

STUDY ON THE CORRELATION BETWEEN THE ACID-BASE EQUILIBRIUM AND THE MAXIMAL INTENSITIES IN THE TRAINING OF HIGH PERFORMANCE ATHLETES

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Abstract

The muscular effort is a stress which temporarily modifies the body homeostasis. The more the athlete is trained, the less the modifications occur and the capacity of effort is greater.

The assessment of the training degree in an athlete, of his or her possibilities to sustain the intense aerobic or anaerobic effort and the induced modifications into his/her body, and/or the metabolic costs of the effort depends on the correlation of the training type with all the parameters involved in maintaining the acid-base balance of the body.

Key words

Acid-base equilibrium, effort, intensity, performance

A STUDY CONCERNING THE INFLUENCE OF THE POLITICAL OVER THE OLYMPIC GAMES BETWEEN 1988- 2008

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Sports, whether it is a competition or it represents a hobby it became a well-known social force with a great impact on the society.

In all the countries, sports' message and values rendered by its representatives get to the majority of the population, irrespective of their social background.

This is why, in many cases, the political situations of a certain moment influenced the development and the organization of the Olympic Games and moreover these influences extended to the continental and regional games.

1988- SEUL – the XXIVth edition

The International Olympic Committee suggested to the two governments of South Korea and North Korea to come to an agreement and share the organization of the Olympic Games. The two National Committees could both face the financial and organizational arrangements that were planned for the competition.

PHYSICAL CONDITION FROM A NEW POINT OF VIEW

Conf. univ. Dr. ALEXANDRU Eftene, Prof. univ. Dr. ACSINTE Alexandru
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Abstract: the paper presents a proposition for a discussion concerning the understanding of the notion of physical condition, its component elements and the requirements concerning the level of physical condition of the high performance handball players. The paper has as a final objective the building of a handball player model from this point of view.

Key words: Team handball, physical condition, abilities (skills).

THE ROLE OF THE VISUAL INFORMATION IN CONTROLLING THE STATIC AND DYNAMIC BALANCE IN PUBERTAL ATHLETES

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Abstract

The human body balance implies the analysis and control of the information provided by both the internal and the external environments. One of the most vital information is the visual information. The current paper aims to emphasize some original aspects related to the visual information processing in the 11-13 years old children who practice the high performance athletics and are to be oriented towards one of the athletic events.

Keywords: body balance, visual information, athletics, puberty

STUDY ON TECHNICAL WEIGHT TRAINING INTO A CROSS-COUNTRY SKIING TRAINING

BALINT GHEORGHE ¹
POPONECI IOAN ²

Abstract: Through this research we tried to bring some improvements in the technical training in cross-country skiing of our country and thereby, the model of training and competition that make it possible to obtain the best performance in an optimal manner. We felt that improving the technical preparation in cross-country skiing stage in

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"advanced" can be achieved by: a) addressing the actions and gestures driving imposed by the evidence of competition, and b) simultaneous improvement of the two techniques of competition: "classical" and "free".

Following the experiment conducted during a year of training after applying the rules of verification and participation in competitions, have emerged following:

- *although the technical training is not a limiting factor in achieving the performance, but should be a constant process of preparing in cross-country skiing;*
- *for the development and improvement of processes running on skis, means must be applied in selected conditions as varied and as close as possible to contest;*
- *simultaneous improvement of the two techniques (classic and free), lead by default to optimize the technical preparation and performance results in both styles of competition.*

Keywords: technical training; cross-country skiing, running on skis.

SPORT AND INTERNET

BENEDEK FLORIAN, GROSU BOGDAN

„Ștefan cel Mare” University, Suceava

Summary: A huge step in the field of information is represented by the appearance of computers. Sport has also become an activity where the necessity of transmitting the information faster at big distances is essential, fact which led to the creation of computer networks. There have always been problems about storing and accessing the information. The information can be stored as a text, image or sound.

Key words: internet, computer network, sport.

THE INDIVIDUALIZATION AND THE HANDBALL TRAINING. THE PLANNING OF THIS GAME IN THE COACHING PROCES FOR JUNIOR I TEAM

Prof. BULACHE ANA-LOREDANA

Liceul Cu Program Sportiv Piatra Neamț

SUMMARY:

The experiment was done with the junior I team of L.P.S. Piatra Neamț, during 10 months and had as goal the study of fundamental problems of the individual training.

From the efficiency of training process point of view, we can say that in 10 months, it had been made an important progress by all players. This rise was possible because of the interaction between collective and individual training.

Keywords: individualization, training, planning, progress.

ASPECTS AND NEGATIVE IMPLICATIONS OF DOPING IN SPORT

Asist. Univ. CICMA IOAN TEODOR

Summary:

From one presented, can say as the doping, is an international problem that affects every country that has representatives in sport. That is why authorities and organisations fight continuously against it. It has become a social issue, because it attires consequences in tourism, comert, and international image and prestige.

Key words: doping, drug, effects, sportsmen

LE DÉVELOPPEMENT DE LA DENSITÉ MOTRICE, PENDANT LA CLASSE D'ÉDUCATION PHYSIQUE, AU CYCLE DE GYMNASSE

Asist. Univ. CICMA IOAN TEODOR

Résumé:

Cet ouvrage présente un expérimnt qui suppose l'emploi de quelques modalités de développement de la densité motrice, expérimnt qui, finalement, démontrera l'efficacité de ces modalités.

Mots clés: densité motrice, développement, classe/leçon

APPLICATION OF BIOMECHANICAL ANALYSIS OF SPATIAL PARAMETERS FOR TEHNICAL PROCEDURE: THROWING AT BASKET FROM DRIBBLING AT BASIC COURSE "BASKETBALL"

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Summary:

Using the information provided by the specialized program of video analysis but also the possibility of biomechanical analysis of some spatial parameters (the trajectory of segments), have contributed at spotlighting the technical mistakes for throwing from dribbling in all the five points (ankle, knee, hip, shoulder, fist) of movement. Applying the build trajectory and the methodical sequences at basic course „Basketball” has improved the preparing progress for students from a technical point of view at this throwing procedure.

