

**Ovidius University of Constanta, Series Sport and Physical Education,  
vol.VIII, VIII-th year, the first Part**

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## Abstract

CALITATEA, COMPONENTĂ DOMINANTĂ ÎN PROGRAMUL DE IMPLEMENTARE A PROCESULUI BOLOGNA, ÎN DOMENIUL FUNDAMENTAL DE ȘTIINȚE EDUCAȚIE FIZICĂ ȘI SPORT

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THE QUALITY, A DOMINANT INGREDIENT INTO BOLOGNA PROCESS IMPLEMENTATION, IN PHYSICAL EDUCATION AND SPORT FUNDAMENTAL DOMAIN

### Abstract

*In this paper, I will try to demonstrate the valency of the quality in educational system, after the implementation of the Bologna Process in Romania, "science" domain.*

Cuvinte cheie: calitate, sistem educațional, Procesul Bologna

Keywords: quality, educational system, Bologna Process

ECHILIBRUL - DEPRINDERE MOTRICĂ, APTITUDINE COORDINATIVĂ SAU COMPETENȚĂ MOTRICĂ?!

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BALANCE – MOTRIC SKILL, COORDINATED ABILITY OR MOTRIC COMPETENCE?!

### Rezumat

*Pe cât de vaste și variate sunt cercetările asupra conceptului de „echilibru”, pe atât de mult el suscită interesul și mai mare, cu atât mai mult el pune sub semnul întrebării noi și noi aspecte ce nu au fost încă elucidate. Lucrarea de față prezintă, sub aspect teoretic, câteva idei referitoare la echilibru, ca și componentă esențială în manifestarea motricității umane.*

### Abstract

*The balance which is seen as an independent ability by some specialists, or as a component of the coordinative ability and a specific integrative and adaptive function by the others, has attracted the scientists' interest across the time. The more vast and diverse the researches on the concept of "balance" are, the bigger the interest in this subject is, and it raises more and more questions that must be answered. The current paper presents, from a theoretical point of view, some ideas on the balance as an essential component of the human motor activity.*

Cuvinte cheie: echilibru, deprindere, aptitudine coordinativă, competență

Keywords: balance, skill, coordinative ability, ability/competence

INOVĂRI NECESARE TAXONOMIEI DOMENIULUI MOTRICITĂȚII UMANE  
(IN SPEȚĂ CAPACITĂȚILE MOTRICE ÎN CONTEXTUL MOTRICITĂȚII GLOBALE)

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## NECESSARY INNOVATIONS FOR THE TAXONOMY OF THE HUMAN MOTOR ACTIVITY DOMAIN (SPECIFIC TO THE MOTOR SKILLS IN THE CONTEXT OF HUMAN MOTOR ACTIVITY)

### Abstract

*In the present preliminary study we analyze the lack of terminology consensus concerning the human motor activity. Consequently, the following fundamental systematic categories are analyzed: motor capacities, motor qualities and motor skills. The literature identifies two types of motor qualities: basic (fundamental) motor qualities and auxiliary ones. There are also two kinds of motor skills: innate motor skills and motor skills acquired during the ontogenesis.*

Key words: capacity, quality, skill, motor, basic, auxiliary.

## MODIFICĂRI ȘI AMELIORĂRI ALE DEPRINDERII MOTRICE – SĂRITURA – OBȚINUTE ÎN URMA ACTIVITĂȚILOR MOTRICE DIRIJATE LA PREȘCOLARI

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## MODIFICATIONS AND IMPROVEMENTS OF JUMP MOTRIC SKILL OBTAINED AFTER MOTRIC ACTIVITIES GUIDABLE FOR KINDERGARTEN CHILDREN

### Abstract

*The assimilation of motric skills during time was investigated by psychologists, physiologists, teachers and specialists from all the fields in which the motricity is manifested, in this way being determined a point of view regarding the stages that one must go through in order to acquire a skill. One of these skills that we are trying to approach in this paper is walking.*

*We consider that directing the motric activities at pre-school children is a priority and can give satisfactions if an increased attention is given to this segment, especially for the assurance of a harmonious growth and development of the organism and the correct assimilation of the basic motric skills at this age category.*

Cuvinte cheie: deprinderi motrice, săritură, preșcolari, activități de instruire

## TESTAREA CAPACITĂȚII PSIHOMOTRICE LA STUDENȚII ANULUI II DIN FACULTATEA DE MARINĂ MILITARĂ

Aurel BEJAN  
Academia Navala “Mircea cel Bătrân”

## PSICHOMOTRIC CAPACITY TESTING FOR SECOND YEAR STUDENTS FROM NAVAL MILITARY FACULTY

### Abstract

*Our strategy has development a curricula, which was introduced to all students to achieves high standards for physical and psychical training.*

Key-words: testing, psychological and physical values

## ORIENTĂRI ACTUALE CU PRIVIRE LA SITUAȚIA SCUTIRILOR MEDICALE DE EDUCAȚIE FIZICĂ ÎN ÎNVĂȚĂMÂNTUL PRIMAR ȘI GIMNAZIAL

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### MODERN ORIENTATIONS MEDICAL SPARING FOR PHYSICAL EDUCATIONAL CLASSES IN PRIMARY AND GYMNASIUM EDUCATION

*Abstract: In the last period, a bigger number of pupils take medical sparing for physical education classes. Medical sparing from the physical education classes are delivered, in pupils case, by the doctor of the school and in the absence of this, by the family doctor on the emergence of the hospital ticket or on the medical certificates, which are write down by the doctors from the specialty cabinets.*

*There are three types of medical sparing for physical education classes: yearly (total or partial), half-yearly (total or partial) and transient (total or partial). In total sparing case pupils don't receive mark at physical education.*

*Key words: physical education, yearly medical sparing, half-yearly, transient, gymnasium education, primary education.*

### DINAMICA DEZVOLTĂRII SOMATICE A POPULAȚIEI ȘCOLARE DIN CICLUL GIMNAZIAL

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### THE DINAMIQ OF SOMATIC DEVELOPMENT AT SCHOOL POPULATION FROM THE GYMNASIUM CYCLE

#### Abstract

*In this research, we try to present a study displayed between 2004-2006 on 769 scholars from different schools from Constanța. The paper plowed a development vis a vis research's 1970 years and 1981 years.*

Keywords: gymnasium, physics education, scholars.  
Cuvinte cheie: educație fizică, gimnaziu, școlari.

### PARTICULARITĂȚILE PREDĂRII FOTBALULUI ÎN EDUCAȚIA FIZICĂ ADAPTATĂ ȘI INCLUZIVĂ – CLASELE V-VIII

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## THE PARTICULAR CHARACTERISTICS IN TEACHING FOOTBALL IN ADAPTIVE AND SPECIAL PHYSICAL EDUCATION (V-VIII)

### Abstract

*Inclusive education is related with the humane rights, highly appreciated and with a social perspective. Inclusive education supports special needs pupils into the public normal schools/ institutions, together with age related normal pupils. Nowadays challenge is „Who can we find solutions to a large diversity of educational issues into the public normal schools?”. Inclusive education helps the public schools to find answers and solutions for the educational needs of different children, so we relied on physical education in offering new perspectives in forming and informing specialists of this area. Our target was represented by new teaching football methodological elements physical educational and sports for special and inclusive education.*

Cuvinte cheie: educație fizică, educație fizică adaptată și incluzivă, fotbal, tehnica și tactica fotbalului.

## STUDIUL PRIVIND EVALUAREA COPIILOR LA CICLUL PRIMAR DIN PERSPECTIVA NOILOR EDUCAȚII

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## STUDY OF EVALUATION OF CHILDRENS AT **THE PRIMARY SCHOOL** FROM THE EXPECTATIONA OF NEW EDUCATION

### Abstract

*This study is propose to develop the evaluation process at the primary school level from the New Education perspective. We made five tests who regard three components: integrated education, high intelligence children education, interdisciplinary education. All of these we made for a good scocial integration and cooperations of children at this level and also for the new ways who are promoted in the european education.*

Key words: childrens, education, primary school.

## STUDIUL PRIVIND PROIECTAREA INTERDISCIPLINARĂ A EDUCAȚIEI FIZICE LA CICLUL PRIMAR

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## STUDY FOR INTERDISCIPLINARY PROJECTION OF PHYSICAL EDUCATION AT **THE PRIMARY SCHOOL**

**Abstract:**

*This study is propose to develop the didactic projection at the primary school level from the interdisciplinary perspective. We made a unit of learning who contains means from two disciplines: physical education and civic education.*

*All of these we made for a good scocial integration and cooperations of children at this level and also for the new ways who are promoted in the european education.*

Key words: physical education, primary school.

