Abstract

The purpose of the research was to highlight the evolution of the somatic indices and the development of motor capacity in children during the preschool level, to achieve a realistic didactic plan. In this paper we intend to show that there are statistically significant differences between children enrolled at the nursery level and children enrolled at the stage 1 level, in terms of anthropometric indices and motor capacity. Research sample was made up of 60 children using statistical step method. Four groups were created: a group of 15 girls from the nursery level, a group of 15 boys from the nursery level, a group of 15 girls from the stage 1 level and a group of 15 boys from the stage 1 level.

The comparisons made between the four groups of children have shown that there are significant differences among children from nursery and children from stage 1 level, in terms of anthropometric indices. In terms of motor capacity, boys and girls had a similar evolution during the preschool level. The boys showed no differences at the level of thoracic compliance and static equilibrium, while the girls improved these components of motor capacity.

Both boys and girls showed differences in: waist, bust, weight, thoracic perimeter in inspiration and expiration, speed, endurance, mobility of the spine, while in the segmental coordination, body mass index, strength in the upper limbs, abdominal muscle strength, scapulohumeral mobility and general coordination, there were no differences.

Keywords: Anthropometric indices, Motor capacity, Preschool level
Study on Simple Reaction Time for Police Academy students

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Abstract: Due to its efficacy and positive influences, the Krav Maga system has all the chances to become – as soon as possible - the most used training technique in the self-defense course given to students in the Police Academy. In addition, there is the possibility to extend it in the training program for the teaching staff, starting from their commitment to have continuing preparation in the self-defense area, but also to improve their basic motric qualities and the coordinative abilities. Psychomotor skills bring a substantial contribution to the achievement of specific missions and operational objectives of the M.A.I. officers. Specific physical training is one that provides quantitative and qualitative psychomotor support, expressed by: agility, coordination, laterality, sense of balance, spatial orientation, accuracy and stability of movement.

Key words: psychomotor, test, krav maga, training, skills, police officer, technique.
ORIGINAL ASPECTS REGARDING THE MOTOR AGE – CHRONOLOGICAL AGE RELATIONSHIP AT PRIMARY VOCATIONAL CYCLE PUPILS, IN THE FRAMEWORK OF BILATERAL COORDINATION AND BALANCE SUB-TESTS

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Abstract

Purpose. The study of the main specific factors of the psycho-motor phenomenon (in this case, the aspects related to the bilateral coordination and the balance) and also to the relations established between these, in conjunction with the subjects' chronological age, at the vocational primary school level.

Objectives. In the framework of our experiments, we proposed an analysis of the existing relation between the motor age and the chronological age of the primary vocational study cycle, at the level of the bilateral coordination and balance components, by means of the information obtained following the application of the Bruininks-Oseretsky, test battery, Second Edition (BOT-2).

Methods. In order to deploy the research experiment, we selected a number of 20 first grade pupils of the “Bălaşa Doamna” Târgovişte Arts College. The subjects’ evaluation took place on the sports ground and in the gym of the “Bălaşa Doamna” Arts College and was realized in the period 28th April – 9th May 2014. It consisted in the application of 16 items, specific to the bilateral coordination and balance sub-tests, in the framework of the Bruininks-Oseretsky Second Edition tests.

Results. We established the fact that, at the bilateral coordination component level, the average chronological age equals 7.53 (7:6) – and the average motor age equals 9.80 (9:10) years. We observed that the average motor age is greater by 2.30 (2:4) years. The data dispersion is homogeneous at the chronological age and relatively homogeneous at the motor age. The effect size (1.61) indicates great to very great statistical differences between the two ages. Referring to the balance sub-test, the average motor age has the value of 9.55 (9:6) years, whereas the average chronological age equals 7.53 (7:6) years. It results that the average motor age is greater by 2.01 (2:0) years. The data dispersion is homogeneous at the chronological age and relatively homogeneous at the motor age.

Conclusions. It can also be conclude that the use of the Bruininks-Oseretsky test battery, Second Edition, in the framework of an experimental research at this study level, offers extremely valuable data regarding the vocational primary cycle students' psycho-motor features, forming a solid landmark in the orientation direction of the specific instruction – education process.

Key words: motor age, chronological age, vocational primary cycle, bilateral coordination, balance.
PROFESSIONAL LEVEL AND LIFE QUALITY OF PHYSICAL CULTURE AND BASICS OF HEALTH TEACHERS OF PRIMARY SCHOOL

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Abstract. Problem Statement. Due to unsatisfactory medical and demographic situation in Ukraine more attention should be paid to all educational disciplines related to child’s health.
Purpose of Study – to assess the Physical Culture and Basics of Health teachers’ qualification level.
Methods. The pedagogues (322 teachers of Physical Culture and 406 teachers of Basics of Health) who teach in primary school of Ivano-Frankivsk region (Ukraine) were surveyed. The peculiarities of in-service teacher training, using of innovative technologies, the methodical and material support etc. were evaluated. Life quality was assessed by MOS SF 36 questionnaire.
Findings and Results. Most respondents (75%) have been involved in the teaching of Physical Culture and Basics of Health in the primary school for over 10 years. However, only 41.0% have appropriate education in the field of Physical Education, Sport and Health and specialization of Physical Culture teacher. The necessary education and specialization of Basics of Health teacher did not have any respondent. It was found effective studying method skills could be applied by 15.8% of respondents. In-service teacher training in preventive and life skills education had 53.2% teachers of Basics of Health. The Basics of Health teachers have low life quality according to scales related to mental and physical health.
Conclusions. Insufficient qualification level, the inability to implement innovative technology and interactive teaching methods, low health preserving competence are the main obstacles in the implementation of subjects of health profile in primary school.

