



## Content

### **CORRELATION BETWEEN SPRINT, AGILITY AND VERTICAL JUMP OF ELITE SOCCER PLAYERS**

AMEL JAZVIN, ADI PALIĆ ADNAN ADEMOVIĆ, NIJAZ SKENDER / p. 229

### **A COMPETITION PERIOD EVALUATION IN THE TRIPLE JUMP EVENTS IN TERMS OF SEASONAL VARIABLES**

BERFIN SERDIL ÖRS, İŞIK BAYRAKTAR, TUNCAY ÖRS / p. 234

### **STUDY ON THE EFFECTIVENESS OF BASKETBALL DYNAMIC GAMES AND RELAYS FOR IMPROVING VELOCITY IN PRIMARY SCHOOL CHILDREN**

CIOCAN VASILE CATALIN / p. 240

### **STUDY ON DEFENSE EFFICIENCY IN SENIOR VOLLEYBALL TEAMS**

COJOCARU ADIN-MARIAN, COJOCARU MARILENA / p. 244

### **DEVELOPMENT OF BODY MOBILITY IN KARATE PRACTICES (CADETS AND JUNIORS)**

COJOCARU MARIUS, MEREUȚĂ CLAUDIU, IORDAN DANIEL-ANDREI / p. 249

### **THE EFFECTIVENESS OF WEARING ORTHOPEDIC INSOLES AS PART OF PHYSICAL THERAPY TO CORRECT ONE'S POSTURE**

CRISTUȚĂ MIHAELA ALINA, HAITĂ (JALBĂ) CORINA / p. 257

### **EFFECTIVENESS OF PHYSIOTHERAPY IN IMPROVING UNOPERATED HERNIATED DISC SYMPTOMS**

CRISTUȚĂ MIHAELA ALINA, NIKOLAYESKU HANNA-MARIYA / p. 261

### **THEORETICAL ASPECTS REGARDING THE ANKLE SPRAIN**

CULEA RODICA-GEORGETA, SIMION GHEORGHE / 266

### **THE EVOLUTION OF THE WORLD AND NATIONAL RECORD IN MEN'S TRIPLE JUMP**

DRAGOMIR LENUȚA, ȚIFREA CORINA / p. 274

### **MONITORING OF PROPER FORMATION OF MOTOR SKILLS OF SWIMMING IN MEN AND WOMEN IN THE WORLD CHAMPIONSHIPS ON WATER SPORTS FOR THE I-II STAGES OF 1973-2019**

GANCHAR OLEKSIY, GANCHAR IVAN, CIORBA CONSTANTIN, MEDYNSKY SERGEI, ARKHIPOV ALEXANDER, CHERNYAVSKIY OLEG, CHERKUN IGOR / p. 282

### **ASSESSMENT OF THE LEVELS OF SWIMMING SKILLS DEVELOPMENT OF THE STRONGEST SWIMMER TEAMS AT THE I-XXXIV WATERSPORTS CHAMPIONSHIPS FROM 1926-2018**

GANCHAR OLEKSIY, GANCHAR IVAN, CIORBA CONSTANTIN, ARKHIPOV ALEXANDER, MEDYNSKY SERGEI, CHERNYAVSKIY OLEG, CHERKUN IGOR / p. 292

### **CORRECTION OF KYPHOSIS TO VOLLEYBALL PLAYERS BY GAME SPECIFIC METHODS**

GEAMBAȘU ADINA, PUȘCAȘU VERONICA, DINA GEORGE / 299

### **PREVALENCE OF OVERWEIGHT AMONG STUDENTS AS A DETERMINING FACTOR OF INTERVENTION THROUGH PHYSICAL EXERCISES**

GEORGESCU (BĂRȚĂGUD) CARMEN-MARIANA, ORȚĂNESCU DORINA / p. 309

### **THE INCIDENCE OF THE FREE-KICKS IN WOMEN SOCCER TEAM SELENA SN CONSTANTA, IN THE GAMES WHICH WERE DISPUTED ON THE OTHER TEAMS GROUND**



