



**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, March 2019**



International Scientific Conference

## YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT

08-09 March 2019, Brașov, Romania

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Romanian Olympic and Sports Committee, President

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Vice-dean with scientific research activity, Transylvania University of  
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**Veronica Mindrescu**, Lecturer PhD

Transylvania University of Brasov, Romania

## Keynote Speakers

**Angela Almasiova**, dr. PhD

Catholic University of Ruzomberok, Slovakia

**Antala Branislav**, Prof. PhD

President, FIEP Europe, Comenius University in Bratislava, Slovakia

**Jaromir Sedlacek**, Prof. PhD

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**Jürgen Beckmann**, Prof. PhD, PhD

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**Katerina Kolarova**, Mgr. PhD

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**Guillaume Martinent**, Assoc. Prof. PhD

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Lyon University, France

**Marketa Rusnakova**, Assoc. Prof. PhD

Catholic University of Ruzomberok, Slovakia

**Marta Gimunova**, Mgr. PhD

Faculty of Sports Studies, Masarik University, Czech Republic

**Martin Zvonar**, Assoc. Prof. PhD

Dean Faculty of Sports Studies, Masarik University, Czech Republic

**Miran Kondric**, Prof. PhD

Faculty of Sports, University of Ljubljana, Slovenia

**Pavel Ruzbarscky**, Assoc. Prof. PhD

Dean of the Faculty of Sport, University of Presov, Slovakia

**Pavol Cech**, Mgr., PhD

Faculty of Sport, University of Presov, Slovakia

## Organizing Committee

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Bogdan **Pelin**, Assist., PhD student, Braşov, Romania

## Conference schedule

### Friday, March 8th – 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 - Workshop: New trends in sport adapted (hall U.I.7)

16:30 – Meeting between the Minister of Youth and Sport with sports association and sports managers from Brasov County (hall U.I.2.)

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

20:30 - Social evening

### Saturday, March 9th – University auditorium

9:00 - Coffee break

9:30 - 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:

- 300 lei (65 euro) / paper; 350 lei (75 euro) / two papers  
or
- 200 lei (45 euro) / paper, 250 lei (55 euro) / two papers for doctoral and master students

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

## Important deadlines

- abstract deadline – **FEBRUARY 15, 2019**
- notification of abstract acceptance – **FEBRUARY 21, 2019;**
- **sending full paper and Participation fee–FEBRUARY 28, 2019**

## 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](mailto:ypom@unitbv.ro)

## Terms of the full-paper drafting

The best works will be selected and published in the Bulletin of the Transylvania University of Brasov, Series IX SCIENCES OF HUMAN KINETICS No.1 or 2/2019, This scientific journal is indexed in the following international database (in accordance with CNATDCU standards):

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

The paper which will be selected and published in the Bulletin of Transylvania 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 Transylvania University will be

sending: abstract, keywords, and full text in English (and Romanian language for the Romanian people), an even number, 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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Transilvania  
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FACULTY OF PHYSICAL EDUCATION  
AND MOUNTAIN SPORTS



TRANSILVANIA UNIVERSITY FROM BRAŞOV  
FACULTY OF PHYSICAL EDUCATION AND MOUNTAIN SPORTS



# PROGRAM

International Scientific Conference

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT

March 08-09, 2019  
Braşov, Romania

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Transilvania University of Brasov, Romania

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Anca Ionescu, Assist., PhD student, Brașov, Romania

Bogdan Pelin, Assist., PhD student, Brașov, Romania

## CONFERENCE SCHEDULE

**Friday, March 8th – University auditorium**

11:00 - Guests arrival and accommodation

13:30 - Coffee break and snack

14:00 - Conference opening works

Chairman of the Conference

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

Official from Transilvania University in Brasov - Vice-rector Mr. Prof. Daniel Munteanu, PhD

Official from County Council Brasov – President, Mr. Marian Rasaliu

Mr. Bogdan Constantin Matei, Minister of Youth and Sport

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

Mr. Assoc. Prof. Martin Zvonar, PhD – Dean, Faculty of Sports Studies, Brno

Mr. Prof. Leon Gomboş, 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. Radu Bidiugan - Director of the National Research Institute for Sport

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

Mrs. Diana Pirciu, Social Responsibility Manager - Romanian Football Federation

Keynote speakers:

*Prof. Antala Branislav PhD, Slovakia - "FIEP and its Future Projects and Activities for the Quality Physical Education Development"*

*Prof. dr. dr. Jürgen Beckmann, Germany - "The holistic development of young athletes"*

*Prof. Jorge Caesar Vilela de Carvalho PhD, Portugal - "Does the vulnerable population can achieve the high performance"*

16:00 - Coffee break and snack

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

Keynote speakers:

*Prof. Miran Kondric PhD, Slovenia – “Physical preparation of very young table tennis players to avoid injuries – critical view”*

*Assoc. Prof. Guillaume Martinent, PhD, France - “Young elite athletes in intensive training centers: Is the optimization of performance potential inconsistent with the preservation of well-being and mental health”.*

*Mgr.Marta GIMUNOVA PhD, Assoc. Prof. Martin ZVONAR PhD, Mgr. Katerina KOLAROVA PhD, Czech Republic - “Plantar pressure distribution during the gait at advanced phases of pregnancy and the effect of special footwear”*

*Assoc. Prof. Pavel Ruzbarsky PhD, Pavol Cech PhD, Prof. Jaromir Sedlacek PhD, Slovakia- “Determination of school children motor performance by physical activity and physical development”*

*Angela ALMASIOVA, Marketa RUSNAKOVA, Slovakia – “Extracurricular activity as a predictor of addictive substances use by adolescents”*

15:00 - Meeting between the Minister of Youth and Sport and the representatives of sports clubs and associations  
in Brasov County (hall U.I.7)

*16:00 - Meeting between the Minister of Youth and Sport and the representatives of the Deans of faculties of physical education and sports in Romania  
(hall U.I.7)*

16:30 - Workshop: New Trends in sport adapted (hall U.I.2.)

19:00 - Completion of the first days of scientific work

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

### **Saturday, March 9th – University auditorium**

9:00 - Coffee break

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

*Prof. Vesna Babic, PhD, Croatia - “Some characteristics of Croatian elite athletes”*

*Prof. Musa Selim, PhD, Kosovo – “Anthropometric profile of Kosovo elite female volleyball players”*

*Asist. Stefan Alecu, PhD student, Romania – “The importance of the proprioceptive training and its results in the junior category sports training”*

*Asist. Bogdan Iulian Pelin, PhD student, Romania – “Contribution in the training process for junior biathlon athletes using heart rate monitors to control the intensity of the training”*

*Mr. Mircea-Ionuț Olteanu, Phd Student, Romania – “Hyperalgesic shoulder recovery for the handball players”*

12:00 - Posters session

13:00 - The awards ceremony

## **The sections of the conference**

### **The current Olympic movement**

Florin Paraschiv: PSYCHOMOTRICITY AND MOTOR INTELLIGENCE – TRAINING AND DEVELOPMENT STRATEGIES AT THE ROMANIAN NATIONAL OLYMPIC YOUTH CENTER

Vesna Babić, Gordana Bjelić, Ksenija Bosnar: SOME CHARACTERISTICS OF CROATIAN ELITE ATHLETES

### **Young people sports performance**

Alecu Ștefan, Dragoș Bondoc Ionescu: THE IMPORTANCE OF THE PROPRIOCEPTIVE TRAINING AND ITS RESULTS IN THE JUNIOR CATEGORY SPORTS TRAINING

Andreea-Georgiana Dobre, Dragoș Bondoc Ionescu, Claudiu Mereuță: ASPECTS CONCERNING THE IMPORTANCE OF TECHNICAL IMPROVEMENT IN MIDDLE-DISTANCE TRACK RUNNING TRIALS

Tudor Marius Orășanu, Florian Benedek: STUDY ON TRAINING METHODS THE PLAYER IN ZONE 3 AT THE LEVEL OF CADET VOLLEYBALL GAME

Danijela Grgić, Dragan Milanović, Iva Blažević: FINAL RESULT PREDICTION IN FEMALE 400M TRACK EVENT BASED ON RESULTS ACHIEVED AT CERTAIN RACE SEGMENTS

Danijela Grgić, Vesna Babić, Iva Blažević: RUNNING DYNAMICS IN MALE 400M SPRINT EVENT

Daniel Pîrvu, Nicolae Mihăilescu: ANALYSIS OF THE QUESTIONNAIRE CONCERNING THE OPTIMIZATION OF THE TECHNICAL PREPARATION OF CHILDREN OF 9-10 YEARS IN FOOTBALL

Daniel Pîrvu, Nicolae Mihăilescu: IDENTIFICATION OF AGE CHARACTERISTICS OF CHILDREN OF 9-10 YEARS IN FOOTBALL

Gheorghe Balint: CONTRIBUTIONS TO THE IMPROVEMENT OF ACTION MEANS IN THE FOOTBALL TRAINING OF BEGINNER CHILDREN AT THE BACAU FOOTBALL CLUB ACADEMY

Eduard-Leonard Guță: IMPROVING DETENTION IN FOOTBALL PLAYERS

Ion Bogdan Chepea: DEVELOPMENT MODELS IN HANDBALL PLAYERS

Elena Mocrousov: METHOD OF APPLICATION OF A LARGE NUMBER OF BALLS, AS AN EFFECTIVE FACTOR FOR LONG-TERM TRAINING OF HIGHLY QUALIFIED TABLE TENNIS ATHLETES

Mădălina Epure, Dragoș Bondoc Ionescu: STUDY ON THE SELECTION AND EFFICIENCY OF THE GUARD PLAYER IN MODERN BASKETBALL GAME

Hristo Tsankov Stoyanov: STUDY ON THE EFFECT OF TRAINING LOADS ABOVE THE THRESHOLD ON THE SPECIAL RUNNING PREPARATION FOR 100 AND 200 M SPRINT

Teresa Moncheva Marinova: ANALYSIS OF THE ABSOLUTE AND RELATIVE VALUES OF THE TOOLS FOR RUNNING AND STRENGTH PREPARATION PER MESOCYCLES IN THE WOMEN'S TRIPLE JUMP DISCIPLINE

Mircea Mocanu: THE ASSESSMENT OF THE ATTACK FINALIZED WITH TOPSPIN - RETOPSPIN IN FEMALE JUNIOR TABLE TENNIS

Alexandru Boișteanu: COMPARATIVE ANALYSIS OF THE FORCE, RESISTANCE AND DYNAMIC STRENGTH INDICES VALUES OF 13-15 YEAR-OLD JUDO FIGHTERS IN THE BASIC TRAINING STAGE OF SPORTS TRAINING

Alexandru Bondoc-Ionescu, Cristian Bondoc-Ionescu: BIOMECHANICAL ANALYSIS-CONTRIBUTION TO MUSCLE ELASTIC FORCE DEVELOPMENT SPECIFIC TO SPRINTING ATHLETES

