Abstract

The school curriculum, as a document directing the activity of physical education and sport, is approached by each specialized teacher from different perspectives, according to their personal views. In the operationalization of general and specific competences that should be acquired by pupils, the teacher’s role is essential. For this reason, we think it is important to know how the development of motor abilities is managed during physical education lessons in primary schools, where there are laid the foundations of child’s motricity. The aim of this paper is to investigate the opinions of specialists on the development of motor abilities in physical education lessons at the primary education level, with special reference to flexibility, as a motor ability. The research method used was the opinion survey questionnaire, and the interviewed subjects were 313 physical education teachers in pre-university education. The questionnaire was administered at the beginning of the school year 2015-2016 via the Google Forms application within the Google Drive service. There were collected 122 direct responses (at conferences, methodical sessions) and 191 online responses (on social networks dedicated to teachers). The result analysis was performed using the SPSS software program, version 15. The obtained results reveal the specialists’ opinions on the place and importance given to the development of conditional, coordination and intermediate motor abilities in the content of physical education lesson at the primary school level.
Abstract

Creating healthier settings and comprehensive prevention strategy in a multicultural environment for students has become a priority for all the schools around the world. The BMI surveillance at ISC - Khalifa City A, Abu Dhabi - United Arab Emirates, was organized during the academic year 2016-2017. Summary of Children's BMI: 1009 students from grade 5th to 10th (588 boys and 421 girls). Results: Underweight (< 5th % ile) for Boys 9% and Girls 6%. Normal BMI (5th - 85th % ile) for Boys 60% and girls 66%. Overweight or obese (≥ 85th % ile) for boys 31% and girls 28%. Obese (≥95%ile) for Boys 15% and girls 11%. Two-way ANOVA showed no significant differences in our six fitness components tested between boys and girls: push-ups (p=0.000), beep test level (p=0.015), Shuttle Run 9m / 10 cones (p=0.15), sit-ups (p=0.15), standing long jump (p=0.012) flexibility test (p=0.000). In correlation with the number of injuries during physical education lesson, injuries were higher among girls with a normal BMI than boys with a normal BMI and overweight/obese boys have had more injuries than overweight/obese girls during 2016-2017.

Keywords: Body Mass Index, physical fitness, sports injury, prevention, schoolchildren.
DEVELOPMENT OF THE PHYSICAL QUALITIES OF CHILDREN OF PRIMARY SCHOOL AGE WITH VISION DEPRIVATION IN THE PHYSICAL EDUCATION PROCESS

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Abstract

The integration into society of a child with disturbances in development, special educational needs and limited work ability today means the process and the result of giving them rights and real opportunities to participate in all types and forms of social life, including classes of adaptive physical culture and sports, along and together with other members of society in favourable conditions for its development.

This research explores the development of primary schoolchildren with vision deprivation in the process of physical education. By means of analysing the state of the problem according to data of scientific and technical literature; examining the state of the speed and flexibility of schoolchildren of 6-10 years with vision deprivation; conducting a comparative analysis of the physical properties of the children with vision deprivation and their healthy peers. The study shows that 6-10 year-old children with deprivation of view indicators of speed qualities are statistically significantly worse than those of their healthy peers (p<0,05); the indicators of flexibility are statistically significantly different from that of indicators of their almost healthy peers (p<0,05). The ways of correcting the deficiencies in the physical fitness of primary school children with deprivation of view have been analysed. Conclusions: studying of the characteristics of motor readiness of children with deprivation of view certifies the reduce of all indicators of physical fitness in comparison with healthy peers by 35-64%.

Keywords: physical, fitness, blurred, vision, children
Study on the influence of gymnastics means on improving the capacities and skills of students in primary school

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Abstract

The purpose of this paper is to improve the capacities and skills of students according to the curriculum of primary school by a diversified application of the contents of gymnastics means. This scientific approach entailed the organization of an experimental study in the secondary school no. 2 of Urziceni, Ialomiţa County, conducted during the first semester of 2016-2017 school years, with a group of 60 students selected from 1st – 4th grades of this school. The following research methods were used in this study: bibliographic review of the specialized literature, pedagogical observation, ascertaining pedagogical experiment, method of programmed instruction, method of testing, statistical-mathematical method and graphical representation method for data processing and interpretation. Bi-annual evaluation included 3 test events, selected from the National System of Evaluation of Physical Education and Sport in primary school. These tests are the following: speed running, target horizontal throwing with two hands from below and standing long jump. The other capacities and skills listed in the curriculum will be evaluated in the 2nd semester. The diversified use of gymnastics contents in the instructive-educational process for achieving the learning units in primary school led to the improvement of movement speed, muscle strength of lower limbs and the more effective learning of acrobatic elements included in the curriculum of this education level.

