FACULTATEA DE EDUCAȚIE FIZICĂ ȘI SPORT-CONSTANȚA, ROMÂNIA

FEFS

Fapte Educație Forță Spirit

WELCOME TO CONSTANTA!

MINISTERUL EDUCAȚIEI

THE 23rd INTERNATIONAL SCIENTIFIC CONFERENCE

PERSPECTIVES IN PHYSICAL EDUCATION AND SPORT

12 - 13 MAY 2023, CONSTANȚA, ROMANIA

Ovidius University of Constanta
Faculty of Physical Education and Sport

SPECIAL GUESTS to
INTERNATIONAL SCIENTIFIC CONFERENCE "PERSPECTIVES IN PHYSICAL EDUCATION AND SPORT"
23rd edition, Constanta, ROMANIA – 12-13 of May 2023

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Faculty of Health Sciences University of Southern, Odense, Denmark

University Faroe Islands, Faculty of Health,

Torshavn, Faroe Islands

Johnny PADULO

Department of Biomedical Sciences for Health, Faculty of Medicine and Surgery,

University of Milan,

Milan, Italy

Luca Paolo ARDIGO

Primary
NLA University

College
Oslo, Norway

University of Verona

Verona, Italy

INTERNATIONAL SCIENTIFIC CONFERENCE
"PERSPECTIVES IN PHYSICAL EDUCATION AND SPORT"
23rd edition, Constanta, ROMANIA – 12-13 of May 2023

Motto:
Fapte Educație Forță Spirit

Topics

- **Sport performance**

- **Physical Education**
- **Kinetotherapy**
- **Sport and health**
- **Recreation and Sport for All**
- **Management and Marketing in sport**

- **Varia**

Dear colleagues,

We are honored to invite you to participate in the 23rd edition of the International Scientific Conference "Perspectives in Physical Education and Sports", which will take place on May 12-13, 2021, in Constanta. The scientific event is the result of a beautiful partnership between the Faculty of Physical Education and Sports - "Ovidius" University of Constanta, Faculty of Sciences, Sports and Health Sciences – "Vasile Alecsandri" University, Bacău and Physical Education and Informatics - University of Pitești and Faculty of Movement. A reunion with the specialists of the field honors us, on the seashore, now, after a difficult period that we all went through and to disseminate current situations of our field!

We look forward to seeing you at this scientific event!

Regards,
Dean of Physical Education and Sport Faculty
Prof. Phd. Ionel Melenco

Under the auspices of:

Deadline for abstract submission 1 May 2023
The full text article will be sent until 8 May 2023

Participation fee:
70 euro/1 article
80 euro/2 articles
no fee - participation of doctoral students

The fee will be paid until 1 of May 2023 to:
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-Euro: RO28RNCB0114032053160001 BCR Sucursala Constanta Swift Cod: RNCBROBU

The Scientific Research Committee has the right to select:

- the abstracts papers will be published in Book of Abstracts;

-the full paper can be published in Journal Ovidius University Annals/Series Physical Education and Sport/Science, movement and health", recognized in 2013 by CNCS in A.I.3 and indexed in SPORTDiscus, EBSCOHOST, Index Copernicus, DOAJ, Cabell's Gale (licence agreement), ERIH PLUS. We are in pending for Scopus, ProQuest, Jstore

The paper will be send to: e-mail address: **csiconstanta@gmail.com**

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INTERNATIONAL SCIENTIFIC CONFERENCE
"PERSPECTIVES IN PHYSICAL EDUCATION AND SPORT"
23rd edition, Constanta, Romania
12-13 of May 2023

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"PERSPECTIVES IN PHYSICAL EDUCATION AND SPORT"
23rd edition, Constanta, Romania
12-13 of May 2023
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INTERNATIONAL SCIENTIFIC CONFERENCE

"PERSPECTIVES IN PHYSICAL EDUCATION AND SPORT"

23rd edition, Constanta, 12-13 of May 2023

Conference Programme

Oral Presentations – session 1

16:00 – 18:00 (Hall 1)

Moderators: Prof. dr. Larion Alin, Conf. dr. Popa Cristian, Prof. dr. Dobrescu Tatiana, Conf. dr. Roșu Daniel, Asist. dr. Abramiuc Alexandru

1. **JOHNNY PADULO - NEUROMUSCULAR AND INFLAMMATORY RESPONSES IN TEAM SPORT(16:00 – 16:15)**
2. **PIELE DENISA, POPA CATALIN, RUSU LIGIA, MARIN MIHNEA - BIOPSYCHOSOCIAL IMPACT OF LOW BACK PAIN (16:15 – 16:30)**
3. **POPA CĂTĂLIN, PIELE DENISA, MARIN MIHNEA, RUSU LIGIA - STRETCHING AND CORE-BASED EXERCISES AS A PROPHYLACTIC APPROACH TO SPINE INSTABILITY/LOWER BACK PAIN - A PILOT STUDY (16:30 – 16:45)**
4. **BALABAN AURA PETRONELA - RELAȚIA DINTRE NIVELUL CAPACITĂȚII MOTRICE ȘI NIVELUL PERFORMANȚEI SPORTIVE LA SĂRITOARELE ÎN ÎNĂLȚIME (16:45 – 17:00)**
5. **ROȘU DANIEL, ENACHE ION-SEBASTIAN, ȘTEFĂNICĂ VALENTINA, ENACHE CARMEN - METHODOLOGICAL ASPECTS FOR BEGINNING THE GAME OF KIN-BALL (17:00 – 17:15)**
6. **UNGUREAN BOGDAN-CONSTANTIN, ABALAȘEI BEATRICE-AURELIA, COJOCARIU ADRIAN - THE RELATIONSHIP BETWEEN BODY MASS INDEX AND CERTAIN BODY COMPOSITION PARAMETERS IN ADOLESCENTS WITH AND WITHOUT INTELLECTUAL DISABILITY (17:15 – 17:30)**
7. **GEORGESCU ANDREEA, RAȚĂ GLORIA, GEORGESCU ADRIAN, OLTEAN ANTOANELA, BALABAN AURA - THE EVOLUTION OF TECHNIQUE AND PERFORMANCE IN SPEED RUNNING IN 12-YEAR-OLD GIRLS (17:30-17:45)**
8. **MOROIANU MIRUNA, RUSU RĂZVAN- PSYCHO-PEDAGOGICAL BENCHMARKS IN THE SELECTION AND TRAINING OF 6-8-YEARS-OLD CHILDREN IN FOOTBALL (17:45 – 18:00)**
9. **COFFEE BREAK (18:00)**

INTERNATIONAL SCIENTIFIC CONFERENCE

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Conference Programme

Oral Presentations – session 1

16:00 – 18:00 (Hall 2)

Moderators: Conf. dr. Teodor Dragos, Conf. dr, Cazan Florin, Conf. dr. Cojanu Florin, Lect. dr. Sava Mihai Adrian, Conf. dr. Petcu Damian, Prof. drd. Singuran Andra

1. **MAGNI MOHR - FOOTBALL AS MEDICINE- GLOBAL PERSPECTIVES (16:00 – 16:15)**
2. **PANAIT MARIUS-CIPRIAN - POSSESSION, TRANSITION, SET PLAYS - STUDY ON THE TACTICAL ORGANIZATION OBSERVED AT THE FOOTBALL WORLD CUP, QATAR 2022 (16:15 – 16:30)**
3. **AIRNEL ABARRA, TAMAS DOCZI - FEMALE BODYBUILDING AND FUNCTIONAL FITNESS ATHLETES' IMAGE AND IDENTITIES: A CASE STUDY FROM HUNGARY (16:30 – 16:45)**
4. **OLTEAN ANTOANELA, GIDU DIANA VICTORIA, POPESCU RĂDUCU, TĂNASE IONUȚ - BEHAVIORAL OBSERVATIONS OF HYDRATION IN ADULTS WITH INTELLECTUAL DISABILITIES (16:45 – 17:00)**
5. **JUABAN JANICE - MOTIVATION TO EXERCISE AND ENGAGE IN PHYSICAL ACTIVITY OF YOUNG PROFESSIONALS: A CROSS CULTURAL STUDY IN PHILIPPINES AND HUNGARY (17:00 – 17:15)**
6. **TOMESCU GABRIELA, STĂNESCU MONICA-IULIA, AIVAZ KAMER-AINUR-THE STUDY OF SCHOOL SUCCESS IN INSTITUTIONALIZED CHILDREN THROUGH MULTIPLE REGRESSION MODELS (17:15– 17:30)**
7. **SINGURAN ANDRA-IOANA, TEODORESCU SILVIA, AIVAZ KAMER-AINUR, BALTAG OANA MARIA, CAZAN FLORIN- THE ROLE OF TECHNICAL TRAINING IN THE DEVELOPMENT OF CHILDREN'S LATERALITY IN SWIMMING THROUGH BIOMECHANICAL ANALYSIS IN THE FREESTYLE STROKE (17:30 – 17:45)**
8. **CAZAN FLORIN, MUȘAT GEORGE, SAVU VASILE CĂTĂLIN, GIDU DIANA, GEORGESCU ADRIAN- SPECIFIC PROGRAM TO IMPROVE THROWING POWER AT THE GOAL FOR HANDBALL PLAYERS UNDER 19 YEARS OLD (17:45 – 18:00)**
9. **COFFEE BREAK (18:00)**

Conference Programme

Poster Presentations – Sport and performance

18:00 – 19:00

Moderators: Prof. dr. Larion Alin, Conf. dr. Popa Cristian, Prof. dr. Dobrescu Tatiana, Conf. dr. Roșu Daniel, Asist. dr. Abramiuc Alexandru

1. **ABRAMIUC ALEXANDRU, ENE VOICULESCU CARMEN, ENE VOICULESCU VIRGIL, CROITORU HORIA - METHOD OF DIAGNOSTIC AND SWOT ANALYSIS IN THE NAVAL PENTATHLON**
2. **ACATRINEI MIHAELA - REVIEW ON EFFORT PARAMETERS IN SPORTS TRAINING**
3. **AMZA LAVINIA - THE EFFICIENCY OF GENERAL PHYSICAL TRAINING IN TRAINING YOUNG VOLLEYBALL PLAYERS (14 – 16 YEARS)**
4. **AMZA LAVINIA - INTERDISCIPLINARY CONSTITATIVE INVESTIGATIONS REGARDING THE APPROACH OF GENERAL PHYSICAL TRAINING IN THE TRAINING OF CADET VOLLEYBALL PLAYERS (14 – 16 YEARS OLD**
5. **BABOS MOLNAR CLAUDIU - FEAR AND EMOTIONS EXPERIENCED BY ATHLETES WHO PRACTICE KAIAC SLALOM**
6. **CAZAN FLORIN, MUȘAT GEORGE, SAVU VASILE CĂTĂLIN, GIDU DIANA, GEORGESCU ADRIAN - SPECIFIC PROGRAM TO IMPROVE THROWING POWER AT THE GOAL FOR HANDBALL PLAYERS UNDER 19 YEARS OLD**
7. **CHIRIAC (PRIOTEASA) ELENA ȘTEFANIA, TEODORESCU SILVIA, BOTA AURA, MARIANA MEZEI - A PRELIMINARY STUDY ON THE EFFICIENCY OF ULTRA SLOW MOTION INTELLIGENT TRAINING (USMIT) IN RHYTHMIC GYMNASTICS TECHNICAL TRAINING**
8. **CONSTANTINESCU (OCHEȘEL) LILIANA, ENE-VOICULESCU VIRGIL - TECHNICAL TRAINING – COMPONENT OF SPORTS TRAINING IN THE TENNIS GAME AT THE AGE OF 12-14 YEARS**
9. **COSTACHE RALUCA MARIA[1], TIFREA CORINA - COMPARATIVE STUDY ON THE MOTRIC QUALITIES OF BEGINNER BOBSLEDDERS VIA PERFORMANCE - MALE ATHLETES**
10. **DAMIAN MIRELA[1], DAMIAN GEORGE COSMIN, CERBULA LUIZA, ISTRATE CRISTINA-ALECSANDRA, SABĂU ANCA MARIA - EFFORT VOLUME AND INTENSITY INDICATORS ON JUNIOR RHYTHMIC GYMNASTS - 2ND LEVEL (11-12 YEARS) - CASE STUDY**
11. **DĂBULEANU VICTOR - THE STUDY ON THE LEVEL OF SPECIFIC PHYSICAL TRAINING AT JUNIOR II HANDBALL PLAYERS**
12. **DĂBULEANU VICTOR - THE PLACE AND ROLE OF PLYOMETRICAL TRAINING IN JUNIORS II HANDBALL TEAMS**
13. **DREVE ADINA ANDREEA, STOICA MARIUS, TRIFAN MIRUNA -THE INFLUENCE OF TRAINING BY EFFORT ZONES ON ANTHROPOMETRIC INDICES IN THE RUGBY GAME**
14. **FAGARAS PIA SIMONA, TEODORESCU SILVIA, ANCA BACÂREA - CHANGE OF DIRECTION PERFORMANCE AMONG IN YOUNG BASKETBALL PLAYERS**

15. **MANOLACHE GABRIEL MARIAN , NANU LILIANA - EXPERIMENT ON THE PREPARATION OF PASSING IN FUTSAL PLAY**
16. **MANOLACHE GABRIEL MARIAN , NANU LILIANA - THE ROLE OF GAMES WITH A REDUCED NUMBER OF PLAYERS IN LEARNING FOOTBALL IN HIGH SCHOOL CLASSES**
17. **MARTINAȘ FLORENTINA-PETRUȚA, COJOCARIU ADRIAN, SURMEI-BALAN MIHAELA-GABRIELA- ASSESSMENT OF SPEED IN RUGBY PLAYERS: FORWARDS AND DEFENDERS**
18. **MATEI CIPRIAN - CONTRIBUTIONS REGARDING THE LEVEL OF SPECIFIC PHYSICAL TRAINING OF THE OPPOSITE PLAYER IN PROFESSIONAL VOLLEYBALL**
19. **MATEI CIPRIAN - THE IMPORTANCE OF PLANNING AND SCHEDULING THE OPPOSITE PLAYER'S TRAINING SESSIONS DURING THE COMPETITION PERIOD IN VOLLEYBALL**
20. **MATEI COSTEL, TUDOR VIRGIL, MUJEA ANA MARIA, GOZU BOGDAN - STUDY ON THE IMPORTANCE OF COORDINATION ABILITIES AT THE INTERNATIONAL LEVEL IN THE GAME OF WATER POLO**
21. **MELENCO IONEL, TEODOR DRAGOS - DEVELOPMENT AND TRAINING FOOTBALL YOUNG PLAYERS**
22. **MIHĂIȚĂ ELENA - THE DYNAMICS OF THE VALUES OF SOME RELEVANT BIOMOTOR PARAMETERS IN THE TRAINING OF COMPETITIVE ATHLETES WHO PRACTICE BODYBUILDING AND FITNESS**
23. **MOROIANU MIRUNA, RUSU RĂZVAN - PSYCHO-EDAGOGICAL MARKERS IN THE SELECTION AND PREPARATION OF 6–8-YEAR-OLD CHILDREN FOR FOOTBALL**
24. **PÎȘĂ (PIPEREA) COSTINA, DRAGOMIR MARIAN - THE IMPORTANCE OF SELECTION IN BASKETBALL**
25. **SINGURAN ANDRA-IOANA, TEODORESCU SILVIA, AIVAZ KAMER-AINUR, CAZAN FLORIN, PETRESCU ANDREI - THE ROLE OF TECHNICAL TRAINING IN THE DEVELOPMENT OF CHILDREN'S LATERALITY IN SWIMMING THROUGH BIOMECHANICAL ANALYSIS IN THE FREESTYLE STROKE**
26. **STOICA LEONARD, TANASĂ ANCA - RALUCA - IMPLEMENTATION AND EVALUATION OF AN EXPERIMENTAL CURRICULUM FOCUSED ON THE MEANS OF BASIC GYMNASTICS**
27. **TĂTĂRAN AMALIA, TEODORESCU SILVIA, APOSTU MIHAELA, OANA MARIA BALTAG - THE EVALUATION BY MODERN MEANS OF REACTION SPEED IN ELITE FENCING**
28. **TEODORESCU SILVIA, SOROCEANU PAUL - THE EFFECTS OF THE FIFA 11+ WARM-UP PROGRAMME ON INJURY PREVENTION AT U15 – U23 LEVEL IN FOOTBALL: A SYSTEMATIC REVIEW**
29. **TEODORESCU SILVIA, SOROCEANU PAUL - THE EFFECTS OF THE FIFA 11+ WARM-UP PROGRAMME ON PHYSICAL PERFORMANCE AT U15 – U23 LEVEL IN FOOTBALL: A SYSTEMATIC REVIEW**
30. **VIȘAN RAFAEL, STOICA MARIUS[1], DREVE ADINA - CONSOLIDATION OF TECHNICAL ELEMENTS OF BALL POSSESSION AT THE LEVEL OF A 12-14 YEARS OLD SOCCER TEAM**

Conference Programme

Poster Presentations – Physical Education and Sport

18:00 – 19:00

Moderators: Prof. dr. Larion Alin, Conf. dr. Popa Cristian, Prof. dr. Dobrescu Tatiana, Conf. dr. Roșu Daniel, Asist. dr. Abramiuc Alexandru

1. **BERDILĂ ANAMARIA , TALAGHIR LAURENȚIU-GABRIEL - STUDY REGARDING THE DETERMINATION OF MANUAL COORDINATION OF STUDENTS IN PRIMARY SCHOOL**
2. **ILAȘI ROXANA – CRISTINA - PHYSICAL EDUCATION BETWEEN TRADITIONAL AND MODERN**
3. **LUNGU ECATERINA, NASTAS NATALIA, ONOI MIHAIL - TRAINING OF THE STUDENTS PROFESSIONAL SKILLS IN THE FRAMEWORK OF INSTRUCTIONAL AND TOURISM PRACTICE**
4. **MOROȘANU ȘTEFAN, RĂBÎNCĂ SIMONA MARIA, RUSU ALINA CRISTINA, MARTINOVICI MONA - IMPROVING REACTION TIME AND HAND-EYE COORDINATION IN HIGH SCHOOL STUDENTS USING VIRTUAL REALITY: A PILOT STUDY**
5. **OLARU BOGDAN-SORIN, ICONOMESCU TEODORA MIHAELA, MEREUȚĂ CLAUDIU, TALAGHIR LAURENȚIU-GABRIEL - TEACHING THEORETICAL KNOWLEDGE IN THE PHYSICAL EDUCATION LESSON: A SYSTEMATIC REVIEW**
6. **POPA CORINA, POPA CRISTIAN, ENE-VOICULESCU VIRGIL - PRELIMINARY NOTES ON THE MODELING OF PHYSICAL CONDITION THROUGH DYNAMIC GAMES AT THE LEVEL OF PRIMARY CYCLE STUDENTS**
7. **PELIN RALUCA, BRANEȚ CAMELIA, WESSELLY TEODORA, NARCIS NEAGU, HANGU SIMONA - STUDY ON THE CARDIORESPIRATORY FITNESS OF YOUNG STUDENTS AFTER THE PANDEMIC PERIOD**
8. **TRANCĂ CRISTINA, TRANCĂ SORIN – CĂTĂLIN - PHYSICAL EDUCATION – SOCIALISATION FACTOR**
9. **VIZITIU ELENA, DOBRESCU TATIANA, COZAN SCHEULEAC ADELINA - RESEARCH ON IMPROVING THEIR PSYCHOMOTOR INDICATORS IN HIGH SCHOOL STUDENTS BY MEANS OF FITNESS**
10. **VULPE ANA-MARIA, DOBRESCU TATIANA - COMPARATIVE STUDY ON THE LEVEL OF STRENGTH IN THE STUDENTS OF THE PHYSICAL AND SPORTS EDUCATION PROGRAM AT PRE- AND POST-COVID PROMOTIONS**

Conference Programme

Poster Presentations – Kinetotherapy

18:00 – 19:00

Moderators: Conf. dr. Teodor Dragos, Conf. dr, Cazan Florin, Conf. dr. Cojanu Florin, Lect. dr. Sava Mihai Adrian, Conf. dr. Petcu Damian, Prof. drd. Singuran Andra

