

## **FUNDAMENTAL PHYSICAL ACTIVITY IN MIDDLE SCHOOL**

**Ph. D. Sanda Toma Urichianu  
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**Abstract.** Moving from teaching in science education must be understood as an evolutionary theory of education in achieving the socio -human phenomenon. Multidisciplinary aspect of education is the starting point scientifically accompanying educational component. Physical education and sport are part of science education and multidisciplinary gives its obligation not only to achieve the specific objectives of this domain. Gh Cârstea (1997), stated that the subject of Physical Education and Sport Science is the human motor skills, procedural seen, the integrated human social life as a whole.

Physical education and sports science is multidisciplinary in its turn, being a border area between the biological and social, is the close relationship of partial dependency as anatomy, biology, physiology, anthropology, sociology and psychology, science education .

Council of Europe report on physical education and sport in European countries shows that physical education is integrated during normal teaching and extracurricular activities complement or extend the scope of motor activities. They are usually focused on competitions and other events organized by schools or school clubs or in partnership with other institutions . An interesting change on the concept of sporting events is reported by Greece and Finland, which supports their participatory nature , rather than the competitive

**Keywords:** physical education, sports training, competitive activity, talent, exercise.

### **MANAGEMENT OF ORGANIZATION AND CARRYING OUT THE NATIONAL WOMEN'S ARTISTIC GYMNASTICS TEAM CHAMPIONSHIPS**

**Potop Vladimir, Associate Professor - Ecological University of Bucharest  
Timnea Olivia Carmen, Associate Professor - Ecological University of  
Bucharest**

#### **Abstract**

This paper tries to highlight the role of management, planning, organization and carrying out of sports competitions in women's artistic gymnastics.

The study was conducted during the period 21-23 June 2012 and monitored the effectiveness of applying the competitive management in the organization and carrying out of the National Women's Artistic Gymnastics Team Championships for juniors III, II and I., 21-23 June 2012 Constanța, Sports Hall.

A number of 89 athletes were validated in this competition, namely 39 gymnasts of category III, level 3; 18 gymnasts of level 4; 18 gymnasts Junior II and 14 – Junior I.

The following research methods have been applied in this study: bibliographic study method; method of observation; method of experimental study; statistical-mathematical and graphical representation methods.

The study results show the team ranking in Junior III, II and I categories, the number of gymnasts participating in each category.

The study also focuses of the Championships program in terms of training sessions for adaptation according to the schedule, the technical meeting and the competition timetable per series.

**Key words:** competition, gymnastics, management, organization

## **THE IMPORTANCE OF BIOMECHANICAL FACTORS IN THE JAVELIN THROW**

**Corina Ivan master of conference, UNEFS**

### **Abstract**

The present article illustrates the fact that even if results are obtained by using different techniques, there still is a main group of factors that decisively impact performance in the javelin throwing event. The paper concludes that each individual has his/her own optimal technique, however, it must always rely on the understanding of certain biomechanical factors.

The javelin throw represents a complex event in which a few variables and details greatly impact traveling distance. The same result can be achieved with different techniques or even with different adapted biomechanics. However, there are a group of factors that have been shown to have connections to the throwing result in a larger group of throwers or at individual level.

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**Key words:** throw, javelin, biomechanics

# **TRAINING PROCESS OPTIMIZATION FOR LEARNING AND STRENGTHENING ATHLETIC EXERCISES**

**PhD University lecturer Paraschita Florina, EUB, FPES**

## **Abstract**

Physical education in contemporary society acquires a special function optimization and social system consists of training and skills in improving individual's personality, the increasing integration into society.

Athletic exercise technique summarizes certain human movements, pursuing sporting purpose test. The process of learning the technique athletic exercises is not conducted uniformly, with the same effectiveness throughout the entire period of training. This process is influenced by the level of general education and special student / athletes that are always changing, the particularities of the year to learn the specific work methods chosen and the complexity of the technical properties of different phases of exercise on the path leading to its gradual improvement.

