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## SECȚIUNEA I EDUCAȚIA FIZICĂ

### ***A NEW NATIONAL CONCEPT OF EVALUATION AND PROFESSIONAL RECOGNITION BASED ON SCIENTIFIC COMPETITION IN FUNDAMENTAL DOMAIN OF PHYSICAL AND SPORT CULTURE***

**Abstract:**

***A NEW NATIONAL CONCEPT OF EVALUATION AND PROFESSIONAL RECOGNITION  
BASED ON SCIENTIFIC COMPETITION IN FUNDAMENTAL DOMAIN OF PHYSICAL  
AND SPORT CULTURE***

**Prof.univ.dr. ION IOAN LADOR**  
**Ministerul Educației și Cercetării**

**Abstract:** General conclusions which can be obtained from true scientific research, explain the necessity of elaboration and application for a new national concept of evaluation and professional recognition through scientific competition in the fundamental domain of physical culture and sport. Professional and recognition evaluation commissions formed through scientific competition plays an important role in veridical assurance of the educational process, which may reflect the institution importance at the national level.

**Key words:** scientific, competition, physical culture and sport, national model.

### ***LONGITUDINAL AND COMPARATIVE CASE STUDY ON FEMALE STUDENTS FROM CIVIL NAVY FACULTY BASED ON SOCIOLOGICAL OPINION SURVEY***

**Conf.univ.dr. ATANASIU LIDIA**  
**Lect.univ.dr. BEJAN AUREL**  
**Lect.univ.dr. OPRIȘAN NAIE**  
**Academia Navală „Mircea cel Bătrân”**

**Abstract**

The pedagogical research by means of social questionnaire - sheet offers the possibility to evaluate throughout the expressed opinions of the students and qualified teachers in physical education the physical required performance. Based on the results of the polls we elaborated a study on a longitudinal length on a group of 20 students (female) from the civilian section of the Navy Academy. The performances resulted from the physical tests were statistically analysed.

**Key words:** Professional appliance, sociological, statistics, questionnaire

### ***ORGANIZATIONAL STRATEGIES AND PERFORMANCE SPORTS ACTIVITIES DEVELOPMENT FROM SPORTS SCHOOLS NETWORK BETWEEN 2005-2008 IN CONSTANTA***

**Prof. COSTARA CRISTINA RODICA**

## **Grupul Școlar nr.1**

### **Abstract**

In order to develop a management strategy of the performance sport activity within the sport network in Constanta county during 2005-2006, it is necessary to improve the appropriate legislation for the organization and functioning of the field, as well as the integration of this framework within the European legislation, and in particular within that of the European Union.

**Key words:** strategy, organization, legislation, integration

### ***INTERCONNECTIONS BETWEEN SCHOOL CHILDREN TYPOLOGY AND TEORETICAL LESSONS OF PHYSICAL EDUCATION WITH TRAINING ASPECTS***

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### **Abstract:**

In this work the result of complex investigation of the moving activities and psysical prepared of the pupils, taking into account their morphological types are presented. In this work there is also determined the structure of clividing pupils and teenagers in dependence of their age, sex and morphological types, the specific proportion of harmoniosnly and dishermoniosly developed children in definite age periods. In this estsbbiahed that in the certain periods the results of preparedness of microsomatics are higher than that of macrosomatics and mezosomatics.

**Key words:** antrenament, tipologie, elevi

### ***TEORETICAL LEARNING OF SCHOOL CHILDREN WITH DIFFRENT MORPHOLOGICAL ASPECTS AND THE INFLUENCE UPON NERVOS AND CARDIOVASCULAR SYSTEMS***

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### **Abstract:**

In this work the result of complex investigation of the moving activities and psysical prepared of the pupils, taking into account their morphological types are presented.

In this work there is also determined the structure of clividing pupils and teenagers in dependence of their age, sex and morphological types, the specific proportion of harmoniosnly and dishermoniosly developed children in definite age periods. The difference between the indices of psysical developement of school-children of different morphological age are pointed out.

They differ one from onother through the size of the yearly increasing data in the level of maturing of their morphological structures, regarding to their bodies size.

The critical level of their development are related to different age periods.

In this estsbbiahed that in the certain periods the results of preparedness of microsomatics are higher than that of macrosomatics and mezosomatics. The training lessons has a positive influence on the year – old pupils, body of mezo and microsomatics types but have a negative influence on

the state of health of macrosomatics. These lessons reduce the intellectual capacity of pupil work. That's why they can't be recommended to be included in school timetables.

**Key words:** antrenament, tipologie, sistem cardiovascular, sistem nervos

### ***THE PLACE OF ENDURANCE IN SECOND GRADE SCHOOL***

**Conf. Univ. dr. MARIANA DUMITRU**

**Universitatea "Ovidius" Constanța, Facultatea de Psihologie și Științele Educației**

#### **Abstract**

The specific National Curriculum contains the curriculums for all the educational cycles. The contents of the Curriculums are closely linked with the curricular standards of performance established for this educational cycle and with the National Evaluation System. For the drawing up of the Curriculums, the curricular standards of the primary and high school educational system have been taken into consideration, therefore allowing the educational process to continue its activity.

**Key words:** motrică, capacitate, didactice strategii, rezistență

### ***DECISION CREATIVITY REGARDING THE PLACE OF TRACK AND FIELD IN CURRICULUM***

**Conf. univ. dr. CECILIA GEVAT**

**Universitatea "Ovidius" Constanța, Facultatea de Educație Fizică și Sport**

#### **Abstract**

In this paper we want to demonstrate the necessity that track and field in the superior studies must be reconsidered, teaching be modulated in minimum 28 practical lessons, almost the 14 theoretical lessons.

**Objectives:** The aim of the study was to examine relationship between track and field, study for university planning and curricular area of high school.

**Discussion and conclusions:** To reconsideration the number of practical athletics lessons, who will be in our opinion minimum 28 lessons.

**Keywords:** practical lessons, track and field, theoretical lessons, university.

### ***THE EFFECT OF DIFFERENT EFFORT INTENSITIES UPON ATTENTION CAPACITY OF SCHOOL CHILDREN WITH AGE BETWEEN 13 AND 14 YEARS OLD***

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**Dr Conf. univ. GONCEARUC SVETLANA**

**I.N.E.F.S. Chișinău, Rep. Moldova**

#### **Abstract**

The effect of different exercise intensities on concentration capacity of attention in schoolchildren of 13 to 14 years old.

**Objective:** The purpose of this study was to determine the exercise intensity which have the more benefits on concentration capacity of attention in schoolchildren of 13 to 14 years old.

**Research Methods and Procedures:** Participants were 56 schoolchildren of 13 to 14 years old (28 girls and 28 boys). The concentration capacity of attention was determined by psychological tests administered before and after physical education class. We used three types of exercise intensities (low - FC under 120b/m, moderate - FC from 121 to 150 b/m, and high - FC bigger than 150b/m) and duration of the effort session was 50 minutes. Subjects from control group don't participated in physical education class.

**Results:** The low exercise intensity session don't have any effects on concentration capacity of attention; the differences between performances of experimental and control groups was not significant in this case ( $p > 0,05$ ). After the moderate exercise intensity session the differences was significant from experimental group ( $p < 0,05$ ). The higher exercise intensity session determined the more negative effects on concentration capacity of attention.