**GIDU DIANA VICTORIA, CALOTĂ NICOLETA DANIELA, GEORGESCU ADRIAN DORIN, RADU NICULINA, POPESCU VERONICA, TRANDAFIR MARIUS, OTLOCAN ANA-MARIA, IONAȘCU ANDREEA, DUMITRU IONELA DANIELA, DROSU DIANA, BARBU-FLORESCU FLAVIA GEORGIANA / p. 320**

**STRENGTHS AND WEAKNESSES ASPECTS IN MARATHON RUNNERS TRAINING  
IVAN PAULA, SABAU ELENA, GHEORGHE DANIEL / p. 325**

**EFFECTS OF THE PLYOMETRIC TRAINING PROGRAMME ON THE SPRINT AND THE AGILITY OF RUGBY 7 FEMININE PLAYERS  
LEPCIUC GABRIELA, DORGAN VIOREL, POPESCU VERONICA / p. 331**

**THE RELATIONSHIP BETWEEN THE COACH AND THE PLAYER IN MEN'S HIGH PERFORMANCE VOLLEYBALL  
LICĂ ELIANA MARCELINA, BRĂGUȚĂ ANDREEA – DANIELA, DRAGOMIR MARIAN / 337**

**EVALUATION AND APPRECIATION OF STUDENTS IN THE COURSE OF PHYSICAL EDUCATION  
MACRI AURELIA CRISTINA / p. 341**

**EFFECTS ON BODY COMPOSITION THROUGH 2 TYPES OF MUSCLE TRAINING  
MATEESCU ADRIANA, MIHAIU COSTINEL / p. 345**

**STUDY REGARDING THE ASSESSMENT OF FITNESS IN STUDENTS FROM THE "VASILE ALECSANDRI" UNIVERSITY OF BACĂU  
MILON ALEXANDRA GABRIELA, VOROVENCI CARMINA MIHAELA / 351**

**STUDY REGARDING THE ATTRACTIVENESS OF BADMINTON WITHIN SCHOOL ACTIVITIES, FOR PRIMARY SCHOOL CHILDREN  
MILON ALEXANDRA GABRIELA / 356**

**SCOLIOSIS THERAPY, A STUDY BETWEEN THE SCHROTH-3D METHOD (HELD IN THE REHABILITATION CENTER) AND SCHROTH-3D THERAPY PROGRAM  
MINCULESCU COZETA ANCA, BRATU MIRCEA, CHIȚĂ RADU VALENTIN / p. 361**

**THE INCIDENCE OF THE FREE-KICKS IN WOMEN SOCCER TEAM SELENA SN CONSTANTA, IN THE GAMES, WHICH WERE DISPUTED ON THEIR OWN GROUND  
MUȘAT GEORGE COSMIN, GIDU DIANA VICTORIA, PETCU DAMIAN, GEORGESCU ADRIAN DORIN, POPESCU VERONICA, TRANDAFIR MARIUS, POPA MARIA, GRECU GABRIELA MĂDĂLINA, NOVAC ANDREEA CRISTINA, OTLOCAN ALEXANDRA / p. 371**

**EFFECT OF SPECIFIC SKILL TRAINING WITH PLYOMETRIC TRAINING AND SPECIFIC SKILL TRAINING WITH INTERVAL TRAINING ON SELECTED PHYSIOLOGICAL VARIABLES OF COLLEGE MALE HANDBALL PLAYERS  
NEMUKURI RAVI, RAMESHKUMAR S., BALASUNDAR G., SANKAR A. / p. 376**

**STUDY ON THE EFFECTIVENESS OF NEURODYNAMIC TECHNIQUES USED IN THE TREATMENT OF LUMBOSCIATICS  
OCHIANĂ GABRIELA, OCHIANĂ NICOLAE, TOLONATAN DUMITRU / p. 382**

**STUDY REGARDING THE INFLUENCE OF THE PANDEMIC ON THE JUNIOR BASKETBALL TRAINING PROGRAM  
OLĂNESCU MIHAI, POPA CARMIN / p. 389**

**OPTIMIZING TRAINING AND MAXIMIZING NAVAL PENTATHLON PERFORMANCE THROUGH THE COACHING PROCESS  
OLARU CONSTANTIN CRISTINEL, TEODORESCU SILVIA / p. 395**