Keywords: spatial parameters (segments trajectory), video analysis, biomechanical analysis, technical training, throwing at the basket from dribbling.

**THE ROLE OF VIDEO ANALYSIS IN THE IMPROVING PROCEDURE OF
THROWING THE BALL IN THE BASKET FROM DRIBBLING –
BASKETBALL DISCIPLINE BASIC COURSE**

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Summary:

The technical training of students in the “Basketball” discipline is based on the knowing the methodical line of learning technical procedures, of phases, the moments in an efficient movement, the ways of developing of metrical qualities involved in their execution, means and methods which have to assure acquiring of professional abilities in basketball. Applying this knowledge in the methodical and practical activity can be realized only by an efficient execution of fundamental technical methods.

Key words: video analysis, spatial parameters (segments trajectory), throwing at the basket from dribbling, technical training.

**COMPARATIVE STUDY REGARDING THE UTILIZATION AND ROTATION
OF THE SPORTSMEN IN THE OFFICIAL PLAYS OF THE “A DIVISION “
MASCULINE BASKETBALL TEAMS (2007-2008)**

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Basketball is joining between “art and science“ and its understanding will enhance the satisfaction and intellectual joy both as fan and specialist, and also as spectator.

A series of social researchers consider the affinity as universal feature, the wish to live and act close to those you understand each other and with whom you feel in your environment. It means, with those with whom you have affinities and these common vocations stay at the basis of finding players who feel each other even “with closed eyes”.

THE IMPLEMENTATION OF THE METHODOLOGICAL NORMS IN THE PROCESS FOR PREPARATION OF THE CHILDREN IN FOOTBALL

Lector univ. dr. AURELIAN DRĂGAN
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Summary: The methodological norms in the preparation of the children in football consist in: the forming of the technical and tactical consciousness and skills; to avoid the excessive specialisation on posts; to learn correct the main technique methods; to practise the technique methods; to develop the driving qualities; to develop harmoniously the morphological indexes of the organism; to effect the exercises through the agency of the games.

Key words: methodological norms, technique method, morphological indexes, driving qualities, preparation, football.

THEORETICAL NOTIONS REGARDING THE ASSIGNMENT DETERMINANT FACTORS OF PERFORMANCE SPORTS

Conf.univ.dr. DRAGU MIRCEA
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Summary: the problems of performance in sports was, and continues to be a major preoccupation which intensifies the request of enlarging the research on various branches of knowledge: pedagogy, psychology, sociology, physiology, biochemistry, biomechanics, etc

Key words: training process, differential training, adaptability, prognostication.

PROS AND CONS IN WHAT REGARDS RESTRICTIVE JUDO FOR 11 TO 13 YEAR OLD CHILDREN

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Summary: There are some restrictions in what regards the 11 to 13 years old children instruction objectives when speaking about the progression of learning certain technical proceedings. Although the views on this matter differ, a efficient analysis shows that when it comes to establishing a certain methodic succession of teaching the judo techniques to children there is only one possible way and that is by following the didactic teaching process principles. Learning how to choose each time the most suited method to teach a certain instruction or training process, that method which solves all problems in the most efficient way, stays as a permanent desideratum in all judo's experts' views.

Key words: instruction, restrictions, advantages, disadvantages.

TECHNOLOGY OF ELABORATING CURRICULUMS FOR COMPLEMENTARY SPECIALIZATIONS – POINTS OF VIEW

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Abstract

In this article, we are trying to continue the presentation of other articles regarding the complementary specialization, meaning a specialization form appeared at „Al.I.Cuza” University Iași, after an interpretation which does not correspond, as far as we are concerned, with the provisions in art. 15 in O.M. 3235/2005. In this article we are stating that M.Ed.C. budgets „...in the limit of 60 credits, obtaining two bachelor degrees in the field and the fields in which there is a deficit of qualified personnel”. This provision refers to preparing qualified didactic personnel.

The student who chooses to follow a complementary specialization will have to follow in the III year of the bachelor cycle a series of disciplines within a certain curriculum plan. These disciplines are among those within the study series from the main specializations „sportive and physical education” or „kinesiotherapy and special motility”. For a unitary conception on the curriculum plan, the University has issued several rules, whose consequences have been roughly analyzed since their appearance, and which created difficulties from the moment of their application.

The article presents all of these rules and the negative consequences determined by their application, and also our solutions for solving some of the issues.

We believe that the complementary specialization is a necessary thing and that is why we should find the best educational way for the people interested in following it. The reality of the Romanian pre-university system confirms the necessity of the existence of graduates with double specialization. Moreover, we proposed a series of educational variants, only one of them being in agreement with legal norms.

Key words: complementary specialization, curriculums, education disciplines, reform, juridical framework, rules, standards, physical and sportive education, kinesiotherapy and special motility.

INCREASING THE ROLE OF COACH ON ACQUIRING PROPER MECHANISM FOR IMPLEMENTATION OF SPECIFIC MOVEMENTS, USING THE GAMES ENGINE

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Universitatea “Dunarea de Jos”Galati

SUMMARY:Ensuring proper mechanism for implementation of specific movements of hockey allow learning and improving in this sport. Technical game of hockey is subject,

ultimately, speed, skill and safety slipping on ice. Success in learning and perfecting the sport lies in the implementation of a large number of exercises and repetitions.

Keywords: the role of coach, skating at the beginners, driving games.