Natheir F. Mansour Alnu'man- Jordan, Dragoș Bondoc-Ionescu, Adriana Târgoveț: TRAINING FOR THE MORPHOLOGICAL DEVELOPMENT AND FUNCTIONAL CAPACITY ON WATER AND ON LAND OF A JUNIOR SWIMMER SPECIALIZING IN SHORT-DISTANCE CRAWL SPEED TRIAL

Bogdan Iulian Pelin, Ioan Turcu, Dragoș Bondoc-Ionescu: CONTRIBUTION IN THE TRAINING PROCESS FOR JUNIOR BIATHLON ATHLETES USING HEART RATE MONITORS TO CONTROL THE INTENSITY OF THE TRAINING

Petronela Ursu, Lorand Balint: THE INTERDISCIPLINARITY STAGE IN ATHLETIC PREPARATION FOR TRAIL RUNNING  
Roxana Maria Tincea, Ioan Turcu: THE DEVELOPMENT OF MOBILITY AND COORDINATION IN RHYTHMIC GYMNASTICS PERFORMANCE AT CHILDREN AND HOPES LEVEL

Wilhelm Robert Grosz: METHODOLOGICAL APPROACHES IN EDUCATING THE RAPID FORCE OF SKI JUMPERS

Musa Selim, Bahri Gjinovci, Florian Miftari: ANTHROPOMETRIC PROFILE OF KOSOVO ELITE FEMALE VOLLEYBALL PLAYERS

Nela Tatiana Balint: COMPARATIVE STUDY REGARDING THE PERCEPTIVE-MOTOR COORDINATION IN CHILDREN WITH ATHLETIC SKILLS AND CHILDREN WITH ARTISTIC SKILLS

Tiberiu Tătaru: CURRENT THERAPY ON THE RESPIRATORY SYSTEM

Răzvan Marian Bucătaru, Petronel Cristian Moiescu: PERCEPTIONS OF DIFFERENTIATED LEARNING METHODOLOGY TENNIS

Romila Cristina, Macovei Sabina: TACTICAL PREPARATION IN HANDBAL GAMES AT 13-15 YEARS

Igor Ilić, Veroljub Stanković, Hadži Saša Ilić: THE FREQUENCY OF TECHNICAL AND TACTICAL OFFENSIVE ACTIONS OF ELITE SERBIAN HANDBALL TEAMS

Răzvan Sandu Enoiu, Ștefan Teriș: THE STUDY ON PROPRIOCEPTION IN FOOTBALL GAME AT 10-12 YEARS OLD

Tomina Dana Petrescu, Dragoș Bondoc-Ionescu: BIOMECHANICAL DETAILS REGARDING THE EFFICIENCY OF START IN SPRINTING EVENTS

Bogdan Oancea: STUDY ABOUT THE IMPORTANCE OF WHEELCHAIR BASKETBALL FREE THROWS

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MOUNTAIN SPORTS

International Scientific Conference

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT

08-09 March 2019, Brașov, Romania

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VOLUME

ISSN 2359-8859

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## The current Olympic movement

PSYCHOMOTRICITY AND MOTOR INTELLIGENCE – TRAINING AND DEVELOPMENT STRATEGIES AT THE ROMANIAN NATIONAL OLYMPIC YOUTH CENTER

**Florin Paraschiv**

*Romanian handball federation*

### **Abstract**

Motor intelligence should not be regarded as a work by itself, but as a part of the general intelligence. In order to determine the place in this context, it is necessary to a determination of the variables related to motor intelligence, how can be observed, measured as infera with variables that make up the major types of intelligence and the drawing up of a picture of the dominant values. Motor intelligence expresses through motor acts aimed to a purpose. These acts are characterized by efficacy, efficiency and creativity. Human motricity is rich and multiform. It includes movements that allow individuals to interact with different kinds of environment (nature, work, etc.) or to express in terms of sport motricity in different disciplines.

In anticipation of handball training is regarded as a form of manifestation of the motor intelligence. Also, it may be that a series of deficiencies the nature of the somatic or motric aptitude both during the training, but especially during competitions, with one condition: athlete to be aware of this!

This scientific approach is an attempt to clarifying psychomotricity problems, as well as existing conditionings in the training process between the activity of the general body, intelligent and motor intelligence.

*Key words: handball training, motor intelligence, psychomotricity*

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SOME CHARACTERISTICS OF CROATIAN ELITE ATHLETES

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*University of Zagreb*

*Hotel and Tourism Vocational School*

*University of Zagreb*

**Abstract**

The aim of this paper was to discover certain characteristics of top athletes for a better understanding of their career, life and function, and to rid oneself of widespread prejudices and stereotypes about athletes. The sample encompassed 301 athletes (154 F and 147 M), medal winners in top competitions: the Olympic Games, World and European Championships, World Cups and European Cups, and the Mediterranean Games from 1992 to 2012. The participants in the survey were those athletes who were available and who willingly joined the survey, including athletes from 39 sports (22 Olympic, 15 non-Olympic and 2 associated).

The results: It was established that top athletes have by far higher education than general population; there are but a few who can make living by competing, hence most athletes have an employment whether or not related to sports. Most athletes who stopped competing engage in sports recreationally, and one third of them are coaches. Research has shown that athletes are unhappy with the support by the state, the alliance and/or their club. Most believe that they received too little support and have invested in sports more than their sport has given to them.

*Key words: top level sport, socio-demographic characteristic, Croatian athlete*

Young people sports performance

THE IMPORTANCE OF THE PROPRIOCEPTIVE TRAINING AND ITS RESULTS  
IN THE JUNIOR CATEGORY SPORTS TRAINING

**Alecu Ștefan**

**Dragoș Bondoc Ionescu**

*Transilvania University from Brașov*

**Abstract**

In this study we aim to demonstrate the fundamental role of proprioceptive training as an integral part of the junior category sports training in the 110 m hurdles.

For this we tested, before and after the training period, using proprioceptive techniques and exercises to influence the technique of the hurdle runner at the two subjects chosen for this experiment, and the results obtained revealed the progress achieved by them in within the parameters we considered relevant to the study.

The objective of this study is to reveal the importance of proprioceptive training in correcting the technique of fence running, but also parameters that change and their values.

*Key words: proprioceptive training, 110 m hurdles, proprioceptive capacities, hurdle technique*

ASPECTS CONCERNING THE IMPORTANCE OF TECHNICAL IMPROVEMENT  
IN MIDDLE-DISTANCE TRACK RUNNING TRIALS

**Andreea-Georgiana Dobre**

**Dragoș Bondoc Ionescu**

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*Dunărea de Jos University, Galați*

**Abstract**

Permanent monitoring of its kinematic parameters allows us to acquire important data for the improvement of the technique and boosts the efficiency of running.

Unfortunately, as Moris Huvion says, there are so many specialists who, as a result of such studies, *"see what they know, not what they have to"*.

The purpose of the research is to analyse the key points of the middle-distance track running trials by means of video analysis, in order to identify and remove both the unsatisfactory issues improperly acquired and the unnecessary movements occurring once the state of fatigue is experienced. Materials and method. This study is attended by five athletes (four girls and a boy) registered at L.P.S. Galati. Based on video analysis, technical aspects of middle-distance track running will be highlighted, which, in case they are improved, could contribute to significantly increase the performance in this type of trials.

*Key words: technique, running trials, video analysis*

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**Abstract**

The purpose of the paper is to determine if we can form a complete and complex player from Zone 3 to cadets through the best problem and efficiency of the means used to obtain a maximum yield, in cases of concrete application in the central shooter's volleyball games.

The work we have prepared based on a study of the cadets group (4 central shooters) from the Suceava Sports High School contributes through the recorded data to the setting up of specific means and methods of volleyball action that are effective in the formation and development of Zone 3 player. The control group consisted of 4 members of the LPS Piatra Neamț team, of a level close to the experimental group members. During the experiment, the subjects of the two groups participated together in the 1st Series of the National Cadet Championship organized by F.R.Volei.

*Key words: volleyball, cadets, Zone 3, block, attack*



YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

FINAL RESULT PREDICTION IN FEMALE 400M TRACK EVENT BASED ON RESULTS ACHIEVED AT CERTAIN RACE SEGMENTS

Danijela Grgić, Dragan Milanović,

Iva Blažević

*University of Zagreb*

*Juraj Dobrila University of Pula*

### **Abstract**

The main aim of this research study was to determine the influence of 6 predictor variables, related to split times at every 100m of 400m race as well as of first and last 200m of 400m race, on criterion variable - final result in 400m event. Entity sample included 32 results from 26 female athletes who were participants of final 400m races at four World Championships in Athletics: Stuttgart (1993), Athens (1997), Seville (1999) and Berlin (2009). Data needed for this research study were obtained from official results and published biomechanical analyses. Multiple regression analysis revealed very high influence of predictor variables on criterion variable, that is – on final 400m result, with 99% of shared variance at the p level of 0.01.

Observation of partial coefficients and split times at every 100m showed the best correlation to final result was split running time from 300<sup>th</sup> to 400<sup>th</sup>m, as well as running time of both 200m segments of 400m race, especially the second 200m. It can be concluded that all predictor variables are significant for successful placement in 400m race.

*Key words: athletics, 400m sprint, women, running dynamics*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAŠOV 2019

RUNNING DYNAMICS IN MALE 400M SPRINT EVENT

Danijela Grgić, Vesna Babić,

Iva Blažević

*University of Zagreb*

*Juraj Dobrila University of Pula*

**Abstract**

The main goal of this research was to determine the running dynamics in male 400m sprint event. This research was conducted on top male athletes who progressed into the finals of four World Championships in athletics: Stuttgart (1993), Athens (1997) Seville (1999) and Berlin (2009). The data for this study was taken from the list of official results and published biomechanical analysis. This research study included 15 variables; 14 of which were time parameters referring to split times at every 50m, at every 100m and at first and last 200m in 400m event, as well as final result, sprinters' age, height and weight. Basic descriptive parameters were calculated. The analysis of running dynamics changes in 400m event was made by descriptive analysis of individual changes using dynamics' indicators with changeable base. Obtained results were then used to determine basic statistical parameters as well as to determine individual changes in running dynamics of 400m race. Obtained results show miniscule differences in 400m running dynamics that impact better final placement considering the successfulness of movement structure patterns realization.

*Key words: athletics, sprint, male 400m, running dynamics*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

ANALYSIS OF THE QUESTIONNAIRE CONCERNING THE OPTIMIZATION OF THE TECHNICAL PREPARATION OF CHILDREN OF 9-10 YEARS IN FOOTBALL

Daniel Pîrvu

Nicolae Mihăilescu

*University of Pitești*

**Abstract**

Consolidation and verification of hypotheses was also given by the contributions of specialists in the field by answering questionnaire questions to define and clarify the valid connections between the football game technique, the size of the ball and the age peculiarities. The questionnaire designed as a measurement tool is a sequence of 22 questions that were administered to a group of 73 sports and football game players in order to gather accurate and consistent information about preliminary research assumptions in the act. The questionnaire seeks to specify the level of training and information of specialists on the subject based on professional experience. The collection of objective, reliable and comparable information was possible due to the creation of multiple answer questions, which had as specific arguments, the assumptions of the research:

- optimization of the child-football player at the age of 9-10 years;
- using the ball with the circumference 68-70cm, the weight 350-390g (No.5!).

