



**Transylvania University
of Brasov**



**Faculty of Physical
Education and Mountain Sports**

International Scientific Conference YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT

Brasov, February 2016



MINISTERUL EDUCAȚIEI NAȚIONALE
ȘI CERCETĂRII ȘTIINȚIFICE





**TRANSILVANIA UNIVERSITY OF BRAŞOV
FACULTY OF PHYSICAL EDUCATION AND
MOUNTAIN SPORTS**



organizes

International Scientific Conference

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT

26 - 27 February 2016, Braşov, Romania

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Conference schedule

Friday, February 26 – University auditorium

14:00 – 15:00 Guests arrival and accommodation
15:00 – 16:30 Celebrating 25 years of University Education of
Physical Education and Sport in Braşov
16:30 – 18:00 Deans Forum
16:30 – 19:00 Work-shop sections
20:00 Social evening, Grand Restaurant

Saturday, February 27 – University auditorium

9:30 – 10:00 Coffee break
10:00 – 11:00 Plenary session
11:00 – 12:00 Posters session
13:00 – 16:00 Participation at the Nordic Combined World
Cup - Râşnov and Cheile Grădişteii
14:00 Lunch at Cheile Grădişteii Resort

Sections

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

Participation fee

The conference fee:

- 150 lei / paper; 200 lei / two papers **or**
- 100 lei / paper, 150 lei / two papers for doctoral and master students.

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

The conference fee will be sent to mr. **Sorin Drugău** in Transylvania Bank account:

RO95 BTRL RONC RT 03 3360 8301 **or**
at **Transylvania University of Braşov** (CUI 4317754, 29

Eroilor st., Braşov, Romania) accounts:

RO08TREZ13120F330500XXXX, Braşov Treasury – lei,

RO26RNCB0053048605430006, BCR Bank – Euro,

RO31RNCB0053048605430013, BCR Bank - American
Dollars

The deadline for paying the conference fee: 10.02.2016.

We recomand to send via email

**(conferintabrasov@yahoo.com) the payment instrument
(payment order) noting your name and phone number.**

Important deadlines

- abstract deadline – 30.01.2016
- notification of abstract acceptance – 07.02.2016
- **sending full paper – 20.02.2016**

Terms of the abstract drafting

Paper abstract and keywords will be writing in Romanian and English in: Windows Word, A4, Times New Roman, 12 pt., Justified, in a row, max. 200 words, all edges 2 cm. Title of the paper 18 pt., capital letters, bold, centered. Under the title shall be pass the authors (name and surname), 14 pt., capital letters, bold, centered. The collectives and the institutions they belong to shall be in the basement note, 9 pt.

Terms of the full-paper drafting

The best works will be selected and published in the Bulletin of the Transylvania University of Brasov, Series IX SCIENCES OF HUMAN KINETICS No.1 or 2/2014, journal indexed in EBSCO database with CNCSIS B. The paper which will be selected and published in the Bulletin of Transylvania University of Brasov, will be write in English language (and Romanian language for the Romanian people) and will be comply with the conditions of editing that can be found at:

<http://webbut.unitbv.ro/Bulletin/Series%20VIII/Instructions.html>

They are accepted max. 2 papers which must fit into the topic session. For the publication in the Bulletin of the Transylvania University will be sending: abstract, keywords, and full text in English (and Romanian language for the Romanian people), an even number, max.8 pages, following the indications of template.

Terms of the poster drafting

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

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

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- Braşov City Hall
- Youth and Sports Ministry
- National Education and Scientific Research Ministry
- Federation Internationale d'Education Physique
- Romanian Naţional Research Institute for Sport
- Human Excelence Science and University Sport Society
- Romanian Basketball Federation
- Romanian Tennis Federation
- Romanian Fencing Federation
- Romanian Bobsled Federation
- Romanian Ski Biathlon Federation
- Romanian Ice Hockey Federation

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CONFERENCE PROGRAM

SECTION I

KEYNOTE SPEAKER

Răzvan ENOIU, Professor, PhD, Transylvania University of Braşov

Themes

Sport voluntary activities
Sporting training methodology
Sports training development and trends
Physical education and sport for all

Plenary presentation

STUDY OF WOMEN STUDENTS' SEXUAL FUNCTION OF "ANGEL KANCHEV" UNIVERSITY IN RUSE, BULGARIA

DIANA POPOVA-DOBREVA, University Vasil Levski, Bulgaria

OBRECHKOV DIMITAR, University Angel Kanchev, Bulgaria

THE ROLE OF MENTOR IN YOUNG TEACHER OF PHYSICAL EDUCATION TEACHER DEVELOPMENT

SORIN DRUGĂU, LORAND BALINT, Transylvania University of Braşov, Romania

ASPECTS REGARDING F.O.T.E. 2013 SPORT VOLUNTARY ACTIVITIES

RĂZVAN ENOIU, Transylvania University of Braşov, Romania

SECTION II

KEYNOTE SPEAKER

Elena MOLDOVAN, Professor, PhD, Transylvania University of Braşov

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Functional aspects of performance sport training
Modern investigations devices – influence of physical therapy in sport
Formal or non-formal activities

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OANA - MARIA GANCIU, University of Bucharest, Romania

DETERMINATION OF TOUCH SYSTEM APPROACHES FROM THE PERSPECTIVE OF FREE TIME ACTIVITIES

ELENA MOLDOVAN, Transylvania University of Braşov, Romania

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Posters presentation

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BULGARIA**

DIANA POPOVA-DOBREVA, University Vasil Levski, Bulgaria
OBRECHKOV DIMITAR, University Angel Kanchev, Bulgaria

**THE IMPACT OF THE INRUN POSITION ADJUSTMENT ON THE IMPROVEMENT OF THE SECOND
AND THIRD PHASE IN SKI JUMPING**

WILHELM ROBERT GROSZ, Transylvania University of Braşov, Romania

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DUAL CAREERS OF ATHLETES**

MARIA POPOVA-HRISTOVA, Vasil Levski University, Bulgaria

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MARIA POPOVA-HRISTOVA, Vasil Levski University, Bulgaria

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DISCIPLINE IN THE EDUCATIONAL OFFER OF UNIVERSITY OF BUCHAREST**

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RECREATIONAL SPORTS - HEALTH EDUCATION FORM

OANA - MARIA GANCIU, University of Bucharest, Romania

TENDENCIES IN THE DEVELOPMENT OF SPRINT RUN IN BULGARIA

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TENDENCIES IN THE DEVELOPMENT OF MIDDLE RUN IN BULGARIA

SOFKA POPOVA, Vasil Levski University, Bulgaria

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BULGARIA**

DIANA POPOVA-DOBREVA, University Vasil Levski, Bulgaria
OBRECHKOV DIMITAR, University Angel Kanchev, Bulgaria

POSTERS COMPETITION

FIRST PLACE – 9 points

RECREATIONAL SPORTS - HEALTH EDUCATION FORM

OANA - MARIA GANCIU

University of Bucharest, Romania

**THE ANALYSIS REGARDING THE EVOLUTION OF THE “MOUNTAIN SPORTS ACTIVITIES”
DISCIPLINE IN THE EDUCATIONAL OFFER OF UNIVERSITY OF BUCHAREST**

REMUS DUMITRESCU

University of Bucharest, Romania

SECOND PLACE – 8 points

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IN RUSE, BULGARIA**

DIANA POPOVA-DOBREVA

University Vasil Levski, Sofia, Bulgaria

OBRECHKOV DIMITAR

University Angel Kanchev, Ruse, Bulgaria

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**STUDY ON THE WILLINGNESS OF LECTURERS AT “VASIL LEVSLI” NSA, SOFIA TO
SUPPORT DUAL CAREERS OF ATHLETES**

MARIA POPOVA-HRISTOVA

Vasil Levski University, Sofia, Bulgaria

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AGE PUPILS**

DRĂCEA DACIANA

LPS Braşov Highschool, Braşov, Romania



UNIVERSITATEA *TRANSILVANIA*
din BRAȘOV
FACULTATEA DE EDUCAȚIE FIZICĂ ȘI
SPORTURI MONTANE



YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT

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Brașov

26-27 February 2016

I.S.S.N. 2359 – 8859

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Bogdan **Oancea**, Assistant, PhD, Braşov, Romania – articles selection

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Young people sports performance**THE FAVORING FACTORS OF SPORT INJURIES IN PERFORMANCE
PLAYING BASKETBALL****SIMONA TOMELE****MIRCEA NEAMȚU**

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Abstract

From the desire of the female basketball players to achieve more spectacular technical skills, faster and better sport performance, the higher objectives imposed by the clubs(many times nonconforming with the possibilities), a busy competition schedule , as well as the specifics of the game(a sport where you have a direct contact with the adversary), all of these and not only, have lead to a permanent increase of the number of injured players.