THE ROLE AND IMPORTANCE OF MOVEMENT GAMES IN ICE HOCKEY

Let. univ. dr. GABRIEL GHEORGHIU, F.E.F.S. Galati
Universitatea "Dunarea de Jos" Galati

SUMMARY: Due to the multilateral influence upon the entire personality of the child, the movement games, is the one of the basis means of training, in the initiation period.

Keywords: driving games, skating, and the beginner's 9-11 years.

MODEL OF TRAINING FOR THE NATIONAL HANDBALL TEAM GOALKEEPERS

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Conf. univ. dr. ION MIHĂILĂ
Universitatea din Pitești

Summary: Goalkeepers selected to the national handball team can obtain proper results by applying the training model issued under analyze of the individual characteristic of each sportsman.

The selected means aims all the training factors, with emphasis on defining qualities of the handball goalkeepers: speed of execution and reaction, explosive force segmentation in all components of the body, co-ordination, dynamic equilibrium, joint mobility (amplitude), capacity for mobilization and concentration, courage, etc.).

The goalkeeper's game and their conclusive contribution at the superior performance of the national team is confirming the means efficiency and the value of the model developed.

Keywords: training model, goalkeeper, sports condition, means of training.

"IS IT NECESSARY A CONTEST THEORY"?
(an essay)

Conf. univ. dr. NICOLAE HOSTIUC

The training as a science, during its development along the decades, has already offered a huge knowledge volume in a lot of handbooks an speciality books. We can say that the Training Science represents an integrated system of different contents an methods meant to form sportive an motive abilities an skills for performance. The same time along the elaboration and mainly differentiation of the training science there occurred relatively independent intricate of sportive preparation, each of them showing specific characteristics.

**THE TRAUMATIC PAIN OF INJURED ATHLETES: PHARMACOLOGIC
CONSIDERATIONS IN THE TREATMENT WITH ANTI-INFLAMMATORY
DRUGS.**

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Introduzione

Tutte le discipline sportive, se praticate soprattutto a livelli amatoriali, raramente comportano rischi gravi di infortunio. La situazione cambia quando l'attività sportiva viene praticata a livello agonistico: in questo caso, la necessità di spingere il corpo al limite delle sue possibilità verso situazioni sempre migliori, può sollecitare la struttura anatomica a superare i limiti di resistenza provocando così lesioni al tessuto connettivo o lussazioni alle articolazioni. Molte discipline sportive comportano ulteriori rischi: il pugile può ricevere colpi al volto con conseguenti lacerazioni o contusioni, il calciatore può subire calci alle gambe e quindi ematomi o fratture. Pertanto, sono di comune riscontro nella pratica sportiva eventi traumatici acuti e affezioni tendinee, che compromettono la performance sportiva.

In uno sportivo, qualsiasi lesione traumatica, si traduce in una riduzione delle capacità atletiche; l'atleta, oltre a dover controllare il dolore e il disagio derivante da un forzato periodo di inattività, inevitabilmente subirà una conseguente perdita di massa muscolare, che gli imporrà poi un periodo più lungo per riconquistare la migliore forma fisica. Tra le ragioni per cui un'atleta può assumere farmaci possiamo annoverare :1) correzione di uno stato di malattia (legittimo uso terapeutico per ricetta medica o automedicazione) 2) scopo voluttuario o tossicomaniogeno (uso ricreativo legale e illegale); 3) miglioramento delle prestazioni sportive (doping); 4) recupero degli infortuni, trattamento degli infortuni sportivi (in caso di affaticamento neuromuscolare).

Nella pratica sportiva sono molto frequenti eventi traumatici acuti e affezioni tendinee che possono compromettere la performance sportiva; gli atleti, pertanto, possono intercorrere in infortuni ai muscoli, legamenti e tendini, traumatizzando così il distretto

interessato. L'incidenza epidemiologica delle tendinopatie, allo stato attuale, è in aumento causa il crescente numero di individui che praticano lo sport e varia in relazione al livello ed all'impegno sportivo del soggetto, la frequenza degli allenamenti e delle gare; inoltre, il terreno su cui si pratica l'attività, il tipo di calzatura o l'utilizzo di particolari protezioni possono influenzare l'insorgenza di tendinopatie, mentre è importante enfatizzare fattori preventivi quali una attenta analisi del morfotipo dell'atleta ed una curata programmazione e periodizzazione dell'allenamento.

*Con il termine trauma (per esempio ciò che accade ai calciatori quando hanno problemi ai legamenti o alle ginocchia), in senso lato, si è soliti indicare ogni tipo di lesione causata ad un organismo per azione meccanica, chimica o termica. Avviene un trauma fisico quando un organismo viene sottoposto a colpi, penetrazioni, sfregamenti o trazione da parte di un oggetto in movimento. Queste lesioni, possono essere provocate sia da un contatto diretto che da un movimento particolare dello sportivo. Le lesioni possono essere di quattro tipi. Si parla di **contusione** quando, in conseguenza ad un contatto diretto, si avverte dolore locale, talvolta associato ad **ecchimosi**; si dice **contrattura** quella lesione che interessa tutto il muscolo, che si presenta dolorante e teso; lo **stiramento**, invece, si presenta con un dolore ben localizzato quando si effettua un movimento ben preciso ed è avvertibile anche con la palpazione della zona interessata; si parla, infine, di **strappo** quando l'interruzione di fibre muscolari ha prodotto una zona circoscritta caratterizzata da dolore ed eventualmente ecchimosi. Il dolore infiammatorio per lo più può interessare una o più articolazioni, ma talora anche una borsa, una guaina sinoviale, una inserzione tendinea.*

Key words: traumatic pain, anti-inflammatory drugs, doping.