Keywords: Primary school, physical education class, gymnastics, learning units, evaluation
A MATRIX OF ANXIETY AS A TRAIT OF THE FUTURE FOOTBALL SPECIALIST

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Abstract

Drawing the portrait of a sports coach automatically involves the essential characteristics of his personality, the one that will be noticeable more or less in his future performance. The work performed by a sports coach with football specialization reflects in his ability of meeting the challenges with a fearless attitude. The necessity of knowing the specialist’s optimal profile, in terms of personal fears and concerns, can be associated with the need of finding quick and solid responses to the external and internal stimulus specific to the game of football. The purpose of this study is to analyse the level of impact that anxiety, as a mental trait, has over a football coach. The research is based on the results from EMAS-T and SAS-T questionnaires (as parts of Endler Multidimensional Anxiety Scales), which allow a more precise analysis of anxiety in 7 different situations. The two questionnaires were applied to students at the National University of Physical Education and Sports (UNEFS) with football specialization (3rd year full-time students, part-time and master students in the 1st and 2nd years of study) and to some coaches with experience at a basic level in football. The data recorded, processed and analysed will emphasize the optimal support regarding anxiety.

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Keywords: anxiety, coach, football, students
THE IMPORTANCE OF SAFETY RULES IN CHEERLEADING

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Abstract

Once upon a time, cheerleading meant waving pom-poms on the sidelines of a football game to get the crowd going. Not anymore. Cheerleading today is a competitive and demanding sport. It requires as much or more athletic ability and intricate skills as any other high school or college sport. Cheerleading is a great group activity and an excellent way to stay fit, but it's not without its risks. Injuries, some of them extremely serious, are a threat, particularly for "flyers," the young women who are tossed into the air in certain cheerleading maneuvers. Pressure to stay thin can lead to body image problems that also affect gymnasts and dancers.

The purpose of this paper is to determine the causes of serious injuries and to learn how to avoid them and keep things as safe as possible. Through the theoretical sources, we intend to highlight the following principles as factor in avoiding injuries: choose a safe place to practice, find a qualified coach before you practice or compete, start getting in shape a few months before cheerleading session begins, always warm up before any cheerleading practice or competition, make sure you have properly fitting, rubber-soled shoes with adequate cushioning and support, when learning stunts, take the time to perfect lower-level and less complicated skills before moving on to more difficult ones, be sure a coach is on hand to supervise all practices and competitions.

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Keywords: Cheerleading, safety rules, injuries.
Measuring the somatic and motor potential in youngsters at risk of social exclusion

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Abstract

Our paper aims to assess the somatic characteristics and the motor ability of young people at risk of social exclusion due to the economic situation.

The aims of the scientific undertaking targeted the somatic development and the motor ability of people of male gender residents of Bucharest and the Ilfov County, and also a comparative analysis between the Roma population and the rest. We conducted an applied investigation over a period of 18 months. The research included 130 young people aged between 16 and 29. As research methods we used documentation, observation, measurement, statistical and mathematical methods, the graphic method. The research objectivity was obtained through a set of 6 tests and tasks: height and weight measurement, running 10x5m, maximum number of push-ups in 30”, maximum number of trunk fluxions from dorsal lying in 30”, and the Sargent test.

Our results determine the motor and somatic potential of young people at social exclusion risk as a result of the economic situation. These results paint the picture of a young population with poor results in their somatic and motor potential, as far as we can see. In this context we can say that the target population of the study is characterised by average somatic development, but has a reduced motor potential as far as the speed component is concerned.

Keywords: young people, evaluation, control samples.
MOTIVATION OF PRIMARY SCHOOL STUDENTS TO PRACTICE SPORT ACTIVITIES

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Abstract

Motivation is the support of motor activities and the basic argument for which a person is involved in an activity and acts for it. The purpose of this study is to identify and share the opinions of the students regarding the reasons for practicing physical sports activities in school primary cycle. The hypothesis is that at this age there are still enough factors able to motivate children to practice different motor activities frequently and regularly. The objective pursued is to identify the main reasons that determine children to practice sport activities. The following methods of research were used in this paper: study of documents, sociological survey, questionnaire, statistical method. The sample investigated is the fourth grade students of Vasile Alecsandri, Secondary School of Bucharest - a group of 112 students. The results show that at this age there are enough factors that can determine children to often practice sport activities on a regular basis. Conclusion. The analysis of study results revealed that a strong and sustainable motivation to practice physical exercises can be achieved by raising awareness of children of their importance for healthy lifestyle and personality development. Through this study we showed that to achieve a harmonious physical development, in order to be able to relate with other colleagues and to reduce the time spent on the internet students should be motivated to participate actively in the physical education lessons, to practice sports in their leisure time or sport performance for talented children.

