

ANALYSIS OF RESULTS EVOLUTION IN MEN'S 60 M AT NATIONAL CHAMPIONSHIPS OF ATHLETICS 2010-2012

Phd. University lecturer Florina Paraschița, FEFS-UEB

Keywords: run, performance, event, seconds

Abstract

At this research took part finalists senior men's 60m each year under study. The study was conducted at the National Championship and Crystal Cup Senior of the room, held in athletics hall of the National Sports Complex "Lia Manoliu" of Bucharest in 2010-2012.

In all the years we studied the first place was occupied by the same athlete with 6.77 seconds in 2010, 6.74 in 2011 to 6.81 seconds in 2012.

In the three years studied the results for places 1-3 in the 60 meter male is in the range of 6.74-6.95 seconds. To achieve superior performance contributes a number of factors, which include: physical and mental qualities runner, morpho-functional development, technical and tactical training.

PECULIARITIES OF ALL THE DOCUMENTS FOR PRE HIGH SCHOOL

Professor Phd. Sanda Toma Urichianu
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Keywords: curriculum, master plan, curriculum, school, student.

Abstract.

Issues relative to curriculum developed continuously, offering specialized analysis levels and facets of the increasingly diverse educational phenomenon. Educational policy developments, the area of semantic concept, action curricular and curriculum specialists were interdependent. "In their dynamics, these phenomena have configured a tendency today to analyze and design authentic curricular qualified concrete educational situations by differentiating and individualizing learning experiences." (Cretu, 1998) Introduction. Curriculum - broadly representing all educational processes and learning experiences through which the student during his school course. In the narrow sense, the curriculum includes all those documents regulating school type in which data is recorded essential educational processes and learning experiences the school offers student.

PRINCIPES PEDAGOGIQUES A LA BASE D'UNE CONCEPTION CONSTRUCTIVISTE D'APPRENTISSAGE DES LANCERS ATHLETIQUES

Corina Ivan, Maître de Conférences Dr. – UNEFS

Mots-clés: lancers, apprentissage, principes

Résumé

L'article viens à l'appui des entraîneurs qui doivent aider chaque athlète à progresser, à développer, puis à optimiser ses ressources pour atteindre son haut niveau. Les solutions des uns ne peuvent pas être celles des autres. La motricité athlétique se construit et s'affine. Cet article offre des solutions pour passer d'une motricité habituelle (qui s'est construite progressivement depuis la naissance) à une motricité athlétique. Après une phase de découverte de l'objet et d'exploration du milieu au cours de laquelle la motricité habituelle est mise à contribution, les lancers de précision sans aucune notion de performance envisagée ne doivent plus être proposés au débutant.

CONSIDERATIONS CONCERNING THE OLYMPICS

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Keywords: Olympics, sports, education, solidarity and fair play.

Abstract

Modern Olympism was conceived by Pierre de Coubertain, the initiative which, in June 1894, has founded The first Olympic Games (Olympic Games) in modern times were celebrated in Athens, Greece, in 1896, organized the first edition and then after 108 years of the same country, in 2004, at the XXVIII edition of the Games. Fundamental Principles of Olympism are contained in the Olympic Charter. It governs the organization, action and operation of the Olympic Movement and sets conditions celebration of the Olympics. The modern world is increasing on the values promoted by the concept of Olympics, fair play, tolerance, non-violence, fight against drugs, are just a few examples of what a company needs to develop and mind.

PERFORMANCE ANALYSIS OF 60 M MALE AT SENIOR NATIONAL CHAMPIONSHIP

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Keywords: results, time, athlete, event

Abstract

This research took part 16 senior athletes, including eight finalists qualified for the 60 m. The study was conducted at the National Championship and Crystal Cup Senior Athletics held in the hall of the National Sports Complex "Lia Manoliu" in Bucharest on 9-10 February 2013. After first round in men's 60 m, the best eight players, in order of time, ran the final. All athletes in the research final have been times in 7.00 seconds. Analyzing the results obtained in first round and final is noted that 6 of the 8 athletes improved their performance in the final, and two athletes ran worse than in heats with 0.04-0.05 seconds. Running short distances (60, 100, 200 and 400 m) is part of the cyclical exercise intensity (9 - 12m / s) characterized by a relatively short duration of work (6.5 - 50 s) (F. Neder Paraschița, 2010, pag. 49).

