so far that led to the transformation of Romanian handball into a brand.

Key words: Branding, Handball, Marketing Strategy, History, Sport

ENSURING PEACE AND ORDER WITHIN THE SPORTS ARENAS

Radu George

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Abstract: This topic introduces a new perspective on the organization of sporting events. From an organizational point of view, the success of sporting events depends on a number of factors such as: accessibility in the chosen location, comfort of the spectators, availability of invitations and tickets, choreography provided by supporters groups, professional sounding, ensuring a good mood during breaks, publicizing events and not least ensuring order and safety throughout the events. The theme also attracts from the fact that it has not yet been approached in a complex way, although the organizers of sporting events, but also the spectators, hit these aspects every time they participate in such events. Moreover, the order and the security in the sporting events are very important topics in the European space, which must also be reflected in the organization of the sporting events in Romania.

Key words: sporting events, spectators, optimization.

YOUNG PEOPLE SPORTS PERFORMANCE

PHYSICAL TRAINING OF BEGINNER TENNIS PLAYERS AT THE AGE OF 8-10 YEARS;

Petronel Cristinel Moisescu, Răzvan Marin Bucătaru

Department of Physical Education and Sports Games, University of Galati, Romania

Abstract: Every day, tennis becomes an increasingly physical sport due to the equipment and the technology used in their construction. The material from which tennis rackets are made, the strings and balls currently used, gives the game a much higher speed. If at first, in tennis, the main skill was coordination I tend to think that nowadays the percentage of other skills, somehow balances the balance. In this paper I want to observe the difference between classical physics training and the modern method of "tennis 10" physics training in athletes 8-10 years old.

Key words: Tennis 10, physical sport, classical tennis, tennis skills

PLANNING, PERIODIZATION AND MANAGEMENT OF THE TAEKWONDO COMPETITORS' CONDITIONING PREPARATION FIRST MACRO CYCLE – TRANSITIONAL PERIOD

Sofka Popova

National Sports Academy Vassil Levski Sofia, Bulgaria

Abstract: The conditioning training methodology is consistent with the structure of the training plan of the Bulgarian Taekwondo Federation – WTF. The topicality and importance of the issue related to the physical preparation requires precise study of the taekwondo sport nature and essence. The purpose of the study is to select the exact methods and means for improving the competitors' state of perfection. By the present development we are setting up the purpose to fill up the great gap in the Bulgarian, but not only, sports science, namely to create methodology for the conditioning preparation within the year educational and training cycle of taekwondo sport.

Key words: conditioning preparation, taekwondo, sport.

TRENDS IN DEVELOPMENT OF WOMEN'S TRIPLE JUMP DISCIPLINE

Tereza Marinova, Petar Peev

National Sports Academy Vassil Levski Sofia, Bulgaria

Abstract: This publication analyzes the dynamics of results in the women's triple jump in world championships. Based on the results achieved in the last World Outdoor Championship, we analyzed the anthropometric characteristics of the finalists, as well as the individual components of the technique and their correlations. This allowed us to determine the current development of the triple jump discipline for woman in the pre-Olympic year. For the purpose of the study, we used the following methods: videometry and statistical analysis (variational, correlation analysis, and Shapiro-Wilk test of normal distribution). We received information on the measurement values obtained from the official website of the World Athletics Championships, Doha2019. The approach they used was based on a VDM video system. Two Stereoscopic cameras are installed in the stadium stands to record the results achieved.

Key words: triple jump, women's, development, elite sport.

INFLUENCE OF CHANGES IN JUDO REGULATION ON TRAUMA

Marin Chirazi

Alexandru Ioan Cuza University from Iași, Faculty of Physical Education and Sport, Romania

Abstract: The performance of the performance can determine the occurrence of trauma that has occurred to me, both in the period I know and that it will be late for me to use some joints. This study would be a good example of the causes of trauma in the prevention of their injuries in a rational approach to the program of learning, consolidation and leadership. This is for the execution of specific technical procedures in competition situations. We've got a comparison for a comparison of what you have to do at the end of 2019 you will not be and at no you will be until the 23 rd (U 23) and 2013 before the regulation is amended. They have been monitored in a number of 112 of the most recent events carried out in Berger, supported by 82 men.

From the comparison of the two observations it can be seen a decrease in the number of traumas, either due to the decrease of the fighting time due to the changes in the regulation regarding the fighting time, or due to the change in the score.

Key words: sporting regulation, judo, effects, trauma.

STUDY ON THE IMPACT OF THE ANALYSIS OF THE KINEMATIC PARAMETERS OF THE MIDDLE-DISTANCE RUNNER STEP IN THE IMPROVEMENT OF THE JUNIOR TECHNIQUE

Andreea-Georgiana Dobre

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Abstract: In the modern training the training of the high performance athletes can be realized by applying multiple forms and efficient means that contribute to the improvement of the sports results, especially in the formation of the optimal and efficient technical motor skills. The relevance of the theme refers to the deficient level of the technical training in the 1500 m races and the necessity of a modern methodology of intervention in training by the objective detection and correction of the technical errors. The aim of the research in this paper is to determine the kinematic parameters of the athletic endurance courses in order to obtain scientific information about the level of learning of a rational technique. Applying the monitoring of the kinematic parameters of the technique, the individualized content of the didactic strategies will be conditioned within the technical training, in order to achieve the sports performance.

Key words: technique, running trials, video analysis.

THE INFLUENCE OF COORDINATIVE ABILITIES ON TENNIS SPECIFIC DISPLACEMENTS

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Abstract: The paper aims at evincing the place that coordinative ability development should fill within the 10-12 year-old tennis player's training programmers, and finding out whether, through the methods and means selected for this experiment, one may observe an optimization of the displacements specific to the game of tennis. Good displacement skills allow the tennis player to adapt faster and better to the various surfaces he has to play. The forms of displacement in the court constitute the automated movement background aimed at preparing the body segments to optimally master basic and special techniques. Court displacements may take various forms, more often than not they are combined and permanently inter conditioned according to the court area, the technical procedure used, and the technical skill of the player. The results of the study prove that the development of coordinative abilities positively influence the players' ability to combine the different types of displacements specific to the game of tennis.

Keywords: tennis, specific displacements, coordinative abilities.

EFFECT OF PLYOMETRIC TRAINING ON VERTICAL JUMP HEIGHT IN HIGH SCHOOL WOMEN BASKETBALL PLAYERS

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Abstract: Problem statement. It assumes that the implementation of a motric program in the specific training process will improve the vertical jump on women basketball players. The purpose of the research is to determinate the effect of plyometric training on vertical jump in high school basketball players and to compare their results with untrained ones. Methods. Evolution of players are presented in tables and graphs. The means used for research are specific for plyometric training adapted to basketball discipline and to the physical characteristics of the individuals targeted. The tests was measured before and after implementing the motric program. Results. Explosive power increases at all tests ($p < 0,005$). The subjects were students of National College Andrei Şaguna from Braşov.

Conclusion. The plyometric training caused a change in the elasticity of the muscle, which brought significant changes in the height of the vertical jump.

Key words: basketball, training, vertical jump, plyometric training, tests.

ASPECTS REGARDING THE DIRECTING OF THE COMPETITIVE EFFORT IN MOUNTAIN RUNNING, WOMEN SENIOR

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Abstract: The study aims to highlight the aspects regarding the directing of the competitive effort in the mountain running test, at the level of a senior research sample, ranked in the first part of the European top. The purpose of the research is constituted by a particular method of directing and perfecting the training in order to obtain the sports form and the objective results. The control samples were applied at the beginning and the end of the experimental period, in order to record the progress made in preparation by the four mountain running athletes, from the experimental group. The research aims to contribute to the development of a specific training methodology for the mountain running discipline. Initial and final values were recorded during target competitions. Through experimental research, it has been shown that the directing of the training efforts in the mixed and anaerobic area, has the purpose of increasing the specific resistance and implicitly, the speed of movement. The experiment performed validated the experimental study by means of the results recorded by the four subjects at the final test.

Keywords: mountain running, orientation and steering, sports form, training efforts.

