Study regarding the perception of the Bucharest University's students over the importance and role of Physical Education and Sports in their lives

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Abstract

The purpose of this study is to identify the opinions and attitudes of students enrolled in the P.E. course, regarding: the motivation for practicing physical exercises; the goals they establish by the enlistment in the course of physical education; the importance of the courses from a psychological, physiological and social perspective; the fulfillment level across some aspects of the participation at the course. The main results demonstrate that the students of Bucharest University enrolled at the P. E. classes value the activities within this course and consider them an effective solution for the development of a healthy lifestyle in the present social and economic context.

It is also important to inventory the students reasons underling the enrolment to the physical education courses so that to try, through appropriate programs, to meet these desires. Therefore, a good knowledge over these aspects will lead to the efficiency and the opportunity of our activity.

Key words: physical education, non-profile higher education, motivation

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Evolution of Body Mass Index in Successive Independent Samples of Romanian Young Women

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Abstract

The present study was undertaken to assess some anthropometrical parameters in successive independent samples of Romanian young women. The study is based on the supposition that in the past 15 years the young women weight increased, influencing implicitly the body mass index values. The study goals, beside the hypothesis validation, are to estimate the average BMI for 19-21 years old female population and to analyze the possible causes of its evolution. The study sample enveloped female students in the first two university years, healthy, taking physical education classes, with an urban lifestyle.

The study sample has 121 units of analysis, an equivalent number with the reference group. The individuals were randomly selected from the female students who take physical education classes. Collected data were quantitatively analyzed and statistically compared with reference data collected during 1999 and 2000 years.

Discussions about the study’s findings are focused about the measured parameters trends and the possible implications and consequences for physical education domain, health and vigor of the young generation. Considering the study’s conclusion, corroborate with other medical and anthropological results on similar topics, a set of practical recommendations for physical education domain have been made.

Key words: body mass index; physical activity; lifestyle; health education; quality of life
THE INFLUENCE OF BASKETBALL GAME ON THE PSYCHOMOTOR SKILLS OF FUTURE ARCHITECTS

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Abstract

The purpose of this paper is to study how the basketball game can improve certain elements necessary for the developing of a young man into practicing a professional activity. Practicing basketball game helps students, to develop creativity, willingness and ability to make decisions, to assume roles and responsibilities. Physical activity through sport (basketball) leads to advancing the limits set by human nature. The effects of athletic performance also reflect on professional and social achievements.

I chose this topic to study the ways and means by which to attach technical and tactical characteristics of basketball expression, of psycho-behavioral model elements necessary for a future architect. As is known, the practice of physical education and sport activities can develop all mental processes (cognitive, affective), demonstrating that these activities ultimately affect positively the perceptions of space, movement and time. In higher education, physical training should correspond to degrees of physical, motor and psychomotor skills of students.

During the research that I intend to carry, I will try to promote and apply a program of physical education and sport specific to basketball game that harmonizes with the professional profile and necessity to move.

Keywords: basketball; psychomotor capacity; creativity; spatial vision.
Abstract

The purpose of the research was to highlight the evolution of the somatic indices and the development of the motor skills in ontogenesis of the children during the primary level, to achieve a realistic didactic plan.

In this paper we intend to show that there are statistically significant differences between students enrolled in the preparatory class and students enrolled in the fourth grade, in terms of anthropometric indices and motric capacity.

Research sample was made from 60 students using statistical step method. Four groups were created: a group of 15 girls schooled in the preparatory class, a group of 15 boys schooled in the preparatory class, a group of 15 girls schooled in the fourth grade and a group of 15 boys schooled in the fourth grade.

Following the comparisons made between the four groups of students showed us that there are significant differences among students enrolled in preparatory class and those enrolled in the fourth grade, in terms of anthropometric indices. In terms of motric capacity, boys and girls had a different evolution during the primary level. The boys showed no differences at the level of strength and mobility, but the girls improved these components of motric capacity.

Keywords: Anthropometric indices, Motric qualities, Primary level
Empiric Analysis over Physical Condition Level of 4th Grade Students Munich Fitness Test

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Abstract

The world is in a continuously movement, therefore human need, which are initial described in Maslow Pyramid, need to suffer different changes. By these transformations the most affected humans are children. This fact can be easily observed by analysing their health and physical condition level. The goal of this study was to observe those changes undergone by 4th grade students regarding their physical level. The central core of this research was represented by the application of the Munich Fitness Test. The test was implemented in 2 stages, an initial stage and a final one. Between the 2 stages students participate to a physical training period in which was applied a series of physical exercises aiming the improvement of conditional and coordinative skills. The study ended with a comparative analysis between the results obtained of the initial and final stage with the help of the Munich Fitness Test.

