



Transilvania
University
of Brasov
FACULTY OF PHYSICAL EDUCATION
AND MOUNTAIN SPORTS



YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT

International Scientific Conference

March 11-12, 2022 ONLINE

Organizer of this scientific event:

Faculty of Physical Education and Mountain Sports, Transilvania University of Brasov, Romania,
collaboration in with The National Institute for Sport Research, Romania and YOUTH CHARTER, UK

YPOM 2022

IMPORTANT DATES

The registration deadline for participants and for submitting the Abstract - March 03, 2022.

(It must contain at most 200 words and 3-5 keywords. It will be written in Calibri, Size 12, Justified);

Deadline for submitting scientific Full-text articles - March 25, 2022.

Certificates of participation in the conference will be sent until March 30, 2022.

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

Scientific papers can be approached in the current pandemic context, this being at free choice of the authors.

PUBLICATION

The scientific articles that will be accepted will be published in:

A. *The Bulletin of Transilvania University of Brasov, Series IX - Sciences of Human Kinetics* (NO FEE).

This scientific journal is covered/indexed in: EBSCO, ERIH Plus, ProQuest, DOAJ, CrossRef, EZD, WCOSJ, WordCat.

Template and information:

http://webbut.unitbv.ro/index.php/Series_IX

B. *Applied Sciences Journal*, special issue *Physical Activity and Sleep Duration on Health* (fee: 2000 CHF).

This scientific journal is covered/indexed in: Web of Science, Scopus and other databases.

Template and information:

https://www.mdpi.com/journal/applsci/special_issues/Physical_Activity_and_Sleep

ONLINE ACCES

The intention to participate in this scientific event will be made by sending a message in this regard to the following email address:

ypom@unitbv.ro

After this stage, you will be registered and you will receive the access link for the scientific conference.

There is no access fee on the platform and for analysis of scientific papers.

More information:

<https://sport.unitbv.ro/ro/cercetare/conferinta.html>

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MARCH 11-12, 2022

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YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT

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CONFERENCE SCHEDULE

Friday, March 11, 2022 - ONLINE

14:00 – Conference opening works

14:20 – Online presentations

Keynote speakers:

Geoff Thompson, Prof. PhD

Xi'an Jiaotong Liverpool University, China and UK

Youth, Communities & A Legacy Opportunity 4 All

Miran Kondric, Prof. PhD

Chairman of ITTF Sports Science and Medical Committee

University of Ljubljana, Slovenia

Can we relate young people substance misuse to the health status in para table tennis?

Giovanni Di Cola, PhD

Special Advisor to Deputy Director General for Field Operations and Partnerships,

International Labor Organization, Switzerland

Boosting youth skills to achieve sustainability in mega sporting events

Leonardo Alexandre Peyré-Tartaruga, Assoc. Prof. PhD

School of Physical Education, Physical Therapy and Dance

Universidade Federal do Rio Grande do Sul, Brazil

Nordic walking in people with Parkinson's disease as a kinesiotherapy modality

Vassilios Panoutsakopoulos, PhD, Special Teaching Staff

Biomechanics Laboratory

Aristotle University of Thessaloniki, Greece

Sprint kinematics progression through the developmental age

Paulo Rocha, PhD

Head of Sport for All Division – Sport Department

Portuguese Institute of Sport and Youth, Portugal

European Union Physical Activity and Sport Monitoring System (EUPASMOS): Challenges for implementation

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Saturday, March 12, 2022 - ONLINE

10:00 – Online presentations

Keynote speakers:

Hadi Nobari, PhD, Sports Scientist

Faculty of Sport Science, University of Extremadura, Caceres, Spain

Strength and Conditioning Coach, Senior Women Team, San Antonio BC, Spain

Evaluation of betaine supplementation in reducing NFO syndrome indicators in team sports

Manuela Căciulă, Assist. PhD, / Chairperson

Teachers College, Columbia University NYC, USA

Physical Activity Coaching Interventions in People with Early Stages Neurodegenerative Disorders

10:50 - Plenary presentations included in sections

Kristina Pantelic Babic^a, Assist. Prof. PhD

Nicolae Ochiana^b, Assoc. Prof. PhD

Nenad Zivanovic^c, Prof. PhD

^{a*} University of Banja Luka, Faculty of Physical Education and Sport, Banja Luka, Republic of Srpska, Bosnia and Herzegovina

^b University "Vasile Alecsandri" of Bacau, Faculty of Health, Sports and Human Movement Sciences, Bacau, Romania

^c FIEPS Europe – President of History of Physical Education and Sport section, Niš, Serbia

Physical Exercise in Context of Pandemic

Anca Ionescu, PhD Student

IOSUD University of Pitesti, Romania

Faculty of Physical Education and Mountain Sports

Transilvania University of Brasov, Romania

Artificial Inteligelligence applied in sport performance

Jerome Rousseau, master degree

President of the Association Neosports, France

Inclusion by the Sports French Association

Roxana-Maria Tincea, PhD Student

Faculty of Physical Education and Mountain Sports

Transilvania University of Brasov, Romania

The relationship between the application of selective procedures for the development of body aesthetics and sports performance in rhythmic gymnastics

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(Ex: Ioan Pop ROMANIA)

Volume of ABSTRACTS

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Editor

Dragoş Ioan Tohănean, Lecturer, PhD, Braşov, Romania
Vice Dean - Scientific Research and Informatization

**Responsibility for the contents of the works included in this volume
belongs exclusively to the author**

CONTENT

- THE SECTIONS OF THE CONFERENCE -

THE CURRENT OLYMPIC MOVEMENT

THE INFLUENCE OF DIET ON SPORTS PERFORMANCE IN JUNIOR SKIERS 15-17 YEARS

*Toma Andreea Carletta - Babeş – Bolyai University, Cluj – Napoca, & CSS Baia -Sprie, Maramures county, Romania**Grosu Vlad Teodor - Technical University, Cluj – Napoca, Romania**Grosu Emilia Florina - Babeş – Bolyai University, Cluj – Napoca, Romania***Abstract**

One of the balance factors of the body is a rational diet that ensures a normal metabolism and perfect health necessary to support sports performance. Correction of unhealthy habits from a nutritional point of view, for the athletes of two targeted clubs: CSS Baia Sprie, respectively CS Alpina Baia Mare. The research subjects consisted of monitoring two groups of subjects: the experimental group composed of 10 junior athletes from the CSS Baia Sprie sports club and the control group, composed of 10 junior athletes from the Alpina Baia Mare sports club.

Three of the determined parameters underwent significant changes (fat, water and bones), so the results of the Wilcoxon test indicate that the null hypothesis (H0) is rejected, so the measured values of these variables differ significantly.

The general conclusion is to increase the performance of skiers. Through the applied nutrition, the athletes increased the explosive force, the speed in speed regime and implicitly the sports performance. The data can be used scientifically through articles and a guide for skiers, with the help of the Federation and the Ministry of Youth and Sports, given that there is currently no such thing.

Keywords: performance, nutrition, sports.

THE ROLE OF BODY MOVEMENT IN PHASE I OF SKI JUMP IN ACHIEVING PERFORMANCE

*Grosz Wilhelm Robert - Faculty of Physical Education and Mountain Sports, Transilvania University of Braşov, Romania**Balint Lorand - Faculty of Physical Education and Mountain Sports, Transilvania University of Braşov, Romania***Abstract**

The ski jumping specific complexity is under the influence of factors that can determine, in various positive or negative ways, the athletes' motor skills, as the action of external or internal forces and mental peculiarities. Most specialists consider the second phase of the jump (take-off) as the most important one. Recent studies show the special importance of the first phase (start and inrun) in obtaining the accuracy of the other jump phases and, therefore, in sports performance. It is known that physical development induces changes in proprioception as well as in the other motor abilities. Permanent control of the body mass index, with a direct influence on the correct distribution of centre of mass in the first phase, is essential for the other three phases of the jump. Consequently, monitoring and identification of possible negative influences induced by physical development on technique are of particular importance. The research subjects were six athletes aged 13-14. The research activity took place during 2020-2021, on the HS 71m Râşnov hill. The results highlight the importance of body movement in phase I of the jump related to the subjects individual characteristics, aiming to a correct distribution of CoM on the track.

Keywords: centre of mass (CoM), BMI, ski jumping, performance, physical development.

YOUNG PEOPLE SPORTS PERFORMANCE

THE STRENGTH OF EFFORT IN ATHLETICS LESSONS FOR PRE-TEENAGERS

Bondoc-Ionescu Alexandru - Faculty of Physical education and mountain sports, Transilvania University of Brasov, Romania

Abstract

Experimental research contributes to the enrichment of the methods, procedures and the resources of developing the combined motor quality; component of force-speed of the expansion within the athletics lessons. This component develops through a systematic preparation, paying special attention to the age of 12-13 years, due to the morpho-functional characteristics specific to this age.

The aim of the research is to identify and select specific means of action for basic athletics, in order to improve the development rates of the expansion of the lower limbs of students aged 12-13 years.

The hypothesis of the research starts from the assumption that relaxation can be systematically improved by selecting specific means of athletics in the lesson at the age of 11-13 years. At this age there are possibilities for the development and improvement of expansion through a training program proposed according to the morpho-functional characteristics of this age without neglecting the content of the school curriculum, acting with great care and directing efforts in the formation of concrete motor skills by eliminating the unnecessary movements and the solicitation of the musculoskeletal system, especially since to the boys there is an increase in the absolute and relative strength indicator.

Keywords: strength-speed, relaxation, athletics lessons, morpho-functional, musculoskeletal.

TAEKWONDO FOOT TECHNIQUES, FOUND IN TAE BO PROGRAMS

Andreea Glevesanu - National University of Physical Education, Bucuresti, Romania

Abstract

Taekwondo is the art of hitting with your hands and feet. Tae Bo is a sport that combines Taekwondo shots with boxing shots, performed on a musical background. Starting from this premise, we want that through this research, we highlight the most important and used kicks in Taekwondo, used in most Tae Bo programs. We focus on foot techniques, because in Taekwondo, 95% of the shots are performed with the lower limbs and only 5% with the upper limbs. On the other hand, we want to present in detail the benefits of practicing Taekwondo.

Keywords: Taekwondo, Tae Bo, foot techniques.

STUDY REGARDING PEAK PERFORMANCE AGE IN SPEED RACES AT NATIONAL LEVEL

Tomozei Răzvan-Andrei - Alexandru Ioan Cuza University, Faculty of Physical Education and Sport, Iași, România

Moraru Cristina Elena - Alexandru Ioan Cuza University, Faculty of Physical Education and Sport, Iași, România

Tănasă Raluca-Anca - Alexandru Ioan Cuza University, Faculty of Physical Education and Sport, Iași, România

Ștefan Neonila-Gabriela - Alexandru Ioan Cuza University, Faculty of Physical Education and Sport, Iași, România

Muntianu Vlad - Alexandru Ioan Cuza University, Faculty of Physical Education and Sport, Iași, România

Abstract

Objective: This paper aims to identify the optimal age at which athletes with notable results nationally and internationally have developed the best performance in sprinting.

Methods: The selected subjects – accounting for 26 persons (13 men and 13 women) – were members of the national and Olympic teams of Romania in the period 1995-2010. The best results were selected from the IAAF website (International Association of Athletics Federations), obtained at various competitions, in the races of: 100m, 200m, 400m, 110m, 100m and 400m involving alactacid and lactacid anaerobic effort. In a number of 6 races, 48 results were recorded, of which 25 by men and 23 by women. In order to obtain concrete results, we will use descriptive statistics, mean, standard deviation and "T" test. We initiated this research starting from the premise that, around the age of 24-26, athletes are in top form in terms of performance; the best results are recorded in that period.

