Optimization of exercise capacity in sedentary adults through kinetic programs

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Abstract

According to the World Health Organization statistics, 60 to 85% of the world population has a sedentary lifestyle. This paper aims to examine whether there is any evidence to support the use of kinetic programs as an effective approach for the optimization of exercise capacity in sedentary adults. The study was conducted at a wellness center in Bucharest and was limited to a group of 5 subjects aged 35 to 45 years. Our training strategy, based on personal experience and on results of previous researches, lead to an improvement of the functional parameters of the research group.

Keywords: exercise capacity; sedentariness; kinetic programs; quality of life; adults;
Study regarding the improving the teaching specific content of the physical education lesson through the movement games to primary classes

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Abstract

The target of this research is represented by the optimization of the teaching techniques used to improve the specific objectives of the school physical education activity. These are applied to pupils from second grade by using the movement games. We though that by using the movement games during the physical education classes would contribute to improve the instructive and education process and to achieve the specific objectives.

To compare the performance of the experimental with the witness group results showed us there were no significant differences between the averages of the boy groups at the initial tests. But, at the final tests, the differences were significant (p<0.05) for: long distant running, the extension of the trunk from lying on the front position, the complex of the physical development, skipping with the rope and at the p<0.01 for the lifting of the trunk from the back position and the tractions on the gymnastics bench. For the girl groups we observed that the progress existed and there were differences between the groups at the final tests, too.

Finally, the progress achieved by the experiment group showed us that our method, using the movement games for achieving the objectives of the lesson, was efficient.

Keywords: pupils, lesson, contents, movement games;
Unified Sports – a social inclusion factor in school communities for youth with intellectual disabilities

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Abstract

This paper is a preliminary research which gathers quantitative and qualitative information about social bonding, for two categories of stake-holders: intellectually disabled athletes and partners from mainstream schools, training and competing in unique teams. This approach aimed at: identifying the self-concept and self-esteem perception of the ID athletes, in relation to their social integration, determining the way ID athletes believe that they are perceived by their school friends and partners within Special Olympics events, identifying the positive effects on both personal and social levels, by participating in Unified Sports events, identifying the partners’ perception related to athletes’ abilities and possibility to advocate in this respect.

All data confirmed that regular training and Unified Sports competition attendance leads to a greater social inclusion, an interesting self-concept and self-esteem perception of the athletes, as well as certain inside manner of viewing the positive outcomes of delivering such educational programs.

Keywords: unified sports, social integration, intellectual disabilities;

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Abstract

This paper aims at clarifying several aspects concerning the characteristics of the communication process in physical education class. Being a complex and extensive phenomenon we will focus only on the direct communication technique. In this respect, we are most interested in identifying and systematization of the direct communication styles, as well as their manifestation depending on the lesson structure.

Keywords: communication, physical education, types of communication;
Modalities to increase the capacity of self instruction and self evaluation to physical education in nonprofile education

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Abstract

The purpose of this work was to optimize the educational process through rising the efficiency and qualities of the gymnastics class by finding a way of improving the capacity of self evaluation and self instruction.

In order to sustain the previous idea, we have emitted the next hypothesis: A teaching strategy based on different treatment applied to each student can lead to the improvement of the self instruction and self evaluation capacities.

The work’s conclusions show that the experimental group achieved the knowledge of evaluation, and self evaluation of their movement conduct.

The program promotes categories of exercises, that once learned will help the students in daily activities, offering them knowledge and skills that can be applied in everyday life: how to keep fit, how to relax, how to save their physical effort, how to make a daily program that can assure them a more efficient physical and psychological recovery.

Keywords: self instruction, self evaluation, physical education, nonp;
Study on the importance of physical education in fighting the stress and sedentary lifestyle, for the students of the University of Bucharest

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Abstract

It is widely accepted that these “flagella” of the modern era - the stress and lack of exercise-affect increasingly more people, regardless of age, education, occupation, so these aspects of life have lately become a concern and research topic of great interest.

In the present study we aimed to identify the extent to which young people, students of the University of Bucharest, are affected by these “diseases” and to establish a relationship between participation in physical education classes and the perceived stress and lifestyle of these socio-professional categories.

Our research results come to strengthen the other research conclusions on the same topic, namely that sport carried out in an organized way, led by a specialist in a pleasant environment with efficient means and adapted to the particularities of the subject's age are "weapons" extremely practical in fighting stress and sedentary lifestyle.