**COMUNICAREA PROFESIONALĂ PEDAGOGICĂ A PROFESORULUI DE EDUCAȚIE FIZICĂ**

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**PEDAGOGICAL PROFESSIONAL COMMUNICATION OF PHYSICAL EDUCATION TEACHER**

**Abstract**

*In this research is treating the forming of professional language at the futures physical education and sport teachers who became the conclusive factor for develops the standard teacher's communication with the students.*

*On the base of the theoretical problem, at analytic pedagogical plans, at socio-pedagogical boring and at empirical investigation was induced the content on the physical education and sport teacher's language and the semantic functional structure of pedagogical communication in the physical education lessons with the gymnastics' thematic as well as the content of the curriculum to form the necessary competences at the students from physical education and sport faculty.*

*Key words:* formation, professional language, terminology, pedagogical communication, professional-pedagogical activity, pedagogical competences, functions of communication, pedagogical system „Lesson”.

**DE DEZVOLTARE FIZICĂ ARMONIOASĂ – MIJLOC DE DEZVOLTARE A CREATIVITĂȚII**

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**HARMONIOUS DEVELOPMENT PHYSICAL EXERCISES – MEANS FOR CREATIVITY DEVELOPMENT**

**Abstract**

*This work tackle the possibilities of development of creativity's in gymnastics lessons with the physical education and sports students. We propose to follow if the exercises of physical general filling out, practice in group, help us to develop the creativity.*

Key words: group creativity, exercises of physical general filling out, gymnastics.

**MOTRICITATEA ÎN VIAȚA TINERILOR STUDENȚI**

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#### THE MOVEMENT IN THE LIFE OF STUDENTS

##### Abstract

*Through movement, the human body converts the environment in which it lives and foremost transforms itself creating a superior form of self-regulation, optimization, proceeding into the domain of maximum value of the physical and psychological resources.*

*The human specific movement activity is based on acquired behaviour, on globally learned conduct and it cannot be reduced to reflexes or instincts. The movement action requires the existence of a subjective side, some goals and ideals, interests and objectives which have the power to change the statute and purpose of the individuals.*

Key words: movement, movement action, movement act, student.

**DEZVOLTAREA CALITĂȚILOR MOTRICE COMBinate FORȚĂ-VITEZĂ ÎN LECȚIA DE  
EDUCAȚIE FIZICĂ**

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#### THE DEVELOPMENT OF COMBINED MOVEMENT ABILITIES STRENGTH-SPEED DURING THE PHYSICAL EDUCATION CLASS

##### Abstract

*Movement abilities are to be identified in every movement activity, but the per cent is the one that differs.” The education of movement abilities does not occur in isolation, the development of one movement ability influences the development of another movement ability.” One of the qualities is dominant (predominant), and the others are classified differently, as subdominant and secondary. The dominant quality is the one that has the biggest contribution in a certain sport discipline (for example, resistance is the dominant quality in a marathon).*

Key words: movement abilities, strength, speed, pliometry

**ASPECTE PRIVIND FORMAREA UNUI COMPORTAMENT CREATIV AL  
STUDENȚILOR DIN CADRUL FACULTĂȚILOR DE PROFIL**

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#### ASPECTS REGARDING THE TRAINING OF A CREATIVE BEHAVIOUR OF THE STUDENTS FROM THE SPECIALIZED FACULTIES

##### Abstract

*The education of a specialist in physical education and sports that would be more independent, more self reliant, is possible if we think more closely about his becoming, helping him to overcome himself, to bring out the new.*

*In order to evaluate the measure in which the teachers are involved creatively in the teaching process at the specialized faculties, I have conducted an investigation based on a questionnaire that was applied to a number of 47 students in their last academic year, from the Faculty of Movement, Sport and Health Sciences, of the University of Bacău.*

*Following the analysis of the answers given by the students, we can observe the coexistence of frequent elements of an obsolete, conformist, routine and inflexible behaviour, along with elements of a creative conduct. In this context, the overcoming of a tradition that has become embarrassing imposes itself as a moral and professional obligation.*

Key words: creativity, trainer, education, instruction, specialized faculty

PLEDOARIE PENTRU INTENSIFICAREA ACTIVITĂȚII ÎN DIRECȚIA DEZVOLTĂRII CALITĂȚILOR MOTRICE LA NIVELUL CICLULUI PRIMAR

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PLEDGE FOR ACTIVITY INTENSIFICATION IN THE WAY OF MOTRIC QUALITY DEVELOPEMENT AT THE PRIMARY LEVEL CYCLE

Abstract

*Numerous experts but also the sportive practice certifies that the development level of movement quality determines, in a large measure, the fulfillment of the curriculum demands concerning the extension and the perfection of the system's knowledge, skills and habits at students. The developement of movement qualites represents an area that give us many and concrete possibilities of objective appreciation of the processes realized by the students , of the work's quality made by students and teachers.*

Key words: quality movement, development, objectified

CHARACTERISTICILE LECȚIEI DE EDUCAȚIE FIZICĂ LA CICLUL PRIMAR

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CHARACTERISTICS OF PHYSICAL EDUCATION LESSON FOR PRIMARY SCHOOL

Abstract:

*Physical Education lesson is regarded now, by modern teaching, as a flexible form of organising the educational process specific to our field, with a high level of adaptability to real conditions.*

*Therefore, in modern teaching, the lesson is rethought as a harmonic constuction, solid and suitable, in which pupils, teacher, contents and teaching strategies are no longer seen as distinct elements but as integrated organic parts of a didactic microsystem that provides temporality to the educational process.*

Cuvinte cheie: proiectare, strategii didactice, jocuri, întreceri

JOCUL DE VOLEI, MIJLOC DE CREȘTERE A MOTIVAȚIEI ÎN LECȚIA DE EDUCAȚIE FIZICĂ

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## VOLLEYBALL GAME, METHOD OF AUGMENTATION FOR MOTIVATION IN PHYSICAL EDUCATION LESSON

### Abstract

*Motivation is very important for performances. Motivations is the engine of the performances and are determined a lot of factors. The teacher must be the leader of the team who motivate the students.*

Cuvinte cheie: motiv, motivation, performances, sport, teaching, physical education

## STUDY CONCERNING THE PROFESSIONAL TRAINING OF COACHES AND PHYSICAL EDUCATION TEACHERS

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## STUDIUL PRIVIND PERFEȚIONAREA PROFESIONALĂ A ANTRENORILOR ȘI PROFESORILOR DE EDUCAȚIE FIZICĂ

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### Abstract

*This paper presents a study concerning the involvement of coaches and physical education teachers in the professional training process, due to the necessity of improving the efficiency of the instructional-educational process. The study was carried out based on a questionnaire, within the city of Bacău, on a number of 30 teachers who have agreed to take part in it. The results underlined a greater involvement of coaches in the self-training process, as compared to the teachers' involvement, as well as the fact that the coaches dedicated a larger period of time to the study of literature.*

*Key words: professional training, coaches, teachers, free time.*

## ASPECTE PRIVIND PREDAREA EDUCAȚIEI FIZICE ÎN CADRUL PROGRAMULUI STEP BY STEP

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## ASPECTS REGARDING TEACHING PHYSICAL EDUCATION WITHIN THE FRAMEWORK OF THE STEP BY STEP PROGRAM

## Abstract

*The paper presents some of the generalities concerning the Step by Step program – an alternative to the traditional education, which slowly gains weight in our country, as well as some aspects regarding teaching physical education as part of this program. In this paper are presented only with a theoretical character, but, in fact an experiment is commenced on this theme, and it will externalize as a wider scientific research.*

Cuvinte cheie: educatie fizica, program Step by Step, ateliere de lucru, învățământ tradițional

## METODE ACTIVE ȘI INTERACTIVE DE DEZVOLTARE A SPIRITULUI CREATIV ÎN LECȚIA DE EDUCAȚIE FIZICĂ, ANTRENAMENTUL SPORTIV ȘI ACTIVITĂȚILE EXTRACURRICULARE

Prof. grad I Dan Mihail HEREDEA  
Liceul Pedagogic SABIN DRAGOI DEVA

## INTERACTIVE METHODS TO STIMULATE CREATIVITY SPIRIT DURING SPORTS LESSONS AND EXTRACURRICULAR ACTIVITIES

### Abstract

*Physical education is the discipline with a maximum of transparency, by implying the three factors – professor, individual, collective, which are dependent, direct, immediate and concrete. At the beginning of the twentieth century, an important group of teaching specialists, psychologists and doctors incriminated educational institutions on grounds of their failing suitability to children needs and to the needs of the labour market. They believed that, instead of forming children, school rather deformed them, confined their horizon rather than opening it, compeled them to the lack of action instead of preparing them for life.*

Key words: children, physical education, creativity,

## CONTRIBUȚII LA REALIZAREA MODELULUI DE EDUCAȚIE FIZICĂ ÎN LICEU

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## CONTRIBUTIONS FOR ACHIEVEMENT IN HIGHSCHOOL PHYSICAL EDUCATION MODEL

### Abstract

*Investigation at IX'th class on achived aquisitions in I'st-VIII'th classes, on the sportive discipline practication line scheduled in programs and practical check on the shape of evaluation on general and specific motric level and demand of an initial option regarding educating in certain sportive disciplines (in our case handball game) can lead on establishing a proper educating model joined with students concernes as well with material endowment and school tradition.*

Key words: handball, didactic strategies, motric qualities, competence, methodology, efficiency, planning.