“THE EFFECTS OF APPLICATION OF VOLLEYBALL MEANS WITHIN THE FRAMEWORK OF AS PART OF PHYSICAL EDUCATION CLASSES FOR HIGH-SCHOOL STUDENTS”

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Summary: The curriculum content developed for the high-schools cannot contribute to a substantial increase of the motor parameters. In order to alleviate this, we have opted for the monosport type lessons with higher accent on the activity in the class thus adopting volley-ball themes which can probably influence the dynamics of the motor and technical preparation of the high-school students.

Key words: high-school classes, technical volleyball elements, pass in three, player position, physical education lesson, training means.

VASCULAR MALFORMATIONS OF THE SPINE

R. Marinescu, O.Alexa

Abstract

Spinal vascular diseases are rare and constitute only 1-2% of all vascular neurological pathologies. Their clinical diagnosis rests mainly on magnetic resonance imaging (MRI), while for a thorough understanding of the diseases involved and of the therapeutic strategy, digital subtraction angiography (DSA) still is necessary. Depending on the type of spinal vascular disease the initial symptoms may vary. Pathomechanisms include arterial ischemia, intramedullary or subarachnoidal haemorrhages, or subacute venous congestion leading to progressive myelopathy. While acute manifestations of spinal vascular malformations are typically diagnosed early in the course of the disease, the subacute venous congestion might lead to unspecific neurological symptoms which in turn delays proper diagnosis.

THE IMAGISTIC EXAMINATION IN BOURNEVILLE'S DISEASE

R. Marinescu

Abstract

The authors present the case of a 32 years young man, known from the childhood with grand mal crisis, who came to the emergency department of the Urgency Hospital "Sf. Apostol Andrei" Galati, after six subintractant crisis. CT investigation emphasized some cerebral intraparenchymal calcifications, sub- and supra-tentorial which, together with the neurological, echographical and dermatological examinations, demonstrated the tuberous sclerosis called Bourneville's disease.

TESTS THAT EVALUATE THE PHYSICAL CONDITION OF PROFESSIONAL WOMEN HANDBALL PLAYERS

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Manole Lacramioara, University Lecturer, PhD at Bacău University

Abstract

The very different manner in which the physical condition is presented means that we need to have a greater interest in its study when we think about sports performance, because it addresses the organism, which in turn has some special characteristics in ontogenetic development.

In the handball field in general and in women's handball especially, testing and evaluating the physical condition is of utmost importance in appreciating the quality of training.

Key words: physical condition, women's handball, tests, evaluation

THE FORMATIVE EFFECT OF THE PHYSICAL THERAPY COURSES ON THE PROFESSIONAL ATTITUDES AND APTITUDES OF THE STUDENTS

Authors: **MANOLE LĂCRĂMIOARA**³
BALINT TATIANA⁴

Abstract

Through its structure and content, the syllabus assures training that allows the graduate to be professionally integrated in various fields of applicability of the Physical Culture and Sports/ Physical Therapy, due to its general and specific competences. The basic training wanted for the Physical Culture and Sports – Physical Therapy graduate tries to respond mainly to the social, educational and professional evolution tendencies, both at a national and international level.

Keywords: attitudes, aptitudes, competences, Physical Therapy

STUDY REGARDING THE OPTIMIZATION OF THE PROCESS OF TRAINING OF JUNIOR HANDBALLERS THROUGH THE RATIONALIZATION AND STANDARDIZATION OF THE MEANS OF TRAINING

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Conf.univ.dr. **GHERVAN PETRU**, University of Suceava

Abstract

If in the handball game the effort is supported by all the motric qualities, each helping to obtaining the victory, the selection and use of the means will be kept during the whole training cycle, and the choosing of the most efficient means will be done on the basis of the analysis of the motric quality or qualities which are mostly used in the effort of competition. This way we consider that the solutions may also appear in the process of

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the players' training, through using operations of rationalization and standardization of the means of training considered to have an increased efficiency

Keywords: training, handball. optimization, rationalization, standardization

THE FINAL RESULTS ON THE SPECIALIST'S OPINION ON THE ROLE AND IMPORTANCE OF MOTOR QUALITIES IN SPORT EDUCATION (A QUERY IN GYMNASIUM CYCLE)

- Part 1 -

Mocanu George

Summary: "The problem of developing motor aptitudes in gymnasium grades based upon different dosing of physical effort, brings complex aspects which are underlined in scientific speciality literature. Among this fundamental information, I have devised a questionnaire which addresses those involved in the process of teaching (teachers in the gymnasium cycle)".

THE FINAL RESULTS ON THE SPECIALIST'S OPINION ON THE ROLE AND IMPORTANCE OF MOTOR QUALITIES IN SPORT EDUCATION (A QUERY IN GYMNASIUM CYCLE)

- Part 2 -

SAVA LUCICA, MOCANU GEORGE

The data obtained after using the inquiries permits us to contemplate the information which is offered from other methods of research. They have the advantage of catching opinions, motivations, attitudes of those involved in the research on the certain problem, but also the disadvantage that the information obtained has a high rate of subjectivity.

KEY WORDS: physical effort, efficiency, inquiry, motor qualities

THE METHODOLOGY OF PROJECTING THE "SPEED" LEARNING UNIT WITHIN EXPERIMENTAL VALORIC GROUPS

8th grade

MOCANU GEORGE

Summary: "the learning units represent open and flexible structures, unitary as thematic, continuously planned in time intervals, ensuring the progress through different contents of the school's program. In the case of speed, the first annual unit of learning tackles specific forms of manifestation and even complex combinations, the difficulty being in the selection, adaptation and dosing the most efficient means for each valor group."

Key words: motric aptitudes, didactic projection, differentiated means, accessibility, dosage.