**STUDY ON THE EFFICIENCY OF CRANIOSACRAL THERAPY IN PATIENTS WITH CERVICAL PAIN**

**OLTEAN ANCA MARIA, BUGHIRICĂ-GEORGESCU MAGDALENA / p. 403**

**THE INFLUENCE OF A RESISTANCE TRAINING PROGRAM ON THE PHYSICAL CONDITION OF PEOPLE WITH SPINAL CORD INJURY FROM MOTIVATION ROMANIA**

**OPREA VIOREL / p. 410**

**SPECIAL FOOTBALL TRAINING IN THE CONTEXT OF SARS-COVID19 PANDEMIC**

**PAUN GHEORGHE DAN, PAUN LAURIAN / p. 416**

**CONSIDERATIONS REGARDING THE SELECTION IN THE FOOTBALL GAME**

**PETCU DAMIAN, POPA CRISTIAN, TEODOR DRAGOȘ FLORIN / p. 422**

**THE IMPORTANCE OF TENNIS SERVICE AND ITS LEARNING METHOD**

**PETCU DAMIAN, TEODOR DRAGOȘ FLORIN, POPA CRISTIAN / p. 427**

**SOLUTION AND RESULTS FOR MEASURING THE REACTION TIME AND THE EXECUTION TIME IN KARATE TECHNIQUE**

**PETRE CĂTĂLIN, ENOIU RĂZVAN SANDU / p. 432**

**EVALUATIVE STUDY OF THE FRAMEWORK USED IN TEACHING ACTIVITIES IN WHICH STUDENTS RECEIVED KNOWLEDGE DURING PANDEMIC RESTRICTIONS**

**POPESCU RADUCU / p. 436**

**THE PERSPECTIVE OF THE ONLINE EVALUATION METHOD AND THE STUDENT'S PERCEPTION OF THE EVALUATION**

**POPESCU RADUCU / p. 442**

**BENEFITS OF KINESIOTHERAPY IN THE REHABILITATION PROCESS OF PATIENTS SUFFERING FROM MULTIPLE SCLEROSIS**

**RABOLU ELENA / p. 449**

**STUDY ON THE INFLUENCE OF JAZZ FUNK DANCE STYLE ON THE CREATIVITY OF DANCERS**

**SABĂU ANCA MARIA, JOLȚA CAMELIA, CRISTEA DANA IOANA / p. 454**

**EXPERIMENT ON IMPROVING THE TRAINING OF FOOTBALL REPUBLICAN JUNIOR PLAYERS UNDER 17 THROUGH MATCHES WITH A REDUCED NUMBER OF PLAYERS**

**SAVU VASILE CĂTĂLIN, CAZAN FLORIN / p. 461**

**FEEDBACK IN THE LEARNING-CONSOLIDATION PROCESS OF TECHNICAL PROCEDURES IN SWIMMING IN CHILDREN (PRESCHOOLERS)**

**SINGURAN ANDRA IOANA, POPA CRISTIAN, CAZAN FLORIN / p. 470**

**THE EFFECTIVENESS OF A PHYSICAL THERAPY INTERVENTION IN A PATIENT WITH MULTIPLE SCLEROSIS ASSOCIATED WITH LYME DISEASE. A CASE STUDY**

**ȘLICARU ADINA CAMELIA, CREȚU ADA DENISA / 474**

**REHABILITATIVE PHYSICAL THERAPY INTERVENTION FOR THE ULNAR NERVE PARALYSIS**

**ȘLICARU ADINA CAMELIA, PASCU MARIUS / p. 480**

**IMPROVING ARTISTIC EXPRESSIVITY IN DANCESPORT AT YOUTH LEVEL- D CLASS, LATIN DANCES**

**SOFRON OANA ALINA, ȚIFREA CORINA / 486**



**CONSIDERATIONS REGARDING WAYS TO OPTIMISE THE DEFENCE GAME FOR JUNIOR HANDBALL PLAYERS**

**STANESCU SILVIU, MIHAILA ION, POPESCU DANIELA CORINA / p. 493**

**CONTRIBUTION OF RADIOFREQUENCY, ELONGATION, AND LASER TO TREATING THE ACUTE LOW BACK PAIN OF ATHLETES**

**ȘTEFAN NEONILA GABRIELA, MORARU CRISTINA ELENA, TANASĂ RALUCA ANCA, TOMOZEI RĂZVAN ANDREI / p. 501**

**LATERAL EPICONDYLITIS OF THE ELBOW IN ATHLETES**

**TANASE IONUT GABRIEL, IANUȘ DRAGOMIR MARIA ALEXANDRA, VOINEA FLORIN, CAZAN FLORIN / p. 507**

**EXPERIMENTAL STUDY REGARDING DEVELOPMENT OF SPEED, COORDINATION AND BALANCE IN FOOTBALL GAME FOR CHILDREN AGE 10 - 12 YEARS**

