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“EDUCATION, SPORT AND HEALTH”

Bucharest, May 8th, 2020

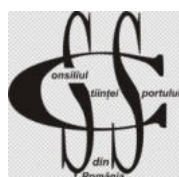
Journal of Abstracts

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UNIVERSITY OF BUCHAREST
DEPARTMENT OF PHYSICAL EDUCATION AND SPORT



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STUDY ON STUDENTS' EDUCATION FOR EXERCISE AND BODY WORSHIP

Studiu privind educația studenților pentru exercițiile fizice și păstrarea sănătății

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Abstract

Background. When growing and developing everyone is going through important stages for learning and understanding what is best for growing beautifully and for keeping their health good. Even though we have the theoretical knowledge necessary for keeping our health in good shape, many times it doesn't go like that because of subjective reasons that hold of the person in need, but because of objective reasons from the lack of time, space and social problems too.

Objectives. In this study we proposed to ourselves to find if our students have the knowledge of the way they should do the physical exercises, if they do or don't have and education about a healthy life style and what are they willing to do for improving their life and health.

Methods. From this matter we provided a questionnaire with opened responses about physical activity, about the daily schedule and about health. 60 students from year one from Badminton classes participated. The statistical mathematic and graphic methods were used.

Results. The results demonstrated that a pretty big percent (over 60%) from the respondents, don't have the knowledge about how they have to practice the physical exercises correctly. Another big percent (54%) considers that the lack of time troubles them to practice any type of physical exercises. Then comes the social problems (38%) that they need to solve and that causes stress for a big part of the respondents. For the keeping of a healthy life a percentage of 23% are willing to change their bad habits, to begin to reserve time for physical exercises 46% and to eat healthy 58%.

Conclusion. From the subjects responses we consider that they didn't have a correct guidance over the idea of practicing physical exercises and for improving their health. Stressful problems about the everyday spending (rent, food, books, transport) doesn't allow them to find the best way of realizing the physical exercising.

Keywords: physical exercises, health, organization

PHYSICAL EDUCATION AND SPORT IN THE UNIVERSITY OF BUCHAREST

Educația fizică și sportul în Universitatea din București

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Abstract

Background. Physical education is an important component of education in general, along with the intellectual, aesthetic, technical and the moral parts of it. Moreover, it is a process of educating the physique with impact on not one but many aspects of personality formation of each individual.

Cucoș considers physical education as one of the "oldest forms of exertion of formative action", having in its composition a number of activities with a role in the development of the human being "by maintaining the harmony between the physical and the mental".

The general conference of UNESCO in Nairobi states that: "education, far from being limited to the period of schooling, must extend to all components and fields of knowledge, be acquired through various means and favor all forms of personality development. The educational processes in which they are employed, throughout their lives, in any form, children, young people and adults of all ages, must be considered as a whole. "

Objectives. Physical education and sport are an inseparable part of the general education system, representing a necessity in ensuring the balance between intellectual and physical activity. In the conditions of an increasingly intense professional activity, the importance of physical education as a means of improving the regime of life, maintaining and increasing the working capacity of students during the study period, as well as the active resting regime, increases undoubtedly.

In non-profile higher education, the training of students shouldn't become a purpose itself. The system of knowledge, skills and motor skills must have a practical, applicative value and find its use in the future profession. The content of the lessons must be reoriented according to the specific of the profession, thus ensuring the possibility of applying the knowledge acquired in the lesson in practice.

The purpose of physical education in higher education, is to consolidate and maintain health, improve work capacity, improve motor skills and skills, develop intellectual, aesthetic, behavioral and moral traits, stimulate creativity, increase interest for independent practice of motor activities during spare time etc.

During studenthood, the activities of physical education and sport have as main objective the continuous training and the self-training action of the future specialist.

The system of physical education and sport is regulated in Romania by the Law of physical education and sport. The institution that organizes the activity of sport- physical education in pre-university and university education is the Ministry of Education and Scientific Research.

The university has 18 faculties, whose students participate in the physical education and sports lessons during four semesters, with a total volume of 112 hours of applications, whose norms are done in groups, the distribution being one lesson of two hours per week. Due to the autonomy of the university, it can be said that there is no unitary line and a common program at the faculty level, especially at the non-profile ones, as there is no well-defined status. (Decision of September 13, 2001 implementing the provisions of the Law on physical education and sport no. 69/2000).

Conclusion. There is an increased interest expressed especially by students and less by the management factors, for the improvement and promotion of this discipline, as an efficient and accessible means of training and educating young people.

It is necessary to carry out complex national programs for young people, which aim to stimulate interest and create the habit of systematically and continuously practice of physical exercises in order to integrate more quickly into social life.

Keywords: physical education, sports, students

STUDY REGARDING THE MOTOR PROFICIENCY AGE OF THE PRIMARY SCHOOL STUDENTS

Studiu privind vârsta motrică a elevilor din ciclul primar

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Abstract

Background. In the primary school cycle, physical education and sports plays an important role in the development of the child's personality. From the point of view of its special objectives, psychomotricity offers the child both the details and the frame favorable to the development and the improvement of a system of acquirements, by means of which he can act in an efficient way and adapt in optimal conditions to the request imposed by the environment in which he develops his activity. This elicits from the point of view of those involved in a direct and indirect way in the instructional-educational process the comprehension of the internal mechanisms which lie at the basis of the psychomotor phenomenon and the identification of the main evaluation modalities of its different components, in a certain moment, in order to emphasize the possible deviations from a child's normal ontogenetic development.

A correct and specific approach of all the psychomotor components that takes into account both the age and the objectives of the instruction already established, will be reflected at the level of the child's behavior by getting some essential acquisitions, which will form the premises of his development to a superior stage and the acquirement of new behaviors.

Purpose. Using a part of the Bruininks-Oseretsky Test – Second Edition, the main goal of this study was to analyze a possible difference between motor proficiency age and chronological age of the subjects, in the Upper-Limb Coordination subtest.

Methods. Regarding the methods, 40 subjects, male and female primary school students, coming from urban and rural areas, were selected to participate in this research experiment.

Results. The average motor proficiency age for the Upper-Limb Coordination subtest is 10 years and 5 months. The average chronological age of 9 years and 3 months is lower than the average motor proficiency age by 1 year and 2 months. The standard deviation and the coefficient of variation indicate a nonhomogeneous structure of the lot in relation to the motor proficiency age. The effect size index of Cohen indicates that the differences between the two ages are medium towards high. The verification of the statistical hypothesis through the dependent t-Test indicates a statistically significant difference of means ($P=0.002$ is smaller than 0.05).

Conclusion. Besides the outline of an objective image regarding the psychomotor development of the students in the primary school cycle, at the level of the evaluated aspects, the analysis of the results of this experiment constitutes an essential feed-back in the design and monitoring of the training programs specific to the educational process.

Keywords: psychomotor development, primary school students, upper-limb coordination

COMPARATIVE STUDY REGARDING THE OPTIMIZATION OF THE PHYSICAL TRAINING AND THE EFFORT CAPACITY OF THE FEMALE STUDENTS, PARTICIPATING IN THE PHYSICAL EDUCATION COURSES AT THE UNIVERSITY OF BUCHAREST

Studiu comparativ privind optimizarea pregătirii fizice și a capacității de efort a studentelor Universității din București, participante la cursul de educație fizică

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Abstract.

In the paradigm of the modern pedagogy, a "physically educated" person is a person: with a good physical condition, aware of the importance of practicing physical exercise in order to maintain and strengthen health, keen to move and who enjoys the physical effort, which promotes an active, dynamic, healthy and balanced life style as a social value, which develops social relations.

Starting from this premise, we propose in this paper to identify the extent to which the objectives of physical education in higher education, related to physical, somatic and functional parameters, are achieved through the participation of female students in aerobics, fitness, volleyball and table tennis courses.

The hypothesis of our experimental approach: The means specific to each sports discipline listed above, used in the physical education lessons with the female students in the higher education, will influence differently the level of the physical training and the somatic and functional parameters of them, some of the sports being more efficient in this regard.

The research methods used: the analysis of the specialized literature, the pedagogical observation, the method of the tests, the pedagogical experiment, the statistical method of data processing and the graphical method of presenting the results.

Subjects: In our study, were involved 80 students from first year enrolled in aerobics, fitness, volleyball and table tennis courses, 20 for each sports discipline mentioned.

Results: We recorded the results aimed at the somatic, motor and functional evaluation both at the beginning of the academic year 2018-2019 and at the end of it, after completing the specific programs of the four sport disciplines.

Conclusions: The sports disciplines included in our experimental study had different effects at the level of the investigated parameters, the specific means of aerobics having by far the most significant contributions to the somatic and functional progress that the girls, in general, and the students of our sample in particular, wish from a motor activity.

Keywords: physical training, students, physical education

**PRE-ESTABLISHED FIGHTING EXERCISES IN ONE STEP FOR PHYSICAL
EDUCATION LESSONS, SPECIFICALLY KARATE-DO, BUCHAREST
UNIVERSITY**

**Exerciții de luptă prestabilită la un pas în cadrul lecțiilor de educație fizică cu specific
karate – do în Universitatea din București**

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Abstract

In the third year of study at Bucharest University, the students will include in their current practice of physical educational lessons in Karate-do, the practice of one step fighting exercises (in Japanese: Ippon Kumite or Kihon Ippon Kumite). This is also a requirement for the green belt examination or 6 kyu.

Sparring (Kumite) is the form of practice that has the most direct appeal not only to the beginner student but to everyone who has any interest in karate. Everyone wants to start sparring practice as soon as possible, and is for this reason that students practice the fundamentals assiduously.

Objectives: To learn correctly a group of exercises of Sabaki (stepping and dodging), different positions and basic techniques of attack and defence (Kihon).

To perform the techniques correctly with proper breathing and correct posture, otherwise techniques, power, and correct spirit cannot be achieved. A correct posture relaxes the body, has distinction and dignity as well as esthetic appeal and elegance for maximum efficiency.

Methods: The method used for this presentation concerning the specific Ippon Kumite exercises, practiced in Japan universities by the Japan Karate Association, will also be used by the students of the University of Bucharest in their third year of studies.

Conclusions: In sparring training, each student practices this type of Kumite (Ippon Kumite) according to his own level of progress. It is therefore necessary to fully understand the distinctive features of the various types and to practice with the objectives clearly in mind.

Ippon Kumite is for studying offensive and defensive techniques, training in body movements and learning Maai (distancing). Mentally, the same like in another forms of Kumite exercise, the student will look for controlling emotions, fighting spirit, self esteem and determination. The more advanced students will improve the finer points of Zanshin (awareness), Saho (etiquette), and Yomi (perceptivity).

Keywords: prearrange fight with partner, Ippon kumite, Karate do Shotokan

THE IMPLEMENTING OF PSYCHOMOTOR TECHNIQUES DURING PHYSICAL EDUCATION CLASSES IN HIGHER EDUCATION

Implementarea în lecțiile de educație fizică din învățământul superior a unor tehnici psihomotrice

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Abstract.

