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Managerial Methods of Sports activity leadership

Albină Constantin, Alina Elena Albină

University of Craiova Faculty of Physical Education and Sports

Abstract: A good sports manager is the person who has some personal characteristics and appropriate scientific training, that is based on competences. A good coach manager falls into a certain sports management style, is the one who assumes responsibilities, knows his collaborators - athletes, the team working to train the athletes, other groups involved (staff, management, media, fans, federation referees, colleagues of the same profession, investors, etc.) - engages in achieving its objectives.

Key words: *coaches, management styles, skills.*

The Importance of Polyvalent Training of Junior III Athletes

Alina Elena Albină, Constantin Albină

University of Craiova, Faculty of Physical Education and Sports

Abstract: The polyvalent training should ensure the development of a body able to adapt quickly and accurately, to the next stage, to the effort of any athletic test according to the diverse motor capabilities available. At this level of preparation (age 13-15), we recommend the simultaneous approach in the training process for the development of all basic motor skills, respecting the physiological and methodological peculiarities of sports training.

Key words: *physical effort, training, competitions.*

Optimizing Defense Handball Game in Level Juniors II

Mihaela Alupoaic, Cristian George Cătună, Dan Păun

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Abstract: The defense game needs to be characterized by a great mobilization of players, an increasing offensive against the opponent holding the ball, which always obstructs the teammate close by.

Defense represents a tactical practice in which a team aims to take possession of the ball in order to carry an offensive action, without violating the law or allowing the opponent to score a point. **Introduction.** A great performance will be attributed to those teams that have both a good attack and a very good defense ability. A correct action of defense, with improved tactical and technical approaches, and within the rules of the game, will only provide benefits to the team – this is true when the umpire supervising stays within the same sports high exigencies. **Research methods** and techniques: study information material, teacher observation, records, experiment teaching, graphics. **Data interpretation.** The aim was to confirm the hypothesis that, by applying certain methods and means, we get to improve the game of defense and increase the efficiency of the activity. This present experiment helped us notice an obvious increase of all the parameters being considered (motricity and technical-tactic). **Conclusions.** The objectification, systematization and standardization of training means will contribute to the compliance with the individualization principle that will capitalize on the player's quality.

The game technique improving during the defense stage increases the game efficiency.

Keywords: *defense, handball, juniors*

Tactics to Improve the Game of Football through the Improvement of the Technique of Execution at the Level of Junior A (17-19 years old)

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Summary

The way of training junior footballers and their participation in the competition involve structuring correctly the content of the technique and tactics of the football game, taking into account bio-motor and psychic age particularities, all of these leading to increasing efficiency of the process of training, especially when the team and their finalisation are concerned.

The purpose of research is represented by the establishment of the most important aspects related to training juniors A, with regard to the improvement of the game technique, seen as an important prerequisite for improving the tactics of football game in attack and, in particular, in finalization.

In the research I used *method of practising globally in various conditions and competitions*, and during the training sessions, *we improved technical elements with the ball*.

The comparisons made between the initial and the final testing have highlighted players' significant progress in the four specific tests. The results obtained by the subjects in the tests show that players have significantly improved their performances between the two tests, thus confirming the research hypotheses.

Analyzing and interpreting the data of the experiment we claim the selection of the most significant means of improving individual and collective technique have led to the advancement of technical and technical-tactical factors, with direct effect on the assessment in the games.

Keywords: *football, training, technique, tactics, finalization.*

The Winter Olympics in Sochi and its impact on the Olympic movement's

Gheorghe Burlacu

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Abstract: The XXII Edition of the Olympic Winter Games, hosted by Russia he was born on 4 July 2007 in the framework of the 119th meeting of the board of the International Olympic Committee (C.I.O) from Ciudad de Guatemala. "Putin's Games", attribute given by the international media of Russian edition of Olympic Winter Games, seems to be fully justified, since their introduction (1924 Chamonix-France) in Olympic competition calendar and so far, there has been another edition of the games, which have not received such attention and support from the host country representatives. In the sports events, The Olympic Games in Sochi have gathered 2,800 athletes from 90 countries participating, over 13,000 accredited journalists and were awarded 294 medals (98 sets). In the economic plan, "Putin Games" have succeeded "performance" to be the most expensive in history, the 51 billion dollars to cover the costs of the other 20 previous editions taken together. Socially, he managed "performance" to produce hundreds of personal dramas among the citizens of the city of Sochi, in the name of "the Olympic ideal" were stripped of their housing in the place to which Olympic arenas were built, these being forced to live in conditions almost inhuman. Seen as a whole, this year's competition was the Grand sports event of its kind in history. Concluding, the question arises - Does impact socially, politically, economically, in the sphere of culture, education and the Olympic legacy, created for this edition of The Olympic Games, justifies the huge effort made by the Russian nation in support of the games?

So, only the passage of time to be determined!

Keywords: *"Olympic Movement", "Sochi 2014" The Olympic Games, "Putin's Games", "impact".*

Study on Development of Explosive Force Practices Rhythmic Gymnastics Athletes

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Abstract. Rhythmic gymnastics is a sport discipline that addresses priority females. Scientific research uses a range of traditional and non-traditional methods, which check various aspects of rhythmic gymnastics training in accordance with the current requirements of high performance sport. Based on the proposed tasks, experimental research was conducted in Bucharest Triumph Sports Club, which perform workouts at the gym Olimpia on a group of 11 sports ages 5-12 years of age.

