❖ SPORT AND PERFORMANCE

NEW COACHING METHODS IN THE ROMANIAN NAVAL PENTATHLON PERFORMANCE

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ABSTRACT

In this paper we try to present a model of training for the naval pentathlon. seamanship race it's the most important event in the naval pentathlon. the increase results for this event it's very important in ergonomic the total points to the naval pentathlon.

OBJECTIVE: The aim of this study is to increase the volume for seamanship race.

RESEARCH METHODS AND PROCEDURES: For naval pentathlon was allocate preparation and competition models specific all events. From this ideas we propose a scientific program allocated in macro cycle. This macro cycle included five mezzo cycles: Introductive mezzo cycles:
01 October – 29 October - 4 weeks; Remaking introductive mezzo cycles: 30 October – 11 December - 6 weeks;
Base mezzo cycles: 12 December – 12 March - 14 weeks;

Below contest mezzo cycles: 13 March – 3 April – 3 weeks; Contest mezzo cycles: 4 April – 13 April - 2 weeks.

RESULTS: To the finish of 29 weeks, we realize an increase of average for experiment group comparative with witness group.

DISCUSSION AND CONCLUSIONS: Increase the volume for seamanship race but not only demonstrated that methods were realist implemented in training lesson.

KEY WORDS: Lifesaving race, seamanship race, utility swimming race, amphibious cross-country

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STRENGTH TRAINING FOR CHILDREN AND ADOLESCENTS IS IT BENEFICIAL?

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ABSTRACT

Strength Training - Uses resistance methods to increase ones ability to exert or resist force. Appropriate strength training programs have no apparent adverse effect on linear growth, growth plates, or the cardiovascular system. Closely supervised resistance training programs can significantly improve the muscle strength of children with no adverse effects on bone, muscle, or connective tissue. **Research Methods:** Free weights, the individuals own body weight, machines, other devices (elastic bands, medicine balls).

KEY WORDS: strength training, children, adolescents, benefits, risk factors.

COMPARATIVE STUDY TO THE MENTAL POWERS BETWEEN LINES PLAYERS OF FOOTBALL

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ABSTRACT

Football is the sports activities that require a long period of training to master their skills and motor vehicle to be performed properly and correctly so that is where a sense of balance and control in the situation of the body and the link between the various parts of the movements, which reflect the proficiency of performance.

OBJECTIVE: To identify some of the differences between the mental capacity (to focus attention and awareness activist sense) between the lines to play different (line of defense, midfield, attack).

RESEARCH METHODS AND PROCEDURES: The research sample some players clubs northern region (Dohuk, Mosul, Pierce, Zakho) and football's (62) out of a player (114), or equivalent (54%) after the sample has been ruled out reconnaissance experience and the (6) players. Goalkeepers were excluded. Methods of collecting information: sources and references; analysis of the content; tests and standards; form questionnaire.
Test series used in the research: test (Bordon - Anfimov) the rate of attention; foot dominant sense test; sense test horizontal distance jump; sense perception test - activist foot vertical vacuum; sense test to strike the ball; test vertical jump, a sense of distance.

RESULTS: Results showed that there is no moral difference between the mental capacities of different lines of play, due to the fact that the requirements of the game of football skills and mastery of the physical search and a sample representing any category of applicants with an advanced level of numbers and physical skills, which means that a player is subject to the same variables during training or the game, which had to respond to external conditions of the (football, discount, mate), which has the capacity to generate a good understanding of the mentality and attention to overcome these variables.

DISCUSSION AND CONCLUSIONS: Playing three lines (line of defense line of the center line of the attack) with a sense of awareness activist close. Playing three lines (line of defense line of the center line of the attack) with the attention (the attention, and focus the attention of) close.

KEY WORDS: mental powers, football, lines players.

THE CAPACITY TO MAINTAIN THE 50MP TRIAL MAXIMUM RUNNING SPEED

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ABSTRACT

Generally speaking, it seems that there are a lot of training errors at the sprint training and a proof for that is the fact that we cannot outcome the anonymity on a worldwidw scale. This phenomenon stands out starting with the training stage for children at the speed running instruction where the „forcing phenomenon" has been used for many years for the sprint running.