Background. Psychomotricity, being a part of applied psychology, studies motor functions, integrated and coordinated by the psychic functions. Psychomotricity manifests itself as an ability as well as a complex process, which regulates individual behaviour. We can also define it as the art of controlling one's behaviour. The present paper deals with improving elementary motric behaviour: achieving general movement control using sports dance.

Objectives. This paper deals with the way in which applied programs made beneficiaries more aware of their bodies, also improving their cognitive function. The purpose of this paper is also represented by the assessing, using psychomotricity, of the coordination component and changes which appeared after applying the two programs and also by the assessing of the comparative study of these changes.

Methods. To draw up this paper, I have used the following methods: the bibliographical research method, the assessing and data testing one, mathematical statistics methods and also the graphic one.

Results. Both groups improve their initial parameters as a result of the training and learning process. However, the group which has done the exercises improved more than the group which simply watched. This observation leads us to the same conclusion: individualized preparation is superior compared to the face-to-face traditional one.

Conclusion. We can also explain why the results achieved by the experimental group are superior on account of the methodology used for implementing training strategies. During the psychomotor educational process, the exercises focused on acquiring certain types of behaviour, allowing students to slowly apprehend the basic moves. This, in turn, led to a more accurate representation concerning the human body moves and its segments.

Keywords: psychomotricity, abilities, assessment, students

ASSESSMENT OF LEARNING IN PHYSICAL EDUCATION AND SPORT LESSONS

Evaluarea învățării în lecțiile de educație fizică și sport

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Abstract

The study focuses on clarifying the terms and purposes of assessment for learning in Physical Education and Sport lessons and how we can use them to support the progress of our students, provides examples of different types of assessment for learning in physical education and explains why teachers should include them as part of their instruction.

This article describes the most used forms of assessment in physical education and emphasizes the importance of using them in both physical activity and physical fitness for promoting physical activity. Effective evaluation practices are needed to optimize the effectiveness of physical education programming. Assessment for learning is an essential part of education as it defines whether or not the objectives of teaching are being met, assessment affects decisions about grades and educational needs of students. Assessment for learning involves using it, as part of teaching and learning, in ways that will raise the student's achievement.

Assessments are the tool that physical educators use to measure the skills and fitness levels their students learn and achieve in the Physical Education class. They help to show yourself and others that your students are learning and becoming more physically fit as a result of being in your class. Assessment is very important in Physical Education as it provides information on strengths, weaknesses and educational requirements, it gives students the opportunity to demonstrate what they know and are capable to do, determines student progress and motivates them to improve their performance, informs future planning and teaching and judges which aspects of teaching have been effective or inefficient.

Student assessment is "the gathering of evidence about student achievement and making inferences about student progress based on the evidence". Physical Education teachers collect and track assessment data to make decisions about instruction and to measure student learning continually throughout the learning sequence (SHAPE America, 2014).

Keywords: assessment for learning, physical education and sport, student

THE CONTRIBUTION OF HANDBALL TO THE DEVELOPMENT OF MOTOR QUALITIES – WITHIN THE PHYSICAL EDUCATION LESSON

Contribuția handbalului la dezvoltarea calităților motrice – în cadrul lecției de educație fizică

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Abstract.

Handball being a widely practiced sport game at the level of several age categories, both in the form of mass sport (of sport for all) as well as performance sport, it is also provided in school programs of physical education and sports activities.

It is a dynamic game that requires intense physical effort and great mental commitment from the subjects. Practiced scientifically and methodically, it contributes, through the effects of physical and mental effort, to the strengthening of health, to the development of the motor and intellectual, moral and volitional qualities of the practitioners.

The game allows the manifestation of initiative and independence in actions and manifested in solving gambling situations. Thus, in carrying out a handball game, regardless of the value of the teams, the locomotive apparatus is engaged in effort at all times.

In terms of motility, the practice of handball plays a positive influence on the development of motor qualities, both under their general and specific aspect.

Conclusion

By participating in a handball training process for both children, young people and even adults, it can be said that handball, contributes both to the harmonious physical development and strengthening of health, as well as to the increase of the general motor skills and to the training and personality development, which is why I recommend:

- independence and free initiative in the game to promote and manifest all the motor qualities in the bilateral games, and at the same time the rules of the game should not be strict, but in the freest form

- the selection and dosage of the means of action should be made in full accordance with the objectives proposed for achievement within the lesson themes, as well as with the age and training particularities of the students.

Keywords: handball, students, physical education lesson.

TRAINING STRATEGIES REGARDING PHYSICAL EDUCATION IN PRE-SCHOOL EDUCATION

Strategii de instruire privind educația fizică în învățământul preșcolar

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Abstract

Background. The curriculum for preschool education gives the application of the elements of physical education in various contexts, clearly underlines the necessity of daily exercises and to realize the importance of doing them outside.

Regarding this paper, I set out to demonstrate the practical applicability of physical education in pre-school education, to present optimal solutions for achieving an educational approach from the perspective of solving ambiguities of teaching in different situations and physical education in pre-school education.

Objectives. Identification of the physical education elements that can be applied taking into account the specificity of the activities carried out.

Integration of the contents from the different fields with the physical education elements.

Establishing useful benchmarks for making the educational act more efficient.

Methods. Method of bibliographic study

The bibliographic documentation involved a permanent search for information sources as well as their selection, so that the methodical organization of studying phenomenon under the investigation would be complex, mobile and adapted to the investigated particularities.

The method of pedagogical observation - takes part of the particular research methods so, in the field of physical education, the main subject in observation is "the man in motion".

The experimental method allowed to know the reality, which processes both the facts from the observation and from the experiment, assumed an active state of the subjects.

Results. The specific results of physical education are physical growth and development plus the positive results of the movement in the affective and cognitive fields. The movement is recognized as a prime factor in the intellectual formation of children.

Conclusion. Performing age-appropriate physical exercises regularly, the children develop a series of applied motor skills necessary in life, such as: walking, running, jumping, balance, climbing, forming a proper body hold in different positions.

Keywords: Dynamic interdisciplinary moving games.

THE ROLE OF MOTIVATION IN PRACTICING SPORTS ACTIVITIES BY STUDENTS

Rolul motivației în practicarea activităților sportive de către studenți

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Abstract

Background. At the base of the field of physical education and sport lies the human movement. Movement is one of the essential functions of life, a fundamental condition of it. In modern society, the necessity of movement, of practicing physical exercises has become vital.

The knowledge of the motivational profile of the students constitutes clear coordinates in the effective organization of the physical education process at the University of Bucharest. Inform about the behavioral aspects and attitude of the students towards the movement, we can intervene through programs specially designed to change their availability to the subject taught.

Objectives. The purpose of our study is to find out the motivation of students' participation in sports activities. For this approach I identified a random group consisting of 150 students from the University of Bucharest, included in an organized system of participation in physical education lessons in various sports disciplines.

Methods. The research methods used were: The method of the bibliographic study The survey based on a questionnaire applied to a number of 50 students, of the University of Bucharest, The method of collecting and setting out the answers obtained; Method of processing and interpreting the results; Statistical-mathematical method; Graphic representation method.

Results. Following the multiple answers regarding the motivation of the students' participation in sports activities, the subjects chose as follows: the reasons why students practice motor activities are physical and mental health, the pleasure and satisfaction of having a harmonious body, for improving the physical condition, for socializing with colleagues and friends. When asked " What do you think can motivate you to do more sports? the students made the following options: a better equipped material base, to organize more sports activities on the weekend; a more varied palette of offers.

76.% of the students practice sports activities in their free time; 42% of them feel full of energy, 38.% relaxed and only 20% tired. The sports activities preferred by students are: body maintenance sports, first, with 48.%, recreational sports with 36%. And competitive sports are preferred by 21% of respondents. Therapeutic activities are preferred by only 10% of students

Conclusion. The study shows the role of motivation in stimulating and sustaining motor actions. The need for health is in the first place in the ranking of the reasons why students practice motor activities.

The knowledge of the motivational profile of the students constitutes clear coordinates in the effective organization of the physical education process at the University of Bucharest. Inform about the attitude of the students towards the movement, you can intervene through sports programs specially designed to change their availability to physical education and sports.

The action of the teachers on the development of the positive motivation of the students towards the sport, can have beneficial effects. In the formation of skills for the systematic practice of the physical exercise, throughout the life.

Keywords: motivation, sports activities, students

INTUITIVE METHODS OF TEACHING ACROBATIC ELEMENTS IN HIGH-SCHOOL EDUCATION

Metode intuitive moderne de predare a elementelor acrobatice în învățământul gimnazial

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Abstract

Background

The use of modern audio-visual technical means for demonstrating acrobatic elements in acrobatic gymnastics I have generically named in this paper modern intuitive means of teaching acrobatic gymnastics. Ionescu, M. (2000) classifies according to the requested analyzer and the static or dynamic character of the image, the educational means as follows: visual technical means (epiprojector, epidiascope, back projector, etc.), audio technical means (radio, tape recorder, cassette player, player) for CDs, etc.), audio-visual technical means - which involves the use of a video camera, in connection with a TV monitor or video projector. Bocoș, M. (2010) calls them technical means of training.

Objectives

The use of modern intuitive methods can really contribute to the development of educational practice and to the solution of certain problems identified in the educational reality. By using modern intuitive methods of teaching acrobatic elements in gymnastics, included in the syllabus of the 7th grade, students achieve superior performances regarding the formation of specific skills and motor skills.

Methods

"Pavel Dan" Trittenii de Jos High School, Cluj County, rural environment; during the period: December 2018 - June 2019. The experimental sample: the 7th grade from with a staff of 21 students; control sample: 7th grade B with a staff of 20 students. The centralization of the notes in the tests of the experiment and of the averages calculated on each subject and on the samples, as well as their graphical representation, allow preliminary observations to be made, in support of the verification of the working hypothesis. In the case of the experimental group, all the students recorded an evolution of the performance, but much more significant, during the experiment. However, the same tendency of stagnation is observed in the last stage, with decreases in some subjects, as in the control group.

Results

"Independent Samples Test", presents the results of the t-test comparing the averages of the two samples. In the first part we read the results of the Levene test for checking the condition of variance equality (column "Levene's Test for Equality of Variances"), equality needed to validate the test t. The calculated value, $F(37) = 0.172$, at a safety threshold ("Sig. ") $P = 0.681$ (higher than the

admitted threshold $p = 0.05$), is insignificant, and the condition of variance homogeneity is fulfilled. Consequently, it can be stated, with a probability of 97.5% ($1 - p = 1 - 0.025 = 0.975$), that the difference between the sample meanings on the dependent variable (performance) is due to the influence of the dependent variable (using modern intuitive methods). In addition to the statistical significance of the results of the t-test, materialized in the probability with which the research hypothesis is accepted, the effect size is of major importance. The calculation of this effect is performed using the indicator r , which, in the case of the t-test for independent samples and unequal groups, uses the formula: Value obtained ($r = 0.32$).

