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SECTION I

SPORT AND PHYSICAL EDUCATION

PARTICULAR ASPECTS ON QUALITY EVALUATION OF EDUCATION IN HIGHER EDUCATION

Liliana MIHĂILESCU

Abstract

The particular aspects of the education quality evaluation in the superior education.

Objective

The paper's objective is to present the content aspects of the quality of the physical education and sport superior education institutions, in order to promote some evaluation standards of the quality specific to the domains.

Content

The education quality evaluation involves the knowledge of the normative legislative frame where the speciality superior education functions, the concrete ways of the new education specific to the ARACIS standards.

Conclusions

The evaluation of an education institution involves, thanks to the actual education politics, the examination, based on the some real declared criteria, of the way that the institution and the institutionalised programmes fulfil the quality standards. The quality control represents the evaluation of the managerial process finality from every institution or the study programme finalities, an action allows the objectives comparison, as a projection of the educative activity, with the results of the education for the beneficiars, as a finality of the projected mission, to find the efficiency of the study programmes and its managements. The control results achieves, on one hand the feedback which is necessary to the development of the established poor aspects, and on the other hand, it prevents the possible disponibilities and the crises situation.

Key words: *quality, evaluation, institutional management, strategy*

THE LEARNING GROUP AND COMUNICATION BETWEEN SCHOLCHILDREN

Florin CAZAN

Key-words: *communication, interaction, student.*

CONTRIBUTION OF EXTRACURRICULAR CLASS IN HANDBALL TO FIND OUT THE ATHLETS GOOD FOR PERFORMANCES

Florin CAZAN
Adrian GEORGESCU

Abstract

În condițiile școlii actuale, cu program dens la toate obiectele de învățământ, cu solicitări intelectuale sporite și activitate independentă susținută, în vederea asimilării cunoștințelor,

preocuparea pentru dezvoltarea fizică armonioasă a copiilor de vârstă școlară, pentru menținerea stării de sănătate și a capacității de efort, constituie una din principalele sarcini ale învățătorului sau profesorului de educație fizică.

Key-words: handball, performance, extracurricular.

WAYS TO USE THE TRELIS IN PHYSICAL EDUCATION CLASS WITH GYMNASTICS THEMES

Tatiana DOBRESU

Abstract

Modalities of using the fixed wall bars during the physical education lessons with gymnastics themes.

Objective: *Finding the possibility the fixed wall bars to be used for many purposes during the physical education lessons with gymnastics themes.*

Research Methods and procedures: *The research methods included the study of the bibliography, the observation based on the observation grid, the statistic-mathematic method and the graph representation. The research was carried out from November to March, in the school year 2005-2006, during the gymnastics lessons. In order to observe the modalities of using the fixed wall bars, there were carried out observations during a number of 22 lessons of physical education with gymnastics thematic at "Al.I.Cuza" School and "Mihai Drăgan" School in Bacău, and School no.1 and no.2 in Mizil. These observations were registered in the observation grid, which contains the ways to gymnastics for used the fixed wall bars of the physical education lesson.*

Results: *In 16 lessons (72,72% of cases), it was used in the phase of body preparing for the effort. As far as the use as an apparatus for motor skills training, the fixed wall bars was used for the strength (81,81%) and ability training (27,27%), but the flexibility improving was totally ignored. The fixed wall bars was used in 40,90% of lessons (9 lessons) for the applicative circuits having in view the motor skills consolidation and development. It was used for the crawling in 2 lessons (4.54%); and climbing in 7 lessons (31,80%). The fixed wall bars was less used as an apparatus for acquiring the specific gymnastics skills, the acrobatic elements (33,72%), and the jumps (23,33%).*

Discussion and Conclusion: *The optimisation of the teaching process involves the best valorisation of the teaching aids. The fixed wall bars is a traditional teaching aid, which offers a wide range of movement options during the physical education lessons. The monotony can be avoided by the diversity in its using, enhancing the pupils' interest in the lesson, and augmenting the lessons' attractiveness. The multipurpose use of the teaching aids, in general, and of the fixed wall bars, in particular, can facilitate the lesson progress, having a positive influence on the sports performance. These multiple modalities of using the fixed wall bars can be the argument for teachers' capacity of creativity and can encourage the education process, leading to the effectiveness of the teaching activity.*

Key Words: *the fixed wall bars, physical education lesson, gymnastics thematic, observations*

METHODOLOGICAL POINTS OF VIEW IN PHYSICAL EDUCATION ACTIVITY AT THE UNIVERSITARY LEVEL

Mariana DUMITRU

Abstract

Physical education must be seen like a component part in the real sense of concept. General culture and speciality culture, as professional training of young people, imposes on the level of major tendency direction of developing science, technique and contemporary arts and also imposes on permanent optical education, taking care of permanently needings of reminding the knowledge obtained among the life.

At grown up age, the motivation for physical activity is more complex , more wide and that why is necessary to form the idea of practicing physical education from the primary school benches.

Key words: *aerobic exercise, physical development, didactical strategies, permanence education.*

THE STAGE OF A TURN IN ALPINE SKIING STUDENTS COURSES OF SPORT AND PHYSICAL EDUCATION FACULTY

Carmen ENE-VOICULESCU

Abstract

This paper want to be a recall from the last step that skidding is skis slipping diagonally and under control on the snow. With skidding, your skis' slipping is directed by the steering action of your feet and lower legs exerted on the skis through your boots. Skidding is a desirable skill to master on your way to parallel skiing. Still, skidding during turns might not be intentional, but instead a survival-instinct reaction that is more representative of sloppy skiing. In this term on this step you'll learn why it's important to use controlled skidding in your skiing and what happens when you do not. In this stage – in alpine skiing courses for student's we must to learn to divide a turn into four major stages: beginning, middle, middle-end and end.

Key-words: *alpine skiing, slopes, stages, turn, parallel*

APLICATION IN ALPINE SKIING COURSES FOR STUDENTS OF SPORT AND PHYSICAL EDUCATION FACULTY – TELEMAR TURN

Carmen ENE-VOICULESCU

Abstract

Applications in alpine skiing are designed for turning, cross country skis for running. Thus it should not be too surprising that it is far more difficult to make cross-country equipment turn with a flick of the knees than it is to do so with alpine system whose whole purpose is to turn as well as human ingenuity allow. This paper contains the rules for application in alpine skiing courses for students of Sport and Physical Education Faculty of the Nordic – Telemark turns.

Key-words: *Telemark turns, courses, application*

THE METHODOLOGY OF GYMNASIUM SCHOOL SYLLABUS CONTENT THAT USE RESOURCELESS FROM ATHLETS TRAINING

Adrian MOISE

Abstract

A handball skill theme requires the same sequential progression of pre-planning, observation and assesment, specific planning and implementation, evaluation and revision as any other skill theme. Handball skills should be introduced and refined in a progression that is congruent with the individual level of student. A variety of skill drills lead-up activities may be used to develop and reinforce children's handball skills.

Key words: *phisical education, handball, curriculum*

PHYSICAL EDUCATION IN ROMANIA AND IN EUROPEAN COUNTRYS

Elvira NICA

Abstract

Learning to move and learning through movement are the broad aims of phisical education. Phisical education should be viewed from a developmental perspective and thought in a developmentalally appropriate manner. Developmentally based physical education experiences from european countryes should be appropriate by ours system.

Key words: *Physical education, education.*

THE ROLE OF COMMUNICATION IN ADMINISTRATION OF CONFLICTS IN SCHOOL

**Ancuța PÎRVAN
Damaris VUVREA**

Rezume:

Cet étude se propose de mettre en évidence le rôle de la communication dans la gestion des conflits dans une organisation (école). L'absence de la communication représente souvent une source de conflit. Dans ces situations, le seule moyen de solutionner le conflit c'est la coopération, qui permet à chaque part de connaître la position et les arguments d'autre part si ceux qui sont engrenées dans le conflit, désirent coopérée pour trouver les plus acceptables solutions. Les résultats du questionnaire génèrent que la communication représente un rôle très important dans une organisation (école), et que nous pouvons déterminer les moyens pour prévenir et stopper le plus possible les conflits.

Key words: *communication, to administrate, confict, schoolchildren.*

MODERN METHODOLOGICAL ALTERNATIVES TO REALIZE THE GENERAL INFLUENCES COMPLEXE, THE COORDONATION ONE AND MOTRIC EXPERSIVITY IN SPORT AND PHYSICAL EDUCATION ACTIVITIES

Gabriel POPESCU

Abstract

*The methodical requirements regarding the composition of the general influencing complexes, of the programs for the coordination development, of those for the education of motor expressivity through a better and modern use of the gymnastics means, match with **the psycho-pedagogical principles of the young generation's development and education.***

The methodical requirements are objectivized according to the integrated strategy of fulfilling the physical education modern tasks, in correlation with a better use of the gymnastics means, offered with such a generosity by its branches (basic, artistic, rhythmic, acrobatic, aerobic gymnastics).

