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Faculty of Physical
Education and Mountain Sports

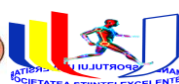
International Scientific Conference YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT

Brasov, March 2017



MINISTERUL EDUCATIEI NAZIONALE
si Cercetarii





TRANSYLVANIA UNIVERSITY OF BRAŞOV
FACULTY OF PHYSICAL EDUCATION AND
MOUNTAIN SPORTS
organizes

International Scientific Conference

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT

03-04 March 2017, Braşov, Romania

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Conference schedule

Friday, March 3 – University auditorium

11:00 - Guests arrival and accommodation

13:30 - Coffee break and snack

14:00 - Conference opening works

17:00 - Coffee break and snack

17:30 - Plenary presentations

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

20:30 - Social evening

Saturday, March 4 – Aro Palace

Europa 1 conference room

Europa 3 conference room

9:30 - Presentations on sections

12:00 - Posters session

13:00 - The awards ceremony

Sections

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

Participation fee

The conference fee:

- 250 lei / paper; 300 lei / two papers or
- 200 lei / paper, 250 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, one place accommodation in a double room and publication of the papers in the Bulletin of Transylvania University of Brasov.

- 100 lei - only conference map and publication of the papers

Important deadlines

- abstract deadline – 14.02.2017
- notification of abstract acceptance – 15.02.2017
- **sending full paper – 20.02.2017**

Terms of the abstract drafting

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

Partners

- Braşov City Hall
- Braşov Metropolitan Agency
- Youth and Sports Ministry
- National Education Ministry
- Federation Internationale d'Education Physique
- Romanian Naţional Research Institute for Sport
- Human Excellence 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

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

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

Contact

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- Scientific Research and Informatization -

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Terms of the poster drafting



CONFERENCE PROGRAMME

International Scientific Conference

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT

03-04 March 2017, Braşov, Romania

Friday, March 3 – University auditorium

11:00 - *Guests arrival and accommodation*

13:30 - *Coffee break and snack*

14:00 - *Conference opening works*

KEYNOTE SPEAKERS:

Dragoş Ioan Tohănean, Lecturer, PhD, Transylvania University of Braşov,
Ioana Curiţianu, Lecturer, PhD, Transylvania University of Braşov

Preliminary speech:

Ioan Turcu, Assoc. Prof. PhD, Faculty of Physical Education and Mountain Sports Braşov, Dean;
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Dana Bădău, Professor, PhD, President of Romanian Federation of Sport for All;
Erdal Zorba, Professor, PhD, Gazi University, Turkey;
Mehmet Gunay, Professor, PhD Gazi University, Turkey;
Alexandru Popov, Prof. PhD National Sports Academy Vassil Levski, Bulgaria.

17:00 - *Coffee break and snack*

17:30 - *Plenary presentations*

Renato Mano, *Youth's Sport specialisation respecting growth and development: an overview*;
Manolachi Veaceslav - *The idea of Olympism, philosophical concept about the world*;
Dorin Pîrciog - *Genetically project: My Body Guide*;
Radu Colţ: *Space, supporting policy and action for active environments*;

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

20:30 - Social evening

Saturday, March 4 – Aro Palace Hotel

Europa 1 conference room

Europa 3 conference room

9:30 - Presentations on sections and Posters session

KEYNOTE SPEAKER:

Dragoş Ioan Tohănean, Lecturer, PhD, Transylvania University of Braşov

Plenary presentations:

Sofka Popova, Milena Grigorova - *Normative Base for Evaluation of the Motive Quality of Speed with Higher Students;*

Diana Popova-Dobrevă - *Evaluation of the Function of the Knee Joint with Students from the National Sports Academy Vassil Levski;*

Maria Popova-Hristova – *Youth organiyations in Bulgaria;*

Andreea Dobre, Bondoc-Ionescu Dragoş, Claudiu Mereuţă - *Study on the optimization of effort grading in resistance tests;*

Oana Maria Ganciu, *The practice of physical activities independdently and rhythmicaly-necessity of the modern age;*

Oana Maria Ganciu , Mihaela Ganciu - *The impact of the lifestyle on the development of quality life;*

Germina Cosma, Marian Dragomir, Marian Costin Nanu, Luminiţa Brabiescu-Călinescu - *The Influence of the Dance for People with Down Syndrome;*

Mădălina Epure, Bondoc-Ionescu Dragoş - *Study on improving women's vertical jump in basketball game at under 18 category;*

Sorin Drugău - *Study about teaching techniques based by standards in the process of mentoring;*

Claudiu Mereuţă, Elena Mereuţă, Daniel Ganea - *Test for appraising the energetical resource of 10-12 years old athletes;*

13:00 - The awards ceremony

Posters Competition

FIRST PLACE – 9 points

THE PRACTICE OF PHYSICAL ACTIVITIES INDEPENDENTLY AND RHYTHMICALLY-
NECESSITY OF THE MODERN AGE

Oana Maria Ganciu

University of Bucharest, Romania

THE INFLUENCE OF THE DANCE FOR PEOPLE WITH DOWN SYNDROME

Germina Cosma

University of Craiova, Romania

Marian Dragomir

University of Craiova, Romania

Marian Costin Nanu

University of Craiova, Romania

Luminița Brabiescu-Călinescu

University of Craiova, Romania

STUDY ON THE OPTIMIZATION OF EFFORT GRADING IN RESISTANCE TESTS

Andreea Dobre

Transylvania University of Brasov, Romania

Bondoc-Ionescu Dragoș

Transylvania University of Brasov, Romania

Claudiu Mereuță

Dunarea de Jos University of Galati, Romania

SECOND PLACE – 8 points

NORMATIVE BASE FOR EVALUATION OF THE MOTIVE QUALITY OF SPEED WITH
HIGHER STUDENTS

Sofka Popova

National Sports Academy Vassil Levski, Bulgaria

Milena Grigorova

National Sports Academy Vassil Levski, Bulgaria

STUDY ON IMPROVING WOMEN'S VERTICAL JUMP IN BASKETBALL GAME AT
UNDER 18 CATEGORY

Mădălina Epure

Transylvania University of Brasov, Romania

THIRD PLACE – 7 points

EVALUATION OF THE FUNCTION OF THE KNEE JOINT WITH STUDENTS FROM THE
NATIONAL SPORTS ACADEMY VASSIL LEVSKI

Diana Popova-Dobreva

National Sports Academy Vassil Levski, Bulgaria

TEST FOR APPRAISING THE ENERGETICALLY RESOURCES OF 10-12 YEARS OLD
ATHLETES

Claudiu Mereuță

Dunarea de Jos" University of Galati, Romania

Elena Mereuță

Dunarea de Jos" University of Galati, Romania

Daniel Ganea

Dunarea de Jos" University of Galati, Romania



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FACULTY OF PHYSICAL EDUCATION AND
MOUNTAIN SPORTS**



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03-04 March 2017, Braşov, Romania

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VOLUME

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exclusively to the authors**

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Milena Grigorova

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The current Olympic movement

THE IDEA OF OLYMPISM, PHILOSOPHICAL CONCEPT ABOUT THE WORLD

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Abstract. The idea of Olympism correlated with the idea of sport, has now a global character, which, according to the analyzed conditions, is very important. The insufficient general and theoretical elaboration of the Olympism concept acts as a factor that reduces the results of the work to spread the Olympic knowledge. Sport is, in essence, not only an honest athletic competition, it is equally and an athletic competition of honesty. Despite doping and other aspects of the sport, it is still perceived, to a considerable extent, the same, even if the overall situation is now alarming. The winner of today is not simply the best athlete, he is the one designated in the most honest and objective way. Today, the sport is called, as in ancient Greece, to bring a balance to *philia* and *eris* - love and hate, which pierces the whole Greek culture and, largely, the contemporary Western one - a competitive culture, agonistic.