1. **ANTOHE BOGDAN-ALEXANDRU[1], RAȚĂ MARINELA[1], RAȚĂ BOGDAN-CONSTANTIN[1], RAȚĂ GLORIA[1] - LIGAMENT INJURIES IN SPORTS ACTIVITY - ETIOLOGY, CLASSIFICATION AND TREATMENT**
2. **ARSANI RAMONA DELIA, COTROBAȘ-DASCĂLU VLAD THEODOR, STOICA MARIUS, GHERGHEL CARMEN - CURRENT INFORMATIONS REGARDING FUNCTIONAL MEDICAL RECOVERY IN OPERATED LUMBAR DISC HERNIATION**
3. **BALTAG OANA MARIA[1], APOSTU MIHAELA[1], EL-BSAT RUXANDRA[1], PREDESCU CORINA[1] - CONSIDERATION REGARDING THE SCAPULA-HUMERAL RANGE OF MOTION AFTER BREAST CANCER SURGERY**
4. **CAZAC GABRIELA [1], GEORGESCU LUMINIȚA [2] - STRATEGIES FOR PREVENTION BACK INJURIES IN YOUTH HANDBALL PLAYERS**
5. **CHIȚĂ RADU VALENTIN[1], CORDUN MARIANA[1], BRATU MIRCEA[1], MINCULESCU COZETA ANCA[1] - ASPECTS REGARDING THE CARDIAC REHABILITATION OF PATIENTS WITH SURGICALLY CORRECTED VALVULOPATHIES**
6. **COJA DANIEL MĂDĂLIN [1], TALAGHIR LAURENȚIU GABRIEL[1], GEORGESCU LUMINITA[2] - A SYSTEMATIC REVIEW OF THE EFFECTIVENESS OF VIRTUAL REALITY IN REDUCING KINESIPHOBIA**
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8. **DRAGOMIR MARIAN[1], BRĂGUȚĂ ANDREEA – DANIELA[1], LICĂ MARCELINA ELIANA[1], SANDU ISABELA ELENA[1], DRAGOMIR MIHAI – MARIAN[1], AVRAMESCU ELENA TAINA[1], LICĂ LAURENȚIU - MUSCULAR INJURIES IN THE CONTEXT OF COVID-19 AND THE IMPACT ON THE ACCIDENT RATE IN ATHLETES**
9. **GIDU DIANA VICTORIA[1], CALOTA NICOLETA DANIELA[1], MUSAT GEORGE COSMIN[1], CAZAN FLORIN[1], GEORGESCU ADRIAN DORIN[1], DUTA DANIEL[1], GEORGESCU ANDREEA ALEXANDRA[2], TRANCA SORIN[1], VOINEA FLORIN[1], POPESCU VERONICA[3] - RECOVERY AFTER INJURIES AT THE LEVEL OF THE PECTORAL ARCH IN HANDBALL PLAYERS**
10. **NICOLESCU – ȘEUȘAN NICOLETA – ADINA[1], PhD SIMION GHEORGHE[1], NICOLESCU – ȘEUȘAN LUCIAN[1] - IMPLEMENTATION OF A SUITABLE THERAPY PROTOCOL AIMED AT IDENTIFYING AND TREATING NEUROMUSCULAR IMBALANCES WITH THE PURPOSE OF TREATING CONGENITAL SECHELAL BRACHIAL PLEXUS PARESIS – CASE STUDY**

11. **NICOLESCU – ȘEUȘAN NICOLETA – ADINA[1], SIMION GHEORGHE[1], NICOLESCU – ȘEUȘAN LUCIAN[1] - TREATMENT OF CONGENITAL SECHELAL BRACHIAL PLEXUS PARESIS BY APPLYING A SPECIFIC THERAPEUTIC PROTOCOL TO RELAX THE CONTRACTED MUSCLES AND ACTIVATE THE DENERVATED MUSCLES – CASE STUDY**

12. **PARASCHIV ALIN NICOLAE[1] - MODERN APROACH IN TREATING FEMURO PATELAR TENDINOPATHY**

13. **ȘLICARU ADINA CAMELIA[1], BALINT NELA TATIANA[1], CRISTUȚA ALINA-MIHAELA[1] - THE IMPORTANCE OF EARLY PHYSICAL THERAPY INTERVENTION IN REDUCING POST-SURGICAL SEQUELS IN A PATIENT WITH CEREBRAL ABSCESS**

14. **ȘLICARU ADINA CAMELIA[1], CERCHEZ IONELA[1] - THE IMPORTANCE OF PHYSIOTHERAPEUTIC INTERVENTION IN IMPROVING THE LIFE QUALITY OF A PATIENT WITH EHLERS-DANLOS SYNDROME**

15. **TOMA STEFAN[1], RABOLU ELENA[1], NEAGOIE IOANA CRISTINA[1], TOMA GEANINA - INCREASING MOBILITY IN DAILY ACTIVITIES FOR CLIENTS WITH ONARTHRITIS THROUGH OCCUPATIONAL THERAPY**

16. **TOMA STEFAN[1], RABOLU ELENA[1], NEAGOIE IOANA CRISTINA[1], TOMA GEANINA[2] - OCCUPATIONAL THERAPY TO INCREASE THE QUALITY OF LIFE FOR CLIENTS WITH RHEUMATOID POLYARTHRITIS**

Conference Programme
Poster Presentations – Management
18:00 – 19:00

Moderators: Conf. dr. Teodor Dragos, Conf. dr, Cazan Florin, Conf. dr. Cojanu Florin, Lect. dr. Sava Mihai Adrian, Conf. dr. Petcu Damian, Prof. drd. Singuran Andra

1. **POPESCU RĂDUCU - THE CORRELATION BETWEEN THE USE OF THE INFORMATION SOURCES USED AT THE UNIVERSITY TRAINING STAGE AND THE UNDERSTANDING OF THE CLIENTS.**
2. **POPESCU RĂDUCU - STUDY ON THE PERCEPTION OF THE PHYSICAL CAPACITIES PERCEIVED BY THE UNIVERSITY CLIENTS CORRELATED WITH THE MEASURED VALUES.**
3. **TALAGHIR LAURENȚIU-GABRIEL, ZANFIR CIPRIAN, COSOREANU DUMITRU MARIUS, ICONOMESCU TEODORA MIHAELA - STUDY ON THE IMPLEMENTATION OF A STRATEGIC MANAGEMENT TOOL IN FITNESS CENTRES IN ROMANIA**

Conference Programme
Poster Presentations – Sport and Health
18:00 – 19:00

4. **GEAMBAŞU ADINA - FROM VIDEO GAMING INTO THE SPORT FIELD**
5. **PELIN RALUCA, BRANEȚ CAMELIA, RACHITA IANCU, BĂLAN VALERIA, NETOLITZCHI MIHAELA, STĂNCULESCU MARIA MAGDALENA - STUDY ON THE IMPACT OF TEACHING THE OINA GAME ON THE YOUNG PEOPLE**
6. **SANDU ISABELA ELENA, BARBU MIHAI CONSTANTIN RĂZVAN, DRAGOMIR MARIAN - FACTORS INFLUENCING YOUTH PARTICIPATION IN MASS SPORTS: A CASE STUDY**

Conference Programme

Poster Presentations – Varia

18:00 – 19:00

Moderators: Conf. dr. Teodor Dragos, Conf. dr, Cazan Florin, Conf. dr. Cojanu Florin, Lect. dr. Sava Mihai Adrian, Conf. dr. Petcu Damian, Prof. drd. Singuran Andra

1. **ALISTARH ADRIAN, ENE-VOICULESCU VIRGIL - THEORETICAL CONCEPTS IN THE EFFICIENCY OF BALL HITTING TECHNIQUE IN THE GAME OF TENNIS**
2. **ANASTASIU ANDREEA – MĂDĂLINA, VISAN VERONICA, POTOP VLADIMIR - ANALYSIS OF THE RELATIONSHIP OF EXPLOSIVE POWER INDICES IN MIDDLE SCHOOL STUDENTS**
3. **CATANA COSMIN CATALIN, ENE-VOICULESCU VIRGIL - PRELIMINARY NOTES ON THE MODELING OF PHYSICAL CONDITION THROUGH DYNAMIC GAMES AT THE LEVEL OF PRIMARY CYCLE STUDENTS**
4. **CHILOM DIANA, MATEESCU ADRIANA, POTOP VLADIMIR - SPATIOTEMPORAL CHARACTERISTICS OF THE SEGMENTAL COORDINATIVE CAPACITY IN 5-8-YEAR-OLD CHILDREN**
5. **DRAGOMIR LENUȚA, ȚIFREA CORINA - THE PARTICULARS OF PREPARATION IN THE MEN'S TRIPLEJUMP EVENT, VISION FOR PARTICIPATION IN INTERNATIONAL COMPETITIONS**
6. **MARTINESCU MAGDALENA, ENE-VOICULESCU VIRGIL -THEORETICAL FRAMEWORK REGARDING THE TRAINING IN DANCESPORT RUMBA**
7. **OPREA BOGDAN, VIȘAN PAUL, COJANU FLORIN, POTOP VLADIMIR - THE ROLE OF ATTENTION AND CREATIVITY IN THE FOOTBALL GAME IN CHILDREN AGED 10-12 YEARS**
8. **PANĂ BOGDAN ANDREI, MIHAI ILIE, MIHĂILĂ ION, POTOP VLADIMIR - ANALYSIS OF THE RELATIONSHIP BETWEEN THE INDICES OF VESTIBULAR CAPACITY AND REACTION SPEED IN 12-13-YEAR-OLD FOOTBALL PLAYERS**
9. **RAȚĂ MARINELA, RAȚĂ GLORIA, PAVEL SILVIU IOAN, RAȚĂ BOGDAN CONSTANTIN - EDUCATING STUDENTS' ATTENTION WITHIN COURSE AND SEMINAR CLASSES**
10. **BĂDESCU VICTOR, FLEANCU LEONARD JULIEN - RECOVERY OF A BOTH MALLEOLUS FRACTURE WITH INTRA-ARTICULAR INTEREST THROUGH AQUATIC THERAPY**
11. **CARAPCEA CRISTIAN ȘTEFAN, ENE-VOICULESCU VIRGIL - SPORTS TRAINING IN THE NAVAL PENTATHLON – SYSTEMIC CONCEPT**
12. **MIHĂESCU ANDREEA, AMET GÜLBIN - PARTICULARITIES OF PRACTICING WATER SPORTS IN THE ACADEMIC ENVIROMENT**

❖ SPORT AND PERFORMANCE

METHOD OF DIAGNOSTIC AND SWOT ANALYSIS IN THE NAVAL PENTATHLON

ABRAMIUC ALEXANDRU[1], ENE VOICULESCU CARMEN[1], ENE VOICULESCU VIRGIL[2], CROITORU HORIA[2]

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Abstract

Problem statement: This research identifies and optimizes the influence of the four defining components of the SWOT analysis on the training of the athletes who make up the representative naval pentathlon team, during a training macrocycle.

Aim: The need to apply the methods of diagnosis and SWOT analysis, as methods specific to managerial science in the perspective of evaluating the internal environment, thus identifying the internal components of the representative naval pentathlon team, outlined in the form of strengths and weaknesses, as well as the analysis of the external environment, defined by identifying opportunities and threats in the organizational context of C.I.S.M. (International Council of Military Sports). The use of the diagnosis method and SWOT analysis as methods specific to managerial science, from the perspective of objective evaluation. Our experimental study included two groups of subjects: a group not involved in performance sports activity and a group involved in performance sports activity, respectively, the experimental group - the representative naval pentathlon team of the Naval Academy "Mircea cel Bătrân" Constanța.

Conclusions: The results obtained in our research confirm the fact that the correct identification of the four components of the SWOT analysis applied at the level of the representative batch of naval pentathlon led to the achievement of significantly increased results for the athletes at the level of which the training periodization programed was implemented during a macrocycle proposed by us for the seamanship race test.

Keywords: naval pentathlon, swot analysis, seamanship.

REVIEW ON EFFORT PARAMETERS IN SPORTS TRAINING

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Abstract

Aim: The aim of this study was to study training habits regarding volume and intensity among international athletes in different sports. Any physical activity causes physiological, anatomical, psychological and biochemical changes. The efficiency of physical activity derives from the elements that characterize it: distance, duration and repetitions (volume), speed and loading (intensity) and frequency of performance (density).

Objectives:

1. Identification of studies that investigated effort parameters in sports training.
2. Identify the top 5 countries that have conducted research on the intensity of performance training.
3. Identifying the sports on which more studies have been carried out regarding the intensity of effort in training.

Methods of research:

An electronic search was conducted using the Google Academic, Google Scholar, and Web of Science databases for studies that investigated volume and intensity in sports training.

Results:

Of 95 studies, only 33 met the search criteria of the final review. Thus we classified articles by sports branches as follows: 8 studies were about rugby, 8 studies about football; 6 about the march,; 2 about basketball,; 2 on swimming, 2 on women's field hockey; and 1 single study for each of the following sports: gymnastics; speed skating; taekwondo; handball; powerlifting.

Conclusions

The results of this systematic review suggest that the emphasis falls on intensity in speed sports and power and volume in endurance sports. Considering the relatively low information of the publications in this field, further studies on the parameters of effort are needed.

Key words: effort, intensity, volume, parameters, training.

FEMALE BODYBUILDING AND FUNCTIONAL FITNESS ATHLETES' IMAGE AND IDENTITIES: A CASE STUDY FROM HUNGARY

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Abstract

Problem Statement: Bodybuilding and its related categories have their aims of presenting the ideal physique that showcases muscularity, definition, symmetry, and balance. Women practicing the sport are training to showcase their physique. Meanwhile, women athletes who are engaged in Functional Fitness

perform a different set of fitness and strength exercises to go beyond their capacities and limits in being the "fittest". Although having a muscular and defined physique for women training for functional fitness is not a criterion in their events and competitions, it is initially seen that most of the women doing the sport manifest muscular and defined physiques. These similarities/dissimilarities of the two disciplines make it an interesting question for research to undertake in-depth analysis of the athletes engaged in these activities, to explore their narratives, motivations, and ideals.

Aim: To observe and determine the similarities and dissimilarities of these women in their perceptions towards muscular and strong physique. Through participant observation and semi-structured in-depth interviews, the authors document the stories, ways, and means of the athletes.

Conclusions: Based on the data, it was found that athletes in Bodybuilding and Functional Fitness have diverse identities especially when it comes to their identity as athletes in related disciplines while having similarities in the context of sport in Hungarian society. Achieving feats not only in competitions but also relating to their victories in daily life shows that sport is always an integral part of their lives, and they appropriate it with the current situations.

Keywords: Identities, Bodybuilding, Fitness. Body image, Gender.

THE EFFICIENCY OF GENERAL PHYSICAL TRAINING IN TRAINING YOUNG VOLLEYBALL PLAYERS (14 – 16 YEARS)

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Abstract:

Aim: The basic component of the entire instructive-educational process, without which its other elements cannot be
conceived and conditions the achievement of sports results, as well as the training of players, is physical training. It involves the development of motor qualities, the mastery of a wide variety of motor skills and abilities, as well as the development of the morpho-functional indices of the body, corresponding to the requirements of performance volleyball. This major aspect must be taken into account and must be reflected in the training content, because in recent years the intention to essentialize the means of training, in the sense of choosing those with the most important meaning for the game, has impoverished the arsenal of means used for the physical training of the players .

Method: The use of plyometric means combined with technical procedures based on an individualized periodization applied according to the particularities of each individual player.

Result: It results from the fact that the research provided us with concrete data regarding the current methodology of action on general physical training and on certain existing dysfunctions in the opinion of the coaches that occur in the training of cadet volleyball players, but it also highlighted the fact that the subjects of the research are located at a relatively close value level, but with differences compared to FRV requirements for this age category.

Conclusion: In conclusion, the use of the proposed programs in the training of cadet volleyball players, determines a faster and more extensive development of the efficiency of game actions and determines a more efficient use of the time allocated to training.

Keywords: volleyball, questionnaire, general physical training.

INTERDISCIPLINARY CONSTITATIVE INVESTIGATIONS REGARDING THE APPROACH OF GENERAL PHYSICAL TRAINING IN THE TRAINING OF CADET VOLLEYBALL PLAYERS (14 – 16 YEARS OLD)

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Abstract

Aim: The problem of optimizing the general physical training of volleyball players at all levels is quite current and absolutely necessary both in theory and in practice of this sport. Not by chance, this game has a high level of popularity all over the world, including in Romania. However, the numerous publications as well as the modest results at the European and world level of the volleyball teams in the Romanian Championship, demonstrate that their training level is not up to current volleyball standards.

Methods of research: In order to highlight the current problems of women's volleyball at the level of female cadet players, on a national level, we resorted to a questionnaire-type investigation, in which we asked the opinion of volleyball specialists, regarding the detection of optimal ways to increase the training level of them.

In this context, we asked the specialists to express their opinion on several topics, which were of particular interest to us, including: the current level of volleyball in Romania, the issue of general and specific physical training of cadet volleyball players, the importance of individualization in training.

Results: The coaches were also offered a series of answer options that they had to tick if they agreed with one of themor had the possibility to opt for another opinion, which they considered correct.

Conclusions: Most respondents consider that physical training is a priority in the training of cadets and, at the same

time, strength development is extremely important.

Keywords: volleyball, questionnaire, general physical training.

FEAR AND EMOTIONS EXPERIENCED BY ATHLETES WHO PRACTICE KAIAC SLALOM

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Abstract

Aim: The aim is to propose a model regarding the improvement of the emotional states experienced by athletes practicing kayak slalom.

Methods of research: the research method was the survey, the instrument was the questionnaire, the technique was the survey and the method was the collection of data from the respondents. The participants in the questionnaire are athletes from two sports club associations in Romania.

Results: following the application of the questionnaire, we found that the athletes to deal with fear and anxiety when practicing kayak slalom practice the exercise of positive imagination in which they perform the movements perfectly and successfully complete the kayak slalom route. Athletes also mentioned that they do not feel very comfortable discussing their fears and emotions with the coach, although when practicing slalom kayaking, they feel more fear than in other types of kayaking.

Conclusions: it is quite common for athletes to feel uncomfortable discussing their fears and emotions with their coaches or others on the team. This is generally due to a combination of factors such as a lack of self-confidence, fear of being judged or being seen as weak and vulnerable. The level of anxiety can vary from athlete to athlete and can be influenced by different factors such as previous experience, physical and mental preparation, self-confidence and general health. Anxiety can also be influenced by how athletes manage their emotions and how they control their breathing and thoughts before entering competition.

Keywords: fear, emotions, athlete, kayak slalom

RELATIONSHIP BETWEEN THE LEVELS OF MOTOR ABILITY AND SPORTS PERFORMANCE IN FEMALE HIGH JUMPERS

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Abstract

Aim: This research highlights the relationship between the value of motor ability during tests and the high jump performance achieved in competitions. The study is based on the analysis of values recorded in motor skill tests at the initial assessment that occurred in August 2021 and the final assessment that was carried out in February 2022.

Methods of research: The research participants are eight female high jumpers, Junior 1 and Junior 2 categories (16-19 years old), who are members of five sports clubs across the country. The training process was conducted by the coaches of the respective clubs, and the initial and final assessments of motor ability were performed one week before the National Championships. The research methods used were: literature review, pedagogical observation, experiment, mathematical and statistical method, and graphical method.

Results: Following this research, we found that the performance of some athletes had improved, whereas the performance of others had recorded a downward trend.

Conclusions: For all the eight high jumpers, the analysis of the results obtained from the assessment of motor skills using the non-parametric Wilcoxon Test highlighted significant differences between initial and final testing (with values ranging from 0.035 to 0,012), but also the fact that the effect size was consistent (ranging from 0.76 and 0.89) in 14 of the 18 motor ability assessment indicators.

Keywords: high jump, motor ability, performance level, relationship.

SPECIFIC PROGRAM TO IMPROVE THROWING POWER AT THE GOAL FOR HANDBALL PLAYERS UNDER 19 YEARS OLD

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Abstract

Purpose: All throws the gate speed and power demand, both for standing throws (throwing 7m, 9m, launching counterattacks) as well as throws on the run, on foot or jump. In this paper we propose that through a specific training program to alleviate the power to throw at the gate of handball players under 19 years old.

Methods: Experimental strategy implementation period was 8 weeks during August and September 2022. The research was conducted on CSM Constanta junior team participating in the National Handball Championship 2022-2023 edition. The team is a group composed of 18 players, with a mean age of 17,24±1,12. Study took place in Sports Hall of Constanta, the team conducted its official matches, with a field approved by the Romanian Handball Federation and the Iaky Spa Gym.

We brought in a team training program specific training program based on the development of thwrowing power. The program has been used three times per week for eight weeks.

