



INTERNATIONAL SCIENTIFIC SESSION
„APPLICATIONS OF KINETOTHERAPY AND SPORT MEDICINE IN
MOTOR ACTIVITIES”

IMPROVING MOTION CAPACITY THROUGH HARMONIOUS
PHYSICAL DEVELOPMENT

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Abstract

Motor capacity is defined as "all natural driving opportunities and acquired through various efforts can be achieved and dosing structure" (***, 1974, p.18). After Manno, R. (1996, p.48), motor ability is "a set of predispositions or potentialities of human motive, which is built by learning motor skills."

Dragnea, A. (1986) considered capacity motor "complex motor manifestations mainly conditioned by the development of motor skills, morphological and functional indices, mental processes and biochemical metabolic processes, all aggregated, correlated and mutually conditional, with the result of actions conducted efficiently and documents required by the specific conditions that practices motor activities. "

In the literature we see that size capacity includes driving: driving skills, driving skills, driving skills. Dragnea A., et al. (2000), distinguished in capacity motor, two types of components: stable, consisting of the skills, qualities driving, motor skills, operational structure, knowledge, experience and component status, composed of motivation and emotions, which may favor reduce or block expression of driving ability.

Key words: *driving skills, motor skills, physical development, education.*

OSTEOARTHRITIS - CASE STUDIES

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Abstract

Gonarthrosis, or osteoarthritis is a degenerative condition which consists of the destruction of hyaline cartilage on the ends of the bone joints and affects the whole joint, including subchondral bone.

The main way to diagnose gonarthrosis is the radiological exam consisting of an X-ray on both knees for the physician to make a comparison.

At the study took part two patients with diagnosis of gonarthrosis aged 70 and 53 years respectively. After treatment performed by the two patients, the pain has been alleviated, the muscular and

articular mobility have increased, therefore it has been improved and the stability of the knee. Patient No. 1 dropped the baton but it uses when overstressed the joint (orthostatic position longer and when walking on uneven terrain), and patient No. 2 dropped the baton permanently. For none of the patients was not required prosthesis.

Key words: *joint, gonarthrosis, patient, pain*

HIGHLIGHTING THE RISK OF OBESITY IN YOUNG PEOPLE WITH LOW LEVELS OF PHYSICAL ACTIVITY

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Abstract

Obesity is a metabolic disease characterized by weight gain, as a result of the accumulation of body fat, the excess of food and a sedentary life.

Obesity prevention is the best solution and can be achieved since childhood by avoiding excess food, by establishing a balanced diet and daily physical activity in various forms. The aim of the research consists in, as well as choosing and combining the most effective means (the driving activity and diet, aerobics) to reduce excess weight gain in overweight and obese pupils enrolled at the physical education course.

Methods: bibliographic documentation; experimental method, Statistical and mathematical method. The experimental statistical results are presented in graphical form

Somatic indices investigated were: height, weight, abdominal perimeter and body mass index. (BMI)

Results. For all indicators in the study there were reported significant differences between initial and final measurements.

Conclusions. Research findings confirm the hypothesis, aerobic exercises can have a decisive role in maintaining health, preventing and to relieve obesity. Knowledge of nutrition problems in close interdependence with physical activity aerobic practice will help prevent and combat overweight problems and obesity.

Key words: *aerobic exercises, obesity, prevention, students*

IMPROVING THE BODY PARAMETERS ACCORDING TO THE MOVEMENT STRUCTURE OF THE VOLLEYBALL GAME

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Abstract

As a professional athlete and coach I was confronted with the reality and current state of the women's volleyball. Subsequently, as coach and professor at the Ecological University (volleyball

department) I had to optimize the already practical acquired skills through a thorough, systematic study and by actual practical investigations.

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

STUDIES ON THE USE OF MILK AND MILK PRODUCTS ATHLETES DIET

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Abstract

In order to ensure the existence and energy needs, plastic and catalytic, the human consumes a series of food. The consumption of milk and cheese provides good physical development and increases the physical resistance, which is essential to remember for sports. The food is a product consisting of nutrients. Among the category of nutritious foods there are the milk and the milk products. This paper presents a study on the nutritional value of the milk and milk products, the advantages and disadvantages of their use in athletes' nutrition and the ration required.

Key words: milk products, nutrition athletes, ration.

STUDY ON THE USE OF CEREAL AND PULSES IN THE DIET OF ATHLETES

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Abstract

In normal human diet, as well as in the athlete's diet, there must be included all the nutrients such as: proteins, lipids, carbohydrates, water, mineral salts and vitamins. Cereals are made with tubers,

roots and wild fruits, the first human food. In this piece of paper is presented the nutritional value, the nutritious advantages and disadvantages and also the necessary ration of cereal and pulses in the diet of athletes.