*Key words: questionnaire, game technique, ball size*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

IDENTIFICATION OF AGE CHARACTERISTICS OF CHILDREN OF 9-10 YEARS  
IN FOOTBALL

Daniel Pîrvu

Nicolae Mihăilescu

*University of Pitești*

**Abstract**

In the literature, we can observe the contemporary coexistence of the paradigms about the peculiarities of the age of 9-10 years, according to which the search for a bio-psycho-social model to be proposed after a comparative approach to the exigencies of the society is difficult to outline. I claim that at this age, 9-10 years, the criterion of differentiation and selection is the state of health and the degree of enthusiasm in the practice of football playing with permanent regard to the gap between biological age and chronological age. Knowing the age, growth and development rhythms is a priority in determining the differences between biological and chronologically to optimize the didactic process in the football game. The observation of the age-specific peculiarities of the child-football player highlights the motor skills and abilities to the creation of optimal levels of technique in the football game. The growth and development period of the human being contains several stages characterized by progressivity, but also periods of stasis or slowing in the motor, cognitive, affective, social and moral components.

Children are biological, psychological and social entities different from the adult person.

*Key words: child-football-player, peculiarity, age*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

CONTRIBUTIONS TO THE IMPROVEMENT OF ACTION MEANS IN THE FOOTBALL TRAINING OF BEGINNER CHILDREN AT THE BACAU FOOTBALL CLUB ACADEMY

**Gheorghe Balint**

*Vasile Alecsandri University of Bacău*

**Abstract**

Today, the children's football training, as it is organized and conducted by the Romanian specialists, takes into consideration the scientific, technical, pedagogical, and management aspects; unfortunately these do not have the same representation as one can encounter internationally at this level. This statement is the main premise for this research, the author being also influenced by an important football coach, Helenio Herrera: "The football player is not born; he is formed and perfected through exercise and perseverance. It is thus decisive for a gifted child or junior to have the chance from the beginning to be guided by a coach who produced top performers".

In the current international context, the author believes that the improvement of the specific football action mean and the avoidance of other action means, borrowed from other sports, will definitely lead to an improvement in the future football player's technical-tactical skills.

*Key words: improvement, training, beginner children, football*

IMPROVING DETENTION IN FOOTBALL PLAYERS

**Eduard-Leonard Guță**

*Constantin Brâncuși University from Târgu-Jiu*

**Abstract**

In this paper are highlighted the main concepts of training and improvement of detention to football players. Detention is an extremely important ingredient in football, as it is a combination of power, conditioning, flexibility and competence. Such features are essential to the success of a footballer and can be improved by appropriate training. For football players, detention is essential and can be and is commonly used as a measurement tool to assess the strength, explosive power and ability of the footballer to use power. Expansion to footballers can be enhanced by physical exercises in which muscles exercise maximum force at short intervals to increase dynamic performance. Through these exercises, the muscles are subjected to rapid elongation followed by an immediate shortening. In many situations, football players are attributed to their opponents in the air during some jumping to hit the ball. So, in order to win a duel in the air, the former should be able to make a higher jump. At the same time, a footballer with a longer flight has the ability to keep his body balanced in the air, making head strokes.

*Key words: expansion, football, power, effort*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

DEVELOPMENT MODELS IN HANDBALL PLAYERS

Ion Bogdan Chepea

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**Abstract**

The purpose of this study is to highlight the ability of handball coaches who can understand the mechanics of acceleration appropriately and to use this ability to provide handball players with the suggestions needed to achieve the desired angles of the joints and body to achieve speeds increased. The performance of a handball player is conditional on achieving a given move at the maximum possible speed. Thus, increasing the pitch of the pitch by achieving large amounts of force in the shortest possible time is fundamental to the maximum speed a handballer can achieve. At the moment, speed requirements for handball players have changed, evolving over time. When we talk about the development of speed in handball players, we refer to the rapid movement of the whole body in response to a stimulus. Acceleration, maximum reaction speed, speed of change of direction are the basic components of handball players' performance. The characteristic procedures for developing each component of speed at handball players need to be used from the junior age. In handball poty matches, high-speed action is seen, so handball players are forced to make high-speed decisions.

*Key words: handball, training, strength, speed*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

METHOD OF APPLICATION OF A LARGE NUMBER OF BALLS, AS AN EFFECTIVE FACTOR FOR LONG-TERM TRAINING OF HIGHLY QUALIFIED TABLE TENNIS ATHLETES

**Elena Mocrousov**

*State University of Physical Education and Sport, Chișinău*

**Abstract**

The modern system of training table tennis players is a complex, multifactorial process, including goals, objectives, means, methods, organizational forms, material and technical conditions, etc. During the last years, along with the use of traditional methods in table tennis, the method of working with a large number of balls has become widespread. The object of research is the theory and methodology of long-term training for table tennis, based on the use of a large number of balls. The purpose of the research is to improve the methodology of long-term training for table tennis based on the use of a large number of balls. Objectives of the research. 1. To identify the features of motor activity in table tennis. 2. To analyze the generally accepted method of training in table tennis. 3. To develop an experimental method of training with the process of long-term training in table tennis based on the use of a large number of balls.

*Key words: methodology, training process, table tennis, long-term training, large number of balls*



YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

STUDY ON THE SELECTION AND EFFICIENCY OF THE GUARD PLAYER IN  
MODERN BASKETBALL GAME

**Mădălina Epure**

**Dragoș Bondoc Ionescu**

*Transilvania University from Brașov*

**Abstract**

Selection of athletes is a permanent concern of specialists in the field. The selection process may have short-term goals, such as selecting players for a particular position on court or for the next game, and long-term result-oriented goals. Many specialists argue that the guard is actually the team leader on the basketball court and the most important player. The concept of talent is defined as a complex, dynamic system in which future behaviors emerge from the interaction between physical characteristics, motor skills, and psychological behaviors. This article presents a literature review analysis on the selection of guard player and highlights the selection requirements in modern senior female basketball game. The analysis is based on data collected from the official games played in the Romanian Women's National League.

*Key words: talent, sport, sport selection, basketball, guard*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

STUDY ON THE EFFECT OF TRAINING LOADS ABOVE THE THRESHOLD ON  
THE SPECIAL RUNNING PREPARATION FOR 100 AND 200 M SPRINT

**Hristo Tsankov Stoyanov**

*NSA Vassil Levski Sofia*

**Abstract**

The objective of the present study was to test the effect of over-loading training tools on the training indicators having the main importance on the results in 100 and 200m. Particular tasks were to test the effect of loads above the threshold on the development of speed, as well as of speed- and sprint endurance.

The studies included a group of 8 athletes and took part in seven weeks during the pre-competition meso-cycle (4 weeks) and competition meso-cycle (3 weeks).

The results showed that using 30-m series with speed above the threshold helps the speed in the start acceleration. There was also a strong correlation of 30m above threshold speed and the result in 100m, which indicates that this training tool improves both the starting acceleration and maximum speed development. Generally, we consider that using above the threshold training loads helps the speed development by affecting the two biomechanical parameters – length and frequency of running stride, through improvement of the nervous and muscular capacity of the sprinters.

*Key words: over-loading training tools, speed- and sprint endurance, 100 and 200 m sprint*

ANALYSIS OF THE ABSOLUTE AND RELATIVE VALUES OF THE TOOLS FOR  
RUNNING AND STRENGTH PREPARATION PER MESOCYCLES IN THE  
WOMEN'S TRIPLE JUMP DISCIPLINE

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

**Teresa Moncheva Marinova**

*NSA Vassil Levski Sofia*

**Abstract**

The objective of this study is to analyze the data of the running training tools per mesocycles and to analyze the data of the physical strength training tools per mesocycles. For this purpose we have analyzed the absolute and relative values of the preparation tools per mesocycles implemented by Theresa Marinova, Olympic, World and European champion. The analysis of the load parameters of the individual strength training tools per mesocycles has confirmed our finding, as mentioned above, that the basic training tools for the research athlete are the "Semi-squat on one foot", "Semi-squat on two feet" and "Stepping on a high object" exercises.

*Key words: triple jump, women, training*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

THE ASSESSMENT OF THE ATTACK FINALIZED WITH TOPSPIN -  
RETOSPIN IN FEMALE JUNIOR TABLE TENNIS

**Mircea Mocanu**

*Dunărea de Jos University, Galați*

**Abstract**

In current table tennis, the attack is the main source of winning the points in the sets, the topspin and retopspin technical-tactical procedures being responsible not only for initiation and counterattack, but also for finishing, being ubiquitous in the technical expression of both offensive and defensive players. The assessment of these attack elements is an objective way of highlighting the progress made by the sportswomen while preparing for the competition calendar, the used tests being able to reflect the level of consolidation achieved in the execution of the two strikes. Goal: Establishing a set of tests for the technical / tactical assessment and for evaluating the movement capabilities specific to the attack completed with topspin and retopspin. Hypothesis: Knowing the level of consolidation of the topspin-retopspin attack, we will be able to check the appropriateness of the methodological strategies applied to make efficient the attack finalized this way. Objectives: to verify the appropriateness of using certain tests in the assessment of topspin and retopspin in this age group.

*Keywords: table tennis, female juniors, attack, topspin, retopspin*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

COMPARATIVE ANALYSIS OF THE FORCE, RESISTANCE AND DYNAMIC STRENGTH INDICES VALUES OF 13-15 YEAR-OLD JUDO FIGHTERS IN THE BASIC TRAINING STAGE OF SPORTS TRAINING

**Alexandru Boișteanu**

*State University of Physical Education and Sport*

**Abstract**

According to the objectives of the paper the efficiency of using the means of gymnastics technology were identified by investigating the characteristics of basic motor skills - force, resistance, dynamic strength of 13-15 year old judo fighters in the basic training stage of sports training. The pedagogical experiment found that the level of basic motor skills development was determined by means of motor tests, which, basically, exercises of gymnastics means is situational to the biomechanical structure of the technique of execution of some judo elements, which favours the psychophysical mobilization of the preadolescent judokas to demonstrate performance results.

The knowledge of the technology strategies and models of gymnastics mean implementation in the sports training of the 13-15 year old preadolescent fighters in judo has both an explanatory-formative value and an instrumental-operational value for achieving high performances in the activity of the sports training.