Exercise capacity is the maximum amount of work done by an individual in a given unit of time. Knowing them allows the application of one of the fundamental principles of medical kinetologiei, respectively progressivity efort.

Exercise capacity of the body is not the sum of the functional capacities of all organs and systems of the human body, but is restricted to those organs after reaching maximum capacity functional obstacle to the effort, although other organ systems may allow this.

Explosive force is particularly important artistic jumps, one of the four groups of mandatory body elements gimnastică rhythmic competitions. Artistic jumps and spectacular elements of great technical difficulty and is characterized by: dynamics and technical mastery; different and varied forms of the flight path, the nature of the pulse (beat) the variety of body positions during flight and its segments.

Keywords: *explosive force, rhythmic gymnastics.*

Optimizing Junior Football Players Physical Training Using Combinations Of Muscle Contractions

Daniel Ciocănescu, Dumitru Barbu, Doru Stoica, Mihai Răzvan Barbu

University of Craiova Faculty of Physical Education and Sports

Abstract: In order to optimize the physical training, we made a program and applied for 9 months, with a weekly frequency, to the experiment group, while the control group followed a standard practice. The subjects (age 16 ± 1.5) were tested before and after the program and the results confirmed that the program was efficient, confirmed statistically by value of $p < 0.05$. Using combinations of muscle contractions in training junior football I players during competition period, lead to superior results in their specific workforce development indices.

Key words: *football, physical training, plyometric, force*

The Pilates Exercises Influence on the Improvement of Motor Parameters

Iacob Daniel Chivu

Tg-Jiu "Constantin Brancusi" University, Faculty of Medical and Behavioral Sciences

Abstract: The paper aims to focus on the effects of Pilates exercises on the abdomen flexibility and strength in 20 students (age 15 ± 1.5 .) in order to validate the introduction of these programs in the school curriculum, results that were compared with those of the control group ($n = 20$) who did not participate in our program. Thus, with the application of Pilates, they found statistically significant differences ($p < 0.001$) in the case of anteroposterior flexibility and $p < 0.005$ for the abdominal strength.

Keywords: *pilates exercises, trunk.*

Dance - to Enjoy this Delicate Movement that Makes us Vibrate and Exalt Life

Ileana Mihaela Chirițescu

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Abstract: Dancing can be considered as a mysterious movement, a contradiction of everything that happens on a daily basis, a transformation of the self, transformation and retrieval of their identity.

Which exceeds the daily, the usual, this can be considered a miracle. Miracles do happen, they are not illusive. Miracles arise in our consciousness and also we give them life and integrate them into our existence. Divine, miracle exists within us. We must have the courage to find and take them out. In this way, we can live surpassing our human condition, reaching higher levels of thinking and feeling. Art is the means by which people can be saved from ordinary existence. Dancing can make us tick.

Dance is the movement of body and soul to the music. Dance is emotion and soul entwining of physical movement and inner feeling. Dance can be practiced as a simply sport because he is more practiced with the soul than the body. Dance elevate the soul, dance is the outward manifestation of inner feeling.

Key words: *dance, feeling, miracle, emotion, musicality.*

Study on Improving the Performance of Junior Handball IV by Applying Specific Operational Models Rally

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Abstract: Analysis of current trends on preparing junior handball observed in practice or referred to in the literature, reflecting the following: a need to address this level of "the entire contents of the game" B. combining the technical and tactical training content that is resultant use (in preparation) integrative exercises specific game itself, tend to achieve tactical and technical training and comprehensive method prevailed in a low proportion by the analytical method. Under these conditions, the necessity of a solid tactical and technical base still at this level requires specialists looking for new ways to approach learning subject content. In this sense, this approach aims observing aspects involved in preparing technical and tactical approach by applying specific drive means of attack and defense phases. So in essence, this research aimed to increase the efficiency of training by introducing capacity optimization strategies junior handball performance that are based on complex actuation means, that models specific operational phases of the game. The research conducted over 20 weeks confirms that addressing technical and tactical content through specific phases of game business models can contribute to the development of motor ability and can increase effective capacity expression while playing a junior handball.

Key words: handball, junior, maximal performance, rally, operational models.

Ways of Optimizing the Field Tennis Training to Beginners - a case study

Marian Dragomir¹, Eliana Lică¹

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Abstract: The present research aims at revealing the fact that through the optimization of the game content to the level of 10 year beginners, we achieve an improvement of sports performances. Therefore, we have applied salutary methods and means which determine a fast learning and improvement of the technical and tactical aspects of the singles game, considering 4 tennis players aged 10. The content of the selected exercises proved effectiveness in the beginners' training, optimizing the learning and the consolidation of motor skills specific to tennis players. Another positive aspect is that the performance of these exercises generated a real enjoyment.

Keywords: *table tennis, training, performance*

Experts' Opinion Concerning the Role of Aerobics on Kangoo-Jumps Boots

Roxana Dumitru¹

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Abstract: The research objective is to conduct a survey to determine the degree of Kangoo Jumps, and the need of introducing a new discipline, in physical education classes, intended to students in the non major physical education faculties. Therefore, we have applied the questionnaire-based inquiry to experts in gymnastics and to doctors and kinetotherapists in order to identify their opinions concerning this new form of the aerobic training, considering the fact that it became a very popular practice in gyms and sports clubs. Responders' opinions reveal that the use of these boots may improve the female students' quality of life, on condition that certain recommendations are followed, namely, the position on Kangoo-Jumps boots and a constantly surveyed practice.