These complexes will be logically planned, by keeping to the priority objectives of the bio-psycho-socio-motor integration into the context of the commanded activities.

The general influencing complexes have a very important strategical position within the physical education lesson. Their quality greatly determines the lesson general efficiency.

The methodical requirements regarding the structure of the influencing complexes have a general or a special character. They have become, for the present and the future specialists in the field, a harmonious synthesis that fruitfully combines classical and modern experiences.

Key words: *methodics, motric expressivity, psysical education.*

THE CHARACTERISTICS OF HANDBALL GAME IN PHYSICAL EDUCATION CLASS – EXERCISE TIPOLOGY, TEHNICO-TACTICAL CONTENT, PSYCHO-PEDAGOGICAL ASPECTS

Constantin RIZESCU

Abstract

The fact that handball game is an important resourceless of the physical education, require knowledge of few aspects of the specific effort and its dosage in physical education class, and psycho-pedagogic aspects that conduct al an speedy and efficiency instruction in schhols.

Key words: Objectives, exercise, content technico-tactical, instruction.

THE METHODOICAL CONTENTS AND INTERCESSORY SPECIFIC TO THE TRAININGS ON SCHOOL REPRESENTATIVE HANDBALL TEAMS

Constantin ȘUFARU

Abstract

The specific conditions imposed on the training lessons for the preparation of the scholarship team, are revealed especially in their contents as in the methodical ways which must be traversed.

The objectivation of the prepairing for a maximal usage of time and space conditions for the training will depend on the proffesional capacity of the teacher to guide the directions for training and playing, much closer to the reality and scholarshiip team needs.

Key word: handball, scholarship team, treading lessons.

RECREATION AND SPORTS FOR ALL

PROPOSAL FOR PSYCHICAL ACTIVITIES FROM RECREATION AND RECUPERATION TIMETABLE

Cristiana Rodica COSTARA

Abstract:

Method of controlling and fighting against stress – a suggestion for a training program.

Objective:

To create a program of physical training for reconstruction and recreation.

Research methods and Procedures:

This five days program is followed by 12 students that form a performance sports group at the Students Sports Club No. 1 Constanza, while they are in a training camp at Baile Tusnad health resort, during their summer holiday.

Key words:

Reconstruction; recreation; training program; sport; students; jogging; stretching; fitness; holiday club; game; mountain walk; music; aerobics; massage

STUDY OF LEISURE ON OLDERS

Gloria RAȚĂ

Abstract

The present study is an observation which has as an objective to present the possibilities and the preferences in the organization and spending of the free time in the case of elder people. The 40 subjects (20 females and 20 males) took part in the research with an open mind and sincerity, by the answers they have formulated in a questionnaire including 10 questions. The results determined by the answers have been grouped and analyzed by numbers and reported in percentage. As it resulted from the analysis, the interpretation and the graphical representation, elder people find multiple opportunities to take part in the social life and to spend their free time by means of sports activities, with a proper degree of physical effort. The conclusions underline the fact that elder people find multiple ways of spending their free time, among which are included sports activities, cultural activities by watching shows, movies, by reading, they practice gymnastics or another sports activity, they have fun, they relax, they rest or they walk daily, they are mainly concerned in doing pleasant and useful activities.

Keywords: *tracking down, spending, free time, age.*

SPORT AND HEALTH: A CRITICAL REVIEW OF THE UK SITUATION

Vic KERTON

VARIA

THE STUDY OF EDUCATION LEVEL ON HIGH-SCHOOL GRADUATES FROM BACAU, IN OLYMPIC DOMAIN

Cătălina ABABEI

Radu ABABEI

Abstract

Study regarding the knowledge level in olympic area of elementary school graduates from Bacau

Objective: *The aim of this study was to distinguish which is the knowledge level of Bacau elementary school graduates, referring to physical education domain in general and particularly olympics.*

Research Methods and Procedures: *This study used elementary school graduates (110 females and 133 male). The knowledge level was measured by a 16 questions questionnaire .*

Results: *140 students responded positive (56,61%) and 103 students responded negative (42,39%) at the question do you think that you have enough knowledge in the physical education and sport domain? Only 56 students (23,04%) think that the content of physical education lessons is in concordance with their options, the most of them, 187 students (76,95%) had a negative answer regarding the agreement between their options and the physical education lessons subject. Only 23% of students knew who was the creator of Modern Olympic Games.*

Discussion and Conclusion: *The knowledge level of Bacau elementary school graduate is satisfactory, because they have knowledge about sports and the big champions, but in the same time there is a lack of knowledge in the olympic area. Also we observed a absence of informations regarding the various regulations on team sports.*

Key Words: *knowledge level, physical education, olympic, elementary school graduate.*

BUILD UP HABITS IN ORDER TO PRACTISE INDEPENDENT PHYSICAL ACTIVITIES

Alexandru ABRAMIUC

Abstract

The real aim of physical education is the well-being of the human body for a good use of your strength in your everyday work and live. (GALENUS).

Key words: *exercise, schoolchildren, leisure.*

Aspects of pedagogical objective application on physical education class

Conf.univ.dr.Lidia ATANASIU

Lect.univ.dr.Cristian MIHĂILESCU

Academia Navală „Mircea cel Bătrân”

Abstract

The operational objective are formulated by a specific derivational approach called “operationalization”, it is a concrete definition of the educational intention, which can be expressed by measurable and observable behaviours.

A SOUND MIND IN A SOUND BODY?

Vincenzo BIANCALANA

Abstract

The movement-cognitive development paradigm is often united in an equivocal way. On the other hand, the famous Latin idiom by Giovenale “mens sana in corpore sano”, speaks clearly: only he who has a “sound” body can consider himself to have a mind as sound. But are we sure of this assertion, or should we reconsider it? Are motricity and cognitive development really so closely linked? The article attempts to make a contribution in this sense through, among others, the contribution of the TSGM theory of the Nobel prize winner D. Edelman.

COMMUNICATION SYSTEMS IN SPORTIVE GROUPS

Vasile Cătălin CIOCAN

Abstract:

In contrast with other types of communication (intrapersonal, interpersonal, public) communication in team refers to changing messages between persons engaged on a project together (team sports).

Three big communications category : verbal, written, and behavior (non verbal), can be used to achieve the objectives. In managerial activity neither one is not enough alone, they have to work together.

Drawing a conclusion, the communication systems have a decisive importance in team sports, because they help in knowing the personal goals, promote interpersonal relationship and create social and task cohesion in team.

Key Words: *Sistem, written communication, verbal communication, grup, game, instruction, objectives*

THE CREATIVITY CONCEPT APPLIED IN SPORTIVE TEAMS

Vasile Cătălin CIOCAN

Dana Maria CIOCAN

Abstract:

In the past few years, one of most certain way of solving the grup problems was that of forming teams, which can offer solutions and put good use on human creativity, based on well knowed method.

The idea that teams, of variable size, have bigger odds to solve problems than individuals.

Now, milions of people are reunite in countless grups which have only one goal, innovation in their work area.

Grup creativity assessed because it answers better in solving insoluble individual problems in real time. In practice, often the one individual capabilities in approach problems are outrun, and interdisciplinary approach forcess the constitution of a mixt team in order to achieve original solutions.

Key Words: *game, education, creativity, notion, sport, individual, team, brainstorming, brainwriting.*

STRESS CONCEPT AND ADAPTATION MODALITIES

Cristiana Rodica COSTARA

Abstract:

Reaction to stress – how does it affect our lives; physical and psychic symptoms related to stress.

Objective:

To analyze the stress concept and its consequences consisting of morph-functional and behavioral changes that can be observed on any subject affected by stress.

Conclusion:

Superior physical and psychic training needed for achieving high levels of sport performance, kept below the biological limit of one subject, is considered to be a factor that will decrease the stress level which causes negative reactions in human body / behavior.

Key words:

Health; stress symptoms; general adaptation syndrome; sport; performance; training.