Results: The average age of the performance years during the career represents (mean \pm SD: 9.31 \pm 3.34 years) while the average age at which the athletes developed the best results out of a total of 48 performance means (mean \pm SD: 23.79 \pm 3.26 years). The best times obtained among men were in the age range of 24-29 years old (14 results), and among women in the range of 18-23 years old (14 results). Regarding the age category of 30-35 years old, 2 results were registered, both male and female, and in the male 18-23 age category, 9 results were identified, while in the 24-29 age category female, only 8 results. **Conclusions:** We can say that the average results obtained in the 3 age categories are not significant differences from the male group to the female, but there is a significant correlation ($p < 0.05$) between the average age group 18-23 and 24-29 years. The average age regarding the development of maximum performance is around 23.7 years.

Keywords: speed; age of peak; athletics; performance.

CRITERIA FOR SELECTION AND TRAINING IN THE FOOTBALL GAME OF THE CHILDREN SE 6-8 YEAR

Munteanu Cornel Marian - Secondary School No. 96 - Bucharest, Romania

Abstract

The scientific training in football of children aged 6-8 years must take into account the pace of somatic growth and psychomotor development, permanently confronting the quality inventory of each age with the requirements of performance football.

The ontogenetic evolution shows that each age is involved either at the incipient manifestation of some qualities or at their maturation. It is indicated that when the child has passed certain stages of accumulations and it turns out that he has (background) qualities that can be perfected, it is recommended an indirect and discreet information on the normal and pathological personal and family history.

The extension of the training process, by lowering the age of selection and of the competent, scientific training, as well as the entire teaching process with children and juniors, is part of the modern concept of training in football. In this context, the quantity but especially the quality of the training process of the children and juniors - which constitutes the mass base of the performance football - represents a decisive factor of ensuring, in perspective, the superior performance capacity of the players at the level of the current game and according to its spectacular evolution, namely: total commitment and blurring of the strict specialization in positions.

The aim is to identify specific methods and means for achieving a 6-8-year-old players for the formation and preparation of a football team.

Keywords: training, football, performance, children, juniors.

THE EVOLUTION OF TRX WORLDWIDE AND ITS EFFICIENCY IN USING SUSPENSION TRAINING

Șerbu Iulian - Dunărea de Jos University of Galați, Romania

Larion Alin - Faculty of Physical Education and Sports, Ovidius University of Constanța, Romania

Popa Cristian - Faculty of Physical Education and Sports, Ovidius University of Constanța, Romania

Abstract

This research aims to highlight the benefits of using TRX in training. The concept of TRX is relatively new but intensely studied. In 2005, Randy Hetrick, a former sailor, developed a rope system to maintain his muscle tone on missions. Scientists have implemented exercises that use TRX and through close studies reflect the benefits of TRX on training methods to improve health status.

Some studies have focused on correcting posture, combating obesity or repairing locomotor problems. Other studies reflect the improvement in sports performance in which TRX is used.

Keywords: TRX, sports performance, locomotor problems.

ROLE OF FANS IN MANAGERIAL DECISIONS OF FOOTBALL CLUBS

Cosoreanu Dumitru-Marius - Dunărea de Jos University, Galați, Romania

Zanfir Ciprian - Dunărea de Jos University, Galați, Romania

Abstract

Fans play an important role in the life of a football club, the target audience they address, but, very often, their desires differ from the sports-managerial trajectory that the structure implements. In order to observe the moments when the two parties, which should, in principle, constitute a whole - the management of the sports structure and its fans, are in different camps to debate the general interest of the club they represent. In order to be able to set such examples, I turned my attention to the football clubs in the strongest leagues in Europe and the decisions considered at least controversial by the mass of fans. We were able to observe, both, examples by which the desire of the fans was higher than that of the management, and variants in which the sports structure managed to maintain its decisions without the full support of the fans.

Thus, the higher the number of fans, the more likely they are that their general opinion will win, and the management of the sports structure will take into account, mainly, the principles imposed by the mass of fans. A very important aspect of a good management-fan relationship is that of decision-making transparency - always appreciated by fans.

Keywords: fans, management, club, decision, transparency.

DEVELOPING STRENGTH BY PERFORMING JUDO TECHNIQUES

Chirazi Marin - Alexandru Ioan Cuza University of Iași, Romania

Abstract

The study aimed to streamline judo sports training by overlapping the objectives of consolidating and improving technical procedures with the development of motor skills, especially strength. As stated in the literature in the periodization of specific training there is the period of general physical training and the period of technical training. The research started from the hypothesis according to which the multiple repetition of a technical procedure in judo achieves its consolidation or improvement, but at the same time, it also develops the motor and implicitly muscular capacities responsible for the execution of the movement. Several specific tests have been established to assess the overall strength at two different times during the training period. Between the two evaluation moments, the technical procedures were performed respecting the principles that apply in strength training (the ratio between the number of repetitions and the number of sets, the gradual increase of the workload, the adaptation of the weight to the athlete's execution possibilities). Following the analysis and processing of the data recorded in the two tests, an improvement in strength capacity was found, as well as a strengthening of the execution of some technical procedures (throwing over the hip and over the shoulder).

Keywords: judo, strength, forms of execution.

STUDY ON MEASURING AND EVALUATING SHOULDER JOINT FLEXIBILITY IN KARATE PRACTITIONERS USING EMERGING TECHNOLOGIES

Cojocaru Marius - PhD student in Sports Science and Physical Education, Dunărea de Jos University of Galați, Romania

Mereuță Claudiu - Department of Individual Sports and Kinetotherapy, Faculty of Physical Education and Sport, Dunărea de Jos University of Galați, Romania

Iordan Daniel-Andrei - Department of Individual Sports and Kinetotherapy, Faculty of Physical Education and Sport, Dunărea de Jos University of Galați, Romania

Abstract

The research aims to highlight new methods of measuring and assessing flexibility using emerging technologies. Checking the latest devices, equipment, software and ways to emphasize flexibility in the case of shotokan karate practitioners is a necessity for the success of our preliminary research.

Using Mobee Med equipment as an emerging technology, we can quickly and accurately measure flexibility at the humeral-scapula joint. The analysis is performed using a compact, sensor-based device, which is also used to conveniently control the software. We can follow the execution of the movement in real time, and we can enter additional relevant information, such as pain data whether or not it exists. The results are then presented clearly and appropriately for the recipient (coach / athlete). Active-passive and right-left comparisons are used for evaluation. A good flexibility at the level of the humeral-scapula joint leads to a correct execution of the arm techniques, to a better use of strength and speed.

We propose that in the KARATE DOJO (training rooms), to ensure through a logical and well thought out training, the development of all the elements that contribute to a sports form of a KARATE-KA including flexibility.

Keywords: flexibility; joint; technology; equipment; karate.

THE IMPORTANCE OF SPORTS MANAGEMENT CONSULTING

Nastas Natalia - State University of Physical Education and Sport, Chisinau, Republic of Moldova

Lungu Ecaterina - State University of Physical Education and Sport, Chisinau, Republic of Moldova

Abstract

Sport is characterized by a series of moments such as commitment, struggle, competition, joy, satisfaction, representing the sphere of relations with one's neighbour both as a partner and as an opponent, face to face with one's own limits: the management of the sports sector must be based on these and other values. Sports system is characterized by a strong human and relational component and by a close link between environment and organization. In this context, compliance with the rules becomes the cornerstone of a sports management approach that aims to promote the education of the individual. Furthermore, the sanction provided for the event of a regulation violation regardless of who committed the irregularity allows us to highlight a relevant didactic concept: the principle of equality. It would be appropriate to implement and disseminate this principle towards the amateur sector, the fans and enthusiasts. In addition to respecting the rules, an appropriate sports management strategy should also include respect for others: therefore, attention and care among all and for all subjects, which offer the possibility of welcoming the diversity of others.

These dynamics must be our drivers to outline a sports management strategy capable of developing and consolidating some of the main pedagogical values in the individual, stimulating an educational path that will benefit the entire community.

Keywords: sports management, consultancy, rules, fans, management strategy.

THE IMPORTANCE OF USING BIOMECHANICAL ANALYSIS IN THE PROCESS OF LEARNING TECHNICAL ELEMENTS IN ARTISTIC GYMNASTICS AMONG JUNIORS

Tanasă A.nca R.aluca, Moraru Cristina. E.lena - Faculty of Physical Education and Sport, Iasi, Romania

Abstract

Currently, the issues related to the accuracy of technical execution are the main criterion for an ascending trend regarding performance. The process of biomechanical modelling of movement techniques in complex gymnastic elements consist of sequential set of phases. Each phase is defined by the objectives associated with the desired data that we want to acquire by the model, or with the purpose of each type of biomechanical modelling, which we have mentioned in the previous section. The entire procedure consists of four phases, where it is significant that the first three procedure phases, regardless of the purpose of movement modelling techniques are always the same, while the fourth phase of the procedure will depend largely on the purpose of biomechanical modelling of movement techniques for each movement. The purpose of this paper was to present the importance of biomechanical analysis in the process of learning technical elements in artistic gymnastics among juniors. In this respect, our research proposes to highlight, from a critical perspective, the complexity of technique in artistic gymnastics, requiring new technologies able to decipher the inner movement mechanisms leading to performance improvement.

In conclusion the article deals with the importance of biomechanical modelling for effective and efficient implementation of the process of learning of elements (especially the most complex) in gymnastics.

Keywords: artistic gymnastics, biomechanical, technical analysis, female juniors, training.

EFFICIENCY OF STRENGTH DEVELOPMENT TROUGH SPECIFIC AQUATIC MEANS FOR JUNIOR BASKETBALL PLAYERS

Tomele Simona Constanța - Department of Physical Education and Special Motor Skills, Transilvania University of Brasov, Romania

Neamțu Mircea – A.N.E.F.S. Bucharest, Romania

Abstract

U15 basketball juniors are at puberty, during this period there are psycho-physiological transformations with profound repercussions in terms of their physical constitution. In the training of junior basketball players at this stage, in addition to learning the correct technical and tactical procedures and improving motor skills, it is recommended by specialists to emphasize a harmonious physical development, a good functioning of the body with special attention to posture. and functional disorders that may occur during this period. Swimming and aquatic activities are known to help strengthen joint ligaments, reduce the risk of injury, and have beneficial effects on the joints, being a low impact activity. Swimming helps to reduce the discomfort and pain specific to certain conditions and improves the functionality of the joints. Due to the pressure exerted by the water during swimming and the fact that most of the time the body is under water, the execution of the movements is less demanding for the skeletal system.

The study aims to implement a program of exercises specific to aquatic activities adapted to the particularities of U15 junior basketball players and to find out the effects produced on the increase of physical strength for these athletes.

Keywords: basketball, juniors, physical training, strength, aquatic environment.

THE EVOLUTION OF THE INTERNATIONAL PERFORMANCE IN THE WORLD CHAMPIONSHIPS OF POWERLIFTING - JUNIOR AGE CATEGORY

Ursu Vasile Emil - University 1 Decembrie 1918 Alba Iulia, Romania

Tomuș Alin - University 1 Decembrie 1918 Alba Iulia, Romania

Pănăzan Ovidiu - Romanian Federation of Powerlifting

Abstract

Powerlifting is unanimously considered the most representative power sport. Having a long history in Romania, the powerlifting became officially recognized in Romania in 2009, with the incorporation of the Romanian Powerlifting Federation. The purpose of this paper is to present as an expansive case study, the main results obtained by Romanian athletes, in the world championships in the field, in the junior age category. From a defining point of view, juniors are understood in the context of sports between the ages of 14 and 23. The dynamics of the results obtained during the nine years that we analyze in this paper presents the image of a sport with a sports strategy that has produced remarkable results for the Romanian sport.

Keywords: powerlifting, world championships, junior, medals.