Conclusion

Following the application of the modern intuitive methods of teaching acrobatic gymnastics to the students of the 7th grade in the experimental group, they achieved a higher performance in the formation of specific motor skills, compared to those in the control group.

2. The constant use of modern intuitive methods has positively influenced the efficiency of the management of the didactic process. By using the audio-visual technical means, it can successfully replace the mediated or direct demonstration, and even have a better performance, in our case with 21.7%

Keywords: intuitive methods, high school, acrobatic elements, education

SPORT SECTION

EVALUATION COMMITTEE:

Ph.D. Professor MIHAELA GANCIU

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Pregătirea polivalentă și poliatică în stadiul I de antrenament

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Abstract

Background. In performance sports training, the preparation of the athletes takes place in several stages, determined by the particularities of age and the general availability of adaptation of the body.

The present study is based on personal experience of the authors and practical application requirements for Stage 1 of basic training oriented (ABO) and is responsible for the overall creation of premises in general stockings of devolt men's long term capacity performans, in athletics tasks in stage 1 during this period.

Objectives The basic objective is to increase the capacity of effort and to develop the fine coordination of the movements , related to the initiation of the children in the basic athletic tests.

Intermediate objective is to take into account when preparing the various factors, age, experience, strength, aerobic power, and specific genetic variations possible .

The final objective is to increase the effort indices in training based on a multilateral, polyvalent and polyathletic training for the specific preparation of the preferred athletic event .

Methods Method research of observation, the study the experimental grading of effort and to adapt them. The method of rationalization and standardization of the main training means.

Results. As a result of a process of preparation of the two samples of subjects (10-14 years) are obtained results at the end of stage 1 at the national level and a 2, 400 m / pl. CN juniors III .

Conclusion. The multilateral prepare polyvalent and polyathetic model proposed by the planning calendar had the best finale prognosis testing results.

The following study of the dynamics of motor capacity indicators in children, aged 10-14 years, is resulted that the methods and methodical orientation were good with progress in terms of physical development.

An annual training cycle of 11 months is proposed, which should become a constant in the training plans, motivating as follows: children aged 11-14 years old already participate in the finals of the junior NC based on FRA standards.

Keywords: polyvalent, polyathletic, ABO stage I, athletic running, specific physical training

DEVELOPING A SCALE FOR THE EVALUATION OF INDIVIDUAL'S FITNESS LEVEL

Dezvoltarea unei scale de evaluare a nivelului de fitness individual

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Abstract

Background. Evaluating an individual's fitness level is the first step in assessing one's health level, developing workout routines and monitoring physical response to the workout stimuli. In doing so, our purpose is to improve the general wellbeing of the population. In our PhD thesis we stumbled upon the topic of assessing an untrained person physical ability in a way that could be relevant. By relevance we were interested in a battery of tests that can be standardized, repeatable and easy to perform by anyone. To achieve this goal, we researched what exercises machines were available at our testing facility and what our test subjects could easily perform.

Objectives. The objectives of our research were as following:

Finding physical exercises that can satisfy the requirements to appreciate the basic fitness components. Using exercises that can be done by everyone, eliminating the risk of measuring errors due to lack of technique. Developing a scale to quantify the sum of test results

Finding exercises that can be done by an untrained subject, without the subject psychically abandoning the exercises before physical failure.

Methods. We researched the available literature and how other physical evaluation tests were performed. Also, we searched for physical exercise equipment producers that help their clients monitor their performance levels. We performed tests on the clients of a local gym during their personal training sessions and gather data.

Results. We developed a 7-exercise test battery that is able to generate a personal score from 0 to 70, taking into account gender difference and take into account the fitness components of an individual.

Conclusion Our scale is relevant in testing an untrained individual's fitness level by testing its anaerobic power, aerobic capacity, upper and lower body strength, endurance and mobility.

Keywords: Measuring fitness level, scale, physical exercise

COMPARATIVE TEST OF THE EVOLUTION OF FITNESS LEVEL BETWEEN MEN AND WOMEN OVER A PERIOD OF 3 MONTHS

Evoluția comparativă a nivelului de fitness la bărbați și femei pe o perioadă de 3 luni

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Abstract

Background.

After developing our fitness test battery, we put it to the test to see how the data we collect compare to our expectations. The fitness test battery we used, consists of 6 exercises that we measure and score, in order to achieve a total score (0-60), which helps us evaluate the physical state of an individual at a certain point in time. Our test is developed for use on untrained subjects and it is relevant if used on the specific equipment used by us. The exercises used in our test consist of rowing for 1 minute, push ups, weighted squats, sit and reach test and treadmill incline walk.

Objectives.

Our objectives were to measure the progress made by the test subjects between individual tests and the general score.

Methods.

Experiment and mathematical correlation of the data. We used a new fitness test battery to compare the progress made by the participants over a period of 3 months. The test was performed over a group of test subjects consisting of 49 adults, 18 men and 31 women, aged between 30 and 40 years that had a gym membership ongoing. The subjects were given a training guideline and were tested at the beginning of the membership and after a period of 90 days.

Results.

The average age of the male participants was 34.5 years. The initial test score was 40 points and the final test score was 46.4 points.

The average age of the female participants was 35.1 years. The initial test score was 29.4 points and the final test score was 35.8 points.

Conclusion.

The test managed to gather relevant data. We saw an 13.7% improvement in male performance and an 17.8% improvement in the performance of female participants.

Keywords: Fitness test, Score, Data gathering.

TRAINING AND DEVELOPMENT OF CHILDREN'S INTEREST FOR THE PRACTICE OF TENNIS

Formarea și dezvoltarea interesului pentru practicarea tenisului la nivelul copiilor

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Abstract

Background. The tennis coach must be a good psychologist, especially at the level of the children, from whom he expects performances according to their ability. To be a good psychologist, not a profession but a conjuncture one. The tennis coach must have, besides the specialized and basic knowledge of psychology, which helps him to know, understand, make decisions regarding the - behavioral manifestations of the children, both during the training and in the official games.

Specialists and technicians in the field are constantly striving to define a methodical, scientifically and practical concept to attract as many children as possible to practice tennis with great pleasure. Play is an indispensable element in the development of the child, at all ages, and the playful spirit must be present in all forms of child preparation.

Issues addressed. At children, physical training is an essential condition of harmonious physical and mental development. Even from early childhood, the child is unable to limit his effort, he is playing all the time, anywhere, with anything, at any time.

A healthy child, can practice the sport without restrictions. Up to the age of 12, the number of workouts at children can be 3-4 per week, and above this age, can be practiced daily or sometimes there may be two workouts per day.

In all stages of training, the trainer must be in permanent contact with the doctor, psychologist, physical trainer but also with the sportsman's parents.

Conclusion The development of the interest for playing tennis by children, must be generated by more cumulative aspects that must be agreed by children: the space environment for the lessons, materials needed for the tennis lessons to which we add respect, patience, communication, understanding of the coach.

Physical exercise represents a predominantly bodily action which, carried out with joy, in children, influences considerably the processes of harmonious physical development, the functional and mental capacities that rationally converge to the general development of children, while also ensuring the basis of motor skills.

Keywords: concept, specific skills, physical exercise, functional capacities, motor capacities.

THE FUNDAMENTAL MECHANISMS AT THE LEVEL OF THE BODY MUSCLES, NECESSARY IN SUSTAINING AND AMPLIFYING THE EFFORT IN MODERN TENNIS

Mecanisme fundamentale la nivelul musculaturii corpului, necesare pentru susținerea și amplificarea efortului în tenisul modern

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Abstract

Background. Modern tennis practiced at the high performance level implies an extremely complex, dynamic, high intensity physical activity in extremely short time units – from 3 to 18-24 seconds – for physical and mental recovery.

The specific positions of the player in the field, the forms of movement, the distances, the difficulty of their achievement, to which are added the preparation processes and the techniques of hitting the tennis ball, give the measure of higher physical and mental demands.

Issues addressed. The present scientific work has an essay character based on an extensive study and observations, personal experience, specialized publications, all meaning a proof of the scientific knowledge of the field. It deals extensively with the fundamental mechanisms of muscular-ligamentous effort, on the three areas of the body: upper limbs, lower limbs and upper body.

The rotations of the upper body are very rarely performed on the vertical axis of the body, generally they are most often done outside or as a fixed point on one side of the body (for example, on the right hand players, the movement for forehand is made on the imaginary area of the left shoulder.

The scapular belt, which connects the upper body to the upper limbs, contains many groups of muscles that play an important role in the dynamics of tennis hits, contributing substantially to the complexity and amplitude of the arm, decisive in the technique of tennis.

The muscles of the lower limbs make a solid connection with the upper body and are present in the movement and control of the center of gravity of the body.

Those three fundamental mechanisms at the level of the muscles are strengthened both on the ventral and dorsal sides of the body, constituting a muscular braid that ensures the complexity of the specific tennis movements: defeat, release, impulse, extension and flexion.

Conclusion. The graphic illustrations of the technics to which the tennis player is the subject, belong to us. This over 28 technical moments presented offers the chance to rethink the problem of training the tennis player, from a physical, technical and tactical point of view, at a higher level.

Keywords: Technical mechanisms, groups of tennis ball hits, muscle groups, structural and functional changes, force-velocity vectors.

METHOD OF MODELING IN PERFORMANCE TENNIS, THE MODERN SOURCE OF PERFECTING THE TRAINING CONCEPT

Metode de modelare în tenisul de performanță ca sursa modernă de perfecționare a conceptului de instruire

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Abstract

Background. Performance tennis has made important progress in recent decade, both male and female, being illustrated by superior effort capabilities, dynamism in the technical-tactical actions of the game, power of concentration, quick recovery, adaptation to the diversified conditions of the game (time zone, weather conditions, opponents of different typologies).

The laborious work of the coaches and the athletes are highlighted by somatic and functional measurements, investigations and scientific decisions of the teams of specialists.

Issues addressed. Sports performance in tennis knows in time a continuous process of modernization due to the valuable interventions of the related sciences, which leads to a permanent redefinition of the principle of modeling and remodeling, on all the components that contribute to raising the human limits.

The integrative (game and training) model includes the following components: the player's model or typology, the game parameters, the basic component model of the game.

Modeling involves the reactivation of the specialized knowledge regarding the elaboration of valuable and performing training programs with maximum efficiency, without forcing the sportsman's body, modeling that must take into account the type of player (offensive, defensive, combinative) and a certain one technical, tactical and psychomotor strategy.

Also, the modeling implies a good hierarchy of the criteria for evaluating the progress in preparation and in the game, conditioning and harmonization between the components of the training and the elements of effort and recovery, hygiene and nutrition, adaptation and medication, motivation.