Key words: Olympism, philosophical view, sport, self affirmation, athlete

CONCEPTUAL SUMMARIES IN THE PROCESS FOR A STRATEGY OF SUSTAINABLE DEVELOPMENT OF WINTER SPORTS

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Abstract. Subject - Development of a strategy for sustainable development focused on winter sports.

Methodes - Experimental research, linear type experiment and managerial based on the theory of systems. After prof. univ. Dr. Ioan Lador.

The construction of a vision on long term that can rely on structural components and functional in the process of research and the development of a strategic project of long and lasting development in winter sports. Based on the flowchart that relates to the physical effort

of the biathlons, focusing on the ratio of volume / intensity. On the other side the physical effort focusing on the progress and mental phenomenon.

The strategic project concept is a result of the experimental research. In the theory of the systems we have the entries with: purpose, mission, vision, objectives. And by introducing the scientific and managerial research based on the levels of management: strategic, functional and operational. The S.W.O.T. analyze, the environment analyze, resources, performance indicators, capitalization and implementing in the specific system.

Results and conclusions as final model of testing to physical and psychological effort. Testing represented the initial model, go-between and final one. Results obtained have been materialized through improvement of sport performances at the Olympic Games, World Championship and stages of World Cup.

Key words: strategy, development, resources.

ELEMENTS OF LAW, DEONTOLOGY AND SPORTS ETHICS

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Abstract: Sports law regulates, in the founding spirit of fair play, the rights and interests of onerous, patrimonial nature but also personal and non patrimonial. Law enforcement in sport often created new and difficult legal test cases for judges, lawyers, athletes and administrators. In this context, there was a need or opportunity emergence of specific regulations, enactment of rules, regulations and new ways to regulate the sport and the way how it is conducted. The need for ethics in sport is an objective fact in sport, especially today when we are witness an increase of aggression and violence. At the same time, the principle of fair play does not qualify as an ethical principle, because it has a legal inherent connotation. Sport has a transnational nature and universal vocation being subjected to state order that makes the sports world to be governed by rules and uniform behaviour in an international dimension.

Key words: sports law, ethics, laws, rules, responsibility.

**ANALYSIS ON THE ROLE OF SPORT PERFORMANCE FORMATIVE,
REFLECTED IN MORAL VALUES IN THE LIGHT OF CONDUCT ATHLETES**

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Abstract. Physical education and sport is a generator and stimulating training environment and the manifestation of behaviors able to showcase skills, talents and human attitudes. In this sense, the purpose of education is of paramount importance in the life of athletes who practice sports performance. We intend to demonstrate that implementation of moral values in the lives of athletes from an early age and continue educating their lifetime sports, leading to obtain proper conduct in the spirit of fair-play on both fields / gyms and in life social. Subjects undergoing study are athletes from various sports fields: sports games and individual sports (football, rugby, volleyball, handball, athletics, etc.). After the research, we conclude that the ideal human personality can only result from the harmonization of the physical with the intellectual and moral, merge later becomes basic stimulus for activating and cultivating resources and skills.

Key words: Competition - moral values - moral behavior.

Young people sports performance

FOOTBALL GAME CONCEPTION AND TRAINING FOR THE TENTH GRADERS OF THE SPORTS HIGH SCHOOL OF BACĂU, ROMANIA

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Abstract. This research aims to create a specific instruction model to determine a football game conception and training that is as current as possible, for the tenth graders of the Sports High School of Bacău, Romania. The starting premise was the fact that the ideas and solutions of the game conception that is promoted worldwide are taken and adapted creatively by each national school, the last touch and adaptation taking place in each team, recommended by the federation as a general orientation, but containing also original solutions that capitalize on the players' abilities from a tactical, technical, physical and mental point of view. Based on the recorded data and its interpretation, the following conclusions can be drawn:

1. The correct choice of a game conception for the team, based on its players' physical, mental, and technical-tactical skills, leads to an increase in their ability to play, and, implicitly, to an improvement of the team.
2. Modeling the training after the competition game, as well as increasing, percentage-wise, the bilateral game during training sessions - as an essential condition of the game conception, quickens the perfecting process of the technical-tactical skills in football.

Key words: game conception, training conception, football, Sports High School of Bacău.

HANDBALL IDEOMOTOR TRAINING

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Abstract. Ideomotor training, part of the "total training", was imposed in the last few decades as a complementary and extremely valuable technical and tactical preparation of athletes. Practicing this kind of training is justified at least three points of view: any means that can bring a breakthrough in how little training and performance should be used; ideomotricity is still basically unsolicited physical training, which complements; in certain situations, eg injury, is particularly satisfactory results. Mental training or ideomotor training is the process of maintaining and consolidating, movement and actions, resulting bands neuromuscular activation and thus increase efficiency athletes.

The research hypothesis seeks to increase the efficiency of handball players in competitions.

Key words: psychological training, performance, handball.

YOUTH ORGANIZATIONS IN BULGARIA

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Abstract: A part of the structures and organizations in Bulgaria engaged with the European priorities set up by Strategy 2020 which concern young people are considered in this publication.

In the last few years Bulgaria has made significant progress with regard to the activity of the youth organizations. At the development of the themes, we report the weak awareness of the young people with regard to the possibilities for financing, as well as about the existing youth organizations and their activities, as a serious problem.

For the clarification of the possibilities of the programmes from Strategy Europe 2020 amongst Bulgarian young people there is need of improvement of the coordination and the concordance in the actions of the individual organizations, as well as of more modern means for communication and popularization of the possibilities before young people provided by the European Union.

Key words: Europe 2020, Youth Organizations in Bulgaria.

**LEVEL OF AWARENESS AND INTEREST OF BULGARIAN YOUNG PEOPLE IN
YOUTH PROGRAMMES FINANCED BY STRATEGY EUROPE 2020**

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Abstract: A survey research was realized for the establishment of the awareness of the young people about financed European Programmes, the availability and the activities of the youth organizations in Bulgaria as well as the Youth Information Consulting Centers. The young people were also asked about their knowledge related to the term double career, as well as about their desire to obtain more information about the discussed European Programmes. An analysis was made both with regard to their level of awareness and with regard to their wish to be informed.

Some of the modern forms for communication and popularization which may inform about the possibilities presented before the young people by the European Union are discussed in the publication.

Key words: Europe 2020, modern means for communication with young people.

