

OSTEOARTHRITIS - Cosmina Cheran

1. Keywords: *affection, tissue, joint, muscle strength*

Abstract. One of degenerative diseases is osteoarthritis (OA coxofemoral or hip osteoarthritis) representing the location of degenerative chronic rheumatism in the hinge.

Osteoarthritis may evolve in three stages: osteoarthritis onset, advanced and final. Based on these stages of development, the main objectives of physio-kinetic spa treatment are pain relief and muscle strength, increased stability and mobility of the hip joint, control and gait retraining.

Medical rehabilitation is a very useful way to compensate for functional alterations occurring coxofemoral level.

TRIGLYCERIDES - Olivia Timnea, Irina Dăncilă

2. Key words: triglycerides, fat, lipids, fatty acids

Abstract. Adipose tissue is the main source of neutral fats or triglycerides circulating. The material shows how, under the influence of lipases, they are stored or degraded, causing the release of free fatty acids in the bloodstream.

IMPORTANCE OF PHYSICAL MOVEMENT IN CHILDREN - Florina Paraschița

3. Keywords: *stage, growth, activity, interest and passion*

Abstract. During the third childhood is conducive not only the beginning of school, but also to start a sport with greater opportunities to gain performance character.

As biophysical plan in this age psychically changes are slow and unspectacular, is however fundamental to the further development of the child. At school age meet restructuring and development of mental components leading to propel actions carried out by printing them in a more organized.

The child discovers that to carry out certain activities must have a system of knowledge, skills and abilities, without which they would not be able to meet their goals. This discovery makes him try to know better and this is done cannot always conscious of role play in which the child participates with great interest and passion.

RECUPERATION AND RECOVERY AFTER EXERCISE ROWING - Adrian Urichianu

4. Key words: regeneration, training, biological adaptation

Abstract. Recuperation (biological balance) is the component of the training process that brings together all natural or artificial means, arising from internal or external environment, guided and used rationally in order to speed up the process of restoring the body's homeostasis "to change its previous level, through stress-induced psycho-physical effort and, in the end, even with the aim of overcoming the old functional level.

CONFLICT MANAGEMENT - Cristian Ionescu

5. Key words: conflict management, school manager, cognitive development, socio-cognitive conflict

Abstract. More frequent conflicts between teachers and students, occurring both in the broadcast media and the press, demonstrate the need for a conflict management. Therefore, a

teacher must be familiar with both the nature of conflict has to do, and management techniques are appropriate.

[TAIJIQUAN – KINETIC ENERGY - Mihai Ionescu Leonard](#)

6. Keywords: modern life, movement treatment, energetic exercises, yinn yang, universal energy

Abstract. The Taijiquan practice is one of the best physical exercises and also has a very high level of maintain the “youth” of the body, a clear mind, a good spirit and a good psychological tonus for starting a new day. Also it is a very efficient instrument to reduce the daily stress and sedentary and connect with the universal energy.

[VOLUNTEERING - Anca Dumitrescu](#)

7. Key words: activity, organization, internship, volunteer

Abstract. Voluntary institution is genuine evidence of social cohesion. Those who wish to devote some of their free time as mutual aid children with various disabilities, and those who have the misfortune to fight autism can make it for a few hours a week, taking in touch with the General Directorate for social and Child Protection sector 3 and Malin Help Autism Foundation.

[THE RICHEST ATHLETE IN THE HISTORY OF THE WORLD WAS A COACHMAN IN ANCIENT ROME - Grigore Virgil](#)

8. Key words: athlete, dolars, record, prize

Abstract. History records that the richest athlete in the history of the world was a leader of ancient Rome sport harness. It was called **Appuleius Gaius Diocles** and amassed a fortune 35,863,120 sesterces (Roman coin), the current equivalent of \$ 15 billion (9.6 billion pounds).