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Keywords: Recreational activities, sports, leisure, health
Abstract

Starting from the central aim of the project "Strategies for Future, Strategies for the Young", which is to develop methodologies and specific strategies based on the game of football, in order to enhance social inclusion and combat exclusion for young people who are in risk categories generated by disabilities or economic situation, we propose:
- to gather technical and tactical information related to young people/e in the study;
- presentation of methodological marks by which football, a very good way of socialization, can make possible social integration for both the beginner and the advanced, and it can prove positive benefits for people practicing this game.

This scientific approach targeted a number of 85 eligible young people (boys) from a total of 128 subjects enrolled in the project aged between 16 and 29 years.

The dominant aspect of the research was focused on applying 4 samples with specific character for the football game. The samples were aimed at checking some basic procedures specific to the football game. Research methods used were: scientific documentation, observation, recording, statistical and mathematical calculation and graphic presentation.

The finality of the research is reflected by fixing the beginner group (results below average / each test) respectively advanced. The formation of the two groups offers the perspective of developing in the future differentiated training methodologies for combating the risk of social exclusion and achieving the integration through football.
Human psychogenesis in the motivation development for the gymnasium children

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Abstract
Since the birth of human being, from the very beginning, the motivations are subconscious and adaptive and they reflect the human basic needs. What is the real cause of these needs?

In the first stage of human being development, this motivation means a superior adaptation to the environment which is, in most of the cases, a stimulus that activates strong motivations. These motivations come from the intrinsic structure of the individual, becoming a strong catalyst and constant source of energy throughout his life.

Teachers will really succeed in stimulating the middle school students' motivation, which is so important in the educational process, if they get to know the way their motivational mechanism works. Thus, we will be able to talk about a long-term efficiency in education, with a strong impact on a further development of our nation at all levels.

Keywords: motivation, ontogenesis, psychogenesis
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DEVELOPING THE CAPACITY OF ATTENTION AND CONCENTRATION BY PRACTICING PHYSICAL EXERCISES

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Abstract

An increased capacity of attention and concentration ensures the learning process and makes it easy in any field. Handball, like all sports games, requires distributive attention and concentration not only for practising the game itself, but also for absorbing the information from the outside (coach, teammates or other sources) aimed at initiating the handball technique. The handball initiation process requires attention and concentration. The present study is observational with the main objective of developing the capacity of attention and concentration in 6-year-old children by practising physical exercises as playful and collective stimuli that aim both at the improvement of the motor level and at the increase of the ability to pay attention and to concentrate. The research was conducted on a mixed experimental group consisting of 20 children aged 6, belonging to the first grades of the Al Nahda National School, in Abu Dhabi. The formed group trained three times a week, for 80 minutes according to a pre-established training program. Following the Colour Progressive Matrices Test and the interpretation of the initial and final results, the hypothesis was confirmed that the physical exercises which are constantly practised in an organized setting improve the capacity of attention and concentration.

Key words: “attention”, “concentration”, “physical exercise”, “experiment”
PROMOTION OF AN ACTIVE LIFESTYLE AMONG ROMANIAN SCHOOL CHILDREN WITH HEARING DEFICIENCIES

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Abstract

Promotion of an active lifestyle has important short-term and long-term effects on health and well-being of children. The objective of this paper is the presentation of the activities developed in order to stimulate an active lifestyle among school children with hearing deficiencies from Romania. They are part of a comprehensive program for promotion of a healthy lifestyle - nutrition, involvement in physical activity, smoking prevention - among children with hearing disabilities, which is under current implementation in two schools from Cluj-Napoca and Sibiu. The educational activities are targeting both children and their parents. In order to stimulate involvement of school children in physical activity, they participate in one lesson which presents several issues related to the importance of physical activity, types of physical activities, and examples of exercises they might perform at school or at home in order to be involved in at least one hour of physical activity every day. The lesson is using a special video which was created using the language for people with hearing deficiencies, books with cartoons for children, posters. Moreover, children are encouraged to participate in different physical activities and sport competitions developed at school and out of school. Parents are informed about the educational messages transmitted to children and the way they can help their children through letters they receive and informative materials found of the web page of the program. The paper presents the program and makes recommendations for future activities for healthy lifestyle promotion among children with hearing deficiencies from Romania.

