



Content

AL DHUHAIBAWI Ahmed Hadi Merhej, MACOVEI Sabina, CIOCIOI Alexandru-Florin

***DEVELOPING SUPPLENESS TO PREVENT SCAPULOHUMERAL DISLOCATIONS IN PERFORMANCE ATHLETES / p. 165**

ASHRAF Osman

***EFFECTS OF TEACHING GAMES FOR UNDERSTANDING ON TACTICAL AWARENESS AND DECISION MAKING IN SOCCER FOR COLLEGE STUDENTS / p. 170**

ASHRAF Osman

***EFFECTS OF CONTEXTUAL INTERFERENCE ON LEARNING OF SOCCER SKILLS / p. 177**

BAĞCI Emre

***IS IT ADVANTAGEOUS OR DISADVANTAGEOUS FOR THE BUSINESS THAT FITNESS CENTERS ARE NOT USED (UNDERUSED) BY THE MEMBERS? / p. 184**

BAYRAKTAR Isik, KOC Haluk

A STUDY OF PROFILE AND COMPARISON FOR TURKISH GRECO-ROMAN AND FREESTYLE WRESTLERS WHO PREPARED FOR RIO 2016 / p. 190

BUDAK Maya, KILIC Mehmet, TASKIN Halil

***THE EFFECT OF TRADITIONAL CHILDREN'S GAMES ON ORIENTATION AND RHYTHM ABILITY / p. 200**

BUFTEA Victor

***REFERENCES ON THE FORMATION OF COGNITIVE COMPETENCIES OF ELITE FEMALE GYMNASTS / p. 205**

BUFTEA Victor

***CHARACTERISTICS OF THE FUNCTIONAL CAPACITY INDICES OF ELITE FEMALE GYMNASTS / p. 211**

CALOTĂ Nicoleta Daniela, CORDUN Mariana, OCNICEANU Larisa, ILIESCU Mădălina Gabriela, OLTEAN Antoanela

***IMPROVEMENT OF PRIMITIVE COXARTHOSIS THROUGH PHYSICAL EXERCISE / p. 218**

CALOTĂ Nicoleta Daniela

***THE ROLE OF MOVEMENT AND NON-MOVEMENT IN LUMBAR DISC HERNIA DEVELOPMENT AND AUTO-MANAGEMENT / p. 223**

CAZAN Florin, GEORGESCU Adrian

***IMPROVING STRENGTH TO WOMAN HANDBALL PLAYERS / p. 228**

CELİK Nesrin, KILIC Mehmet, TASKIN Halil

***THE EFFECT OF BALANCE ON AGILITY IN SOCCER PLAYERS / p. 233**

ÇELİK O. Burçak, KURTIPEK Serkan, YENEL Fatih, İLHAN E. Levent

***SPORT AND LONELINESS IN UNIVERSITY STUDENTS / p. 238**



COJOCARU Adin Marian, COJOCARU Marilena

***OPTIMIZATION OF SPECIFIC TRAINING IN VOLLEYBALL FOR JUNIORS / p. 243**

CRISTUȚĂ A.M.

***ROLE OF KINESIATRICES IN THE TREATMENT OF RHEUMATOID SHOULDER OF THE ELDERLY / p. 250**

ESENTÜRK Oğuz Kaan, YILMAZ Aynur, YARIMKAYA Erkan, İLHAN Ekrem Levent

***THE EFFECT OF PHYSICAL ACTIVITY PROGRAM ON TRAIT ANXIETY AND LIFE SATISFACTION LEVELS OF ADULTS / p. 256**

FAYZA Shebl Rezk

***EFFECTS OF FACEBOOK USE ON LEARNING TECHNICAL FUNDAMENTALS IN VOLLEYBALL FOR FEMALE COLLEGE STUDENTS / p. 267**

FAYZA Shebl Rezk

IMPACTS OF VISUAL AIDS ON UNDERHAND VOLLEYBALL SERVE FOR CHILDREN WITH MILD MENTAL RETARDATION / p. 273

FIEROIU Ion Emil

***KINETIC-PHYSICAL THERAPY TO ELDERLY'S RECOVERY FROM FEMORAL NECK FRACTURE / p. 280**

GEORGESCU Adrian, CAZAN Florin, RIZESCU Constantin

***INFLUENCE OF THE PRESSURE ON THE ABILITY TO CONCENTRATE JUNIOR HANDBALL PLAYERS I / p. 285**

GHEORGHE Georgeta Ioana, PĂUN Dan Gheorghe, CĂTUNĂ George Cristian, BUȚU Ioana Maria, PĂUN Ioan Laurian