## STUDIUL PRIVIND DEZVOLTAREA REZISTENȚEI PRIN METODELE ȘI MIJLOACE SPECIFICE ATLETISMULUI ÎN CADRUL LECȚIILOR DE EDUCAȚIE FIZICĂ LA CLASELE V-VI

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## STUDY REGARDING RESISTANCE DEVELOPMENT THROUGH TRACK AND FIELD SPECIFIC METHODS INSIDE OF PHYSICAL EDUCATION LESSONS FOR V-VI CLASSES

### Abstract

*I chose this theme because athletics exercises based on the growing of the body resistance contributes to the achievement of the general physical preparation, main objective of the physical education.*

*This project has for purpose to emphasize what is particular and specific in the development of the resistance during the physical education classes.*

Key words: physical education, resistance, preparation  
Cuvinte cheie: educație fizică, rezistență, pregătire

## INDICATORII ÎNREGISTRAȚI ÎN SCOPUL DEFINIRII ASPECTELOR PSIHOCOMPORTAMENTALE ALE STUDENȚILOR ÎN ACTIVITATEA DE EDUCAȚIE FIZICĂ CA URMARE A ÎNLOCUIRII FACTORULUI DE RECOMPENSĂ NOTA CU CALIFICATIV ADMIS/RESPINS

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## THE RECORDED DATA IN ORDER TO DEFINE THE PSYCHOBEHAVIOUR OF THE STUDENTS IN THE PE ACTIVITY AS A RESULT OF REPLACING THE REWARD FACTOR WITH THE QUALIFYING PASSED/REJECTED

### Abstract

*PE is a integrated proces in the general phenomena of education, contributing to behaviour influence, giving a sense to PE, improving life for the younger generation becoming a reward through the grade sistem.*

Key Words: Physical Education ,psychobehaviour, grade, qualifying, students.

## EXERCIȚIILE FIZICE ȘI JOCURILE DE MIȘCARE PERSPECTIVĂ ÎN FORMAREA COMPONENTEI MOTRICE A ȘCOLARILOR MICI ÎN ACTIVITATEA DE EDUCAȚIE FIZICĂ

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## PHYSICAL EXERCISES AND PERSPECTIVE MOVEMENT GAMES IN THE FORMING OF THE MOTRIC COMPONENT OF THE PUPILS IN THE PE ACTIVITY

### Abstract

The harmonious development, strengthening and maintaining the health state, is being done if the activity is supported through physical exercises and movement games as a perspective in the formation of the motric component of the pupils in the PE activity.

Key words: Physical exercises, movement games, motric component, pupils.

## TRATAREA DIFERENȚIATĂ MODALITATE EFICIENTĂ DE APLICARE A PRINCIPIILOR EDUCAȚIEI INCLUZIVE ÎN EDUCAȚIA FIZICĂ ȘCOLARĂ

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## DIFERENTIATED EDUCATION – EFFICIENT MEAN OF INCLUDED EDUCATION PRINCIPLES APPLICATION IN THE SCHOOL PHYSICAL EDUCATION

### Abstract.

*The paper emphasizes the effect of the didactical process organization for school physical education, in primary school cycle, based on the included education principles, in the effort and post effort recovery capacity, in relation with the education for health.*

### Rezumat

Cercetare experimentală, lucrarea pune în evidență efectele organizării procesului didactic de educație fizică școlară, la ciclul gimnazial, pe principiile educației inclusive, în planul capacității de effort și de revenire după efort, în relație cu educația pentru sănătate

Cuvinte cheie: inclusive education; different treatments ; physical education.

## CONSIDERAȚII TEORETICE PRIVIND IMPORTANȚA PREGĂTIRII SPECIFICE A VIITORILOR POLIȚIȘTI PENTRU EXECUTAREA SARCINILOR PROFESIONALE ÎN CADRUL INSTITUȚIILOR DE ÎNVĂȚĂMÂNT MILITAR

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## THEORETIC CONSIDERATIONS REGARDING THE IMPORTANCE OF SPECIFIC TRAINING OF FUTURE POLICEMEN FOR PROFESSIONAL TASKS EXECUTION INSIDE OF MILITARY EDUCATIONAL INSTITUTES

## Abstract

*In order to better accomplish their public service mission and role, always working for good of the citizen, the police inspectorates have intensified the specific community protection procedures and have acted more firmly, according to the community expectation level, in order to prevent, discover efficiently the crime and fight it.*

Key words: military education, policeman, specific training, violence

IMPORTANȚA JOCURILOR SPORTIVE LA CICLUL PRIMAR

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Înv. Georgeta FRÂNCU  
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## THE GAMES IMPORTANCE TO THE PRIMARY SCHOOL

### Abstract

*Team games are important in the physical education program because they provide big-muscle activity necessary for developing and maintaining a desirable level of physical fitness. Because children are likely to have a low level of physical fitness, their participation in team games is especially important. Team games are important, too, for the opportunities they provide children to demonstrate their ability to contribute to the group effort. Their fellow team member are likely to gain an understanding and respect they would not otherwise develop, and to acquire greater confidence in their abilities and to accept themselves as they are. That some of the team games are among our most popular spectator sports is still another reason to include team games in the curriculum; in learning to play them, students become more intelligent spectators.*

Key words: *team games, physical education program.*

PSIHOMOTRICITATEA ÎN CONTEXTUL PSIHOEDUCAȚIONAL

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## PSICHOMOTRICITY IN PSICHOEDUCATIONAL CONTEXT

### RESUMÉ

En dehors de la sphère psychoéducative, la motricité serait une manifestation dépourvue de sens et d'applicabilité. Tous les actes moteurs volontaires sont réglés psychologiquement et comportent des limites d'éducation.

Plus le processus éducationnel est organisé, avec des professeurs spécialisés et exigeants vis-à-vis de sa normalité et de son efficacité, plus l'importance des facteurs physiques dans les activités corporelles augmente.

Il est connu qu'un certain comportement du sujet humain dépend, dans sa structure de manifestation, de la nature et des caractéristiques des stimuli qui le provoquent, mais aussi des particularités de la personne en cause. Il est donc essentiel que le processus éducationnel dépende des dimensions et de la dynamique de la personnalité du sujet, dans la structure de laquelle les aptitudes psychomotrices jouent un rôle particulièrement important.

ROLUL JOCURILOR DE MIȘCARE CU ELEMENTE TEHNICE DIN HANDBAL ÎN LECȚIA DE EDUCAȚIE FIZICĂ LA CICLUL PRIMAR

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## THE ROLE OF MOVEMENT GAMES WITH TECHNICAL ELEMENTS FROM HANDBALL IN PRIMARY SCHOOL PHYSICAL EDUCATION LESSON

### Abstract

*Physical education for the pupils in I-IV grades is very important in dynamic games with technical elements from handball, which, by means of their contents, develop their psychomotricity and their self-evaluation and self-knowledge attitudes.*

Key words: primary school, Physical Education lesson, physical training, technical training, functional training, syllabus, dynamic games, technical elements from handball.

### HANDBALLUL ȘI CONTRIBUȚIA ACESTUIA LA EDUCAȚIA PRACTICANȚILOR

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## HANDBALL AND HIS CONTRIBUTION TO PLAYERS EDUCATION

### Resume

*Handball has its own main place within the physical education classes starting with the fifth grade due to its educational and formative qualities and as a sports subject it has developed a great deal lately. Both the regular handball and the one of high performance benefit from a conception of training which is continuously improving; this the link between it and other subjects much as: sports physiology, psychology, sports hygiene is established.*

Key words: physical education, handball, sports physiology.

### MODEL METODOLOGIC DE REFERINȚĂ PRIVIND PREGĂTIREA UNUI ANSAMBLU ÎN SPORTUL AEROBIC COMPETIȚIONAL ȘCOLAR

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## REFERENCE METHODOLOGICAL MODEL FOR TRAINING A TEAM IN AEROBICS COMPETITION AT SCHOOL LEVEL

### Abstract

*The methodological model of reference about training a team in aerobics competition at school level, a result of experimental efforts and operational improvement at over 10 years, and in the same time with a course of initiation in aerobics, could lead through application, at the extension of the specialist number and probationers between schools population. The model has two original components about the composition and training.*

Key words : competitional school, model, methodology trening.

