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**CONSEIL PRATIQUES MÉTHODIQUES CONCERNANT L'UTILISATION DES
SYSTÈMES DE MISE EN MOUVEMENT**

BADIU TOMA

Universitatea "Dunarea de Jos" Galati

Les concepts-modèle, programmation, optimisation, standardization et algorithmisation ont profondément et irréversiblement pénétré dans le langage du domaine, dans la pensée et la pratique des specialists.

Les processus d'éducation physique scolaire contient beaucoup d'objectifs et de problèmes typiques qu'on résont certainement mieux en utilisant l'algorithme (la suite de raisonnements on d'opérations qui fournit la solution des certains problèmes).

Cuvinte cheie: algoritmizare si standardizare

**STUDY REGARDING THE IMPROVEMENT OF THE STATIC BALANCE OF THE
HANDBALL PLAYERS THROUGH THE DEVELOPMENT OF THE COORDINATION
CAPACITIES**

EUGEN BASTIUREA

"Dunarea de Jos" University Galati

The success of a development programme of the coordination capacities depends on the assimilation of a great number of driving skills. The aspect will help the sportsman solve successfully those playing stages when he has to deal with hard conditions of space, time or balance.

For this reason it is important to act for the improvement of the capacity of maintaining the balance.

Key words: sportive training, handball, capacity of coordination, balance

**THE TESTING OF THE METHODOICAL TRAINING LEVEL OF STUDENTS AS PART
OF THE BASIC COURSE WICH IS BASKETBALL**

CIOCOIU DANA LUCICA

CIORBA CONSTANTIN

The methodology of tehniqe learning and consolidation in basketball is a didactic necessity within the educational process of the future graduates ,and not isolated issue .It presuposes two

aspects: methodological training and practical training. In many specialists opinion, learning and strengthening problem of technique training, is a factor which must be given a special attention in stretching sports men in game, as well as in forming the future teachers and trainers, in basketball.

THEORETICAL AND METHODOLOGICAL CONSIDERATIONS ON TEACHING MOVEMENT GAMES TO SECONDARY SCHOOL PUPILS

DRAGU MIRCEA

„Dunarea de Jos” University of Galati

Movement games constitute an important means of achieving part of the tasks that fall to physical education. They are largely applied in all the organized forms of this activity: physical education lessons, school festivals and holiday camps. An active sporting influence can only be achieved by an organized activity, lead and guided by the teacher, who has the role of exerting a permanent educational work. Game activities sometimes constitute an independent activity, some other times it is included within the complex of physical exercises in the lesson. In order to attain its objectives, the physical education lesson must take into account the relevant didactic principles. That is why it is necessary to focus on the main demands that have to be observed in organizing and preparing movement games and relays.

Key words: *games, movement games, selection, analysis, conduct.*

THE INTERVAL-BASED TRAINING FOR BASKET-BALL PLAYERS

HÂNSA CONSTANTIN

The interval-based training is applied with a view to develop resistance and speed, being characterised by breaking up the effort made with a pre-established intensity and interrupted by insufficient rests to cover the oxygen deficit of the body. The training involves the following parameters: distance, duration, intensity, rest and effort repetition.

LA PROBLÉMATIQUE DU DOPAGE

HOSTIUC NICOLAE

Depuis toujours, l'homme a tenté d'améliorer artificiellement ses performances en utilisant des méthodes relativement simples. Il y a beaucoup d'exemples. Le phénomène s'étend, commence à menacer tous les sports, niant les fondements même de la pensée et de l'idéal olympique. Il faut que nous luttons contre le dopage .

BALANCE DEMONSTRATION IN ACHIEVING TECHNIQUE SPECIFIC TO SPORTIVE RHYTHMIC GYMNASTICS

CRISTINA MORARU

P.E.S.F. Iasi

In Rhythmic Gymnastics, the term balance, basic component of the coordination capacity is a special one, since it also names one of the fundamental groups of body elements according to which technical evaluation is achieved. Basic features analysis of the body technical elements groups reported to the demands of the Scoring Code, emphasizes the complex engagement of balance capacity, with specific implications in each body elements group. The paper approaches this topic and it aims at giving some a few practical solutions regarding teaching methodology.