Keywords: stress, sedentary lifestyle, physical education in higher education;

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Gymnastics program involving gym-ball exercises meant to prevent heart diseases

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Abstract

This study is an applicative component of a research program carried out by gymnastics discipline from the Sportive and Physical Education Department.

It has well known the benefit of physical exercises for maintenance of health and good life style.

Condition for this benefit is the perfect choose and dosage, graduation of the exercises, depending of those who are practicing them.

Trough gymnastic exercises we understand, in this study, the analytic exercises, with formative character, addressed to the completely human body, being exercised whit gym-balls. The program is addressed to female population according to the research program.

Keywords: Gymnastics; fitness; gym-ball; heart rate;

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The influence of basketball game on the psychomotor skills of future architects

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Abstract

The overall objective is to study the impact of creative exercises programs specific to the basketball game over education of psychomotor training of vocational education students. Practicing basketball game helps students, who carry out this work, contributing inter alia to develop creativity, availability and capacity to make decisions, assuming roles and responsibilities. I think that sport in universities must be adapted to characteristic profile of the university, so I will try to highlight the role of practicing sport (basketball) in a particular university according to socio-professional profile of the student.

Keywords: basketball, psychomotor capacity, creativity, spatial vision;
Optimization of the development of coordination capacities by using some means specific to handball game in 3rd grade pupils

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Abstract

Handball game represents for pupils a very attractive global motor activity, through which the physical education teacher, by selecting the most appropriate technical-tactical means, acts in the conditions of a complex motor and psychic exertion, in order to achieve the school physical education objectives.

In the physical education lesson, the development of coordination capacities represents a main aspect of the physical education teacher’s concerns.

The variety of the handball-specific technical-tactical procedures has an important contribution to the education of a wide range of motor skills (running, jumping, catching and throwing), to the development of some general and specific motor qualities and to the activation of the gross body functions.

Keywords: handball; coordination capacities; physical education lesson;

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Abstract

Children, adolescents and healthy adults can take on an active, conscious and voluntary exercise practice as part of their physical education and sport. Physical education aims to increase a normal, harmonious and comprehensive (complete) development of the young generation.

Exercise can induce (lead to) static or dynamic muscle contractions which are performed within the normal physiological or anatomical limitations. Through physical education lessons the young generation acquires the skills, knowledge and motivation which form the foundation for the high performance sports.

Tests can be used to single out children with special skills, children that can be directed to high performance.

*Keywords: influence; motor skills; body volleyball;*
The Importance Of Somatosensory- Functional Developing In Prevention Of The Attitudes Deficiencies Of Students In Higher Technical Education

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Abstract

Development of modern society is dependent, largely, by the way, in which education can meet the requirements of this development.

Today, the young people, must be prepared for a dynamic society which requires a certain physical, intellectual, moral, civic structure. Young people must become healthy individuals, harmoniously developed physically, with a higher skilled. Physical Education and Sports becomes the basic form, preparatory, for physical education on the long term, which to mean a healthy lifestyle, a way of thinking and acting for their own benefit, but also in the social interest.

According to Balint T. (2010) "kinetoprofilaxy aims to: the strengthening health", the building and maintaining a proper body attitude, the establishing a balance between body and psycho-physical environment.

This paper aims at assessing students somatic and functional viewpoint and tracking their poor attitudes. Following this study will develop exercise programs aimed at to prevent and recover the deficiencies that appeared to follow to practicing the profession.

Keywords: somatic and functional development, deficient attitude;

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**Abstract**

In debating this topic we aim at resolving the status of the discipline of Physical Education in the artistic academic education curriculum by proposing a solution that may also apply to other academic profiles. In the current system of academic education, the number of hours assigned for practical courses of Physical Education has decreased significantly. Having this in mind, but also the “time” availability of the students, who are caught in several daily activities involving modern technologies which most of the time tend to “pin” them down, we ask ourselves the following question: Should the discipline of Physical Education be mandatory or optional in the artistic academic education curriculum? We must mention that an artist adopts a certain physical posture during the creative act, which (s)he maintains for several hours a day and which consequently leads to attitude deficiencies and, implicitly, decreases the creation value.