Conclusion. We can state that once the game and training model is fixed, this activity can only be a stage, after which it will have to be improved by adding new modeling elements or by eliminating some that no longer correspond to the biological stages of the tennis players or require a series of adjustments that accelerate the improvement, according to the major requirements of higher level.

Keywords: Modern tennis, methodology, technology, concept, model and modeling.

STUDY ON THE PLAYERS' ATHLETIC PREPARATION JUNIOR HANDBALL IV (12-13 YEARS)

Studiu privind pregătirea athletică a jucătoarelor de handbal junioare IV (12 – 13 ani)

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Abstract.

Background. Handball is accessible to everyone. It can be practiced by children and young people, men and women and even older people. Most technical procedures are executed by hand, and the ball being small can easily control.

Objectives. The aim of this study is to obtain data on improving the athletic training of junior IV handball players, to increase the performance of athletes and, implicitly, to increase their performance.

Study hypothesis. If there is a systematization of the means and methods of developing the motor skills specific to athletics in the preparatory stage, of the training programs, then we can contribute to a better athletic training of junior IV handball players.

Methods. The research methods used in this study were: The bibliographic study method; Observation method; Test method; Statistical and mathematical method; Graphic method.

The study included 2 teams of 16 athletes 12 to 13 years, divided by 2 groups: experimental group and control group. At both the beginning and the end of the study, tests were carried out on 5 events.

Results. At 30 m running speed, the experimental group had a performance improvement of 0.18 seconds compared to just 0.06 seconds as the control group registered.

In the long jump, the average of the experimental group was 11 centimetres better at the end of the study than the control group that was only 7 centimetres in length.

The handball ball throw test showed the following situation at the end of the study: the experimental group had an increase in the arithmetic average of 4.6 meters from just 3.4 meters as the control group recorded.

Testing of the dribbling through 7 milestones on a 30 m distance has the following final results: the experimental group achieved an increase in the results by 0.61 seconds, while the control group achieved only 0.22 seconds.

The running triangle test gives us a significant improvement in the final results of the experimental group by 0.87 seconds compared to just 0.4 seconds as the control group succeeded.

Conclusion. At the final time of the study, the experimental group achieved better results than the control group in all tests carried out. The study was observed that by systematizing the means and methods of development of the driving qualities specific to athletics in the preparatory stage, the training programs, improved the preparation of junior handball players.

Keywords: motor training, motor quality, test, result

STUDY ABOUT THE IMPACT OF THE FREE THROW IN BASKETBALL GAMES ENDED AT THE DIFFERENCE NO GREATER THAN 2 POINTS DURING THE 2018-2019 ROMANIA'S MEN'S NATIONAL BASKETBALL LEAGUE SEASON

Studiu asupra impactului aruncărilor libere în meciurile de baschet încheiate la o diferență de cel mult 2 puncte în sezonul 2018-2019 al Ligii Naționale de Baschet Masculin din România

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Abstract

Background. Basketball is one of the most popular team sport in the world. It stands out through the finesse, accuracy, fantasy of the technical and tactical exercises, athletes' height and physical qualities, all of these merged into a competition, which requires team spirit, sacrifice, intelligence and nervous resistance. It is a team sport which demands a large array of technical skills, tactical actions from the simplest to the most complex. This research aims to highlight the importance of free-throws in the economy of basketball games played in the men's first division through the coefficient of the made free-throws by selecting all the games ended at the difference no greater than 2 points.

Objectives. The objectives of this research are: influencing the development of morpho-functional body types, the development of movement quality, the development of a wide tactical knowledge, the introduction of new technical methods, increasing the overall performance. One of the main goals of this paper is to provide a detailed analysis of games ended at a difference of no more than two points.

Methods. The methods used in the following research consist of video recording, match statistics and data analysis of official games played in the 2018-2019 Men's National Basketball League season.

Results. The results of this research show that the average made shot percentage of Men's National Basketball League is 67,9 %. Returning to the problem of developing a tactical cognitive process regarding the importance of the free-throw, we need to mention that the foundation of this process is knowing the basics of the game, on which we can build and perfect the skills acquired along the years.

Conclusion. The free-throw in the basketball game it's taken in various muscular effort conditions. Thus, the players can benefit of a free-throw after greater or lesser effort. The content of the training, its effectiveness and variability are important to achieve for this purpose. The free-throw is a test of finesse, high coordination, accuracy, in which the information received from the brain an essential role. The basketball game requires an equal development of the entire complex of motor qualities through its wide motor content and the variety of movement it requires. This is why the players need a continuous and perseverant preparation.

Keywords: free – throw, two points difference, made shot

IMPROVING THE CAPACITY TO WORK IN PRE-SCHOOL CHILDREN

Îmbunătățirea capacității de efort la preșcolari

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Abstract

Background. It is assumed that the insertion of the physical education elements (movement exercises, movement games, relay race, dance steps) in all types of activities carried out in kindergarten determines the increase of effort capacity (evaluated by the Ruffier test) and there is the possibility of contributing greatly to form as a child, a being who lives in harmony with his colleagues, to behave correctly and civilized.

Objectives. Monotorizing the effort capacity during the development of activities that contain physical education elements. Comparative analysis of the effort capacity between the two monotorized groups.

Methods. Pedagogical observation method. In particular, we aimed to adapt the child's body to the effort by recording the physiological indicators and determining the effort capacity of the cardio vascular apparatus (Ruffier Test).

The experimental method. The experimental method allowed a knowing of reality, assumed by an active state of the subjects and involved an activity oriented towards the precise purpose of verifying the hypotheses.

The method of graphical representation. The graphical representation method was used for a more complete interpretation of the results obtained in the tests by highlighting the differences between the performances obtained by the subjects at different moments of the research.

Results. In both groups the final results are better than the initial ones recorded at the beginning of the experiment, but in the experimental group there is a significant increase between the final and the initial testing compared to the controled group where the growth is much smaller.

Conclusion. Proceeding to the insertion of the elements of physical education in all the activities carried out in the kindergartens and not only to the intended activity, it will be realized the presentation of the contents and of the other fields in an attractive, flexible, mobilizing form, which leads the interest of the children for investigation, documentation, research and practical application.

Keywords: improved pre-school effort capability

CORRELATIONS BETWEEN THE INDICATORS OF MOTOR QUALITIES: SPEED AND EXPLOSIVE FORCE, WITH THE USE OF MICOGATE WITTY MANAGER SYSTEM TECHNOLOGY, IN FOOTBALL

**Corelații între indicatorii calitaților motrice: viteză și detentă, realizate prin
tehnologia micogate witty manager system, in jocul de fotbal**

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Abstract

Background

The nature of competition in sports games is inherently chaotic. Often, sports such as football, rugby and field hockey have a fast-paced style of play, consisting of quick turns and frequent changes of direction. Due to this intermittent style of competition effort, players in these sports rarely reach maximum sprint speed during the game. As a result, the ability to accelerate is a coveted skill in this segment of the sport.

Objectives. The sports performance at this moment cannot be completed without an analysis of the entire preparation process, in accordance with the rigorous demands in the field. The updating of the training program is an important objective in sports training, the pedagogical tools have the role to improve the athletes' performance and their mental state, as well as the role of increasing the level of attraction of the training.

Hypothesis: it is assumed that implementing an intervention plan focused on increasing speed and coordination will result in the improvement of these qualities, and consequently the achievement of better competitive performance.

The purpose of this study is to verify the impact of a special training plan and the verification of the working tools, in order to present the quantifiable results regarding the initial level of motility and mental state of the athletes. Later, it is desired to develop an exercise program that aims to develop speed and coordination capabilities, but also to improve the mental state.

Methods

The method of longitudinal experiment was applied, 2 junior football teams between 14-16 years old participated in the study. Of these 2 teams, one benefited from the special intervention program, this one representing the experiment team, and the other team representing the control team. The experiment lasted 12 months, the athletes were tested at the beginning and at the end of the intervention program. The tests used were an agility test called the Arrowhead Agility Drill test, and a SPM (Motivational Persistence Scale) psychological questionnaire.

Results

The statistical analysis of the results obtained at the end of the experiment showed us that there were improvements in the aspects concerned, namely improvements were made in increasing the speed and coordination as well as the well-being of the athletes within the experimental team.

Conclusion

Our study showed that the level of speed, of the coordinating capacity, and of the stress, are variables that can be continuously improved by introducing alternative exercises and by the continuous renewal of the general plan of sports training. Common tactics used for speed development include general strength training, sprint resistance training, polymers and sprint techniques (Cronin and Hansen, 2006; Delecluse, 1997; Martinez-Valencia et al., 2015). Instead, how each of these exercises can be implemented varies from one athlete to another. An even clearer problem is the lack of integration with other training components, such as endurance training and sports practice. Developing an integrated approach is essential for organizing the training process, as each aspect of the training represents an important physiological stimulus applied to the athlete

Keywords: motor qualities, speed and explosive force, sport technology, football

CASE STUDY ON MONITORING AND DIRECTING THE EFFORT SPECIFIC TO MOUNTAIN BIKING (MTB)

Studiu de caz privind monitorizarea si dirijarea efortului specific probelor de ciclism montan (MTB)

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Abstract.

Background. Surely the pioneers of mountain biking at the foot of Mount Tamalpais did not think, in the early 1970s, how far their fun will reach and how it will embrace the entire planet. And the truth is that it took him some time to cross the ocean and spread around the world, but today mountain biking has come everywhere and has followers everywhere.

Naturally, mountain bikes arrived in Romania after 1989 and soon began to appear profile contests, it is only known that the Romanian and the forest are brothers. The beginning period of Romanian mountain biking was exactly as romantic as you imagined: mountain bikes in big cities counted on your fingers, everyone knew everyone, any mountain biker was almost automatically your friend. , without discrimination, and the same bike was used with joy for any sport discipline [1].

Objectives. The present work, through its content and approach, aims to highlight the main aspects of the specific effort of the MTB competitions, intended for both amateurs and performance athletes, registered both in training, and especially during the HAIUCI AND DOMNITE competition - 2019, the subject of the research being the undersigned, Serban Catalin.

Methods. Effective monitoring was performed using the Garmin Fenix 5 electronic device, during the training and during the competition.

Results. In this competition I took the second place out of 64 athletes, in the age category 30-39 years, level III, third place out of 170 athletes, in general level III, and place 20/650 in general.

Conclusion. The obtained results give an overview of the demands of this type of effort, while at the same time establishing solid benchmarks in the elaboration of future training strategies.

Keywords: effort, mountain biking, monitoring.