**TERIȘ ȘTEFAN, ENOIU RĂZVAN SANDU / p. 512**

**COMPARATIVE STUDY REGARDING THE APPRAISAL OF PHYSICAL TRAINING LEVEL AMONG ATHLETES AGED 11 – 13, TRACK AND FIELD PRACTITIONERS**

**TIHULCĂ CONSTANTIN / p. 519**

**IMPLEMENTATION OF PROPHYLAXIS PROGRAMS FOR THE PREVENTION OF SPINE-SPECIFIC DISEASES AMONG ADOLESCENTS**

**TOMA ȘTEFAN, TOMA GEANINA / p. 525**

**STUDY ON THE ATTRACTIVENESS OF BALLROOM DANCE AS A MEANS OF LEISURE ACTIVITY**

**TOMESCU GABRIELA / p. 531**

**EFFECTS OF THE CORONAVIRUS PANDEMIC ON THE ATTITUDES OF MIDDLE SCHOOL STUDENTS TOWARDS EXERCISE**

**TOMESCU GABRIELA, STĂNESCU MONICA IULIA, AIVAZ AINUR KAMER, SARCHIZIAN IRIS / p. 539**

**ANALYSIS OF RESULTS CONCERNING THE EVOLUTION OF FUNCTIONAL INDICATORS IN BEGINNER HOCKEY PLAYERS, AFTER THE APPLICATION OF MOVEMENT GAMES**

**TRANDAFIR MARIUS, GHEORGHIU GABRIEL, POPESCU VERONICA, GIDU DIANA VICTORIA / p. 551**

**STUDY ON INCREASING THE EFFICIENCY OF PHYSICAL AND TECHNICAL TRAINING FOR BEGINNER HOCKEY PLAYERS, BY DEVELOPING GENERAL AND SPECIFIC MOTRICITY**

**TRANDAFIR MARIUS, GHEORGHIU GABRIEL, POPESCU VERONICA, MUȘAT GEORGE, GEORGESCU ADRIAN / p. 559**

**CORRELATIONS BETWEEN BODY COMPOSITION AND STRENGTH IN WOMEN'S SOCCER, HANDBALL AND RUGBY**

**TROFIN PETRUȚ-FLORIN, LEPCIUC GABRIELA, MARTINAȘ FLORENTINA-PETRUȚA / p. 567**

**THE INFLUENCE OF TEACHING MATERIALS IN THE EVOLUTION OF THE MOTOR SKILLS IN STUDENTS**

**VAIDA MARIUS / p. 574**

**ANALYSIS OF SPIRITUAL INTELLIGENCE AMONG ATHLETES**

**YOGAMAYA PANDA / p. 579**

**ANALYSIS OF THE LEVEL OF TECHNICAL PREPARATION OF CHILDREN AGED 9-10 YEARS LONG JUMP**

**GEORGESCU ANDREEA, RAȚĂ GLORIA, BALABAN AURA / p. 584**

**CONTENT / p. 590**

**ALPHABETICAL AUTHOR INDEX / p. 594**

**TECHNICAL REQUIREMENTS TO ELABORATE SCIENTIFIC PAPERS / p. 595**

**❖ ALPHABETICAL AUTHOR INDEX****A**

AIVAZ A. K./ p. 539  
ADI P.A.A. / p. 229  
AMEL J. / p. 229  
ARKHIPOV A./ p. 282, 292

**B**

BALABAN A. / p. 584  
BARBU-F. F. G. / p. 320  
BALASUNDAR G/ p. 376  
BERFIN S.Ö. / p. 234  
BRĂGUȚĂ A. D. / p.337  
BRATU M. / p. 361  
BUGHIRICĂ-G. M. / p. 403