***RECOVERY SPECIFIC MENISCAL LESIONS ATHLETES / p. 290**

GIDU Diana Victoria, OLTEAN Antoanela, TĂNASE Ionuț Gabriel, BUGAR Florin

***IMPROVEMENT OFFENSIVE TECHNICAL ABILITIES IN WOMEN SOCCER / p. 296**

GÖNÜL Tekkurşun Demir, EKREM Levent İlhan, HALİL İbrahim Cicioğlu, KABAK Serkan

***HEADMASTER AND TEACHER OPINIONS FOR SPECIAL OLYMPICS YOUNG ATHLETES PROGRAM / p. 302**

HANY Abdel-Aziz El-Deeb

***EFFECT OF BULGARIAN BAG EXERCISES ON CERTAIN PHYSICAL VARIABLES AND PERFORMANCE LEVEL OF PIVOT PLAYERS IN BASKETBALL / p. 311**

ISPAS Andrei-Marius, MACOVEI Sabina, ZAHIU Mihaela

***CHANGES IN THE BODY COMPOSITION OF PEOPLE PRACTICING EXERCISES ON PILATES APPARATUS / p. 317**

IVAN Paula, GHEORGHE Daniel

***COMPARATIVE STUDY OF SOMATIC AND MOTOR CHARACTERISTICS OF THE FIRST 100 HAMMER THROW ATHLETES ALL TIME / p. 325**

IVAN Paula, GHEORGHE Daniel

***STUDY ON THE HIGH PERFORMANCE ATHLETES AT ONE MILE DISCIPLINE OUTDOOR ALL TIME / p. 330**



IVANA Matteucci

***SPORT AND INTEGRATION IN ITALIAN ELEMENTARY SCHOOL: THE SPORTS CLASS PROJECT / p. 336**

IZZO Riccardo, VARDE'I **Ciro Hosseini**

***DIFFERENCES BY FIELD POSITIONS BETWEEN YOUNG AND SENIOR AMATEUR SOCCER PLAYERS USING GPS TECHNOLOGIES / p. 344**

KARAKOC Önder, HAIBACH Pamela S., TASKIN Cengiz, TASKIN Halil

***RELATIONSHIP BETWEEN BODY COMPOSITION AND MUSCLE STRENGTH IN EARLY ADOLESCENCE GOAL-BALL PLAYERS WITH VISUAL IMPAIRMENTS / p. 353**

KURTIPEK Serkan, ÇELİK Okan Burçak, GÜMÜŞ Hüseyin, YILMAZ Baki

***METAPHORICAL PERCEPTIONS OF CAMP LEADERS WORKING UNDER THE MINISTRY OF YOUTH AND SPORTS ON THE CONCEPT OF YOUTH / p. 359**

LUPU Gabriel

***ROLE OF MOVEMENT GAMES IN TRAINING THE COORDINATION, BALANCE AND STABILITY OF THE PRESCHOOLERS / p. 368**

MARTINESCU-BĂDĂLAN Fabiana

THE ROLE AND IMPORTANCE OF ANTHROPOMETRIC AND PHYSIOLOGICAL INDICATORS OF BASKETBALL REFEREES / p. 374

MATEI Raluca

***THE PSYCHOSOCIAL INTEGRATION OF SEROPOSITIVE PERSONS / p. 379**

MOHAMED Hamdy Shokry

EFFECT OF VISUAL SKILLS TRAINING ON SACCADIC EYE MOVEMENTS AND PERFORMANCE LEVEL OF VAULT FOR JUNIOR GYMNASTS / p. 385

MOJOIU (DIN) Mihaela Claudia

***SELECTION - IMPORTANT PART IN HANDBALL AT BEGINNERS LEVEL / p. 392**

MOJOIU (DIN) Mihaela Claudia

***THE IMPORTANCE OF PHYSICAL TRAINING IN TEAM SPORTS / p. 397**

NAGLAA Elbadry, LARION Alin, ABEER Mohamed, AMR Hamza

MENTAL TOUGHNESS BETWEEN ELITE EGYPTIAN ATHLETICS PLAYERS- COMPARATIVE STUDY / p. 402

NEAGU Nicolae, GRAUR Cristian, NEGREA Adrian, GLIGA Alexandra-Camelia

***THE INFLUENCE OF RUNNING SPEED AS DETERMINING FACTOR OF PERFORMANCE IN LONG JUMP EVENT TO ATHLETES, 14-15 YEARS OLD / p. 409**

NEGREA Valentin

***BALLISTIC THROW IN BASKETBALL GAME / p. 415**

OCHIULEȚ Dorin

***MEANS IN THE TRAINING OF TENNIS PLAYERS- STUDENTS OF PHYSICAL EDUCATION AND SPORTS UNIVERSITIES / p. 421**

OLTEAN Antoanela, RUSU Maria Magdalena, COPOIU Nicoleta, CĂLIN Mariana Floricica

***INCIDENCE OF INJURIES IN RHYTHMIC GYMNASTICS / p. 427**



PEPE Kadir, BOZKURT İbrahim, ÖZKURT Rabia

***ASSESSMENT OF THE ATTITUDES OF THOSE HIGH SCHOOL STUDENTS ACTIVELY DOING SPORTS AND NOT ACTIVELY DOING SPORTS TOWARD PHYSICAL EDUCATION AND SPORTS CLASSES / p. 433**

