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LE MODELAGE DU PROCESSUS INSTRUCTIF - EDUCATIF DE LA DISCIPLINE "EDUCATION PHYSIQUE" POUR L'ENSEIGNEMENT PRIMAIRE, PAR PROGRAMMATION ALGORITHMIQUE

Toma Badiu

Mots clef: modelaje, efficacite

THE CORRELATION BETWEEN THE CAPACITIES OF COORDINATION AND THE TECHNICAL TRAINING REGARDING THE CSU GALATI HANDBALL TEAM

Eugen Baştiiurea

"Dunărea de Jos" University, Galaţi

Abstract

Because the handball game claims from the tyro's physical qualities and special driving skills, the training process must be modeled in accordance with these requirements.

In the training of handball players we must remember that accomplishing a driving action is determined by the driving qualities and the coordination of movements and the perfection of it depends on the development of coordination capacities.

KEY WORDS: capacity of coordination on, handball, physical training, technical training

MUSCULOSKELETAL PAIN: DIFFERENTIAL DIAGNOSIS AND DRUG THERAPY

Adrian Brăilescu

ABSTRACT

Joint pain represents an important cause of morbidity beginning by the third decade of life; it determines significant medical and social costs.

There is an important psychological component in receptivity of the joint pain by different patients; that is proven, by one hand, by the sedative effect of placebo drugs and, by the other hand, by the wide variation of the intensity of pain at different patients, the intensity isn't directly proportional to the amplitude of lesions.

STUDY ON THE ELABORATION OF A UNITARY METHODOICAL APPROACH IN WHAT CONCERNS THE TECHNICAL TEACHING-LEARNING PROCESS REQUIRED BY THE ROMANIAN JUDO FEDERATION

**Chirilă Alexandru
Ion-Ene Mircea**

Summary:

Judo's development as a "living art" requires from the part of a practicing country or "school" a certain personal path to be followed in order to reach the highest performance. Therefore, the trainers belonging to the same federation must display a unitary style and methodical approach in what concerns their teaching techniques. The curriculum brought forth by us in the present study is based on an ALGORITHM that was meant to optimise the whole activity. This Algorithm structures the teaching process by taking into account a certain PROGRESSION.

Key Words: Instruction, methodical approach, curriculum

L'ASPECT MANAGERIEL DU PROFESSEUR D'EDUCATION PHYSIQUE DANS LA PREPARATION DES EQUIPES REPRESENTATIVES SCOLAIRES

Ciocoiu Dana Lucica

Résumé

La préparation d'équipe scolaire représentative par le professeur d'éducation physique est un processus manageriel assez complexe.

(L'article) L'éditorial met en évidence un sort des exigences et des indications méthodiques générales en ce qui regarde l'administration et la coordination du préparation et participation des équipes scolaires représentatives dans des compétitions.

Moto clés: management, préparation, tâches.

LES AVANTAGES DU DÉROULEMENT DES LEÇONS D'ÉDUCATION PHYSIQUE EN PLEIN AIR

Cicma Ioan Teodor

Résumé: Cette ouvrage présente les aspects les plus importants de l'avantage l'organisation et du déroulement des leçon d'éducation physique en plein air.

Mots-clef: éducation physique, exercice physique, eau, air, soleil.

**IMPROVING THE CONTENTS OF, AND THE RELATION BETWEEN,
THE SPECIAL PHYSICAL TRAINING ON DRY LAND AND ON
WATER IN 10 TO 12 YEAR-OLD SWIMMERS**

**Mircea Dragu
Corina Dobrotă**

Abstract: *The paper deals with the special physical training methods applied to young swimmers, aged 10 to 12. Training should be gradual and rely on the laws of effort dynamics, concentrating especially on developing the effort resistance, speed and motive skills.*

TEAM BUILDING AT A PRIVATE CLUB

**Drăgan Aurelian
Ciorbă Constantin**

ABSTRACT

The implication of the team work for a team building, is very important also the implication of the players and the implication the staff of the club. Responsibility, the new ideas and onestity there are the the line which must respect by all members of the private club.

**BALL THROWING AS A FUNDAMENTAL TEHNICAL DETAIL IN
BASKETBALL**

HANSA CONSTANTIN

**POURQUOI SE DOPE – T – ON ET COMMENT FAUT – IL LUTTER
CONTRE LE DOPAGE ?
(analyse des facteurs de risque)**

HOȘTIUC NICOLAE

Résumé

Présenter le dopage comme une simple tricherie ne suffit pas à rendre compte de la réalité complexe du phénomène. De nombreux facteurs de risque interviennent dans les motivations des utilisateurs.

L'ART DE L'APPRENTISSAGE ET LA SCIENCE DE L'ENSEIGNEMENT

Claudiu Mereuta
Ciorbă Constantin
Gabriel Prisecaru

Résumé

Les concepts d'enseignement et d'apprentissage ont été au cœur des préoccupations des sociétés humaines et de leurs penseurs, ce n'est qu'au XX^e siècle que la pédagogie accède au statut de science de l'éducation.