*Key words: sports training, 13-15 year-old judokas, means of gymnastics, motor skills, experimental program*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

BOMECHANICAL ANALYSIS-CONTRIBUTION TO MUSCLE ELASTIC FORCE DEVELOPMENT SPECIFIC TO SPRINTING ATHLETES

Alexandru Bondoc-Ionescu

Cristian Bondoc-Ionescu

**Abstract**

At present, the importance of the development of the explosive muscular force in training the high-performance sprinter is beyond discussion.

The objective of the present exposition is to contribute to defining an assembly of exercises aiming at the development of the specific muscular force starting from a biomechanical analysis.

In general, the runner's muscular activity will be organized around three main functional elements.

Propulsion: the runner acts upon the ground through the intermediary of a unilateral support (on a leg). During the interaction ground-sole, the propulsive forces are applied to the runner, and the muscular strain is maximal. The development of the muscular force may be deemed as a propitious means for obtaining the best efficiency of the motion.

*Key words: explosive muscular force propulsive force, flying phase, support phase, muscular chains*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

TRAINING FOR THE MORPHOLOGICAL DEVELOPMENT AND FUNCTIONAL CAPACITY ON WATER AND ON LAND OF A JUNIOR SWIMMER SPECIALIZING IN SHORT-DISTANCE CRAWL SPEED TRIAL

Natheir F. Mansour Alnu'man- Jordan

Dragoș Bondoc-Ionescu

Târgoveț Adriana

*Transilvania University from Brașov*

### **Abstract**

The morpho-functional short distance swimming training can be approached with a program suitable for the junior and cadets' age with modern equipment testing applications that can create an innovative perspective in individualizing the training of swimmers in crawl, speed, short trials.

The *operational purpose* of the basic research is oriented on the recording of the morphological development and functional capacities data obtained in the testing at INMS Bucharest as well as some parameters registered in trials specific to on water and on land swimming training in short-distance crawl speed trials for the junior cadet category.

We assume that by recording and analysing the morpho-functional parameters on the WEBA SPORT simulator one can perform executions specific to the crawl procedure in the planned strength and power training correlated with the speed, rate and correction of the amplitude of the pulling movement in the crawl procedure.

We emphasize the necessity to develop and propose this model to the FRNPM with the prospects for improvement at senior level.

*Key words: The morpho-functional short, swimming, swimmers in crawl, juniors cadets*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

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

**Bogdan Iulian Pelin**

**Ioan Turcu**

**Dragoș Bondoc–Ionescu**

*Transilvania University from Brașov*

**Abstract**

Purpose: This study examines whether junior biathlon athletes successfully regulate training intensity using subjective feeling, or whether heart rate monitor is necessary to regulate intensity. Methods: Eight active junior biathlon athletes and women 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. Results: The participants 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*



YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

THE INTERDISCIPLINARITY STAGE IN ATHLETIC PREPARATION FOR TRAIL  
RUNNING

**Petronela Ursu**

**Lorand Balint**

*Transilvania University from Brașov*

**Abstract**

The aim of this study is the practical reality of athlete training in the execution of trail running, which on the basis of specific biological demands, is constantly looking for solutions to improve performance. Currently, the increased attractiveness for this type of motric activity makes not only the professional athletes, but also the amateur athletes using interdisciplinary and specialized training factors. At the basis of this integral training orientation lays the need of sport continuity, the awareness regarding the difficulty in performing these tests, the stress desire and the emulation spirit. The present study is based on a synthesis of the current pieces of information extracted from national and international practice regarding the means of training application in an interdisciplinary, integrative manner and also a survey realized through the questionnaire method applied to practitioners from Romania for a 3 years period. The collected data highlight the transformations taking place, related to the factors that determine the athletic course, as well as the necessity of their activation in the training process. To sum up, the conclusion drawn from our approach is that regardless of the practicants status (amateurs or professionals), they increasingly appeal to the preparation process, to diversified means of taking action, which should have a positive impact over the human organism subjected to a complex type of effort so that it can maintain a continuous evolution in the execution of trail running tests.

*Key words: trail running, interdisciplinary training, specialization, competitive continuity*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

THE DEVELOPMENT OF MOBILITY AND COORDINATION IN RHYTHMIC GYMNASTICS PERFORMANCE AT CHILDREN AND HOPES LEVEL

Roxana Maria Tincea

Ioan Turcu

*Transilvania University from Brașov*

**Abstract**

Mobility is a quality which has a great role in obtaining results in rhythmic gymnastics, both from the point of view of artistic and technical committee. This skill should fit in perfectly with coordination, a quality indispensable for the acquisition of the specific technique to each apparatus. The aim of this work is to experimentally demonstrate that, by implementing some training programs of specific character, there will be a positive influence on the development of hip joint mobility and spine and will be recorded an improvement in the quality of execution of the elements of balance that are imposed by age. The program aims to develop the skills on the coordination of the body movements with characteristic objects, by using them in the introductory part of the training; so gymnasts simultaneously receive information from both directions. The results of this type of program are transposing in the ability to reconstruct various movements, both of the body and apparatus within the compositions of rhythmic gymnastics, on the basis of experience gained.

*Key words: mobility, coordination, rhythmic gymnastics*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

METHODOLOGICAL APPROACHES IN EDUCATING THE RAPID FORCE OF  
SKI JUMPERS

**Wilhelm Robert Grosz**

*Transilvania University from Brașov*

**Abstract**

This study was conceived to bring a new orientation in the ski jumping training process addressing psychomotor quality, especially to its component - rapid force. The fast force education requires a new approach of the training process according to the technical components specificity and related to the individual particularities. The rapid force manifestation in symbiosis with the second phases in ski jumping and the takeoff movement ensures a fast entry into the flight phase with an optimal trajectory under a right timing. The research was conducted on young athletes - three components of the national ski jumping team aged 13-14 years - and targeted the rapid force as physical component and the technical components. After applying the bi-cycle planned of rapid force development methodology, the results obtained provide more confidence in the effectiveness of the training and a positive prognosis regarding the results to be obtained in this field.

*Key words: ski jumping, rapid force, timing, the takeoff*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

ANTHROPOMETRIC PROFILE OF KOSOVO ELITE FEMALE VOLLEYBALL PLAYERS

Musa Selim

Bahri Gjinovci

Florian Miftari

*University Hasan Prishtina*

**Abstract**

The main purpose of the present research is to confirm the anthropometric structure and profile of Kosovo elite female volleyball players. The sample for this study included 116 trained women volleyball players from nine clubs of Kosovo Volleyball Super League of a fairly young age ( $19.91 \pm 3.59$  years old). Anthropometric measurements were carried out in line with the Protocol of International Society for the Advancement of Kinanthropometry (ISAK). The data were analyzed using the Statistical Package for the Social Sciences (SPSS) software for Windows 23.00. The output was analyzed by using basic statistical parameters of descriptive analysis. The results of this study demonstrate that Kosovo elite female volleyball players' mean body height is  $172.21 \pm 6.14$  cm, whereas their body mass index, determined by the weight-to-height ratio averages (BMI)  $20.47$  ( $\text{kg}/\text{m}^2$ ). The authors of this research, consider that further research is needed to analyze the characteristics of Kosovo elite volleyball players for each team and each team member separately, taking into account their role within the team. By this study, we managed to determine the average body height and body weight, measure the girth and skinfold, and determine the body mass index of Kosovo elite female volleyball players.

*Key words: Volleyball players, female, anthropometry, Kosovo*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

COMPARATIVE STUDY REGARDING THE PERCEPTIVE-MOTOR COORDINATION IN CHILDREN WITH ATHLETIC SKILLS AND CHILDREN WITH ARTISTIC SKILLS

**Nela Tatiana Balint**

*Vasile Alecsandri University of Bacău*

**Abstract**

This paper aims to study the perceptive-motor coordination and to make a comparison between children with athletic skills and children with artistic skills. Education of skills depends on the body's predispositions, but also on the way in which it is acted on them throughout time. Skill can be understood as a hereditary predisposition subjected to the instructive-educational process, accompanied by motivation and manifested interest. Perceptive-motor coordination in junior age children is an insufficiently studied problem in the field of movement, sports and health sciences. Following the premises, which are that the systematic accumulation of knowledge and learning the general base of sciences contribute to the improvement of the psychomotor skills, and that the performance level in every field is measurable, the following hypotheses were established:

- presumably, through a correct and effective selection of assessment tests regarding the perceptive-motor coordination, one can assess various skills;
- presumably, through the identification of subjects with different skills, one can observe the motor aspects that differentiate them.

*Keywords: perceptive-motor coordination, sport, artistic*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

CURRENT THERAPY ON THE RESPIRATORY SYSTEM

Tiberiu Tătaru

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**Abstract**

Respiratory recovery is constituted by a variety of procedures and procedures with synergistic action to improve respiratory function.

The specific means are varied and complex and cause different and specifically differentiated effects. among these, the application of electrotherapeutic procedures to antalgic contract muscles results in local and remote analgesia effects, deep electric massage and muscular gymnastics depending on the formulas used.

The direct consequence in the respiratory system is the influence on the chest and bronchial tree muscles by facilitating the drainage of the secretions, their evacuation and implicitly the increase of the gas exchange rate.

Breathing is a nervous and humorous process. Although it can be controlled voluntarily, breathing is regulated by reflex and humoral mechanisms.

*Key words: electrotherapy, respiratory system*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

PERCEPTIONS OF DIFFERENTIATED LEARNING METHODOLOGY TENNIS

Răzvan Marian Bucătaru

Petronel Cristian Moisescu

*Dunărea de Jos University of Galați*

**Abstract**

Tennis has become a sport increasingly known and loved by children but less effective to continue their sports activities. There are numerous reasons why practitioners leave tennis at an early age: financial resources, entering into a new stage of life (schooling), the difficulty of game properties (tennis is a complex game). In classic tennis, the learning process is spread over several years, being a long-term activity. Tennis 10 is a program that was created and implemented by the International Tennis Federation (ITF) in the early 2000s as part of a campaign carrying the title "Tennis Play and Stay", officially launched in February 2007, with the designed to enhance the practice of playing tennis worldwide. Tennis Play and Stay campaign aims to promote tennis as a game easy to practice, purpose and fun to maintain health and to ensure that all novice players can still serve and hit the ball at the first lesson.

*Key words: tennis 10, means methods, techniques, tactics, physical training*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

TACTICAL PREPARATION IN HANDBAL GAMES AT 13-15 YEARS

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**Macovei Sabina**

*National University of Physical Education and Sports, București*

**Abstract**

Tactical training is a content element of sports training. Through tactical training the acquired technical procedures are highlighted. During the game their level of improvement is observed. Tactics tells us the purpose for which they have been used and why we need to use technical knowledge. As we want to improve the design, programming, implementation and applying the tactical handball training at the age of 13-15. We wish to know the opinion of teachers and coaches about the importance of tactical training at this age, we have carried out a questionnaire-based survey. The questionnaire was made on the website [www.isondaje.ro](http://www.isondaje.ro). It was completed between 18<sup>th</sup> June 2018 – 25<sup>th</sup> July 2018. The questionnaire contains 16 questions with closed-ended answers. The people who answered our questionnaire were 112 coaches or teachers with handball specialization. The average age was 43 years. The analysis of the results was done by the statistical method, calculating the percentage for each response to the total sample. The findings of the study highlighted useful information on how tactical preparation is planned and implemented at the age of 13-15 years.