## LOCUL ȘI ROLUL PROFESORULUI DE EDUCAȚIE FIZICĂ ȘI SPORT ÎN SISTEMUL EDUCAȚIONAL ROMÂNESC CONTEMPORAN

Prof. dr. Liviu Andrei VASILE

Inspector școlar general al IȘJ Gorj

### THE PLACE AND THE ROLE OF THE TEACHER OF PHYSICAL EDUCATION AND SPORTS IN THE CONTEMPORARY EDUCATIONAL ROMANIAN SYSTEM

#### Abstract

*This study is meant to develop the status, the place and the role of the teacher of physical education and sports, in the present context of the evolution in the Romanian educational system, taking into account the development and the valorification of physical education and sports, in a complete accordance with the social requirements, as a necessity for integrating these activities, which are very important in the process of permanent education for the population, and which is based on the principle of a fully achieved education and health, which can not be done without systematic physical exercise practice.*

Key words: education, physical education, sports.

### OPTIMIZAREA PROCESULUI INSTRUCTIV-EDUCATIV DE PREGĂTIRE FIZICĂ PROFESIONAL APLICATIVĂ STUDENTILOR DE LA FACULTATILE CU PROFIL POLITEHNIC PE BAZA PROGRAMEI ANALITICE ELABORATE

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### THE INSTRUCTIVE-EDUCATIONAL PROCESS OPTIMIZATION OF PROFESSIONAL-APPLICATIVE PHYSICAL TRAINING FOR STUDENTS OF POLITECHNIC FACULTIES BASED UPON ANALITICAL PROGRAMME

#### Abstract

*The thesis focuses on the issue of improving the instructive-educational process of university physical education oriented towards raising the level of professional-applicative physical training and of the capacity of psychosocial integration of the future engineer. The theoretical substantiations, methodical argumentations, sociological investigations and practical determinations allowed us to establish the socio-professional profile of the engineer.*

Key words: instructive-educational, professional-applicative, physical training, engineer.

### MANAGEMENTUL SCHIMBĂRII CA FACTOR DECISIV ÎN ASIGURAREA VIABILITĂȚII ȘCOLII CONSTĂNȚENE

Prof.dr. Ilie MARIA

Grup Școlar „I.N.Roman,, Constanța

Prof. Nica ELVIRA

Grup Școlar „C.A.Rosetti,, Constanța

## MANAGEMENT CHANGE INFLUENCES THE VIABILITY POTENTIAL OF THE SCHOOL IN CONSTANTA

### Resume

*The necessity of making some environmentally appropriate changes in the school unit in which the activity and evaluation of the extent of which management change influences the viability potential of the school wants to prepare qualified or specialized graduates that will integrate on the work market. It is necessary to change the mentality of some teachers, make them open towards the new and make them competitive, valuable and reach new levels of performance.*

Key word: change management, performance, value and competitive.

### Rezumat

*Necesitatea efectuării unor schimbări în cadrul unităților școlare adecvate mediului în care își desfășoară activitatea și determinarea măsurii în care managementul schimbării influențează potențialul de viabilitate al școlii are drept obiect de activitate pregătirea unor absolvenți calificați sau specializați pentru a se integra pe piața muncii. Este necesară schimbarea mentalității unor cadre didactice și deschiderea către noutate care să ducă la performanță, competitivitate, valoare.*

Cuvinte cheie Managementul schimbării, performanță, competitivitate, valoare

## IMPORTANTA PREGĂTIRII TEORETICE A ELEVILOR TREPTEI LICEALE ÎN CADRUL EDUCAȚIEI FIZICE ȘCOLARE

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## THE IMPORTANCE OF THEORETICAL PREPARATION OF HIGH SCHOOL STUDENTS WITHIN PHYSICAL EDUCATION CLASSES

### Abstract

The high school curricula for physical education classes include the improvement of basic motor qualities, as well as different abilities and attitudes.

The correct appreciation of the somatic, cognitive, psycho-motor and social development of high school students is an important condition to justly using physical exercise.

The study used several methods:

Theoretical analysis of speciality data

Sociologic survey

Pedagogical observation

Motor, anthropometrical tests

Pedagogical experiment

Mathematical-statistical method of data evaluation

Graph and table method

The study analysed height, weight, thoracic perimeter and thoracic excursion in order to reveal a “physical personality” of the students.

The results of the study showed some significant differences in some somatic indexes, but neither of them was significantly influenced by the methods used, which was theoretically based. The differences were rather based on the natural development of the organism at the young age, or on life-style, social conditions, etc.

#### DINAMICA INDICILOR PREGĂTIRII FIZICE A ELEVILOR TREPTEI LICEALE

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#### THE DYNAMICS OF PHYSICAL PREPARATION OF HIGH SCHOOL STUDENTS

##### Abstract

The improvement of physical training at high school level is one of the major objectives of physical education and this study aims at pointing out the effects of the experimental programme, largely based on the formation of theoretical competences on basic motor development.

The study was developed over the years 2000-2006 in three stages and used several methods:

Theoretical analysis of speciality data

Sociologic survey

Pedagogical observation

Motor, anthropometrical tests

Pedagogical experiment

Mathematical-statistical method of data evaluation

Graph and table method

It can be confirmed that the organisation of physical education at high school level with a focus on theoretical preparation did not influence physical training in a negative manner. In some cases, the results of the experimental groups were superior over the reference group were the classes were organised in a traditional way. The theoretical knowledge of the experimental group helped the students acknowledge the necessity of a good physical training and therefore, increased the results.

RECREERE

ȘI SPORTUL PENTRU TOTI

ROLUL ȘI IMPORTANȚA JOCURILOR SPORTIVE ÎN EDUCAȚIA COPIILOR

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#### THE IMPORTANCE AND ROLE OF SPORT GAMES IN CHILDREN’S EDUCATION

##### Abstract

*Thought sport games all formative components of human personality can be influenced - skills, abilities, aptitudes, as well as recreational time, functional equilibrium, active rest and relaxation.*

Key words: sport, games, human personality.  
EXERCIIU CU REZISTENŢA PARTENERULUI

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#### PARTNER RESISTED EXERCISES

##### Abstract

*In order to stay in shape and to keep fit we propose a series of partner resisted exercises frequently used by beginners but also by professional athletes. To perform them there's no need for special equipment, all of them being based on human force, but still with high results.*

CONTRIBUŢIA DISCIPLINELOR DE COMBAT LA P.ROCESUL DE SOCIALIZARE AL COPIILOR DE 6-14 ANI. PROGRAME ŞI APLICAŢII

Conf.univ.dr. Dan DELIU  
ANEFS Bucureşti

COMBAT DISCIPLINES CONTRIBUTIONS TO SOCIALIZATION PROCESS FOR CHILDREN WITH AGE BETWEEN 6 AND 14 YEARS OLD. APPLICATIONS AND PROGRAMMES

##### Abstract

*This is an application of learning combats skills whit the children's 7-14 years old, who practice judo like sport and games. We hope to create a new form to enjoy and make a good time understanding new things and new skills to defending yourself. Like judo we can learn more forms of combat like karate do, aikido etc.*

Key words: judo, children's, combats.

STUDIU PRIVIND DEZVOLTAREA CAPACITĂŢII DE REZISTENŢĂ AEROBĂ LA ADOLESCENŢI, PRIN PRACTICAREA TURISMULUI MONTAN PEDESTRU

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STUDIU PRIVIND DEZVOLTAREA CAPACITĂŢII DE REZISTENŢĂ AEROBĂ LA ADOLESCENŢI, PRIN PRACTICAREA TURISMULUI MONTAN PEDESTRU

##### Abstract

*Through this research, we tried to show the evidence, with concrete data, of the anticipated connection between hiking regularly and aerobic endurance of an adolescent individual. A program of mountain specific activities was developed and applied to an experimental study group for the duration of one year. The subjects strictly performing the program, registered superior and significantly different results during the final testing as compared to a study group that did not follow this program. This confirms the hypothesis from with we started that is the following: regular hiking builds a more developed aerobic endurance for adolescent individuals.*

Key words: hiking, aerobic endurance, adolescent.



## STUDIUL PRIVIND POSIBILITĂȚILE DE PRACTICARE A TURISMULUI SPORTIV ÎN ZONA MONTANĂ A JUDEȚULUI BACĂU

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## STUDY REGARDING SPORT TOURISM PRACTICE ABILITIES IN MOUNTAIN ZONE OF BACĂU COUNTY

### Abstract

*In the mountainous regions there may take place multiple activities of sport tourism, which shows a growing interest of the younger population of Romania. Bacău County has a mountainous region of medium height, arranged in steps, which in our opinion, has a good potential for sport-tourism. In our study we identified seven forms of sport tourism, four in the summer season and three in the hibernial season, which may be practiced at a minimum in satisfactory conditions. They are: hiking, horseback riding, mountain-biking, parafoil kite, cross-country/alpine skiing, snowshoeing and ice-climbing.*

Key words: sport-tourism, Bacău County, potential  
EXERCIȚIUL FIZIC ȘI SĂNĂTATEA

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## PHYSICAL EXERCISE AND HEALTH

### Abstract:

For understuding the importance of physical exercices practice, it is good thinking to live of contemporany people.