In the initial learning of an exercise that teaches the first time are often mistakes. Be regarded as a mistake that execution of any part of the drill which allows athletes during the lesson to solve, in the most effective way, the motor task. Along with gymnastics and sports, athletics is basic sports physical education as part of its evidence and specific exercises constitute essential elements of curricula content.

**Keywords:** exercise, motor skills, athletics

## **ANALYSIS OF THE ROLE OF VIRTUAL REALITY TECHNOLOGY IN THE ASSESSMENT AND REHABILITATION OF INSTABILITY IN THE ELDERLY POPULATION**

**Dima Marius, Associate Professor - Ecological University of Bucharest.  
Ambrus Paula, audiologist at S.C.Sonorom S.R.L.**

## **Abstract**

This article is taken up from the Lab. of Otoneurology. British Hospital , CLAEH School of Medicine. Montevideo. Uruguay, and I found it very interesting to keep it and to talk about it because of the implication of human vestibular system in daily life of athletes and sport too. The study was made on the elderly population with dizziness because this problem it can be found more easily on this part of population. Objective. To analyze the role of virtual reality technology in the assessment and rehabilitation of instability in the elderly population. Specifically, to study the influence of sensory perception changes on postural control and to design a customized postural rehabilitation program for each patient in line with the impact of the different sensory stimuli on his/her

postural responses. Methods. 57 patients over 65 years old were studied, recording on line the behavior of the body center of pressure (COP) when they were subjected to different kinds of sensory stimulation, which recreated environmental stimuli using a virtual reality system (Medicaa System BRU). Postural responses to oculomotor system, optokinetic stimulation, and to visual vestibular stimuli were assessed. The COP distribution area and the body sway velocity (SV) were the two main parameters processed in the postural control evaluation, and wavelets analysis was used for time-frequency analysis of the COP behavior.

**Key words:** Vestibulogy, life expectancy, balance training.

## **DEVELOPMENT OF MOTOR SKILLS THROUGH ATHLETIC EXERCISES**

**PhD University lecturer Paraschita Florina, EUB, FPES**

### **ABSTRACT**

Motor skill is an individual's ability to perform the movements expressed in indices of speed, strength, stamina, skill, mobility (Physical education and sports terminology, 1974).

Motor skills are qualities of the human body and can grow up to a certain age, but you can educate the training process.

Driving actions are carried out mainly on account of four basic motor skills such as: speed, strength, endurance and skill, and on account of their manifestations.

Speed, strength, endurance and skill can not only develop improvement amid global and integrated all body functions.

During growth this duplication may be disturbed due to the gap in the development of various organs such as the respiratory and cardiovascular systems compared with locomotor development.

Driving or physical qualities are specific skills that ensure human driving. Any action driving is done with the participation of four basic qualities considered: strength, speed, endurance and skill.

**Keywords:** development, motor skills, exercises, method

# **THE STUDY ON THE ROLE OF 30M CONTROL PROBE AND SNATCH IN PREDICTION OF THE RESULT FROM COMPETITION AT THE DISK THROW**

**Anton Margareta, Associate Professor, University Ecological from Bucharest**

## **Problem statement**

In the management of performance sport for a more efficient manage of a meaning of trainings and a time allowed for this performance is useful that standardised control probe offer the information's about training diagnosis and in prognosis of competition results. The prognosis is based on logical interpretation of a causal link and not on statistic interpretation of correlations. The prognosis is as well as and keep account from many relevant indicators in the compensated correlative form. (Anton M.,<sup>i</sup> 2005). Nearly by characteristics of the stimuli from training in different training periods, Hopkins W.G.<sup>ii</sup>, 1991, Bota C.<sup>iii</sup>, 2000 or final training before a major competition Loshouarn P.<sup>iv</sup>,1982 the norms and control probes have and will have from more and more an anticipation destination and prediction (Anton M.,<sup>v</sup> 2008). The removal of the redundant exercises that do not have a direct link with the probe contribute at a better manage of the energy for utilise of specific meanings. For demonstrate by statistic calculation to what extent, control samples: snatch (weightlifting) and running speed in 30m standing start may have predictive significance of a result at the contest in a major competition or diagnosis for disc throwers representative group of the country.