INTER-STAGE SELECTION OF HIGHLY QUALIFIED WOMEN PLAYERS IN THE LONG TERM SPORTS-TRAINING PROCESS IN TABLE TENNIS

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Abstract: For the effective implementation of the long-term sports training of highly qualified table tennis players women athletes, it is especially important to conduct not only an initial sports selection of girls aged 7 to 8 years, but an inter-stage sports selection for further intensive table tennis training, for which, in our opinion, a sports-pedagogical algorithm is also required and professional activities of table tennis coaches. Such an algorithm of actions should also be a unified organizational and methodological system, embodying a sequence of necessary activities that provide a fairly effective inter-stage selection of table tennis athletes. This algorithm of pedagogical actions should reflect: morphological state of development of women table tennis players according to the Kettle index; psycho-motor condition by types of sensorial-motor reactions and tapping test; general motor development for testing basic physical qualities; coordination-motor development for testing specialized coordination abilities; technical development of women table tennis players; results of presentation at competitions.

Key words: inter-stage sports selection, table tennis, tapping test, long-term training, sports improvement.

IMPROVEMENT OF THE LANDING PHASE AT THE JUNIOR CATEGORY, BEGINNERS, ADVANCED AND PERFORMERS, WITHIN THE 110 M HURDLES

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Abstract: The technical evolution of any athletic event is closely related to the evolution of the other components of training in sports training. Another component that we chose to analyze is the psychological one, highlighted by the coordinating abilities and proprioceptive sensations that, within the sport training of the 110 m hurdles sample; we analyze through cinematic recordings and develop through individualized programs of proprioceptive exercises. The subjects were advised about the potential for error correction and the progress that can be achieved by repeated and continuous analysis of the mistakes made by them during the phases of the hurdling run, but also by an individualized proprioceptive training program. In the study we also focus our attention on the aspect of forming the ability to combine and couple the movements in the technical execution, with segmental coordination, in particular the coordination of the arms-legs-trunk, specific to the crossing of the hurdles.

Key words: 110 m hurdles, proprioceptive training, cinematic recordings.

THE RELATIONSHIP OF AGILITY AND BALANCE TESTS RESULTS OF YOUNG FEMALE SKATERS WITH COMPETITION SCORES IN FIGURE SKATING

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Abstract: The aim of the study was to highlight the relation between the performance registered by female skaters in agility and balance tests with their competition scores. Within our study we applied three standardized tests designed to assess the athletic abilities that support on ice skills development from Standardized Testing of Athleticism to Recognize Skaters (S.T.A.R.S.) Programme, consisting in one agility test (the Hexagon Test) and two balance tests (the Flamingo Test with eyes open and with closed eyes). The research was conducted on a group of 30 female skaters from Romania and Turkey during August-September 2019, with the age range from 10 to 12 years ($\bar{x}=10.87$, $SD= 0.73$). The study showed that there is a significant correlation between the agility test ($p=0.046$) and the balance test with opened eyes ($p= 0.043$) but there was no significant relevance between the closed eyes balance test ($p=0.192$) and the scores earned in competitions by skaters. The results of the study aimed to guide coaches in choosing the proper tests for evaluating their skater's performance.

Key words: figure skating, agility, balance, off-ice performance.

IMPROVING PERFORMANCE BY ADOPTING THE OPTIMAL FLIGHT POSITION IN SKI JUMPING

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Abstract: The present research aimed at the specific actions of the third phase of ski jumping after the takeoff, respectively the flight distance covered by the subjects until they reach the V-style posture, as well as the ski-opening angle. The subjects of the study were four athletes, members of the national junior team of ski jumping. The research was carried out on the HS 100 m hill in Râșnov. The initial testing consisted of three complete jumps. Subsequently, for a period of 30 days, specific training methods consisting of imitative exercises were implemented, focusing on the third phase of the ski jump. In the final testing, the themes were the wide spread of the lower limbs above R2, as well as the maintenance of the skis spread in the plane that includes the body in order to benefit from the maximum lift. The results of the research highlight the close connection between ballistics and aerodynamics, the obtaining of the flight speed, as well as the increase of the lifting surface due to the identification of the optimum angle of ski spread. An increase in length performance was observed for all four subjects.

Key words: ski jumping, third phase-the flight, imitative exercises, ski-opening angle.

POLIVALENT AND POLYATLETICS TRAINING IN STAGE I OF TRAINING

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Abstract: That the preparation long-lasting athletes are developed in several stages.

Stage I: basic oriented training – B.O.T. depending on the specific branch of the sport -This stage represents the initial stage of sports training and has as a general task the creation of general premises for the long-term development of the performance capacity. The most important objective is the increase of the effort capacity and the development of the fine coordination of the movements, related to the initiation of the children in the basic athletic tests. During a year of poly-athletic training, a sample of children aged 10-14 years from a group of beginners. Initial and final tests were established and progress was made. The end of the initiation and promotion period highlighted among them a number of 4 athletes with real prospects for athletic performances.

Key words: polyvalent, polyathletic, stage I B.O.T., athletic tests, athletic performances.

STUDY ON VERBAL AND NON-VERBAL COMMUNICATION COACH-ATHLETE IN THE PERFORMANCE FIELD

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Abstract: Objectives - The coach is a mentor and a role model for the athletes that he trains. The comparison of the communication perspectives between the coach and the athlete influences the non-verbal communication upon the performer. Methods - Both the place and the subjects of the research come from different areas of Romania, but also from outside the borders. The programme of examination is based on surveys addressed to coaches and sportsmen. For the high-performance domain, the nonverbal communication is probably the most important method to send messages. Results- the research took place between January 2018 and May 2019. The sportsmen that filled out the questionnaires are professional athletes and some of them have remarkable results. The athletes are no younger than 16, which mean that they are ending their junior stage and they are to become seniors. Conclusion - The relationship between coach and athletes is rendered by their manner of communication and it has an effect on both the athlete's physical development evolution and also his results in competitions, whether victory or defeat.

Key words: performance; self-efficacy; self-monitoring; non-verbal communication.

COMPARATIVE STUDY REGARDING THE IMPORTANCE OF FREE THROWS IN ROMANIAN UPPER BASKETBALL LEAGUES

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Abstract: This research aims to highlight the importance of free throws in the economy of basketball games played in the men's first division. One of the main goals of this paper is to provide a detailed analysis of games ended with a low free throw conversion rate. The methods used in the following research consist of video recording, match statistics and data analysis of official games played in the National Basketball League season. The conclusions of this research show that the average made shot percentage of men's national basketball league is 41,28%, corresponding to 20,15% of the points scored in the analyzed games.

Key words: free throw, low conversion rate, made shots.

CONTRIBUTION IN THE TRAINING PROCESS FOR JUNIOR BIATHLON ATHLETES USING HEART RATE MONITORS TO CONTROL THE INTENSITY OF THE TRAINING

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Abstract: This study examines whether junior athletes successfully regulate training intensity using subjective feeling, or whether heart rate monitor is necessary to regulate intensity.

Eight active junior biathlon athletes, men (n = 5) and women (n = 3) between 16 and 19 years old participated in the study. All participants completed two training sessions at lactate threshold, one session regulated by subjective feeling, blinded for heart rate and one session regulated by heart rate.

The participant's start the first ten minutes of the training session at lower intensity when blinded, compared to using HR monitors. Registrations at 20 and 30 minutes shows that participants in the non-blinded session gradually tune in to the right intensity and the differences get smaller and non-significant. Mean speed and distance covered during the training session is larger in the heart rate controlled session compared to subjective feeling. Conclusions: Using heart rate monitors provide better control of exercise intensity in young biathletes than subjective feeling. Using subjective feeling underestimate intensity at lactate threshold, and results in significantly, lower distance covered.

Key words: training intensity, intensity regulation, lactate threshold, heart rate in biathlon.

CONTRIBUTIONS ON INCREASING THE ATTRACTIVENESS OF WRESTLING THROUGH MODIFICATIONS IN THE RULES

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Abstract: Today's sports are constantly looking for dynamic actions, a demand generated by sponsors, televisions, or simply by the spectators. Wrestling, boxing, or judo are always looking for ways to make the competition more dynamic and to attract competitors and spectators. If judo or boxing have already modified their rules to allow a greater spectacle in their competitions, the authors believe that wrestling also must do the same, this paper trying to suggest a series of modifications of the wrestling rules. This paper starts from the hypothesis stating that through diverse, ordered clinches, one can succeed in turning the fight, needed to change the posture, taking away the cases of tie, because as a result of the clinch only one athlete leads, while the other, being led, has nothing to lose and risks everything. The wrestlers must be involved in (very short) situations from which they can get out only through a technical action, after which free fight is allowed, to determine the victor. The conclusions highlight a possible way to approach wrestling, the authors wanting to present this paper in front of the technical commission of the International Wrestling Federation.