BIOFEEDBACK AND ATHLETIC PERFORMANCE

**Marius CRĂCIUN,
Csilla SZATMÁRI**

Abstract

The present paper present the biofeedback training and its role in athletic performance. In the introductory part it is presented a short definition of the biofeedback and its mechanism, followed by the research literature using biofeedback training in relationship with athletic performance. The research literature concluded that biofeedback training is an efficient tool which helps athletes in their mental training towards an excellent athletic performance. The newly opened Sport Psychology Laboratory at Babes-Bolyai University in Cluj-Napoca introduced biofeedback training as an adjuvant to other sport psychology methods.

Key words: *biofeedback training, mental training, athletic performance.*

STUDY ON EFFECTS OF FREQUENCY THE LATERAL OSCILLATION IN SEA-SICK

Laurențiu IONESCU

Abstract

Study regarding the effects of the lateral oscillation frequency in motion sickness – seasickness

Objectives: *This study has the objective of characterizing the lateral oscillation of low frequency, the cause of motion sickness in certain means of transportation*

The effects of the lateral oscillation frequency: *Three groups of ten subjects susceptible to motion sickness were observed in a simulator study, for thirty minutes, at a lateral sinusoidal oscillation with a peak speed of 1.0m/s, at one of the following frequencies: 0.0315, 0.05, 0.08, 0.125, 0.16, 0.20 Hz.*

Conclusions: *The medium nausea caused by the lateral oscillation can be determined in accordance to the frequency. The subjects developed symptoms of motion sickness for frequencies between 0.0315 Hz and 0.2 Hz.*

Key words: *seasickness, lateral oscillation, frequency*

PSYCHOLOGICAL AND PSYCHOSOCIAL ASPECTS OF RABBLEMENT IN SPATIAL MODIFICATIONS IN SEA-SICK

Laurentiu IONESCU

Abstract

Psychological and psychosocial aspects of the perturbations that appear in the context of spatial modifications in sea sickness

Objectives: I pursued the realization of a symptomatic description of psychic and psychosocial manifestations that occur in sea sickness for diminishing and efficiently fight against all this symptomatology through psychotherapy.

Psychological and psychosocial consequences in sea sickness: The structures that are vulnerable to seasickness are considered to be the structural-anxious personalities, predisposed to reactions of fear bearing any kind of threat, and the phobic personalities.

Conclusions: The deterioration of interpersonal and group relations worsens the manifestations caused by the seasickness. The determinative factors: psychical structure, susceptibility, reactivity, cohesion and matureness of the group.

Key words: *kinetosis, psychic, psychological aspects, psychosocial aspects*

PSYCHOMOTRICITY: THE BODY AS SELF-EXPRESSION

Ricarddo IZZO

Abstract: *The birth of psychomotricity, and the new interpretations that have been given to promote the healthy, harmonic development of the growing child.*

Keywords: *Psychomotricity, assimilation and accommodation, adjustment, praxia.*

THE PRELIMINARY RESEARCHES IN DETERMINATION OF ROLE OF VIDEO-ANALYSIS IN OPTIMISATION OF TECHNICAL TRAINING IN SPORT

Mihai ILIE

Abstract

Preliminary researches to the real scientific approach in the determination of the video analyze role of the technique training optimization in sport.

Objective: *The purpose of this research is to identify the straight ideas that will represent the support for the operational approach of the research by studying the speciality literature circumscribed to the theme and the wording of the research premises concerning the role of the video analyze in the technique training optimization in male triple jump.*

Research Methods and Procedures: *To accomplish the preliminary research of the proper scientific approach I used the reference method by bibliographic study, the observation method and the biomechanics analyze method.*

Results: *As a result of the earlier enunciate methods usage we formulated the premises circumscribed to the proper theme.*

Discussions and Conclusions: *Based on the earlier formulated premises and starting from the mentioned hypothesis, the unfurling of the proper scientific approach will be realized by a topical interest scientific support following a correct evaluation of the particularly aspects of the individual biomechanics of the Romanian national batch jumpers operating in the rational capitalization direction of the individual performance potential of these.*

Key words: *video analyze, pattern – making, optimization.*

SCHOOL, STUDENTS AND THE INTERNET

Nicoleta Mihaela NEAGU

Abstract

The Internet can be used as a way of mass communication or as a high device of a new type of media (a new way of communication).

Teenaged students have discovered the advantages of the Internet and they are more and more interested in this kind of communication. We use the Internet in our schools as a way of training in educational field, motivating and inspiring the student and developing his/her creativity. Unlike the benefits of this type of communication, there are some new delinquents who make an attempt to human dignity (European nets of child molesters, illegal currency transfer, etc) and these facts led the creation of specialized groups investigating IT crime. Aim to eliminate delinquency, to prevent abuse against both underaged and students.

The present paper evaluates the level of delinquency on Internet and shows the problems the users could face. The documentation, observation, interview and questionnaire have been used as methods and techniques of work.

The investigated group was made up of 20 people who could access the Internet. The result of the surveys shows that the correct use of the Internet is in accordance with the youth's education.

Key words: school, students, internet

SHORT HISTORY OF BADMINTON GAME

Nicolae OCHIANĂ

Alexandra MILON

Abstract

For each sport the history of that particular game is an essential part which defines and sets clearly key moments of its evolution.

Through this documentation we wish to contribute to defining these historical key stages of the badminton games, stages which will be used and improved by researchers and teaching staff or by coaches interested in this topic.

Key words: badminton, history, evolution

„SPORT AND HEALTH THROUGH UNIVERSITY” FINANCE PROJECT FROM NON-REIMBURSABLE FUNDS FOR SPORTIVE ACTIVITIES

Nicolae OCHIANĂ

Abstract:

The material presented here is intended to draw the attention to the oportunities for getting founds for the development of sports activities.

Since the financing of sports activities from the state budget has seriously decreased lately, we must resort to alternative sources of finances, sources whith exist on local level.

Key words: sports activities, finances, project

FORM THE CAPACITIES FOR FIGHT – MODERN TRAINING

Cristinel OLARU

Abstract

For the profesional armys future, the specific military training can be compare with a modern training for the sport performance. After this analyze , it is posible to put equal sign between military and sportsman.

Key words: *Army structures, military physical education, preparation for fi fight, skills for fight, training.*

NUTRITION FOR PERFORMANCE AND HEALTH

Cristinel OLARU

Abstract

Everybody from us must to know that keep a good health, is posible by eliminate the uncommon behaviors from the cotidian activity, that meaning a simple way to be strong, with a healy life with a lot of succes.

Key words : *alimentation, nutrition, proteins, glycogen, fats, hydratation.*

MODALITIES FOR EFICIENCY TESTING OF MARINE STUDENTS ON SPECIFICS PSYCHO-MOTRICITY; TEST „OPRISAN”, VARIANT II

Naie OPRIȘAN

Abstract.

This work is just an extract from a larger and complex scientific investigation overnaval students trying to find out the whole scale of physical end psychometric needs of this entrire training and teaching process of sailors according to their duries aboard ships.

Key words: *Testing, research, specific preparation, psychomotric capacity, sailing security, specific psychomotric skills, suvivre capacity.*

PRESENTATION OF THE TRAINER PROGRAM – SOFTWARE FOR FUNCTIONAL ANTHROPOMETRIC EVALUATION AND THE CREATION OF TRAINING PROGRAMS

Pierluigi De PASCALIS

Abstract

Presentation and characteristics of the “Trainer Program” software, designed to carry out anthropometric and functional evaluations of numerous corporeal parameters, with the possibility of creating suitable training programs to improve performance.

BASIC CONCEPTS IN SPORT CONSILIATION

Cristina SPÂNU

Abstract

Consulting activity is the process when a professional establish o relationship based on trust with o person who needs sustaining. This relationship assure the ideas` and feelings expression about a problem and give sustaining in order to clarify the basic meanings, to recognize the patterns which can give solutions.

Key words: *consiliation, performance, sport.*

THE MANAGING OF A CONFLICTUAL SITUATION (THE CONFLICT IS CHRONIC ONE) BETWEEN COACH AND ATHLETS, IN AEROBIC GYMNASTICS

Cristina SPÂNU

Abstract

The elements which bring about the conflicts made a directive behaviour which tends to obstruct the achievements of a very important targets, obstruct the activity of some persons(colleagues, coach) or even the activity of the hole team. Conflicting behavoiur manifests through a tense environment , attitude towards not work , not efficiency, `` strikes`` and maladjustment.

Key words: coach, aerobic gymnastics, athletes.

POWER DEVELOPEMENT ON GYMNASIAL SCHOOLCHILDREN WITH RESOURCELESS SPECIFIC TO WRESTLING, USED IN EXTRACURRICULAR SPORT ACTIVITIES

**Dumitru ȚĂPURIN
Mihai DRAGOMIR
Marius Daniel TRUȚĂ**

Abstract

The purpose of experimentwas to distinguish the methodical increase of segmentar and general power on gymnasial scholchildren by use wrestling specifical resourceless in extraclass activities. All the final parameter are significant better on the experimental group than the control group, so the hypotesis was confirmed.