Results: Following the application program designed and implemented new training CSM Constanta team we managed to improve the throwing power at the gate of the place from 82.22 km / h to 88.67 km / h and we managed to improve throwing power on the run from 89.56 km / h to 94.28 km / h.

Conclusions: Implementing a training program based specifically on the development of throwing power in handball training helps us to significantly improve the throwing power at the gate of the place and throwing power on the run.

Keywords: throwing power, training program

A PRELIMINARY STUDY ON THE EFFICIENCY OF ULTRA SLOW MOTION INTELLIGENT TRAINING (USMIT) IN RHYTHMIC GYMNASTICS TECHNICAL TRAINING

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Abstract

Problem statement: This study involved 13 gymnasts who are part of the junior national team, aged between 13 and 15 years old, with a sport experience of 7 - 9 years. The ultra slow motion intelligent training is a method wherein the athlete performs predefined upper limbs movements with a very low velocity, thus being activated the frontal lobe, involved in the control of complex voluntary conduct, attention processes and emotional states - essential aspects for technical execution in rhythmic gymnastics.

Aim: Of this study is to test a new, complementary training method for maximizing the technical preparation through the stimulation of central nervous structures.

New requirements of the FIG Code of points require the execution of high difficulty elements, both body and with apparatus.

The research procedure required performing three ultraslow motion routines. The first routine was performed with visual guidance, while the following 2 without any form of guidance. The routines required the gymnasts to maintain a constant speed on both the ascending and descending trajectory of the arms, in a controlled extension movement. The parameter measured by means of USMIT equipment was represented by the speed (mm/s) for each segment - left-right. The central tendency statistic indicators were calculated, along with the quartile. While similar studies, exploring the efficiency of USMIT are extremely rare, we used some reference values from other sports, such as biathlon, provided by the author of this equipment/method. Consequently, these findings will need to be tested in the context of rhythmic gymnastics and its particularities.

Conclusion: This type of research, applied for the first time in rhythmic gymnastics, will be of significant relevance for the specialists in the field, especially if the data collected will be encouraging.

Keywords: rhythmic gymnastics, USMIT, control capacity.

TECHNICAL TRAINING – COMPONENT OF SPORTS TRAINING IN THE TENNIS GAME AT THE AGE OF 12-14 YEARS

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Abstract

Problem statement: Tennis is a complex sport, which includes elements and technical procedures that are manifested through executions of great finesse and precision. This sport requires perfect coordination and timing of movements, speed of reaction, execution and movement, precision during the execution of shots, resistance to effort and stress.

The question of the correct shot in tennis has been debated over time by many connoisseurs of this sport. Various theories have led to the birth of the myth that incorrect shots are caused by execution errors. The factors that can cause an ineffective shot are not only of a technical nature, mentioning here the weather, the playing surface, and even the opponent. Thus, each shot is unique, depending on a large number of variables.

The attack shot involves the initiation of an offensive action, by advancing the player towards the net.

Examples of Attack Strikes:

- Attack with the right kick
- The lapel attack
- Drive volley
- Smach.

The aim of the research: The experimental research undertaken within the thesis, as a result of consulting a vast specialized bibliography, aims to identify new scientific research approaches - the consolidation and improvement of the model of technical training of attack shots for tennis players at the age of 12-14 by establishing the methodology of action with means and methods included in the development of the modeling process of the tennis game.

Conclusions: The bibliographic study will allow the elaboration of the structure and content of the training process, in shaping the technique of attack shots in the game of tennis at the age of 12-14 years.

We can conclude that the offensive tennis game has materialized in results at the highest level, the performance requiring an exceptional genetic material, systematic, periodized training with a well-organized basic structure in which the athlete's evolution is conditioned by the level of development of specific motor capacities, of acquiring the technique of attacking shots at a higher level of preparation, adopting a modern concept of the game.

Keywords: technical procedures, attack shots, tennis game, offensive action.

COMPARATIVE STUDY ON THE MOTRIC QUALITIES OF BEGINNER BOBSLEDDERS VIA PERFORMANCE - MALE ATHLETES

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Abstract

Aim: This study aims to discriminate between the motric qualities of high performance bobsledders and those of beginner ones.

Methods of research: Physical tests applied to a group of athletes aimed at explosive force at the level of the lower limbs, in conditions of speed, resistance and dynamic balance at the lower limbs level. In this study, tests were performed and processed on Optojump device and software. The test group included four multichampion male youth Olympic team performance athletes Worldwide, European and Olympic champions in the 2-person bobsled event.

Results: The results of the study were processed using the main statistically calculated indicators: average arithmetic (X) and standard deviation (SD). Explosive strength has an important impact on improving the physical fitness of major role players in achieving the technical-tactical mastery of the sport.

Conclusions: Using the classification of efforts according to the most demanded apparatus or body system, the scientists found that the bobsleigh event is part of the neuromuscular type of efforts. The predominant effort in the bobsleigh is of an anaerobic-lactacidic nature (the start under 6s, maximum intensity during the descent, sequences of anaerobic effort, maximal and submaximal intensity). Well-prepared bobsledders, from the start to the climb into the bob, run with their chest blocked on inspiration (apnea).

Keywords: motric qualities, bobsledders, performance, masculine

EFFORT VOLUME AND INTENSITY INDICATORS ON JUNIOR RHYTHMIC GYMNASTS - 2ND LEVEL (11-12 YEARS) - CASE STUDY

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Abstract

Aim: Athletes preparation for competitions has always been accomplished through training. Rhythmic gymnastics, like any other sport discipline, has a specific training that approaches different volumes and intensities, depending on the training stages: preparatory, precompetitional or competitional. The current research highlight and analyze the effort parameters in performance rhythmic gymnastics training, in terms of the volume and intensity of effort.

Methods of research: The research was conducted on an individual rhythmic gymnast, aged 11. For a period of eight weeks, we monitored the volume of the effort, in terms of duration, frequency and distances, as well as the intensity of the effort, in terms of distance travelled during a specific time and heart rate.

Results: The results show that during the entire training programme, the subjects participated in 39 training sessions, summing up 117 hours of training, during which she performed 384 half routines and 332 complete routines without musical accompaniment, amounting 9,6 hours for half routines and 15,3 hours for complete routines; 192 half routines and 156 complete routines with music, summing up a duration of 2,32 hours for half routines and 3,77 hours for complete routines; the distance traveled was 40391.6 m during routines performed without music and 17799 m during routines performed with music; the heart rate after two linked routines, with a rest of 30s between them was situated approximately 164-177 bpm.

Conclusions: The levels of volume and intensity vary from one training period (e.g. preparatory) to another (e.g. precompetitional). Such an analysis may highlight, depending on the gimnast's results in competitions, whether the planning is productive or not.

Keywords: training; effort; volume; intensity; planning; performance.

THE STUDY ON THE LEVEL OF SPECIFIC PHYSICAL TRAINING AT JUNIOR II HANDBALL PLAYERS

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Abstract:

Aim: Currently there is a general concern to streamline and modernize the strategies that lead to the achievement of specific motor skills in handball players that can be quantified with the help of some indicators of verification and measurement (tests and trials specific to this age category – juniors II).
The entire training base for improving the general and specific motor capacity of female junior II handball players involves numerous concerns and complex ways of acting, essentially the decisive factor being realized from the performance program achieved by them.

Methods of research: The application of some training (preparation) programs that contain mostly plyometric exercises, which practiced according to extremely elaborated programs, during training at the level of junior II handball players, will lead to an increase in the specific strengths of some technical-

tactical gestures that the handball game comprises. The muscle training programs with a predominant content of plyometric exercises, were designed according to the technical-tactical gestures component of the handball game, with well-planned calculated effects on all training periods, specific to the physical training process.

Results: Muscle training at the level of junior handball players II in Romania, has enough deficiencies in the practical applicability reflected on handball performances at the national level. This is confirmed by the conception and the practical application of plyometric programs, personal contribution, through the comparison of the results partially obtained on the experimental sample, with those of the control sample, undergoing training according to the traditional concept.

Conclusion: The planning of muscle training programs through plyometric exercises has a crucial role in the effects that are expected to be manifested in certain percentages within the competition.

Keywords: handball, specific physical training, plyometrics.

THE PLACE AND ROLE OF PLYOMETRICAL TRAINING IN JUNIORS II HANDBALL TEAMS

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Abstract:

Aim: The entire basis of training for improving the general and specific motor capacity of junior level II handball players involves many concerns and complex ways of acting, essentially the decisive factor being realized from the performance program achieved by them.
In modern sports training, the improvement of specific and general motor capacity and the use of plyometrics is carried out through a complex, systemic process.

Methods of research: Application of the questionnaire on coaches of handball from Romania, within the experiment with the aim of finding out the conceptual and informative level possessed by them regarding the use of plyometric exercises in training of cadet handball players.

Results: Interpretation of the data from the questionnaire answered by the coaches regarding the use of plyometric exercises focused on the specific movements of the handball game, informing the experimental sample about the practical application of muscle training programs during training, the content of these programs, focused on plyometric exercises, moments of their application within the training micro cycles, but also within the preparatory, pre-competition, competition and transit periods.

Conclusions: The investigation was applied to obtain some truthful data regarding the approach to muscle training with the help of plyometric means during the training of female handball athletes by coaches from Romania.

Keywords: handball, questionnaire, plyometrics.

THE INFLUENCE OF TRAINING BY EFFORT ZONES ON ANTHROPOMETRIC INDICES IN THE RUGBY GAME

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Abstract

Aim: The game of rugby is developing every year with the help of science and new equipment. Players must possess increased speed, strength and effort capacity indices, which are also supported by anthropometric characteristics that become limiting factors in performance. The entire technical team faces challenges in training players, which is also because rugby is a collective sport, but the players' requirements are individual, and to perform, they must act as a whole technically, tactically, mentally, but above all physically, and these moments manage to make the difference in moments of great pressure. In view of the above, we consider it absolutely necessary to optimise anthropometric indices, body weight and body fat, keeping an absolutely necessary balance for each playing position in the game of rugby. The research aimed to identify the changes brought about by training on effort zones on anthropometric indices. Simultaneously, we adapt each training session to the individual possibilities of each player; in this way we will be sure that the training sessions will achieve their intended purpose.

Methods of research: In this research, we used research methods such as the bibliographic study method, single variable experiment method, static-mathematical method and graphical method. 30 rugby players are targeted in this research; they are involved in training for international competitions. We also conducted an initial test followed by the application of the intervention program and then conducted the final test.

Results: The presence of effort individualization on metabolic effort zones led to efficient effort support during the game and implicitly to the optimization of anthropometric indices and performance capacity. Interpreting the results obtained above, we observe that in the anthropometric evaluation, the average body weight has a value of 85.23 and the average body fat is 14.85%.

Conclusions: Regarding the final anthropometric testing, we find an increase in body weight at the end of the training period through the transformation of adipose tissue into muscle mass. Most of the differences are positive, taking values between -14 and 16 kg.

Keywords: effort zones, rugby, body weight, adipose tissue

CHANGE OF DIRECTION PERFORMANCE AMONG IN YOUNG BASKETBALL PLAYERS

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Abstract

Problem statement: The basketball game is characterized by repeated changes in rhythm and direction, numerous forward and backward movements performed at high speed. The ability to perform fast change of direction is considered a valid criterion for identified talented player.

Aim: The purpose of the study is to evaluate the ability to change direction (COD) in young basketball players using some specific tests and the investigation of possible relationships between the change of direction and some physical performances such as standing long jump and speed running

Methods of research: 32 young people between the ages of 13-14 (F + M) participating in the research participated in the basketball game. They were tested in several specific tests for the ability to quickly change direction: T test – designed to evaluate lateral shuffling and backpadeling, Little marathon – designed to evaluate turn 180^0 and shuttle sprint, Illinois test - designed to evaluate cutting movement, and standing long jump, sprint 20m.

Results: The results show significant differences between boys and girls ($p<0.05$) and correlation between COD and standing long jump, and speed running 20m.

Conclusions. The results obtained are important, allowing the trainers to model the physical training sessions to provide physical and tactical advantage over opponents.
Keywords: basketball, health, body compositions

CONNECTION BETWEEN THE 50 M SPRINT TECHNICAL EXECUTION AND RESULTS IN CHILDREN

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Abstract.

Aim: Identifying the possibilities and opportunities in terms of motor skills of 9-10-year-old children allows us to compile training content, specific and adapted to the biomotor age potential. The correctness and efficiency of the stages of the athletic events determine an athlete's final result. By evaluating the execution technique of athletic events, the deficiencies of each stage can be established, and a coach can technically determine the changes in achieving a correct and efficient execution.

Methods: The research was carried out with 14 girls aged 9-10, as beginners in practising athletics. It mainly aimed at objectives such as: highlighting the assessment of the technical execution value by allocating points, finding the number of steps and time recorded in the 50 m sprint event. As research methods we used as follows: bibliographic study, testing, method of statistical-mathematical, analytical and graphical representation. As control events, we used the 50m sprint, which we considered qualitatively / technically through an evaluation protocol after watching the video of the children's performance, and from a quantitative and performance point of view we recorded the time and number of steps.

Result: The level of assessment of the technical performance of the children, in the 50m sprint based on the Sprint Evaluation Grid show positive and negative aspects, within the six actions, regarding the execution technique of the children.

Conclusions: The use of the technical execution assessment grid highlighting the correctness or mistakes of each action is an objective tool and it is easy to be applied nowadays. Performing an analysis using correlation coefficients (in our case Pearson) is a possibility to orient the training process in certain, correct directions.

Keywords: sprint, evaluation protocol, correlation

EXPERIMENT ON THE PREPARATION OF PASSING IN FUTSAL PLAY

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Abstract

Problem statement: If the proposed experiment and based on competitive schedule we designed an experimental program of passing training. Choosing this way of working is required in the current game, because the pass is effective depending on space and time game drive. In this context the work was moving to see how the passing preparation of senior football.the game of futsal both physical training and tactical and technical training is important.

Aim: Thus, we designed an experimental program of passing training, the requirements of the game, with two weekly training sessions conducted during competitive price and competitive senior futsal team "University" Galati.

Conclusions: The result obtained was to see how changing the passing preparation of futsal play are set out the objectives of each component, which was the subject of research: establishing training volume indices, indicating the method; passing data and control rules of evidence.

Keywords: sports training, programming, training process, performance, passing training.

THE ROLE OF GAMES WITH A REDUCED NUMBER OF PLAYERS IN LEARNING FOOTBALL IN HIGH SCHOOL CLASSES

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Abstract:

Problem statement: Twelve players (under 14 years) participated in three Small-Sided Football Games played on different field sizes (25x30m; 30x20m; 40x20m). Games consisted of 2 x 20 minutes of game play, interspersed with 5 minute rest periods. Each game was filmed to evaluate technico-tactical demands that were analyzed using sports analysis software (Instatfootbal).

Aim: The aim of the study was to examine the impact of altering field dimension on technico-tactical demands in 5 x 5 youth Small-Sided Football Games in competition.

Conclusions: From this study it appears that the 30x20m sized field is most appropriate for Under 8 players based on all technico-tactical demands coded. Technico-tactical actions that supported this conclusion included the highest frequency of overall touches (400), total passes (60), successful passes (40), attacking demands (120), total defensive demands (120), creative demands (35) and success rate of first time passes (51%). These results for the 30x20m field outweighed the data for the other two field sizes and suggest the 30x20m field is optimal for the development of technical demands of Under 14 players during competition games**.**

Keywords: small-sided football, technico-tactical actions, field sizes, skill demands.

ASSESSMENT OF SPEED IN RUGBY PLAYERS: FORWARDS AND DEFENDERS

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Abstract

Aim: This paper aims to highlight the differences between the positions of rugby players in terms of speed. Thus, we assume that between forwards and defenders there are significant differences in the speed evaluated over distances of 10 m, 20 m, and 40 m.

Methods of research: In this study, 26 senior rugby players from the National Rugby League were analyzed, with an average age of 26.4 years, of which 16 forwards (182,63 ± 4,79 cm; 104,29 ± 13,08 kg; 25,94 ± 8,41 kg fat mass; 70,71 ± 11,44 kg muscle mass) and 10 defenders (179,80 ± 3,43 cm; 95,76 ± 12,60 kg; 20,87 ± 8 kg fat mass; 71,30 ± 4,45 kg muscle mass). The speed was evaluated through the test of speed running over the distances of 10, 20 and 40 meters, measured with the help of automatic timing Witty Sem-Microgate, and the statistical analysis was carried out through the SPSS IBM Statistic 20 program.

Results: Using the Independent Samples T-test, differences between forwards and defenders were highlighted in terms of movement speed over distances of 20 m (p=0,001) and 40 m (p=0,001).

Conclusions: Therefore, we notice that the level of speed development is different depending on the position in which rugby players are specialized, forwards or defenders. This may be explained by the demands of the job during the game.

Keywords: speed, performance, rugby

CONTRIBUTIONS REGARDING THE LEVEL OF SPECIFIC PHYSICAL TRAINING OF THE OPPOSITE PLAYER IN PROFESSIONAL VOLLEYBALL

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Abstract:

Aim: In the training of volleyball players, it is necessary to use various means and methods depending on the training period, the characteristics of the volleyball game, the individual characteristics of the players, the playing position (opposite/hitter), the age of the athletes, in order to achieve efficient training to obtain very good results in competitions.The team is a social micro group in which each player has their proper place and role to fulfill the tasks, and where morphological particularities of each one, their physical and social skills, or their technical and tactical potential must be taken into account in order to create a favorable climate to achieve a high performance. Due to the specifics of volleyball, sports performance is the result of the synergistic action of several factors, the most important of which are: the somatic type, the motor capacity, and the mental capacity. The Opposite player (also known as the Universal Hitter) - is a tall player with a large arm span. They are strong hitters with good jumping skills, execution speed, and a great sense for the ball. They are the player who, alongside the setter, is the most utilized in the attacking phase and provides safety and stability to their team with a solid block and a powerful serve.

Methods of research: Various means and methods are used according to the training period, the characteristics of the volleyball game, the individual characteristics of the players, the playing position (opposite/hitter), the age of the athletes, in order to achieve efficient training to obtain very good results in competitions.

Results: We consider this position to be one where these players have an acceptable contribution to the game, but we needed to work on increasing the efficiency values in attack, block, and serve.

Conclusions: In conclusion, training should be conducted using various methods adapted to the requirements of taking part in competitions, while also harmonizing the player's individual physical training in line with their potential and skills level, as well as the requirements for their integration within the team.

Keywords: volleyball, specific training, opposite player.

THE IMPORTANCE OF PLANNING AND SCHEDULING THE OPPOSITE PLAYER'S TRAINING SESSIONS DURING THE COMPETITION PERIOD IN VOLLEYBALL

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Abstract:

Aim. The structure of the competition period includes games according to the championship schedule of the Romanian Volleyball Federation, the athletes' level of training, and the classification category.
The games training will be a permanent and continuous process throughout the entire athletic career, regardless of the age and the athletes' level of training.
The purpose of games training consists in volleyball players (including opposite players) being able to perform during games all technical and tactical actions they have learned during the training process.

Method. The specialized training program will lead to an increase in the level of motor training, which will greatly influence the quality of performing game elements and will ensure the successful completion of tactical tasks throughout the game.

Result. The evaluation of the efficiency of game actions as a result of applying the training model used in training universal players during our study was carried out during the 2020-2021 season of the National Volleyball Championship, A1 Division, and includes the actual results obtained by the athletes in official games.
The data collected by us through the DataVolley program was processed in order to standardize the recorded values and establish the progress made by the group of subjects under research.

Conclusion. The use of the proposed programs has led to an efficient training program for universal volleyball players (hitters), with a direct impact on improving performance in terms of training and competition activity.

Keywords: volleyball, competition period, opposite player.

STUDY ON THE IMPORTANCE OF COORDINATION ABILITIES AT THE INTERNATIONAL LEVEL IN THE GAME OF WATER POLO

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Abstract:

Problem statement: The present research will help us to understand the personal experience of specialists from other countries and to know scientifically the real impact of the need for coordination abilities in training and competitive activities.

Aim: The study aims to assess the opinions of international specialists about the importance of coordination abilities and the way of exploiting them in the game of water polo.

The respondents to the questionnaire were 36 specialists from 10 countries, namely: Greece, Netherlands, Great Britain, Hungary, Serbia, Italy, Russia, Egypt, France, and Slovakia.

The objectives of this study are: to identify the components of coordination abilities in training periodization; to identify the role and importance of coordination abilities for international specialists; to identify a training model/methodological line that targets and includes the components of coordination abilities. According to Cronbach's Alpha values, the analyzed variables were suitable for the design of the questionnaire model. The analysis included two formative variables, *Training* and *Importance of coordination abilities*, and a reflective variable, *Coordination abilities*.