Keywords: Physical Culture; health; teacher.
OPTIMIZING PSYCHOMOTOR SPEED ABILITY THROUGH PHYSICAL EDUCATION CLASSES
THE PRETEENS USING VALUE GROUPS

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Abstract. Physical education has a distinctive aspect of intellectual formation, affective and driving preadolescents. Regarding the optimization of psychomotor ability of students 11-12 years, we decided to appeal to value groups that are well known in the literature as the method, principle and means. After initial tests, children who have the best results in speed we will integrate into the group of top speed, those who have the best results in the long jump will be the best group in the vault. Treating them differently, we find that the drives use will be effective or not, whether the proposed program will be known after a little progress every student.

Subjects included in the survey are 2 groups of 30 students, 11-12 years of St. Constantin and Elena Secondary School, Sector 6, Bucharest, where I am a teacher. After applying the rating scale disorder attention deficit hyperactivity disorder IV, have passed this first test and ensures that we are able in this regard and the values obtained her psychomotor tests can be models for children suffer from this problem. The thing that will happen in future and collaboration with Hospital Drum Obregia, sector 4 Bucharest.

On the other hand these students we applied a test of psychomotor, shuttle 5x 10m test prescribed in the National Assessment System in the gymnasium. Depending on the results, we made the 3 groups in each class value, which will work differently for 2 months according to the themes of the unit provided. From preadolescents participation in physical education lessons themes psychomotor skills appreciate that their positive reaction and interest in novelty and their desire to progress.

Keywords: psychomotor; physical education lesson;
STUDY REGARDING SPEED DEVELOPMENT IN VISUALLY IMPAIRED PUPILS USING DIFFERENTIATED INSTRUCTION

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Abstract. In this study we used as method the differentiated instruction. Through the use of differentiated instruction in physical education lesson for students with visual impairments, we intend to demonstrate if progress can be made in terms of speed development. The study addresses to subjects with visual impairment, enrolled in special schools, among which we find both blind and visually impaired pupils. The grades we refer to are part of secondary school, a fifth grade and 2 sixth grades. An initial testing was conducted, which targeted the assessment of reaction speed, repetition speed of arms, and running speed. For speed’s first form of manifestation we used the stopwatch test, for repetition speed we used Plate Tapping from Eurofit Battery of assessments, and for running speed we used 5 X 5 Shuttle Run from the National School System of Evaluation in Physical Education and Sport. After applying the evaluation of assessments, value I and II groups were established for each grade involved in the experiment. After completing the instruction program, the pupils were again evaluated, using the tests from the initial testing. The analysis of the results showed an improvement in terms of speed for the visually impaired pupils, using the differentiated instruction.

Keywords: physical education lessons; visual impaired; blind; differentiated instruction; speed.
Study On Accomplishing Group Cohesion of 6 Years Aged Children

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Abstract. The communication and the quality of interpersonal relationships are essential in the creation of a team of athletes, especially for team sports as handball.

The aim of the research is to develop the relationships and to create cohesion within the group of children, but also between children and their coach.

The experimental group is mixed (10 girls and 10 boys), ethnically heterogeneous and composed of children aged six years of preparatory School No. 30, "GrigorieGhicaVoievod" in Bucharest. The team have been training since September, twice a week, for an hour and a half, having as main objectives the acquisition of the basic and practical motor skills while developing creativity and shaping personality.

To achieve our objectives of social and collective integration, the Colibaba-Evuletsociometric test was applied, performing an initial testing in January and an intermediate testing at the end of February. In between testing periods, playful and communicative means were used.

Significant progress on communication and networking within the group were reported

Keywords: cohesion; children; relationships; communication; integration.
STUDY REGARDING THE DEVELOPMENT OF SPATIAL-TEMPORAL ORIENTATION CAPACITY AND KINESTHETIC SENSITIVITY OF VISUALLY IMPAIRED PUPILS USING DIFFERENTIATED INSTRUCTION

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Abstract. This paper will analyze the relevance of using differentiated instruction in physical education lesson from a special school for visually impaired pupils. For this purpose, we applied an initial assessment to establish the status of each pupil’s motricity regarding spatial-temporal orientation capacity and kinesthetic sensitivity. The assessments used in the evaluation were: distance appreciation test, the sounds trilogy sample and weight appreciation test. In the research, there were included four samples, 7th grade A and 8th grade A, as experimental groups and 7th grade B and 8th grade B, as control groups. Subsequent to initial testing, within the experimental groups, close (not open) nature value groups were established. The differentiated activity was held further, according to motor capacity and ophthalmic disease of each pupil involved in the research. In this regard, operational modules were made, targeting the value groups A and B for both seventh and eighth grade. At the end of the period when the instructional program was held, both experimental groups and control groups were again tested. This new evaluation established a development of the spatial-temporal orientation and kinesthetic sensitivity indicators for the two experimental groups.