PEPE Kadir, BOZKURT İbrahim

***THE STUDY OF THE DURATION OF COLLEGE STUDENTS' FREE TIME AND THE WAY THEY OBSERVE AND EVALUATE THEIR FREE TIME AND ACTIVITIES / p. 440**

POPA Cristian

ANALYSIS OF EFFORT DYNAMICS IN THE 1500 M JOURNAL OF JUNIORS II / p. 451

PRALĂ Sonia Gabriela, TIUCA Ioana Codruța

***DANCESPORT AS A MEANS OF EDUCATION / p. 459**

RAȚĂ Bogdan Constantin, RAȚĂ Marinela

***A COMPARATIVE STUDY ON THE MANIFESTATION OF DISTRIBUTIVE ATTENTION IN EXPERIENCED TEACHERS AND BACHELOR'S DEGREE STUDENTS / p. 465**

SAHIN Metin, SAGIRKAYA Ali, LOK Neslihan, BADEMLI Kerime, TAV Kader Hicran, LOK Sefa

***EVALUATION OF RELATIONSHIP BETWEEN RESILIENCE AND PHYSICAL ACTIVITY LEVELS OF NATIONAL SPORTS / p. 470**

SAHIN Metin, SAGIRKAYA Ali, LOK Neslihan, BADEMLI Kerime, BUYUKERGUN Aliye, LOK Sefa

***EFFECTS OF SPORTS IN ADULT DAUGHTER STRESSING STYLES / p. 475**

SAHIN Metin, SAGIRKAYA Ali, PEKER Alper Tunga, BADEMLI Kerime, LOK Neslihan, LOK Sefa

***RELATIONSHIP WITH PARENTAL PSYCHOLOGICAL CONTROL AND STRESS LEVELS IN NATIONAL SPORTS / p. 480**

SAHIN Metin, SAGIRKAYA Ali, BADEMLI Kerime, LOK Neslihan, PEKER Alper Tunga, LOK Sefa

***ASSESSMENT OF TAEKWONDO NATIONAL SPORTS ATTITUDES TOWARDS ELDERLY / p. 485**

SHAMS-ELDEN Mohamed

***EFFECT OF AQUATIC EXERCISES APPROACH (HALLIWICK-THERAPY) ON MOTOR SKILLS FOR CHILDREN WITH AUTISM SPECTRUM DISORDERS / p. 490**

SHAMS-ELDEN Mohamed

***EFFECT OF EDUCATIONAL PROGRAM BASED ON AI CHI EXERCISES ON BALANCE AND PERFORMANCE LEVEL OF CRAWL SWIMMING FOR COLLEGE STUDENTS / p. 497**

