



FEATURES OF MOTION DEVELOPMENT IN PRIMARY STUDENTS

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Abstract

In the discipline of Physical Education and Sport, powers of the students of classes I-IV, aimed at developing motor skills student to familiarize him with the skills necessary for a healthy life and a harmonious physical development (Curricula for Physical Education, MEN, 2014 p .2). Component of general education, physical education aims at optimizing the harmonious development of body and improving disease prevention, strengthening health and physical qualities necessary to practice the cultivation of sports activities. Over the years, the terminology and methodology of physical education have gradually evolved. A long time practicing sports activities were intended only for recreation offsetting intellectual activities and stress. Practice has shown that the role of physical education is much larger, being an important component in the development of student personality. Practicing physical activities help develop functional nervous system and creates optimal conditions for intellectual activities. Meanwhile, physical education lesson accesses the formation of positive traits of will and character: courage, determination, perseverance, firmness etc. With role in training and educating consciousness and moral behavior. Also physical education forms and develops motor skills.

Key words: strength, speed, endurance, flexibility, mobility, agility

SELECTING MEANS OF FORCE DEVELOPMENT FROM THE STUDENTS OF GRADE VI

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Abstract

The paper aims to select the most efficient specific means of athletics, to preparation of secondary school students to form a substantial motor baggage used in order to improve physical training and improving the quality of life every day. It was aimed the improving of the general force, using its own weight and exercises with medicine ball.

As a result of the performed study it was shown that teachers don't particularly pay attention to the development of motor skills in their lesson, they resumed to performing specific exercises lesson themes. Following the study we recommend that at the end of each lesson to be given at least five minutes for general physical development, knowing that the force is lost most easily where it is no longer working.

Key words: *lesson, exercises, motor skills, force*



OPTIMIZING FORCE DEVELOPMENT TO STUDENTS OF GRADE VI

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Abstract

The study aims to determine the most effective means and methods of development of the force at the students of class VI according to the peculiarities of their age, sex and physical training.

The hypothesis of the study. It is assumed that the force-quality motor develops more easily if it acts consistently, but all so quickly decreases if you neglect influencing them.

Comparing the arithmetic means of the values obtained by students at initial and the final testing, we found that improvements have been obtained from all tested indicators. The method dealt led to force development, which also has the effect of driving the development of other qualities (speed, strength, skill).

Key words: force, testing, group, motor quality

EFFECTIVE APPLICATION OF GYMNASTICS MEANS ON IMPROVING ATHLETIC ABILITY

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Abstract

Gymnastics is made up of natural skills and motor skills, resources contributing to the formation of appropriate, and developing motor skills.

Components of physical training lesson for developing strength and speed and thus contribute to the development of athletic ability scientific substantiation in sports science and in all its aspects.

Physical education class is the basic factor of the training process of students.

Here, the main methods and means of training arising from the establishment of the structure (annual training plan), determining the size and nature of requests logic is used (interdependence of volume and intensity of effort). Methods, means and embodiments of the effort must be chosen to get the best effect in the most rational and economically way.

Key words: expansion, motric quality, lesson, development.

DIVERSIFICATION OF STRATEGIES FOR TEACHING- LEARNING-EVALUATION OF GYMNASTICS CONTENTS IN PRESCHOOL EDUCATION

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International Scientific Session "Physical education and sport, healthy lifestyle boost factors"

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Abstract

The main purpose of this paper is the diversified use of gymnastics contents throughout the instructive-educative process in preschool education. In order to check the purpose and hypotheses of the research, we conducted a study in the normal program kindergarten within "Mother of God" Middle School of Bucharest. The subjects of the study were 60 children of 3 to 6 years old, corresponding to one little kids group, one middle group and three upper groups. The study was aimed at assessing the organizational capacity, learning the free exercises of general physical development and evaluating the muscle strength. During the teaching-learning-evaluation process there were used - in a diversified and differentiated manner - the contents of gymnastics means depending on groups level (little kids, middle group and upper group), training level and gender (girls, boys). Study results highlighted the improvement of the organizational capacity by an effective use of the time necessary for achieving the topics of physical education class, the multilateral and harmonious development of children's body, the creation of utilitarian-applicative skills and competitive spirit.