**Key words:** management, competition, training, diagnosis.

## **INCLUSION AND ENVIRONMENT TOLERANCE IN AQUATIC ACTIVITIES**

**Stan Elena Amelia  
Ecological University of Bucharest, FEFS**

### **Abstract**

Inclusion is the training and education of disabled groups and programs in general, people without disabilities.

Each location presents different facilities and a swimming pool where environmental conditions support the inclusion of people with disabilities should be regarded every participant as a unified whole.

Inclusion is the training and education of disabled groups and programs in general, people without disabilities.

Educating people with disabilities presents different approaches in swimming programs:

- full inclusion - integration is achieved by providing additional support;
- inclusion as a basic form - the integration is done in the area of age but for some items that are not safe or appropriate, work on other skills or change group or location (eg, sinking the person legally medically contraindicated);
- gradual approach by alternating inclusion continues to separate and integrated programs.

Practicing the same time in the pool water does not mean inclusion programs „Creating Inclusion involves removing internal and external constraints in all areas in the aquatic environment” (Devine, Broach, 1998). To remove constraints to be analyzed aspects:

**Key words:** inclusion, aquatic, training.

## **TECHNIQUES FOR ACHIEVEMENT OF THE LEARNING UNITS OF MOTOR SKILLS – THE ABILITY - BY GYMNASTICS MEANS AT 7<sup>TH</sup> GRADE LEVEL**

**Potop Vladimir, Associate Professor – Ecological University of Bucharest  
Grigore Maria Florica, Senior Lecturer, PhD student – Ecological  
University of Bucharest**

### **Abstract**

The authors of this paper present the techniques for achievement of the learning units of motor skills – the ability – by gymnastics means at the level of 7<sup>th</sup> grade.

For this we considered that by applying the most effective means of gymnastics in physical education lessons we shall influence the development of conditional qualities and especially the coordinative abilities – the skill.

The study was conducted in the School no. 24 of Bucharest. The subjects of the study were a group of 20 students: 10 girls and 10 boys in the 7<sup>th</sup> grade.

The study was carried out in three stages, throughout the work period in the gym themed hall (15.XI.2012 - 17.III.2013, final testing of the tests events.

In the study have been applied test events and measurements regarding the anthropometric data, motor training and acrobatic elements learning in conformity with the curriculum. Learning units have also been applied to develop the motor skill “ability” with means of gymnastics, namely exercises with, at, on and over the gym bench, utilitarian applicative skills specific and

nonspecific to gymnastics and preparatory exercises for learning the acrobatic elements.

**Key words:** *gymnastics, teaching methodology, ability, means, school*

## **DYNAMIC MODELING AND EXPERIMENTAL RESULTS FOR A HEAD TILT RESPONSE**

**Ambrus Paula, audiologist at S.C.Sonorom S.R.L.  
Dima Marius, Associate Professor - Ecological University of Bucharest.**

**Abstract.** The estimation of the vertical in humans is important in everyday life and its understanding is not complete yet. This paper presents a couple of experiments, using the same virtual reality setup, aiming to help in this understanding. One, a steady state experiment, is used to determine GV precision while the other, a transient experiment is used to find dynamic models of each subject response. Results show that the dynamic models are able to reproduce the results of the steady state experiment while having more information to evaluate subjects.

This article is taken up from the Lab. of Otoneurology. British Hospital, CLAEH School of Medicine. Montevideo. Uruguay, and I found it very interesting to keep it and to talk about it because of the implication of human vestibular system in daily life of athletes and sport too.

The estimation of the vertical has important consequences in our perception of the world. Among these we may find the spatial orientation and the interaction with other elements but the whole stability of our percept of the world is probably its major feature, yet, the fundamentals and mechanism involved are still unclear. Perception of the gravitational vertical (GV) can be tested in numerous ways: earth vertical saccades in darkness, adjusting our own body to the vertical or horizontal or Subjective Visual Vertical (SVV).