OBJECTIVE: The purpose of this study is the necesity to clarify the children's real potential concerning their performances at a maximum speed running trial, on customary distances during their training, taking into account the acceleratin stage and the maximum speed stage to maintain it.

RESEARCH METHODS AND PROCEDURES: To achieve the proposed targets we have noted the time for each 5m interval during the 50mp trial, the overall time and we have worked out the medium speed in m/s for each 5m interval and the acceleration in m/s/s for each 5m interval with a timing equipment made of 10 photoelectric cells. The electronic timing equipment made in Utah, S.U.A., is called BROWER TIMING SYSTEM. The statistic data treatment determined the discovery of the arithmetic figure, the standard deviation and the variability quotient. The experiment took place in August ans September.

RESULTS: The racing speed, the speed for the 0-5m interval incresed between the initial and the final checkup for (E) group with 0,88m.s^{-1} and the acceleration with 1,42m.s^{-2} compared with (M) group for which this increse is from 0,19m.s^{-1}, respectively 0,22m.s^{-2}. Compared to the initial stage, all the subjects have reached the maximum speed in the final stage on longer distance intervals, 20-25m and 25-30m, and two of the subjects in the (E) group reached it in the interval 30-35m.

DISCUSSION AND CONCLUSIONS: The efficiency of the training program used for subjects of the (E) group has been confirmed. The significant increase of the performance for the 50mp trial (by 54,3%) is due to the speed increase during the acceleration stage. For the 50mp trial- the speed, in the case 11 year old children, shows an increasing curve up to reaching the maximum speed, followed by a decreasing curve because of a decrease of the running speed without a stage where the maximum accumulated speed at the 50mp trial is maintained.

KEY WORDS: maximum running speed, 50mp trial, young girls athletes.

THE INFLUENCE OF SPINE POSITION, ABDOMINAL AND BACK MUSCLES IN PREVENTING TENNIS INJURIES

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ABSTRACT

Greavu N., Panait L. The role of spine position, abdominal and back muscles in preventing tennis injuries

OBJECTIVE: The aim of this study was to review the tennis injuries, and to detect better ways for preventing the injuries.

PROCEDURES: This paper specifically addresses (1) Tennis injuries: types and causes; (2) The role of correct body posture in working on and off court; (3) The role of conditioning and warming up.

CONCLUSIONS: Based on our believes we suggest that with a correct body position, especially the position of the spine witch improves a lot of body functionality, combined with a better work on abdominal and back muscles, the athletes will have better results with less work and the number of injuries will decrease dramatically.

KEY WORDS: tennis injuries, "tennis elbow", shoulder tendinitis, conditioning, warm-up, cool down.

THE EFFECTS OF MUSIC ON ATHLETIC PERFORMANCE

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ABSTRACT

This paper provides a narrative review of recent theory, research and applications pertaining to the psychophysical effects of music in the sport and exercise domains. Generally speaking, music may improve the performance in physical activity and especially in sports by the beneficial effects it can have on some physiological (heart rate, blood pressure, body temperature) and psychological parameters (rating or perceived exertion) and even on some elements of physical performances (400 metre sprint, the grip strength, endurance capacity, anaerobic capacity). Additionally, it had been seen that the slow music and the fast one have different effects on the body's reaction at physical exercise and the selection of the proper music constitutes the key factor in obtaining some beneficial effects. Synchronous music has been reliably shown to produce an ergogenic effect. Therefore, if athletes or exercisers work in time to music, they will likely work harder for longer. Responses to asynchronous, or background, music are less predictable and beneficial effects are less reliable, although considerable potential remains if certain principles are followed. An example is that fast, upbeat music produces a stimulative effect whereas slow, soft music produces a sedative effect. The findings lead to the possibility that the use of music during athletic performance may yield long-term benefits such as exercise adherence and heightened sports performance, through a superior quantity and quality of training.

KEYWORDS: music, physical exercise, athletic performance.