PRACTICES OF PEDAGOGICAL SUPERVISORS IN ROMANIA, MOROCCO AND HAITI

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HORIA DANIEL IANCU (Université de Moncton, Nouveau-Brunswick, Canada)

MONICA STANESCU (National Academy of Physical Education and Sport, Romania)

Abstract. This study examines practices of pedagogical supervisors in three countries: Romania, Morocco and Haiti, regarding teachers' evaluation. The results show differences between practices. There is a discussion about the results where we take into consideration the literature related to this particular domain and the specific context of each country.

Keywords: Teachers Supervision; Professional Development; Continuing Education; Human Resources.

INSTRUCTION OBJECTIVES, GAME PATTERNS AND PRIORITIES ON THE TRAINING COMPONENTS INCLUDED INTO THE PREPARATION PLAN FOR THE FOOTBALL TEAMS CHILDREN AND JUNIORS AGED 11 TO 18 YEARS –

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REZUMAT: In this working, i present instruction objectives on the training components included into the preparation plan for the football teams children and juniors , for example :

- *health condition to be in perfect condition;*
- *perfecting of psychical capacity ;*
- *completion of knowledge and perfecting skills ,consolidating and improving the technical elements under difficulty conditions, similar to the official game;*
- *to finalize selection .*

Key word : technic, tactic ,attack, defense, psycho-physical, recovery, health, theoretic, running, motricity.

OBSERVED EXPERIMENTAL RESEARCH ON THE LEVEL OF PHYSICAL TRAINING OF THE 11 – 12 YEAR OLD GYMNASTS

Lector univ. drd. NANU LILIANA
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Summary: The big performance in gymnastic or the simple learning process cannot be made without a methodical thinking and a practice of the trainer, without a right directing of the content of the preparing process regarding the load, repetition series for each equipment, number of elements, used methods, the volume and the intensity of the effort.

Key words: gymnastic, physical training, sporting performance

OBSERVED EXPERIMENTAL RESEARCH ON THE LEVEL OF TECHNICAL TRAINING OF THE JUNIOR III GYMNASTS

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Summary: In gymnastics, the difficulty of the exercises on the four apparatus increases from one sport category to another as according to the regulation's requirements, established by the Romanian Gymnastics Federation (RGF). Proceeding from one inferior category to a superior one can be done only through an official competition, and having executed the established exercises for the given sport category and through obtaining a minimum score - 50 points for the junior gymnasts III - set by the regulations.

Key words: feminine artistic gymnastic, sport training, technical tests, competition

INJURIES IN SLOVENIAN TABLE TENNIS PLAYERS COMPARED WITH INJURIES OF SOME OF THE BEST SLOVENIAN TENNIS PLAYERS

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ABSTRACT

Injuries are part of the modern competitive sport and as a result of increasing participation, intensity, demands and longer training periods, the potential risk of injuries in sport increase. For coach that's why it is necessary to understand what factors have to be involved in an injury-prevention strategy for table tennis and tennis. On the sample of 68 top Slovenian athletes we have studied the frequency of injuries among table tennis and tennis players, types of injuries and severity of injuries – the latter based on data of players absences from training and/or competition processes. Although table tennis is one of the less risky sports, we found out that the number and level of injuries are quite the same in both sports.

The most liable parts to injuries are in table tennis shoulder girdle (20,05%), and in tennis ankle (20,00%) followed by spine and hips (both 15,79%) in table tennis and spine (15,38%), wrist and shoulder (both 13,85%) in tennis; other parts of body are slightly less liable to injuries. According to this data, we can see that the greatest problem of both sports are abrupt movements – in table tennis no swing phase in the end of some strokes and in tennis fast movement blocking on hard surfaces. The majority of injuries occur halfway through a training session or a competition event, mostly during a competition season. The injuries primarily pertain to muscle tissues; these are followed by joint and tendon injuries.

Keywords: table tennis, tennis, injuries, comparison

PE TEACHERS AND THEIR PARTICIPATION IN HIGH SCHOOL MANagements

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Abstract

The ratio of PE teachers on the management of schools is 18.2 %. In the managing functions are from PE teachers mostly men (83.3%). These are mostly people over 50 years of age. Only minimum of PE teachers at the age before 40 years hold the function of headmasters and deputy headmasters. We think that it is quite necessary that PE teachers should be interested for the posts of headmasters and deputy headmasters and their experience so they could pay interest on the education process organization, courses and other kinds of different activities. Especially should in this direction become active also younger teachers. Even women – PE teachers shouldn't be afraid, because just women – teachers of other subjects prevail in the managing positions.

Keywords: PE teachers, management, high school

EVALUATION METHODS FOR MIDDLE SCHOOL PUPILS AT PHYSICAL TRAINING DISCIPLINE

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Physical Training and Sport Faculty

Abstract

The evaluation is one of the sides where teacher can make big mistakes, which can affect pupil's personality and behaviour. It is a complex process that must be accomplished as accurately as possible, by according a special attention.

This fact made me to carry on a detailed study on the evaluation process, trying to systematize and to find those methods that will lead to the domain efficaciousness.

In this study we begin with the hypothesis that if a theoretical investigation will be made at the middle school educational level, it can be found there are many evaluation alternatives, which I track down, many of them remaining at the pupils option. So we find out which are the most efficient evaluation ways which can come in the middle school pupils help, that will stimulate their participation in physical exercises practice.

Keywords: evaluation, management, efficiency

THE REGAINING OF SWIMMER'S EFFORT CAPACITY IN THE PREPARATORY PERIOD

Ph.D Collegiate Lecturer **ONET IOAN**
F.E.F.S. Galati

Abstract

Present paper has focused on finding and apply the most efficaciousness methods and means of swimmer's organism regaining after effort, in the preparatory period. It is well known the fact that great performance may be obtained only if the organism energetic reserves renew is made continuously, being lead and coordinated by all the domain responsible factors (trainer, physician, physiologist, kinotherapist etc). In the paper I experimented the efficiency of including a specific regaining training in the C.S.S. Braila swimmer's weekly preparation program. This training program have been included wednesday, after reaching the top of the weekly training effort and his length reach approximately 60 minutes. The used means are detailed in the paper.