Key words: *students, inquiry, physical education, lessons*

Comparative study of somatic and motor characteristics of the athletes who have national and world records in the discus throw

Daniel Gheorghe¹

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Abstract: An overview of global and national athletes at the middle of the Olympic period, is welcome, as it helps in detaching certain key elements in the selection and preparation of our athletes. In this study we envisaged test discus throw that is performance level, age, height and weight of athletes. There was a longitudinal study on these indicators, aiming especially performance rate of progress. This paper presents the development of national and world records and some of the athletes concerned somatic data (where they could be found). On this basis it could extract stable elements and exceptions in performance and somatic data. Material interest mainly specialists in the field, and future graduates with deepening athletics This paper aims to purpose separation of essential data for the selection and training of high performance athletes in major international competitions perspective. In this study we left the following hypotheses to be tested:

- The rate of progress overall performance did not differ by more than 10 m. both men and women and between national and world records;
- Annual performance progress rate does not differ by more than 10 cm. seconds both men and women and between national and world records;
- Mode Romanian and foreign athletes age does not differ by more than 1 year;
- Mode Romanian and foreign athletes height do not differ by more than 5 cm.;
- Mode Romanian and foreign athletes weight do not differ by more than 5 kg.

Keywords: *athletes, performance, statistics*

Study on potential motor skills Physical Education and Sports, 1 year students, compared with students of the 1 year physiotherapy students

Paula Ivan¹, Cătălin Boeriu¹

¹*Spiru Haret University, Bucharest, Faculty of Physical Education and Sport, Bucharest.*

Abstract We wanted this study to emphasize the differences in motility plan the two of our faculty study programs (Physical Education and Sports, Physical Therapy and Special Movement). We were more interested and if discipline curriculum Athletics (especially practical lessons) may lead to the development of students physical capacities given, and differentiations within teams starting from 1 year. For this, after initial testing, students going through practical lessons in the curriculum, we proceeded to a final test at the end of browsing discipline. The two datasets were compared and the resulting analysis and conclusions.

Key words: *Motor skills, Speed, Somatic, Strength.*

Study Regarding Coordinative Skills Development in the Game of Handball

Ileana Juravle, Alexandru Pacuraru

Stefan cel Mare University of Suceava, Dunarea de Jos University of Galati

Abstract: This study reveals the importance of coordinative abilities in the game of handball and how they can influence athletic performance. The purpose of this study is to highlight the methods that were used to increase the level of coordinative capacity development in the game of handball, but also for their evaluation. In this study were involved a total of 30 athletes, handball players, aged between 10 to 12 years. Regarding the results interpretation it has been used the graphical method of analysis, and the classical method graphical representation. Graphical method of analysis involves the results graphical representation taking into account the two status indicators: the position relative to group average and the position relative to official standard. The results demonstrated the importance of coordinative abilities development regarding the increased performance in the game of handball.

Keywords: *coordinative ability, graphical method of analysis, handball, training*

Sociological Studies Regarding the Possibility of Increasing the Attractiveness Physical Education Lessons for the Students of the Non Profile Faculties

Florin Neferu¹, Dorina Orțănescu²

¹*University "Constantin Brancusi" of Tg-Jiu*

²*University of Craiova*

Abstract: The research purpose is to guide students of deadlock by an active lifestyle through movement, directing them and directing them to specific means bodybuilding to develop muscle strength, which will improve the physical condition and will be reflected in better quality of life. The views of students and specialists on the specific use of bodybuilding in physical education lessons can be identified by the questionnaire survey conducted. We developed a questionnaire with questions that refer to the current style of life of the students of the faculties of deadlock, their preferences in relation to specific sports and the possibility of introducing specific means bodybuilding and applied to 50 students. Investigation conducted revealed that the lifestyle of students is an active Tg-Jiu in terms of practicing physical exercise, even if they want to go down the gym more often. Unfortunately, the financial situation and lack of free time are the main reasons that hinder making the move.

Key words: *body-building, options, fitness*

Ways of Improving Physical Training in Table Tennis

Eliana Lică¹, Dragos Diaconescu¹

¹*University of Craiova*

Abstract: The paper aims at confirming certain working programs focused on the force development to tennis players through non-specific means, applying loads equal to the weight of their own body, the partner's strength or light objects. The subjects submitted to the research were tennis players aged between 11 and 12 years. After 3 months, the force at the level of the upper and lower limbs was improved, confirmed through the tests; the differences between testing being statistically significant, to a threshold $p < 0.001$.

Key words: *table tennis, force, children*

Participative Management with Applications in Sport

Gabriel Ioan Mangra¹

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Abstract: Participative management is a modern management system consisting of exercising the specific management processes by attracting some participatory governing organisms and / or a large number of people: employees, partners and volunteers.

Participative management involves the implementation of collective leadership as a result of the significant changes that have occurred in the last period of time, especially in the economic sector but also in other fields of human activity.

One of these areas is the physical education and sport where the participatory management application is different from the case studied extensively, that of the organizations specific for the economic sector [1,2].

This paper presents the concept of participative management in the first part and, in the second part, an analysis of participatory management applied in the field of sports and recreational sporting, namely public sports events.