There is a high number of causes which favor or trigger injuries. The causes and the mechanism which produce this traumas in female performance basketball depend not only on the players but also the technical team, the refereeing, and of mistakes made in organising the training sessions, of competitions and even nutrition or lack of adequate equipment.

Knowing and understanding the risk factors specific to female basketball(causes, frequency, how it happend, how it acts) can lead to a well-balanced organisation of the sport activities(training programs, sport behavior, ways for early detection) as well as thinking some preventions strategies of the specific injuries.

Key words: basketball, risk factors, muscle-bone injuries.

THE PREDICTABLE RISK FACTORS OF MUSCLES INJURY IN THE THIGH AREA FOR THE 110 M HURDES

GHEORGHE ADRIAN ONEA

LORAND BALINT

Transilvania University of Braşov

Abstract

Injuries are an important aspect that affects a sports man's life regardless of age, preparation periods or the transitioning ones from indoors to outdoors activities. This article approaches the main risk factors when losing the balance between the agonist and antagonist muscles at the level of hamstring - quadriceps, that can lead to injuries for the hurdle runners. From analysing the specialization literature the main risk factors refer to: aspects of technicality of execution, the ratio strength imbalance between the agonist/antagonist muscles group of the lower limbs, the flexibility of the muscles, dominating synergic muscles of the lower limb

Key words: 110 m hurdles, muscles imbalance, hamstring - quadriceps, agonist/antagonist, injuries.

STUDY ON THE PHYSICAL CAPACITY DEVELOPMENT FOR THE HANDBALL PLAYER, JUNIOR II, ITEM OF THE SPECIALIZED INTER

DRAGOŞ IOAN TOHĂNEAN

Transilvania University of Braşov

GABRIEL TALAGHIR

Dunărea de Jos University, Galaţi

Abstract

The research is exploratory and descriptive study, whose target population a total of 30 athletes, practitioners of the handball game, members of the junior level II men's 6 teams. Subjects were randomly assigned into 2 groups (experimental and control) by 15 athletes.

The research purpose is to verify practical, appropriateness and utility characteristics associated to the theoretical model for the post of inter, by reference to current requirements imposed by the current dynamics handball.

The objective of this research is to highlight the manner and means by which the system develops at an optimal level of physical ability for the handball player.

Specifically, we pursued the following objectives:

- Identifying the level of physical preparation of the athletes subjects to this study;
- Selecting the operating systems by following the principle of rationalization and standardization
- Highlighting any differences between the athletes at the dynamic level of the groups;

We chose four driving tests that are part of a series of tests provided by the Romanian Handball Federation (FRH) for this stage of sports training. These are:

1. The test of Throwing the handball
2. Decajump;
3. 10x30m speed running
4. Cooper 12 ' Test

Results of motility tests showed that subjects in the experimental group that followed the physical training program specific exercises that have brought our proposed results were superior to those obtained by the

monitoring group. The biggest differences were found by comparing the test scores obtained decajump between initial and final testing.

The overall conclusion of this study is that specific physical capacity through specific physical training leads to an improvement index, which is the medium in which further enhance technical and tactical skills.

Keywords: physical training, evaluation, development.

THE IMPACT OF THE INRUN POSITION ADJUSTMENT ON THE IMPROVEMENT OF THE SECOND AND THIRD PHASE IN SKI JUMPING

WILHELM ROBERT GROSZ

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Abstract

Ski jumping requires great precision during the execution of each of its four phases, as a result of its complex technical components. The objective of this study consists in the improvement of each athlete's technical skills focused on the first phase, with a view to creating the pre-requisites for the improvement of the second and third phase. To achieve this, we used various specific training tasks consisting of imitative exercises applied continuously by using the proprioceptive method, as well as jumps on the HS 71 and HS 100 hills, with specific tasks for the first phase of the jump for each athlete. The evaluation of the ski jumpers' performances was completed objectively in different positional aspects specific to the first phase for ski jumping. The success in adopting and maintaining the inrun position while passing through R1, under the exerted forces on the jumper-ski system and focusing on the correct distribution of the general mass center, created the possibility of improving the indicators of sports performance in the individualized training process.

Key words: ski jumping, phase I – the inrun and the takeoff, positional.

SMALL DETAILS WITH GREAT EFFECT CONCERNING START TECHNIQUE IN SPRINT

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DRAGOŞ BONDOC-IONESCU
Transilvania University of Braşov

Abstract.

The premise: In sprint the departure is considered a particular problem, reason for which I decided to study biomechanical issues that can have permissive or on a effect restrictive effect, depending on the position adopted on command "ready".

Hypothesis: Ensuring optimal angles between body segments, allows the sprinter to adopt a position from which he can respond quickly to gun shot, but mostly efficient achievement of the succession of joint extensions (hip-knee-ankle) and the optimum balance to allow the concentration of attention to the "pop."

Argument: Following closely the approaches of the starting positions of the block start, it appears that there aren't two athletes that have the same position in the ready position. The arguments of these positions are different in most cases. The arguments are subjective and has no scientific basis, some say that only that position allows them to "feel like pushing best in block-start", others try to imitate starting positions of sprinters that I have seen in various television broadcasts, just because they noticed something in their evolution towards other athletes, without understanding the effectiveness of movements.

Key words: block-home angle impulsive reaction to start, release the start.

ASPECTS OF LEARNING METHOD OF ATTACK HIT RIGHT TO CHILDREN IN TENNIS

CLAUDIU CRISTIAN TEUŞDEA

Spiru Haret University, Bucharest

Abstract

In past years 1920-1940 by winning a tennis match point needed a large number of exchanges blows with high energy consumption , the net attack was non-existent

Coaches and players have sought solutions to win points quickly with low energy consumption, such as:

- hitting the ball on the upward path;
- directing blows to the cross and short positions in the long line of increasingly advanced attack followed the net .

Appeals processes have evolved and diversified along the time with the game of tennis technique and tactics as :

- service attack;
- the return of service attack;
- preparatory volley attack;
- preparatory exchange of blows attack;
- drive volley attack.

The current tennis players and the players must steer preparatory actions in exchange for winning a position as advanced before the onset opponent enabling them to attack the net and completion point.

At the children's learning and connects attack hit preparatory exchange and completion point.

Given the appearance of tennis coaching current attack hit a priority in learning how to play tennis.

Key words: learning, methodical, attack hit, children, tennis.

TENDENCIES IN THE DEVELOPMENT OF SPRINT RUN IN BULGARIA

SOFKA POPOVA

Vasil Levski University, Sofia, Bulgaria

Abstract

The present study follows the sports results of the winners in the National championship for the 800 m and 1500 m run during three Pre-Olympic cycles in the years 1979, 2011 and 2015. The tendencies in the development of the middle run in Bulgaria are established. The skills for managing the sports form are analyzed on the base of the Bulgarian and world records.