STOIAN Remus Florin

***AIMPORTANCE OF MARKETING SPORTS PERFORMANCE IN THE DEVELOPMENT OF SPORT / p. 504**

TEODOR Dragos-Florin

HYDRATION IN TENNIS PERFORMANCE – WATER, CARBOHYDRATE OR ELECTROLYTE SPORTS DRINK? / p. 511

TEODOR Dragos-Florin

WHEN RETURN TO SPORT ATHLETES AFTER THE ANTERIOR CRUCIATE LIGAMENT (ACL) INJURY? / p. 517



TEODORESCU Simona Anemari, BUȚU Ioana Maria, CĂȚUNĂ George Cristian

***MOTIVATION OF ACHIEVEMENT - FACTOR IN OBTAINING OF PERFORMANCE IN INDIVIDUAL SPORTS / p. 523**

TEUȘDEA Claudiu Cristian

***STUDY ON LEARNING FOREHAND FROM TENNIS TO STUDENTS FEFS / p. 529**

TEUȘDEA Claudiu

***TECHNICAL AND TACTICAL ASPECTS OF BLOCKED FOREHAND RETURN IN THE SINGLES MEN / p. 535**

ȚIFREA Corina, COSTACHE Raluca, IONEL Andreea

***THE HISTORY OF WOMEN RELAY...4X100M, 4X400 / p. 541**

VLĂDUȚU (NICOLA) Georgeta, MACOVEI Sabina, ZAHIU Mihaela

***THE ROLE OF MOTOR ACTIVITIES IN FORMING THE CULT OF THE BODY / p. 546**

YILMAZ Aynur, ESENTÜRK Oğuz Kaan, ULAŞ Mehmet, İLHAN Ekrem Levent

***ARE THE SOCIAL ANXIETIES OF THE STUDENT-ATHLETES, THE DETERMINANTS OF THEIR SELF-ESTEEM? / p. 552**

ZİLELİ Raif, DİKER Gürkan, ÖZKAMÇI Hüseyin

THE IMPACT OF WRIST WIDTH AND PALM WIDTH TO COMPETITION PERFORMANCE IN PROFESSIONAL FEMALE ARM WRESTLERS / p. 559

GÜNAY Erkan, ÜÇER Oğuz, TOK İsmet, BEDİZ Cem Şeref

THE RELATIONSHIP BETWEEN FUNCTIONAL MOVEMENT SCREEN AND SWIMMING PERFORMANCE / p. 566

POPA Daniela

ETHICAL VALUES IN DANCE MANAGEMENT PROBLEMS, OPINIONS AND SITUATIONS / p. 571

ALPHABETICAL AUTHOR INDEX / p. 585

Technical Requirements to Elaborate Scientific Papers / p. 586



❖ ALPHABETICAL AUTHOR INDEX

- A**
ABEER M. / p. 402
AL DHUHAIBAWI A.H.M.
/ p. 165
AMR H. / p. 402
ASHRAF O. / p. 170, 177
B
BADEMLI K. / p. 470, 475, 480,
485
BAĞCI E. / p. 184
BAYRAKTAR I. / p. 190
BEDİZ C.Ş. / p. 566
BOZKURT İ. / p. 433, 440
BUDAK M. / p. 200
BUFTEA V. / p. 205, 211
BUGAR F. / p. 296
BUŢU I.M. / p. 290, 523
BUYUKERGUN A. / p. 475
C
CALOTĂ N.D. / p. 218, 223
CAZAN F. / p. 228, 285
CĂLIN M.F. / p. 427
CĂTUNĂ G.C. / p. 290, 523
CELİK N. / p. 233
ÇELİK O.B. / p. 238, 359
CIOCIOI A.F. / p. 165
COJOCARU A.M. / p. 243
COJOCARU M. / p. 243
COPOIU N. / p. 427
CORDUN M. / p. 218
CRISTUŢĂ A.M. / p. 250
COSTACHE R. / p. 541
D
DİKER G. / p. 559
E
ESENTÜRK O.K. / p. 256, 552
EKREM L.I. / p. 302
F
FAYZA S.R. / p. 267, 273
FIEROIU I.E. / p. 280
G
GEORGESCU A. / p. 228, 285
GHEORGHE D. / p. 325, 330
GHEORGHE G.I. / p. 290
GIDU D.V. / p. 296
GLIGA A.C. / p. 409
GÖNÜL T.D. / p. 302
GRAUR C. / p. 409
GÜMÜŞ H. / p. 359
GÜNAY E. / p. 566
H
HAIBACH P.S. / p. 353
HALİL I.C. / p. 302
HANY A.A.E.D. / p. 311
I
İLHAN E.L. / p. 238, 256, 552
ILIESCU M.G. / p. 218
IONEL A. / p. 541
ISPAS A.M. / p. 317
IVAN P. / p. 325, 330
IVANA M. / p. 336
IZZO R. / p. 344
K
KABAK S. / p. 302
KARAKOC Ö. / p. 353
KILIC M. / p. 200, 233
KOC H. / p. 190
KURTİPEK S. / p. 238, 359
L
LARION A. / p. 402
LOK N. / p. 470, 475, 480, 485
LOK S. / p. 470, 475, 480, 485
LUPU G. / p. 368
M
MACOVEI S. / p. 165, 317, 546
MARTINESCU-BĂDĂLAN F. /
p. 374
MATEI R. / p. 379
MOHAMED H.S. / p. 385
MOJOIU (DIN) M.C. / p. 392, 397
N
NAGLAA E. / p. 402
NEAGU N. / p. 409
NEGREA A. / p. 409
NEGREA V. / p. 415
O
OCHIULEŢ D. / p. 421
OCNICEANU L. / p. 218
OLTEAN A. / p. 218, 296, 427
ÖZKAMÇI H. / p. 559
ÖZKURT R. / p. 433
P
PĂUN D.G. / p. 290
PĂUN I.L. / p. 290
PEKER A.T. / p. 440, 485
PEPE K. / p. 433, 440
POPA C. / p. 451
POPA D. / p. 571
PRALĂ S.G. / p. 459
R
RAŢĂ B.C. / p. 465
RAŢĂ M. / p. 465
RIZESCU C. / p. 285
RUSU M.M. / p. 427
S
SAGIRKAYA A. / p. 470, 475, 480,
485
SAHIN M. / p. 470, 475, 480, 485
SHAMS-ELDEN M. / p. 490, 497
STOIAN R.F. / p. 504
T
TASKIN C. / p. 353
TASKIN H. / p. 200, 233, 353
TAV K.H. / p. 470
TÂNASE I.G. / p. 296
TEODOR D.F. / p. 511, 517
TEODORESCU S.A. / p. 523
TEUŞDEA C.C. / p. 529, 535
ŢIFREA C. / p. 541
TIUCA I.C. / p. 459
TOK İ. / p. 566
U
ÜÇER O. / p. 566
ULAŞ M. / p. 552
V
VARDE'I C.H. / p. 344
VLĂDUŢU (NICOLA) G. / p. 546
Y
YARIMKAYA E. / p. 256
YENEL F. / p. 238
YILMAZ A. / p. 256, 552
YILMAZ B. / p. 359
Z
ZAHU M. / p. 317, 546
ZİLELİ R. / p. 559



Technical Requirements to Elaborate Scientific Papers

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Results. Body fat estimated with accu-measure caliper was moderate correlated with body fat estimated with FUTREX for women ($r = 0.41$)...