**C**

CAZAN F. / p. 461, 470, 507  
CALOTĂ N. D./ p. 320  
CIOCAN V. C. / p. 240  
CIORBA C./ p. 282  
CHERNYAVSKIY O./ p. 292  
CHERKUN I. / p. 292  
CHIȚĂ R. V. / p. 361  
COJOCARU A.M /p. 244  
COJOCARU M. / p. 244, 249  
CRISTUȚĂ M. A. / p. 257  
CULEA R.G./ p.266  
CHERNYAVSKIY O./ p. 282  
CHERKUN I. / p. 282  
CIORBA C./ p. 292  
CRISTEA D. I. / p. 454  
CREȚU A. D. / p.474

**D**

DINA G. / p.299  
DORGAN V. / p. 331  
DRAGOMIR L. / p. 274  
DRAGOMIR M. / p. 337  
DUMITRU I. D. / p. 320  
DROSU D. / p. 320

**E**

ENOIU R. S. / p. 432,512

**G**

GANCHAR O. / p. 282, 292  
GANCHAR I./ p. 282, 292  
GEAMBAȘU A./ p. 299  
GEORGESCU B.C.M./ p. 309  
GIDU D. V./ p. 320, 371, 551  
GEORGESCU A. / p. 584  
GEORGESCU A.D./ p. 320, 371, 559  
GHEORGHE D. / p. 325  
GRECU G.M. / p. 371  
GHEORGHU G./ p. 551, 559

**I**

IANUȘ D. M. A./ p. 507  
IORDAN D.A. / p. 249  
IONAȘCU A. / p. 320  
IȘIK B. / p. 234  
IVAN P. / p. 325

**J**

JOLȚA C./ p. 454

**L**

LEPCIUC G. / p. 331,567  
LICĂ E. M. / p.337

**M**

MARTINAȘ F.P. / p. 567  
MACRI A. C./ p. 341  
MEREUȚĂ C. /p. 249  
MEDYNSKY S. / p. 282  
MEDYNSKY S./ p. 292  
MATEESCU A./ p. 345  
MIHAIU C./ p. 345  
MILON A.G./ p. 351  
MILON A.G./ p. 356  
MINCULESCU C.A. / p. 361  
MUȘAT G.C./ p. 371, 559  
MIHAILA I./ p. 493  
MORARU C. E./ p. 501

**N**

NEMUKURI R. / p. 376  
NIJAZ S. / p. 229  
NIKOLAYESKU H.M./  
p.261  
NOVAC A. C./ p. 371

**O**

OCHIANĂ G. / p. 382  
OCHIANĂ N. / p. 382  
OLARU C. C./ p. 395  
OLTEAN A. M./ p. 403  
OPREA V. / p. 410  
ORȚĂNESCU D. / p. 309  
OTLOCAN A. / p. 320, 371  
OLĂNESCU M./ p. 389

**P**

PAUN L. / p. 416  
PAUN G. D. / p. 416  
PASCU M. / p. 480  
PETCU D. / p. 371, 422, 427  
PETRE C. / p. 432  
POPESCU V. / p. 320, 331, 371, 551, 559  
POPESCU D. C. / p. 493

POPESCU R. / p. 436, 442

PUȘCAȘU V./ p.299  
POPA M. / p. 371  
POPA C. / p. 389, 422, 427, 470

**R**

RABOLU E. / p. 449  
RADU N. / p. 320  
RAMESHKUMAR S./ p. 376  
RAȚĂ G. / p. 584

**S**

SARCHIZIAN I. / p. 539  
SABAU E. / p. 325  
SANKAR A. / p. 376  
SABĂU A. M./ p. 454  
SAVU V. C./ p. 461  
SIMION G. / p.266  
SINGURAN A. I./ p. 470  
SOFRON O. A./ p.486  
STANESCU S. / p. 493  
STĂNESCU M. I/ p. 539

