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# THE CONDITION OF SELECTION AND ELABORATION OF THE METHODS OF ACTION

**Prof.univ.dr. TOMA BADIU**  
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Faculty of Sports and Physical Education

*The fundamental condition for the teacher to be able to lead and establish the limits of the teaching – educative process is to specify the topic of the lesson. Depending on these topics the basic actions will be established for the lesson: (exercises, effort, methods, didactic strategies, forms of organizing the teaching education process).*

*Key words: algorhythmisation and standardization.*

## STUDY ON THE OSSEOUS REMODELLING FOR PERFORMANCE WOMEN ATHLETES

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### ABSTRACT

*Our aim is to develop a study on the dysfunction of the osseous remodelling on the performance woman athletes, bearing in mind that many factors are present that determine and favour osteopenia and osteoporosis (diet alterations, secondary amenorrhea, calcium loss by perspiration). The World Health Organization (WHO) considers osteoporosis as one of the major diseases of the modern era, as the number of cases is continuously increasing, and the clinical background is silent, the disease being diagnosed usually because of its complications, fractures. Moreover, its impact on the patient's psychic is severe, as it leads in time to invalidity. Seeing the early age in which this disease is diagnosed with woman athletes, a standardized prevention procedure would reduce the costs for the society, and would also favour an increase in their performance.*

Keywords: Athletes; Osteoporosis; DEXA; Cortical bone.

## **STUDY ON THE TREATMENT BY PTG AND PHYSICAL-KINESIS RECOVERY IN GONARTHROSIS**

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### **ABSTRACT**

*The arthrosic disease is characterized by the deterioration of the joint cartilage, accompanied by an increase of the subcondral bone reactivity, limiting in time the patients' movements. The prophylactic therapy (the treatment of the primary disorders, obesity prevention, professional hygiene, correction of the knee deviations, correction of the patella instabilities), and the conservative therapy (hygiene-dietary plan; walking stick; medical exercise; antalgic, antiinflammatory, miorelaxing medication; extracts of cartilage, intrajoint infiltrations with corticosteroids, balneophysiotherapy) may delay the evolution and the diagnosis of the disease, but the best standard one can acquire is the knee arthroplasty with endoprosthesis, giving the gonarthrosic patient freedom of movement without being dependant of permanent care.*

*Keywords: Arthrosic disease; Knee arthroplasty; Physical-kinesis recovery*

## **INVESTIGATION OF THE VENTRICULAR REPOLARIZATION ALTERATIONS OCCURRING WITH PERFORMANCE ATHLETES**

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### **SUMMARY**

*Our project deals with the study of the functional clinic and prognostic implications of mildly abnormal ECGs with minor ventricular repolarization alterations (mVRA) and distinctly abnormal ECGs with marked ventricular repolarization alterations (MVRA) sometimes seen in athletes' electrocardiograms (ECGs). Registered ECGs with ventricular repolarization disturbances did not present clinical symptoms of cardiac disease. Our studies were carried out on 60 athletes during 3 training periods, and we found ECG registrations with alterations of ventricular repolarization and rest tachycardia in 10 athletes, following the competition period. 10 athletes had ECGs at rest simulating pseudoischemia with a tendency to accentuate for an effort of 20 sit-ups in 40 s (S1), to normalize at an effort of bike pedalling at W/kgc 6 min (S2), and to reappear post-effort. The diagnosis of the benign origin of ventricular repolarization abnormalities must be based on the absence of functional disturbances of coronary type, and on intensive training. Overtraining syndrome is highlighted by rest tachycardia exaggerated during effort and by ventricular repolarization abnormalities (mVRA and MVRA), registered during rest, that disappear during effort and are reinstated at posteffort. Alterations are absent in few weeks if the training activity is much reduced.*

*Keywords: Athletes; Electrocardiography; Overtraining*

## **THE OPTIMIZATION OF THE TECHNICO-TACTICAL PRACTICE OF JUNIOR I HANDBALL PLAYERS THROUGH THE USE OF SUPPORT DEVICES**

**Prof. BULACHE ANA-LOREDANA**  
LICEUL CU PROGRAM SPORTIV PIATRA NEAMT

*The experiment was developed with the junior I players from the L.P.S. Piatra Neamt team in 24 lessons. The practice is carried out with the help of poles and practice dolls as showed in this paper. For the observation of the of the player's progress files and tables were used.*