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Abstract

The aim of this study was to examine the relationship between skinfolds method (accu-measure caliper) and near-infrared method (FUTREX 1000 Personal Body Fat Tester) for body fat percent, fat mass and free fat mass estimations, in Romanian university students. We used Romanian university students (27 males...

Keywords: skinfolds method, near-infrared method, percentage of body fat, fat mass, free fat mass, Romanian students.

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Example of laying out the page and arranging the text:

Relationship between skinfolds and near-infrared (FUTREX 1000) methods for body fat estimation in Romanian university students

^a
IONESCU Tudor Madalin¹, MARCU Andrei²

Abstract

Aim. The aim of this study was to examine the relationship between skinfolds method (accu-measure caliper) and near-infrared method (FUTREX 1000 Personal Body Fat Tester) for body fat percent, fat mass and free fat mass estimations, in Romanian university students.

Methods. We used Romanian university students (27 males and 97 females). The body fat percentage was measured by two methods: the skinfolds measurements (accu-measure caliper) and near-infrared measurement (Futrex 1000).

Results. Body fat estimated with accu-measure caliper was moderate correlated with body fat estimated with FUTREX for women ($r = 0.41$) and for men ($r = 0.55$). Fat mass (skinfolds method) skinfolds method and free fat mass (skinfolds method) were moderate correlated with fat mass (near-infrared method), respectively free fat mass (near-infrared method) for women ($r = 0.41$, respectively $r = 0.41$) and correlated for men ($r = 0.60$, respectively $r = 0.60$).

Conclusions. We cannot consider that one method of body composition analysis (skinfolds method or near-infrared method) is more accurate than the other because we don't apply a gold standard method of measurement, for subjects. However, near-infrared method tends to have higher estimations of body fat, then skinfolds method on Romanian students.

Keywords: skinfolds method, near-infrared method, percentage of body fat, fat mass, free fat mass, Romanian students.

Introduction

The increase in obesity is a global phenomenon that is even being addressed by the World Health Organization (World Health Organization, 2003), as

well as by medical and government organizations in the world.

One of factors that contribute to body composition changes, respectively to body fat percent



grow up is physical inactivity or sedentary lives (National Institutes Of Health, 1998).

Factors, such as age, gender, level of adiposity, physical activity and ethnicity influence the choice of method and equation. To date, race-specific SKF (American Indian women, Black men, and Asian adults), BIA (American Indian women and Asian adults), and NIR (American Indian women and White women) equations have been developed (Heyward, 1996).

Infrared is not an indicator of body composition in the pre-adolescent population on an individual basis. This method continues to be no accurate, cost-effective means to assess individual body composition by a rapid, noninvasive methodology (Michael, Jan, Wendy, 2003).

Larger prediction errors have been reported with the lower cost, hand-held Futrex 1000 model. Because of these errors, the manufacturer's equations for the Futrex 1000 are not recommended to assess body composition (Wagner and Heyward, 1999).

Kamimura et al. 2009, cannot consider that one method of body composition analysis (SKF method, bioelectrical impedance analysis, or NIR method) is more accurate than the other because they didn't apply a gold standard method, for patients on long-term hemodialysis therapy. However, the most simple, long-established, and inexpensive method of SKF thickness seems to be still very useful for assessing body fat (Kamimura, Jose Dos Santos, Avesani, Fernandes Canziani, Draibe, Cuppari, 2003).

In a healthy group of 29 subjects examined by Elia et al., NIR method had little or no advantage over other simple methods in predicting body composition measured by classical whole-body densitometry. NIR method was also found to underestimate body fat increasingly as the degree of adiposity increased. This under-estimation was found to be particularly marked in a small and separate group of grossly obese women, BMI greater than 50 kg/m², whose body composition was assessed by total body potassium as well as by densitometry (Dumitru, 1997).

Heyward et al. concluded that all three field methods, respectively SKF, bioelectric impedance and NIR compared with hydrostatic weighting, accurately estimate the percent of body fat for nonobese women; however, none of these three methods is suitable for estimating the percent of body fat for obese women (Heyward, Cook, Hicks, Jenkins, Quatrochi, Wilson, 1992).

One study concluded that, SKF is higher correlated with under water weighting than did

FUTREX 5000 with under water weighting for males (0.95 versus 0.80), females (0.88 versus 0.63), and the whole group (0.94 versus 0.81) and FUTREX 5000 overestimated body fat in lean subjects with less than 8% fat and underestimated it in subjects with greater than 30% fat. Analyzing this, the authors concluded that, SKF give more information and more accurately predict body fat, especially at the extremes of the body fat continuum (McLean and Skinner, 1992).

