Single-center epidemiological study on the incidence of hepatic hydatid cyst

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Abstract

Echinococcosis is a parasitic disease by Echinococcus granulosus tapeworm through its larva infestation. Hydatid cyst becomes a health problem interesting by demographic changes in recent years. If until recently was a disease of the pastors or breeders and animal lovers in rural areas, increasing the number of stray animals on the streets of big cities moved curve incidence and prevalence of disease onto the city. Worldwide pathology is prevalent in the Mediterranean, South America and Turkey. The present study examines patients admitted with the diagnosis of hydatid cyst in Colentina Clinical Hospital, Bucharest, for a period of six years. The results demonstrate that the incidence is highest among women (58\%) than men (41.3\%). Also, data processing statistics show that the prevalence / incidence is higher in urban areas compared to rural areas. We want the results of this study lead to hypothesis that can be demonstrated by analitical studies, because, without fundamental knowledge provided by descriptive studies, is almost impossible to ask about the etiology and effects of treatments that can be used in the management of hydatid cyst.

Keywords: incidence, Echinococcus granulosus, Romania;

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Biathlon and its Protagonists from Sochi

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Abstract

As an Olympic sport biathlon was accepted at the 50th session of the International Olympic Committee in Paris in 1955 as a result of the proposal of the Austrian federation. Biathlon was featured in the programme of Skaw Valley in 1960, where for the first time 30 athletes from 9 countries competed for the Olympic title in the 20 km event. There have been 15 editions of the Olympic Games since then in which biathlon has managed to develop more and more with 5 events being featured in the competition programme. With the first edition of the Olympic Games hosted in Russia, a sixth biathlon event was introduced – mixed relay. This event provided the opportunity to possibly equal the last winter Olympic medal record. The record held by the legend of the world biathlon - Ole Einar Bjørndalen. At the same time Russia has entered the history books as the second country organizing the Olympic Games that manages to win the Olympic gold, the same as in 1992 when the French relay won gold at Albertville. The aim of this work is to explain the complexity of this sports discipline and to present the results obtained by the biathlon sits at Sochi.

Keywords: biathlon; Olympic Games; athletes; Sochi
The Study of Body Composition in Female Unsporting Population from the Academic World

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Abstract

The structural components of the body are made up of elements of very different nature and density (bone, fat, water, protein, etc.), all together forming body composition. Study of body composition and comparing it to the standards of different ages give us information about the state of the body at a time. This study was conducted for a period of three years, and as subjects were used students from the first year of study from the Academy of Economical Studies - Bucharest. There were a total number of 182 students evaluated at the following parameters: height, weight, body mass index (BMI), fat mass, muscle mass, visceral fat and resting metabolic rate. Determination of body composition allows the correct assessment of nutritional status, interpretation of energy metabolism and the development of guidance on diet or any programs to increase the active muscle mass.

Based on this kind of measurements we are able to create a model of the female unsporting population from the academic world and we are able to comments about the nutritional status of this population segment.

**Key words:** nutrition, body composition, muscle mass, fat mass
Generalities and particularities in the management of the private law sports club

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Abstract

The study aims to ensure effective separation of particular aspects regarding efficiency of the management of the sport club system of private law. Private sports club is an organization designed as an open and dynamic system, which promotes the use of comparative management, in order to improve all factors involved in getting performance.

In the paper there are presented the elements, traits and aspects of management, restricting the increasing number of athletes in the groups performance promoted in the private club. Private sports clubs from Romania to follow the majority, initiating children in the branches of sport, a few being those who intend and the creation of performance groups. The Club put in question are characterized by a high performance management highlighted by the number of the departments in which athletes obtain performance in competitions organised at different levels. The strong point of the Club is the Organization of sections in rural areas and in towns adjacent to the city of Constanta and thus attracting sports activity of a large number of athletes and the hiring of teachers/coaches dedicated to the profession.

Keywords: international management, educational field, social and economic
Abstract

Whatever the style, all martial arts use the mind as the main pillar of the physical manifestations. Corroborating the methods that influence the psychomotor capacities with concentration meditation and breathing exercises, individuals can develop a powerful, complex and balanced psycho-physical system.

Through its structure, ju-jitsu seeks to cover all aspects of the fight, providing a comprehensive training of the individual. The influence that this art brings to the psycho-physical training of the individual is due to its main technical groups: atemi-waza (blows to the body), ukemi-waza (break falls), nage-waza (throwing techniques), katame-waza (grappling techniques), kansetsu-waza (joint locks), shime-waza (stranglehold), ne-waza (ground grappling), kobudo (weapon technique) and kyusho (pressure points study). The main skills and abilities developed by these techniques are: speed, balance, control, force, attack and defense reflexes, pain tolerance, orientation, coordination, flexibility and others.