Key words: competition, ordered, clinches, results.

THEORETICAL AND METHODOLOGICAL FOUNDATIONS OF SPORTS ABILITIES

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Abstract: The article presents a fundamentally new approach to the problem of sports abilities, which is based on the identification of hereditary and environmental factors of school-age children, thus allowing improving the theoretical and methodological basis for the definition and development of motor abilities. The conducted experimental studies show that when forming abilities, one of its components - the theoretical and methodological basis for determining and developing motor abilities-takes on a leading role, and in the process of the activity itself, one ability is supplemented by others. The study was structured pyramidal-based sport abilities which included five important areas: sport ability, sport ability, to a sport, sporting ability role, the ability to competitive activity, individual abilities.

Objective indicators were also determined that can serve as criteria for the level of development of sports abilities. There are also cases when high performance is combined with a low ability to relax, and a large spatial accuracy of movements - with a mediocre ability to control the strength of the muscles. It is all the more valuable to identify children who have universal motor abilities.

Key words: motor abilities, sport abilities, hereditary and environmental factors, morphological, school-age children.

EVALUATION OF THE PROCESSING WAYS INFORMATION IN A JUNIOR HANDBALL TEAM;

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Abstract: The way in which an athlete receives quickly information is very important for both, for the transmitter and for the receiver. Knowing the predominant sensory perception of a handball player is important for the coach and the player equally. The coach will know how to use the teaching methods for each individual player, and the player will be able to receive and store the information quickly. In this paper, we aim to identify the predominant sensory perception of a junior handball team. Subjects were 16 handball players born in 2005 or younger, at the category juniors III from Sporting Ghimbav Sports Club. The initial testing took place on 22nd December 2018 and 9th January 2019 and the final testing on 23rd November 2019. The method used is the application of psychological tests and interpretation of the results received. The conclusions of the study have highlighted useful information on how to improve the training of the junior players.

Key words: sensory perceptions, psychological test, handball, junior.

EVALUATION OF TEMPERAMENT CHARACTERISTICS IN A JUNIOR HANDBALL TEAM

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Abstract: During childhood, the athlete shapes, evolves and outlines his own features. We want to know what the predominant type of temperament in a female handball team at the junior level. Knowing a player's temperament can help the coach in the communication relationship between him and the player. First, the coach will know how to approach the subject to get a certain answer in practice or matches. Subjects were 16 handball players born in 2005 or younger, at the category juniors III from Sporting Ghimbav Sports Club. The initial testing took place on 22nd December 2018 and 9th January 2019 and the final testing on 23rd November 2019. The method used is the application of psychological test the Guide for identifying the temperament of Belov and interpretation of the results received. The conclusions of the study have highlighted useful information on how to improve the training of the junior players.

Key words: temperament, personality, temperament guide Belov, handball, junior.

STUDY ON THE CORRELATION OF PHYSIOLOGICAL PARAMETERS AT MINI-FOOTBALL PLAYERS

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Abstract: The popularity of mini-football is constantly increasing. Even though football remains the king of the sports, the fact that it requires a relatively large pitch and a large number of players, makes it a sporadic appearance at children and amateur level. We tested a group of 12 athletes, mini-football players, from Romania who regularly perform in the first league. Our players are 28.86 ± 5.39 years old, heights 181.6 ± 9.58 cm, body mass 84 ± 2.94 kg and they practice this sport for 3.36 ± 2.92 years. The athletes were subjected to an evaluation that aimed to determine: height, body mass, movement speed, agility, explosive power, lactic anaerobic capacity and maximum oxygen consumption. The analysis of the results led to the identification of significant correlations between the speed of movement and agility ($r^2=0.71$), leg's explosive power and reaction time of the non-dominant leg ($r^2=-0.61$), lactic anaerobic capacity and body mass ($r^2=0.60$). This study highlights the links established between the physical parameters of the mini-football players from Romania.

Key words: capacity, effort, physical parameters, mini-football.

PLANNING OF ICE PREPARATION IN SLOGS

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Abstract: From the study of the history of the World Cup stages from 2011 - 2020, we can observe a certain frequency in the organization at six slopes, on which the competitions destined for the sledging events were assigned, to the senior category. These slopes are: four slopes in Germany: Altenberg, Königssee, Oberhof and Winterberg; Austria - Igls and Latvia - Sigulda. The starting point in the planning of the specific training stage on ice, perhaps the most important part of the annual training plan of the sledging athletes is the degree of knowledge of the slopes on which the competitions of objective of each sportsman take place, as well as of the whole group / team. In the preparation of ice, each of the components of sports training must be adapted to the particularities of the competition, knowing the factors favoring or disrupting, being mandatory conditions of performance. The athlete, the location of the slope and the number of descents made make the difference between the specialists when planning the ice training period for a competitive sledging year.

Key words: Competition, ice, track, preparation, sleds.

THEORETICAL AND PRACTICAL ROLE OF PSYCHOMOTOR MEANS IN TRACK AND FIELD – 110m HURDLES

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Abstract: The psychomotor skills in individual and team sports represent the key of success in the activity of athletes, without which they could not possibly aspire to high performance. The purpose of this paper is to identify the psychomotor means and methods meant to improve sports performance by introducing them into the training process. In order to attain the objective, we have featured several means to be used in the training of track and field athletes, for 110m hurdles. In this respect, among the means leading to the development of psychomotricity in track and field, the following may be mentioned: the test of weights, concerning the kinaesthetic sensations, the muscular-articular sensations; the test of discs, measuring the value of spatial representations that an athlete has about a certain exercise and the ideo-motor representations. After studying the specialised materials, we highlight the idea that the use of such means along with the individualisation and optimisation of sports training may lead to an improvement of individual performances for 110m hurdles.

Key words: psychomotricity, track and field, kinaesthetic, performance.

ASPECTS REGARDING THE METHODOLOGY AND METHOD OF TEACHING THE VOLLEYBALL GAME TO THE BEGINNER GROUPS

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Abstract: The aim: Taking into account that the finality of the instructive-educational process at the level of the beginner's group is to fulfill as accurately as possible the player's model and the game model of the team and on this basis, the promotion in the advanced teams I. I have proposed that through this work to contribute to the enrichment of the theoretical, practical and methodical arsenal of volleyball at the beginners' level, based on the latest concepts offered by the literature. The research was conducted over a one-year period with a group of 25 children (girls) aged 11 ± 1 years. Students were observed during physical education classes and were selected in the beginner group according to somatic qualities. Based on the study, it was found that positive results were achieved in the final evaluations, which confirms once again the formative valences of the training activity in achieving the proposed objectives.

Key words: volleyball, beginner, methodology, method.

THE IMPORTANCE OF THE TASKS OF OINA PLAYERS WHEN HITTING THE BALL WITH THE BAT

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Introduction: The training of oina players must be done according to a continuous biometrical research in order to correct potential deficiencies which might appear when learning new game techniques. The purpose of this study is to improve the technique of hitting the ball with a bat depending on the players' tasks. **Materials and methods:** This study included 17 women players of oina who underwent 6 types of check tests. The data obtained was analysed and offered valuable information which linked to their tasks, led to achieving a better strike with a bat. **Results:** The result of the analysis showed an increase of the strikes which got points from 208 to 355 and also an improvement of strikes in which the bat hit the ball, from 410 to 539. **Conclusions:** This evolution of the values proved that the tests contained both exercises which help develop the speed of the strike and in which players learn and practise new techniques of hitting the ball at a certain angle in order to obtain the perfect trajectory at a certain moment of the game and depending on the role of the player during a game.

Key words: oina, tasks, check tests.