Keywords: *participatory management, sports, recreational sports events.*

Psychomotricity And Its Role In Preparing Beginner Fencers

Cătălin Ionuț Forțan¹, Gabriel Ioan Mangra¹, Marius Cătălin Popescu¹

¹*Faculty of the Physical Education and Sports, University of Craiova*

Abstract. This paper aims to highlight the possibilities of optimization of beginner fencers' training by introducing the games of attention, of segmental and overall coordination to develop their psychomotricity. Thus, for three months, the experimental group (n = 10) had, within each training, work programs of 15 minutes in the structure of which, there were found motion gaming. By applying the program, there were noticed improvements in the execution and reaction speed and as well as the dexterity, certificated by the value of $p < 0.05$. So, the use of the the interdisciplinary means in the training process led to better optimize the preparation of junior fencers.

Economic Concepts Applicable to the Romanian Sport Integrated in the International Sports Structures

Gabriel Ioan Mangra¹, Cătălin Ionuț Forțan¹, Marius Cătălin Popescu¹

¹*Faculty of the Physical Education and Sports, University of Craiova*

Abstract: This paper presents the sports institutional structures, the coexistence between the commercial and non-commercial sector, the state's role in the public funding of sport, and the strategy and decision on this subject in the context of Romanian economic policies. Our country was among the first who joined the international sports structures, while being a founding member of some international sports organizations and federations. Sport at European and global level is coordinated by: the International Olympic Committee, the Association of National Olympic Committees, International Sports Federations and the numerous European Unions of each type of sport.

Keywords: *decision, structure, strategy, economics, sport.*

Study On The Types Of Jumps Specific To The Volleyball Game

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Abstract. The jump is the most important thing in the volleyball game. It represents the principal way to perform the actions of this beautiful game. Through this study we aimed to show the importance of the technical execution of the vertical jumps specific to the volleyball game. We intended to show that the type of vertical jumps differ from one level of training to another, from one playing level to another one, although the basic mechanism of performing the jumps is the same. The research was carried out by recording the types of jumps during a workout and the game immediately following the training, involving a junior girls volleyball team. There have been recorded the jumps performed by six athletes during a two-hour workout and during a three-set official game.

Keywords: vertical jump, game action

Study Regarding Evolution of the Model Parameters on Basketball Game at the World Championships

Florentina Popescu, Maria Cristiana Porfireanu, Cristian Ristea

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Abstract: Basketball is a sport game that has one of the richest ranges of techniques, technical – tactical actions, from the simplest to the most complex. The great discovery of the last decades of the last century and the beginning of the 3rd millennium is engaging in performance sports of some echelons of younger generation who are of tender years/young. Amazing is that great performance in most branches of sport, prove accessible to this age, if is carried out a special training, conducted scientifically, at least 6-8 years.

We are witnessing nowadays to an "atomization" of world records at short intervals in most trials, and sports industries. The multitude and variety of the succeeding phases of the game, quickly alternating with defensive and offensive situations, the opportunities it offers players to display their imagination and their ability inventive, acrobatic throws and subtlety of passes executed with great finesse, all offers both players, but especially the audience, moments of great spectacle. When we talk about the game model, we consider the optimal model for optimal sports performance. It is defined as "motor performance, achieved in objective conditions of competition." Model parameters of the game have changed from one stage to another competitive. The study of bibliographic material, statistical and mathematical method and graphical method. Statistical processing parameters play the game confirms that parameter: hoops percentage improved. phase.

Key words: basketball, evolution game model.

The Influence of Aerobic Gymnastics on Rhythmicity and Coordination

Sorin Popescu¹, Germina Cosma¹

¹University of Craiova, Faculty of Physical Education and Sport

Abstract: The objective of the study was to determine the role of aerobic gymnastic on improving the rhythmicity and coordination of 58 female students (age 19±1.5) after practice 9 month weekly on physical education lesson. They were test pre and post program and their results were compare with a control group (n=52). The differences between the means of the two tests were significant, with progresses of over 25%, which demonstrate that the specific structures applied to subjects within the training process were highly effective. Also, for the test group were detected higher results than for the control group, with significant statistically differences (p<0.001).

Key words: *students, gymnastics, female*

Professionalization of human resources managers in sport activity

Marius Cătălin Popescu¹, Gabriel Ioan Mangra¹, Cătălin Ionuț Forțan¹

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Abstract: In the field of sports organizations is imperative to a professionalization of managers which generates the ability to have a vision of the organization, adopting appropriate strategies, orientation towards performance of employees and athletes in a context of fierce competition, a performance-oriented organizational behavior. Professionalism allows daily sports managers to make decisions, and for decision to be correct is required thorough know sports program. In defining the roles of various individual will identify the persons involved in setting minimum performance standards for coaches, too. Based on surveys and consultation representatives, opinion makers will be required, coaches, trainers and other staff. Responsibility will examine the head coach and assistant coaches and will determine the minimum acceptable level of competence for each. An effective evaluation system is developed with the participation of all staff. This issue will be discussed again in the section about evaluation of personnel .Next, set the number of programs and persons which must be evaluated and to what extent should apply evaluation. To this end, we will proceed to identify needs assessment. An effective program evaluation is an ongoing process, however, every year, sports manager and members can work towards greater practical application of the concept underlying the sports programs offered. Therefore, the manager will have to reflect on all manner of conducting the evaluation process completed and prepare a new evaluation in order to start a program for athletes participating better and better led.