MODERN CYCLING: PART SPORT, PART SCIENCE

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ABSTRACT

Managing performance improvement requires a careful examination of the theories of all-round preparation, in order to identify those which correspond more closely with reality and those which may require amendment in the future. A study of the training programmes used in the more advanced sporting countries, along with the historical data, allows a precise definition to be drawn of the features which have given rise to such increased progress. In terms of the components of an athlete's physical preparation regime, I would certainly recommend use of the gym, and "dry training", for general muscular training consisting of stretching and "soft" training to various intensities for general muscle groups, such as the abdominals, dorsals, iliopsoas, biceps, triceps and so on.

KEY WORDS: modern cycling, part sport, part science.

THE USE OF VIBRATING PLATFORMS FOR PERFORMANCE IMPROVING.

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ABSTRACT

In these last years the use of vibrating platforms has spread even more in the fitness world. A big emphasis is given, in many advertising campaigns, to the advantages of training with vibrations, especially for obtaining a muscular and slim body. Which are its real benefits and potential risks?

KEY WORDS: vibrating platforms, improving performance.

VIDEO ANALYSES OF THE TECHNIQUES USED IN THE 10th WOMEN WORLD TAEKWON DO CHAMPIONSHIP IN 2005

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ABSTRACT

Taekwon do consists of sudden and symetric action items in Karate, and more fluent and circular action items in Kung Fu. Taekwon do or olympic Taekwon do competition is a complete touch sports in which winner is defined by high score or knock-out. Points are gained by means of kicks and fists when they are done in the area that is regarded as legal. In a Taekwon do competition, in general, most points are gained by means of kick techniques more (approximately 80%, 90%) rather than boxing techniques.

OBJECTIVE: The target of this study is to research the technical analysis of competition and the techniques which are effective on success in 10th Women World Taekwon-do Championship, 2005.

METHOD: Surrounding of the research consists of 32 sportswomen winning elimination competitions in Championship. Semi final and final competitions recorded by World Taekwon-do Federation have been watched on DVD and they have been analysed as all techniques used in all rounds and their numeric values according to a competition liner developed by researchers.

RESULTS: The most points are taken in the second round and the least are taken in the third round in semi final competitions.. While the least points are taken in the first round, in the second and thirds rounds, the same points are taken in final competitions.

Korea is the first in applying the pailding-in lap with 9 strokes–9 points. The second are Spain and Turkey with 5 strokes–5 points, United States and Brasil are the fourth with 4 strokes–4 points.

United States is applying Dwit Chagi technique most during semi final and final competititons with 4 strokes–4 points.

Through semi final and final competitions, Korea is applying most 3 naeryo chagi strokes and 2 dollyo chagi strokes techniques that are considered as upper level high difficult techniques.

CONCLUSIONS: Semi final and final competitions, the most applied technique is pailding. Sportswomen apply this tecnique as contra pailding, direct pailding and pailding- in lap mostly when they attack. Korean sportswomen make first applying 5 of 12 strokes in naeryo chagi and dollyo chagi techniques considered as upper level high difficult techniques during semi final and final competititons in world championship.

KEY WORDS: Video analysis, Taekwon-do, Competition

THE IDENTIFICATION OF THE VALUE DIMENSIONS OF THE HIGH PERFORMANCE GOALKEEPER PATTERN

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ABSTRACT

Selection and training of goalkeepers starting from an early age is an up-to-date scientific research theme, taking into account the role and functions of these players in the modern football game. In fact the tendencies and characteristics in the development of the world football game implies a large set of measures and concrete solutions regarding orientation, initial selection, training and participation in competitions, of the "human material", promoted in the sports of performance in general and in the football of performance in special. This kind of demand is not self accomplished and moreover it will not be put into practice if the following adjacent problematic of our thesis is not taken into account.

OBJECTIVE:

1. Establishing the pattern of the football goalkeepers of high performance.
2. Identify the favouring skills for the position of goalkeeper and of the criteria of evaluation.
3. Analyze the skills conducing to high performance in children, ages 10 to14.
4. Design selection criteria for goalkeepers at an early age.
5. Drawing up programs of initiating-training of goalkeepers.
6. Implementation the programs.
7. The attained results printed in final draft.
8. Elaboration of the theses in a final form.