Key words: track and field, sprint, Olympic Games

STUDY ON THE WILLINGNESS OF LECTURERS AT “VASIL LEVSLI” NSA, SOFIA TO SUPPORT DUAL CAREERS OF ATHLETES

MARIA POPOVA-HRISTOVA

Vasil Levski University, Sofia, Bulgaria

Abstract

A poll conducted by lecturers from “Vasil Levski” NSA, Sofia to examine their willingness to support the dual careers of athletes. The goal is to study their readiness to assist highly skilled - elite athletes, which results in further consultations, organizing extra classes, distance learning, extended examination sessions and more.

Key words: Dual Careers of Athletes, lecturers

DUAL CAREER OF ATHLETES – STUDENTS AT “VASIL LEVSLI” NSA, SOFIA

MARIA POPOVA-HRISTOVA

Vasil Levski University, Sofia, Bulgaria

Abstract

The present investigation studies the dual career of students at the NSA. The inquiry method is applied for establishing the kind of sport practiced, sports years of experience and qualification, as well as their realization in other professions. Students were interviewed about their difficulties relating to their dual careers and types of support they need.

Key words: Dual Careers of Athletes, students

YO - YO TEST - CHECKING INSTRUMENT OF THE OPERATIONAL PROGRAM REGARDING THE OPTIMIZATION OF CONTINUOUS SELECTION AND THE FOOTBALL GAME SPECIFIC TRAINING OF THE 14-16 YEARS OLD JUNIORS

**BOGDAN ION LECA NEGOI
DRAGOŞ BONDOC IONESCU**
Transilvania University of Braşov

Abstract

The starting point is the premise that the continuous selection in case of football game is a perfectible process and the implementation of several selection models and structures of exercises for specific training of the football players can contribute to: detect players able to achieve great performance, the players' progress in terms of efficiency, winning official games.

The research results

Thus, as regards the progress on the Yo - Yo test, we can say that it has reached important values considering that the whole team started from a total of 12.9 kilometers of running and has reached a total of 15 km.

After disputing the official games, there has been recorded a progress regarding the number of kilometers that the whole team ran in an official game from 44 km in 2013-2014 competition to 51.16 kilometers in 2014 - 2015.

Conclusions

Regarding the progress registered, we can notice that the hypothesis were confirmed and also that the action systems which are part of the operational pattern used in team's preparation proved to be effective.

Key words: continuous selection, specific training, operational program, 14-16 years old juniors

STUDY REGARDING GAME TECHNIQUE AND LONG-LASTING TRAINING IN HANDBALL

PETRU GHERVAN

Ştefan cel Mare University, Suceava

Abstract

Sports excellence is achieved through native outstanding qualities, exploited in a proper training regime, along the entire sports career. Training quality depends to a great extent to the allocated time for this purpose to training process, concretized in number of executions at high efforts parameters. The means that determine a maximal commitment of the athlete are those that involve emotional involvement in order to achieve an immediate result.

Long-term, this way of approach differentiates the athletes who train in similar conditions of material base, time resources and so on. Analyzing sports career of some players that are internationally recognized, I reached the conclusion that technical excellence and of course the sports value are based on the number of efficient repetitions – repetitions with maximum request, through athlete's emotional involvement.

Key words: long-lasting training, sports career, efficient repetitions, emotional involvement.

PRESENT AND PROSPECTS OF WOMEN'S ARTISTIC GYMNASTICS IN ROMANIA

DURBĂŢEA-BOLOVAN MARIAN

Constantin Brâncuşi University, Tg-Jiu

Abstract

Women's artistic gymnastics, that one which accustomed us with great results, has come in the last period, a less fruitful from yhat point of view, which put us in a position to search for the cause that produced this situation.

Poor performance achieved in international competitions in the last period, require a responsible analysis of those factors which have contributed to these results and taken appropriate measures in anticipation of the approach of the Olympic Games in Rio de Janeiro.

Sports clubs, with sections of women's artistic gymnastics, is the main sports tank required to represent us in international competitions at all levels, and an analysis of them, in terms of the number of sportswomen, their legitimate in these clubs and coaches who coordinates the activity of existing conditions, and I think it is necessary.

The work is intended to restore some of the shortcomings that have led to poor results in the last period, to be removed, and the sports clubs which have sections of artistic gymnastics and participating with various sports categories for classification in domestic and international competitions of gymnastics for several years to get the results that we've become accustomed in the last quarter of a century.

Key words: women's artistic gymnastics

SPORTS CLUBS MAIN SEGMENT OF MALE GYMNASTICS DEVELOPMENT IN ROMANIA

DURBĂŢEA-BOLOVAN MARIAN

Constantin Brâncuşi University, Tg-Jiu

Abstract

The Artistic Gymnastics Romanian male, has undergone several stages lately, with ups and downs, which put us in a position to ask ourselves some questions and seek answers.

The poor performances that we've got in international competitions in last years, requires a responsible analysis of the factors that contributed to these results, in view of approaching Olympics in Rio de Janeiro.

Sports clubs with male artistic gymnastics is the main reservoir requires athletes get to represent us in international competitions at all levels, and an analysis thereof, in terms of numbers, the athletes legitimated in these clubs, and coaches who coordinates the work, I think it is necessary.

This paper is intended to be a blueprint for sports clubs which had or hadn't artistic gymnastics and athletes participating in different categories of classification in domestic and international gymnastics competitions over the years.

Key words: gymnastics, sports clubs main

STUDIES AND RESEARCH ON THE ROLE OF COMMUNICATION IN MOTIVATING EMPLOYEES FROM SPORTS ORGANIZATIONS

**DRAGOŞ PAUL
LUCACIU GHEORGHE
TRIFA IOAN**

University of Oradea

Abstract

One of the biggest problem that may occur in an organization is the lack of communication. The organization should periodically transmit information about changes, objectives, strategy, achievements, etc. because the lack of such information may create tension, insecurity and may lead to rumors which is lowering the work motivation. Also, solving some problems (including personal ones) or internal conflicts depend on the way that the organization's leadership is willing to listen and understand employee's behavior at a certain time. Thus, all these aspects emphasize the importance of communication and its role in increasing employee motivation in sports organizations.

Key words: communication, motivation, sports organizations

ANALYSIS OF THE MANAGEMENT SYSTEM FOOTBALL CLUBS (JUNIOR)

CUCUI GHEORGHE GABRIEL

CUCUI IONELA ALINA

Valahia University, Targoviste

Abstract

The issue of management within sports clubs football is one of strict necessity and actuality because football development worldwide phenomenon.

The complexity of the activities in sports organizations as the main laboratory of national and international sports performance, has called for a deeper investigation to allow the complex mechanisms of knowledge management.

The purpose of this research is to identify system components of the club's management (junior) nationally.

After studies showed that the organization process and structural layout of clubs is not consistent with the objectives clubs needs and does not meet current socio-economic situation and rethink organizational subsystem by managers it is necessary.

Key words: club, football management.

THE IMPORTANCE OF LIQUID INTAKE DURING ENDURANCE EFFORT

MARIN CHIRAZI

CRISTIAN UNGUREANU

University Alexandru Ioan Cuza, Iaşi

Abstract

Because to the characteristics of endurance effort (duration, increased number of muscle groups, active involvement of the major body systems and functions), hydration of particular importance, both during the race (effort)-to obtain a result valuable-and during the period of restoration! The study consisted in monitoring parameters funcţionali and somatic (body weight, cardiac frequency, etc.) to an amateur athlete. Evaluation and control of the training in terms of distance travelled, time, speed, heart frequency, along with the difficulty of the workout profile (ascents, descents, altitude attained) was performed using the clock with GPS device Garmin 910xt. Device that also has the option of downloading the information in graphical form during training. Case study results have shown the body's ability to adapt and the correlation between water consumption and body weight.

