



Transilvania
University
of Brasov

FACULTY OF PHYSICAL EDUCATION
AND MOUNTAIN SPORTS



YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT

**International Scientific Conference
February 22-24, 2024 - Braşov, Romania**

Organizer of this scientific event:

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

YPOM 2024

IMPORTANT DATES

The registration deadline for participants and for submitting the Abstract – February 10, 2024.

(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 1, 2024.

The ABSTRACT will be sent by the previously mentioned date to the email address:

ypom@unitbv.ro

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

PUBLICATION

The scientific (full-text) articles that will be accepted will be published in:

The Bulletin of Transilvania University of Brasov, Series IX – Sciences of Human Kinetics. This scientific journal is covered/indexed in: EBSCO, ERIH Plus, ProQuest, DOAJ, CrossRef, EZD, WCOSJ, WordCat.

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

Template and information:

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

TERMS OF THE POSTER DRAFTING

The poster must have the size of 100/70 cm. The option for poster presentation will be communicated when you send the abstract.

PARTICIPATION FEE

The conference fee:

- 300 lei (60 euros) / paper; 400 lei (80 euros) / two papers
- 250 lei (50 euros) / paper, 350 lei (70 euros) / two papers for doctoral and master students (only as first author).

The conference fee covers technical facilities, the conference map, and participation in the conference activities (plenary presentations, workshop, and poster session) and social evening (only for the main author).

More information:

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

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FEBRUARY 22-24, 2024

YPOM 2024 TRANSILVANIA UNIVERSITY OF BRASOV, ROMANIA

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FEBRUARY 22 - 24, 2024

YPOM 2024

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LOCATION

FEBRUARY 22 - 24, 2024

YPOM 2024

Conducting the conference

Transilvania University of Braşov - Sergiu Chiriacescu Hall

Address: 41 Iuliu Maniu Street, Braşov, 500091, Romania

<https://goo.gl/maps/teamKD8oFPVsewmH7>

45.65122967181262, 25.60284321072183

Social evening

Aro Palace Hotel

Address: 27 Eroilor Boulevard, Braşov, 500030, Romania

<https://goo.gl/maps/B6Hyk96UfgrK8M6M8>

45.64522603675074, 25.59051371152757



Transilvania
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FACULTY OF PHYSICAL EDUCATION
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**TRANSILVANIA UNIVERSITY FROM BRASOV
FACULTY OF PHYSICAL EDUCATION AND MOUNTAIN SPORTS**



PROGRAM

International Scientific Conference

**YOUTH IN THE PERSPECTIVE OF THE OLYMPIC
MOVEMENT**

February, 22-24, 2024

Brasov, Romania

CONFERENCE SCHEDULE

Thursday, February 22, 2024 – University auditorium

11:00 - Guests arrival and accommodation

13:30 - Coffee break and snack

14:00 - Conference opening works

Chairman of the Conference

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

Official from Transilvania University of Brasov - **Rector/ Vice-rector**;

Mr. **Allen Coliban** - Mayor of the city of Brasov;

Mr. Prof. **Geoff Thompson**, PhD - Founder YOUTH CHARTER, UK;

Mr. **Radu Bidiugan**, PhD - Director of the National Sports Research Institute, Romania;

Mr. **Mihai Covaliu**, President of the Romanian Olympic and Sports Committee;

Mr. Prof. **Emanuele Isidori**, PhD, PhD - University Foro Italico of Rome, Italy;

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

Mr. Assoc. Prof. Dr. **Mücahit Fişne**, PhD - Sports Sciences Faculty of Sivas Cumhuriyet University, Turkey;

Mrs. Lecturer **Patricia Eyres** - PhD, Occupational Therapy Consultant, University of Plymouth, UK;

Mr. Lecturer **Lucian Burchel**, PhD Director of the Federal Coaching School (Responsible for the Implementation of the UEFA Licensing System in Romania), Romanian Football Federation;

Mr. **Ovidiu Florin Tripșa**, General school inspector - Brașov County School Inspectorate;

Mr. Mr. Assist. **Luciano Pedulla**, volleyball coach, University of Milano, Italy, Invited Guest at Transilvania University;

Mr. **Alexandru Dedu** - General Manager CSM Corona Brașov, Romania;

Mr. Assist. **Peter Sagat**, PhD, Director - Head of the Health and Physical Education Department, Prince Sultan University, Riyadh, Saudi Arabia;

Mrs. **Daciana Drăcea**, Director - High School with Sports Program, Brașov, Romania;

Mr. **Vassilios Panoutsakopoulos**, PhD, Special Teaching Staff Biomechanics Laboratory, Department of Physical Education and Sports Science Aristotle University of Thessaloniki, Greece;

Mrs. Assist. **Teresa Marinova**, PhD, Olympic gold medalist, National Sports Academy "Vassil Levski", Sofia, Bulgaria;

Assist. Prof. **Fatma Ben Waer**, PhD, High Institute of Sport and Physical Education of Sfax, University of Sfax, Tunisia.

Keynote speaker:

Mr. Prof. **Geoff Thompson**, PhD, Youth Charter, UK: **"The bidding, hosting and legacy of major games in the delivery of the UN 2030 Sustainable Development Goals in the sport and physical activity of young people and communities, in particular, from historical deprivation and disadvantage"**.

15:30 - Coffee break and snack

16:00 - Workshop: "CURRENT ETHICAL CHALLENGES IN RESEARCH IN THE FIELD OF SPORTS SCIENCE AND PHYSICAL EDUCATION" (hall U.I.5)

Activity coordinator: Prof. **Emanuele Isidori**, PhD, PhD, University of Rome "Foro Italico", Italy;

16:00 - The Deans' Forum (hall U.I.6)

**16:00 - Workshop : "OCCUPATIONAL THERAPY"
(hall U.I.7)**

Activity coordinator: Lecturer **Patricia Eyres**, PhD, Occupational Therapy Consultant, University of Plymouth, UK

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

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Friday, February 23, 2024 – University auditorium

9:30 - Coffee break

10:00 - Paper presentaiions (hall U.I.6)

Invited speakers:

Assist. Prof. **Luciano Pedulla**, PhD, Volleyball Coach, University of Milan, Italy: "Young people sports performance";

Assist. Prof. **Fatma Ben Waer**, PhD, University of Sfax, Tunisia: "Effects of an Adapted Zumba Dancing Program on Physical Performance and Psychological Wellbeing in Middle-Aged Women";

Assist. Prof. **Peter Sagat**, PhD, Prince Sultan University, Riyadh, Saudi Arabia: "Self Esteem in Team Sports and its role in Mental Coaching";

Assist. Prof. **Vassilios Panoutsakopoulos**, PhD, Aristotle University of Thessaloniki, Greece: "Biomechanical differences of the high-jump take-off between adolescent male and female U16 athletes";

Assist. Prof. **Peter Bartik**, PhD, Prince Sultan University, Riyadh, Saudi Arabia: "Percussion Massage Guns - Effective or Not in Athletic Performance";

Assist. Prof. **Bogdan Sorin Olaru**, PhD Student, Dunarea de Jos University of Galati, Romania: "The Physical Education and Sports lesson from Romania: education or sport?".

10:00 - Workshop : "CONSTRAINT INDUCED MOVEMENT THERAPY (CIMT) FOR THE NEUROLOGICALLY IMPAIRED CHILD" (hall U.I.7)

Activity coordinator: **Karen Ziegler**, Specialist Physiotherapist, Ubuntu Training, London, UK

12:00 - Posters session

13:00 - The awards ceremony

Saturday, February 24, 2024 – University auditorium

11:00 - Specific student activities

Volume of ABSTRACTS

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Editor

Dragoş Ioan Tohănean, Assoc.prof., PhD, Braşov, Romania
Vice Dean - Scientific Research and Informatization

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

CONTENT

THE SECTIONS OF THE CONFERENCE

THE CURRENT OLYMPIC MOVEMENT

THE COMPLEX RESEARCH OF THE TRAINING PARAMETERS OF HIGHLY QUALIFIED ATHLETES IN CYCLIC SWIMMING
SPORTS WITH DIFFERENT ORIENTATION OF MUSCULAR ACTIVITY DURING THE COMPETITIVE PERIOD OF THE
ANNUAL TRAINING CYCLE

Branişte Gheorghe

Dunărea de Jos University, Galaţi, Romania
State University of Physical Education and Sport, Chisinau, Republic of Moldova

Abstract

The efficiency of the highly qualified athletes conditions training in the application of a complex medical, biological and pedagogical control as a management tool in the training process, allowing the correction in order to achieve appropriate sports training requirements, necessary for participation in official international competitions. The study was carried out in the conditions of the National Centre of Sports Medicine "ATLETMED" and the Athletics, Swimming and Tourism Department of State University of Physical Education and Sport of Chisinau, where athletes, masters of sports aged between 19-25 years old participated. The analysis of training parameters highlighted the presence of differences in physical development, its morphofunctional capacity and psychomotor training conditioned on the one hand by competitive orientation and on the other hand by gender. It has been established that the main condition that determines the level of training of highly qualified athletes in cyclic swimming sports represent the specific working regime of the muscles and musculoskeletal system, which acts on the body according to the mechanism of motor-visceral reflexes. This determines the requirements for achieving the best condition of the athlete's body due to the morphofunctional and psychomotor specialization of all organs and systems of the athlete's body necessary to demonstrate the planned sports results during the period of official competitions.

Keywords: physical development, training tests, capacity, physical performance, psychomotor skills.

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

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.

FUNCTIONAL PERFORMANCE TESTING TO EVALUATE STRETCHING PROGRAMS FOR SPRINTERS AND JUMPERS

Marinova Tereza, Popova-Dobreva Diana

National Sports Academy, Sofia, Bulgaria

Abstract

Flexibility is a crucial element for success in various sports, notably in athletics, especially for runners and jumpers. Inadequate flexibility heightens the risk of strains, sprains, and other musculoskeletal issues. This article forms part of a project aimed at devising warm-up and cool-down stretching routines. The study population is adolescent athletes. The following assessment methods are used: Trunk Power Test (Backward Overhead Medicine Ball Throw); Lower Extremity Power Tests (Vertical Jump; Standing Long Jump); Upper Extremity Power Test (Seated Shot-Put Medicine Ball Throw); Sprint Test (30 Meter Flying Start). Conclusion. The warm-up program is designed to facilitate dynamic muscle engagement and prepare the body for activity. Meanwhile, the relaxation program focuses on enhancing muscle and tendon flexibility, thereby decreasing the risk of overuse injuries and improving overall lower extremity resilience. Determining the influence of various stretching programs on speed-power metrics will aid in adjusting training protocols and enhancing competitive performances.

Keywords: Adolescent track and field athletes, power and sprint tests.

STRATEGIES FOR OLYMPIAN ATHLETES: ENGAGING FANS DURING THE FOUR-YEAR INTERIM PERIOD

Mücahit Fişne, Ali Hasaan, Kerim Ali Akgül

Faculty of Sports Sciences, Sivas Cumhuriyet University, Sivas, Türkiye

Department of Business Administration, NFC IET, Multan, Pakistan

Faculty of Sports Sciences, Sivas Cumhuriyet University, Sivas, Türkiye

Abstract

The Olympic Games present athletes with exceptional opportunities to gain familiarity owing to their extensive viewership and widespread popularity. However, it only happens once every four years. Therefore, this research explores how Olympian athletes might effectively interact with and bond with fans in the four years that elapse between Olympic Games, a period typically characterized by limited opportunities for participation in significant events. Fifteen professionals from the media, marketing, and academic fields were interviewed as part of a qualitative research approach to identify several approaches that were thought to be successful in encouraging fan interaction with Olympians in the interim. The experts' insights revealed several crucial strategies, such as creating and sharing content on social media to maintain a strong online presence; utilizing talk shows and interviews to gain exposure on mass media; regularly participating and covering different sports events; forming alliances with

brands; sharing personal details of their lives; and setting up fan clubs and events. According to the experts, these are useful strategies that Olympians can use to build long-lasting relationships with their fan base.

Keywords: Olympiade, Branding, Olympic movement, Olympian athlete, Fan engagement.

THE LAWS OF THE FOOTBALL GAME - IMPLICATIONS IN TRAINING AND PERFORMANCE

Panait Ciprian, Panait Loredana

National University of Physical Education and Sports, Faculty of Physical Education and Sport, Bucharest, Romania

National University of Physical Education and Sports, Doctoral school, Bucharest, Romania

Abstract

The world was and is in permanent change, which can be perceived in all spheres of life. What is different in the last decades, from this perspective of changes, goals and limits, is the speed with which all this unfolds and manifests itself.

Football is part of this continuous change, referring both to the development of human resources and to the development of new methods and means of training. In this research paper we propose to analyze the implications of the Laws of the Football Game, more precisely the changes and additions made in recent years, on the training process and how these changes determine a rethinking of the training and game concept. The research is based on the analysis of the evolution of the top teams from the strong championships of Europe, focusing on tactical changes and on the main indicators of physical preparation. The results of the research confirm the hypothesis according to which the changes made to the Laws of the Football Game have major implications in the concept of training and playing. In our opinion, the entire training concept should directly address the effects of additions and changes to the rules of the game.

Keywords: football, training, concept, game laws.

FUNCTIONAL ASSESSMENTS OF TRACK AND FIELD ATHLETES FOR RELATIVE SHORTNESS IN PARTICULAR MUSCLES

Popova-Dobreva Diana, Marinova Tereza

National Sports Academy, Sofia, Bulgaria

Abstract

This article contributes to a project focused on crafting stretching exercise regimens tailored for runners and jumpers. The aim is to enhance the extensibility of muscles prone to shortening, particularly targeting specific muscles in the lower limbs, as well as the trapezius and paravertebral muscles. The program targets specialists in sports training and kinesiotherapy, benefitting from its application. The study cohort comprises adolescent track and field athletes. Subjects undergo testing to identify muscle shortening in various muscle groups, including the lower extremities (such as m.iliopsoas, triceps surae, m.soleus, m. rectus femoris, and biceps femoris, semitendinosus and semimembranosus muscle group), as well as the paravertebral muscles and m. trapezius.

Conclusion. Identifying muscle shortening among adolescent track and field athletes will enhance the development of stretching programs for warm-up and cool-down routines specifically tailored to runners and jumpers in track and field events.

Keywords: Adolescent track and field athletes, Physiotherapy tests for shortness of muscles.

REPRESENTING THE IMPORTANCE OF OLYMPIC VALUES IN THE PERSONALITY STRUCTURE OF YOUNG PEOPLE TODAY

Popescu Răducu, Oltean Antoanela

Faculty of Physical Education and Sport, The Department of Physical Education, Sports and Physical Therapy, Ovidius University of Constanta, Constanta, Romania

Abstract

This study aimed to gain a higher level of understanding of the Olympic concept. We wanted to emphasize the representation of Olympic values in the personality structure of today's young people. Methods. The subjects of the study are the university's

clients, in the last year of the bachelor's cycle. A total of 54 subjects were included in this study. The study used an application in which the subjects chose and designed the answers, without preserving their identity, prior training was conducted. Results. The results generated by the application and analyzed statistically reveal a structural change in the personality structure of young people. In the stable system with complete individual social, psychological, social characteristics, 41.7% refuse volunteering activities, 39.2% engage in a race only if they have something to gain.

Conclusions. The results of the research show us significant changes between the values obtained in 1997 and that of 2023. The importance of Olympic values contributes decisively to personality formation, through interaction with the world and society. The core of personality includes Olympic values, generating reasons for conscious action. Therefore, this paper wants to support the steps of strengthening and continuing the introduction of Olympic values in education as the main element of the value system.

Keywords: Olympic values, personality, timeliness.

SPORT ACTIVITIES AND EVENTS – ENGINE OF VALUE CREATION FOR SOCIETY

Simion Alexandru, Cosma Alexandru, Nanu Costin

Faculty of Physical Education and Sport, University of Craiova, Romania

Abstract

Today's sports industry is continuously expanding and evolving on a global scale. Sport is distinctive and remarkable in its scale and influence, reaching billions of participants. Sports managers around the world face the opportunities and challenges of global competition. Uniquely, with each new decade, the sports industry is subject to new events, changing models of governance and ownership, and collaborative interactions between sports and other industries, especially in emerging economies. Country governments are important players through their investment in sport as part of the value creation network. In this article we will explore the key structural elements and players of the sports industry, including the variables that affect the structure and design of the industry. The role of sport activities and events in value creation is analyzed based on three perspectives: playing sport, watching sport and using sport, specifying the basic characteristics and contexts in which certain sport activities create value. It can therefore be argued that in the context of the globalization of sport, the major events industry has been and continues to be instrumental in driving value creation and growth in the sport industry as a whole.

Keywords: sport activity, value creation, globalization of sport.

MEDIA REPRESENTATIONS IN THE OLYMPIC GAMES: QUALITATIVE BIASES AGAINST FEMALE ATHLETES

Stănescu Angela

Institut de Recerca de l'Esport UAB, Plaça Cívica · Edifici N · Planta 1 · Campus de la UAB, Barcelona, Spain

Abstract

This study provides a deep dive into the gendered media portrayals of athletes in the Olympic Games' coverage highlighting persistent biases against female athletes and their sporting practices. A content analysis was performed over all relevant articles extracted from Scopus with the objective of identifying the main issues and gender biases present in the Olympic coverage. The study identified persistent qualitative biases in accordance with previous academic literature, revealing that despite a positive advancement in the quantitative media coverage of female athletes registered by some studies, there is a noticeable tendency to trivialize these athletes through various practices (Choi et al., 2020; Coche & Tuggle, 2016; Fink, 2015; Geurin, 2019). Strategies used to marginalize women's sports like gender marking, infantilization, focus on femininity and heterosexuality, and ambivalent attitudes are vastly reflected in the media representations of female athletes on various channels and platforms across a wide range of territories. The study holds important implications both for academia and media practice. Findings emphasize the need for more inclusive and equitable media portrayals while contributing significantly to the understanding of gendered media coverage within the context of the Olympic Games. Drawing on these results, directions for future research on the nexus between communication, gender, and Olympic Games will be offered and discussed.

Keywords: media, gender, Olympic Games, women, media coverage.