Key words: curriculum, physical education, gymnastics, preschool

CURRENT TRENDS IN PHYSICAL EDUCATION PROCESS OPTIMIZATION AT PRETEEN SCHOOL STUDENT

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Abstract:

This study ascertaining aims to research current trends EU in order to optimize the educational process physical education included in school curricula, which contain elements that can provide the opportunity for students to develop a positive association with physical activity in order to develop student and psychosocial level, forming it as an active element of the company, endowing him with capacities of interaction and cooperation, thus becoming able to perform various activities, proving a good plasticity in formulating responses to different problems categories.

Key words: system, school, student, physical education, extracurricular activity.

STUDY ON FINDING OF PHYSICAL EDUCATION LESSONS IN PHYSICAL EDUCATION AND SPORTS AT SECONDARY SCHOOL

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Abstract:

This research aims to investigate the level of physical training of students enrolled in the gymnasium. The importance is more with how the student is in a process of evolution, not only physically and mentally but also the formation of conscience on the development of his personality and character, defining results in establishment of different types of securities.

Key words: physical education, sport, tests, martial arts.

TECHNIQUES TO ACHIEVE *STRENGTH* LEARNING UNIT BY GYMNASTICS MEANS

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Abstract

The main purpose of this study is to reveal the development level of *strength* motor skill at middle school students of 6th grade and also serve as documentary material for teachers of physical education in gymnasium cycle schools. This *issue* led to the development of a study conducted in organizational conditions in the School no.24 of Bucharest. The study was organized during the work in the gym from 2013 to 2014. Subjects of the study were a group of 20 students: 10 girls and 10 boys of 6th grade, selected from the whole class (27 students). Study results emphasize that the application of the most efficient gymnastics means during the physical education classes has an influence on the level of development of motor skills, strength in particular. Using exercises for general physical development with, at, on gymnastics bench and the utilitarian –applicative routes contribute to improve muscle strength. Ensuring an optimum level of muscle strength development helps to learn the acrobatic elements more efficiently according to the curriculum.

Key words: gymnastics, middle school, strength, learning units

DEVELOPMENT OF THE COORDINATING CAPACITY IN CHILDREN RUGBY PLAYERS OF 10 -12 YEARS OLD BY GYMNASTICS MEANS

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Abstract

The main purpose of this paper is to highlight the application of gymnastics means for developing the coordinative capacity in rugby players aged 10 to 12. For this purpose a study was organized in the Pedagogical High School „Alexandru Vlăhuță” of Bârlad. The subjects of the study were a number of 12 rugby players selected from the entire group. The results of the study indicators reveal



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the somatic development of the anthropometric measurements of children rugby players' weight and height; the results of the test events in terms of physical training show an improvement of the control events at final testing coming from the influence of gymnastics means use, especially the coordinative capacity development. The effective implementation of the means specific to acrobatic gymnastics, vaults and utilitarian-applicative skills in children rugby players aged 10 to 12 years influenced the development of the coordinative capacity and the successful participation in competitions.

Key words: *coordinative capacity, rugby, gymnastics, means, training.*

THE ANALYSE OF SOME SPECIFIC MEANS FROM THE WINTER TRAINING TIME AT JUNIORS IN SPRINT

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Abstract

Objectives. In this study we try to do a comparative analysis of specific training means, used by four sprinters juniors from period of preparation of winter (November to January) with methodical requirements of Romanian Athletic Federation and it is calculated: arithmetic mean, standard deviation and coefficient of variation .

Results. Analysis training plans was based summation values of the various demands of preparing specific indicators that have been quantified in table form. The results were compared with those offered by FRA Positive deviations were negative were extrapolated to the level and conditions of education and morpho- functional peculiarities of runners take to have representat analysis and graphical aspects.