**IS THERE A CORRELATION BETWEEN RESISTANCE TRAINING AND
CANCER?**

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Abstract. Although the importance of resistance training for a variety of health benefits has been recognized for quite some time, its effects on the risk of different types of cancer is not yet clear and additional research into this area has been recommended. Thus, in the present report we will summarize the most important updates on how exercising and especially resistance training could be or not correlated with the very complex cancer pathology. In this way, the recommendation for moderate to vigorous physical activity and resistance training are

supported by the current level of knowledge in this area, which shows a reduction in risk of death from cancer as a result of increased cardiorespiratory fitness and muscular strength. In addition, the available data suggests that physical training programs have beneficial effects on the physical or psychosocial capacity of the cancer patients, with improved aerobic capacity, muscle strength and quality of life. Based on these findings, it seems that it could be recommended for the strength training to be incorporated for decreasing the risk of developing cancer, as well as for cancer rehabilitation, with careful screening of the patients and their supervises during training.

Key words: cancer, exercising, resistance training.

IMPROVING ALPINE SKIING LEARNING BY TRANSMITTING KNOWLEDGE FOCUSED ON THE BENEFICIARY'S PERSONALITY

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Abstract. Learning alpine skiing, as it is already known, involves, besides the practical side another side represented by the communication and relationship between the one who learns and the one who teaches (who provides information). In order to improve the process of learning new movements transmitting the information in a certain way is required, thus the transmitter appeals to his experience in transmitting the information to the receiver.

The quality of the transmission of the information and the optimal discipleship (generated by the "transmitter") allow a more correctly reproduction and storage of the movements by the "receiver" especially when the tone of the voice and the use of certain words in verbal expression are used according to the receiver's personality. The quality and the ending of the educational process is influenced by the controlled discipleship initiated by the "transmitter". This will allow a long-lasting and correct assimilation with positive aspects regarding the new theoretical and practical concepts.

Key words: type of personality, networking, alpine skiing.

THE THEORY OF MULTIPLE INTELLIGENCES AND THEIR IMPACT ON LEARNING SPECIFIC MOVEMENTS IN SWIMMING

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Abstract. Understanding, practicing and learning the specific movements in swimming, as part of a whole educational process is achieved by synchronizing the "kinesthetic and space intelligence" as part of the theory of multiple intelligences and "perceptual-motor learning", something that generates a faster achieving of new specific movements in swimming. The contribution of interdisciplinarity is a human performance generator as it "visibly resizes the ephemeral projections of the athletic performance"

Facilitating the learning of new movements and the specific mechanisms of technical aids, involves combining interdisciplinary information as part of a whole, information that is presented at the beginning of the educational process in order to get a proper assimilation in a short time and with positive effects on the long term in assimilated notions of practical and theoretical.

Key words: multiple intelligences, swimming, interdisciplinarity.

STUDY ON ACTIVITY FITNESS CENTERS IN THE CITY OF IASI

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Abstract. Lately the practice of body maintenance activities designed rooms has grown due to increased demands special adult population. The study was conducted by the sociological survey technique at all gyms in Iaşi (25) and 250 practitioners. The research aimed to identify the main aspects of practitioners (motivation, satisfaction, expectations) as well as some elements of managing directors from fitness centers. After processing the data showed that most practiced requested and effective physical activities are exercises in analytic appliances muscle and cardio request (treadmills and stationary bicycles). Most people are like male practitioners (61%) and aged between 20-45 years for men and 18-35 for women. The main quality required, by both practitioners and employers, it is the level of communication instructors.

Key words: fitness, practitioners, administrators, optimization

SKILLS AND ABILITIES IN MOTOR LEARNING SPECIFIC TO HANDBALL GAME

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*Motto: "Nature inspires and empowers through a ceaseless movement."
(John Amos Comenius - the "Didactic Magna")*

Abstract. This paper brings to the attention of specialists in physical education and sports the role of skills and abilities in motor learning specific to handball and their importance in the general problems of learning, but also in the creation of training and support of numerous behavioral acts.

It presents important aspects regarding the characteristics of the abilities and skills and how to improve them, operational models and strategies of action, to strengthen psychological support of actions, creative intelligence and cognitive participation in performance in motor activity and sport. It highlights the natural relationship between motor learning and intelligent learning, particularly important in generating behavioral acts that involve the generating problems or taking decisions.

Key words: abilities, skills, motor learning, multi-sensorial, performance.

STUDY ON THE OPTIMIZATION OF EFFORT GRADING IN RESISTANCE TESTS

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Abstract. The study envisages the analysis and exploration of data related to the technique of the simple stride of running in all the three phases (amortization phase, vertical momentum and the propulsion phase) using *velostat*, and also recording and processing the parameters of physical effort in order to optimize grading it in resistance tests used in athletics.

I considered that if during the athletic preparation necessary for resistance tests, one acts on the technique of running by using the *velostat*, it can improve by the detection and removal of

deficiencies regarding the correctness of movements following the unsynchronization between the left and the right foot during movement (running), imbalances of strength between them, pressure differences on ground, imbalances between strength and speed in training and not only those. The research will take place at CSS Galaţi, on 4 performance athletes aged 16-18.

A series of somatic tests (height, weight, volume, normal chest perimeter while breathing in and breathing out) and a series of motor tests (2x400 m, 800 m, 1000 m) have been applied. Through this work I intend to bring forward the technical issues related to resistance running in particular, and proceed in this regard through an individualized training program.

Key words: athletics, effort, resistance, velostat.

STUDY ON IMPROVING WOMEN'S VERTICAL JUMP IN BASKETBALL GAME AT UNDER 18 CATEGORY

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Abstract. Problem statement. The research has as priorities finding the most efficient methods and modern ways of training for improving vertical jump in women's basketball game at age under 18.

The purpose of the research is that the vertical jump of women's basketball players can be improved by implementing a motric program in training process.

Methods. Evolution of players are presented in tables and graphs. The means used for research are specific for pliometric training adapted to basketball discipline and to the physical characteristics of the individuals targeted. The tests were measured before and after implementing the motric program.

Results. Explosive power increases at all tests ($p < 0,005$). The subjects were the women team under 18 University Club from Braşov.

Conclusion. The results lead to the conclusion that the motric program included in training process increased vertical jump on women basketball players. Training interaction causes a change in elasticity of the muscle.

Key words: basketball, training, vertical jump, women, tests

THE EFFICIENCY STUDY OF THE FINAL ACTION AT A WOMMAN BASKETBALL TEAM

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Abstract. Through this research, we want to make a real and detailed analyze of possibilities of guard and post players to express themselves in the game, components of the team *CS Nova Vita Tirgu Mures* but also to issue some conclusions to achieve the model of a team in vision with the progress of sports training. The research wish to improve the process of the training woman basketball team, as I mentioned earlier, through finding the best ways and methods regarding to grow the high abilities of the guard and post players. This article refers at comparing the *CS Nova Vita Tirgu Mures* woman basketball players, specialized on post and guard position in terms statistically, physically and mentally, in official or friendly games and training too.