*Key words: tactical training at the age of 13-15 years, handball, sports training factors*



YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

THE FREQUENCY OF TECHNICAL AND TACTICAL OFFENSIVE ACTIONS OF  
ELITE SERBIAN HANDBALL TEAMS

Igor Ilić

Veroljub Stanković

Hadži Saša Ilić

*University of Pristina*

**Abstract**

The goal of this research is to determine the modal characteristics of technical and tactical actions in handball offense. The subject sample consists of elite Serbian national handball teams. The observed variables are selected based on the unique criteria that characterizes the conclusion of the offensive actions, both in situations when there is an equal and unequal number of players on the field. The results confirm that all analysed actions are not equally represented in play of the observed teams and that there are multiple factors that contribute to the final team standing. The most frequently used actions are: shooting without previous preparation or collaboration with teammates, shooting after the counterattack, shooting after a feint, and shooting when having more players on the court. The highest offensive efficiency is achieved after the counterattack, and shooting when having player advantage on the court.

*Keywords: handball, top division, technical-tactical actions*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

THE STUDY ON PROPRIOCEPTION IN FOOTBALL GAME AT 10-12 YEARS OLD

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**Abstract**

The study on proprioception in football game aims to present and demonstrate the importance of proprioception in performance sports, but especially in football game, for the age group of 10-12 years. Proprioception helps to raise awareness of the position and movement of the joints at every moment as shown by the bibliographic sources presented in the article.

The experiment on football players with age between 10 and 12, emphasizes the importance of proprioception in their sports development. The automation of strengthened movements through proprioceptive training leads to the alternation of muscle contraction and relaxation, improvement of steady state, maintenance of posture with limited support, increased attention and the response of the neuromotor system to external stimuli.

Applying the test for precision adaptation in hitting the ball with the foot and with the head substantiates the working hypothesis and confirms by its results the correctness of the experimental activity.

*Keywords: proprioception, balance, muscle contraction, football*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

BIOMECHANICAL DETAILS REGARDING THE EFFICIENCY OF START IN  
SPRINTING EVENTS

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*Transilvania University from Brașov*

**Abstract**

Our research is based on a study on start efficiency in sprinting events to highlight some details that would harness the athlete's potential at the start.

The research was based on film sequences of some athletes ranked in the first three at the Indoor National Championship.

Comparing their evolutions, we intend to present a personal approach of start, experimented and used by us in competitions with unexpectedly good results and that we present through the "key" sequences of an athlete filmed, which progressed in five weeks from 7.64s on 60 m to 7.01 s - second place at the Indoor National Championship for juniors I.

To illustrate the differences between our vision and what is currently being practiced in athletic competitions, we try to reason through a comparative study of the evolutions of three component subjects of the National Athletics Team, based on the dynamic parameters of the running steps.

*Key words: start, contact time, impulse angle*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

STUDY ABOUT THE IMPORTANCE OF WHEELCHAIR BASKETBALL FREE THROWS

**Bogdan Oancea**

*Transilvania University of Brașov*

**Abstract**

The present research try to show the importance of made free throws in the economy of wheelchair basketball game. The main research purpose is to present a comprehensive analysis about romanian wheelchair basketball competitions, recording the percentage of made free throws and the share of them from the total scored points.

The conclusion of the present analysise showing that in romanian wheelchair competitions, the percentage of made shots is about 11%, with a share from total scored points of aproximative 9%. In the last edition of Wheelchair Basketball World Championship, the golden medalist team, United Kingdom reach a value of made free throws of 58%, coresponding with a share of 13% from total scored points.

*Key words: wheelchair basketball, free throws, percentage, share*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

THE EFFECTIVENESS OF THE RECOVERY OF THE BODY DURING  
PERFORMANCE THROUGH THE AEROCRIOTHERAPY METHOD

**Veronica Mîndrescu**

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**Abstract**

The basis of the medical efficiency of aerocriotherapy is closely related to the stimulating influence on the hypothalamic-pituitary-adrenal system, to the stimulation of peripheral blood circulation as well as to the intervention of the neuropeptide system and the formation of endogenous endorphins. ACT significantly increases microcirculation and improves trophic processes in organs and tissues, has a pronounced immunomodulatory character, and favors the activity of the detoxification system of the body.

Recovery, as an integral part of the training or competition process, uses scientifically and individually the natural and / or artificial means necessary to rebalance the homeostasis of the body at basal, homeostatic values, altered by the psychophysical stress due to the physical effort. The ACT Recovery Method aims to speed up recovery, prevent injuries and develop the performance of the athlete.

Recovery is based on the person and the effort exhibited, thus distinguishing a daily, weekly, round, annual, and Olympic cycle recovery. Competitions differ in precompetitive, intracompetitive, post-competitive recoveries. Recovery includes aspects common to all sports disciplines but also non-specific aspects of each branch or sports trials.

*Key words: competition, performance, fatigue, recovery of the body*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

TACTICAL TRAINING STRATEGIES OF THE BASKET 3X3 MASCULAR TEAM OF THE PITES UNIVERSITY PARTICIPATING IN THE EUROPEAN UNIVERSITY GAMES COIMBRA PORTUGAL 2018

**Julien Leonard Fleancu**

*University of Pitești*

**Abstract**

The present paper proposes to present the main ways of preparing for the 3x3 female basketball game. The main objective of the paper is the presentation of the most effective means of training used in the preparation of women's basketball teams. With the help of these means, I succeeded in 2018 in Coimbra, Portugal to win the title of European University Champion in 3x3 female basketball. The conclusion is that the training programs or proven effective confirmation of obtaining the first place at these European university championships.

*Key words: basketball 3x3, female, university, ways, training*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

TACTICAL TRAINING STRATEGIES OF THE BASKET 3X3 MASCULAR TEAM OF THE PITES UNIVERSITY PARTICIPATING IN THE EUROPEAN UNIVERSITY GAMES COIMBRA PORTUGAL 2018

**Julien Leonard Fleancu**

*University of Pitești*

**Abstract**

In the present paper I want to present some aspects of the tactical strategies used in the preparation of the men's basketball team of the University of Pitesti, occupying the 5th place at the Olympic Games in Coimbra, Portugal 2018. Based on the result obtained, we say that tactical strategies were well chosen because they allowed us to be placed on an honorable place V at a European basketball championship 3x3 in the company of many teams in strong male basketball.

Tactics is the totality of individual and collective actions of a team of players organized and coordinated united and rational, within the limits of playing and sporting rules, with the goal of winning, by capitalizing on the qualities and particularities of training of their own players, in accordance with the characteristics of the opponent.

At the European University Games in Coimbra, Portugal, we used the video of each game and then with the help of the tactical analysis software we decomposed the game of each team.

So we have been able to analyze what types of strategies our opponents used both in attack and in defense and to succeed in real time to counter them.

*Keywords: basketball 3x3, masculine, tactics, strategies*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

WAYS TO APPLY THE INFORMATION TECHNOLOGY IN SPECIFIC TRAINING  
IN VIEW OF IMPROVING THE TECHNICAL-TACTICAL CONTENT OF THE  
WOMEN'S BASKETBALL GAME

**Dragos Bondoc Ionescu**

**Nini Florin**

*Transilvania University from Brasov*

*Dunărea de jos University from Galați*

**Abstract**

The main aim of our assessment is to highlight the functional, morphological and motor changes made to improve the body's adaptation states to high intensity, volume and complexity efforts.

Samples and control rules should be considered in assessing the partial effectiveness of the sport training model, highlighting all motor factors and especially those specific to the sporting industry, establishing a regular and pre-established frequency in training planning, usually at the end each stage, providing the conditions for a critical analysis of the efficiency of the training process. The observational experiment was based on the recording of specific performance of a number of 48 sports, of which 16 sporting components of the U18 team, 16 sporting components of the U20 team and 16 sportive components of the U> 20 team, female basketball, this echelon in the National Junior and Senior Championship.

Following testing of specific physical training for national teams U18, U20 and U> 20, it can be argued that athletes have to improve both the vertical explosive force, the speed of movement in the resistance regime and the specific displacement speed, concluding that only by - a proper physical training, the components of the national battles can successfully solve all technical-tactical tasks in the field and can have promising performances in official games.

*Keywords: basketball, technology, technical, tactical, feminine*



YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

METHODS OF ACHIEVING THE METHODOLOGY OF TRAINING FUTURE PERFORMERS IN ORDER TO INCREASE THE LEVEL OF SPECIFIC TRAINING AT THE LEVEL OF WOMEN'S BASKETBALL

Dragos Bondoc Ionescu

Nini Florin

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### **Abstract**

The main purpose of this research is the specific process of identifying and implementing individualized physical training specializing in high performance basketball, the purpose of which is to check the potential effectiveness of the proposed methods.

The main objective of the research is to develop a specialized methodology proposed in the preparation of future performers in order to increase the level of specific training of basketball players.

Basic research is from 20 April to 15 June 2015, a period of 56 days, coinciding with the reunion of the national women's basketball team, the last European Basketball Championship.

The conclusions of the basic research are centered on the work hypothesis that it confirms, namely, by developing and implementing a specialized methodology, it improves the level of training of the basketball players, the competitive yield on this aspect of the game being considerably improved.

The reason for the continuation of the scientific approach regarding the topic is determined by the interest we have shown over the last years in the professional training regarding the basketball game, being a trained coach in this sport discipline, preparing different masculine and feminine teams at the higher level, coming from sporting performance, practicing this sport from an early age.

*Key words: female basketball, performers, specific training, methodology*

CONSTRUCTIVE OPTIMIZATION OF WHEELCHAIRS FOR SPORT ACTIVITIES

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**Abstract**

The wheelchair is a medical device that provides mobility and postural support, for those who have walking difficulties. At present, there are many types of wheelchairs, which aim to improve the quality of life for people who have lost some motor functions. Each model is designed according to the severity of the trauma and the mobility available to the patient; in other words, in addition to standard type seats, each model is customized according to user needs and the environment in which wants to use it. This project aims to make an important contribution in the development of assistive equipment type wheelchair for disabled people, with the achievement of an adaptable central axis, enabling changing the angle between the wheels and the ground. With this change, people who need such devices can use a single seat for both everyday activities and sports activities.

