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NEUROPSYCHOLOGICAL LANDMARKS IN MIDDLE CHILDHOOD

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Abstract. Middle childhood is characterized by important processes in child development and in establishing their sense of identity. The paper highlights the neuropsychological development of the five functional areas main functions, namely: attention and executive functions; language; sensor - motor functions; visual and spatial processing; memory and learning. Studies in these areas have shown that cognitive skills can follow different temporal paths of development and they can be affected differently. The lateralization of the two brain hemispheres, as well as the maturation of the corpus callosum continues to grow. However, the cognitive development allows children during this period to form self-concepts and understand the emotions of those around them and the child's behavior through which the emotional difficulties are translated into action is represented by aggression or hostility. At this age children continue to develop their language and the gross and refined motor skills. During this time children enter the age of reason, and the most noticeable progress is shown in the representation capacity.

Key words: *middle childhood, physical development, attention, executive functions, language, sensor - motor processing, visual and special processing, memory and learning.*

DEVELOPMENT THE MOTOR SKILLS THROUGHT SPORTS DANCE

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Abstract. Sport Dance is a discipline that enjoys lately a great success. The aim of this study was to identify the role of dance sports and games specific means in the development of motor skills of children aged 6-9 years. Thus were comprised two groups (experimental and control subjects -14 subjects each). We test the initial and final level of motor skills development specific. The content of experimental program was developed taking into account the initial level of training of the subjects in the experimental group (being beginners) and the need to include in their training pathways for the development of motor skills that facilitate the acquisition of technical elements of dance sport. Efficiency experimental program developed and applied in the experimental group is clear from the results of t-test, and whose values for all samples were at $p < 0.05$ for the experimental group and $p > 0.05$ for the control group. Results signify that the difference between the means of two groups is statistically significant in favor of the experimental group.

Acknowledgements

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Key words: *dance, games, motor skills, ability*

IMPROVING THE ABDOMINAL MASS OF THE STUDENTS THROUGH BODY BUILDING

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Abstract. In this research, were introduced in physical education lessons, specific means of bodybuilding as a form of maintenance and selective influence of the musculoskeletal system but also as an effective body reshaping, physical development of young people being a major and actual issue. Thus, for 6 months, 22 subjects (aged 19 ± 1,5years) participated in fitness and bodybuilding lessons 2 times a week, each session lasting 60 minutes. The programs were individualized according to the weight of the need and previous motor experience every subject, pursuing two main objectives according to constitutional type ie decrease of fat and / or muscle tissue mass growth. Subjects were tested initially and finally through InBody230 device, aiming to abdominal obesity, abdominal perimeter and abdominal strength. At the end of the research, followed abdominal parameters, showed significant improvements compared to the beginning of the experiment.

Key words: *body-building, abdominal mass, students*

AN ASSESSMENT OF ROMANIAN FEMALE TRACK AND FIELD SPRINT IN THE LAST DECADE

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Abstract

Sports performance in sprinting are influenced by a number of factors including competition strategies, physiological needs, running biomechanics, neural influences, muscle composition, level of development of motor capacities, training and material conditions and environmental factor, etc. World records in sprinting have improved drastically in the last years, which show a combined major contribution of modern technology in areas such as physiology, biophysics, biochemistry, in minimizing the effects of limiting factors. To support the above we intend to present briefly the dynamic of the best performance Romanian female sprinters, both senior and junior level I and II. The period which was studied and analyzed is 2004-2013. Romanian women's sprint has never reached the level of Romanian semifond and fond, but along with the international declining of Romania semifond and fond, the female sprint in our country showed signs of internal reviving. Therefore, both the interest of technicians in the development of this athletic branch at juvenile level and the results of national and international competitions have generated a wave of young female sprinters with great potential in their internationally ascension. Unfortunately this trend has been broken somewhere in the period we studied, 2004-2013. The transition from junior to senior level in high performance, for Romanian athletics, generally has been a major milestone, but in this period studied an unexplained rift was materialized domestically in juvenile level too, mainly in the continuous selection process of the female sprinters also on the number of participants both in the training process and in national competitions.