Key words: *Wrestling, methodology of application, segmentar power, general power.*

CONCEPTUAL DELIMITATION IN SOCIALIZE PROCES: SOCIALIZE – EDUCATION

Mariana TUDORA

Abstract

This paper contains the sociological perspective projection of the educational phenomena, in good relationship with the dynamic social ensemble, and in the same time with the social prospects and social values. In that integration perspective we follow the relationship between education-socialization in the constitution process of the social ego and of the personality.

Key-words: socialization, concept, personality, education

SECTION II

SPORT PERFORMANCE

ASPECTS OF TRAINING IN SEMIFONDS ATHLETS FROM C.S. ȘTIINȚA BACAU IN COMPETITIONAL YEAR 2006

Dan Iulian ALEXE
Cristina Ioana ȘOFLĂU

Abstract

Nowadays, the orientation of coaching in half long distance presents original, specific and unique characteristics. The performances' increasion on the international plane imposed finding new means and metodhs, new approachments of coaching and competing.

Objectives: this paper suggests the evidence of some aspects concerning the orientation of the half long distance coaching from C.S. Stiinta Bacau, in the competitional year 2006, aspects which have positively contributed to the obtainence of some valuable results in the national and international contests to which they have participated.

Conclutions: We consider that the alternation of different means of coaching as well as the adaptation of volume – intensity report depending on the particularities of each athlet can be some of the fundamental reference points in the coaching of half long distance.

Key words: half long distance, athletics, the coaching orientation

THE INTEGRAL TRAINING IN HANDBALL, WITH COMBINATED EXERCISE, TO IMPROVEMENT THE SPEEDY TRANSITION FROM ONE PHASE OF GAME TO ANOTHER, BASED ON PHYSICAL PREPARATION

Alexandru ACSINTE
Eftene ALEXANDRU

Abstract

The playng concept contents is above the way of training evolution structure. Integrative coaching activities in team handball could be build on the combined training exercises according to the fast breack pahe structure. The actual tendencies in developing new ways of handball training should be the fundamentals of the physical factor corelate with tehcnical and tactical characteristics.

Key words: integrative training, combined exercises, handball playing phases.

CONSIDERATION ABOUT SELECTION IN SOCCER GAME

Gheorghe BALINT

Abstract

The present paper has as a goal to present some of the author's own considerations

concerning the selection process used at present in the football game in most of the clubs in our country, considerations elaborated after the analysis of some materials specific to the specialty literature and on the present day reality.

Key word: *football, selection*

STUDY ON FIRST ORGANISATION FORMS OF SOCCER ACTIVITY IN BACAU

Gheorghe BALINT

Abstract

The present paper represents a modest beginning, but it is meant to be an open way for the future approach of the history of sports in Bacau and for up-dating it.

More specifically, the content of the research consisted in accessing the archives of the local newspapers, the city town hall and the district prefecture documents, which I have consulted searching for data concerning the football phenomena, making files and, whenever I have found special documents I have made copies due to the good will of the Public Archives clerks in the department of Bacau.

Key word: *football, form of organization, Bacău*

FACTORS INFLUENCING SWIMMING PERFORMANCE AND PHYSIOLOGICAL TESTING OF SWIMMERS

Aurel BEJAN

THE SELECTION IN TRIPLE - LEAP

Lenuța DRAGOMIR

Abstract

In this paper I tried to show the determinated etapes and criterias for the athlete-girls in triple-jump. I maked an contemplative structure from this triplejumped, with theoretical presumption from 2 Congreses in track and fields (Berlin, Budapest).

Key words: *child, athletes, jumps*

STUDY ON CORRELATION BETWEEN GENERALY PHYSICAL PREPARATION AND SPECIALY PHYSICAL PREPARATION ON ASHORE ON SWIMMERS OF 9-10 YEARS OLD

DRAGU MIRCEA

Abstract

The outstanding results that the Romanian swimming has recently obtained worldwide set forth the great efforts made by the passionate specialists of this beautiful but demanding sports branch. These efforts are the more commendable as they are to be considered against the harsh realities of the actual conditions of the swimmers' activity.

Key words: general physical preparation, special physical preparation, training

SEAMANSHIP RACE

Virgil ENE-VOICULESCU

Abstract

This race shall be performed on land, in a working area of approximately 5 x 5 m (see sketch) and in a pulling boat on water, over a course of 270 m.

The technique used by competitors in the different features is optional.

ASPECTS OF DEVELOPEMENT OF MAXIMAL POWER WITH 1 RM IN BODY-BUILDING TRAINING

Emil FIEROIU

Abstract

The selection, the adaptation and organization of more efficient methods which would bring the optimization of growth of the strength and muscle mass through maximum repetition.

Key words: maximum strength, training, sport, maximum repetition, program

THE SELECTION ON SPORT EVENT AND PROCESS IN SWIMMING

Ovidiu GALERU

Abstract

Objectives: Forecasts with a high enough degree of probability can be made concerning the evolution of the growth in height, if it takes place normally and is not dependent on any congenital or caught disease.

Development of the research: The present work is based on a study carried out during 8 years of activity as a swimming coach, period during which specific aspects concerning the selection of swimmers by tests and methods have been observed on a number of 108 sportsmen

Conclusions: The accuracy of the selection is still uncertain, being influenced by accidental causes, independent to our will. During the selection a series of questions come up: is it more useful to test 5000 beginners with a single test or only 500 using a set of tests?

Keywords: selection, somatic, anthropometric, bio-motion.

OPTIMIZATION OF TRAINING MODEL FOR 9 M LINE, ON LEVEL III ATHLETS

Adrian GEORGESCU

Abstract

Sports is defined as an organized game, which needs physic effort, it is achieved through a formal structure, based on a context of formal and explicit rules of behaviour and procedures.

Key words: preparation process, pattern, specialization on field

SPEEDY POWER IN 300 MP FOR THIRD CATEGORY OF JUNNIOR ATHELTS

**Cecilia Gevat,
Alin Larion**

Abstract

Background

The research is based on the background that the speed force is the most important factor who set the augmentation of the contact time with earth in sprint. The hereby presents the role of the speed force in obtain and mentain of maximum speed from track at a hurdler in the 300m, increase the identification of optimum scale of speed force in the precompetitional period.

The maximum speed for running of the best sprinter is influenced by the manifestation line of the quiqly speed on the earth, more exactly by the minimise of contact times with the earth in the running period

Methods

The research is based on the transversal experiment and it is a case study.

Aims

The scientific documentation increase theoretical fundamentation and methodological who looked for the quiqly force in the sprint running.

Make a case study for the quiqly force for an athlete in 300m.

Results

Unitary power on two legs was been an negative value, on to 2. The correlation between the unitary power and the results obtained at pentasalt stayed in unsemmnification, at a semnification bordure mach more of 0,05.

Keywords: *athlete, alactacides power, speed force.*

PATTERN MAKING ON INFORMATICS BASE ON SPECIFIC TRAINING FOR A PLAYER ON POST OF FALSE , AT A LEVEL OF VOLEY TEAM – A DIVISION

Dănilă Dănuț MÂRZA

Abstract

To obtain the international best sport outcomes, it must be use all the time the last researches in training volleyball area and also the last researches in informatics technology.

To introduce the informatics technology in volleyball training, it was elaborated a software called VoleiStat, which records, analyses and evaluates (with the computer), the players and team performances in competitions and in their training and which contributes with information for sport training optimization. The VoleiStat software can make a statistics analysis of the recorded games and can help the coach to guide the team in competitions. This application contributes also, to modeling of „fals” player training.

Key words: *modeling, „fals”, volleyball, informatics, software, VoleiStat*

THE CONCEPT OF ATTACK AND DEFENSE ON CLOSE-HAULED IN YACHTING

Alexandru Octavian MICU

Dumitru MICU

Abstract.

This paper is based on our experience: 20 years of training sportsman and yachting coach. Our goal is to present the attack and defence concept for yachting race and also to have a progress which will help obtain higher sportive performances in short time.

Keywords: *Boat, atacker, defender, competition, navigation, sail boat, wind.*

INFLUENCE OF USING THE RAPPEL SIMULATOR IN TRAINING OF ATHLETS OF „OPTIMIST” CLASS

Alexandru Octavian MICU

Dumitru MICU

Abstract.