*Analyzing the methods used we can state that the high number of repetitions, the intensity and attractivity of the exercises, by stimulating the qualities of attention and decision making, improved the technical factor as much as the other practicing components.*

*Key words: handball, practice, juniors, intensity, practice dolls.*

## **ASPECTS OF DETERIORATION BIOMECHANICS OF THE IDIOPATHIC SCOLIOTIC SPINE**

**Lector univ. dr. BENEDEK Florian**  
**Conferentiar univ. dr. GHERVAN Petru**  
**Medic specialist BENEDEK Roxana**

UNIVERSITATEA „STEFAN CEL MARE” SUCEAVA

*Summary: The spine represents an important segment in the muscular-skeletal system. The movements of the normal spine are very complex, the biomechanics including all the component elements.*

*There are many diseases among which idiopathic scoliosis is the most important. In this case the biomechanics of the spine undergoes significant changes, The knowledge of these deficiencies creates the premise of instituting an effective physiokinetic and orthotic treatment, reducing the impact of the condition over the growing organism.*

*Key words: spine, idiopathic scoliosis, physiokinetic and orthotic treatment.*

## **THE INFLUENCE OF THE COORDINATION CAPACITIES ON THE CARDIAC FREQUENCY OF HANDBALL PLAYERS**

**Eugen BASTIUREA**  
University “Dunarea de Jos” of Galati

### **Summary**

*Training represents the main method of the athletes' instruction to take part in competitions and to obtain important performances. One of the tasks of training is the development of the driving qualities. The coordination capacities have an important role in the manner the athletes perform in the game. The methods used by the coach act on the players' body and they determine qualitative modifications on their breathing and cardiovascular functions.*

*The cardiac frequency is improved and the athlete can easily solve the tasks during the training sessions and matches.*

*Key words: sporting training, coordination capacity, cardiac frequency, handball*

**METHODOLOGICAL SUGGESTIONS USEFUL TO  
“BASKETBALL” CURRICULUM (BASIC COURSE) REFERRING TO  
THE EFFICIENCY OF THE TECHNICAL PROCESS OF LAUNCHING  
THE BALL FROM A STANDING POSITION ACCORDING TO THE  
VIDEO ANALYSIS**

***Ciocoiu Dana Lucica***  
**“Dunarea de jos” University of Galati**

*Summary*

*The structure and the content of the present analytical programme do not justify the setting up of the student's demonstrated profile proceeding from the future professional requirement, and the report between theory and practice is no longer well-balanced, insufficient for elements learning and consolidation and for the basic technical process which are specific to basketball. Under those circumstances, the necessity for creative construction of action is obvious. The trajectory's determination of the body's segments and the presentation of the essential moments form the constitutive moves of the technical process of throwing to the basket from a standing position, contributes to the construction of methodically efficient tract speaking, which eliminates or minimizes the possibilities of committing driving mistakes by students during the learning process of a certain habit in the basic course called “Basketball”.*

*Key words : video analysis, moments, basket throw from a standing position, basketball*

**SOCIAL REPRESENTATION OF VIOLENCE IN SPORT. FOCUS ON  
TEAM SPORTS SPECTATORS**

***Lect. Univ. drd. Beatrice Abalasei***  
**University “Al. I. Cuza” Iasi**  
**Faculty of Physical Education and Sport**

*Summary: The relationship between violence and sport is very complex; that is why it is very difficult to try to establish the aetiology of the phenomenon. Indeed, if we cannot say that the sport's specific is the aggressiveness, we can at least say that it is the permanent need for personal affirmation. The pressure gets higher and higher for any social actor because of the cultural contemporary insistence upon the individual's achievement through distinction. In this paper I tried to identify the social representation of violence in sport, because it reflects the opinions, attitudes and recognition of social actors, in this case of sport spectators.*