**Discussion and Conclusions:** The moderate exercise intensity session determine the best results on concentration capacity of attention in schoolchildren of 13 to 14 years old.

**Key words:** concentration of attention, exercise intensities (low, moderate, high), schoolchildren.

### ***THE IMPORTANCE OF EDUCATION AND GLOBAL COORDINATION DEVELOPMENT FOR FIRST GRADE SCHOOL CHILDREN***

**Prof. Univ. Dr., MĂRZA DĂNILĂ DOINA**

**Lector Univ. Dr., MĂRZA DĂNILĂ DAN**

**Universitatea din Bacău, Facultatea de Științe ale mișcării, sportului și sănătății**

#### **Abstract**

The importance of global coordination training and development to 1<sup>st</sup>-4<sup>th</sup> grade children

**Objective:** The objective of this experiment was to show the connection between the motility and mental function development and to offer some tools for childhood development, useful for his permanent adaptation to this dynamic life.

**Research Methods and Procedures:** The research included 213 children from 1<sup>st</sup>-4<sup>th</sup> grade. To assess global coordination development of these children we used a set of tests, adapted after Ozeretki, Matorin and Leilich tests; these tests consisted in 5 events that are testing coordination from different point of view: static coordination, hand-foot coordination, general dynamic coordination, eye-hand coordination and ambidexterity.

**Results:** The outcome obtained from the final to initial evaluation, on entire sample of children as well as on experimental and control classrooms, shows that children from the experimental classrooms increased their performances because, between initial to final evaluation, for 1 hour / week, we act with suggested method for education and global coordination development.

**Discussion and Conclusions:** The experiment confirmed, by outcome, that taking action more on wakening and awareness of children capacities, and then on learning some exercises, strictly regarding children's psycho-motility development, we can obtain better and faster results in education and global coordination development to 1<sup>st</sup>-4<sup>th</sup> grade children.

**Key Words:** psycho-motility, coordination, awareness, action representation.

### ***CHARACTERISTICS OF MODERN FOOTBALL GAME***

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**Prof.univ.dr., STĂNCULESCU RADU GEORGE**

**Facultatea de Educație Fizică și Sport Constanța**

#### **Abstract**



The soccer game is a show which can be understood, a show in which you don't speak, but you practically express. The first thing that specialists agree with, and which is obvious, is the fact that players manage to overcome the actual needs of the game, being either defenders or attackers.

**Introduction:** Soccer is one of the sports which were influenced by science, and this contributed to obtaining spectacular solutions. Today's soccer, more technique and scientifically guided, is different from the one played a few years ago.

**Content:** Today's soccer claims that physical preparation should be perfect, in such way players can handle, in very good conditions without any problem, the efforts of the modern game. Regarding technique we can say that it is complex, rapid and adequate to various game situations. Also technique reflects the coach's conception, the player's ability, inventivity and imagination, the power of adjustment, and also the capacity of solving new situations presented during the game. Regarding the physiological factor, this represents one of the factors to which technicians and psychologists try to contribute, managing to motivate their teams in obtaining valuable results.

**Discussion and Conclusions:** What gives real value to a player is the mysterious association of his qualities with his work. The speed, the force, the physique, the ball's protection, precision, spontaneity and passes could determine the players in obtaining substantial advantages during the game.

**Key Words:** modern soccer, tendencies, organization, characteristics, coach.

## ***DIFFERENTIAL TRAINING OF MODERN FOOTBALL TEAMS***

**Lect.univ.dr.d., MELENCO IONEL**

**Prof.univ.dr., LADOR IOAN ION**

**Facultatea de Educație Fizică și Sport Constanța**

### **Abstract**

**Melenco Ionel, Lador Ioan.** The relationship between different physical preparation and subsequent evolution of senior players.

**Objective:** The purpose of this study is the development of the game strategies, different at the level of senior teams. We also want to enlarge the level of the physical preparation of senior football players, based on the principle of differentiated preparation and on a new training program.

**Research Methods and Procedures:** The research took place at Midia Soccer Club from Navodari. The subjects were the senior soccer players of Midia Navodari Club. There were tested 18 players from Midia Navodari (experimental group) and 18 players from the witness group (C.S Medgidia)

**Results:** At five from the six tests general physique the experiment group presents bigger average than the witness group at the final examination. The differences are meaningful as good and very good in favour of the experiment group ( $p < 0,05$  -  $p < 0,001$ ). At the six tests physical specific the experiment group presents averages of the results bigger than the witness group at the final testing. The average differences are meaningful as good and very good in favour of the experiment group ( $p < 0,05$  -  $p < 0,001$ ). At the four technical tests the experiment group presents averages of the results bigger than the witness group at the final testing. The average differences are meaningful as good and very good in favour of the experiment group ( $p < 0,01$  -  $p < 0,001$ ).

**Discussion and Conclusions:** Based on the obtained results, it has been proved that a differentiated training in the process of training led to the development of the physical level of the soccer players. Applying the differentiated method and improvement of the physical qualities: we make more efficient the evolution and the subsequent output of the senior players in competition.

**Key Words:** experimental research, experiment group, physical tests, results.

## ***COMPONENTS AND FINALITY IN NATIONAL PHYSICAL EDUCATION SYSTEM***

**Prof.univ.dr. MIHĂILESCU LILIANA**  
**Lect.univ.dr. MIHĂILESCU NICOLAE**  
**Universitate din Pitești, Facultatea de Educație Fizică și Sport**

Abstract

From the modern prospective approach, the complex social systems are characterized by a series of independent variable: people, technology, organizational structures, external environment. This paper suggests the presentation of the National System of Physical Education and Sport through the system theory viewpoint by identifying the variables and the relations between them. The research embraces the characteristics and the management at the National System of Physical Education and Sport, its structure and purpose.

Cuvinte cheie: *abordare sistemică, educație fizică, sistem, sinergie, sport.*

### ***GAME MODEL IN HIGHSCHOOL TEAMS***

**Profesor NICA ELVIRA**  
**Inspector de Educație Fizică**

**Abstract:**

Starting from the fact that there is no playing model for the representative handball teams in the literature of speciality, the current paper, based on an experiment, aims at drawing up a training and competition model which will address the high school pupils who are members of the representative handball team.

**Key words:** playing model, representative handball teams, competition model

### ***STUDY REALISED ON NAVY BOARD REGARDING PHYSICAL AND SPECIFIC PSYCHOMOTRIC LOADING DETERMINATION FROM PROFESSIONAL ACTIVITY OF SAILOR STUDENTS AND NAVY PERSONAL***

**Lect.univ.dr. NAIE GILLES OPRIȘAN**  
**Academia Navală „Mircea cel Bătrân”,**  
**Licențiat în drept, MIHAI SEBASTIAN OPRIȘAN**  
**Profesor drd. DUMITRU MICU**  
**Scoala Nr. 27 Constanta**

**Abstract.**

The study represents a direct investigation to the boards of navy for establishing a level of physical and psychomotric efforts.