CONTRAINDICATIONS OF AQUA FITNESS

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Key words: aquatic fitness, contraindications, body maintenance.

Abstract.

Aquatic environment offers the opportunity for all individuals to practice, regardless of physical training, age, level of aquatics skills or stage in different conditions. The knowledge of aquatic exercise it is suitable for all persons, under certain safety criteria and state of the practitioner. Therefore, depending on the status of each person it is advisable to ask the doctor before engaging in an aquatic fitness program. Each combination of exercises should include methodical indications about movements that has to be avoided or limited to remove application in vulnerable areas. Aquatic activity is appropriate for all persons, regardless of age, aquatic skills learned, physical capabilities. Aquatic aerobics practiced properly and organized offers fitness development, fun and safety in practice and is suitable for people of all ages and physical capabilities.

AQUA FITNESS – WORKOUT AT DIFFERENT CONDITIONS AND DISEASES

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Abstract

In current development of forms of aquatic practice, people being in different stages of life or showing certain conditions, cannot benefit from the special features that water can provide due to lack of administrative units.

Exercising in the water the elderly, persons with asthma, people with back problems, people with arthritis, or pregnant women, are some examples of situations for which access to pools is hard from of multiple causes.

But before we can provide the framework for water activity in these situations must be understood why the practice of aquatic exercise is sometimes scope for further everyday work, and after practicing these activities there is an improvement in the quality of the lives.

Key words: *aquatic rehabilitation, diseases, enriching the quality of life.*

L'ANALYSE DE PREPARATION SPECIFIQUE PENDANT LA COMPETITION AUX LANCEURS DE JAVELOT

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Mots-clés: athlétisme, lancement du javelot, l'analyse

Résumé

La plupart des experts et de la littérature mettent en évidence les qualités prioritaires force d'explosion, vitesse d'exécution, la souplesse musculaire et la mobilité articulaire, avec une coordination précise, avec une technique précise de lancement. Dans n'importe quel échantillon de sport, et donc le javelot, s'il existe un certain nombre de moyens à haut rendement, qui judicieusement espacées tout au long de l'année, donc, les résultats peuvent être mis en évidence par des valeurs quantitatives et qualitatives et représentent critères d'évaluation les changements dans l'effort de l'activité sportive. Les méthodes de recherche: l'analyse des documents de conception, l'enregistrement de l'entraînement sportif, de sélection tests de vérification, le traitement statistique et mathématique des données obtenues (moyenne arithmétique, l'écart type, coefficient de corrélation), grapho-analyse de method.

RESEARCH CORRELATION BETWEEN OVERWEIGHT AND BEHAVIOUR FOOD

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Keywords: overweight, obesity, eating behavior

Summary

Overweight and obesity in children and adolescents worldwide is Growing Fast. There is year Urgent Need to Develop effective programs to treat childhood and adolescent obesity and to Prevent That young people to become obese adults obese. Inactivity and low levels of physical activity is believed to BE important contributors for. increasing prevalence of obesity among children and adolescents. Our study attempts to show that eating habits have increased importance in the occurrence of overweight and obesity. Predisposing recall of dietary factors: a significant increase in fat and sugar consumption to normal levels, increased consumption of refined products with a high caloric density, increased consumption of foods high technological processing.

COMPETITIONAL RUGBY TRENDS, LOCAL AND INTERNATIONAL

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Keywords: rugby, trends, model, game, team.

Abstract

The national rugby has grown in strength and beauty, players having outstanding developments and increasing the intensity of the game. Analysis that I have done as a coach and instructor IRB comes after watching several Romanian team matches in the European Nations Cup, the Rugby World Cup and has three levels. The first plan, targets the actual game for Romanian team, the second plan reflects its evolutionary trends, and the third plan trends to comparing the Romanian game model to the international game model.

In a counterattack, the player who triggers the action, the ball carrier runs straight to his opponent, seeking support in axis to act. There are times when the counter-striker starts action by running sideways to force defenders to come to the ball, requiring support to come through a cross to reorganize the movement.