During the sailing on optimist boat, when the speed of the wind increases, the sportsman has to hike between 30 seconds and 15 minutes. Because of th hike and because we can not train ourselves during the cold season, we introduced some exercises on a simulator where a sportman can maintain the hiking position.

Key words: *boats, races. optimist, boat, hiking simulator, races.*

BODY HYDARTATION AND DEHYDRATATION IN BODY-BUILDING

Cristian MIHAILESCU

Lidia ATANASIU

Objective : *The essay propose to study the relationship between the process of hydration and dehydration at the body and the achievement in bodybuilding.*

Research metods and procedures: *This study was focused on the C.S Farul Constanta bodybuilders, within a period of few years. The following methods were used: discharging and recharging with carbohydrates, the elimination of sodium from food, restricting the fluid swallowing, running/jogging, or pedalling a bike, posing and sauna.*

Conclusions: *It is only for the effective use of this methods that can be healthy and favourable. The dehydration of the body are used only during the competition period.*

Key Words: *water, hydration, dehydration, bodybuilding, methods, muscular definition.*

THE TECHNICAL PROFILE OF A SOCCER PLAYER

George MUŞAT

Damian PETCU

Abstract

In today's football the player who has the possession of the ball becomes tho key player of the game. The player must posses all the specific tactics of football's stike and defense, and also must posses a good technique with great speed, strenght and specific resistance.

Key words: soccer, player, tehcnics.

CHARACTERISTICS OF MOTRIC QUALITIES IN BASKETBALL GAME

Valentin NEGREA

Abstract

The speed is a neuromuscular characteristic that it is present in some sports, consisting as an important factor for the sport income. In the basketball, this capacity has an important paper in the athlete's physical development and intervenes directly with its performance inside of the game. Characterized as collective and intermittent sport the basketball is developed in great speed with constant intensity changes, requesting of the athlete the maximum physical income.

Key words: basketball, performanță, high junior, physical development.

WAYS TO DEVELOP THE ABILITIES IN TENNIS

Nicolae OCHIANĂ

Abstract

The increasing evolution of performance in modern sports has imposed the necessity of a continuous improvement in the sportsmen's types of training. The efficient development of the training process in table tennis must consider certain methods of maximizing the performance capacity. These methods must take into consideration the improvement of the selection process, the increase of the amount of work, to impose training requirements in accordance with the competition requirements, to increase the intensity of the effort, the quick recovery of the effort capacity, the transfer of technologies, as well as the rationalization and standardization of the means of training.

Key words: table tennis, tendencies of the development, performance capacities.

PROGRAMMING AND PLANNING OF TRAINING IN RYTMIC GYMNASTICS

Antoanela OLTEAN

Abstract

Performance coaching is a process that can be defined as the purposeful improvement of competitive sports performance through a planned programme of preparation and competition. Depending on the requirements of a particular sport, these may include inputs in the areas of technique, physiology, psychology, nutrition, theoretical knowledge of the sport, lifestyle management and tactics. Any contributions to the process will be complicated by the need for coaches also to address the differences between various factors. These factors include what type of sport, whether children or adults and males or females. Obviously, many contribution will need to be highly individualized and may need to be further divided into specific areas for attention such as in strength conditioning, flexibility, aerobic capacity, mental preparation, sport medicine, nutrition, practice organisation and management, and competition planning.

LEGS MOVEMENT – THE SECRET OF TENNIS

Liviu Panait

Abstract:

The game of tennis it is, first of all, a game of movement and so, we should train it as well we can to have greater success. Some research demonstrated that 70% of the match mistakes are because of poor movement. In this article I try to give you some ideas about how to increase the movement and have greater shots.

Key words: tennis, movement, agility

EUROPEAN VISION - CONSIDERABLE CONTRIBUTION BROUGHT TO THE INITIAL SELECTION IN HANDBALL GAME

Camelia Daniela PLĂSTOI

Resume:

In nowadays sports, a very often debated topic is that of the appropriate age for the initial selection. In handball this is comprised between the ages of 10-12 years, when morpho-functional and psychical sub-level of the organism is able to sustain the effort of requirements of the handball training and competition.

The appropriate age for promoting the elements which denote some special qualities from the beginners groups into the advanced ones is of 12-14 years, while the promotion into the proficiency groups occurs at 16-18 years.

PROJECTIVE MODELS IN HIGH GYMNASTICS

Gabriel POPESCU

Abstract

The research justifies the necessity of remodeling the sport preparation planning in artistic gymnastics starting from the perspective plan until the exercise lesson. After the experiments and gathered experiences, it promotes new graphic models with new contents viewing the quantity and the quality that can leave you at the preparation process in GAM/GAF

Key words: projective models, artistic gymnastics, performance

STUDY OF CAPACITY TO KEEP THE DEVELOPED SPEED ON BOYS AND GIRLS OF 14-15 YEARS OLD

Bogdan RAȚĂ

Abstract

Objectives: *This study has as an objective to emphasize the usefulness of the methods used at the moment in our country, methods which have as a goal to increase performance in case of 14-15 year-old children in the sprint test, analyzing especially the phase of maintaining the speed achieved.*

Research Methods and Procedures: For this study we have used a group of children with ages between 14 and 15, 33 boys and 29 girls in all, organized in two groups (the experimental one and the control one). We have used three control tests on a distance of 50m with an electronic chronometer every 5m in order to establish the area where the maximum speed is achieved, and one every meter in order to analyze the phenomenon of maintaining the achieved speed.

Results: Analyzing the results achieved we can see that, both in case of boys and girls, the speed achieved after the acceleration phase can't be maintained, not even after having applied specific training.

Discussion and Conclusion: Both 14-15-year-old boys and girls do not have the capacity of maintaining the speed achieved during the acceleration phase. I think it is necessary to make a more thorough analysis and an improvement of the training methods used in our country for this purpose.

Key Words: developed speed, training methods, children.

SELECTION AND ORIENTATION, ESSENTIAL ELEMENTS FOR HIGH SPORTS

Constantin RIZESCU

Abstract

Definition and understanding of selection concept, the relation of this with sport orientation are the most important elements for succes in training of further high athletes. The clarity of criterion after we make the selection, in conformity with those factors that can determinate a correc selection, are the aspects that contribute on realization of great succes in high sport.

Kei words: selection, orientation, sportive preparation, criteria, requirements

ORGANISATION AND UNFOLDING OF JUDO COMPETITION THROUGH JUDO TURNIER MANAGER

DANIEL ROȘU

Dumitru Ioan DOMNAR

Abstract

The computer science allocated in the sport activity represents an interdisciplinary field which became known due to some arguments compulsory for the contemporary reality: necessity, objectivity and rationality.

Objective: *The aim of the present paper is to argue for the importance of using a specialized soft in organizing and developing judo sport competitions.*

Research methods: *The research was made on the base of a deep analysis of some judo competitions developed not only in a traditional system but also with the use of specialized soft. Thus, there have been observed and analyzed 5 traditional judo competitions in 2006, 40 participants for different categories being interviewed on the issue of organization errors, after which the results of the experimental application (2007) of a specialized soft have been closely analyzed.*

Results: *A clear improving of all the organization errors has been identified by using a specialized soft, and here we should mention: the participants' registering in a much shorter (51%), the cast lots was 7,5 times more rapidly, the filling in of the contest forms went 12 times quicker, the time of the competition could be anticipated more exactly, the moments and the steps of the competition,*

diplomas and participation certificate could be also realized, as well as the tops and the final reports.

Conclusions: The use of these types of soft is very necessary for organizing and developing the nowadays sport competitions due to their advantages: comfort, objectivity, multifunctional database.

Key words: Computer science, soft, organization and developing, sport competitions, judo.

SWIMMER TRAINING IN SYSTEM OF „ERGOSIM” SIMULATOR

Silviu Şalgău

Abstract

Objective: Achieving a transfer as efficient as possible between the training on land and the training in water of the swimmers by help of the simulator.

Introduction

The „ERGOSIM” conditions simulator is a modular system of apparatus and auxiliary devices meant to record and study the parameters of the body movements and to educate the muscular control by using visual feed-back.

Content

Requirements have been formulated and accessible programs, adequate to the objectives, have been made up. To this purpose, the operation time has been reduced from one exercise to another for the same sportsman, up to values of maximum 10 seconds, so as variants of the training carried out in the swimming pool could also be applied on simulator, variants during which the play between intensity, duration of the exercises and duration of the breaks could be achieved.