Key words: *women sprinting, dynamics of performance, rankings, decline*

SPEED DEVELOPMENT OF FUTURE LAWYERS BY SPECIFIC BASKETBALL MEANS

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Abstract. Engaging in movement activities can have many beneficial repercussions on students. By participating in various competitions, sport offers the chance of self-improvement, development of certain skills and positive attitudes by empowering young and the ability to meet the challenges of competitions. The research purpose was to detect the influence of the basketball specific means on speed repetition, reaction and execution of the student's from nonspecific faculties. In extracurricular activities, 16 students attended 2 times a week in training and basketball competitions for 6 months. The results recorded by them were compared with the results of 16 students who did not participate in extracurricular activities, but only in physical education class. There have been significant advances in the motor ability of the subjects in both groups, however higher for the experimental group, they improving their performance in terms of speed of repetition, the reaction and execution.

Key words: *law students, basketball, speed.*

THE ROLE AND INFLUENCE OF DANCE ON THE COORDINATION ABILITIES OF CHILDREN WITH SPECIAL EDUCATIONAL NEEDS

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Abstract

Dance as a form of motor movement attractive, its content can be an effective means of driving capacity development in children with specific educational needs. Implementation of work programs tailored training methods can lead to social integration of children with special educational needs. The objective of this paper is to determine the role of dance and how it affects the coordination abilities of children with special educational needs. Subject group consists of 25 students, 9 girls and 16 boys, enrolled in special education with ages between 9 and 15 years old. The subjects were tested initially, intermediate and final for functional, biomechanical and somatic measurements. As aims we want to develop a rehabilitation program, allowing a significant change in the quality of life and motor potential of children with special educational needs, based on assessment of specific complex; introduction of specific elements of dance as a means of improving the qualities biometric ability for exercise, functional performance and quality of life associated with traditional means of kinesiology; training and development psychomotor components (body schema and laterality); promote the development of balance and coordination through dance; and objectification results of implementation assessments dance complex.

Key words: *dance, special educational needs, quality of life, coordination*

SOCIOLOGICAL STUDY ON THE ROLE OF PHYSICAL TRAINING IN VOLLEYBALL

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Abstract. Physical training is one of the most important components of sports training. In this context, the present study aims to identify the views of junior coaches on physical training volleyball players, the means used in their preparation, aiming especially at muscle preparation. The 30 coaches were introduced in research and subjected to questions in order to give us information on the physical training of athletes they train. Most respondents argued that physical training is a priority in training juniors and also muscle training is extremely important in preparing athletes. Only 20% of respondents consider the training level of volleyball players as high, considering that most of the trained athletes level of preparedness is good or mediocre. Additionally asked, they consider what the causes are, most blame the training conditions, the lack of appropriate selections due to the need to include as many in the sports classes for students as possible to form groups and lack of motivation. The solution may come from the introduction of non-specific means in training junior volleyball players.

Key words: juniors, physical training, volleyball.

THE MOTIVATIONAL SYSTEM OF THE TAEKWONDO ATHLETE

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Abstract. Motivation is one of the most important prerequisites of training and covers all internal processes that activate, guide and support our behaviors. Mobilizing and engaging in the task through the investment of cognitive, behavioral and time effort is the product of several factors, with concerted action: personality, personal abilities, social and cultural environment. In this study we used an alternative questionnaire on the athletes' practicing Taekwondo (TKD) options. The questionnaire had 20 items in its structure. The study was conducted on a group of 50 athletes with an average age of 15.5. The study explores the main motivational factors in practicing taekwondo. The results of the motivational system in subjects practicing TKD highlight that for 67% of the athletes, the main motivator in practicing TKD is given by the desire for performance; 19% practice TKD for self-defense; and for 12% of the athletes surveyed the main reason given is the desire of self development; and only 2% of the study subjects practicing TKD reported they do it because their friends practice this sport. In conclusion we believe that all these necessary conditions are required to be satisfied by trainers and instructors, because they fall within the athletes practicing TKD motivational sphere.

Key words: taekwondo, motivation, performance

ARTISTIC TRAINING AND ITS ROLE ON DEVELOPMENT FLEXIBILITY AND COORDINATION IN AEROBIC GYMNASTICS

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Abstract. The purpose of this research was to determine the role of artistic training means on improving the flexibility and coordination of young female gymnasts. Thus, conducting this research, we chose a group of 12 athletes from Petrosani School Sports Club, who served in sport aerobics 3-5 years. Proposed means proved effective, it is readily accepted and practiced by athletes with pleasure, accompanied by a pleasant musical accompaniment. Spatial and temporal orientation, lower limb strength and mobility capabilities anteroposterior are positively influencing the technical elements of Group D of difficulty. Means choreographic training contributed not only to achieve a form of movement, which formed the basis expressiveness and accuracy, but also to improvements in performance indices. The elements were executed with increased amplitude, which yielded better results in competitions. Differences averages are statistically significant at a threshold of $p < 0.05$.