Key words: *rhythmic gymnastics, body technique, balance.*

PLYOMETRICS EXERCISES IN VOLLEYBALL TRAINING

GABRIEL PRISECARU

The paper presents a through study regardig the influence of the pliometrical exercises uses upon the training process, mainly upon the jump.

Plyometric training has tremendous potential as a training method for all sports that require explosive power,especialy for volleyball training.

Key words: *jump, plyometric training*

**THE ROLE OF THE INDIVIDUAL CARD AND THE METHODOLOGY OF APPLYING
THE N.S.S.E (NATIONAL SCHOOL SYSTEM OF EVALUATION) IN THE PRIMARY
SCHOOL**

**GEORGE MOCANU
LUCICA SAVA**

L'évaluation dans le college nous montre ce que le nouveau niveau, d'une réforme de curriculare dans ce domaine, plein du divers dispositif pour l'éducation physique, a relié l'autre discipline dans le programme.

**ASPETS CONCERNANT LA MISE EN PLACE DES EQUIPES EFFICIENTES DANS LE
CADRE DES CLUBS SPORTIFS PROFESSIONISTES DE BASKET BALL**

**FLEANCU JULIEN LEONARD
Université du Pitesti**

L'ouvrage se propose de jeter un clin d'œil sur l'importance du travail en équipe dans le cadre des clubs sportifs professionnels de basket - ball, tout en accentuant les principales étapes dans le cadre du processus de développement des équipes managériales.

Mots clé: équipe, clubs sportifs, basket – ball, équipes managériales.

**CONTRIBUTIONS REGARDING THE PROPHILAXY AND RECOVERY OF OBESITY
THROUGH NUTRITIONAL PROGRAMMES AND PHYSIO-KINETOTHERAPY**

**OCTAVIAN ALEXE
MIRCEA ION-ENE**

Obesity is one of the problems which the modern world is confronting with, statistics show a significant increase in the number of people whith different forms of obesity.

The meanings of obesity are different: it is a disease; a sign of prosperity; a physical characteristic considered beautiful in some societies; just an increase of weight; obesity is like an incurable disease. That is why I think is necessary to take a look at this metter and to propouse a solution.

Key words: obesity, physical therapy, aerobics.

LA LIAISON ENTRE LES ACTIVITÉS SPORTIVES ET LE TROUBLE DE L'ORDRE PUBLIQUE

**PÎRVAN ANCUTA
PÎRVAN GHEORGHE**

Nous parlons d'un phénomène social avec une réglementation qui est très importante, qui a le but de protéger un individu d'autre et la société d'un individu. Le comportement est influencé, sans doute, par l'environnement et l'éducation d'un individu.

La violence, comme une relation qui implique souvent un témoin, la violence apparaît comme effet de la agglomération humaine dans les espaces réduits.

Sont nécessaires beaucoup des mesures pour diminuer la violence des sportifs et des spectateurs pour ne pas affecter leur santé et pour implémenter aux sportifs l'expression : « Participer, est plus importante que gagner ».

Les mots clef: étude, liaison, violence, activités sportives.

LA NECESSITA DELL'INTRODUZIONE DEL NUOTO SPORTIVO ED APPLICATIVO NELLA CURRICOLA DELLA DISCIPLINA DELL'EDUCAZIONE FISICA PRESSO LA FACOLTA DI NAVI DI GALATI (ROMANIA)

ONET IOAN

FACOLTA DI EDUCAZIONE FISICA E SPORT DI GALATI (ROMANIA)

Nella nostra ricerca abbiamo cercato di dimostrare la necessità dell'introduzione del nuoto sportivo nella curricula della disciplina dell'educazione fisica presso la Facoltà di Navi di GALATI (ROMANIA).