Keywords: spatial-temporal orientation capacity; kinesthetic sensitivity; visual impaired; blind; differentiated instruction.
STUDY ON THE IMPORTANCE OF PHYSICAL EDUCATION AND SPORTS AMONG THE STUDENTS FROM NON-PROFILE FACULTIES WITHIN THE UNIVERSITY OF BUCHAREST

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Abstract. The purpose of this paper is to highlight that in upper education the activity of physical education and sports represents a step higher than in the pre-university education, occupying an important position within the process of developing the student’s personality, fully contributing in the increase of physical and moral qualities, the proper use of the leisure time, the achievement of the harmony in the student’s development. In the upper education area, the activity of physical education and sports represents a superior step as compared to the pre-university one, occupying an important place in the students’ personality formation process. The organization of the activity on sports branches (attractive, various-ones) of physical education at the level of non-profile upper education, is the basis of students’ option for this discipline in the curriculum. The need for movement and the wish to improve their physical condition represent the motivation to participate in physical education classes. The study was conducted in the second week of the first semester of the university year 2014-2015, on a number of 68 students, in their first year, from almost all the faculties of the University of Bucharest. We used direct interrogation within the study, applied based on a standard questionnaire made up of 15 questions. The collected data were processed with the help of the statistical-mathematical method as well as the graphic method. Following the study we undertook, regarding the importance of physical education for students in the non-profile faculties, we have come to the conclusion that students believe that physical education is an important activity in their life, and even so, there is a very small number of students that practice sports outside their physical education class. The most frequently invoked reasons for the lack of interest as regards physical education are represented by the lack of time, indolence, material conditions, work spaces as well as the economic-financial factor.

Keywords: physical education ; questionnaire ; sport disciplines ;
Study on the motor development of Polytechnic University's students

-Compared analysis-

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ABSTRACT

The objective of the present study is to investigate and analyze the results obtained after an evaluation of the level of motor development of Polytechnic University's students from the first year of study, during the years 2009 - 2012.

The rhythmical analysis of this potential, as well as its dynamics in time represent important ground stones with major impact on the action strategies that are specific to the physical education classes in higher education.

This complex approach reflects both the general level of motor development and the efficiency of the educational process.

The results we've obtained are purely informative but can be used in order to compare and to get a lead when it comes to obtaining and implementing effective strategies that aim at optimizing physical education and sports in higher education curricula.

Apart from the results obtained by the students at different tasks meant to evaluate their motor potential, we've got a series of data that are useful as to determining what the strong and weak points of the students are when put to execute motor tasks. The data will be useful in orienting the current and future activities so that the unsatisfying elements are corrected.

Keywords: university; physical education; motor potential; students
STUDY REGARDING THE EDUCATION OF MOTOR EXPRESSIVITY AND MUSICALITY WITHIN THE GYMNAS TIC AND BODY EXPRESSION ACTIVITIES

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Abstract. Those who understand the multilateral value of physical education must admit the necessity to educate the expressive aspects of motricity as well. Expression exercises will represent a strong motivation for the psychomotor development of children, facilitating expression, creativity and originality in choosing and performing different motor actions with expressive qualities. Rhythmic, artistic, aerobic gymnastics, dancesport are sports activities that aim to educate the special body expressivity at a superior level characterized by a high degree of the communication function, through means having an artistic value. This type of sports activities is an alternative for the practice of a sport and spending the leisure time in an organized way. Starting from the premise that gymnastic and body expression activities have an influence on the aesthetic side of pupils’ personality and leave their mark on children’s psychomotor education, the educational perspectives offered being unique, our study aimed at the body activity focused on the education and development of motor expressivity and musicality at different qualitative levels, from the spontaneous, natural manifestations to the mentally elaborated ones, expressed through meaningful body movement, constructed with a well-determined purpose. During the experiment, our attention was oriented towards the motor gesture expression, the way of interpreting musical accompaniment, but also towards some personality traits able to facilitate the expressivity manifestation. We tried to stimulate the creative fantasy of the subjects, who were put in the situation of composing themselves diverse motor structures, according to musical accompaniment. In the construction of trials, we had in view the display of transposition and expressivity availabilities; the combination of expression forms (directed, free, improvised ones); a sufficient number of themes, stimuli and response situations. Without laying the stress on a particular body technique, we demonstrate within our experiment that certain artistic, aesthetic aspects can be educated.