KINETOTHERAPY SECTION

EVALUATION COMMITTEE:

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Ph.D. Assoc. Professor **DAN-GEORGE MOISE**

Ph.D. Lecturer **OANA-MARIA GANCIU**

6-7 YEARS PRESCHOOL CHILDREN MOTOR SKILLS TRAINING AS THE SPINE DISORDERS PROPHYLAXIS

Pregătirea motrică a preșcolarilor de 6-7 ani, în contextul profilaxiei deficiențelor coloanei vertebrale

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Abstract

Background. High preschool age is the one at which children's body show a sharp increase in somatic and functional parameters. It is at this age that a series of deficiencies occur in the body of children, often being characteristic for the spine.

Objectives. At this age, an intervention of specialists is required, first of all in the field of physical education. If it is not intervened with concrete methodologies to prevent these deficiencies, they may worsen as children get older.

Methods. For this purpose, a model of means for their application in the physical education and at home with the preschoolers was developed and implemented in a series of preschool units.

Results. The model had a positive effect on preventing the occurrence of different deficiencies of the bone system and first of all the spine in children.

Conclusion. It is shown that by using at large scale the correctly selected physical exercises, one can have a prophylaxis effect of the possible deficiencies of the spine, namely at the age of 6-7 years.

Keywords: preschool children, spine deficiencies, prophylaxis, motor training

APPLICATION OF KINETOPROPHYLAXIS BY PARENTS AT THE CHILDREN WITH SCOLIOSIS IN SPECIAL EDUCATION

Aplicarea kinetoprofilaxiei de către părinți copiilor cu scolioză din învățământul special

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Abstract

Background. Scoliosis has become one of the most common disorders in school-age children, becoming a serious concern for doctors, kinesiotherapy teachers and parents.

Objectives. The **objective** of the research is to make a personal contribution to the parents' help who are concerned with their children's health and the application of physiotherapy outside the physiotherapy hours in the special school.

The parents' involvement in the recovery of children with scoliosis is important for both the child and the therapist. For this purpose I have developed a small guide, Practical guide of prevention - addressed to parents for working with children at home (Smart Publishing, 2019) subsequently published, with practical recommendations for parents of children diagnosed with scoliosis to prevent the aggravation of this condition.

In the study I seek to highlight that the involvement of parents in the treatment of kinesiotherapy which brings a significant value in the recovery of children with intellectual disabilities.

Methods. The study includes a group of 20 children from the Special School no.3 in Bucharest, and their parents. There were two groups of students: students with mild/moderate mental deficiency and students with severe / profound / associated mental deficiency.

Another criteria for the formation of the working groups was the pupils' level of schooling: primary and secondary. The methods used are: method of bibliographic study, method of conversation, questionnaire method and recording of data and graphical presentation.

Results. There are significant differences between the two categories of primary and secondary school children in applying kinesioprofilaxia to the child's dwelling place. The results showed that 85% of parents who were receptive and applied kinesioprofilaxia to the child at home were female.

Conclusion. Following the comparisons made between the groups of students constituted, it was found that there are significant differences regarding the application of secondary kinesioprofilaxia at home and the level of schooling, as well as the degree of disability.

Keywords: scoliosis, parents, special education system; primary and secondary education

HOW TO CORRECT OR AMELIORATE THE POSTURAL DEFICIENCIES BY DOING KINETIC EXERCISES WITHIN SPORT LECTURES

Corectarea sau ameliorarea deficiențelor posturale prin exerciții kinetice, în cadrul orelor de educație fizică

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Abstract

Background. The characteristic position to a human being is orthostatic, it shows an antigravity posture. Using neuromioartrokinetic interventions for conservation leads to a transformation of the posture or a correct and normal attitude also called the position of the orthostathic alignment.

Preventing the occurrence of postural deficiencies represents the primary prophylaxis (also known as primary prevention) and can be achieved by keeping a correct attitude of the body, self-control both in daily routines and professional ones. It is a regrettable reality the fact that part of students presents different physic deficiencies. They practice medical gymnastic in different groups, differentiated by their diagnostic. Different techniques that are applied in these groups lead finally to a delay of the evolution, the amelioration and correction of the physical deficiencies.

Objectives. The scope of this paper addresses the need of correction and improvement of the students postural deficiencies through implementation of a therapeutic program, based on a large range of techniques which are going to be adapted to the particularities of each and every subject during the sport lectures.

The aim of these corrective exercises during sport lectures was to generate a reflex action that trigger a correct, upright body posture both in student's static or dynamic activities.

Another objective of the sport lecture was related to the muscular tonus of the posterior plan of the trunk and reestablishing the correct posture of the shoulders, sholder blades through shortening the musculatures designed to secure the pectoral arch.

Methods. The following research methods were used. Specific documentatio. Testing and measuring methods. Matematic methods of statistics. Methods using graphs and diagrams. Functional evaluation comprised the following tests for measuring and posture assesment as well as the amplitude of the movement. At the beginning and at the end of the recovery period following tests were conducted: Tests Ott and the distance fin gers to the ground floor.

Results. Initial test revealed that the average values are almost similar to both groups. The final test showed significant differences between the two groups. For the experimental group the results indicated a signicant increase between the final test and the initial one ($p < 0.05$). The null hypothesis is accepted for both groups.

Conclusion. The intervention plan applied in sport lectures comprised the following techniques: the correct or hypercorrect posture, maintained through various methods; passive movements, assisted and active activities, isometric contractions and different techniques related to proprioceptive facilitation.

Applied kinetic programs were various and numerous, being organized and implemented in accordance to individual necessities and were oriented to the following directions: to develop to prevent, to compensate and to correct.

A consistent practice of the therapeutic programs will prevent the aggravation of accumulated deficiencies and in the end to a ceased evolution of the deficiencies. We recommend our students to continue these therapeutic programs out of the sport lectures to consolidate the results they already achieved.

Keywords: deficiencies, posture, kinetic exercises, students

KINETOTHERAPY FOR THE RECOVERY OF DISEASES OF THE LUMBAR SPINE

Kinetoterapia în recuperarea afecțiunilor coloanei vertebrale lombare

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Abstract

Background. Spinal cord injury at the lumbar level due to incorrect postural attitudes or sudden movements, causes extreme suffering at this level, which can lead to total or partial functional disability, with important professional and social implications.

Objectives. The objectives of the study were to analyze and present the effects of kinetic therapy on muscle tone and spine mobility in the lumbar area.

Methods. In this study, the following research methods were used: observation, clinical examination, measurement methods, questionnaire method and methods of recording, processing and graphical presentation of data.

Results. Improvement of the health status by the therapeutic methods used allowed to continue carrying out a program of exercises with high complexity and preserving the acquired mobility.

Conclusion. The combination of the Williams program with elements of the Kabat method have led to increased spine mobility, increased muscle tone, improved physical condition, social reintegration of the patient and increased quality of life.

Keywords: lumbar spine, kinetotherapy, functional re-education, Williams, Kabat.

PREVENTING OBESITY AND ASSOCIATED DISEASES THROUGH FITNESS AND NUTRITION PROGRAMS

Prevenirea obezității și a bolilor asociate prin programe de fitness și nutriție

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Abstract

Background. Obesity and associated diseases have reached unprecedented levels in human history, the phenomenon being highly visible in many countries that have suddenly adapted their socio-economic system (China, India, as well as Eastern Europe and South America).

Body weight fitness refers to the result obtained by comparing actual/active weight and adipose tissue. Thus, the body composition is a component of the fitness of health. Assessing body composition is very important in the health improvement process, the main goal being that of maintaining the body weight and also the amount of body fat, through systematic and continuous physical training and a regular diet.

Objectives. The aim of the research is to choose and combine the most effective means (fitness programs and a hypocaloric diet) in order to reduce the weight excess of overweight and obese students who chose to attend physical education courses.

Methods. To draw up this paper, I have used the following methods: pedagogical documenting, health improvement experiment, assessing and (data) testing method. The somatometric markers that were evaluated were: the height weight and abdominal area. The body mass index (BMI) was then calculated, based on the previous measurements. I have also used the mathematical statistics method and graphics. The progress achieved by the proposed program shall be checked on the basis of measurements, applied at the beginning and end of the program.

The training project, developed in accordance with the hypothesis issued, is based on fitness and nutrition programs (hypocaloric diet) that help reduce the adipose tissue and improve the somatic indices.

Results. Following the evolution of recorded somatic parameters, we notice a difference value between initial and final testing ($p < 0,05$).

The progress made by students, as a result of practicing fitness, also includes the improvement of morphological indices: weight, abdominal and hip circumference. As regards the body mass index, the subjects who were categorized in the initial testing as obese, switched to the overweight and normal category.

Conclusion. The positive results achieved after implementing the intervention plan proved that fitness practiced for health purposes must be performed regularly, at least three times a week, with an average duration of 40-50 minutes and a moderated intensity of exercises.

The results showed the importance of fitness and also the importance of having a hypocaloric diet when it comes to improving the morpho-plasticity of the body and preventing obesity. The main physical effects of fitness practice are reflected in the decrease of the body mass index. They are also visible in the abdominal and hip circumference.

Effective prevention of obesity is achieved through some changes in someone's sedentary lifestyle, through systematic and continuous practice of physical exercise and last, but not least, through a balanced diet.

Keywords: prevention, obesity, fitness, nutrition, students

CAPITALIZING OF THE 3D BIOMECHANICAL EVALUATION IN THE REHABILITATION PROGRAM OF A FOOTBALL PLAYER WITH AN ACL RECONSTRUCTION: A CASE REPORT

Valorizarea introducerii evaluării biomecanice 3 D în programul de recuperare post reconstrucție LIA la un jucător de fotbal: studiu de caz

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Abstract

Background. The Anterior Cruciate Ligament (ACL) is the most commonly injured ligament in the knee and an ACL injury lead to long term consequences in sports career for every professional or recreational athlete. We know, every patient is unique, with differences in pathology, needs and evolution.

The systematic introduction of 3D biomechanical evaluation during the rehabilitation protocol, will highlight dysfunctional movement patterns, deficits in proprioception, limb strength, power and endurance and will help the therapist to built a better customized rehabilitation program.

Objectives. The subject was 31years old, men football player. The injuries occurred with an direct traumatic mechanism of the right knee, during the match. He had a biological ACL reconstruction with hamstrings technique, a medial partial meniscectomy, abrasion arthroplasty on the medial compartment of the right knee. He started a standard rehabilitation program .

We introduced a 3D biomechanical evaluation protocol, on D-Wall Technobody (a 3D computerized evaluation platform) and a force evaluation on Genu-Plus Easytech (an isokinetic system), first time at the end of the third month, and second time at the end of the fourth month.

Methods. On D-Wall we performed the Quick Test consisting in five different evaluations: Mobility, Balance, Push up, Jump, Agility. On Genu plus we measured the Maximal peak Torque of knee extensors and knee flexors muscles .A subsequent qualitative targeted neuro-motor training (NMT), customized on tests results was built, aimed to change the dysfunctional biomechanics of the patient.

Results. We found that the patient has a very good balance and a very good endurance of upper and lower limbs. But we also found a deficit in strength and endurance for upper and lower limb, a deficit in power for lower limb, a deficit in mobility, agility and coordination.