**Keywords** - Head Tilt, Subjective visual vertical, perception.

## **ENERGY METABOLISM AND SOURCES OF ENERGY REQUIRED MUSCLE CONTRACTION IN SWIMMING**

**Dominteanu Teodora  
Associate Professor Ph.D.  
Academy of Economic Studies  
Department of Physical Education and Sport**

### **Abstract:**

Sports performance itself is the result of the training, which is obtained from an individual's ability to express maximum at a certain request. The exercise

capacity is the sum of the capacity of oxygen consumption mixed in per time unit. Every effort begins with depletion of aerobic (heating) continue intensive effort biochemical transformations, with accumulation in muscle of a larger or smaller amounts of lactic acid. Unanimously, experts agree how that effort swimmers both training and in competitions, is an effort force endurance and swimming tests fall into group predominantly aerobic exercise, resistance, except 50m and 100m samples. Share these qualities varies by exercises in class or distance from competitions, but the highest percentage of permanent back resistance.

Today there are many views on the preparation of swimmers on areas of effort. A model to determine the right intensity for aerobic and anaerobic exercise was proposed by Skinner and Mekellan in 1980. This model was adapted swimming performance.

In his "Theory Training" D. Harre (1973) argues that swimming is a sport all his strength, reminding us that resistance is the key to swimming performance.

**Key Words:** performance, energy metabolism, energy sources, swimming.

## **PERFORMANCE OPTIMIZATION VOLLEYBALL PLAYER**

**Lecturer Xenia Ivanov, Ph.D.  
Ecological University of Bucharest  
Faculty of Physical Education and Sport**

**ABSTRACT** The unique progress volleyball last decades, both in terms of content, structure and efficiency of operations and overall game and towards the spectacular and potential players, was due to the strategic measures, scientific and technical material that followed express performance optimization volleyball player.

Further progress upward can be designed and built without a coordinated approach, integrating all the components that are involved in the performance. Human Resources (athletes, technicians) and technical-material (research, methodology, recovery, support, inventory) ,setting and prioritizing goals, game content (structure, components, action) model and player application (morpho - functional, psychological, technical and tactical), the competition and the particular opponents (specific effort, efficiency, actions, tactics and psychology specific environment), the preparation and training technology (programming, methods, means, control, guidance, assessment, etc.) is the action performance improvement as many targets that management strategy and organization of such an approach should be to identify, prioritize and materialize.

**KEYWORDS:** optimization, performance, training process.



## **TIPS ON FEEDING THE ATHLETES SWIMMING**

**Dominteanu Teodora**  
**Associate Professor Ph.D.**  
**Academy of Economic Studies**  
**Department of Physical Education and Sport**

### **Abstract:**

The athlete who seeks performance must take into account that food, in the amount of food ingested, it is not the same as nutrition, thereby understanding what effectively use its cells. Therefore, it is vital to understand that athlete nutrition is vital part of the training process, as they must choose those nutrients which contribute to provision of increased quantities of energy required both proper training and quick recovery to effective support sport effort the next day.

Adapting biological organism for increasing performance as a result of training, is primarily not in the proper effort, the effort is only a stimulus, but in the body during the recovery period in which it is more efficient (in terms view aerobic or anaerobic), provided that its cells to receive nutrients absolutely necessary components repeat that effort.

In other words, the athlete who seeks performance must take into account that food, the amount of food ingested, it is not the same as nutrition, thereby understanding what effectively use its cells. Therefore, it is vital to understand that athlete nutrition is importance part of the training process, as they must choose those nutrients which contribute to provision of increased quantities of energy required both proper training and quick recovery to effective support sport effort the next day.