Keywords: gymnastic activities; body expression; motor musicality
CORRELATION BETWEEN PHYSICAL DEVELOPMENT DIAGNOSTIC AND EXERCISE IN A GROUP OF TEENS FROM GARABET IBRAILEANU HIGHSCHOOL OF IASI

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Abstract. At present, the ideal of beauty in adolescents undergoes significant changes. The idea of fat and beautiful has disappeared, being replaced by the concept of flexible person. Sometimes this concept is exaggerated, so it is necessary to monitor the physical development of young people. Purpose: assessing the relationship that exists between physical development of young people and the time granted to exercise. Material and methods: The study was conducted on a sample of 133 adolescents (37 boys and 96 girls) from Garabet Ibrăileanu Highschool of Iaşi. On the teenagers we calculated the assessment of the physical development. The diagnosis of physical development was established by evaluating the correlation between height and weight. Time for physical activity was obtained using a questionnaire. The results were processed with Pearson test. Results and discussion: time for physical activity is, in most cases up to 30 minutes (56.4%) which is very little. Student height has mean values in 60.9% of cases, as body weight (68.4%). Correlation between physical development and time for physical activity is not statistically significant (p>0.05, Gl=6, χ²=6.146). Harmonic development is present in 58.6% of students. If we correlate diagnostic development with time used in physical exercise we find statistically insignificant differences (p>0.05, Gl=6, χ²=5.355), indicating the existence of poor information concerning the role of exercise in maintaining the health of young people. Conclusions: students have little information about how to maintain a healthy body weight. They do not use the balanced diet-exercise association to keep fit.

Keywords: height; weight; teenagers; exercise.
ASSESSMENT OF ANTHROPOMETRIC INDICATORS AMONG RURAL STUDENTS IN THE WEST OF MOLDAVIA

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Abstract. Study on the anthropometric indicators has a great importance in sport. In various sports requires certain anthropometric characteristics of students selected to be trained. Purpose: anthropometric characteristics of knowledge of students in rural areas in two counties of Moldova, 0-200 altitudinal floor m. Material and Methods: The study was conducted on a sample of 329 children from fifth grade in counties near Iasi (175 students) and Vrancea (154 children). The measurements included height and weight assessment and comparison of the values obtained with the reference of national standards for a certain age, sex and family of origin (rural). Values will be presented by comparing the two counties studied. Statistical processing of the results is performed using the Pearson test. Results and discussion: the dominant values of height are average (48.02%), the differences being statistically insignificant calculated by counties (p>0.05, Gl=3, χ²=0.851). It draw attention the 2.12% young with pathological values for height (above the average +3 sigma), pupils may be selected for certain sports where height is a big advantage. Body weight has average values in 56.83% cases present situation in both counties and the calculated differences are statistically insignificant (p>0.05, Gl=3, χ²=5.757). The weight of the pathological situations occur in 8.2% which is a problem. Diagnosis of physical development allows emphasizing only 59.57% of the children with harmonic development, which is very little. Comparing the differences between the two counties the differences are statistically insignificant (p>0.05, Gl=3, χ²=2.957). Conclusions: The results are similar for the two counties, so it is necessary to use other selection criterion for young people that will be prepared or different sports. Geographical conditions criterion offer few advantages in terms of anthropological indicators.

Keywords: height; weight; teenager; countryside; Moldavia.
Abstract. The role of profile faculties is to train the didactic competencies necessary to the human resource who will teach in schools, by means of some strategies based on interactive-creative learning, which provide the students with the capacity to use the acquired knowledge and abilities. The purpose of this paper is to see to what extent, by applying a unitary methodical line and introducing some active learning methods in the teaching act, the competencies necessary for teaching dancesport in school can be influenced.

To achieve the purpose of the research, we initiated an experiment conducted at the Faculty of Physical Education and Sports within the National University of Physical Education and Sports of Bucharest. The experiment took place in the period between October 2014 and January 2015, during 14 lessons (according to the time schedule and curriculum of the faculty).

The subjects were 117 first-year students attending the course “Theory and practice in expression sports”. Among the 7 official groups established by the FEFS Deanship, 4 groups were chosen for the experiment (2 with specialization in Physical and sports education and 2 with specialization in Sports and motor performance), the other 3 representing the control groups.

For the final checking of the course, it was applied an assessment system differentiated on types of competencies essential for teaching dancesport in school. Results were analyzed through the statistical method, using the SPSS statistical analysis software, version 15.

Conclusions of the paper highlight the benefits of using both the active learning methods and the assessment system structured on types of acquired competencies.

Keywords: dancesport, teaching competencies, assessment, learning methods
Developing and testing agility skills at primary school level

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Abstract. Physical education classes, at primary school level, are based on developing psychomotor skills, one of the most important psychomotor skill is coordination and quickness. At this age, skills like coordination, quickness or both combined, agility, are best developed. Agility is an important characteristic of motor development quality needed to maintain and control body position while changing direction. Agility refers to skills like coordination, speed, balance, dynamic coordination, laterality, static coordination, motor coordination. Those basic skills are very important for future development of children and should be systematically developed in early ages. Our study focuses on a primary school class that practices physical education and we tried to see how they develop their combined coordination and speed skills. We used some agility tests like Illinois Agility, Agility T-test, Agility Cone, Box Drill, AFL Agility, Arrowhead agility test and so on. After using some specific programs to develop speed and coordination we used the same tests and saw the improved results. We had two groups that we worked with, first group, the experimental group, was formed by 25 students, aged between 9 and 11, second group, the sample group, was formed by the same number and age as the first. Results showed that the experimental group developed more easy skills like speed, coordination and agility than the other group.