Keywords: physical activity, children with hearing deficiencies, Romania
PHYSICAL ACTIVITY AMONG ROMANIAN POPULATION

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Abstract

The World Health Organization emphasizes the importance of physical activity in health promotion and disease prevention across the lifespan. This paper has two objectives. The first one is to review data regarding the assessment of involvement in physical activity of different population groups from Romania. The second one is to identify and presents several programs, activities and measures for promotion of an active lifestyle developed in the last years in Romania. The information is based on data from scientific journals as well as short information from mass-media or published in electronic format. The results show that in Romania were implemented European surveys such as Health behaviour in school aged children and Eurostat, but there were carried out also local studies investigating the involvement in physical activity of different samples of children, adolescents or adults, including patients with chronic diseases or their relatives. With respect to promotion of an active lifestyle there are several examples, starting with school based sport activities, competitions and educational programs and continuing with mass-media awareness campaigns, health information, education and counselling for some groups of adults, development of sport facilities in parks from different cities. The paper identifies strengths and weaknesses of promotion of physical activity among different population groups from Romania, as well as opportunities for future developments in this field.

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Keywords: physical activity, Romanian population, health promotion
Simplifying and generalising the methods used in teaching basic snowboarding technique.

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Abstract

Snowboarding is a sport similar to other sports like Skateboard, Surf (with or without sail), Waterboard or Wakeboard, except the fact that it is practiced on the snow as slip surface and other numerous small differences in endowment material.

The experimental study was conducted at the base of the teaching staff „Virgil Teodorescu”, in Parang, during February 27- March 4, the university year 2016-2017. Subjects were students from master EFAMTL and the students of the specialization of the skiing. They have been divided into two groups of 10 students. At the beginning of the activity of the subjects were informed about the experiment at which they will participate and the control samples to which they will be subjected.

Methods used in research:

Scientific research in the field of physical education and sport has grown in the last period, the theory and methodology of skiing adopted methods specific to the discipline specifics. Of these methods, the suitable for the experiment are as follows:

- the observation
- the experiment
- the conversation method
- the tests
- statistical and mathematical method
- the graphical method

The method used to learn snowboarding is the global learning of the processes.

The efficiency of the experiment was verified through 2 technical processes, front turn and back turn and the last test consisting of a contest with passages through 8-10 flagpoles.

Keywords: snowboard, learning method, global comprehension
STUDY ON THE RELATIONSHIP BETWEEN BMI AND VERTICAL JUMP IN CHILDREN AGED 8-9 YEARS

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Abstract

It is well known that the sedentary lifestyle is a major factor that leads to childhood overweight and implicitly to a low level of physical fitness. Childhood obesity is growing at an alarming pace, which allows us to talk about a real phenomenon of modern society. This phenomenon is recognized nowadays as a pathology that alters the well-being of mankind, as well as the social life of individuals. Against this background, the purpose of our study is to highlight a possible relationship between BMI (body mass index) and leg extensor power in children aged 8-9 years, which is indirectly assessed using the Jump-and-reach test, according to instructions specified in the Tester’s Manual for ALPHA-FIT Test Battery (Suni, Husu, & Rinne, n.d.). The research was conducted between 15 January and 25 March 2017 on a group made up of 177 children (both boys and girls), 51 being athletes and 120 attending the physical education classes provided by the school curriculum. Among the participants in physical education classes, 60 of the selected subjects had a BMI indicating overweight or obesity. BMI has an impact on the vertical jump scores achieved by the groups of subjects who do not practice performance sports, while in the case of athlete subjects, BMI has little influence.

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Keywords: BMI, children, leg extensor power, vertical jump
Abstract

Within the Romanian education system, through the initiatives taken at central and local level, various educational alternatives have been introduced since the 1990s, such as Waldorf, Montessori, Jena Plan, the Freinet method or Step by Step. The social and cultural evolution has also brought changes in the existing educational approaches, providing solutions to teachers, parents and children in organizing and conducting the training activity. The aim of this paper is to highlight the teachers' opinions about the implementation of alternative pedagogy in physical education lessons in the mainstream education. In order to obtain valuable information on this topic the research method used was an online survey questionnaire, administered via Google Forms. The participants in this study were 212 teachers from the pre-university level who teach different school subjects with more or less knowledge about the alternative methods. The results highlight new perspectives and also limitations regarding the use of alternative methods in physical education lessons: the level of knowledge about the alternative pedagogies, the participation availability of teachers to participate in training programs or some possible challenges in implementing alternative methods. The conclusion of our study reveals new directions in approaching physical education lessons, and provides information to teachers on how to use alternative methods.
Abstract