Key words: *athletes' nutrition , cereal products, dried vegetables.*

HYDROTEHERAPY RECOVERY AFTER EXERCISE

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Abstract

Our aim was to evaluate the recovery effects of hydrotherapy after aerobic exercise in cardiovascular, performance and perceived fatigue.

Key words: *Hydrotherapy, Heart rate, Fatigue, Strength ,Blood pressure,Body temperature*

KINETOTHERAPEUTIC TREATMENT OF KNEE ARTHROSIS

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Abstract

The knee is the most important joint of the lower limb, being very busy at the support time, both for ensuring stability and gait, lifting the leg at the time of release.

The primary symptom of gonarthrosis is pain, subsequently appearing with knee instability hypotrophy of quadriceps, limitation of joint mobility, swelling and swelling in her area.

The aim of the study is finding the best treatment by means of physical therapy for recovery of patients with gonarthrosis.

Following the study, patients had improved joint mobility, the muscular grew, and the pain has been reduced considerably. As a result, a patient has dropped completely from the stick and the other it use only in extreme conditions of solicitation. For none of the patients was not required prosthesis.

Key words: *joint, program, toning, flexion, extension*

TAI CHI-HEALTH BENEFITS FOR SENIORS

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Abstract :

This presentation brings to the fore practicing ancient forms of martial arts Tai Chi, at age population III both as a form of maintaining good health condition and as a way to prevent the negative effects that occur in the aging or as an effective means of recovery from heart injury or vasculare. Miscarile in a slow circular correlated with respiratory control act makes Tai Chi to be accessible even for the persons older paracticarea to in constantly leading to benefits for both mind and body , maintaining a smooth articular and muscular system activity and recovery with positive implications on blood pressure .

Key words: Tai chi, heart disease, high blood pressure, senior health

ELEMENTS OF NONVERBAL LANGUAGE IN DIDACTIC COMMUNICATION

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Abstract

At the same time with verbal communication, each participant in the communication process uses a number of other codes, nonverbal ones, which are intended to accompany and give nuances to the meanings, to contextualize them and to facilitate understanding transmitter's intentions, generally. So, whenever we communicate, we also send out messages by other means than the verbal ones. Even when we do not write or talk, we still communicate something, unintentionally sometimes. Obviously, one can use images to communicate the message or to replace words or, more importantly, to strengthen the verbal message. In the increasingly diversified space of the forms of communication, didactic communication is frequently cited as one of the most used Paideia relationship installed between two individuals. The term *didactic* designates the pedagogy branch that deals with the study of the teaching process as the main way of achieving training and education. The conscious observation of our own actions and of those of the others is the most adequate way to better understand the methods of communication of the most complex and interesting creature on Earth – the man.

Key words: *verbal communication, nonverbal communication, didactic communication*

ESSENTIAL ASPECTS OF THE DEVELOPMENT OF WRESTLING SKILLS OF SCHOOL STUDENTS A STUDY CASE OF FEMALE WEIGHT COMPETITION

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Abstract

This article focuses on those teachers involved in the educational system of school pupils some aspects of improving wrestling skills and essential aspects of morpho-functional and psychological features of school students.

From the biological point of view, the development of young age learners is not homogenous, marking periods of faster or slower development.

The height of the pupils presents an upgrade, not homogenous evolution, marking a boom in the third grade. This change appears earlier at girls, since the second grade, thanks to the development of inferior members. The weight represents an upgrade, not homogenous evolution too, noticing a larger growth in the third grade. The bones develop faster than the muscular system, having in their structure a great quantity in their cartilaginous texture, fact that determines their weak resistance at great demands, even their distortions if favorable factors occur. The soldered frame can suffer negative influence, this imposes the respect of some requests concerning the physical effort, especially at girls. Thanks to some deficiencies in the deposition of calcium salts, positions during the sitting in the desks, the wrong carriage of different weights in hands, at this age, kyphosis and lordosis can appear the round back.

Key words: *joint, program, toning, flexion, extension*

THE EFFORT CAPACITY AT THE FOOTBALLERS

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Abstract

The key component of this aspect of the training is the intensity. The intensity of the training is rather than the frequency of the volume, is the most important determiner of the adaptations which take place.

The indicated progresses don't take place from a meeting to another but can be obtained along several months depending on the initial level of training of the footballers.

In the last, the most important thing is the highest point of the rhythm which allows that these trainings to be prescribed in a adequate way and divided accordingly, so an inappropriate intensity can appear during the trainings preventing that adaptation to resistance to take place.