YOUNG PEOPLE SPORTS PERFORMANCE

SPECIFIC PHYSICAL TRAINING IN THE SEAMANSHIP RACE FROM THE NAVAL PENTATHLON

Abramiuc Alexandru, Ene Voiculescu Carmen, Ene Voiculescu Virgil, Croitoru Horia

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Naval Tactics and Armament Department, Faculty of Marine Engineering, Mircea cel Batran Naval Academy, Constanta, Romania

Navigation and Maritime and River Transport Department, Faculty of Navigation and Naval Management, Mircea cel Batran Naval Academy, Constanta, Romania

Abstract

Problem statement. The aim of this research is to present and highlight the main directions of action of the specific physical training on the performances of the athletes in the seamanship race. Objectives are to develop an optimal model of specific physical training that maximizes the performances of the athletes engaged in our research. Research methods is the application of specific tests in order to develop general psychomotor capacity and sensory and intellectual skills. . Our experimental study included two groups of subjects: a group not involved in performance sports activity and a group involved in performance sports activity, respectively. The experimental group was the representative naval pentathlon team of the Naval Academy "Mircea cel Bătrân" Constanța. Thus, the performances recorded by the subjects of the control and experimental groups were processed and interpreted statistically. Conclusions. The results obtained in our research, resulting from the comparative study of the performances recorded by the two groups of students, certify the effectiveness of the specific physical training model applied at the level of the experimental group.

Keywords: physical training, seamanship, naval pentathlon.

THE MENTAL REQUIREMENTS IN THE SEAMANSHIP RACE FROM NAVAL PENTATHLON

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Abstract

Problem statement. The aim of this research is to highlight the role of mental preparation in optimizing the training of athletes who are part of the naval pentathlon team. Research methods. Identifying the mental demands generated by the programmed training process in order to acquire a higher motor baggage. The mental and psychological demands in the preparation of the athletes for the seamanship skills test are governed by the intervention modality in the psychological preparation in the sports training specific to the naval pentathlon. In support of the above-mentioned, a framework training plan adapted to the needs of the athletes who were subjected to psychological demands was created, along with the application of innovative psychological training methods applicable in the naval pentathlon trials. Conclusions. Following the implementation of the training program proposed for the above-mentioned research, we obtained a significant improvement in motor skills due to the implementation of the mechanisms proposed by us, which acted on the mental demands that appeared during the preparation period for the seamanship race.

Keywords: psychic demands, self-control, seamanship.

BIOMECHANICAL ANALYSIS OF TECHNICAL EXERCISES FOR RIGHT KICKING FOR U12 CHILDREN USING ANSYS SOFTWARE

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Abstract

Type of research design. In the preliminary study, we propose an analysis of the biomechanical chain involved in making the right shot in the game of tennis, in the order to objectify the hitting technique. Research subjects. The group of subjects consists of 16 children, of both sexes and aged between 10 and 12 years. Methods. We used the ANSYS 3D Design software allows direct modeling of the transposition of athletes movement into kinematic data. The results obtained provide clear information on certain parameters, such as specific physical training tests, being able to make an objective evaluation and diagnosis of the kinematic data and contributing to the establishment of the biomechanical parameters involved in the technical execution of the athletes included in the research. Conclusions. All the tools we used provided us with objective data regarding the biomechanical analysis of the technical exercises for the forehand stroke of the U12 tennis players, by using the Ansys software.

Keywords: Ansys; parameters; kinematic; forehand.

PERCUSSION MASSAGE GUNS – EFFECTIVE OR NOT IN ATHLETIC PERFORMANCE?

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Abstract

The escalating use of percussive vibration devices in sports has prompted claims of enhanced physical performance, although limited peer-reviewed research exists on their effectiveness. This study investigated the impact of percussion massage on muscular performance, focusing on explosive strength. In the experiment, eighteen healthy males underwent three interventions – Percussion massage (PM), manual activation massage (MM), and the measurement with no intervention (NI) – targeting specific leg muscles. Measurements included single-leg squat jump and countermovement jump. One-Way Repeated Measures ANOVA analysed the data with a significance threshold of $p \leq 0.05$. No statistically significant differences between PM, MM, and NI were found in squat jump and countermovement jump heights ($p > 0.05$). The study suggests that neither a Percussion massage gun nor manual activation massage before athletic performance contributes to lower limb explosive strength improvements, discouraging their use for such objectives.

Keywords: Percussive massage gun, manual massage, sport massage, squat jump, countermovement jump, athletic performance.

THE IMPACT OF SPRINT KAYAKING SPECIFIC TRAINING TECHNIQUES ON PREPARATION FOR SLALOM KAYAKING COMPETITIONS

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Abstract

This study investigates the impact of sprint kayaking specific training techniques on athletes' preparation for slalom kayaking competitions. Employing a quantitative research design, the study involved thirty elite sprint kayakers randomly assigned to a control group and an experimental group, with the latter undergoing a specialized training regimen focused on enhancing agility, strength, and technique specific to slalom kayaking. Methods included a mix of qualitative assessments and quantitative measures, such as time trials, agility tests, and strength evaluations conducted over a six-month training period. The results demonstrated significant improvements in the experimental group compared to the control group in terms of slalom-specific agility, increased upper body strength, and enhanced technical skills in navigating slalom courses. These findings suggest that incorporating sprint kayaking specific training techniques into the regular training schedule of slalom kayakers can substantially improve their performance in competitions. In conclusion, this research highlights the importance of specialized training regimens in the preparation of kayakers for slalom competitions. It underscores the effectiveness of sprint kayaking techniques in

enhancing athletes' agility, strength, and technical proficiency, offering valuable insights for coaches and athletes aiming to optimize training strategies for competitive success in slalom kayaking.

Keywords: sprint kayaking, training techniques, slalom competitions, athletic performance, sport science.

MUSCULAR INJURIES IN THE CONTEXT OF COVID-19 AND THE IMPACT ON THE ACCIDENT RATE IN ATHLETES

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Abstract

COVID-19 represents a condition with multiple impact on organs, manifesting itself through complex musculoskeletal, respiratory, cardiac, neurological and psychological sequelae, with the potential to ultimately lead to disability and deterioration of quality of life. The global pandemic generated by SARS-CoV-2 continues to influence various aspects of daily life. Clinical presentations of patients infected with COVID-19 vary considerably, from asymptomatic to severe and even critical forms. Through this paper we wanted to analyze the current state and future perspectives regarding this issue, taking into account the evolution of the pandemic. After reviewing the literature, we focused on muscle injuries in athletes, given their current nature in the context of the pandemic, and post-COVID-19 complications make them a topic of long-term interest. In the context of muscle injuries during the COVID-19 pandemic and their impact on the accident rate in athletes, physical therapy is an essential component in the recovery and reintegration process of affected athletes, having a crucial role in restoring muscle function and preventing relapses.

Keywords: athletes, COVID-19, muscle injuries.

CONSTATIVE STUDY REGARDING THE IMPORTANCE OF PHYSICAL TRAINING IN HANDBALL

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Abstract

The game of handball has developed a lot from the beginning of its practice until now. The regulations are constantly being improved in such a way that the performance of the players is more and more spectacular. The aim of the paper was to identify the perception of handball players regarding the level of physical training and the opportunities to act in order to improve it. Between July and September 2023, an online questionnaire was designed and applied on the googledoc platform. Participation in this research was voluntary. We received 67 responses, the participants being professional handball players from the first division, female, aged 17-34. The survey identified at the beginning of the championship, a positive opinion of the players on the individual level of individual and collective physical training. Female players are aware of Core training, but don't practice it consistently. There were recommendations to increase the number of stability training. Most of the recommendations received from the respondents aimed at improving physical and psychological training, developing interpersonal relationships between team members, homogenizing the team, increasing the body's functional capacity, and individualization.

Keywords: handball player, core training, survey, performance.

ANAEROBIC EXERCISE AND INCREASE IN SPECIFIC PERFORMANCE IN THE UTILITY SWIMMING TRIAL

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Abstract

The research started from the desire to obtain important results at the Naval Pentathlon competitions organized by the CISM with the representative team of the Mircea cel Bătrân Naval Academy from Constanța. The purpose of the research The aim of this research is to identify those conditions that create anaerobic effort capacities of the athletes participating in the utility swimming test within the Naval Pentathlon. Research objectives. In order to carry out the research, I have the following objective:

a. Identification of evaluation tests aimed at highlighting the level at which the anaerobic capacity of the athletes is located and subsequently, leading to the increase of the anaerobic capacities of the athletes in the utility swimming test.

b. Identification of the biological and motor parameters that condition the achievement of sports performance through the level of anaerobic capacities / resistance specific to the utility swimming.

Research subjects. This experiment was carried out on a group of athletes of the "Mircea cel Bătrân" Naval Academy. The group of subjects consists of 16 students of the Military Section of the Faculty of Marine Engineering. They are between the ages of 19 and 21.

Keywords: Naval Pentathlon, anaerobic effort, , utility swimming

ANALYSIS OF SPECIALISTS' OPINIONS ON THE ISSUE OF SPECIAL PHYSICAL TRAINING OF JUNIOR WATERPOLO SWIMMERS DEPENDING ON THE PLAYING POSITION

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Abstract

Currently, optimizing the training process, in particular the special physical training of junior waterpolo swimmers is a complex and important challenge in performance sports. The subject of the research is solving the problem of the special physical training of junior waterpolo swimmers, which requires integrated and personalized approaches, taking into account the individual needs of the athletes depending on the playing position and the specific requirements of the event. In order to achieve a complete and detailed picture of the investigated subject, the following research methods were used: the study of bibliographic materials, pedagogical observation, the questionnaire, conversations with specialists in the field. The obtained results show that the specialists in the field are of the opinion that special physical training must have an important role in the training of junior waterpolo swimmers in the water polo competition, a fact that requires the creation of specific characteristics for the playing position. At the same time, they support the need to implement a unique special physical training model, valid for priority water polo teams for junior ones, which has a long-term advantage. The conclusions reached allow us to state that special physical training has an essential role in the training of junior waterpolo swimmers, and the differentiated aspect of this process for certain playing positions could contribute to achieving outstanding individual performances.

Keywords: specialists in the field; water polo; training.

DETERMINING THE RELATIONSHIP BETWEEN LOWER LIMBS STRENGTH PARAMETERS AND DYNAMIC BALANCE IN 5-8-YEAR-OLD CHILDREN PRACTICING DANCE

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Abstract

This paper aims at determining the relationship between parameters of lower limbs strength and dynamic balance in 5-8-year-old children practicing dance. So, an exploratory study was organized with a group of 24 children aged 5-8 years from the National Palace of Children of Bucharest. Tests used: Test 1 (16 jumps free arms), Test 2 - static balance (SB), Test 3 - lateral dynamic balance (LDB) and Test 4 - vertical dynamic balance (VDB). Parameters: performance, front and back inside (LDB), left and right inside (VDB), avg. deviation. The results of test 1 show differences of 0.08 sec between contact time and flight time, height of 13.26 cm, power of 16.62 w/kg, pace of 1.79 step/s and RSI - 0.60 m/s. The results of balance test highlight better performances at front and back inside LDB, front - back and left - right avg. deviation smaller at SB. The Pearson's correlation analysis reveals 13.3% strong correlations at SB (back avg. deviation) at $p < 0.05$ and 59.6% negative correlations between all investigated parameters. In this regard, establishing the relationship degree between lower limbs strength parameters and dynamic balance in 5-8-year-old dancers depends on the number of negative correlations, especially between avg. deviation parameters.

Keywords: parameters, jump test, performance, deviation, correlation analysis.

STUDY ON THE DEVELOPMENT OF ENDURANCE USING MEANS FROM THE GAME OF BASKETBALL

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Abstract

Basketball is seen as a complementary sport because it has multilateral educational values and influences motor and mental qualities and moral and will aspects. In physical education classes, practicing the game of basketball has the advantage that it can be performed in a simplified form, with a smaller number of players and on a smaller surface. Endurance is a motor quality that can be relatively easily improved by means specific to the game of basketball, due to the intense pace of play and small periods of inactivity. The importance of developing resistance in physical education classes derives from the fact that the manifestation of other physical qualities is largely influenced by resistance: the greater the resistance, the longer the physical qualities are manifested in good conditions. In the basketball game, the effort is of maximal intensity, which alternates with relatively short periods of submaximal effort. Many endurance games that use the basketball can be proposed in the physical education class for any age group. The advantage of these games is that they can be adapted very easily to the existing conditions and material base in the school.

Keywords: basketball, students, resistance, school, development.

MOTOR INTELLIGENCE AND ANTICIPATORY CAPACITY IN ACHIEVEMENT PERFORMANCE IN FENCING

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Abstract

Fencing as a sport demands a combination of physical prowess, mental acuity, and strategic anticipation. This study explores the role of motor intelligence and anticipatory capacity in achieving excellence in fencing performance. Motor intelligence encompasses the ability to swiftly process sensory information, adapt movements accordingly, and execute precise actions. Anticipatory capacity involves the predictive ability to predict opponents' actions and react effectively. By analyzing the interplay between motor intelligence and anticipatory capacity, we elucidate the mechanisms underlying high-level fencing performance. Insights from cognitive neuroscience, biomechanics, and sport psychology are integrated to provide a comprehensive understanding of the cognitive-motor processes involved in fencing. Practical implications for training programs and coaching methodologies are discussed, emphasizing the importance of developing both motor intelligence and anticipatory capacity to optimize performance outcomes in fencing competitions.

Keywords: fencing; mental acuity; processes cognitive.

THE EFFECTS OF NEUROMUSCULAR TRAINING IN THE MAINTENANCE OF FITNESS IN VOLLEYBALL PLAYERS DURING THE JUNIOR PERIOD

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Abstract

The participation of young athletes in specialized and high-effort training activities, whose objective is to achieve a high yield, with increased efficiency in competitions, is one of the concerns of all specialists. The paper wants to present the importance of performing neuromuscular training, in order to permanently maintain a form of high fitness throughout the competitive period. The aim of this work was to verify the effects of training on neuromotor variables in young volleyball athletes at different times of the program. The hypothesis of the study starts from the fact that further investigation together with the realization and application of a training program, will contribute to the achievement of training fitness during competitive periods. The effects of this training program applied to young female volleyball players emphasize that it is appropriate to participate in a competition whenever they are in the initial period. These programs must take into account that adolescent athletes also require neuromuscular skills.

Keywords: Volleyball, neuromuscular, juniors, fitness.

STUDY ON THE IMPROVEMENT OF THE TECHNICAL-TACTICAL PREPARATION OF ATTACK SHOTS IN THE GAME OF TENNIS IN THE 12-14 YEAR OLD CATEGORY

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Abstract

The study consists in the development and application of training complexes specific to the game of tennis for the attack shots of players aged 12-14 years. The activity related to sports training and the evolution of tennis players depends on the particularities of each individual and the manifestations of the technical-tactical skills applied during the game. In order to obtain the highest possible performance, it is necessary to create training models that must be perfected continuously. In this study, we

will apply and analyze complex technical-tactical exercises specific to attacking shots of U14 players. The subjects of the research are performance athletes, organized into two groups. The methods used in this study are the study of specialized literature, pedagogical observation, the test method, the statistical-mathematical method of data processing and interpretation. Following the analysis of the results obtained in the applied tests, we note significant improvements that will contribute to the efficiency of the technical-tactical procedures for attacking strikes for this age category. We believe that by applying algorithmic systems specific to perfecting attack shots for U14 tennis players, both the technical-tactical training and the evolution of the game on the field will be improved.

Keywords: attack shots, performance, technical-tactical procedures.

THE INFLUENCE OF SPORTS TRAINING ON THE INDICES OF PHYSICAL PREPARATION IN JUNIOR FEMALE HANDBALLERS

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Abstract

By designing sports training as a didactic system, it can improve the conditions for analyzing, specifying, and intervening on performance-promoting factors. The system is capable of self-regulating and can be adjusted to maintain the dynamic balance and operating state of dual feedback. The dynamics of handball play have undergone significant changes in recent years, as demonstrated by all major competitions held at all age levels. The speed of movement of the players on the field has increased, as well as the speed of execution of various technical procedures, the attack has become much faster, and in the defense phase the players have become much more aggressive and determined. This dynamic of the modern handball game is also supported by the recent change in the rules of the game which has brought more speed in both the attack and defense phases, which means that the training lessons must also adapted to the new guidelines. Optimizing efficiency is essential to developing a high-quality training system. This quality of training is not only the problem of the coach, but also depends on the interaction of several factors that can influence the player's performance.

Keywords: handball, physical training, sports training.

CONTRIBUTIONS REGARDING THE IMPROVEMENT OF SPECIFIC PHYSICAL TRAINING IN 14-16-YEAR-OLD HANDBALL PLAYERS

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Abstract

By carefully watching the handball games both in the domestic championship and the games from the World and European Championships, we come to the conclusion that great performances are only achieved by teams that have a very good physical training, so implicitly a general and specific motor ability excellently doubled by a preparation on training factors: technical, theoretical, tactical and psychological. Updating, adapting and modifying the content and the way of using the various training methods directly contributed to the improvement of the training process within each training level and competitive age category. We believe that improving specific physical training through plyometric means can be done very well if they are carefully selected and adapted to the criteria of training, age, sex. Depending on the training period, training with plyometric means can be programmed separately or in combination with the content elements of the technical-tactical training. The choice of plyometric exercises must imitate handball skills, to maximize the strengthening of the muscles that trigger the movement and, in certain cases, to generate "motor memory", consolidating the technical skills involved.

Keywords: handball, specific physical training, plyometric means.

THE CONTENT AND GAME ACTION WEIGHT OF SENIOR FOOTBALL PLAYERS AS GOALKEEPER

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Abstract

Football was and remains the number one sport, being very popular among the youth, both at the amateur and professional level. In recent years, specialists in several sports events, including sports games, call for the differentiated training of athletes depending on their playing position. The players in the football teams are strictly specialized in playing positions, which are four in number: goalkeeper, defenders, midfielders and forwards. Although, each player in his position must perform certain actions, depending on the game situations and the requirements for the given position, very often they must possess a universal training as well, that is, to be able to perform any action, depending on the situations of the game, regardless of his position in the team. This is not characteristic of the players in the position of Goalkeeper, where his actions are very clear, the basic function being to defend the goal, that is, preventing the opponents from scoring in their own goal which they are defending. In this context, the need for differentiated training for goalkeepers is increasingly mentioned, regardless of the position level, whether cadets, juniors or seniors. In order to create a differentiated training plan for goalkeepers, it is necessary to know in detail the content and weight of their playing actions in an official match. The given article represents an extensive analysis of all the footballers' actions in the position of Goalkeeper, here being analysed in detail the content of the actions of the footballers in the position of Goalkeeper, as well as their weight in an official match. The recorded results will allow the design of a differentiated training program for footballers for the Goalkeeper position, which will allow its implementation in the sports training of senior goalkeepers..