Key words: basketball, guard player, post player, efficiency

SECOND LINE ATTACK IN VOLLEYBALL GAME

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Abstract. With this study we aim to make a critical analysis of the second line attack at the cadets volleyball team at the University National Center from *CSU Tirgu Mures*. The sample of subjects were 12, all female. The research took place from 15 March to 20 May 2014. After implementing a model of training focused of the technical component of the second line attack and quantifying the performance indexes, significant differences were noted between the two trials. Thus, we conclude that an effective quality management of volleyball can be approaching official games through a tactical system oriented on using the second line attack on both phases of the game.

Key words: volleyball, second line attack, efficiency.

FITBALL THE MUSCLE TONING MULTIFUNCTIONAL TRAINING PROGRAMME

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Abstract. This century has undoubtedly accelerated the life of the entire modern society by constraining all individuals to withstand a greater everyday mobility but, paradoxically, it managed to physically immobilize them precisely through the same technological developments that they had created, thus weakening not only their motor and their functional abilities but also their health.

Fitball is a training programme that consists of working with and on a large ball made of PVC, filled with air, on which participants can sit, lie, curl and relax by offsetting their bodyweight which is often an impediment within training activities.

The *Fitball* equipment is used for resistance training, strengthening core muscles, cardiovascular workout, joint mobility drills as well as for stretching and relaxing the entire body. What makes this equipment easy to use is precisely the fact that, by sitting on the *Fitball*, the weight of the person is not only “discharged” like in the absence of gravity but it is also dynamically returned by the ball as energy; the latter is then used to put all our body muscle groups in motion extremely easily.

Keyword: Fitball, training, motion.

USING THE OPTO JUMP EQUIPMENT FOR TESTING LOWER LIMB COORDINATION IN CHILDREN

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Abstract. In this study, we followed the experimental use of the tests “free jump” (vertical jumps with straight knees) and “sky test” (left to right jumps on the same line), from the Opto Jump equipment, in order to determine the coordination level in children with ages from 9 to 10 years. A number of 30 children, 15 girls and 15 boys, were tested, all of them belonging to different sports clubs. The experiment results indicated significant gender differences, $p \leq .05$, which revealed that girls have a higher coordination level at the “free jump” test, while the boys registered significant results, $p \leq .05$, at the “sky test”. From observations recorded on this group

of athletes, it can be stated that the boys have better results, when a challenge that implies changing the direction of the jump is involved.

Key words: Opto jump; free jump; sky test; legs coordination, gender.

IMPROVING TECHNIQUE WITHIN THE PARALLEL BARS IN MEN'S ARTISTIC GYMNASTICS

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Abstract. Exercises on the parallels mainly contain momentum and flight elements related to each other, dynamically executed above and below the bars, including on longitudinal support positions on a bar.

Accuracy of the scientifically rational technique execution allows choosing the most appropriate methods of learning a movement and determining the causes of movement errors that occur in the learning process. Technical content on the parallels is varied and complex and most certainly the richest in men's competitions. In this respect, I propose the development of some additional exercises and implementation of static positions which on short periods of time should bring visible results related to the swing technique on the parallel bars.

These tools will be applied on a group of gymnasts because a larger number can give more value to the desired results.

To improve the technique on the parallels it is necessary to draw some elements (auxiliary), movements, static positions (auxiliary) that lead to both the improvement as well as the development of balance technique.

Key words: technique, biomechanics, movement, gymnastics .

CONSIDERATIONS ON THE IMPLEMENTATION OF SPECIFIC TRAINING METHODS FOR THE ADJUSTMENT OF PHASE III - FLIGHT IN SKI JUMPING

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Abstract: In ski jumping, previous studies have revealed that adopting an optimal position on the inrun, in conjunction with a proper distribution of the center of mass (CM), allows the athlete to obtain a perfect timing, which enables him to obtain a maximum strength in his legs at the edge of the hill table. This contributes significantly to the increase of the horizontal speed of the jumper-ski system in a parallel direction with the hill table. As a result, the adoption with great skill and a great sense of proprioception of the specific tasks during phases I and II of the jump enables a successful transition to phase III of the jump – the flight. In order to improve the technical execution during phase III of the jump, there were implemented training methods focused on specific physical and technical training under changing conditions. The study was conducted from August to October 2016 at the ski jumping hills in Râşnov and the sports centre in Săcele. The subjects were three components of the University Braşov Sporting Club. The tests that focused on technical training were performed on the HS 71m - synthetic grass hill in Râşnov.

Key words: ski jumping, timing, phase II – the takeoff, phase III – the flight, imitative exercises, specific training methods, ground effect, training adjusted to changing conditions

EFFICIENT COMMUNICATION IN SPORTS ACTIVITIES

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Abstract. The communication in sports activities is effective in communicational skills of the teacher / coach / sports manager.

The subject of this study is to identify the way where the communication can efficiently be achieved in sports activities.

Methods: survey method, graphical method of the results interpretation, etc. The sample consisted of a number of 67 subjects, to whom have been applied a sociological survey with a set of 25 questions.

Results: we mention that sport is an important accelerator in promoting and advertising, being associated with aspects of communication on other products and services.

In conclusion, an efficient communication in sports activities can be:

- Interpreted in terms of efficiency, as organization optimization of information sources, communication networks;
- Understood as feed-back towards the identification of effects, of disturbing reasons and the correlation decision making, improvement, development.

Key words: communication, efficiency, sports activities.

OPTIMIZATION OF THE TRAINING PROGRAM FOR U-19 GOALKEEPERS

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Abstract: Football novelties nowadays greatly influence the game of the goalkeeper as he is extremely active on both the offensive phase, having a great contribution to the construction game, and the defensive phase, its advanced, central or lateral interventions basically replacing the old libero.

The goalkeeper position in football is unique, it requires hard work and specialized training, his role being decisive in determining the final result. Mistakes of the field players are not as obvious as the mistakes of the goalkeepers and this determines, in general, extreme characterizations, "success or failure" defining almost always the "number one" within a team. A good goalkeeper needs a number of qualities: somatic, motor, psycho-motor and psycho-intellectual qualities.

Key words: goalkeeper, football, quality, ability.

VIOLENCE IN SPORTS AND WAYS OF CONTROLLING IT

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Abstract. In the framework of present-day changes, violence holds on the behaviour of students, teachers as well as parents (all being essential parts of the educational system).

School is an integrant part of the wide community, and its problems, as an institution and an environment for building-up and developing the youth, are a matter of concern for the whole society.

Schools with high educational quality are defined by efficiency, by performance (efficiency of the teachers act, performance of the students act) while strong interpersonal connections are built. On this line, connections are capital for ensuring a positive educational environment. If there is strong mutual trust, the subjects are going to develop more responsibility.

To prevent and to disarm violent behaviour in school, first we need to clear up and to understand the concept of violence, to find out its grounds and reasons, to finally conceive preventing and controlling measures.

Key words: educational environment, sport.