**Ș**

ȘLICARU A. C./ p.474,480  
ȘTEFAN N. G. / p. 501

**T**

TANASĂ R. A/ p. 501  
TANASE I. G./ p. 507  
TERIȘ Ș./ p. 512  
TEODORESCU S. / p. 395  
TEODOR D. F. / p. 422, 427  
TIHULCĂ C. / p. 519  
TUNCAY Ö. / p. 234  
TRANDAFIR M. / p. 320, 371, 551, 559  
TROFIN P.-F./ p. 567  
TOLONTAN D. / p. 382  
TOMOZEI R. A. / p. 501  
TOMA S. / p. 525  
TOMA G. / p. 525  
TOMESCU G. / p. 531, 539

**Ț**

ȚIFREA C. / p. 274, 486

**V**

VOROVENCI C.M. / p.351  
VOINEA F./ p. 507  
VAIDA M. / p. 574

**Y**

YOGAMAYA P. / p. 579



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*Objective.* The aim of this study is to examine the relationship between skinfolds method (accu-measure caliper) and near-infrared method (FUTREX 1000 Personal Body Fat Tester)

*Methods.* We used Romanian university students (27 males and 97 females). The body fat percentage was measured by two methods: the skinfolds measurements...

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

*Conclusions.* We cannot consider that one method of body composition analysis (skinfolds method or near-infrared method) is more accurate than...

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

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### Abstract

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

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

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Example of laying out the page and arranging the text:

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

<sup>a</sup>  
IONESCU TUDOR MADALIN, PHD <sup>1</sup>, MARCU ANDREI, MS <sup>2</sup>

### Abstract

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

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

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

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

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

### Introduction

The increase in obesity is a global phenomenon that is even being addressed by the World Health Organization (World Health Organization, 2003), as well as by medical and government organizations in the world.

One of factors that contribute to body composition changes, respectively to body fat percent grow up is physical inactivity or sedentary lives (National Institutes Of Health, 1998).

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

White women) equations have been developed (Heyward, 1996).

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

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

Kamimura et al. cannot consider that one method of body composition analysis (SKF method, bioelectrical impedance analysis, or NIR



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

In a healthy group of 29 subjects examined by Elia et al., NIR method had little or no advantage over other simple methods in predicting body composition measured by classical whole-body densitometry. NIR method was also found to underestimate body fat increasingly as the degree of adiposity increased. This under-estimation was found to be particularly marked in a small and separate group of grossly obese women, BMI greater than 50 kg/m<sup>2</sup>, whose body composition was assessed by total body potassium as well as by densitometry (Dumitru, 1997).

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

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

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

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

SKF method is still a reliable technique of BF estimation, but if it's not realized with the most

accurately instruments the results trends to have errors in BF estimation and FM, respectively FFM (Cyrino, Okano, Glaner et al., 2003). The NIR method is still a questionable technique for BF estimation (McLean and Skinner, 1992; Michael, Jan, Wendy, 2003; Wagner and Heyward, 1999).

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

### Methods

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

Body height was evaluated with an error of 0.1 centimeters and body weight was evaluated with a calibrated digital scale, with an error of 0.25 kilograms. For this measurement the subjects were dressed summarily. BMI was calculated to estimate the category of weight for each subject by using the Quetelet formula (Dumitru, 1997).

Percent of body fat was estimated with two methods. The first method consisted in calculation of body fat percent with Jackson and Pollock, (1978), equation, for male subjects and Jackson, Pollock and Ward, (1980), equation, for female subjects. The abdominal (taken vertically with a broad grip, 5cm. lateral to the omphalion (centre of the umbilicus)), chest (taken obliquely along the natural cleavage line of the pectoral between the axilla and nipple) and thigh (vertical fold taken midway between the inguinal crease and proximal border of the patella) skinfolds were measured for ...

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## Results

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

**Table 1.** Physical characteristics of the subjects

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

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

In table 2 the differences between sexes were significant for all variables (BFskf,  $t = 13.278$ ; FMskf,  $t = 6.346$ ; FFMskf,  $t = 11.498$ ; BFnir,  $t = 7.856$ ; FMnir,  $t = 2.883$ ; FFMnir,  $t = 9.861$ ). All variables from SKF method had significant correlations with their correspondent variable from NIR method, when body height, body weight and age were controlled. BFskf was moderate correlated with BFnir for women ( $r = 0.41$ ) and for men ( $r = 0.55$ ). FMskf and FFMskf were moderate correlated with FMnir, respectively FFMnir for women ( $r = 0.41$ , respectively  $r = 0.41$ ) and correlated for men ( $r = 0.60$ , respectively  $r = 0.60$ ).