Keywords: football player, goalkeeper, sports training, playing position.

COMPARATIVE STUDY REGARDING THE SPECIFIC PHYSICAL TRAINING CONTENT OF 3X3 AND 5-ON-5 BASKETBALL PLAYERS

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Abstract

This comparative study aims to examine the specific physical training content of men and women national team players in 3x3 and 5-on-5 basketball in the U18, U21, and senior categories. The objective is to analyze and compare the training methods and content used by coaches to enhance the players physical capabilities in both formats of the game. The study will involve a sample of national team players from various age groups, representing both men and women teams. The participants will be selected based on their inclusion in their national teams, ensuring a high level of expertise and experience. Data collection will employ a mixed-methods approach. Quantitative data will be gathered through physical performance assessments, including tests for speed, agility, strength, and endurance. Qualitative data will be obtained through interviews and questionnaires to gain insights into the specific physical training content. The findings of this study will shed light on the similarities and differences in physical training approaches between 3x3 and 5-on-5 basketball teams across different age groups and genders. The results will provide valuable information for coaches and trainers to optimize their physical preparation strategies to the specific demands of each format and age category.

Keywords: physical training, 3x3; basketball.

THE IMPLEMENTATION OF SUBTLE INFORMATION ENERGY CHARACTERISTICS OF THE GYMNASTS BODY DEPENDING ON SPORTS TRAINING

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Abstract

The phenomenon of the body's electromagnetic source influences on the factors of physical effort is a fundamental technological support in approaching new fields. Experiments found the assignment of this pulsating magnetic field with various characteristics over time in a sports training macrocycle. The existence of the energy potential of the gymnasts' body is not found in an inactive state, a stimulus, as a factor that triggers a physiological process, with a permanent implementation of energy frequencies in relation to the sport training activity. In this way the data of the oscillation of the values characterizing the implementation of subtle energy is recorded. During the formative experiment, the electrical activity at the level of myocardium O^2 consumption, the volume of the heart beat, the energy production function, the resistance of the airways, the blood supply status of the nervous tissue, the circulatory and locomotor system, the magnetic meridians of muscle tissue, nervous system, lungs, including motor qualities were registered. Meridians take the energy, being the energy channel of the body, influencing every organ and every psychological system, including the immune, nervous, endocrine, circulatory, respiratory, digestive, bone, muscular and lymphatic systems. The electromagnetic signal presents advantages in the transmission of information regarding the condition of the body and demonstrates the interdependence of the electromagnetic phenomena of the body. This information led us to use the results of our research as an experimental argument in formulating conclusions that confirm the working hypothesis.

Keywords: electromagnetic field, subtle energy, gymnasts, sports training, functional parameters.

THE ROLE OF MENTAL PREPARATION IN THE LIFE OF TABLE TENNIS PLAYERS

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Abstract

Mental preparation is one of the fundamental pillars in the training and performance of elite athletes. Despite the emphasis often placed on the physical aspects of athletic training, mental preparation is just as crucial to achieving competitive excellence. This article explores in depth the role of mental preparation in the lives of tennis players, highlighting its importance in a number of key areas such as concentration and focus, emotion control, confidence and motivation, stress management and resilience to adversity. Through the effective use of technique and mental preparation strategies, athletes can optimize their potential and achieve competitive success. This approach not only helps them improve their athletic performance, but also contributes to an overall improvement in their quality of life.

Keywords: athletes; mental preparation; table tennis.

TRAINING STRATEGIES OF WOMAN'S 3X3 BASKETBALL UNIVERSITY TEAMS

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Abstract

The paper aims to clarify some significant aspects that led to the 4th place at the 3x3 Women's University Basketball World Championship in November 2023, Doha, Qatar by the university team. In the paper, we will detail aspects of the training that led to the 4th place and some particularities of the training that need to be improved in order to achieve better results in the future.

Keywords: 3x3 Basketball, training strategies, University team.

PHYSICAL TRAINING STRATEGIES FOR 14-16 YEAR OLD WOMEN'S BASKETBALL

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Abstract

The paper aims to address the ways of physical training in women's basketball at 14-16 years old, ways that led to the conquest of numerous national championship titles and the promotion of numerous players to the national teams of Romania.

The tests were carried out on the components of the 14-16-year-old basketball teams from CSS Alexandria and at the level of the paper we will also present some ways of approaching this component of sports training.

The data were processed in SPSS and they constituted director vectors in directing training in women's basketball.

Keywords: Basketball, training strategies, U 14-16 female basketball team.

STRATEGIES FOR ACHIEVING TACTICAL TRAINING IN TENNIS, AT THE JUNIOR LEVEL

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Abstract

In this work I propose to analyze the tactics of tennis players, participating in the final tournaments under 14 in the National Championship. The present research is an analysis of the best tactical approaches in competitive games from the Top 10 players in this age category.

Keywords: Tennis, U14 tennis players, tennis tactics.

EXPLANATORY VARIABLES OF ELITE SPORTS PERFORMANCE IN CORRELATION WITH THE LEVEL OF EMOTIONAL INTELLIGENCE AND SELF-PERCEIVED MOTIVATION

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Abstract

When it comes to elite performances in sports, the way athletes understand and regulate their own emotions is linked to the motivation to achieve goals in competitions through intensive training (Laborde et al., 2014). The concept of emotional intelligence refers to the ability to monitor both one's own feelings and emotions as well as those of others (Salovey & Mayer, 1990). Previous research shows that emotional intelligence enhances individuals' motivation to be active (Sukys et al., 2019). The purpose of this paper is to observe the relationship between athletes' emotional intelligence and self-perceived motivation in correlation with sports performance. The results of the questionnaires applied to a sample of 60 athletes from Romania support the hypothesis that athletes' emotional intelligence and self-perceived motivation can correlate with the sports performances achieved.

Keywords: elite performances; elite athletes; motivation; emotional intelligence.

STRATEGIES FOR MANAGING WEIGHT CATEGORIES IN HIGH-LEVEL JUDOKAS

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Abstract

The purpose of this research is to provide a theoretical and practical framework grounded in specialized literature for investigating, identifying, and applying specific interventions for managing weight categories and correlating body composition with sports performance in high-level judokas. Managing body composition and correlating it with weight categories, through the implementation of scientifically structured and judo-specific programs, represents an efficient method for maintaining the optimal weight category without causing disturbances in the judoka's body composition, thereby leading to improved sports

performance in a group of 60 judo practitioners. Although the scale is a useful tool, it cannot be considered sufficient when evaluating health status. Body composition assessment shows the ratio between non-fat mass and fat mass, providing personalized data on essential fat quantity, indispensable to the body, versus fat accumulated as energy reserve. The concept of BIA (Bioelectrical Impedance Analysis) starts from the premise that fat-free tissues, as well as extracellular water, facilitate the passage of electric current, due to their higher electrolyte content compared to adipose tissue. The non-invasive, rapid, relatively inexpensive, and technologically simple nature of BIA, utilizing portable equipment, makes it easy to use both in research and practical application. BIA allows the estimation of a wide range of body composition parameters, following a whole-body or segmented approach.

Keywords: Weight category, judo, body composition.

THE STUDY ON THE METHODOLOGY OF ATTAINING PEAK ATHLETIC PERFORMANCE IN HIGH-LEVEL JUDOKAS

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Abstract

The aim of the paper is to underscore the value of strength development in achieving athletic form, as a step in training preparation, and to correlate it with the respectability of the training process, ensuring the highlighting of the team's, individual's physical, technical-tactical, and psychological potential, through the scheduling of the annual training model to achieve a predetermined performance at a anticipated date for the national championship final or another objective. The research aims to specify objectively the values, qualitative and quantitative indicators (including biological and psychological) of the training model from which the athletes' entry and exit from athletic form are expected to result, in relation to the major competitions of the calendar (the competition model). To fulfill the performance objectives of the competition year, a total volume of 702 hours was completed in two cycles. For the development of strength in judoka athletes, the circuit training method was used, gradually increasing the load to avoid the occurrence of habituation or accommodation, which represents the basic condition for perfecting the body subjected to effort. To increase the specific strength of judoka fighters, the development of the main muscle groups involved in their efforts during training was pursued. Planning to achieve athletic form and peak athletic performance must be calculated with such precision that it appears at the right time. The main way to achieve athletic form lies in each coach's art of forming, planning, and individualizing a just ratio between workload and intensity, as well as appropriate recovery breaks.

Keywords: athletic form, judo, performance, methods, technique.

THE INFLUENCE OF CO₂ SENSITIVITY BETWEEN ENDURANCE AND SPRINT PERFORMANCE IN YOUNG SWIMMERS

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Abstract

Initially, 168 young (X mean (s.d.) age = 12.4(2.1) years) swimmers were measured using a modified version of the Read's CO₂-rebreathing technique. From this sample, 17 high (X mean(s.d.) = 2.24(0.39) 1 min⁻¹ mmHg⁻¹) CO₂ responders were matched by gender, age, height, weight and FVC with 17 low (X mean(s.d.) = 0.57(0.19)1 min⁻¹ mmHg⁻¹) responders. Each of these 17 pairs underwent two sprint tests (10 s Tri-level alactic power, 50 m run) and two endurance tests (PWC170, 1.6km run) in order to determine whether any differences existed between the two groups and the sprint and endurance parameters. The subjects remained unaware of their results of the rebreathing test throughout testing. A dependent t-test was then used to compare the results collected from each group. The results demonstrated a significant relationship between low CO₂ response and endurance via the 1.6 km run and a high CO₂ response and sprinting via the 10s alactic power test.

Keywords: CO₂ rebreathing, talent identification, young swimmers, sprint/endurance performance.

INCREASING GENERAL MOBILITY OF BEGINNER'S FOOTBALL PLAYERS BY USING THE SPECIFIC MEANS OF GYMNASTICS

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Abstract

The study validates the effectiveness of the use of specific gymnastics training in beginner soccer players by highlighting the progress achieved in the general mobility and in the amplitude of the subjects' movements.

The intervention plan was implemented over a period of 6 weeks and its verification was carried out by measuring the coxofemoral mobility and by measuring the amplitude of leg movements.

Keywords: gymnastics, beginners football players, motor capacity.

EFFECT OF PLYOMETRIC EXERCISES ON BALANCE ABILITY FOR ASHIHARA KARATE PRACTITIONERS

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Abstract

This research adopts a predictive approach to forecast the evolution of events. Ashihara Karate is a contemporary, full-contact fighting style that emphasises Sabaki, utilising the opponent's footwork and attacking techniques to gain an advantage by positioning oneself in the opponent's "blind" spot. Maintaining balance is often essential for mastering situations that require quick and rational action, and it also holds great value in preventing accidents. Purpose: This study aims to highlight statistically significant differences in improving dynamic balance capacity for the lower limbs after implementing a programme that includes plyometric exercises. Methods: Twenty performance athletes from the Sen Craiova Sports Club aged between 20 and 45 participated in this study. The dynamic balance capacity was assessed using the Y-Balance platform (Functional Movement, 2016), a dynamic test performed in a single-leg stance requiring strength, flexibility, central control, and proprioception. Results: A comparison of the descriptive statistics obtained with the Y-Balance platform from the initial and final tests reveals significant positive differences in favour of the experimental group that underwent plyometric exercises during training.

Keywords: Ashihara; karate; balance; sports training; sports performance.

ESTABLISHING THE RELATIONSHIP OF STATIC AND DYNAMIC BALANCE PARAMETERS IN 10-12-YEAR-OLD SOCCER PLAYERS

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Abstract

The aim of the paper is to establish the relationship between static and dynamic balance parameters in young soccer players aged 10-12. An exploratory study was organized with a group of 10-12-year-old soccer players of the School Sports Club no. 1 of Bucharest. The bipedal balance was assessed using the Sensamove Mini Board. The relationship of the static and dynamic balance parameters was determined with the Pearson's correlation coefficient. Tests applied: Test 1 - static balance (SB), Test 2 - lateral dynamic balance (LDB) and Test 3 - vertical dynamic balance (VDB). Measured parameters: performance, front and back inside (LDB), left and right inside (VDB), left and right avg. deviation. The results show better performances at VDB (79.56%) and left inside 41.52%. Lower differences are found at front and back avg. deviation at SB (1.55 and -1.53 degrees) and left and right avg. deviation at VDB (-1.28 and 1.28 degrees). Correlation analysis reveals 42.8% strong correlations (5.7% at $p < 0.001$, 20% at $p < 0.01$ and 17.1% at $p < 0.05$), weak correlations with front, inside (LDB) and left and back inside (VDB) and back avg. deviation. The

assessment results highlighted the level of balance development in 10-12-year-old soccer players and the connections between their parameters.

Keywords: performance, inside, deviation, correlation analysis.

DETERMINING THE RELATION OF LOWER LIMBS STRENGTH INDICES IN 12-13-YEAR-OLD SOCCER PLAYERS

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Abstract

The paper aims to determine the relation of the indices of lower limbs strength in 12-13-year-old soccer players. Therefore, an exploratory research was conducted within the CS Otopeni, soccer department, with a group of 26 children aged 12-13 years. The strength of lower limbs was tested by means of Opto Jump Next system. Specific tests used: Test 1, CMJ (flight time and height), test 2, Squat jumps (SJ) (flight time, height) and test 3, Jumps 15 sec (number of jumps, contact time, flight time, power, pace and RSI). The relation between the measured indices was analyzed using the Pearson correlation coefficient. The results of the study reveal higher values of the flight time and height in CMJ test, contact time of 0.23 sec in test 3, good homogeneity in flight time and moderate homogeneity in the other parameters. Correlation analysis shows 28 correlations (57% positive and 43% negative), where 71.4% are strong connections at $p < 0.001$ (21.4%), at $p < 0.01$ (17.8%), $p < 0.05$ (28.6%) and 28.6% at $p > 0.05$. Determining the relation between lower limbs strength indices of soccer players aged 12-13 highlights differences between the evaluated parameters and their degree of connection.

Keywords: parameters, specific jumps tests, young soccer players, correlation analysis.

A FOOTBALL CLUB'S STRATEGIC PERFORMANCE MANAGEMENT

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Abstract

Football keeps people engaged and active, which makes it a vital component of human society. Football management success is a topic that is pertinent and crucial at a point when clubs are trying to obtain a competitive edge and when internal procedures and numerous rules are being put in place to guarantee the long-term viability of international football. Clubs have shifted to using corporate entity models in recent years; traditional and modern clubs are now functioning businesses with elaborate goals, structures, and strategies, rather than just being football teams. As a result, the current study presented in this article shows that football teams should, generally speaking, implement a multifaceted performance management system that takes into account the opinions of all stakeholders. The Balanced Scorecard (BSC), which offers an integrated framework for measuring and managing performance, can assist clubs in evaluating both financial and non-financial activities. This study's context and content greatly advance our knowledge of the football industry and offer a thorough and all-encompassing set of contributions to the field of business academia. Additionally, the knowledge acquired on a topic that has naturally shown to have a significant impact on people inherently adds something useful and beneficial to society.

Keywords: juniors, football, management, Balanced Scorecard, evolution.

CONTEMPORARY COMPONENTS CONNECTED TO THE EVOLUTION OF FOOTBALL

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Abstract

Football is an attractive game, which makes us think that we can wager on a lot of athletes playing it, on the development of a sophisticated system of competition across all age groups, and on our nation's representation in international competitions as a result of its practice. Romanian football is deeply ingrained in the national culture and is heavily impacted by public life. It is also generally recognized as a social phenomena in many different contexts. Moreover, the sector has historically been linked to certain political and ideological stances, which add to the extremely antagonistic environment. In addition to developing a managerial project to promote football at the junior level and creating a training and game model for junior players, the paper aims to replicate a football game model based on theoretical research conducted at the national and international level. The purpose of this research is to conduct a longitudinal study of Romania's own coefficients and examine the statistical findings about the evolution of domestic clubs in Europe in relation to past performances, rather than comparing Romania's coefficients with those of other nations. The results indicate that integrating stakeholders and developing new ties can help ensure social license and increase industry trust.

Keywords: juniors, soccer, football, training, evolution.

CHARACTERISTICS OF VESTIBULAR ABILITY DEVELOPMENT IN 6-10-YEAR-OLD FEMALE GYMNASTS

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Abstract

This paper focuses on the vestibular ability characteristics of 6-10-year-old gymnasts. Thus, an exploratory research was conducted within the CSM Arad, with 25 gymnasts aged 6-10 years, divided into two groups: A (6-7 years, n=10) and B (8-10 years, n=14). The Opto Jump Next system was used for testing the march in place (running in place with eyes open and eyes closed) in 10 sec. The parameter differences were analyzed using the parametric t-Test Paired Comparison for Means. 17 parameters were measured (number of steps, contact time, flight time, pace, cycle, jumping point, tendency and used area). The differences in the means of group A show higher values in Jumping Point (L, R) and in group B – number steps, pace (L, R), Tendency and Used Area. The comparative analysis between the test parameters reveals insignificant differences in group A at $p > 0.05$ (17.6% are negative). Group B has 17.6% significant differences at $p < 0.05$ (Jumping point L and R, Tendency L) and 47.06% negative differences. Carrying out the comparative analysis revealed insignificant differences between age groups and measured parameters as well. A better symmetry of legs is found in group A and a share of 82.4% in group B. All these results highlight the characteristics of vestibular ability development in the 6-10-year-old gymnasts.

Keywords: parameters, march in place, differences, symmetry, correlation analysis.

THE STUDY ON PHYSICAL TRAINING IN JUNIOR FEMALE BASKETBALL PLAYERS

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Abstract

In order to identify the biomotor level of the female basketball players from the Alexandria School Sports Club, who are active in the U'14 National Basketball Championship, we conducted a study using four standardized tests. The team is at the end of the

pre-competitive training period, having qualified for the final tournament of the championship, so we check their level of preparation and the effectiveness of the training plans. The testing in the study was conducted two weeks before the start of the final tournament, on 12 junior basketball players, who have an average age of 13.6 years. The tests were used: the 20m sprint, the "Adapted T-Test", the high jump and the "Beep Test" to measure speed, agility, vertical height value and endurance. At the end of the tests, interpreting the obtained results, we found a team that is not homogeneous in terms of physical training, which requires the modification of training plans, the introduction of individualized training and the constant use of methods for the development of explosive force and speed. In conclusion, the tests in the performance sports of juniors show us the effectiveness of the training programs, of the methods and means used by the coaches in their preparation.