The weighting of the subitems forming the *Training* variable indicates that the greatest importance is attached to technical training (0.486), theoretical training (0.457), and physical training (0.440), while tactical training is in last place (0.389). It is observed that psychological training has negative values (-0.561). Negative values can be excluded from the model, but there are statisticians (such as Hair) who believe that they should be kept if they have high values. In this case, psychological training seems to be important, but probably coaches think that its management is the psychologist's responsibility.

Conclusions: All respondents acknowledge the importance of developing coordination abilities in the training process. The entire study answers the research question and validates the formulated hypotheses.

Keywords: coordination abilities; water polo; performance; training.

DEVELOPMENT AND TRAINING FOOTBALL YOUNG PLAYERS

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Abstract

Problem statement: Sports in general and football in particular has today an important educational role in the development process of young people. The training and development of young players is essential for the national and international football future.

Aim: This research aims to identify the role of football game in the development process of young people. Football practice should not only provide the chance to develop the necessary skills for the game itself, but also the development personal skills of young people in society. In this process, football schools, football academies, clubs and sports associations have a decisive role. It is important to set goals for each stage, specific to the players' age, mental muscular and physical development and learning capacity.

Conclusions: Knowing the most relevant aspects of the development and training of the young football player, we can hope that the future elite player will be more efficient and competitive in relation to the demands of modern football. The Federation Internationale de Football Association (FIFA) recommends that member associations' development plans should include all levels of football, as the following pyramid shows: football for 6-12 year olds (organised, semi-organised or informal), academies, regional youth football, national elite championship (U-13, U-15, U-17, U-19, U-21), amateur football, professional football

Keywords: development process, young players, football training.

THE DYNAMICS OF THE VALUES OF SOME RELEVANT BIOMOTOR PARAMETERS IN THE TRAINING OF COMPETITIVE ATHLETES WHO PRACTICE BODYBUILDING AND FITNESS

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Abstract

Aim: Physical assessment of athletes who practice bodybuilding and fitness at different time intervals is necessary in physical preparation for the development of the training program, thus, the internal feedback of the evaluated bio-motor parameters can be confirmed by the physical appearance, being essential in order to improve performances sports through the use of psycho-physical strategies and techniques that lead to the development of specific skills.

Methods of research: In order to identify the dynamics of the values of some relevant biomotor parameters in the training of competitive athletes who practice bodybuilding and fitness, we performed non-invasive measurements, using accessible medical equipment and allowing athletes to self-assess, performed on a group of 70 competitive athletes, of which 17 athletes and 53 athletes) practicing bodybuilding and fitness for at least 1 year, we evaluated the percentage body fat, visceral fat level, BMI value and arm strength value.

Results: We concluded that most athletes are strong, evaluated by the level of arm strength, have a level of body fat percentage located at a normal to low level, the BMI value being at a normal level towards the upper limit, against the background of an optimal state of health, having in mind see the normal mean value of visceral fat index, pulse values and oxygen saturation, values that fall within physiological limits. The average value of the measured parameters registers a sinusoidal curve in the direction of increase for athletes preparing to compete in the senior categories and decreases for athletes participating in the masters.

Conclusions: Knowing the relevant biomotor parameters of the athletes' training makes the training process more efficient by adapting the training needs in order to obtain the sports form.

Keywords: bodybuilding and fitness, strength, body fat, visceral fat.

PSYCHO-PEDAGOGICAL BENCHMARKS IN THE SELECTION AND TRAINING OF 6-8-YEARS-OLD CHILDREN IN FOOTBALL

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Abstract

Problem statement: The present paper wants to highlight the main psycho-pedagogical landmarks that should be taken into account in choosing the selection coach for the groups of 6-8-year-old children in football and who will take care of their training.

Aim: It is based on the premise that former footballers who intend to train groups of children must have a solid training with real skills of communication, relationship, pedagogical tact, understanding, knowledge of the particularities of age and the needs of the children they are going to train. His training style must be adapted to these aspects specific to young children so that the future footballers will love the training methods, even when the degree of difficulty of the exercises increases. The basis of a rigorous training must be the children's enjoyment of playing football and their motivation to participate in training. The trainer must know how to maximize their enthusiasm and offer an attractive and varied training program but well targeted towards the training objectives. The paper also presents some psychomotricity tests recommended in the selection process of children as well as some psychological coordinates for the coach to follow during the selection.

Conclusions: These lead to the sedimentation of the main benchmarks of a psycho-pedagogical nature that must be taken into account both in the selection process of these children but also during their training. In this sense, the continuous training of the coach should be done with skills specific to this side, which completes his professional training.

Keywords: psychopedagogical benchmarks, selection, training.

THE IMPORTANCE OF SELECTION IN BASKETBALL

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Problem statement. Selection in basketball represents the evolutionary process of sports training through its various stages, with the basic requirement of respecting gender and age characteristics, to which the objectives, means, methods and forms of organisation are adapted in order to achieve permanent progress.
The first step in the planning, scheduling and execution of the selection and training process is talent identification. The identification of talents and the definition of selection criteria require the involvement of professionals: basketball coaches (experts in physical, technical and tactical training), physiotherapists, nutritionists, psychologists, doctors specialized in various fields.

The aim of the research. The aim of this study was to show the process of talent identification and selection in basketball involves an evaluation of attributes, knowledge, skill, abilities and habits significant for a successful basketball career.

Conclusions.

- training for children and juniors is an important part of the training system for performance basketball;
- selection is dynamic and continuous, natural and directed;
- this means that selection processes in basketball should be realized on multiple levels:
- the selection criteria by levels, accepted by the national specialty federation:
    1. an initial selection at the beginning of organized basketball training (ages 8-10 babybasket);
    2. a selection at the age of 12 (miniybasket);
    3. a selection at the age of 14 (competitive age);
    4. a selection at the age of 16 with introduction of the criteria for position in game (1-5);
    5. a selection at the age of 18 (transition to seniors).

Key words: selection, basketball, talent identification

THE ROLE OF TECHNICAL TRAINING IN THE DEVELOPMENT OF CHILDREN'S LATERALITY IN SWIMMING THROUGH BIOMECHANICAL ANALYSIS IN THE FREESTYLE STROKE

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Abstract

Aim: Considering the complexity and accelerated pace of achieving performances among children, we approached this study to capitalize and develop laterality as a component of human psychomotricity by applying a training plan aimed at their technical training.

Methods: The research was attended by 30 children, swimmers, aged between 10-11 years (n = 30), selected in the performance groups following the skills demonstrated and the fulfillment of the selection criteria. The training lessons occured in six sessions per week, lasting approximately 90 min.

Results: In the 50 m freestyle event, progress of 1.65 sec (mean = 1.65) was registered at the group level between the two periods of the championships (March, respectively, December). Both the one-sided (One Sided p) and two-sided (Two Sided p) levels of significance indicate that there are significant differences between the two tests (T0 and T1), where p<.001 in both cases.

The T-test marks the presence of significant differences between the joints on the right and left sides of the body.

Conclusions: The development of laterality through technical training that ensures longevity in performance sports and obtaining notable results in competitions is important in the training process of children because, through its specificity, the cyclicity of movements and their symmetry can be improved.

Keywords: technical training, laterality, swimming, freestyle

IMPLEMENTATION AND EVALUATION OF AN EXPERIMENTAL CURRICULUM FOCUSED ON THE MEANS OF BASIC GYMNASTICS

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Abstract

Aim: Basic gymnastics is one of the fundamental disciplines in the training of specialists in the field of sports science and physical education, a key component of the discipline of physical education that ensures the multilateral development of motor skills, physical development, and organizational skills.

Methods of research: This study focuses on replacing the standard content followed by specialists through the discipline's program with basic gymnastics tools.

The pilot program included structures and models of free physical exercises, with a partner, portable objects, static and dynamic acrobatic elements, and movement games.

The program was implemented on a test group of 256 students. (61% urban and 39% rural) during the 2021–2022 school year, and the evaluation was carried out in accordance with the national evaluation system for secondary education found in the school curriculum.

Results: The results showed significant improvements in all four tests used ($p < 0.001$), indicating the effectiveness of the program. The experimantal program also followed to encourage the integration and active involvement of the entire class and provided alternative means for special situations that may arise during the school year.

Conclusion: The pilot program's implementation showed significant progress in students' performance, demonstrating the effectiveness of using basic gymnastics tools in the content of the discipline.

Keywords: physical education; basic gymnastics; experimental curriculum.

THE EVALUATION BY MODERN MEANS OF REACTION SPEED IN ELITE FENCING

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Abstract

Aim: This study aims at designing and validating a training plan to increase the reaction speed of female epee fencers in the national team of Romania.

Methods of research: The evaluation of the reaction speed was performed with the Witty device during an arm stretch from the guard position (simulation of the right blow) and also during the right fling attack. Two types of tests were applied: Witty Green test and Witty Red test. It is analyzed the moment of the touch of the sensor and the duration of the stimulus. The data recorded include the temporal parameters of the reaction response, the speed of execution, and the precision and coordination of the movement model. The research sample consistsed of 14 fencers, with an average age at the time of the first test are almost 21 years.

Results: Statistical processing for Witty Green parameters: Time, Gap, Lap, and GapLap were performed by applying the t-test for pair variables, comparing the initial results with the final ones. For all these parameters, there were statistically significant differences between initial and final values. Thus, statistical $t > t$ critical for pair variables, and p value<0.05. Statistical processing for the parameters Witty Red Time, Gap, Lap, and GapLap used the t-test for pair variables. Statistically significant differences between initial and final values were achieved in the Gap and GapLap indicators; thus, statistical $t > t$ critical for pair variables, and p value<0.05. The Gap average fell from 15.52 to 5.73, and the GapLap average fell from 1.69 to 0.87.

Conclusions: In tests carried out with Witty devices, the obtained values demonstrated statistically significant differences, thus, the result can be extrapolated to the entire statistical population.

Keywords: fencing, witty test, reaction speed

THE EFFECTS OF THE FIFA 11+ WARM-UP PROGRAMME ON INJURY PREVENTION AT U15 – U23 LEVEL IN FOOTBALL: A SYSTEMATIC REVIEW

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Abstract

Problem statement: This research identifies what are the effects of the FIFA 11+ programme on injury prevention at U15 – U23 level in football, when it is used as a warm-up before the training session.

Aim: The "FIFA 11+" program is designed as a low-cost injury prevention warm-up alternative, but studies have also been conducted on its impact on performance capacity for all age groups starting at 10 years old, in different countries on five continents, and at different levels of performance for both sexes. Most studies have focused on children under 14 and young adults over 16 years old. There are no relevant studies in Romania in this area, with most studies having been conducted in Scandinavia, the USA, the Middle East, and Brazil. Analyzing the results obtained, an increased effectiveness is observed in the prevention of injuries, with the chances of injury being reduced by up to 30%, while various forms of motor quality manifestation show an improvement of up to 12.4%. These studies were performed over different periods of time, ranging from 4 to 30 weeks. However, the results are related to the specifics of the country and the participants, which is why the groups are not homogeneous, and there are differences in the results obtained due to different football styles.

Conclusions: Studies to date show that this program has a greater influence on juniors and amateurs compared to performance athletes. It appears that improving static and dynamic balance, concentric and eccentric strength, and neuromuscular control will also significantly reduce the risk of injury. In order to perform better and prevent injuries, it is not enough to focus only on the lower limbs, attention should also be given to the core and upper body.

Keywords*:* FIFA 11+; warm-up; injury prevention

THE EFFECTS OF THE FIFA 11+ WARM-UP PROGRAMME ON PHYSICAL PERFORMANCE AT U15 – U23 LEVEL IN FOOTBALL: A SYSTEMATIC REVIEW

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Abstract

Problem statement: This research identifies what are the effects of the FIFA 11+ programme on physical performance at U15 – U23 level in football, when is used as a warm-up programme instead of the conventional warm-ups.

Aim: The "FIFA 11+" program is designed to prevent injuries, but studies have been conducted on its impact on performance capacity across different age groups, starting from 10 years old, in various countries on all five continents, at different levels of performance and for both sexes. However, there are no relevant studies on the program's impact in Romania. This literature review investigated the effects of FIFA11+ on performance in youth football players. The search was conducted on the Springer database and the Google Scholar research engine, resulting in 76 articles, of which 38 were selected after reviewing the titles. After reviewing the abstracts, 16 articles were deemed relevant. The studies were published in English and involved participants aged between 14 and 23 years who all play football, including both males and females. The studies were conducted over varying time periods, from 4 weeks to 30 weeks, and the groups were not homogeneous, resulting in differences in the results obtained. However, analyzing the results obtained for various forms of manifestation of motor qualities, there was an improvement of up to 12.4%.

Conclusions: Studies to date have shown that this program has a greater impact on juniors and amateurs, compared to performance athletes. However, there are also studies that confirm improvements in high performance level, although to a lower extent than in amateur or youth level. Overall, the FIFA 11+ program is a very good alternative to traditional warm-up exercises, especially at the youth and amateur level. After achieving this first step, coaches can adapt the exercises according to the needs of the players.

Keywords*:* FIFA 11+; physical performance; injury prevention

CONSOLIDATION OF TECHNICAL ELEMENTS OF BALL POSSESSION AT THE LEVEL OF A 12-14 YEARS OLD SOCCER TEAM

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Abstract

Problem statement: We can affirm the fact that soccer in our country has always been a sport practiced with the heart, children being more and more attracted, both by simple curiosity but also thanks to some players who have become idols (Hagi G., Mutu A., Hagi I ., Tătarușanu C., Man d. etc.).

Aim: The activity of central defenders can bring safety to the team. Having increased efficiency in the game, they can give more confidence to the attacking players and at the same time calmness in the teams

game. The aim of the research: In this study, we aim to develop a specific training program for 12-14-year-old children to increase the in-game efficiency of central defenders. In conclusion, we can affirm the fact that central defenders play an imperative role in the development of games, providing safety through the effective use of the main technical elements of entering possession of the ball. The increased efficiency of the technical procedures in the second half of the championship led to better results than in the tour, also leading to the improvement of ball possession, with the central defenders having better control of the ball.

Conclusions: This age stage is very sensitive, the transition to playing on a larger surface, the consolidation of several processes, the appearance of competitiveness, the increase in the aggressiveness of the game, etc., are some aspects that the coach must take into account when planning macrocycles , mesocycles, macrocycles, and training lessons.

Keywords: football, juniors, technique

❖ PHYSICAL EDUCATION AND SPORT

STUDY REGARDING THE DETERMINATION OF MANUAL COORDINATION OF STUDENTS IN PRIMARY SCHOOL

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Background: Psychomotoricity is the basis of rational human activities. Specialists in the field agree that the improvement of psychomotor aspects is achieved at a young age, between 3 and 12 years, when children are in school.

Aim: The purpose of the presented study is to identify the level of manual coordination in primary school students. Another purpose of the cessation was to identify the opportunity to introduce in the physical education lesson a specific moment aimed at improving the psychomotor components. The research presented in this study is part of a larger research that was carried out during the 2020-2021 school year and that aimed to improve the manifestation indices for 5 of the psychomotor components.

Method: The research was carried out within the Ștefan cel Mare Secondary School in Galati. 114 students from the primary classes, respectively students from the 2nd classes, were involved in the study. Manual coordination testing was performed using the standardized Bruininsk-Oseretsky Motor Proficiency Test, Second Edition (BOT-2). The test is conducted individually with each student. The total duration of the test is 45 - 50 minutes. Between tests, the evaluator took a 10-minute break. The parents gave written consent regarding the students' participation in this study. The obtained scores were transformed into points which, according to the test application manual, then indicated the psychomotor age level of the students.

Results: The collected data were analyzed and interpreted statistically by means of the statistical application R Studio. Following the analysis of the data related to the initial testing of manual coordination, it was found that most students have a level of manual coordination below the biological age average.

Conclusion: the level of manifestation of manual coordination is deficient. The results below the age average confirm the opportunity to introduce a psychomotor moment in physical education lessons in the primary cycle.

Keywords: coordination, students, school, physical education, psychomotricity

PHYSICAL EDUCATION BETWEEN TRADITIONAL AND MODERN

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Abstract

Problem statement: Movement games versus classic exercises. What prevails in physical education and sports lessons versus what students want. Through this study, we wanted to determine which means are more beneficial and pleasant for students but also more used by teachers.

Aim: The last year was a comparison between two classes that carried out physical education lessons with different means for the same learning units. For one of them, movement games involving more freedom, development of several sides, and experiential games were used, and for the other class, exercises were used, with well-imposed rules and precise objectives.

The students were asked for their opinion through an online questionnaire, completed anonymously, to be honest. He referred to the pleasure of attending the class, the perspective of the approach, and the feelings felt. In the same study, also by means of a questionnaire, we asked teachers from various parts of the country what means they use in their lessons. The majority chose the classical exercises, a result opposite to the one obtained following the analysis of the students' questionnaires.

Conclusions: We are a society that tends toward evolution, but the means we apply remain old. Students need an experiential education that multilaterally develops them the opportunity to find solutions on their own to reach the end of the given exercise and at the same time achieve the skills provided in the plans. Choosing cooperative games instead of competitive ones develops children who will become emotionally stable adults, able to make decisions on their own and find solutions to problems encountered, without panicking, knowing and being prepared to do so.

Keywords: experiential education, physical education and sports, movement games, classical means.

TRAINING OF THE STUDENTS PROFESSIONAL SKILLS IN THE FRAMEWORK OF INSTRUCTIONAL AND TOURISM PRACTICE

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Abstract.

Aim: A quality professional training of future specialists according to the requirements of the labor market ensures the successful development of the branches of the national economy, including tourism.

To improve the process of training the professional skills of higher-specialized institution students within instructional and tourism practice.

Methods of research: Analysis of specialized literature; documentation study; sociological survey; pedagogical observation and experiment; statistical and mathematical method.

Results. There is a problem of adaptation to real professional activities in the practice of training students, including the field work. The structure for the instructional and tourism (field) internship proposed by us with an emphasis on the skill blocks that need to be formed within it, but also on what the future specialist in the field of tourism must know, be able and possess, has the role of training the professional skills of the future specialist in real conditions that he/she can later apply in tourism enterprises.

Conclusions. The research carried out highlighted the fact that the content elements of the instructional and tourism practice can only be found sporadically in the process of training the skills of future specialists in tourism, students encountering difficulties in their training. The analysis of the students' training led us to find solutions, by creating a model of the skills necessary for future tourism specialists, determined based on the influence of the taught subjects and of the two skill blocks (organizational and the instructional and methodical ones) formed within the instructional and field tourism practice.

Keywords: students, skills, tourism.

IMPROVING REACTION TIME AND HAND-EYE COORDINATION IN HIGH SCHOOL STUDENTS USING VIRTUAL REALITY: A PILOT STUDY

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Abstract

Aim: Our aim was to investigate whether immersive VR training has the potential to improve hand–eye coordination and reaction time in high school students.

Methods of research: A total of 16 Romanian students, aged 17-19, were recruited from a high school in Cluj-Napoca. Subjects from the experimental group participated in the intervention program based on virtual reality, subjects from the control group did not participate in any specific training program. The intervention program had a duration of 12 weeks, biweekly, with 40 minutes each session. The subjects were tested before and after the application of the intervention program. Descriptive statistics and t-test were conducted for comparison of subject characteristics between both groups.

Results: A paired samples t-test was performed to compare results in experimental group pre-test and post-test of Alternate-Hand Wall-Toss Test (AHWT) and Deary-Liewald Test.There was a significant difference ($p < .05$) in AHWT Test between pre-test ($M = 24.75$, $SD = 3.012$) and post-test ($M = 28.13$, $SD = 2.696$); $t = -5.974$, $p = <.001$. An independent sample t-test was performed to compare post-test results of AHWT Test and Deary-Liewald Test between experimental group and control group. There was a significant difference ($p < .05$) in post-test results of AHWT Test between experimental group ($M = 28.13$, $SD = 2.696$) and control group ($M = 24.88$, $SD = 2.900$); $t = 2.322$, $p = .018$.

Conclusions: We can conclude that the virtual reality training can be very good for reducing choice reaction time and for improving hand-eye coordination in high school students.

Keywords: virtual reality, reaction time, hand-eye coordination, high school

TEACHING THEORETICAL KNOWLEDGE IN THE PHYSICAL EDUCATION LESSON: A SYSTEMATIC REVIEW

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Abstract

Aim: Among the specialized researchers, there is a group that considers that the discipline of physical education is losing its educational character in favor of a physical activity lesson. The same researchers propose an approach in which theoretical knowledge is as important as practical activity, so that theory explains practical and practical activity reinforces theory.