[SPORTS ODDITIES STYLES THAT HAVE BECOME - Grigore Maria](#)

9. Key words: Olympic Games, position, style, result

Abstract. Antique rotary gesture seemed ridiculous at first. In the era of the modern Olympic Games, Duke Kahanamoku crawl was initially billed as a comic, high jump backwards by Douglas Fosbury grotesque, Kangaroo race start type of athlete Thomas Burke was crazy and throwing the weight by turning a freak . However, these " oddities " became sports styles.

[RELATIONSHIP BETWEEN THE RECUPERATION AND FATIGUE AFTER EXERCISE SPORTS - Andrei Bogdan Urichianu](#)

10. Key words: regeneration, training, adaptive biological performance, overcompensation

Abstract. Coaches and athletic training professionals must continually seek ways to enable athletes to overcome limits and to increase performance. One of the most effective methods is rebuilding. Coaches need to understand and contribute actively to the process of restoration, for it to become an important part of your training. There are few coaches that, in parallel with the increasing demands of stimulus intensity and preparation, give equal care and recovery after workouts and races.

[COLOR THERAPY - Maria Florintos](#)

11. Key words : color, influence the flow, effect, stimulant

Abstract. It has been known for a long period of time that color plays a major role in setting up a particular or state of mind. Color does affect one's feelings, moods, and emotions. Color is one of the languages of the soul, just look at inspired or meditative paintings. They influence our mood and emotions. They have their impact on our sense of well-being or un-easiness. Using and avoiding certain colors is a way of self-expression; it sheds light on our personality. Colors affect our way of perception (light colors make a space look big, a high ceiling looks less high when painted in a dark color etc.). Colors have a symbolic meaning which is immediately recognized by our subconsciousness. It must be said that not all colors mean the same to all persons and all cultures. They influence the flow and amount of energy in our bodies. Colors tell something about biological attraction and sexual availability.

[SPORT AND RELIGION IN THE MIDDLE AGES - Dumitru Manea](#)

12. Key words: sports, Christian religion, body, soul

Abstract. There are theories that make sport antithetical Christianity, arguing that under the principles of Christianity, they would be incompatible. This article aims to show that these theories are simply speculation fundamentalist atheist positions that contradict, in fact, the very essence of the Christian religion, that the body is the temple of the spirit and the material support of the soul.

[EDUCATIONAL INCLUSION - Andreea Turmac](#)

13. Key words: Inclusive education, Nations General Assembly, interview, children's rights, UNESCO

Abstract. The term inclusive education arose in the world in the 90s, in response to integrated education that proved limited and ineffective in ensuring the right to education for all children and people. With this material, the author tries to find solutions to problems and implement inclusive education principles in practice.

[PARAPLEGIA - Cristian Panduru](#)

14. Key words: kinesiology, paraplegia, paraplegic rehabilitation, kinetic treatment

Abstract. Paraplegia is a condition arising from bilateral damage to the pyramidal pathway or the central motor neuron or peripheral motor neurons. It is manifested by functional impotence of the lower limbs, diminution or loss of sensory function and pelvic organs below the lesion. The study presents the stages and techniques of recovering a paraplegic.

[STRIATED MUSCLE TISSUE TYPE HEART - Irina Dăncilă, Olivia Timnea](#)

15. Key words: myocardium, muscle tissue, metabolic unit, the SA node, bundle His, Purkinje fibers

Abstract. The study presents the anatomy of the myocardium and its importance in heart function and the elements which causes the body rhythm and automatically establishing a connection between the atria and the anatomical and functional ventricles.

[INTERVIEW ABOUT AIKIDO WITH STEVEN SEAGAL - Miron Manega](#)

16. Key words: martial arts, chief instructor, force, movie

Abstract. Through this interview, Steven Seagal is shown in the position of master of martial arts and not the movie star. The name that is known in Japan Aikido circles is the **Shigemichi Get Shihan**, Tenshin became chief instructor at Osaka, Japan since 1975. **TenShin Aikido** is a more severe teaching Aikido, developed over the past 30 years.