SPRINT KINEMATICS PROGRESSION THROUGH THE DEVELOPMENTAL AGE

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Abstract

The ability to move fast is a key strength and conditioning feature. Its most common manifestation is sprint running (SPR), namely, the ability to run a short distance as fast as possible. Based on research evidence, the most significant differences between adults and children, besides the lowest maximum values of SPR achieved by children, is the duration and the distance of the acceleration phase (especially the secondary acceleration phase). Age differences are also observed in key biomechanical factors that determine the optimization of sprint running technique during the maximum velocity phase. The main reason for this difference is the inefficient biomechanics of the swinging body segments. A key point for the development of SPR during growth is the period where the peak height velocity occurs, as afterwards SPR performance is significantly improved. After the maximum growth rate, boys become significantly faster than girls do. For this reason, the acquisition of an efficient sprint running technique is essential concerning the development of SPR and its training during the developmental ages. Emphasis during training of the adolescent athletes should be given to the elongation of the maximum velocity phase, in addition to achieve the optimum personalized reliance on step length and frequency.

Keywords: track and field; biomechanics; youth athletics; performance; step parameters.

HEART RATE MODIFICATIONS OF JUNIOR HANDBALL PLAYERS ON SPECIFIC FIELD TESTING

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Vizitiu Maria-Emilia - National University of Physical Education and Sports, Bucharest, Romania

Abstract

As we all know, it is imperative for a better chance of success that the players even from a young age to be continuously observed and measured in order to have a better perspective of their level of performance.

The main objective of this study is to have a proper image of the evolution of the heart rate of junior handball players when performing different types of efforts, and also their recovery after completing it.

Methods of research used were represented in an incipient phase to consult the specific literature for a better understanding of the specialists' interests, then it was mainly represented by applying the specific tests in order to be measured during the efforts.

In what concerns the results of the study, they will be presented in the research article.

Keywords: handball, junior players, heart rate, field testing.

THE OPINION OF PRACTITIONERS ON NECESSARY BIOMOTOR CHARACTERISTICS FOR PRACTICING HIGH PERFORMANCE SPORTS

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Abstract

The practice of performance sports capitalizes on a series of characteristics necessary to obtain remarkable results. A group of 79 coaches answered a questionnaire through which the aim was to establish the most important characteristics necessary for the practice of high performance sports. These are aggression, height, BMI, upper limb width, leg length, hand surface, isometric force, explosive force, speed of movement on 5, 10, 15, and 20 m, reaction speed, coordination, agility, anaerobic endurance, endurance aerobics, mobility and more. To them was added analytical thinking, which was determined by the level of physical possibilities. The coaches chose only 3 of these features, which they ordered in order of importance. With the highest frequency of elections, is considered the most important, in the first place is the coordination, followed by the analytical thinking and the explosive force. The general ranking, made after processing the results obtained, is occupied on the first 3 places of coordination, reaction speed, and explosive force. Our study outlines the profile of a high-performance athlete with very good coordination, reactivity, and explosion. They help him to perform the technical procedures with great precision, in conditions of adversity, giving them strength and speed to win a direct duel with the opponent.

Keywords: biomotor, sports, performance, coaches, profile.

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SOCIAL MEDIA AS A WAY TO PROMOTE SCHOOL SPORTS

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Abstract

This micro-research aims to present an aspect that has not been and is not currently being given due attention. The aspect we refer to is the use of media channels, and especially social networks, and their importance in promoting school sports and implicitly the benefits that a well done promotion has on the development of sports activity in terms of increasing the number of students interested in practicing a sports and more. This paper is a fact-finding study developed at the level of educational units in the circle of physical education and sports teachers no. 5 Prahova Valley, between september 2021 and january 2022. The purpose of this study is to determine the main social networks and media channels that can contribute to the development of school sports in the region mentioned above. We must mention from the beginning that, unfortunately, no school unit or school sports association at the local level has a special communication channel addressed to the school sports activity.

Keywords: social media, school sport, education.

PHYSICAL EDUCATION AND SPORT FOR ALL

THE IMPORTANCE OF MINI HANDBALL SELECTION IN ORDER TO FORM THE SCHOOL'S REPRESENTATIVE TEAM

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Abstract

The selection is an organized and repeated process of early detection of the innate availability of children using a complex system of requirements and criteria (medical, biological, psychosocial and motor) for the practice and specialization in a sport. The selection made scientifically and responsibly is conditioned by the expertise in terms of growth and development of the body, the processes and phenomena that underlie in the physical and mental evolution of children, who will become future performers. But the selection must be understood conceptually as well, since it is a systematic activity of coaches, carried out in order to find children with the most appropriate skills for practicing different sports. The selection is the key component in the process of finding children who have sports skills. Starting from the axiom - sport is for everyone, but not everyone is for sport – the selection must be an objective, evolving and continuous process that interacts with the growth and somato-functional and motor development of the children. As stated above, the selection must have a scientific basis that allows the identification of genetic factors that by combining with environmental factors can highlight the medical-biological features specific to sport.

Keywords: sport, minihandball.

COMMUNICATION DURING THE PHYSICAL EDUCATION CLASS

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Abstract

Communication has an essential role within social life, representing one of the basic forms of interaction with the people around. Proffesor Ioan Cerghit said, justly so, that „...the school is the place where communication is taught; where communication is learnt and perfected (...). Here, communication takes the significance of a human and social value, for that reason educating communication becomes a purpose itself, a major objective of education, and all the subjects have to contribute to it.”

Regarding the teaching process communication represents the key tool for influencing individuals and groups, in order to reach the objectives guiding the teaching process. Communication between teacher and students helps transmitting the scientific contents within the curriculum, as well as establishing the management relationships between the teacher as leader or manager of a human activity and the group of students. Verbal communication, specific for the teaching act in general, is completed, for the Physical Education class, by a rich nonverbal component. The way the exercices are carried out and the body's reaction to effort are only some of the nonverbal communication aspects throughout the Physical Education class.

Keywords: verbal communication, nonverbal communication, communication barriers, personal example.

PROFESSIONAL-APPLICATIVE PHYSICAL TRAINING IN THE PROFESSIONAL FORMATION SYSTEM OF POLICE OFFICERS

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Abstract

The inseparable relationship of physical education with professional practice acquires an objective and material form; it is translated into real practical activity within the professional-applied physical training. As a specific form of physical education, professional-applied physical training is an independent psycho-pedagogical process, aimed at ensuring specialized physical training on a continuous basis, towards a preferred professional activity, wishing to be an instructive process that completes the individual background of professionally useful psychomotor skills and abilities. Continuous improvement of motor, mental, moral and volitional qualities depends entirely, directly or indirectly, on the person's personality, psychomotor ability and the development of professional skills. The application of an efficient contemporary system of professional-applied physical training of police officers will produce major changes, which will be useful in training and strengthening professional behaviour during professional activity due to the simplicity, homogeneity and efficiency of this method and principles of training. The professional-applicative physical training ensures the quantitative and qualitative bio-psychomotor basis, which increases the morphofunctional indices through a complex as varied as possible of the means, methods and principles specific to the activity of the police officers.

Keywords: professional formation, police officers, professional-applicative physical training, physical education.

PHYSICAL EXERCISE IN CONTEXT OF PANDEMIC

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Abstract

In previous years physical exercise and its benefits were seen in many contexts, but only after 2020 the new one appeared – context of pandemic. The world struggled and still is struggling with covid-19 pandemic and after more than two years after its outbreak we can clearly see the immense importance of physical exercise for human population, both physically and spiritually. Many researches confirmed this point, but mainly from the field of medicine. Unfortunately, not many researches from the field of physical culture or any of its aspects (physical education, sports, physical recreation) deal with main subject of this paper. Therefore the goal of the authors is to explore, theoretically analyze and present physical exercise in context of covid-19 pandemic from the area of physical culture. From the prism of theanthropocentrism the authors try to see if it can be observed in a new way or confirm its acceptance and definition as gracious food for human being. During research authors used method of theoretical analysis.

Keywords: pandemic, covid-19, physical exercise, theanthropocentrism.

CONCRETE WAYS IN WHICH THE KNOWLEDGE-BASED APPROACH TO THE DISCIPLINE OF PHYSICAL EDUCATION IS IMPLEMENTED: A SYSTEMATIC REVIEW

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Abstract

Regarding the discipline of physical education, there is a need for a clear delimitation between two terms that are often confused: "physical activity" and "physical education". Starting from this delimitation, in many education systems a knowledge-based approach is highlighted. This approach places greater emphasis on the formative nature of this discipline and proposes a theoretical component to complement the practical activity. In this paper, we first identified and analyzed interventions that are based on the knowledge-based approach. Then we made a compilation of the most representative methods of implementing this approach adapted to each educational level: elementary school (approx. 6–10); middle school (approx. 10–14 years); high school (approx. 14–18 years) and university-level (over 18 years). We also presented the most used tools by specialists to evaluate this theoretical component of the physical education discipline. The results of this review of the literature indicate that the knowledge-based approach is one that can be successfully addressed at any educational level. There are also many interactive options for assessing students' theoretical knowledge. The most important conclusion is that the knowledge-based approach aims to provide a deep understanding for the student of the practical activity and not to replace it.

Keywords: physical education; knowledge-based approach; conceptual physical education; theoretical component.

PSYCHOMOTRICITY DEVELOPMENT IN PRIMARY SCHOOL STUDENTS – A MULTI-TEST APPROACH

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Abstract

Aim. Establishing a baseline of overall psychomotricity development for primary school children.

Determining the developmental impact of standard physical education regimens offered in primary education by evaluating psychomotricity levels of primary school students with parametrized standard testing and establishing a multicomponent model for multi-test psychomotricity measurements. There are several established tests that measure various psychomotricity components, however a comprehensive multi-test analysis with a large sample is unprecedented.

Methods. Applying a battery of psychomotricity tests on N=4920 children, aged 7-10, distributed across schools in South-Eastern Romania (Bacau, Braila, Galati, Iasi, and Vrancea counties), testing for dynamic (Bass test) and static balance (Flamingo, Romberg, Unipodal tests), general coordination (Denisiuk, Matorin tests), body scheme(A. de Meur test), laterality in reaction speeds and hand-eye coordination (alternate hand-wall toss test). The large sample size accounted for potential high regional variance in psychomotricity development.

Results. The score results in general coordination were low(Denisiuk mean = 16.46, Matorin mean of 259.59), with similarly low scores in dynamic balance (mean 47.36) and static balance (means for Flamingo = 8.37, Romberg = 4.02, Unipodal=71.04), body scheme (mean=6.94), and similarly for laterality in reaction speeds, all of which suggests a relatively low level of development of psychomotricity for the evaluated test group. All test results are statistically significant ($p<0.05$), even when considered in segments (by age or region).

Conclusions. Psychomotricity development in primary school students is lower than hypothesized on all applied tests, with participants showing poor overall coordination, insufficient lateral coordination, and the underdevelopment of dynamic and static balance.

Keyword: physical education, psychomotricity, primary school, test

COMPOUND BODY COORDINATION LEVELS IN PRIMARY SCHOOL STUDENTS (BRUININKS OSERETSKY TEST) AS AN INDICATOR FOR SCHOOL-BASED PSYCHOMOTRICITY DEVELOPMENT

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Abstract

Aim. Body coordination, a significant component that indicates overall psychomotricity in children and young adults, is one of the indicators that can easily be cross-compared in various types of testing, creating the context for establishing a baseline evaluating body coordination with the Bruininks-Oseretsky battery of tests. Testing body coordination in children indirectly measures the impact of school-taught physical education programs and how they lead to psychomotricity development.

Methods. Applying the Bruininks-Oseretsky test of motor proficiency to 57 primary school students (children aged 8-9), and controlling for bilateral coordination, by measuring the ability to control the body in sequential and simultaneous coordination of the upper and lower limbs, and balance, by measuring motor control skills responsible for postural control in various common activities, both static and dynamic, all applied within the Bruininks-Oseretsky framework.

Results. Most children had below average or average results for their age group, as adjusted by Bruininks-Oseretsky index for the score-indicative age group, indicating an insufficient development of body coordination for their age.

Conclusions. Children enrolled in primary school education have below average body coordination development, possibly as a consequence of insufficient context-specific training for the development of body coordination in life or at school. Targeted integration or revised curriculum may improve psychomotricity levels pertaining to body coordination in primary school students.