The training sessions in ju-jitsu begin with mokuso or that state of meditation and concentration that should be performed before and during fights. Modern martial arts protect the mental and physical integrity, improving the psycho-physical and moral-volitional qualities of the individual.

Keywords: Ju-Jitsu, psycho-physical training, martial arts
Abstract

The present work proposes to approach the problems of bodybuilding and fitness exercises practiced at level of leisure sports, in view of improving physical conditions, physical appearance, health state, important elements that contribute to the increase of life quality. We specify that the topic refers especially to work exercises and methods specific to the body building sport branch that may be used successfully by any person, either sedentary or not, for the purpose of improving physical condition (fitness level) and physical appearance.

The topic shows a high degree of good opportunities having in view the fact that at present, both at national and worldwide level, the bodybuilding and fitness exercises enjoy a high popularity among all categories of persons.

Keywords: bodybuilding; fitness; individualization; leisure sport; sedentary persons.
Abstract

The manifestation of the interest in a harmoniously developed body which meets the aesthetic requirements of each society has been motivated by man's desire to build a better self-image, also reflected in the social and cultural environments. Although the autoplastic role of physical exercises is consecrated in the theory of corporal activities, the science development and the technology outburst determine changes in approaching the practical intervention modalities. The purpose of our paper is to make a comparative presentation, with for and against arguments, of the physical exercise and plastic surgery roles and influences on the achievement of the aesthetic body ideal.

Keywords: physical exercise; plastic surgery; body remodeling; body sculpting; aesthetic ideal.
Offsetting Doctor Specific Professional Stress through Leisure Physical Activity

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Abstract

Supporting the active lifetime concept, leisure physical exercise programs for adults must fulfill specific motion needs of different subject categories. Such programs should be based on certain features of the target group, among which very important are the specific aspects of physical and mental professional demands. The study began with a questionnaire applied on a number of 40 physicians of different specialties, aiming to outline a synthetic profile of their professionally-related stress. Based on the revealed data, we have developed an exercise program that aims to optimize the most requested aspects of psycho-motoric potential. Finally we tested the effectiveness of these programs through motor and psycho-motor tests applied before and after a six months training period. After applying the physical exercise programs, significantly improved results appeared in all measured parameters. Leisure exercise programs based on a synthetic picture of the professional physical and mental demands can come to meet physician’s specific leisure needs.

Keywords: Physical Activities; Leisure; Professional Stress; Doctors
A Systems’ analysis of Health Enhancing Physical Activity Policy Making at Local Level In Romania

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Abstract

Intersectoral health enhancing physical activity (HEPA) policies are necessary for tackling the epidemics of overweight and obesity. The current study aimed to identify the stakeholders involved in local HEPA policy making in Romania and to describe the roles of and the interactions between stakeholders in the policy making process. The methods used were document analysis, stakeholders’ interviews and requests for public interest information.

The stakeholders involved in local HEPA policymaking in Romania are: (1) national public institutions in the sport, education and health domains that develop national strategies, (2) local offices of national institutions that implement national strategies, (3) local administration authorities that finance local HEPA proposals and (4) civil society and private bodies that develop and implement HEPA programs.

The contact and collaboration between public and private stakeholders consists mostly on sharing resources in the implementation of HEPA policies. Policy gaming could enhance the use of evidence in intersectoral HEPA policy making.

Keywords: health enhancing physical activity; policymaking; system analysis; intersectoral.
The comparison of flexibility and physical characteristics in czech adult population

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Abstract

The purpose of this study was to investigate the relationship between flexibility (detected by sit and reach test) and percentage of body fat. The secondary aim was to describe the relationship between flexibility and waist to hip ratio (WHR) and BMI by gender.

1266 subjects of adult (18+) Czech population (581 men and 685 women) participated to this cross sectional study.

Pearson correlation coefficients revealed significant relationships (p<0.05) between flexibility (sit and reach test) and %BF (r = -0.133), WHR (r = -0.314), BMI (r = -0.298). However, the coefficient of determination (% BF: r² = 0,018; WHR: r² = 0,09; BMI: r² = 0,088) shows at relatively low size of effect of the relationship between flexibility and selected indicators of obesity.

When we looked for a relationship between the degree of obesity and flexibility in men and women, we found that % BF significantly higher determines the flexibility in men than in women (r = 0.406 vs 0.332). For other parameters (BMI and WHR) were correlation with the flexibility lower and similar both sexes (demonstrated statistical significance at p <0.05).