RESEARCH METHODS AND PROCEDURES: For achieving and accomplishing purposes of the research, the following methods of research have been used:

- Methodology of bibligraphic study; Pedagogical observation method; Mesurement method; Experimental method; Study case method; Statistic – matemathical method of processing and interpretation of data and graphical method.

RESULTS: Following the study of the literatur of speciality, the profiles of the football goalkeeper of high performance has been established and the favouring natural dispositions for this position and their evaluation criteria have been identified. We have focused on identifying the bio-psicho-social parameters liable to be noted in establishing the profile of the high-performance goalkeeper on national and international plan.

At the basis of this models were the data gathered and processed on 10 goalkeepers in the World football and goalkeepers in the League I of the roumanian championship, out of which we chose 10 with a high competitional value, in order to be compared to international models and at the same time to be points of reference in the orientation of juniors being in this position. We found data for the following dimensions of the pattern: weight, size, breasts, proportions, chest perimeter, palm lenght, biacromial and bitrohanterian diameter.

DISCUSSION AND CONCLUSIONS: We can say that the ideal pattern of a goalkeeper is characterised by the following natural dispositions:

Anthropometric: size, proportions, palm lenght, breasts perimeter, biocromial diameter, bitrohanterial diameter.

Physical qualities: speed in all kinds of manifestation, mainly speed of reaction, skills, agility, high jump, flexibility, endurance, power.

Physiological: cardiovascular health, funcțional, aerobic, anaerobic, effort capacity

Psyhomotric qualities: body scheme, general and segmented coordination capacity, space-time perception, quickness of movements, anticipation capacity.

Psychical: distributive attention, self control, stress resistance, capacity of learning/assimilating, passion for the game, emotional control.

KEY WORDS: goalkeeper, high performance, the value dimensions.

❖ KINETOTHERAPY

ASSOCIATION BETWEEN GRADED EXERCISE TEST INDICATORS OF CARDIOVASCULAR DISEASE RISKS AND PERIPHERAL VASCULAR STIFFNESS

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ABSTRACT

Exaggerated systolic blood pressure (SBP) responses to graded exercise testing in normotensive adults have been associated with risk of future hypertension. Endothelial dysfunction is one of the mechanisms that lead to functional and structural changes in resistance vessels. Venous occlusion plethysmography (VOP) non-invasively characterizes endothelium-dependent vasodilatory capacity in peripheral arteries (reactive hyperemia: RH).

PURPOSE: *To determine if an association exists between exaggerated SBP responses to graded exercise and peripheral vascular vasodilatory capacity.*

METHODS: *Subjects were 50 young males (Mean ± SD: age = 22.4 ± 2.6 yr; body fat = 24.3 ± 6.1 %; BMI = 27.7 ± 5.7). Post-occlusive RH was assessed after a 5-min brachial artery occlusion using VOP and standard procedures recommended by the manufacturer (Hokanson EC-6, Bellevue, WA). Each subject performed maximal cycle ergometer exercise tests with a 15 watts/min ramping protocol. Blood pressures (BP) were measured at rest, every 2 min during, and at 15 sec intervals after exercise.*

RESULTS: *During exercise, no relationship was found between any of the exaggerated SBP indices and the measures of peripheral artery status by VOP. Furthermore, when individual SBP responses from peak exercise at the highest vs. lowest tertiles were contrasted, no differences in the VOP measures of vascular status were found.*

CONCLUSION: *Exaggerated SBP response to graded exercise in young adult males seems to be regulated largely by factors other* than peripheral vascular status, as assessed by VOP/RH.

KEY WORDS: cardiovascular disease, peripheral vascular stiffness, graded exercise.