The present findings indicate that, the FUTREX 5000 provide more accurate estimates of body fat percent than the FUTREX 5000A or FUTREX 1000 instruments (Smith, Johnson, Stout, Housh, Housh, Evetovich, 1997). Continued research with expanded populations is needed to further demonstrate and evaluate the utility of FUTREX 5000A device (Cassady, Nielsen, Janz, Wu, Cook, Hansen, 1993).

Conway et al. concluded that, body composition (percentage fat) estimated in 53 adults (23 to 65 years of age) by infrared interactance, is correlated with SKF ($r = 0.90$) measurements. They concluded that, the method is safe, noninvasive, rapid, easy to use, and may prove useful to predict percentage body fat, especially in the obese (Conway, Norris, Bodwell, 1984).

SKF method is still a reliable technique of BF estimation, but if it's not realized with the most accurately instruments the results trends to have errors in BF estimation and FM, respectively FFM (Cyrino, Okano, Glaner et al., 2003). The NIR method is still a questionable technique for BF estimation (McLean and Skinner, 1992; Michael, Jan, Wendy, 2003; Wagner and Heyward, 1999).

The objective of this study is to examine the relationship between skinfolds (SKF) method (accu-measure caliper) and near-infrared (NIR) method (FUTREX 1000 Personal Body Fat Tester) for body fat percent (BF), fat mass (FM) and free fat mass (FFM) estimation, in Romanian university students.

Methods

The subjects were white Caucasian and students at faculties of Ovidius University in Constanta. The aims and methods of the study were explained to the participants, who chose freely to participate in this study. As a result, the sample included 127 students (97 females and 27 males), with age between 18 and 23 years old.

Body height was evaluated with an error of 0.1 centimeters and body weight was evaluated with a calibrated digital scale, with an error of 0.25 kilograms. For this measurement the subjects were dressed summarily. BMI was calculated to estimate



the category of weight for each subject by using the Quetelet formula (Dumitru, 1997).

Percent of body fat was estimated with two methods. The first method consisted in calculation of body fat percent with Jackson and Pollock, (1978), equation, for male subjects and Jackson, Pollock and Ward, (1980), equation, for female subjects. The abdominal (taken vertically with a broad grip, 5cm. lateral to the omphalion (centre of the umbilicus)), chest (taken obliquely along the natural cleavage line

of the pectoral between the axilla and nipple) and thigh (vertical fold taken midway between the inguinal crease and proximal border of the patella) skinfolds were measured for ...

Results

In table 1 the differences between sexes were significant only for body height ($t = 9.838$) and body weight ($t = 5.841$).

Table 1. Physical characteristics of the subjects

Variables	M ± SD	
	Males (n = 27)	Females (n = 97)
Age (years ^{months})	19 ⁷ ± 0 ¹¹	20 ¹ ± 2 ⁸
Body height (cm)	1.789 ± 0.078 *	1.63 ± 0.059
Body weight (kg)	66.074 ± 11.135 *	52.722 ± 7.842
BMI (kg/m ²)	20.598 ± 2.929	19.811 ± 2.485

* differences between sexes, $p < 0.05$.
 BMI, body mass index; M, mean; SD, standard deviation; n, number of subjects.

In table 2 the differences between sexes were significant for all variables (BFskf, $t = 13.278$; FMskf, $t = 6.346$; FFMskf, $t = 11.498$; BFnir, $t = 7.856$; FMnir, $t = 2.883$; FFMnir, $t = 9.861$). All variables from SKF method had significant correlations with their correspondent variable from NIR method, when body height, body weight and age

were controlled. BFskf was moderate correlated with BFnir for women ($r = 0.41$) and for men ($r = 0.55$). FMskf and FFMskf were moderate correlated with FMnir, respectively FFMnir for women ($r = 0.41$, respectively $r = 0.41$) and correlated for men ($r = 0.60$, respectively $r = 0.60$).

Table 2. Differences between SKF method and NIR method

Variables	Skinfold method (Accu-measure caliper) M ± SD	
	Males (n = 27)	Females (n = 97)
BFskf (%)	8.962 ± 4.407 *†	21.886 ± 4.704 *
FMskf (kg)	6.25 ± 4.006 *†	11.806 ± 4.085 *
FFMskf (kg)	59.824 ± 8.207 *†	40.915 ± 4.512 *
Variables	Infrared method (Futrex 1000) M ± SD	
	Males (n = 27)	Females (n = 97)
BFnir (%)	13.074 ± 5.988 †	22.805 ± 4.475
FMnir (kg)	8.97 ± 5.431 †	12.164 ± 3.615
FFMnir (kg)	57.104 ± 8.225 †	40.557 ± 5.486

* correlated with BFnir, FMnir and FFMnir for males, respectively for women, when height, weight and age are controlled, $p < 0.05$;
 † differences between sexes, $p < 0.05$.
 BFskf, body fat - skinfolds method; FMskf, fat mass - skinfolds method; FFMskf, free fat mass - skinfolds method; BFnir, body fat - infrared



method; FMnir, fat mass - infrared method; FFMnir, free fat mass - infrared method; M, mean; SD, standard deviation; n, number of subjects.

