

INDIVIDUALIZATION IN HANDBALL, NEW ASPECTS

Acsinte Alexandria, University of Bacau;
Ghervan Petru, Universitatea „Stefan cel Mare”, Suceava;
Ababei Radu, University of Bacau

Summary

The individual session of formation could be realized during the entire training session with the whole team in the same time. Doing this, we have to consider the personal features and the specific of each one, that meaning the biochemical aspects and the anatomical and physiological techniques , everything having an influence on the athlete's tactics and pro file. The trainer has to adapt and develop a formation programme for each player.

Keywords: Individualization, personality, preparation

L'ÉDUCATION PHYSIQUE SCOLAIRE, LA SANTÉ DES JEUNES ET LA REFORME CURRICULAIRE

Toma Badiu

Résumé

La nouvelle reforme curriculaire prévoit la réduction de nombre des matières obligatoires en faveur des disciplines au choix les professeurs d'éducation physique en sont les plus défavorisés, mais les élèves en souffriront également. Donc, l'éducation physique devient discipline au choix, étant introduite dans ce système appelé "curriculum à la décision de l'école". Dans ce cas, la présence de l'éducation physique comme discipline d'enseignement, surtout dans les années terminales de gymnase et de lycée, depend du Conseil d'Administration, finalement des principaux des écoles qui peuvent prendre une decision subjective (parfois contre le choix de l'élève).

Mots clefs: la reforme et la santé des adolescents.

BALANCE DISORDERS ASSESSMENT IN SPORTS TRAUMATOLOGY AND RECOVERING MEANS

Benedek Florian
Benedek Roxana

Summary: There are sports which can cause certain traumatism at the head or cervical spine determining a series of statics and balance disorders. These usually transitory deficiencias can be recovered successfully both in the chemotherapy lab and also outside it through a daily practice performed by the sportsman following the chemotherapist's advice.

Key words: recovery, traumatism, balance disorders

L'ÉPROUVE DES SÉQUENCES COMPONENTS DU PROCÉDÉS TECHNIQUES APPRÎT PAR LES ÉTUDIANTS Á LA DISCIPLINE «BASKET-BALL» COURS PRINCIPAL

Ciocoiu Lucica

Résumé:

L'évaluation de la préparation pratique régularise le niveau d'implication dans l'activité et le rapport permanent d'étudiant avec le model final de l'exécution du mouvement. La discipline «Basket-ball» cours de base, suive l'assimilation optimale du jeu au cadre des épreuves pratiques, et le but final donné par le marquage des points, ne pas possible que par une exécution efficiente et rationnelle des éléments et procédés techniques spécifiques. Le connaissance des structures, des éléments techniques composants d'un mouvement précis et efficient, leur méthodique d'apprentissage, ainsi comme les modalités de développement des qualités motrices nécessaires, tout cela contribue à la préparation technique et à l'accomplissement de compétence professionnelle des étudiants dans le jeu de basket-ball.

Des mots clé : évaluation, préparation pratique, les séquences des procédés techniques

INFLUENCES OF THE ARTISTIC PREPARATION ON THE OPTIMIZATION OF TRAINING AND GAINING PERFORMANCE RESULTS IN AEROBIC GYMNASTICS

Tatiana Dobrescu, University of Bacau
Ileana Dragulin "Politehnica" University of Bucharest

Abstract

Taking into account the six years of sports experience as a coach at the University Sports Club, our aim was to select the most efficient operational models used during the artistic preparation and to design useful exercise combination for each category of gymnasts according to the sports regulations governing this sports discipline.

There is an improvement of the ability of space-time orientation, of the general and partial coordination, of the creativity and artistic execution due to the training sessions with special topics concerning the artistic preparation and due to the creative use of the operational movement patters.

We conclude that it is useful to assign a constant period of time for the artistic elements preparation during each training session and to organize a weekly training particularly dedicated to this aspect.

THE ATTENTION FOCUSED – PRINCIPAL FACTOR OF INFLUENCE IN FOOTBALL

AURELIAN DRAGAN

Abstract: Attention focused représente a principal factor which influences the course of a match. Thus, the footbaleurs have need for attention focused to see the occasions in the match and to anticipate the development of the match. In this direction, the trainer has a principal role. He can learn the footbaleurs whom they gain by the attention correctly focused on the matches.