At the second evaluation, the patient succeeded in improving all tests results, exceeding the average values expected at the end of the fourth month of rehabilitation protocol.

Conclusion. The neuromuscular imbalances and functional deficits may increase risk for future injury.

We proposed a model of a criteria-based progression of middle stage protocol following ACL injury and reconstruction for optimal rehabilitation process.

Keywords: ACL, rehabilitation, evaluation, neuromuscular imbalance.

THE RATIO BETWEEN HEIGHT AND BODY MASS FOR 8TH GRADE SPECIAL NEED EDUCATION PUPILS

Raportul dintre talie și masa corporală la elevii cu dizabilități școlarizați în clasa a 8-a

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Abstract

The aim of this research was to compare the Body Mass Index of pupils with mental disabilities enrolled in special educational institutions with the Body Mass Index of students in public educational institutions, in the purpose of adapting/perfecting the learning process in the subject of Physical Education and Sport, in special educational institutions.

Objectives. During this project we decided to verify if there were significant height, weight or BMI differences between the two types of students (students enrolled in special educational institutions and students in the public schools of Bucharest).

The poll of the research had been composed of 60 students separated in 4 groups of 15 students each: 2 groups of girls in 8th grade (special education and the correspondent group enrolled in public schools) and 2 groups of boys in 8th grade. Therefore, comparisons have been realized between these two types of students, corresponding with their age and sex.

From the point of view regarding the statistical methods used, the mathematical SPSS program had been used, applying the Man-Whitney test as a nonparametric test.

Results. The results of the comparisons stated that there were differences in height and weight between the students enrolled in special and public educational institutions. However, when judging by the Body Mass Index of the students there were no significant differences.

Keywords: special education, secondary school, Body Mass Index

VARIA SECTION

EVALUATION COMMITTEE:

Ph.D. Professor **DANIELA ADUCOVSKI**
Ph.D. Assoc. Professor **ROBERT SAKIZLIAN**
Ph.D. Lecturer **COSTINEL MIHAIU**

EXAMINATION OF THE MANAGEMENT AND ORGANIZATION PROCESSES OF BICYCLE TRANSPORTATION SYSTEMS IN LOCAL GOVERNMENTS

Examinarea proceselor de management și organizare a sistemelor de transport cu bicicletele în administrațiile locale

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Abstract

Background . It is necessary to ensure that the bicycle, which is widely used in sports in our country, is used effectively as a means of transportation. Despite some research on this subject, the use of bicycles as a means of transportation has still not reached the desired level due to insufficient awareness and lack of infrastructure.

Objectives This study aims to examine the management and organization processes of bicycle transportation systems in local governments.

Methods. The research group consisted of 1106 KOBİS users (Kocaeli Bicycle Transportation System), 575 males, and 531 females over the age of 18 who were randomly selected in Kocaeli. The survey method was used in the research. In addition to the demographic information of the participants, an ergonomic suitability questionnaire for bicycle use was applied.

Results. It is observed that the users of KOBİS give importance to the use of bicycles in general. Therefore, the bicycle infrastructure should be improved, the bicycle paths should be increased, the bicycle and motor vehicle paths should be separated as much as possible, and the environmental planning of the bicycle paths should be designed greener and natural. Also, it was observed that the majority of users were satisfied with KOBİS tariff fares.

Results. According to the results of the study, when the management and organization processes of bicycle transportation systems in local government is examined, significant differences were found based on gender, age, income status, job position, education level, registered sports profile, bike ownership, availability of bicycle roads and satisfaction with KOBİS tariff fares.

Keywords: Bicycle sharing system, Physical activity, Management

MELOTHERAPY IN THE TREATMENT OF DEPRESSION OF THE ONCOLOGICAL PATIENT

Meloterapia în tratarea depresiei bolnavului oncologic

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Abstract

Melotherapy is a "way" to proceed, depending on the phases of depression in oncological diseases, the methodological orientations being the result of the evolution of the theory and practice of the medical field, determined by the conquests of science and technique.

The present work is intended to be a reckless act given the variety and multitude of materials, research, concerns about oncological disease and depression in oncological disease, which is why I proposed to make a personal contribution, materialized by introducing the means belonging to melotherapy in treating depression, this being the element of novelty and originality of the work.

The purpose of the research is to create the process of rehabilitation of the oncological patient, which is to restore an optimal state of health and functionality to the maximum potential.

The main hypothesis of the study, wants to highlight the progress of patients in diminishing the degree of depression, after they have followed a personalized plan of music therapy:

The premise from which I started in carrying out this work is that by applying the means of psychotherapy, especially (or combined) of the melotherapy to the oncological patient as early as possible, he can make it easier to accept the disease and especially the effects of the chemotherapy.

The research methodology was oriented to ensure the psychic recovery. Emphasis will be given and, on its removal, mental disorders arising it's not stay after diagnosis. The three major cancer treatments: surgery, chemotherapy et and radiotherapy are often debilitating physical (fatigue, sores, nausea complicated, loss of appetite, pain, insomnia ...) et and moral degradation of the image (slimming increased hair loss, scars ...) causing depression, low self-esteem, which affects the quality of life social, emotional, sexual. However, a remedy is possible so that a certain state of comfort and quality of life can be maintained to successfully overcome this difficult stage.

In conclusion, the first step towards oncological recovery is the help of a psycho-oncologist who will deal with the emotional problems, helping him to acquire new behaviors, to understand his own emotions and to acquire a new quality of life, according to his current needs, not being neglect and family support.

Keywords: melotherapy, oncology, depression, psycho-oncology

HOW TO BECOME A SPORT CHAMPION

Cum să devii un campion sportiv

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Abstract

Many teenagers dream to become a sport champion. But in order to achieve their dreams they should know that they must respect the golden rules, such as: start practice sport since childhood, work hard, respect a healthy and adequate nutrition and work with a good trainer. As you grow up, we will also need a mental coaching.

Objectives: to tell the teenagers some of the golden rules which are necessary to become a champion.

The first step is setting the intention which is the motor that starts everything in motion. Without setting intention, your life wanders around aimlessly without goal or direction. After you set your goal it is very important to believe in you, because the mind is the creator of all things and will give you the strength to work hard. The next step is to start training and now you'll need a trainer in order to learn the adequate technique to develop and to improve it and to start planning a tactic in competition. The path to your dream won't be easy task - it takes commitment, patience, and perseverance.

The aim: the teenagers to be encouraged that by hard working it is possible to achieve their dream.

Nowadays the native talent, the will and work are not enough. The success means a mix of anatomical and physiological factors so the sport performance requires a lot of time and money and the childrens will need their parents support. This support materializes in trainings, professional equipment, the adequate nutrition and step by step even a mental coach that can help you build a strong champion character. It is also important to participate to inter-school competitions at popular sports such as soccer, tennis, handball, volleyball basketball since childhood and to continue with "high schools Cups". This amateur competition will give them the chance to taste the victory and performance, will strengthen their character and will and to furbish their skills and abilities.

Methods: information and bibliographic documentation, research method curriculum documents and other school documents.

Results: The process of creating the future champion is a continuous one which involve not only the believe, the discipline and hard working of the children, but as well as a great team effort. The team members are the family of the next champion: the trainer will develop the technique, the skill and the tactic, the physical trainer and nutritionist will take care of his body and the mental coach must shape a strong psyche and character.

Conclusion: Building a champion it's a team effort and in this thesis, I'll try to develop the contribution of each member team in making the future champion.

Keywords: sports, champion, strong psyche, trainer, mental coach, nutrition.

DANCE THERAPY – THE PSYCHOTHERAPEUTIC USE OF MOVEMENT TO PROMOTE THE EMOTIONAL, SOCIAL, COGNITIVE AND PHYSICAL INTEGRATION OF THE ELDERLY

Terapia prin dans – utilizarea psihoterapeutică a mișcării pentru a promova integrarea emoțională, socială, cognitivă și fizică a persoanelor de vârstă a treia

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Abstract

Background: Older adults often require adaptive activities to maintain or regain their physical fitness. Dancing is one of the most complex activity for people. Dance is an activity wich develop social, emotional, cognitive and excercises for develop of life quality at elder. The old ageis a problematic age, so the therapists have to work more with this segment. Every activity or therapyis wellcome to prevent the needs of an elder people. Dancing is one of this therapy and i will show the benefits of this activity.

Method: The purpose of this case study is to describe the process of developing, pilot testing and implementing a dance-based exercise class at the Seniors Club of Bucharest City Hall. This participant observation-based case study makes use of holistic observations during the process of developing and offering the class in cooperation with the Director of the Seniors Organization. Participants will complete a "Course and Instructor Evaluation" reporting their experience with the class including any perceived benefits, concerns and willingness to pay and participate in future dance offerings. The weekly class format includes 10-minute warm-up/introduction, 40 minutes of cardiovascular oriented dance instruction with pre-recorded accompanying music, and a 10-minute cool down/review.

Results: In consultation with the program, a dance-based exercise class for seniors was approved, designed, advertised, and implemented. Participants displayed signs of enjoyment during the class meetings and the small class size allowed all to engage in a dynamic, powerful, and rewarding experience of dance regardless of level of ability. Through repetition and reinforcement of movements participants learned dance steps often working beyond their conceived limitations. Dance has shown promise in improved fitness, social connections and overall physical and cognitive benefits.

Conclusion: Our study is meant to show that a professional trainer, a good program, implicated people takes to good results. For elders is very important to take good activities. The study will show that the dance therapy is an instrument that is proper to improve the elders life, make they feel good and in the end the quality of life of elder people.

Keywords: dance, elder people, therapy, quality of life.

MOVEMENT IS GOLD, DIET THE SILVER, MEDICATION THE BRONZE

Mișcarea este aurul, dieta este argintul, medicația este bronzul

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Abstract

Background. From Hippocrates it is known that prevention is preferable to treatment. The importance of early detection of overweight and its prevention is very high, as studies in several populations have shown that the age of onset of type 2 diabetes (formerly called "maturity diabetes", as it appeared after the age of 40 years) began to go down, now reaching worrying numbers, below 30, under 20 and occasionally, even under 10 years.

Issues addressed. In some prevention studies, the effectiveness of the programs with this objective has been demonstrated. These programs provided for the fulfillment of certain conditions, usually for a limited period of time. From the epidemiological data available in several countries, except for one country (Sweden), it seems that the incidence of diabetes has shown a slight decrease. This, however, cannot be counterbalanced by the "diabetes epidemic" - as this condition is characterized today. IDF data indicate a worrying thing: all the predictions regarding the increase in the incidence and prevalence of diabetes have always been exceeded by the reality, consumes up to 25% of the health costs in many developed countries. The EURODIAB-AC study, which targeted the epidemiology of type 1 diabetes in children from birth to 14 years, indicated a continuous increase in the incidence and prevalence of this phenotype, which, in Romania there were 4 new cases / 100,000 children / year in 1988, to reach 25 years later more than 40 new cases of diabetes / 100,000 children /year. It seems that the other phenotypes of diabetes have registered growth rates.