Keywords: coordination, students, school, physical education, psychomotricity

THEORETICAL AND PRACTICAL FOUNDATIONS REGARDING THE USE OF APPLICATION PATHS IN MIDDLE SCHOOL STUDENTS

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The theoretical-practical study undertaken, the processing and interpretation of data confirms the hypothesis that through an appropriate use of the training program, the initiation in physical education and sports can start from an early age, significantly expanding the motor baggage of children contributing to the acquisition and consolidation various motor skills and developing harmonies all the motor skills of children. The growth follows the use of the most appropriate application paths, depending on the level of motor development of gymnasium students. Training the performers in order to solve concrete situations in life; overcoming material, physical and psychological obstacles; increasing the attractiveness and motor density of physical education and sports lessons. We can say that the level of motor skills can be developed and improved faster and more efficiently by using the relays and the application paths in physical education lessons and we propose to use them more often in all physical education lessons.

We can thus highlight the fact that, by using the relays and the application paths, the physical education lesson gained in terms of attractiveness, the students waiting for them and participating with a high motor disposition.

Keywords: gymnasium students, training, physical education.

THE DEVELOPMENT OF MOTOR SKILL: POWER-SPEED (DETENTE) USING SPECIFIC ATHLETICS MEANS AT ELEMENTARY SCHOOL

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Abstract

The educational process carried out in elementary school at physical education and sports has a significant role regarding the positive influence on the physical development and body consolidation, at the same time it is a teaching tool used for children to understand better and adapt faster with the new requests of the didactic act. The objective of the present exposition is to improve the educational act of physical education and sport at the elementary school, in order to grow the indices of power-speed motor skill and appreciation of the development level of morpho-functional indices.

Subjects of the study will be students of two classes: 15 of the 5th grade and 15 of the 7th grade, both boys and girls from National College „Andrei Saguna” Brasov. They will be divided into two groups: an experimental group and a control group. The experimental group will practice athletics and will come at athletics trainings on a regular basis and the control group will work according to the school curriculum.

The main used methods will be the *documentation method and theoretical foundations*, the *observation method*, the *pedagogic experiments* that will take place permanently through the teacher presence in physical education classes and the *tests methods* to be as objective as possible. The study results will be processed using methods such as *statistical-mathematical method*, *tabular method* or *graphic method*.

The main results that we expect is to see a significant improvement on the experimental group at the targeted quality and an inclination for athletics performance.

In summary the athletic play the main role in the physical development, especially in elementary school and we expect that can easily be used to improve the power-speed (detente) motor skill.

Keywords: Power-Speed, Motor Skills, Athletics, Elementary School.

ANALYSIS OF STUDENTS PERCEPTION REGARDING THE BEGINNING OF PROFESSIONAL CAREER

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Abstract

Aim. This study aims to examine the students' experiences during the college years, the beliefs they have acquired, the intention, direction and typology of teaching styles in their future activity. We intend to find out how realistic and useful are the messages and the tools used by the trainers.

The final conclusions make a real contribution to the teaching process.

Methods. The present study was conducted on a sample of 44 subjects, clients of the university in the last year of studies. Prior to conducting and applying the questionnaire, discussions were held and were prepared so that the choice of response objectively, to show to a large extent and objectively the reality in which we operate. The method of study used was the questionnaire.

Results. An important step is taken into consideration in the next period, the task of the trainer who must design and build effective mechanisms correlated with reality, adapted to each client. The study emphasizes the main responsibilities of the teacher towards the clients, the motivation for fulfilling the attributes with full success, but also the shortcomings identified by the clients.

The conclusions led to the establishment of well defined and realistic objectives, depending on the actual content that must be correlated with the reality of the environment in which the clients are going to practice.

Keywords: correlation with reality, adaptation of teaching, experiences.

CONSUMPTION OF NUTRITIVE SUPPLEMENTS IN PHYSICAL ACTIVITIES IN ROMANIA. A QUALITATIVE STUDY

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Abstract

The consumption of nutritional supplements by the population who practises physical activities in a regularly, in an organized manner, represents a form of scientific interest for professionals interested in analysing the somatic and biological changes that occur under the influence of the stimuli provided by nutritional supplements. In this context, based on a new statistical model proposed by the authors, we aimed at assessing nutritional supplement consumption efficiency and the effects felt by the consumers both in relation to the achievement of their health goals and in relation to the destructuring of the biological processes, following the consumption of these supplements. The new model, created by authors, can be applied to the population of any other state in the world. The methods used in this paper are analytical and prospective and they are based on a qualitative questionnaire applied to a number of 310 Romanian people who practise sport regularly, the sample group being considered representative for the entire population of Romania by the Cochran W.G. test. The results of the study are useful to both specialists and to the people who take nutritional supplements and they help in improving the perception regarding the efficiency of these products on categories, as will be seen from the data provided by the present study. Moreover, the results of this analysis are also interesting for the providers of such products, who can scientifically quantify their supply on the market.

Keywords: nutrients; econometric model; sports; efficiency; nutritional supplements consumption.

FORMAL AND NON-FORMAL MOTOR ACTIVITIES

CHARACTERISTICS OF PHYSICAL RECREATION OF ADULTS THROUGH THE MEANS OF MARTIAL ARTS WUSHU

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Abstract

In this research, the characteristics of physical recreation as a type of physical culture were described and its main characteristics were highlighted. WUSHU martial arts is considered one of the possible ways to organize the physical recreation of adults, presenting its differences and specificity.

Following the analysis of the literature we found that many authors argue that the socio-medical process of recreating the human being through various means has an important contribution in terms of mental and physical, intellectual, aesthetic, moral, but also the formation of consciousness with on the development of one's personality, character and self-esteem. Regarding the medical aspect, it also addresses the improvement and / or maintenance of the general state of health, the increase of muscular strength, flexibility, as well as a better quality of life and why not longevity. Thus, the recreation process induces a high value as a degree of social importance, socialization being the psychological process of assimilation, transmission of concepts and patterns of behaviour specific to a group or community, for training, integration and social adaptation of that person.

Keywords: physical education, physical recreation, adult socializing, martial arts, Wushu.

LEARNING TO EXERCISE BY IMITATION FOR CHILDREN AGED 6-7 YEARS

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Abstract

This paper is an experimental research, conducted on children aged 6-7, included in the preparatory classes, based on the retention and realization of theoretical and practical information using "live demonstration" and "iconographic demonstration", so based on imitation. In physical education, the fastest and easiest way, children learn by imitation. The analysis of the results showed that in the experiment group the use of "live demonstration" causes a greater increase in the number of students who can retain and do more related items than in the control group, which used the iconographic demonstration. The use of the two intuitive methodical procedures improved the memory and execution ability, the children being able, at the final test, to reproduce more technical elements compared to the initial testing. Using imitation as a basic method in children's learning helps them to acquire skills before they are able to understand "how to do", "why" they do certain movements, exercises and improve sensory-motor experiences that play a role in development imitative skills and human behavior.

Keywords: *learning, imitation, children, exercise.*

EFFECTS OF EXERCISE ON METABOLIC DISEASES

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Abstract

Physical activity and diabetes have been linked, as it plays an important role in preventing the progression of peripheral neuropathy, and its impact is primarily on the development of muscle strength and the ability to replace the function of nerve fibers with impaired disabilities. It seems that any form of exercise added to a balanced lifestyle significantly improves the quality of the subject with diabetes (type 2 diabetes). The small differences between aerobic and endurance training as a benefit on type 2 diabetes do not promote a certain form of exercise. In conclusion, all forms of movement promote adaptations of vascular functions associated with improved insulin action and are considered risk modulators of cardiovascular events related to exercise. However, combining endurance exercise with endurance exercise can provide greater improvements in adults with diabetes. In conclusion, the effects of regular exercise are recognized as an effective way to improve the condition of the disease. The basis of exercise therapy is simply the ability of skeletal muscle contractile activity to increase insulin sensitivity and promote blood glucose absorption and stabilization. Thus, regular participation in aerobic structure, endurance, or competing exercise had generally favorable effects on glycemic control, body composition, endothelial function, physical work capacity, and self-reported well-being.

Keywords: metabolic diseases, exercise, diabetes, hypertension, cardiovascular disease.

MANAGEMENT STRATEGIES IN THE FIELD OF FITNESS SERVICES

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Abstract

The development of a fitness services strategy is one of the most important factors that determine the effectiveness of domestic management activities in a market environment, its financial stability and competitiveness. This factor is particularly important in the conditions of market transformations of the national economy of the Republic of Moldova, since the nature of managerial activities and the sports industry as a whole - time determines their competitive qualities not only on the domestic market but also internationally, so we identified and behavioral strategies in this market. We will also interpret the main indicators that measure consumption strategies in the fitness services market.

Keywords: strategies, management, fitness services, sports industry.

ORIENTATIONS AND CURRENT TRENDS IN KINETOTHERAPY

RECOVERY OF THE KNEE ENDOPROSTHESIS BY KINETOTHERAPEUTIC MEANS

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Abstract

Knee arthroplasty is a procedure specific to orthopedic surgery that aims to restore the integrity and function of the damaged joint, by partially or completely replacing the damaged cartilage or by replacing it with a knee prosthesis.

The operation has been used successfully in orthopedic surgery for over 45 years and consists in restoring joint mobility by creating a new joint space.

Physiotherapy and supportive recovery programs, applied postoperatively to the knee endoprosthesis, can restore the integrity and function of the knee joint by partially or completely replacing the damaged cartilage (or replacing it with a knee prosthesis).The study will run for a period of 6 months and will include an initial test and a final test after which it will be possible to detach the idea of the paper and categorize it as positive or negative, depending on the elements of progress.In any activity we must keep in mind that a well-organized action is solved 50% efficiently.

The evaluation of muscle strength is performed by subjective and objective methods, respectively by muscle balance, dynamometry and myotonometry. Along with the joint balance, the muscular balance is part of the main "semiology" of the specialty of physical medicine and medical recovery.

Muscle balance, muscle testing, is a system of manual examination techniques to assess the strength of each muscle or muscle group. It should be noted that any assessment of the condition of the muscle with the help of devices does not fall within this clinical muscle balance.

The role of physical therapy has proven to be particularly important, leading to significantly better results and at the same time to improving the lives of patients.

Keywords: recovery, physiotherapeutic means, knee stent.

MUSCLE INJURY IN SPORTS ACTIVITY - ETIOLOGY CLASSIFICATION AND TREATMENT

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Abstract

Muscle lesions are among the most common injuries encountered in performance sports. Despite their high incidence, their diagnosis, classification and treatment are constantly being debated. Most of the time, the severity of the injury indicates the recovery strategy (conservative, physical therapy, surgical etc). Currently, due to advances in medical, pharmacological, and physical therapy, the treatment of muscle injuries can be greatly improved. Incomplete or incorrect recovery from a muscle injury can have a series of negative effects (financial or sport performance), which can affect the long-term career of athletes. Considering the incidence and costs that an injury can generate, in this paper, we set out to identify and present the latest approaches, used by specialists in the field, to facilitate the fastest recovery of athletes.

Keywords: muscle, injury, sports, rehabilitation.

THE INFLUENCE OF THE MOTOR DEVELOPMENT IN THE SCHOOL ADAPTATION OF CHILDREN WITH SPECIAL EDUCATIONAL NEEDS

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Abstract

The motor activities for children with special educational needs (SEN) are personalized and adapted to their deficiencies. It is also considered that the development of motor skills facilitates their participation in various educational activities carried out at school, thus providing some learning opportunities.

The article analyzes the influence of motor skills in the school adaptation of children with SEN. The research was conducted between January and February 2022 at the School Center for Inclusive Education Brașov. The study included 8 subjects with intellectual disabilities and associated disabilities, aged between 4.3 and 5.9 years ($M=5.5$, $SD=1.03$).

The motor skills test was performed by applying Movement Assessment Battery for Children - Second Edition (M ABC-2), using assessment items for balance, manual dexterity and for throwing and catching objects. School functionality was assessed by the School Function Assessment (SFA), through which the ability to perform the physical and cognitive-behavioral tasks of the children concerned was determined.