**Table 2.** Differences between SKF method and NIR method

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

\* correlated with BFnir, FMnir and FFMnir for males, respectively for women, when height, weight and age are controlled,  $p < 0.05$ ;  
 † differences between sexes,  $p < 0.05$ .  
 BFskf, body fat - skinfolds method; FMskf, fat mass - skinfolds method; FFMskf, free fat mass - skinfolds method; BFnir, body fat - infrared method; FMnir, fat mass - infrared method; FFMnir, free fat mass - infrared method; M, mean; SD, standard deviation; n, number of subjects.



### Discussion

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

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### Acknowledgments

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

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**Attention!!!** First of all, the article is written on a single column until it is finalized. After finalizing it, you select the whole text after the abstract until the first table or chart and you turn it into two columns. The same operation is done, in order, for (the whole) texts between charts and/or tables; also, the (whole) text, from the last table or chart until the bibliography inclusive, will be turn into two columns. **The paper must be 4-10 pages.**

### Tables

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

Table 1. Physical characteristics of feminine subjects

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

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

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



The connection between the data in the table and the statistical section will be done through identification letters counted in alphabetical order or identification symbols used in the order \*, †, ‡, §, ||, ¶, \*\*, ††, ‡‡, etc.; inside the table, the letters or the identification symbols will be written in the superscript (Home, Superscript) immediately after the data, and inside the statistical section, the identification letters will be written before the hyphen and the statistical comments and the identification symbols immediately before the statistical comments (without a hyphen).

The tables from other publications should be used with the author's (authors') permission, indicating the bibliographic source where it was taken from.

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

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

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

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

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

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

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

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

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

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

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

## Figures

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

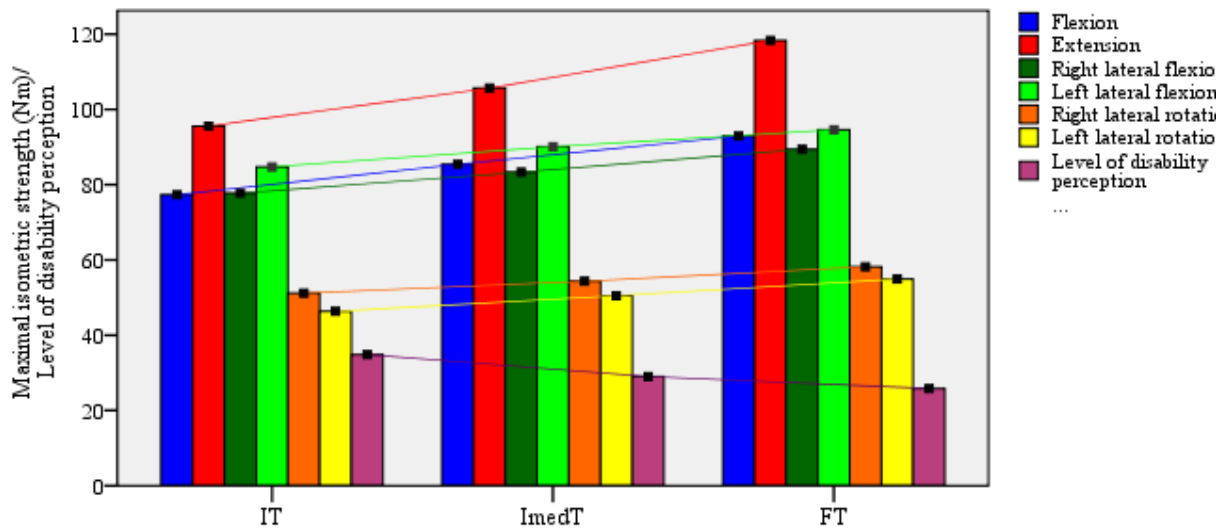


Figure 27. The evolution of means of maximum isometric force and the degree of perception at different tests. Nm, Newton\*meter; IT, initial testing; ImedT, intermediary testing; FT, final testing.

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

### Measures

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

### Abbreviations and symbols

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

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

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

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