*Key words: wheelchair, mobility, sport activities*

Physical education and sport for all

COMPARATIVE STUDY OF SOMATIC AND MOTRICAL PARTICULARITIES OF STUDENTS IN THE 8TH CLASS IN THE CONDITIONS OF DIFFERENT MATERIALS FOR PHYSICAL EDUCATION AND SPORT LESSONS

**Ana Grigoraș**

*Virgil Madgearu Economic Technology High School, Iași*

**Abstract**

Improving motor skills is one of the main objectives of the training process of the young school, achieved in parallel with the formation of motor skills and abilities. Physical qualities are primary goals of the content of physical education lessons regardless of material conditions (room, apparatus, materials) or atmospheric (rain, snow, fog, cold), the education of motor skills is essential. The aim of the paper is to highlight potential differences in the development of motor skills and the level of somatic development of 8th grade students from three schools with different material base and equipment. The study started from the hypothesis that regardless of the environment (urban or rural), endowment with equipment specific to the discipline there are no significant differences in the students' physical potential. Student assessment, statistical analysis of recorded results, facilitated by the National Biometric Potential Assessment Project, confirmed the study hypothesis.

*Key words: pupils, gymnasium, assessment, potential, material basis*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

OPTIMIZING THE CONTENTS OF TRAINING FOR THE MEN'S  
REPRESENTATIVE VOLLEYBALL SCHOOL TEAM

**Bogdan Constantin Ungurean**

**Alexandru Rareș Puni**

*Alexandru Ioan Cuza University of Iași*

**Abstract**

The purpose of the paper was to select the most efficient means to acquire the technical and tactical procedures specific to volleyball, to explain and use them during the physical education class or the optional discipline, and the results obtained should prove their efficiency in attaining the goals. It may be asserted that training based on a judicious planning and on using in teaching modern acting system – selected and systematized following the model of competitive game – leads to a substantial increase in the level of manifestation of motor qualities during the game, as well as to the increase of game action acquisition, which ultimately reflects on the image of the game practice by the team. In this respect, the methodology used, the action systems and the means used must be administered in a logical sequence; they should be precisely dosed, quantified and highly efficient.

*Key words: optimization, volleyball, motor qualities*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

COMPARATIVE STUDY ON THE DEVELOPMENT OF INDIVIDUAL COORDINATING CAPACITIES FOR STUDENTS AGED 12-13 YEARS PRACTITIONERS AND NON-PRACTITIONERS OF EXTRACURRICULAR SPORT

**Petru Cornel Breaz,**

**Dragoș Bondoc Ionescu**

*Transilvania University from Brașov*

**Abstract**

The approach of the theoretical and methodological theme aimed to establish the level of knowledge and research and the premises of the research hypotheses.

The aim is to identify the optimal ways to record and process the parameters obtained and to highlight the interaction between the moments that contribute to the improvement and optimization of the coordination capacities at the puberty age. The hypothesis of the actual research is based on the premise that the performance level in the field of coordinating capacities can be improved through operational models even from the age of puberty. By comparing the initial and final tests, we found that: the coordinating capacities are continually developing; the general physical development indices increase; the level of development determines the length of the period of acquisition of the technical procedures. The object of the research was to interpret the results of the two groups after the final testing. The significant progress of the experimental group gives us the right to say that for the optimization of individual coordinating capacities, the means specific to different sports can successfully replace the classic ones.

*Key words: coordinative capacities, physical performance, analysis*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

IMPACT OF PEDAGOGICAL COMMUNICATION AND TEACHING METHODS  
ON THE TEACHER-STUDENT RELATIONSHIP IN CONTEMPORARY  
PHYSICAL EDUCATION

**Constantin Pehoiu**

**Cristian Savu**

**Bianca-Chera Ferrario**

*Valahia University of Târgoviște*

**Abstract**

What is required to be new for pupils, namely the modern educational relation, presupposes for them the widening of the sphere of participation in the development of the pedagogical approach of systemic training of one's own personality. The amplification of pedagogical situations and tasks, the qualitative mutations taking place in the contemporary school type education, necessarily require essential changes also in the direction of the activity of physical education and school sport. Teacher, on the basis of the behavioral analysis of those who are subject to the educational act, must use methodologies, methodical procedures and means aimed at improving such situations.

This study attempts to verify to what extent communication in general and pedagogical communication in particular, together with the use of modern teaching methods in the physical education lesson, contributes to the improvement of the teacher-student relationship, which must favor the ever more obvious transformation of the student in the subject of their own training.

*Key words: relationship, education, contemporary, training, improvement*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

DETERMINATION OF SCHOOL CHILDREN MOTOR PERFORMANCE BY  
PHYSICAL ACTIVITY AND PHYSICAL DEVELOPMENT

Pavel Ruzbarsky

Pavol Cech

Jaromir Sedlacek

*Presov University in Presov*

**Abstract**

The research group consisted of 94 students of the primary school, in groups of 1<sup>st</sup>, 5<sup>th</sup> and 8<sup>th</sup> grade (totally 50 boys, 44 girls). Physical activity volume was examined with Fels PAQ, recording sport index, leisure index, work index and total score. Body composition was tested with In Body 230 device. Level of motor performance was estimated with tests: Jacik's motor test, hand grip, 5 and 10m sprint, 4 x 10 m shuttle run and with jump ergometer in the three speed-strength tests. We used Spearman correlative analyse. The volume of physical activity was related with the indicators of active body mass; low relation was found in the parameters of adipose tissue in all categories. Relations between physical activity volume and motor performance tests are ambiguous; coefficients often reach statistically significant levels, but it is difficult to explain real reasons. It looks that neither age nor gender are differentiating parameters.

*Key words: usual physical activity, Fels PAQ, active body mass, adipose tissue, motor performance level*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

EXTRACURRICULAR ACTIVITY AS A PREDICTOR OF USING ADDICTIVE  
SUBSTANCES BY ADOLESCENTS

**Angela Almasiova**

**Marketa Rusnakova**

*Catholic University in Ruzomberok*

**Abstract**

One of the quite common risky forms of the teenage behavior is abusing of addictive substances. The main object of the paper is to identify the predictors of using addictive substances in the context of leisure activities of elementary school pupils (11 – 16 years of age). The research sample consists of the 992 respondents. The data have been obtained by original questionnaire, created by the authors of the paper, which was focused on research of frequency of using addictive substances, forms of leisure activities and demographic characteristics of respondents. For more detailed research was used factor analysis which identified 5 factors from initial 22 factors of leisure activities. For finding predictors of above mentioned type of behavior was used the decision tree methodology. This research tool identified following predictors of abusing of different addictive substances: energetic drinks, alcohol, cigarettes, marihuana and other illegal substances. At once particular risky groups of consumers were identified as well.

*Key words: addictive substances, adolescents, extracurricular activity*



YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

DYSFUNCTION OF LOWER URINARY TRACT IN BETWEEN ACTIVE AND LOW ACTIVE IN SPORT WOMEN HIGH STUDENTS

**Diana Popova-Dobreva**

*National Sports Academy Vassil Levski, Sofia*

**Abstract**

The contingent of our study covers 65 women high students from "V.Levski" National Academy of Sport, out of which 33 are active and 32 are low active in sport. Standardized questionnaire, structured according to the various dysfunctions of the lower urinary tract, is made use of as an evaluation method of the lower urinary tract function. Analysis of the prevalence of the symptoms of dysfunction of the lower urinary tract is made in between active and low active in sport women high students; the distribution of the various kinds of symptoms; their reflection on the quality of life, etc. The following more important conclusions are made: the symptoms of dysfunction of lower urinary tract are often met in between the women athletes under study; deficit symptoms upon emptying the bladder are of the greatest share of distribution; urinary incontinence is rarely met in between the contingent we have studied; dysfunction symptoms available in between the women under study do not have important negative effect on quality of life. The study we have made provokes the questions why namely the deficit symptoms upon emptying the bladder are most often met in between the women athletes under study; whether they are more often met in comparison with young women not active in sport and what is the reflection of these symptoms on the sport-competitive activity.

*Keywords: dysfunction of low urinary tract, athletes*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

ASSESSMENT OF THE PHYSICAL ENDURANCE OF HIGHER STUDENT IN  
SPORT AT NATIONAL SPORTS ACADEMY "VASSIL LEVSKI", BULGARIA

**Sofka Vassileva Popova**

*National Sports Academy Vassil Levski, Sofia*

**Abstract**

The quality of endurance is of essential importance for achieving high sports results. It is namely that importance that has provoked the scientific studies of a range of researchers, as well as particularly our interest in it. The purpose of the paper is to establish the level of the physical endurance of women and men higher students at "V. Levski" National Academy of Sport" in the city of Sofia, Bulgaria. A modified Cooper test – running a distance of 2413 m is made use of as a basic method of study.

The analysis of the results we have received provides us with the reason about the following summary: the persons under study are of a high level of general status of physical endurance; the level of the women high students' physical endurance is better than the level of the men higher students under study; the physical endurance level of the track and field competitors is better in comparison to the other kinds of sports.

*Key words: endurance, workability, track and field, higher students*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

THE IMPORTANCE OF THE HOLISTIC LEARNING MODEL IN TRAINING THE PROFESSIONAL SKILLS OF THE PHYSICAL EDUCATION FACULTY STUDENTS WITHIN THE DISCIPLINE «MANAGEMENT OF COMMUNICATION»

**Mariana Gîdei**

*State University of Physical Education and Sport, Chișinău*

**Abstract**

The problem of training physical culture specialists towards acquiring adequate communication skills to exercise their profession in the best possible conditions, as evidenced by the results of the specialized literature study has concerned many scholars. Currently educational process is in a strong evolution stage of material and informational resources. Hence there is the need to firstly revalorize the teachers and students human pedagogical resource. In this context, the professional training of students for the purpose of forming knowledge, skills and competences specific to managerial communication, is reflected in the basic study subjects, materialized in courses, course notes, methodological and theoretical elaborations.

The holistic model elaborated and implemented in the process of teaching - learning the subject of study *Management of communication* requires an integrated curriculum, focusing on the application of the scientific research in the teaching process, on formulating proposals and suggestions of the didactic staff in the learning process.

*Keywords: holistic model, skills, vocational training, communication*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

COMPARATIVE STUDY ON THE DYNAMICS OF CHILDREN'S CLASS  
COHESION AND INTERPERSONAL RELATIONS IN PHYSICAL EDUCATION  
LEARNING AT PRIMARY AND GIMNAZIAL CYCLING EDUCATION

**Raluca Dacia Mijaică**

**Gheorghe Balint**

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*Transilvania University of Brașov*

*Vasile Alecsandri University of Bacău*

*Transilvania University of Brașov*

**Abstract**

The modeling of interpersonal relationships to increase group cohesion at the level of pupils' classes is an educational desideratum which is correlated with the efficiency of the educational act, in terms of improving the social climate. The present study, by resorting to specific means of physical school education, captures some particular aspects of the dynamics of interpersonal realities, as well as the value of the classroom pupils' cohesion, according to the age of the subjects.

Applying the sociometric method, antefactum and postfactum of the moment of implementation the independent variable, consisting of a group of categories of motor games, it is found that this has a greater impact on the puberty, rather than on childhood.