ÉTUDE POUR DETERMINER LES CARACTERISTIQUES DU MODELE PHYSIQUES AVEC DES MOYENS SPECIFIQUES AU LANCEURS DU JAVELOT

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Mots-clés: athlétisme, lancer du javelot, Juniors II, tests, analyse

Résumé

Le modele multidisciplinaire du champion de lanceur du javelot se compose de plusieurs sous-modèles: méthodes, anthropométriques, physiologiques, psychologiques, etc, y compris les paramètres tels que la taille, le poids, l'échelle, etc; la longueur du lancer avec des autres matériels de l'entraînement sportif, résultats: sauts multiples, la vitesse sur de courtes distances, etc; Les valeurs de réactivité musculaire, pourcentages de fibres blanc / rouge, qui se trouvent en principaux groupes musculaires impliqués en mouvement. Sur une analyse plus approfondie montre qu'aucune des exigences de ce modèle multidisciplinaire n'est pas «garantie» dans la réalisation de la performance sportif.

COMMUNICATION - CONCEPTUAL FRAMEWORK AND BASIC RULES

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Key words: concept, basic rules, style, complexity, universal, holism.

Abstract

In the main, human communication is the prerequisite to social life and to human culture and civilization, in particular. There is a wide range of definitions addressing communication, such as:

- Communication means to share, to liaise. Besides the meaning of contact and relation, the Latin term "communicare" also means "to share, to impart, to cause to pass from one to another, to unite".

- Human communication refers to sharing and swapping of sensations, emotions, feelings, ideas, opinions and facts. Hence, it means more than "to reveal, to convey, information, notify, inform, speak or talk to, keep in touch or in contact with".

- Communication is the art of exchanging information from the sender to the receiver.

HUMAN COMMUNICATION

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Key words: communication, means of communication, language, strategy, target, message, message transmission.

Abstract

Society, human existence and communication respectively are closely intertwined. Communication plays a vital role in people's life, in their daily chores, be they simple or complex activities. Even a simple task, for instance, setting off on a trip, requires various types of communication: checking the weather forecast, inviting friends over on the phone, cashing some money from the ATM, observing the traffic signs etc.

There is almost an endless range of means of communication: television, radio, tape/CD recorders, newspapers, books, talks, meetings, gestures etc., to put it in a nutshell, communication is inextricable. We belong to a world in which the spoken word (oral communication), electronic communication (both oral and written), non-verbal communication as well as printed communication are almost daily employed.

STUDY ON PHYSICAL PREPARATION OF VOLLEYBALL PLAYERS

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Abstract: In this paper we will not work with the entire domain, but we will try to offer a general sketch with examples to improve training and to create the basis of a unified methodology and content of the volleyball training, emphasizing on the paper work theme. Most papers published so far in the country or abroad mainly deal with the preparation of athletes in general and especially volleyball players. Specific problems rather than the female body are investigated, especially when it comes to joining their physical training. Research was conducted during September 2011 - January 2012 to Dinamo Bucharest. It started with athletes subject to 6 control samples, then we developed a training program that I applied it in their training. In February there was final testing.

Keywords: physical training, volleyball, performance, muscle training.

ROLE OF VISUAL FEEDBACK IN FOOTBALL

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Keywords: football, skill, feedback, performance, video, active observation

Abstract

Nowadays, coaches have many tools and techniques available to facilitate learning. Perhaps the most widely used is visual. Although technology has advanced significantly, so quality and editing videos has improved obviously, this environment remains a relatively easy and affordable tool for coaching at all levels of the game. Video training has many functions such as helping to analyze the game, to estimate the effort a player or facilitate the acquisition of new skills.

In this article 'role in providing specific individual video technology, learning and improving feedbackului is considered as a tool to help the refinement and development of skills and techniques. Feedback increased intrinsic or defined as information that is provided in addition to that which is normally available when performing an action.

GAME COMPONENTS POSSESSION

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Keywords: team-control, football, possession, creativity

Abstract:

"Pass the present technical element of the game of football"

In current possession game is a philosophy and a modern tactical manner in which teams try to close victory. The objective of this game is in the same manners as a team to maintain possession until a complete solution. Success of this concept of the game, which is crucial posesesia depends on technical ability of players to pass the ball accurately and on time optimal sense of tactical positioning on the field in such a way as to open the bird blind leading the ball player to offer an option for further action, thinking ability to find optimal solution and identify two three solutions. Initiator and promoter of possession was played around the indentificând actually prof.A.Niculescu qualities and abilities Romanian player of expression based tactic called at the time "timing".