*Key words: social representation, sport, violence, spectators.*

## **THEORETICAL AND METHODOLOGICAL CONSIDERATIONS ON TEACHING MOVEMENT GAMES**

***DRAGU MIRCEA***

**”Dunarea de Jos” University of Galati**

***GOUGOU – GRAMATOPOL BOGDAN***

**”Kapodistria” University of Atena**

*Summary:*

*Games in general are activities of ludical type, with tremendous influence upon the development of the executors’ personality from many points of view, including on the level of social integration. They are total, attractive, spontaneous, free, natural and uninterested activities. They also have recreational and compensating facets. That is why they are very much used in organisational forms in the free time of various categories of subjects.*

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

## **STUDY ON EFFICIENCY INCREASE IN THE METHODOLOGY OF DEVELOPING MOTOR SKILLS IN ORDER TO IMPROVE SPORTING PERFORMANCE IN SWIMMERS AGED 9-10**

***Lect.dr Dragu Mircea***

***Lect.dr Dobrota Corina***

**”Dunarea de Jos” University of Galati**

***Prof.dr Rîsneac Boris***

**State University of Kishinev**

*Summary:*

*In the arduous evolution of swimmers towards high performance, especially in the initial stages of accumulation and formation, the coaches’ attention has recently shifted to the means of achieving motor development by means of superior, high quality training. Taking into account the still unexplored resources of the human being, there is a lot to be done within the framework of physical preparation. The complexity of this factor requires the most effective ways and means to gradually obtain ever better results. They refer to the improvement of the contents of general physical preparation, as well as of special physical preparation—on dry land and on water, together with the modification of the rapports between them.*

*Key words: swimming, methodology, motor skills, sporting performance.*

## **THE DEPENDENCE FUNCTIONS OF THE GAME ACTION EFFICIENCY**

***Lector univ. dr. Pascu Danut***

**Faculty of Physical Education and Sport Craiova**

*Purpose*

*I have tried to deduce a calculation formula of game efficiency and implicitly to eliminate some mistakes in the preparation and contest methodology.*

*Key words: Volleyball, game efficiency, variable, calculation formula, mathematical patterns*

## **TRIPLE VALUE (SHIN-GI-TAI), THE ENDING POINT OF JUDO TRAINING PROCESS**

*Conf. univ. dr. ION-ENE MIRCEA*

*Summary: The essay puts forth the values and the educational meanings of martial arts in general, and of judo in particular; it also emphasizes the way in which all these disciplines, judo in particular, can influence the building up of personality in students.*

*Key words: value, spirit, body, technique, personality*

## **STUDY ON THE IMPORTANCE OF SUGGESTION AND SELF-SUGGESTION IN THE SENIOR JUDOKA'S TRAINING PROCESS**

*Conf. dr. Ion Ene Mircea*

*Summary: This study emphasises on the importance of words, of suggestion and self-suggestion during the senior judoka athletes' training process.*

*Key words: mental condition, words, suggestion, self-suggestion, performance*

## **PREDICTING DEEP-WATER TETHERED RUNNING FORCE FROM THE KINEANTHROPOMETRICAL CHARACTERISTICS OF THE RUNNERS**

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*Summary: The purpose of this study was to identify the kineanthropometrical parameters that best predict the maximal horizontal running force during deep-water tethered running. Twenty-one young and healthy males with vast experience in aquatic exercises (24.3 ± 2.7 years old, 191.9 ± 82.6 minutes physical activity per week) performed 3 repetitions of maximal deep-water running for 10-s, using a flotation vest (Golfinho, H906, Coimbra, Portugal). The subjects were connected to a strain gauge (Globus, Ergo Meter, Codigné, Italy) by a cable of steel with reduced elastic properties. The other end of the cable was fasted to a rubber band and this in its turn to a swimming starting block. Dynamometrical data was exported and processed with Matlab v. 6.0. The maximal tethered running force (Fx-max) was evaluated and the maximal horizontal tethered running force was computed through a trigonometric correction, as suggested by Taylor et al. (2003). Body mass (SECA, 884, Hamburg, Germany), height (SECA, 242, Hamburg, Germany), body mass index (BMI) surface area (SA) and fat mass (BIA 101, RJL Systems, Florence, Italy) were measured. The forearms maximal isometric force (Globus, Ergo Meter, Codigné, Italy) and hand's grip (TSD 121C, Biopac Systems, California, USA) were also measured. Intra-cyclic variation of the Fx-max presented a tetra-modal profile. Computing a step-by-step regression equation, for the prediction of the Fx-max, the kineanthropometrical variables that entered the model were the forearm's maximal isometric force, the BMI, the body mass and the SA ( $R^2 = 0.57$ ,  $P = 0.01$ ). The main conclusion is that tethered running is significantly associated to the kine-anthropometrical profile of the practioner.*