**Key words:** *Physical level, psychomotric efforts, rolls of navy, specific activity, swimming, stress.*

## ***PSIHOSOCIAL INTEGRATION OF STUDENTS, BASE CONDITION FOR SUCCESS IN SOCIO-PROFESSIONAL ACTIVITIES WHICH IMPOSE STRONG SPECIFIC SOLICITATION***

**Lect.univ.dr., NAIE GILLES OPRIȘAN**  
**Academia Navală „Mircea cel Bătrân”**

**Abstract.** The study presents results of specific test with 30 navy students and 12 sailer about level of psihomotric integration.

**Cuvinte cheie.** Tests, integration, comunicativ alarm, psihomotric capacity.

## **THE PHYSICAL EDUCATION WITHIN TO SABIS® EDUCATIONAL SYSTEM**

**Profesor NICOLETA PROFIR**  
**The International School of Choueifat, Abu - Dhabi**

### **Resume:**

We regard physical education as an important element within a wider educational framework and believe it to be an intrinsic part of EVERYONE'S educational, regardless of physical ability.

It is important to understand that we do not coach teams during our lessons and that “ star “ athletes do not get priority.

### **Forewords :**

**SABIS®** - is an educational organisation which manages schools worldwide that presently educate approximately 25.000 students.

- schools are distinguished by their implementation of the SABIS® Educational System, a unique system of education that offers a rigorous, internationally-oriented, college-preparatory curriculum.

- syllabus is specifically designed by **SABIS®** to provide students with knowledge and skill needed, to successfully compete.

**SABIS® Educational SYSTEM** - Physical Educational Department

## **RELATIONSHIP OF BODY COMPOSITION TO SELF-ESTIMATED BODY IMAGE AND ACTIVITY INDEX IN ROMANIAN UNIVERSITY STUDENTS**

**STRATON ALEXANDRU, MS**  
**Ovidius University of Constanta, Faculty of Physical Education**

### **Abstract**

Relationship of Body Composition to Self-Estimated Body Image and Activity Index in Romanian University Students

**Objective:** The aim of this study was to examine the relationship of body composition (body fat percentage (BF), body mass index (BMI) and abdominal circumference (AC)) with self-estimated body image and activity index (AI) in Romanian university students.

**Research Methods and Procedures:** This study used 124 Romanian university students (27 males and 97 females). The body fat percentage was estimated using the skinfolds technique (accu-measure caliper). Current body image (CBI) and ideal body image (IBI) were self-estimated using a body shape representations from a figure rating scale and activity index was self-estimated using a questionnaire. Body image discrepancy (BID) was calculated by subtracting the ideal body image

from the current body image. BMI was calculated to estimate the category of weight for each subject by using the Quetelet formula.

**Results:** CBI was correlated with BMI ( $r = 0.655$  for men,  $r = 0.761$  for women), with BF ( $r = 0.611$  for men,  $r = 0.638$  for women) and with AC ( $r = 0.586$  for men,  $r = 0.631$  for women). IBI was correlated with BMI ( $r = 0.458$ ), BF ( $r = 0.375$ ) and AC ( $r = 0.297$ ), only for women. BID was correlated with BMI ( $r = 0.631$  for men,  $r = 0.564$  for women), with BF ( $r = 0.612$  for men,  $r = 0.48$  for women) and with AC ( $r = 0.614$  for men,  $r = 0.533$  for women). The differences between BID categories were significant for BMI ( $F(2, 24) = 14.467$  for men and  $F(2, 94) = 14.736$  for women), for AC ( $F(2, 24) = 13.866$  for men and  $F(2, 94) = 13.092$  for women) and for BF ( $F(2, 24) = 8.352$  for men and  $F(2, 94) = 11.12$  for women), in both sexes (Table 3).

**Discussion and Conclusions:** AI self-estimation have no relationship with BID and variables which controls body weight and fatness (BMI, BF and AC). BID and CBI self-estimation, reported to IBI self-estimation (which must be held constant), can be seen like predictors for changes in BMI, AC and BF values, for normal subjects. The results encourage a closer look at BID, and her relationship to BMI, BF and AC control.

**Key Words:** percentage of body fat, body mass index, abdominal circumference, body image discrepancy, current body image, ideal body image, activity index, self-estimation, Romanian students.

## PHYSIOLOGICAL AND PHYSICAL POTENTIAL FOR ROMANIAN UNIVERSITY STUDENTS WITH AGE BETWEEN 19 AND 21 YEARS OLD – A COMPARATIVE STUDY

STRATON ALEXANDRU, MS

Ovidius University of Constanta, Faculty of Physical Education

### Abstract

Physiological and Physical Potential for Romanian University Students with age between 19 and 21 years old.

**Objective:** The aim of this study was to examine physiological parameters (body weight (BW), body height (BH), abdominal circumference (AC), body mass index (BMI), body fat (BF), fat mass (FM), free fat mass (FFM)), and physical potential and parameters in self-estimation of physical activity (activity index (AI)), (abdominal strength – Maximal Abdominal Sit-Ups Test (MASUT), mobility – Sit-and-Reach Test (SRT), Hand Grip Test (HGT), Push Ups Test (PUT)), in relation with other populations, for Romanian university students with age between 19 and 21 years old.

**Research Methods and Procedures:** This study used 103 Romanian university students (21 males and 82 females), white Caucasians, with age between 19 and 21 years old. The BF percentage was estimated using the skinfolds technique (accu-measure caliper). BMI was calculated to estimate the category of weight for each subject by using the Quetelet formula. AI was estimated with a self-reported questionnaire, which was completed under the instructor's observations. The maximal number of sit-ups obtained by the subject, in 30 seconds (MASUT), was recorded. The Sit-and-Reach test estimates the individual's flexibility in the posterior thigh (hamstrings) and low back area (lumbar erector spine). Hand Grip Test was used to estimate the force of hand flexors. Push-ups test was used to estimate the force of arms.

**Results:** Between populations (Romanian and Japanese university students) the differences were significant for BH ( $t = 4.374$ ), BF ( $t = 2.398$ ) and FFM ( $t = 2.528$ ) in men and, respectively, for BH ( $t = 4.212$ ), BMI ( $t = 2.819$ ) and BF ( $t = 2.326$ ) in women. Between Romanian and Spanish university student populations the differences were significant for BH ( $t = 2.518$ ), BMI ( $t = 3.37$ ) and BF ( $t = 6.832$ ) in men and, respectively, for BW ( $t = 6.868$ ), BMI ( $t = 7.956$ ), BF ( $t = 8.32$ ) and AC ( $t = 9.292$ ) in women. Between Romanian and United States college student populations, the differences were significant for BW ( $t = 3.621$ ), BMI ( $t = 4.212$ ) and BF ( $t = 7.516$ ) in men and,

respectively, for BH ( $t = 1.764$ ), BW ( $t = 4.201$ ), BMI ( $t = 3.951$ ) and BF ( $t = 4.292$ ) in women. Between Romanian and Belgium university student populations the differences were significant for BH ( $t = 8.561$ ), BW ( $t = 6.759$ ) and BMI ( $t = 3.444$ ) only for women.