In seguito allo sperimento realizzato da noi per la durata di due anni (2003 – 2004) e dopo l'analisi e l'interpretazione statistica dei dati ottenuti, abbiamo concluso che l'introduzione nella curricula della disciplina dell'educazione fisica del nuoto sportivo ed applicativo presso la Facoltà di Navi è assolutamente necessaria. Questo fatto è richiesto anche dagli studenti di questa facoltà (85% da quelli interrogati), dai professori da questa facoltà (64%) e dagli ingegneri navali attivi (78%), che hanno risposto a questo questionario realizzato dagli specialisti dal campo. Tutti hanno scelto l'introduzione del nuoto sportivo ed applicativo nella curricula della disciplina dell'educazione fisica.

Parole chiave : nuoto sportivo ed applicativo, curricula, efficienza.

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CHICU VALENTIN

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Au sujet du capacités coordinatives. Les aspects théoretiques

L'oeuvre est une vue d'ensemble sur les bases théoretiques des capacités coordinatives, en particulier sur la notion, l'essence et les diversités des capacités coordinatives, les causes qui conditionne la manifestation des capacités coordinatives, ainsi que les particularités agées des celles ci.

THE TQM PRINCIPLES IN SERVICES

ELENA MEREUTA, CLAUDIU MEREUTA, MADALINA RUS

The paper presents the steps to be followed when the TQM principles are to be applied into the services industry. There are also shown the main differences between the TQM principles in productive organizations and services, together with the proper methods for putting in practice that new management system.

Key words: TQM, services industry, quality circles

THE MECHANISMS OF VISUAL INFORMATION IN SPORTS

**CLAUDIU MEREUTA
CONSTANTIN CIORBA**

The paper presents the ways that the visual information are processed in sports activities, the complex psycho –semantical and psycho- sensitive-motion mechanisms involved. The paper also presents the chronological appearance of events, when the visual information is read by a beginner or by a trained

performer, together with the results of a complete analysis of the visual information.

Key-words: *visual information mechanisms, sports, trained performers.*

L'INTERET POUR L'EXERCICE PHYSIQUE ET LE PROGRES TECHNIQUE – SCIENTIFIQUE

**GABRIEL TALAGHIR
TEODORA ICONOMESCU**

Univ. Dunarea de Jos Galati

L'ouvrage envisage l'importance de pratiquer l'éducation physique dans le contexte du développement et de la diversification des métiers conformément aux exigences du social et du progrès technique et scientifique.

Mots clef: *progrès, mouvement, éducation physique, effort, environnement social*

L'ACTIVITE PHYSIQUE DES ELEVES DU COLLEGE REFLECHIE DANS LA PLANIFICATION DE SPECIALITE

GABRIEL TALAGHIR

Univ. "Dunarea de Jos" – F.E.F.S. Galati

CONSTANTIN CIORBA

I.N.E.F.S. Chisinau

L'activité pendant les classes d'éducation physique est insuffisante parce que en analysant les qualités et les habitudes qu'un élève doit les avoir pour la classe prévue dans le programme scolaire, on constate que l'élève ne doit pas travailler plus de 10% du volume total des classes pendant l'année scolaire. Pour cela, on considère que l'activité indépendante constituerait une bonne opportunité pour la complétion du nécessaire de mouvement des élèves du collège.

Mots clés : *exercice physique, programme scolaire, développement en harmonie.*

MANAGEMENT ET MARKETING DANS L'ACTIVITE PHYSIQUE

NINI FLORIN

Univ. Dunarea de Jos – Galati

Le travail mis en discussion l'importance des matières de management et marketing dans l'activité de conduire et d'organiser le sport dans notre pays. Ils sont présentés des avantages qui peuvent être obtenus d'un management et d'un marketing bien fait, aussi comme le besoin de préparation des spécialistes compétents, avec beaucoup d'énergie et très performants.

Mots clés: *échange, conceptions, mentalités, management et marketing*

L'ACTION DE JEU, L'UNITE STRUCTURALE DE BASE DANS LE JEU DE VOLLEY-BALL

ALEXANDRU PACURARU

Université "Dunarea de Jos" Galati

L'article a comme point de départ l'assomption que l'étude attentive de l'action de jeu a comme résultat des modèles spécifiques aux joueurs de la propre équipe et puis on peut programmer des actions réglables par rapport à celles de l'adversaire.