PHYSICAL EDUCATION AND SPORT FOR ALL**STUDY REGARDING THE DEVELOPMENT OF LEG STRENGTH IN FIFTH GRADERS THROUGH PLYOMETRICS****Cătălina Ababei, Oana Maria Lăscuș**

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Silviu Dragomir High School, Ilia, Hunedoara County, Romania

Abstract: The diversity and attractiveness of plyometrics have determined the authors to verify its effectiveness in fifth graders. The working hypothesis was the following: The use of plyometrics to develop leg strength in fifth graders could contribute to an increase in both the values of this motor skill and the self-esteem of the subjects, manifested through the desire to start practicing a professional sport. The study was conducted between October 2018 and April 2019 at the "Silviu Dragomir" High School of Ilia, Hunedoara County. This study employed the following research methods: the scientific documentation, the observation, the experiment, the statistical-mathematical method, and the graphical representation method. At the end of the study, the hypothesis was validated.

Key words: pupils, middle school, plyometrics.

ASSESSMENT OF THE FUNCTION OF THE KNEE JOINTS AND THE IMPACT OF THEIR STATE ON THE PHYSICAL ACTIVITY OF THE STUDENTS**Diana Popova-Dobreva**

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Abstract: The purpose of this study is to evaluate the function of the knee joints and how their condition affects the ability of students to participate in training activities. Students from the Vasil Levski National Sports Academy in Sofia, Bulgaria participated in the study. The evaluation of the function of the knee joints was made with a structured questionnaire modified by us on the basis of the Knee injury and Osteoarthritis Outcome Score (KOOS). The survey was done using Google Forms and standard survey. The questionnaire included questions aimed at assessing the subjective sensation of the magnitude of the knee joint problem when available. The incidence of knee problems with gradation from never to constant has also been reported.

Key words: knee joints, students, screening studies, sport, fitness.

CAREER ORIENTATION. AREAS OF CAREER DEVELOPMENT

Maria Popova-Hristova

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Abstract: This study presents the results of a survey with adolescents and adults about the areas of career development they are excited about. 620 people participated in this survey. We identified the career aspirations of the interviewees by dividing a group of three to six questions into five sections. Regarding the directions, we summarized the following topics: career development and management; entrepreneurial behavior; getting and keeping a job; learning and working skills; nature of work.

The questions that define the respondents' desire to gain career knowledge in the following areas: Career development and management questions are: What types of training and work might you like based on your skills? How do you start planning the training and work that best suits you? Where to find information about your training and opportunities?

Key words: career orientation, areas of career development, entrepreneurial behavior, learning and work skills.

DIFFERENTIATED PERCEPTIONS REGARDING SCHOOL DROPOUT AT THE SECONDARY SCHOOL CYCLE

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Abstract: Physical school education ensures the formation of knowledge, practical and intellectual skills and assimilation of ethical values, which contribute to the development of the student's social integration capacity. Practicing physical movement helps with psychic development, prevents emotional instability, shapes temperament and attitudes, providing a solid basis for personality formation. Physical education implements a type of knowledge and understanding based on rules, on respect that leads to the social awareness of the field, correlated with social interaction. School dropout is a serious problem facing contemporary society. Early school dropout is usually caused by a cumulative disengagement process based on personal, social, economic, geographical, educational or family reasons. The pleasure of participating in physical activities is one of the extremely important psychological factors that can influence the child's attitude. Along with pleasure, the efficiency of the child or the confidence he shows in his sporting abilities, it is essential to develop a positive attitude.

The aim of the research is to improve the educational instructional process for reducing school dropout for students in the secondary education cycle, by engaging in sports activities.

Key words: physical education, school dropout, physical activities.

THE ROLE OF SPORTS PERFORMANCE IN THE INVOLVEMENT OF STUDENTS BY THE SECONDARY SCHOOL AT CLASSES OF PHYSICAL EDUCATION AND SPORTS

Florin Cobzaru, Cristina Cobzaru

State University of Physical Education and Sport of the Republic of Moldova

Abstract: Physical education and sport in school provide students with opportunities for learning and practicing the skills needed to develop and maintain their physical health throughout their lives. The role of sports performance in involving students as active as possible in the time of physical education and sports depends on several types of skills, including the one from the psychic and the somatic or physiological spheres. Teachers know that skills develop differently from one individual to another, having a different dynamic depending on age, somatic, motor, psychological characteristics. It is very important to remember that students need to be motivated and encouraged throughout the lessons, so that their participation is constant, each link in the lesson must bring with it more attractiveness and stimulation. The involvement of a student at the class, to a large extent, determines the level of motor training, which is one of the main components of success in sports performance. In this context, motivation is an active state, which determines a person to perform any act designed to meet their needs. These actions can be genetically oriented, or shaped by experience.

Key words: physical education, school dropout, questionnaire.

STUDY REGARDING THE INFLUENCE OF HIKING ON THE DEVELOPMENT OF MAXIMAL OXYGEN UPTAKE IN HIGH SCHOOL STUDENTS

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Abstract: This research aimed to study the effect of hiking on the development of maximal oxygen uptake (VO₂ max) in high school students. Starting from the premise that the regular practice of hiking/trekking-type activities has beneficial effects on one's health and motor skills, the author has hypothesized that probably these activities do not have a significant favorable influence on the development of VO₂ max. The subjects chosen for this study were 17-18 year-old high school students who practice hiking regularly. A comparative study was conducted between two groups of subjects, applying a specific program of activities to the experimental group over the course of one academic year. The initial and final tests have generated results that, after being analyzed and interpreted, have led to significant conclusions. At the end of the study, the initial hypothesis was found to be invalidated.

Keywords: hiking, VO₂ max, students, high school.

CONSTATIVE STUDY ON THE EVALUATION ACT IN THE PHYSICAL EDUCATION DISCIPLINE AT THE GYMNAL CYCLE

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Dunarea de Jos University of Galati, Faculty of Physical Education and Sport, Romania

Abstract: We appreciate that the problem of evaluation in the education system is addressed in many specialized papers. Following the analysis of the instructional-educational process and the evaluation system in the physical education discipline, in the present work, it was started from the idea that in the success of the students of the high school cycle, the weight of the personal performances predominates followed and aided by other evaluation criteria's. The purpose was to determine the extent to which the success of the physical education discipline is based on a concrete system of the personal performance of the students. We also wanted to observe what is the weight of other criteria of appreciation that leads the students to obtain the marks. In practical terms, the paper offers to teachers the opportunity to improve and objectify the evaluation act in the physical education discipline.

Key words: evaluation, physical education, personal performance.

THE IMPORTANCE OF PLAYING SPORTS IN CHILD'S LIFE

Tili-Mihaela Codreanu

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Abstract: The goal we pursue through this work is to consider the difference between sports theory and practice in school. Our purpose is to highlight the importance of sports play in physical education and sports classes in school. Besides to the training educational valences of the sports game, we noticed the importance of collaboration between participants in the games. Physical and sports education has changed its name throughout its history: gymnastics, physical education, then sports and outdoor sports. Its goal is clear: train and maintain a properly neat body, gradually adding gymnastics, then introducing collective sports, then rhythmic dance for girls. In this way, the different models of practice reveal an "EPS Culture" that is inspired by various social models. The curriculum for physical education and sports proposes several game methods to allow students to learn in an optimum environment, discover the physical characteristics of objects and the notion of space.

Key words: students, importance of playing sports, methods.

STRATEGIES FOR IMPROVING THE FUNCTIONAL PARAMETERS OF THE STUDENTS OF THE UNIVERSITY OF BUCHAREST

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Abstract: The knowledge and development of the functional parameters has always been a concern of the specialists in the field of physical education and sport. The purpose of the research is the evaluation of the functional level of the students as well as the elaboration and experimentation of an intervention strategy to optimize their effort capacity; For the evaluation of the functional parameters, the effort capacity, the Ruffier Test was used. In the Ruffier test the average index is equal to 9.53 indicating an average effort capacity in the experimental group respectively 12.25 in the control group, satisfactory effort capacity. The effect size (0.71) shows a medium to large difference between the averages of the two groups. The students managed to improve their capacity for effort, improvement which is observed in the light of the results obtained at the final test. The systematic self-control of the pulse (in each lesson) constituted a criterion of objective evaluation of the effects of the efforts made. We consider that the programs elaborated and subjected to experimentation, were effective.

Key words: strategies, functional parameters, students.