*Key words: aquatic running, dynamometry, kineanthropometry*



# **COMPLEMENTARY SPECIALIZATION WITHIN THE FIRST CYCLE OF BACHELOR UNIVERSITY STUDIES – CERTAINTIES AND UNCERTAINTIES**

*lect. univ. FETESCU SAVA*  
Faculty of Physical Education and Sport Iasi

*Summary: Starting with the 2005-2006 academic year, higher learning in Romania has entered a period of significant changes, both in form and content. The Romanian higher education, just like its European counterpart, is mostly in full reformation process on the basis of the principles established by the Bologna Process. At national level, in order to efficiently and completely implement the new European strategies, a new legal framework suitable to this purpose was created, aiming at including and acknowledging the Romanian system of higher learning at a European level. At an institutional level, on the basis of the principle of university autonomy, this reform has acquired certain peculiar nuances by certain interpretations of some normative acts. Such a situation may be the one in „Al.I.Cuza” University of Iasi where, according to certain internal decisions, it was established that during the first three years of the first cycle a student may follow, if s/he wishes, two specialisations: a major in the first two years and a minor/ complementary one in the third year of study. In order to evince the impact of this strategy upon the students I have performed a study within the Faculty of Sports and Physical Education. The results of this study evince the fact that this approach has been a failure, due to many causes, but this failure cannot be generalised at the university level. With certain adjustments, I believe that this problem is accurately thought out and deserves to be in the focus of educational decision makers in order to be regulated.*

*Key words: reform, legal framework, higher education, university autonomy, study cycles, complementary specialisations, sports and physical education, kinesiotherapy, student mobility, individual paths.*

## **RESEARCH REVIEW ON MOTOR SKILLS: EXTENSIONS AND APPLICATIONS IN TEACHING SOCCER**

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*Teacher of Physical Education Ph.D University of Athens*  
*Aristomenis Sotiropoulos*  
*Assistant Professor. University of Athens*  
*Giannis Giossos*  
*Teacher of Physical Education Ph.D University of Athens*

### ***Abstract***

*The subject of teaching motor skills in general and in soccer in particular has been studied thoroughly in terms of teaching strategies and techniques. Based on these, the purpose of this study is the recording and analysis of such studies and the detection of useful elements for the teaching of soccer. The results*

*showed that the potential motor skill level of an individual depends on his initial motor skill level. Secondly, that the Physical Education programme followed at schools cannot lead to the development of the motor skills required for the child to be considered an athlete. Thirdly, motor skills develop more quickly and are retained to greater extent through organized sport activities rather than unstructured play. Finally, that different motor skills develop differently in each development stage of the individual. Therefore, a training programme should take these stages into consideration when teaching motor skills.*

*Key words: soccer, athlete, motor skills, training programme*

## **COACHING DIFFICULTIES**

***Prof. univ.dr. Nicolae Hostiu***

FEFS Ga latu

*Summary*

*"Coaching" and "Training" are two fields of the preparation and contest stages, sharing the same perspective with reference to performance optimization in contests, yet both the trainer and the coach have different impacts on athletes - competitors.*

*"Training" - means proper effort dosage at the essential moment, in order to obtain maximum super compensation while "Coaching" is the support - especially psychological - supplied to the competitors in such a way that they could turn everything acquired during training into higher performance.*

*Key words: training, coaching, athlete, effort, psychological support, performance*

## **EXERCISES TO PREVENT KNEE AND/OR ANKLE INJURIES IN YOUNG HANDBALL PLAYERS**

***Acsinte Alexandru, Alexandru Eftene, Ababei Radu, Silviu Salgau  
Health, Sports and Human Movement Sciences Faculty, University of Bacau,;  
Alexandru Pacuraru „Dunarea de Jos”University – Galati,  
Hantau Cezar – ANEFS Bucuresti,  
Petrea Costel – CSS Bacau,  
PE. Teacher Bondaret Ovidiu***