The results obtained showed that there is a significant relationship ($r=.991$) between the variable of motor skills and the variable of school functionality, which leads us to conclude that motor skills can improve the functional adaptation of preschoolers to educational activities.

Keywords: special education needs, motor skill, school function.

STUDY ON DEGENERATIVE RHEALER DISEASES OF THE BALANCE KINETOTHERAPY IN COXARTHROSIS

Cioroiu Silviu Gabriel - *University of Transilvania from Brasov, Department of Physical Education and Special Motricity, Faculty of Physical Education and Mountain Sports, Brasov, Romania*

Abstract

This paper deals with physiotherapy in hip osteoarthritis and their recovery through exercise. Coxarthrosis is a joint degradation caused by a morphological and functional imbalance, being the most common damage to the hip. Coxarthrosis is also known as hip osteoarthritis, hip osteoarthritis, etc. Coxarthrosis is a chronic degenerative condition of the hip joint that occurs in very different etiological conditions, but with the same result, disabling joint deformity. It is a relatively common condition, being the most disabling of osteoarthritis, and can develop spontaneously into serious illness.

Keywords: coxarthrosis, physical therapy, motor skills.

RECOVERY OF SCAPULO-HUMERAL PERIATHRITIS THROUGH KINETIC TECHNIQUES

Nechita Florentina - *University of Transilvania from Brasov, Department of Physical Education and Special Motricity, Faculty of Physical Education and Mountain Sports, Brasov, Romania*

Abstract

Recovery of scapulo-humeral periathritis is long-lasting, but also costly for both the patient and the community. Therefore, the moment of recovery is of particular importance: thus, the faster the recovery is done and when it is possible, the better the results obtained and the shorter the discomfort period created will be.

A special place in this recovery complex is occupied by physiotherapy, whose purpose is to establish the affected segment in restoring rehabilitation to the conditions of the socio-professional environment, having as main means of application, the physical exercises associated with other therapies.

The results recorded in the therapy of this disease entitle us to be optimistic, returning to us the decisive role in giving the patient a normal life, provided we provide him with a complete and complex treatment program.

Keywords: scapulo-humeral periathritis, physical therapy, motor skills.

AQUAFITNESS MEANS USED AS METHODS OF RECOVERY AND RECOVERY OF PSYCHOMOTOR DISEASES

Mihai Ioan - Mihail Sadoveanu High School Fălticeni, Romania

Abstract

Since the 1990s, it has entered the so-called sports market and aquafitness as a training method but also as a treatment method, because water has positive effects on fitness exercises. The possibilities of the aquatic environment are an active benefit in terms of physical activities and as a key contribution to health and leisure, which derives from its special characteristics, acting both functionally and aesthetically. Movement under the motor aspects, together with the effects of water, the damping of sudden movements and the "Law of Archimedes", are essential elements of the quality of aquafitness exercises. Cardiovascular endurance, muscle strength, flexibility and changes in body composition (changing the ratio of muscle mass to fat) are among the physiological benefits that can be obtained by approaching an aquafitness training program.

Combined with a healthy, rested diet and a stress reduction program, training can significantly influence your long-term health. Beneficial for spinal diseases aqua Fitness is also recommended for physical recovery, in conditions such as: lumbar disc disease, scipiosis, lordosis, shoulder asymmetry. Water pressure acts as a muscle massage, helping the process of removing lactic acid accumulated in the muscles. Water, acting like a giant pillow, reduces the wear and tear of muscles and tendons and protects the joints. Working in water, using only water resistance minimizes the risk of injuries that usually occur during drills due to impact on hard surfaces. 4-5 thousand calories "burned" in an hour aqua fitness can also be an ideal method for losing weight, involving all muscle groups. A maximum effort can be achieved to burn 4-5 thousand calories per hour. Aquafitness can be defined as an attempt to acquire a state of well-being, physical and mental comfort, somehow equivalent to "physical condition".

Keywords: aquafitness, recovery, flexibility, training, aquatic environment.

THEORETICAL CONSIDERATION ABOUT AQUATIC THERAPY - BAD RAGAZRING METHOD

Culea Rodica - Ovidius University of Constanta, Faculty of Physical Education and Sport, Constanta, Romania

Simion Gheorghe - University from Pitesti, Doctoral School in Science of Sport and Physical Education University of Pitesti, Pitesti, Romania

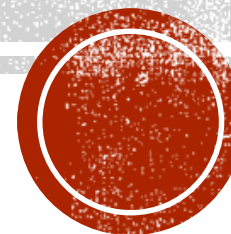
Abstract

The aim of this study is to emphasize the importance of aquatic therapy for recovery in general and in sport in particular. Increasing interest in aquatic therapy can be attributed in part to its evolution. There are many different techniques attributed for aquatic therapy and the theoretical reviews have determined many aquatic rehabilitation concepts: Watsu, Ai Chi, Halliwick, The Feldenkrais, AquaStrech™ and Bad RagazRing. The last one, Bad Ragaz Ring Method is most useful concept of aquatic therapy with a positive effect on rehabilitation. The Bad Ragaz Ring Method (BRRM) is a strengthening and mobilizing resistive exercise model based on the principles of proprioceptive neuromuscular facilitation techniques (PNF), and uses these fluidmechanical forces as a resistance. That is why it is important that the patient always floats at the water surface during BRRM treatments. In combination with other aquatic methods, such as Halliwick, Ai Chi, or others, can improve better and shortly the recovery.

Keywords: Aquatic therapy, Bad RagazRing Method, Rehabilitation.

PHOTO GALLERY

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Webcam

Dr

dragos.tohanean@unitbv.ro

V

Vlad Alexandru Simion

Ad

Adina Herciu

Ad

Adrian Georgescu

Mobile

Al

Alex Zota

Al

Alexandrescu Tudor

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Oa

Oancea Bogdan

1:49 PM

citeste whatsapp

Oa

Oancea Bogdan

1:50 PM

iti trimit
conferinta.

Oa

Oancea Bogdan

1:50 PM

ok?

Dr

Dragos Tohanean_R...

2:02 PM

cum crezi

Dr

Dragos Tohanean_R...

2:08 PM

Natalia please turn off the
microphone

Dr

Dragos Tohanean_R...

2:08 PM

thank you

Send message to Private Chat with Oancea Bogdan

< O

YPOM 2022

Geoff Thompson

Geo...

Nata...

Ioan ...

Leon...

Di Co...

Drag...

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AI Alex Zota

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Oancea Bogdan 1:49 PM
citeste whatsapp

Oa Oancea Bogdan 1:50 PM
 îți trimit
 conferința.

Oa Oancea Bogdan 1:50 PM
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Dr Dragos Tohanean_R... 2:02 PM
cum crezi

Dr Dragos Tohanean_R... 2:08 PM
Natalia please turn off the microphone

Dr Dragos Tohanean_R... 2:08 PM
thank you

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Geoff Thompson

YPOM 2022



Youth in the Perspective of the Olympic Movement

'Youth, Communities & A Legacy Opportunity 4 All'

Prof. Geoff Thompson MBE FRSA DL
Founder and Chair, Youth Charter

March 11 / 12 2020

#YoungLivesLost #Fight4theStreets
#LegacyOpportunity4All #Call2Action



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Alex Zota



Alexandra Cataramă

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Alexandrescu Tudor

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Rusu Ruben RO

Buna ziua!



Pop Silvia Chris 2:01 PM

Buna ziua! = Good day!



popescu darius 2:02 PM

Buna ziua, sunt Darius Popescu (Bucuresti)



Leonardo Tartaruga... 2:07 PM

Buna ziua !!



Stroie Isabell... (offline) 2:08 PM

Buna ziua!



Gabriela Pica 2:11 PM

Buna ziua



Câdea Andreea 2:12 PM

Bună ziua !

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Community Campus Portal

Campus Portal

Support
Collaboration and Partnership

Plan, Prepare and Deliver
Youthwise Activities,
SCLP Training and
Stakeholder Partnerships

Map, Track and Measure
Inputs,
Outputs and Outcomes
for Sustainable Impact

Project Management
Campus Folder, Master Planner,
Campus Calendar, Gantt Chart,
Documents, Meetings and
Notifications

Portal Members Area
Campus Groups,
Booking Activities
and Mobile App



Facilities & Stakeholder Partners

Social Coaches

Youthwise Activities –
Sport, Arts, Culture and
Digital Technology



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Mobile



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Public Chat



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Gabriela Pica 2:11 PM

Buna ziua



Câdea Andreea 2:12 PM

Bună ziua !

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Alex Zota

Alexandra Cataramă

Alexandrescu Tudor

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Buna ziua! = Good day!

popescu darius 2:02 PM

Buna ziua, sunt Darius Popescu (Bucuresti)

Leonardo Tartaruga... 2:07 PM

Buna ziua !!

Stroie Isabell... (offline) 2:08 PM

Buna ziua!

Gabriela Pica 2:11 PM

Buna ziua

Cândea Andreea 2:12 PM

Bună ziua !

Geoff Thompson 2:38 PM

geoffthompson@me.com

youthcharter.org

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Miran Kondric

Drag... loan ... Kristi... Leon... Mira...

POKAŽI OPRAVLJENO VRSTICO NASTAVITVE PRIKAZA KONČAJ DIAPROJEKCIJO

0:00:57 13:40

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT

International Scientific Conference

March 11-12, 2022 ONLINE

Transilvania University of Braşov

Faculty of Physical Education and Sport

Can we relate young people substance misuse to the health status in para table tennis?

Naslednji diapozitiv

Can we relate young people substance misuse to the health status in para table tennis?

Dear chair, dear participants, hello from Slovenia and thanks for inviting me to this conference. During next 15 minutes I would like to introduce you with some concerns we have in ITTF regarding substance use and its reflection to the health status of table tennis players with disabilities.

CLICK

Diapozitiv 1 od 29

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Adina Herciu

Albu Andreea

Alex Zota

Alexandra Cataramă

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conferencing, you had to select the microphone

Pr **Professeur JA...** (offline) 2:49 PM
I can't hear you

Dr **dragos.tohanean@...** 2:50 PM
I guess it's from your laptop

Cu **Culea Rodica** 2:50 PM
Da, va auzeam inainte, acum nu se mai aude

Cu **Culea Rodica** 2:50 PM
Doar eu am aceasta problema?

Dr **Dragos Tohanean_R...** 2:50 PM
noi auzim

Cu **Culea Rodica** 2:51 PM
Multumesc, va aud acum!

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YPOM 2022

Miran Kondric

Mira... Ioan ... Leon... Alex... Kristi... Drag...

0:15:56 13:55

More of what we have to do...

Naslednji diapozitiv

More of what we have to do...

There is more to be done.... We have to:

ŠE NAŠTEVAJ!

CLICK

Diapozitiv 26 od 29

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Adina Herciu

Adrian Mosoi

Albu Andreea

Alex Zota

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Pr **Professeur JAVILLIER** 2:58 PM
Thank you very much for your presentation

Al **Alexe Dan Iuli... (offline)** 3:03 PM
Congratulations on the topic!
Congratulations to the organizers for the chosen theme!

Le **Leonardo Tartaruga...** 3:05 PM
Congrats Geoff and Miran, very interesting topics!

Mi **Miran Kondric** 3:07 PM
Thanks Leonardo.... Congrats on your TT association which is very active in our work... Also Hugo represent strong world ranking list

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YPOM 2022

Di Cola Giovanni

Di Co... Prof... Mira... Ioan... Leon... Drag...

Microsoft PowerPoint

Historical perspective: ILO and the IOC
Pierre de Coubertin and Albert Thomas

1921 De Coubertin at the ILO
1924 Recommendation 21 on Spare Time by the ILC

International Labour Organization

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Alex Zota

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Di Cola Giovanni

Di Co... Prof... Mira... Ioan... Leon... Drag...