Le travail présente un modèle, qui décrit la pédagogie comme la régulation fonctionnelle et dialectique entre les processus enseigner-apprendre, apprendre-enseigner, met l'accent sur la dynamique de la régulation pédagogique qui est plus de l'ordre du flux, de l'énergie et du temps que de l'équilibre entre des pôles.

THE IMPORTANCE OF COMMUNICATION IN THE ADJUSTMENT OF PHYSICAL EDUCATION AND SPORT TEACHING

George Mocanu

Abstract

The feedback is a base element of the communication process, which permanently assures the progress at optimal parameters of the activity. As part of this process, the transmitter (teacher or trainer) transmits a message to the receiver (student, athlete) which is usually encoded. The receiver will usually decode the message and do the task outlined and materialized in a verbal or nonverbal answer. This answer will make the transmitter to acknowledge that his message was received and understood.

Key words: information, inverse connection, optimization

THE ROLE OF PHYSICAL EXERCISE IN PREVENTING AND STOPPING THE PHYSICAL DEFICIENCIES SEEN AT THE STUDENTS FROM THE I.E.S.C. (BOYS)

George Mocanu

Abstract

Kinotherapy is an important therapeutic method which assures a partial or total recover. These methods are mostly used differentiate in physical education, according to the complex factors (age, sex, level of experience, level of handicap, etc). The parameters of difficulty are changed frequently. Kinotherapy is an important therapeutic method which assures a partial or total recover.

L'INFLUENCE DE L'ENTRAÎNEMENT AÉROBÉ SUR LA FRÉQUENCE CARDIAQUE DE TRAVAIL (D'ENTRAÎNEMENT) CHEZ LES COUREURS DE FOND

Carmina Liana MUSAT (TARABAS)

Résumé

Le coeur entraîné des coureurs de fond travaille dans l'effort d'intensité constante, modérée, à une valeur plus petite de la fréquence cardiaque, en employant une quantité plus petite d'énergie dans l'effort, mais sans efficacité maximale, si l'intensité de l'effort est plus petite, respectivement 50% par rapport à 70% du VO_2max . L'intensité petite de l'effort lors de l'entraînement ne détermine pas la hausse du VO_2max , n'étant pas un stimulus pour l'augmentation de la performance sportive.

Mots clés: entraînement aérobie, athlétisme, fréquence cardiaque de travail

VARIATIONS DE LA CONSTITUTION NEUROVÉGÉTATIVE APPRÉCIÉES PAR L'ÉVOLUTION DE L'INDICE KERDO D'APRÈS L'ÂGE, LE SEXE ET L'ANCIENNETÉ DANS LE SPORT, CHEZ LES COUREURS DE FOND

Carmina Liana MUSAT (TARABAS)

Résumé

La constitution neurovégétative, étudiée par l'évolution de l'indice Kerdo ($1-TA \text{ min}/FC \text{ repos}$), représente l'expression du rapport entre la composante sympathique et parasympathique du tonus végétatif. L'âge et l'ancienneté dans le sport de performance détermine l'accentuation de l'hypertonie vagale.

Mots clés: entraînement aérobie, athlétisme, indice Kerdo

PSYCHOLOGICAL TRAINING TECHNIQUES IN WOMEN'S GYMNASTICS

Liliana Nanu

Summary

What the gymnastics demands from the sportswomen is permanent consciousness, continuous control over their carriage, their expressivity. Over the specificity of every move, over the accuracy, clarity and sureness, of the execution, in practice as well as during competitions. Therefore, it is obligatory to rally the intellectual sphere of the gymnasts both in training and contests, determining the raise of vigilance and lucidity, responsibility, will and active thinking.

L'ANALYSE DU RÉGIME ALIMENTAIRE DU SPORTIF DE PERFORMANCE

Nicolae Pop

Résumé

L'étude met en évidence l'importance d'une régime alimentaire bien choisi pour assurer le succès sportif, de même que l'entraînement général, car il permet d'obtenir de meilleurs résultats et intensifie l'efficacité neuro - musculaire. L'étude avance ses objectifs, propose une série de méthodes pour l'évaluation du régime alimentaire et conclue avec un plan de régime alimentaire pour les sportifs de haut niveau. Le but de l'étude est celui de mettre en évidence la nécessité d'évaluer le régime des sportifs pour l'adapter en fonction des leur nécessités.

THE MOULDING OF THE EFFORT CAPACITY AND THE COMPONENTS OF THE EFFORT CHARGE

Constantin Ploeşteanu
Constantin Ciorba

Abstract

The football requests different efforts on the part of the players determined by the direction of the play actions and characterized by: different speed running, rhythm and direction changes, jumps, turnings, downfalls, roles, executed in unexpected situations and unprepared positions.