The results of the study determine the necessity that, in order to maintain a favorable social climate in the teaching-learning process, the didactic approach must be differentiated, both in its quantitative and qualitative aspects.

*Key words: Physical education, motor games, sociometric method, interpersonal relationships, group cohesion*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

PERCEPTION OF PHYSICAL EDUCATION IN THE ROMANIAN EDUCATION  
SYSTEM

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*Mihail Sadoveanu Gymnasium School in Galați*

**Abstract**

School Physical Education contributes not only to a good physical condition and health of students, but also helps them to better understand physical activity and the positive repercussions on their entire lives. Moreover, school physical education determines the transfer of knowledge and skills such as team spirit and fair play, cultivates respect, social awareness and its own body, provides a general understanding of the 'rules of the game', notions that the students can then be used more promptly in other school subjects or in life situations.

*Key words: perception, physical education, teachers*

ASPECTS OF RUGBY-TAG APLICABILITY IN ROMANIAN RURAL SCHOOL  
SYSTEM

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

**Oprean Alexandru**

**Pelczer Adrian**

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*Girbesti Secondary School Iași*

**Abstract**

The first purpose of this study is to reveal the popularity of Rugby-tag amongst second school children and the educational valences of this sport. This non-contact form of Rugby may attract girls and boys as well and this may stimulate the participation to the PE class and the inclusion in educational system in general.

The data was collected for randomly selected 100 pupils from secondary school in Garbesti, Iasi. From the selected subjects 50 were boys and 50 girls. All the subjects were involved in Rugby-tag activities for at least one year. The children involved in Rugby-tag activities in and beside the school curricula, proved a better percentage of attendance in the PE classes but to other classes as well.

The questioned children responded positively to the implementation of Rugby-tag in their school.

The results of the study conducted by us prove an improvement in the school attendance for the PE class and not only.

*Key words: pupils, attendance, PE class*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

THE FORMATION OF PARENTAL BEHAVIORS IN THE PHYSICAL EDUCATION OF A LOW SCHOOL AGE PUPILS

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**Abstract**

Reality current highlights increasingly examples illustrate the lack of a base physical both in social life, and in the family. Namely family, parents are those who, step by step guide children to the formation of personality integrity. Theoretical aspects previously described determination methodology applicable in conducting practice research. Experiment pedagogical itself was organized and held on the following axes: determination capacity parents to operationalize values sports in virtues appropriate; study parental behaviors on growing values sports in children. To determine the actual situation opposite valuing skills parental in the context of physical education, we applied the questionnaire - application for parents on physical education in the family, reflecting to: appreciation capacity parents to determine the content of physical education; identifying capacity parents to determine the conditions of achievement efficient physical education in the family; study registry values sports grown children in the family by parents and grandparents etc.

*Key words: physical education, parental behaviors, family education, school age pupils*

Formal and non-formal motor activities

THE INFLUENCE OF SENSORY SYSTEMS IN MOTOR DEVELOPMENT TO  
THE PRESCHOOL CHILD

**Mihaela Anghel**

*Vasile Alecsandri University of Bacău*

**Abstract**

In the first 7 years of life, the child learns to feel and to know their own body and to adapt effectively to the environment. He starts to differentiate the sounds then speak. Learn to use various instruments around them, from toys to things they use for self-service or school activities. All this generates sensory information and must integrate and process them to interact. Sensory integration functions naturally develop in a certain order, and each child follows the same basic sequences. Those who deviate from normal patterns of sensory development later present difficulties in different aspects of life. The objective of this study was to evaluate the effectiveness of sensory integration therapy on improving the neuromotor capacity of children identified as having functional difficulties in the living environment.

*Key words: sensory system, motor development*



YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

ASPECTS ON THE OPTIMIZING MOTOR ACTIVITIES AND DEVELOPING THE  
CREATIVITY OF CHILDREN AGED 3/4 - 6/7

Constantin Pehoiu,

Bianca-Chera Ferrario,

Cristian Savu

*Valahia University of Târgoviște*

**Abstract**

The forms of organizing the educational and training process specific to the physical and sports education activities, the means used in this regard have an important contribution in terms of the evolution of the higher psychic processes of the children, as well as the increase of the motric expression capacity, of those aged 3/4 to 6/7.

The diversity of these forms and means must cause children to be interested in confronting the ambient world, which implies greater openness to the manifestation of creativity, the desire to affirm and develop the spirit of competition.

The purpose of the study is to optimize the physical activities of children aged 3/4 - 6/7, and to emphasize the importance of their diversification aiming at the possibility of motor expression, which leads to the restoration or reactivation of the child's behavior, giving the ability to work a positive orientation.

*Key words: activity, predominance, possibilities, manifestation, creativity*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

THE INFLUENCE OF RECREATIONAL SPORT IN REDUCING STRESS AND ITS  
SIDE EFFECTS

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*University of Bucharest*

**Abstract**

Sports - recreational activities are a way of spending leisure time, with a relatively recent 10 - 15 year old debut in Romania. The stress accumulated by both the prolongation of intellectual activity requiring concentration and increased attention implies the need to integrate into a physical activity that produces detente. Active rest by physical exercise produces, relaxes and destroys. This research was carried out during a university year on a group of 240 subjects from the University of Bucharest. Of these, 120 participated in both a weekly physical education lesson and an individualized sport-recreational activity program; Research results. Following the dynamic of the evolution of the registered parameters, we notice value jumps between the initial and the final testing in both groups. At the level of the experimental group, however, there was a significant improvement in the level of stress compared to the control group.

Conclusions. This study has demonstrated the beneficial role of recreational sport and implicitly of any physical activity in diminishing stress and its side effects. So sport significantly influences how stress is perceived. The individual's knowledge of solutions and strategies to prevent and eliminate negative stress implications becomes necessary and current.

*Key words: stress, recreational sport, students*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

CAREER DEVELOPMENT – A LIFESPAN PERSPECTIVE

**Maria Alexandrova Popova-Hristova**

*NSA Vassil Levski, Sofia*

**Abstract**

Career counseling includes tools that allow us to define at a young age what our strengths and weaknesses are, what field of activity we would feel comfortable about and what we get from a profession. Thanks to such a consultation, we get the opportunity to make an informed career path decision that we do not regret later on.

We asked 224 people in Bulgaria how they made their choice for the profession they chose through a survey-students for themselves and parents for their children.

We were interested in choosing the specialty to be taught in a higher education institution.

We were also interested in being aware of the curriculum of the chosen specialty, and whether they had information about the duties they were expected to perform when they started work in the specialty.

We asked them if, in selecting a specialty, they had information on the average pay for the position they would occupy with the subject studied.

*Key words: Career counseling, Career studies, career path.*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

CAREER DEVELOPMENT – A LIFESPAN PERSPECTIVE (part 2)

**Maria Alexandrova Popova-Hristova**

*NSA Vassil Levski, Sofia*

**Abstract**

Identify strengths and weaknesses, and areas requiring further development Develop a self-reflective stance to academic work and other activities Synthesise one's key strengths, goals and motivations into a rounded personal profile: Careers education learning outcomes (adapted from AGCAS, 2005).

We conducted a survey with students and parents of students about their knowledge of career counseling and the opportunities to obtain professional support in this field in Bulgaria, as well as their attitude and attitudes about the meaning of career guidance.

*Key words: Careers education learning, life planning, self-awareness, career decision-making*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

ESSENTIAL CRITERIA FOR BUILDING SPORTS BASES IN THE CONTEXT OF  
RURAL POPULATION HEALTH

**Florentina Nechita**

Transilvania University from Brașov

**Abstract**

The sports base is any special construction or arrangement, permanent or temporary, together with the necessary social and sanitary annexes and provided with the equipment corresponding to the physical activity.

This article is based on the presentation of the essential criteria to be taken into account for the development of a sports base. Another aspect of the research is that of the population's opportunity to use these spaces by practicing various physical activities in order to maintain an optimal level of health.

*Key words: physical education, sports grounds, population*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

IDENTIFYING THE WELLNESS CONCEPT AND MODIFYING THE YOUNG  
PEOPLE'S BEHAVIORS FOR A HEALTHY LIFE

**Andreea Corina Cătănescu**

*Transilvania University from Brașov*

**Abstract**

The concept of wellness comes from the widely-accepted 1948 World Health Organization definition of health that states: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

The purpose of this study is to introduce students to the concept of wellness, that define a healthy lifestyle and to help young people's become good problem solvers and decision makers with regard to their own personal wellness. Empowering students with the knowledge and tools to shape their personal well-being enables them to assume responsibility, make good decisions, and adhere to a healthy lifestyle.

Conclusion. Students will be able to do the following: understand the dimension of wellness and they interact to improve the quality of life; understand the application of stress management, techniques for the prevention of serious health risks; apply behavior management skills to nutrition related health concerns; and participate in regular physical activity.

*Key words: wellness, behaviors, healthy life, young people's*

Orientations and current trends in Kinetotherapy

ROLE AND IMPORTANCE OF PROPHYLACTIC PHYSIOTHERAPY DURING  
THE POSTNATAL PERIOD

**Cristuță Mihaela Alina**

*Vasile Alecsandri University of Bacău*

**Abstract**

The postpartum period, also called the postnatal period, is the stage when the woman returns to her morpho-physiological state before the pregnancy. Getting into a prophylactic physiotherapy program during the postnatal period is essential in order to fight the negative effects on the mother, which can manifest as pain, discomfort and mechanical stress that could affect the baby.

**Purpose.** This paper aimed to emphasize the role played by prophylactic physiotherapy during the postnatal period, in order to reeducate the troubled functions and to heal the injuries suffered during pregnancy and at birth. **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 author thinks that prophylactic physiotherapy can be applied with remarkable results to women in a special biological situation.

**Conclusions.** The prophylactic physiotherapy intervention during the postpartum period can influence/improve the troubled functions and accelerate the healing of the injuries suffered during pregnancy and after birth.

*Keywords: prophylactic physiotherapy, postnatal period, physical activity*

PHYSICAL THERAPY INTERVENTION IN BIMALLEOLAR FRACTURES

**Cristuță Mihaela Alina**

*Vasile Alecsandri University of Bacău*

**Abstract**

Medical rehabilitation plays an important role in the treatment of a patient with ankle fracture, being mandatory after the removal of the cast. Through its means, physical therapy fills a void by observing the patient until the total rehabilitation of her functional capacity that reaches the values previous to the injury when possible, and when not, by developing inhibited or compensatory functions that would allow the patient to live a normal social and professional life.

Purpose. This paper has observed the reeducation process of motor functions after fracture.

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 author thinks that the physical therapy intervention has contributed to the improvement of the subjects' independent performances.

Conclusions. For a good functionality, movement coordination and reestablishing the balance, the physical therapy program is indispensable.