Key words : sport managers, evaluation, assessment, professional

The Importance of Extracurricular Motor Activities in the Strength Development of Craiova Faculty of Law students

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University of Craiova, Faculty of Physical Education and Sport²

Abstract: In modern societies, sport is becoming more important given that more and more people practice it, the future lawyers of Craiova, having as models the great universities of the world that put an emphasis on extracurricular sports activities. The aim of the study is to determine the impact of physical activity on the fitness level of extracurricular law school students.

Thus, following the selection of 20 students (age 20 ± 1.5), they participated for 6 months, twice a week to exercise programs that included football, basketball and table tennis, sitting with a duration of 60 minutes. In order to monitor and evaluate physical condition, tests that focused on the development of lower limbs strength, strength in the abdominal muscles and at the back level were applied. Following student participation in the extracurricular programs, there have been improvements in the level of strength, values statistically significant ($p < 0.001$).

Key words: *physical activities, students of Law Faculty, strength.*

Game Fluency and Sports Performance in Junior Level Modern Football

Doru Stoica, Dumitru Barbu, Mihai Constantin Răzvan Barbu, Daniel Ciocănescu

Craiova Sport and Physical Education Faculty

Abstract: In this research, we conducted a study on a total of 18 athletes, aged 17 to 18 years, all components of "A" republican junior team of the 'Gica Popescu' football school. The study was conducted on a number of 10 official games, during which we followed the fluency of games, that have made up the 10 matches, which is a particular advantage in preparing and building an attack that leads to victory, actually, the aim of any match.

Keywords: *football, sport performance, efficiency, fluency.*

Study On The Efficiency Treatment Of Ankylosing Spondylitis

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Abstract. Ankylosing Spondylitis has a severe functional action, due the frequencies of spinal and peripheral joints. A significant number of people, especially men, are affected by this disabling disease, restricting the ability to perform usual gestures, to practice their profession and also perform any activity, becoming dependent society people. The attitude in ankylosing spondylitis is characterized by the projection forward of the head and neck, progressive kyphosis low back and decrease lumbar lordosis. Purpose of this paper is to present the most common resources of treatment for recovery of people affected by this disease. Once the diagnosis was established, clinical examination of the patient came to the fore in terms of the clinical indication and the degree of damage, in terms of functional segments involved in the chronic inflammatory process. Also by clinical examination we obtain information regarding the evolution of the disease and with laboratory examinations dates, the opportunity to assess the effectiveness of therapeutic means applied. The clinical examination of the patient with ankylosing requires: - general clinical examination on equipment and systems; - examination of the spine as a whole and by segments, as shoulder joints, hip and peripheral joints; - establishment of functional rest (segments unaffected, that must be maintained and toned with therapeutic and prophylactic means we have); - dynamic registration in sheet placement of patient, data osteoarticular and muscular balance, for affected segments and for the free ones, to catch early signs of disease extension.

Keywords: *ankylosing spondylitis, antigen, sacroiliitis, HLA-B27, glucocortizon.*

Ethics of Sporting Clubs Manager

Mihai Constantin Răzvan Barbu, Doru Stoica, Dumitru Barbu, Daniel Ciocănescu

Craiova Sport and Physical Education Faculty

Abstract In this paper we have tried to present a few of the many ethical dilemmas faced by the managers of sports clubs in their relations with the athletes, the coaches, the referees, the athletes' parents, the fans in the process of staff recruitment, of selection of athletes, of organization of sports competitions, etc. In our opinion, the ethical issues that the sports manager must face are: discrimination, violence in sport, doping, exploitation of the athletes, faking of results, hiring on criteria other than competence, verbal or physical harassment, financial engineering, etc.

The sports club manager is judged and appreciated by employees and athletes, both in terms of professional competence and ethical valences. The manager's actions and decisions are dependent on his/her own values and beliefs. Thus, the recruitment of an athlete belonging to another club may be regarded by some as being immoral, while at the same time the manager can ethically justify it through the interest of the club he manages.

Keywords: *ethics, sporting clubs, manager*

Aspects of Technique and Tactics of Beach Tennis

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Abstract: Beach Tennis relatively new game brings together elements from elements of tennis and beach volleyball.

It is a fast growing sport that attracts a number of increasingly large following around the world.

This growth trend is expected to continue into the future by practicing this sport in as many countries around the world.

Being accessible to all ages, it contributes to the strengthening and preservation of health, harmonious development of body, mental and motor skills development.

Sport can be practiced as a complementary or pleasant way to spend free time with friends and family.

Keywords: beach tennis, history, technique, tactics, game, health.

Study Concerning the Role of Physical Training in Achieving Sports Performances in Basketball to Junior Level (U16)

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Abstract. The research aims at identifying the basketball coaches' opinions concerning the level of physical training to junior basketball players performing in Dolj county. Material and Method. A questionnaire including 13 questions was elaborated and applied to a group of 22 coaches. Results. Most of the responders consider the fact that the relative importance of the training factors involved in the performance of junior basketball players is given by their physical condition and that they should continue to be focused on this aspect of the training to the level of junior basketball players. Conclusions. Though most of the coaches regularly test the sportsmen's force, none of them do not apply neuromuscular evaluations; the testing relying on the recommendations of Romanian Basketball Federation (RBF). That is the reason why they consider the possibility/ the need for sportsmen's evaluation by means of modern equipments investigating the level of physical training.

Key words: basketball, junior players, physical training.

The influence of the volume of training means on the performance of athletes in orienteering

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Abstract: The present paper aims to analyze the impact that different groups of training means – component parts of the training system – have on the performances in sports competitions for long and middle distances. The analysis was performed on statistical information with regard to the sportsmen that belong to Romania national team, during the season 2005-2006.