**Key words:** diet, exercise, sport performance.

## **IMPROVING MUSCLE STRENGTH TO THE SHOULDER JOINT TO THE VOLLEYBALL PLAYERS**

**Lecturer Xenia Ivanov, Ph.D.**  
**Ecological University of Bucharest**  
**Faculty of Physical Education and Sport**

**ABSTRACT:** Recent years have devoted volleyball game world share combination attack, based on high-speed movement of the ball and players on surprising solutions adopted to completion. Shoulder joint is one of the major joints in the game of volleyball. To achieve coup repeated attack during a match, it is necessary to achieve and maintain optimum muscle force. Proposed experiment aims at modeling the process of training to develop muscle

strength in the shoulder joint women's volleyball teams. To this end, programming training process must be based on the performance of athletes achieved in competitions and at the same time, the individual progress made. Therefore, preparations of training plan to take account of the competitive calendar, planning activity index categories, and testing. The research objective was to influence muscle preparation the volleyball player's performance. Thus, it was intended that this influence is optimal taking into account individual characteristics and those of the female body.

Individualized preparation was performed during collective training, but also for the individual.

**KEYWORDS: improvement, muscular strength, parameters force.**

## **SHORT HISTORICAL ABOUT THE APPEARANCE AND DEVELOPMENT OF SPORTS IN REȘITA**

**Firișteanu Mihai**

**Firișteanu Vasile Dumitru Nicolae PHD / Faculty of Physical Education and Sports, West University of Timisoara**

### **ABSTRACT**

The emergence of sports in Resita is closely connected to the development of the city from a small rural settlement counting only 250 inhabitants in the beginning of the XVIIIth century to the industrial city with a metallurgical profile nowadays. Ever since 1771, when the Resita Plants started working, the workers have been preoccupied with organizing Cultural Reunions for leisure that were soon to be led by self-improvement and sports associations. Sunday activities such as artistic celebrations included various sports activities. Starting with 1779, we can find the first forms of sports organizations such as „Turnvereing” or the Gymnastics Society, the „forefathers” of the current sports associations, even though they suffered numerous name changes over the years. In the beginning of the XX-th century, in 1911, a number of sports enthusiasts founded the Resita Athletic Club for those who enjoyed practicing sports for leisure. The emergence of sports in Resita is closely connected to the development of the city from a small rural settlement counting only 250 inhabitants in the beginning of the XVIIIth century to the industrial city with a metallurgical profile nowadays.

**Key words:** sports activities, athletics, football, gymnastics, associations

# **OBESITY**

**Ecological University of Bucharest  
Faculty of Physical Education and Sport  
Lecturer Cosmina Cheran**

**ABSTRACT:** One of the major problems of the XXI century is the obesity. If until a while ago was a metabolic disorder predominantly female (in 100 people-there were 32 men and 68 women), today its almost equals, but more worryingly appear more commonly in children, but also in infants- called the Paratrofie. Obesity is a chronic disease with multifactorial etiology and overall increased risk, a disease of energy reserves and is a metabolic abnormality characterized by increased adipose tissue mass consecutive to a positive energy balance (imbalance between caloric and nutritional intake energy expenditure), mainly consequent lipogenesis from lipolysis, which causes an excess weight of 20% compared to the standards recommended.

The weakening process is elusive and difficult to maintain. Indicate weakness in steps, ie Loss periods alternate with periods of 3 months to maintain weight about 3-6 months and is not indicated a greater weight loss of 0.75 kg / week. A drop too much weight in a short time will not be maintained and is a huge effort for the heart. Physical therapy in overweight begins with an introductory walk in that run variations of steps, exercises general warming of the musculoskeletal system and continue with some basic exercises that include objects, breathing exercises, and as part of the closing, the will perform relaxation exercises and breathing effort gradually decreases.

**KEYWORDS:** obesity, program therapist, therapeutic strategies.

## **ROLE OF COMMUNICATION IN CONFLICTS MEDIATION**

**Assistant lecturer Ioan Burac**

**Abstract:** A technique to reduce or resolve the conflict involves the intervention of the third party. It was first opened in 1969 by C. Walton, who analyzed the importance of third parties in case of disputes between two parties.