THE ENERGY AND RELAXATION METHODS IN TENNIS GAME

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Dima Marius, lect. univ. dr. UEB - EFS

Keywords: energy, the physics mechanical work, tennis, the service in tennis, relaxation.

Summary

Consulting the ancient books about tennis, I have realized that *the service* was defined as: “the shut that puts the ball into the play”. But this it doesn’t mean that in the past the tennis players don’t want more from this part of the game, the service, but all the expectations from their-selves have been according to physical, technical, intellectuals possibilities. In our days there are a few tennis players which are very strong, mentally and physically, which are helped by a complete technique, and by the conviction that the future of the tennis is that tennis who has a lot of decisive actions in the middle Mesh area. Let’s talk a little about the service. This part is the most hardly one from tennis game. Apparently it is not a big deal. We throw up the ball, above the head, our head, and we hit that with our tennis racket.

CURRICULUM FOR BEGINNERS GYMNASTICS

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Steliana Curelea- Sport Association Sports Educational.

Abstract

Gymnastics is the fundamental basis for a wide range of sports such as rhythmic gymnastics, aerobics, acrobatic, trampoline, diving, synchronized swimming, ballroom dance.

The applications of this discipline are remarkable. Gymnastics is the basis warm up of a wide variety of sports cyclic and acyclic. The implementation of this discipline in the institutional framework was made early in the nineteenth century in the army at the beginning and in secondary school and in the medical field. Gymnastics represents a mean of physical development efficient and enjoyable. The gymnastics course structure, brings in classrooms play and movement, the method by which students learn easier and work is focused on building and driving the kinetic capacity and qualities.

Key words: sports, rhythmic gymnastics, aerobics, acrobatic, trampoline, diving.

INFLUENCE OF SPECIFIC MEANS ON THE DEVELOPMENT OF JUNIOR I (12 to 13 YEARS OLD) DANCERS' PSYCHOMOTOR ABILITIES

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Key words: dance sport, means, psychomotor ability, training

Abstract

This paper highlights the influence of specific means on the development of the psychomotor abilities in dance sport at junior I level (12-13 years old). It was considered that the introduction of specific means grouped in actuation systems with influence on the psychomotor abilities would lead to technique strengthening and to the development of the psychomotor abilities of junior dancers (12 to 13 years old). The research was conducted in „Step in Two” dance sport club of Bucharest. The experiment aimed to estimate the influence of dance on the psychomotor abilities at the age of 12 – 13 years; this approach was carried out throughout a period of 12 months, from March 2010 to February 2011. The research used the means specific to the dance, intended to consolidate the technique and to develop the psychomotor abilities, grouped in actuation systems that joined the training specific means in dance sport

STUDY ON PRE-COMPETITIVE TRAINING IN PERFORMANCE BODYBUILDING FOR JUNIORS

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Key words: body building, juniors, muscle mass, performance, training

Abstract

The study intends to highlight the methodical aspects of the pre-competitive training in performance bodybuilding. With this aim in view we have considered that a proper diet and adequate supplements lead to the development and definition of the muscle mass specific to the competition class.

This scientific approach led to the conduct of a case study in the Sports Club named „Tonik Fitness Club” of Bucharest. The subject of the study was an athlete, 20 years old, performance bodybuilder member of „Farul” Constanța Sports Club. The study was carried out throughout a training period of 18 weeks (February – June 2010). Study results prove the effectiveness of using the pre-competitive training means in performance bodybuilding.

RELATIONSHIP OF EFFORT PARAMETERS AND MUSCLE AREAS IN WORKOUTS FOR PECTORAL MUSCLES IN FITNESS FOR MASSES

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Key words: effort, fitness, strength, muscle groups

Abstract

The main goal of the study is to highlight the methodical issues regarding the development of pectoral muscle strength in fitness for masses. With this aim in view we have considered that an optimum relationship between exercises for different pectoral muscle areas during workouts and reps number in each set would contribute to the increase of muscle strength and to the improvement of muscle strength during effort. This scientific approach led to the conduct of a study of case in the Sports Club „Tonik Fitness Club” of Bucharest.

The subjects of the study were 2 athletes aged 28 and 34 respectively, practitioners of fitness for masses so far. The study was carried out during a 2 months period (March – April 2010), four times a week.