Keywords: attention; starting mentality; coach; players; to fix the attention; to focus the attention

PLACE, ROLE AND IMPORTANCE OF MOVING GAMES IN THE PHYSICAL EDUCATION LESSON

Mircea DRAGU

Key words: *moving game, organized activities, physical education lesson*

IS IT NECESSARY TO USE MOVING GAMES IN THE EDUCATIONAL SYSTEM?

Lector univ.dr. Mircea DRAGU

Key words: *education, system, moving games.*

COMPONENTS OF THE ARTISTIC TRAINING IN ARTISTIC GYMNASTICS

Gogoncea Diana

Summary

The artistic training is a complex and special component of the sporting training which ensures the physical and psychical support to accomplish the movements in a personal manner according to the technicality, plasticity, suggestibility and expressiveness indices required by the sport specificity.

The purpose of the work in the feminine artistic gymnastics is to achieve the beautiful in movement, a well-presented exercise as well as to develop the ability of conveying emotions and feelings through performing.

Key words: *esthetics, artistry, art*

THE ROLE OF PHYSICAL EXERCISE IN PREVENTION AND TREATMENT OF OSTEOPOROSIS

Dr. Viorica Lefter

Dr. Oana Andreea Cibu

Resume

The osteoporosis represents serious and frequent problem of health, especially for the women who are with the menopause. An important consequence represents it the increase in the risk of

fracture for these patients. In fact, 1' incidence of the fractures related to 1' osteoporose is larger than that of the infarction myocardic, the vascular accident cerebral, or the breast cancer. The fractures related to the osteoporosis are more frequently located on the level of the spinal column and the femoral collar and, more rarely, on the level of the pelvis, the fist and the arm. The fractures which have occurred, especially to the old women, carry to the reduction of the functional abilities and the quality of life, often determining the institutionalization and even the death of the patients. It there has certain factors musculo-skeletal implied in the osteoporosis and fractures, among which most important are the reduction in the osseous mineral density, reduction in the muscular force and increase in the risk to fall. The strategies to fight the osteoporosis and of prevention of fractures concentrated especially, on the increase in the resistance of the bone and on the reduction of the osseous turn-over, especially through the pharmacological methods, by often being unaware of the importance of the skeletal extra factors. The recent studies show that the risk of the osteoporosis is more tiny room for the active people, especially for those which make physical activities with loading, at least 3 times per week. The resistive exercises increase the density and the resistance of the bones, especially during the time of the acquisition of osseous mass, i.e. until A the age of 25, 30 years. Even if at the adulthood the maximum level of osseous mass were already reached, a mode of continuous life active to be beneficial as well for the increase in the muscular mass as for the improvement of the posture, the swinging and the coordination which reduce the risk to fall. After the installation of the osteoporosis, one A shows that a programme of progressive drive with resistance, especially for the spinaux and stabilizing muscles of the hip, it can increase the osseous mineral density or decrease the coefficient of the reduction in this one.

THE INFLUENCE OF THE AUDIO-VISUAL MEANS ON THE DENSITY IN PHYSICAL EDUCATION CLASS

Claudiu MEREUTA, Constantin CIORBA

Abstract:

The paper presents the influence of the audio-visual means used during the physical education class upon the effective duration for accomplishing the lessons tasks. The most important indices used are: the motrical density, the pedagogical density and the functional density. The paper shows the differences of these

indices between the classical teaching process and the teaching process with audio-visual means.

Keywords: audio-visual means, physical education class, motrical density, pedagogical density, functional density

STUDY ON EFFORT CHARACTERISTICS IN WOMEN'S GYMNASTICS

Liliana Nanu

Summary

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.

THE MEANS OF CREATING THE QUESTIONNAIRE REGARDING THE PROBLEM OF METRIC QUALITIES DEVELOPMENT OF STUDENTS IN THE GYMNASIUM CYCLE

GEORGE MOCANU

Abstract: *The use of this questionnaire in the problematic of developing the metric qualities in the gymnasium cycle, allows a realist approach to this process, underlining the fundamental aspects which condition the efficiency of the process of instructing in lessons of sports.*

Key words: questionnaire, efficiency, metric quality, physical effort.