WAYS TO STIMULATE STUDENTS PARTICIPATION IN PHYSICAL EDUCATION AND SPORTS ACTIVITIES

Oana Maria Ganciu

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Abstract: Physical education and sport are an inseparable part of the general education system, representing a necessity in ensuring the balance between intellectual and physical activity. The purpose of the research is the knowledge of the motivational factors that lead to the regular practice of physical education activities; this can help to design training strategies that will increase the number of practitioners among students. The results of the focused discussions reached topics such as: ways to increase the quality of the educational instructional process in physical education; how to make the hours of physical education more attractive; identifying solutions to increase students' interest in practicing sports; which is the preferred form of organization; which are the benefits found after regularly practicing motor activities. The appreciations of the young participants in the focus group refer to the insufficient facilities offered by the faculty to stimulate their participation in sports activities. The young people consider that measures are needed, at institutional level, such as increasing the number of hours, and the inclusion of this discipline during all the years of study.

Key words: physical education, sports, students.

THE SPORT BACKGAMMON OF THE MIND AND A TRUST COPY OF LIFE

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Abstract: Backgammon is one of the oldest known board games. Its history can be traced back nearly 5,000 years to archeological discoveries in Mesopotamia. It is a two-player game where each player has fifteen pieces (checkers or men) that move between twenty-four triangles (points) according to the roll of two dice. The objective of the game is to be first to bear off, i.e. move all fifteen checkers off the board. Backgammon is a mind sport that closely resembles the daily running of a human's life. Many people mistakenly consider it to be the gambling because of the dice that are its defining element. In fact, a successful backgammon player must have knowledge in statistics, theory of probability, must be well trained physically to be able to maintain his concentration and must have the ability to recognize and apply templates, such as in chess. Backgammon is not an expensive sport and is relatively easy to learn at any age. In this context, it can be used internally, in institutions, to increase the cohesion and the capacity for competition of human resources.

Key words: backgammon, strategy, human resources, statistics, performance, management.

REDUCING STRESS IN SCHOOL CHILDREN THROUGH THE USE OF SOME DANCE TECHNICAL ELEMENTS AS A FORM OF THERAPY

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Abstract: Dance therapy, after numerous researches, has proven to be a very beneficial exercise. We are considering reducing stress by applying an intervention plan based on a succession of specific dance steps, artistic program, made by entirely for this purpose. Our results show that the initial measurement, after the intervention program, students were able to greatly reduce mental tensions by further discharged their muscle tension. Certain indicators of stress can be improved by practicing a moment of sport dance with art therapy effect.

Key words: dance, therapy, relaxation techniques, attention, stress.

THE NECESSITY OF USING RESEARCH IN THE DIRECT MARKETING OF THE HIGHER EDUCATION INSTITUTION

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Abstract: Higher education institutions in our country try to promote as much as possible the study programs through different advertising materials sent by post, in the republic's schools or directly among young people by any means of communication. Research can help higher education institutions emerge from these stereotypes, better understanding the needs and desires of different client groups, beneficiaries of educational services, addressing them more directly and efficiently, developing new offers and to perfect their visual and message elements. We assumed that the use of research in the direct marketing of the higher specialized education institution will contribute to the increase of the number of graduates for studies and to the positioning of the study programs as being preferred in the hierarchy of the wishes of the future specialists in the field. A total number of 117 people were involved in the research, applying a sociological questionnaire to these categories of study participants, consisting of 12 questions.

Key words: direct marketing, research, higher education institution.

THE EVIDENCE OF THE GRADUATES PROFESSIONAL INSERTION –A PERFORMANCE INDICATOR OF THE EDUCATIONAL PROCESS QUALITY

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Abstract: The professional insertion of the university graduates is an important concern for the beneficiaries of the educational process in the contemporary society. We have proposed an experimental-practical research, which addresses the problem of the relationship between the educational offer of the university and the labour market, aiming at improving the quality of the educational process by connecting it to the social requirements. The research methods were: sociological survey, mathematical-statistical method, comparative analysis and graph. The questionnaire (the professional and evaluation insertion form of the study program) was applied to a sample of 240 SUPES graduates, the 2018 class. The data obtained reflects several aspects relevant to the university: the rate of employment of graduates (63.7%), its comparative dynamics on different classes (12.6% lower compared to the 2017 class), the usefulness of the program for employment and career development, the gratification of the graduates towards their job, the need for the market regarding the qualified specialists in the field of training and gratification of former students regarding the quality of the university educational process.

Key words: employability, labour market, study quality, career.

STUDY ON THE ADMISSION IN THE MILITARY EDUCATIONAL INSTITUTIONS OF THE M.A.I. OF CANDIDATES – WOMEN

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Abstract: After 34 years since the establishment of the Military School "Captain Pavel Zăgănescu" - Boldești was approved the admission of female candidates at the session of January 2020, considering the equal opportunities for the male candidates, the girls having the same admissions as boys, including an application course, and the preparation is similar throughout the entire education process. The evaluation of the physical performances being supported by the passage of the practical-applicative route, a route that has to be completed in a maximum time of 2 minutes and 15 seconds, essential for the training of the future rescuers, that is to say of the military firemen, thus the gates are opened to receive young people who want to break down barriers and prejudices, those young people who know that there are no differences between men and women, when the ultimate goal is to save lives.

Key words: firefighters, girls, admission, particularities, route.

STUDY REGARDING THE DEGREE OF ATTRACTIVENESS OF PHYSICAL EDUCATION COURSES FIX-UP FOR MIDSCHOOL STUDENTS

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Abstract: The physical education teacher plays a complex role in professional activity, he is a guide for sportive motion, he plans, cooperates with and stimulates the students. Knowing the motivational items for an aware and active contribution of the students in physical education courses implies choosing modern methods for physical exercise training. Our study was based on the hypothesis that knowing carefully the students' preferences for different physical activities and adapting the acting methods to these preferences leads to an increased degree of attractiveness for the physical education courses. Our study was conducted on 89 secondary school children in Bacau city. Two questionnaires were applied, one targeting the evaluation of the course attractiveness and one targeting students' expectations for the physical education course and their teacher.

The study shows there is a strong bonding between the degree of involvement of students and their preferences for practicing the physical exercises.

Key words: physical education, attractiveness, course, secondary school.

THE EVOLUTION OF SOME PARAMETERS OF MOTILITY IN STUDENTS IN PHYSICAL EDUCATION AND SPORTS

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Abstract: Throughout the all known history of humanity, motor activities - regardless of type or organization - have occupied an important place in people's lives. Given these aspects, to which we can add its pedagogical, psychological, sociological valences, the body education is transformed into a higher category, which motivates the wide range of concerns related to the evolution of all the instruments designed to optimize it. On the other hand, given the special character and the particular place that the physical education and sports students occupies in relation to the mentioned category, we believe that the concern for monitoring the evolution of some components of human motility, highlighting the tendency that they register, is motivated.

Key words: motility, student, physical education, sport.

THE IMPACT OF MOVEMENT GAMES IN THE PROCESS OF TEACHING MINIHANDBALL AT PRIMARY LEVEL

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Abstract: The good conduct of the physical education and sports lesson depends on the observance of some general or fundamental didactic requirements, which direct and make efficient the educational instructional process. Depending on the content of the program, the topics concern the instructive-educational components and represent knowledge, skills, motor skills (basic, utilitarian-applicative or specific to some branches of sports) and psychomotor skills. The purpose of the research consists in enriching the baggage of qualities and motor skills, specific to the pupils in the primary cycle (fourth grade), by differentiating the technical and tactical content of the mini-handball game, applying movement games and stage-races with content of elements and procedures of the mini-handball game. The initial testing was carried out using physical, technical and tactical tests. Subsequently, after the initial testing we used a program of movement games for a period of 6 months, the content of selected means was applied to the experimental group, within the physical education lessons. At the end of the experiment, the results obtained in the two tests were compared in order to demonstrate the efficiency of the training tools used during the research period. The data obtained were statistically processed in order to rank them, to highlight the progress made by the pupils and for a more detailed analysis of the events.

Key words: primary education, mini-handball, movement games.