The manually labour it is replace with mechanic labour an the contemporanz people is not make so much mouvement.

The missing of physical exercices practice it is verry injourious of physical and mental health.

Key words: physical exercices, health  
INTELIGENȚA ȘI CREATIVITATEA ÎN RELAȚIA CU SPORTUL

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## INTELLIGENT AND CREATIVE IN RELATION WITH SPORT

### RESUMÉ

L'intelligence apparaît donc comme une qualité de toute l'activité mentale; analysée par Leibniz, l'intelligence comme expression de l'effort évolutif de la conscience a été décrite par Piaget dans son épistémologie génétique.

A présent, la psychologie parle d'intelligence multiple, Gardner définissant plusieurs types d'intelligence tel qu'on l'a montré dans un chapitre antérieur. Ces catégories d'intelligence varient d'un individu à l'autre, d'une culture à l'autre, et sont localisées corticalement différent.

Bien qu'elle soit un aspect de la personnalité, elle interagit pas seulement avec chaque trait de la personnalité, mais aussi avec le tout. L'intelligence est le moteur de l'évolution générale et individuelle qui apparaît dans des situations vitales qui supposent qu'on la soumette à une double nécessité : celle d'éviter ce qui est dangereux et de retenir ce qui est bon.

Dans l'entraînement sportif, l'effort éducatif doit aller vers l'apprentissage d'un répertoire beaucoup plus large d'opérations, processus et habitudes basées sur l'apprentissage créatif (capable d'aider à résoudre des problèmes nouveaux ou atypiques et non pas sur des solutions préétablies) : il faut donc prendre l'habitude d'être créatif. Le résultat de cette action est de former une personnalité sportive avec de grandes capacités de projection, anticipation et résolution qui aient comme support psychologique la confiance en soi-même et l'esprit d'initiative.

## STIMULAREA PERCEPȚIILOR DE SPAȚIU, TIMP ȘI MIȘCARE PRIN JOCURI SPECIFICE

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## STIMULATION OF SPACE, TIME, MOVEMENT PERCEPTIONS THROUGH SPECIFIC GAMES

### Abstract

*This scientific project intends the elaboration of specific games on space , time and movement perceptions for children, aiming to systematizing and checking their knowledges.*

Key words: children, game, perception

## PARKOUR SAU UN ALT FEL DE A FACE MIȘCARE

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## PARKOUR OR ANOTHER KIND OF DOING MOVEMENT

### Abstract

*Prezentul articol are ca scop prezentarea unui sport, nou aparut în rândul generației tinere, foarte puțin cunoscut dar cu o priza foarte mare la iubitorii de sporturi extreme și care poate duce adrenalina la limite maxime – Parkour. Parkour este o disciplină fizică de origine franceză, în care participanții încearcă să depășească un obstacol într-un mod cât mai fluid și rapid. Antrenamentul include elemente din spațiul cotidian (artificial sau natural) cum ar fi copaci, clădiri, etc.*

## MANAGEMENT

## MINOR MOVEMENT DISTURBANCES AND APRAXIA

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### Abstract

*In the vast panorama of movement disorders, Infantile Cerebral Paralysis is known to hold a predominant place. However, alongside there are also Minor Movement Disturbances, which, even if they are not true diseases, they are equally a cause for great attention. This work aims at exploring the main minor movement disturbances and above all examines the characteristics of each one from a psychomotoric point of view.*

Key words: apraxia, cerebral paralysis, movement.  
ORGANIZAREA MANAGERIALĂ ÎN SPORT

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## ORGANIZATIONS MANAGEMENT IN SPORT

### Abstract

*The Management is defining the sportive phenomena as a systemic activity oriented towards the fulfillment of some socio-professional targets of this field of sports. Management is presenting sports as an evolutionist component of the modern social life with her own national and international structure and specific endowments, specialized technical trainers, structural organizations based on systems, nature of laws, theoretical principles, national and international institutions, bodies that are aiming the formation and biological, material and spiritual development of the participants in the sports activities. This type of management is a distinct branch of the science of sport as she fulfills a basic requirement, that of having her own research field.*

Key words: management, sports, trainers.

STRUCTURI ALE PERSONALITĂȚII MANAGERULUI SPORTIV ÎN MINISTERUL APĂRĂRII

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## PERSONALITY STRUCTURES OF SPORT MANAGER IN DEFENSE MINISTRY

### Abstract

*We can be say that the manager is the nervous system of his organization. It is important they understand what is happened around his area and to be able to develop the right activity.*

COMPETIȚIA DIN PERSPECTIVA MANAGERIALA

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## THE COMPETITION MANAGERIAL VIEW

### Abstract

*When we talk about sportsman competition, we think first of all to "main actors": the sportsmans, to results, qualifications, performance. But behind the sportsmans found out the coaches, the programs of practices and an assiduous row activity of managemnt wagons assures the organization, the coordination and the development of a sportsmans competitions, is she: in sportsman association, local, national or international.*

*One what in the trace is in progress a presentation of the sportsmans competition from managerial view, showing firstly what he means the system of management of the organisation sportsmans and the managerial functions of the organisation.*

Key words: sportsman competition, performance, management.

NOTE PRELIMINARE PRIVIND ELABORAREA UNOR PROIECTE STRATEGICE DE DEZVOLTARE LOGISTICĂ PENTRU STRUCTURILE SPORTIVE DIN JUDEȚUL CONSTANȚA

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PRELIMINAY NOTE RELATING TO ELABORATION OF STRATEGIC PROJECTS OF LOGISTIC DEVELOPMENT FOR SPORTING ORGANIZATIONS FROM **CONSTANTA** COUNTY

### Abstract

*In this paper work we proposed the prototype`s elaboration of logistic development for sporting organizations` project, which conduct to a new concept relating to the organization and progress of sporting activity.*

Key words: clubs, logistics, management.

KINETOTERAPIE

RECUPERAREA GENUNCHIULUI DUPĂ LIGAMENTOPLASTIE, PRIN TRATAMENT KINETIC

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THE REHABILITATION OF KNEE AFTER LIGAMENT RECONSTRUCTION WITH KINETIC THERAPY

Abstract:

*The purpose of this work is to observe the evolution of the functional capacity of the knee after a surgical reconstruction of the front crossed ligament.*

*Functional rehabilitation of knee after ACL reconstruction can be made in ambulatory rehabilitation services, if exist a good evaluation of patients, if the kinetic programme began at soon as possible after surgical intervention and if dosent exist complications. A good colaboration between physician, patient and physical therapyst can go to good results even if the patients go to ambulatory rehabilitation services.*

Key words: Knee, ligament reconstruction, kinetic therapy

## IMPORTANȚA APLICĂRII TERAPIEI KINETICE ÎN COXARTROZELE SECUNDARE

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Catedra de kinetoterapie

## THE IMPORTANCE OF KINETOTHERAPY APPLICATION IN SECONDARY COX-ARTHROSIS

### *Abstract*

*The existing epidemiologic studies suggest that the systematic practicing of the physical exercises offer, at least partially, a protection to the joints and periarticular soft tissues, for the primary and secondary modifications, and in the terminal stages determines the keeping of a minimum of useful possibilities that happen during the rheumatism diseases evolution, mostly at the secondary cox -arthrosis .*

Key words: cox –arthrosis, physical therapy

## REEDUCAREA RESPIRAȚIEI ÎN ASTMUL BRONȘIC PRIN KINETOTERAPIE

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## BREATHING REEDUCATION IN BRONSIIC ASTHM THROUGH KINETOTHERAPY

### *Abstract*

*Bronchial asthma is a reversible chronic disease of the respiratory tract characterized by strokes of paroxysmal dyspnea of the expiratory bradypnea type. The reeducation of the asthmatics' breathing is based on a multitude of therapeutical means among which the respiratory gymnastics has a special place.*

*The kinetic program is made up of exercices for the stimulation and the flexibility of the spine ,the relaxation of the scapulo-humeral girdle ,as well as exercices for the abdominal musculature.*

Cuvinte cheie: ronchial asthma , breathing , kinetic program, recovering

## EXERCITIUL FIZIC-FACTOR DE INTEGRARE SOCIALA A A ELEVILOR AMBLIOPI

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## PHYSICAL EXERCISE – SOCIAL INTEGRATION FACTOR FOR BLIND/POOR SIGHT SCHOOL CHILDREN

### Abstract

*The essential element of communication is the feed-back of the message, and the essential element of the message is the feed-back of the receptors proper action, which in blind children are altered.*