Key words: *training, anaerobic process, aerobic power, football*

RICH IN FIBER FOOD ALIMENTS ROLE IN FEEDING THE ATHLETS

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Abstract

Rich in fiber food represent the most important source of energetic material. It provides 70-80% of human consumption of carbohydrates in the form of starch (95-98%). Cereals and dried legumes can be a source of vegetable protein. In normal human diet, as well as in the athlete's diet, there must be included all the nutrients such as: proteins, lipids, carbohydrates, water, mineral salts and vitamins. Cereals are made with tubers, roots and wild fruits, the first human food. In this piece of paper is presented the nutritional value, the nutritious advantages and disadvantages and also the necessary ration of cereal and pulses in the diet of athletes.

Key words: *athletes, nutrition, cereal products, dried vegetables.*

DAIRY PRODUCTS ROLE IN ATHLETES NUTRITION

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Cuvinte cheie: *produse lactate, alimentatia sportivilor, ratia*

Abstract

Milk and dairy products are the most important calcium source and a source of protein rich in essential amino acids. Milk is the only animal origin aliment with alkalizing action and therefore it is recommended to be administered to athletes after efforts, too. In order to ensure the existence and energy needs, plastic and catalytic, the human consumes a series of food. The consumption of milk and cheese provides good physical development and increases the physical resistance, which is essential to remember for sports. The food is a product consisting of nutrients. Among the category of nutritious foods there are the milk and the milk products. This paper presents a study on the nutritional value of the milk and milk products, the advantages and disadvantages of their use in athletes' nutrition and the ration required.

Key words: *milk products, nutrition athletes, ration.*

SOME CONSIDERATIONS ON USING COMMUNICATION AND PSYCHOLOGICAL SKILLS FOR INJURY PREVENTION AT MARTIAL ARTS ATHLETES

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Abstract

Sport injuries can happen to martial arts practitioners for various reasons, therefore injury prevention is key to efficient trainings for reaching performance. The aim of this study is to highlight communication predictors and psychological approaches which increase awareness and build safety behaviors and mind frames to prevent injuries at martial arts athletes.

Key words: *communication, sportive psychology, injury prevention, martial arts*

PECTORAL MUSCLES TONING BY MEANS OF FITNESS

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Abstract

The purpose of this paper is to highlight methodic aspects regarding the toning of pectoral muscles by means of fitness. For this we considered that an optimum relationship of the exercises for different muscle areas of the pectoral muscles within a training session and the number of reps in each set will contribute to the increase and toning of muscles strength and the improvement of the endurance to effort. In this study there were used anthropometric measurements in terms of weight, height, chest perimeter and arms perimeter. There were also applied test events for evaluation of pectoral muscles strength. During the workouts there were used exercises on horizontal, inclined and declined plane. To increase the effectiveness of the training method for pectoral muscles toning there were used two giant sets, each one with two tests events, on horizontal plane. The study results show that an optimum relationship of the exercises per various muscle zones of the pectoral muscles within a workout and the number of reps in each set contributed to the increase of muscles strength and the improvement of endurance to effort. The application of the method for development of pectoral muscle strength by giant sets per different muscle areas highlighted the dynamics of muscle strength and the relation of effort parameters during the training.

Key words: *development, effort, fitness, strength, giant sets*

TONING OF UPPER BODY MUSCLES BY ALTERNATING THE TRAINING METHODS IN MASS FITNESS

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Abstract

The aim of the study is to highlight the methodical aspects regarding the development of upper body muscles strength by alternating the methodical procedures in mass fitness. In order to solve these methodical issues of upper body muscles strength development we have conducted a case study in the Sports Club named „Tonik Fitness Club” of Bucharest. Subjects of the study were 2 athletes aged 22 and 26 respectively. The study results show that the regular practice of the exercises leads to body weight loss, to increase of thoracic amplitude and arms perimeter and, last but not least, to strength development per different muscle groups. There are also pointed out the methodical issues in terms of back muscles development by combining the methodical procedures in mass fitness by means of increase and decrease of effort load during the giant sets.

Key words: *toning, fitness, strength, upper body, training methods*

**TONING OF SCAPULAR BELT AND UPPER LIMBS
MUSCLES BY ALTERNATING THE SUPER – SETS IN MASS
FITNESS**

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Abstract

The main goal of this study is to highlight the use of the training method by super sets meant to tone the strength of scapular belt and upper limbs muscles in the mass fitness. To prove the efficiency of alternating the super sets method in order to develop the muscle strength of scapular belt and upper limbs we have conducted a case study in „Blue Gym” Sports Club of Bucharest, using only two subjects as example. The results of the training program by alternating the super sets method for the strength of scapular belt (shoulders), biceps and triceps emphasize the use of super sets formed of three connected exercises for each muscle group and the effort dosing by progressive increase of reps number and load in each set. The effective use of exercises per different muscle groups within the same set contributed to the improvement of scapular belt and arms muscle strength in mass fitness.

Key words: *fitness, strength, methods, principles, upper limbs, toning*