*Abstract*

*Objective: To investigate the effect of a structured warm-up program and specific physical training program designed to reduce the incidence of knee or/and ankle injuries in young handball team players.*

*Key words: Training programme, knee and ankle injury, hanball*

## **QUIZ-TYPE ENQUIRY FOR EXPERTS IN THE FIELD OF WOMEN'S ARTISTIC GYMNASTICS**

***Liliana Nanu***

"Dunarea de Jos" University of Galati

*Teodor GRIMALSCHI*

U.S.E.F.S. Chisinau, Moldova

*Abstract: In women's artistic gymnastics it is obvious that the employment of the neuro-psychic and neuro-muscular systems requires the athletes to possess courage, attention, focus, motive memory, balance, coordination, spatial and temporal orientation, a sense of rhythm, stress resistance, perseverance, skill, etc.*

*Key words: quiz-type enquiry, women's artistic gymnastics, specialists*

## **STUDY ON THE PHYSICAL FACTOR IN THE PROCESS OF THE FOOTBALL PLAYER'S TRAINING**

***Ploesteanu Constantin***

*Summary: Given the variable duration of the football game and the complexity of the field movement elements, the players are required to have a good physical preparation, to be healthy and fit. The purpose of this study is to define and experimentally support the specific and non-specific means oriented towards the physical training of the footballer in order to maximize its performance capability for the age of 16.*

*Key words: complex training, physical preparation, specific effort*

## **SELECTION IN ATHLETICS, AN IMPORTANT STAGE IN FINDING AND GUIDING FUTURE PERFORMERS**

***LUCICA SAVA***

FACULTATEA DE EDUCATIE FIZICA SI SPORT GALATI

***ILII GRIGORE***

***U.S.E.F.S. CHISINAU, Moldova***

*Summary: Selection is an organised and repeated process of early scouting of the child's or junior's innate potential, by means of a complex system of criteria (medical, biological, psycho-sociological and motor) to be put into practice and leading to specialisation in a certain sporting discipline or event.*

*Key words : selection, sporting performance, selection criteria*

# **PLANNING THE EFFORT VOLUME IN VARIOUS PERIODS OF SPORTS TRAINING DERIVED FROM THE OVARIAN MENSTRUAL CYCLE**

**LUCICA SAVA**

FACULTATEA DE EDUCATIE FIZICA SI SPORT GALATI

**Summary:**

*The ovarian menstrual cycle is not a local process of certain organs, since cyclic changes take place during this time in: the muscular system, thermoregulating system, metabolism, physical and intellectual ability.*

*Key words: ovarian menstrual cycle, physiological condition, physical effort*

## **THE MEASURING SYSTEM OF THE MUSCULAR FORCE THAT TAKES PART IN THE BREATHING PROCESS**

**Zenovia STAN**

“Dunarea de Jos” University of Galati

**Summary:** *The toning of the midriff or the increase of its movement amplitude can usually be achieved by means of the Pescher Jars. To evaluate as objectively as possible the development of the muscular force that takes part in the breathing process, we suggest a modification of the Pescher Jars.*

*Key words: breathing stages, muscular force, evaluation, device.*

## **THE VALUES OF MUSCULAR FORCE MEASURED WITH SMFMT ON EXTENSION, IN PRESCHOOL AGED CHILDREN**

**Zenovia STAN**

**Eugen BASTIUREA**

University “Dunarea de Jos” of Galati

**Summary:** *Because the extensor and the erector muscles of the trunk have an important role in the statics and dynamics of the whole body, we will systematize, according to age, the constant values after some tests with SMFMT on their extension movement, in preschool aged children.*

*Key words: muscular force, evaluation, extension.*

## **LES CONSÉQUENCES DES ACTIVITÉS INDIVIDUELLES SUR LA FORMATION PHYSIQUE DES ÉLÈVES DE COLLÈGE**

**Lector univ. drd. Talaghir Laurentiu Gabriel**

L'Université "Dunarea de Jos", Galatzi

*Résumé: Le travail présente l'importance de la pratique des exercices physiques individuels comme des devoirs pour la maison qui peut contribuer à l'augmentation du niveau de formation physique des élèves donc l'accomplissement des objectifs de l'éducation physique scolaire.*