CONSIDERATIONS TO TAKE INTO ACCOUNT WHEN IMPLEMENTING STRENGTH TRAINING PROGRAMS WITH CHILDREN AND ADOLESCENTS

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Abstract: The purpose of the study was to verify the appropriateness of implementing strength training programs in children as well as adolescents. A literary review was performed, and it has been verified that strength training is beneficial for minors under certain conditions, which include: a) Undergoing a medical examination. b) Program designed and supervision should be made by experts. c) Training workload should be based on years of training, motor skill competence, strength level, biological age and maturity. d) Training principles should be applied in every moment. e) Strength training program objectives should be: Lifelong physical activity promotion, adopting a balanced posture, musculoskeletal development and injury prevention. f) Perform adequate warm-ups before training sessions. g) Weight training techniques should be properly learnt. h) Sport equipment must be reviewed and adapted for the individuals concerned.

Key words: Strength training, children, adolescents.

EFFECT OF KINESIOTAPE ON STANDING LONG JUMP IN UNIVERSITY STUDENTS

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Abstract: *Objective:* Verify that the Kinesiotape effect on standing long jump (SLJ) performance in college-aged students. *Method:* 100 college-aged students were randomly assigned to either the control group (CG) or the experimental group (EG). Both groups performed the standing long jump test in two consecutive days (pre-test and post-test), with a 24-hour rest period. The EG underwent the pre-test without Kinesiotape, and the post-test with Kinesiotape, which was bilaterally applied in the quadriceps femoris muscle with a tension of 75%. The CG performed the pre-test and the post-test without kinesiotape. *Results:* Significant differences were observed between the pre-test and post-test performance of EG, whereas there were no significant differences between the pre-test and post-test results in the CG. *Conclusion:* bilateral application of Kinesiotape in the quadriceps femoris muscle with a tension of 75% could be useful to improve standing long jump performance in college-aged students.

Key words: kinesiotape, performance. standing long jump.

STUDY ON THE IMPROVEMENT OF DISTRIBUTION ATTENTION BY USING THE MOVEMENT GAMES FOR IV-CLASS STUDENTS

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Abstract: In physical education class, exercise, motion games play a role in developing mental qualities. In our research to improve distributive attention we will use among other methods and techniques and movement games to play in shaping attention capabilities such as ability, distribution of attention, motion games are suitable at this age for the development of attention to fourth graders because this age is characterized by the need for movement, play and starting with the 4th grade students access their voluntary attention as consciously, implicitly and distributively, exercises and motion or static exercises, aerobic or anaerobic, cyclical, acyclic or combined exercises and games, adapted to the students' age and morphofunctional peculiarities, have beneficial effects on the body of students such as the development of physical condition, psychomotion capacity. Through motion games, students learn to effectively manage their body's energy capacity and coordinate their recovery system after effort.

Key words: distributive attention, motion games.

FORMAL AND NON-FORMAL MOTOR ACTIVITIES

THE INVOLVEMENT OF EXECUTIVE MANAGEMENT IN THE PROMOTING OF SCHOOL SPORTS EVENTS

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Abstract: Athletic activities, being very emulated by children and pupils, are among the most beloved activities of childhood, puberty, and adolescence. If they are conducted as a competition, their effect on the children's physical, mental, and social development is guaranteed. According to multiple sources that regard the sports fields, sports competition, athletic activity and sports events can be considered correlated notions that envisage not only defeating an opponent, but also space and time, natural and artificial obstacles, and the mere participation and involvement. This research was based on a questionnaire that was applied to the target group, composed of 67 physical education teachers with a minimum of 7 years of experience in pre-university education, of 42 schools of the Bacău, Neamț, Vaslui and Vrancea counties. The results were relevant, offering a significant image: high percentages for a minimal involvement of the school management in promoting the school sports events and high percentages for traditional promoting means that do not involve high costs, but are not necessarily effective.

Key words: school sports events, schools, involvement, management.

METHODS OF IMPROVING THE COORDINATION CAPACITY OF PERSONS WITH DOWN SYNDROME BY APPLICATION THE MOVEMENT GAMES

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Abstract: The purpose of the research was to validate a working program that brings forward objective stimuli to develop the coordination of 14 people with Down syndrome who participate, twice a week, to the physical activities within the Faculty of Physical Education and Sport from the University of Craiova, by continuing the ERASMUS + project, no. 2017-1-RO01-KA204-037465 -"TRAINING PROGRAM FOR IMPROVING QUALITY OF LIFE OF PERSONS WITH DOWN SYNDROME THROUGH INCLUSIVE LEISURE (DS LEISURE). Thus, for 6 months, it was monitored the evolution of the 14 subjects (5 boys and 9 girls) in terms of balance (measured by Y Balance Test), general and segmentary coordination, the subjects being tested before and after the application of the program. Following the movement games that also included exercises for dynamic balance, segmentary coordination and general coordination, it was observed a significant progress ($p < 0.05$) for most of the applied tests, which confirmed the research hypothesis.

Key words: down syndrome, physical exercise, movement games, competition, coordination

THE ASSESSMENT OF WORK CAPACITY IN UNTRAINED ADULTS

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Abstract: Currently, the concept of health involves not only a psychological and physical well being of the individual and community, but also a certain ability for physical effort, and regaining your strength after effort, of resistance against the unfavorable environmental factors, against diseases, and a certain longevity, in concordance with the socio-economic and geographical conditions in which a person performs his/her activity. Thus, a person cannot be considered healthy if they do not have a good work capacity and/or a certain nonspecific general resistance to the unfavorable environmental factors and to diseases. **Purpose.** This study aimed to assess the work capacity in a group of untrained subjects. **Methods.** The research methods were established according to the objectives of the research, as follows: the study of the professional literature method, the testing method, the statistical-mathematical method and the graphical representation method. **Results.** At the end of the research, the recorded values and the progress of the subjects' fitness have shown that one way to improve and maintain the work capacity is to exercise in correct doses, constantly. **Conclusions.** Through the familiarization and implementation of prophylactic physiotherapy programs there was an improvement/maintenance of the subjects' work capacity, and implicitly an optimization of their health.

Key words: work capacity, assessment, adult.

THE IMPORTANCE OF PHYSICAL ACTIVITY FOR IN DETERMINING THE QUALITY OF LIFE OF PEOPLE WITH MENTAL DEFICIENCY

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Abstract: The present paper offers a theoretical insight regarding the quality of life and health state of people with mental deficiency. The concept of "quality of life" is discussed, as well as the characterization of "mental deficiency". Also, the paper brings into discussion some research results focusing on the link between physical activity and quality of life of people with mental disorders. People with mental disabilities present a lower health status and level of quality of life than people with no such health issues. Literature review highlighted some key-factors (such as socio-demographic variables, personal traits, social relations) influencing the quality of life of people with mental deficiency, among which an important role is played by physical activity which can significantly enhance the level of their quality of life. However, a low percentage of adults with mental deficiency practice physical exercise, and this may be also due to lack of adapted physical activity programs. The conclusions of the present paper point out the social need to implement physical activities and programs that can be performed by people with mental deficiency in order to improve their health status and increase their quality of life. Various stakeholders, such as authorities, institutions, NGOs should cooperate in order to develop specific strategies, programs and policies at individual and collective level for a better approach of this social issue. Adapted health promotion programs among people with mental deficiency could be a solution to maintain their health status and quality of life at a decent level.

Key words: mental deficiency, physical activity, quality of life, health status.

OPTIMIZING THE BALANCE IN AN EXTRACURRICULAR EXPERIMENTAL PROGRAM BY THE TYPE OF ADVENTURE EDUCATION

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Abstract: Adventure education is an approach to teaching in which an individual is placed in an unfamiliar environment that creates imbalances and focuses on developing problem-solving skills and motor skills development. Our study aims to optimize the level of motor skills, focusing on educating static and dynamic balance. The extracurricular experimental program is called Development through Education and Adventure (DEA) and was implemented between April 20 - May 5, 2019 within a thematic camp in Durau Station, Neam County. The DEA program was structured on 6 specific activities of adventure education and applied to 114 students in grades V-VI (43,5% boys and 56,15% girls) and 104 students from grades VII-VIII (43,05% boys and 56,95% girls). The standardized Flamingo Balance and Star Excursion Balance tests were applied, initially and finally. The analysis of the differences in the values of the arithmetic means in the Flamingo Balance test shows better results for boys (1,76-cl. V-VI and 0,98-cl. VII-VIII) and in the Star Excursion Balance test, the biggest difference was registered in girls on the right foot (-1.8 cm.). Following the analysis of the intervention level on the program, significant statistical results, measured with Effect Size, were recorded for $R < 0,8$. The DEA extracurricular experimental program has shown that activities specific to adventure education can represent an effective alternative for balancing education in relation to the trends of modernization and diversification of recreational activities.