TEST FOR APPRAISING THE ENERGETICALLY RESOURCES OF 10-12 YEARS OLD ATHLETES

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Abstract. The attention capacity is one of the cognitive sensory processes which are important in the process of professional training, influencing the quantity and quality of acquisitions and the formation of competences implicitly. A teaching career also requires leadership skills. The aim of this study is to assess the level of manifestation of attention and leadership skill in young students involved in the professional training process. In order to carry out this study, we applied an 'attention test' and a 'leadership skill test', both presented by Radu Nicolae in 2007, on 100 students enrolled in the vocational training at the undergraduate level. Results show

different levels of manifestation of attention, but also the inclusion of many students in the group with leadership skills, which help in the professional training.

Key words: attention, skill, leadership, manifestation.

STUDY ABOUT THE INFLUENCE OF HUMAN PSYCHOMOTOR IN BASKETBALL WHEELCHAIR SHOTS PRECISION

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Abstract. Wheelchair basketball representing a sport destined to phisical disabilities persons, being one of the most practicable disciplines from this category in the entire world.

In the present research we follow the possible conexion between human psychomotor parameters and the precision of wheelchair basketball shots, using Praga test, Toulouse-Pieron test, hands dynamic coordination test, but also a specific throwing tehcnical test.

The results of the tests of Responsable Shopping Sport Club components showing as there are a strong conexion between human psychomotor activity and the wheelchair basketball shots precision, the operational program implementated in training process positively influenced the percentage of made throws.

In program content there are action ways for laterality consolidation, development of dynamic coordination of hands, the appreciation of a object speed, development of space and time parametres and speed reaction time at sound stimulus.

Key words: wheelchair basketball, basketball shots, human psychomotor activity.

IMAGERY DIMENSIONS FOR HURDLES, JUMPS AND THROWING EVENT. PSYCHO NEUROMUSCULAR THEORY, PETTLEP MODEL PERSPECTIVE AND THE IMAGERY TRAINING EFFECTIVENESS IN MUSCLE INJURIES

Adrian Onea

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Abstract. This study aims to describe the applicability of imagery for hurdles, jumps and throwing events based on the literature analysis. The connection between mental state and physical performance can be improved by using mental imagery. Researchers have developed over time an optimal theoretical approach for coaches who want to create imagery scripts for athletes during warm-up, training and prior to the competition. Furthermore the athlete ability

to visualize amplitude of movement (hurdles) and precision (jumping events) involves imagery patterns while the psycho neuromuscular theory can be seen as the engine that is linking the nerve cells with the muscle action. The PETTLEP model incorporates (physical, environment, task, timing, learning, emotion, perspective) components that outline the psychomotor adaptation of the athletes. Studies that connect mental imagery and muscle injuries recovery have revealed that athletes need to have a positive attitude to overcome the injuries. Coaches can create imagery scripts that will develop the athlete ability to assimilate new motor skills.

Key words: psycho neuromuscular, PETTLEP model, imagery training, track and field events.

VALENCES OF THE TECHNIQUE „PASS WITH TWO HANDS FROM ABOVE”, FOLLOWING THE IMPLEMENTATION OF MEANS RESULTS FROM THE OF VIDEO / BIOMECHANICAL ANALYSIS

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Abstract. In this article we have tried to highlight the contribution that video/biomechanics analysis plays in improving the technique 'pass with two hands from above. "The initial testing of the two groups, control and experiment of the technical process "pass with two hands from above" showed that differences in statistical terms are insignificant, so groups are close in value. Following the implementation of specific means video/biomechanical analysis testing, led the final results to be significantly higher than the control group in terms of statistics; We note that "t" calculated is 2.05, higher than the "t" spreadsheet, $P < 0.05$.

Key words: pass with two hands from above, video analysis, biomechanical analysis, volleyball, technique

**OPTIMISATION OF THE TECHNIQUE OF JUMPING OVER OBSTACLES IN THE
110 METER HURDLES BY INDIVIDUALISATION OF COORDINATIVE
CAPACITIES**

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Bondoc-Dragoş Ionescu

Transylvania University of Brasov, Romania

Florentina Nechita

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Abstract. Technical training in hurdles represents a favourable factor because it addresses all specific movements involved in motor action of the trace, which effectively engages all elements and technical processes during the race.

Experimental research of the present paper is based on the study of capacities of motor learning of movements specific to hurdles based on perceptive and cognitive factors, as well as of the individual capacity to lead and control the movements specific to hurdles. In case of hurdler's individual training, the experiment will take into account the ability to direct and control the movements, made of kinaesthetic differentiation, the spatial orientation capacity, the ability to balance, adaptability and motor rehabilitation (based on motor experience and on the relation to the environmental requirements).

Key words: optimisation of the technique; hurdles; individual training; performance

SPORT SELECTION OF TALENTED ADOLESCENTS (13-YEARS-OLD)

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Abstract. Effective training process in many cases is continuation to correct sport selection (for sport or discipline). Modern development of sport theory and practice is characterized by continuous improvement of knowledge in the direction with establishment of objective criteria for sport selection.

The aim of the following study is to update the system for sport selection of talented young athletes age 13-years-old in the Republic of Kuwait. The subject of the study are the anthropometric and physical abilities of respondents. Indexes presenting anthropometrical (in

total 24) and physical development (in total 20) were analyzed. Respondents are 50 boys aged 13-years-old from Kuwait.

Respondents average height and weight are respectively 1.64 m and 66.7 kg. Based on all gathered data we developed evaluation tables for assessment of sport talent – both of anthropometric and physical aspects.

We have some reservation in the regard of applying the research results in countries with radically different geographical location and climate, where we can find some specific growth acceleration in teenagers. All results are carrying the typical signs of anthropometric and physical development of respondents from the studied geographical region. As a key recommendation we should note that is needed serious lowering of weight and increasing of physical abilities of students not involved in organized training process in the age of 13-years-old.

Key words: sport, sport selection, anthropometry, physical abilities.

OPINIONS REGARDING THE PROFESSIONAL TRAINING METHOD OF THE MANAGER COACHES IN DIFFERENT SPECIALIZATIONS

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Abstract. Currently, the educational ideal of Romanian school consists in the “free, integral and harmonious development of human individual, in formation of an autonomous and creative personality.

Methods of research. In the started research the used scientific methods were: the analysis of the professional methodical and scientific literature and the documents related to the issues of the professional training of the manager coaches.

The results of research. The culture of coach is the result of his education and preparation, his components being the general and philosophical culture, professional and psycho-pedagogical culture.

Conclusion. The performance sports is the most dynamic activity sector in the field of sport, in this way the specialists should use modern technologies in the field of cybernetics, to learn to communicate, to find new information to analyze and evaluate them, to take efficient decisions.

Key words: coach, psycho-pedagogical culture, evaluation.

**THE EFFECTIVENESS OF EXERCISES FROM JUMPING SCHOOL IN ORDER
TO DEVELOP DETENTION IN BOUNCE SERVICE IN VOLLEYBALL**

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Raţă Elena

Ştefan cel Mare University of Suceava

Abstract. The present paper approaches the issue of the use and effectiveness of exercises from jumping school in order to develop the specific motric quality – speed in regime of force for performing more easily the bounce service in volleyball.

In volleyball game, obtaining a performance is unthinkable without the proper development of the physical factor under all its aspects. Under current conditions it tries to bring a qualitative plus to sports activity, by using some modern techniques.