Key words: performance in sports orienteering; volume of means; regression;

Kinetic management applied in functional recovery to the subjects with osteoarthritis of the knee after osteotomy for tibial correction

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Abstract. Background. Gonarthrosis is a condition common in people older than 45 years, a consequence of cartilage degradation as a result of the influence on a number of factors in the knee joint. We believe that the high incidence of gonarthrosis motivates the need for surgical and kinetic treatment methods in the affected subjects. Aims. By introducing a kinetic program in subjects affected with gonarthrosis on whom corrective tibial osteotomy was performed, both functional recovery of the knee and, thusly, an increase their quality of life may be achieved. Methods. This study, based on the method of the experiment, was performed between September 2010 and June 2011 on a number of 22 subjects diagnosed with gonarthrosis in the intermediate stage. Results. From the obtained results, it is observed that knee joint pain has regressed. Comparing the initial and final value of functional parameters which were measured at rest indicates their improvement. Conclusions. In subjects aged 45-60 years, the values of clinical parameters followed over 6 weeks of application of kinetic program after tibial osteotomy highlighted the major role of functional recovery in surgery of moderate gonarthrosis.

Key words: gonarthrosis, tibial osteotomy, physiotherapy

Recovery – means and component in physical activity

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Abstract. Recovery is a concept that belongs to both physical education and the sport as part of the same process of formative motor-competitive activity. Restoration is a complex, methodical, pedagogical, medical watched all planning structures, starting from lesson training (intervals between efforts), continuing with the restoration of weekly milestones, annual (planned transition period) and even recovery post Olympic cycle.

Keywords: education, effort, training, means, motor, fatigue, recovery.

Management - System of Influence on Business Sports Complex

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Abstract: "The need to improve management in sports is evidenced by modest successes of sport in Romania. The huge flood pervaded tech indices in sports related fields will lead research in sport to greater diversity to influence achieving superior performance. Use of management as applied sport science creates opportunities for rationalization and systematization of sports activity, based on knowledge and applicability of laws and principles that control the dynamics of phenomena."

Key words: education, management, performance, system, sport.

Physical Activity as a Method of Treatment for Obesity and Depression

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Abstract: Physical activity participates with diet in the control weight, contributes to increased muscle mass and abdominal adiposity lower. To obtain a decrease in weight equation is simple: you have to burn more calories than the total number of calories brought to the body through diet. Some intense sports, like jumping the rope, allow a rapid weight loss, but there are other activities less intense, that prove benefit if done with regularity. Numerous recent studies have shown that the practice of moderate intensity physical activity, but regularly, helps to reduce the symptoms by depressed patients. The practice in endurance exercise (in aerobics) has the same effect on depressive symptoms as in anaerobic exercise. Combination of the two types of exercises works much better on the symptoms of depression. Physical activity appears to have the same efficacy as conventional treatments used in treating depression- anti-depressive drug therapy, psychotherapy; on the other side, has not been proved preventive role of physical activity in depression

Key words: exercise, obesity, depression, prevention

Prospects for improving the quality of life in children with special educational needs through dance

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Abstract: A utilitarian definition proposed by Revicki & Kaplan (1993) : Quality of life reflects preferences for certain health conditions that enable improvements in morbidity and mortality, which is expressed by a single weighted index - standardized life years, depending on quality of life . Promoting and supporting children with hearing impairments is a unique experience, a struggle against the refusal and rejection. These children despite weaknesses that have demonstrated that they can provide a successful path in life. At the school level I managed to form a modern dance troupe in classes V-VIII students were actively engaged, being particularly delighted. Leventhal (1981) argues that movement and dance therapy for a child with special educational needs begins with sensorimotor and perceptual development, and integration of this information, and then continues with the formation and development of the concept of body scheme itself.

Key words: quality of life, hearing impaired, special needs, dance

The purpose of diaphragm in the acute and chronic lumbar back pain: possible therapeutic implications

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Abstract: this study evaluates the degree to which each posture disorder entails compensatory respiratory changes, visible in people affected by back pain either acute or chronic and comparing what changes occur when the respiratory demand is increased. The movement of the angles between the lumbar spine and hips and the movement of the centre of pressure (COP) were recorded based on imaging exams and in the respiratory phases at chest movements. With the subject standing in a relaxed position, there have been recorded peaceful breathings, observing the attitude of the patients to increase the amplitude of the respiratory movements in order to be able to track the expansion of chest.

The modifications appeared between the angles of the lumbar spine and hip in respiratory frequencies were evident in both groups of patients. However, even during the sitting posture, patients with back pains have an obvious discomfort when breathing, and breath becomes controlled by the patient. Research is oriented towards issues of the lumbar tract and of the relationship with the diaphragm function, the main respiratory muscle, as a strategy of innovative work that uses the device called "BANCAFIT", after Raggi method (overall decompensate muscular elongation), conducted on an experimental lot, can be compared to a kineto-therapeutic method which has proved to be effective-McKenzie method performed on a control group.

Key words: low back pain, diaphragm, postural control, bancafit.

Considerations regarding the influence of the rehabilitation treatment on the neuro-psycho-motor achievements of children with cerebral palsy

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Abstract. Background. Cerebral palsy combines a group of non-progressive chronic neurological disorders, influenced by the growth and development process, characterized by inadequate control of motility and posture due to damage to the central nervous system. In the recovery process, physical therapy is very important.