Strategies : the Sustainable Development Goals (SDGs) the UN Global Agenda Towards 2030

1. No Poverty 2. Zero Hunger 3. Good Health and Well-being 4. Quality Education 5. Gender Equality 6. Clean Water and Sanitation 7. Affordable and Clean Energy 8. Decent Work and Economic Growth 9. Industry, Innovation and Infrastructure 10. Reduced Inequalities 11. Sustainable Cities and Communities 12. Responsible Consumption and Production 13. Climate Action 14. Life Below Water 15. Life on Land 16. Peace, Justice and Strong Institutions 17. Partnerships for the Goals

THE GLOBAL GOALS

International Labour Organization

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Adina Herciu

Adrian Mosoi

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Alex Zota

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Di Cola Giovanni

Di Co... Prof... Mira... Geo... Ioan ... Drag...

Microsoft PowerPoint

A Call to Action by the UN SG 2020

The Highest Aspiration
A Call to Action for Human Rights
2020

The Secretary-General's Call to Action for Human Rights

UNITED NATIONS

CALL TO ACTION FOR HUMAN RIGHTS

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Alex Zota

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Di Cola Giovanni

Di Co... Prof... Mira... Geo... Ioan ... Drag...

youth olympism [Compatibility Mode] - Microsoft PowerPoint

Global Forum on Decent Work in the World of Sport
ILO Geneva, January 2020

1. Sport as key enabler for the SDGs
2. Working conditions varies across including for athletes
3. All workers regardless of their employment relationship require as a minimum, to be protected by the fundamental rights

Click to unmute yourself.

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Enoliu Razvan
Mobile

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Adina Herciu

Adrian Mosoi

Albu Andreea

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Di Cola Giovanni Professeur JAVILLIER

Di Co... Prof... Geo... Ioan... Leon... Drag...

youth olympism [Compatibility Mode] - Microsoft PowerPoint

THE OLYMPIC GAMES: A SPRINGBOARD FOR YOUNG PROFESSIONALS

TEAMWORK PROBLEM-SOLVING RESILIENCE CONFIDENCE SELF-ESTEEM TRUST FAIR PLAY SHARING

COMMERCE 2025 STRATEGIC PLAN (2021-2025)

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Adina Herciu



Adrian Mosoi



Alex Zota



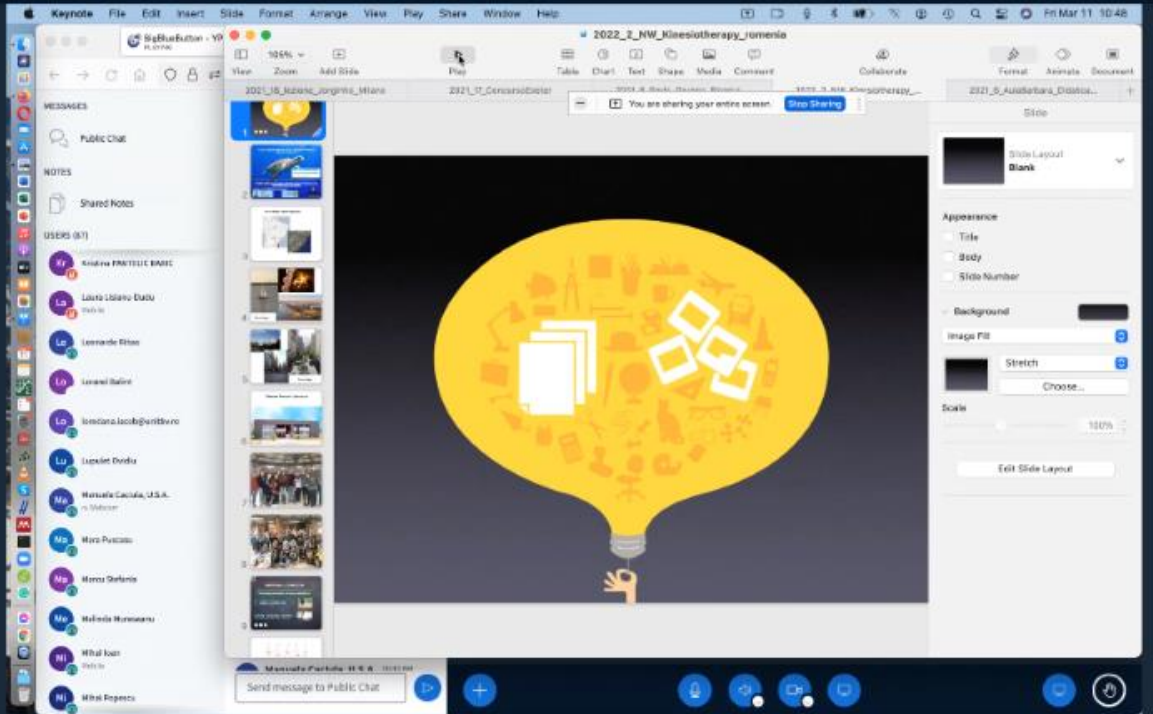
Alexandra Cataramă



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Leonardo Tartaruga, ...



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Vlad Alexandru Simion

Adina Herciu

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Alexandrescu Tudor

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Rusu Ruben RO 2:01 PM
Buna ziua!

Pop Silvia Chris 2:01 PM
Buna ziua! = Good day!

popescu darius 2:02 PM
Buna ziua, sunt Darius Popescu (Bucuresti)

Leonardo Tartaruga... 2:07 PM
Buna ziua !!

Stroie Isabell... (offline) 2:08 PM
Buna ziua!

Gabriela Pica 2:11 PM
Buna ziua

Cândea Andreea 2:12 PM
Bună ziua !


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Geoff Thompson


Geo... Ioan ... Leon... Mira... Ecat... Drag...

Youth Charter: Projects & Programmes

 **Community Campus** – Somewhere to Go

 **Youthwise** "Curriculum for Life" – Something to Do

 **Social Coach Leadership Programme** – Someone to Show Them

Click  to unmute yourself.

Microphone, Speaker, Video, Screen, Hand

Q2

Oa

Ma

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Dr

Dr

v

Ad

AI

AI

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Di Cola Giovanni 3:57 PM

I agree that is why we need to learn from those who can explain and guide decisions on such sensitive matters

Vassilios Panoutsak... 3:59 PM

ok

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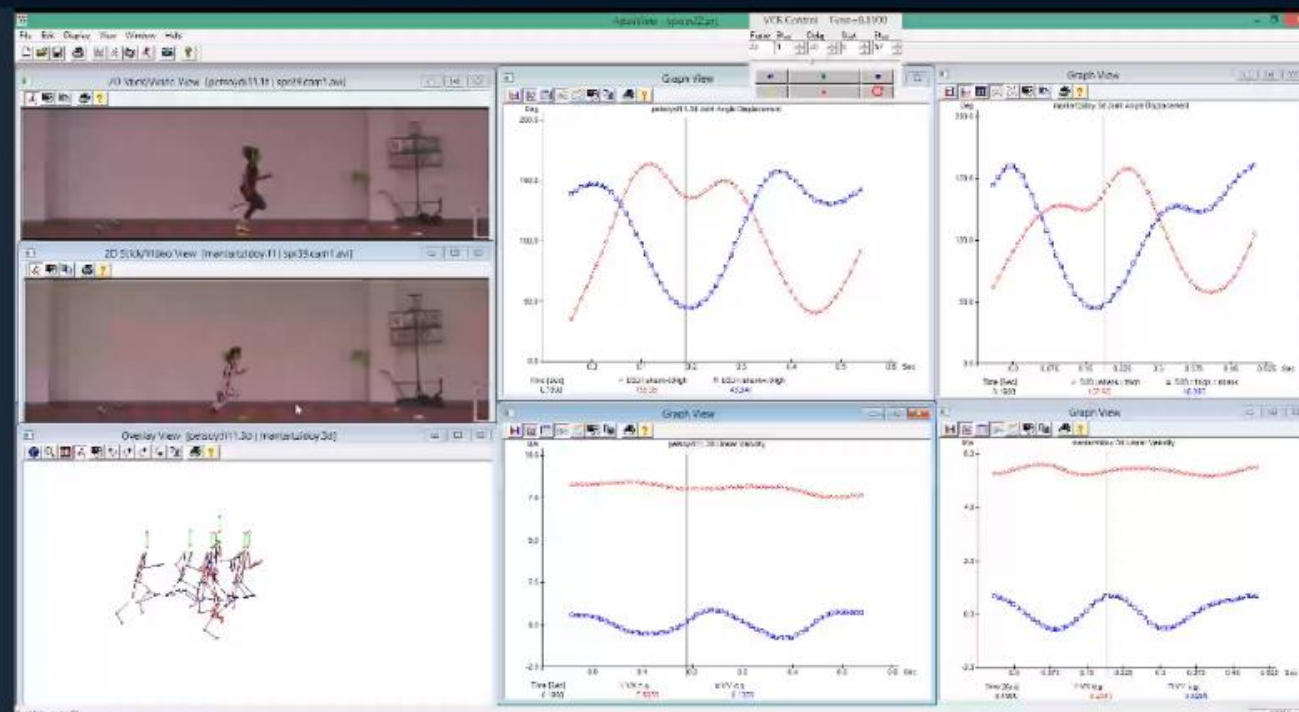
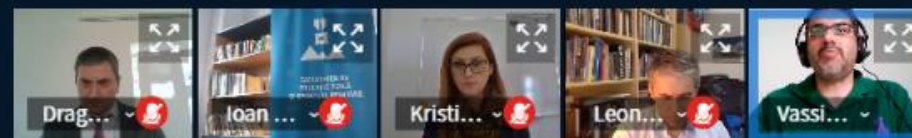
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Vassilios Panoutsako...



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Professeur JAVILLIER

PT - Paulo Rocha

Radu Bidiugan

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Di Di Cola Giovanni 3:57 PM

I agree that is why we need to learn from those who can explain and guide decisions on such sensitive matters

Va Vassilios Panoutsak... 3:59 PM

ok

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Leonardo Tartaruga, ...

Drag... loan... Kristi... Leon... Man... Vassi...

Keynote

2021_2_NW_Kinesiotherapy_roments

2021_18_report_targhia_milano

2021_17_concoursbutor

2021_8_Audiobase_Kinesiotherapy...

Mian et al., Acta Physiol, 2006

age (years)

metabolic cost

VO2max

The optimum speed of walking

speed (km/h)

OLD Walk

YOU Run

YOU Walk

41 mlO2/(kg min)

38 mlO2/(kg min)

35 mlO2/(kg min)

32 mlO2/(kg min)

29 mlO2/(kg min)

26 mlO2/(kg min)

23 mlO2/(kg min)

20 mlO2/(kg min)

17 mlO2/(kg min)

14 mlO2/(kg min)

11 mlO2/(kg min)

HT

Parkinson

anziano

giovane

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Alina Iltu



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Leonardo Tartaruga, ...



Keynote presentation slide titled "Nordic Walking for the Management of People With Parkinson Disease: A Systematic Review" by Lucia Cugusi, PhD, Andrea Manca, PhD, Daniele Dragone, MSc. The slide includes a list of bullet points: "The feasibility of NW" and "Comparison against other methods: controversial outputs". A large text overlay at the bottom says "Click to unmute yourself." The slide also features a logo for the American Academy of Physical Medicine & Rehabilitation and a reference to PM R 9 (2017) 1157-1166.



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Manuela Caciula, U.S.A.