At the end has been observed a increase of the biological and physiological indicators values, the organism regaining being faster at the experimental group and at least but not last a sportive performances growth at the competition tests.

Keywords: regain, efficiency, effort capacity.

**PREVALENCE OF NONALCOHOLIC FATTY LIVER DISEASE IN GALATI,
ROMANIA**

Dr. CATALIN PLESEA-CONDRATOVICI

Dr. ALINA PLESEA-CONDRATOVICI

Prof. Dr. CORNELIU NEAMTU

Summary

Regarded a long time as benign, the nonalcoholic steatosis is most frequent of the chronic diseases of the liver and has a severe potential progressive the steatohepatitis, cirrhosis of the liver, hepatic insufficiency.

**CONCEPTUAL AND EXPERIMENTAL APPROACH OF PHYSICAL
EDUCATION AND SPORT ON THE ABILITY OF STUDENTS DRIVING
CYCLE SCHOOLS**

PLOESTEANU CONSTANTIN

„Dunărea de Jos” University of Galați

Abstract

Sport is a significant component of our global culture. Traditional philosophy of physical education believes that sport is a tool that allows achieving educational goals, which by their very nature, are moral, social, psychological and physical.

For physical education school, the motive ability represents a fundamental element for development. The experiment applied to help us analyze the theoretical and methodological approach to development issues driving the ability of students 11-12 years, give us feedback on the evolution of physical and indicates the effectiveness of instructive - educational place.

Key words: culture, sporting education, physical education

THE REQUIRMENT PROBLEM OF THE STUDENT INTEGRITY IN PHISYCAL EDUCATION LESSON

PLOESTEANU CONSTANTIN
„Dunărea de Jos” University of Galați

Abstract

The man has a triangular base consists of: thinking, emotionality, movement. The need for movement today is derived from the need to remove the man in front of the computer, show-TV, with their daily pleasures, etc.. Younger generation if our students are not lacking this amenity. Educational curricula come meet this wish and are offered to young people through hours of physical education to develop harmoniously, to spend time in pleasant and helpful.

Key words: physical education, process education

EVALUATION OF THE BIOMOTRIC CAPACITY ON THE LEVEL OF THE 9- 10 YEAR OLD PUPILS FROM THE PRIMARY SCHOOLS IN THE CITY OF BRAȘOV.

Lector univ.dr.**CORNELIU SCURT**
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Abstract: The evaluation of the biomotric capacity on the level of the 9-10 year-old pupils constitutes a major objective for the specialists in the field of physical and sportive education. Through the evaluation carried out upon a sampling of 167 boys and 170 girls on the level of the primary schools from the city of Brașov, there ensued the fact that the level of the somatic development is ascendant in comparison with the tendencies of the phenomenon of acceleration specific to the human being of our days, while the level of the motric development is placed on a non-homogeneous level and with non-significant rises from one evaluation to the other.

Key words: evaluation, bio-motric capacity, pupils, primary schools

**STUDY REGARDING THE METHODOLOGY OF THE RESEARCH
DEVELOPMENT CONCERNING THE IMPROVEMENT OF THE SPINE'S
DEFICIENCIES AT PRESCHOOL AGED CHILDREN**

Lect. Ph.D. **ZENOVIA STAN**

Abstract: The modern researches and studies in domains such physical education, kinetotherapy, psychology of development, preschool pedagogy, have shown that any activity is highly effective when done in order to prevent a deficiency (sickness, incapacity) and not when tried to improve one already installed. A huge investment is required in the beginning stages of the forming, structuring and harmonizing the children's body to automatically simplify the much more complicated endeavors that might appear later. Thus, it appears the need to approach simple and effective means and, applied at the right time complicated „repairs” are later avoided.

Keywords: spine deficiencies, optimization of muscle development, evaluation.

**STUDY REGARDING THE MUSCULAR IMBALANCES FRONTALLY
MEASURED ON THE TRUNK, WITH SMFMT⁵**

Lect. Ph.D. **Zenovia Stan**

Abstract:

Scoliosis is the disease where the spine is frontally diverted and was upright under normal conditions. The goal of the current research is to provide information and useful recommendations addressing the work necessary to prevent spine deficiencies. This will be done during the kindergarten's specific schedule without affecting the educational process. The activity of prevention should be made through simple and accessible means, and should demonstrate the effectiveness of more objective measurement devices of the muscle strength.

Keywords: assessment, muscle imbalances, improvement of deficient attitude.

⁵ The system of measuring the muscular force at the trunk level, on the main movement directions.

THE VALUES OF THE MUSCULAR FORCE MEASURED WITH SMFMT⁶ ON LATERAL BENDING OF THE TRUNK, AT PRESCHOOL AGED CHILDREN

Conf. univ. dr. EUGEN BAȘTIUREA
Lect. univ. dr. ZENOVIA STAN

Summary: The spine is very well stabilized by the muscle groups that participate in the lateral bending of the trunk. It will be according to age, the constant values after some tests with SMFMT of them on lateral bending of the trunk, at preschool aged children.

Key words: muscular force, evaluation, lateral bending of the trunk.

METHODICAL ASPECTS OF HANDBALL TRAINING FRANTISEK TABORSKY /CZE, EHF MC Chairman

Abstract

The characteristic feature of sport, elite sport in particular, is a long-term process of targeted preparation, which is expected to lead to success in competitions. This preparation is termed sport training. Sport training is usually analyzed in two separate ways: as a system and a process.

Key words: handball, training, methodical components.