Methods of research: In this paper, a systematic review was conducted with the aim of identifying the methodology by which a theoretical component can be taught in the discipline of physical education.

Results: The results identified ways to implement theoretical knowledge adapted to each age level. There are countries that have introduced a clear theoretical component to the physical education discipline in their curriculum.

Conclusions: The conclusion is that theoretical knowledge cannon be missing from the physical education lesson. This knowledge does not seek to replace the practical activity, but to transform it into a meaningful one.

Keywords: physical education; theoretical component; conceptual physical education; physical literacy;

PRELIMINARY NOTES ON THE MODELING OF PHYSICAL CONDITION THROUGH DYNAMIC GAMES AT THE LEVEL OF PRIMARY CYCLE STUDENTS

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Abstract

Problem statement: The physical education and sports lesson must be understood as a „permanently modifiable" didactic activity, which requires the teacher to make permanent adaptations and readjustments depending on the reaction of the students to the content and learning activities, proposed and carried out by reconsidering the operational objectives, by completing the types of activities of learning, by abandoning certain learning tools and introducing others, by structuring or expanding a system of lessons assigned to a learning unit. Also, the sports competitions within the physical education classes contribute to the formation of the spirit of fairness, respect for the partner, the feeling of friendship, the cooperative spirit, etc. Practicing physical exercises leads to the formation of traits, such as: the spirit of initiative, ambition, the desire to overcome oneself, determination, the spirit of self-sacrifice, etc. I approached this topic with the idea that the current, modern teacher wants to instill in his students the pleasure of working, putting in physical effort, developing creativity and creating habits and motivations to be healthy.

The aim of the research: The purpose of this work is to highlight the importance of applying some games and physical exercise programs, selected and structured in the physical education lesson at the primary school level, as well as the development of motivation, courage, initiative, perseverance, discipline, competitive spirit, all these leading to the modeling of the physical condition, to the increase of the child's self-esteem and to a thinking oriented towards progress.

Conclusions: The attractiveness of the physical exercise programs, selected and structured in the physical education lesson, will instill in children the pleasure of participating in the classes.

Key words: physical condition, dynamic games, primary education students.

STUDY ON THE CARDIORESPIRATORY FITNESS OF YOUNG STUDENTS AFTER THE PANDEMIC PERIOD

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Abstract

Aim: The aim of the study was to highlight the physical condition status of young male students after the pandemic
period, in the first year after online courses versus the second year.

Methods of research: The research methods used in this paper were: scientific documentation, Paired Samples
t-test, statistical mathematics and graphical method. Aerobic (cardiorespiratory) capacity or aerobic fitness was assessed by the 2-Km Walk Test, which is very effective for measuring this parameter. The research was carried out on the football field, in the open air within the UPB Complex, the initial testing was carried out in November 2021, as soon as the university courses physically started, and the final testing occurred in November 2022.

Results: The average aerobic fitness index of the students is lower in the initial testing (after the online courses)
compared to the final testing.

Conclusions: We can conclude that the pandemic period led to an awareness of the acute need for exercise among
young people as a means of combating the "technostress" , generated by exclusively online courses.

Keywords: physical condition, 2-Km Walk Test, young people, COVID-19 pandemic

PHYSICAL EDUCATION – SOCIALISATION FACTOR

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Abstract

Aim: The activity of physical education is considered to be an important element for our individual development, being considered as a socialization factor with a more increased importance in modern society. The game is the means to educate group relationships at the highest level, by promoting initiative, independence and responsibility. To comply with collective discipline, competition rules, taking spiritual competitive responsibilities within the group, are just a few of the characteristics of the game. Socializing thorough physical education and sports equally targets the individual and the group.

Objectives: The implementation of batteries of algorithmic systems specific to sports branches in the physical education lesson in accordance with the main behavioral facts recorded in the observation sheet;

Theoretical and experimental argumentation based on statistical analysis of the means of physical education that determined the optimization of socialization in the school group.

Methods: In this paperwork, we have applied the observation and the experimental method. Simultaneously, we used the statistics-mathematics method and data processing. For a better representation of the obtained data, we have applied the graphic representation method. To conceive the action systems, there was necessary to apply the observation method on a number of 257 pupils (grades I-II) of Gymnasim School Nr.7 „Remus Opreanu"-Constanţa during the school year 2017-2018. The experimental application of the action systems conceived for the success of the socializing action during the physical education classes was performed in the school year 2018-2019. We have drafted a research protocol to highlight the possibilities to socialize during the physical education classes with the help of a chart that contained the behavior of the pupils during the class and at the level of each link. Furthermore, we have implemented sets of templates specific to certain sports during the physical education class in harmony with the main behavioral actions registered in the observation chart.

Conclusion: Socialization through physical education and sports shows the level in which attitudes, values, skills and rules learned during these activities are transferred and present social sectors.

Keywords: physical education, game, group, communication, socializing.

RESEARCH ON IMPROVING THEIR PSYCHOMOTOR INDICATORS IN HIGH SCHOOL STUDENTS BY MEANS OF FITNESS

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Abstract

The fitness literature mentions that the use of the Kinesis device can have positive effects on health, physical condition and motor performance, due to the variety of exercises it offers to users. These exercises can also help improve muscle tone, increase strength, involving multiple muscle groups.

Aim: is to evaluate the effectiveness of the exercises performed with the help of the Kinesis fitness device in improving the motor performance of students aged between 15 and 18 years. *The objectives of the research* are: to analyze the impact of the exercises performed with the Kinesis fitness machine on coordination and balance; it's valuing the improvement of muscle strength and tone by using the Kinesis fitness machine; and investing the effects of Kinesis exercises on their student's muscle flexibility. *Research hypothesis*: It is assumed that the use of diversified programs by using the Kinesis device will influence the improvement of psychomotor indicators.

Method: The research methods used were: bibliographic study, observation, experiment, test method, statistical-mathematical and graphic. In order to evaluate the effects of the Kinesis exercises, an experiment was organized at the Wondergym fitness room in Suceava, on a sample of 15 students. Based on the observations made, the behavior and movements of the students during the exercises were recorded. The

batteries of applied tests have measured the motor performance of students before and after the use of the Kinesis apparatus, by means of standardized tests for the evaluation of psychomotor indicators.

Results: The data obtained from the experiment revealed the increase in the motor indices of each of the pupils of the sample of subjects in the final tests. Also, it was noticed a positive attitude of them towards the sessions in which the respondent Kinesis was used.

Conclusion: By judiciously using the two methods of developing the force "progressive increase of the load" and the correct "increase and decrease in wave", adapted and staggered during the experiment, comes and confirms the hypothesis of the research.

Keywords: improvement, psychomotor indicators, high school students, fitness means.

COMPARATIVE STUDY ON THE LEVEL OF STRENGTH IN THE STUDENTS OF THE PHYSICAL AND SPORTS EDUCATION PROGRAM AT PRE- AND POST-COVID PROMOTIONS

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Abstract

Problem statement: Segmental strength is an end in itself for those who tend toward the field of trainers in physical education and sport.

Aim: The purpose of the research was to highlight the level of segmentary force of the students admitted for the Bachelor's program physical and sports education at two promotions of students admitted in the first year at the Faculty of Movement, Sports and Health Sciences in Bacau. The hypothesis of the thesis assumed that the comparative analysis of the strength indicators at the level of the students admitted to the faculty could identify influences between two periods of admission, pre- or post - COVID, compared to the values of the minimum standards. The research methods used were: scientific documentation, comparative study, testing method, statistical-mathematical, and graphic. The research was conducted at two promotions of students admitted in the first year in the academic year 2019–2020 and 2021–2022. The tests were applied to the segmental force indicators on a sample of 60 first-year students for each academic year. They were registered in the first semester in the discipline General Bases of Gymnastics at the Faculty of Movement, Sports and Health Sciences in Bacau.

Conclusions: The results demonstrated value differences at the level of the investigated groups, with a differential dynamic from one promotion to another for the vast majority of indicators. Compared to the minimum standards imposed, there were important differences in the realization of the scales for all samples, being more obvious in the post-COVID generation.

Keywords: strength, students, bachelor's program, physical and sports education, Covid.

❖

❖ KINETOTHERAPY

LIGAMENT INJURIES IN SPORTS ACTIVITY - ETIOLOGY, CLASSIFICATION AND TREATMENT

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Abstract

Problem statement: Ligaments are dense bundles of connective tissue that connect two bones. Together with the joint capsule, muscles and bone structure, ligaments determine the range of motion of the joint. Depending on the anatomical site, the ligaments show variations in size, shape and orientation.

Aim: Apart from contusions and muscle injuries, ligaments are the most common causes of musculoskeletal joint pain and disability in sports activities. Approximately 50% of musculoskeletal injuries involve ligaments. Due to the increasing mechanical joint stress developed in performance sports, the limited period of time dedicated to warm-up, the use of inappropriate contact surfaces and footwear, the incidence of ligament injuries is increasing. The aim of this paper is to provide a clear picture of ligament injuries. To do this, we divided the work into two parts. The first part addresses the incidence, classification, and mechanism of injury. The second part addresses the healing process, treatment and return to sports activity.

Conclusions: Considering the very high incidence of ligament injuries, we believe that a more detailed approach to the mentioned aspects is appropriate. We hope that the information provided in this review will guide specialists that are working with ligament injuries, in performance athletes.

Keywords: ligaments, injuries, athletes.

CURRENT INFORMATIONS REGARDING FUNCTIONAL MEDICAL RECOVERY IN OPERATED LUMBAR DISC HERNIATION

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Abstract

Problem statement: Current studies show that the incidence of cases with a diagnosis of operated lumbar disc herniation is growing rapidly, which is an alarm signal for the medical recovery.

Aim: This study is to improve the system of evaluation and re-evaluation of patients with lumbar disc herniation operated for a functional recovery and reintegration into daily life by addressing the pathology from the point of view of the biopsychosocial model.

This research will be done 12 subjects aged between 40 and 50 years in INEMRCM Bucharest, during 10 days to which a physiotherapy protocol was applied for 3 hours / day. Subjects underwent surgery for a lumbar disc herniation operated by the traditional method on the L5-S1 vertebrae. During this research, the 12 patients will be given a physiotherapeutic program adapted to the pathology of the operated lumbar disc herniation.

Methods of research: Lumbar Schober test, Tomayer test , Biometric evaluation , Analog visual scale, Patient Health Questionnaire, Fear-Avoidance Beliefs Questionnaire applied in the initial and the final phase to see the efficiency of the proposed physiotherapeutic program, a global evaluation according to the biopsychosocial model.

Results: The study show the importance of physical exercise for the functional recovery in lumbar disc herniation operated and the beneficial effect it has on the human body both physically and psycho-emotionally.

Conclusions: Research has shown that physical exercise performed under specialized medical instructions has a beneficial effect on the biopsychosocial balance and promotes well-being.

Keywords: lumbar disc herniation, exercise, physiotherapy

CONSIDERATION REGARDING THE SCAPULA-HUMERAL RANGE OF MOTION AFTER BREAST CANCER SURGERY

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Abstract

Objective (aim): The aim of this study is improving the the scapula-humeral range of motion by obtaining a satisfactory degree of active mobility, in terms of *flexion (fl) - extension (e), abduction (abd) - adduction (add)* and *internal rotation (ir) - external rotation (er).*

Methods of research: We included in this study a number of 5 subjects aged between 49 and 67 who benefited of an individualized recovery program which consists of low-intensity physical exercises. The subjects were evaluated by joint balance for the movements of flexion, extension, abduction, external rotation and internal rotation.

Results: The flexion and extension movement increased by 35°, respectively 14.6°. For the abduction movement, the median value increased from 120° to 170°. In the case of the internal rotational movement, the average value increased by 45°, from 39° at the initial assessment to 84° at the final assessment. For the external rotation movement, the values obtained at the initial and final evaluation show an increase of the average by 42.5°. The bilateral t test showed a statistically significant difference between the averages recorded at the two evaluations, p value <0.05.

Conclusion: Surgical treatment together with adjuvant treatment used in the neoplasm contributes to decreased mobility of the scapula-humeral joint and the development of lymphedema, which negatively influences the quality of life of patients. Performing low-intensity physical exercises increases the upper limb range of motion after breast cancer surgery.

Key words: mastectomy, scapula-humeral range of motion, physical therapy, breast cancer

STRATEGIES FOR PREVENTION BACK INJURIES IN YOUTH HANDBALL PLAYERS

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Abstract

Aim. Young athletes in general are not "small adults" and may be more susceptible to back injury due to the connection between high training volumes and intensities and due to the player going through several growth and maturing phases. During the years immature spine structures of youth players undertake to achieve sporting performance and this can put the athlete in a risky situation in which a back injury may occur. Can we reduce the risk of injuries to zero? Is probably not possible. But with all the knowledge that we have today, the goal should be to do the best as possible to reduce them. The general principle, regardless of whether it is general or in a specific training load, is that the trunk muscles are important to ensure sufficient stability of the spine against perturbation from external load, sustain postures and movement, but also to prevent back injuries. The aim of this study is to develop a back injury prevention program to improve core stability and to prepare players to gradually adapt to high training volume exposure.

Methods of research: The prevention program was applied to 16 youth handball players. The McGill torso muscular endurance test battery was used to examine changes in core muscular endurance. All subjects were trained with a specific prevention program between September 2022 and April 2023.

Results: The results of the McGill torso endurance test showed significant differences regarding the relationship between trunk muscles.

Conclusions: We consider that a specific prevention program to approach core stability training should be implemented earlier for both prevention of back injury and performance enhancement.

Keywords: back pain, core stability, prevention, handball.

ASPECTS REGARDING THE CARDIAC REHABILITATION OF PATIENTS WITH SURGICALLY CORRECTED VALVULOPATHIES

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Abstract

Problem statement: The international literature includes several studies on valvular heart diseases, but most of them debate aspects related to epidemiology, physiopathology, systematization of the types and subtypes of these conditions, as well as regarding drug treatment; there are few studies addressing the medical rehabilitation of patients with surgically corrected valvulopathies, and randomized trials are even very rare.

Cardiovascular disease is a group of diseases of the heart and blood vessels and includes coronary heart disease, cerebrovascular disease, rheumatic heart disease and other conditions. According to the World Health Organization they are the leading cause of death globally, claiming approximately 17.9 million lives each year. Valvulopathy represents an isolated pathological valvular condition or within other diseases, which leads to changes in the structure and dysfunction of the valvular apparatus.

Medical rehabilitation is defined as a complex process aimed at regaining a greater percentage of a person's suppressed or diminished functions, resulting from a congenital or acquired pathology throughout life. Medical rehabilitation helps a person to be as independent as possible in everyday activities, thereby enabling participation in education, work, recreation and family integration.

Aim: The main objective of this study is to have a correct picture and to present aspects regarding the current cardiac rehabilitation programs resulting from the review of bibliometric studies related to cardiac rehabilitation.

Conclusions: Although there are few studies that address the cardiac rehabilitation of patients with surgically corrected valvulopathies, the current study highlights that following the application of cardiac rehabilitation programs, it was observed that by re-educating motor skills, the patients' quality of life improved. The study highlights the role of the physiotherapist is highlighted, as a member of the interdisciplinary team, who creates and applies individualized cardiac rehabilitation programs throughout the medical recovery period.

Key words: valvulopathies, cardiac rehabilitation, physiotherapist, quality of life

A SYSTEMATIC REVIEW OF THE EFFECTIVENESS OF VIRTUAL REALITY IN REDUCING KINESIPHOBIA

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Abstract

Aim: This comprehensive review synthesizes evidence from 18 distinct research studies which examine various virtual reality strategies for alleviating kinesiophobia in people with chronic pain or musculoskeletal issues.

Methods of research: These methods included but were not limited to exposure therapy and cognitive-behavioral techniques. Our analysis highlights several positive outcomes with respect to using virtual reality driven interventions for treatment seeking populations suffering from fear of movement/ activity.

Results: While some VR interventions lasted just one session and others up to eight weeks, they all shared a remarkable success rate at reducing kinsesiophobia based on findings from this systematic review. As such, future research must be dedicated towards determining which types of VR interventions prove most effective given such broad differences in duration among current studies.

Conclusion: The rapid advancements of virtual reality (VR) technology have revolutionized several industries, including education and entertainment. However, beyond these domains, the medical field has also begun to incorporate this innovative technology into their treatment interventions for various health concerns worldwide.

Keywords: virtual reality, kinesiophobia, musculoskeletal disorders, chronic pain, intervention, effectiveness.

EFFECT OF THE BAD RAGAZ RING METHOD ON BALANCE IN U18 FOOTBALL PLAYERS WITH ANKLE SPRAIN

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Abstract

The Bad Ragaz Ring Method (BRRM) is a resistive strengthening and mobilization exercise model based on the principles of proprioceptive neuromuscular facilitation (PNF) techniques. The method should performed by a physiotherapist, in a pool with water at a temperature of 33°C. The subject floats in a supine position with rings at the cervical, and around the ankles. Every continuous movement changes the equilibrium, forcing the body to react to find a position of stable equilibrium.

Aim: The aime of study is to evaluate the effects of the Bad Ragaz Ring method on balance in U18 football players with ankle sprains.

Methods of research: Twenty-two U18 football players were assigned to two groups: the experimental group (Bad Ragaz Ring method group, n=12,) and a control group (n=10). The subjects with ankle sprains in the experimental group underwent Bad Ragaz Ring exercises and comprehensive rehabilitation therapy, while patients in the control group underwent only comprehensive rehabilitation therapy. Participants in both groups performed therapy 3 days per week, for 8 weeks. Subjects were initially and finally tested for balance with eyes open and closed with BTG4 HUR platforms.

Results: The experimental and control group showed significant improvements in postural sway measured with eyes open results as compared to initial results ($p<0.05$). The comparative analyses between the experimental and control groups ($p<0.025$) at the final test sowed significant differences in favor of experimental group. At the postural sway measured with eyes closed showed significant improvements in the experimental group compared to control group ($p<0.025$).

Conclusions. The Bad Ragaz Ring Method + comprehensive rehabilitation therapy program is more beneficial for improving balance of U18 football players with ankle sprains comparative with comprehensive rehabilitation therapy.

Key words: Bad Ragaz Ring Method, balance, ankle sprain, football

MUSCULAR INJURIES IN THE CONTEXT OF COVID-19 AND THE IMPACT ON THE ACCIDENT RATE IN ATHLETES

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Abstract

Problem statement: COVID-19 is a disease with multiple organ damage and can lead to complex musculoskeletal, respiratory, cardiac, neurological, psychological sequelae and finally to disability and

alteration of the quality of life. Through this work, we wanted to highlight the current state and future perspectives in the chosen issue, in the context of pandemic evolution. After studying the specialized literature, we chose to focus on muscle injuries in athletes as a topical issue in the context of the pandemic situation, and the post-COVID-19 complications turn it into a perspective issue. The COVID-19 pandemic has taught us a major lesson in the need to adapt to the new, especially in the performance sports sector. The restrictions during the state of emergency-forced athletes return home, which prevented them from training effectively. Because of this, a huge number of athletes suffered muscle injuries after resuming training.

Aim: A systematic review of data from the specialized literature with the aim of summarizing the most relevant and newest information about muscle injuries in the context of the current pandemic. The identification of some correlations, with practical applicability, between the studied aspects and muscle injury recovery programs.

Conclusions: Currently, it is difficult to indicate a common protocol that can guide the kinetotherapist to choose the most appropriate way to recover muscle injuries post-COVID-19, identify some correlations and practical applicability between the aspects studied and the use of physical therapy and physical exercise in the post-treatment COVID-19 has brought new hopes aimed at the long-term therapeutic management of patients. Post-COVID-19 muscle injuries must be treated with all seriousness, following both the recovery plan and the reintroduction plan. Physical therapy and physiotherapy play a critical role in the recovery of athletes with muscle injuries post-COVID-19.

Keywords: athletes, COVID-19, muscle injuries, recovery, training.

RECOVERY AFTER INJURIES AT THE LEVEL OF THE PECTORAL ARCH IN HANDBALL PLAYERS

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Abstract

Aim: The study aimed to the application of the an propose kinetic programme that conduce to the complete recovery of the athlete participating in the study.