Conclusions. For obtaining superiors performances, at juniors I level is necessary the methodical patterns and operational establishing. The content of operational patterns is focused on age, size, weight, but also the physical training indicators line, expressed by probes and control norms. The key for to develop the specific resistance is being at running over 80m.

Key words: *athletics, sprint, training, analysis*

THE LABEL OF GENUFLECTION CONTROL PROBE IN PREDICTION OF SOME COMPETITIONAL RESULT AT THROWINGS

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Abstract

If the correlation and labelling of the measurands between genuflection control probe and the result at the first competition are significant than this probe may be used in prognosis of the result from contest. The subjects are representatives of the national team at disk throwing, weight and spear.Had



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taken into statistic calculation the competition result and genoflection control probe and by correlation and the labelling of measurands had established the control probe relevancy for prediction of some competition result. The control probes do not must to be tight correlated between them because it's become redundant, meaning offer the same information or unnecessary information. The control probe must to be correlated with sportive probe for to be relevant. From the tests battery monthly sustained by the throwers would be eliminated the probes that do not have any relevance in prediction of the competition result or diagnosis of the training level for create the possibility of those replacement with specific means or release unnecessary means in purpose of energetic recovery of the body.

Key words: throwing, competition result, the labelling, genoflections

THE IMPORTANCE OF YEAR PLANNING WITHIN THE PERFORMANCE PUZZLE FOR JUNIOR JAVELIN EVENTS

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Abstract

In order for a training regime to be coherent in its global approach, not just an ensemble of sessions, the entire process must be monitored from start to competition time. Control, in this case consists of planning. This allows the design of actions destined to diminish the risk of failure and respectively increase the chances of accomplishing the set objectives. Planning takes into account all parameters related to an established competition objective: frequency of practice sessions, their intensity, exercise progression and adaptation to the athlete.

The current article tackles this subject, while focusing on the javelin throw event. The content underlines that irrespective of the achieved performance level, the existence of an individual to identify all conditioning factors of a training regime is vital.

Key words: *training, planning, javelin throw*

STUDIES ON THE INFLUENCE OF DIET FOOD ON ATHLETE RECOVERY STAGE

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Abstract

Recovery stage phases belong to sportive activities. By the point of view of energy requirements, the stage of recovery stems with moderate consumption of energy. Food of vegetal aliments consumption can be covered in fairly large proportion of vitamin C needs by an adult living in the normal environment and practice a profession that regularly needs moderate consumption of energy. This request is true for athletes in the recovery stage. In recovery stage the organism must be helped to quickly remove bodies fatigue and to rebuild energetically losses. To help body recover after exercise it must facilitate detoxification.

Keywords: *food, Athlete's nutrition, recovery stage*



THE STRENGTH PARAMETERS AS THE BASIS OF THE OVERALL BODY CONDITIONING

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Abstract

All the inspiration sources (theoretical, methodological, practical) led me to conclude that in regards to the training of the women’s volleyball teams, there are still questions and discrepancies especially when it comes to the muscular mass training. Here is another reason arising from the necessity to optimize the training of the women’s volleyball teams and to considerably contribute to the increase of the performance capacity

Key words: the strength parameters, volleyball, the muscular mass training.

THE ROMANIAN JUNIOR CUP, VALAHIA, 2015: THE ANALYSIS OF THE PERFORMANCE OF ALL JUNIOR FEMALE WRESTLING PRACTITIONERS

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Abstract

The current study illustrates the interest shown by the Romanian fighting clubs for the last competition of 2015 that held for junior category, the attention was exclusively on the women fights. On a second note, I have tried to implement an analysis methodology on the competition in order to establish the technical supply used by each of the participants.