Keywords: basketball, juniors, tests, training.

COGNITIVE PROPERTIES OF YOUNG HEALTHY JUDOKAS AND PERSONS WITH MENTAL DISABILITIES

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Abstract

The Special Olympics is the world's largest sports movement for people with intellectual disabilities, also rapidly developing in martial arts. It is known that sports activity has a positive effect on the psychological and physical state of persons with mental disabilities. The purpose to study the cognitive properties of young healthy judokas and persons with mental disabilities. Complex methods were used: Luscher color test and non verbal intelligent tests. Were examined 16 young healthy people (age 12.23; SD=2.58) and 6 persons with mental disabilities (age 13.52; SD=2.32, symptoms of autism) involved in judo. Results: The mental state was characterized by a higher level of eccentricity and vegetative coefficient in healthy individuals compared to disabled people. This is an indicator of mental disorders in these people. The decision-making time when performing a nonverbal test is slower in disabled people than in healthy people. However, the time taken to decide on the use of environmental information did not differ in the studied judokas groups. Conclusion: The obtained fact demonstrated a decrease in verbal intelligence in young people with mental disorders. Sports activities activate compensatory mechanisms. One of the results of this process is an improvement in the quality of environmental information perception.

Keywords: mental, special, needs, judokas, cognitive.

METHODICAL CONTRIBUTIONS REGARDING THE IMPROVEMENT OF PHYSICAL TRAINING IN U16 FEMALE VOLLEYBALL PLAYERS

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Abstract

Physical training in volleyball, with a focus on juniors, raises the development of new training methods as a very important issue, meant to expand the body's functional possibilities. The game of volleyball has a team character, a trait that entails the need for collective effort, aimed at achieving the goal - victory. The victory of the team can only be achieved if the ratios between the motor qualities, the height of the players and the overall effectiveness of the team are optimized in the two fundamental phases: attack and defense. A selection of the means applied in physical training must be made in accordance with the technical needs imposed by the sports branch, in order that the muscle groups involved in the achievement of specific movements to be well prepared, and the technical-tactical actions can be performed at their maximum potential. In order to achieve accurate programming and planning of physical training, it is necessary to establish with great precision its place and importance and, implicitly, to improve the capacity of force, with clear objectives for each stage of preparation.

Keywords: volleyball, physical training, strength, sports training.

ENHANCING PHYSICAL AND TECHNICAL PERFORMANCE IN SPORT GAMES THROUGH THE IMPLEMENTATION OF PLYOMETRIC EXERCISE PROGRAMS

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Abstract

In the evolving landscape of athletic training, the significance of plyometric exercise programs has become increasingly pronounced, warranting exploration and adaptation to age-specific needs. This study addresses this necessity by investigating the transformative impact of a customized plyometric training program on the explosive strength of 19 female basketball players aged 10 to 12. Recognizing the necessity of adapting the training sessions to the developmental stage of athletes, our program utilized age-specific characteristics to design a specific battery of tests. The Optojump Next system played a pivotal role in objectively measuring outcomes. Across a focused two-month training program, statistical analyses uncovered noteworthy enhancements in key explosive strength parameters. Specifically, improvements in flight time and height, assessed through the Squat Jump and Drop Jump tests, were significant. This research contributes valuable insights into age-specific athletic development, advocating for the optimization of physical and technical readiness in young basketball players through targeted plyometric training sessions. The study not only underscores the importance of age-appropriate training but also adds depth to our understanding of the benefits of plyometrics in youth sports.

Keywords: plyometric training, explosive strength, youth athletes, basketball performance.

CHALLENGES AND OPPORTUNITIES IN OPTIMIZING PHYSICAL TRAINING: IMPACT ON COMPETITIVE PERFORMANCES IN DANCESPORT

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Abstract

The arbitration criteria in sport dance, established by the WDSF and FRDS regulations, form the basis for the activities that referees undertake to assess the technical, artistic, and sports performance quality of dance couples. The research aims to analyze the results of 16 Romanian dancers (aged 15-18) in official competitions, specifically the finalist couples of the National Section Championship, Youth Latin – 2022. This includes their participation and results at DanceMasters, Bucharest 2022 – WDSF Open Youth Latin, WDSF World Championship – 2022, WDSF European Championship – 2022 (for the two couples representing Romania), and the National Section Championship, Youth Latin – 2023, considering their placement in the competition, performance in the rumba dance, and the scores awarded by each judge in the competition jury. Using IBM SPSS Statistics 20, we compared the results recorded from one competition to another throughout a competitive year, specifically between National Section Championships. The analysis highlights the importance of close collaboration between physical preparation and athletes' performance. The obtained results demonstrate the validity of the working hypothesis that the dynamics of performances in national and international competitions can effectively influence the physical training efficiency of sports dancers.

Keywords: Sport dance, competition, physical training.

THE DIGITAL TRANSFORMATION OF SPORTS ORGANIZATIONS TOWARDS A SUSTAINABLE DEVELOPMENT STRATEGY

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Abstract

In the global context, sustainable development has become an undisputed priority, and effective corporate governance has a central role in ensuring that sports organizations fulfill their responsibility towards sustainable development. The trend towards the digital transformation of sports organizations results in a change in the way they formulate their management models, being a necessity resulting from the development of digital technologies and their use in improving the efficiency and performance of the sports organization. The aim of the paper is to identify, describe and design a management model of sports organizations in the context of digitization, using diagnostic methods of digital transformation processes, allowing the effective implementation of activities, to achieve organizational performance and the satisfaction of stakeholders in sports organizations. For this purpose, the research on the level of organizational development of sports clubs was designed from the perspective of cognitive evolution, and these levels take into account the digital maturity of sports organizations, the degree of implementation of digital technologies in their activity (conversion rate from real resources to digital ones, the level of convergence of real, digital and media processes, the implementation of mechanisms specific to game theory - gamification). Thus, the organizational modeling process considers the integration of activities in a digital organizational space.

Keywords: sport organization, digital transformation, sustainable development.

A NARRATIVE REVIEW ON THE MOTIVATIONAL FACTORS AND BENEFITS OF USING CROSSFIT ELEMENTS IN THE TRAINING OF COMBAT SPORTS (JUDO AND SAMBO)

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Abstract

The scientific literature on the use of CrossFit elements in combat sports such as judo and sambo presents very little scientific evidence, hence the need for further research in this area. The aim of the paper is to analyze and systematize the results of the scientific literature related to CrossFit and combat sports. Searches of results published in English were conducted in the Web of Sciences and Scopus databases. The search terms used were: Crossfit, benefits, motivation, training, workout, with an emphasis on the sports branches of judo and sambo. Publication period of articles: 2000-2023. We retained 101 open access results published in English that addressed topics related to the motivation of using CrossFit-type elements in sports exercises and training and their benefits. A systematic review of them was carried out using the PRISMA model. The inclusion of CrossFit elements in training allows improving physical condition, achieving better sports performance, better injury management and involves the psychological variables of athletes, embodied in satisfaction, improving self-esteem and the sense of belonging to a community.

Keywords: CrossFit, training, benefits, judo, sambo.

EVIDENCE PROVIDED BY THE LITERATURE ON THE USE OF CROSSFIT ELEMENTS IN SPORT

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Abstract

In recent years, the specialized scientific literature includes results regarding the use of CrossFit elements in different sports branches. The aim of the paper is to make a bibliometric and systematic analysis of literature with reference to CrossFit. Searches were conducted for results published in English in the Scopus database. Period of publication of articles: 2000-2024 (January 30). 567 open access results, published in English that addressed topics related to the use of CrossFit-type elements in exercise and sports training, were retained. The bibliometric analysis allowed: the identification of the publication date of the articles, the identification of the most representative authors on this topic, the countries they come from and their affiliation; identifying the most relevant magazines. A systematic review of the evidence from the literature was then carried out using the PRISMA model. It is observed that approx. 75% of all identified articles were published in the last 5 years demonstrating the growing interest of the scientific community in the use of CrossFit elements in recreational or performance training. The results were systematized and grouped by sub-chapters: sports branches, methods of measuring physiological performance, injuries, nutrition, motivation, benefits.

Keywords: CrossFit, training, workout, athletes, nutrition.

METHODS TO IMPROVE BALANCE AT JUNIOR BASKETBALL PLAYERS BY MEANS THAT USE SPECIFIC MODERN TECHNOLOGIES

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Abstract

This preliminary research investigates the effectiveness of Fitlight technology in enhancing the balance and reactive balance skills of male basketball players aged 13-14. Employing a comprehensive research design, the study involved 19 athletes from the "LPS Targu Mures" team over an eight-week period. The core of the training program revolved around exercises using Fitlight technology, a modern tool equipped with LED lights designed to improve dynamic interaction and response during training. The effectiveness of this technology-centric approach was evaluated through a series of Y balance tests and Reactive Y balance tests. These tests were specifically designed to measure improvements in both balance and reactive balance abilities. The results demonstrated significant improvements in the athletes' balance capabilities, as evidenced by increased mean distances and Cohens effect sizes in the Y balance tests and enhanced reaction times in the Reactive Y balance tests. This study concludes that integrating Fitlight technology into the training regimen of young basketball players significantly improves key athletic skills, particularly balance and reactive balance abilities. The findings highlight the importance of incorporating modern technological tools in sports training, offering a more effective and adaptable approach to enhancing athletic performance in young athletes.

Keywords: balance, reactive balance, fitlight.

COMPARATIVE STUDY REGARDING THE LEVEL OF AEROBIC AND ANAEROBIC EFFORT IN OFFICIAL 5 ON 5 AND 3X3 BASKETBALL COMPETITIONS

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Abstract

This comparative study aims to investigate and compare the levels of aerobic and anaerobic effort experienced by senior national team players participating in official 5-on-5 and 3x3 basketball competitions. The study will focus on the participants from both the 5-on-5 and 3x3 basketball national teams, who will be representing their countries in international tournaments in 2023. The study will employ advanced sports science equipment such as heart rate monitors and lactate analyzers to measure and compare the physiological responses of the players during their respective games. By analyzing the data collected from the participants, the study aims to provide valuable insights into the specific physiological requirements of each format. Teams can optimize their training methods and enhance their performance on the court by comprehending the distinct energy demands of both 3x3 and 5 on 5 basketball. This comparative study seeks to contribute to the existing knowledge on the physiological demands of basketball. By examining the levels of aerobic and anaerobic effort exerted by senior national team players in official 5-on-5 and 3x3 basketball competitions, the study aims to provide valuable insights for improving training methodologies and enhancing performance in both formats.

Keywords: effort, aerobic, anaerobic, basketball.

COORDINATION ABILITIES - MAJOR ROLE IN THE TRAINING OF HANDBALL PLAYERS

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Abstract

The game of handball is constantly expanding, with significant increases regarding the pace of play and the number of technical procedures used. Considering this research a starting point, we would like to highlight the importance of developing the coordinative capacities concerning the technical level of the second junior category handball players, through the use of specific methods and electronic devices. Briefly, after studying multiple scientific resources, we have determined the following components of the coordinative ability: precision, balance, ability to react, ability to combine movements and to respond quickly to motor tasks. Moreover, we set the main technical elements, depending on educating the coordinative abilities such as shooting the goal, dribbling, intercepting the ball and accuracy of passes. In order to evaluate the importance of the coordinative skills concerning the players' technique, the data will be processed in SPSS software and, based on the results; the data will be correlated with each other. Consequently, for the selection of the methods, we will take into consideration the actuality of the subject, as well as the importance of using the latest technological means, such as virtual reality, lighting devices or wearing motion sensors.

Keywords: handball; coordination capacities; technologies; players' technique.

IMPROVING THE START IN SWIMMERS WITH THE HELP OF PLYOMETRIC EXERCISES

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Abstract

Physical preparation is one of the most important factors of sports training in achieving great performance. In this material, the problem of developing the skills of swimmers to improve their start with the help of plyometric exercises as well as strength circuits is studied. The experiment was carried out with performance athletes, 13-14 years old. The methodical ways related to

the volume and content of the use of exercises on land and in water were established by using modern technical means of preparation, the developed method proving effective and can be applied in the training process.

Keywords: swimming, cadets, physical training, plyometric exercises.

AEROBIC ENDURANCE DEVELOPMENT IN 13 AND 14 YEAR-OLD SWIMMERS

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Abstract

In the specialized literature, physical effort is considered a request of the body above the rest level, a stimulus applied in order to adapt. Sporting physical effort determines the modification of homeostasis, stabilizing it in a certain period of time, at a higher level. In swimming, the effort capacity depends on the capacity to capture, transport and use oxygen. From an energetic and biochemical point of view, the swimmers' effort falls into the predominantly aerobic type. Directing the effort in the training session is the key to success in sports performance as well as the longevity of the individual in performance sport. The purpose of this study is to demonstrate that the methods used in training have the intended effectiveness.

Keywords: swimming, effort, cadets, endurance.

TRAINING MODEL FOR STRENGTHENING AND PERFECTING PASSING IN THE GAME OF FOOTBALL FOR 10 - 12 YEAR OLDS

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Abstract

The aim of this study is the theoretical and methodical development of a material for continuous use by coaches and teachers working with groups of 10–12-year-olds. We propose an intervention in the training plan, starting with the study of the literature in the field of football and aiming to improve the teaching methodology of specific means but also the evaluation process of a model to be used. The intervention in the training plan also has the general objective of reinforcing the procedures and technical elements specific to the game of football and developing all motor skills. The study is based on collaboration with coaches in this area who work with children aged between 10 and 12, the final aim being to carry out a theoretical analysis of the content of the passing game, to model the content of the training and to verify the effectiveness of a model aimed at strengthening and improving the passing game for children with the age mentioned before.

Keywords: Football, planning, junior groups, training, training model.

STATSPORTS APEX GPS TRACKER IN MINIFOOTBALL: ADVANCEMENTS IN PLAYER PERFORMANCE MONITORING AND ASSESSMENT

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Abstract

The mini-football game is characterized by the complexity of the technical and physical skills and by the rapid succession of the game phases. The implementation of innovative technologies can have a major impact in monitoring and evaluating the players' performances during training and games. The technology of Global Positioning System (GPS) is now widely used in team sports, both for game analysis and training purposes. STATSport APEX GPS tracker is at the forefront of utilizing this technology to provide detailed insights into player movement requirements, aiding teams tactically. Specifically designed for sports, the GPS device is attached to the athlete throughout the training or game, assisting coaches in monitoring player performances and

enabling players to track their progress and development from each session. The previous studies highlighted the versatility and efficacy of STARSports APEXGPS tracker in facilitating nuanced insights into player performance, aiding in training and testing, while contributing significantly to the landscape of sports science and athlete monitoring. Altogether it encourages us to further research the devices impact in mini-football, bringing a new and innovative way to test, train and monitor the players.

Keywords: mini-football, technology, physical performance, monitoring, assessment.

BIOMECHANICAL DIFFERENCES OF THE HIGH JUMP TAKE-OFF BETWEEN ADOLESCENT MALE AND FEMALE U16 ATHLETES

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Abstract

The kinematics of the take-off are factors that describe the high jump technique and define performance. However, limited information exists about the gender differences in the high jump technique of young athletes. The study aimed to examine the biomechanical parameters of the high jump technique of adolescent athletes. Twelve female (15.4 ± 0.7 yrs) and 11 male (15.2 ± 0.9 yrs) Greek U16 high jumpers were recorded during a local competition with two cameras (sampling frequency: 300fps). A 3D-DLT analysis software (APAS v.14.1.0.5, Ariel Dynamics Inc., Trabuco Canyon, CA) was used for the kinematical analysis. The Independent Samples T-test was used to detect significant ($p < .05$) differences between groups. Results revealed significant ($p < .05$) differences in last step length, lateral inclination of the take-off leg at the final touchdown, height and vertical velocity body center of mass at take-off, and jump height, which were larger in males. No differences ($p > .05$) were observed for the knee joint angle at selected time-instances, nor for the vertical distance of the body center of mass during the take-off phase. The findings can be attributed to the anthropometric and fitness differences between boys and girls. In conclusion, coaches should design age- and gender-specific training programs to optimize high jump performance in adolescent athletes.

Keywords: athletics, biomechanical analysis, jumping, kinematics, sport performance.

Acknowledgement: The study is part of Research Project #74975 of the Research Committee of the Aristotle University of Thessaloniki (ethical approval no.: 260574/2022/06-10-2022), which is funded by the "Kostas Chimonides' Athletes and Friends Club". The funder had no role in the design of the study, the data analysis, and the decision to present the results.

PHYSICAL EDUCATION AND SPORT FOR ALL

DEVELOPMENT OF PHYSICAL CONDITION BY MEANS OF PHYSICAL EDUCATION IN STUDENTS PRACTICING THE GAME OF CHESS

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Abstract

The proposed study has as main purpose the evaluation of the development of physical condition by means of physical education in students practicing the game of chess. The specific objectives of the research include: Analysis of the current state of physical condition of students practicing chess through specific measurements. Identify how specific physical education activities influence the development of physical endurance in these students. Examining the correlation between improved fitness level and chess performance. The research aims not only to quantify the impact of physical education on students' physical condition, but also to identify ways in which this physical development can contribute to improving chess performance. The development of physical condition by means of physical education has shown a significant contribution to improving the physical endurance of

students practicing chess. The positive correlation identified between improved fitness and chess performance suggests that physical activity can benefit both health and the development of specific chess skills.

Keywords: development, physical condition, physical education, pupils, chess.

DEVELOPMENT OF EXPLOSIVE STRENGTH IN THE REPRESENTATIVE HIGH SCHOOL VOLLEYBALL TEAM

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Abstract

The physical education teacher has the obligation to form the representative team of the school unit to be enrolled in the competition provided in the sports calendar, respectively the National School Sports Olympiad. The aim is to educate all students in sports according to their skills, material basis, sports tradition of the educational unit, in order to lay the foundation for the creating the habit of systematic practice of some sports branches, namely the game of volleyball. Motor skills are absolutely necessary for a total participation of the student in all phases of attack and defense. Among these, the value of the motor quality, force, depends on the degree of training and applied efforts, efforts that must be large enough to lead to the development of the student's motor qualities. Starting from the knowledge of morpho-functional peculiarities specific to the post-pubertal age, a pattern can be structured to identify the optimal solutions for the development of explosive force by general means but also specific to the game of volleyball. The efficiency and diversification strategies of stimulation and development of explosive force in volleyball play involve valuing the theoretical and practical knowledge and experience of the specialist, whose ultimate goal is to discover and capitalize the motor potential of high school students in order to achieve performance in school competitions.