At the time, the football request force necessary to the ball shots execution, in swing, as well as during the fight with the adversary in order to take positions over the ball.

All these various challenges repeat with different frequencies and intensities, during the entire play, at irregular intervals.

Knowing that the physical effort has three basic components (volume, intensity, degree of difficulty), the football simultaneous contains these parameters, in a variable and specific proportion, of great complexity, on a period of 120 minutes (90 min + 30 min), with alternative moments of maximum, medium intensity and lower, and lower, during with the player executes many technical-tactical procedures, that well automatized, impose in the future, the necessity of a coordination of mobility and delicacy.

We don't agree anymore that the effort that a players makes in the field should differ according to the place he occupies and the role he plays in the team, the degree of the technical-tactical preparation of each of them, on to the goal of the play etc, as the play of the future is the play on which the getting of the ball, the keeping and the passing of it (pass, shooting, at the goal) will be made at great speed, a thing met nowadays, too in the case of the teams which occupy the first places in the great european and mondial competitions.

THE PECULIARITIES AGE, ANATOMY, PHYSIOLOGY, PSYCHE AND MOTRICITY IN JUNIORS' TRAINING (14-15 YEARS OLD)

Lucica Sava

Summary

Adolescence is the most dynamic stage of the human developement which is characterized by the multitude, the diversity and complexity of the human body modifications. The body is phisically transforming by the growing of limbs and organs; it is psychivally changing by the coming to life of various intellectual, volitional, affective skils; it is also socially changing.

THE CAUSES OF TECHNICAL MISTAKES IN SPORTS GAMES

Alexandru Păcuraru

Abstract:

Technical mistakes in athletes practicing games are unavoidable, being a natural part of the skill learning process. They are important as indicators of the athlete's technical level, by comparison to the ideal value, thus paving the way towards their correction.

IMPROVEMENT OF GAME PROCEEDING AND ITS PREVAILING ROLE

**Gabriel Prisecaru
Ciorbă Constantin
Claudiu Mereuta**

Abstract

The paper presents the principles, which must be taking into account when the aim of training is to get the desired efficiency, from the psychological point of view. The analysis showed the following ones: the objectives included in a game action of a player the attention focused upon the characteristics and the relations between these objectives the perception and mental processing proceedings (meaning the development of the game action on a mental level); the availability of some interpretation rules that can be applied to both characteristics and relations between objects.

METHODOLOGICAL PRIORITIES CONCERNING THE USE OF MEDICAL GYMNASTICS IN CORRECTING THE PHYSICAL DEFICIENCIES IN SCHOOLS FOR THE DISABLED

**Lucica Sava
George Mocanu**

Abstract

In correcting the physical deficiencies we'll rely on the multiple results of the corrective exercises that have an impact upon the bodily structure, the organic functions and the pupils' psychic. There will be performed mainly those exercises which simultaneously have these many-sided and not singular results.

THE PARTICULARITIES REGARDING AGE, ANATOMY, PHYSIOLOGY, PSYCHE AND MOTRICITY IN JUNIORS' TRAINING (13-14 YEARS OLD)

Lucica Sava

Summary

Adolescence is the most dynamic stage of the human development which is characterized by the multitude, the diversity and complexity of the human body modifications. The body is physically transforming by the growing of

THE EFFICIENCY AND LIMITS OF THE HYDROPATHIC THERAPY IN THE KINETICAL RECOVERY FROM ARTHROSIS ILLNESSES IN THE RESORT OF LACU SARAT, WITHIN 1994- 2003.

**Viorica Lefter
Oana Andreea Cibu**

This research assesses the importance of the precocious diagnosis of the arthritis illness and limits of hydropathical therapy based on the facilities offered by the health resort "Lacu Sarat" Braila.

The approaching method consists of a retrospective and efficient analysis of 10565 records of arthritic patients, with different locations of illness, hospitalized in the health resort within 1994-2003. The 10565 cases fell into different categories, according to illnesses, as follows: 2854 gonarthrosis (27.01%); 1247 Cox arthritis (11.82%); 2001 spondylosis (18.91%), 2003 peripheral arthritis (18.87%). The hydropathical treatment was individually applied, taking into consideration the location, the clinical stage and associated illnesses and also physiotherapy and kinetical therapy, being adjusted to the stage objectives. The results of the treatment were good in (73.3%) of the cases. The recovery of the hospitalized patients was meant to stabilize the development of the illness, remove the objective as well as subjective pain and to maintain the mobility and ability of the suffering segment. The conclusions of the research underline the particular contribution of the clinical evaluation in establishing the diagnosis and the uncommon efficiency of external hydropathical treatment in alleviating pain and inflammation, maintaining the joints ability and mobility, thus providing an appropriate comfort for most of the patients, taking into consideration the recurrent character of the illness which develops repeated periods of suffering and pains.