**Keywords:** artist, compulsory practical course, creativity stimulation, necessary;

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Theoretical arguments for the dance as a means to achieve aesthetic education in the primary school cycle

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Abstract

To build up autonomous and creative personalities represents an ideal of the integral education that also includes aesthetic education. One of its components is the education for self-expression through movement which, at the school level, can be achieved through physical education activities. The most representative artistic field enabling the aesthetic attitude construction through movement is dance, reason for which we present in our study its formative-educative valences and the importance of implementing it into the primary school syllabus content, by having in view that this period has a particular significance to pupil’s personality further development.

\textit{Keywords:} dance, aesthetic education, expressivity, motricity;

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Theoretical approaches related to a healthy lifestyle building through the practice of physical activities

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Abstract

To promote the construction of a healthy lifestyle should be one of the priorities in society, school and family. We live in a modern society, where the technology progress and the risk factors (addiction to alcohol, illegal drugs, smoking etc.) have increased the number of youth with a sedentary and unhealthy lifestyle.

The active and regular practice of physical activities has a beneficial influence on the human body, as it contributes to the health reinforcement, the education of a correct body posture, the body harmonious development, the assurance of a psychic balance, the manifestation of a state of well-being, the construction of a pro-movement attitude etc., by improving thus the quality of life.

Keywords: physical activities, lifestyle, health, physical education;
Key elements of the bodybuilding training program

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Abstract

The article is highlighting the five key elements of the training program in bodybuilding and how to organize them in order to reach the individual goals. The difference between training periods is done by fiddling with 5 variable elements through which can be created an unlimited number of programs. There are presented informations about selection of exercises, programming exercises, strength training, training volume (number of reps and sets) and rest periods. The article shows that although there is not existing an universal program for all bodybuilders (so therefore good for all), there is certainly one that can fit each individual. The article is based on the idea that everyone is in its own unique genetically and individual, but each person can set the training program to his personal level and needs in order to get the best results.

Keywords: bodybuilding, training program, key elements;
The influence of basketball specific means on obtaining performance motility on students enrolled in extracurricular activities

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Abstract

Physical education, through the content and the means at its disposal, is away of individual’s improving, with its many educational influences also representing the main factor to optimize physical condition, to compensate and to relax, extracurricular sports activities being one of the forms of achievement goals. Improving motrical skills is one of the main concerns of physical education in school. Efficiency of physical education must be assessed in terms of quality of children’s performance of motricity as an objective necessity to obtain real information that would allow us to work on improving their physical condition. Extracurricular sports activities with basketball content have a significant impact on increasing motrical and technical performance of children, at this age.

The aim of this study was to evaluate the positive effects of its capabilities basketball and practiced in extracurricular activities which will improve the preparation of students.

This paper tried to emphasize driving performance that can be achieved by practicing other forms of exercise as a class lesson and their significant impact on the results of the performance standards set out in the curriculum.

Keywords: Extra-curricular activities, playing sports, motor capacity, motorability, athletic training, technical training, evaluation of academic achievement.

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Certain Correlative Aspects in the Growth and Development of Middle School Pupils

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Abstract

The growth and development of the human body, being influenced by endogenous and exogenous factors, but more so in childhood and youth, conditions the development of the human beings throughout their lives, prefiguring a favourable or an unfavourable direction of their general ability to adapt to the daily demands.

This study has been conducted under the consideration that the assessment of certain morpho-functional parameters in middle school children, and especially their correlation, can offer information whether the growth and development process takes place within normal limits, or presents certain deviations.

The results of the study highlight the fact that certain parameters correlate more, while others, less, but the general conclusion leads us to the idea that the insufficient training of children in variated physical effort, and the existence of certain deviations from the right alignment of the body, negatively influence the process of growth and development in middle school pupils. The results can be used for intensifying the efforts to ensure the necessary conditions so that the growth and development of middle school pupils would take place under optimal parameters.

Keywords: growth, development, indices, correlation;

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Aspects Regarding the Level of Coordinative Abilities in both Athletes and Non-athletes

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Abstract

Coordinative abilities facilitate the fast learning of new movements and the efficient adaptation to a variety of situations. Our paper aims to determine the level of coordinative abilities and to analyze them. Our research comprised 34 subjects, aged between 11 and 14, who were tested on 505 Agility Test, Ruler Test, jumps rope, Stork Test. Among measures of agility, reaction time and coordination, significance differences were detected between groups and no significant differences for both balance tests. We noticed that the level of coordinative abilities was significantly higher in the case of athletes for three tests and not relevant for two tests.