**Discussion and Conclusions:** Regarding physiological aspects, Romanian students were situated, in almost all cases, significantly better, than Japanese, Spanish, United States and Belgian students. So, the health risks associated with these results will be significantly lower than Japanese, Spanish, United States and Belgian students. Regarding physical aspects, Romanian female students, with 19 years, old have a weak abdominal strength, than Swedish female students, with 19 years old. The dominant superior limb is right, for Romanian university students, on both genders; this means that most of the daily tasks are performed with the right superior limb.

**Key Words:** percentage of body fat, body mass index, waist circumference, maximal abdominal sit-ups, activity index, sit-and-reach, hand grip, push ups, Romanian students.

## **RECREERE ȘI SPORTUL PENTRU TOȚI**

### ***LOISIR CONCEPT UNDERSTANDING***

**Asist.univ.drd., FRÂNCU ANTOANELA**

**Universitatea "Ovidius" Constanța, Facultatea de Educație Fizică și Sport**

**Abstract:** A partir du moment quand l'homme commence une activité organisée, sa vie se déroule dans deux plans. Le premier plan représente son travail et le deuxième son temps libre.

Généralement, les gens passent leurs temps libre d'une manière aléatoire, sous les influences d'autres personnes ou sous des impulsions du moment. Pour cela les plus de ces activités sont statiques et monotones.

Le concept de loisir a été créé pour qu'on utilise meilleur le temps libre.

Pratiquer le loisir à partir d'un bas âge conduit, à l'âge adulte, à la connaissance des bénéfices et donc la diversifications et l'invention des activités nouvelles.

**Cuvinte cheie:**loisir, recreere, autoeducație fizică,

### ***STUDY REGARDING NAUTICAL LEISURE IN ROMANIAN COAST***

**Prof.drd., MICU DUMITRU**

**Prof., MICU ALEXANDRU**

**Scoala Nr. 27 Constanta**

#### **Abstract**

The study is realized with a view to the approval in the classified list of jobs in Romania, of "the holidays guide" profession concerning the nautical sport. During the holidays, the tourists arrived on the Romanian seaside, have to be stimulated expending their free time pleasantly and usefully by a specific seaside amusement.

#### **Objectives**

The study is realized with a view to the approval in the classified list of jobs in Romania, of the "Holidays guide profession", concerning the nautical sport.

#### **Research Methods and Procedures**

The study the documentation and the tourists' observation, being asked a number of 3000 persons, Romanian and foreign tourists, between 1<sup>st</sup> May 2004-1<sup>st</sup> September 2006.

### **Results**

Making the authorities sensitive to approve a new job, during the holiday's programme, for the tourists and their children, in order to spend their free time doing nautical activities, in summer time.

### **Discussions and Conclusions**

The activity of holidays guide carried on in the domain of the nautical tourism is indicated to be accomplished by the young graduates of the faculty of Physical Education, that can organize the tourists ' free time doing cultural and sportive activities and trips, because they got a special training during their university studies.

**Key Words:** Nautical amusement, tourism, nautical tourism, nature, environment, holidays guide.

## **TOURISM – INSTRUMENT TO PROMOTE TENNIS LIKE SPORT AND ENTERTAINMENT ACTIVITY**

**Assist. univ., LIVIU PANAIT**

**Faculty of Physical Education and Sport, "Ovidius" University Constanta**

### **Abstract**

**Objective:** The aim of the study was to try to offer solutions and strategies to promote tennis by tourism and hotels offers, in the resort of Mamaia, Romania near the city of Constanta.

**Research methods and Results:** The study is based on two questionnaires, one for the hotels managers and another one for the tourists that are using the hotels facilities. Analysing the opinions of the tourists, 90% of them are not especially interested in hotels sport facilities. Only 10% noticed in the general offer that the hotel has tennis courts (private or in cooperation with a sport club) <sup>4</sup>. The income from this activity is not very high, only 2% from the generals incomes.

**Discussions and conclusions:** Because of the small number of tourist and the empty courts, we consider that the easiest way to promote tennis is to try to launch some programs, in cooperation with local schools and sport clubs (without tennis courts) to promote tennis as a sport and entertainment activity. For the standard tennis courts, the strategies will include some free competitions in week-end, to promote the sport and the location/the hotel also.

**Key words:** tennis, hotels, sport strategies.

## VARIA

### ***TIME, SPACE, AND MOVEMENT PERCEPTION STIMULATION THROUGH GAMES***

**Profesor ABRAMIUC ALEXANDRU**

**Grup Scolar Industrial de Marina Al. Ioan Cuza Constanta**

**Abstract:**

The games exist for everybody, in special for children. This notion was discussing in psihology, pedagogy or sociology.

**Key words :** game, motrical learning, peception

### **SPORT E DISABILITÀ**

**VINCENZO BIANCALANA**

**“Carlo Bo” University of Urbino - Italy**

**Abstract**

Oggi, diversi studi riguardanti la partecipazione ad attività sportive da parte di disabili, hanno dimostrato che, nel corso degli anni questa favorisce molteplici benefici in diverse aree di sviluppo. A questo proposito l'articolo evidenzia la differenza sostanziale tra i concetti di *abilità*, *disabilità* e *inabilità*, per approdare, poi, al significato di sport per disabili, distinguendo in esso le diverse classi di appartenenza in base alla disabilità posseduta.

**Key words** Disability, sport, self-efficacy

### ***CONCEPTUAL ORIENTATIONS REGARDING PSYCHOGENESIS OF INTELECTUAL KNOWLEDGE AND OPERATIONS***

**Asist. univ. dr. BUTNARIU MIHAELA**

**Facultatea de Educație Fizică și Sport din Pitești**

**Abstract**

Conceptual views about the psychogenesis of intellectual knowledge and operation.

**Objective:** Presentation of the main aspects of the theory of knowledge psychogenesis and intellectual operations.

**Contents:** Within the psychological development and the shaping of adult personality, learning has an important role, due to the fact that through learning, man acquires new attitudes and behaviour. Starting with skills and abilities and up to all kind knowledge and intellectual operations, it is all achieved through a complex process of learning - assimilating information and furthermore thinking and feelings, they are all part of the personality system.

Learning involves the whole psychological system and it has a generative, formative and constructive role on it. The cognitive activity is going on within and the more harmony it creates between the subject's internal organization and his experience, the more shapes of achievement it gets within the subject's conscience.

**Conclusions:** Learning is a psychological activity by means of which a subject gets knowledge and behavioural component and man's personality system is shaped and develops accordingly. For a high efficiency of the learning process more functions and psychological processes are integrated: attention, memory, thinking, motivation, affection.

**Key Words:** psychogenesis, cognitive activity, psychological development, intellectual development, assimilation processes, knowledge, skills, capacities.

### ***ROLE OF THE GAME IN LEISURE SPORTS ACTIVITIES FROM SOCIAL PROCESS***

**Profesor COSTARA CRISTINA RODICA**

**Grupul Școlar nr.1**

#### **Abstarct**

The game, as well as the sport in gneral, are ways of escape and detachment from the daily activities, but also of compensation. Although they are found at different motivational levels and acquire specific functions, the game and the sport exercise qualities, train, increase psychological strengthening and integrates socially.

**Key words :** game, emotional balance, social integration

### ***NECESSITY OF LEISURE SPORTS ACTIVITIES IN HOTELS***

**Asist.univ.drd., TEODOR DRAGOȘ**

**Universitatea „Ovidius” Constanța, Facultatea de Educație Fizică și Sport**

#### **Abstract:**

The physical exercise and tourism represent two activities which, together can contribute to life improvement.