Methods of research: The study was carried out on a subject - case study - 20-year-old athlete, at Club Sportiv Medgidia (Division A), dominant right arm, position on the field: pivot, has been playing handball for 11 years. Diagnosis – subluxation (partial dislocation) right shoulder. The tests applied to validate the

research: 1.VAS scale, an acronym for the Analog-Visual Pain Assessment and Quantification Scale - to assess the pain parameter. 2. Upper limb dysfunction assessed by the DASH questionnaire. 3. Evaluation of muscle strength by manual testing for flexion, extension, abduction, internal rotation and external rotation movements of the shoulder. 4. Evaluation of shoulder joint amplitude for flexion, extension, abduction, internal rotation and external rotation movements.

Results: Pain parameter evaluated by the VAS scale was reduced from initial to final testing – from 6 to 1. Upper limb dysfunction assessed by the DASH questionnaire show us a significant improvement from initial score – 38.81% to 1.31% to final score. The statistical analysis on the functional balance of the shoulder, revealed that the values recorded at the final test are significantly better than those from the initial test ($p < 0.05$).

Conclusions: The application of our prevention programme led to the athlete's return to competitive life and managed to combat the athlete's absence from both training and matches. The effectiveness of the programme for the prevention of shoulder injuries in performance in handball players led to an increase in muscle strength, an improvement in ability, mobility and joint stability, thus, we conclude that through the prevention programme we have prepared the athlete for the limiting situations during matches and training.

Keywords: recovery after injury, pectoral arch, handball players

IMPLEMENTATION OF A SUITABLE THERAPY PROTOCOL AIMED AT IDENTIFYING AND TREATING NEUROMUSCULAR IMBALANCES WITH THE PURPOSE OF TREATING CONGENITAL SECHELAL BRACHIAL PLEXUS PARESIS – CASE STUDY

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Abstract

Problem statement: Brachial plexus paresis can have various causative factors, including pressure on the nerves. No conventional treatment studied addresses the potential neuromuscular imbalances that can create these pressures on the nerves.

Aim: This case study seeks to demonstrate that neuromuscular imbalances can be one of the causative factors of brachial plexus paresis, by compressing nerves. The subject's anamnesis consisted of the assessment of posture, passive and active joint mobility, and palpation examination, all with the role of identifying potential neuromuscular imbalances. Treatment consisted of approaching neuromuscular imbalances, namely detensioning the contracted muscles using the acupressure technique, myofascial release, and neuroproprioceptive facilitation, and a specific monoarticular exercise was performed to activate the antagonist muscles. The result obtained consisted in gaining full functionality of the upper limb after the first therapy session. I mention that the therapy continued, and the functionality gained is still

preserved at the time of writing this article, namely about 7 months after the application of the therapeutic session.

Conclusions: The obtained results demonstrate that brachial plexus paresis, installed by pressing the nerves, can be caused by the presence of neuromuscular imbalances related to the nerves.

Keywords: protocol, recovery, paresis, brachial plexus, neuromuscular imbalances.

TREATMENT OF CONGENITAL SECHELAL BRACHIAL PLEXUS PARESIS BY APPLYING A SPECIFIC THERAPEUTIC PROTOCOL TO RELAX THE CONTRACTED MUSCLES AND ACTIVATE THE DENERVATED MUSCLES – CASE STUDY

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Abstract

Problem statement: Brachial plexus paresis is a condition that affects the nerves of the upper limb. This condition can be caused by a variety of factors, including birth trauma, injuries to the neck or pressure on nerves, and the symptoms can be accompanied by: loss of muscle strength and control of some muscles, sensory disturbances in the arm and forearm, and even total paralysis of the affected limb. Conventional treatment usually involves surgical procedures, electrostimulation of the affected somatic muscles or physical therapy. Our study aims to treat congenital brachial plexus paresis by therapeutically addressing potential neuromuscular imbalances that can create pressure on nerves.

Aim: This case study aims to present the effect of a therapeutic protocol designed to remedy neuromuscular imbalances, in order to treat the case of a subject with "superior type right brachial paresis, mild congenital sequelae".

Following the assessment, the subject was identified with a series of neuromuscular imbalances located at the level of the rotator cuff, elbow flexors and forearm supinator muscles. The therapeutic protocol was applied with the role of reversing the identified neuromuscular imbalances, namely the relaxation of the retracted muscles, immediately followed by activation of antagonist muscles. To relax overactive muscles, the protocol involves dry needling therapy and neuroproprioceptive facilitation; and to activate the antagonist muscles, a specific monoarticular exercise was performed. The treatment was applied once a week for 6 weeks, after which the subject performed again the EMG assessment.

Conclusions: The obtained results demonstrate that the therapeutic approach to neuromuscular imbalances should be included in the treatment plan for this condition.

Keywords: protocol, neuromuscular imbalances, recovery, paresis, brachial plexus.

MODERN APROACH IN TREATING FEMURO PATELAR TENDINOPATHY

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Abstract

Problem statement: Patellar Tendinopathy (PT) is a pathology with implications in both sports activity and the dynamics of everyday life. There are many treatment possibilities described in the specialized literature, but there is no exact guideline regarding the optimal management of this pathology. Therefore, it is important both for the therapist and patient to identify modern treatment possibilities that are adapted to the particularities of the subject and symptomatology.

Aim: With this paper, we want to present the progression and course of the recovery program from classic to modern approach, but also the patient's outcome when two modern ways of treatment complete each other for treating patients having PT. The recovery program occurred over a period of 24 sessions with a frequency of 3 days/week. During the recovery sessions, we used classic physical exercises, the Biodex System 4 pro dynamometer and the ESWT device from Zimmer. The recovery program was staged, in the first phase we used classic physical exercises along with the isokinetic dynamometer to have optimal load on the knee.

Later, we introduced the ESWT sessions into the recovery plan, which had an effect right from the first session, modulating the pain and by the 3rd session of ESWT the pain was eliminated.

Conclusions: Computerized dynamometry and extracorporal shockwave therapy have proven to be an effective combination in the management of Patellar Tendinopathy and are of real help both for evaluating the functional status and in positively influencing it until the complete elimination of pain.

Keywords: biodex, anterior knee pain, ESWT, Patellar Tendinopathy, Isokinetic

BIOPSYCHOSOCIAL IMPACT OF LOW BACK PAIN

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Abstract

Problem statement: According to statistics, worldwide, life expectancy has increased significantly in recent years. Studies show that this evolution, predicted by 2050, will lead to a tripling of the population over 60. Age is also one of the determining factors of the disease. Consequently, we face an aging

population, affected by musculoskeletal pathology. Due to the complexity of this range of conditions, low back pain is the one that holds the leading place. As the early stages of low back pain can go slightly unnoticed, we face the risk of delaying the diagnosis. Complications associated with low back pain can have an impact on life quality and can culminate with functional impairment. Early detection can prevent the functional degradation of the patient.

The aim of the research: The purpose of this paper is to underline the impact that low back pain has on the physical and psychological condition of the patient and not only. The echo of low back pain extends to a macro scale with a direct impact on the economy, as a high percentage of patients risk losing their ability to work. The factors listed above have imposed interdisciplinary study strategies to minimize functional repercussions.

Conclusions: Rehabilitation in low back pain assumes a complex therapy which has the aim of creating a functional individual and improve all components of the biopsychosocial model.

Keywords: low back pain, emotional impairment, therapy

STRETCHING AND CORE-BASED EXERCISES AS A PROPHYLACTIC APPROACH TO SPINE INSTABILITY/LOWER BACK PAIN - A PILOT STUDY

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Abstract

Aim: to evaluate the paravertebral left–right muscle imbalance before and after workout of a stretching and Core-based exercises, aimed to represent a prophylactic tool to spine instability and lower back pain.

Methods of research: the muscle force (mV) of erector spine was evaluated at 3 healthy subjects, average age 25 years, using 4 EMG surface electrodes annexed to VICON system, recordings performed before and after specific muscle training, during the correct and incorrect movement with the box, means pick up and down the box and return to orthostatic starting position. This pilot study includes a specific training program, based on specific exercises to workout muscle force and Core stability, promoting rebalancing and restoring the muscle force and control. We evaluated the muscle imbalance between left and right side.

Results: We calculated the average of the muscle force (mV) imbalance and we found that the difference between left and right in correct movement with the box, is 0,00015mV before the training and 0,000185mV after training, that means an increase of muscle force about 24%. Regarding incorrect movement with the box we found that before the training muscle imbalance is 0,000149mV and after training 0,000169mV, means an increase of muscle force 13%. Both results demonstrated that such training program generates an increase of muscle force and could be a way for develop a muscle training for prevent the muscle imbalance and reduce the risk for affect the spine instability.

Conclusion: The proposed therapeutic approach using VICON/EMG modern devices of capture and analysis of motion and measurement of muscular force provides consistent and valuable evaluations of different muscle's parameters and behavior in dynamic.

Keywords: Core-based exercises, muscle force imbalances, spine instability, electromyography.

THE IMPORTANCE OF EARLY PHYSICAL THERAPY INTERVENTION IN REDUCING POST-SURGICAL SEQUELS IN A PATIENT WITH CEREBRAL ABSCESS

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Abstract

Aim: The origin of brain abscess formation remains elusive (up to 40% of cases), but it is a known cause of intracranial surgery (2,34). In 70% of cases, the patient suffering from brain abscess is willing to stay with the neurological sequelae. The primary objective of this research was to highlight the importance of early physical therapy intervention to combat neurological sequelae after surgery, as well as to improve the degree of independence of a patient with a brain abscess. The basis of the study was the identification of the degree of neuro-motor impairment immediately post-operatively, followed by the establishment of a physical therapy intervention strategy specific to the identified manifestations.

Methods of research: The research methods used provided the theoretical and practical framework on which the
research was carried out. The subjects included in the study had as a common element the clinical diagnosis, that of brain abscess, as well as the presence of neurological sequelae after surgical intervention. Physiotherapy sessions were applied daily, immediately after the neurosurgeon's approval, with a duration of 30 minutes/session. The therapeutic approach consisted of techniques and methods of neuroproprioceptive facilitation, considered to be the most effective in such pathologies.

Results: The results were obtained following the initial and final evaluations of the patients included in the study and their interpretation highlighted the fact that the early application of neuromotor and proprioceptive facilitation techniques allowed obtaining favorable results as well as achieving the proposed objectives.

Conclusions: The outcome of the completion of this study, represents a confirmation of the hypothesis that an early physiotherapy intervention ensures the reduction of specific neurological manifestations, as well as the improvement of the life quality of patients with neurological sequelae installed after surgical intervention for brain abscess.

Keywords: brain abscess, sequelae, physical therapy, precocity

THE IMPORTANCE OF PHYSIOTHERAPEUTIC INTERVENTION IN IMPROVING THE LIFE QUALITY OF A PATIENT WITH EHLERS-DANLOS SYNDROME

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Abstract

Aim: Ehlers-Danlos syndrome was first described in Moscow in 1891 by a Russian dermatologist, Alexander Nicolaiev Tschernogobow.The realization of the present research was based on the deepest possible study of this syndrome, which is characterized by specific changes at the level of the connective tissue, resulting in exaggerated skin elasticity and joint hyperlaxity.The purpose of this study is to identify and use the most efficient methods of kinetotherapeutic intervention to combat the specific manifestations of Ehlers-Danlos syndrome, as well as maintaining the results obtained. The transversal objective pursued is to improve and maintain the quality of life of the patient with such a syndrome at a satisfactory level and adapted to their lifestyle.

Methods of research: The research methods used were selected to ensure the scientific-theoretical and practical foundation of the studied subject. After the therapeutic approach, the results were processed statistically for an objective interpretation of the results obtained. The research was carried out on a patient diagnosed with Ehlers-Danlos Type III Hypermobile Syndrome, on whom the physical therapy program developed following complete and periodic evaluations was applied. The re-education program included: physical exercises, drainage, massage, passive/passive-active mobilizations, proprioceptive neuromuscular facilitation techniques, postures, balneotherapy, cryotherapy and electrotherapy.

Results: The results obtained following the application of the kinetotherapeutic program highlighted its effectiveness in achieving the proposed goal in the case of a patient with Ehlers-Danlos syndrome.

Conclusions: The conclusions drawn from the interpretation of the obtained results were those according to which we can affirm that a well-structured and constantly applied kinetotherapeutic program reduces the specific symptoms and allows maintaining a normal lifestyle.

Keywords: Ehlers-Danlos syndrome, kinetotherapy, quality of life

THE IMPORTANCE OF RECOVERY THROUGH SPECIFIC PHYSIOTHERAPY MEASURES OF A PATIENT DIAGNOSED WITH ALEXANDER'S DISEASE

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Abstract

Aim: The importance of kinesiotherapy means in the recovery of a patient diagnosed with Alexander's disease is analyzed.

Methods of research: The study includes a 4-year-old patient who underwent a one-year rehabilitation program with a frequency of three sessions per week.

Results: An improvement in spinal mobility was recorded for the two movements (flexion, extension). The program provided a positive response by increasing the range of motion in all planes and directions performed during the rehabilitation sessions.

Conclusions: Following the study, improvements were observed in the degradation processes: a decrease in spasticity through improved muscle tone, a slight correction of the spinal posture, and an improvement in physical capacity in general.

Key words: recovery, Alexander disease, Physiotherapy

INCREASING MOBILITY IN DAILY ACTIVITIES FOR CLIENTS WITH ONARTHRITIS THROUGH OCCUPATIONAL THERAPY

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Abstract

Aim: Organize the intervention program through specific occupational therapy methods to increase mobility in daily activities for clients suffering from gonarthrosis. This program helps maximize the ability to safely participate in diverse and diversified daily activities.

Methods of research: The research methods used were established according to the research objectives, to establish the criteria for inclusion in the case study, namely to be an adult person suffering from gonarthrosis and presenting difficulties in carrying out daily activities, a fact that determined the design of a program individualized to help improve the client's abilities to support specific and necessary needs, in carrying out daily activities at a satisfactory level, as independently as possible. The Occupational Performance Process Model, used by occupational therapists as a reasoning tool to guide the intervention process, was used for the research.

Results: Regarding performance and participation in occupations, the CMOP questionnaire was used, it consists of a series of items on different most important occupational areas, based on which performance and satisfaction scores will be obtained. The Assessment of Motor and Process Skills (AMPS) was applied

as barriers were encountered due to the gonarthrosis he was experiencing. At the final assessment the number of severe skills decreased, improving and moving to ineffective skills, improved skills. The Achievement Motivation Inventory (AMI) was applied to guide the client towards motivation in performance, in the initial assessment the client had a low motivational index, and in the final assessment the index increased, which indicates the acquired performance.

Conclusions: Occupational therapy for the client with gonarthrosis is based on the process of evaluating the context but also on the intervention action in order to correct and/or minimize the impact. It involves a process of recovery, maintenance and development of the ability or skills to carry out activities or have meaningful occupations.

Key words: Occupational mobility, gonarthrosis, clients, individualization

OCCUPATIONAL THERAPY TO INCREASE THE QUALITY OF LIFE FOR CLIENTS WITH RHEUMATOID POLYARTHRITIS

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Abstract

Objectives: The application of an occupational therapy program addressed to a client with rheumatoid arthritis leads to an improvement in physical mobility, the level of participation and occupational performance, for the achievement of daily life. Finding structured rehabilitation programs through occupational therapy for the client with rheumatoid arthritis, through which joint protection education, the adoption of a correct biomechanics of the whole body, environmental adaptation in order to optimize the habitat according to the restrictions due to the disabling disease of the client.

Methods: A series of intervention methods and techniques were used in the course of the activity, among which we mention: The Canadian Occupational Performance Questionnaire, the ADL Scale, the IADL Scale, the VAS Scale and the WOMAC Scale.

Results: Depending on the results obtained at the initial tests and applying the occupational therapy programs, a significant improvement in occupational performance and satisfaction was observed. The client manages to bathe independently after the therapeutic intervention plan has been carried out and thanks to the numerous adaptations of the space. The satisfaction is major because it can be independent, thus self-esteem and confidence have increased a lot. The joint swelling decreased and the physical function increased noticeably, the client having a greater capacity for effort, can move much more easily both to carry out her daily activities and in her professional activities. In everyday and instrumental activities, it was possible to improve daily activities such as bathing alone, and performing household and professional activities can be done with greater ease.

Conclusions: Rheumatoid arthritis has serious consequences both on the physical health of those affected, as well as a negative impact on the quality of life. Occupational therapy contributed to the

improvement of mobility and functionality in daily activities, to the modification of lifestyle and self-management of the disease, to the increase of the quality of life.

Keywords: rheumatoid arthritis, quality of life, self-management, daily activities, lifestyle

❖ MANAGEMENT

THE CORRELATION BETWEEN THE USE OF THE INFORMATION SOURCES USED AT THE UNIVERSITY TRAINING STAGE AND THE UNDERSTANDING OF THE CLIENTS.

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Abstract

Aim; The ability to formulate complete answers directly related to the question received, as well as the development of sequences of orders for the purpose of carrying out actions, presupposes above all the existence of a simple mechanism necessary for the complete understanding of the requirement. This study aimed to identify correlations between the type of study and the involvement of customers in the process of transmitting information to the receiver. I started from the hypothesis that a higher percentage is recorded by those who have the curiosity to go through texts of other disciplines than those studied.

Methods of research: The study was conducted with the participation of 62 clients from the university, to whom we addressed a questionnaire with six questions, then correlated the answers given for five questions with the key question. The answers generated a number of questions, but also confirmations.

Results: As most clients have expressed little concern for the study of other disciplines, we believe that there is a potential that the current client does not fully use. The majority of the study participants 62.9% chose - I prefer to read only the college courses. For the question - How often does it happen not to be clear what the teacher asks or what to do? was summed up 53.2%. By linking the answers given by the participant to the other questions, we consider it necessary to customize the contents and also to complete the information packages with those contents without which the clients cannot obtain the expected results in the future professional activity.

Conclusions: It was observed that there are significant differences between those who, due to time or other reasons, fail to browse paper-based materials or, most importantly for us, do not make records at college courses and those who have the ability to understand the requirement that allows to provide a satisfactory answer. We believe that stimulating customers to fill in a minimum of five pages in the handwritten format induces an increased interest and thus a higher number of hours.

Keywords: reading, time management, curiosity

STUDY ON THE PERCEPTION OF THE PHYSICAL CAPACITIES PERCEIVED BY THE UNIVERSITY CLIENTS CORRELATED WITH THE MEASURED VALUES.

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Abstract

Aim: The complex process of self-perception is the representation of an image that it shapes about itself and our characteristics, but also about body or segment movements in all planes of space. This study aimed to identify correlations between the physical performance that the client believes he can achieve and the degree of confidence in his own capabilities, both relative to the objectively measured values.

Methods of research: The study was conducted with the participation of 38 clients of the Ovidius University of Constanta, to whom we addressed a questionnaire with eleven questions, in order to find out what is their perception of their own physical abilities expressed in the academic staff. Subjects actually performed a physical test after completing the questionnaire. The values provided by the subjects were compared to those initially expressed in the questionnaire.

Results: As most clients have a past where expressing in front of viewers, friendly or hostile, performed in all forms was an integral part of the permanent tasks, the capacity for recovery is high in value, a percentage highlighted by the question - You get back to yourself quickly after you do not properly perform a movement on the practical work, a percentage higher than 94%. The central question of our study was - If you try to do a 360 return jump, I will succeed from the first attempt 35.7%, I will succeed from three attempts 42.9%, I do not think I will succeed 21.4%. The measured values differ significantly from those expressed. The percentage of those who made it to the first attempt of a 360 return jump is 13.15%.

Conclusions: The answers brought to the attention of specialists some trends included in the area of interest, which confirmed a degree of overvaluation, but also aspects on which we need to focus our attention in the complex process through which we transmit information and train competencies.

Keywords: Perception, motor experience, correlation

STUDY ON THE IMPLEMENTATION OF A STRATEGIC MANAGEMENT TOOL IN FITNESS CENTRES IN ROMANIA

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Abstract

Aim: The management of an organization leads to the increase of the efficiency of the activities carried out by the companies. In our study, we followed the implementation of a management tool, the Balanced Score Card (BSC) in a fitness centre in Galati. The implementation period was during 2022.

Methods of research: The research started with the SWOT analysis for the respective fitness centre and continued with the establishment of objectives for each of the BSC components. The use of this type of management is of a nature to follow other aspects of the evolution of a fitness centre, not only the financial component. For the 4 components of the BSC, 5 parameters were structured through which the level of fulfilment of the proposed objectives can be evaluated.