Presentation of the research

The training sessions using the engine simulator have been carried out similarly to the ones in the swimming pool:

- for the sportsmen specialized in speed races: 50m, or 100m, or 2x50m, with a 10-minute break, but the break between sets of repetitions has been of 5-10 minutes (active break)
- for the sportsmen specialized in resistance races: 4x50 meters or 2x100 meters, with 10-seconds breaks between repetitions and 5/10-minute breaks between sets (active break)

The experimental group has performed an average of four training sessions with the engine per week. The control group hasn't performed any training using the simulator. The number of swimmers was of 12 in each group.

Analysis and interpretation of the data

Using the data achieved after the tests we have made up a force graphic according to the speed for each sportsman. Each graphic includes three curves corresponding to the three tests.

Conclusions

1. There are different behaviors between the sportsmen specialized in the resistance races and the ones specialized in the speed races.

2. In the case of sportsmen specialized in medium and resistance races (200, 400, 800 and 1500 meters), the evolution in time of the force-speed curve does not differ.

Key words: training, simulator, parameters, swimming, metabolism, effort

BIOCHEMICAL AND PSYCHOLOGICAL IMPLICATION ON UTILIZATION OF SIMULATOR IN SWIMMERS TRAINING

Silviu ŞALGĂU

Objective: *guiding marks concerning the individual reaction and the metabolic lack of balance together with the existence of a good mental representation.*

Introduction

In all sports, the specificity of the training is more and more discussed upon. The simulators used in the training of sportsmen have as a goal to reproduce as accurately as possible the conditions of the natural environment, as well as to remove the drawbacks of this environment. Simulation and work using the “ERGOSIM” simulator can influence the training of the swimmers, but the sense of the influence depends on the training methodology used.

Content-methods

Making a correlation between the real time achieved by the sportsmen during the drills and the duration of the break, we can establish the address of the effort (aerobe, medium, superior aerobe, tolerance to lactate, production of lactate), the excess of force-speed.

This fact is due to the variability of the biochemical and motion behavior of the swimmers in the two effort situations. Watching the individual reactions, we could notice the following types of response:

A. Higher metabolic lack of balance on the simulator than in the water, associated with a higher speed or frequency of contraction compared to the one registered in water.

B. Lower metabolic lack of balance on the simulator than in the water, associated with a higher speed or frequency of contraction compared to the one registered in water

C. Equal metabolic lack of balance on the simulator and in the water, associated with a lower frequency of contraction on the simulator than in water.

Type A could be explained either by using a greater load to the one in the water, or by the existence of some problems concerning the floatability in the swimming pool, or by both.

Type B can be due to the use of a load inferior to the one in the water.

Type C can be caused by the increase of the traction length during the active stage.

The improvement of the movement quality and in consequence, by doing this, the improvement of the performance itself is thus connected to the improvement of the motion representation.

Conclusions

1. The specificity of the behavior can be underlined by means of the curves force-speed and power-speed which, in general, keep the appearance suffering changes upwards and downwards and dilations on the areas with high speeds.

2. The information facilities offered by the simulators give us the possibility to approach an efficient methodology for the training of the command resistance and as a consequence we can make it last for a longer period of time during the race.

Key words: *metabolic parameters, psychological parameters, lack of balance, simulator, and swimmers.*

THE INVESTIGATIONS OF PSYCHOMOTRIC ASPECTS ON JUNNIORS IN RITHMIC GYMNASTICS

Gheorghe SIMION
Antoanela OLTEAN

Abstract

To be competitive, the key is to select testes that provide information specific to the particular sport, position and event. Selecting tests techniques that are valid and reliable, rather than based simply on familiarity or tradition, and insure that tests are conducted in a safe and productive

atmosphere to optimiye player safety, concentration and instruction. In addition, both the coach and the sport science staff must ensure that valid and appropriate feedback is provided the athlete is in a timely manner by those they trusts.

ASPECTS ON SELECTION IN WOMEN SOCCER

Gheorghe SIMION
George MUŞAT

Abstract

Teenagers and children's training is considered today, from physical education ideologists and practicians' point of view, as a specific element, embedded in the structure of the performance, specifically designed to lead to superior performances at maturity, and which allows a specific model of management and training

Keywords: *cercetare experimentală, selecție, grupa experiment, teste, rezultate*

PARTICULARITIES OF GROWTH AND DEVELOPMENT IN BASKET JUNIORS

Gheorghe SIMION
Valentin NEGREA

Abstract

Basketball is a game of movement; it also requires a high proficiency of technical skill. However, technical skill and athleticism fail if the player does not understand game concepts, play with intensity, embrace competition and react quickly to constantly changing situations. Therefore, basketball requires tactical skill and a fourth skill, a set of intangibles that combines leadership, coachability, competitiveness, intelligence, awareness, and more. When these four skills blend together in one player, the player has all the elements of a successful player.

Key words: *basketball, high junior, development.*

ASPECTS OF THE NEW CONCEPTION IN RELATIONSHIP GAME-TRAINING

George Radu STĂNCULESCU
Ionel MELENCO
Petre COMĂNIȚĂ

Abstract

The necessity of training in conditions similar to game situations is a recognized value because it fundamendts scientificaly and methodicaly the bases of training.

Introduction. *The real and methodicaly efficient line that ensures the premises of activity planning, is orientated on the idea that the requirements, particularities and characteristics of the game influence the task of training. Creating conditions similar to the game situations during training contributes to the acceleration of the players learning process and ensures of realistic content to the exercises used.*

Objective. We wanted to analyze the load and the placement of the players in respect to their difficulty degree and their influence over the players condition.

Research Methods and Procedures: we wanted to analyze the results of the team from the First League during the training period and the first part of the second half of the championship.

Discussion and Conclusions: We tried to draw some conclusions and ask ourselves some questions, but we will consider other specialists opinions that we will consider to be pertinent.

1. Did the effort curve and the tasks of different training periods overlap with the game difficulty?
2. Was the rhythm of the hand planning correct during the training period? Is one game useful during a weekly cycle or do you need more?
3. Did the content of that certain stage couple with the game tasks? Did you establish the relation between game-practice and practice-game?
4. We count that the most of the games were trial matches in order to establish the main team.
5. A fact is that the main teams(the first 11 players) were used all 90 minutes only in the last two trial matches and not even then at all teams.
6. It was fair by some teams to abnegate the classic build-up period, so characteristic for the romanian soccer?

Key Words: match, physical training, results, condition.

GAME OUTLOOK AND PLAY SYSTEM IN SOCCER

**George Radu STĂNCULESCU
Ionel MELENCO**

Abstract

A system a play refers to the tactical organization and responsibilities of the 10 field players. Every game system has its advantages and disadvantages, but not system is important, important is dynamic, power and speed players.

Key Words: soccer, system, conception, , organization.

SOME METHODOLOGICAL ASPECTS IN EXPLOSIVE POWER ON JUDOKA (16-18 YEARS OLD)

**Dumitru ȚĂPURIN
Mihai DRAGOMIR
Marius Daniel TRUȚĂ**

Abstract

The purpose of experiment follow the methodology of explosive power increase on judoka 16-18 years old, with specific and nonspecific resourceless on judo. Data getting in and processing on *uchi-komi*, *nage-komi* , *triangle* show that the final testing are better significant for experimental group, then control one.

Key words: analitical curriculums, methodological programs, application methodology.

ORIENTATION OF PHYSICAL PREPARATION OF GOALKEEPER IN SOCCER TRAINING

Dragoș TEODOR

Abstract

In the football game the sportive value of a goalkeeper consists at a large extent of the qualities which he has, the sphere of qualities also containing the motric potențial which the goalkeeper has, on the basis of which the abilities and habitudes necessary for the development at a high level of the technical-tactic content, specific to the post modelate and perfecționate.

Key-words: *football, goal keeper, training.*

PHYSICAL QUALITIES THAT ARE DOMINANTS FOR SOCCER GOALKEEPER

Dragoș TEODOR

Damian PETCU

Abstract

The modern football game sometime is exceeding the level of a simple game, because the players are performing exercises with a great physical demand.