Keywords: adventure education, extracurricular experience program, balance.

THE EFFECTS OF GYMNASTICS TRAINING ON STATIC BALANCE AMONG CHILDREN AGED 4-8 YEARS OLD

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Abstract: Balance, along with the other motor skills, have an important role in the execution of sports habits. The purpose of the study was to design and apply a system of actuation means improving the static balance of gymnasts. The study was carried out on a sample of 35 children, aged from 4 to 8, while the tests used were the following: the Flamingo Test, the Unipodal Test and The Bruininks-Oseretsky Test. After interpreting the results, using the ANOVA statistical analysis test, the following values were obtained: the Flamingo test $p < 0.0001$, on the right leg -3.714 and of the left leg -3.829 ; the unipodal test $p < 0.0001$, on the right leg -4.086 , on the left leg -3.829 ; the Bruininks-Oseretsky Test $p < 0.0001$, on the right leg -3.457 and on the left leg -3.657 . Considering the results obtained, it may be stated that the actuation means used in the study were efficient and they led to an improvement of the balance capacity.

Key words: gymnastics, static balance, training.

SENSORY DISORDERS IN CHILDREN

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Abstract: Sensory processing disorder is the situation where the brain does not process and organize the sensory information in a way that gives the individual relevant data about himself and the surrounding world. When the brain does not process the sensations properly, neither is the behavior appropriate, learning is difficult, and the individual most often feels uncomfortable with himself and cannot easily cope with everyday demands. Sensory processing disorder in the sight does not mean that you do not see, but it can mean that you cannot find an object in a crowd, that you cannot appreciate the distance to an object or if that object stands or moves towards you. Or if you have to go down stairs, you cannot appreciate the depth and do not know how to estimate how to walk safely down

Key words: sensory disorders, children.

ORIENTATIONS AND CURRENT TRENDS IN KINETOTHERAPY

EFFECTIVENESS OF KINETIC TREATMENT OF OSTEOPOROSIS

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Abstract: Osteoporosis is a systemic disease of the skeleton, characterized by decreased bone density and damage to microarchitecture of bone tissue, with major risk of fractures caused by minor trauma. As a problem of global importance, osteoporosis has been placed internationally in the list of diseases related to the ageing population. Increased frequency of osteoporosis in the last decade is observed. The main purpose we want to highlight in this study is the treatment of the recovery of osteoporosis by kinetic means, investigations used to put diagnosis, the effectiveness of its treatment, and awareness of the importance of physical therapy in this condition. In order to carry out this work we left the hypothesis that by using physiotherapy and means of physical therapy we will have positive effects in the case of recovery of the patient with osteoporosis. In conclusion, I can say that I was able to show how effective the recovery treatment for osteoporosis is and that this condition can be improved and stopped with the help of physical therapy and physiotherapy, preventing the appearance of fractures.

Key words: physical therapy , treatment, recovery.

EVALUATION OF THE FOOT ARCH SHAPE AND TOES DEFORMITIES AMONG UNIVERSITY STUDENTS

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Abstract: Pes planus ("flat feet") is one of the most common orthopedic conditions observed in adult health practice. The purpose of this study was to evaluate the foot arch quality and the occurrence of toes deformities among physiotherapy students ($N=106$; 33 men and 73 women). The mean age of students was 22.28 years. The CQ-ST Podoscope was used as the main research tool. We evaluated the Clark's angle and Weisflog index as foot parameters to assess the quality of the longitudinal foot arch and the transverse foot arch, respectively. We also evaluated the occurrence of toes deformities of the big toe angle (ALFA) and little toe angle (BETA) according to Weisflog. Most students had a physiologically arched longitudinal foot arch. Despite the young age of probands, we found an increased occurrence of the flat transverse foot arch and big toe deformities, especially among women.

Key words: students, Clark's angle, Weisflog index. Foot arches, flat feet.

THE ROLE PLAYED BY SPECIFIC PHYSICAL THERAPY MEANS IN TREATING GENITAL PROLAPSE DURING MENOPAUSE

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Abstract: The menopause is a natural physiological phenomenon where the woman consumes her ovarian hormone reserve, this period being characterized mainly by the lack of menstrual cycle for 12 consecutive months. It appears usually between the age of 40 and 55, and it can be natural or artificial (after surgery). After the age of 45, one woman out of two is affected by genital prolapse. The prolapse manifests as a sensation of weight in the lower side of the abdomen, sometimes accompanied by urinary disorders. **Purpose.** This study aimed to correct the genital prolapse in menopausal women, associated with urinary incontinence. **Methods.** The research methods were established according to the objectives of the research, as follows: the study of the professional literature method, the testing method, the statistical-mathematical method and the graphical representation method. **Results.** At the end of the research, the authors believe that physical therapy can be applied with remarkable results to women in special situations. **Conclusions.** The physical therapy intervention for genital prolapse during menopause can delay the surgery and at the same time it can diminish the symptoms of prolapse and urinary incontinence.

Keywords: physical therapy, genital prolapse, menopause.

THE EFFECT OF MANUAL THERAPY WITH AND WITHOUT COMBINED CRYOULTRASOUND THERAPY IN THE FUNCTIONAL REHABILITATION OF CHRONIC PLANTAR FASCIITIS. A 3 MONTHS COMPARATIVE STUDY ON AMATEUR MARATHON RUNNERS

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Abstract: The popularity of marathon events for amateur runners has grown immensely in Romania. Plantar fasciitis (PF) is an inflammatory process of the plantar fascia, commonly encountered among runners. The purpose of this study is to evaluate whether the manual therapy (MT) alternated with the use of cryoultrasound in the treatment of PF is an effective option in reducing the symptomatology. The test was performed on 10 subjects (two groups), having the following rehabilitation protocol: Group A - MT and cryoultrasound; Group B - MT and cryotherapy. Each patient underwent an initial (E1), intermediate (E2) and final (E3) evaluation using the Visual Analog Scale (VAS). Both treatments proved to be effective, the difference in pain intensity on the VAS scale between the two groups measured at E3 being 11.08% in favor of group A. The protocol that combines MT with cryoultrasound therapy can be an effective treatment option for PF with the possibility of being used in a long-term recovery strategy.

Key words: marathon, plantar fasciitis, cryoultrasound, manual therapy.

THE ROLE OF KINETOTHERAPY IN IMPROVING CEREBRAL MOTOR DISEASES

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Abstract: Cerebral motor infirmity is not a disease, but a syndrome, a set of lesions, changes and symptoms, respectively. This field permanently attracts specialists who dedicate their effort to elaborating strategies intended to recover these categories of patients. Kinetotherapy tries to educate or re-educate, through movement, the disturbed balance in the neurodevelopment of those affected, of young people lacking the possibility of movement. The motivation for choosing this theme comes from the need to have a broader picture of the therapeutic possibilities applicable in kinetic recovery. This paper aims to verify whether the kinetic means deployed in the sequential phase, when brain lesions are stabilized, can contribute to minimal physical and communication recovery. Specifically, it has been examined whether the spasticity can be reduced, in parallel with the increase in the amplitude of movement at the articular level. The recovery was aimed at developing the possibilities of moving and communicating with the work and supervision team, leading to the conclusion that the statement according to which "there are no recoverable cases" is correct.

Keywords: spasticity, infirmity, physical-kinetic recovery, sequelae, posture.