**Key words:** Turism ,recreere,activități sportive,unitate hotelieră

### **COMPOSITION OF A Naval Pentathlon MISSION**

**Cpt.cdor.conf. univ. dr. VIRGIL ENE-VOICULESCU**

**Naval Academy “ Mircea cel Batrân” of Constanța, Romania**

**Colonel Leon DE WULF**

**Vice-president for Europe – Conseil International du Sport Militaire, Brussels**

#### **Absract**

*Naval Pentathlon* is an individual, male and female, competition consisting of the following five events: obstacle race, lifesaving swimming race, utility swimming race, seamanship race, amphibious cross-country race. An "Individual champion" is determined by the overall result in the five events. The team champion is determined by adding the individual results of a country's team. The regulations prescribe the way a CISM military world championship shall be conducted. On continental and local level, alterations can be made if it meets the needs of the organiser and the



participants. These alterations have to be approved by the PTC before invitation is sent out to the participating countries. These regulations are based on CISM Regulations of Procedure (RP).

**Key words:** naval pentathlon, events, CISM, mission

#### **TECHNICAL TRAINING TESTING AND PSICHOMETRIC TRAINING METHODOLOGY IN 50M SWIMMING WITH OBSTACLES FROM MILITARY PENTHATLON**

**Conf.univ.dr., ENE-VOICULESCU VIRGIL**

**Academia Navală „Mircea cel Bătrân”**

**Prof.univ.dr., RÎȘNEAC BORIS**

**Institutul Național de Educație Fizică și Sport, Chișinău**

**Lect.univ.dr., POMOHACI MARCEL**

**Universitatea „Lucian Blaga”, Facultatea de Educație Fizică și Sport**

#### **Abstract**

Technical and psychomotric tests contribute to development obstacle swimming in military pentathlon. The tests will be included in prepare program for training in military pentathlon.

**Key words:** Obstacle swimming, military pentathlon.

#### **THE POLITICAL, SOCIAL AND EDUCATIONAL USE OF SPORT**

**Prof. RICCARDO EDGARDO IZZO**

**University of Urbino “Carlo Bo”, Faculty of Motor Science ,**

**Dept. of Sport Science**

**Abstract:** As regards the important and deeply felt topic of this meeting, our paper aims at drawing your attention to a purely qualitative aspect about projects.

**Key words:** use of sport, strategic work plan, technical and teaching basics

#### ***POLITICS AND MODERN OLIMPIC MOVEMENT***

**Prof. univ. dr., ȘTEFAN MAROTI**

**Universitatea din Oradea, Facultatea de Educație Fizică și Sport**

#### **Abstract**

Even though, in certain cases, the International Olympic Committee, through the actions and statements of its members, has adopted a categorical attitude against political intervention into the Olympic movement, there are innumerable examples which certify that many of the Olympic events, especially The Olympic Games, have been mixed with the politics.

The history of a century of modern Olympics has proven that, in the same way that sportives cannot totally escape from politics, it is not possible for politicians to be kept away from sports, especially in the case of the Olympic Games, which represent the events most broadcasted in the world.

The work presents the way in which the Olympic movement has succeeded to adapt to the changes in the social – political life, the way it faced the attempts of politics to interfere in the Olympic activity.

Key Words: sport, Olympic movement, Olympic Games, politics.

## TABLE TENNIS IN XVIII-XIX CENTURY

**Lect.univ.dr., NICOLAE OCHIANĂ**

**Universitatea din Bacău, Facultatea de Științele Mișcării Sportului și Sănătății**

### **Abstract:**

Romanian table tennis is a sport that has reached remarkable international performances in the course of time. Thus, the Romanian table tennis has the honour of including many well-known sportsmen who, in the course of time, have won many world, continental and balkanic titles.

Paradoxically, the theory and methodology of table tennis is in contrast with the special international performances achieved by our sportsmen. We can state, without being too far from the truth, that the Romanian table tennis has actually outrun the theory. This statement is also supported by the penury of papers and scientific researches in this field, which are sporadic and incomplete.

This is the reason for which we think it is important to approach the topic of the evolution of the game (without pretending to study the whole area of this topic, which can be continuously enlarged), the thoroughgoing study of this subject eventually leading to the achievement of a monograph of table tennis.

**Keywords:** history, table tennis, the XVIIIth-XIXth century

## ***ACHIEVABLE DISPLACEMENT MODALITIES IN WHEELCHAIRS FOR PEOPLES WITH PARESIS***

**Lect.univ. dr., GABRIELA OCHIANĂ**

### **Abstract**

This paper presents a study achievement on a group of ten subjects with paraphrases from the Foundation of Community Support Speranța Bacău.

The purpose of this research is to train the most efficient techniques of self transfer to paraphrases to rewind the functional independence in activity daily living and autonomy in moving with the wheel chair.

For the evaluation of the subjects I used the grade test of the functional independence (GIF) which contains the functional autonomy, the transfers and the change for place. The gain results notice for the grade from the test (GIF), I justify to say that training the most efficient methods of transfer at the subjects with paraphrases we can gain a movement autonomy which the wheels chair.

**Key words:** paraphrases, transfer, wheel chair

## ***ANALISYS AND INTERPRETATION OF GENERAL PHYSICAL TRAINING RESULTS***

**Lect.univ.dr., POMOHACI MARCEL**

**Universitatea „Lucian Blaga”, Facultatea de Educație Fizică și Sport**

**Asis.univ.drd., LAZĂR ION**

**Asis.univ.drd., OLARU CRISTINEL**

**Academia Navală „Mircea cel Bătrân”**

**Abstract:** Pphysical tests was a very important moment in our scientifically work. The results of tests implement a new vision about prepare a military pentathlon.

**Key words:** Obstacle swimming, military pentathlon.

### ***THE ROLE OF INSULIN IN MUSCULAR GROWTH PROCESS***

**Asist.univ. drd., RADUCU POPESCU**

**Universitatea “Ovidius” Constanța, Facultatea de Educație Fizică și Sport**

**Abstract:**

The role of [insulin](#) is a current topic reverberating through gyms everywhere. Insulin is a hormone best known for its role in glucose metabolism. In an attempt to provide some clear scientific information to our trainers, this article will discuss the different classifications of carbohydrates, and how the body regulates blood glucose levels. Practical applications to bodybuilders will close out the article.

**Cuvinte cheie :** insulină, dietă, masămusculară

### **THE ORIGIN OF CROSS-COUNTRY SKIING IN NORWAY**

**NILS SVERRE HAUG, Telemark University College, Norway**

### ***TEACHER – PUPIL RELATIONSHIP DISSENSION MANAGEMENT IN JUNIORS II HANDBAL TEAM***

**Profesor TUDORA MARIANA**

**Clubul Sportiv Școlar nr. 1, Constanța, Romania**

**Abstarct**

Communication is the sinequa non way for the succes of the counsellor activity, the dialog is always intuition and demonstration, the language is the only way of social integration.