Key words: body weight, hydration, running

CONTRIBUTIONS TO ACHIEVEMENT THE MODELS TO VOLLEYBALL PERFORMANCE JUNIORS

COJOCARU ADIN-MARIAN

COJOCARU MARILENA

University Spiru Haret, Bucharest

Abstract

Volleyball is characterized by dynamism, strewn with simple and complex motor structures manifested out of contact with the opponent. Technical and tactical actions, varied, must be prepared so that it can be applied to game,

In this research followed the objective settlement of training to the level of national lot of juniors, in the sight of the growth of the efficiency of game and accommodation of the methods of training, proceedings methodical, the systems of actuation and estimate shares of game in conditions of efficient in contests

The models bio driving specify be result our research which led to the evaluation and the processing or the dates to the national lots of boys and from the international contests.

Increased mastery of technical and tactical development of each player to a higher level, depending on the specialization positions in the team, was the most important goal, because during a game they must use actions specific motor most effective, depending on the characteristics biomotrice Player. Training of specialized players is a prerequisite for efficient handling of situations in attack and defense game.

Key words: models, volleyball, game, performance, juniors.

STUDY ABOUT THE IMPORTANCE OF BASKETBALL FREE THROWS IN ROMANIAN NATIONALS LEAGUES

BOGDAN OANCEA

Transilvania University of Braşov

Abstract

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

The conclusion of the analysise showing that in womans competitions the percentage of made shots is 69,19%, with a share from total scored points of 17,83%. In the Romanian National Mans League the studied percentage is reach a value of 71,30% coresponding with a share of 18,19%.

Key words: basketball, free throws, percentage, share.

PSYCHOMOTRICITY ROLE IN CAREER MILITARY TRAINING

FABIANA MARTINESCU

„Nicolae Bălcescu” Land Forces Academy of Sibiu

Summary

Studying movement made by man has always preoccupied philosophers, doctors and psychologists, finding very long ago the connections between motor and intellectual development (Stănescu, Monica, 2002). It has been insisted on this relationship in modern psychology as well. Its prominent representatives stress in their work on the links between mental and physical development, on the relationship between the motor and nerve maturation, on the relationship between intelligence and motor activity.

In the specialized literature, there always appears the idea of the relationship between the biological, physical and motric development and mental and psychic development in general.

Specialists who have approached the psychomotricity issue unanimously agree that its understanding is conditional on addressing human being as unity of two aspects: mental and motor.

Key words: psychomotricity, military, development, training.

COMPARATIVE STUDY REGARDING THE INCIDENCE OF INJURIES DEPENDING ON THE PLAYING POSITION OF THE PERFORMANCE FEMALE BASKETBALL PLAYERS HAVE IN THE TEAM

**SIMONA TOMELE
DRAGOŞ BONDOC IONESCU
Transilvania University of Braşov**

Abstract

The performance female basketball, becomes more spectacular by the minute, performance is getting better from one year to the next so as they represent a limit psycho-motor activity involving from the competitions a great effort of speed, strength, stamina, concentration capacity in stress conditions. With all the progress made in medicine, the number of injured players has increased,

By now, there is no high volume of data regarding the incidence of the injuries of basketball players from european countries, and in Romania the most „recent” data are reported by author Drăgan I. In 1994 on a statistic made between 1981-1992.

The study wants to evaluate global incidence of intense injuries and of overstrain of female basketball players depending on the playing position they have in the team, and to identify the risk factors associated with these injuries.

Key words: basketball, playing position, intense and chronic injuries.

TENDENCIES IN THE DEVELOPMENT OF MIDDLE RUN IN BULGARIA

SOFKA POPOVA

Vasil Levski University, Sofia, Bulgaria

Abstract

The present study follows the sports results of the winners in the National championship for the 800 m and 1500 m run during three Pre-Olympic cycles in the years 1979, 2011 and 2015. The tendencies in the development of the middle run in Bulgaria are established. The skills for managing the sports form are analyzed on the base of the Bulgarian and world records.

Key words: track and field, sprint, Olympic Games.

THE METHODOLOGY OF TENNIS PLAYERS' EDUCATION AT THE INITIAL TRAINING PHASE

CARP ION

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Abstract

In this article is examined the training system of refinement problem of tennis players at the initial phase, based on determination and program content argumentation "Tennis 10s", proposed by the International Tennis Federation. Through the approach of a scientific content regarding basic concepts of tennis players' training at the initial training phase was carried on the attempt to highlight the coaches' opinions regarding the researched topic.

The practical value of the investigation consists in determination and argumentation of training system efficiency and methodology of tennis players' education at the initial training phase, on the base of gained practical results at the somatic, motional and tactical indices. This work is due to the fact that were used the program's concepts reasonably "Tennis 10s" in the training, education process of the younger tennis players. Affording to children the possibility to play with balls, rackets and on proper areas of motional and somatic training level, it was created the favorable situation for the registration of positive results at the technical tests.

Thus, the phasing training and education process of the children till 10 years on levels is necessary and very important. Consequently, the advantages, efficiency and importance of program "Tennis 10s" were highlighted.

Keywords: methodology, education, training system, training phase, initial phase, education process, training process, sports training, tennis, tennis players, "Tennis 10s", ways, methods, somatic, motional, technical.

**“WHAT IS SUCCESS?”
THE PERCEPTION OF JUNIOR HANDBALL PLAYERS OF THE
RELATIONSHIP BETWEEN MOTIVATION AND PERFORMANCE**

**RAUL FERENȚ
ALEXANDRU PĂCURARU**

State University of Physical Education and Sport, Chişinău, Moldova

Abstract

The researches documented by literature have tried to identify the mechanisms which drive sportspeople to achieve great performances.

The goals of sports clubs and organisations, mainly oriented towards achieving performance, can only be reached through the sportspeople's efforts. One of the reasons for which some are more efficient than others, is the quantity and quality of the efforts made by the sportspeople, efforts which are directly linked to motivation. To do well, handball players must be deeply involved in their work and eager to reach certain goals, from the simplest (such as the desire to beat their opponents in the training room) to the most complex ones (the desire to obtain a leading position in the greatest competitions).

Key words: sports performance, competition, handball, motivation, perception, junior handball players.

COMPARATIVE STUDY REGARDING THE STRATEGIES OF LEARNING AND IMPROVING ALPINE SKIING AT CHILDREN AND JUNIORS

BENEDEK FLORIAN

RAȚĂ ELENA

Ștefan cel Mare University, Suceava

Abstract

In this paper I tried to prove that within the Sportive School Club Toplița it is been used a much effective method which is better structured than at the Borsec Skiing Association.

At the same time, at the club from Toplița there is a specialist coach and appropriate equipment, while at the Borsec Skiing Association there is no specialist coach or appropriate equipment. In order to show the importance of equipment and specialist coach's role I used two tests. During the first test I clocked each tested subject from the both clubs in four competitions, each competition having two parts. During the second test I used coaches' opinions about the athletes' evolution at trainings and at competitions.

Finally, after centralizing the obtained data, obtained showed that learning and development strategies of athletes and professional coach are important preparation.

Keywords: comparative study, alpine skiing, strategies, child.

JU-JITSU AS A METHOD OF PSYCHO-PHYSICAL TRAINING IN THE CONTEMPORARY AGE

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Abstract

The present work is intended to be a proposal regarding the approaching of pshycho-physical training in the our contemporary times, resorting to the fascinating world of martial arts.

With its roots from the darkness of the Japanese history, Ju-jitsu as a martial art influenced the way of living and training of the famous samurai, the ones who are remembered in the history of succeeding generations as a symbol of honour and loyalty, respecting a concept which, nowadays, is quite obsolete: giri. Although, throughout the centuries they were guided by an unwritten code, the legendary bushi developped - among other things, a remarcable art - Ju-jitsu, which throughout the centuries proved to be the source for many sports and modern fight disciplines. It is already notorious the beneficial influence of the martial arts on the pshycho-physical system on the individual who tackles them.

Key words: Ju-jitsu; martial arts; fight sports; pshycho-physical training.

STUDY OF PHYSICAL PREPARATION STRATEGY IN ORDER TO CONSTITUTE U16 – U20 WOMAN BASKETBALL NATIONALS TEAMS

FLORIN NINI
DRAGOŞ BONDOC IONESCU
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Abstract

Present research try to realise a complex analyse of specific U16 – U20 basketball physical training indices and to raport this at Romanian Basketball Federation selection standards of national teams.