CONTENT OF EFFORT PARAMETERS PLANNING THROUGHOUT A TRAINING MACRO-CYCLE IN PERFORMANCE WEIGHTLIFTING

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Key words: Weightlifting, specific fitness, means, intensity, training, volume

Abstract

The purpose of this paper is to present the contents of effort parameters planning throughout a training macro-cycle in performance weightlifting. With this aim in view, we have considered that an accurate and thorough elaboration of the training and performance objectives, of the specific training means corresponding to the intended goals would point out the relationship of effort parameters and the dynamics of specific fitness in performance weightlifting.

To highlight the contents of the specific training means during the planning of performance weightlifters' workouts, a research was conducted in „Olimpia” Sports Club of Bucharest. The research was carried out from January to May 2012, along 20 micro-cycles, applied to a group of 4 athletes, 17 to 27 years old, senior classes.

RELATIONSHIP OF PHYSICAL AND TECHNICAL TRAINING MEANS DURING PREPARATORY PERIOD IN PERFORMANCE WEIGHTLIFTING

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Key words: weightlifting, means, physical training, technical training, performance

Abstract

The authors present in this paper the relationship of physical training with the means of technical training in performance weightlifting. With this aim in view, we have considered that an optimum relationship between the means of physical and technical training during the preparatory period would highlight the dynamics of the number of reps and the share of these ones in each training micro-cycle.

This scientific approach has led to a study conducted in „Olimpia” Sports Club of Bucharest. The research was carried out from January to March 2012, throughout 10 micro-cycles, applied on a group formed of 4 athletes, 17 to 27 years old, senior classes.

CONCEPT, AND GUIDELINES ON CURRENT TRENDS DRIVING FORCE DEVELOPMENT OF QUALITY, PERFORMANCE IN TENNIS

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Prof. Sorin Matei, Romanian Athletics Federation President

Key words

Concept, current trends, tennis athletic, specific traction, specialized resources, optimal dosing, explosive force, whether the effort guidelines current method typology lessons for workforce development.

Abstract

Since 1975, when at the helm of high performance tennis appeared B. Barg, Swedish, exhibiting a permanent game offensively, held throughout the court surface geometry with action ball great strength and speed, accompanied by drivability enviable technical and tactical actions conducted at the ball and without the ball in the game (and replacement field placement).

In the years that followed, and to date, tennis has changed spectacular performance at all levels. Note unprecedented intervention related sciences (physiology, psychology, biochemistry, biomechanics, dietetics, etc..) That intersecting with science methodology training tennis players at all levels of athletic skill, led to a new concept of training and Official game characterized by

increasing the body's ability to cope tennis players play athletic, dynamic and constantly attacking.

CONCEPT, GUIDELINES AND TRENDS OF THE DEVELOPMENT OF QUALITY DRIVING RESISTANCE IN TENNIS PERFORMANCE

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Key words: Request maximum physical and mental strength, conditional factors, fatigue, body adaptation, muscle power transformer, range, restoration, will, perseverance, tenacity, thinking, creativity.

Abstract

Modern tennis game practiced at sea level performance is significantly different from that practiced two or three decades ago, due to the tactical phases based on total offensive game high technical reasoning and exceptional drivability. Diverse modalities of technical refinement to achieve tactical game point and increase capabilities physiological, psychological and thought-scale actions and hitting the ball, always made total offensive game plan, which in turn are accompanied by superior resistance: sensory, emotional, motor and stress. In our opinion, the theory and practice of modern tennis entered the sphere of connection and mutual conditioning with great beneficial resource because both sides are based on scientific criteria for identifying solutions and decisions to increase strength training and tennis players in official games.

IMPROVE PERFORMANCE IN SPORTS FOR JUNIORS OARSMEN BY IMPROVING PHYSIOLOGICAL FACTORS

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Keywords: canoeing, sport, training, performance.

Abstract

Rowing up-at the highest competitive levels – a unique challenge to the human body, illustrated by the natural selection of individuals apparently most suitable for this sport. High-level performance requirements include both the enormous capacities of local resistance (muscle) and General (cardiovascular), as well as the ability to produce a voltage or very large muscle force during each shots. Rowings training requires a balance between the exercise of force and resistance. There are two classes in rowing: as with frames and rowing. As with frames involves a single frames, both hands are placed on a single handle. The

paddles are smaller and lighter and are each with one hand. Painted wooden boats are made for crews in the even number, 2, 4 or 8, each with or without a helmsman.