**Key words:** teen-ager – communication by dialog

### ***PRESENT AND FUTURE REGARDING SPORTS OCCUPATIONS, SPECIALLY SPORTS MANAGER – TEAM PLAYER AGENT***

**Prof.univ.dr., VOICU ALEXANDRU VIRGIL**

**Universitatea „Babes-Bolyai”, Facultatea de Educație Fizică și Sport, Cluj-Napoca**

**Abstract:**

Today in Romania, physical education and sport are practice, leaded financed, controlled and medical assisted by a large sportsmen from whom we identified the profession of business manager in physical education and sports means physical education and sport in school, in universities, sports for all, high performances, physical exercises for fitness, medical and prophylactic reasons.

**Key words:** business manager, physical education and sports, future

## SECȚIUNEA II

### SPORT DE PERFORMANȚĂ

#### *THE VOLLEYBALL GAME WITHOUT THE BALL*

**Prof.univ.dr. BÂC OCTAVIAN**  
**Universitatea din Oradea**

#### **Abstract**

The game of volleyball has in its structure effort reprises that alternate with breaks in the game. At the same time this effort reprises consist of a constant alternation of plays with and without the ball. In the present paper we tried to comment on the technical and tactical actions made by one team in the moments when the ball is played by the opponents.

**Key words:** ciclul de joc, fază de joc, celulă de joc.

#### ***STUDY REGARDING ABILITIES DISCOVERY FOR SELECTION AND ORIENTATION IN AEROBIC GYMNASTICS***

**Lect. univ. dr. DOBRESCU TATIANA**  
**Universitatea din Bacău, Facultatea de științe ale mișcării, sportului și sănătății**

#### **Abstract**

Study which regards discovering the favourable availabilities in the selection and the orientation in aerobic gymnastics.

**Objective:** Finding experimentally the tendencies that support the selection and orientation process for the aerobic gymnastics, used in the purpose of optimising this process and to reevaluate the talented elements with a basic training from artistic gymnastics, providing a growth in their sportive longevity.

**Research Methods and procedures:** The scientific research is found on the basis of an experiment realised on a batch of 16 sportswomen between 15 and 17 years old, composed by two groups of 8 gymnasts and the methods used are the documentation, the observation, the experiment, the measurement and testing, the statistic-mathematic and the graphic one. The sets of tests applied were selected on the basis of the anthropometric, functional, psychological and performing parameters (of the motor and psychomotor skills).

**Results:** The anthropometric indicators: stature (0,75 cm.), thorax flexibility (2,38 cm), amplitude (1,06 cm.) record more visible rise on the experimental sample, while the values in weight decrease (1,12 kg.) on this sample. The recordings on the specific motor and psychomotor predisposition were clearly superior in the experimental batch, that proves the role of the specific skills assimilated in artistic gymnastics. During the functional tests, it has been found that a better adaptation to effort of the individuals who have been practised physic exercises, through the final values in CF (66 in comparison with 70,25) recorded by the experiment group and a  $OV_2$  max. with a rise of 6,75 ml/kg. in comparison with 2,9 ml/kg in the control group. The psychological test emphasise the growth of the focusing capacity and the subjects' distributive attention from the experimental group who recorded increasing in values in the Barrage test, not only as to quantity (21,75 centile in comparison with 4,62) but also as to quality (88,5 centile in comparison with 37 in control), but also in the Prague test (12,25 centile in comparison with 7,25).

**Discussion and Conclusion:** The experience gathered by the sportsmen who have been practised artistic gymnastics represent an important starting point in the aerobic gymnastics, the course to high performance being significantly cut shorter. The experiment realised had proved that the appoint of the supportive tendencies in the selection and orientation in the aerobic gymnastics, is possible only by approaching it in the light of its completion, respectively by using tests that measure the indicators: anthropometric, functional, psychological and psychomotor.

**Key Words:** predispositions/tendencies, selection and orientation, artistic gymnastics, aerobic gymnastics, juniors.

### ***IXI GAME IMPROVEMENT***

**Prof. grd. I DUMITRU EMIL**

**Clubul Sportiv Școlar nr. 1 Constanța**

#### **Abstract**

The paper deals with the brief description of the training experiment based on a long-term activity, but which, for no moment, claims to have completed the empirical knowledge stage or to be considered as a scientific demonstration. The ideas and the data collected are easy to be checked.

**Key words:** throwing, overtaking, recovery, 1×1

### ***BIORITHM AND SPORTS PERFORMANCE***

**Asist. Univ Drd., DUTA DANIEL**

**Facultatea de Educație Fizică și Sport Constanța**

**Abstract:** The human life is subject to well defined biological rhythms known as circadian cycles. Some of them, such as the bodily temperature, the cardiac frequency, the hormones production etc., are well know by the physicians, and some other have for the human life a particular interests such as Physical, Intellectual, and Emotional cycles.

Such a method is often used in the sport in order to decide which team's players to line up in next match or which is the better day to plan a boxe match. Recently it has been also used from a famous airline company that has put in charge to biorhythm experts the organization of the turns for the pilots, bringing back a greater rendering in the positive days of level and one remarkable reduction of the accidents index.

**Key words:** biorhythm, positive, negative fase, rag time

## **PHYSIOLOGICAL ASPECTS OF ALPINE SKIING**

**ENE-VOICULESCU CARMEN, Ph.D., senior lecturer**

**Ovidius University of Constanta, Faculty of Physical Education, Constanta, Romania.**

**NILS SVERRRE HAUG, senior lecturer**

**Department of Teacher Education, Telemark University College, Norway**

### **Abstract**

Physiological profiles of elite Alpine skiers reveal the importance of muscular strength, anaerobic power, anaerobic endurance, aerobic endurance, coordination, agility, balance and flexibility. Physical characteristics of elite skiers reveal an average height and body mass. Elite skiers have strong legs when peak torque is measured during isometric and isokinetic conditions involving knee extension, which may be a specific adaptation since the skier is in a crouched position for a prolonged period when racing. The glycolytic contribution in the slalom and giant slalom events is about 40% of the total energy cost. The aerobic demands of competitive Alpine skiing may approach (90 to 95%) of the athlete's maximal power. Maximal heart rate is achieved during the latter part of race. Elite skiers have a high  $VO_{2\max}$ . This may reflect their training programme and not the actual demands of the sport. When turning, muscular activity acts to impede blood flow and oxygen delivery. As a consequence, anaerobic metabolism is increased.

**Key words:** alpine skiing, physical characteristics, muscle fibre composition, muscle glycogen utilisation, anaerobic endurance, aerobic endurance

## ***MUSICAL EDUCATION FACTOR OF ARTISTIC TRAINING IN RHYTHMIC GYMNASTICS***

**Asist.univ.drd., FRÂNCU ANTOANELA**

**Universitatea "Ovidius" Constanța, Facultatea de Educație Fizică și Sport**

### **Abstract:**

The musical education, as a way of artistic training in rhythmic gymnastic, was discussed by many researchers. It is a great idea for children to start early enough to take advantage of the keenness of their ear. Trying to educate the gymnasts through music, make them listen different rhythms, cadence, tones is a part of artistic education in rhythmic gymnastics.

Revealing musical basic notions to the young gymnasts will lead to an artistic interpretation of their apparatus exercises in the future.