THE ANALYSIS OF THE FACTOR COMPLEX WHICH CONDITIONS THE DEVELOPMENT AND THE MANIFESTATION OF MUSCULAR FORCE

GEORGE MOCANU

Abstract: "The scientific understandings of the factors which influence the muscular force allow a correct approach to the phenomenon of growth of this metric quality."

Key words: factors, muscular force, metric quality, muscle fibre.

THE USE OF THE INQUIRY BASED ON THE TEST FROM METRIC QUALITIES DOMAIN

GEORGE MOCANU

Abstract: The inquiry based on the test allows an integration of the offered information by the rest of the search models in body activities domain. The obtained data offers a clearer image over the studied phenomenon, assuring a permanent reconsideration of work hypothesis.

Key words: information, reconsideration, test, data, varied problems.

ACTUALITY OF USING TRAINING DEVICES IN THE PROFESIONAL TRAINING OF THE STUDENTS OF PHISYCAL EDUCATION AND SPORT FACULTY

Asist. univ. drd. MOROSAN LARIONESCU Virgil Adrian

Key words: (methodic accelerators, training devices, motric habituations, professional training, Bologna Process, volleyball).

Summary: In the same time with ratifying the Bologna Process, the practical lessons of the sportive discipline Volleyball was falling down from 84 to 28, making almost impossible the propped training of Physical Educations and Sport Faculty students. As a result of this matter, introducing training devices in the learning process, in our believe, will shorting the learning period, make students responsible and active in their own learning process.

THE TECHNIQUE AND THE TECHNICAL MISTAKES IN THE SPORTIVE GAMES

Prof. Univ. dr. Pacuraru Alexandru , "Dunarea de Jos " University , Galati

Conf. Univ. dr. Gervan Petru, "Stefan cel Mare " University , Suceava

Conf. Univ. dr. Acsinte Alexandru, Bacau University, Bacau

KEY WORDS xauses , feed-back , mistakes

SUMMARY:

The technical mistakes for the sportsmen who practice the sportive games are inevitable , they are made as an integral part in the process of the natural acquisition of a quality .They are important, increasing the level of the technical execution of a sportsman in comparison at optimum to insure the correction.

L'EVOLUTION DE L'INTEGRATION DU CANOTAGE EN CE QUE CONCERNE LES QUALITES MOTRICES

Asist. univ. drd. Ancuta Pîrvan

Mots clef : évolution, effort spécifique, qualités motrices, canotage

THE STUDIED EXPERIMENTAL ONE OF THE TECHNICAL ASSESSEMENT OF ELEMENTS AND THE PROCEDEE TO THE PLAYERS OF FOOTBAL OF 8 YEAR

CONSTANTIN PLOESTEANU

Cuvinte cheie: *testing, technical trening, capitalization*

Abstract

We examined the possibility that several skills from soccer can be consolidated, by using special training. The data were collected at the beginning and at the end of the study period, and showed significant ($p < 0,01$, $p < 0,0005$) greater gains for experimental group.

MORPHOLOGICAL, FUNCTIONAL AND PSYCHICAL FEATURES OF CHILDREN AND JUNIOR – FOUNDATION OF THEIR TRAINING METHOD

SAVA LUCICA

Abstract

The study of conditions and factors that determine acceleration phenomenal and delay in developing shows the influence of civilize life, improvement of alimentation, progress in illness treatment, as if the benefits of a mere rational organization free tune.

The resources prove the efficacy of methodic practicing of physical exercises on normal growing and a person development, on incensement of functional capacity and improvement of the sportive results at children of both sexes. As a result of acceleration a bigger number of children and young people participate earlier at derbies and competitions.

Key words: development, puberty, accidents, “secular trend”.

THE CHILDREN'S AND THE JUNIOR'S LONG-DISTANCE RUNNER RACE

SAVA LUCICA

Abstract

In the past time it appears pretty often among juniors so called "limitation" and this thing happens in the majority of cases of those who at the beginning of their activity achieve performance who gave great hopes for the future.

Their scansion stops right in the moment in which the recognition appears.

Key words: juniors, methods and procedures, special preparation, performance training