The volleyball game requires from those who practice this sport to have a good physical condition, whose development should be made both in terms of general – multilateral aspect, and also in terms of specific aspect, regarding the technical-tactical content of the game.

The features of modern volleyball game consist in the increasingly speed of execution and in complexity and variety of tactical actions. It results that the main motric qualities necessary in accomplish these objectives are speed and force.

In this regard, we propose a program of exercises specific to athletics (jumping school) in order to develop the motric qualities speed and force at volleyball players, cadets.

Keywords: school jump, detent, volleyball, sports.

Physical education and sport for all

NORMATIVE BASE FOR EVALUATION OF THE MOTIVE QUALITY OF SPEED WITH HIGHER STUDENTS

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Milena Grigorova

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Abstract. The present publication presents the methodology for evaluating the motive quality of speed by a test applying track and field means. Research has been made with 283 men and women higher students. The normative base we have prepared can be used for an adequate evaluation of the quality of speed as a part of the wholesome evaluation of the physical ability of higher students who do not practice sport actively.

Key words: motive quality of speed, condition, higher students.

THE TRAINING OF MOTOR SKILLS IN PRESCHOOL PERIOD: METHODOLOGY AND PRACTICAL ASPECTS

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Natalia CARABET

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Abstract. One of the most important characteristics of human motricity is that at birth motor schemes are non-existent. We had proposed an experimental research, mono-group one, with longitudinal design on the evolution level of motor skill development in preschool children (24 children in a kindergarten from city Chisinau) by applying a program of dynamic games. During the research it was used the following methods: teaching experiment, test, mathematical-statistical, comparative analysis and graphics. The experiment consists of three stages: finding the level of motor skills development in preschoolers by testing the specific movements, the formative experiment stage - the application of the motor games models and methodological learning specific movements (for educators), and the pedagogical experiment phase control - final testing and comparing them to the original data. The results obtained during the control phase demonstrate the effectiveness of the dynamic games program proposed for the development of motor skills in preschoolers.

Key words: preschoolers, dynamic games, motor skills.

ELEMENTS SPECIFIC TO OCUPATIONAL ANALYSIS IN PHYSICAL CULTURE AND SPORT

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Abstract. The necessity to ensure the functioning of a mechanism for cooperation between providers of professional training and the actual requirements of the labor market has generated the international introduction of a trend of adopting tools able to do this work. Such tools, which describe in a standardized way the content of an occupation/ job, have different names in international practice, such as: standards of abilities, occupational standards (Romania and Republic of Moldova), skill standards, professional/occupational areas. The purpose of the occupational analysis of the physical culture and sport is to collect information about the occupational area in this field and to present them in a format to allow the development of national occupational standards. Also, for developing the qualification requirements is necessary to design the project model of knowledge, skills and abilities necessary to the specialists from the field.

Keywords: occupational area, physical culture and sport, analysis, knowledge, skills.

TEACHING TECHNIQUES BASED BY STANDARDS IN THE PROCESS OF MENTORING

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Abstract. The article examines how to teach in ways consistent with education reform in the light of learning through mentoring. This suggests that although in theory that encourages mentoring process to be standardized teaching, practical plans based mentoring programs are focused on technical and emotional support and less on standardization. The practice of mentoring process showed us that the way to teach is more related assumptions teaching program than certain standards. We cannot expect from mentoring to reform the teaching, but can inspire young teachers to use new teaching techniques. The education system must find effective ways to prepare the coordinators of mentoring programs and mentors should use more mentoring process to increase the quality of teaching.

Keywords: mentoring, teaching, quality.

PROFILE OF THE TEACHER OF PHYSICAL EDUCATION AND SPORT IN THE EDUCATION SYSTEM: CASE STUDY

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Abstract: The role of the teacher is essential and remains always at the forefront in the process of developing personalities. The teacher remains the main shaper of the students personality, from teaching them a social behaviour to helping them form their own aspirations and ideals of life. The purpose of this research consists in the identification of the differences between the competences of the teachers of physical education and sport (N=5) and the evaluation of these competences by the 8th grade students (N=50) and by their parents, in order to optimize the teaching – learning process. The results that were obtained by teachers following the students assessment were good, which proves the fact that the lessons of physical education are well organized, the content is attractive, the explanations are clear and concise, and the majority of the demonstrations were relevant. The results of the questionnaire addressed to the parents highlight the fact that most of them appreciate the work of the teachers of physical education and sport.

Key words: self-assessment, competences, physical education, teacher, students.

ROLE OF EMPATHY IN TEACHING

Florentina Nechita

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Abstract. The paper aims to investigate the problem and vocation skills for educational activities the empathic ability occupies a leading position being justified as a necessity that link process in itself.

The issue theme is varied, allowing revealing scientific demonstration of empathy as a quality skills as a way of increasing the pedagogical competence. Thus, the formation of the younger generation, the teacher must highlight the entire mastery and professional competence in order to approximate those who are to convey scientific information.

The basis of this relationship, teacher-student, it is necessary to know the capabilities of understanding, anticipating and identifying the students to interact to create an empathic communication between trainer and educated. The basis of this relationship, teacher-student, it is necessary to know the capabilities of understanding, anticipating and identifying the students to interact to create an empathic communication between trainer and educated. Empathic behavior is present, any person in the teaching and becomes a quality skills, without which there can be the best relationship between teacher and student in special education lesson sports activities.

Key words: empathy, teacher-student, physical education class.

THE IMPACT OF THE LIFESTYLE ON THE DEVELOPMENT OF QUALITY LIFE

Oana Maria Ganciu

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Mihaela Ganciu

Abstract. Introduction. The physical activity, the lifestyle and the impact upon health represent three concepts whose interrelation cannot be denied anymore.

This research's purpose was that to highlight the role of lifestyle in improving the quality of life of students of the University of Bucharest.

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

Analyse and interpretation of the results. The survey gave us a complete view upon the student's lifestyle and helped us elaborate strategies to improve the lifestyle by applying the framework program.

Conclusions. The project „The optimization of quality life through physical activity,, had also the role to encourage students to introduce physical exercise into their daily life and so they can develop a healthy lifestyle.

Keywords: lifestyle, quality of life, students

IDENTIFICATION OF PREDISPOSING FACTORS AND INTEREST FROM ADULTS TO EXERCISE

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Abstract: This paper presented the first of a trilogy that aims to identification and verification that the generation seen in the light of the relationship between movement and body mass index. Although cities are not prepared to make available to residents, sports facilities, run or bike trails through parks, there is a desire to practice exercise, manifested by adults not involved in sports. The spread of obesity in the developed world, has become a serious problem seeking equally and solve cases. Using the questionnaire opened a research of the actual situation, identify the best means of intervention to reduce obesity and its occurrence. We intend to present the results collected and processed statistically to represent a real basis for devising a common strategy together with our partners through which to attract adults to go with friends and or family.

Keywords: free time. preventing obesity.