LA PRATIQUE INDEPENDENTE DE L'EXERCICE PHYSIQUE - MOYEN DE LA PREPARATION PHYSIQUE GENERALE

TEODORA ICONOMESCU

Univ. Dunarea de Jos – Galati

Ce travail suivit en présent d'aspect, et beaucoup de fois négligé dans la préparation physique des étudiants nommé travail indépendante ou devoir. Celle-ci contribue à la complétation de la préparation comme partie de la classe d'éducation physique pendant le programme scolaire.

Mots clés: *l'exercice physique, le travail indépendant, l'organisation, l'orientation, des moyens.*

MARKETING ET SPORT

Gabriel MANOLACHE

Univ. Dunarea de Jos - Galati

Le sport plus que le spectacle offert , est basé spécialement sur la victoire de l'équipe favorite. Ainsi, le sport devient un événement social ,qui incluse des fans avec beaucoup de passion et d'espérance.Dans ce contexte le management assure des aspects additionnales pour le sport.le caractere économique et l'image d'une société sportive

Mots clés: marketing, management, sport, activité managériale

CAPACITY OF ABILITY EFFORT EXERCISES INTENSITY IN SCHOOL CHILDREN

CONSTANTIN PLOESTEANU

The purpose of this study is to evaluate the exercise intensity assessing ability of the schoolchildren 14 years old. For this, the heart rate (HR) of the schoolchildren was recorded after different moments of the physical education class (minutes 10, 20, 30, 40 and 50). In the same moments of the physical education class the subjects were asked to rate the exercise intensity they performed on the Borg scale.

The results showed that at this age the children are prone to subevaluate the exercise intensity.

PHYSICAL ACTIVITY LEVELS IN CHILDHOOD AND ADOLESCENCE. AGE AND GENDER DIFFERENCES

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¹School of Education, Polytechnic Institute of Bragança, Portugal

²School of Education, Polytechnic Institute of Viseu, Portugal

³Faculty of Sport Science, University of Porto, Portugal

There is a strong agreement that physical activity (PA) positively influences individual health status. Regular PA is an important factor along the whole life cycle to promote a healthy life style. In childhood and youth, the main effects of physical activity are on the promotion of habits and attitudes that are thought to be carried out through the adult stage. In adulthood the benefits are of several levels, as documented in different epidemiological papers. PA is associated a) with longevity increase; b) with lower risks of cardiovascular diseases and c) with the decrease of some of the risk factors associated with cardiovascular diseases, such as obesity and hypertension

BIONERGETICAL PROFILE OF ELITE SWIMMERS

T Barbosa¹, ***R Fernandes***², ***K Keskinen***^{3,4}, ***P Colaço***², ***C Cardoso***², ***J Silva***², ***JP Vilas-Boas***²

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³ Finnish Society for Research in Sports and Physical Education, Helsinki, Finland

⁴ Department of Biology of Physical Activity, University of Jyväskylä, Jyväskylä, Finland

The purpose of this study was to: (i) measure and compare the total energy expenditure of the four competitive swimming strokes and; (ii) understand the swimming economy evolution along the last decades. 26 swimmers of international level were submitted to an incremental set of 200-m swims (5 swimmers at Breaststroke, 5 swimmers at Backstroke, 4 swimmers at Butterfly and 12 swimmers at Front Crawl). The velocity was increased by 0.05 m·s⁻¹ after each swim until exhaustion. Cardio-pulmonary and gas exchange parameters were measured breath-by-breath (BxB) for each swim to analyse oxygen consumption (VO₂) and other energetic parameters by portable metabolic cart (K4b², Cosmed, Italy).

THE PREVENTIVE-THERAPEUTIC EFFICIENCY OF THE PHYSICO-CHEMICAL AGENTS IN "LACU SARAT " BALNEARY

LEFTER VIORICA
CIBU OANA ANDREEA

Importance of the theme: arthroses make up a vast pathology, epidemiologically still insufficiently approached and with regard to the preventive possibilities, with endemo-epidemic manifestations, causing long-term, unfavourable medical and socio-economic implications both for the individual and society.