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Adrian Mosoi



Alexandra Cataramă
Mobile



Alina Utu



Anca Ionescu

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Di Cola Giovanni 3:57 PM

I agree that is why we need to learn from those who can explain and guide decisions on such sensitive matters



Vassilios Panoutsak... 3:59 PM
ok

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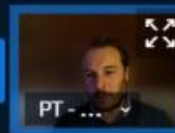
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PT - Paulo Rocha



EUPASMOS & EUPASMOS PLUS Project

Lisbon-Brasov// 11th March // 2022



EUPASMOS



Co-funded by the
Erasmus+ Programme
of the European Union

5. EUPASMOS CENTRAL DATABASE MANAGEMENT & CLEANING PROCESS

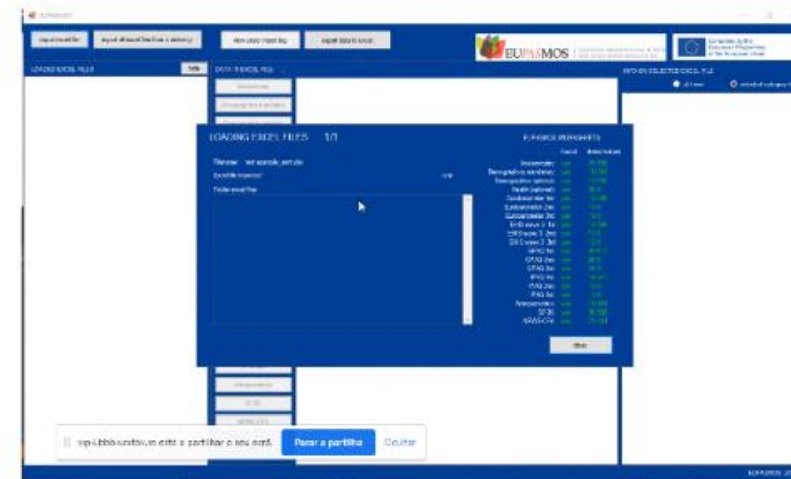
Variables Included

over 230 variables

18 countries

At least 2 sets of data per tests

Multiple categories of data



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Manuela Caciula, U.S.A.

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Mobile



Stoica Adrian Ionut



Ungureanu Larisa



Vassilios Panoutsakopoulos
Webcam



Wili Grosz
Mobile



Wili Grosz
Mobile

Public Chat



Di Cola Giovanni 3:57 PM

I agree that is why we need to learn from those who can explain and guide decisions on such sensitive matters



Vassilios Panoutsakopoulos 3:59 PM
ok

Welcome to YPOM 2022!

For help on using BigBlueButton see these (short) [tutorial videos](#).

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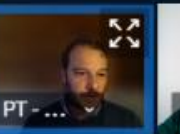
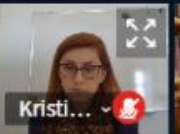
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YPOM 2022



PT - Paulo Rocha



EUPASMOS & EUPASMOS PLUS Project

Lisbon-Brasov// 11th March // 2022



EUPASMOS

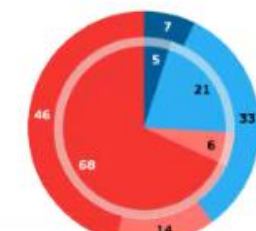


Co-funded by the Erasmus+ Programme of the European Union

QB1 How often do you exercise or play sport? (% - NEVER)



Q1 How often do you exercise or play sport? (%)



EU28 Outer pie PT Inner pie

EU28		PT	
EB08.4	EB08.4-EB00.2	EB08.4	EB08.4-EB00.2
7	-1	5	-3
33	=	21	+1
14	-3	6	-2
46	+4	68	+4
0	=	0	=

Evolution 12/2017 (EB08.4) - 11-12/2013 (EB00.2)

Base: All respondents (N=28,031)



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Oancea Bogdan

Manuela Caciula, U.S.A.

NOTES

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USERS (69)

Dragos Tohanean_Romania (You)
Webcam

dragos.tohanean@unitbv.ro

Vlad Alexandru Simion

Adrian Mosoi

Alex Zota

Alexandra Cataramă
Mobile

< Public Chat

Di Di Cola Giovanni 3:57 PM

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ok

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YPOM 2022

Vassilios Panoutsako...

Drag... Ioan... Leon... Vassi...

Sprint kinematics progression through the developmental age
YPOM2022, Brasov - Romania, 11 March 2022

Age differences: sprint velocity

Distance Segment (m)	11 (m/s)	16 (m/s)	20+ (m/s)
0-10m	~4.8	~6.2	~6.5
10-20m	~6.5*	~8.2*	~8.8*
20-30m	~6.8*	~8.8*	~9.2*
30-40m	~6.6*	~9.2*	~9.8*

*: $p < .05$ compared to the previous 10-m segment

(Chatzizazaridis et al., 2012)

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Oancea Bogdan

Manuela Caciula, U.S.A.

NOTES

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USERS (65)

Manuela Caciula, U.S.A.
Webcam

Marcu Stefania

maria.cernat@student

mihaela.chicomban@initbv.r
Mobile

Mihai Georgescu

Mihai Ioan
Mobile

< Private Chat with Manuela Caciula X

Dr Dragos Tohanean_R... 4:25 PM
servus

Dr Dragos Tohanean_R... 4:25 PM
daca vrei sa intrebi ceva...te rog

Send message to Private Chat with Manuela Caciula, U.S.A.



< YPOM 2022

Vassilios Panoutsako...

Drag... loan ... Kristi... Leon... Man... Vassi...

Sprint kinematics progression through the developmental age
YPOM2022, Brasov - Romania, 11 March 2022

Key coordination factors in sprinting technique

- 1 maximum lift of the swing leg's knee ↔ instant of support leg takeoff
- 2 heel recovery ↔ instantaneous with ipsilateral touchdown

→ important: "active"/pawing foot placement near the projection of the Body Center of Mass (BCM)

14 16:25

Microphone icon, Speaker icon, Video icon, Screen share icon, Hand icon

MESSAGES

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Oancea Bogdan

NOTES

Shared Notes

USERS (62)

Pop Silvia Chris

popa.daniela@unitbv.ro
Mobile

Professeur JAVILLIER

PT - Paulo Rocha

Radu Bidiugan
Webcam

Raluca Mijaica
Mobile

Raluca Radu

< Public Chat

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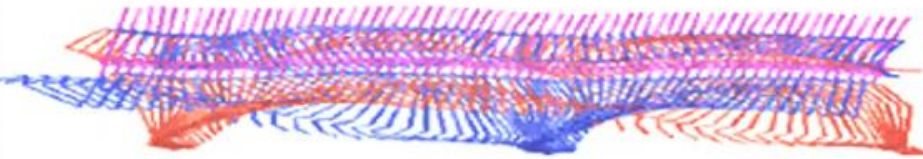
YPOM 2022

Vassilios Panoutsako...

Vassi... Leon... Ioan... Kristi... Man... Drag...

Sprint kinematics progression through the developmental age
YPOM2022, Brasov - Romania, 11 March 2022

Sprint kinematics progression through the developmental age



Dr. Vassilios Panoutsakopoulos
Special Teaching Staff
Biomechanics Laboratory
Aristotle University of Thessaloniki
Greece

bpanouts@phed.auth.gr

CC BY SA

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Webcam



dragos.tohanean@unitbv.ro



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Adrian Mosoi



Alex Zota



Alexandra Cataramă

Mobile



Alina Iltu



YPOM 2022



Leonardo Tartaruga, ...



Keynote presentation slide titled "gait biomechanics in PD". The slide content includes:

- gait biomechanics in PD
- Parkinson's versus healthy
- ↓ velo (km/h) = 0,47 (tre); 0,61 (ground)
- ↓ step length = 16 cm (=tread x ground)
- ↓ step rate = 1,75 step/min (nd tread)
- ↑ double stance = 1,7% (=tread x ground)
- ↓ single stance = 1,7% (=tread x ground)
- Zanardi et al., 2020

The slide is displayed within a Keynote application window, showing various toolbars and a sidebar with a list of users.



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Oa Oancea Bogdan

Ma Manuela Caciula, U.S.A.

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Webcam

Dr dragos.tohanean@unitbv.ro

V Vlad Alexandru Simion

Ad Adrian Mosoi

AI Alex Zota

AI Alexandra Cataramă
Mobile

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Di Di Cola Giovanni 3:57 PM

I agree that is why we need to learn from those who can explain and guide decisions on such sensitive matters

Va Vassilios Panoutsak... 3:59 PM

ok

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YPOM 2022


Vassilios Panoutsako...

Drag... loan ... Kristi... Leon... Vassi...

Sprint kinematics progression through the developmental age
YPOM2022, Brasov - Romania, 11 March 2022

adult female

♀

Click  to unmute yourself.

16:37

Q2

Oa

Ma

NOTES



USERS (67)

Dr

Dr

V

Ad

AI

AI

Alexandra Cataramă
Mobile

...

Di Cola Giovanni 3:57 PM

I agree that is why we need to learn from those who can explain and guide decisions on such sensitive matters

Va Vassilios Panoutsak... 3:59 PM
ok

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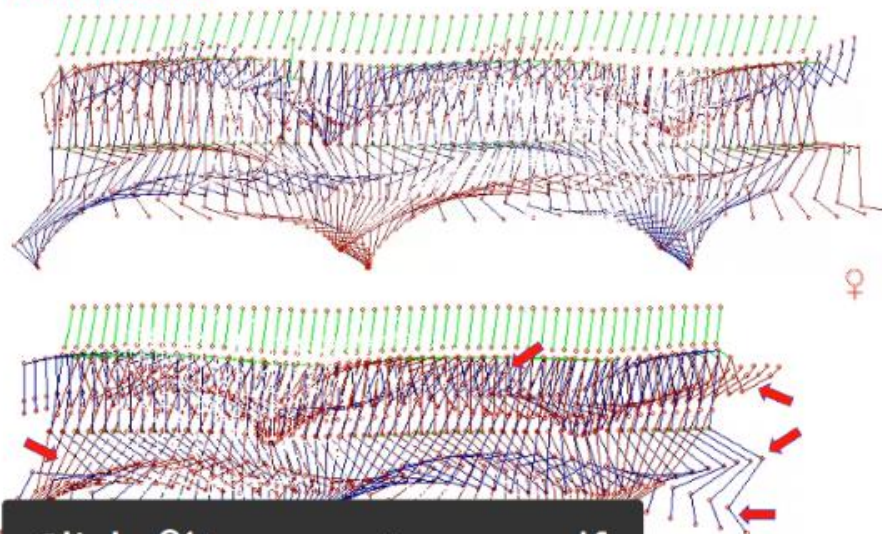
loan ...

CALLISTER, JR.
PETER TONG
GRANTING OF PATENTS



Sprint kinematics progression through the developmental age
YPOM2022, Brasov - Romania, 11 March 2022

Adult female



Click  to unmute yourself.

16:42



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Oa

Oancea Bogdan

Ma

Manuela Caciula, U.S.A.

NOTES

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USERS (59)

Dr

Dragos Tohanean_Romania (You)

Webcam

Dr

dragos.tohanean@unitbv.ro

Al

Alexandra Cataramă

Mobile

Al

Alina Utu

An

Anca Ionescu

An

Antohe Bogdan

<

Public Chat

Di

Di Cola Giovanni

3:57 PM

I agree that is why we need to learn from those who can explain and guide decisions on such sensitive matters

Va

Vassilios Panoutsak...

3:59 PM

ok

Welcome to **YPOM 2022!**

For help on using BigBlueButton see these (short) [tutorial videos](#).

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Di Cola Giovanni is typing

<

YPOM 2022

PT - Paulo Rocha

PT - ...

Vassi...

Radu...

Leon...

Ioan ...

Drag...

EUPASMOS & EUPASMOS PLUS Project

Lisbon-Brasov// 11th March // 2022

EUPASMOS

Co-funded by the Erasmus+ Programme of the European Union

10. CHALLENGES FOR IMPLEMENTATION

• Definition of the final methodology, adjusted with Eurobarometer and EUROSTAT

- Articulation with the DE-PASS project

• Data collection using national representative samples


• Inclusion of children and youngsters


- Articulation with the *Fitback* project


• Definition of a EU sport and PA monitoring integrated system including 27 MS and the addition European Countries


- Global perspective


• Definition of strategies


Click  to unmute yourself.














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Webcam

Dr dragos.tohanean@unitbv.ro

Al Alexandru BONDOC

Al Alexandru.kiss

An Anca Ionescu

An Andra Beldie

An Andreea
Mobile

An Angelica Morosanu

< Public Chat

io ioana.igas@... (Online) 9:58 AM
Good morning!