Key words: *ballet, aerobic gymnastics, Group D difficulty, flexibility, coordination*

STUDY ON THE EVOLUTION OF ROMANIAN SWIMMING AS A UNIVERSITY SPORT WORLDWIDE

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Abstract. The training and sports training influence the formation of student's personality and the competitions leave traces in the personality of each participant. We can say that the main objective of participating in a competition is either victory or improvement of a previous result, which makes the student be forced to show the maximum capacities. The first multi-sport university competition was organized in 1923, Paris, France, under the name of International University Championships. The representative Swimming Team of Romania, according to existing statistics, obtained the first results from the 1961 Summer Universiade held in Bulgaria. The editions where our students have won medals - 60% - were university championship titles. In the overall ranking on the number of medals obtained in the course of all the assignments, both male and female and mixed, during the 14 editions Romania ranked in the top ten in approx 70% of cases. The results from the competitions for students, have always had a personal value and permit the establishment of shape and the level reached after a period of sports training. The swimming events are held in accordance with the most recent technical regulations of the International Swimming Federation (FINA) and the International University Sports Federation (FISU).

Key words: *swimming, academic competitions, university sports.*

THE IMPACT OF EXERCISE ON THE PERCEPTION OF MEDICAL STUDENTS FOLLOWING THE INTRODUCTION OF INTERACTIVE TECHNOLOGY IN THE PHYSICAL EDUCATION CLASS

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Abstract. The physical education lesson in the academic environment requires a permanent refocusing so as to be more attractive to students and give them concrete reasons to practice physical exercise. This innovative technology-based interactive systems can be practical solutions of modernising the lesson. The research aims to identify the perception of students following the introduction of HopSport system in the physical education class through the use of questionnaires, divided into seven modules, each module having a specific objective. The survey was conducted on 60 students (15 boys and 45 girls, age 19-21) who participated for 9 months in ed.fiz classes. After considering the answers given by the subjects, it appears that HopSport system used in the physical education lesson improved the motivation to practice physical exercise and promote active lifestyle through movement among them.

Key words: physical education class, interactive technology, well-being

THE CONCEPT OF INSURANCE AND MANAGEMENT OF MATERIAL RESOURCES IN PRIVATE CLUBS

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Abstract. The material insurance concept differs fundamentally from the concept of material and technical supply, both in content and especially by the new mindset that must exist in addressing material insurance consumer processes. Thus, the management of material resources is not just a summation of fixed stages through which a certain supply circuit is done, but requires a profitable joint of the activities conducted by the purchasing department. In this respect, they emphasize the following components: the application of supply, the supplier selection, the purchase order, confirmation of order, delivery and billing and the reception of products. All this is done according to the most representative financial decisions both by the nature of the objectives - strategic, tactical or operational in nature and the activities that generate financial flows - investment, financing and profit distribution. They must be designed in a way to harmonize the natural desire of shareholders to earn money now, but also to ensure sustainable development of the club sports in the future. The private clubs are functional level managerial structures occupying an important role in the national, Sports Federations promoting sports. They must provide consumers in terms of efficiency and maximum utility with the optimal material resources necessary to practice some sports branches.

Keywords: material resources, management, private clubs.

THE SPECIALIZED LANGUAGE OF SPORT

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Abstract. In this paper we will examine the status of the language of sport and try to define this kind of language by referring it to two concepts, sociolect and register. The language of sport has a rich lexical productivity. In many works of linguists, lexicologists and lexicographers, was analyzed the terminology of sport. Year after year, the dictionaries were enriched by loans from other languages with new words created during training athletes. Sport has always been active, so it is normal that vocabulary is becoming richer. In high level competitions, athletes are from all countries on all continents. So language is formed continuously that athletes talk between them and borrows words from other languages. Vocabulary of sport is used by ordinary people in everyday life. Vocabulary is known about everyone advised and uninformed. Very rarely we may encounter a word in sports that do not understand it. Vocabulary of sport is known by very young children if they do sport for three or four years. Thus, the vocabulary of sport is accessible, it is nice hearing and is very useful for athletes. If we encourage children to do sports, we encourage them also to and learn a new and useful vocabulary. Sports help us all, and his vocabulary helps us.

Key words: *language of sport, vocabulary, terminology, taxonomy.*