The school curriculum, as a document directing the activity of physical education and sport, is approached by each specialized teacher from different perspectives, according to their personal views. In the operationalization of general and specific competences that should be acquired by pupils, the teacher’s role is essential. For this reason, we think it is important to know how the development of motor abilities is managed during physical education lessons in primary schools, where there are laid the foundations of child’s motricity. The aim of this paper is to investigate the opinions of specialists on the development of motor abilities in physical education lessons at the primary education level, with special reference to flexibility, as a motor ability. The research method used was the opinion survey questionnaire, and the interviewed subjects were 313 physical education teachers in pre-university education. The questionnaire was administered at the beginning of the school year 2015-2016 via the Google Forms application within the Google Drive service. There were collected 122 direct responses (at conferences, methodical sessions) and 191 online responses (on social networks dedicated to teachers). The result analysis was performed using the SPSS software program, version 15. The obtained results reveal the specialists’ opinions on the place and importance given to the development of conditional, coordination and intermediate motor abilities in the content of physical education lesson at the primary school level.
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BODY MASS INDEX SURVEILLANCE, PHYSICAL FITNESS LEVEL AND SPORTS INJURY PREVENTION AMONG UNITED ARAB EMIRATES SCHOOL CHILDREN

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Abstract

Creating healthier settings and comprehensive prevention strategy in a multicultural environment for students has become a priority for all the schools around the world. The BMI surveillance at ISC - Khalifa City A, Abu Dhabi - United Arab Emirates, was organized during the academic year 2016-2017. Summary of Children's BMI: 1009 students from grade 5th to 10th (588 boys and 421 girls). Results: Underweight (< 5th % ile) for Boys 9% and Girls 6%. Normal BMI (5th - 85th % ile) for Boys 60% and Girls 66%. Overweight or obese (≥ 85th % ile) for boys 31% and girls 28%. Obese (≥95%ile) for Boys 15% and Girls 11%. Two-way ANOVA showed no significant differences in our six fitness components tested between boys and girls: push-ups (p=0.000), beep test level (p=0.015), Shuttle Run 9m / 10 cones (p=0.15), sit-ups (p=0.15), standing long jump (p=0.012) flexibility test (p=0.000). In correlation with the number of injuries during physical education lesson, injuries were higher among girls with a normal BMI than boys with a normal BMI and overweight/obese boys have had more injuries than overweight/obese girls during 2016-2017.

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This research explores the development of primary schoolchildren with vision deprivation in the process of physical education. By means of analysing the state of the problem according to data of scientific and technical literature; examining the state of the speed and flexibility of schoolchildren of 6-10 years with vision deprivation; conducting a comparative analysis of the physical properties of the children with vision deprivation and their healthy peers. The study shows that 6-10 year-old children with deprivation of view indicators of speed qualities are statistically significantly worse than those of their healthy peers (p<0,05); the indicators of flexibility are statistically significantly different from that of indicators of their almost healthy peers (p<0,05). The ways of correcting the deficiencies in the physical fitness of primary school children with deprivation of view have been analysed. Conclusions: studying of the characteristics of motor readiness of children with deprivation of view certifies the reduce of all indicators of physical fitness in comparison with healthy peers by 35-64%.

Keywords: physical, fitness, blurred, vision, children
Study on the influence of gymnastics means on improving the capacities and skills of students in primary school

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Abstract

The purpose of this paper is to improve the capacities and skills of students according to the curriculum of primary school by a diversified application of the contents of gymnastics means. This scientific approach entailed the organization of an experimental study in the secondary school no. 2 of Urziceni, Ialomița County, conducted during the first semester of 2016-2017 school years, with a group of 60 students selected from 1st – 4th grades of this school. The following research methods were used in this study: bibliographic review of the specialized literature, pedagogical observation, ascertaining pedagogical experiment, method of programmed instruction, method of testing, statistical-mathematical method and graphical representation method for data processing and interpretation. Bi-annual evaluation included 3 test events, selected from the National System of Evaluation of Physical Education and Sport in primary school. These tests are the following: speed running, target horizontal throwing with two hands from below and standing long jump. The other capacities and skills listed in the curriculum will be evaluated in the 2nd semester. The diversified use of gymnastics contents in the instructive-educational process for achieving the learning units in primary school led to the improvement of movement speed, muscle strength of lower limbs and the more effective learning of acrobatic elements included in the curriculum of this education level.

