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HUMAN PERFORMANCE IN SPORT TRAINING (PERFORMANȚĂ UMANĂ ÎN ANTRENAMENTUL SPORTIV)

1. The content of sports training
2. Selection and orientation in performance sports
3. Sports training planning
4. Adaptive changes of the body during physical effort
5. Evaluation methods of the performance capacity
6. Sport form in performance sports

Bibliography:

1. Dragnea, A, (1996), Sports Training, Didactic and Pedagogical Publishing House, Bucharest
2. Dagnea, C., Mate-Teodorescu, S, (2002), Sport Theory. FEST Publishing House, Bucharest
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