Results: The data were collected with the help of computer applications that use artificial intelligence and that monitor the activity of the fitness centre. These were analysed and statistically interpreted with the help of the SPSS 22.0 application. The improvement of the components related to customer satisfaction, internal processes and growth and development processes were consolidated by those of a financial nature.

Conclusions: The conclusion of the study is that the implementation of BSC in the management activity of a fitness center increases its efficiency. Setting goals realistically remains the main challenge for the management team.

Keywords: management, fitness centres, BSC, efficiency, physical activities.

❖ SPORT AND HEALTH

MOTIVATION TO EXERCISE AND ENGAGE IN PHYSICAL ACTIVITY OF YOUNG PROFESSIONALS: A CROSS CULTURAL STUDY IN PHILIPPINES AND HUNGARY

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Abstract

Problem Statement: Establishing a healthy lifestyle is imperative today as becoming sedentary threatens everybody in this fast-paced life being surrounded by simultaneous epidemic of obesity and unhealthy living. The overwhelming influx of varied technological gadgets that simply rule over everyone's lives today. An eight hour desk job that requires a young employee pinned to his/her chair, a field work that requires a lot of travelling leaving no extra time of the day to take a walk or hit the gym, a graveyard shift job disrupting the natural circadian rhythm, the latest Work From Home arrangement that deemed a very convenient way for employees to finish task without the hassle of leaving their homes, the little knowledge on where and how to begin a fitness journey, the different reasons of not committing to be physically active and lastly the perceived denial of being overweight. Utilizing descriptive-correlation method, this study will highlight on the young professional's motivation to exercise by integrating the self-determination theory approach. Purposive sampling will be used to gather data from both male and female young professionals in Davao City, Philippines and Budapest, Hungary. Modified sets of survey questionnaires will be used as instruments.

Aim: To highlight the young professionals' motivation to exercise. This study is significant as it will further investigate what drives the young professionals to engage in fitness and what stops them from doing so from a Filipino and Hungarian perspective.

Conclusion: As the study is still in progress, I hope to find the sole determining factor that drives the young professionals to exercise and engage in physical activity in the context of diverse factors such as motivation, culture and working environment.

Keywords: Motivation, exercise engagement, physical activity, young professionals, self-determination theory

THE EFFECT OF 12-WEEK "HOME EXERCISE PROGRAM" APPLIED TO INDIVIDUALS ON BODY COMPOSITION AND QUALITY OF LIFE IN COVID-19 PANDEMIC PROCESS

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Abstract

Objectives: This research was conducted to evaluate the effect of the 12-week "Home Exercise Program" applied to individuals during the Covid-19 pandemic process on body composition and quality of life.

Methods of research: This study is an experimental research designed in the pre-test post-test order. The study group of the research consisted of 32 adult individuals (experiment: 16, control: 16) enrolled in a vocational course. Personal Information Form (Part 1; socio-demographic and Part 2; body composition) and SF-36 Quality of Life Scale were used to collect data. Individuals in the experimental group were given 60 minutes of anaerobic exercise three days a week and 40 minutes of walking four days a week for 12 weeks. There was no intervention for the individuals in the control group. In evaluating the data. T test was used for independent groups and t test for dependent groups. In terms of independent variables, the homogeneity between groups was evaluated by chi-square analysis.

Results: According to the findings obtained from the study, Home Exercise Program caused a decrease in body mass index, lean body fat weight and body fat weight, and an increase in the level of physical and mental health of the quality of life. While there was no significant difference between the baseline measurement mean scores of the body mass index, lean body weight and body fat weight mean scores of the individuals in the experimental and control groups ($p > 0.05$), after the experiment between the mean scores of both groups ($p < 0.05$) There was a significant difference. After the application, it was determined that the mean scores of the mental and physical health sub-dimensions of the individuals in the experimental group increased, and the difference between the groups was statistically significant ($p < 0.05$).

Conclusions. In line with the results of this study, it can be said that the applied 12-week Home Exercise Program is an effective exercise program in providing the body composition of the individuals and increasing the quality of life.

Key words: individuals; Home Exercise Program; Body composition; Life quality

BEHAVIORAL OBSERVATIONS OF HYDRATION IN ADULTS WITH INTELLECTUAL DISABILITIES

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Abstract

Individuals with disabilities face multiple challenges during physical exercise, including issues related to hydration.

Aim. The aim of this study is to highlight observations made over a period of 6 months regarding water intake and time allocated to physical activity in adults with intellectual disabilities.

Methods. A sample of 20 adult individuals with disabilities was observed through a routine that involved family members completing a table specifying daily liquid intake and time (in minutes) allocated to physical activities other than those carried out twice a week in an organized manner.

Results. The collected information shows that these individuals generally consume an insufficient amount of liquids throughout the day and fail to maintain an optimal hydration level. Additionally, the study indicates that the time allocated to physical activities outside of the organized ones is low, which may contribute to a lack of motivation or interest in physical activities.

Conclusions. By improving hydration habits and the level of physical activity, these individuals can benefit from better physical and mental health, as well as a better quality of life.

Key words*:* Intellectual disability, hydration, adults, physical activities

THE STUDY OF SCHOOL SUCCESS IN INSTITUTIONALIZED CHILDREN THROUGH MULTIPLE REGRESSION MODELS

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Abstract

Aim: The purpose of this article was to estimate a multiple regression model, where the dependent variables are the interests and the independent variables are the learning strategies and values of a group of institutionalized children, after six months of artistic activities. Thus, we were able to highlight to what extent the subjects' interests are correlated with the other factorial variables on which school success depends.

Methods of research: 29 institutionalized children participated at this study, aged between 11 and 12 years, who participate in various educational activities, but do not practice other systematic physical activities except the physical education classes comprised in the school curriculum. At the end of a dance program developed for recreational and ameliorative purposes for institutionalized children, conducted over a period of six months, we created a multiple regression model based on their evaluation through the School Motivation and Learning Strategies Inventory, the Interest Assessment Questionnaire and the Values Assessment Questionnaire.

Results: After analyzing the results, it emerged that there are strong correlations between entrepreneurial, artistic, investigative and conventional interests, and certain values and learning strategies of children. Statistical analysis does not predict significant links between the independent variables and social and realistic interests. They were not influenced by the learning strategies and values provided by the applied quizzes.

Conclusions: The multiple regression model is statistically significant (Sig < 0.05), and the relationships of interests with the other factor variables are significant. The vectors of school success influence each other, there are correlations between children's interests and certain values and learning strategies, authority being the variable that correlates, after six months of dancing, with almost all types of interests provided in this questionnaire.

Keywords: institutionalized children, learning strategies, interests, values, dance

EFFECT OF PHYSICAL ACTIVITY ON THE LEVEL OF DIABETES AWARENESS AND ACCEPTANCE OF DIABETES PATIENTS

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Abstract

Objectives: In this study, the effect of physical activity on diabetes and awareness level of diabetic patients was investigated.

Methods of research: This study was planned as descriptive relational. The study was carried out in diabetes patients residing in Selçuklu district of Konya province. A total of 81 diabetic patients who agreed to participate in the study constituted the sample of the study. The questionnaires were delivered to the participants via social media; After the sample quorum was reached, the data collection process was terminated. In data collection; Personal information form prepared by the researchers and questioning

socio-demographic characteristics, International Physical Activity Questionnaire and Diabetes Awareness and Acceptance Scale were used. The results were evaluated at 95% confidence interval and p<0.05 significance level.

Results: The mean age of the individuals was 32.76±9.58, 63.0% were women, 60.5% were married, 76.5% were university or higher, 67.9% did not work in any job, 54% It was found that 0.3% of them evaluated their income status as medium and 51.9% of them perceived their health as good. The physical activity total score of the individuals was found to be 1222.70±617.37, and 16.1% were found to be inactive and 83.9% active. Individuals' mean total score of awareness and acceptance scale in diabetes patients is 70.65±10.80, mean score of awareness and acceptance scale awareness sub-dimension in diabetes patients is 41.70±8.55, and mean score of awareness and acceptance scale acceptance sub-dimension in diabetes patients is 28, It was found to be 95±5.95. A strong positive relationship was found between the acceptance and awareness of diabetes and the level of physical activity.

Conclusions: It can be said that as the average score of the acceptance and awareness level of diabetes increases, the level of physical activity also increases.

Key words: adults, physical activity level, diabetes

THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND SELF-EFFICIENCY LEVEL IN PROTECTION FROM SUBSTANCE ADDICTION IN ADOLESCENTS

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Abstract

Aim: In this study, the relationship between the level of self-efficacy and physical activity in the prevention of substance addiction in adolescents was examined.

Methods of research: This study was planned as descriptive relational. The study was carried out in a Youth Center located in Selçuklu district of Konya province. A total of 136 adolescents were included in the sample. The data of the research were collected through Google Forms. The questionnaires were delivered to the participants via social media; After the sample quorum was reached, the data collection process was terminated. In data collection; Personal information form prepared by the researchers and questioning socio-demographic characteristics, International Physical Activity Questionnaire and Self-Efficacy Scale for Protection from Substance Addiction were used. The results were evaluated at 95% confidence interval and p<0.05 significance level.

Results: The mean age of the adolescents was 16.35±0.73, 54.4% of them were girls, 36.8% of their mothers were high school graduates, 41.9% of them had high school graduates, 37.5% of them had no mothers, 58% were It was determined that the fathers of 0.8 of them worked in the private sector and 35.3% of them evaluated their income as good. Adolescents' total physical activity score average was

796.66±599.62, and 36.0% were found to be inactive and 64.0% active. Adolescents' self-efficacy in the prevention of substance abuse sub-dimension mean score of abstinence from drugs/stimulants 21.43±4.22, average score of abstinence from drugs/stimulants under pressure 9.38±3.01, Help with drugs/stimulants The mean score of the search sub-dimension was 12.11±2.09 and the total mean score of the self-efficacy scale in prevention from substance addiction was 52.69±5.60. A very strong positive correlation was found between self-efficacy and physical activity level in preventing substance abuse.

Conclusions: It can be said that as the mean scores of adolescents' self-efficacy from substance addiction increase, the level of physical activity also increases.

Key words: adolescent, physical activity level, substance abuse

THE RELATIONSHIP BETWEEN BODY MASS INDEX AND CERTAIN BODY COMPOSITION PARAMETERS IN ADOLESCENTS WITH AND WITHOUT INTELLECTUAL DISABILITY

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Abstract

Aim: The study aimed to assess a series of body composition parameters in adolescents with and without intellectual disabilities to determine possible correlations between them and body mass index.

Methods of research: consists of using a professional device to assess body composition (Tanita 580) and dedicated software to store and analyse the data. The study comprised a group of 124 adolescents (boys aged 17.4±0.8) divided into three groups by disability type.

Results: upon analysing the Pearson coefficient correlation, in the case of the group of boys WID, for r=0.899 (p<0.001), there is a significant positive correlation between BMI and body fat in Kg. BMI correlates positively with muscle mass in kg, too, for r=713 (p<0.001). However, the correlation between BMI and body fat in kg is stronger: the increase in body mass index is due to a higher amount (kg) of fat tissue.

Conclusions: The study found significant differences (p<0.05) for five of the nine dependent variables, especially between the group of boys without intellectual disability and the group of boys with moderate intellectual disability and the group of boys without intellectual disability and the group of boys with severe intellectual disability. In general, it is important to consider BMI and body composition in adolescents with intellectual disabilities, as they may be at increased risk for obesity and associated complications such as diabetes and heart disease. It is important to take steps to promote a healthy lifestyle, including a balanced diet and regular physical activity, to reduce the risk of these health problems.

Keywords: BMI, body composition, intellectual disability

❖ SPORT FOR ALL

FROM VIDEO GAMING INTO THE SPORT FIELD

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Abstract

Problem statement: People in the field of movement are looking for more and more attractive ways and resources to stimulate the practice of movement in all its forms, from the simplest to mass and performance sports.

Aim: However, global restrictions require us to adapt in this way virtually Starting with an idea for adults who work 8 h or more on a computer chair in a corporation, we created Hopa Sus. A neutral asexual character, cosmopolitan, slightly naive but naughty enough, neither too fat nor too thin, neither too short nor too tall, neither young nor old, in colors neutral to the human eye, which appears every hour on the computer screen in a non-invasive manner, on a background of relaxing or dynamic music, and invites all people to participate with him in a short relaxation session near the office, that will become the mascot hero of the games and take the children out on the field to play.

In the case of children, it would be a very good educational source in addition to the movement factor and a hero to be followed.

Conclusions: The fact that Hopa Sus is a living project that can be reinvented weekly or daily, opens up many educational values that each school counselor can manage according to needs and requirements in several directions.

Keywords: hero, sport video games, digitalization, resources, education.

STUDY ON THE IMPACT OF TEACHING THE OINA GAME ON THE YOUNG PEOPLE

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Abstract

Aim: The aim of the study was to highlight the impact of a theoretical and practical oina workshop on the level of knowledge, interest and attitude of the participants to practice new sports such as six-a-side oina.

Methods of research: To a group of 110 young people aged 18-41 (young adult age), participants in six-a-side oina workshops, within the Erasmus project, "United through European traditional sports", held both in Bucharest and in the countries partners within the project were administered a questionnaire with 19 items before the beginning of the workshops and after their end. The sample was made up of students from the Politehnica University of Bucharest, National University of Physical Education and Sports, but also from young people from partner countries - Macedonia, Spain.

Results: Oina sport is perceived to be attractive by 59% of respondents. There was an obvious increase in the percentage of subjects who, following participation, affirmed a greater openness to practicing Oina from 53% (before the workshop) to 71% (with arguments such as: fun, relaxing, health, new experience, socialization). Significant increase in the percentage of people who, following the workshop, demonstrated a much higher level of knowledge about the Oina sport (an increase from 12% to 52% of the subjects knowing the regulations at the end).

Conclusions: Following the study, we can conclude that the Romanian sport of oina could enjoy popularity if it were more promoted both in the country and in other European countries, especially since it is part of the intangible cultural heritage of humanity

Keywords*:* six-a-side oina, European traditional sports, young adults.

METHODOLOGICAL ASPECTS FOR BEGINNING THE GAME OF KIN-BALL

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Abstract:

Aim: The purpose of the research is to outline the main steps that will help to teach and learn the game of Kin-Ball, at several age groups, in a safe and fun way

Methods: The research used the following research methods: the study of specialized literature, pedagogical observation and experimentation

Result: During the experiment of teaching Kin Ball in a correct learning environment, I learned the following types of methodical actions: Presentation explanations and introduction to the new issue, practical demonstrations, practice of some warm-up and preparation exercises, practical practice of the elements and procedures technical characteristics of kin ball and the organization of games and competitions.

Conclusions: From an organizational point of view, practicing Kin Ball can be done in a relatively simple manner, the main difficulty being related to procuring the game ball with a diameter of 1.22 meters, anufactured only in a few companies abroad. For middle school students, it is important to explain the rules of the game in a simple and accessible way. At this age, the introduction to the game can focus on a simplified form of the game, which antagonizes only two teams. At university level, it is important that students are allowed greater autonomy and freedom to experience the game, giving them opportunities to develop their own strategies and tactics. In the case of training teams that have a good command of the rules of kin ball, teaching should focus more on improving individual and team performance and developing more advanced technical and tactical skills.

Keywords: kin-ball, methodical, big ball, game in three teams

FACTORS INFLUENCING YOUTH PARTICIPATION IN MASS SPORTS: A CASE STUDY

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Abstract

Problem statement: Specifically, the study seeks to identify the most popular sports among young people and to explore the underlying reasons for their choices. This study employs a mixed-methods approach, combining quantitative and qualitative data. A survey was conducted to gather information on the most popular sports among young people in the study area, and their reasons for choosing these sports.

Additionally, focus group discussions were held with young people to gain a deeper understanding of their motivations for choosing a particular sport.

Aim: The aim of this study is to investigate the factors that influence the choice of mass sports among young people.The findings of this study suggest that the most popular mass sports among young people are football, basketball, volleyball, and tennis.

The primary factors influencing their choice of sport include social influence, enjoyment, skill level, and accessibility.

Young people are more likely to choose a sport if their peers or family members participate in it, if they find it enjoyable, if they feel they have the necessary skills to participate, and if there are available facilities and programs in their community.

Conclusion: The results of this study highlight the importance of social influence, enjoyment, skill level, and accessibility in the choice of mass sports among young people.

To promote greater participation in mass sports among young people, it is important to address these factors and provide opportunities for young people to participate in sports that are both enjoyable and accessible.

Additionally, this study emphasizes the need for greater investment in sports facilities and programs, particularly in underrepresented communities, in order to ensure that all young people have the opportunity to participate in sports and lead healthy, active lifestyles.

Keywords: mass sports, sports participation, social influence.

❖ VARIA

THEORETICAL CONCEPTS IN THE EFFICIENCY OF BALL HITTING TECHNIQUE IN THE GAME OF TENNIS

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Abstract

Problem statement: The current game of tennis is characterized by great dynamism, because the player is put in a position to think and act very quickly for the effective application of all technical-tactical means and methods in various situations of adversity. The forehand is one of the most important shots in tennis. In today's modern game, during baseline exchanges, the right kick is commonly performed by advanced players. Also, the forehand is used in ball exchanges, performed in the back of court, in passing the opponent past the net, as well as a preparatory kick for coming to the net.

The aim of the research: Is that, through a scientific approach, to realize and verify some methodologies for objectifying the technique of hitting the ball for the right shot in the game of tennis, as well as the analysis of the biomechanical line for the efficiency of the right shot in the game of tennis, in which to use specific modern means and equipment.

Conclusions: In the modern game of tennis, the success of this shot has a great significance in winning a match, for this reason, I want to present useful information related to the improvement of training methods, as well as the procedure for executing the forehand shot.

Key words: tennis, forehand, methodologies, biomechanical, methods.

ANALYSIS OF THE RELATIONSHIP OF EXPLOSIVE POWER INDICES IN MIDDLE SCHOOL STUDENTS

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Abstract

Aim. The paper analyzes the relationship of explosive power indices in middle school students.

Methods of research. For this purpose, a study was carried out in the „Mircea cel Bătrân" Middle School of Pitesti, with a group of 25 female students, aged 12 to 14. Research methods used: bibliographic study, pedagogical observation, method of tests, method of ascertaining experiment, statistical-mathematical and graphical representation method. Explosive power test was performed using the Opto Jump Next system. Two tests were made: Counter Movement Jump (CMJ) – standing squat jump and Squat Jump (SJ) – jump from semi-squatting position. Both tests were performed on the right leg, the left one and both legs; the flight time (s) and flight height (cm) were measured.

Results. The comparative results of explosive power measurements between tests show higher differences of the indices in "CMJ" test on the right leg, with flight time of 0.011 s and a height of 0.69 cm; on left leg of 0.013 s and a height of 0.9 cm; both legs, 0.04 s flight time and 4.3 cm height. The correlative analysis between the indices of "CMJ" and "SJ" tests highlights 36 correlations, out of which 77.8% are significant, where 11.1% at $p<0.001$, 36.1% at $p<0.01$ and 30.6% at $p<0.05$, while 22.2% have weak connections ($p>0.05$) between the indices of right leg "CMJ" and the left leg and both legs "SJ" indices.

Conclusions. The analysis of the explosive power indices relationship in the middle school female students aged 12-14 points out strong connections between indices, which proves the level of muscle elasticity during the execution of the vertical jump from different positions.

Key words: Counter Movement Jump, Squat Jump, muscle elasticity, vertical jump, correlative analysis

PRELIMINARY NOTES ON THE MODELING OF PHYSICAL CONDITION THROUGH DYNAMIC GAMES AT THE LEVEL OF PRIMARY CYCLE STUDENTS

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Abstract

Problem statement: Tennis is a dynamic, elegant, spectacular sport, in a complete word, which requires not only exceptional physical training, but also extraordinary intelligence and decision-making speed, courage, inventiveness, spontaneity, anticipation, the ability to react quickly to everything that happens on the court.

The aim of the research: The aim of the research is to find and improve the means of learning and mastering the strokes in the game of tennis, to plant a stable root in the children of today, the future champions of tomorrow. The purpose of this paper is to identify new scientific research approaches that refer to the methodology of learning the technique of hitting the ball for the basic shots in the game of tennis, as well as finding new means and methods to make children acquire and consolidate these shots.

Conclusions: In the game of tennis, the duration of the formation of specific skills depends on the motor experience of the individual, the level of morpho-functional indices, the complexity of the action and last but not least, the level of motivation of each individual child.

Key words: morpho-functional indices, dynamics of movements, basic shots.