METHODS OF MEASURING PHYSICAL EFFORT TO PACIENTS SUFFERING FROM CARDIOVASCULAR DISEASES

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ABSTRACT

The following project makes part of the latest research in preventing and improving cardiovascular diseases. according to the most recent oms statistics, Romania occupies the first place concerning the death rate caused by the cardiovascular diseases. Romania is also number one concerning the mortality caused by both the ischemic coronary disease and the vasculocerebral accident. However, many deaths could be avoided given that 80-90% of the persons who die as a result of myocardial infarct have at least one major risk factor influenced by the change of lifestyle or therapy. The present project tackles the problem of treating the cardiac patients and the implementing of adapted physical exercises in the treating system. The project relies on many scientific researches developed in our country and abroad aiming at practising experimentally the adapted physical exercises by taking into account the categories and states of disease, age, physical abilities, various aspects specific to each patient. The importance of the project will consist in conceiving programmes that will have in view selecting, levelling, dosing and organising of physical exercises. These programmes will cover a large area of sports branches and will adapt to each individual's needs.

OBJECTIVE: The objective of this research is to elaborate a guideline of prescribing the practise of the physical exercises so necessary to both the patients and the specialists in medicine and physical education and sport.

KEY WORDS: cardiovascular disease, prescription, measurement, physical activities, amelioration.

DOES CALLISTHENIC EXERCISE AFFECT THE RELATIONSHIP BETWEEN BODY COMPOSITION AND LUNG FUNCTION IN WOMEN?

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ABSTRACT

Body composition changes with exercise, with increases in skeletal muscle mass and declines in fat mass and visceral fat. On the other hand, lung function also increases with exercise. It was reported that respiratory muscle strength and lung function are closely associated with body weight and lean body mass in patients with chronic obstructive pulmonary disease (COPD) (Butland et al., 1982).

OBJECTIVE: The purpose of this study was to investigate the effects of relations between body composition parameters and lung functions including VC, FVC, FEV1, FEV1/VC, FEV1/FVC after 6-months callisthenic exercise program in healthy women.

RESEARCH METHODS AND PROCEDURES: 35 healthy subjects' age and height means were determined 41.69±7.69 years, 156.51±4.72 cm and voluntary women participated to this study. All subjects took 50-minutes/sessions, 3-day per week and 24-week callisthenic exercises were performed to. The intensity of the exercise was determined with 80 % of heart pulse by Karvonen method. Anthropometric and body composition (including fat mass (FM), fat free mass (FFM), and percentage body fat (%BF)) evaluated by using the skinfold methods and lung function was examined by using spirometry. Means and standard deviations of all measurements were calculated for female. 3rd and 6th months exercise periods differences were determined using One-Way ANOVA for repeated measures. Pearson correlation coefficient analyses were performed to analyze relationship between variables.

There were significant decrease in body weight, body fat percentage, body fat mass and body fat free mass ($p<0.01$) after exercise period. Lung volume and capacity values (VC, FVC, FEV1, FEV1/VC, FEV1/FVC) were increased significantly ($p<0.01$, $p<0.05$) after 6-month exercise program. There was a significant relationship between the body fat percentage and FVC and MVV values of women negatively ($p<0.05$, $r = -0.56$, $r= -0.40$). Also it was found that a negative relation in the BMI and FVC and MVV of subjects ($p<0.01$, $r = -0.43$, $r = -0.49$).

RESULTS: There was significant increase in VC, FVC, FEV1, FEV1/FVC and MVV values of women after 24 week exercise period ($p<0.01$). There was significant decrease in body mass, body fat percentage, fat mass and fat free mass values of subjects after exercise. Our study showed that body composition and fat distribution were associated with lung function in women in that a general pattern of fat distribution correlated negatively with lung function.

DISCUSSION AND CONCLUSIONS: Moderate intensity, long-term and regular aerobic exercises were effective on burning fat so it can be thought this kind of exercise caused a decrease in body weight, the percentage of body fat and body mass index (Cox et al., 2001; Guo et al., 1999).

In conclusion, there were positive effects as evident on women lung volume and capacity with callisthenic exercises. This study showed that the decrease level of fat percentage and BMI would be affected the lung functions in a negative way.