Keywords: empiric analysis, physical training, Munich Fitness Test, coordinative and conditional skills

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Contribution For Developing Static And Dynamic Balance At 3rd Grade Students

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Abstract
In this research was realised an evaluation of both static and dynamic balance applied on students from the 3rd grade. The research was conducted in physical education lesson which took place during the first semester of 2013-2014 school year.

This paper presents the motor performances established by the subjects after applying four evaluation tests: two tests for static balance (Unipedal stance test and Sensitized Romberg test) and two tests for dynamic balance (Fukunda stepping test and Vestibular stability test). It has been one group witch benefit of initial assessment and final assessment, evaluation content was composed from the tests already presented.

The research realised a comparative analyse between motor performance of the experimental group at initial assessment and final assessment.

For the balance improvement, over the experimental group was applied a series of specific methods program between both evaluations.

Keywords: static balance, dynamic balance, evaluation test, primary education;
Contributions regarding the development of the explosive force capacity by plyometric exercises for the male volleyball team of the Bucharest University

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Abstract

The main aim of the paper herein is performing a study regarding the establishment of muscular training programs by using plyometric exercises with weights, in view of perfecting the training methodology for the development of the explosive force quality in volleyball students. The experiment of the research herein has been done on 20 volleyball students.

In order to achieve this research we have used the standing broad jump. The experiment lasted for 7 months, with 3-4 trainings per week, the experimental group has used plyometric exercises with weights and the control group has used simple plyometric exercises. The data have been processed using the arithmetic means.

Following this experiment, we can come to the conclusion that using plyometric exercises with weights as a main factor of the experimental group, has lead to a quicker development of the physical qualities of force and velocity, as compared to the simple plyometric exercises used by the control group.

Key words: plyometric exercises, muscular preparation, explosive force.

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The effects of pilates, stretching and fitness on the body composition of overweight and obese students

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Abstract

Currently, many young women are dealing with the issue of additional weight. In this context, we proposed to intervene in order to increase the life quality of these persons by drawing-up certain exercise programmes (Fitness, Pilates and Stretching) will lead to a change of the body composition by increasing the active muscle mass to the detriment of the adipose tissue, by reducing the weight surplus, by overall strengthening of the body and by increasing the effort capacity of young overweight and obese students. Based on BMI, the study group was established, composed of 25 students with overweight A.S.E. Bucharest. After applying the programmes, carried out 3 time per week with medium or low intensity and 60 minutes period for each programme (October 2012 – May 2013), the final testing have revealed significant differences in most of the indicators monitored.

Keywords: female students; obesity; overweight; physical exercise; body composition
Study about the Frequency of Pupils’ Medical Exemptions from the Physical Education Discipline in the School Year 2011-2012 at the Pre-University Education Level in The Municipality of Bucharest

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Abstract

This paper is the result of a research conducted in some schools and high schools from the Municipality of Bucharest, in the school year 2011-2012. Based on the collected statistical data, it attempts to propose solutions meant to optimize the problems related to pupils’ medical exemption from the physical education classes. In the present study, we tried to analyze the current situation in the Romanian schools and we consider that the collected data will be relevant in this sense. However, we are convinced that further research at the national level is required, in order to draw up a unitary strategy relying on the respective data and conclusions. By considering that the full or partial exemptions from the physical effort can be seen as an indirect factor related to pupils’ health condition, one of the possible solutions would be the insertion of some kinesitherapy jobs for the school and career orientation room. Another solution would be to find motivational ways for pupils during the physical education class.