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A MATRIX OF ANXIETY AS A TRAIT OF THE FUTURE FOOTBALL SPECIALIST

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Abstract

Drawing the portrait of a sports coach automatically involves the essential characteristics of his personality, the one that will be noticeable more or less in his future performance. The work performed by a sports coach with football specialization reflects in his ability of meeting the challenges with a fearless attitude. The necessity of knowing the specialist’s optimal profile, in terms of personal fears and concerns, can be associated with the need of finding quick and solid responses to the external and internal stimulus specific to the game of football. The purpose of this study is to analyse the level of impact that anxiety, as a mental trait, has over a football coach. The research is based on the results from EMAS-T and SAS-T questionnaires (as parts of Endler Multidimensional Anxiety Scales), which allow a more precise analysis of anxiety in 7 different situations. The two questionnaires were applied to students at the National University of Physical Education and Sports (UNEFS) with football specialization (3rd year full-time students, part-time and master students in the 1st and 2nd years of study) and to some coaches with experience at a basic level in football. The data recorded, processed and analysed will emphasize the optimal support regarding anxiety.

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Keywords: anxiety, coach, football, students
THE IMPORTANCE OF SAFETY RULES IN CHEERLEADING

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Abstract

Once upon a time, cheerleading meant waving pom-poms on the sidelines of a football game to get the crowd going. Not anymore. Cheerleading today is a competitive and demanding sport. It requires as much or more athletic ability and intricate skills as any other high school or college sport. Cheerleading is a great group activity and an excellent way to stay fit, but it's not without its risks. Injuries, some of them extremely serious, are a threat, particularly for "flyers," the young women who are tossed into the air in certain cheerleading maneuvers. Pressure to stay thin can lead to body image problems that also affect gymnasts and dancers. The purpose of this paper is to determine the causes of serious injuries and to learn how to avoid them and keep things as safe as possible. Through the theoretical sources, we intend to highlight the following principles as factor in avoiding injuries: choose a safe place to practice, find a qualified coach before you practice or compete, start getting in shape a few months before cheerleading session begins, always warm up before any cheerleading practice or competition, make sure you have properly fitting, rubber-soled shoes with adequate cushioning and support, when learning stunts, take the time to perfect lower-level and less complicated skills before moving on to more difficult ones, be sure a coach is on hand to supervise all practices and competitions.

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Keywords: Cheerleading* safety rules * injuries.
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Measuring the somatic and motor potential in youngsters at risk of social exclusion

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Abstract

Our paper aims to assess the somatic characteristics and the motor ability of young people at risk of social exclusion due to the economic situation.

The aims of the scientific undertaking targeted the somatic development and the motor ability of people of male gender residents of Bucharest and the Ilfov County, and also a comparative analysis between the Roma population and the rest. We conducted an applied investigation over a period of 18 months. The research included 130 young people aged between 16 and 29. As research methods we used documentation, observation, measurement, statistical and mathematical methods, the graphic method. The research objectivity was obtained through a set of 6 tests and tasks: height and weight measurement, running 10x5m, maximum number of push-ups in 30”, maximum number of trunk fluxions from dorsal lying in 30”, and the Sargent test.

Our results determine the motor and somatic potential of young people at social exclusion risk as a result of the economic situation. These results paint the picture of a young population with poor results in their somatic and motor potential, as far as we can see. In this context we can say that the target population of the study is characterised by average somatic development, but has a reduced motor potential as far as the speed component is concerned.

Keywords: young people, evaluation, control samples.
MOTIVATION OF PRIMARY SCHOOL STUDENTS TO PRACTICE
SPORT ACTIVITIES

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Abstract

Motivation is the support of motor activities and the basic argument for which a person is involved in an activity and acts for it. The purpose of this study is to identify and share the opinions of the students regarding the reasons for practicing physical sports activities in school primary cycle. The hypothesis is that at this age there are still enough factors able to motivate children to practice different motor activities frequently and regularly. The objective pursued is to identify the main reasons that determine children to practice sport activities. The following methods of research were used in this paper: study of documents, sociological survey, questionnaire, statistical method. The sample investigated is the fourth grade students of Vasile Alecsandri, Secondary School of Bucharest - a group of 112 students. The results show that at this age there are enough factors that can determine children to often practice sport activities on a regular basis. Conclusion. The analysis of study results revealed that a strong and sustainable motivation to practice physical exercises can be achieved by raising awareness of children of their importance for healthy lifestyle and personality development. Through this study we showed that to achieve a harmonious physical development, in order to be able to relate with other colleagues and to reduce the time spent on the internet students should be motivated to participate actively in the physical education lessons, to practice sports in their leisure time or sport performance for talented children.
Abstract