Conclusion. The discrepancy between the practical reality and the results of the short-term prevention studies could have the following explanation: in any such study, the repeated appearances accompanied by the encouragement of the preventive measures, as well as the awareness of the need to respect the indications can explain the short-term effects of such measures. Usually, those who do not attend one of the evaluations are excluded from the study. That percentage should be interpreted with care as their number can be quite large.

Keywords: movement, diet, medication

WAYS OF SPENDING FREE TIME AT THE AGE OF ADOLESCENCE

Modalități de petrecere a timpului liber la adolescenți

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Abstract

Background. "A civilization that does not rationally use its free time is in greater danger than the one with no free time at all" (George W. Alger). The value of free time is measured in what we do with it.

Joffre Dumazedier shows that free time activities are carried out with pleasure and choosing them is an individual matter. The function of relaxation consists in restoring the body after a day of work, at school, in the regeneration of physical capacities through the activity of relaxation.

Objectives. This paper highlights how adolescents spend their free time. A very important part of the research is to obtain the primary information, necessary for the analysis by means of a survey, from a small sample. The object of our research is represented by adolescents.

Methods. The research methods used were: The method of the bibliographic study; Questionnaire-based survey method applied to a group of adolescents; Statistical-mathematical method; We used the graphical representation method as a way of analyzing the results of the research.

Results. Following the investigation with adolescents, the following results come out: If we were to realize the profile of a teenager who is or is not benefiting of enough free time, it would look like this:

With less than 7 free hours per week, they choose to recreate during this time surfing the social networks, the same activity being predominant also in the free hours in the days of rest. Financial resources are not necessarily an impediment in satisfying the recreational chosen methods. The limited free time prevents them from developing a passion for something (hobby).

Having over 14 free hours a week, they choose to spend them out with friends, family or sports. About the free hours in the break days, we find that they prefer to travel, consumption of cultural products, cooking or family time. Financial resources influence the recreation needs just little or not at all. According to statistics, people who have enough free time have developed a passion, among them: reading, painting/drawing, cooking or gaming.

The recreation methods differ from one age to another, gender differences being most visible at age 14. The 14-year-old ones benefit from less than 7 hours a week, girls preferring to go out with friends (club, coffee shop) during the free hours, and boys to play sports. For the free hours in the break days, boys choose hanging out with their friends (club, cake shop, coffee shop) while the girls choose trips/visits. In both of the cases, financial resources are not an impediment. Football is a hobby for boys, girls do not have one.

The 18-year-old ones have over 14 free hours per week, choosing to spend them surfing the social networks. On the weekend, they prefer going out with friends. Although time would allow them to develop a hobby, it is not on their "list" when it comes about spending free time.

Conclusion. At the end of the research, analysis and centralization of information, the results show that the way adolescents spend their free time differs according to their age, gender and the amount of free time they have.

A way to co-interest adolescents must be done through the culture of free time; a national action program is needed in order to establish a physically- active culture in schools. This should determine professionals to create motivational and guiding lines for appropriate physical activity, and orientation to decrease the sedentary behavior of adolescents and young people through physical activity, having beneficial contributions to the health and development of the adolescents.

Keywords: free time, adolescents, survey.

SPORTS AND THE VALENCIES OF HUMAN RIGHTS PROTECTION

Sportul și valențele protecției drepturilor omului

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Abstract.

„Practicing sports is a human right”, so „every person should be able to practice sports according to their needs”. Although the European Convention on Human Rights does not officially recognize this right, the European Court of Human Rights has emphasized, through its case law, the importance of respecting fundamental human rights in the field of sports. The decisions of the sports federations challenged before the courts or of the sports arbitration entities, have often serious consequences for the sports actors. That is why it is particularly important to analyze the guarantees granted from the point of view of human rights so that, taking into account also the autonomy of the sports structures, national or international sports federations respect these rights and, at the same time, develop the most appropriate legal mechanisms and instruments.

In this context, the respect for human rights, seen as universal principles, has become a key issue in sports disputes, both for sports organizations and for courts or sports arbitration entities.

Objectives. In the present scientific approach we set out to identify the sources and mechanism of human rights in the field of sports.

Methods. We will use the historical method, we will analyze the sources of human law, and, at the same time, the relevant jurisprudence of the European Court of Human Rights.

Results. As issues in the field of sports are closely linked to non-respect for human rights, we aim to highlight their importance, so that there is a balance between the interests of the parties: the sports structures that draw up their own regulations and the actors of sport.

Conclusion. Sports is closely linked to the protection of human rights because, on the one hand, „practicing sports is a fundamental right of everyone”, and on the other hand, this field, by its essence, implies the existence of fundamental principles.

The knowledge of the sources and mechanisms of protection of human rights in the field of sports will allow sports structures to develop, in accordance with the principle of autonomy, policies of their own regulations, which will maintain an adequate balance of the interests of the parties.

Keywords: human rights-sports-protection-athletes.

THE PROPORTION OF SPORTS ACTIVITIES IN THE UNIVERSITY OF BUCHAREST STUDENTS' LIFE REGIME

Ponderea activităților sportive în regimul de viață al studenților Universității din București

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Abstract

Background. The idea of free time has worried people since ancient times. Aristotle once said "that free time does not mean the end of work, but, on the contrary, work means the end of free time." It should be used for recreational activities, creation, literature, science, art, philosophy and sports.

Today, the concept of leisure time acquires a richer understanding, apart from time for rest, recreation, fun-leisure, tourism, time for training and professional development, to improve one's methods, all this after he has fulfilled his professional, family and social obligations.

Aspirations and behaviour related to (regarding) free time and the way of using space in this leisure time, have changed profoundly in recent years in Romania as well.

The researchers, know that practicing physical activity regularly, leads to substantial and lasting benefits in terms of health and quality of life.

Objectives. The purpose of this study consists in understanding the place that sports activities occupy in the life regime of the UB students.

Methods. Research methods: scientific documentation, questionnaire-based on investigation, statistical-mathematical processing and graphical interpretation.

The survey was conducted in 2019 and consisted of a questionnaire, containing a set of 8 questions applied to a number of 100 students of the University of Bucharest.

Results. Following the multiple answers regarding the proportion of sports activities in the students' life regime, the subjects have opted as it follows: 76% do occasional sports, and only 16%, systematically. Unfortunately, 8% do not play sports at all. Most students (90%) prefer recreational sports and only 2% do performance sports.

Regarding the type of sports activities preferred by students, on the first place in overall standings were those for relaxation and leisure, with a percentage of 44%, followed by those for body maintenance, with 42%, and the third place is occupied by races and contests, with 6%. Among the sports activities practiced by the students during the weekend we specify fitness, jogging, soccer and swimming.

Conclusion. Free time has a special impact on the life of each human being. This can be an advantage or a disadvantage, depending on how it is used. The study revealed that the students use a part of their free time for socializing and sedentary activities, but also for practicing sports.

Keywords: sports activities, free time, students.

INVESTIGATION OF THE EFFECT OF SOCIAL MEDIA ADS ON BUSINESS PREFERENCES OF PRIVATE SPORTS AND WELLNESS CENTER MEMBERS

Investigarea efectului reclamelor pe rețelele de socializare asupra preferințelor comerciale ale membrilor centrului privat de sport și wellness

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Abstract.

Background. It is a well known fact that social media ads were the indispensable factors in social media. With the increasing in numbers of social media users, the companies directed their advertisement investments into the social media instruments. It is also thought that social media changes the purchase styles of the individuals.

Objectives. The aim of this study is to examine the advertisements encountered in social media in social media according to the opinions of sports enterprises.

Methods. The research group was formed by the members of İstanbul Şişli Private Healthy and Life Center n: 577. It is used for the ISI Impact of Social Media on Consumer Preferences 'scale used by İşlek (2012) as a data collection tool. Analyze data in SPSS 21.0 package program; they do not conform to normal distribution Kruskal Wallis Test and Mann Whitney U Tests Under analysis.

Results. It was evaluated that the members spent time in social networks. Selecting preferences of members of social media ads from the beginning as transaction pre-purchase preferences. The frequency of use of the social media in question, the means of use, the age group of the user and such features by separating before and after the purchase. There is a significant relationship between social media ads and members' preferences for sports enterprises.

Conclusion. Consequently, when we look at the answers of the members of Şişli district private sports center participating in the study, there are positive relations in social media usage features and pre and post-purchase preferences. As can be seen in the sections where we give the gender ratios of individuals who use the applications, the rate of social media usage of women in general is higher than that of men. Based on this result, it can be said that women participate more in social media applications in their choice of sports businesses.

Keywords: Social Media, sports advertisements, sports enterprises, consumer, behaviour.

THE ESSENCE AND BASIC CONCEPTS OF THE RECREATION PROCESS IN THE DAILY LIFE OF CITIZENS

Esența și conceptele de bază ale procesului de recreere din viața cotidiană a cetățenilor

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Abstract

The significance of the **recreation** phenomenon has increased greatly in today's fast and competitive world, in the conglomerate of society and situations as a whole, people devote many hours to academic learning, be they theoretical or practical, and the activity of improving knowledge. To this is added the current way of daily life in which people work between 10 and 12 hours daily, even on weekends (the end of the week), office work, sedentary life as well as diminishing direct human-to-human communication and isolation in the online environment - internet, the result being the diminished time and the desire to practice the sport for recreation.

Recreation occupies an important place in the structure of physical culture, as recreational elements are used in sports, physical education and physical rehabilitation.

In the current situation, the prevention of diseases and the consolidation of the population's health goes from medical to social. There is a constant tendency to increase the social role of the **recreational** phenomenon through sport in order to strengthen and maintain health as well as a more physically active life of people. This is an integral part of the development strategy of the modern society, which aims to humanize and democratize its potential.

Keywords: recreation, physical culture, population, health.

GENDER EQUALITY FACTOR IN BUSINESS ENGLISH COMMUNICATION

Factorul egalității de gen în comunicarea limbii engleze de afaceri

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Abstract

The global world associated with corporal English language marks our presence and near future in the 21st century. Therefore, the teaching of English takes a new turn toward EBP (English for Business Purposes) and English teachers should reorient in the direction of the business language.

Business English is today's Lingua Franca in the corporate world. It is the language for communication in IT communicative technologies, world spread trade and business activities, diplomacy and other spheres of life and work where people interact to achieve the appointed goal. The language, which is the basic tool of the modern man at his workplace, becomes an asset in business activities and the kind of medium to meet the peoples' needs and, also, in a "non-business" plan to satisfy all other life necessities.