MANIFESTATION OF THE ATTENTION CAPACITY AND THE LEADERSHIP SKILL DURING A PRACTICAL ACTIVITY IN STUDENTS

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Abstract. The attention capacity is one of the cognitive sensory processes which are important in the process of professional training, influencing the quantity and quality of acquisitions and the formation of competences implicitly. A teaching career also requires leadership skills. The aim of this study is to assess the level of manifestation of attention and leadership skill in young students involved in the professional training process. In order to carry out this study, we applied an ‘attention test’ and a ‘leadership skill test’, both presented by Radu Nicolae in 2007, on 100 students enrolled in the vocational training at the undergraduate level. Results show different levels of manifestation of attention, but also the inclusion of many students in the group with leadership skills, which help in the professional training.

Key words: attention, skill, leadership, manifestation.

**THE CONCEPT OF PHYSICAL EDUCATION IN THE PEDAGOGICAL PRESS AND
MANUALS OF TRANSYLVANIA IN THE XIX-XX CENTURIES**

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Bondoc-Dragoş Ionescu

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Abstract. Periodicals in Transylvania, especially from the pedagogical press, had a significant role in boosting education and popularization of bodily hygiene and physical education. Without its contribution which kept attention focused on this issue, the development of physical education would have been done with synopses.

Since the second half of the nineteenth century, a number of periodicals that appeared in many cities (Sibiu, Arad, Brasov, Blaj, Năsăud) will contribute significantly to the modernization of the educational system, claiming introduction of physical education as a compulsory class in educational plans. The ideas of renowned teachers of the era (Comenius, Rousseau, Pestalozzi, Diesterweg, Herbert, Fröbel, Montaigne) on the role of physical education is often found in the pages of magazines.

Key words: press, gymnastics, pedagogy, excursions.

Formal and non-formal motor activities

THE PRACTICE OF PHYSICAL ACTIVITIES INDEPENDENTLY AND RHYTHMICALLY- NECESSITY OF THE MODERN AGE

Oana Maria Ganciu

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Abstract. Introduction. Limiting the practise of physical exercise only to academic duty would be a serious mistake for the youth. The purpose of independent physical activities regards the passing of free time in an enjoyable and useful manner, aiming at the maintenance of body health.

The purpose of this study is the implementation of independent physical activity programmes for the shapping of a balanced lifestyle which should not lack sportive physical activities, practised on a regular basis.

The methods of the study. As study tool, the method of opinion poll based survey was used. The graphic method allowed us to express the results that were noticed.

The results of the study. The surveyed population carries on sportive activities, in their free time and for relaxation or recreation, for socializing/social integration, physical improvement or personal fulfilment.

Conclusions. The study analysed the factors which determine the students of the University of Bucharest to practise sportive physical activities, after this discipline is not part of the obligatory ones anymore, only in 4 out of the 18 faculties of the university.

The presence of physical education classes in the academic curriculum is absolutely necessary to stimulate the practise of physical activity among the youth and for the development of the capacity to practise physical exercise independently, during an entire lifetime.

Keywords: independent physical activity, permanent education, students.

THE INFLUENCE OF THE DANCE FOR PEOPLE WITH DOWN SYNDROME

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Abstract. Dance is an environment accessible to all, without aptitude barriers, a way of expression and personal development of every human being. Down Syndrome is the result of one of the 3 chromosomal abnormalities, a genetic condition associated with intellectual disability, balance, and the coordination of impaired movements. Thus, the aim of research was to identify the role of some dance programs on the motor ability of adults with Down syndrome. For 6 months, 12 subjects (5 female and 7 male) members of ALDO-CET Bailesti Association took part in a project that involved the participation of biweekly meetings for dance therapy. Subjects were tested before and after implementation of the working programs, the tests being related especially to coordinative abilities. SPSS version 21 performed statistical analysis of data. The results showed significant changes ($p < 0.05$) between the averages difference of two tests, the dance programs had a positive influence on balance, posture, and motor control.

Keywords: Down syndrome, dance, coordination, balance.

THE TRAINING OF PROFESSIONAL SKILLS IN STUDENTS FROM TOURISM DOMAIN

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Abstract. The improvement of specialists training process in tourism domain is conducted in several directions. It is created new basis of approaches regarding the selection of training content in tourism domain, also there are developed pedagogical training models and technologies of certain types of skills. The study is a cross-sectional and descriptive research, it aims the investigation of three groups of subjects (students specializing in tourism (156), teachers who provides program (26) and specialists in tourism - employers (44) to improve training process of professional skills at future specialists in tourism. The most of respondents

appreciated the program as being too theorized current study, the average skills training: pedagogical-legal, communicative and motivational leadership. However, they appreciated the importance of projects in tourism development and the process of connecting specialist training in tourism to the requirements of the European Qualifications Framework. The results obtained from the three categories of stakeholders in shaping the future specialist, highlighted the need to reform the educational process in accordance with the requirements of the national economy and international perspectives.

Keywords: tourism, professional skills, reforming, study program.

STRATEGIC APPROACHES AND TECHNIQUES FOR ORGANIZING TOURISM ACTIVITIES PERFORMED BY STUDENTS INSIDE OF CAMP GROUPS

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State University of Physical Education and Sport, Republic of Moldova

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Abstract. The infinite importance and the role of tourism activities in camps with tents are not exaggerated. This activity includes the high emotional content favoring the development of physical and intellectual qualities of the participants. Practicing tourism activities is particularly important for most students from the urban centers, which are in a situation of shortage of physical movement or outdoor activities forced to live away from nature, leisure and unfold it in front of the latest generation technologies. The study consists of applying a program of tourist activities in the camps with tents for students of physical education. As a result of participation in the camp groups for 3 days students have obtained particular set o useful abilities assigned to in practical experience and professional improvements. The participants received basic information which will contribute to the creation of a successful cooperation between teachers department and students in producing new programmers and fresh goal setting. Acquired competencies resulting from practice and experience accumulated within camp groups have been applied and demonstrated by students in multiple forms: technical forms, discovering forms of native land and games forms.

Keywords: touring equipment, participants, tourist camp, sporting activities.

Orientations and current trends in Kinetotherapy

SOURCES OF INFORMATION, LOCATION AND REPUTATION OF A UNIVERSITY CENTER - KEY FACTORS FOR DECISION-MAKING TO BE TRAINED AS A PHYSICAL THERAPIST AT "VASILE ALECSANDRI" UNIVERSITY OF BACAU

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Abstract. Making a decision for choosing training in a future profession entails, depending on the individual, accumulating a certain level of information, usually influenced by many factors. Our study aimed to analyze a series of aspects related to the influences caused by various factors, based on which 92 candidates chose for training in the profession of physical therapist at "Vasile Alecsandri" University of Bacau, at the main entrance examination session for higher education studies in the summer of 2016. The subjects were surveyed by using a 12- item questionnaire before the entrance examination.

We can conclude that, in the decision-making process of the people choosing to be trained as physical therapists at the "Vasile Alecsandri" University of Bacau, there are some factors which are surprising by their statistically-determined share based on the options expressed, focusing on an increased tendency of the human factor in completing the orientation process. The results reported for the detailed analyzes on certain criteria show trends that do not allow us to generalize.

Keywords: sources of information, candidates, higher education, physical therapy.