*Keywords: physical therapy, ankle, fracture, functionality*



YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

THE ROLE OF PHYSIOTHERAPY IN ACONDROPLAZIA

**Mihaela Anghel**

*Vasile Alecsandri University of Bacău*

**Abstract**

Like any other child, the child with acondroplasia has the natural need for movement. However, the development of its motor behavior is subject to specific disturbances. Despite this, these children use the potential they possess and develop a modified form of motor behavior.

Specialty studies have highlighted that lack of movement is likely to negatively influence some innate functions. Driving education is of particular importance, as motricity is one of the means that contributes to the development of the nervous system.

The aim of this study is to find physiotherapist methods and means, applied as early as possible, adapted to the characteristics of the child's development process with acondroplasia, but also its low adaptation capacity, in order to help it acquire the most speed and to evolve as quickly as possible in the psycho-motor plane.

*Key words: physiotherapy, acondroplasia*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
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ANALYSIS OF THE RELATIONSHIP BETWEEN THE PATIENT-KINETOTHERAPIST-MANAGER IN THE RECOVERY CENTERS IN IASI

**Marin Chirazi**

*Alexandru Ioan Cuza University of Iași*

**Abstract**

In a city with a population of approximately 300,000 citizens, with a fairly developed industry 30 years ago, recovery centers are a profitable business. The efficiency of physical therapy cabinets is based on the level of patient satisfaction, which in turn is given by the training level of kinetotherapists. The present study is a social survey conducted at 23 rehabilitation offices in Iași and three in other localities. The survey was based on identifying patient satisfaction levels as well as managers' views on the professional training of employed physiotherapists. The aim of this study is to find solutions for optimizing the activity at the level of the recovery centers, and by the managers' responses to optimize the training of kinetotherapists by adapting the educational plans of the specialized institutions. One of the common responses from both managers and patients was the need to increase the level of communication from the physical therapist. The study highlighted the fact that the staff of the kinetotherapy centers must have communication and patient communication skills.

*Key words: manager, kinetotherapy, patient, efficiency*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
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THE ROLE OF KINETOTHERAPY IN IMPROVEMENT OF KYPHOSIS TO  
ADOLESCENTS

Silviu Gabriel Cioroiu

*Transilvania University from Brașov*

**Abstract**

The kyphosis among adolescents is a disease that affects both physically and mentally, because it is of particular interest, but especially to help patients, in terms of early diagnosis and health education. The vertebral column is the central segment of the human locomotor system, which, with vertical alignment, is of particular importance. Thus, it performs a number of functions, such as: from a certain point of view, supporting the body in space, the strength to withstand the forces of gravity and to protect the spinal cord together with its nerve roots. In other respects, the spine must be sufficiently mobile to allow for flexion, extension, rotation, and inclination of both the head and the trunk. In conclusion, counseling sessions and intervention techniques had a positive effect on adolescents in the research.

*Key words: health, adolescents, exercise, kyphosis, massage*

EFFECTS OF KINETIC PROGRAMS IMPLEMENTATION ON THE QUALITY OF  
LIFE OF STUDENTS WITH VERTEBRAL STATIC DISORDER

**Oana Maria Ganiciu**

*University of Bucharest*

**Abstract**

Health is one of the important components of the quality of life. The work brings back the issue of static vertebral disorders at a time when statistics reveal alarming increases in these physical deficiencies in all age groups, but especially in young people. The basic means for correcting vertebral static disorders is the corrective exercise.

The research was carried out with 40 students of the University of Bucharest, enrolled in the medical gymnastics course, between October 2015 and May 2016. The functional evaluation included tests for the measurement and evaluation of pain and amplitude of movement. At baseline testing, mean values are close to both groups; the final typing shows significant differences between the two groups. In the experimental group there was a significant increase between the final and the initial testing ( $p < 0.05$ ). The null hypothesis is accepted for both groups. The progress of the experimental group over the control group proves the efficiency of the methodical procedures and the applied kinetic programs.

Following the application of well-dosed and individualized kinetic treatment, the pain intensity was reduced and the spinal mobility improved to normal.

*Key words: kinetotherapy, static vertebral disorders, quality of life, students*

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BRAȘOV 2019

PLANTAR PRESSURE DISTRIBUTION DURING THE GAIT AT ADVANCED PHASES OF PREGNANCY AND THE EFFECT OF SPECIAL FOOTWEAR

**Marta Gimunova**

**Martin Zvonar**

**Katerina Kolarova**

*Masaryk University in Brno*

**Abstract**

During pregnancy a decrease in foot arches height, changes in plantar pressure distribution and related foot pain has been reported previously. The aim of this study was to analyse the effect of tested footwear on the plantar pressure distribution changes during pregnancy. 73 pregnant women participated in this study at their 27 and 38 weeks of gestation and were divided into an experimental (n=35), who was wearing the tested shoes, and control group (n=38). Plantar pressures were recorded during barefoot walking using the Emed-at. To compare the differences between different data collection sessions, effect size was used. The results show in the experimental group increase in maximal force at the big toe, probably associated with enhanced push-off phase of the gait cycle. In the control group, increase in contact area at mid-foot was observed, probably caused by the foot arch falling and suggesting the preventive effect of the tested footwear.

*Key words: gait, pregnancy, plantar pressures*

RECOVERY THROUGH KINETOTHERAPY AFTER A LатарJET PROCEDURE

Ioana Curițianu

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**Abstract**

The Latarjet procedure provides excellent long-term outcomes in the treatment of recurrent anterior glenohumeral instability. Twenty years after the Latarjet procedure, arthritis may develop or progress in 23.5% of cases, but the majority of arthritis is mild. [1]

This paper had as object of study the importance of kinetotherapy in the recovery of the shoulder after a Latarjet procedure. The research also aims upon the importance of a well developed program, using individualized and rationalized exercises in order to bring a rapid and efficient recovery of the patient.

The clinical trial was performed on a 21-year-old practitioner of the handball game and was run for six months.

The results obtained after the kinetotherapeutic program are based on the physically and psychologically evolution of the subject understudy. The recovery program was structured in five phases, depending on the patient's evolution and response after the three evaluations that were made during the recovery process.

*Key words: Latarjet procedure, kinetotherapy, shoulder recovery*

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

HYPERALGESIC SHOULDER RECOVERY FOR THE HANDBALL PLAYERS

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Dragoș Bondoc-Ionescu

*Transilvania University from Brașov*

**Abstract**

By identifying a number of specific means of recovery and implementing this through a suitable physiotherapy program, combined with the patient's cooperation, we can positively enhance the quality of life and observe considerable results regarding the hyperalgesic shoulder recovery for the handball players. We propose to show if the operational model helps the patients suffering from scapulohumeral peri-arthritis to recover.

In this research I used specific physiotherapy recovery means such as: electrotherapy, ultrasounds, laser, massage, physical exercises, observing notable results.

As assessment methods I used the articular and muscular balance and the Harvard test. The efficiency of the implemented program determined a 60 degrees improvement in shoulder flexion, a 2 step improvement of the muscular balance and a 25 % increase in regards of the Harvard test.

*Key words: recovery, handball players, hyperalgesic*

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BRAȘOV 2019

PHYSICAL THERAPY IMPLICATIONS IN THE REHABILITATION OF NERVE  
COMPRESSION SYNDROME PATIENTS

**Nela Tatiana Balint**

*Vasile Alecsandri University of Bacău*

**Abstract**

Nerve compression syndromes are medical conditions caused by direct pressure on a nerve; they manifest clinically through symptoms such as pain, diminished muscle strength, and paresthesias. Carpal tunnel syndrome is one of the most frequently encountered neuropathies nowadays, being also the most studied neuropathy of the hand because of its high prevalence, high social, medical, and economic costs. This paper presents an physical therapy intervention protocol for the rehabilitation of patients with nerve compression syndrome. The author also thinks that a treatment of this type is necessary for reestablishing the lost functions of the hand, especially the distal segment, but also for the socio-professional integration of the patient.

*Key words: rehabilitation, nerve compression syndrome*



YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT  
BRAȘOV 2019

SPINE DEFICIENCY AMONG PUPILS WITH INTELLECTUAL DISABILITIES  
CORRECTED BY PHYSICAL THERAPY EXERCISES

Tiberiu Tătaru

*Constantin Brâncuși University, Tg-Jiu*

**Abstract**

The aim of the research was to emphasize the incidence of spine deficiencies in students with intellectual disabilities involved in the recovery program within the kinetotherapy classes carried out in special schools in Bucharest. We wanted to point out that among the two categories of children with disabilities enrolled in special education from Bucharest (children with mild / moderate intellectual disabilities and children with serious / severe / profound intellectual disabilities) there are no statistical differences related to the incidence of spine deficiencies. Research sample consisted of students enrolled in special education from 11 schools. Thus there were formed two groups of students: students with mild / moderate intellectual disabilities and children with serious / severe / profound intellectual disabilities. Another criterion for forming working groups was the school level. Thus, each category was divided into subjects enrolled in primary education and subjects enrolled in secondary education. The comparison made between the groups revealed that in terms of the incidence of spine deficiencies there is correlation between the type of physical deficiency and the degree of disability.

*Key words: special education sistem; primary and secondary education; intellectual disabilities, physical deficiencies*

# International Scientific Conference

## YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT

March 08-09, 2019

Braşov, Romania

### POSTERS COMPETITION

1st place – 9 points

Roxana-Maria Tincea: CONSTRUCTIVE OPTIMIZATION OF WHEELCHAIRS FOR SPORT ACTIVITIES

2nd place – 8,5 points

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

Andreea-Georgiana Dobre: ASPECTS CONCERNING THE IMPORTANCE OF TECHNICAL IMPROVEMENT IN MIDDLE-DISTANCE TRACK RUNNING TRIALS

3rd place – 8 points

Oana Maria Ganciu: THE INFLUENCE OF RECREATIONAL SPORT IN REDUCING STRESS AND ITS SIDE EFFECTS

Cristina Romila: TACTICAL PREPARATION IN HANDBAL GAMES AT 13-15 YEARS

4th place – 7,5 points

Mircea-Ionuț Olteanu: HYPERALGESIC SHOULDER RECOVERY FOR THE HANDBALL PLAYERS

5th place – 7 points

Florin Nini: METHODS OF ACHIEVING THE METHODOLOGY OF TRAINING FUTURE PERFORMERS IN ORDER TO INCREASE THE LEVEL OF SPECIFIC TRAINING AT THE LEVEL OF WOMEN'S BASKETBALL

Ciprian Anghel: STUDY ON INFLUENCE OF INDEMNATION IN MINIFOTBALL GAME

Sorin Dugău: STUDY ABOUT THE IMPORTANCE OF MENTORING ACTIVITIES IN ROMANIAN HIGHSCHOOLS

Ioan Osztalos: STUDY ABOUT THE IMPORTANCE OF MENTAL TRAINING IN UNDER 18 WOMANS BASKETBALL COMPETITION