Keywords: quickness; coordination; agility; psychomotor skills; physical education;
STUDY ABOUT THE EVOLUTION OF JOINT MOBILITY IN PUPILS AT THE PRIMARY SCHOOL LEVEL

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Abstract. The role of physical education is to act in order to increase the manifestation of motor capacity indices among pupils. For this reason, the development of joint mobility in young schoolchildren has a particular importance, by its limiting effects on the adjustments and the designation of the movement easiness, characterizing the capacity of an element to move. The purpose of this paper was to make a diagnosis of the range of motion for the main joints, which included measurements of mobility in the scapulohumeral, coxofemoral and talocrural joints, in pupils at the primary cycle within the Middle School No. 192. To achieve the proposed purpose, it was initiated a comparative study that took place in the period from December 2014 to January 2015, during 14 lessons (according to the school schedule and curriculum). The subjects were 80 pupils in grades 1 to 4, participants in the physical education and sports lesson. It was created a group of schoolboys and also a group of schoolgirls for each grade of the primary cycle, in total 4 groups of 10 schoolboys each and 4 groups of 10 schoolgirls each. Results were obtained using tests for the mobility or flexibility assessment, according to Brian Mackenzie, and through the statistical method, we calculated the arithmetic mean. Analysis of the results provides objective information about the mobility development level in the subjects tested throughout their evolution.

Keywords: joint mobility; evolution; primary school level
STUDY REGARDING THE PUPILS’ MOTIVATION FOR CHOOSING EXTRACURRICULAR ACTIVITIES- CHEERLEADRES’ TEAM

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Abstract. The present paper shows our interest in the study of the extracurricular activities, especially cheerleaders’ teams in schools. In our opinion the cheerleaders’ activity has its contribution to the development of important capacities at physical, psychical and personality level as well as at behavioral level. We argue that, in the secondary school, extracurricular activities must play an important role and we have picked, as target group, girls in this schooling phase. The main goal of the study is the highlighting and the formation of a clear opinion upon the motivation for practicing extracurricular activities- cheerleaders’ teams of secondary school girls. The questionnaire survey method had been used for collecting the data and the mathematical-statistical method had been used for calculations and interpretation of results. We have applied a questionnaire to 112 pupils: „Questionnaire of opinion regarding the motivation for picking the cheerleaders’ team as an extracurricular activity” (CHEV code). It comprises of 11 items. The items need 11 answers regarding 11 reasons for choosing the cheerleaders’ activity. The total number of answers have been distributed on a 5 level scale, ranging from „1=the least” to „5=the most”. The results have shown the pupils’ motivation for extracurricular activities, namely, cheerleaders’ team.

Keywords: extracurricular; motivation; cheerleaders’ team
THE INFLUENCE OF MOTOR ACTIVITIES ON THE DEVELOPMENT OF EMOTIONAL INTELLIGENCE

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Abstract
Specialists in education are becoming more and more aware of the importance of providing educational opportunities that enhance the development of emotional and social competence of teenagers.

Practicing motor activities can be a significant factor in the development of emotional intelligence of young people.

We believe that through the formative function of Physical Education and Sports, being aware of the motor act specific to sport’s disciplines, students will be able to develop areas of emotional intelligence (recognition of their own emotions, intelligent handling of them, empathy, interpersonal relationships) in order to preserve psycho-physical balance required on a rhythm and volume of work increasingly higher, specific to contemporary society.

This work aims, by applying motor programs, to identify the role of corporal activities in structuring the emotional-affective system of young people, getting positive effects in psycho-motor and personality. The experimental sample consists of students from the Academy of Economic Studies, Bucharest.

The research methods used in this study are: work cited documentation, pedagogical observation, investigation procedure, the method of psychological tests, experimental method, statistical and mathematical method, the method of graphic representation.

As a result of the application of motor programs, of processing data obtained, we can say that there is a significant correlation between interest in motor activities and the level of emotional intelligence ($p = 0.017$). Experimental groups have proved a higher level of emotional intelligence compared to the control group.

We believe that the formative function of Physical Education and Sport is important for the development of emotional and social competence of young people.

Keywords: motor activities; emotional intelligence; teenagers.
SOCIAL DIMENSIONS OF PRACTISING PHYSICAL ACTIVITIES AND SPORTS AT STUDENT POPULATION FROM TECHNICAL UNIVERSITY OF CLUJ-NAPOCA. QUANTITATIVE RESEARCH

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Abstract

The paper focuses on the research of the social dimensions of practicing sports in the student population of the Technical University of Cluj-Napoca.