Keywords: Coordination; performance; balance; agility;
Competition of urban sport orientation – a unique activity of didactic communication

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Abstract

Our project was organized to deepen knowledge about the achievements of predecessors, that testify to our old town and the formation of skills to use the map, using the techniques and rules specific sport orientation. Students, for the most part have been engaged with the look-up disengagement of the historical objectives and appreciated the unique and highly attractive activity. Also, the whole class preparatory work in team, using the map to identify the historical, disseminate results and reported experiences lived, contributed to the homogenization staff to improve communication between students and tutor to the discovery of skills and new interests.

Keywords: competition of sport orientation; didactic communication; college students;

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ICSPEK 2013

Increasing the life quality of gendarmes, by means specific to the team sport games for the improvement of the professional efficiency

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Abstract

By practicing sport games, due to the situations they create, the personality of each other is stated and improved. Man is by nature antagonistic and performance eager to compete and to improve throughout life both physically and behaviourally. In this context, the sport games become a mean of self-assessment, which make a race with him self and with others.

Systematic practice of sport games in the military physical training session can have immediate effects. The effects addresses to both biological and psychological sphere in the sense that the participants can express their impulses, in a variety of ways.

The experiment verifies the existence of a relationship between the effects of operational structures specific to the sport games, on the gendarmes’ capacity to respond and effectively manage unexpected situations, which can turn into vulnerabilities generating stress, disrupts homeostasis, resulting in a decreased quality of life. The new situations are created in the shared theme of sport lesson, both in the game theme chosen and the two teams adversity composed specifically for this purpose.

Keywords: quality of life, homeostasis, operational structures;

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Influence of Aerobic Gymnastics on Student’s Body Image

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Abstract

Aerobic gymnastics is seeking the optimal function of the human body, redefining the body image, the individual and social identity and facilitates social interaction. Body image is how a person relates the actual body shape to an ideal image. Self esteem is the psychological component of self image and poor opinion of our body can cause low self esteem and self confidence.

Methods: we used the questionnaire method and statistical and qualitative analysis of received answers. Initially we collected data about the experience of our students in physical education domain, about their need and expectations related on this subject. After following a 3 semester long aerobic gymnastic program, we asked our students to replay to a new set of questions. We wanted to detect perception changes related to their body image, awareness about significance of physical exercise on their health and self esteem.

Conclusions: The data resulted from the group diagnosis research bring us to take account of some subjective aspects related with physical activity. The aerobic gymnastics program fulfills our expectation, increasing the surveyed parameters with positive effects on body image and health perception. Both intermediate variables have a strong positive correlation with self esteem for the young female sample.

Keywords: Body image, aerobic gymnastics, physical education, self esteem;
Development of imagination in children through elements of eurhythmy

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Abstract

With this work we want to show that the element of dance, eurhythmy, and body language contributes in the development in children imagination of classes V - VIII. Education of the body language, expressiveness, the use of non-verbal language has rules as strict as those of verbal communication. What is to become the dominant part of mental life pubertal group is social integration, playful behaviors being replaced by the insertion behavior. As methods in the study we used SICA color analysis, static and dynamic analysis of expression.

Eurhythmy has a lot of benefits in children development, beneficiating both physically and emotionally, cognitively and socially. It is an art, defined by playing sounds and speaking by movements and gestures. In the first phase pedagogical eurhythmy helps children to develop physically. It was later discovered that the transposition of sounds in harmonious movements stimulates thinking, imagination and creativity.

The conclusion of the study is that the teenager demonstrates creative thinking and communication skills by training and use of social, verbal and non-verbal outside school.

Keywords: body language, non verbal language, communication, body line, puberty, imagination, intimate mechanisms, reverse afferentation;

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Abstract

In Italy, the school document on physical education and sport has been changing continuously by the Minister of Education and its last updated carry out a new vision on education of physical activity (G.U. 2013). In 1998, law (G.U. 1998) transforms Higher Education Institute of Physical Education and Sport (ISEF), that had been provided education for teachers since 1958 neglecting the research, in bachelor program. Ministerial Decree 4 ottobre 2000 (G.U. 2000) established two new academic fields called Methods and teaching of motor activities and Methods and teaching of sports activities. First one includes the development of theories, techniques and methods for physical education geared to specific age groups and second one includes development of theories, techniques and methods for the training and practice of different sports activities and with the assessment of the performance and the athletic attitudes. The aim is to verify if the contents of the documents are in relationship. Method joins historical and documentary approach and theoretical argumentative one. Do not carry out any relationship between documents but only two different ideas into the same field. It may be to deep the investigation of the problem to suggest an integrated version of type of documents.