Keywords: flexibility, body fat, obesity

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Review: Comparison of different HIIT protocols regarding to its effect and application
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Abstract

High intensity interval training (HIIT) is effective strategy including short repeated sprints with very high intensity followed by low intensity exercise or active rest phase. Mostly mentioned types of training are HIIT 30sec Wingate test and HIIT with short intervals, which are performed by stationary bicycle ergometer. For our comparison, we reviewed 34 articles from scientific databases Scopus, Sportdiscus and Web of science. Researches were performed with representative sample of 10-45 people. In the first case of HIIT, the 30sec Wingate test was done during 2-6 week cycles, 3 times per week with frequency of 4-7x 30sec (Wingate test), 4-4,5min rest phase with 80-100% submax./max. capacity. Authors of researches identically say that after 14 days it is getting to significant increase of VO2max +25%. Next observed effects of HIIT are associated with improving endurance abilities and oxidative capacity by 10-35%. In the second type of HIIT training, authors describe 2-24 weeks cycles, 2-4 times per week, 20 min: 6-24sec lasting exercise with 90% VO2max capacity, the active rest phase takes 12-36sec. Authors say, there are significant changes in reduction of glycogen, increasing oxidative capacity and reduction of subcutaneous and visceral fat already from second week against the control groups.

Keywords: HIIT, high intensity interval training, wingate test, short interval, physical fitness

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Abstract. Evaluation scores of critically ill patients began to develop in the ’70s, in an attempt to create a real model to allow the quantification of disease severity, outcomes, prognosis and mortality rate of hospitalized patients in ICU. Over time many such scores were developed, some of them have lost practical value, being no longer in use, others are important tools in assessing critically ill patients. There are basically four areas of application of these scores:

• research and clinical trials - for this purpose, scores serve as common, standardized tools of patient comparison, as a common language for researchers and clinicians, who may thus decide how the results of clinical research can influence their daily practice.

• administrative field - refers to the capital allocation depending on the disease severity, to cost-effectiveness analysis.

• performance assessment field: comparative performance assessment of ICU from year to year is important, as well as, individual performance assessment.

• assessment of individual prognosis and treatment protocols or decisions. There are four known validated prediction scores: APACHE (Acute Physiology and Chronic Health Evaluation), SAPS (Simplified Acute Physiology Score), MPM (Mortality Prediction Model) and SOFA (Sequential Organ Failure Assessment) score. A prediction score (severity score) represents a numerical value, composed of a variety of clinical parameters, quantifying the severity of the disease. This can be introduced into a mathematical equation, the result reflecting the probability of clinical course, usually the mortality rate.

There is an obvious correlation between the severity of the prediction score, length of ICU stay and the complexity of physical therapy. This study aims to demonstrate the importance of starting prompt physical therapy in critically ill patients with high severity scores, significantly influencing individual recovery and prognosis.

Keywords: First keywords, second keywords, third keywords, forth keywords;
The indicators of obesity according to the amount of performed physical activity in the adult population of Czech Republic

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Abstract

The aim of this paper was to assess selected indicators of obesity according to the amount of performed physical activity in the adult population of Czech men and women. As basic indicators of obesity, these following parameters were selected and measured via the bioimpedance method on the device InBody 720: BMI (body mass index), WHR (waist-to-hip ratio), PBF (% body fat). The measurements on the device InBody 720 and the accompanying survey were conducted between 2011-2013 in different regions of the Czech Republic. The sample consisted of 686 women and 591 men. At first, the tested men and women were asked to estimate the amount of performed moderate and vigorous physical activity during the last seven days. Based on the responses, we subsequently divided our sample into five categories. The results show that in men and women from our sample, the average values of selected indicators of obesity vary depending on the amount of performed physical activity. The values of BMI, WHR and PBF decrease with the increasing time devoted to vigorous and moderate physical activity (p <0.05). The research was realized within the project CZ.1.07/2.3.00/20.0044.

Keywords: obesity, physical activity, adult population
Therapeutic use of dance to reduce anxiety and stress

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Abstract

The Dance Therapy offers a holistic approach to healing, that addresses both body, the mental and emotional state of the person. Knowledge of the individual solutions and strategies for the prevention and removal of negative implications of stress becomes necessary current. This paper aims to present the role that it plays in the fight against stress.

In preparing the paper the following research methods are used: sociological survey questionnaire based on self-assessment of stress-Cohen and directed call, statistical and mathematical methods, as well as graphic representation method.

The experiment was conducted over an academic year in a group of 50 subjects who participated in two lessons per week and an individualized program of self-employment. The talks have shown interest in the development of female students for dance therapy with health benefits. The most important physical effects felt after practicing dance are: increased self-confidence, increase self-control capacity, reduction of anxiety.