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Discussion

Compared with the anthropometric reference data 1988 – 1994 from United States (National Health and Nutrition Examination Survey, 2005), body height for our subjects was slightly higher for men and slightly lower for women, compared with the corresponding values for Americans. The body weight was lower, for both men and women, compared with the corresponding values for Americans.

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Conclusions

The conclusions must be reported directly to the hypotheses of the paper and derive directly from the chapter Discussions. The conclusions that are not fully backed-up by the data found or that are based on unjustified affirmations must be avoided. New hypotheses can be concluded or attach some recommendations, if the case be.

Acknowledgments

I thank all students for participating in this study. No funding was used for this study.

References

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 National Institutes of Health (NIH). Clinical Guidelines On The Identification, Evaluation, And Treatment Of Overweight And Obesity In Adults. The Evidence Report. Publication No. 98-4083, 1998 Sep: XI-XXX.

Attention!!! First of all, the article is written on a single column until it is finalized. After finalizing it, you select the whole text after the abstract until the first table or chart and you turn it into two columns. The same operation is done, in order, for (the whole) texts between charts and/or tables; also, the (whole) text, from the last table or chart until the bibliography inclusive, will be turn into two columns. **The paper must be 5-10pages.**

Tables

The tables including data will be done on a single column and they cannot be introduced into the text as photographs. The counting (consecutive) and the title of the table (conclusive and concise) will be written on the top right hand. The reference to the table (the quotation in the text) will be found in the text that precedes the table. The number of the table, the title of the table, the results, the statistical section and the abbreviation section will be a constitutive part of the table. It is recommended that you merge the data in as few tables as possible. The additional black lines in the tables including data will be colored in white (Table Tools, Design, Pen Color, White, urmat de Draw Table prin care se trasează peste liniile negre suplimentare culoarea albă).

Table 1. Physical characteristics of feminine subjects

Variables	Subjects with dominant upper and lower right limb(n = 8)		Subjects with dominant upper and lower left limb (n = 8)	
Height (cm.)	163,25 ± 4,95	3,032%	162,5 ± 4,309	2,652%
Weight (kg.)	66,088 ± 7,343	11,111%	67,038 ± 5,352	7,984%
IMC (kg/m ²)	24,745 ± 1,827	7,383%	25,368 ± 1,439	5,673%
Percentage of body fat(%)	26,625 ± 2,873	10,791%	26,55 ± 2,964	11,164%
Fat mass (kg.)	17,739 ± 3,56	20,069%	17,91 ± 3,235	18,063%

The values are presented as M ± DS și CV%.

IMC, index of body mass; M, mean; DS, standard deviation; CV, variability coefficient; n, number of subjects.



The connection between the data in the table and the statistical section will be done through identification letters counted in alphabetical order or identification symbols used in the order *, †, ‡, §, ||, ¶, **, ††, ‡‡, etc.; inside the table, the letters or the identification symbols will be written in the superscript (Home, Superscript) immediately after the data, and inside the statistical section, the identification letters will be written before the hyphen and the statistical comments and the identification symbols immediately before the statistical comments (without a hyphen). The tables from other publications should be used with the author's (authors') permission, indicating the bibliographic source where it was taken from.

Example: $0,851 \pm 0,044^a$

Example: a – significantly different compared to the force ratio F150 Right side flexion/ F150 Left side flexion, 0°, for the subjects who practise football, respectively athletics (triple jump), $F(2, 12) = 5,5$;

Table 2. Means of results of maximum isometric force ratios for feminine subjects who practise different sports

Force ratio	Handball (n = 5)	Football (n = 5)	Athletics (triple jump) (n = 5)
F130 Flexion/ F110 Extension (30°)	$0,589 \pm 0,109$ 18,506%	$0,556 \pm 0,075$ 13,489%	$0,565 \pm 0,05$ 8,85%
F150 Right side flexion/ F150 Left side flexion (0°)	$0,851 \pm 0,044^{ab}$ 5,17%	$0,942 \pm 0,056^c$ 5,945%	$0,919 \pm 0,03^d$ 3,264%
F120 Right side rotation/ F120 Left side rotation (-30°)	$0,972 \pm 0,07$ 7,202%	$0,825 \pm 0,227$ 27,515%	$1,052 \pm 0,019^e$ 1,806%

a – significantly different compared to the mean of the force ratio F150 Right side flexion/ F150 Left side flexion, 0°, for subjects who practise football, respectively, athletics (triple jump), $F(2, 12) = 5,5$;

b – significantly different compared to the mean of the force ratio F150 Right side flexion/ F150 Perfectly ballanced left side flexion (when all the force ratios are equal to 1), 0°, $t=7,572$;

c – significantly different compared to the mean of the force ratio F150 Right side flexion/ F150 Perfectly ballanced left side flexion (when all the force ratios are equal to 1), 0°, $t=2,316$;

d – significantly different compared to the mean of the force ratio F150 Right side flexion/ F150 Perfectly ballanced left side flexion (when all the force ratios are equal to 1), 0°, $t=6,037$;

e – significantly different compared to the mean of the force ratio F120 Right side rotation/ F120 Perfectly ballanced left side rotation (when all the force ratios are equal to 1), -30°, $t=6,12$;

The values are presented as $M \pm DS$ and CV%; Significance limit established at $p < 0,05$.