OPTIMIZATION OF PHYSICAL AND TECHNICAL TRAINING TO BUILD THE SAMPLES IN ROWING

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Keywords: training, rowing, physical training, technical training, contest.

Abstract

Physical training is the training base for all athletes. It has priority in the training of beginners, because the more well developed driving qualities, the major functions of the body, especially the movement and breath have a potential for higher activity. Also, a system wide mastery accomplishments and skills makes learning and improving driving technique and practical actions. Practice demonstrates that there is no branch or evidence of superior results can be achieved only on the basis of their specific use. Through the study we analyze the sequence of actions undertaken by the learning of the art canotajului contained in a program developed for athletes selected. Whereas the process of learning is individual, generally we will not mention the number of lessons and their duration, quantitative indicators are at the discretion of the coach, in relation to the progress observed in each cycle or phase of the training process.

MOTRIC QUALITIES COMBINED IN THE GAME OF BASKETBALL

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Abstract

Combined motor qualities plays an important role in basketball. Analytic display of motor qualities development is imposed by the general physical training objectives which hasn't disappeared from training economy. Considerable increase of the specific training role imposed by increasing number of international sportive competition and implicit the national ones, specialized training contents and methodology according to competition necessity.

In high performance basketball motor combined qualities plays an essential role and for this purpose speed, strength and resistance are simultaneously developed. Any motor gesture implies, in competition and specially in training, a mixture of strength, resistance, speed and suppleness in low detectable proportions.

Key words: motor qualities, motor gesture, training economy, needs of the competition.

METHODS AND MEANS FOR PREPARING AN EXPERIMENTAL MODEL OF DEVELOPMENT OF FORCE IN THE GAME OF BASKETBALL

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Key words: basketball, force, means, methods

Abstract

Strength developing it's a complex activity governed by several methodic guide lines. These help the trainer in selecting the best means and methods for high perfection. Strength developing methods and principles represent necessary guidance in reaching a certain goal and it will insure a superior organization system with less possible errors.

By correct and adequate documentation of the specialists and picking the best means and methods for strength developing in basketball it is possible to achieve high performance results.

Overloading in strength developing will be correctly used by choosing the adequate means and methods.

OPTIMIZATION OF 6 TO 9 YEARS OLD ATHLETES' TRAINING IN DANCE SPORT

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Key words: dance sport, training, 1st stage, technical training

Abstract

The purpose of this paper is to guide instructors, coaches, teachers of physical education and sports in conducting dance sport training sessions with those who practice this sport to maximize performance in this area, or to relax and enjoy; simply dance therapy.

The study was conducted over a period of 4 months, from September to December 2011, with a group of 22 children, 11 girls and 11 boys practicing dance sport in "Student Sport" Club of Bucharest.

The results of the experimental group confirm the hypothesis proposed. A varied training program, properly distributed per methodical sequences, determines the correct assimilation, with increased efficiency, of the basic technique of dance sport.

STUDY ABOUT IMPROVING GENERAL MOTRICAL ABILITY OF STUDENTS FROM 8TH GRADE WHICH ARE PARTICIPATING IN EXTRACURRICULAR SPORT ACTIVITIES

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Keywords: extra-curricular activities, playing sports, motor capacity

Summary

Improving the capacity of general motricity is one of the main concerns of physical education in school. Efficiency of physical education must be assessed in terms of quality of performance of children's motrical ability, as an objective necessity to obtain information that would allow us to work on improving their physical condition. Extracurricular sports activities with content from basketball have a significant impact on increasing general and specific motor performance of children of this age.

Careful use the content and available means of basketball game leads to an improvement of motor qualities, of skills necessary to practice this game during free time of any student, and an increase in their emulation and motivation for sustainable physical activities.

CAPACITY DEVELOPMENT STUDY OF COLLEGE STUDENTS BY DRIVING THE VEHICLE SPECIFIC APPLICATION OF VOLLEYBALL GAME

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Summary

The children, the teenagers and the healthy adults, who can take an active part, conscious and voluntary to the practice of physical exercises enroll in the activity of Physical education and sport.