*Due to the fact that the terms of communication are meant to be changed through the lack of visual information, an adapted communication skills to the remains possibilities of knowledges are necessary, and the professional perceptive training can compensate the integration of the child in this area.*

*Key terms: Blind/poor sight pupil, motive act, adapted physical education, integration*

## STRATEGII DE TRATAMENT KINETIC PROFILACTIC, TERAPEUTIC ȘI DE RECUPERARE ÎN STAȚIUNILE BALNEOCLIMATERICE

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## STRATEGIES FOR PROFILACTICAL KINETIC TREATMENT AND FOR RECOVERY IN BALNEO-CLIMATERICAL RESORTS

### Abstract

*The social and terapeutical interest in the courses of treatment from the balneo-climaterical resorts in a continuous growth, from numerous countries, including ours, determined the developemnt of the international balneology, which can be explained first ,by these courses' efficiency for a large number of patients in a critical status. Kinetoterapy and balneology have nowadays a modern scientific fundamenting and are part of the medical oppinion about disease, health state, therapy. In parallel with the factors of courses of treatment the baleno-climaterical resorts have also a great number of terapeutical procedures that use the physical factors.*

Key words: physiotherapy, balneoclimatotherapy

## STĂRILE PATOLOGICE CARACTERISTICE SPORTIVILOR DE PERFORMANȚĂ

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## THE PATHOLOGICAL STATES PROPER TO PERFORMANCE SPORTSMEN

### Abstract

*At present there isn't a proper methodology, through which the level of fatigue's appearance to be localized with precision, in the conditions in which this would lead to the optimization of athlete's training, in what concerns effort's distribution. The purpose of this work is represented by the development of the investigation methods of trainings' effects in the response to neuromuscular framework. The conclusions drawn from this work will serve as an informing source for athletes, trainers, doctors and other specialists from the sports activity.*

Key words: physical effort, neuromuscular fatigue.

PERIARTRITA SCAPULO HUMERALA- STUDII DE CAZ

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## SCAPULO-HUMERAL PERIARTRITIS – CASE STUDIES

### Abstract

*Physical rehabilitation of the shoulder is first, a matter of actualization of congruency and mobility in a succession of plans and axes. The complicity of complex conjunctive tissues in this area put in a difficulty the rehabilitation plan during 5 stages of scapular periarthritis evolution.*

CONCEPTELE DE FIZIOLOGIE ŞI FIZIOPATOLOGIE ÎN DEZVOLTAREA SINDROMULUI DE MIŞCARE – RĂU DE MARE

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## PHYSIOLOGY AND PHYSIOPATHOLOGY CONCEPT IN DEVELOPING THE MOVEMENT SYNDROME – SEA SICKNESS

### Abstract

*This paper has the purpose of emphasizing the role of the vestibular system in the apparition of the seasickness. Nowadays the most accepted theory in what concerns the incoming of the disease – theory that was very much supposed and even demonstrated – is the one that shows that the localization is in the maze from the auditory organ.*

Key words: vestibular analyzer, sea sickness, motion sickness

ACTIVITĂȚI ACVATICE ADAPTATE

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## ADAPTED AQUATIC ACTIVITIES

### Abstract

*The AAP have to be inclusive for the persons with special needs. They must create a "recreational stimulating environment", namely they must generate some affective relations with the hydrokinetotherapist, because this develop in patients, among others, a positive self-image, by contributing to their social integration.*

Key-words: adapted aquatic programs - AAP, hydrokinetotherapy

MODALITĂȚI KINETICE DE RECUPERARE FUNCȚIONALĂ POST ACCIDENT RUTIER -  
STUDIU DE CAZ-

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Kinetoterapie și morticitate specială

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## KINETICS MODALITIES OF FUNCTIONAL REHABILITATION POST BREAKDOWN

### Abstract

*In this paper is about a patient who suffer an breakdown and his functional status is very low, that why I propose to improve the mio-arthro-kinetic parameters because the patient has a very deep desire to back to work in a very short period of time and to present the therapeutic modalities in this case.*

Cuvinte cheie: recuperare, funcție, măsurare, evaluare, parametrii mio-artro-kinetici.

PANSAMENTELE HIDROCOLOIDE – O ALTERNATIVĂ ÎN TRATAMENTUL PLĂGILOR  
LA PANSAMENTELE CLASICE

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## THE HYDROCOLLOID DRESSING - AN ALTERNATIVE IN THE PLAGUE TREATMENT TO CLASSIC DRESSING

### Abstract

*In this paper is about the benefits of the hydrocolloid dressing and the advantage of ease use compare to classic dressing. The dressing is designed to provide optimal moisture balance to support healing.*

Cuvinte cheie: plagă, pansament hidrocoloid, tratament

IMPORTANȚA KINETOTERAPIEI RESPIRATORII ÎN TRATAMENTUL BRONȘITEI  
ACUTE

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## THE IMPORTANCE OF RESPIRATORY KINESYOTHERAPY IN TREATING ACUTE BRONCHITIS

### Abstract

*The acute bronchitis is one of the affections of the respiratory apparatus which may successfully profit from the respiratory kynetotherapy with a view to improving and more rapidly healing the semeiology.*

*This very research has as its target the idea of underlining once and again the importance of the respiration techniques, the drainage posture and the techniques for couch education inside the acute bronchitis treatment, naturally seated next to the adequate medication. Thus, analyzing the SEVA score one can observe a highly noticeable improvement of the health condition for the subjects that undertook respiratory kynetotherapy after only 4 days of treatment.*

Key words: acute bronchitis, coughing, expectorations, dyspnea, respiratory kynetotherapy  
ROLUL ȘI IMPORTANȚA KINETOTERAPIEI ÎN TRATAMENTUL POLIARTRITEI REUMATOIDE (STADIUL II)

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## IMPORTANCE AND ROLE OF KINESYOTHERAPY IN THE TREATMENT OF 2<sup>ND</sup> STAGE RA

### Abstract

*Rheumatoid arthritis (RA) is a cronical polyarticular inflammation which evolves over a long period a time, manifesting itself by articular pains, bone deformations, ankylose, muscular atrophies etc.*

*Thus, physicaltherapie is the one method that should not be left out when conceiving the recovery notion inside RA.*

*The present study aims at presenting a study case where the kynetic program made up of ADL-s (daily activities living), active, passive-active mobilizations, with or without resistance, successfully contributed to improving the negative effects induced by rheumatoid arthritis on the organism of the pacient under study.*

Key words: Rheumatoid arthritis active mobilizations, ADL-s, pain, articular deformations  
STUDIUL PRIVIND CONȚINUTUL ȘI PARTICULARITĂȚILE REFACERII PRIN ODIHNĂ PASIVĂ LA STUDENȚII ÎN VÂRSTĂ DE 18-20 ANI

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## STUDY REGARDING THE PARTICULARITIES AND CONTENT OF PASIV REST RECOVERY FOR STUDENTS WITH AGE BETWEEN 18 AND 20 YEARS OLD

#### Abstract

*Recovery is the concept which aims a new stabilization of the human body after having executed some motion and psychic efforts and is obtained by different ways. Passive recuperation by means of repose and sleep contributes to the quantitative recovery of the energetic deposits of the body.*

Key words: recovery, repose, sleeps.

IMPORTANȚA BIOFEEDBACK-ULUI ÎN RECUPERAREA SECHELELOR POSTTRAUMATICE

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THE IMPORTANCE OF BIOFEEDBACK IN THE RECOVERY OF POSTTRAUMATIC SEQUELS

#### Abstract

*Posttraumatics sequels make the subject of many cases of morbidity, of losing some of functional capacities for a short period of time or for allways. After a long period of time of imobilisation which concerns the reability of the broken bone or the recovery of a join integrity, muscles, ligaments, capsule, there are different degrees of pain that makes a decrease or even the dissapareance of their functionality.*

*This recovery comes with a technique that will make the pacient to realize by real, vizuale and acustic proves, where the deficit is, it's degree as well as the recovery possibilities and the improvement of the defficitary element.*

Cuvinte cheie: biofeedback, miofeedback, sechele posttraumatice, electromiogramă.

ETIOLOGIA DURERILOR ȘI MODIFICĂRILOR ANATOMICE ANORMALE LA NIVELUL COLOANEI VERTEBRALE

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ABNORMAL ANATOMIC MODIFICATIONS AND PAIN ETIOLOGY AT THE LEVEL OF VERTEBRAL COLUMN

#### Abstract

*Back pain is one of the major factors, that contribues to inactivity and work absenteeism. At least one time in a human life back pain will occur. Biomechanical factors, physical factors and psychological factors, plays an important role in back pain etiology.*

Key Words: back pain, obesity, physical factors, psychological factors, vertebral column.