Key-words: *football, goal keeper, physical exercise, preparation.*

THE COLATERALS EFFECTS ON ORGANISM OF INDIVIDUALS WHO PRACTISING HIGH AEROBIC SPORTS

Constanța URZEALĂ

Abstract

Collateral effects on the sportsman's body, practicing performance aerobic gymnastics

Objective: *The aim of this project is to identify the most frequent deficiencies at the spina column level, due to the specific effort in aerobics gymnastics.*

Research Methods and Procedures: *The subjects (aged between 12 – 14) are practicing this event for 7-8 year to the ANEFS Sports Club, Bucharest. In collaboration with the MEDSPORT Center, we applied the Ergosim Test on the main functional trunk muscle and on the triple extension leg muscle. We also realised a somatoscopic evaluation which has permitted us to observe the morphological deficiencies.*

Results: *The realised studies of cases showed us that the gymnasts suffer from affections of the spine, the most common being the permanent distortion of the vertebrae, changes of the anatomic curves, cifosis attitude, asymmetrical members, improper body alignment.*

Discussion and conclusions: *We proposed specific recuperation programs for each gymnast, which should accompany the training methodology.*

Key words: *training methods, effort, aerobics gymnastics, spine, health*

SPORT MANAGEMENT

MANAGEMENTUL OF QUALITY IN LEARNING PROCES

Elena BUHAEV

Andreea LUNGOCI

Roxana BUHAEV

Abstract

Continued professional growth is an important responsibility of all educators. This may take many forms, but it is generally accomplished through graduate study forms, but is generally accomplished through graduate study, continuing education, professional reading, and involvement in professional organizations and societies.

Cuvinte cheie: *calitatea predarii, invatamant, management.*

THE ORGANIZATORIC STRUCTURE OF A SPORTIVE FEDERATION

Daniel DUȚĂ

Abstract

Irrespective of how good the strategy is within an she will prove completely inefficient as long as the adequate means of implementation are not selected to be used. The organizational structure represents the grounded support of the implementation requiring that choice that is perfectly matching to the aimed strategy. She has to be subordinated to the necessity of the organization to answer to the distinct requirements of 'field.

Key words: *clubs, organization, sports.*

THE MANAGERIAL ORGANIZATION IN SPORT

Daniel DUȚĂ

Abstract

The Management is defining the sportive phenomena as a systemic activity oriented towards the fulfillment of some socio-professional targets of this field of sports. Management is presenting sports as an evolutionist component of the modern social life with her own national and international structure and specific endowments, specialized technical trainers, structural organizations based on systems, nature of laws, theoretical principles, national and international institutions, bodies that are aiming the formation and biological, material and spiritual development of the participants in the sports activities. This type of management is a distinct branch of the science of sport as she fulfills a basic requirement, that of having her own research field.

Key words: *management, sports, trainers.*

NOTIONS FROM REGULATION OF INTERNATIONAL COUNCIL OF MILITARY SPORT

**Elena FRÂNCU
Virgil ENE-VOICULESCU**

Abstract

The International Military Sports Council known by its acronym CISM, is an international sports association grouping Armed Forces of member countries which membership has been ratified by the General assembly. CISM is open to Armed Forces from all nations. The fundamental objective of CISM is to promote sports activities and physical education within Armed Forces, in order to encourage peace in the world. The moto of CISM "Friendship through sport" embodies this ideal.

MANAGERIAL CHARACTERISTICS THROUGH INCREASED TOP STRUCTURE IN SPORTS FOR ALL ROMANIAN FEDERATION

Alin LARION
Nejdet Ismet GEVAT

Abstract

In this paper, we try to adjust organisational structures in Romanian Sport for All Federation and improve the new coordination from the managerial process in a one of european country like the romanian state, after 2007.

Key words: *management, methods, sport.*

CONTRIBUTIONS ON DETERMINATION OF ROLS IN MANAGEMENT OF SPORTIVE ORGANIZATION

Nicolae MIHĂILESCU

Abstract

Contributions concerning the determination of the role in sportive organizations management

Objective: *The determination of the trends and options concerning the roles distributions specific for the sportive organizations management.*

Research Methods and Procedures: *The study case has been applied for a County Board for Sport using the questionnaire method, where 31 subjects were questioned. It has been considered 6 organizational roles as significant ones.*

Results: *Based on the questioning answers it has been determined the options referring at the distribution of the organizational roles in the Board for Sport management, concerning: the posts tasks, decision taking, internal organization, organizational flexibility, management style and the procedures formalization.*

Discussions and Conclusions: *The determination of the subjects formulated options coming from the organizational internal and external environment may be an element of the direction of the efficient organization and manage of the sportive organization activity.*

Key words: *management, sportive organizations, organizational roles*

PRELIMINARE NOTES ON LOGISTIC BASE OF SPORTIVE STRUCTURE IN DISTRICT OF CONSTANTA

Dumitru COLIBABA-EVULEȚ
Cristian POPA

Resume

The aim of sporting clubs logistics is to identify the strong points, the weak points, the opportunities and the threats of the current sporting clubs for its reconsideration and reorganization according logistics management concept .

Key words: *clubs, logistics, management.*

KINETOTHERAPY

LEG JOINTS TRAUMATOLOGY IN GYMNASTICS: COMPARATIVE ANALYSIS, DESCRIPTIVE INVESTIGATION AND PREVENTION HYPOTHESIS IN TRAINING

**Anna Rita Calavalle
Caterina Girolometti
Giovanna Girolometti**

Abstract

In the last ten years, all sport technique has improved the athletic performance requests. Gymnastics technique, as codified by the Gymnastics International Code of Points, is demanding new solutions to reach the highest competitive level result. The consequence is the increase of number of the traumatic events, comparing the literature, due to the excessive load on training and to the rising of performance risk factor. In 2005, the authors of this article investigated among 22 gymnasts, members of the Italian AG Team, to know which are the most frequent leg traumas in AG applying the new Code of Points. The result was girls sample were more predisposed to the ankle and foot traumas than boys sample were. But the main cause of traumas in sport is the incorrect training that pushes athletes to get higher level of ability. Here are some prevention rules to apply in training, to avoid risks of traumas.

Key Words: *trauma, apparatus, gymnastics, training, prevention*

EXERCISE – ASSOCIATED FACTOR IN PROFILAXY AND TREATMENT OF CHARDIAC DESEASE

Mirela DAMIAN

Abstract

The present project takes the problem of treating the cardiac patients and the implementing the adapted physical exercises in the treating system. The project relies on many scientific researches developed in our country and allowed it plans to practise experimentally the adapted physical exercises on categories and states of diseases, ages, physical abilities, from an individual point of view. the conceived programmes will have in view selecting, levelling dosing, organising of physical exercises and will cover a large area of sports branches, will adapt to each individual's needs. the aim of this reasearch is to turn into a guideling pathway, a guided practiser of the practiser of the physical exercises of both for the patients and the specialists in the medicine and physical culture and sports who work in these domains.

Key words: *physical exercises, cardiovascular diseases, sports branches.*

THE IMPORTANCE OF KINETOTHERAPY IN PARKINSON DESEASE

**Daniel DOCU AXELERAD
Any DOCU AXELERAD**

THE ROLE OF EXERCISE IN RECUPERATION OF HEMIPLEGIC PATIENTS WITH ISCHEMIC STROKE IN ACUTE PHASE

Daniel DOCU AXELERAD

Any DOCU AXELERAD

THE LATERALITY – EXPRESION OF ASYMETRIC FUNCTION OF THE BRAIN

Diana Victoria GIDU

Abstract

Laterality is the capacity of individuals to do some activities with more pleasure, more speed and easily with one of their limbs. The literature considering that the laterality can be central or extracentral. The extracentral laterality can be axio-proximal or pheripheric one.

Key words: *laterality, central laterality, axio-proximal laterality, pheripheric laterality.*

RECUPERATION AND OPTIMISATION OF CHARDIAC FUNCTIONS IN HEART BLOCK THROUGH KINETOTHERAPEUTIC TREATMENT

Gabriel LUPU

Daniel Lucian DOBRECI

Abstract

Among cardiovascular diseases, cardiac failure is one of the cardiac diseases with the most unfavourable prognosis. This aspect shows the acute need for a precocious implementation of some programs as efficient as possible, for rehabilitation and recovery. The aim intended to be achieved by carrying out this kinetotherapeutic treatment/procedure combined with the medicinal treatment was to recover and improve as efficient as possible the cardiac function in patients with cardiac failure. The research was made on a group of 10 patients, 6 men and 4 women, aged between 50 – 65, without any associated diseases of neurological, orthopedic, psychic nature, without diabetes, with a clinical diagnosis of congestive cardiac insufficiency-phase II-III NYHA, with the capacity to talk without presenting dyspnoea, hospitalized in Bacau County Hospital, Cardiology Department.

5 of the patients (3 men and 2 women) constituted the experimental group to which a medicinal and kinetotherapeutic treatment was administered and the other 5 (3 men and 2 women) constituted the witness group, to which was given only medicinal treatment. Combining the kinetotherapeutic and medicinal treatments within the framework of therapeutic strategy of cardiac insufficiency-phase II-III NYHA, an efficient solution was elaborated, in order to improve the recovery of those patients (for the hospitalization period), the patients belonging to the experimental group having a better reaction to the effort made during the final tests, scoring values clear-cut superior to those scored by the patients belonging to the witness group. Through the implementation of this treatment it was obtained the avoidance of negative effects of sedentariness and the achievement of an efficient recovery and improvement of cardiac functions for the patients suffering from cardiac failure.