Business language creates a professional identity of a person; it also determines the quality of the cultural environment in which the business activity is being developed. Considering the human differences obtained by birth, such as ethnic, racial and, certain differences regarding sex, males and females, among people on the Earth, our goal is to discuss various approaches to BPE teaching to students at high schools or universities. This is the issue of gender-sensitive language which is particularly emphasized today. It is imposed as an idea that deserves a special treatment within the civilization's needs of organized social life. In terms of gender, languages can be grammatically gender-based or may recognize natural gender. The English language, unlike Serbian, is not grammatically gender-based, so the question of isonomia must be observed with a particular emphasis on the appointed specificity which is reflected in all spheres of life, with special reference in the business world.

This paper aims to highlight the need for research that will contribute to understanding the concept of gender equality in the business communication segment. We believe that further research should cover differences in the methodological approach to teaching business English concerning the gender of the lecturers, that is, the differences in the goals of the teaching process when teachers are male or female.

Key words: business language, English, gender equality.

PHYSICAL ACTIVITY AND THE IMMUNE SYSTEM – A BRIEF REVIEW

Activitatea fizică și sistemul imunitar – o scurtă trecere în revistă

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Abstract

Background. Physical activity is an essential element in maintaining optimal health. studies on this topic show that the physical condition of the body can influence the evolution of a disease, such as viral infections. Very recent research supports the idea that regular exercise could be effective in prevention and could reduce the risk of severe lung complications, including the disease of 2020 - Covid 19 (Yan, Z., Spaulding, H., 2020).

Social distancing measures taken to control the current COVID-19 pandemic have led to limited physical activity options. Many people are in quarantine or self-isolation at home. However, this should not lead us to adopt a sedentary lifestyle, which is associated with decreased immunity.

Studies suggest that the prolonged intense exercise causes immunosuppression, whereas moderate-intensity exercise improves immune function and potentially reduces risk and severity of respiratory viral infections (Martin, S., Pence, B., Woods, J., 2009).

Doctors recommend exercising to promote a healthy lifestyle and thus to maintain a high immune system. Studies show that acute exercise has a beneficial effect on the immune response against viral respiratory infections. This type of exercise leads to an increase in the number of cells and a decrease in excessive inflammation. People who have a moderate level of daily exercise have up to 40-50% fewer episodes of upper respiratory infection. Exercise is not beneficial, however, to any extent. Both sedentary lifestyle and chronic exercise decrease the immune defense capacity.

Objectives. We propose a brief overview of the current global phenomenon, the pandemic Corona virus, which affects the quality of life of people around the world and how it can be combated with physical activity.

Purpose: In the context of the novel coronavirus outbreak, that question has gained urgency and also, thanks to recent research, emergent answers. The purpose of this work is to highlight the influence of physical activity on the immune system. The latest science suggests that being fit boosts our immune systems, and that even a single workout can amplify and improve our ability to fight off germs (Nieman, D., Wentz, L., 2019).

Conclusion. Regular exercise training has a profound effect on the normal functioning of the immune system and has an overall anti-inflammatory influence mediated through multiple pathways. Also, several epidemiologic studies also suggest that regular physical activity is associated with decreased mortality and incidence rates for influenza and pneumonia.

Among other factors, the researchers are still analyzing how diet, exercise, age, psychological stress influence the body's immune response.

Keywords: physical activity, immune system, acute exercise, chronic exercise.

ANIMAL ASSISTED THERAPY FOR INMATES

Terapia asistată de animale pentru persoanele private de libertate

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Abstract

From the perspective of the psychosocial intervention models, programs focused mainly on aspects such as increasing self-esteem, promoting positive feelings towards oneself and others, stress management and effective communication strategies.

Animal Assisted Therapy (TAA) promotes positive human-animal interaction by incorporating the psychological, behavioral and physical traits of an animal into a therapeutic environment, in order to facilitate the recovery process of a patient in need of physical and / or mental care (Chandler, 2005).

Since 1990, the results of animal-assisted therapy in treating attention deficiencies or anxiety states have been made known in the specialized literature, in solving the problems related to social relations and integration, but also in improving the quality of life.

The categories of people and the environments in which the TAA programs were applied are extremely varied, including penitentiary systems.

The animal-assisted therapy program can provide the ethical and moral framework that emphasizes the positive examples that can produce a change of perception and attitude regarding drug use, strengthening the inmates motivation in their own recovery process.

The therapy is based on the fact that the animals love unconditionally and accept the others as they are, without judging them. In animal-assisted therapy, the dog is frequently used because of its docile nature, the ease with which it can be trained and because, in general, people show sympathy for this animal. The results of the activities carried out in this field have shown that following the TAA, the inmates have registered an improvement of the positive behaviors, as well as a reduction of the disciplinary sanctions. Also, there were no more aggressive manifestations from the animals, they benefiting from decent accommodation and care conditions. Following the analysis of the needs for the year 2018, at the level of the Bucharest-Jilava Penitentiary, it was found that 13.41% of the custodial convicts used drugs. This aspect, as well as the research in the field, justify the addressability of the general intervention program "Assisted Animal Therapy" (TAA) to inmates with a history of narcotic use.

Keywords: animal assisted therapy, inmates, social relations, prison.

CONTENTS

PHYSICAL EDUCATION SECTION

	Pag.
ADUCOVSCHI Daniela	
Study on students' education for exercise and body worship.....	11
GANCIU Oana-Maria	
Physical education and sport in the University of Bucharest.....	12
GOZU Bogdan	
Study regarding the motor proficiency age of the primary school students.....	14
GULAP Monica	
Comparative study regarding the optimization of the physical training and the effort capacity of the female students, participating in the physical education courses at the University of Bucharest.....	15
LEȘTARU Marius	
Pre-established fighting exercises in one step for physical education lessons, specifically karate-do, Bucharest University.....	16
MIHAIU Costinel	
The implementing of psychomotor techniques during physical education classes in higher education.....	17
OLĂNESCU Mihai-Adrian	
Assessment of learning in physical education and sport lessons.....	18
PANĂ Gabriela	
The contribution of handball to the development of motor qualities – within the physical education lesson.....	19

	Pag.
PANCU Petruța	
Training strategies regarding physical education in pre-school education.....	20
SURDU NICA Valentina, NICA Rebeca-Daniela, GANCIU Mihaela	
The role of motivation in practicing sports activities by students.....	21
TOMA Andreea-Carletta, RAICA Silviu-Vasile, GROSU Vlad-Teodor, CIOCAN Maria, GROSU Emilia-Florina	
Intuitive methods of teaching acrobatic elements in high-school education.....	23
<u>SPORT SECTION</u>	
BONDOC-IONESCU Alexandru, BONDOC-IONESCU Cristian	
Polivalent and polyathletics training in stage I of training.....	27
CIOCIRLAN Mihai-Cosmin	
Developing a scale for the evaluation of individual's fitness level.....	28
CIOCIRLAN Mihai-Cosmin	
Comparative test of the evolution of fitness level between men and women over a period of 3 months.....	29
MOISE George-Dan	
Training and development of children's interest for the practice of tennis.....	30
MOISE George-Dan	
The fundamental mechanisms at the level of the body muscles, necessary in sustaining and amplifying the effort in modern tennis	31

	Pag.
MOISE George-Dan, ENACHE Cornel-Mario	
Method of modeling in performance tennis, the modern source of perfecting the training concept	32
NEDER Florina-Liliana	
Study on the players' athletic preparation junior handball IV (12-13 years).....	33
OLTEANU Mircea-Ionuț, BONDOC-IONESCU Dragoș	
Study about the impact of the free throw in basketball games ended at the difference no greater than 2 points during the 2018-2019 romania's men's national basketball league season.....	34
PANCU Petruța	
Improving the capacity to work in pre-school children.....	35
ROZSNAY Radu-Adrian, GROSU Vlad-Teodor, TOADER Florian, CIOCOIU Vasile, GROSU Emilia-Florina	
Correlations between the indicators of motor qualities: speed and explosive force, with the use of micogate witty manager system technology, in football.....	36
ȘERBAN Cătălin	
Case study on monitoring and directing the effort specific to mountain biking (MTB).....	38

KINETOTHERAPY SECTION

BUCIU Daniela, CIORBĂ Constantin	
6-7 years preschool children motor skills training as the spine disorders prophylaxis.....	41
BUGHIRICĂ-GEORGESCU Magdalena	
Application of kinetoprophylaxis by parents at the children with scoliosis in special education.....	42

GANCIU Mihaela

How to correct or ameliorate the postural deficiencies by doing kinetic exercises within sport lectures..... 43

MURARIU Carmen, SLĂVILĂ Mircea

Kinetherapy for the recovery of diseases of the lumbar spine..... 45

SAKIZLIAN Robert

Preventing obesity and associated diseases through fitness and nutrition programs..... 46

**SIDERI Madalina, SAMARGHITAN Ciprian, TATUTA Diana,
MUSTATEA Andra, PUCHEA Vlad**

Capitalizing of the 3D biomechanical evaluation in the rehabilitation program of a football player with an acl reconstruction: a case report..... 48

ȘUȚĂ Vicol-Eduard, TĂTARU Tiberiu, VASILE Marinela, ȘUȚĂ Lizia-Ioana

The ratio between height and body mass for 8th grade special need education pupils..... 49

VARIA SECTION

**ALTUNTAȘ Talha, SERTBAȘ Kürşad, GÖNENER Utku, UZUNER Muhammet-Eyüp,
GÖNENER Ahmet, BAHADIR Tolga Kaan**

Examination of the management and organization processes of bicycle transportation systems in local Governments..... 53

APOSTOL- POPOVICI Dana – Gabriela

Melotherapy in the treatment of depression of the oncological patient..... 54

BIVOL George-Cosmin, MOISE George-Dan

How to become a sport champion..... 55

BUTURĂ George-Cosmin

Dance therapy – the psychotherapeutic use of movement to promote the emotional, social, cognitive and physical integration of the elderly..... 57

IONESCU TÂRGOVIȘTE Constantin

Movement is gold, diet the silver, medication the bronze..... 58

MIHĂESCU Cosmina-Elena, MORUZI Andrada-Milena, MIHAIU Costinel

Ways of spending free time at the age of adolescence..... 60

MEDEI Florentina-Camelia

Sports and the valencies of human rights protection..... 61

MORUZI Andrada-Milena, MIHĂESCU Cosmina-Elena, GANCIU Oana-Maria

The proportion of sports activities in the university of bucharest students' life regime..... 62

ÖZALP Öyküm, SERTBAŞ Kürşad, UZUNER Muhammet-Eyüp, GÖNENER Utku

Investigation of the effect of social media ads on business preferences of private sports and wellness center members 63

POPESCU Darius-Liviu

The essence and basic concepts of the recreation process in the daily life of citizens.....64

ĐOLIĆ Slobodanka

Gender equality factor in business english communication.....

STOICA Alina-Mihaela

Physical activity and the immune system – a brief review.....65

ZAHARIA (BUTURĂ) Magdalena

Animal assisted therapy for inmates.....66