Starting from the central aim of the project "Strategies for Future, Strategies for the Young", which is to develop methodologies and specific strategies based on the game of football, in order to enhance social inclusion and combat exclusion for young people who are in risk categories generated by disabilities or economic situation, we propose:

- to gather technical and tactical information related to young people/e in the study;
- presentation of methodological marks by which football, a very good way of socialization, can make possible social integration for both the beginner and the advanced, and it can prove positive benefits for people practicing this game.

This scientific approach targeted a number of 85 eligible young people (boys) from a total of 128 subjects enrolled in the project aged between 16 and 29 years.

The dominant aspect of the research was focused on applying 4 samples with specific character for the football game. The samples were aimed at checking some basic procedures specific to the football game. Research methods used were: scientific documentation, observation, recording, statistical and mathematical calculation and graphic presentation.

The finality of the research is reflected by fixing the beginner group (results below average / each test) respectively advanced. The formation of the two groups offers the perspective of developing in the future differentiated training methodologies for combating the risk of social exclusion and achieving the integration through football.
Human psychogenesis in the motivation development for the gymnasium children

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Abstract
Since the birth of human being, from the very beginning, the motivations are subconscious and adaptive and they reflect the human basic needs. What is the real cause of these needs?
In the first stage of human being development, this motivation means a superior adaptation to the environment which is, in most of the cases, a stimulus that activates strong motivations. These motivations come from the intrinsic structure of the individual, becoming a strong catalyst and constant source of energy throughout his life.
Teachers will really succeed in stimulating the middle school students’ motivation, which is so important in the educational process, if they get to know the way their motivational mechanism works. Thus, we will be able to talk about a long-term efficiency in education, with a strong impact on a further development of our nation at all levels.

Keywords: motivation, ontogenesis, psychogenesis
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DEVELOPING THE CAPACITY OF ATTENTION AND CONCENTRATION BY PRACTICING PHYSICAL EXERCISES

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Abstract

An increased capacity of attention and concentration ensures the learning process and makes it easy in any field. Handball, like all sports games, requires distributive attention and concentration not only for practising the game itself, but also for absorbing the information from the outside (coach, teammates or other sources) aimed at initiating the handball technique. The handball initiation process requires attention and concentration. The present study is observational with the main objective of developing the capacity of attention and concentration in 6-year-old children by practising physical exercises as playful and collective stimuli that aim both at the improvement of the motor level and at the increase of the ability to pay attention and to concentrate. The research was conducted on a mixed experimental group consisting of 20 children aged 6, belonging to the first grades of the Al Nahda National School, in Abu Dhabi. The formed group trained three times a week, for 80 minutes according to a pre-established training program. Following the Colour Progressive Matrices Test and the interpretation of the initial and final results, the hypothesis was confirmed that the physical exercises which are constantly practised in an organized setting improve the capacity of attention and concentration.

\textit{Key words: “attention”, “concentration”, “physical exercise”, “experiment”}
PROMOTION OF AN ACTIVE LIFESTYLE AMONG ROMANIAN SCHOOL CHILDREN WITH HEARING DEFICIENCIES

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Abstract

Promotion of an active lifestyle has important short-term and long-term effects on health and well-being of children. The objective of this paper is the presentation of the activities developed in order to stimulate an active lifestyle among school children with hearing deficiencies from Romania. They are part of a comprehensive program for promotion of a healthy lifestyle - nutrition, involvement in physical activity, smoking prevention - among children with hearing disabilities, which is under current implementation in two schools from Cluj-Napoca and Sibiu. The educational activities are targeting both children and their parents. In order to stimulate involvement of school children in physical activity, they participate in one lesson which presents several issues related to the importance of physical activity, types of physical activities, and examples of exercises they might perform at school or at home in order to be involved in at least one hour of physical activity every day. The lesson is using a special video which was created using the language for people with hearing deficiencies, books with cartoons for children, posters. Moreover, children are encouraged to participate in different physical activities and sport competitions developed at school and out of school. Parents are informed about the educational messages transmitted to children and the way they can help their children through letters they receive and informative materials found of the web page of the program. The paper presents the program and makes recommendations for future activities for healthy lifestyle promotion among children with hearing deficiencies from Romania.

