ATHEROGENIC PLASMA INDEX IN A YOUNG, NON OBESE CAUCASIAN POPULATION

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Abstract

Risk for cardio-vascular is based on age, gender, smoking, systolic blood pressure and total cholesterol. Although it is well documented that the atherosclerosis process starts early in life, the risk is very clearly defined only for fatal events and only for persons above 40 years old. Besides the Guidelines for the Management of Dyslipidemias, other factors such as atherogenic plasma index (AIP) or adipokine levels have certain predictive information about this risk. The aim of our study was to assess the gender differences in AIP in a young adult non obese population. We have selected 85 young adults without a diagnosis of metabolic syndrome or related medical conditions. The metabolic syndrome components were measured and those (2 subjects) with 3 established metabolic syndrome criteria were excluded. The average AIP value on the whole group was 0.07. When stratifying the risk according to the AIP value, the majority of the participants were in the low risk range (51 participants, representing 61.4\% of the total), 18 (21.6\%) included in the high risk and 15 (18\%) in the medium risk category. The average AIP in women's group was 0.02, and in the men's group was 0.18 (p<0.001). Our preliminary results suggest that, for screening purposes, the AIP threshold should be different according to gender. To confirm this finding, a large longitudinal study is needed.
STUDY ON THE INCIDENCE OF THE SPINE DEFICIENCIES IN CHILDREN WITH SPECIAL EDUCATIONAL NEEDS (SEN)

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Abstract

According to the reports published in the paper Policy in Education for the pupils in risk situations also for those with disabilities from Southeast Europe, of the Organization for Economic Cooperation and Development, the number of the enrolled children with special educational needs is very large in the whole country.

Children with special educational needs are children whose special educational needs (requirements) derive mainly from the mental, physical, sensorial, language, emotional and behavioral deficiencies, or associated with, regardless of their severity.

The chosen theme presents a real interest, given the complexity of the term educational needs/special education and the importance of acquiring / maintaining a correct posture of the body that can be affected by various physical or psycho-sensorial dysfunction, temporary or permanent, determining states of infirmity, disability, handicap or invalidity.

In this paper, we focused our attention on the body posture of these children, more precisely on the existing deficiencies of the Spine.

The aim of the work is to create a database on the incidence of spine deficiencies in children with special educational needs or children with mental deficiency.

We intend, in our research, verifying the following assumptions:

In conditions of preparation and application of a well structured assessment protocol, it is assumed that the results regarding the incidence of spine deficiencies in children with special educational needs (mental disabilities), will highlight a concrete reality on these issues. These results can provide a real database, which could be used later for various purposes.
Abstract

One of the major challenges nowadays is to provide equal opportunities for social integration of children with disabilities, by multiplying interactions with the communities and by rendering available quality health services for this type of population. In this regard, a relevant Healthy Communities program has developed starting 2012, within the Special Olympics framework.

The study aims first at identifying the importance of volunteering in reducing the social gap and second, at comparing the perceptions of those involved in projects designed for the disabled, to those of the people who have no contact with such activities.

In this respect we used the sociological survey, applying two types of questionnaires; one captures data on how health professionals and other volunteers perceive their experience related to disability and the other intends to picture the characteristics of the collective mental in issues related to individuals with special needs. The study focused on 25 volunteers from different Romanian regions (with relevant experience in Special Olympics sport-oriented, educational and medical screening events) and 50 subjects, randomly chosen for an online questionnaire, who have no such experience whatsoever.

In processing the data, we used both qualitative and quantititative approaches, in order to reveal the types of perceptions, social stereotypes and stigma, attitudes and behaviours, the perspective of a cohesive community, all of these driven to create an equal status relationship among all people and an inclusive, empowering society for the less favoured persons.
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IMPROVING SOME COMPONENTS OF COORDINATION ABILITY THROUGH RHYTHMIC GYMNASTICS IN CHILDREN WITH AMBLYOPIA