The work is part of an extensive research conducted at the Technical University of Cluj-Napoca in the period April-June 2012 and is based on theoretical arguments concerning motivation to practice sports, analyzes the factors that lead to university students to practice sports physical activity and the reasons that lead to the continuation or to the discontinuation of participation in sports activities after this discipline is not anymore mandatory, starting with the second year of study.

This paper aims to study the way in which students relate to the practice of regular physical activities and sports and, secondly, to study the things that influence them to engage in the practice of such activities, having in view the changes in behavior during the past decades and the national programs and campaigns that encourage the practice of sport activities regularly.

Keywords: Physical Education and sports, student population, free time, motivation
AN EXPERIMENTAL STUDY REGARDING THE INFLUENCES OF SPORT DISCIPLINES ON THE PSYCHOMOTRICITY OF THE STUDENTS FROM THE UNIVERSITY OF BUCHAREST

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Abstract.

Problem statement
Being a result of the connection between the psychic and motor factors, psychomotricity represents a fundamental psychobehavioral component with an extremely high influence over the ontogenetic development of the individual.

Purpose of the study
The present work wants to highlight the influence of the sports disciplines (aerobics, table tennis) on some aspects of the psychomotricity of students from the University of Bucharest, materialized through statistically significant differences at the level of running speed, agility and strength tests within the Bruininks-Oseretsky Set Test of Motor Proficiency, second Edition (BOT2).

Methods:
- The experimental method. For the research we utilized, for the first time in Romania in young students, the improved version of the Bruininks-Oseretsky Test (BOT-2), which aims at evaluating a large range of motor skills, on subjects between the ages of 4 and 21.
For this study, from the total of eight subtests specific to the motor areas, we opted for the running speed and agility and strength subtests.
It is known that the strength, speed and agility are important components involved in motor performance of daily activities, not only in sports activities. Based on the information provided by the Bruininks-Oseretsky Test - Second Edition (BOT-2), we could do an analysis of the relationship between motor proficiency age and chronological age in young students.
Statistical, mathematical and graphical method.

Conclusions:
Psychomotricity is of major importance for the physical education field and not only and it offers the youth, through a systematic and correct approach of its inner components, a favorable climate for an efficient adjustment to the requirements of the social and academic environments.

Keywords: physical education; psychomotricity; running speed; strength; students.
Abstract. Problem statement. The health of children and their growth and development peculiarities are major topics of studies in the field of physical exercise. One of the most debated issues is related to the increasing incidence of obesity in childhood ages, a worrying phenomenon that places Romania among the first countries in Europe among the surveyed nations. Associated with the trend of replacing outdoor play and exercise with other cultural consumption activities, this phenomenon influences the children’s motor skills. Research objective. This paper aims to analyze the relationship between somatic and motor development of 20,000 children aged between 11 and 12 years, from different urban and rural development regions of Romania. Methods. The study analyzed data obtained from the application of control tests to assess motor skills (speed, strength) and measurement of somatic indicators (height, weight). The results were analyzed and compared based on the country’s development areas and on the rural and urban areas. Results and conclusions. The results provide a relevant picture of the phenomenon, in the frame of some interpretations translated into reference data for professionals in the field of health and education. The study provides arguments for intensifying the efforts to form an active style of life since childhood.

Keywords: somatic development; motor development; physical education; sport.
ANALYSIS OF BODY MASS INDEX IN ROMANIA’S SCHOOL POPULATION

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Abstract. Nowadays, childhood obesity is a negative phenomenon recognized worldwide. A consequence of a sedentary lifestyle doubled by unhealthy eating habits, obesity can affect deeply the personality of a child. The numerous warning signals of the experts generated educational measures in many countries, either by national projects or by regional and local initiatives. As the BMI is one of the relevant indicators for the health of the younger generation, this paper tackles the BMI level in the school population in Romania’s 1st, 5th, 9th and 12th classes. For the purpose of this study, we analyzed data collected from measuring the somatic indicators (height and weight) of 124,000 students from all regions of the country, in rural and urban areas. The BMI values were analyzed and compared based on class and gender, according to the above mentioned variables. The results of this study highlighted a number of trends in the evolution of this index from one age to another, and its relationship with the environment of children. Coupled with the results of other research in the field, the study aims to bring forth and to the attention of the authorities the importance of exercise in children's lives and the need for an appropriate educational setting.