KEY WORDS*:* body composition, lung volume, exercise, women.

CHOLESTEROL IN YOUNG ADULTS IN THE WEST

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ABSTRACT

Cholesterol is a waxy, fatlike substance found in the cells of all animals. There are two different lipoproteins that have important health concerns for adolescents. Low-density lipoprotein (LDL) can be thought of as a villain.

KEY WORDS: cholesterol, HDL cholesterol, LDL cholesterol, young adults, risk factors.

OVERWEIGHT AND OBESITY. STUDY OF THE RELATIONSHIP BETWEEN BODY MASS INDEX AND LIVING HABITS IN SEDENTARY AND ACTIVE CHILDREN FROM 6 TO 9 YEARS

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ABSTRACT

The increase in the prevalence of obesity in children, adolescents and adults in many countries of the world, is alarming. The rate of prevalence of this disease in developed countries has been increasing dramatically.

OBJECTIVE: The primary aim of this study was to examine the overweight and obesity, connecting the data to exercise and sedentary activities in children aged between 6 and 9 years.

METHOD: The research sample includes 98 children (55 boys and 43 girls), age average 7.55 years old. To collect the data, we used: (i) Questionnaire to assess child practice habits (physical activity and/or sedentary life style), (ii) Balance and (iii) meter high, for calculating the Body Mass Index (BMI). The cut-off points of overweight (25 Kg/ m^2) and obesity (30 Kg/m^2) were defined throw BMI table (depending on age and sex). For the comparison of the statistical data, were used the One-Way Anova and Bonferroni tests and to evaluate the association between the dependent and independent variables we used the Spearman correlation coefficient.

RESULTS: The overweight and obesity prevalence in the studied sample was 38.8% in total, 48.8% in girls and 32.7% in boys. Significant results were found between the comparison BMI and the following variables: BMI in categories (p=0.000 for both sexes), age (p=0.000, for boys), spare time on physical activities (p=0.002, for boys). Only one association was found, between BMI and time spent at the computer (p=0.05, for 8 years old girls).

CONCLUSIONS: The results suggest that the prevalence of children with overweight and obesity is high. Factors like sex, age, time spare in physical activity and watching television, have influence on the variation of the BMI values. To prevent obesity reduction sedentary lifestyles and physical activities promotion are suggested.

Key Words: Overweight, Obesity, BMI, Physical Activity, Sedentary Activities.

❖ MANAGEMENT

LOGISTIC MANAGEMENT OF PROFESSIONAL SPORTS STRUCTURES IN THE DISTRICT OF CONSTANȚA

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ABSTRACT

POPA CRISTIAN. Logistic management of Professional sports structures in the district of Constanta

OBJECTIVE: The preliminary study of the current status of the clubs activities from the point of view of the logistic support and the records established by the sports clubs in the district of Constanța: the analysis of the structural and process-related organizations; jobs descriptions and attributes; SWOT analysis of the logistics; establishing structural elements of the strategic institutional development plan. Drafting and implementing strategic development projects for the logistic development of the sports clubs in question.

RESEARCH METHODS AND PROCEDURES: For the preliminary study we turned to analyzing the activities in all the professional sports clubs and associations in the district of Constanta. The managers in leading positions with functional and operational attributes within sports clubs played a major role in our study. Our investigation included all club directors, councilors, heads of the departments and last but not least coaches who are directly involved at all levels of formation and training professional athletes.

RESULTS: The results were inscribed in the logistics grid assessment and rated from 0 to 3. Each individual leader filled the grid in both in the preliminary and the final stage of the research on the logistic management.

DISCUSSION AND CONCLUSIONS: Our operational surveys confirmed the first assumption, namely that a structural and process-related reorganization of the sports clubs facilitate the promotion of top-performance logistic components. We are keen on believing that *if the sports clubs' activities are managed from the logistical point of view, resources would then be better employed, and the athletes' performance would significantly improve.*

KEY WORDS: logistic management, professional sports structures, strategic development projects.