The research conclusions show that the majority of basketballs players accomplish this standards, but the analyse of games tell us that the quality is suffering.

In actual context is necessary to realise a new selection strategy which includes veriflicated physical tests with actualised standards.

Key words: specific physical training, basketball nationals teams, selection strategy, tests and standards

ASPECTS OF INDIVIDUALISATION METHOD THRU TEHNOLOGICAL WAYS AT WOMEN BASKETBALL ROMANIAN TEAM

FLORIN NINI

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Transilvania University of Braşov

Abstract

The research try to show the necessity of training individualisation at romanian woman senior basketball team..

In this context we have to use tehnological equipments in our advantage.

In present research we used in the 4 tests a real time heart rate Polar H7 device.

Key words: individualisation program, basketball national team, heart rate.

TRAINING MODEL FOR STRENGTHENING AND IMPROVING THE FAIRWAY JUNIOR 10-12 YEARS

ŞTEFAN TERIŞ

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Abstract

The purpose of this study is represented by the theoretical and methodical elaboration of a material for the continual use by the coaches and the teachers, who work with groups of athletes with ages between 10 and 12 years. We propose an intervention in the workout plan, starting with the study of specialty literature from the football field and having the objective of improving the methodology of teaching specific means and the improvement of the evaluation process for a model to be used. The study is based on the collaboration with coaches from this field that work with athletes with ages between 10 and 12 years old, the ultimate goal being to achieve the best performances in this sport

Key words: football, planification, youth groups, workout, workout plan.

PHYSICAL EDUCATION AND SPORT FOR ALL

INFLUENCES OF PRACTICING PHYSICAL EXERCISES ON SOCIAL SELF-ESTEEM AND MOTIVATION AT ADOLESCENTS - COMPARATIVE STUDY

ADRIAN ALEXANDRU MOŞOI
LORAND BALINT

Transilvania University of Braşov

Abstract

Proposal: A comparative study by practicing physical exercises and self-esteem social respective extrinsic motivation, induced by this type of activity in adolescents.

Methodology: age 14.3 years, S.D. 0.9. Four distinct groups of adolescents: adolescents with disabilities (D; N = 17); adolescents with conduct problems (CD; N = 21); adolescents who don't practice sports (NS; N = 21) and adolescents who practice sport (PS; N = 21). In the study were used Questionnaire for Social self-esteem and Motivation Questionnaire - Teresa Amabile.

Results: By the procedure ANOVA were observed differences between CD and SP self-esteem positive social, F overall = 3.76, $p = 0.14$ social self-esteem negative F overall = 3.21, $p = 0.3$, extrinsic motivation for reward, $F = 4.48$, $p = 0.06$. Differences between SP and D, were reported to extrinsic motivation for recognition, $p = 0.04$.

Conclusions: The practice of physical exercise can be a catalyst in the formation of social self image and extrinsic motivation especially for disadvantaged groups.

Key words: adolescents, social self-esteem, motivation, physical exercises.

THE LUDIC DIMENSION AND LEARNING THE MINIHANDBALL IN PRIMARY EDUCATION

ELENA BALINT

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Abstract

The initial process of motor learning/educating through the tailored contents in an adapted manner from the sport games constitutes at the level of training pupils from elementary education, a methodical issue which is approached differently and often misunderstood by teachers who teach the physical education discipline.

The article tries to show that is still considered- even at school level - that training means related to initiation lead to the method of analytic practice of the basic technical procedures (which also is at the origin of appropriation of game habits). However, at the small school ages, the nature of the individual has a higher need of free expression, as regards emotional manifestations, relational and especially motor skills. In this context, we recommend in the learning process the use of motor skills (including the contents of specific minihandball) of as many ludic activities, in which the child is conducted to objectives pursued in designed education -without feeling it.

Keywords: ludic activity, ludic dimension, motivations of motor practicing, training stages in minihandball.

THE INTRODUCTION OF PHYSICAL EXERCISES IN EVANGELICAL SCHOOLS IN BRASOV OF THE 19TH CENTURY

VLADIMIR D. TURCU
DRAGOŞ BONDOC IONESCU
Transilvania University of Braşov

Abstract

The place of physical education today in our society can only be comprehended and cherished through knowing the stages it had to go through along the years until present time. The history of physical education will also point out leading individuals, professors who contributed both theoretically and practically in promoting physical exercises both in our country and abroad.

In that regard, we will present a part of the activities of gymnastics master Theodor Kuehlbrandt, who in the 8th of March 1847 began to hold the first gymnastics classes at the Evangelical Gymnasium of Braşov.

Key words: physical education, gymnastics, professors, Braşov

ASPECTS REGARDING SPORT FACILITIES AND ACTIVITIES TOWARDS THE END OF THE 19TH CENTURY TRANSILVANIA

VLADIMIR D. TURCU
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Transilvania University of Braşov

Abstract

Without a doubt, having proper sports facilities was always a « problem » for the good practice of physical exercise, something that is still true in our days. The construction of sport fields and especially that of suitable gyms, required for in-door activities during the colder periods or bad weather were definitely a priority for 19th century gymnastics professors.

Important people of the times, that were convinced by the necessity of physical education complementing the intellectual education, encouraged by the authorities, addressed the citizens, parents and even former students to contribute with donations to the construction of sport fields or gyms. Many times they succeeded in this endeavour, as we will see in the following article.

Key words: sports facilities, gymnastics, sports field, students

SPECIFICS OF TRAINING FOR VOLLEYBALL TEAMS IN SECONDARY SCHOOLS WITHIN THE FRAMEWORK OF PHYSICAL EDUCATION ASSEMBLY CLASSES

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IOAN TURCU

Transilvania University of Braşov

Abstract

Volleyball is a permanence within the physical education classes, beginning with the fifth grade, but also within assembly training , in order to accomplish the objectives of the curriculum, but also to go in for competitions organized by National Olympics of School Sport. Girls prefer this sport because they are more sensitive and delicate, there is no physical contact between opponents (because there is a net and two courts) and there are less technical elements. The school representative has had notable results because highly specific means have been selected during the initiation step, according to the particularities of secondary shoolgirls. During this research stage, the following has been demonstrated: the level the secondary shoolgirls can reach in assuming, practising and applying technical procedures specific to volleyball while playing the game.

Key words: volleyball, specific, tests, procedures.

STUDY OF THE MOTRICITY OF UNIVERSITY OF BUCHAREST STUDENTS WHO PRACTICE AEROBICS

OANA - MARIA GANCIU

MIHAELA GANCIU

University of Bucharest

Abstract

Knowing the motility potential of female students, constitutes a permanent concern and ever topical of the specialists in our field. The purpose of the research is to highlight the aerobics efficiency in relation to the evolution of the physical abilities in physical education classes taught to students from Bucharest University.

This endeavour was aimed at identifying the effects sought by the training programmes and the operational structures mainly intended for physical quality development, their effects being connected to the quantity and quality of the motric level changes.

Methods: bibliographic documentation; experimental method, Statistical and mathematical method. The experimental statistical results are presented in graphical form.

The actual experiment consisted in the determination and application of the training programmes for each group included in the research with the aim of developing the physical qualities by the specific means for aerobic gymnastic.

Results: Female students of both groups managed to improve motricity indices, improvement is observed through the results of the final testing. The experimental group there was a significant increase between the final and initial testing of all indices tested ($p < 0.05$) compared with the control group where growth between initial and final testing is insignificant ($p > 0.05$);

Conclusions: Based on the processing and the intrinsic and comparative interpretation of the results obtained for the control tests, significant progress is identified upon the final testing as compared to the initial one for both the experimental and control groups.

We may conclude that the operational structures have proved their effectiveness in relation to the development of motricity capacity in this age group.