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Abstract
Any loss or abnormality in the structure or function of the visual analyser represents a visual impairment. The World Health Organization considers that the term “visual impairment” refers, on the one hand, to a decrease in visual acuity, and on the other hand, to the loss of visual acuity. The research purpose consists in checking the influence of means specific to rhythmic gymnastics on some components of coordination ability (kinaesthetic differentiation, balance and intersegmental coordination) in children with amblyopia. The research methods used in conducting the investigation are the following: bibliographic study method, observation method, experimental method, graphical method and the method of processing, analysis and interpretation of the collected data. The assessment will be performed through tests or trials in order to establish the children’s reactivity, their progress/ regression/stagnation as a consequence of applying some means specific to rhythmic gymnastics. The study results highlight the progress recorded by the 12 subjects with amblyopia, as an echo to the applied therapy. Conclusions confirm that the means of rhythmic gymnastics influence some components of coordination ability (kinaesthetic differentiation, balance and intersegmental coordination) in children with amblyopia and that this sports discipline finds a well-deserved place in the thematic syllabus of Physical Education as a subject taught in special schools, in lower secondary education.

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Keywords: coordination ability, amblyopia, rhythmic gymnastics.
Abstract. Fluid intake, especially water, is essential for human life and also necessary for physical and mental function (Özen et al., 2014). The aim of this study was to find out whether men and women, who attend sport activities at the Faculty of Sports Studies of Masaryk University Brno, keep their drinking regime. The research was carried out by using questionnaire method. We obtained 186 completed questionnaire forms in total. Respondents group consists of 108 men and 78 women aged 15-24. First, the anthropometric parameters such as body weight, height and BMI had been taken. On the base of BMI value, respondents were divided into following categories: underweight, ideal weight, overweight, weak obesity, middle obesity a severe obesity. In the next phase, respondents were questioned on weekly frequency of physical activity they perform and the physical activity type. Following questions focused on their drinking regime, amount of fluid consumed per day and the type of the most frequent beverages. The research revealed that majority of both men and women belongs to category ideal weight. Most male respondents perform their physical activity 3 times per week, female respondents twice a week. Most favourite physical activities are ball games for men and fitness for women. Most respondents keep their drinking regime. Research showed that most men (40.7%) and women (30.8%) drink between 2 – 2.5 litres of fluid per day. The most typical drink is water for both men and women. Most respondents both male (65 %) and women (62 %) gave positive answer to question whether they believe that their fluid intake is sufficient.

Keywords: fluid intake, men, women, amount of fluid consumed per day, beverages.
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ANALYSIS OF ANTHROPOMETRIC AND CARDIO-RESPIRATORY INDICATORS FOR THE EVALUATION OF THE UKRAINIAN YOUTH HEALTH

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Abstract

The development of precise criteria for evaluation of the youth’s health and fitness level is an actual scientific problem. The express assessment technologies are of great interest nowadays due to their broad population coverage and optimum cost. The aim of the investigation was to evaluate the health status of the Ukrainian youth via express evaluation method that helps to identify the state of the cardio-respiratory system. Those involved in the randomized study were the students (N=365, 163 male and 202 female) aged 18 to 22. Body mass index, lung vital capacity, vitality index, strength index, heart rate, systolic and diastolic blood pressures were studied by means of standard methods. The complex information received through different indexes was used for generalized express assessment of health level. The results showed that 54.0% of females and 15.3% of males have the average level of health. No one from the experimental group showed the highest health level indices according to the standards. The low-level parameters were observed in 38.7% of males and 19.3% of females. The results obtained confirm the fact that the students’ population has the average or below average level of health. This indicates the occurrence of chronic contagious diseases mainly those of cardiovascular and respiratory system.

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Keywords: health, cardio-respiratory system, youth, express method.
CURRENT CONCEPTS IN ASSESSMENT AND TREATMENT OF GAIT DISORDERS IN CHILDREN WITH HEMIPLEGIA

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Abstract

Hemiplegia is a pure pyramidal syndrome, which affects 30% of all cerebral palsy, having an asymmetric gait, easy to classify in a particular pattern. The assessment and treatment systems of hemiplegic gait have evolved very quickly in the last years, defending the need for "upgrade" to increase and improve the rehabilitation of children with hemiplegia gait.

We start from the question what are the actualities in the assessment and treatment of gait disorders in children with hemiplegia?

The research strategy of the articles have focused using key points to cover the established criteria fixed at the beginning. The main sources were: databases, books and journals, reports, conference papers, official and legal publications, reviews.

The data collected interested the rehabilitation of gait disorders including methods and concepts of assessment and treatment that can be implemented in the profile centers from Romania.

Experiences in the field and assessment methodology are the key factor in recovering the child's hemiplegic gait. The functional evaluation determines the diagnosis and severity of the disorders that prevent the child from acquiring a normal gait.