*Des mot clé: éducation physique, développement physique, exercice individuel, formation physique, compétences motrices, devoirs pour la maison.*

## **L'INFLUENCE DU TRAVAIL INDIVIDUEL SUR LE DÉVELOPPEMENT FONCTIONNEL AUX ÉLÈVES DE COLLÈGE**

**Lector univ. drd. Talaghir Laurentiu Gabriel**

L'Université "Dunarea de Jos", Galatzi

*Résumé: Le travail présente l'influence de l'exercice physique, sa pratique, sur le développement fonctionnel des élèves du collège et le moyen par lequel le développement fonctionnel peut s'enrichir avec la pratique de l'exercice physique individuel réalisé par des devoirs pour la maison.*

*Des mots clés: les élèves du collège, l'éducation physique, le travail individuel, la préparation fonctionnelle, des compétences motrices, des devoirs pour la maison.*

## **L'OPTIMISATION DU PROCESSUS INSTRUCTIF-EDUCATIF EN UTILISANT LES MOYENS AUDIOVISUELS PENDANT LES CLASSES D'ÉDUCATION PHYSIQUE**

**Lecteur univ. Drd. Claudiu MEREUTA\*, Prof.univ.dr.hab. Constantin CIORBA\*\***

\*Université "Dunarea de Jos" Galati, Roumanie

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*Résumé:*

*L'article présente les influences des audiovisuels utilisés pendant la classe d'éducation physique sur la durée efficace pour accomplir le but de la leçon. Les index les plus importants utilisés sont: la densité de mouvement, la densité pédagogique et la densité fonctionnelle. L'article montre les différences de ces index entre le processus d'enseignement classique et le processus d'enseignement à l'aide des moyens audiovisuels.*

*Mots clé: moyens audiovisuels, classe d'éducation physique, densité de mouvement, densité pédagogique, densité fonctionnelle*

## **DEPENDENCE FUNCTIONS FOR THE STANDING JUMP IN VOLLEYBALL PLAYERS**

*Lector univ. dr. Pascu Danut*

Faculty of Physical Education and Sport Craiova

### **Summary**

*In order to obtain high performance, all factors influencing the training process and the contest should be taken into account. Three factors were considered as variables: weight, height and age. The study aims to demonstrate which of the three independent variables mostly influences the standing jump. Statistical processing was used in order to draw conclusions based on accurate data.*

*Key words: volleyball, standing jump, variable, tall, age, weight.*

## **THE ROLE OF DANCE IN THE "BACCHAE" OF EURIPIDES From the Structural Report to the Fantastic Entanglement A First Approach.**

*Vasiliki K. Tyrovolas, Assistant Professor*

Department of Physical Education and Sport Science, University of Athens.

### *Summary:*

*The aim of this study is the determination of the role of Dance (Choros) in the ancient tragedy Bacchaes, based on the text of the masterpiece of Euripides. More specifically, based on the original text, we attempt to analyze the structure of the play, revealing the essential and narrow attendance of Dance in the action. At the same time, via the interpretation of the text of the play, we attempt to highlight the role of the Theban women Bacchaes (Agavy, Autonoy and Ino), as the fundamental characters of the drama.*

*Key words: dance, drama, tragedy, character*

## **THE EFFICIENCY AND LIMITATIONS OF KINESIS-THERAPY IN SECONDARY COXARTHROSIS, OPERATED LUMBAR SLIPPED DISC**

*VIORICA LEFTER, HEAD CONSULTANT, RECOVERY ,, LACU-SARAT,, BRAILA  
OANA ANDREEA CIBU, RESIDENT, JUNIOR ASSISTANT,  
„DUNAREA DE JOS” UNIVERSITY OF GALATI*

### *Summary:*

*The human spine represents the sustainer of the orthostatic posture, which is stabilized by the paravertebral muscles and mobilized by the lower limbs, enabling the human body to move.*

*The stability of the lower limbs depends on the structural and functional integrity of the neuro-mio-arthro-kinetic elements. The lumbar spine plays a remarkable role in, and enjoys a significant impact over, the quality of life. In this prospective study we noticed the influence of the rehabilitation program over lumbo-sacral end*