Key words: motricity, aerobics, students

FACTORS ASSOCIATED WITH PRACTISING A SPORT ACTIVITY IN PRESCHOOLERS AND SMALL SCHOOLERS

MĂDĂLINA (POSTELNICU) EPURE

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Abstract

Practising an organized sport activity gives the children the opportunity to increase their daily physical activity level and to develop physical and social abilities. The present paper aims to empirically approach motivational variables associated to the decision to begin a sporting activity at an early age. The survey through questionnaire method was used for achieving the research objective. Participants were parents of the children who began practicing basketball in September 2015 at a private club from Brasov County. Data reveals that the main reasons behind parents' decision to enroll their children to practice sport are related to health or behavioral benefits and, in a smaller amount by the desire to practice sport performance. However, in order to maximize the positive benefits that sport has on children's health it is necessary to find a balance between the child's needs and desires, this means finding a sport that is suitable to their age and abilities. Practising sport and the organized training changes the debut motivation bring it much closer to the requirements of performance in sport.

Keywords: basketball, motivation, preschoolers.

COMPARATIVE ANALYSIS ON THE QUALITY OF DRIVING SPEED (BOYS) APPLICATION OF THE TREATMENT GROUP / GRADE OPEN DIFFERENTIAL

MONICA DELIA BÎCĂ

Constantin Brancusi University, Targu-Jiu

Abstract

The principle of the individual peculiarities, it is necessary that educational action in physical education to start from knowing the full range of features both individual and those arising from the particularities of the discipline of education that is just a more complex character in that that act directly on students and targeting physical development, health, labor power and, not least, collective relations.

Keywords: analysis, education, power, lesson, features, test value.

RESEARCH ON IMPROVING THE PUPIL'S POTENTIAL BIOMOTRIC 6-7 YEARS

ALINA IONELA CUCUI
GABRIEL GHEORGHE CUCUI

Valahia University, Targoviste

Abstract

Practicing physical activity is a guarantee for the future health of the individual. No period of human mental and physical development has so many features, explosive and unpredictable as school period.

Stimulation of practicing physical activity is a much desired mission that can be accomplished by a variety of means at this period of growth. Relays and applicative pathways in group activities in which applies global expertise and commercial skills. Relays and capitalize on new terms applied journeys, previously unstudied, knowledge, abilities and skills previously learned. Therefore they have to create situations where children pretend to resolve certain problems and be as varied.

The aim of the research was to stimulate the pupil's potential biomotric 6-7 years by using physical education class relays and applicative pathways.

The research hypothesis. We believe that by using relays and applicative pathways in physical education class, can improve the school biomotric potential 6-7 years.

Research methods: statistical and mathematical method, test method, graphical method.

Conclusion

Research has shown that proper planning and efficient use of methodologies based on a thorough knowledge of bio-driving opportunities of children lead to progress in their performance in a wide range of events.

The experimental results are encouraging, the use of activities proposed in this research led to an active and intense participation of children and thus increase the potential of their biomotric.

Keywords: improvement, potentially biomotric, school.

COMPARATIVE STUDY ON THE DIFFERENTIATED DEVELOPMENT OF THE COORDINATIVE SKILLS OF PUPILS IN RURAL AND URBAN ENVIRONMENTS THROUGH SPORTS GAMES

PETRONEL CRISTIAN MOISESCU

ALEXANDRU PĂCURARU

Dunărea de Jos University of Galaţi

Abstract

In today's living conditions the volume of activities taking place in unexpected circumstances has been on the increase. Therefore the individual is supposed to show agility, cleverness, resourcefulness, speed of reaction, ability to focus and shift attention, accuracy of movement (be it spatial, temporal, dynamic), and movement rationalization from a biomechanical point of view. In the theory and methodology of physical education, these skills are connected to the "coordinative ability" phenomenon, i.e. the individual's ability to quickly learn new motor actions, as well as the ability to solve motor tasks in variable conditions. Specialists analyzing the movements of the human body have found common points in defining and developing the concept of movement coordination, but also different opinions have been put up in approaching this subject, as its definition is a work in progress.

Key words: coordinative skills, sports games, pupils, urban environment, rural environment.

COMMUNICATION IN THE PHYSICAL EDUCATION AND THE JU-JITSU COMPETITION

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Abstract

In our opinion, the communication represented for the evolution of humanity an importance as great as the wheel invention. The purpose of our work consists in emphasizing the importance of communication for any activity field, for the information transfer as well as for the way of interacting between the subjects involved within that phenomenon. Regarding the field of physical education and ju-jitsu (competition), verbal or extra linguistic communication ensures the main modality of presentation for the specific activities.

As follows, we shall present the main elements of the communication specific for our fields of interest.

Key words

Communication, physical education, Ju-jitsu (competition).

DEVELOPMENT OF PHYSICAL SKILLS THROUGH STEP AEROBICS PROGRAMS

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Abstract

The step program successfully carries out an aerobic training at medium-high intensity, creating the possibility to vary the intensity by increasing the step higher or by performing propulsion exercises. The advantage is outlined by the possibility to apply the training more easily, by structuring it in simple stages and uniform repetitions, reaching the finality of a perfectly equilibrated program, with a popular activity practiced by both women and men.

Key words: step, aerobic training, aerobics programs.

THE ROLE OF MENTOR IN YOUNG TEACHER OF PHYSICAL EDUCATION TEACHER DEVELOPMENT

SORIN DRUGĂU

LORAND BALINT

Transilvania University of Braşov

Abstract

Mentoring should be viewed as an important aspect in the development of physical education teacher, especially in the early years of his career. Professional collaboration, support and role model provides the tools for young physical education teacher in the early years of teaching careers.

Mentoring must be part of a program, applied in practical activity and not just an idea, without application in life of young teacher. Mentoring can provide valuable support, helping teacher to develop their teaching.

Mentors are experienced teachers who have the time and interest necessary to help others to be teachers in front of class of student's. They offer more assistance to beginning the activity and gradually reduce their support.

Key words: mentoring, young teacher, teaching career, mentors, valuable support.

THE DEGREE OF INVOLVEMENT IN SPORTS ACTIVITIES TO PUPILS IN SUPRIOR

CIORBĂ CONSTANTIN

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Summary

The sharp decline in the number of hours of "Physical Training" has reduced the number of students who practice sports or sample engaged in various sporting activities.

In this sense, organized year experiment ascertaining which highlighted a number of issues related to student involvement in sports.

Key words: sporting activities, causes, involvement.

STUDY ABOUT SOMATIC DEVELOPMENT THRU PHYSICAL EXERCISES AT SCHOOLAR AGE PUPILS

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Summary

Present research try to realise a analise of somatic development indicators thru psysical exercises at schoolar age pupils.

The research conclusions shows that the most of schoolar young children who practice in regular way physical exercises presenting somatic development indicators.

In present research we used 6 tests, witch been also indicators of somatic growing, aplyed ol 72 subjects, 32 young girls and 40 young boys from LPS Braşov school.

Key words: physical exercises, schoolar age, somatic development.

Formal and non-formal motor activities

RECREATIONAL SPORTS - HEALTH EDUCATION FORM

OANA - MARIA GANCIU

University of Bucharest

Abstract

Introduction

A society that promotes sport and understand the value of life is one that secures a solid component of welfare and social optimism. Health is a prerequisite for active human existence, a precious good, which is "exchange value and can be risky, because they easily lose and regain hard" (A. Ionescu, 1971).

Methods: bibliographic documentation; experimental method, Statistical and mathematical method, The experimental statistical results are presented in graphical form.

Results: Cooper test is the most significant achievement of the education for functional aerobic capacity. Both groups have improved their result by a few percent, but the experimental group experienced an improvement We believe that programs drawn up and submitted to experimentation, through specific exercises, aimed at improving cardio-respiratory capacity were effective.