**Key words:** gimnastica ritmică, educație muzicală, percepție, coordonare

## ***PROCEEDINGS EFFICIENCY OF THROWINGS AT THE GATE FOR SEMICIRCLE PLAYER IN JUNIORS II***

**Prep.univ., GEORGESCU ADRIAN**

**Universitatea „OVIDIUS” Constanța, Facultatea de Educație Fizică și Sport**

**Asist.univ, CAZAN FLORIN**

**Universitatea „OVIDIUS” Constanța, Facultatea de Educație Fizică și Sport**

**Abstract:** The actual paper is attending in processing of some specific tests of the players in their certain positions and also in trainers preoccupation for the methods achieved by the players.

**Cuvinte cheie:** model de joc, procedeu de aruncare, eficiență.

### *TRAINING IN XXI CENTURY*

**Conf. univ. dr., CECILIA GEVAT**

**Universitatea “Ovidius” Constanța, Facultatea de Educație Fizică și Sport**

**Prof. LENUȚA DRAGOMIR**

**Clubul Sportiv Școlar Nr. 1 Constanța**

#### **Abstract**

In this paper we talk about the new dimensions in the performance track and field in to the international plan.

**Objectives:** The aim of the study was to focus on the primordial aspects in athletics.

**Discussion and conclusions:** We can point on the job in athletics is too many important in our days.

#### **Keywords:**

AUTOGEN TRAINING AND SUGGESTIVE TECHNIQUE – IMPROVEMENT WAYS FOR PERFORMANCE IN FOOTBAL WOMEN PLAYERS

**Asist. univ. drd., GIDU DIANA VICTORIA**

**Universitatea “Ovidius” Constanța, Facultatea de Educație Fizică și Sport**

#### **Abstract**

Autogen training and sugetiv technic – methods to increase the performances in women soccer players.

**Objective:** The purpose of this study was to examine the relationship between autogen training and sugetiv technic and the performances of women soccer players (both, psychological and technical performances).

**Research Methods and Procedures:** This study used 20 women soccer players from SN Constanta team. The psychological abilities such as distributivity and concentration of attention, choise reaction times and the level of motivation was measured by standardised tests. The physical abilities was considered the precision of receiving, passing and shooting the ball.

**Results:** The results show that the performances (both psychological and technical) obtained by the experimetal group are significant better than those of the control group ( $p < 0,05$ )

**Discussion and Conclusions:** The autogen training and sugestiv technic admistrated to the women soccer player enhance their performances.

**Key words:** autogen training, sugestion technics, women soccer player, enhance performances.

### *IMPLICATIONS OF GLUTEUS MEDIUS IN RUNNING TECHNIQUE*

**Lect.univ.dr., CORINA IVAN**  
**Catedra de atletism-natație-sporturi de iarnă - A.N.E.F.S.**

**Abstract**

The content of this article explains gluteus medius weaknesses and how it is a likely culprit in many overuse injuries; also he includes tips on how to improve your upper-back posture.

**Cuvinte cheie:** gluteus medius, alergare, oscilații, riscuri

***MAINTAINING EFFECT OF STRIGHT ASIETE IN SAILING WITH CLOSED WIND***

**Prof. , MICU DUMITRU**  
**Prof., MICU ALEXANDRU**  
**Scoala Nr. 27 Constanta**  
**Lect.univ.dr., OPRIȘAN NAIE**  
**Academia Navală „Mircea cel Bătrân”**

**Abstract**

Sailing against wind is realised by sailing against wind, the sailing direction of the boat and the direction from which the wind blows, form a sharp angle, the boat that realizes the sharpest angle sails the best in the wind

**Objectives**

Improving the headway using first-class exercises upon the helm, to change the sailing direction.

**Research Methods and Procedures**

The schooling was between 15 March2003 and 1<sup>st</sup> September 2005, on the lake Siutghiol, in Mamaia resort. 20 sport pupils class Optimist took part in a competition of thirty regattas; They sailed: 13 on slow wind and 17 on strong wind; there were results concerning the position in the moment of the start and the position at the rounding of the beacon one and the position at the rounding of the beacons during the competition of the regattas.

**Results**

Using well the adjustments and the correct position in the boat, the sport pupils got a superior headway, reducing the breaking with the helm of the boat.

**Discussions and Conclusions**

It was noticed that due to the right positions and the high headway, the sportsmen had to act subtly: the helm exercises lead to the breaking of the boat and to the decreasing of the headway.

**Key Words:** Equilibrium, headway, sailing direction, sailing against wind.

***NEWS AND TENDENCIES IN MODERN FOOTBALL***

**Asist. univ. drd., MUSAT GEORGE**  
**Prep. univ., PETCU DAMIAN**  
**Universitatea „Ovidius” Constanța, Facultatea de Educație Fizică și Sport**

**Abstract:**

Football had stopped for a long time to be an activity just for fun.

The issues that contemporary, improved football arises, are now more complex than it use to be in the past, the game from our days being much more different then the one practiced decades ago. Since its apearance to nowadays , football had meet a continue transformation and evolving.



**Key words:** football, news and trends

### ***TECHNIQUE AND TECHNICAL TRAINING IN BASKETBALL***

**Asist.univ.drd., NEGREA VALENTIN**

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#### **Abstract**

Basketball requires many different movements and actions. Some of which include running, jumping, passing, shooting, twisting, turning and dribbling. Maximizing your performance in these activities requires perfect technique and a maximum of strength, flexibility, power, agility and balance.

**Key words:** basketball, technique, technical preparation.

### ***TECHNICO-TACTIC COMPONENTS OBJECTIVISM FOR COMPETITION IN VOLLEYBALL TEAM IN 2005-2006 CHAMPIONSHIPS***

**Lect.univ.drd., NOVIȚCHI CONSTANTIN**

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#### **Abstract:**

Is very important to establish the structure and the weight of the factors that are present in the manifestation of official games in volleyball competition – in order to improve the technical and tactical instruction.

**Key words:** model, coaching, games content, efficiency evaluation.

### ***SPEED DISPLACEMENT MEASUREMENT WITH “BROWER TIMMING SYSTEM ” IN TABLE TENNIS PRIMARY SELECTION***

**Lect.univ.dr., NICOLAE OCHIANĂ**

**Universitatea din Bacău, Facultatea de Științele Mișcării Sportului și Sănătății**

#### **Abstract:**

The concrete purpose of the scientific investigation was to determine how the “ Brower timing system” electronic device can be used to measure motion speed, in order to use it further as a tool for researchers, teachers or coaches who are in charge of identifying and measuring this psychomotric ability.

The appearance of Personal Computers and the computerized minilabs has marked a quality improvement in the technological development. By means of the new technology, a larger amount of information is being processed, information which is then stored for later use.

As a conclusion to the study we can state that: The technical complex made up of the “ Brower timing system” and the notebook can be successfully used to measure the motion speed. Moreover, the system offers mobility and multiple possibilities of analyzing the data, since it has a reduced weight, it is compact and easy to move and it has a large data storing capability.

**Keywords:** test, motion speed, " Brower timing system" electronic device

### ***PHYSIOLOGICAL TRAINNING OF ATHLETES IN TRAINNING AND COMPETITIOM***

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**Universitatea „Ovidius” Constanța, Facultatea de Educație Fizică și Sport**

#### **Abstract**

Indifferent from mode how it was to define, essence to psychology of sports to consist in study of human who practice sports at the her possibility confines physique and mind, for this the oblige conscious and volunteersome powerful trening with a view to achieve performance in the competition.