*coxo-femoral pain, regarding the functional recovery and the life quality improvement in patients with secondary coxo-femoral arthritis.*

*Material and method. During 2004-2007 we studied 137 patients, 74 men and 63 women, aged between 42-75. The subjects were evaluated both from a clinical-functional RMN and radiological investigations. A rehabilitation program (educational, hygienic, dietary, pharmacological, physical-kinetic) was applied daily, 14-15-sessions. The study was made with the help of the VAS scale for pain and WOMAC score for the functional status.*

*Result. All patients were evaluated in 3 steps. The parameters under observation had a satisfactory evolution, especially those manifest right after surgery, secondary coxo-femoral arthritis being a long-term disease, which is treatable after a specific management.*

*Conclusions. The static disability of the coxo-femoral and spinal articulations represents a pathogenic occurrence, frequently met in patients with secondary arthrosis. From a biomechanical point of view, the unbalance of cinematic chains trunk-lower limbs in this category of patients explains the lumbosacral pain.*

*Key words: spine, secondary coxo-femoral arthritis, lower limbs, rehabilitation programme*

## **POSITIONING OF HANDBALL, BASKETBALL, ROLLER HOCKEY AND VOLLEYBALL BY PORTUGUESE SPORTS FEDERATIONS**

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*Abel Correia*

Department of Sports Sciences, Faculty of Human Kinetics – Technical University of Lisbon, Portugal.

### **Abstract**

*The purpose of this study is to analyse the positioning of handball, basketball, roller hockey and volleyball by the representatives of the federations of these sports in Portugal, i.e., what are the significant differences between these sports which allow us to place each of them in relation to the others. With regard to data, documentary analysis and a questionnaire were used, and its treatment was based on the analysis of content and descriptive and inferential statistics.*

*The inferential analysis (used as an exploratory technique) revealed that international successes, the ability to organise events and a high degree of specialisation of sport, in addition to tradition in the country's culture are the most determinant factors.*

*Handball emerges as a sport differentiated by international successes, quality/price ratio and pleasure in practice.*

*Basketball's positioning is based on friends' influence, self-esteem and belonging to the group.*

*Roller hockey is positioned on its international successes and tradition in the country's culture and is the most expensive sport in terms of equipment requirements.*

*Volleyball differs from the others in competitiveness, innovation, responsive human resources, well-trained managers and the capacity to organise large-scale events.*

*Overall, we find that roller hockey is distinct from the other sports due to its traditional importance in the country's sporting culture, in addition to the high cost of equipment necessary for its practice. The positioning of the other sports, despite some differences among them, is not so clear.*

*The implication of our findings is that the federations should reposition their sports, clearly differentiating their services in order to obtain real competitive advantages.*

**Keywords:** *Positioning; Sports Federations; Differentiation*

## **LE DÉVELOPPEMENT ET L'AMÉLIORATION DES INDICES DE LA FORCE EXPLOSIVE (LA DÉTENTE) PAR DES MOYENS CARACTÉRISTIQUES AU JEU DE HAND-BALL**

***Cicma Ioan Teodor***

*Résumé: Cet ouvrage présente les avantages de l'emploi des moyens caractéristiques au jeu de hand-ball concernant le développement et l'amélioration des indices de la force explosive (la détente).*

*Mots-clé: développement, amélioration, indices, force explosive (détente).*

## **METHODOLOGICAL ASPECTS IN TEACHING SPORTS TO CHILDREN AND ADOLESCENTS**

***Prof univ. dr. Alexandru PACURARU***

***Conf. univ. dr. Petru GHERVAN***

***Prep. Carmen PREDA***

*Summary:*

*It is necessary a qualitative approach rather than the traditional, quantitative one, regarding the sportive training of children and juniors. The children's and junior's training approached as a didactic system sets more adequate conditions for analysis - specification intervention on the favorable and the adverse factors of performance. In the present stage of growth in in the field of sports games when elaborating the necessary methodology for training children and juniors we must take into account that this cannot be done without accepting the playing model as a top priority in order to accomplish the objectivization and the optimization of the training process.*

**Key words :** *algorithmization, programmed instruction, modelling, sports games.*