❖ PHYSICAL EDUCATION AND SPORT

EMOTIVENESS AND IMPULSIVENESS AT SCHOOL. OBSERVATION AND EVALUATION PATHS

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ABSTRACT

Impulsiveness and emotiveness are often confused and overlapped between them. Instead, who has a daily direct contact with subjects in the years of growth must be able to properly recognize and evaluate the impact they have on the didactic environment and to well know the most effective methods for structuring a suitable emotional expertise.

KEY WORDS: emotiveness, impulsiveness, schoolchildren.

DOES PARTICIPATION MOTIVATION OF YOUTH SOCCER PLAYERS CHANGE WITH REGARD TO THEIR PERCEIVED ABILITY?

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ABSTRACT

Understanding the motives for youth sport participation has become important issue for sport practitioners and researchers in the last decade. According to Harter's competence motivation theory, the perceptions of competence associated with successful performance are critical determinants of subsequent motivation to participate. In other words, individuals who perceive themselves as competent in sports are more likely to continue their participation, while those low in perceived physical competence will likely discontinue participation in the particular sport.

OBJECTIVE: The purpose of this study was to determine participation motives of youth soccer players and examine their participation motives with regard to their perceived ability levels.

RESEARCH METHODS AND PROCEDURES: 147 youth soccer players (Mage = 15.06 ± 2.05 years) voluntarily participated in this study. "Participation Motivation Questionnaire (PMQ)" and "Sport Competence subscale of Children and Youth Physical Self-Perception Profile" were administered to all participants. 147 soccer players were classified as low perceived sport ability and high perceived sport ability groups based on the median scores of sport competence subscale.

RESULTS: Analysis indicated that high perceived ability group was more motivated by achievement/status reasons than low perceived ability group ($t = 3.13$; $p < 0.01$). However, no significant differences were found in other

PMQ subscales between soccer players in low and high perceived ability groups ($p > 0.05$). 20.3 % of the youth soccer players higher in perceived ability rated "competing at higher level" as the most important participation motive for them. On the other hand, 33.8 % the youth soccer players lower in perceived ability rated "improving skills" as the most important reason for their sport participation.

DISCUSSION AND CONCLUSIONS: Based on the mean ratings of each of the 30 participation motives, youth soccer players in high and low perceived ability groups had the highest mean scores on "like to win" and "improve my skills", respectively.

KEY WORDS: participation motivation, youth soccer players, perceived ability.

HEART RATE RESPONSE AND GAME-RELATED ACTIVITY OF YOUNGER SCHOOL-AGE BOYS IN DIFFERENT FORMATS OF SOCCER GAME

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ABSTRACT

Small-sided games are used in soccer training to improve technical and tactical skills, and to stimulate physical fitness of players. Loading of the cardiovascular system of adult and adolescent soccer players during the small-sided games were found similar to the cardiovascular system response in a running exercise. There is generally acknowledged that small-sided soccer games represent an appropriate learning enviroment for acquiring game skills in youth

OBJECTIVE: The aim of the study was to investigate the heart rate response and game-related activity during three different formats of soccer game in younger school-aged children – soccer players.

RESEARCH METHODS AND PROCEDURES: Twenty 8-year-old boys (8.1±0.4 year, n=20) of the same team from one Czech elite soccer club volunteered to participate in the study that was ethically approved by Ethical Committee of Faculty of Physical Education and Sports of Charles University in Prague. All boys had undertaken 1.2±0.3 years of systematic soccer training. The boys participated in six experimental matches, two matches in each from three formats of soccer: five, eight- and eleven-a-sided games including a goalkeeper in field dimension 40x20 m (dimensions of the goal 5x2m), 60x48 m (the goal 5x2 m) and 96x60 m (standard dimensions of the goals), respectively. The time duration of each match was 30 minutes. All matches were performed during three weeks.

RESULTS: The different formats of the soccer game showed a similar frequency of the various types of the attack phases diversed from a number of executed passes in one attack phase. The percentage of the attack phases without a pass 23.4 % in the 5 vs 5 game was two-fold in comparison to 8 vs 8 game. This finding suggests more difficult game-situation conditions for cooperation among the boys in the 5 vs 5 game. The percentage of the attack phases with one pass was higher especially in the 11 vs 11 game in comparison to the 5 vs. 5 game (63.1 % vs 43.2 %).