The Physical education has a contribute at normal growth,harmonious development and multilateral training of the young generation.

The Physical exercises can make static or dynamic muscle contractions developed in anatomical or physiological normal limits.

During the lessons of the Physical education ,the young generation takes skills, knowledge that are the base of the performance sport.

The children with special skills can be detected by the tests and they can be guided to high performance.

Keywords:influence,volleyball,detention,driving qualities.

A GUIDE FOR EVALUATION OF THE STUDENTS FROM THE BUCHAREST PHYSICAL EDUCATION UNIVERSITY

Conf.univ.dr. Robert Sakizlian
Universitatea București

Key word.Physical education,evaluation, basketbll game,students,dynamic capacities.

Resume.

In the omanian superior education system, the finalisation of an activity ith a grade represents the most equitable and stimulent maodality for the students training, including the one in the field of Physical Education and Sports.The students resulted grades at this discipline, which can be found in their final grade evaluation, represent an important fragment of the students personality which regards his physical capacity,his health condition ad his physical and psychic strength, his preoccupations towards physical education, elements without which both the professional preparation and the present and future activity would 't be at its best. The demonstrated inteest duing the classes, the progress achieved based on the knowledge of the students prepaation represents one of the permanent tasks of the ones involved in the orientation, organisation and deployment of the physical process.

DEVELOPMENT OF FUNCTIONAL TRAINING REGARDING REPRESENTATIVE BASKETBALL TEAMS BY SPECIFIC MEANS

Conf. univ. dr. Robert Sakizlian
University of Bucharest

Key words: vital capacity, respiratory frequence, basketball.

Summary.

The major importance of physical education lessons in higher education lies in their contribution to the preservation of health, intellectual effort to offset increased exams generated at the positive development of general and specific motor capacity required for further work and for the implementation framework needed for recreation and for practicing the favourite sport.

Therefore, at this level it will mainly be followed the following objectives:

- Maintaining the health and capacity to adapt to varying conditions;
- General motor capacity needed to enrole the sporting facilities;
- Improvement of somatic-functional indices and their relationship optimization (observing body reactions to different types of stress and causes that increase or limit exercise capacity).

MULTI-ANNUAL TRAINING IN PERFORMANCE ARTISTIC GYMNASTICS

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Key words: stages, gymnastics, contents, multi-annual training, periods, structure

Abstract

This paper is intended to highlight the theoretical issues regarding the multi-annual training in artistic gymnastics. The structure of the training process is based on the laws of sports mastership achievement, with a specific share in different sport branches. Sports mastership can be revealed as a multi-annual sports activity, aimed at achieving high sports results.

Current views on training in terms of multi-annual preparation are well known by several authors, who present the multi-annual activity as a process divided into three major periods: 1) basic athletic training conducted in the sport for masses, in many cases source of reserves for future high performance; 2) high performance sport activity; 3) athletic activity after leaving high performance sport.

THE IMPROVEMENT OF GENERAL PHYSICAL TRAINING OF YOUNG ATHLETS BY USING PREPARATORY GAMES

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Keywords: game preparation, child personality, exercise, active participation, rules game.

Summary.

Outstanding performance achieved by great champions in athletic tests in the last decade amply demonstrates that superior results have a common denominator, namely, its practice since young age, but after a thorough and scientific methodology.

With these design guidelines and best practice in performance athletics, which added modesty and personal concerns practitioner of this sport, which permanently intersect with observations and dialogue with specialists in the field, gave me the opportunity to develop a theme always present and the many facets to improve training methodology specifically at children and share dynamic games and relays for use in preparing lessons for children.

SPECIFIC MEANS OF ATHLETICS, WAYS OF INCREASING YOUR HEALTH CONDITION

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Key words: health, running, joggig, physical exercise, elite sportsmen.

Resume.

These lines adress both the advanced learners and begginers but especially sedentary people,because in fact it is never too late to love running.You can discover your own body, too much ignored, you can discover its limits and enjoy success.There will come a time when the successsful effort, the runners joy for running is decreasing giving place to a calm attitude wich greats imprudences.Although, the soul of a child, hidden somewhere remains and comes to surface once you start playing again. The oncerning state of our people gave us the impression that taking into account the idea of movement and sport, of jogging can be a happy altenative, successfully verified in all the countries with high-level of civilization.