Key words: *Junior female wrestling, competition fighting allure*

RECOVERY OF ATHLETES AFTER A GAME OF RUGBY

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Abstract

Rugby athletes with a busy schedule with many matches and cup Rugby athletes need quick recovery and good quality after every game to not remain with micro traumatism, injuries and be fully recovered for the next match. Given the situation we have created an appropriate rehabilitation



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program this sport Rugby

Key words: Recovery, Rugby, Trauma

IMPORTANCE OF ROLE MODELS FOR ATHLETES TRAINING IN JUNIOR TENNIS

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Abstract

In tennis, the game junior athletes was substantially improved lately. The lessons daily workout of the players became more professional junior and as a result have appeared more and better players. Coaches also know that training the players is different from the players, although essentially the same. Training methodology is similar but differs share effort parameters: duration, intensity, volume, etc. Coach teaches sport to play tennis as well, which has maximum capacity. In any sport there are differences between genders, age group, level of training, stage preparation, etc. The purpose of this article is to help coaches identify these differences and efficient technique for athletes to achieve optimal results in competitions (4).

Key words: player, game model, training, technique.

SCIENCE OF MOVEMENT IN EUROPEAN DOCUMENTS

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Abstract

Kinesiology or science of movement is a discipline where you can find interdisciplinary knowledge of other sciences that make up the scientific validity of the study field of physical activity involved in physical therapy and also experience practice, analyzing the results obtained after applying the methods chiropractic and study professions that we can handle physical activity. Physical activity is found in people's lives in some fields and aims to contribute to improving our quality of life. Documents European Union encourages the practice of physical activities by promoting best practice among European countries. EU guidelines on the practice of physical activities to achieve this national objective favorable. Council of Europe recommendations on the practice of physical activity to maintain health will be put into practice through: more effective policies to encourage the education of children, youth and adults, which will favor a good monitoring developments in best practices. Practicing sports activities are promoted and in health, through programs of prevention and recovery of motor impairments.

Key words: motor skills, education, skill, prevention.



ISSUES REGARDING SYNERGY IN AQUA AEROBICS

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Abstract

Aquatic aerobics help develop general physical condition by offering increased resistance (water) and the absence of any impact on joints. This relatively new activity has become an ideal alternative to traditional land-based programs that are contraindicated for people with musculoskeletal problems. Movement is vital: the more active a person is, the more capable in life. A regular exercise program of moderate intensity ensures health, enhances self-confidence, in addition to improving quality of life. Water exercising popularity has grown tremendously in our country, especially in recent years. In part because it realized that it is a refreshing alternative to traditional programs to exercise on land. On the other hand, the possibility of practicing this form of physical training in new locations, with access to pools, attracted the attention especially women, of different ages, and not just those who practiced a sport.

Keywords: aqua aerobics, principles, training.

MOTIVATION IN LONG DISTANCE SWIMMER

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Abstract

Motivation, satisfaction and involvement represents performance, and it must be the first concern of a coach. One objective of the coach is to maximize the talent of each swimmer by keeping that talent motivated, at least until the athlete turns 20. This means that the program must offer something new, different, fun, challenging and rewarding in every year. Therefore, it becomes very important that the program offers a targeted social development devoted to the needs of swimmers.

Key words: motivation, swimming, performance.

CREATIVE MODEL TO OPTIMIZE WORK MANAGEMENT IN SPORT ORGANIZATIONS

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Summary

The main tasks of managers are to create a climate that fosters change and encourage staff participation in the adoption of change, but also to find the most appropriate methods and techniques that allow solving changes.

I described the steps they propose to enhance the creative aspect of management, to enhance problem-solving process change using methods and techniques of creativity, drawing on the creative potential of the organization's most valuable asset, man.

Keywords: creativity, sport organizations.

CREATIVITY - AN ESSENTIAL REQUIREMENT IN MANAGEMENT EDUCATION INSTITUTIONS

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Summary

For the activity of educational institutions to proceed in a state of maximum efficiency and to raise performance it is necessary to understand the level of staff participation in the conduct of the management process.

Creativity - the attribute of the human spirit - has a variety of definitions. They differ according to the priority approach, with emphasis on: the product created, the creator or creative person.