Keywords: *Cardiac failure, improve, recover, phisicaltherapy*

THE REEDUCATION OF DYNAMIC EQUILIBRIUM IN AN COMPLEX TREATMENT OF A HEMIPLEGIC ADULT

Marilena Roxana MIHĂILĂ

Resumé

Les accidents vasculaires cérébraux constituent un fort problème de santé et la deuxième cause de handicap chez les adultes et la troisième cause de décès dans les pays occidentaux.

Dans notre pays il y a environ un million de malades ayant subi des accidents vasculaires cérébraux, dont 400 000 en récurrence. N'importe qui peut subir des accidents vasculaires cérébraux : des femmes ou des hommes, des personnes âgées ou des jeunes, car, même si le risque accroît avec l'âge, les jeunes sont eux-aussi victimes de cette maladie.

Le patient immobilisé subit non seulement les effets directs de la maladie sur sa capacité physique et psychique, mais aussi des conséquences psychologiques de la maladie ou du handicap, en montrant parfois des problèmes tels : l'anxiété, la dépression psychique, l'apathie, l'attitude de négation du handicap, etc.

Mots clé : *récupération, équilibre dynamique, hémiplégie*

BREATHING COMPLICATIONS IN SEPTAL ABDOMINAL DEFICIENCIES – THE OBJECTIVES OF RECUPERATION

Monica - Gabriela MOACĂ

Abstract:

Defects that affect the thorax box and the diafragm may caused disorders in the ventilatory activity, because of the thorax box's limitation. The reduction of the thorax box's motion possibilities is happened while a less vital capacity and/or of the ventilator debit.

Usually these disorders do not caused the apparance of a insufficient respiratory which is manifested as long as the mobility of diaphragm is conserved.

Key words: *insufficiency breathing, pathological proces, diafragm, hypoxemy, hypercapny, dispnee, tahicardy, cyanoses.*

FNP TECHNICS USED FOR RECUPERATION OF SPINAL COLUMN DEVIATIONS

Gabriela OCHIANĂ

Abstract

The paper presents a study carried out on a number of 14 subjects (8 boys and 6 girls) suffering of functional scoliosis, study made in the period of time September 2006- February 2008.

The purpose of the research is to prove that by using predominantly the FNP techniques associated with vertebral manipulations we can achieve a realignment of the spinal column and we can prevent the evolution towards a structural scoliosis.

The results achieved confirm the hypothesis, in the sense that by using the isometric contraction in the shortened area (CIS) for the long muscles and the muscular tension method for the contracted muscles, associated with vertebral manipulations we can achieve an alignment of the spinal column.

In conclusion, all the subjects of the study have developed the correct position reflex, the scapular and the pelvic belts are aligned, the spine is recovered and the muscles have a normal tonus.

Key words: FNP techniques, manipulations, spine deviations

THE THERAPY AND EDUCATION OF PSYCHOMOTRICITY

Corina POPA

Resume

Kinotherapy is defined as therapeutic education of dynamics, in order to re-establish the normal dynamics. The objectives of kinotherapy are: acquisition of position, of walking and of essential movements. Kinotherapy is applied especially to re-education and readjusting actions of invalids and to all cases where the dynamics is critical.

Technic palette is varied: massage, relaxation movements, balance exercises, etc achieved after a graded programme and controlled by a kinetoterapeut is a qualified person in therapeutic education of dynamics.

Key words: Kinotherapy, psychomotricity, psychomotric recuperation, therapy.

TEH PALPATORY DIAGNOSYS IN FIBRO-MIALGY

Gabriela RAVEICA

Abstract: Palpatory diagnosis in fibromyalgia

Objective: *We hypothesized that an important issue of the diagnosis in fibromyalgia could be the palpatory procedure for the evaluation of trigger points. The second hypothesis consist in the importance of the sum of areas of local pain derived from a body pain diagram would be a clinically useful predictor for clinical pain intensity of fibromyalgic patients.*

Research Methods and Procedures: *We observed the palpatory technique used by 10 physiotherapists on 20 patients diagnosed with fibromyalgia, and we compare the results of evaluations. Informed consent was obtained from all subjects, and the protocols conformed to the ethical guidelines of the 1975 Declaration of Helsinki. The period of experiment was 3 months, between September and November, 2005.*

Results: *The results of palpatory diagnosis and evaluation were identical for 5 physiotherapists, on the same patient, and correlation between their results and symptomatology of the patients was possible. A smaller number of identified trigger points and areas was the result for 3 of physiotherapists, for 15 patients, and a bigger number of the same parameters was diagnosed by 2 physiotherapists for the same patients.*

Conclusion: *only half of physiotherapists had an identical palpatory diagnosis. Half of physiotherapists had different diagnosis. We observed differences of the pressure's level, direction, different involvement of the therapists.*

Key words

Palpatory, diagnosis, fibromyalgia, pressure, trigger point number, painful areas number

DIFFERENCES BETWEEN GENDERS REGARDING MAXIMAL ISOMETRIC FORCE AT THE LEVEL OF LUMBAR-THORACIC COLUMN

Alexandru STRATON

Abstract

Differences between genders regarding maximal isometric force at the level of lumbar/thoracic column.

Objective: The aim of this study was to examine the differences between genders, regarding maximal isometric force at the level of lumbar/thoracic column, in Romanian sedentary peoples.

Research Methods and Procedures: This study used 39 Romanian sedentary peoples (24 males and 15 females). Maximal isometric force (MIF) of the lumbar/thoracic column was measured with special machines in all three planes – flexion with F130 Lumbar/Thoracic Flexion and extension with F110 Lumbar/Thoracic Extension, in sagittal plane – right lateral flexion and left lateral flexion with F150 Lumbar/Thoracic Latral Flexion, in frontal plane – right lateral rotation and left lateral rotation with F120 Lumbar/Thoracic Rotation, in transversal plane – and a microcomputer MC-2M Digital Test Module. The results were processed using special software – David Back Circuit – Biomechanische Funktionsanalyse der Wirbelsäule.

Results: Significant differences was found, between genders, for all types of movement, for test values (extension ($t=4.507$), flexion ($t=5.141$), right lateral flexion ($t=4.483$), left lateral flexion ($t=4.644$), right lateral rotation ($t=4.857$), left lateral rotation ($t=4.962$)) and, respectively, for normal values (extension ($t=9.317$), flexion ($t=11.428$), right lateral flexion ($t=11.432$), left lateral flexion ($t=11.432$), right lateral rotation ($t=10.188$), left lateral rotation ($t=10.188$)). Between genders, significant differences was found, regarding MIF ratio for lumbar/thoracic column, in test values for right lateral flexion/left lateral flexion ($t=-2.728$) and in normal values for extension/flexion ($t=11.403$) (table 3).

Discussion: Significant differences obtained between genders, regarding test values and normal values, for all types of movement, explains, the fact, that men have a greater MIF then women. These differences of MIF, reported between genders, can be explained by morphological and physiological parameters, which are conditioned by sex. Significant differences obtained between test values and normal values, for extension and flexion, shows that men have a lower MIF of back and abdomen muscles, then normal values. In contrast, women have a significantly lower MIF for muscles, necessary to do extension and right lateral rotation, then normal values. Both genders do not have a good balance, between MIF test values for back muscles and MIF test values for abdomen muscles, in contrast with normal values. This situation can lead to lumbar pain and, also, to a deviation of spine in sagittal plane (lordosis). Women don't have a good balance between, MIF test values for muscles necessary to do right lateral flexion and MIF test values for muscles necessary to do left lateral flexion, in contrast with men MIF test values for the same movements. These discrepancies can be followed by pain and deviation of spine in frontal plane (scoliosis).

Conclussions: Men have a lower MIF of back and abdomen muscles, then normal values. Women have a significantly lower MIF for muscles necessary to do extension (back muscles) and right lateral rotation, then normal values. Men have greater MIF, then women, for all types of movement. Women don't have a good balance of MIF, between extension and flexion, right lateral flexion and left lateral flexion and, respectively, right lateral rotation and left lateral rotation. In contrast, men don't have a good balance of MIF, only, between extension and flexion.

Key Words: maximal isometric force, lumbar/thoracic column, sedentary, Romanian peoples.