Keywords: pupils; medical exemption; physical education; physical exercise.
Abstract

The priority of the society in which we perform our daily activity should be represented by the youth’s education and development on the following components: physical, psychic, esthetic, moral ones etc. In the young student’s education, the childhood and adolescence periods are crucial, the family, school and university environments playing an important role in showing the child, and later on the young student, that the practice of motor activities has a positive impact on the formation/education of a healthy lifestyle. Through this paper, we aim to both analyze the way in which the healthy lifestyle components are perceived by students and identify the essential and useful values for the construction of a pro-movement attitude in the young generation, with a positive effect on the quality of life. The research is based on the survey method and uses a questionnaire created by the authors and administered to a number of 101 students from the following non-profile universities of Bucharest: Technical University of Constructions (UTCB), Academy of Economic Studies (ASE), “Ion Mincu” University of Architecture and Urbanism, “Alexandru Ioan Cuza” Police Academy and Polytechnic University.

Keywords: lifestyle; health; quality of life; motor activities.
Application Of Particular Means In Volley-Ball In Order To Increase Physical Abilities Of High School Female Students

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Abstract. By forms and means allotted to it, physical education is trying to find new methods of efficiency in didactic activity, the main goal being the achievement of educational objectives in the instruction process. An efficient method in obtaining general and special skills asked for by the Curriculum can be found in the organized activity inside physical education lessons, the goal of it, after all, being the constant development of students’ attitudes and their physical, psychic and cognitive skills. The improvement of physical abilities at high school female students is carried out after a special designed model and it is a process of training and development of those physical abilities specific to the game in cause and also a process of improving those physical qualities sought after in the game itself. The purpose of this study consists in highlighting the positive effects on the physical quality improvements in high school female students’ skills obtained using particular means in playing volley-ball inside physical education lessons. This study is trying to propose a method, eventually a work strategy inside thematic links of physical education lessons, thinking that things exposed above will come after all to a better end. At this age, the correct application of means of training by particular exercises with the ball can considerably increase exercise capacity and determine sustained physical activity. The results of the investigations undertaken have proved that the strategy work and method used within thematic links of physical education lessons with a content from volley-ball game is efficient, this ensuring body’s capacity for a greater volume of effort. The results of the investigations have shown that the method and the strategy to be used in the context of thematic links to the physical education lessons with content from the game of volleyball is efficient, it provides the possibility for the body to be able to support a higher volume of effort.

Keywords: optimization, high school students, volley-ball, physical ability, physical effort, physical capacity;
The Impact of Physical Education on the Lifestyle of Students in University Colleges from Israel

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Abstract

Physical education is a compulsory discipline in the academic curricula of only two Universities in Israel. The aim of this article was to examine students of one of such universities’ attitudes, regarding physical activity during their academic training and the role that physical education, as a curricular discipline, has in developing behavior patterns and a healthy lifestyle. The research was conducted during the first semester of the academic year 2012-2013 in a group of 270 participants, divided into two groups – control and experimental group. Students’ attitudes towards physical activity were assessed using a questionnaire. Physical condition of students was measured using Ruffier, Sit Up and Sit and Reach tests. The collected data were analyzed using SPSS, while the differences between means were compared using T-tests. At the end of the semester fitness parameters to experimental group has increased and their lifestyle was positively changed.

Keywords: college students, curriculum, physical activity, lifestyle.
Socialization Through Sport, Effects of Team Sports on Students at Primary Level

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Abstract

Team sports provide children and youth in general more opportunities to develop both physically and socially, physical activities performed with other children allows them to develop social skills by interacting with other colleagues. Sport game has psychosocial connotations, with individual behaviors, such as: motivations, perceptions, attitudes, beliefs, opinions, behaviors, attitudes, traditions, moods and feelings, but also with ones structured collective as: conscious organization, relationships and intra-group tasks, reality and common objectives, management structures, etc. Through playing and sport competition, the child can gain confidence and can try new forms of relationships and cooperation so that he could highlight his potential, qualities, emotions and feelings.

In this paper we analyzed the importance and effects of team sport on socialization and social integration of students, how they act and what are the means by which socialization through sport develops harmoniously the students not only physically but also mentally and socially. Using the observation method and Group environment questionnaire we will highlight the importance of team sport and socialization through sport on students at primary level, how they act together and why team sport facilitates the development and socially integrates the child in society.

Keywords: cohesion, sport groups, socialization, motor activities.
Developing Cohesion in Sportive Group Through Socializing Means of Motor Activities

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Abstract

Motor activities are considered a perfect framework in youth development being more and more important in modern society. Motor activities, whether organized, as physical education class and sports training, leisure time activities or competition, have at this age level, primary education, a strong playful character, aiming both to develop motor skills and physical fitness and especially the psychosocial parts.