RECUPERAREA PACIENTULUI CARDIAC CU ACCIDENT VASCULAR CEREBRAL (AVC) ISCHEMIC

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## **THE RECUPERATION OF THE CARDIAC PATIENT WITH ISCHEMIC VASCULAR BRAIN INJURY (VBI)**

### **Abstract**

*The vascular brain injury (VBI) is the most frequent neurological illness, being defined as a sudden neurological deficit induced by central ischemia. The consequences of VBI include cardio-vascular diseases (more than 75%) and, most importantly, functional disabilities. The recovery treatment aims at diminishing the effect of these disabilities on the patients' quality of living.*

*This study aiming at evaluating the way physical exercise improves motor deficiency and sensibility disorders in VBI patients with cardio-vascular diseases was conducted on a set of 20 patients with ischemia-induced VBI and associated heart diseases and was located at the Neurology Clinic of the County Clinical Hospital of Constanta.*

*The results of the study revealed that the recovery of VBI patients is essential to be started as soon as possible after the stabilization of the patient, as the maximum recovery is set within 12 weeks. Of the patients under study, 80% greatly improved the initial deficiencies, while the rest of 20% included the patients with greater heart disorders that limited their participation in physical exercise.*

### **VARIA**

## **DEZVOLTAREA ACTIVITĂȚII SPORTIVE ȘI ÎNFIINȚAREA SOCIETĂȚILOR DE SPORT ÎN PERIOADA MODERNĂ A ROMÂNIEI**

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## **SPORTS ACTIVITIES DEVELOPMENT AND NEW SPORT CLUBS OF MODERN AGE IN ROMANIA**

## Abstract

*A crucial moment in the acknowledgement of sports importance as main component of general education is the law of public instruction issued in 1864, when gymnastics is introduced in secondary schools.*

*The most important contribution to sports in Romania was brought by the Minister of Public Instruction, Spiru Haret, in 1898.*

*Under his training there was an important process of sports activities reforming in primary schools as well as highschoools and universities in 1899.*

Key words: *sports activities reforming, primary schools.* ROLUL ACTIVITĂȚILOR FIZICE ADAPTATE ÎN DEZVOLTAREA COPIILOR CU DEFICIENȚE DE AUZ

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## THE IMPORTANCE OF PHYSICAL ACTIVITIES ADAPTATED TO CHILDREN WITH HEARING PROBLEMS

### *Abstract:*

*Physical adjusted activities rely on the adaptation of the physical exercises to the person's conditions and possibilities.*

*The hearing trouble at children represent a frequent health problem which is very important. The activities unfolded with children with hearing deficiency must follow the development of the static and dynamic balance sense, the development of the musculature at the level of the thorax, the increase of the child's desire to communicate, the growth of the autonomy capacity, the rise of the relationship between human being.*

*Key words: physical adjusted activities, genetic causes, prescriptive causes, hearing deficiency, balance, education of the respiratory act.*

INVENTARUL MOTIVELOR DE PARTICIPARE ÎN ACTIVITĂȚI FIZICE (EMI-2): UN STUDIU AL VALIDITĂȚII FACTORIALE

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## EXERCISE MOTIVATIONS INVENTORY (EMI-2) : A STUDY OF FACTORIAL VALIDITY

### Abstract

*The study of participation motives has formed a cornerstone of exercise adherence research. Exercise Motivations Inventory (EMI) is an instrument that assesses a broad range of reasons for exercising. Our research aims to validate the EMI-2 for the Romanian population. Results of*

*confirmatory analysis show that our specified model with 14 factors, some of them interrelated, does not fit good with the observed data.*

Key words : physical exercise, participation motives, motivation, validity

## STUDIUL PRIVIND INFLUENȚA ALTITUDINII ASUPRA CAPACITĂȚII FUNCȚIONALE A ORGANISMULUI

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## STUDY REGARDING ALTITUDE INFLUENCE OF BODY FUNCTIONAL CAPACITY

### Abstract

*Placed under the influence/incidence of a hostile altitude environment ,the human organism is capable of progressive adaptation, through the adjustment mechanisms that allow the control of the unwanted effects .The possibilities of adaptation exceeded a real pathology of height exposure appears.*

*Thus ,this work is intended to offer a coherent and complete image regarding the altitude influence over the functional capacities of the organism.*

Cuvinte cheie: altitudine, organism, adaptare, capacități funcționale.

## INFLUENȚA DIETEI ASUPRA GLICOGENULUI MUSCULAR

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## INFLUENCE OF THE DIET ON MUSCULAR GLYCOGEN

### Abstract

*The present paper will to be a short abstract of a very large literature on this subject - the importance of the diet in utilization and replenishment of the muscular glycogen stores. In other words the purpose is to stress on the importance of a recommended diet on the sportive performance. Also, the paper intends to be an alarm signal, especially for the un-experts who still ignore such information.*

*A very well known thing is that, because the muscular glycogen can be used only by the muscle which contains it, after a physical effort it is very important to restore this glycogen as soon as possible. And for hoping such a complete replenishment it is necessary to offer sufficient quantities of carbohydrates; and its can be bring only from outside, from diet.*

Key words: muscular glycogen, diet, exercise.

## CONCEPTUL DE FAIR-PLAY ȘI OLIMPISM ÎN SPORT

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## FAIR-PLAY CONCEPT AND SPORT OLIMPICS

### Abstract

*Today „sport” and „fair-play” are very modern terms, we are speaking about fair-play in almost all our activities. What means fair-play? What means fair-trade? Fair-play is the expression of the human activities.*

Key words: fair-play, sport, olympism

EVOLUȚIA RECUNOAȘTERII COMITETELOR NAȚIONALE OLIMPICE DIN SPAȚIUL CHINEZESC, EXPRESIE A IMPLICĂRII POLITICULUI ÎN SPORT

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## ACKNOWLEDGMENT EVOLUTION OF NATIONAL OLIMPIC COMITTIES FROM CHINESE SPACE, EXPRESSION OF POLITICAL IMPLICATION IN SPORT

### Abstract

*One of the interesting and difficult aspects which the International Olympic Committee encountered during the Cold War was the problem of the two Chinas. The paper presents the main moments of the evolution of the Olympic Movement in China, the causes, the connotations and the ethical aspects of the actions of the International Olympic Committee regarding the recognition of the national committees from the Chinese space (the problem of the People's Republic of China National Olympic Committee, the recognition of the Taiwan Olympic Committee and the issue of the Hong Kong Olympic Committee after the former British colony became a Chinese administrative unit, with a high self-government grade).*

Key words: national olympic committee, China, politics, sports diplomacy.

LIMBAJUL CORPORAL - EXPRESIE CORPORALĂ

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## LANGAGE CORPOREL EXPRESSION CORPOREL

### Préalables

*De l'activité spontanée à la création artistique, l'individu chemine par étapes, en s'enrichissant de diverse capacités physiques psychomotrices et de création artistique.*

*L'émergence progressive du pouvoir de créer est une interrogation permanente qui concerne aussi bien la nature de l'activité créatrice, ses caractères, ses formes, sa dynamique, que le processus mis en œuvre par l'éducateur pour faciliter le développement de cette activité.*

*La démarche consiste à faire passer le corps expressif d'un registre conventionnel à une registre existentiel. Cela répond à un besoin fondamental de l'enfant ou de l'adulte: l'expression est l'affirmation de sa propre personne face au monde qui l'entoure. Cette affirmation se traduit dans le monde des objets par des activités dites d'imagination et de création et dans le monde des hommes par des activités d'expression.*

*Mots cle: création artistique, activités d'expression, capacités physiques psychomotrices.*

#### ADAPTĂRILE CIRCULAȚIEI SANGUINE ȘI PRESIUNII ARTERIALE DUPĂ ACTIVITATEA FIZICĂ

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#### THE ADAPTATION OF BLOOD FLOW AND PRESSURE FOLLOWING PHYSICAL ACTIVITY

##### Abstract

*Physical activity causes great adaptations in the entire organism. These adaptations can be more or less permanent. In detail, as far as haematic flow and blood pressure are concerned, some changes can be exploited to prevent hypertension and in the treatment of mild hypertension without using pharmaceuticals. On the other hand, other sport activities can cause hypertension or make it worse.*

Key words: adaptation, physical activity.

#### INFLUENȚA EXERCIȚIILOR FIZICE ASUPRA DEZVOLTĂRII CAPACITĂȚII DE ATENȚIE LA COPII CU SINDROMUL DOWN

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#### PHYSICAL EXERCISES' INFLUENCE ON DEVELOPMENT OF ATTENTION ABILITY AT THE CHILDREN WITH DOWN SYNDROME

##### Abstract

*In this scientific research, we try to demonstrate a one of ipotetic action: how is influence physical exercise the results for 14-15 years old sports, about development competence of attention at the children with syndrome down.*

Cuvinte cheie: copii, exerciții de alergări, aruncări și sărituri, sindromul down.