A third person, who has expertise in interpersonal counseling field, can act by scheduling a meeting and an honest confrontation between the two parties involved in the conflict. The third party stimulates a reconsideration of views, a honest and unbiased dialogue, thus creating the premises of a solid relationship relieved of tension and mutual suspicion. Mediation is the process by which a third party - neutral one - organizes exchanges / negotiations between the parties

involved in a conflict with a view to seeking a solution for reconciliation and restoration of relationships similar to the non-conflict period. For mediation running it is necessary that the persons involved accept to rely on a third party. Definition of mediation refers to the action performed by a third person and to the fact that the persons who consent to it freely participate in order to create or reborn a link and to find solutions themselves.

In mediation the decisions are taken only by the two parties and the mediator's responsibilities are the following ones : reducing barriers to communication, exploring alternatives, expressing the needs of the parties involved or affected. The mediator must bring all useful means for a positive decision in the given circumstances. The goal of the mediator is helping participants to deal with conflict items and to choose on which aspects of conflict they must work.

**Key words:** mediation, conflict negotiation, counseling, obstacle, purpose, creativity, positive decisions.

## **PHYSIOLOGICAL ASPECTS TO VIOLENT ENCOUNTERS**

**Lect.Univ.Drd.Mihai Ionescu Leonard**

**Abstract:** this is about the physiological aspects of an real and violent conflict who can happened any time any where. So, the student is need to know some fundamentals about this topic because he can do a special training course.

Have you ever had the experience of being in a self-defence situation, with dozens of techniques available to you, and you don't know what to do? Have you ever thought about how many techniques you have actually used in self defence situations? Have you always relied on a couple of basic techniques? Did you wonder why this was? It's called STRESS.

There is a little doubt that a self defence situation causes stress. In self defence training circles this is called SURVIVAL stress. This is somewhat different to "normal" stress in that it has an immediate impact on your performance of physical skills. Survival stress is most readily defined as the perception of a substantial imbalance between self), where the demand has important consequences (death or serious injury).

Thus, the higher the threat, the higher the stress level and the greater the impact on your performance. Many martial arts instructors have a little understanding of the effects of stress on a persons performance.

**Key words:** Survival stress, reaction time, response time, defence, controlling breathe and motor skill.

# THE ANALYSIS OF WORLDWIDE DEVELOPED RUGBY SCHOOLS

Lector univ. dr. Ungureanu Nicolae, UEB

## Abstract

The study and analysis of worldwide devoted rugby schools is more than necessary if we intend to think of rugby development in perspective. We have to adapt and to assimilate all that is suited to our player's specifics and according with the conditions in which they work. This permanent assimilation should be made in accordance with the trends of development of the game, and be able to ensure the maintenance of our teams in the international elite. To stay connected to the evolution of international rugby, we have to look at the characteristics of the various schools. England is - the country where rugby was born into. She played with Scotland the first international game in the history of rugby on 27.03.1871. As a result of the games popularization in schools and universities, rugby has progressed and has grown spectacularly, getting to count over 2.549.196 registered players and volunteers, 1.553.704 of young players and volunteers, of which 823.413 minirugby players and 172.079 adult players. The balloons conquest in the Scrum and at throw-ins from the edges

**Key words:** rugby schools, analysis, world, evolution

## THE INFLUENCE OF CLASSICAL BALLET IN ARTISTIC INTERPRETATION OF EXERCISE GROUND

Assist Anca Dumitrescu, Bucharest, Univ.Ecologica

**Abstract:** women's artistic gymnastics is characterized by beauty, grace, rhythm and musicality. Aesthetic movements of the wide variety of exercises, rhythmic and musical accompaniment develop artistic sensitivity, educate and cultivate love for beauty . Developing artistic attire to perfection, harmony, dynamics, and rhythmic gymnast amplitude leads to expressivity in movement of the whole body . The study aims at training the human body through the acquisition and mastery of its various movements in order to achieve the ultimate goals: technical and interpretive perfection, beauty in motion. Following removal of stereotyped movements, executions by developing expressive function of a body language that sensitivity, affectivity and emotional feelings are intertwined .