ORIENTATION OF THE PHYSIOTHERAPIST IN THE RECOVERY OF ELBOW SPRAINS IN ATHLETES

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Abstract: The continuous analysis and modification of these programs are aimed at achieving a better health standard. Maintaining physical form and recovery differ in terms of starting points, end goals and intensity of exercises in pursuit of these goals. The objective of the physiotherapist is to return the injured athlete to the competition as quickly and safely as possible, with the minimum risk that the condition will recur. This requires accurate diagnosis in order to provide proper care, establish an optimal recovery program and make a responsible forecast of the period during which the intended purpose can be achieved. In the kinetic chain of the upper limb, the elbow is functionally subordinate to the shoulder, and from the point of view of finality, to the hand. The elbow is considered as the most difficult joint for the recovery of mobility, not only due to the structure itself, but also the ease of developing periarticular calcareous deposits or muscle retractions that further limit mobility. The trauma of the elbow itself, as well as the immobilization of the elbow imposed by these traumas, often causes tight, hard reducible stiffeners.

Keywords: sprain, trauma, sports, recovery, physical therapy.

THE USE OF MODERN TECHNOLOGIES IN THE POSTTRAUMATIC RECOVERY OF PATIENTS

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Abstract: The TECAR therapy is a non-invasive, painless procedure, which reduces the treatment period, and results may be visible from the first sessions. It may be used immediately after the trauma, given its relaxing effect and its high pain mitigation rate. The purpose of the paper is to improve and enhance the posttraumatic effects of deficiencies and traumas. The research subjects were two patients – one with a mild brachial plexus narrowing with C3-C4 cervical compression, the other with operated cervical hernia, with Parkinson's disease and left hemiparesis, emerged due to the C3-C4 CH surgery. Besides the kinesiotherapy program, as a support in the rehabilitation process, we have used the elongations table and the TECAR therapy. Following the clinical, imaging exam, the, Rx, MRI, pain scale, we have concluded a favourable and faster recovery of the two patients. The study hereof confirms the efficiency of the TECAR therapy, a kinesiotherapy adjuvant, perfectly completing the recovery picture.

Key words: recovery, therapy, traumatism.

EFFORTS OF MAXIMUM INTENSITY IN FOOTBALL CAN DETERMINE THE TACTICS ORGANIZATION IN OFFICIAL GAMES

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Abstract: In recent years, many aspects have changed in football. New game concepts have emerged, new theories have been developed, the game technique has undergone transformations dictated by the increase in game speed. With the practical experience gained in high performance football as support of this work, we aim to highlight the influence of efforts of maximum intensity in obtaining victories in official games, by determining tactical organization. In this work we will highlight how efforts of maximum intensity and their programming become decisive in winning the game. Specific means will be programmed and used during the trainings, and effort and performance will be monitored using the Polar system. Thus, together with the tactical analysis of the opponent, efforts of maximum intensity can influence tactical organization in order to the official game.

Key words: training, tactics, game, effort, intensity.

THE CONTRIBUTION OF KINESIO TAPING IN IMPROVING THE PAIN OF PATIENTS WITH CERVICAL DISCOPATHY

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Abstract: In this paper we will approach a relatively new technique in medical recovery called Kinesio Taping and try to determine the effectiveness of the method in reducing the pain caused by cervical discopathy. The paper focuses on comparing the results of a classic recovery treatment for cervical discopathy with the results of a recovery program focused on kinesiotherapy and Kinesio Taping. The research involves the analysis of two cases and the application of the two types of differentiated treatment. The recovery period for the two subjects will be performed for 10 days, during which each patient will be evaluated 3 times: initially, intermediate and final. The tests focus on determining the intensity of the pain and the degree of joint mobility. Comparing the results of the two types of recovery programs demonstrates the efficiency of the Kinesio Taping improve pain and also for increasing joint amplification.

Key words: Kinesio Taping, pain management, cervical discopathy.

KINETHERAPY RECOVERY OF HEMIPLEGIC PATIENTS ELDERLY

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Abstract: One of the essential attributes of the epoch we live in is the absolute and percentage growth of the elderly in the composition of the population. The numerical growth of the elderly population is the result of effective control of diseases with high mortality, which minimized premature mortality, which meant that an increasing number of people exceed the threshold of old age. By early application of correct kinetic programs to hemiplegic patients, it contributes to their recovery from the point of view of the correct body posture, being much faster and in large proportions.

Key words: kinetotherapy exercises, elderly, population.

STUDY ON THE DEVELOPMENT OF THERAPEUTIC PROTOCOL IN KNEE ARTHROSIS

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Abstract: Arthrosis is an irreversible slow degenerative disease, which involves progressive degradation of articular cartilage, associated with progressive remodeling, and possibly with minimal or medium synovial inflammation. Regarding the increase in the number of patients with osteoarthritis, the work is based on the detection of new ways of early and systematic application of the procedures and means of recovery by which patients can restore their functional capacity faster, ensuring social and sometimes professional reintegration. The purpose of this work is to present a therapeutic protocol for osteoarthritis of the knee that includes information on patient recovery.

Key words: therapeutic protocol, osteoarthritis, kinetotherapy.

THE COMPUTERIZED AQUA-TOW THROUGH THE NEUROMUSCULAR MECHANISM

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In the practice of sports training the use of traditional and non-traditional technical means has proven to be effective. The application of non-traditional means, such as the aqua-tow in swimming, allows to create regimes for performing exercises or basic elements, inaccessible in natural conditions. Their constructive peculiarities, that is, the towing of the swimmer with programmed speed, helps to form the rational technique of performing the planned motor action. This fact creates the possibility of preventing errors and increases the probability of obtaining higher indices of the most important characteristics: rhythmic structure, the force-speed movements' component, the programmed result etc. At the same time, the planning of the work program under such conditions requires an argument and the obtained results an analysis of the neuromuscular and transference mechanism of the motor skills. Because sports training through the application of technical means, especially non-traditional ones, cannot be achieved efficiently if it contravenes the laws of neuromuscular mechanisms. Due to the research carried out was followed the obvious improvement of the sports results at the precompetitive stage in the experimental group.

Key words: sports training, technical means, swimmer, neuromuscular mechanism, motor skills.

EFFECT OF RESISTANCE EXERCISES ON HANDGRIP WITH OSTEOPENIA/OSTEOPOROSIS

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Technical University of Cluj-Napoca, Romania

Abstract: The present study aimed to verify the effects of a 12 month resistance training using the Bulgarian method by contrast (6 reps x 70% of 1RM + 6 reps x 50% of 1 RM) on handgrip strength in women with postmenopausal osteopenia/osteoporosis. Ten women with postmenopausal osteopenia/osteoporosis (over 50 years old) were distributed into two groups: exercise group (EX) (n = 5) and control group (C) (n = 5). Handgrip strength were measured before and at the end of the study using hydraulic hand dynamometer. Exercise group (EX) showed an increase by 12% at the end of the study for the dominant hand ($p = .039$) and by 10.53% for the non-dominant hand ($p = .041$). The control group showed a decrease in handgrip strength by -2.14% for the dominant hand ($p = .018$) and by -3.65% for the non-dominant hand ($p = .038$).

Key words: osteoporosis, osteopenia, resistance training, handgrip strength.

Posters Competition – YPOM 2020

1st PLACE – 9 points

Andreea-Georgiana Dobre

STUDY ON THE IMPACT OF THE ANALYSIS OF THE KINEMATIC PARAMETERS OF THE MIDDLE-DISTANCE RUNNER STEP IN THE IMPROVEMENT OF THE JUNIOR TECHNIQUE

2nd PLACE – 8 points

Georgiana Gavriluț, Cristina - Elena Moraru, Răzvan Andrei Tomozei

VIDEO ANALYSIS OF APPARATUS DIFFICULTY AT WORLD CHAMPIONSHIPS BAKU 2019

Teodor Nuț, Ioan Turcu

METODE ȘI TEHNICI DE EVALUARE A PREGĂTIRII SPORTIVILOR DE PERFORMANȚĂ CU SISTEMUL ȘI SOFTUL "CARV" PENTRU SCHI ALPIN (METHODS AND TECHNIQUES FOR EVALUATING THE PERFORMANCE ATHLETES' TRAINING WITH THE "CARV" SYSTEM AND SOFTWARE FOR ALPINE SKIING)

Emilia Florina Grosu, Hanna Imola Vari, Vlad Teodor Grosu, Cornelia Popovici

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THE EFFECT OF ATHLETIC TRAINING IN THE EFFICIENCY OF THE SOCCER PLAYER, JUNIOR CATEGORY



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POLICIES OF A CITY IN FAVOUR OF SPORT FOR EVERYONE

Prof. Rodolfo Buenaventura