Keywords: teaching and training method, didactics, learning skill;
Use of baropodometric platform in physical education

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Abstract

The goal of this study is to test the correlation between motor habits and sports and any occurrence of paramorphisms and dysmorphism in children among 6 and 14 years old over a period of 9 months to provide a diagnostic tool for teachers of physical education for didactic purposes. The experimental method is to collect data and static-dynamic character through the longitudinal baropodometric platform on a sample of five students. The sample consists of 5 children who attend physiotherapy center. The platform is used to detect incorrect attitudes, measure the deformation generated by the force applied by the foot on it and any mistake during walking with measurements in static and dynamic status. The questionnaire administered to the sample will allow a first analysis of the data collected. The first data show that 80% of student has the body center of gravity in the polygon of support shifted slightly to the right or left, the pressure points of the limbs left and right are not in line with each other, in relation to the body center of gravity the feet are positioned forward or backward, the load distribution between the forefoot and hindfoot indicates an excessive weight on the forefoot. Finally the surfaces of the two feet are dissimilar to each other with greater support on the right. After three months we will proceed with a second baropodometrical test and a second questionnaire on possible improvements and then compared to the first collected data. After another three months the final inspection will be carried out.

Keywords: Lifestyle, morphological imbalances, sports
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A study on the correlation between the execution technique and timing performance in first-year students at skiing lecture

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Abstract

This is a constatative paper realised on 40 students. This study was organised and and took place in February 2012, within the Science of Movement, Sports and Health Faculty, at the „Vasile Alecsandri” University of Bacau, on the Vatra Dornei sports basewith the purpose of highlighting the efficiency of the instructive-educative act organised with the students from our programs and study: Physical Education and Sports, and Motricity Performance. In order to acknowledge the level of practical and technical acquisitions we used as an evaluation instrument the exercises of rounding swivel swing, and the cristian with distancing the skis (realised on a 30 degree incline ramp) on a 200m distance, with the obligativity of realising at least 3 roundings, and to appreciate de aplicative capacity we realised a contest descend, with the passing of 16 (8 red, and 8 blue)gates on a 400m distance, on a 40 - 43 degree incline ramp, with a lower incline on the finishing line. The results have highlighted the efficiency of module work on a 15 days period with a number of 42 effective teaching lessons, and 42 hours of individual study.

Keywords: study, skiing, technique, correlation, timing;

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Determination of Selected Somatic Parameters with Socio-cultural Czech Adult Population Characteristics

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Abstract

In this article are presented results of testing 569 Czech adult (older than 18 years) people (273 males and 296 females). There is discussed determination of 3 physical development parameters body weight (BW), fat tissue percentage (%FAT) and waist hips rate (WHR), which were measured by machine Inbody 720 with some socio-cultural characteristics. By questionnaire were learned parameters of sport practicing, life status and education level. Presented results show rather negative trends. All watched parameters (body weight, fat tissue percentage and waist hips rate) seem to be mutually connected. They are increased according higher age in all watched periods, both in groups of males and of females, too. Majority of adult Czech population does not practice any sport activity (71%). This prevailing population inactivity influences negatively watched paramaters. Magnitude of settlement determines only slightly watched parameters. But those who are single or possess good education level have better results in all watched parameters.

Keywords: Czech adult population, somatic parameters, socio-cultural status;
The importance and utility of survey method in Physical Education research

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\textbf{Abstract}

Sociometry is a way of measuring relatedness between people. These socio-metric tests can discover, describe and evaluate social status and structure, and can measure the acceptance or rejection felt between sport groups. Subjects within a sport group are usually asked to pick members that they like or prefer working with, or choose their lieder, or other variables depending on the context.

One advantage of socio-metric testing is that because we are measuring group relations, this can help us come up with interventions to help improve these relations.

Also, there have been some ethical issues concerned with socio-metric tests. This is mainly focused on negative views on athletes in sport groups, and the possibility that athletes will compare their responses, resulting in negative social and emotional consequences for athletes who are not positively viewed by their peers. The socio-metric method is an extremely useful one, as its effectiveness has been shown in coming up with interventions to improve relationships between athletes in sport groups.