CORRECTION PHYSICAL DISABILITIES KYPHOSIS BY KINETIC MEANS OF A SPORTS PERFORMANCE

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Raţă Elena

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Abstract. This case study aims to determine the main directions in correcting physical deficiencies of the spine. There are numerous shortcomings of the axial skeleton, so I decided to study physical deficiency correction – kifosis. Because this form of deficiency interest especially young people, adults, teens and children, we chose this topic for a thorough discussion, wanting to emphasize the important impact it has on the recovery program.

This physical deficiency affects many people, from ordinary man with an incorrect attitude daily to athletes who acquire the deformation of practicing sport.

Physical therapy plays a very important role in correcting the deficiency, and through this therapy, serves primarily to correct the deformation of the spine, to create and maintain an attitude of body right, to increase and maintain muscle tone optimally to strengthens the respiratory muscles and promote harmonious physical development of the athlete in your experiment.

Keywords: athlete, disability, correction, kinetic means.

QUESTIONNAIRES ABOUT EVALUATION OF THE FUNCTION OF KNEE JOINT AND THEIR APPLICATION IN SCIENTIFIC RESEARCH

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Abstract. The publication considers some of the available questionnaires about the evaluation of the function of the knee joint which are filled up by the patients themselves. The particularities, the directions and the number of the questions of KOOS, TLKSS, MCRSQ are compared. A retrospective analysis of the scientific research published in the medical databases, at which the relevant questionnaires were used, was made.

Key words: *evaluation of the function of knee joint*, KOOS, TLKSS, MCRSQ.

**EVALUATION OF THE FUNCTION OF THE KNEE JOINT WITH STUDENTS
FROM THE NATIONAL SPORTS ACADEMY VASSIL LEVSKI**

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Abstract: An evaluation was made of the function of the knee joint of students from the National Sports Academy Vassil Levski. The students were selected on a random principle, irrespective of the sports practiced by them. An analysis of the dissemination of problems related to the availability of symptoms of dysfunction of the knee joint, the availability of pain, difficulties in the implementation of everyday activities, the practicing of sports and the degree to which the quality of life was affected, was made. Research was conducted, which concerns the evaluation of the function of the knee joint in athletes in scientific literature.

Key words: evaluation of the function of the knee joint, students, sportsmen.

**IMPROVEMENT OF PREVENTION AND TREATMENT PROGRAMS
CORRELATED TO AN ADEQUATE MONITORING OF DISEASES CAUSED BY
SPECIFIC OCCUPATIONAL RISK FACTORS**

Monica Delia Bica

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Abstract: "Designing a comprehensive system concerning occupational health and safety in relation to the physical health of employees, but also with respect to psychosocial risks to provide ongoing monitoring resulting in the intervention into the prophylaxis and possible improvement of conditions especially by optimizing the adaptive mechanisms of workers to such occupational risk factors can be a current task of modern scientific health research, aiming at increasing the quality of life for workers in the areas implying high occupational risks".

The contribution of the study we are proposing with respect to such a state of thing concerning the occupational health and safety and the current status of knowledge and practice in this area shall be materialized by providing an innovating, inter- and trans- disciplinary medical service which aims to a complex monitoring of health and optimizing the human adaptive mechanisms to a number of occupational risk factors specific to the workers in the thermal power area, and then the study's result can be further used and transferred to other areas of business.

Keywords: adaptation, disease, labor, risk, health, life.

THE EFFECTS OF KINETIC HERNIATED DISC SURGERY

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Abstract. Lumbar disc herniation is a condition with symptoms bipolar, which in most cases is pathognomonic diagnostic, especially when combined evolving periodicity, progressiveness and variability of symptoms, seizures back pain repeated that may be associated signs of neurological and psychiatric reactions different patient pain. Age maximum frequency is 30-45 years, and the ratio of male/female is 2\1. Usually 70% of hernias occur in those big physical efforts. In 95-98% of cases the hernia is located in the lumbar region and of these 50% are L4, L5 40%.

In recent years, the global trend is to follow the patient and to use first all means kinetic known that may apply depending on the diagnosis and the type of hernia and use the surgical method only in cases where neurological signs are clear and when the other means of treatment were unsuccessful.

The kinetic treatment is instituted early in treating back pain so the results are better in the sense of improving the quality of life of patients and they do not have time to develop behavioral disorders induced pain.

Key words: affection, kinetic means, treatment.

PRELIMINARY DATA REGARDING THE EFFECT OF PROTEIN SUPPLEMENTATION ON CARDIOVASCULAR ADAPTATION TO EFFORT

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Abstract. Preparations based on whey proteins are used by practitioners of bodybuilding to support effort and increase muscle mass. We want to check the hypothesis that nitric oxide resulted from protein supplementation affects cardiovascular adaptation to effort. For this we recorded heart rate and arterial blood oxygen saturation before and after a series at pec-deck consists of many repetitions at the end of an exercise consisting of at least two such series. Subjects were 12 bodybuilding practitioners, both beginners and trained, users or not of protein supplements. Average heart rate increased more for the consumers of protein supplements, trained or untrained. The results suggest that supplementing with whey protein influences both immediate and the duration cardiovascular adaptation to effort owing to induce vasodilation.

Keywords: whey protein, heart rate.

MODERN APPROACHES IN PHYSICAL REHABILITATION OF THE CERVICAL SPINE

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Abstract. In this given paper were tackled and analyzed the variety of methods and techniques of physical rehabilitation of cervical spine with degenerative processes, from the classical to eclectic approach. At the core of this program was the principle of combining techniques with neurophysiologic effect of postural correction and pain reduction, depending on the manifestation of psycho-physical qualities. The program was composed of 17 kinetic sessions, each lasting from 60 to 80 minutes depending on the stage of the recovery. The programme efficiency was tested with the device Myo Test on 2 groups of subjects, of 12 people each, witness group (healthy people) and the experimental group (individuals with algic cervical syndrome). There has been an increase in the dynamics of psycho-physical qualities indices for both groups, but a statistically significant difference was recorded for mobility $t = 1.37$, $p > 0.05$; stability of $t = 1.27$, $p > 0.05$, and general physical condition of $t = 6.83$, $p > 0.01$; in the experimental group improvement being the most obvious.

Keywords: cervical spine, physical therapy, psycho-physical qualities, physical rehabilitation.

OSTEOPOROSIS, A MAJOR HEALTH PROBLEM

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Abstract. Almost anyone can suffer from osteoporosis, but females are mainly prone to suffer from this disease (80% of patients with osteoporosis are women), especially if they already got to menopause and even more if they had it before the age of 45. Regardless of gender and age, osteoporosis can be prevented by proper combination of appropriate exercise programs, an

appropriate intake of essential nutrients and often an appropriate medication. It is important to know that not any kind of physical activity is effective in preventing osteoporosis (e.g. work at home or at work is ineffective in most cases). To promote the development of strong bones it is indicated to practice resistance exercises and exercises with load. People suffering from osteoporosis should firstly avoid situations and risk factors in order to not be exposed to unnecessary dangers.

Keywords: osteoporosis, physical activity, physiotherapy goals, physiotherapy means