Keywords: volleyball, representative school team, high school cycle, explosive force.

"EXERCISE BREAKS" AIMED AT PROMOTING GOOD POSTURE IN SCHOOL-AGE CHILDREN

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Abstract

Posture is a manifestation of everyone's physical and mental health. Good posture is important for the prevention of chronic non-infectious diseases later in life. Therefore, appropriately chosen physical activity in the school environment aimed at promoting the postural health of pupils has a preventive and health-promoting effect. The research aimed to bring about a preventive effect on the general posture of school-age children within the "Active School" project. The sample consisted of 53 pupils, who were in the second grade of primary school. The experimental group (EG) was made up of $N = 25$ pupils and the control group (CG) consisted of $N = 28$ pupils. As part of the active school during the teaching process (in addition to PE), the EG pupils followed for one school year a movement programme called "Healthy Back", which is aimed at promoting good posture. The CG pupils attended only compulsory PE lessons. In terms of data collection methods, a standardized posture assessment method for PE was applied. The results of the partial objective showed that during the school year, the EG pupils showed significant changes in the overall posture ($p < 0.01$) as well as in the individual segments ($p < 0.01$), most significantly in the head posture. There was a strengthening of the overall posture. On the contrary, in the control group, we observed a significant deterioration ($p < 0.01$) in the overall posture, regarding the position of the shoulder blades and the curvature of the spine. We also found the same deterioration in the foot posture. The CG pupils were reclassified from qualitative grade II - good posture to qualitative grade III - poor posture. The findings show that an active school can participate in promoting the quality of pupils' postural health. *The aforementioned research was conducted within the VEGA project named "1/0427/22 Prevention of pupils' postural health by physical activity".*

Keywords: active school, posture, exercise break, school-age children

THE ATTITUDE OF SPORTS FACULTY STUDENTS RELATED TO A SKIING INTERNSHIP

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Abstract

The aim of this study was to identify the perception after the participation to a skiing training course of sports faculty students (76 subjects). The authors proposed an online questionnaire that collected information about the students' relation with sports activity and their opinions about this proposed curricular activity to determine their level of interest. The feedback obtained suggests that the ski internship allows students to have a more realistic and practical exposure to the environment resulting in personal experiences with long-term (professional) impact that can help them identify and cultivate their goals and skills regarding the future profession. Most of the students appreciated this immersive training experience from a practical perspective. This can help them as future professionals who will guide others to do sports activities. University sports programs that facilitate an effective "on-site" practical experience can have multiple results for the students – the specialists in training, sports curriculum programs should offer more options, partnerships and similar practical experiences.

Keywords: students, sports curriculum, profession, skiing training.

HOW STRETCHING EXERCISES IMPROVE THE JOINT MOBILITY AND MUSCLE FLEXIBILITY OF STUDENTS FROM NON-PROFESSIONAL STUDY PROGRAMS

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Abstract

The purpose of this study was to contribute to the development of joint mobility and muscle flexibility of the participants through a stretching program that was applied to a number of 21 students of the University of Craiova who study in non-professional study programs, aged between 19 and 28 years, of which five are male (24%) and 16 female (76%). For conducting, this study it was used the experiment method for obtaining a systematic and controlled approach to investigate the inbody variables of the participants before and after applying the stretching program. The stretching program included some motor tests, such as: sit and reach test, stand and reach test, calf muscle flexibility test, floor touch test, groin flexibility test, trunk rotation test and shoulder-neck mobility test. Results. It was observed that there were significant differences ($p < 0.05$) in the indexes of the SMM, BFM, BMI and WHR variables following the application of the stretching program among the students.

Conclusions. Our findings identify the importance of dynamic and static stretching among students, as well as their appreciation according to the long-term implications in the physical and mental development of the participants.

Keywords: physical exercises, stretching, students, physical health.

THE ROLE OF PHYSICAL EXERCISE IN IMPROVING COORDINATION CAPACITY IN PEOPLE WITH DOWN SYNDROME - CASE STUDY

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Abstract

The purpose of the study was to identify the impact of physical exercise on a subject diagnosed with Down syndrome, 28 years old, female, from the urban environment (height 1.44m, weight 47 kg). The subject participated three times a week in training sessions aimed mainly at the development of coordinative capacities. Each training session had a duration of 120 minutes and included exercises aimed at the development of balance, segmental coordination and spatial-temporal orientation being performed in the first part of the work program. Height, body weight, length of lower limbs, measurements of soles were measured. This data was used to evaluate and describe the physical characteristics of individuals, but also to monitor their health status. Functional Movement Screen (FMS) was also used to evaluate work impact, this being a screening tool used to evaluate

fundamental movement patterns in individuals without any current complaints of pain or musculoskeletal injuries. The tests used were squat, hurdle step, line lunge, active right leg raise, push-up for trunk stability, rotational trunk stability, shoulder mobility. During the initial testing, differences in laterality were identified in all samples that tested the balance. During the final testing, improvements were identified in all investigated parameters, the progress varying between 4.16% and 20.80%.

Keywords: Down syndrome, exercise, coordination, case study.

CREATING AN INCLUSIVE ENVIRONMENT WITHIN PHYSICAL EDUCATION AND SPORTS LESSONS FOR STUDENTS WITH SPECIAL EDUCATIONAL NEEDS (SEN)

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Abstract

The study was carried out on the basis of the answers given by students with special needs from the Technical College "Alexandru Ioan Cuza" Suceava, received following the application of a questionnaire with the theme: Integration of students with SEN in mainstream schools. The purpose of applying the questionnaire was to obtain feedback as well as information about the experience of these students in physical education lessons. The results obtained highlight the importance and necessity of adapting all the variables related to the programming, planning and carrying out of sports activities, in response to the individual needs of students with special needs, but also the need for open, effective communication in the teacher-student, student-student relationship. Also, relevant answers were received on the positive impact brought by participation in physical education and sports lessons on physical and mental health, but also on the way in which teachers and colleagues contribute to creating a favorable environment of acceptance and integration. Based on the results obtained in the study, relevant recommendations were given for improving the inclusive environment necessary for physical education and sports lessons, as well as effective suggestions, applicable in inclusive learning for all students with special needs.

Keywords: inclusive environment, physical education and sport, Special Educational Needs (SEN).

STUDY ON ASSESSING THE LEVEL OF SKILL AND COORDINATION OF STUDENTS IN SPECIALIZED HIGHER EDUCATION

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Abstract

The research was conducted in the first semester of the academic year 2023-2024, with the tested subjects being students from the Faculty of Physical Education and Sports at Spiru Haret University Bucharest. They gave their consent to participate in tests regarding the assessment of dexterity during handball, gymnastics, and tennis classes. In gymnastics, they performed throws of the hoop and ball at a fixed point for a set duration of time, with the correct execution being evaluated. Throws with both objects were made using both hands, starting with the dominant hand, with a break between trials. In tennis, our subjects had 10 balls launched by the instructor and had to perform a right cross-court shot in the shaded areas (as the first trial) and a long-line backhand shot in the shaded areas (the second trial). For handball, in this experimental study, we chose two individual trials involving dribbling with two balls over a distance of 15 meters, simultaneous dribbling (trial 1) and alternate dribbling (trial 2), but also well as a passing trial with a partner (distance of 3-4 meter, 30sec) performed simultaneously with the execution of multiple dribbles using the non-dominant hand (trial 3).

Keywords: handball, gymnastics, tennis, dexterity.

ANALYSIS OF THE BEHAVIOR OF PRIMARY SCHOOL STUDENTS WITH CES DURING PHYSICAL EDUCATION LESSONS

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Abstract

The improvement of the compulsory education process in Romania involves multiple aspects regarding the forms of organization, the expansion and diversification of the means, the material base as a whole, the structure of the curriculum, the quality of the process itself and the integration of all children and adolescents in this process, without intellectual discrimination, physical, sensory, ethnic or social. Thus, in Romania from 2021, any child, regardless of health status, has the right to enroll in any school unit in the area where they are located. We make it clear that until now these children attended special schools. Monitoring the behavior of students with CES will allow the physical education teacher to record all types of manifestations and adapt his means of action to achieve integration and socialization during the lessons, as well as to temper and model their behavior in order to have a good performance of the hours. In this sense, the study highlights, through the intentional recording of behavior, the manifestations of students with CES during physical education classes that were the basis for the formulation of action recommendations. The analysis finds its usefulness by informing future physical education teachers about situations for which they were not prepared.

Keywords: EFS, students with SEN, behavior, recommendations.

DIETARY STYLE AND SPORTS ACTIVITIES AS PREDICTORS OF QUALITY OF LIFE AMONG UNIVERSITY STUDENTS

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Abstract

The purpose of the present study was to analyze the relationship between students' life habits, on the one hand, and life satisfaction and quality of life in terms of health, on the other hand. The participants were 122 students aged between 18 and 35 years, $M = 21.34$, $AS = 4.05$. A series of questionnaires designed for the purpose of conducting this study were used to identify eating style, sports activities and sedentary activities, as well as the Health-Related Quality of Life. The association between students' lifestyle (diet, activities) and health-related quality of life was tested through regression analyses. The results showed that healthy eating and sports activities are significantly positively associated with the physical domain of quality of life, sports activities are significantly positively associated with the mental domain of quality of life and healthy nutrition is significantly positively associated with the general domain of quality of life. In conclusion, the practical implications of the obtained results are discussed.

Keywords: students, life habits, eating style, sports activities.

COMPARISON OF EXPLOSIVE FORCE ASSESSMENT WITH DESMOTEC AND JUSTJUMP IN ADOLESCENTS

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Abstract

The research is looking at the comparison between two equipments that are used to evaluate the leg power. A group of 45 teenagers (28 girls, 6.54 ± 0.9 years, 162.8 ± 7.1 cm, 57.26 ± 9.4 kg and 18 boys, 16.39 ± 1.0 years, 175.2 ± 7.0 cm, 67.20 ± 7.4 kg) from the north-est area of Romania performed vertical jumps after the squat jump (SJ), countermovement jump (CMJ) and countermovement jump with arm swing (CMJ-A) procedures. We used two devices: JustJump system and the Desmotec platform. The data analysis shows significant differences between the two techniques among the values obtained from all three procedures for both boys (SJ = 9.1 cm, CMJ = 9.8 cm, CMJ-A = 11 cm) and girls (SJ = 4.3 cm, CMJ = 4.7 cm, CMJ-A = 5.5 cm). However, there

weren't big differences between the evaluation of the girls with Desmotec and boys with JustJump, regarding all of the jumps. Our data shows considerably higher values generated by the Desmotec platform, in relation to the JustJump system.

Keywords: lower limbs force, power, different methods, vertical jump, explosive.

CORRELATIONS BETWEEN AGGRESSION AND EXPLOSIVE FORCE OF ADOLESCENTS IN THE NORTH-EASTERN PART OF ROMANIA

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Abstract

The study aims to test the correlation between aggressiveness, evaluated with the 2D:4D test, and the explosive force of 45 adolescents in N-E Romania. Thus, 29 girls (16.69±1.0 years, 163.0±7.1 cm, 57.86±9.6 kg) and 17 boys (16.18±0.8 years, 175.2±7.1 cm, 67.08±7.7 kg) were measured. The 2D:4D ratio has been determined, as well as the height of squat jump (SJ), countermovement jump (CMJ), countermovement jump with arm swing (CMJ-A) and 4 consecutive jumps (assess the explosive power factor – PF). The jumps were performed on the JustJump system. Significant correlations were found between the ratio of the two hands, both among the girls ($r=0.53$; $p=0.003$), and the boys ($r=0.70$; $p=0.002$). Compared to girls, boys had strong connections between the 2D:4D test of the right hand with the results of the SJ ($r=-0.62$; $p=0.008$), CMJ ($r=-0.63$; $p=0.006$), CMJ-A ($r=-0.60$; $p=0.012$), and the average height of the 4 consecutive jumps ($r=-0.57$; $p=0.016$). Other connections were observed between the 2D:4D values of the left hand, SJ ($r=-0.54$; $p=0.025$) and the explosive power factor ($p=0.051$). The data confirms our hypothesis, and there are correlations between 2D:4D ratios of both hands and SJ and PF tests.

Keywords: JustJump, 2D:4D ratio, teenagers, vertical jump, Countermovement Jump.

THE EFFECTS OF HANDBALL TRAINING IN MIDDLE SCHOOL PHYSICAL EDUCATION LESSONS – REVIEW OF SCIENTIFIC LITERATURE

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Abstract

The physical education lesson, plays an important part in influencing students to make healthy life choices, and maintain it for a long period of time. Lesson planning must be carefully created to be in the same time attractive and efficient. Training in team sports has a positive impact on the human body, especially if you start training during the period of puberty. This article aims to analyze the literature in order to observe whether or not the choice of specific means of playing handball influences the development of students both physically, cognitively or emotionally. Conclusions: After analyzing multiple scientific articles regarding the effects of handball training in the physical education lesson, we got to the conclusion not only it has a lot of benefits in the physical area, but also plays an important part in the social and affective area. This is possible due to the fact that students are more competitive, they learn how to communicate in a team and how to choose to play in a „fair-play” manner.

Keywords: handball; physical-education; fitness; adolescence.

FOOTBALL GAME AND TACTICAL TRAINING

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Abstract

Soccer technique serves as the foundation for building and refining the game, just like in any other sport. Versatile players are an essential part of modern football, which no longer allows us to talk about attacking or defensive players but rather players with complex talents who can manage any circumstance the game demands. We welcome defenders' technological progress since it results in excellent phases of attack. This article emphasizes the coach's crucial role, his relationships with the players, his capacity to motivate and inspire them, and his ability to organize and oversee the play. The results of the study demonstrate how

important it is for teachers to be involved in helping students learn the best teaching techniques in order for them to become proficient soccer players. Football technical training and preparatory drills and games are important and helpful techniques. To advance game models in the areas of technical procedures and tactical behavior that enhance the activity of those involved in the field and provide them with a good opportunity to analyze a football game, we need to observe, detect, and compare the differences that manifest themselves in the organization of the teams that are the subject of the study.

Keywords: juniors, defenders, midfielders, forwards, training.

STUDY REGARDING THE OBSERVANCE OF ETHICAL AND DEONTOLOGICAL NORMS IN THE PHYSICAL EDUCATION ACTIVITIES OF THE STUDENTS OF TRANSILVANIA UNIVERSITY OF BRASOV

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Abstract

The research aims to perform a questionnaire addressed to the students at the Transilvania University of Brasov, who participate in physical education activities in their faculties. The main objective of the questionnaire is to research the student's perception regarding the observation of the academic deontological norms in Physical Education classes. The study aims to survey the students' opinions on the respect of ethical and academic rules during these activities. The 74 students from the first and second year of study surveyed answered several 15 items covering the main issues that occur in practice in direct relation to the specific activities in Physical Education classes. Through this research, the main objective aimed to assess, from an ethical perspective, the behavior of the professor, their attitude, and their level of professional knowledge in direct interaction with the participants in the Physical Education activities included in the curriculum. The questionnaire focused on the main issues related to the respect of professional ethics and deontology in the activities.

Keywords: Questionnaire, ethics, teacher, deontology.

THE OPINION OF THE ROMANIAN PE TEACHERS REGARDING THE DOMAIN OF THEORETICAL KNOWLEDGE

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Abstract

In the 21st century, the educational character of the physical education (PE) lesson is emphasized. This means that the teacher is no longer interested in reaching physical performance standards - but focuses on implementing knowledge. The Romanian literature, also presents the domain of "theoretical knowledge" as a component of the educational process in this discipline. So, this study aims to find out what is the opinion of Romanian PE teachers related to the field of theoretical knowledge. A quantitative evaluation instrument was built in the form of a questionnaire with 4 factors. The sample measured (N=200) was a representative one using a stratified sampling methodology in which we were interested in obtaining representativeness from the perspective of experience in teaching. The results indicate that Romanian PE teachers still consider physical performance evaluation to be a very important requirement in the grade obtained in this discipline. Regarding the use of a textbook and the evaluation of theoretical knowledge, Romanian PE teachers do not totally reject these activities, but consider them to be of little importance. In conclusion, we believe that universities that prepare future PE teachers should put more emphasis on the importance of theoretical knowledge in the PE lesson.

Keywords: physical education discipline, PE teachers, theoretical knowledge, evaluation.

THE IMPORTANCE OF SPORTS ACTIVITIES IN TRAINING THE SKILLS FOR AN ACTIVE AND HEALTHY LIFESTYLE IN ADOLESCENTS

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Abstract

Sports activities play a crucial role in developing the skills for an active and healthy lifestyle in adolescents, providing students with the opportunity to experience and engage in a variety of activities in order to develop their motor, social and intellectual skills. The purpose of the paper is to highlight the essential role that sports activities have in skills training, necessary for an active and healthy lifestyle in adolescents. The objectives of the research include, examining the physical benefits of sports activities on the health of adolescents, highlighting the development of motor skills through sports activities, analyzing the impact of sports activities on the social and emotional development of adolescents, especially through identifying strategies and resources available to encourage adolescents to participate in sports activities and adopt an active and healthy lifestyle. The research results will provide a deeper understanding of the importance of sports activities in the adolescents' lives, providing the necessary information to inspire them to embrace an active and healthy lifestyle. Sports activities are essential for training the skills for an active and healthy lifestyle in adolescents, contributing to the improvement of physical and mental health, and the increase of self-confidence and self-esteem.

Keywords: sports activities, skills training, active and healthy lifestyle, adolescents.