#### EFECTELE DESHIDRATĂRII – REHIDRATĂRII ASUPRA

#### EFACTUĂRII ANTRENAMENTULUI

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#### THE EFFECTS OF RELEASING WATER AND REHYDRATION OF HUMAN BODY ON PERFORMING PHYSICAL PRACTICE

##### Abstract

*The performance is influenced by many others factors, like the conditions of the environment where the practice takes place. When the temperature and the humidity of the environment are high, the capacity of doing exhausting exercises is reduced, the releasing water and thermo regulation issues can become a cause of tiredness.*

Key words: anhydrous, training, sportsman.

Cuvinte cheie: antrenament, deshidratare, rehidratare, sportiv.

#### MODALITĂȚI DE IDENTIFICARE A CARACTERISTICILOR DE PERSONALITATE ALE STUDENȚILOR ÎN MEDICINĂ

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#### MODALITIES OF PERSONALITY CHARACTERISTICS IDENTIFICATION FOR MEDICAL STUDENTS

##### Abstract

*Personality psychology is a branch of psychology which studies personality and individual differences. One emphasis in this area is to construct a coherent picture of a person and his or her major psychological processes. Another emphasis views personality as the study of individual differences, in other words, how people differ from each other. A third area of emphasis examines human nature and how all people are similar to one other. These three viewpoints merge together in the study of personality. The study of personality has a rich and varied history in psychology, with an abundance of theoretical traditions. Some psychologists have taken a highly scientific approach, whereas others have focused their attention on theory development.*

Key words: study of personality, psychology, students

#### ASPECTE FIZIOLOGICE ALE CONTRACȚIEI IZOMETRICE

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#### PHYSIOLOGICAL ASPECTS OF ISOMETRIC CONTRACTION

##### Abstract

*Muscle fibre types, the arrangement of those fibres at the level of the trunk and the motor units types which control those fibres, plays an important role in muscle force production. Biochemical reactions held at the molecular level of muscle fibre and biomechanical aspects of force production explains the advantages and disadvantages of isometric force production.*

Key Words: isometric contraction, muscle fibres, motor units, lumbar spine

#### PROCESUL DECIZIONAL ÎN PLANIFICAREA ACTIVITĂȚILOR INSTRUCTIV-EDUCATIVE

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## DECISIONAL PROCESS IN PLANNING THE INSTRUCTIVE-EDUCATIVE ACTIVITIES

### *Abstract:*

*Planning the instructive-educative activity is the process of settling up a program which establishes the amount of information that will be transmitted in the following periods of time, in a certain period called "planning horizon".*

*The planning and scheduling processes might be considered through the decisional processes, which take place into an instructive organization. We can define three types of decisions:*

*Strategically planning decisions;*

*Tactical planning decisions;*

*Decisions regarding the controlling process of activities.*

*These decisions involve a medium planning time horizon and the decisional models, which solve these problems, are named aggregate planning models.*

*Starting from the basics in general constraint theory we can draw up specific scheduling models tailor made for different environments.*

Keywords: Planning, Scheduling, Instructive-Educative Process  
O NOUĂ ABORDARE PRIVIND PERFORMANȚELE MEMORIEI

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## A NEW APPROACH REGARDING THE PERFORMANCES OF MEMORY

### Abstract

*The paper presents the techniques used to store the information, the methods used to transfer the data from short term memory to long term memory, the laws of memory and the rules to be taking into account in order to apply the laws. The techniques presented are only examples of the association method used for increasing the capacity of memory and the ways to access the data.*

Key-words: memory, laws of memory, rules for laws of memory

LOCUL GIMNASTICII ÎN CADRUL SISTEMULUI DE ÎNVĂȚĂMÂNT „BOLOGNA”

Lector univ. drd. Gabriel TALAGHIR  
Univ. „Dunărea de Jos” Galați

## GYMNASTICS PLACE IN ACCORDING TO „BOLOGNA'S” PROCESS

### Rezumat

*Lucrarea de față dorește să evidențieze faptul că numărul de ore alocate disciplinei gimnastică nu este în măsură să asigure un bun fundament necesar specialistului în domeniul educației fizice care urmează să activeze la nivelul claselor I-VIII.*

Cuvinte cheie: gimnastică, studenți, planuri de învățământ, specialiștii domeniului, educație fizică.

Key words: gymnastics, students, study plans, area's specialists, physical education.

GIMNASTICA ÎN PREGĂTIREA STUDENȚILOR

Lector univ. drd. Gabriel TALAGHIR  
Univ. „Dunărea de Jos” Galați

## GYMNASTICS IN STUDENT'S TRAINING

Rezumat:

*În lucrarea prezentată am dorit să evidențiez necesitatea acordării mai multor ore la disciplina gimnastică în cadrul programului de studiu al pregătirii studenților de specialitate.*

Cuvinte cheie: treapta gimnazială, educație fizică, planuri de învățământ, gimnastică de bază.

Key words: gymnasium step, physical education, study plans, basic gymnastics.

## PROBLEMATICA FOTBALULUI MODERN ÎN VIZIUNEA UEFA

Lect.univ.drd. Dumitru FIRITEANU

Universitatea de Vest TIMIȘOARA

## MODERN SOCCER IN UEFA VISION

Abstract

*This report has been prepared by UEFA Technical Department to serve not only as a record of the 2006/2007 UEFA Champions League but also with the aim of offering some data, reflections and opinions which, we hope, will give technicians food for thought and help to detect trends, analyse the present and lay the foundations for further enhancement of the club competition which is hailed by the critics as the best in the world.*

Key words: soccer, champions league, uefa.

## SPONSORIZAREA EVENIMENTELOR

Prof.univ.dr. Mirela DAMIAN

Universitatea „Ovidius” Constanta,

Facultatea de Educație Fizică și Sport

Prof.Ph.D. Vic KERTON

Faculty of Sport, Health and Social Care,

University of Gloucestershire, UK

## SPONSORSHIP OF EVENTS

Abstract

*Sponsorship is a promotional technique used by businesses, both large and small, for purely commercial reasons. It is a commercial transaction that the sponsoring organization uses because it believes that the festival, exhibition or event offers a communication link to its target market that is more effective than, or complementary to, other promotional opportunities such as advertising.*

Key words: sponsorship, sport events, identifying appropriate sponsorship

## CORELAȚIA DINTRE NIVELUL DE MANIFESTARE AL CONDIȚIEI FIZICE ȘI DEZVOLTAREA FIZICĂ LA TINERII DE 18-19 ANI, PRIN UTILIZAREA MIJLOACELOR ATLETICE ÎN LECȚIA DE EDUCAȚIE FIZICĂ

Lector univ. drd. Marin FINICHIU

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## THE CORRELATION BETWEEN THE LEVEL OF PHYSICAL CONDITION MANIFESTATION AND PHYSICAL DEVELOPMENT AT 18-19 YEARS OLD TEENAGERS BY USING ATHLETIC METHODS IN PHYSICAL EDUCATION CLASS.

### Abstract

*The growing of college sports efficiency has become a constant attention for all factors involved in this field, and also in organising sports events for numerous college students. That's why it is necessary to know in detail all health parameters and physical-functional growth in young people's body, using simple and efficient techniques, approachable for university conditions.*

Cuvinte cheie: physical condition, physical development, athletic methods, physical education class

## DEZVOLTAREA CONDIȚIEI FIZICE A STUDENȚILOR DIN ÎNVĂȚĂMÂNTUL UNIVERSITAR TEHNIC

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## PHYSICAL CONDITION DEVELOPMENT OF STUDENTS FROM TECHNICAL UNIVERSITY EDUCATION

### Abstract

*The practice of sports shows that the level of physical endurance development determines, mostly, the fulfilment of the demands requested in school programs regarding the expansion and perfection of the knowledge regarding the motrical abilities and skills system for students. The motrical abilities depend on each other as they are parameters through which we can determine each student's value and contribution to accomplish different motrical actions.*

Cuvinte cheie: students, physical condition, university education

## OPTIMIZAREA PREGATIRII PROBELOR ATLETICE DIN CICLUL LICEAL ÎN VEDEREA SUSTINERII EXAMENULUI DE BACALAUREAT

Prof Univ. Dr. Ionescu Dragos BONDOC  
Universitatea "TRANSILVANIA" DIN Brasov

Prof. Valentin IANCU

## IMPROVEMENT OF TRAINING FOR ATHLETIC TESTS HIGHSCHOOL, IN VIEW OF SCHOOL-LEAVING EXAMINATION

### Abstract

*The present paper has in view to reconsider the school-leaving examination curriculae, by assessing an athletic triathlon based on a score, following the final exam.*

*The triathlon score supports the student as it is transformed into grades. Thus, one single eliminatory athletic test is no longer compulsory.*

Key words: exam,athletism, school-leaving examination curriculum, athletic tests, athletic triathlon.

Cuvinte cheie: examen, atletism, programa de bacalaureat, probe atletice, triatlon atletic.