DISCUSSION AND CONCLUSIONS: The study suggested that the soccer game formats from five-a-side game to eleven-a-side game provide very young boys the similar conditions for learning game-related cooperation based on passes. To improve aerobic fitness, the eight-a-side game format seems to be more suitable for very young children rather than the five-a-side and eleven-a-side game.

KEY WORDS: soccer, younger school-age boys, different formats of soccer game, heart rate response.

❖ RECREATION EDUCATION ON SPORT

INFORMAL PHYSICAL ACTIVITIES IN YOUNG PEOPLE

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ABSTRACT

Informal physical activities in young people. The concept of the game as a cultural phenomenon was partly influenced by the ideas of the Spaniard Ortega y Gasset.

OBJECTIVE: The aim of this study was to examine the nature of the physical activities practised by young people in their leisure time through questionnaires.

RESEARCH METHODS: Study sample. This study involved 111 young people: 56 girls and 50 boys, aged between 12 and 17 years old. They study in different colleges in the three provinces of the Basque Autonomous Community.

RESULTS: In both studies there are three main reasons for practising informal physical activities: *"because they like it"* - *"for fun and enjoyment*" and *"for exercising"*.

DISCUSSION AND CONCLUSIONS: Since the type of activities carried out during leisure time will affect many aspects of a persons life, it is important to prevent these young people from becoming adults and spending most of their leisure time in sedentary activities.

KEYWORDS: physical activities, girls, boys.

PREDICTION OF BODY COMPOSITION BASED ON SELF-ESTIMATED BODY IMAGE AND ACTIVITY INDEX RESULTS

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ABSTRACT

One of factors that contribute to body composition changes, respectively to body fat percent grow up is physical inactivity or sedentary lives. The tendency, for most studies is, that more young females are considering themselves overweight, than BMI normal values obtained by these females, in relation with young males. Obese and anorexic subjects significantly differ from normal subjects, in body size estimation, through body image method of analysis. Female subjects are more unsatisfied by body size, evaluated through body image analysis, than males.

OBJECTIVE: The aim of this study was to examine, if there is a reliable prediction capacity of self-estimated body image and activity index (AI) results, for future changes in body composition (body fat percentage (BF), body mass index (BMI) and abdominal circumference (AC)), in Romanian university students.

RESEARCH METHODS AND PROCEDURES: This study used 124 Romanian university students (27 males and 97 females). The body fat percentage was estimated using the skinfolds technique (accu-measure caliper). Current body image (CBI) and ideal body image (IBI) were self-estimated using a body shape representations from a figure rating scale and activity index was self-estimated using a questionnaire. Body image discrepancy (BID) was calculated by subtracting the ideal body image from the current body image. BMI was calculated to estimate the category of weight for each subject by using the Quetelet formula.

RESULTS: CBI was correlated with BMI ($r = 0.655$ for men, $r = 0.761$ for women), with BF ($r = 0.611$ for men, $r=0.638$ for women) and with AC ($r = 0.586$ for men, $r = 0.631$ for women). IBI was correlated with BMI ($r = 0.458$), BF ($r = 0.375$) and AC ($r = 0.297$), only for women. BID was correlated with BMI ($r = 0.631$ for men, $r = 0.564$ for women), with BF ($r = 0.612$ for men, $r = 0.48$ for women) and with AC ($r = 0.614$ for men, $r = 0.533$ for women).

DISCUSSION AND CONCLUSIONS: AI self-estimation have no relationship with BID and variabiles which controls body weight and fatness (BMI, BF and AC). BID and CBI self-estimation, reported to IBI self-estimation (which must be held constant), can be seen like predictors for changes in BMI, AC and BF values, for normal subjects. The results encourage a closer look at BID, and her relationship to BMI, BF and AC control.

KEY WORDS: percentage of body fat, abdominal circumference, body image discrepancy, current body image, Romanian students.