School group cohesion is very important in the evolution of group performance, so from the ascertainment that in groups where there are positive relationships of sympathy, friendship, and cooperation the activity is most effective, we had tried in this study to analyze and develop cohesion of a school group through the socializing means of motor activities.

In this study we have tried to demonstrate the socializing role of motor activities in the development of group cohesion, using the observation method, the survey method and the socio-metric test we analyzed the cohesion index of a sport group, we studied the preferential relationships of election and rejection and we tried to find ways to reintegrate the marginalized subjects in the social group.

Keywords: cohesion, sport groups, socialization, motor activities.
Study Regarding The Influence Of Gimn Activities On The Development Of Effort Capacity

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Abstract

We define tangible activities as own purpose activities (autotelice and autoplastice) that address the human desire to practice them to experience the joy of movement, for their physical development, recreation and entertainment, compensation or amelioration (Epuran, 2005). Inspection methods that I used: bibliographic study, experimental method, statistical method - mathematical and graphic representation. The sample used in the survey was composed of 60 students from the University of Bucharest, and the training program was conducted in two groups differently. In the control group we worked with traditional means, traditional, while in the experimental group we applied the intervention plan. Independent variable of this experiment was a training program for improving aerobic capacity. Both groups were tested functionally by Ruffier - Dickson test and the results were processed and plotted. Cardiovascular parameters in both samples investigated at the initial testing indicate a satisfactory physical condition and poor adaptation to stress, with no significant differences between study groups in any of these parameters. In statistical calculations, we find significant increases in the values of the experimental group at final testing. It can be concluded that the experimental group's progress is the result solely of the independent variable. Conclusions: We believe that a sedentary lifestyle is the main reason for the low level of cardiovascular function of subjects in the control group. The fact that 65% of the experimental group subjects passed category "satisfactory" in "average" and "good" in the application of a training program to improve aerobic capacity, supports the possibility of structuring more physical education lessons on this type of effort.

Keywords: bodily activities, effort capacity, students.

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The Importance of Improving the Development Indicators of the Reaction Speed at Middle School Students (5th Grade)

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Abstract

This piece of work presents an experimental study that highlights the importance of improving the development indicators of the response speed and consists of testing an average of 40 subjects split in 4 groups, two experimental and two witness taking into account the gender. The methods used were numerous, the most important being the observation method, the experimental method, the statistical-mathematical one and the graphical one which brought to light the progress that had been recorded by the experimental groups compared to the witness ones. The hypothesis of this piece of work consists of the checking if by this instruction means that have been chosen we can significantly improve the speed development clues with useful use in lessons. The target of this piece of work is to demonstrate that by these means carefully selected and scientifically applied the goal hypothesis may be checked.

Keywords: Reaction rate, development, secondary school, improvement;
Comparative Study about the Particularities of Children’s Motricity from the Development Regions of Romania

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Abstract

In a modern society, where the health of the population is increasingly affected by a sedentary lifestyle, to assess the somatic, functional and motor potential of the students is an ambitious objective that requires a high professional responsibility. The study shows the partial results of a research conducted in the project „Evaluation of bio-motor potential of the school population from Romania” (2011 - 2012, MCTS, UNEFS). The research consisted in evaluating the bio-motor potential of students in the grades mentioned here, through a set of tests that included trials to assess their motor and functional abilities, and the somatic development. The set of tests was applied by physical education and sport teachers from over 3,600 schools in 26 counties, based on an evaluation guide. This paper highlights the traits of students’ development from the 1st, 5th, 9th and 12th grades of some schools, from 12 counties. Considering that the evaluation reflects the level of student’s motor development, the environment and the educational influences, this paper presents comparative results achieved in similar studies conducted in Romania and in other countries. The results are correlated with the particular evolution of motricity at different ages, but also with specific social and economic aspects of the Romanian development regions (average salary, GDP per capita, unemployment, life expectancy). The findings provide benchmarks on the motor potential of children at those ages and its relationship with the living standards of the population living in those counties.

Keywords: bio-motor potential; physical education; motricity; evaluation
The Role of Coordinative Skills in Technical Training in Handball

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Abstract

Handball game is characterized by a great number of variables and practically only its regulations are constant. Even if the game technique and tactics reach, through repetition, a certain automation degree, the space and time variables in which they are developed emphasize the technical-tactical game variability. Coordination aptitudes are decisive to construct the handball player’s technical abilities. They represent the support on which, through training, technical abilities will be implemented. The spatial and temporal succession of many technical abilities directed towards an objective will determine the tactics.