Conclusions: Educating a motivation for practicing systematic, continuous, lifelong physical exercise should be the main objective of physical education course. The most important thing is the habituation of students with systematic practice of physical exercise, physical activity inclusive of these daily lifestyle. The purpose of the present work can be considered achieved by means of its demonstration, that the sports and recreational activities in keeping and improving health.

Keywords: recreational sports, health, students

DETERMINATION OF TOUCH SYSTEM APPROACHES FROM THE PERSPECTIVE OF FREE TIME ACTIVITIES

ELENA MOLDOVAN

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Abstract

The paper presents a study to identify the preferences of students in addressing leisure time activities preferred by the sensory system. Capacity building of decision for social, forecasting activities in different living conditions, analysis of actions and deeds own and other people and forming a flexible behavior, adaptable to new social and economic conditions, can be achieved with the support of leisure activities. Specialized knowledge and situations where use is made of multidisciplinary cooperation, demonstrate that a major part of their duties and leisure activities. Applied questionnaire aimed at highlighting the main sensory system students. Highlighting the main sensory system of students has made it possible to identify the most effective leisure activities to be carried out diligently students.

Key words: touch system, nonformal activities

THE ANALYSIS REGARDING THE EVOLUTION OF THE “MOUNTAIN SPORTS ACTIVITIES” DISCIPLINE IN THE EDUCATIONAL OFFER OF UNIVERSITY OF BUCHAREST

REMUS DUMITRESCU

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Abstract

A higher amount of students has the possibility to participate directly to all the activities developed in the natural environment, to understand them, to assimilate them, in order to transmit them farther. The following assumptions want to confirm the fact that the mountain outdoor activities could represent an ever-living champ for a human being in the development of a healthy character, capable to build and to keep the group's spirit, with possibilities to transmit farther what means a cleaner, more beautiful and healthier world. In the same time, didactic activities could have a significant role in the tourism field too. The main conclusion shows us that the practical-methodical pilot programs, optional during the 4 years of university, have been improving not only the knowledges and the specific attitudes for the touristic activities to which they had been directed, but also to the perception and the annual growth in the number of those who want to be a part of this discipline, thanks to the feedback of the former students.

Key words: didactic tourism, educational activities, skills.

PERFORMANCE PATTERNS FOR OUTDOOR COMBINED EVENTS IN CHILDREN

RAȚĂ BOGDAN CONSTANTIN
RAȚĂ MARINELA
CRĂCIUN SERGIU

Vasile Alecsandri University of Bacău, Romania
Adjud School Sports Club

Abstract

An increase in sports performances, an ongoing upgrade of sports training activities should imply choosing and establishing methods, procedures and means in order to act into practice. Therefore, we have been thinking how we could assist coaches, dealing with the basic training in the combined events, by creating performance patterns (initial, intermediate, final) for the age of C1, which provide a clear picture on the selection and progress at this age.

This research presents a longitudinal study on the performance results obtained during 2002- 2015. The conclusions validate the hypothesis and emphasize the importance of knowing performance patterns in order to establish training patterns.

Keywords: combined events, pattern; study; children; juniors.

Orientations and current trends in Kinetotherapy

EFFECTS CORRECTIVE GYMNASTICS PHYSICAL EDUCATION AND SPORT LESSON

FLORENTINA NECHITA

SILVIU GABRIEL CIOROIU

Transilvania University of Braşov

Abstract

Young people in the new generation must be prepared for a more dynamic society, continuously growing, which requires a certain model. This model should combine harmoniously side of the personality of the young, as a healthy person, harmoniously developed physically a man of creative thinking, with ability to select, systematize and reorganize information.

The paper aims to highlight those attitudes deficient early-stage, is slight deviation from the normal physiological functions of the body shape and that turns negative appearance. Detection of these cases in the initial stage is the duty of every teacher, especially of the physical education, which in collaboration with the therapist can act effectively to prevent attitudes deficiencies and shortcomings, and if they were installed, to have the most efficient use complex exercise that favorably influence the body's balance state students.

Keywords: health, physical disability, period of growth, new generation.

KYNETOTHERAY OF PHYSICAL DEFICIENCE – HEAD AND NECK TILTED FORWARD

SILVIU GABRIEL CIOROIU

FLORENTINA NECHITA

Transilvania University of Braşov

Abstract

Head and neck onward is a physical deficiency that reduces the vital capacity of the lungs with over 30% and affects the gastrointestinal system, particularly the large intestine. Along with the installing of this physical disability, the entire motion incidence of the body is affected, making the body rigid, and along with the decrease of the endorphins production the pain increases, causing a high degree of discomfort to the individual. Poor posture produces a higher pressure on the support elements leading to consuming larger amounts of energy for achieving a steady state. To improve such deficiencies is recommended to submit to physiotherapist treatment consisting of static exercises, dynamic exercises and exercises borrowed from various branches of sports.

Keywords: posture, condition, treatment, exercises.

STUDY OF WOMEN STUDENTS' SEXUAL FUNCTION OF "ANGEL KANCHEV" UNIVERSITY IN RUSE, BULGARIA

DIANA POPOVA-DOBREVA

University Vasil Levski, Sofia, Bulgaria

OBRECHKOV DIMITAR

University Angel Kanchev, Ruse, Bulgaria

Abstract

An inquiry has been conducted to establish the sexual function of the women students of "Angel Kanchev" University in the city of Ruse. Discussion was held related to the possibilities of applying the pelvic floor therapy upon availability of women's sexual dysfunction.

Keywords: Female Sexual Function, pelvic floor therapy, sexual dysfunction in women, kinesitherapy

PREVALENCE OF FLAT FEET AMONG STUDENTS OF "ANGEL KANCHEV" UNIVERSITY IN RUSE, BULGARIA

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University Vasil Levski, Sofia, Bulgaria

OBRECHKOV DIMITAR

University Angel Kanchev, Ruse, Bulgaria

Abstract

In the present study we have investigated the distribution of flat feet among students of “Angel Kanchev” University. Analysis is being made of flat feet distribution according to the BMI of the students.

Keywords: flat feet, BMI, students, kinesitherapy

OSTEOARTHRITIS OF THE KNEE IN ADULTS - RECOVERY THROUGH PHYSIOTHERAPY

LIVIU ALEXANDRU TRĂILĂ

University of Craiova

Abstract

Knee osteoarthritis is a degenerative disorder consisting of hyaline cartilage destruction present on the ends of the bone joint, it manifests itself in great pain, which often does not respond to drug therapy and reach surgery. The aim of the study was to develop a program of recovery through physiotherapy after the diagnosis of osteoarthritis. The program was differentiated evolution stage of the disease. Between 01.09.2015 and 01.12.2015 we conducted a study on a group of 24 adults with osteoarthritis in one or both knees. Progress at the end of treatment was favorable, even if the physical treatment can not get healing. Applying early rehabilitation treatment leads to shortened recovery period. Weight loss is necessary to prevent excessive joint stress.

Keywords: knee osteoarthritis, pain, functionality.

RECOVERY OF HYPERTENSION THROUGH PHYSICAL THERAPY, DIET AND MOVEMENT

LIVIU ALEXANDRU TRĂILĂ

University of Craiova

Abstract

Hypertension can have on long term consequences of several organs causing severe complications: retinopathy, hypertensive encephalopathy hypertensive, renal, aorta dissecting it or can cause death through powerful complications: myocardial heart-attack, cerebral accident, etc. The aim of this work was recovering through physiotherapy, diet and movement for maintaining functional capacity, in parallel with the decrease of the blood pressure value. In the range 15.09.2015-15.12.2015 we conducted a study in a group of 26 patients with hypertension. The results were good in patients who meet strict guidelines, requiring drug therapy to be reduced as dosage. The study showed the importance of physiotherapy treatment, diet and motion, beside the one medication. Early detection of the disease is very important to prevent serious complications of hypertension.

Key-words: hypertension, pressure, factors.