Bu BUTU IOANA MARIA 9:58 AM
BUNA DIMINEATA

Tu Tutica Andreea 9:59 AM
Good morning!

Dr Dragos Tohanean_R... 10:00 AM
ioana.curitanu@unitbv.ro

Ro Roxana Tincea (RO) 10:03 AM
Good morning!

Si SIMION Gabriel 10:03 AM
Bună dimineața, tuturor! Good morning everyone!

An Angelica Moroșanu 10:08 AM
Good morning everyone

Send message to Public Chat


YPOM 2022

Hadi Nobari

Hadi ... jero... Kristi... Man... Marc... Drag...

Requires high fitness in most physical fitness factors

Therefore, training and nutrition strategies are very important.

Click  to unmute yourself.

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USERS (78)

- Dr Dragos Tohanean_Romania (You) Webcam
- Dr dragos.tohanean@unitbv.ro
- Ad Adriana Munteanu
- Al Alexandru BONDOC
- Al Alexandru.kiss
- An Anca Ionescu
- An Andra Beldie
- An Andreea

< Public Chat

Bu BUTU IOANA MARIA 9:50 AM
BUNA DIMINEATA

Tu Tutica Andreea 9:59 AM
Good morning!

Dr Dragos Tohanean_R... 10:00 AM
ioana.curitaniu@unitbv.ro

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An Angelica Moroșanu 10:08 AM
Good morning everyone

Do Dobrin Alexandru 10:10 AM
good morning!!!


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YPOM 2022

Hadi Nobari

Results of Body Composition

Variables	Groups	Pre-Season			Mid-Season			Post-Season			Mean Pre-Post Season (95% CI)		Effect Size
		M=SD	M=SD	M=SD	M=SD	M=SD	Lower	Upper	Change	Cohen's D			
Body composition													
Body Fat %	BG	8.7±2.7	7.8±2.4	7.8±2.4	-13.1	-6.8	-9.0	-0.353					
	PG	9.2±3.5	8.6±3.2	8.4±3.1	-8.5	-6.5	-8	-0.295					
Body Fat (kg)	BG	5.1±1.6	4.6±1.4	4.7±1.5	-12.1	-6.6	-9.3	-0.311					
	PG	6.2±2.7	5.8±2.6	5.7±2.5	-10.5	-5.2	-7.1	-0.177					
LBM (kg)	BG	54.0±4.6	54.0±4.6	55.0±4.9	0.4	3.1	1.7	0.197					
	PG	59.6±5.4	59.9±5.4	60.7±5.1	0.9	2.8	1.8	0.208					

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- Al Alexandru BONDOC
- Al Alexandru.kiss
- An Anca Ionescu
- An Andra Beldie
- An Andreea

< Public Chat

Bu BUTU IOANA MARIA 9:50 AM
BUNA DIMINEATA

Tu Tutica Andreea 9:59 AM
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ioana.curitianu@unitbv.ro

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Good morning everyone

Do Dobrin Alexandru 10:10 AM
good morning!!!

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Manuela Caciula, U.S.A.


Man... FEFS... jero... Kristi... Marc... Drag...






UNJCU NEW JERSEY CITY UNIVERSITY

TEACHERS COLLEGE COLUMBIA UNIVERSITY

PHYSICAL ACTIVITY COACHING INTERVENTIONS IN PEOPLE WITH EARLY STAGES NEURODEGENERATIVE DISORDERS

Manuela Caciula, PhD Assistant Professor
New Jersey City University, Jersey City, USA
Teachers College, Columbia University, NYC, USA

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- An Andreea

< Public Chat

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ioana.curitianu@unitbv.ro

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An Angelica Moroșanu 10:08 AM
Good morning everyone

Do Dobrin Alexandru 10:10 AM
good morning!!!

Si SIMION Gabriel 10:37 AM
Condrtatulations on your presentation and work , Mr. Hadi Nobari!

Send message to Public Chat

< YPOM 2022

Manuela Caciula, U.S.A.

Drag... FEFS... Hadi... Kristi... Man... Marc...

PA Behavioral Change Intervention

PLAN

- Develop a physical activity plan.

SET GOALS

- Specific, realistic and meaningful to you.

MONITOR FOR SAFETY

- Moderate to somewhat hard levels (3-4 on the BORG scale)

RECORD YOUR PROGRESS

- Calendar, diary
- Smart Phone, Activity Monitor

xp2.bib.unitbv.ro is sharing your screen. Stop sharing Hide

Microphone Mute Video On/Off Screen Share Hand

MESSAGES

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Dr Dr. Peter Sagat

NOTES

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USERS (57)

Dr Dragos Tohanean_Romania (You)
Webcam

Dr dragos.tohanean@unitbv.ro

Al Alexandru BONDOC

An Anca Ionescu
Webcam

An Andrei Dragomir Romania

An Angelica Moroşanu

Bu BIUTU IOANA MARIA

< Public Chat

vreau si eu sa intru putin

Ha Hadi Nobari (offline) 11:28 AM
Thank you, Simion!

Ca Carmen Gugu-Gram... 11:31 AM
Thanks for your presentation,
very interesting topic

Kr Kristina PANTELIC ... 11:33 AM
Thank you, so great to hear that
and be with all of you today.

Dr Dragos Tohanean_R... 11:34 AM
We thank you very much, we
hope next year to meet in
normal conditions and to have
an efficient collaboration

Kr Kristina PANTELIC ... 11:35 AM
That would be great. Thank you

Send message to Public Chat

< YPOM 2022

Anca Ionescu

Anca... Kristi... Man... Roxa... FEFS... Drag...

Future Direction

The slide features a red header with the title "Future Direction". Below the title, on the left, are three smartphones displaying various data visualizations including line graphs and bar charts. On the right, there is an image of two people in motion, possibly performing a dance or a physical activity, against a light background.

MESSAGES



Public Chat



Dr. Peter Sagat

NOTES



Shared Notes

USERS (49)



Mobile



Monica Stancu



Neagu Bogdan-Mihail



Nechita Florentina
Mobile



Oancea Bogdan
Mobile



popa.daniela@unitbv.ro
Mobile



Radu David

< Public Chat



very interesting topic



Kristina PANTELIC ... 11:33 AM
Thank you, so great to hear that
and be with all of you today.



Dragos Tohanean_R... 11:34 AM
We thank you very much, we
hope next year to meet in
normal conditions and to have
an efficient collaboration



Kristina PANTELIC ... 11:35 AM
That would be great. Thank you



Carmen Gugu-Gram... 11:48 AM
Congratulation Anca, very
actual your topic. Let's hope
that we are still not completely
out of the management of
sports activity

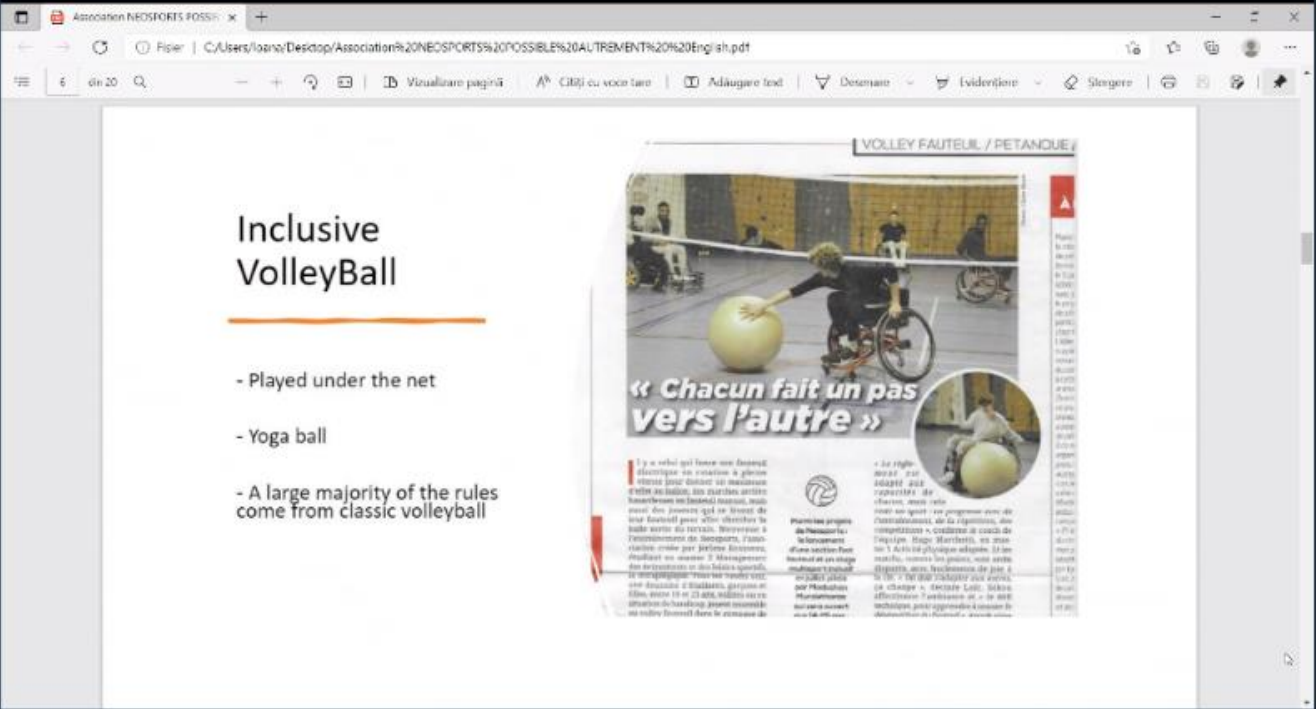
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YPOM 2022



Marchetti Hugo



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Dr. Peter Sagat

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USERS (45)

Alexandru BONDOC

Anca Ionescu

Andrei Dragomir Romania

Angelica Moroşanu

BUTU IOANA MARIA

Caprita Florin

Caragă Leonard-Florin

< Public Chat

very interesting topic

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Congratulation Anca, very actual your topic. Let's hope that we are still not completely out of the management of sports activity

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YPOM 2022

jerome rousseau Neo...

Drag... FEFS... jero... mad... Marc... Roxa...

Association NEOSPORTS POSSIBLE

NEW ECOSYSTEM

Sports inclusifs

Education

Awareness

Corporate Sports

Microphone, Speaker, Video, Screen, Hand icons

MESSAGES

Public Chat

Dr Dr. Peter Sagat

NOTES

Shared Notes

USERS (44)

Al Alexandru BONDOC

An Anca Ionescu

An Andrei Dragomir Romania

An Angelica Moroşanu

Bu BUTU IOANA MARIA

Ca Caprita Florin

Ca Caragă Leonard-Florin

< Public Chat

very interesting topic

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< YPOM 2022

Roxana Tincea (RO)

Drag... FEFS... jero... Kristi... Roxa...

MAIN COMPONENTS USED AT COMPETITIVE ASSESSMENT

DIFFICULTY:

- ❖ Body Difficulty
- ❖ Apparatus Difficulty

EXECUTION:

- ❖ Technical Faults

ARTISTIC:

- ❖ The character of the movement
- ❖ Dance Steps Combinations
- ❖ Body Expression
- ❖ Rhythm and connections, etc.

FINAL SCORE

D score + A score + E score

Drag... FEFS... jero... Kristi... Roxa...

Microphone Mute/Unmute, Speaker, Video On/Off, Screen Share, Hand Icon

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Dr. Peter Sagat

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USERS (45)

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Anca Ionescu

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< YPOM 2022


Roxana Tincea (RO)

Drag... FEFS... jero... Kristi... Roxa...

❖ The essential characteristic of Rhythmic Gymnastics and what differentiates it from other sports is the interaction between body movement, the movement of specific apparatus and musical accompaniment.

❖ The choreographic composition obtained from the combination of these elements, is intended to be of the highest level, and is found in the sports result.

Body Music Apparatus

Click  to unmute yourself.