TEAM TRAINING IN THE PRE-COMPETITION PHASE ZYGFRYD KUCHTA / POL – EHF Lecturer

Abstract

During the time available, our prime objective is to condition players in a way that enables us to attain our goals. To attain our goal, we have to breakdown the general preparatory phase into further sub-phases depending on the players' performance level. In our case we assume that we are dealing with a team that is preparing for an upcoming national championship.

Key words: handball, training, pre-competition phase.

⁶ The system of measuring the muscular force at the trunk level, on the main movement directions.

EPIDEMIOLOGIC ASPECTS OF OVERWEIGHT IN THE COUNTY OF GALAȚI

Dr **MAGDALENA MOROȘANU** – The Emergency Hospital Galați
Dr **PAUL ICHIM** – The Emergency Hospital Galați
Dr **ANDREEA MOROȘANU** – Clinical Center for Diabetes,
Nutrition and Metabolic Disorders– Cluj-Napoca
Dr. **OANA-IRINA ATANASIU**, training physician

Rezumat: Cunoașterea factorilor care influențează greutatea corporală și determină excesul ponderal, precum și identificarea acestor factori sunt aspecte de importanță majoră în identificarea persoanelor cu supragreutate sau cu risc de a dezvolta obezitatea și pot avea o contribuție însemnată la structurarea strategiilor de prevenție a supraponderiei și obezității.

RETROSPECTIVE STUDY ON THE ASSESSMENT NECESSITY OF THE NUMBER OF KINETOTHERAPY SERVICES IN GALATI WITHIN THE PAST DECADE

PAUL ICHIM, MAGDALENA MOROȘANU, OANA-IRINA ATANASIU

Summary: Kinetotherapy services aimed at patients from all age groups, but mainly belonging to the segment of active adult population, at risk of work or car accidents and cerebro-vascular diseases, are extremely necessary for reintegration in society and professional reinsertion. In order to do so, this profession needs regulation and a better understanding of its importance.

Key words: kinetotherapy, cerebro-vascular diseases, social and professional rehabilitation

THE MUSCLE TRAINING ADAPTED TO THE GAME POST OF THE SENIOR HANDBALL PLAYERS

Assistant Lecturer **FLORIN – VALENTIN LEUCIUC (PhD.)**
The University “Ștefan cel Mare” of Suceava

Summary:

The game of handball is studied by various specialists (coaches, doctors, psychologists) to set indices of reference and some factors that can lead to increasing the capacity of performance. In the experimental research that lasted 2 years (July 2005-May 2007) we analysed the muscle training adapted to the game post of the senior handball players. By applying an experimental program, we gained an improvement of the team performance, which contributed to the achievement of training and competition objectives.

Keywords: handball, muscle training, seniors, experimental program, evaluation

COMPARATIVE STUDY ON THE SOMATIC MODEL OF THE PERFORMANCE HANDBALL PLAYER IN ROMANIA AND ON THE ELITE HANDBALL

Assistant Lecturer FLORIN - VALENTIN LEUCIUC (PhD.)
The University "Ștefan cel Mare" of Suceava

Summary:

In the field of sports training, the model prefigures the maximum requirements that sportsmen must satisfy to be able to face successfully the demands imposed by the competitive confrontations of the contemporary performance sports.

To achieve an objective analysis of this issue it would be necessary to create a database of anthropometric indices of Romanian handball players, and then to make an objective study based on real, current data.

Keywords: handball, comparative study, somatic model, elite handball

THE KINETOTHERAPY OF CERVICAL NEURALGIA

Dr. VIORICA LEFTER, M.D. in recovery techniques within the Kinetotherapy
Department of the Physical Education and Sports Faculty , Galați

Dr. PAUL ICHIM, Chief of Surgery, "Sf. Apostol Andrei" Emergency County Hospital,
Galați

Summary: The reason for studying this issue consists in the intention of presenting some general remarks concerning the importance of kinetotherapy in the prevention, treatment and recovery of the spondylosis problems and particularly the CB neuralgia. The current study presents 2 groups of patients whose cervical neuralgia is treated through allopathic, physical and kinetic procedures and another group, whose pain is treated only through allopathic and physical therapy. The most representative improvements are manifested in the group that also benefit from kinetotherapy. Correct daily and professional posture is assigned a fundamental role, i.e. the straight position while walking, sitting and sleeping. The daily movement of the spinal cord considerably decreases pain.

Key words: cervical neuralgia, kinetotherapy, posture

DEVICE FOR DETECTING AND CORRECTING MISTAKES IN PASSING THE BALL WITH BOTH HANDS FROM A LOW POINT AT THE NET MADE BY VOLLEYBALL TRAINING STUDENTS

Lector univ. drd. VIRGIL LARIONESCU MOROȘAN
Universitatea „Ștefan cel Mare” Suceava

Summary: One of the most difficult problems confronted by specialists in this area of study is preventing and correcting technical mistakes of the students, as future teachers. This work approaches the problem in an innovative manner, i.e. by using support devices, which are designed to reduce not only the time requested for acquiring the kinesthetic skills and proficiency, but also to generate new exercise structures intended to continually reduce technical mistakes.

Keywords: volleyball, technical procedure, mistakes, training support devices, evaluation.

COMPARATIVE STUDY ON THE COORDINATIVE ABILITY OF PRIMARY SCHOOL PUPILS IN THE RURAL VS. URBAN ENVIRONMENT (SECOND GRADE)

Prof. univ. dr ALEXANDRU PĂCURARU
Prep .univ. drd. CARMEN PREDA
Universitatea „Dunărea de Jos” Galați

Summary

The paper deals with a constative study, i.e. the manifestation of coordinative ability in small schoolchildren. The applied tests and events constitute means of detecting several types of coordination. The subjects of the study are children in primary school (second grade), aged 7-9 from two schools, one in the countryside, the other in the city. Nine tests were administered in order to test the coordinative ability, in the halls of the two school.