Aims. An accurate assessment of the level of motor development will lead to setting targets and therapeutic means necessary, and the application of the latter will be followed by results, showing such improvement, parking or aggravation of motor deficit.

Methods. This study was conducted during December 2009 - June 2013 on a total of 76 children aged 2 months - 4 years, diagnosed with cerebral palsy of different shapes.

Results. Motor functional level evolution and degree of spasticity was favorable to study subjects.

Conclusions. Recovery program, having physical therapy adapted to each subject in its center, helps to improve postural control, stability and static and dynamic balance to cerebral palsy subjects.

Key words: cerebral palsy, spasticity, neuromotor development.

Respiratory rehabilitative treatment for patients affected by Amyotrophic Lateral Sclerosis (A.L.S)

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Abstract: It is often believed that the ALS patient can not be rehabilitated. Mistrust leads to waiver of recovery which unfortunately increases the patient's suffering. Rehabilitation of the patient with ALS is possible if we provide to the disable person new methods and we adapt them in order to serve as a substitute for the ones cancelled through illness.

The purpose of this study is to demonstrate the efficacy of the respiratory treatment, experienced by Bach protocol (Air-Stacking is Cough Assist) and the non invasive mechanical ventilation of the vital capacity of patients with ALS compared to using traditional methods of respiratory therapy (classical bronchial de-obstruction techniques vibrant-compressions, clapping, etc.).

Inspired by Dr. Bach method, we have proposed a protocol for rehabilitation of patients with amyotrophic lateral sclerosis, whose goal is to prevent deterioration of lung function and respiratory infections.

Great advances in scientific research and medical care have increased the chance of survival and quality of life of these patients. The intervention should be precocious, comprehensive and multidisciplinary.

Key words: Amyotrophic Lateral Sclerosis (ALS), protocol, air-stacking, cough machine

Treatment of Obesity through physical therapy and movement

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Abstract: Obesity should be considered a health problem that entails medical complications, temporary or permanent disabilities, decreased service life and a high cost for society as a whole. Obesity is a disease affecting the health and can lead to many physical disorders: diabetes, hypertension, hypercholesterolemia, heart attacks etc., psychic-personal complexes, inhibitions, irritability, depression, and social advancement, discomfort in daily life, discrimination, isolation. The study group was composed of 25 obese patients, tracked for 6 months. Patients followed treatment consisting of kinetoterapeutic exercise and massage. The study was analyzed on the basis of age, gender, origin and degree of obesity. Exercise program has been carefully planned and permanently adjusted to physical condition and possibilities of each patient. Physical exercise is associated with an intended diet are important elements for long-term treatment of obesity. After physical therapy treatment were obtained the following results :

- weight loss greater than 10% was recorded in 64% of cases ;

- weight loss of less than 10% was registered in 24% of cases ;

- stationary weight was recorded in 8% of cases;

-1 person, representing 4% of cases, has abandoned the program.

High calories and unbalanced diet, stress and physical inactivity are major causes of the rising number of obese in Romania. For the group studied, the incidence of obesity is dominant to women-60% vs. 40% males. Using the combination of caloric restriction and exercise is considered to be the most effective method to decrease the weight.

Key words: obesity, exercises, weight.

Differences of edge frequency at athletes

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Abstract: Edge frequency, one of the electroencephalographic (EEG) indexes characterizing most relevant the EEG modifications specific to each sportive discipline, is the frequency from which all inferior frequencies represent 90% of whole EEG line length.

Purpose of our study was to establish the neurophysiologic pattern characteristic to each studied sportive discipline (handball, fence and volleyball), by measuring edge frequencies to athletes and to statistically compare the obtained results, in order to point out the significant differences between the studied sports.

Study was performed on a lot of 31 professional athletes, girls and boys, homogenous regarding age, height, weight and training regime, which practice handball, fence or volleyball for at least 5 years.

For the EEG indexes analyze, was used the EEG MAPPING QP-220AK programme, applied to the studied sports during all test moments (R1 - initial repose, A- right hand contraction, R2 - repose after right hand activity, B - left hand contraction, R3 - repose after left hand activity, C - right hand contraction mental exercise, R4 - repose after right hand contraction mental exercise, D - left hand contraction mental exercise, R5 - repose after left hand contraction mental exercise).

Obtained average values of EEG edge frequencies for the studied sport disciplines were as follow: for volleyball group 14 Hz, for fence sportive 16 Hz and for handball players 18 Hz.

So, were emphasized significant differences between the three studied sports, depending on the activated cortical area specific to each sportive discipline and correlated with the test moments.

Keywords: edge frequency, EEG, athletes, sport disciplines.

Can physical activity improve the quality of life for the cancer patient?

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Abstract: The physical activity has the property to promote and maintain health and prevent some diseases. The activity is the characteristic of a human life and the benefits of physical activity is well known today are demonstrated by numerous studies. The physical activity not only control the weight by reducing the risk of cardiovascular disease or type 2 diabetes and metabolic syndrome, also strengthen the bones and muscles, improve the mental health and mood and it is also recognize that it reduce the risk for some cancers types and increase the chances of living longer with a good quality of life.

If the recommendation of being physically active on a daily basis were followed, there would be so many health problems and the costs and life quality would improve considerably.