M, mean; DS, standard deviation; CV, variability coefficient; n, number of subjects; t, test t student ; F, test ANOVA.

Figures

The tables which contain figures will be done on a single column. The counting (consecutive) and the title of the figure (conclusive and concise) will be written on the bottom left side immediately after the figure. The reference to the figure (the quotation in the text) will be found in the text that precedes the table which contains the figure. The figure, the number of the figure, the title of the figure, the statistical section (if necessary) and the abbreviation section will be a constitutive part of the table that contains the figure. When symbols, numbers or letters are used to identify the parts of the figure, each of them should be explained clearly in the statistical section. It is recommended that you merge the data in as few figures as possible. The lines of the table that contains the figure will be transparent. (Table Tools, Design, Borders, No Borders).

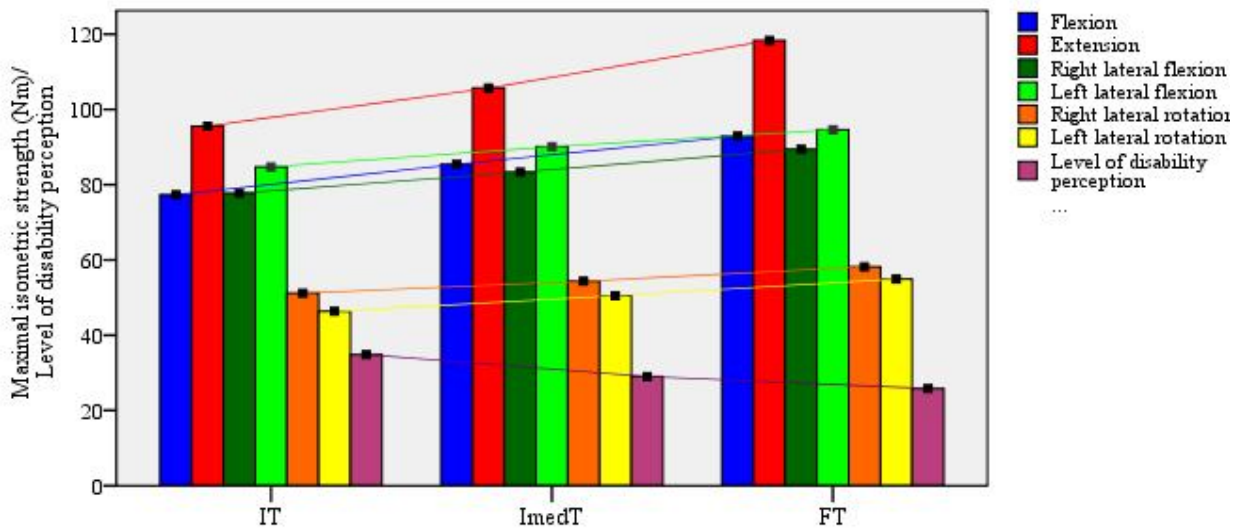


Figure 27. The evolution of means of maximum isometric force and the degree of perception at different tests. Nm, Newton*meter; IT, initial testing; ImedT, intermediary testing; FT, final testing.

The figures will have a resolution of minimum 250 dpi for a better understanding after the print. The figures will be presented in original sizes in the text (sizes chosen by the author(s) of the paper), not to be subsequently modified. The electronic formats accepted are: Bitmap (.bmp), JPEG (.jpg, .jpeg) or GIF (.gif). The results and the statistical explanations will be presented in one way – data in the table, figure in the table or text; these ways of presenting can be combined but they do not have to repeat themselves.

Measures

Length, height, weight and volume will be specified in metrical units (meter, kilogram or litre or their decimal multiples). Temperature will be specified in degrees Celsius (°C). Blood pressure will be specified in mm column of mercury (mmHg). Other clinical measurements will be specified in the International System of Units (International System of Units (SI)).

Abbreviations and symbols

The standard abbreviations must be used. You should avoid introducing abbreviations into the title or in the abstract. An abbreviation in parentheses will be preceded by the full description, only the first time the abbreviation is used in the text and only if the abbreviation is not a standard measure unit.

Example: Body weight, body composition, resting metabolic rate (RMR), respiratory quotient (RQ), temperature, fasting serum glucose, insulin, free fatty acids, and ghrelin were assessed at baseline and after 21 d (12-h fast) and 22 d (36-h fast) of alternate-day fasting.

RMR and RQ did not change significantly from baseline to day 21, but RQ decreased on day 22 ($P < 0.001$), which resulted in an average daily increase in fat oxidation of ≥ 15 g.

Bibliography

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