Keywords: body mass index, physical exercises, sport, active lifestyle
THE INVOLVEMENT OF CHILDREN IN PHYSICAL ACTIVITY DURING THE LEARNING PROCESS AND THEIR LEISURE TIME

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Abstract

Regular leisure time PA plays a significant role in increasing children’s overall PA, regardless of whether this takes place at sports clubs or with family, friends. PE at school provides skills, knowledge and experiences based on which it is possible to adopt a physically active lifestyle. The aim of this study is to present the level of involvement of children in PA over the last 7 days in school and their leisure time. The method used in this study is “Physical Activity Questionnaire for Children (PAQ-C), by Crocker, Bailey, Faulkner, Kowalski, & McGrath, (1997), made up of 9 questions. The sample of the study includes 463 children aged 9-14 (235 Male and 228 Female). The statistical data processing was performed by SPPS statistical program, version 20. Cronbach’s Alpha 0.851 was used to assess the reliability of the instrument. The results show that football and athletics sports are among the most favored by children in their leisure time. 57% of children claim that they are always intensely involved in the class of PE and 38.4% of them claim that after lesson they prefer to stay sitting talking or doing homework. In extracurricular activities 40.2% of children claim that they are not included ever and 25.5% of them state that they are included 2-3 times at the week. During the weekends they are involved in PA 2-3 times (59.6%). The discussion and conclusion of the study prove that the subjects were more engaged to get involved in PA at school than during their leisure time.

Keywords: sports clubs; extracurricular activities; leisure time; Physical Education.
THE INFLUENCE OF BASKETBALL GAME ON THE PSYCHOMOTOR SKILLS OF FUTURE ARCHITECTS

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Abstract
The present study has the main aim to highlight how basketball game can improve some personality factors, elements necessary for the developing of a young man into practicing a professional activity. In our opinion the basketball game helps students, to develop some skills and abilities (creativity, willingness decision making, assuming roles and responsibilities) necessary for own life. Basketball leads to be able passing the limits set by human nature and professional practice.

We chose this topic to study the ways and means by modelling psycho-behavioral of the students, majoring for a future architect. As is known, the practice of physical education and sport activities can develop the cognitive and affective processes, the perceptions of space, movement and time. In higher education, physical training must be in accord with fitness level, motor and psychomotor skills of students and future professional requirements. In this paper we intend present the impact of an applied program of physical education and sport specific to basketball game that harmonizes with the professional profile and moving needs of the students.

Keywords basketball; psychomotor capacity; skills
THE IMPROVEMENT OF THE RUNNING SPEED INDICES, BY USING ROLLER SKATES, FOR THE PRIMARY SCHOOL (IVth grade)

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Abstract. The paper presents an experiment carried out for two fourth grades, which shows that both implementing and applying the roller-skates use, as an instrumentality of the Physical Education, leads to the improvement of the development indices related to the motor qualities, especially the running speed.

The purpose is to implement several action systems adapted to the roller skates' use, so as to improve the development indices of the running speed.

The objective of this paper is to demonstrate that, by the present intervention we could obtain an improvement of the development indices for the running speed.

Methods. The methods we used were the bibliographical study method, the observation method, the experimental method, the mathematical method of statistics and the graphic method.

Results. On the score of the experiment, we could notice a clear improvement of the development indices for the running speed, for the experimental group, unlike the control group. The average of the final tests is of 7.71sec. for the experimental group and of 7.92sec for the control group, showing us that the present intervention reached its goal successfully.

Conclusions. On the score of the experiment, we can say that implementing the use of the roller skates during the physical education class can lead to attaining one of the main objectives of the physical education, namely the development of the motor qualities and their ways of manifestation.

Keywords: improvement; running speed; roller skates; primary school
THE IMPORTANCE OF SPEED DEVELOPMENT, AT THE PRIMARY SCHOOL (third grade)

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Abstract. This work presents an experiment carried out in a class with ten boys and ten girls. It underlines the fact that, by implementing and applying some proper means, the development indices for the running speed could be improved and also some other development indices for some other forms of speed manifestation. Therefore, the speed should be developed during the physical education class.

The purpose of this paper is to implement several methods appropriate to the physical development stage when talking about 8-9 years old., in the view of improve the development indices for the running speed. The paper objective is to demonstrate that, by the present intercession we could obtain an improvement of the development indices for the reaction speed. This should be related to the standards established by the National Evaluation School System for the Physical Education. The methods we used were the bibliographical study method, the observation method, the experimental method, the mathematical method of statistics and the graphic method.

On the score of the experiment, we could notice a clear improvement of the development indices for the reaction speed. The results to final tests for 6,03 seconds at boys and 6,33 seconds at girls, being obviously superior to those at the results of initial tests, for 6,15 seconds at boys and 6,46 seconds at girls, coming very close or even surpassing the ones established by the National Evaluating System 5,9 seconds at boys and 6,2 seconds at girls, showing us that the present intercession reached its goal successfully.

On the score of the experiment, we can say that by implementing some proper methods we could improve at an optimal level the development indices for the reaction speed and implicitly the indices for some other forms of manifestation for speed. Therefore, we can underline once more the importance of this form of manifestation for the driving quality - the speed.