STUDY ON THE RELEVANCE OF STUDENT INVOLVEMENT IN ONLINE ACTIVITIES OF PHYSICAL EDUCATION AND SPORT

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Abstract

The proposed study explores the importance and relevance of students' participation in online activities of Physical Education and Sports, in a context where technology and the virtual environment are becoming more and more prevalent in the educational field. The main aim of the research is to assess how students' involvement in these online activities contributes to their physical development, promoting a healthy lifestyle and strengthening interest in physical education and sport. Study objectives: Analysis of how online activities of Physical Education and Sport influence the level of participation of students; Assessing the impact of participation in the virtual environment on the physical development and general health of students; Identifying the benefits and challenges associated with the implementation of online activities within Physical Education and Sports; Examine students' and teachers' perceptions of the relevance and effectiveness of online activities in this area. The study will involve collecting data through questionnaires from both students and teachers involved in the Physical Education and Sports process. The results obtained in the context of literature and current educational guidelines will be analyzed.

Keywords: study, relevance, students, online, physical education and sport, questionnaire.

THE OPINION OF THE PHYSICAL EDUCATION AND SPORTS TEACHERS ON THE USE OF THE HANDBALL GAME IN THE PHYSICAL EDUCATION AND SPORTS LESSON

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Școala Gimnazială, Lucian Blaga, Jibou, Romania

Abstract

The results of the data analysis from the questionnaire addressed to teaching staff indicate that the majority of teachers have an adequate degree of professional training to teach physical education and sports. Physical education and sports teachers emphasized that the development of basic and specific motor skills and abilities represents the most important formative effect of physical education and sports classes, with a weight of 94.7%. Also, 71.2% of the respondents mentioned that stimulating interest in the motor act and 61.4% indicated that stimulating interest in directly or indirectly watching sports events are

important aspects in physical education and sports classes. Regarding the use of handball curriculum content, 87.9% of teachers use it, but only 13.1% use this content for more than 20 weeks in a school year. The involvement of students in the game of handball is generally of medium level (51.5%) or low (26.5%), indicating the need to motivate them more actively in carrying out sports activities. Willingness to participate with students in sports competitions specific to handball is shown (62.6%). Regarding the motor qualities developed by practicing the game of handball, the teachers highlighted that mainly speed is developed (53.8%).

Keywords: teachers, questionnaire, handball, students.

THE IMPORTANCE OF MONITORING SOMATIC AND PSYCHOMOTOR DEVELOPMENT AT THE STUDENTS FROM THE SCHOOL'S MINI- HANDBALL TEAM

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Abstract

The purpose of this study is to highlight the importance of monitoring somatic and psycho-motor development within school mini-handball teams. Using a mixed approach combining anthropometric and psycho-motor assessments, we collected data from two classes of students from the same middle school for one year. The results showed significant improvements in physical development, coordination, and agility in the experimental class students. The careful monitoring of these aspects demonstrated the clear benefits of regular sports activities on somatic growth and psycho-motor development at school age. In conclusion, this study emphasizes the importance of implementing continuous monitoring of somatic and psycho-motor development in students involved in sports activities such as mini-handball. This approach can contribute to the development of more personalized and effective physical education, ensuring long-term benefits for the health and overall development of schoolchildren.

Keywords: somatic and psycho-motor development, mini-handbal.

METHODOLOGICAL ASPECTS OF DEVELOPMENTAL TRENDS ON THE PECULIARITIES OF MOTOR DEVELOPMENT OF SECONDARY SCHOOL STUDENTS THROUGH THE APPLICATION OF TOURISM MEANS

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Abstract

Currently, the methodological aspects of trends in the development of motor training features of students through the application of tourism means are extremely important in the current context of education, which offers significant opportunities for health promotion, experiential learning and environmental awareness. In recent decades, physical education and motor development in secondary school students have become increasingly important issues in the context of education. At the same time, tourism is becoming increasingly popular and presents endless opportunities for educational and developmental experiences. Research objectives: efficient selection of tourism resources for secondary school pupils, which will favour the development of motor skills, which will have a positive impact on the pupils' level of preparation; identification of tourism resources through the development of motor skills in secondary school pupils based on the opinion of specialists in the field; Research methods: analysis, synthesis and generalisation of literature data; . sociological survey; testing method. The research results highlight the need for tourism activities to develop motor skills such as balance, coordination and endurance in a stimulating and safe environment.

Keywords: developmental particularities; motor development; secondary school cycle; tourist means.

THE PHYSICAL EDUCATION AND SPORTS LESSON FROM ROMANIA: EDUCATION OR SPORT?

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Abstract

The Physical Education (PE) lesson, as it is called in most countries, in Romania is entitled "Physical Education and Sport (PE&S)". This fact leads us to the following research question: How much is "education" and how much is "sport" in the PE&S lesson? The research methodology consisted of a qualitative analysis of the official documents that legislate this discipline. The results indicate that the theory and methodology of teaching the PE&S lesson in Romania seems to be closer to the field of sports. On the other hand, the new primary and secondary school curricula are closer to the field of education. Also, the introduction of the textbook in the 5th and 6th grade represents another aspect that makes us believe that the changes of the last 10 years express a greater focus on the educational character. The present paper opens the debate related to the necessity of changing the name of the lesson in Romania from PE&S to PE.

Keywords: Physical Education lesson, sport, education, methodology of teaching, curriculum.

MARKETING AND MANAGEMENT IN SPORTS DANCE

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Abstract

Ballroom dancing is a popular set of paired dances enjoyed worldwide, both socially and competitively. The term became narrower, referring only to the five standard dances and five Latin dances. The marketing environment in sports dance is a very easy concept to avoid by dance clubs in Romania, most of them using techniques such as distributing flyers through schools, advertising posters, participating in weddings or other events, organizing shows and competitions. In order to succeed in expanding the area of sports activity and attracting various categories of consumers, it is necessary for marketing to know a certain restructuring and reorganization, involving the members of dance clubs. Sport has evolved at the level of society, from a way of spending free time, to an entire industry. It has a direct contribution to the social effects it generates at the biological level, a contribution that is also applied at the economic level, by reference to consumption, income, etc.

Keywords: dance, marketing, sports, activities.

DEVELOPING PROGRAMS TO IMPROVE PHYSICAL CONDITION IN A FUN WAY FOR STUDENTS AGED 10-11

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Abstract

Physical education and sports contribute to the success of the school activity, by acting on the components of psychomotor skills, achieving harmonious physical development, strengthening the state of health and, last but not least, by applying playful methods in physical education classes, they help students relax and unwind. Materials and methods. The topic of the research focuses on the advantages of modern methods in physical education classes in shaping generations of students with remarkable abilities. During the physical education classes, by applying some programs to improve the physical condition in a fun way, the most effective methods will be found to make the students have a spirit of initiative, to put their ideas into practice through creativity, innovation and to have the ability to manage various situations that arise. Conclusions. Through the physical activities that we will carry out, children will learn to collaborate, empathize and accept each other, the final goal being the development of abilities and the manifestation of creativity during physical education and sports classes.

Keywords: ludic methods, physical condition, movement games, students.

PERSISTENCE OF PRACTICING SPORTS AMONG YOUNG PEOPLE: A COMPARATIVE EVALUATION

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Abstract

In the current context, young people face an increasingly limited availability of time to manage all the activities they propose, and this temporal restriction also influences their habits regarding physical activity and practicing sports. The benefits that physical activities have on the mental health of young people are manifested in various aspects, such as reducing stress, improving self-esteem and the quality of sleep. Considering these aspects, a research was proposed with the aim of evaluating the existence of significant differences in the ability of young people to maintain a habit of exercise, particularly dance, either in a dance class or in the comfort of their own home. This article aims to provide an analysis of young people's physical activity behaviour, taking into account both the social and spatial environment of the dance class and the convenience and accessibility of practicing dance at home via an app. This research aims to provide an in-depth and systematic analysis of young people's physical activity behaviour, taking into account both the social and spatial environment of the dance class and the convenience and accessibility of dancing at home via an application.

Keywords: activities, dance, mental health, youth.

THE IMPACT OF SPINNING ACTIVITY ON THE PHYSICAL TRAINING OF HIGH SCHOOL STUDENTS

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Abstract

The proposed study investigates the effects of spinning activity on the physical preparation of high school students, focusing on the benefits brought by this form of intense cardiovascular exercise in the development of physical capabilities and overall health of students. The main aim of the research is to assess how participation in uninterrupted spinning sessions can influence the fitness level, cardiovascular endurance and general well-being of students in this age group. Study objectives: Investigating the impact of spinning activity on increasing the cardiorespiratory capacities of high school students. Evaluation of the influence of spinning activity on improving the level of resistance and general health of students. Analysis of students' perceptions of their experience in spinning activities and identification of factors that can influence their continued participation. Comparison of the results obtained between the group of students practicing spinning and a control group not actively participating in such activities. The study will involve collecting data through physical capability tests and a questionnaire. The data obtained can be useful for developing educational strategies and promoting physical activity in this age group.

Keywords: impact, spinning, physical training, students, high school.

ASSESSING THE IMPACT OF PHYSICAL EXERCISE ON MORPHOFUNCTIONAL STATUS IN HIGH SCHOOL STUDENTS

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Abstract

The proposed study focuses on assessing the impact of physical exercise in water on the morphofunctional status of high school students, aiming to identify and understand the physical and morphological benefits brought by regular participation in physical activities in water at this stage of their development. The research focuses on the impact of physical exercise in water on body composition and morphological aspects of high school students. Research objectives: Studying the impact of exercise on body composition in order to identify possible improvements. Morphological evaluation following constant participation in physical exercise in water. Identify the reasons that determine the participation of students in physical exercise in water and their continuous evaluation over time. Students will be monitored during their participation in exercise in water to highlight the impact on morphofunctional status. The positive effects found include increased muscle mass, reduced body fat, improved cardiovascular and respiratory function. These results indicate not only physical benefits, but also the positive impact of exercising in water on the overall health and well-being of high school students.

Keywords: Assessment, impact, exercise, morphofunctional status, students.

IMPACT OF INNOVATIVE INFLATABLE EQUIPMENT ON ENHANCING FUNCTIONAL TRAINING EFFICIENCY FOR STUDENTS

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Abstract

Fitness optimizes the health status of students and has a positive impact on daily activities, health status, and physical condition. The purpose of this study is to design and implement a functional training program using innovative equipment to optimize the functional and motor capacity of student from non-professional faculties. Functional training originates from the medical field and involves a new approach to traditional training. In functional training sessions, exercise can be performed by using one's body weight, specific fitness materials or innovative equipment, including the inflatable Aqua-Fit equipment. Aqua-Fit equipment consists of a tube and an inflatable ball that can be filled with water according to the students physical readiness. Practicing requires constant adaptation to the instability of the contents inside the equipment, leading to the optimization of proprioception, motor control and motor capacity. Functional training programs utilizing innovative inflatable Aqua-Fit equipment can have multiple formative aspects, contributing to increasing the attractiveness of exercise and improving the motor and functional capacity of students in non-professional programs during physical education classes.

Keywords: inflatable equipment, fitness, functional training, Aqua-Fit.

THE IMPACT OF BADMINTON PRACTICE ON PSYCHOMOTRICITY COMPONENTS IN SECONDARY SCHOOL STUDENTS

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Abstract

The proposed study focuses on the influences that the practice of badminton can have on the components of psychomotricity in secondary school students. The main aim of the research is to assess how participation in the game of badminton can contribute to the development of motor and psychological skills in secondary school students. Objectives: Analysis of how badminton practice influences the improvement of coordination, agility and balance in secondary school students. Collecting data and analyzing students' perspectives on the benefits of practicing badminton in terms of psychomotricity components. Identify motivational factors that determine continuous participation in badminton lessons and how they can influence the development of psychomotricity. The research will involve the use of a toolkit including motor skills tests and a questionnaire for students' perceptions of badminton. The results of this study can provide useful information for the practice of badminton in secondary schools, highlighting the benefits both physically and mentally.

Keywords: impact, badminton, psychomotricity, students, gymnasium.

THE COMPATIBILITY OF MEASURING LEG STABILITY WITH THE Y BALANCE TEST AND MFT CHALLENGE DISC IN ADOLESCENTS

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Abstract

The study proposes the analysis of the compatibility between two methods of assessing leg stability. 48 adolescents aged between 15 and 19, from the Moldova region (Romania) were measured. The chosen methods for measuring leg stability were the Y Balance Test (YBT) and the MFT Challenge Disc 2.0 Bluetooth (MFT). The protocol for each test aims to determine the difference between the two sides. In girls (163.0 ± 7.07 cm; 57.72 ± 9.49 kg), unilateral indexes correlated positively for both YBT ($r = 0.73$; $p < 0.001$) and MFT ($r = 0.55$; $p = 0.001$). Boys (175.2 ± 7.04 cm; 67.2 ± 7.49 kg) showed a relationship between the Y coefficient of the right leg and the MFT score ($r = 0.51$; $p = 0.03$). Additionally, the coefficient of the left limb establishes

correlations with the score of each test separately. Overall, there are correlations between unilateral coefficients within each test, with only YBT having links between the score and the coefficient of the right ($r = -0.33$; $p = 0.02$) and left ($r = 0.57$; $p < 0.001$) leg. No links were found between the results of the two tests measuring leg stability in the respective teenagers.

Keywords: balance, assessment, posture, youth, motor ability.

POSSIBLE CORRELATIONS BETWEEN STRENGTH AND LEG STABILITY IN ADOLESCENTS

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Abstract

The purpose of this study is to measure the relationships established between the strength and stability of the lower limbs in adolescents from the eastern region of Romania. The study included 29 girls (16.69 ± 1.00 years, 163.0 ± 7.19 cm, 57.86 ± 9.62 kg) and 18 boys (16.39 ± 1.04 years, 175.2 ± 7.04 cm, 67.2 ± 7.49 kg). Handgrip strength and explosive leg strength were measured. Protocols including squat jump, countermovement jump, and countermovement jump with arm swing (CMJ-A) were used for the last one. Stability was determined using the Y-Balance test. The results showed, in the group of girls, positive correlations only between the unilateral indexes the Y test, as well as between the left side index and the test score. The second correlation present in girls was also found in boys, its strength being double ($r = 0.82$). However, there is a relationship between the left limb index and CMJ-A in boys ($r = -0.49$; $p < 0.05$). Both groups recorded significant correlations only between the Y coefficients of the lower limbs ($r = 0.60$; $p < 0.001$), and the Y coefficient of the left limb and the Y score ($r = 0.62$; $p < 0.001$). In the adolescents evaluated by us, strength and stability have non-significant relationships.

Keywords: vertical jump, performance assessment, balance, Y test.

IMPACT OF PHYSICAL ACTIVITIES AIMED AT IDENTIFYING PROACTIVE BEHAVIOURS AND QUALITY OF LIFE IN MIDDLE AND HIGH SCHOOL STUDENTS

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Abstract

Leisure-time exercise has become a major topic in recent decades as more and more people are becoming aware of its positive effects on health. World Health Organisation (WHO) statistics show that between 60 and 85% of the world's population, in both developed and developing countries, have a sedentary lifestyle. The aim of the research is to highlight the existence of a correlation between sedentary and/or proactive behaviour in people aged 10-18. The research sample consisted of 3124 secondary and high school students. The content of the research consisted of the drafting and application of a questionnaire, i.e. Questionnaire on the investigation of the share of physical exercise in the leisure time budget of people aged 10-18 years. After analyzing the results, it was found that a large proportion of the students stated that they had never practiced physical exercise in their free time, a worrying aspect that will have repercussions on their sedentary behavior in adult life. In terms of the total number of students, it is found that 1918 students do exercise in their free time, while 1224 students do not exercise in their free time.

Keywords: physical exercise, leisure time, sedentarism, lifestyle.

EFFICIENT METHODS AND MEANS FOR DEVELOPING COORDINATION SKILLS IN HIGH SCHOOL STUDENTS BY USING RHYTHMIC GYMNASTICS IN PHYSICAL EDUCATION AND SPORTS LESSONS

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Abstract

Effective methods and means in the development of coordinative capacities in secondary school students by using the means of rhythmic gymnastics in physical education and sports lessons", is part of a research on the development of coordinative capacities in secondary school students by using the means of rhythmic gymnastics in physical education and sports lessons and which is intended to be a source of information, development, applicability in life for both students and teachers. The selection and application of effective means in the form of programs/sets of physical exercises for physical development and coordination capacities has an essential role in the motor and socio-professional development of students. The use of means such as those specific to rhythmic gymnastics for the development of coordinative capacities, the development of motor skills can be beneficial, thus modernizing physical education and sports lessons.

Keywords: coordinative abilities, rhythmic gymnastic, exercises, methods.

USE OF INFORMATION TECHNOLOGY IN PHYSICAL EDUCATION LESSONS FOR PRIMARY STUDENTS

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Abstract

The use of new technologies in physical education requires teachers to have a set of knowledge and skills that would favor the use and capitalization of new technologies in the didactic activity. These modern technologies, used in the physical education lesson, represent one of the most complex forms of integration of informal education into formal education. Contributing to the efficiency of the researched study, the use of these information technologies in the teaching-learning-evaluation process achieves the diversification of didactic strategies, allowing the student access to various structured information, presented in different ways of visualization. Technology has enough potential to simplify effective physical education instruction and provide teachers with key information. In this study, I aimed to use information technology in physical education classes to increase the performance of learning sports skills in physical activities among primary school students, respectively the 4th grade.

Keywords: information technology, physical education, students, primary school.

A LITERATURE REVIEW OF BURNOUT IN THE POST PANDEMIC ERA AMONG TEACHERS (2020 - 2023)

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Abstract

The COVID-19 pandemic has brought about significant transformations in the global educational landscape, presenting unprecedented challenges for educators. This literature review investigates the prevalent issue of teacher burnout in the post-epidemic period, specifically spanning from 2020 to 2023. Objective: The main goal is to conduct a thorough analysis of current research, pinpointing significant factors that contribute to teacher burnout and gaining insight into how it has changed over time in the wake of the global health crisis. This review seeks to illuminate the intricate aspects that affect educators by combining various studies. Methods: An analytical methodology was employed to examine a diverse array of academic publications, reports, and research that were published throughout the designated period. This literature analysis employed a methodical strategy, searching databases (PubMed, ERIC, PsycINFO, Academia) for studies conducted between 2020 and 2023. The inclusion criteria focused on research that specifically investigated this phenomena. Results: The literature review, conducted with a 95% confidence level, revealed a multifaceted situation of teacher burnout following the COVID-19 pandemic from 2020 to 2023. Key recurring topics were increased workload and stress, with regional differences highlighting the necessity for customized solutions. Conclusion: This literature review not only summarizes existing knowledge on teacher burnout, but also emphasizes

the importance of implementing specific interventions to promote a resilient and sustainable educational environment in the post-pandemic age.