SPATIOTEMPORAL CHARACTERISTICS OF THE SEGMENTAL COORDINATIVE CAPACITY IN 5-8-YEAR-OLD CHILDREN

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Abstract

Aim. This paper highlights the spatiotemporal characteristics of the segmental coordinative capacity in 5-8-year-old children.

Methods of research. An ascertaining research was conducted within the "Maica Domnului" Middle School of Bucharest, with 48 children aged 5- 8 years. The children were divided into three groups: group 1 – upper kindergarten group (n=13); group 2 – preparatory group (n=18) and group 3 – the 1st school grade (n=17). Research methods used: bibliographic study method; tests method; statistical-mathematical method and graphical representation. The upper limbs coordination was measured using the Witty SEM smart traffic light system. For pointing out the differences in the segmental coordination of the upper limbs, 4 levels of difficulty were introduced at 16 impulses at visual stimulus, with unilateral or ambidextrous segmental response. Statistical analysis was performed by means of KyPlot software (calculating simple descriptive indices regarding the mean of execution and reaction time between impulses at each difficulty level) and Kruskal-Wallis Test (for comparative analysis).

Results. The comparative analysis between groups highlights the following values: level 1 – the mean of execution time is 17.69 sec at $p<0.01$ and for reaction time is 1.11 sec at $p<0.01$; level 2 – execution time mean is 20.43 sec, $p<0.001$ and for reaction time 1.28 sec, $p<0.001$; level 3 - execution time mean is 29.73 sec at $p<0.001$ and for reaction time 1.85 sec at $p<0.001$; level 4 - execution time mean is 34.9 sec at $p<0.001$ and for reaction time 2.19 sec, at $p<0.001$.

Conclusions. The comparative analysis highlights significant differences between the investigated groups by increasing the execution time consistent with the reaction time to each unilateral or ambidextrous segmental impulse while increasing the difficulty level. The values variation for each response of visual stimulus reaction shows the spatiotemporal characteristics of the segmental agility in children aged 5-8 years.

Key words: visual stimulus, execution time, reaction time, testing, comparative analysis

THE PARTICULARS OF PREPARATION IN THE MEN'S TRIPLEJUMP EVENT, VISION FOR PARTICIPATION IN INTERNATIONAL COMPETITIONS

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Abstract

Problem statement: The interest in obtaining sports performances in the shortest possible time, with increased efficiency and with minimal biological risks has led to a huge development of scientific research specific to the field of sports, but also to an increased receptivity regarding the transfer of knowledge and applications from other fields. The most surprising scientific information comes from the field of cellular engineering, from the field of psychic manifestations, of the control of feelings and manifestations because, from within this field, you can access biological reserves (inaccessible under normal conditions, but triggered in states of emergency or survival)

The aim of the research: The aim of the study was to know a comparative picture regarding the content of the training of male triple jump jumpers, throughout a competitive year, and the performance dynamics, in parallel with elite triple jump jumpers worldwide.

Conclusions: Following the processing of the statistical-mathematical data regarding the means used by the 10 athletes and the control tests they performed in the analyzed competitive years, many inconsistencies were observed between the two variables, described for each subject.The exercises carried out during the training must be constantly evaluated in terms of their effectiveness in the preparation of the athlete, the immediate intervention can lead to important accumulations in the specific preparation for the competition test.Following the interpretation of the obtained correlations, we can assume that one of the reasons has been identified why the performance objectives planned in the training plan of each male triple jump athlete, subjects of this preliminary study, were not met.

Key words: correlations, jump, elite triple jumpers

THEORETICAL FRAMEWORK REGARDING THE TRAINING IN DANCESPORT RUMBA

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Abstract

Problem statement. From a practical point of view, the topic addressed represents a novelty in the economy of preparing youth level dancers for the rumba dance, through the correlated approach of the two components of sports training (physical preparation and artistic preparation). Artistic preparation is a special and complex component of sports training, which provides physical and mental support for the execution of movements in a personal style, with technical, plasticity, suggestibility, and expressiveness requirements specific to the sport. We will detail the correlation between the two components from a theoretical perspective, focusing on the integration of specific artistic training methods for the development of lower limb strength in the physical preparation of dancers. The approach of interdependence between the components of sports training for the development of lower limb strength using artistic training as means of physical preparation represents a current topic for all sports dance coaches in the country.

The aim of the research. The aim is to develop the specific lower limb strength required for the Rumba dance by introducing artistic methods into the physical preparation of dancers. In this regard, existing research can contribute significantly, through its results, to the selection and application of appropriate means for our intervention.

Conclusions. Understanding the specific training characteristics, including stages, principles, characteristics of development of dancers aged 16-18, as well as the manifestation of their physical abilities and qualities, will enable the coach to apply the most appropriate means and methods to maximize the

potential of the athletes. These directions will result in optimal modifications in motor behavior and lead to the long-awaited results in official competitions.

Key words: Training, sport dance, rumba.

THE ROLE OF ATTENTION AND CREATIVITY IN THE FOOTBALL GAME IN CHILDREN AGED 10-12 YEARS

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Abstract

Aim. The paper main purpose is to reveal the role of attention and creativity manifestation in the football game in 10-12 years old children.

Methods of research. The research was carried out in August 2022 within the School Sports Club no. 1, Pajura, at the "Biruința" sports facilities of Bucharest, with 14 football players aged 10-12, divided into two groups: group A (n=7) and group B (n=7). Methods of research: bibliographic study, method of direct observation, video method of matches recording, method of tests, statistical-mathematical and graphical representation method. For the psychological testing of attention, the monitoring tool (Wolrach et al.) and creativity measurement (Teresa M. Amabile, adapted) were used. Two bilateral training games were video recorded for monitoring the manifestation of attention and creativity in the technical- tactical actions of offensive and defensive game in both groups: group A (training 1) and group B (training 2).

Results. Attention monitoring results show: 28.6% of athletes have moderate attention, 64.2% - good one and 7.2% - very good. Creativity monitoring results reveal a creative favorable environment of 79.8% (true response) and 63.3% (false response). The monitoring indices of attention and creativity in match 1 show lower play intensity in the 2nd half and a slight decrease of creativity within the team. In match 2, the play intensity increases in the 2nd half due to numerical inferiority play. The indices are improved in the 2nd half as the team is mobilized much better, highlighting the creativity development even if there were more unsuccessful actions.

Conclusions. The attention and creativity testing analysis correlated with the indices of their manifestation during the football game help determining to what extent it is necessary to intervene at player level through a series of specific means to bring these indices to the intended parameters.

Key words: monitoring, psychological training, simple technical-tactical actions, complex actions: offensive, defensive

ANALYSIS OF THE RELATIONSHIP BETWEEN THE INDICES OF VESTIBULAR CAPACITY AND REACTION SPEED IN 12-13-YEAR-OLD FOOTBALL PLAYERS

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Abstract

Aim. The paper aims at highlighting the relationship between the indices of vestibular capacity and reaction speed at upper limbs level in 12-13-year-old football players.

Methods of research. An ascertaining research was conducted in CSM Otopeni, football department, with a group of 26 children aged 12-13 years. Research methods: bibliographic study, observation method, method of tests, statistical-mathematical and graphical representation methods. Vestibular capacity and reaction speed were tested using the OptoJump Next system. Tests used: march in place (running on the spot with closed or open eyes) 20 sec and visual test reaction - left and right foot (3 reps). The measured indices relationship was analyzed by means of Pearson's correlation coefficient.

Results. During the march in place test with open and closed eyes, 17 parameters were measured for each leg, namely the number of steps, contact time, flight time, pace, cycle, jumping point, tendency, used area. The visual reaction test with left and right leg monitored the reaction time. The comparative analysis results in the march in place test show differences between the values of the parameters measured in both legs, with open eyes and closed eyes too. Reaction time has insignificant differences in the 3 trials, with better values in the right leg. Correlation analysis between tests parameters reveals 51 weak correlations in the left leg (53% positive and 47% negative) and 50 weak correlations in the right leg (56% positive and 44% negative). There is a moderate connection between reaction speed in right leg and left leg tendency at $p < 0.05$.

Conclusions. The comparative analysis of the measured parameters and the correlation analysis of the indices of vestibular capacity and reaction speed highlighted insignificant differences between them, which shows an optimal level of coordination capacity development in 12-13-year-old football players.

Key words: parameters, visual reaction, duration, jumping point, correlation analysis

EDUCATING STUDENTS' ATTENTION WITHIN COURSE AND SEMINAR CLASSES

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Abstract

Aim. The purpose of the present work is to highlight the improvement of students' attention within master's degree programs.

Methods. The 48 research participants were divided into two even groups, 24 students in the experimental group and 24 students in the control group. Inclusion was based on written consent. To assess the level of attention, we used the "Attention concentration test - II". After the initial completion of the questionnaire, there were 2 weeks in which the two groups attended courses and seminars (two meetings per week), followed by the final evaluation and recording of the data in the required charts. Within the statistical analysis we also used the Wilcoxon and Man Whitney-U tests.

Results. The results of the Wilcoxon test indicate in the experimental group an increase in the average values of attention after the intervention (Md=271.71; n=24), compared to the pre-intervention values (Md=243.42; n= 24), Z=- 4.288), with p=0.001 and with an effect size where R=0.87, and in the control group an increase after intervention (Md=255.46; n=24) compared to pre-intervention values (Md=241 .21; n=24), Z=-4.289 with p=0.001 and with an effect size value where R=0.87. Calculation of the Man Whitney-U test indicates a difference between the two groups, control and experimental, in both the initial and the final assessment, but this did not reach the threshold of statistical significance where $p < 0.05$.

Conclusions. In conclusion, even if different ways of approach were used with the two research study groups and they improved their level of attention, the values show that there are no significant differences from a statistical point of view, in other words, there are no significant differences between the two groups.

Keywords*:* attention, intervention, students, academic courses, seminars.

RECOVERY OF A BOTH MALLEOLUS FRACTURE WITH INTRA-ARTICULAR INTEREST THROUGH AQUATIC THERAPY

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Abstract

Problem statement: In our case study, we started from the hypothesis that by applying specific exercises systems specific aquatic therapy for the postoperative recovery of a a both malleolus fracture with intraarticular interest at the ankle level, we will achieve local recovery and walking in optimal conditions.

The aim of the research: The subject of the work is represented by the postoperative recovery of a both malleolus fracture with intraarticular interest at the ankle by specific means of therapeutic swimming and aquatic therapy. We consider that the recovery with the help of the extraordinary facilities offered by the aquatic environment and by the diverse and attractive means of aquatic therapy represents, in many cases, a support that should not be neglected by the physiotherapists.

Conclusions: The immediate effects of the aquatic environment have been felt psychologically, swimming and diving offer a very high degree of freedom after the long period of partial immobilization. Another great advantage offered by the practice of swimming is that of increasing the capacity of effort and stimulation of the great functions of the body. Also, the effects of hydrostatic pressure and hot water contributed to the reduction of swelling by stimulating peripheral circulation. The reduction of the body weight in the aquatic environment, due to Archimedes' strength, allowed the rapid recovery of the coordination of the walk, starting with the floating suspended walk, then in deep water with support and gradually decreasing (the small water basin has the inclined bottom and allows diving from the chest to the pelvis). The positive evolution of walking, which contributed most to the socio-professional reintegration of the subject, allowed walking without help.

Keywords: aquatic therapy, both malleolus fracture, recovery

SPORTS TRAINING IN THE NAVAL PENTATHLON – SYSTEMIC CONCEPT

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Abstract

Problem statement: With Romania's accession to CISM in 1992, the Romanian naval pentathlon had to adapt and modernize in order to reach the level of international military and political requirements. In order to achieve the priority objective of the Romanian Army, that of creating a small, flexible, highly mobile, professional army, equipped with modern equipment, capable of fulfilling its mission as a guarantor of the sovereignty, independence, and unity of the state, of territorial integrity of the country, and constitutional democracy, and to participate in the general efforts to strengthen and maintain security and peace in Europe and the world. (T.C.Military Penthatlon, Appendix, 1987).

Aim: Driven by the created conjuncture and forced to form a national team of naval pentathlon, we face many shortages in terms of training periodization, organization of specific trainings, and training bases for naval pentathlon trials. The Romanian naval pentathlon has become a necessity imposed by the modernization and connection of the military system to international political and social requirements.

Conclusions: The specific approach of the research will contribute to the design of the content of the training process during a macrocycle and the elaboration of the selection and competition model in the naval pentathlon.

The theme of the paper addresses the issue of the periodization of training in the utility swimming test in the Romanian military naval pentathlon, both from a theoretical point of view and especially from a practical point of view.

Keywords: naval pentatlon, periodization of training, utility swimming

PARTICULARITIES OF PRACTICING WATER SPORTS IN THE ACADEMIC ENVIROMENT

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Abstract

Problem statement: In this paper, we intended to present the main activities on and in the water that can be taught in physical and sport academic classes and to present the benefits of practicing this discipline. Using the bibliographic study method, we present the most popular water sports, depending on the geographical area of practice, the necessary equipment, the average learning time, and the capacities developed by students. Based on our knowledge and experience as water sports event organizers and coaches, we want to show some of the possibilities to develop programs and camps with the students, teaching and preparing them to work with kids, young or adults. From our over 14 years of experience in water sport, from studying and sharing knowledge with coaches worldwide, we will also describe in this paper the importance of starting this class with a first aid and drowning rescue course, which can be useful in any situation for the whole life.

Conclusions: Following the bibliographic study conducted in this article, we have tried and believe that we have been able to demonstrate the multitude of benefits and strong educational character water sports can play in the students personal development, the opportunities it offers on working and teaching this discipline to others, or just helping them in need, argue with these reasons why do we think it can be useful to have part in the curriculum of physical education and sport.

Keywords: water sports, benefits, students, physical education and sport

MONITORING THE DIFFERENCE IN THE LEVEL OF FORMATION OF SWIMMING SKILLS AMONG SWIMMERS-WINNERS OF MEN AND WOMEN AT THE XIX WORLD AQUATICS CHAMPIONSHIPS IN BUDAPEST – 2022

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Abstract

Aim: The study is to determine the difference in the parameters of the level and degree of formation of motor swimming skills among winner swimmers based on monitoring the results of the final swims at the XIX World Aquatics Championships in Budapest, held on June 18-30, 2022.

Research methods: theoretical analysis of literary sources and practice experience, monitoring ascertaining experiment, generalization of documentary materials, mathematical statistics. **Material**: the best final achievements of athletes among 114 men and 115 women at all 49 distances of sports and marathon swimming were established according to the program of these prestigious competitions.

Results: For the first time, the dynamics of formation of motor swimming skills according to the possibilities of overcoming distances by different methods of swimming depending on the gender difference of participants by almost similar age (men, x±m=23.85±1.65; women, x±m = 22.64±2.23; t =0.039, p>0.05) and a significant difference between the achievements of men and women (men, x±m=1.84±0.18; women, x±m = 1.67±0.16; t = 9.097, p<0.05) at the final starts of the XIX World Swimming Championships in 2022.

Thus, the biggest difference was recorded in freestyle swimming for short and medium distances – 0.22 m/s, butterfly swimming – 0.20 m/s, backstroke swimming – 0.20 m/s and relay swimming – 0.20 m/s, breaststroke – 0.19 m/s, then in medley – 0.17 m/s, and the smallest was recorded at stayer freestyle distances – 0.12 m/s, in marathon – 0.12 m/s and joint relay races – 0.11 m/s. Thus, the overall difference between the average swimming speed in men and women at all swimming distances is, above - 0.17 m/s (men, x±m=1,84±0,18; women, x±m = 1,67±0,16; t=9,097, p<0,05).

Conclusion: The dynamics of the formation of motor swimming skills according to the possibilities of overcoming different swimming distances depending on the gender difference of the participants of the final races at a similar age at the XIX World Swimming Championships 2022 has been carefully studied. The biggest difference in average swimming speed was recorded: 50 m – 0.235 m/s, 100 m – 0.205 m/s and relay swimming – 0.203 m/s, 200 m – 0.172 m/s, 400 m and stayer swimming distances – 800-1500 m – 0.135 m/s, and the slightest difference is observed in marathon swimming – 0.12 m/s and compatible relay races – 0.11 m/s. The overall difference of indicators is more than – 0.17 m/s.

Keywords: World Swimming Championships, men swimmers, women swimmers, swimming distances, state of achievements of the winners, average speed, achievement score

OBSERVATION OF THE LEVEL OF FORMATION OF SWIMMING SKILLS AMONG SWIMMERS OF DIFFERENT AGES AND GENDERS AT THE XXXVI EUROPEAN AQUATICS CHAMPIONSHIPS IN BUDAPEST 2022, HUNGARY

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Abstract.

Purpose: determine the objective level of formation of swimming skills based on the results of performances of the strongest prize-winning swimmers among men and women, participants in the final swims of sports and marathon swimming at the XXXVI European Aquatics Championships in Budapest, Hungary, held on August 11-17 and 20-21, 2022.

Research methods: theoretical analysis of literary sources and practice experience, monitoring ascertaining experiment, generalization of documentary materials, mathematical statistics. **Material.** The best final achievements of European swimmers among 117 men and 117 women on all 49 distances of sports and marathon swimming were established according to the program of these prestigious competitions of the continent.

Results. In terms of age, men and women wanderers were almost the same: men, x±m=23.84 ± 1.92; women, x±m = 23.80 ± 2.05; t = 0.93, p>0.05. The level of difference in achievements among men from women in terms of average swimming speed is determined by the distances of their overcoming by various means: first of all it concerns freestyle sprint swimming and freestyle relay and combined at the level up to – 0.21 m/s. A further advantage of the average swimming speed in men compared to women is observed in swimming butterfly and backstroke – 0.20 m/s, breaststroke at the level – 0.19 m/s, in medley swimming – 0.17 m/s, and in stayer swimming at 400-800-1500 m – 0.15 m/s. Less difference in average swimming speed in women from men is observed in mixed relay races up to – 0.13 m/s and in marathon swimming – 0.12 m/s. So, the overall difference in average swimming speed is more than – 0.18 m/s: men, x±m=1.84 ± 0.16; women, x±m=1.66 ± 0.14; t=7,46; p<0.05.

Conclusion: The generalized difference in the results of the formation of swimming skills in men from women in terms of average speed is determined by distances: primarily at 50 m: freestyle, backstroke, butterfly, breaststroke at the level - 0.22 m/s and 100 m - 0.22 m/s. Smaller difference by 400 m - 0.19 m/s,

distance by 200 m - 0.18 m/s, by 800-1500 m - 0.16 m/s, And the smallest difference in mixed joint relay races - 0.13 m/s and marathon swimming 5000-10000 m - 0.12 m/s. The generalized difference between the average swimming speed of men and women is 0.18 m/s: men, x±m=1.84 ± 0.16; women, x±m=1.66 ± 0.14; t=7,46; p<0.05

Key words: European Swimming Championships, swimming distance, men, women, achievements of winners, average speed, and achievement score.

RESEARCH ON THE USE OF CROSSFIT TOOLS IN THE PHYSICAL TRAINING OF JUDO ATHLETES

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Abstract

Problem statement: CrossFit is recognized as the fastest growing high-intensity functional training and conditioning program worldwide. New, science-based functional training techniques and programs for athletes are needed to reduce injury risk and improve performance. The effort in combat sports is dynamic, requires all motor skills and favors the formation of special motor skills and dynamic stereotypes. In the training process in combat sports, general and specific physical training plays an important role, constituting an essential factor for achieving performance at the highest level.

The aim of the research: The purpose of the paper is to review the literature to identify the main crossfit tools used in judo. For this, the open access articles published in English during 2020-2022 were downloaded from the Web of Science database. They were analyzed, systematized and bibliometrically processed using the WOSviewer program.

Conclusions: Preliminary data suggest that CrossFit practice is associated with higher levels of sense of community, satisfaction, and motivation. Functional training can improve physical flexibility and motor coordination in athletes. It can stimulate the body's proprioceptors, increase athletes' confidence, making training more effective and useful. The level of development of the athletes' special resistance to intensive training and competitive influences are the sure factors of success in the athletes' competitive activity. The use of CrossFit elements in the training activities of athletes of various types of combat, allows to achieve a significant increase in the level of special fitness. Resistance training programs for judo athletes should include goals that increase their ability to move efficiently, develop strength, speed, and explosiveness, and promote resistance to injury. The design of training programs will bring a plus in the capitalization of the most effective exercises and their use in the development of the motor capacity of the athletes. The physical training of the athletes is the basis of the development of the motor capacity, without which they cannot carry out their activity in good conditions.

Key words: review, crossfit, physical preparation, judo

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