**Key words:** athlete, psychology qualification in trening, psychology qualification in competition.

### ***BENEFIC EFFECTS OF MINERALS SUPPLEMENTS IN PHYSICAL EFFORT FOR PERFORMANCE ATHLETES***

**Asis.univ.drd., POPA CRISTIAN**

**Asis.univ.drd., MUȘAT GEORGE**

**Facultatea de Educație Fizică și Sport, Universitatea „Ovidius” Constanța**

#### **Abstract**

This paperwork will treat the way how supplements are adjust at the new exigences impose on the performance sportsman.

Today supplements, are to use very much and in sport, hers to put in an appearance and as a alternative for supporter the movement.

**Key words:** mineral, sport, sportsman from performance.

### ***AMBIDEXTRY IN RITMIC GIMNASTICS***

**Prof. RÎȘNIȚĂ VASILICA**

#### **Abstract**

In training for the rhythmic gymnastics, there has to be a balanced rapport in the learning, repeating and perfecting of the motrical repertoire from the point of view of the symmetry/asymmetry relationship. The necessity of respecting this methodical rule concerns both the correct monitoringing of the training and the keeping in good health of the gymnasts.

**Key words:** rhythmic gymnastics, ambidextry, ambillateral training

### ***TECHNICAL TRAINNING IN SPORTS GAMES***

**Lect. univ. drd., RIZESCU CONSTANTIN**

**Universitatea “OVIDIUS” Constanța, Facultatea de Educație Fizică și Sport**  
**Prof.univ.dr.hab. CIORBĂ CONSTANTIN**  
**Institutul Național de Educație Fizică și Sport, Chișinău**

**Abstract**

As basic component at first level, technical preparation ensure conditions for heigh performances. Planning at this level wear specific forms because of instructional objectives and the lack of official competitions program.

**Cuvinte cheie:** process de pregătire, tehnică, pregătire tehnică, instruire tehnică, programare

***PROCEEDINGS EFFICENCY OF THROWINGS AT THE GATE FOR INTER PLAYER IN JUNIORS III***

**Lect.univ.drd., RIZESCU CONSTANTIN**

**Universitatea “Ovidius” Constanța, Facultatea de Educație Fizică și Sport**

**Prep.univ., GEORGESCU ADRIAN**

**Universitatea “Ovidius” Constanța, Facultatea de Educație Fizică și Sport**

**Abstract :** This paper is trying to bring a contribution to the enrichment of the inter’s training plan by using mainly multiple leap shoot outs.

**Key words:** model de joc, procedeu de aruncare, eficiență.

## **RAPID STRIKE IN ROMANIAN MASCULIN HANDBALL**

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**Prof. gr.II, NICA ELVIRA**

**Clubul Sportiv Școlar Nr. 1, Constanța**

**Abstract**

The paper aims at analyzing the presence and especially the effiience of the modern way of playing in the international handball, mainly the rapid attack. One can notice that the Romanian masculine teams often resort to this way of playing, although its efficiency analised parameters close to or greater than those present in the international masculine handball. This explains the good evolution of the two teams in the international competitions and gives us hope for the revival of the Romanian masculine hadball in the word elite.

**Key words:** attack, masculine hadball, acțiuni de joc, efficiency, word elite

## ***LIMITATIVE FACTORS IN PERFORMANCE – MUSCLE FATIGUE AND DESHIDRATATION IN PHYSICAL EFFORT AND THERMAL VARIATIONS OF THE BODY***

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### **Abstract:**

Muscular fatigue represents a complex phenomenon in which peripheral and central functional changes of the neuromuscular system may be observed.

Water is essential for numerous functions in the body. To avoid the core temperature increasing excessively, the body employs a system known as thermoregulation. During exercise, heat is transferred from the muscles to the blood and blood flow to the skin is increased so that heat can escape into the atmosphere. The production of sweat and its evaporation from the skin, also helps keep the body core temperature low. High temperatures, humidity and strenuous exercise will all increase the amount of fluid lost as sweat.

**Key words :** Oboseala, antrenament, suprasolicitare, deshidratare

## **MANAGEMENT ÎN SPORT**

### **EVENT PLANNING AND LOGISTICS**

**Prof.univ.dr., DAMIAN MIRELA**

**Universitatea "Ovidius" Constanța, Facultatea de Educație Fizică și Sport**

**VIK KERTON, senior lecturer, Ph.D.**

**University of Gloucestershire, Cheltenham, U.K.**

### **Abstract**

Bowdin et al (2001) suggest that planning provides a structured approach to analysis and thinking to detect and solve problems, to provide alternative strategies, to clarify specific staff responsibilities. However, planning should be flexible rather than rigid and the management process must be monitored. "Planning is a process that must continuously occur... until the end of the even. It is crucial to have as a foundation for this ongoing planning, a vision, a statement, or concept that can be easily articulated and understood" (Bowdin et al (2001). A well-known phrase in British Army jargon is "Poor Planning leads to Poor Performance". Although time-consuming the benefits of comprehensive planning in the early stages are rewarded in the success of the event. The reasons for ineffective events can usually be traced back to poor initial planning. Without a plan important factors or details are often overlooked and members of the event team have little idea of the objectives and no means of measuring the success of the event.

**Key words: sport event planning; a model for event management**

### ***SPORTS MANAGEMET ORGANISATION***

**Asist.univ.drd. DUȚĂ DANIEL**

**Facultatea de Educație Fizică și Sport Constanța**

**Abstract:** The management present sports like a modern life component with national and international structure, with specific material base, tehcnical staff, structures based on systems, theoretical principles, national and international institutions which supervise biological, material and spiritual performances of sport athletes.

**Key words:** management, sportive management, decisional system.

## **MARKETING AND SPONSORSHIP**

**Prof.univ.dr., STĂNCULESCU GEORGE RADU**

**Universitatea “Ovidius” Constanța, Facultatea de Educație Fizică și Sport**

**Senior lecturer, Ph.D., DENIS PARISOT**

**Universite de Nice Sophia Antipolis, Nice, France**

### **Abstract**

Marketing is the management process responsible for identifying anticipating and satisfying customer requirements profitably (Institute of Marketing). It is customer focused not product focused. Marketing is not a new phenomenon: we do it every day. For example if we want to buy a girl friend a present we make a marketing decision We work out what our girl friend would like from our knowledge of her likes and dislikes or what we know she needs. Where there are any gaps in our knowledge we might ask questions (market research). With this knowledge we can then buy present, within the budget available, that satisfies those identified wants and needs. It would be a foolish boy friend who buys a present for his girl friend and then tries to persuade her that it is what she wants or needs! Marketing is therefore a basic and central function in an organisation or business and its principles are applicable to a range of commercial and noncommercial events. Marketing is more than producing goods and services and then trying to find and persuade customers to buy them. It is a process that analyses, creates, develops products and services, packages, prices, promotes, distributes and sells them: a beginning to end process of a business. This process is usually aimed at a segment of the public, or target market.

**Key word:** sport event; marketing; sponsorship