Keywords: physical activity, children with hearing deficiencies, Romania
Abstract

The World Health Organization emphasizes the importance of physical activity in health promotion and disease prevention across the lifespan. This paper has two objectives. The first one is to review data regarding the assessment of involvement in physical activity of different population groups from Romania. The second one is to identify and presents several programs, activities and measures for promotion of an active lifestyle developed in the last years in Romania. The information is based on data from scientific journals as well as short information from mass-media or published in electronic format. The results show that in Romania were implemented European surveys such as Health behaviour in school aged children and Eurostat, but there were carried out also local studies investigating the involvement in physical activity of different samples of children, adolescents or adults, including patients with chronic diseases or their relatives. With respect to promotion of an active lifestyle there are several examples, starting with school based sport activities, competitions and educational programs and continuing with mass-media awareness campaigns, health information, education and counselling for some groups of adults, development of sport facilities in parks from different cities. The paper identifies strengths and weaknesses of promotion of physical activity among different population groups from Romania, as well as opportunities for future developments in this field.
Simplifying and generalising the methods used in teaching basic snowboarding technique.

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Abstract

Snowboarding is a sport similar to other sports like Skateboard, Surf (with or without sail), Waterboard or Wakeboard, except the fact that it is practiced on the snow as slip surface and other numerous small differences in endowment material.

The experimental study was conducted at the base of the teaching staff „Virgil Teodorescu”, in Parang, during February 27- March 4, the university year 2016-2017. Subjects were students from master EFAMTL and the students of the specialization of the skiing. They have been divided into two groups of 10 students. At the beginning of the activity of the subjects were informed about the experiment at which they will participate and the control samples to which they will be subjected.

Methods used in research:

Scientific research in the field of physical education and sport has grown in the last period, the theory and methodology of skiing adopted methods specific to the discipline specifics. Of these methods, the suitable for the experiment are as follows:
- the observation
- the experiment
- the conversation method
- the tests
- statistical and mathematical method
- the graphical method

The method used to learn snowboarding is the global learning of the processes.

The efficiency of the experiment was verified through 2 technical processes, front turn and back turn and the last test consisting of a contest with passages through 8-10 flagpoles.

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Keywords: snowboard, learning method, global comprehension
STUDY ON THE RELATIONSHIP BETWEEN BMI AND VERTICAL JUMP IN CHILDREN AGED 8-9 YEARS

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Abstract

It is well known that the sedentary lifestyle is a major factor that leads to childhood overweight and implicitly to a low level of physical fitness. Childhood obesity is growing at an alarming pace, which allows us to talk about a real phenomenon of modern society. This phenomenon is recognized nowadays as a pathology that alters the well-being of mankind, as well as the social life of individuals. Against this background, the purpose of our study is to highlight a possible relationship between BMI (body mass index) and leg extensor power in children aged 8-9 years, which is indirectly assessed using the Jump-and-reach test, according to instructions specified in the Tester’s Manual for ALPHA-FIT Test Battery (Suni, Husu, & Rinne, n.d.). The research was conducted between 15 January and 25 March 2017 on a group made up of 177 children (both boys and girls), 51 being athletes and 120 attending the physical education classes provided by the school curriculum. Among the participants in physical education classes, 60 of the selected subjects had a BMI indicating overweight or obesity. BMI has an impact on the vertical jump scores achieved by the groups of subjects who do not practice performance sports, while in the case of athlete subjects, BMI has little influence.

Keywords: BMI, children, leg extensor power, vertical jump
Opinions of Teachers About Using Alternative Methods in Physical Education and Sport

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Abstract

Within the Romanian education system, through the initiatives taken at central and local level, various educational alternatives have been introduced since the 1990s, such as Waldorf, Montessori, Jena Plan, the Freinet method or Step by Step. The social and cultural evolution has also brought changes in the existing educational approaches, providing solutions to teachers, parents and children in organizing and conducting the training activity. The aim of this paper is to highlight the teachers' opinions about the implementation of alternative pedagogy in physical education lessons in the mainstream education. In order to obtain valuable information on this topic the research method used was an online survey questionnaire, administered via Google Forms. The participants in this study were 212 teachers from the pre-university level who teach different school subjects with more or less knowledge about the alternative methods. The results highlight new perspectives and also limitations regarding the use of alternative methods in physical education lessons: the level of knowledge about the alternative pedagogies, the participation availability of teachers to participate in training programs or some possible challenges in implementing alternative methods. The conclusion of our study reveals new directions in approaching physical education lessons, and provides information to teachers on how to use alternative methods.

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Keywords: Teachers, alternative methods, physical education lesson