Key words: coordinative capacity, primary grades, physical education

THE PRACTICING OF ACROBATIC ELEMENTS IN THE GYMNASIUM STEP

Lector dr. GABRIEL TALAGHIR
Univ. “Dunărea de Jos” Galați

Resume: the following work wishes to show the importance that the acrobatic elements have within the framework of the instructive-educative process which can be found within the scholastic schedule for the gymnasium step. Through the practice of these elements in

a systematic way, and also by binding these under the form of complex acrobatic lines, the general objectives regarding the harmonious development of the growing generations can be achieved.

Key words: physical education, gymnasium step, acrobatic elements, acrobatic lines, scholastic gymnastics.

THEORETICAL CONSIDERATIONS REGARDING THE ROLE OF GYMNASTICS IN THE GENERAL PHYSIC TRAINING

Lector dr. **GABRIEL TALAGHIR**
Univ. "Dunărea de Jos" Galați

Resume: the following work presents general considerations regarding the importance of the means of gymnastics within the framework of the scholastic physical education and the possibility to use them variable, depending on the moments of the lessons or the particularities of the collectives.

Key words: basic gymnastics, physical development, physical education, general motility.

FUNDAMENTALS OF ATHLETE'S TRAINING ACTIVITY

CLAUDIU MEREUTA
"Dunarea de Jos" University of Galati, Romania

Abstract:

The paper presents the fundamental elements of training activity as a system. First of all, the coach has to train fundamental skills and after that the specific sport skills. That's why the trainer has to start with the vision of how he wants the athlete to look at the end of the training program. He has to divide its program into small parts, but he must not loose sight of the whole, which finally will render a functional training process.

Keywords: training activity, influence factors, athletic movement, sport requirements

TESTING IN SPORTS – STARTING POINT OF AN ATHLETE’S TRAINING PROGRAM

CLAUDIU MEREUTA

“Dunarea de Jos” University of Galati, Romania

Abstract:

The paper presents the strategies and the methods of testing, as first step in the beginning of the training program. Also, the components of a battery of tests are presented, together with the basic procedures and steps, in order to get the most revealing profile of an athlete.

Key-words: battery of tests, training, testing protocols

BIOMECHANICS OF KARATE TECHNIQUES

GABRIELA CIUBUCCIU-IONETE, ELENA MEREUTA,

“Dunarea de Jos” University of Galati, Romania

Abstract:

The biomechanical qualitative analysis of techniques of karate for distance fight will provide different result from both qualitative and utility. As the basic techniques run in the first phase alone, no opponent can be possible to perform a qualitative analysis of biomechanics to improve and refine technical motions and gestures, to render them more efficient. As always this initial facility is paid in the moment of go down to analyze the free combat competition with the opponent, when the biomechanics of karate analysis will be more complex.

Key-words: biomechanics, karate techniques, qualitative analysis

CONSIDERATIONS ON THE BIOMECHANICS OF KARATE

ELENA MEREUTA, GABRIELA CIUBUCCIU-IONETE

“Dunarea de Jos” University of Galati, Romania

Abstract:

The paper presents some considerations on the biomechanics of karate, stating from pedagogical analysis and then to a qualitative biomechanical analysis, taking into account, the basics, together with the profound analysis. It is important to optimal use of the motion qualities of the athlete, to review the techniques consolidated in order to increase the efficiency, to recognize and explain the errors of motion, to select the construction of exercises, to acquire information relative to the execution for further use.

Key-words: biomechanics, karate, qualitative analysis

THE EFFICIENCY OF PHYSICAL THERAPY POST AVC IN THE RESORT OF LACU SARAT DURING 2008

Dr. **VIORICA LEFTER**, primary physician B.F.T. Polyclinics of Lacu-Sărat.
Dr. **OANA ANDREEA CIBU**, the County Hospital Braila

Abstract:

The cerebro-vascular accident (AVC) is an acute neurological lesion resulted from one of this pathological processes: (1) intrinsic from one blood vessel (arteriosclerosis, lipohilinosis, inflammation, arterial dissection, evolutive malformation, aneurisms or vein thromosis; (2) initiated from distance; (3) resulted after a low intracranial pressure perfusion or an increase of the blood density; (4) the rupture of a cranial blood vessel (after Harrison).

Key words: physical therapy, hemiparesis

KINETHOTHERAPY OF HEMIPARESIS FROM AVC

Dr. VIORICA LEFTER.
Dr. ICHIM PAUL

Abstract:

It is an important problem of public health, being considered as a second cause of handicap and a third one of death with the adults. Anatomy- the AVC symptomatology may appear as a sequence concern of the anterior cerebral circulation (A.Carotid+branches; A.Cerebral ant.+mij), or of a posterior cerebral circulation. (A. Cerebral post, A Vertebrobasilar)

This is characterized through: motor and sensorial deficit one hemicorp spasticity, neuropsychological disturbances of speaking, sight, memory, attention, learning.

Acute stage of AVC. Recovery objectives. (main priority – maintaining the vital functions „best oxygen and cerebral perfusion „preventing thromboembolic complications „growth of corporal scheme consciousness. bettering the control of the body and ligaments : rhythmical activation – alternative isometry – rhythmical stabilization ,avviching vicious attitudes through posture, passive mobilizations for maintaining articular amplitudes and kinesthetic memory, maintaining articular amplitudes ,starting mobilization- conditioned by the vascular status, not the neurological one. The subacute stage end chronic. Treatment is „posture, muscular relaxation, passive mobilization, active mobilization, techniques of neuromuscular facility (Rood method, Bobath method Kabat method.,)

Key words: physical therapy, hemiparesis