\textbf{Keywords: sociological survey, group cohesion, sports group, leader;}

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Comparative study between British and Romanian curriculum in physical education and sport

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Abstract

The British National and Romanian curriculum represent the key of learning and we believe that they contain all the necessary objectives that contribute in developing and raising the profile of an educational system. The British and Romanian education is addressed to all children regardless of their nationality, social background, special educational needs or their role in the society. The curriculum in both countries shows very clear the content and objectives that pupils will learn, establishing a continuity of teaching and learning process. The curriculum also shows clear evaluation of what children learn throughout school. Learning and undertaking activities in physical education contribute to achievement of the curriculum aims for all young people to become: successful learners, who enjoy learning, make progress and achieve; confident individuals who are able to live safe, healthy and fulfilling lives; responsible citizens who make a positive contribution to society. PE develops pupils 'competence and confidence to take part in a range of physical activities that become a central part of their lives, both in and out of school. A high-quality PE curriculum in both Romania and United Kingdom should enable all pupils to enjoy and succeed in many kinds of physical activities. When they are performing, they should think about what they are doing, analyse the situation and make decisions. They should also reflect on their own and others 'performances and find ways to improve them. As a result, they must develop the confidence to take part in different physical activities and learn about the value of healthy and active lifestyles. Discovering what they like to do, what their aptitudes are at school, and how and where to get involved in physical activity helps pupils make informed choices about lifelong physical activity.

Keywords: Physical education, British and Romanian curriculum, comparative study;
Educational approaches designed to improve the active lifestyle in teenagers

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Abstract

The active lifestyle of adults has its origins in the positive attitudes developed during their childhood and adolescence. To design various influences in this sense, the physical education teacher has to pay attention to different methods and means classified as non-specific in relation to his specialty. This paper aims at checking the effectiveness of some educational approaches recommended to be used by the physical education teacher, so that he exerts significant influences on the pupils' attitude system. For this purpose, we chose the 11th grade pupils from two classes of a high school from Câmpina.

As research methods, we used the experiment, the inquiry and the observation. The independent variables were represented by the extracurricular sports programs. The influence of these variables was evaluated through the theoretical knowledge level manifested by pupils at the end of the school year and through their attitudes towards the physical exercise practice. The results of our study indicate significant changes in the level of the investigated variables. The conclusions emphasize the instructional design specificity and also some methodical indications that contribute to a better integration of the respective didactic means into the physical education activity.

Keywords: attitude, physical exercises, active lifestyle, adolescence, leisure time

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Study regarding the evolution of the psycho-somatic indices of students by practicing physical exercises with musical accompaniment

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Abstract

The aim of the research is to highlight the efficiency of exercises with musical accompaniment, on the psychosomatic component of female students, by identifying the beneficial effects resulting from the proposed training programs. We used somatic measurements, which were aimed body weight, body mass index and fat, and we applied a Market Research questionnaire to identify students’ opinion on the importance and benefits of practicing physical exercise and the influence of the musical accompaniment in physical education lessons on their mental sphere. Our research led to the conclusion that there was an evident improvement in the investigated parameters, on the quantity and quality of psycho-somatic changes.

Keywords: physical education, students, aerobic gymnastic, dance sport, psycho-somatic measurements;
Optimizing the quality of life through professional physical education

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Abstract

The purpose of the present study is to analyze the relationship between the occupational stress and the physical exercise of the 86 individuals hired in a company whose object of activity is retail. The study want to highlight the role of professional physical education concerning the availability of involvement in solving work-related tasks, the quality of professional performance, the communication relations in the workplace and, through their summation, the effect on the quality of life of adults.

The characteristics of the physical education program used in this study can be described as following: indoor activities; the work volume is a minimum of 30 minutes, 3 times a week of moderate intensity.

Following the positive results of practicing the physical exercise in the area of the psychological human components, we consider as adequate a new statement of the professional physical education concept, through the extension of the applicability direction from the level of professions which imply different forms of physical activities to all domains of activity where there are professional performances.

Keywords: professional physical education; quality of life; stress;

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The Physical Education optimization by adapting the coordinative development methods of capacity at the 5th grade students

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Abstract

In the present life conditions the volume of activities performed under varying and unexpected conditions has significantly increased. This requires the individual manifestation of sharpness, cleverness, ingenuity, speed of reaction, concentration and ability to transfer attention, movements precision (spatial, temporal, dynamic) and their biomechanically rationalization.

Therefore, most authors define the concept of "coordination" or "coordinative abilities" as a complex motor skill that is: the ability to regulate and manage single movements or involving the whole body, or the ability to master motor movement \cite{1}; ability to quickly switch to some actions and relationships to others, according to the ever changing environment (the environment of a particular sport) \cite{2}.