STUDY ON LIFESTYLE OF HYPERTENSIVE PATIENTS

ANCA JIANU

Spiru Haret University, Bucharest

Abstract

Introduction. Hypertension is a cardiovascular disease responsible for major health problems such as heart attack or stroke. The disease requires a rational lifestyle with positive implications on quality of life. Physical activity in general and respiratory physical therapy, especially contribute to improving cardio respiratory function or the general condition of the physically and mentally in people with essential hypertension.

Aims. A survey questionnaire is a simple means of assessing what guided us on the lifestyle of hypertensive and the presence in their lives of cardiovascular risk factors. These issues lead to establishing the necessary means and methods of treatment of those affected.

Methods. This study, based on the method of the survey, was performed during the period September 2012 - May 2013 on a number of 27 subjects aged 40-60 years, diagnosed with essential hypertension. Subjects of this study answered to a questionnaire own conception, not standardized, consisting of 17 questions.

Results. When interviewed subjects observed their attitude towards physical activity and nutrition. Hypertensives no knowledge about the role of breathing exercises on the body and no practice them regardless of their age.

Conclusions. Subjects with essential hypertension were exposed to cardiovascular risk factors by not respecting the life rationally.

Keywords: respiratory physical therapy, essential hypertension, questionnaire, lifestyle

STUDY ON THE USE OF CLASSIC GYMNASTICS ELEMENTS WITH CHILDREN WITH DOWN'S SYNDROME

BIANCA CHERA-FERRARIO

Valahia University, Târgovişte

Abstract

Every person that we meet is different in their own way compared to others, and each deserves a chance at a better development, this being the case in Down's Syndrome sufferers. These individuals are quiet, with a great warmth inside of them, and a joyfulness and innocence that is found less and less nowadays with the stress of daily living.

Activity presentation

I volunteered at different gymnastics lessons at the Special Needs School in Ploiesti, where I learned various methods and forms of communication with the children, and carried out gymnastics exercises with Down's children.

Following the experiences accumulated and the competitions which I attended, The Romanian Special Olympics Foundation proposed a large scale partnership – gymnastics exercises with Down's Syndrome sufferers and others.

Activity objectives

One of the most important aspects of any individual is being independent. Thus, the project firstly proposed the development of autonomy and independence skills in various daily activities, through the use of gymnastics exercises closely related to daily living.

Conclusions

We observed great development in the motor capacity of the children with Down's Syndrome who participated in the unified gymnastics lessons.

Keywords: gymnastics, children, motor capacity

THE INFLUENCE OF SWIMMING EXERCISES ABOUT ADULT WOMAN BODY DEFICIENCIES

RÎŞNEAC BORIS

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RAŢĂ SORIN

Ştefan cel Mare University, Suceava

Abstract

In the current literature are elaborated and proposed multiple forms and methods of physical exercise in general, but a currently widespread practice of physical exercises has in the water. The shapes of these exercise are quite varied and have a very extensive application trying to implement their skills to obtain accommodation with water to treat various serious deficiencies in the body. The main goal of the programme of swimming to adult women is to prevent citofic, lombar scoliotic attitude and specific means of swimming lordotic.

Keywords: forecasting, attitude, women, swimming.

APPLICATIONS FOR SECONDARY KINETOPROPHYLAXY IN CERVICAL SPONDYLOSIS – CASE STUDY

RAȚĂ ELENA

BENEDEK FLORIAN

Ștefan cel Mare University, Suceava

Abstract

Over the years the bones and ligaments from the spine level gradually deteriorate, especially at neck level, producing a disease called cervical spondylosis.

Therefore we can state that the research in the given direction should be deepened and there should be proposed solutions in order to help improve this situation.

In this regard we propose a program of kinetic-prophylactic exercises applied to a patient with cervical spondylosis.

Keywords: kinetoprophylaxy, patient, cervical spondylosis, kinetic therapy.

THE IMPORTANCE OF SPORTS MASSAGE AS A PREVENTION MEANS AT THE APPEARANCE OF PAIN IN TRAIL RUNNING

PETRONELA MOCANU

Transilvania University of Braşov

Abstract

Ipothesis. The massage, in comparison with other specific and unspecific means of kinetotherapy is frequently applied in the daily training and recovery schedule of the athletes. In professional sport, due to the high usage level of all somato-functional components caused by the volume and intensity of effort, by its complexity and predisposing factors, recovery and prevention become urgently applicable. Trail running through the nature of internal and external factors, expose the practican to a high usage level that without applying the means of homeostasis rebalance, negatively affects the stability of the efficiency of the athlete in cause.

Aim of the research. This study, has as a base, pieces of information from national and international references towards the importance of the kinetotherapeutic specific means of sports massage and it proposes to offer a theoretic and methodic synthesis of the positive aspects, respectively of negative aspects of sports massage as a recovery, prevention and/ or regeneration applied by the specialists, coaches or even athletes.

Conclusions. In this context, in which specialists in the field approached this area of sports massage in research, do not highlight a major positive note towards the entire human body, only in a small amount towards some components that affect sport efficiency (example: pain, tissue trophicity, muscle tonus).

Keywords: sports massage, trail running, prevention, fitness efficiency level, pain.

WALKING SPEED AND SWITCHING ATTENTION IN INDIVIDUALS WITH PARKINSON'S DISEASE

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MICHAEL HORVAT, University of Georgia

JOE NOCERA, Emory University

Background/ Purpose

The inability to ambulate, strength and balance difficulties are important components that affect quality of life, morbidity and mortality, as well as cognitive decline and executive function in patients with Parkinson's disease (PD). Previous work in healthy older adults has indicated an association between walking speed and executive function, with a decline in walking speed predicting a degeneration of executive function. In contrast, this relationship between walking speed and executive function in individuals with PD has not been documented. Therefore, the purpose of the present study was to determine if PD walking speed after 12 weeks of exercise intervention could predict changes in executive function in individuals with PD without dementia.

Methods

A total of forty-three ($n = 43$; 26 males and 17 females) individuals diagnosed with idiopathic PD without dementia, from Atlanta metropolitan area completed an 8 feet walk task from a standing start, and an auditory switch task at baseline, and at the conclusion of 12 weeks of exercise intervention. For the walking task, participants were evaluated with the Short Physical Performance Battery's quartiles of performance, with the time on the faster trial used for data analysis while for the executive function test, response time was used to calculate global switch cost as an index of cognitive flexibility.

Results

A simple linear regression established that differences in walking speed following 12 weeks of high – frequency exercise could statistically significantly predict changes in global switch cost, $F(1, 21) = 25.921, p < .0005$ and walking speed differences accounted for 53.1% of the explained variability in global switch costs differences. In contrast, linear regression for the low-frequency exercise group indicated that differences in walking speed after 12 weeks of low – frequency exercise could not statistically significantly predict changes in global switch cost differences, $F(1, 18) =$

3.404, $p = 0.082$ and walking speed differences accounted for 11.2% of the explained variability in global switch costs differences.

Discussion

Our results indicated that alterations in physical function of people with PD following a high-frequency exercise intervention for twelve weeks can facilitate ambulation as well as changes in executive function. We suggest that future research should continue to investigate the mechanisms of movement that can be used in the treatment of physical decline associated with diminished cognitive function in people with PD.

KINESITHERAPY USED TO TREAT OBESITY IN WOMEN

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Abstract

This work aims to point out the influences of Kinesitherapy (Physical Therapy) in the recovery of overweight or obese individuals through the development and application of diets and exercise programs adapted to the degree of ponderability, age and disorders associated to the female included in the study.

Through the theme chosen, the work has the following objectives: to lower body fat excess, to form the habit of independent and assisted exercise, to create a positive mood and good humor by doing physical exercises, to increase the self-esteem, to improve breathing, effort and muscle tone, to form a basis for an optimal physical training and last but not least, to increase work capacity and to socially integrate the activities of the overweight and obese people.

We have designed and applied a hypocaloric diet and an experimental program of training for the experimental group, with various difficulties, over the course of 30 days, two workouts per week.

Keywords: overweight, obesity, experimental programs of physical training, diet.



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