By establishing the optimal moment for the identification of the aptitudes required to build the players’ technique and tactics, we shall create the premise for an efficient way towards performance and we shall thus prevent the coach and the athlete from wasting their time. To determine the correlation between the coordination aptitudes and the basic technical-tactical content in handball, we conducted an ameliorative-ascertaining experiment during 52 training lessons, on a group of 16 children aged 8 to 9 years old.

Our research hypothesis was that the subjects with higher coordination aptitudes could learn faster the basic technical procedures specific to handball. The research methods were: documentation, pedagogic observation, testing, pedagogic experiment, statistical-mathematical processing and graphical representation. By analyzing the obtained data, we noticed the positive correlation between the coordination aptitudes, namely the subjects with higher values of their coordination aptitudes managed to better learn the basic technical-tactical game content, which validated our research hypothesis.
Increasing the Skiing Learning Efficiency Through the Variable Effort Method

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**Abstract**

Learning the basic technical procedures in skiing and the practice of this sports branch by persons of different age categories has become, one year after another, a more and more accelerated process. If the environmental conditions and the special materials represent objective factors in skiing learning, the human being’s stored aptitudes represent its subjective factor. We think that the instruction methods and means used to achieve the skiing goals are subjective factors which can be improved through their implementation modality and this can lead to the training process optimization, an aspect that has determined us to approach this topic and conduct an ameliorative-ascertaining experiment. Our research mainly aimed at increasing the efficiency in the process of learning the technical “downhill Christiania turn” procedure, by using the most effective methods and means. The study, developed within 28 lessons held in the Parang Training Center, included 32 subjects randomly distributed in two groups of 16 each (the experiment and control groups). Our research hypothesis was that, by designing the work schedule for the practical skiing lessons on the basis of the didactic learning principles “from easy to difficult” and “from simple to complex”, we could accelerate the learning of basic technical procedures. The employed methods were: study of the bibliographic specialty material; pedagogic observation; testing; experiment; statistical-mathematical method; graphical representation. The obtained results proved that the approached method and means increased the instruction process efficiency, which validated our research hypothesis.
Study Regarding the Motor and Aptitude Feedback in Mainstream Pupils Participating in Unified Gymnastics Competitions – Applicative Routes

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Abstract

The present study aims to identify the motor benefits provided to mainstream pupils by their preparation and participation in unified gymnastics competitions – applicative routes composing the inclusive education project initiated by us– and also to determine pupils’ awareness and attitude change towards their partners – children or persons with intellectual disabilities. The experimental group was made up of 50 schoolgirls: 25 from Children’s Club and 25 from Children’s Palace of Bucharest, who participated in the 1\textsuperscript{st} and 3\textsuperscript{rd} competitions within our project. To determine the investigated pupils’ motor performances, we assessed their time scores in the route completion and to determine their attitude towards the disabled children we constructed and interpreted a special single-item questionnaire administered before and after the competition. To reinforce and diversify the attitude-profile determinations on the three directions: affective, cognitive and behavioral ones, we performed a video analysis of pupils’ behavior during all the competitions, in their direct relation with the intellectually disabled children. The statistical analysis results related to the coefficient of variability, the coefficient of significance and the t-test reveal important motor accumulations and behavioral changes.

Keywords: motricity; unified gymnastics; applicative routes; competition; attitude.
Identifying the Cases of (Micro) Educational Crisis in Physical Education Class and their Management

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Abstract

The Romanian school it is found an increasing number educational crisis or violent situations. They can be found including the physical education lessons which because of their specific, the effects of such events could be more pronounced than in other lessons.

In present society, the context in which educational crises occurring and how they are perceived make their management to be more difficult. This study aims are to give an image for educational crisis frequently encountered in physical education class at primary and secondary schools, to identify the causes that can determine and provide concrete solutions for managing them by teachers. The role of teachers is to predict educational crisis, to find the most appropriate methods to counteract them to ensure a safe and appropriate training and development of students’ personality. From this point of view, in the educational activity, the teachers must to form a lot of managerial intervention strategies by which they can develop measures for (micro) educational crisis.

Keywords: classroom management, educational crisis, physical education, violence

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