A consistent number of studies and papers describing methods and concepts, but the literature is poor in demonstrating the efficacy of them.

Keywords: gait disorders, physiotherapy, hemiplegie, rehabilitation

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Abstract

Physical inactivity, modern technology and the significant increase of working hours as well as the amount of people who work in an office environment increase the incidence of low back pain (LBP). We started this study from the hypothesis that a modern complex prophylactic approach to LBP can reduce the high costs of medical treatment, the payment of the leave of absence, the lack of long term efficiency of the employees diagnosed with low back pain and, last but not the least, to increase the quality of the employees’ lives. The study was conducted over a period of one year on a number of 38 office workers who were diagnosed as suffering from LBP. The prophylactic approach to this pathology included the ergonomics of the daily work space at one's jobsite, the rehabilitation or orthopedics consultation. The intent was to develop a personalized management plan that included chair massage, short kinetic programs performed at the workplace or if the case required it: Rolfing or Heller work. The results of our study can be added to numerous studies (Tveito TH., 2004; Waddell G., 2004; O’Neil R., 2001) that are demonstrating the negative economic consequences of this pathology. Regarding the first occurrences of low back pain in our subjects, this has dropped from 48% at the beginning of the study to 19% at the end. Furthermore, the number of the subjects who interrupt their work schedule to make a short program of personalized exercises has increased considerably from 21% to 63%. Most participants (82%) said they changed their lifestyle and significantly increased the time spent on various physical activities (swimming, basketball, fitness).
Keywords: low back pain, kinetoprophylaxy, rehabilitation, office environment,
THE ACTIVE DETECTION AND CORRECTION OF THE FOOT’S POSTURE MODIFICATIONS IN CHILDREN

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Abstract

The effects of the posture modifications and musculoskeletal disorders represent the main reasons for a reduced productivity and a significant decrease in the life quality. Over 80% of the population has a prevalence regarding the dysfunctional legs. These problems, which in most cases begin in childhood, aggravate in time and the possibility of correction becomes impossible.

During the child’s development, there are certain aspects or postures of the lower limbs considered as “physiological”, which are often transient and do not have a pathological significance.

Generally, we spend approximately 99% of the time walking or in an orthostatism position on hard, flat surfaces, mostly using inappropriate footwear, which aggravates this problem.

The study’s purpose is the initiation of a study regarding the application effects of a physiotherapy protocol associated with the medical insoles for the foot’s posture modifications in children.

27 subjects participated to this study, with an age between 6 and 16, that followed a physiotherapy protocol according to the subjects’ needs determined based on a functional assessment. The monitored parameters were: the pain and the supporting plantar area. We used a visual analogic scale for pain and a pressure plate was used for the assessment of the supporting plantar area - Presscam V 4.

The results of the statistical processing of the data obtained on the initial and final tests, highlights a significant reduction of the pain for all the subjects and significant modifications of the supporting plantar area.

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Keywords: foot posture, medical insoles, physiotherapy, life quality
Abstract

INTRODUCTION

This paper presented our experience (neurosurgery department of Pitești County Emergency Hospital) over a period of 5 years, in terms of lumbar discopathy manifested as lumbar sciatica in athletes.

Lumbar discopathy is a relatively frequent disease in athletes who practice contact sports, on one hand, and on the other hand in athletes who excessively stress their lumbar spine through repeated micro traumatisms.

OBJECTIVE AND METHOD

- The objective is the clinical and para-clinical diagnosis of back pain of the lumbar spine, directly related to its over-stress, depending on the sport practiced.

- It is a simple statistical study, on a total of 17 patients presented in our service, all practicing high-performance sports.

RESULTS
A causal link between the practiced sport and onset was established anamnestically and clinically, namely the clinical progression of lumbar sciatica. Para-clinic examinations - computed tomography and nuclear magnetic resonance - confirmed the existence of disc pain in these patients, showing disc injuries of different intensity.

CONCLUSIONS

Lumbar discopathy presents two major etiological causes:

- Violent traumas of the lumbar spine, with the realization of post traumatic disc herniation: 2 cases;
- repeated micro traumatisms, with progressive lesions of the posterior longitudinal ligament, the fibrous ring and nucleus pulposus, causing disc herniation.

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Keywords: lumbar discopathy, Lumbar disc herniation, lumbar sciatica, Radicular arteries, treatment