**Key words:** gymnastics, harmony, relationship, rhythm, movement and music.

## PLANNING OF SPECIFIC MEANS IN PERFORMANCE WEIGHTLIFTERS' TRAINING

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Potop Vladimir, Associate Professor, PhD, Ecological University of  
Bucharest

### **Abstract**

*Purpose of the paper* - planning of specific means in performance weightlifters' training, for participating in Youth European Championships. The study was conducted over a period (21.09 - 29.11.2009) formed of 4 micro-cycles, applied on a group of 5 athletes, of 20 to 24 years old. The athletes' performances were monitored during the preparation stages in training sessions and competitions, using the statistical-mathematical method and plotting method. The results of the study point out the planning of the specific means of training as for the number of reps per each micro-cycle and the share of the technical and strength training means in the two mezzo-cycles of training. The effectiveness of planning the specific means in the performance weightlifters training is highlighted by the performances got by the subjects of the study in the Youth European Championships, thanks to the results achieved per technical styles, their total value and the ranking. In terms of performances obtained by the study subjects in the one competition, we noticed that the athletes achieved the following performances: 2<sup>nd</sup> and 3<sup>rd</sup> places at clean and jerk style, 5<sup>th</sup> place at total and two 6<sup>th</sup> places at snatch style in the Youth European Championships. An optimum relationship of the specific training means, the number of reps per each micro-cycle and the share of effort intensity during the mezzo-cycles of competitive training points out the dynamics of the athletic form and the performances achieved in competitions.

**Key words:** athletic shape, weightlifting, means, performance, planning.

## **L'EXERCISE PHYSIQUE COMME UN MOYEN KINETIQUE POUR LA RECUPERATION DU COUDE AUX ATLETIQUES JETEURS**

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**Prof. kinetotherapy**  
**Hôpital C.F.R. Nr.2 București**

**Abstract :** le traitement et la prophylaxie post thérapie devrait coude depuis le début de l'immobilisation. Pass souvent trop facile au cours de cette période, en négligeant à la fois les locaux de récupération et en particulier le grand. Il est évident que si le recouvrement de traitement demeurent essentiellement les mêmes recouvrement sera différent.

Ainsi, au cours des deux périodes pré- et post-immobilisation, kinetotherapists préoccupation majeure sera de mettre en pratique l'ensemble des moyens à sa disposition pour restaurer la fonctionnalité de préciser coude.

L'application correcte de la cinétique devrait conduire à l'amélioration de troficitatii élément dynamique de muscles et d'un substrat plat résistant à l'os parce que seulement de rétablir l'harmonie de forme et la fonction du complexe os commune muscle, va obtenir le résultat souhaité.

Moyens utilisés pour kinetotherapy sont volontaire, active et passive. Effets de l'exercice sur le corps peut être systématisée comme suit: influence sur les articulations, se joue dans l'augmentation de l'amplitude de mouvement normale et les muscles, les organes en mouvement, ce qui permettra d'accroître la force musculaire fonctionnelle sur les os, l'exercice osteogeneza stimuler la croissance par l'afflux de sang.

**Mot clef:** exemple physique, coude récupération (rééducation), kinetotherapy.

## **INFLUENCE GAME ON SPORTS PSYCHOMOTILITY**

**PhD University lecturer Bucuresteanu Liliana**  
**PhD University lecturer Cheran Cosmina**

**Abstract:** the school physical education and sports to achieve their biological consequences of these social - that the strengthening of health, to ensure harmonious development of physical and physiological properties of an item of motor skills to organize useful and recreational leisure time - just improvement is obtained when the entire body morpho-funcțională.

Research of the effects of physical education and sports activities require application of appropriate methodology: targeted and practical able to allow the correlative investigation of the essential functions involved in that effort. So, um we proposed in the present research, to undertake a comparative study between a group of students who attended only the regular program of physical

education in school and a group of students who had a representative team sport activity in school .

I chose basketball as a sport activity for our study because this sport marc engage a number of muscle groups in complex activities, requiring a higher level of coordination, in consequence, an appropriate balance of excitation and inhibition in the brain. This game induces other changes neurovegetative requiring complex and psychological sphere, at least in other sports (elements in this regard were presented at the Second European Congress of Sports Medicine Bucharest 1969)

**Key words:** skills, harmonious development, physical education.

## **PREPARING EARLY IN SPORT**

**PhD University lecturer Bucuresteanu Liliana**

**Abstract:** training early, including preparing early, practiced since the emergence of modern training. Are branches of sport, swimming, gymnastics, table tennis and field, etc., the preparation starts early, at 4-6 years.