The evolution and development of an institution requires numerous changes in different areas and with different intensities, or for it to adapt to changes in the environment, or to anticipate some changes in the environment to exploit various opportunities. This process of change must be provided, controlled, managed, which expresses the concept of change management.

Keywords: creativity, sport organizations.

THE SEQUENTIAL DESCRIPTION OF A TECHNICAL JUDO PROCESS – DE ASHI BARAI

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Abstract

The purpose of this case study is to improve the knowledge regarding the characteristics of dodge execution following the attack through “*De ashi barai*”.

The work is realized through processing of new equilibrium orientation strategies thus the slenderness principles of *judo* are respected.



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Internationally, there are not so many studies related to this topic and none on the national level. The purpose of this case study – to build up a yielding and winning skill through dodge and lack of balance technics of judo reaping.

Keywords : *Judo, Dodge, Slenderness, kuzushi, coordination, ashi waza, principles*

DECREASING THE MOTRIC REACTION TIME IN PROFESSIONAL-APPLICATIVE PHYSICAL TRAINING OF THE ORDER AND PUBLIC SECURITY FORCES

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Abstract

Continuous development and improvement of speed plays an important role in solving tasks of physical training professionally-applied to the law enforcement and public safety, due to the great influence it exerts in rapid resolution of certain professional situations necessary to carry out successfully the specific tasks of service (ex .: responds quickly and efficiently to a knife attack by an aggressor unforeseen, rapid changes in technology and tactics of struggle). In most situations in combat, the one who acts with a fraction of a second before the other will win or survive at the end of the fight. In the course of the struggle, professional technical procedures are essential but decisive are volitional qualities, which together with the reaction speed and explosive force can replace them.

Key words: *combat, latency, professional-applicative, psihomotric, speed.*

ENHANCED LEARNING THROUGH EDUCATIONAL TECHNOLOGIES

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Abstract

There are a lot of educational technologies to enhance learning speed, collecting information, long term memory and use of knowledge in real life situations, aiming at solving issues and meet environmental and social challenges. We are to tackle the issues related to enhanced learning through neuro stimulation, decoding neural feedback, information and communication, so that the learning quality, and speed as well as the information pooled by the students increases to a certain extent.

Key words: *educational technologies, neuro stimulation, magnetic stimulation, neuroplasticity, visualization, martial arts*



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LANGUAGE – MEANS OF COMMUNICATION

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Abstract

The review of the acts and social processes of communication entails also the approach of the means that make them possible. These means can be simpler or more complex depending on: purposes of messages transmission; significance and structure of the situation in which communication occurs; consequences of communication; level of development of our society; current social and cultural regulations. The means of communication are the following: linguistic systems and codes; technical activities and methods of encoding messages; techniques and activities related to sending messages; abilities, activities and techniques associated to reception, "reading" or "decoding" messages. We can conclude language is a product of a psychological reality but of a social reality too; it represents a system of signals by which a communication is performed; on the one hand, language appears as a supra-linguistic phenomenon, explainable by psychosocial perspective, but also as an intra-linguistic phenomenon, circumscribed by specialization to meet specific needs and to express specific realities.

Key words: *communication, society, language.*

PRACTICAL AND METHODOLOGICAL ASPECTS OF THE INITIAL SELECTION IN WOMEN'S ARTISTIC GYMNASTICS

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Abstract

The study aims at improving the theoretical and methodical aspects of the initial selection in women's artistic gymnastics. For this purpose we conducted a study in women's artistic gymnastics of School Sports Club no.2 of Bucharest. The group of subjects submitted to the research was formed of 12 children at both tests; at the end of the training year only 7 gymnasts remained from the initial number. Methods of research used: method of bibliographic study, method of questionnaire, method of pedagogical observation, method of experiment using the technique of a single group and the statistical-mathematical and graphical representation methods. By checking the level of the general and specific motricity after applying an optimum program of training we are able to choose the most talented children and to complete the initial selection. This paper, which tried to contribute to the improvement of the initial selection content, stands out by theoretical documentation and experimental data of the research.

Key words: *gymnastics, general motricity, selection, testing*