The coordination ability is a psychomotor quality that is based on the correlation between the central nervous system and skeletal muscles while performing a movement. There are two types of coordination abilities: general, which are the result of a general training, versatile in different driving or sports activities; special, which develop more in certain sports.

\textbf{Keywords:} coordinative ability, physical education lesson, optimization, 5th grade;

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The role of Pilates techniques in improving components of Coordinative Capacity

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Abstract

The current trend in the conception, development and implementation of maintenance gymnastics programs is to pay special attention in training the small, deep, muscle groups, related with the spine. This type of workout that can be called the "core stabilizer" is intended to facilitate the conscious activation of deep stabilizers muscles. This will allow the control of the correct position of the spine, with a direct effect on improving balance and coordination while performing movements.

We started this study from the premises that the application of standard Pilates techniques in maintenance gymnastics programs will lead to significant improvement in balance and coordination in the execution of motric acts.

The present study consisted on a six months long experiment, involving two groups of adult subjects, practitioners of maintenance gymnastics programs in "Carol Davila" University of Medicine and Pharmacology. Both groups followed a program of muscle toning exercises using weights, elastic bands and gymnastic balls. The independent variable consisted in teaching and practical implementation at the experimental group of the abdominal contraction techniques with the spine in neutral position, specific to Pilates concept. In both groups were applied initial and final tests regarding two components of the coordinative capacity - balance and coordination.

Keywords: Pilates Techniques, Coordinative Capacity;
Abstract

In the context of contemporary society, the concept of lifelong education is experiencing a growing importance, being involved in many aspects of social and professional life, from retraining to personal development and quality of life. In terms of quality of life, permanent adult education must address the issues of leisure sports activities, particularly those carried out in groups. This type of physical activity, in addition to the physiological, somatic and motric benefits, have strong educational valences related to psychological and social area.

In the present study we tried to find out the way that psychosocial effects of recreational group sports activities are reflected in the consciousness of the adults. We also tried to capture the differences that arise regarding the matters referred to above, between group sports activities with competition component (such as sports games) and those that have no competitive aspect (group fitness programs).

We undertook an investigation based on questionnaire, the subjects been asked to assess the importance of recreational sports activities on meeting some needs related to multilateral development of personality and social skills improvement, affecting the quality of life. Responses were single, closed, subjects scoring the degree of validity of each statement on a Likert rating scale from 1 to 5 (1 = no impact, 2 = minimal impact, 3 = medium impact, 4 = high impact, 5 = maximum impact).

Keywords: adult, sports activities group, lifelong education, quality of life;
The Influence of the sport at the office on the sedentary persons

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Abstract

The corporal activities (multiple, varied, diversified) must develop, prevent, compensate and correct, where the activity and the working conditions fail to keep the balance of human personality.

OBJECTIVES: The objective of the work consists in helping the busy persons that spend a major part of their time at the office and do not have time for physical effort.

METHODS: In order to accomplish the proposed objectives, a number of physical exercises at the office were used (in the sitting position), exercises which activate several muscular groups. The emphasis is on the lumbar and thoracic area.

RESULTS: After a time, in which the subjects performed daily physical exercises at the office, the result was surprisingly good. The exercise brought well being, relaxation, good tonus and even the loose of weight.

CONCLUSIONS: The physical exercises can be performed at all ages, individual or in a group. The physical exercises can be performed at home, in sports halls, outside or at the work place.

Keywords: Exercises; office; sedentary;
The efficiency of Pilates Exercises in developing the abdominal muscles

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Abstract

The abdominal physical exercises have a positive influence on the correct position of the human body and on the proper functioning of intra-abdominal organs. The abdominal area takes the first bad consequences: atony, the deposits of fatty tissue.

Objectives: The main objective of this paper is to form the motivation for performing the Pilates Exercises either as an individual person or in a group.

Methods: During the study, Pilates Exercises were performed insisting on the abdominal muscles. The subjects had different ages and different level of physical training.

Results: At the end of the study, we noticed that the results were very good, due to the fact that the persons involved were satisfied by the results and they recommended the Pilates Exercises to friends and acquaintances.

Conclusions: Due to the numerous benefits, the Pilates Exercises is an efficient and necessary method for any person, no matter of age, weight and physical condition.

Keywords: Pilates; exercises; abdomen; muscles;

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