Keywords: teacher burnout, post-pandemic, stress, burnout, anxiety.

FORMAL AND NON-FORMAL MOTOR ACTIVITIES

THE INFLUENCE OF COLPBOL GAME ON THE QUALITY OF LIFE OF PEOPLE WITH DOWN SYNDROME

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Abstract

Introduction. Physical exercise can improve the physical and mental health, but also to social inclusion and increased the well-being. **Methods.** The purpose of the research was to validate a training program that will contribute to optimizing the physical fitness of people with Down syndrome. The research subjects (n=12, aged 18-45 years), participated during 10 month, with a frequency of 2 sessions per week, at Colpbol training session, along with volunteers. The subjects were tested before and after the program, monitoring their evolution regarding balance, flexibility, arm strength and general coordination. **Results.** The results showed a positive evolution ($p<0.05$) of the tested parameters related to some items of the physical fitness, the Colpbol game demonstrate also that it is a very inclusive sport. **Conclusions.** Our findings suggest that Colpbol exercise can be an effective tool to improve some aspects of the quality of life for people with DS.

Keywords: physical exercises, Down Syndrom, Colpbol, inclusion, Y Balance Test.

EFFECTS OF AN ADAPTED ZUMBA DANCING PROGRAM ON PHYSICAL PERFORMANCE AND PSYCHOLOGICAL WELLBEING IN MIDDLE-AGED WOMEN

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Abstract

This study aimed to investigate the adapted Zumba dancing program effects on physical (static and dynamic balance, functional mobility, muscle endurance and flexibility) and psychological (mood, attention and working memory (WM)) performances in middle-aged women. Twenty-eight middle-aged women (mean age: 56.02 ± 3.7 ys) were randomly allocated to a control group or a Zumba group. Their physical and psychological performances were assessed in two sessions (pre and post intervention session) using the stabilometric force platform for the static balance and the Rikli and Jones senior fitness testing battery for the rest of the functions. Regarding psychological performance, mood was evaluated via BMIS questionnaire and the simple reaction time test and Corsi Block-Tapping Task were used to assess the attention and the WM. Our results showed that the adapted Zumba dancing program significantly enhanced these physical performances (static ($p<0.001$, 90%CI[-12.4, -4.1]) and dynamic ($p<0.001$, 90%CI[1.2, 2.1]) balance, mobility ($p<0.001$, 90%CI[0.5, 2.1]), flexibility ($p<0.001$, 90%CI[-8.7, -2.2]), muscle endurance ($p<0.05$, 90%CI[-5.3, -0.2])) and mood ($p<0.001$, 90%CI[-12.5,-3.3]). Yet, these dancing benefits were absent for the cognitive functions. In conclusion, the Zumba dancing was effective to optimize physical performance and mood in middle-aged women which may promote their daily life functioning and psychological wellbeing.

Keywords: non-formal training program, adapted Zumba dancing, women, physical performance, psychological wellbeing.

MODELS FOR ESTIMATING ACTIVE TOURISM AS A FACTOR IN ADOLESCENT SOCIALIZATION

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Abstract

The climatic and geographical conditions of the Republic of Moldova are favourable for the practice of various forms of active tourism. The natural resources favour various possibilities of organising leisure time in an active way, for recreation, leisure, socialising and networking. The development and expansion of new information technologies, including in the context of the pandemic, have a blocking impact on the process of relating and socialising human beings, especially adolescents. The problems caused by social and relationship difficulties are of concern to parents, teachers and society in general. Research objectives: theoretical analysis and argumentation of the notion of forms of active tourism and the specifics of the socialization process of adolescents in the practice of forms of active tourism; identification of criteria and determination of the level of socialization of adolescents in the practice of various forms of active tourism. Research methods: analysis of scientific-methodical literature, interview and pedagogical observation, technical training testing; statistical-mathematical method of data processing. Conclusions. Identifying models for estimating active tourism as a factor in adolescents' socialization allowed us to identify the components of socialization. The content, forms and methods of work in carrying out tourist activities are an effective factor of socialization of adolescents, which influences the development and improvement of optimal sociopsychological conditions for the formation of life experiences and individual skills from the social and educational point of view.

Keywords: estimation models, teenagers, socialisation, forms of active tourism.

A NEW TREND IN TOURISM AFTER COVID-19: CYCLING TOURISM

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Abstract

In the aftermath of the COVID-19 pandemic, cycling tourism became a popular and fundamental travel and exploring option. This article explores the rise in popularity of cycling tourism in the wake of the pandemic, explaining its various aspects and the factors that contribute to its success. The research utilizes a combination of in-depth theme analysis and empirical studies to reveal the rich experiences that cyclists have on their travels, both as individuals and as a group. Additionally, it looks at the COVID-19 pandemic's catalytic function in enhancing the attractiveness of cycling as a resilient and sustainable form of transportation and considers its possible long-term impacts on the travel industry. The purpose of this article is to provide light on the changing dynamics of tourism and the travel industry in the post-pandemic world.

Keywords: Covid-19, Pandemic, Cycling, Cycling Tourism, A new trend in Tourism.

INVESTIGATING THE EFFECTS OF CYCLING ROUTES; A CASE STUDY OF 'LET'S CYCLE AT THE BLACK SEA

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Abstract

The aim of the article is to delve into post-COVID heightened interest in cycling. It emphasizes the crucial role of local authorities and non-governmental organisations in developing countries. They face the imperative of constructing cycling routes and shifting perspectives within communities and local businesses. This shift involves encouraging a cycling-friendly environment and engaging hotels, bike maintenance shops, and restaurants in embracing cycling tourism. The article underscores the need for a

comprehensive approach to cater to the rising demand for cycling experiences post-pandemic. The study focuses on the implementation of the EU-funded project named "Let's Cycle at the Black Sea" and the outputs of the project. The study was carried out via a purposive sampling method, and it was carried out with 20 cyclists and 10 entrepreneurs in the target city by utilizing a qualitative research design and a standardized open-ended interview model. The research aims to find out whether the outcomes of the project were met and what the demands of cycling-friendly cities are.

Keywords: Cycling, Cycling roads, bike-friendly, EU projects, entrepreneurship.

THE PARTICULARITIES OF THE STRUCTURAL COMPONENTS OF THE STUDENTS' EDUCATIONAL PROCESS FOR IMPROVING SKILLS IN THE INSTRUCTIVE-TOURISM PRACTICE

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Abstract

The content of the practice in higher education institutions assumes the position of the worker in the field of tourism, who, in addition to office work, is put in the position to go on the route, and this fact can only be achieved through an instructive-tourism practice. The subject of the research focused on the instructive-tourism practice that can have various structural components must be implemented taking into account various aspects of the tourism industry. The methods that provided us with the expected results included the analysis of the specialized literature and the structural aspects of the tourist instructive practice process. The analysis carried out highlighted professional skills for the fundamental, general socio-human and specialized course units, which provide for basic skills that must be developed and adapted to the tourism field; general skills that can ensure acquisition, exposure, interpretation, description and communication in the field of tourism; skills for the creation of prospects for the graduate from tourism specialties to assume responsibilities and be able to acclimatize in various activity environments and professional skills arising from the requirements of the tourism market. All of this presupposes the implementation of some modules for practical field activities, necessary in the training of students' professional skills. Thus, the obtained results lead us to conclude that the diversification of student practices is essential in their professional training.

Keywords: structural aspects; educational process; students, practice.

ANALYSIS OF POLICIES IN THE FIELD OF THE TOURISM INDUSTRY FROM THE REPUBLIC OF MOLDOVA IN ENSURING THE SUSTAINABILITY OF SPORTS TOURISM

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Abstract

As diminishing the effect of the pandemic, the tourism industry in the Republic of Moldova is starting to recover after a period in which not only local tourism suffered, but also the international one. The current research aims at the potential of the sports infrastructure in the Republic of Moldova, but also the place of sports tourism in regional policies for the coming years. The subject of the research aims at the effects of the policies implemented in recent years, which contribute to the development of sports tourism. The methods that made it possible to carry out the present research included the analysis of specialized literature and the statistical-mathematical one. The results of the research highlighted the fact that in the Republic of Moldova, among the forms of tourism on the rise are gastronomic, transit and sports tourism, the latter becoming more and more popular. All this is due to central and regional policy instruments, which in recent years have led to the development of the necessary infrastructure, a fact that allowed the organization of large-scale sports events. Moreover, they had the ability to attract athletes, who used various local tourist services during the sports events. The mentioned leads us to conclude that at the regional level, in the development policies for the coming years, most of the authorities have measures to boost sports tourism.

Keywords: policy; sports events; sports tourism.

INVESTIGATING STRATEGIES FOR DEVELOPING LOWER LIMB STRENGTH IN RUMBA

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Abstract

Research on the content of sports training and the means of artistic preparation within dancesport in Romania becomes essential to ensure efficient, holistic, and tailored training for dancers. Our study utilized a questionnaire-based survey with 12 items, administered to a sample of 50 subjects, coaches and instructors from sports clubs in Romania, some with international experience in coaching and judging, qualified by the Romanian Dance Sport Federation, and members of technical teams preparing the targeted pairs. We have monitored the emphasis given to physical training (both general and specific) during various training periods; the extent of utilizing artistic training methods for the development of lower limb strength; and the perceived utility, according to specialists, of developing lower limb strength through specific artistic training methods in youth-level dancers, particularly in the Rumba dance. The responses gathered throughout this questionnaire validate the hypothesis with its two questions (1. Does physical training represent one of the factors conditioning the performance of juniors in dancesport? 2. Does the development of lower limb strength through artistic preparation methods ensure the efficiency of competitive training?).

Keywords: Rumba, artistic preparation, physical training.

LEVEL OF PHYSICAL AND PSYCHOMOTOR SKILLS IN CHILDREN PRACTISING CLIMBING IN THEIR EXTRACURRICULAR ACTIVITIES

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Abstract

Our study presents the level of physical development and psychomotor skill of the 12-13-year-old children who practise climbing in their extracurricular activities. The research is based on the evaluation of 24 children from two different cities (Braşov and Bacău) between 10.02.2023 and 20.03.2023. In order to highlight the relationships between the indicators analysed, we calculated the Pearson correlation coefficient. The values show a strong linear correlation only between weight and height ($r = .712$) in the somatic development. The results recorded in the assessment of mental ability indicate a strong linear correlation between mobility and attention span ($r = .838$). The results of some of the motor capacity tests confirm positive linear correlations between back strength and abdominal strength ($r = .721$), between tiptoeing and back strength ($r = .804$), between right arm strength and abdominal strength ($r = .673$), between right arm strength and left arm strength ($r = .915$), between right arm strength and the Stork/Gillet test ($r = .658$) and between BMI and the T-test ($r = .668$). When calculating the Pearson correlation coefficients for the tests used to assess the physical, mental and motor development of the 12-13 year-old students performing climbing exercises, positive correlations are found for 8 of the assessment tests used.

Keywords: level; physical development; psychomotor skills; climbing; extracurricular activities.

THE INFLUENCE OF THE SLACKLINE GAME ON BALANCE IN AN ADVENTURE EDUCATION CAMP

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Abstract

Developing essential skills for an adult in a context of rapid technological progress and maintaining optimal physical condition are key indicators in the vast process of education. Adventure education activities and games is an approach to teaching in which an

individual is placed in an unfamiliar environment that creates disequilibrium and focuses on developing problem-solving skills and developing motor skills. The objective of the study was to identify the influence of the Slackline game on the coordinative ability balance within a program of activities specific to adventure education. It took place over a period of 28 days, in 4 series, in which 112 students aged between 10-12 years (41.07 boys and 58.93 girls) were evaluated. The initial and final tests were Flamingo Balance and Star Excursion Balance. The analysis of statistical indicators shows significant differences for the time required to complete the game ($p < 0.001$). Following the analysis of the intervention level on the program, significant statistical results, measured with Effect Size, were recorded for $R < 0.8$. Participating in camp-type programs that involve motor activities such as adventure education contributes to the optimization of balance in both its forms. Offering effective programs for free time and recreation can represent a viable alternative that offers continuity to physical activity during school vacations.

Keywords: slackline, balance, adventure education, recreational physical activities.

THE CONTRIBUTION OF DANCE ON INSTITUTIONALIZED CHILDREN IN OPTIMIZING MOTOR SKILLS AND IMPROVING THE EDUCATIONAL PROCESS

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Abstract

Institutionalised children are a risk group in terms of social integration. They need complex educational programmes that positively influence their multidimensional development. Among the means mentioned in the literature, dance has been identified as a way of developing coordination, rhythmicity, motor skills and spatial-temporal orientation. The aim of this research is to optimise the motor skills of institutionalised children and to stimulate body and visual-spatial intelligences. The objectives of the study are to highlight the influence of dance on the development of institutionalized children and to develop the methodological concept of using dance with institutionalized children in the pre-adolescent age. The research was conducted over a period of 9 months, with a frequency of two training sessions per week, 60 minutes each, and was based on the consolidation of steps from different dance styles for a group of 29 institutionalised children aged 11-12 years. Testing was carried out using the Optojump device, with tests applied to assess lower limb strength, reaction speed, repetition speed and spatio-temporal orientation. Motor effects indicate positive changes in test values, with all results showing significant differences after 9 months of dancing. The greatest impact is for the March in Place Eyes Closed 30 seconds test movement point, which shows an improvement in spatial orientation ability. In conclusion, the participation of institutionalized children in a dance program contributes to the optimization of motor skills and stimulation of body and visual intelligences.

Keywords: dance, motor skills, institutionalized children, body intelligence, visual-spatial intelligence.

ORIENTATIONS AND CURRENT TRENDS IN KINETOTHERAPY

PHYSIOTHERAPY FOR REHABILITATION OF THE SCAPULO-HUMERAL JOINT IN VOLLEYBALL

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Abstract

The importance of physical therapy in the prophylaxis and treatment of conditions at the level of the rotator cuff, through the methods and means of recovery of physical therapy and the game of volleyball, lead to a superb and effective recovery of the scapulohumeral joint. We carried out a kinetic program over a period of 3 months on the volleyball player C.B. of the Csm Constanța club, with special means and methods, such as Theraband bands, TRX, Kettlebell, Heavy Med Ball, Dumbbells, Volleyball, and Fitball. Analyzing the two stages of the athlete's treatment, a very good result was obtained considering that the time proposed for recovery and entering the physical form for the competitions is short and the recovery must be 100% effective in

order not to create problems and higher than those he had at the start of treatment. The subject's condition gradually improved until the end of the treatment carried out in the M.G. room, so the pain in the shoulder disappeared almost completely, the subject feeling slight pain only when the weather changes or in case of shoulder overuse.

Keyword: rehabilitation; physical therapy; sports form.

THE IMPORTANCE OF PHYSIOTHERAPY AND KINETIC EXERCISES IN DEVELOPING THE BODY SCHEME OF ADULTS WITH LUMBAR DISC HERNIATION

Cristea Florentina, Abalazei Beatrice-Aurelia, Rus Cristian Mihail

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Abstract

This study aimed to demonstrate the effectiveness of exercises from a physical therapy program for improving the coordination and balance capacity (knowledge of one's own body and its segments, awareness of physical exercise and self-image, laterality) of people diagnosed with lumbar disc herniation through the development and implementation of a therapy program that aims to simultaneously stimulate and capitalize on playful behavior and the need for movement. Methods. To demonstrate the effectiveness of the applied program, the target group consisted of 10 adults diagnosed with lumbar disc herniation ($n = 10$), children who did not practice physical exercises and any kind of activity as a form of physical movement, but only had to participate in this physical therapy program with systematic physical exercises outside working hours. Results. Each participant achieved a significant improvement in the final score on each of the 10 items, with the overall p -value being smaller than $p < 0.05$, so we can reject the null hypothesis that the physical exercises in the kinetic program used do not develop the body schema, a component of psychomotricity. Thus, the alternative hypothesis is accepted according to which, by applying a rigorous kinetic program based on exercises aimed at developing the body scheme, remarkable results can be achieved in the sphere psychomotricity in adults with lumbar disc herniation. Conclusion. Applying a physical therapy program using complex, varied and individual physical exercises can develop a body schema, an essential component of the psychomotricity of people diagnosed with lumbar disc herniation.

Keywords: kinetotherapeutic program, psychomotricity, body diagram, lumbar disc herniation.

THE IMPORTANCE OF PHYSIOTHERAPY IN OSTEOPOROSIS

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Abstract

Osteoporosis is a systemic skeletal condition, characterized by the progressive decrease with age of bone strength, which directly leads to an increase in the risk of fractures, sometimes with disastrous consequences. Up to 50% of women and 30% of men will experience an osteoporotic fracture during their lifetime, particularly vertebral, distal radius (Colles), hip and femoral neck fractures. About 50% of hip fractures will result in long-term disability, and 25% will require long-term home care. A recent history of osteoporotic fractures increases the risk of new fractures approximately 5-fold, with most occurring within the first year after the initial fracture. The purpose of the research is based on the selection of kinetotherapeutic means and methods corresponding to osteoporosis, as well as on the design of an individualized recovery program, so that patients suffering from such conditions recover, adapt as much as possible from a point of view somatoscopic and functional view. With the help of the developed program, the aim is to re-educate the balance and improve the exercise capacity, by restoring self-confidence, raising the morale of the patient in order to reduce certain complications of this condition. The research aims to demonstrate that the proposed operational model contributes to reducing the risk of fracture, improving functional capacity and quality of life in patients diagnosed with osteoporosis, starting from the importance of the fact that these people have an increased risk of fracture as well as the fact that osteoporosis is a condition that is discovered more notably on the occasion of these fractures. Conclusion. It can be said that movement is an important part not only of preventing but also of treating osteoporosis. Through exercises, the process of bone loss can be stopped, blood circulation improves and good physical condition can be preserved, which in turn

improves the quality of life. Exposure to physical forces, to mechanical impact, as an impulse, it will stimulate the bone skeleton, forcing it to adapt by increasing bone mass and strength. Proper blood circulation ensures, in turn, the necessary supply of minerals (calcium). Trained muscles will ensure correct position and posture, ensure balance and mobility and prevent falls.

Keywords: osteoporosis, kinetic exercises, individualized recovery program, motor reeducation.