Antrenamentul sistematic cu copii este de peste 20 de ani deoarece la acest nivel trebuie luati in calcul particularitatile de varsta, fizice si mentale, metodele folosite in multe cazuri nu sunt cele mai bune. Incercam sa prezentam unele opinii de experti in pregatirea timpurie:

Ne vedem ca astazi, performanta la nivel national si international este din ce in ce mai joasa. Tendintele cele mai marcate sunt in sporturile care necesita un grad ridicat de coordonare motrică, precum patinajul, gimnastica si, de ce nu, baschetul. Copii "mai in varsta" incep dintr-un timpuriu cu o pregatire specifica. Concursurile pentru copii sunt in mare parte copii ale concursurilor pentru adulti. Dar, pregatirea va avea sens doar in masura in care exista o retea de concursuri caracterizate corespunzator de varsta.

Decizia de a incepe un sport prea devreme si astfel o specializare poate fi dăunătoare talentului tânăr.

O eroare comună este să considerăm că talentul este genetic determinat și, prin urmare, poate fi identificat foarte devreme. - De obicei, planurile de antrenament sunt copiate din modelul adult și aplicate copiilor, de multe ori, fără să se gândească.

**Key words:** performance, gymnastics, competitions, shallowness.



# **CLINICAL STUDY ON THE RECOVERY OF PHYSICAL THERAPY IN HANDBALL ELBOW SPRAINS**

**PhD University lecturer Bucuresteanu Liliana  
PhD University lecturer Cheran Cosmina**

**Abstract:** Sports games are developing impressive in terms of quality, which involves a total commitment of both players in competitions, either friendly or official, and training.

A natural consequence is to increase volume, training intensity and density, leading to increased physical wear of players during a season which, combined with persistence (positive aspect) which deals with every game, leading to increased risk of sporting accidents.

Player is injured, because they induce negative effects on the continuity of his tactical team must quickly reangrenat as a system that has temporarily left. By applying specific resources in an appropriate physical therapy and early for elbow sprains of the handball players of any level can get a faster recovery and a return of the player in competitive activity. Individualization of treatment based on pathology results in accelerating recovery. Efficient recovery of players in history requires a longer recovery time, which increases the importance of posttraumatic elbow ortezării recommendation. The research purpose is to verify the assumptions made and highlight the attention of those involved in sports, the importance and support that they have physical therapy and gives the support to achieve the purpose of the proposed sports.

**Key words:** handball, recovery, history, player, research.

## **EXPERIMENTAL RESEARCH REGARDING THE BIOLOGICAL IMPACT OF THE SPECIFIC PHYSICAL EFFORT IN PERFORMANCE SPORTS**

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**Abstract:** performance sport requires, more and more, full commitment from the sportsmen in training and contests.

Based on this idea we assert that the sportsman's body (one of the prime factors of sports performance) can and must be brought into optimal shape in order to deal successfully with the high biological and methodical requirements of training effort. We also consider the interest of specialists in the field regarding the improvement of effort capacity and implicitly qualitative increase as being motivated.

Certainly, throughout the process, from a biological point of view, the important aspect is the way the organism behaves, given the effort and especially the biological impact of the effort on the sportsman's body.

These are the two objectives to be dealt with, not only theoretically, referring to the data in field literature, but also practically, experimentally, with data from our personal experience.

Since there hasn't been too much writing on boating, although it represents the sport that brought the highest satisfactions, we chose this sports discipline out of the necessity of bringing a plus of information to those interested in the continuous improvement of boating performances.

The physical effort in general and the effort in boating, in particular, leave a distinct mark in several areas: functionality, aptitude, attitude.

**Key words:** performance, sport, body, effort, aptitude, attitude.

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