Keywords: reaction speed, forms of manifestation; importance; primary school
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PRINCIPLES, METHODS AND TOOLS OF THE SUSTAINABLE APPROACH IN THE CONTENTS OF KARATE-DO TEACHING

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Abstract. Currently the emphasis in physical education is on sport achievements, leaving the effect of physical education on the development of adolescents’ personality to drift along. In Latvia, the implementation of the humanistic approach in physical education is topical. We believe that today’s organisation of physical education requires significant changes in the usage of principles, methods and tools in the frame of the sustainable approach. Karate-do as a kind of martial arts in the framework of humanistic approach stimulates self-development of adolescents’ personality. In addition, the teaching process content of the sustainable approach includes adolescents’ health culture education and upbringing, as well as the integrity of the body and mental development. Implementation of the sustainable approach of physical education in teaching Karate-do is vital, as it ensures development of the uniqueness of adolescent’s personality and intrinsic potential.

During the course of theoretical work, organisation and management methodology of the Karate-do teaching process in the context of the sustainable approach was designed. Within this methodology, a system of principles, methods and tools that allows to implement the sustainable approach in Karate-do was developed. The sustainably oriented system of principles of the Karate-do teaching process includes implementation of the pedagogic aspects of didactics, general sports and martial arts in a complementary manner.

It is suggested to use a system of methods in the sustainably oriented Karate-do teaching process – words, demonstrations, exercises and games. The designed thematic conversation is proposed as one of the most important work techniques and relevant tools in the sustainably oriented Karate-do teaching process.

The system of methodological tools of the sustainably oriented Karate-do teaching process also anticipates a mutual link and interaction between Karate-do methodological tools (Kihon; Kata; Kumite) and methodological tools of physical education.

Doing Karate-do in the framework of the sustainable approach provides adolescents with satisfaction, positive perspective and self-confidence.

Keywords: adolescent; Karate-do teaching; sustainable approach.
Abstract. The increasingly sedentary children's activities (laptop, computers, tablets, video games) led, lately, to an alarming number of overweight children. This can affect their posture and balance, which can lead to some gait problems or poor success in motor activities. Purpose. The aim of this research was to determine the level of the balance in children from the elementary school and to provide some physical exercises to improve the coordination. Methods. 60 elementary school children aged 6 to 7 (1 years) were selected to participate in this study. The research was conducted through Y Balance Test Kit. The subjects were tested before and after our intervention. To evaluate the balance, we used 4 methods for lower limb balance (right and left anterior and posterior) and we observed some difficulty in execution in the first test for most of the subjects. For 12 weeks (two times per week), the subjects were included in a program of physical exercises, designed to intervene, particularly, in improving the balance. Results. The conclusion of the research was that the recorded values were better than the initial ones and the average differences were statistically significant at p<0.05 level of significance.

Keywords: balance; children; games; Y Balance Test.
The effects on the Body Morpho-plasticity of female students of the University of Bucharest practicing recreational sport

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Introduction
Beauty has always been sought, coveted, dreamed of the human being, and many beautiful women influenced the fate of men and empires.

Although the ideal of beauty has evolved and went under surprising transformations over the time, it remained the main goal in every woman's life. The beautiful and the less beautiful always sought ways to improve their exterior, to shape and to metamorphose.

The beautification of the body was one of the main goals of physical exercises during Plato. The human body is like a temple which contains inside a spark of divinity, and if you beautify it through suitable exercises from gymnastics, God will dwell with pleasure in that human body. Plato's doctrine on achieving happiness was based on body perfection that is cultivated through sport, the superiority of spirit which is achieved by learning and philosophy and the generosity of the soul that rose through music. He says, "... gymnastics is for the body what is music for the soul" (C. Kirițescu, 1943).

In modern societies recreational sport is a phenomenon whose importance has grown tremendously, becoming increasingly present in everyday life.

Sports and recreational activity has broadened the participation from young to old, from men to women, from school work to leisure, from hobby to profession, managing through physiognomy and exercise to shape human behavior.

In developed countries, there is a real cult among the wide masses in this regard, and activities such as swimming, running- in any form, from jogging to cross-site with wide participation, cycling, organized sport's paths in holiday parks and camps become a real mass phenomena.

There is in developed countries, a real "industry" that specializes in developing this kind of leisure activities, starting from landscaping of parks with workshops for the young and the elderly, and the kind of camps with real circuits, where you can practice under the supervision of specialized instructors, a multitude of activities.

Unfortunately, as I mentioned, in Romania, material-technical base has deteriorated because those bases have not received funds for their maintenance and modernization. Hence the low bid on this type of activity.

Key words: physical exercises, recreational sport, anthropometrical index, female students.
ABSTRACT:
They say sometimes that one of the most important qualities of an alpine skier must be a "lack of emotion." That is wrong, because one cannot conceive a person without emotions, just like a robot. It is just an individual who conducts his activity in difficult conditions that involve a degree of danger, who needs a certain ability to emotionally and affectively resonate when confronted with critical situations. Otherwise, he would be totally disarmed when he would be asked to conquer them, because this kind of situations demand quick and precise actions, intensely mobilizing his mental and energetic resources. And there is a relationship of tight dependence between emotions and energy mobilization. Due to the very particular conditions of alpine skiing, the activity has a high coefficient of affective tension and stress. This tension is maintained permanently, to a certain degree, by the awareness of risk, as well as by other factors.

Keywords: memory, working, students