Dance therapy lowers the score in the final testing of the questionnaire for self-assessment of stress: if in the initial testing 6.4% of the subjects were “highly stressed”, at the final testing only 1.2% were still included in this category.

The conclusion is that the subjects with high stress scores on initial testing had lower levels of stress at the final testing, which proves that dance is an effective prophylaxis and treatment of stress.

Keywords: therapy, benefits, health

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Abstract. Strategy: a product of the strategic management plan consisting of a comprehensive, unitary and integrated management action, established to achieve the objectives set, specifying how the administration will be led, how it will act and what actions will be developed in order to meet the mission. Mission: conception senior management regarding the profile, identity and direction of the major national sports federations on medium or long term, through the activities that will be conducted, through the products or services they intend to achieve. Strategic Objectives: the existence of the national independent function, the administration restructuring, accessing public funds, halting bureaucracy, harmonizing the legal framework of the administrative coherence, strengthening the autonomy of national sports federations, reducing imbalances.

In the light of these concepts and others (barriers, resource analysis, etc.) it results necessary to make an action plan that includes: 1. Making a public service for the exclusive use of actors in sport. 2. Streamlining the administrative procedures, streamlining the document circuit, extending the use of the latest generation equipment, of research in sport and the use of information technology. 3. The uniform and effective application of the system of rules and regulations: the creation of an integrated information system, substantiation of decisions regarding social policy in sport, the public support of sport.

Keywords: Mission, Strategy, Concept, Management, Sports Performance;
Age at menarche in young athletes compared to nonathletic women

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**Abstract**

The age at menarche is a valuable indicator of a woman’s sexual development and maturity. The secular trend in age at menarche was decreasing over the past century. The menarche occurrence is influenced by a series of factors, among others the nutritional status, height and physical activity. We aimed to analyze the growth and development status (menarche) of young athlete women compared to women the same age who have not practiced a physical activity on a regular basis. In the cross sectional study we analyzed the growth parameters: height, weight, BMI and we determined, based on medical history, the age at menarche for 72 young women, aged between 18-24 years, who were present in 2013 at the admission examination to the National University of Physical Education and Sport (NUPES) from Bucharest. We selected 35 young women who practiced sports for more than 4 years, starting from the pre-pubertal period, and 37 girls who haven’t performed any physical activity besides school sports class, or practiced a sport for less than 2 years, after the pubertal period. After evaluating the data we concluded that the age at menarche was 8.64 months later for athletes than nonathletic girls.

**Key words:** athletes; menarche; height; BMI
Study on Physical Development Aspects of 10-11 Years Old Children

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Abstract

The 10-11 years old age group is at the intersection of two important stages in the child’s life. It is included both in the little school age group by some and in the middle school age group by others and it is characterized by major physical changes developed rapidly, mainly due to hormonal changes. Both the proper nutrition and physical activity in the child’s life are crucial to its harmonious development. The study aims to determine a few of the 10-11 years old child’s physical development characteristics. The physical development in 10-11 years old children was assessed during May 2012 on a 105 children sample in grade IV from no. 195 Elementary School, Bucharest. The variables were height, weight, body mass index, heart rate, thoracic elasticity index, muscle index, biacromial, bitrohanterian and thoracic antero-posterior diameters. Discussing the analysed parameters on the whole sample highlighted significant aspects about weight-mass increase and physical development by gender. The views stated after assessment and analysis revealed the major role of both diet and physical activity in the 10-11 years old age group.

Keywords: middle school, growth, harmonious physical development, biomotrice potential

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Therapy through dance in nature

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Abstract
Dance therapy in nature, outdoors, produces highly effective results, leading to a state of well and inner balance. Dance therapy in nature, outdoor, addresses both to people with tense problems, slightly depressed, and to people who want to have fun. All of these have made this method of relaxation to have a great demand among the population, regardless of age and sex. Dance therapy in nature does not imply knowledge of some specific steps, or the fulfillment of the exact rules, but brings the contractor in case of conducting movements in pace. The State produced by motion creates a good feeling that contributes to the health of the body mentally and emotionally. Dance therapy in nature also known as movement therapy is a way of using movement, part of the body to eliminate fatigue, eliminate nervous tensions, calorie burning, etc. While therapeutic dance esthetic moves with spectacular executions are not followed, but each individual manifests himself as he feels. In recent research, specialists say that depending on the type and intensity of movements made, dance offers numerous benefits as well as strengthen bones, burning calories, socializing with new people, expressing anger and unloading, removal of frustration complexes, obtaining a state of contemplation, calm, serenity and loneliness, freshen up people’s body with oxygen, etc.

Keywords: Dance, performance, center of gravity, stability, balance, position;