Keywords: physical activity, cancer, rehabilitation

Kinetic treatment of myocardial infarction recovery

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Abstract: Acute myocardial infarction is a necrosis with ischemic origin, massive and systematized on a section of the myocardium. It occurs most often in the case of a coronary occlusion or stenosis and produces an anoxia of myocardial. Heart attack is much more common in men (between 50 and 70 years old) and infrequently prior after menopause in women. The mobilization began early postinfarct, after 1-3 days, with passive and active mobilization of the limbs, but under the control of the pulse, blood pressure and respiration. At the end of the first week: the patient concentrate on the food and hygiene, walk 10 to 15 minutes, the trunk will be raised and the patient is encouraged to go out of bed and to walks through the room and to the toilet, and also to leave the room and to start staire climb.

A lot of 16 patients with myocardial infarction have been surveilled for 6 months by the Department of Cardiology from Drobeta Turnu Severin County Hospital and by their family doctors.

As a result of complex treatment, medication, hygienic-dietetic and kinetotherapy, were obtained the following results:

- 68.75% of the studied group, resumed activity within 3 months;
- 12,50% patients have recommenced changing the place of work;
- 12,50% patients from the studied group have been medically retired;
- 1 patient, representing 6.25% of the group studied, had a dismal and required hospitalization in a cardiac surgery clinic. Resuming activity is possible after 3 months of uncomplicated myocardial in forms and patients who do not place large heavy physical. Drug treatment and hygienic-dietetic should be monitored continuously .Training plays an essential role in assisting the early coronary condition, physical training, rehabilitation programand and physical activity are valid for life.

Key words: *myocardial infarction, heart, physical effort, pain.*

The influence of physical education lessons on adaptive mechanisms of the PES and non PES students

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Abstract: - Physical exercise can be done in various forms, to maintain a good physical condition, which does not necessarily require great athletic ability. The specific function and the fundamental physical culture is to develop a set of tools and conditions, put into action, determined optimize the development process and increase human physical fitness. The physical education activity has in last years a decrease regarding active participation of our students. From this point of view, we try to increase influence of physical exercises in all activity of the students. The purpose of research is the influence of the preparation observing teaching in the lessons with practical sports content on the adaptive mechanisms' optimization of the students. Research covers the dynamics of the indices and to surprises exercise capacity through significant tests in the teaching of physical education students during an academic year.

Key-Words: -Fitness exercise, Physiological changes, Body Mass Index, Monitor patient, Adaptive Mechanisms

The development of psycho-motor skills through creative exercises in the game of basketball

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Abstract: Basketball game includes a large number of technical elements, from the simplest to the most complex and more difficult than other sports games. Mastering them requires, and at the same time, develops a large number of psychomotor skills necessary for life. We intend to make pertinent observations, finding answers to some of the causes of poor initial training of children, early diminishing their interest for basketball and concrete ways to solve these problems, hoping that we'll improve methodology basketball at juvenile age. Psycho-motor skills development by specially designed exercises was a modern approach which consisted in addressing the primarily psycho-motor skills and their development through specially designed exercises and applied to the experimental group. We note that was targeted mainly creative nature of the exercises. Through research purposes, which was to find new ways, new operational dimensions, that finally lead to the significant optimization and improvement of psycho-educational intervention in the basketball training lesson, we tried to confer a solid foundation investigation, not only theoretically but also the applicative. The results obtained by the experimental group and their interpretation confirm the validity of the hypothesis contained and, by the strategy used and by results obtained, confirms the hypothesis from which was started, contributing to improving the educational process of the basketball players

Key-Words: basketball, creativity, psychomotor skills, creative exercises, technique, tactic, training

Biomechanical's small details witch have big effects of the technical approach in athletics jumping events

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Abstract: The problem. The evolution of the top performances achieved in jumping events, both by value and number at the same competition, make us ask ourselves, why?

Premis`s. On aspects of jumping technique there were made many analyzes and recommendations. Because there is still some misunderstandings of biomechanical issues, we try a more understandable explanation of all of these issues.

Hypothesis. To answer the questions I started to research the problem to the following hypothesis: "A proper understanding of the biomechanical aspects of the timing components takeoff force compensation of the masses during the flight under the laws of mechanics, is the only way to increase jumping events performance".

Before discussing technical issues proposed in the hypothesis, we specify that: All movements of the body segments are subject to the law of physics such as gravity pendulum, the law of gravity, compensating masses.

Conclusions:

1. Pendulous segments that provide inertial positively influence the amplitude of the takeoff.
2. The more height reached by the segments of pendulum is higher at the completion impulses with so offsetting effect of these of the masses is larger, increasing the length and / or height of flight.
3. When analyzing the technique by the sequences of the chinograme, each image must be understood and interpreted as a moment of a uniformly accelerated motion and continuous dynamics when preparing takeoff.

Keywords: Biomechanics, inertial forces, the law of the pendulum.

Quality of care evaluation tools: patients' needs assessment**Mihaela Zavaleanu¹, Eugenia Rosulescu¹, Ilona Ilinca¹, Lidia Constantinescu²**¹*Department of Sports Medicine and Kinesiology, University of Craiova, Romania*²*DGASPC, Neuromotor Rehabilitation Center "Sf.Maria", Craiova, Romania*

Abstract: The focus of this paper is to research the role of care's needs assessment, in improving care services, adult education and formulating agendas for health, social, educational policy and quality based on their own needs and experiences. The scientific research on quality of care process has been carried out within the framework of the Grundtvig Learning Partnership project "M-CARE – Mutual caring—from knowledge to action".

Keywords: care, quality, need assessment.