THE STUDY ON THE IMPACT OF PHYSICAL EXERCISE IN THE PREPARTUM AND POSTPARTUM PERIOD

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Abstract

Worldwide, statistical data on natural increase highlight the fact that the number of births is twice as high as the number of deaths reported annually, and this index is continuously increasing in favor of the birth rate. In Romania, however, the phenomenon is as follows: in 2015, the population was 19,870,647 inhabitants and will decrease by 17.8% until 2050, reaching 16,331,359 inhabitants. In this context, we can affirm the fact that special attention must be paid to this complex process which is represented by conception, the prepartum period, birth and the postpartum period. The scientific studies carried out regarding the physical exercises that are performed during pregnancy have led to an important development of knowledge in this field. Research to date reveals benefits that include reduced caesarean section rates, adequate maternal and fetal weight gain, and reduced incidence of gestational diabetes. The purpose of this study is to analyze and highlight the impact of physical exercises practiced in the prepartum and postpartum period by a group of pregnant women who can be a representative sample whose data can be extrapolated to the level of the entire statistical population in Romania.

Keywords: physical exercise, birth, prepartum, postpartum.

IMPLEMENTATION AND PERIODIZATION OF PHYSICAL EXERCISE IN THE POSTPARTUM PERIOD. CASE STUDY

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Naval Tactics and Armament Department, Faculty of Marine Engineering, Mircea cel Batran Naval Academy, Constanta, Romania
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Abstract

Worldwide, statistical data on natural increase highlight the fact that the number of births is twice as high as the number of deaths reported annually, and this index is continuously increasing in favor of the birth rate. In Romania, however, the phenomenon is as follows: in 2015, the population was 19,870,647 inhabitants and will decrease by 17.8% until 2050, reaching 16,331,359 inhabitants. In this context, we can affirm the fact that special attention must be paid to this complex process which is represented by conception, the prepartum period, birth and the postpartum period. The scientific studies carried out regarding the physical exercises that are performed during pregnancy have led to an important development of knowledge in this field. Research to date reveals benefits that include reduced caesarean section rates, adequate maternal and fetal weight gain, and reduced incidence of gestational diabetes. The purpose of this study is to analyze and highlight the impact of physical exercises practiced in the prepartum and postpartum period by a group of pregnant women who can be a representative sample whose data can be extrapolated to the level of the entire statistical population in Romania.

Keywords: physical exercise, birth, prepartum, postpartum.

PHYSIOTHERAPEUTIC REHABILITATION FOR DISTAL RADIUS FRACTURE WITH POSTTRAUMATIC NEUROPATHY AND SEVERE HAND MOVEMENT LIMITATIONS

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Abstract

A recent study investigated physiotherapeutic rehabilitation for patients with distal radius fractures, posttraumatic neuropathy, and severe hand movement limitations. The research employed a randomized controlled trial design, involving 50 participants with these specific conditions. Subjects underwent a comprehensive physiotherapy program tailored to address their hand function limitations. The program included a combination of strength training, range of motion exercises, proprioceptive training, and functional tasks aimed at improving hand dexterity and mobility. Results indicated significant improvements in hand movement and functionality following the rehabilitation program. Participants demonstrated increased grip strength, improved range of motion, and enhanced ability to perform daily tasks independently. Furthermore, sensory function also showed notable enhancement, with reduced neuropathic pain reported by a majority of participants. The rehabilitation intervention proved effective in restoring hand function and alleviating discomfort associated with posttraumatic neuropathy. In conclusion, the study underscores the efficacy of physiotherapeutic rehabilitation in addressing severe hand movement limitations following distal radius fractures with posttraumatic neuropathy. The findings advocate for the integration of tailored physiotherapy programs as a crucial component of comprehensive treatment plans for such patients.

Keywords: physiotherapeutic rehabilitation, distal radius fracture, posttraumatic neuropathy, hand movement limitations, randomized controlled trial.

THE TREATMENT AND PREVENTION OF ANKLE SPRAINS THROUGH THE APPLICATION OF AQUATIC PHYSICAL THERAPY IN JUNIOR FOOTBALL PLAYERS

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Abstract

The aim of this research is to evaluate the efficiency of the aquatic prevention and rehabilitation program (aquatic physical therapy with specific technical elements to the game of football). 22 junior football players, 11-12 years old, with ankle sprains (degree 1 and 2) participated in our research (experimental group- 12 subjects and control group -10 subjects). They were tested through specific football-motor skills, before (the coach applied the initial tests) and after (final tests were applied by researchers) the application of the aquatic prevention and rehabilitation program. The experimental group practiced the aquatic physical therapy program with specific technical elements to the game of football. The control group practiced only the physical therapy program. The subjects were selected from several football clubs in the region after they suffered the injury. The research was conducted over a period of 8 months. The recovery program varied according to the degree of sprain (degree I – 4 weeks, degree II – 8 weeks). The multiple indicators analyzed made an obvious picture of the experimental period, so it is proven that the aquatic prevention and recovery program with technical elements to the football game applied to experimental group, led to significant improvements, comparative with control group.

Keywords: aquatic physical therapy, ankle sprain, football.

OCCUPATIONAL THERAPY IN MULTIDISCIPLINARY REHABILITATION - EXAMPLES FROM THE UK AND ROMANIA

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Abstract

Occupational therapy is a well-established and respected allied health profession across the world, with the World Federation of Occupational Therapists estimating there are 633,000 occupational therapists globally. Within Romania, occupational therapy remains a developing profession with good prospects for growth. It will be an essential component to the delivery of multidisciplinary healthcare services in the future. This session will briefly outline the rich origins of occupational therapy and explore some of the key principles and theory which underpin its practice. This includes consideration of the interaction between the person, their beliefs, their occupations and their environment. The principles will be illustrated through the use of case studies from the UK where occupational therapists frequently work as part of multidisciplinary teams in a variety of health and social care settings. Additionally, the presenters have worked in Romania for many years in collaboration with a Braşov-based charity, which aims to meet the needs of disabled people. Romanian case studies will be used to demonstrate the unique perspective of occupational therapy in providing occupation-based activity, which is focused on maximising a person's potential and independence. In turn, this can reduce caregiver burden and improve quality of life whatever the underlying body impairment.

Keywords: occupational therapy, multidisciplinary, rehabilitation.

STUDY REGARDING THE MUSCLE STRENGTH AFTER BREAST CANCER SURGERY

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Abstract

Introduction: A number of 2.09 million breast cancer cases are diagnosed annually, according to the latest World Health Organization reports. The treatment can lead to multiple side effects, that negatively impact the quality of life, such as: decreased shoulder mobility and strength of the upper limb, chronic pain, anxiety, depression. **Type of research:** The present paper is a study case aimed to identify the effects of an individualized low-intensity exercises program practiced in order to increase the upper limb strength. We included in this study 25 female subjects (n=25), aged between 33 and 70 years old, who underwent radical mastectomy and received chemotherapy and radiotherapy. **Methods:** We evaluated the upper limb strength using the muscle balance test for the following movements: flexion, extension, abduction, internal and external rotation. The results were quantified on a scale from 0 to 5, where 0 represents the impossibility to perform the movement of the upper limb and 5 represents performing the movement against an external resistance. The exercises were practiced 3 times a week, for 3 months. **Results:** The strength on flexion increased by 1.1 points, from 3.6 to 4.7. The mean value on extension increased by 1.3 points, from 3.4 to 4.7. The abduction movement (pectoralis major muscle) changed by 1.9 points, from 2.8 to 4.7. The internal and external rotation modified by 1.4, respectively 1.3 points. **Conclusion:** The therapy program was efficient whereas the upper limb strength increased for all the subjects included, which contributed to the quality of life.

Keywords: breast cancer; physical therapy; muscle strength; quality of life.

SONIC EMOTION: VARIABILITY OF PERCEPTION BASED ON CONTEXT AND STATE

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Abstract

This research highlights the complexity of the interaction between music and emotion, emphasizing the subjective and dynamic nature of this phenomenon within the context of the human experience.

The study explored the momentary emotional disposition of 71 subjects (average age 23.2 years) by exposing them to six songs from different eras. Participants were asked to describe the emotions or feelings evoked by each song immediately after listening. This process was repeated after a 4-month interval, using the same songs in the same order to assess changes in emotional perception. Results indicated that in approximately half of the cases, the words used to describe emotions were consistent between the two evaluation moments. However, in more than half of the cases, subjects provided different responses in the two stages of the study. For songs with consistent responses, it might be suggested that those compositions had a persistent emotional impact on the subjects. On the other hand, for songs with reported different responses, it can be inferred that emotional perception may vary depending on the context and the subjects' state.

This phenomenon suggests that emotional reactions to the respective songs were significantly influenced by the subjects' mood at the time of listening.

Keywords: momentary emotions, perception, reaction.

EFFECTIVENESS OF DANCE COMPETITION MANAGEMENT IN PROMOTING TALENT AND CREATIVITY

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Abstract

In the vibrant universe of dance, competitions are a crucial platform to showcase the talent, creativity and artistic abilities of dancers. Proper management of these events is essential to ensure a memorable and fair experience for all participants.

Proper management of dance competitions is crucial to ensure a fair and memorable experience for all participants. This involves rigorous event planning, transparent communication, use of modern technology and careful management of emotional aspects. Promoting diversity and inclusion, logistical management of the competition venue, community engagement and event promotion are also key aspects. Judges should be experienced and objective with a deep understanding of different dance styles. By holistically approaching these elements, organizers can make a significant contribution to the evolution and promotion of the art of dance in their community and beyond.

Keywords: competition, dance, management, community.

COMPLEX EXPLORATION OF BILATERAL PATELLOFEMORAL INSTABILITY AND INTEGRATED MANAGEMENT IN THE CONTEXT OF GRADE 2 KNEE GONARTHROSIS

Rusnac Felicia

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Abstract

This article delves into the intricate realm of bilateral patellofemoral instability and its correlation with Grade 2 Knee Gonarthrosis. Bilateral patellofemoral instability, characterized by dysfunctions in the rotational movements of the patella in relation to the femur, is often intertwined with the degenerative processes of knee Gonarthrosis. Examining this association, the article scrutinizes the impact of bilateral patellofemoral instability on the progression of knee gonarthrosis and vice versa. Emphasizing the significance of early diagnosis and accurate assessment of patellofemoral instability, considering its substantial implications on knee joint function and longevity. Based on these investigations, the article advocates for an integrated approach in managing patients with bilateral patellofemoral instability and Grade 2 Knee Gonarthrosis. This comprehensive approach encompasses personalized strategies involving physical exercises, physical therapy, and, where necessary, medical or surgical interventions. In conclusion, the article underscores the need for a multidisciplinary approach to efficiently address patients with bilateral patellofemoral instability associated with Grade 2 Knee Gonarthrosis. By comprehending the complexities of these conditions, healthcare professionals can offer tailored solutions and enhance the quality of life for patients.

Keywords: bilateral patellofemoral instability, physical therapy, rehabilitation program, progression of gonarthrosis.

**CASE STUDY ON THE ROLE OF NEUROMOTOR RE-EDUCATION METHODS IN THE TREATMENT OF CHARCOT
MARIE-TOOTH DISEASE**

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Abstract

The isolated Charcot disease occurs in young people and has a motor onset, being a touch of motor cells, anywhere in the cerebrospinal axis, with the trapping of Beṭ pyramidal cells and the production of secondary degeneration of the cross-pyramidal fascicle. Lesional foci occur with involvement of cells of the anterior horn, segment C8-D1, with atrophy of the Aran-Duchenne type. The foci catch the crossed pyramidal fascicle, which scleroses, which is why we will encounter a pyramidal syndrome. The paper is a case study of a subject diagnosed with Charcot Marie-Tooth disease. The physical therapy intervention aimed to apply elements of neuromotor re-education methods over a period of nine months. The results reveal that combining neuromotor re-education methods contributes to improving muscle elasticity and capsuloligamentous structures, thus preventing the formation of dysfunctional positions, and induces voluntary motor activity in the affected muscles, thus improving muscle imbalances specific to pathology.

Keywords: methods, re-education, motor activity, imbalance.

**ASPECTS REGARDING THE EFFICIENCY OF PHYSICAL THERAPY INTERVENTION IN THE TREATMENT OF
GONARTHROSIS**

Stoica Cristina-Elena, Lupu Gabriel Stănică

Abstract

Gonarthrosis can be primitive or secondary. In general, factors mentioned in the aetiology of arthrosis are incriminated in the production of primitive gonarthrosis: endocrine factors, obesity, venous disorders. Primitive gonarthrosis constitutes the majority; However, numerous gonarthroses are secondary. Those with femorotibial onset are secondary to disorders of femorotibial joint mechanics, either of traumatic origin (femur or tibia fractures, severe dislocations or sprains, meniscus tears) or of static origin. The present paper represents a study conducted on a group of 8 female subjects diagnosed with gonarthrosis, divided into two groups: four subjects constituting the control group and four the experimental group. The physical therapy means used in the intervention consisted of: application of therapeutic massage, kinetic techniques, neuromuscular-proprioceptive facilitation techniques, therapeutic physical exercises, etc. When comparing the two groups, it can be seen that on the experimental group, the results were better in terms of reducing pain on palpation and reducing knee circumference, due to the application of antalgic massage and drainage on periarticular elements, an improvement of mobility and proprioception, by reducing stiffness and toning the stabilizing muscles of the knee, which led to improvement of symptoms of the subjects of the experimental group.

Keywords: postural disorders; amplitude; toning; proprioception.

**EFFECTIVENESS OF VIRTUAL REALITY-ASSISTED THERAPY IN THE TREATMENT OF SUBACROMIAL IMPINGEMENT
SYNDROME**

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Abstract

Subacromial impingement syndrome is a common problem in clinical practice that affects the functionality of the shoulder. This study investigates the effectiveness of virtual reality (VR) assisted therapy in treating this syndrome, focusing on assessment using the Constant-Murley shoulder score. A group of 288 participants was randomly divided into two categories: an experimental group that received virtual reality therapy and a control group that underwent conventional therapy. Patients' progress was assessed using the Constant-Murley shoulder score, measuring shoulder function, joint mobility, and associated pain. The

participants underwent therapeutic interventions for 50 weeks, and the results were compared between the two groups. The experimental group that benefited from virtual reality therapy showed significant improvements in Constant-Murley scores, indicating an increase in shoulder functionality, joint mobility and pain reduction compared to the control group. Virtual reality therapy has proven effective in improving shoulder functionality in patients with subacromial impingement syndrome according to the Constant-Murley score. These results support the use of virtual reality as an innovative and promising therapeutic option in the treatment of this musculoskeletal condition.

Keywords: subacromial impingement syndrome, virtual reality in medicine, Constant-Murley Shoulder Score, shoulder functionality, virtual reality-assisted therapy.

PAIN MANAGEMENT IN PATIENTS WITH LUMBAR PAIN SYNDROME THROUGH COMBINED PHYSICAL AND KINETIC THERAPIES

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Abstract

The purpose of this study is to highlight the importance of combining various means of electrotherapy and physiotherapy in patients with lumbar pain pathology. The study included 30 patients diagnosed with lumbar pain syndrome who underwent a comprehensive treatment of physical therapy and physiotherapy associated with drug treatment. Pain intensity and functional limitation due to it were quantified using a questionnaire based on a series of standard questions, scored from 0-5, ranging from absence of pain and reduced functionality to intense pain and functional impairment. Data centralization, analysis, and comparison allowed us to identify the dynamic evolution of the parameters monitored, so that following the application of the associated therapies, it is observed that if at the beginning of the treatment the majority of patients, 70% (21 cases), were in severity class I established based on the scores obtained by patients in the questionnaire applied at the end of the treatment, only 13.3% (4 cases) remained in severity class I. In conclusion, the use of electrotherapy ensures the rapid achievement of optimal local conditions at the level of the affected structures, eliminating the pain component and thus preparing them for the kinetic program, creating a perfect symbiosis between the two methods of recovery for patients with lumbar pain syndrome.

Keywords: Physiotherapy, Electrotherapy, Pain syndrome, Functional impairment, Pain.

STUDY ON THE ROLE AND EFFECTIVENESS OF PHYSIOTHERAPY IN CERVICAL BRACHIAL SYNDROME

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Abstract

Cervico-brachial syndrome is defined as a common condition characterized by pain in the cervical and shoulder region occurring in the distribution territory of the C5-C8 cervical roots, with pain being the main symptom. This study emphasizes the necessity of physiotherapy in managing painful phenomena and functional disorders present in a 46-year-old patient diagnosed with cervico-brachial syndrome. The research was conducted over a period of 3 months, during which the patient underwent a comprehensive treatment program targeting both kinetic techniques and electrotherapy techniques. The results were highlighted through the application of evaluation tests (muscle balance, joint balance, and cervical disability index) in 3 successive stages: initial, intermediate, and final evaluation. Analysis of the scores obtained in the three assessments allowed us to identify an improvement in the patient's quality of life, sleep, concentration, and daily activities no longer being disrupted by painful phenomena and functional disorders generated by cervico-brachial syndrome.

Keywords: Physiotherapy, cervical spine, pain, cervico-brachial syndrome.

CONSTRAINT INDUCED MOVEMENT THERAPY (CIMT) FOR THE NEUROLOGICALLY IMPAIRED CHILD – AN
INTRODUCTION

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Abstract

There are various evidenced-based approaches available to occupational therapists and physiotherapists working with children with a neurological impairment. Where a child has one upper limb affected, such as with cerebral palsy, Constraint Induced Movement Therapy (CIMT) is an innovative option for treatment and gaining increasing recognition internationally for achieving positive outcomes. Following neurological impairment affecting one upper limb, compensatory strategies can result in a child's stronger arm being preferred and their weaker arm being ignored. CIMT is an activity-based intervention designed to improve upper limb functioning by increasing motivation to use the weaker arm through constraint of the stronger arm. Performed repeatedly in play orientated and developmentally appropriate functional tasks, it reduces learned non-use and improves bimanual functioning. This introductory session will provide a unique opportunity for therapists working with children who have unilateral cerebral palsy to consider applying CIMT in their practice. Building on therapists' existing skills and knowledge, it will provide an overview of CIMT, outline protocols for clinical practice and research, describe the mechanisms underpinning its outcomes, and introduce the outcomes used for targeting treatment and highlighting change. The use of case studies and role-play will provide an opportunity for discussion and practical learning.

Keywords: physiotherapy, neurological, occupational therapy, CIMT.

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