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INDEPENDENT PRACTICE OF EXERCISES IN CHILDREN

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Abstract

Physical education aims the strengthening of the health of children, their harmonious physical development, the psycho-motor capacity building and the education of the favourable behavioural traits conducted in team activities. In the study took part a number of 819 kindergarten children and 860 children from grades 0-4. The purpose of this research is to analyse and interpret the evolution of the parents' interest in practicing physical exercises by children aged 3-12 years, outside school hours provided by curricula. Analysing the results obtained it was observed that as the child grows, the parents' and children's' interest for independent practice of physical exercises afferent to sports, decreases.

Child rearing period is considered a period that requires great attention from the teacher, health professionals and parents.

If the family educational climate is not favourable, kindergarten is the institution in which the child is able to satisfy the desire of movement (Crețu C.C., Ciucurel C., Petre D., 2007, p. 17), the place where the compensation required physical development of the child. Attending kindergarten, the child is controlled in all aspects of development and growth.

Key words: *physical education, game, children*

METHODS USED IN PHYSICAL EDUCATION AND SPORTS TO INCREASE THE SOLDIERS' RESISTANCE TO STRESS

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Abstract

As a normal and necessary aspect of modern life, because of the increased rhythm of daily duties and environmental variations, stress has in the army, both during peaceful periods and on the battlefield, a significant role in the negative



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influence of the troops’ morale, which leads to the decrease in the soldiers’ capacity to fight.

In the army, the immediate detection of stress amongst the soldiers has even more importance, being the first step in what represents the control and constraint of this phenomenon, at the same time making sure that the missions are fulfilled with the utmost efficiency.

Simultaneously with the identification of the manifestations of stress, there can be used, individually or in a group, some techniques and methods of reducing the negative effects generated by this phenomenon or decreasing their intensity, amongst which the use of some methods especially used in physical education and sports.

Key words: stress, military, Taiji Quan, punching bag, breathing.

STRATEGIES TO IMPROVE PERFORMANCE INDICATORS ON PHYSICAL EDUCATION AND SPORT FOR HIGHER EDUCATION DEADLOCK

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Abstract

Strategy approach to teaching physical education must start from the guidelines inserted in sports programs which provide different ways to approach the teaching approach.

Strategies to improve training and education process involves the following:

- Promoting a curriculum design model adapted to the specificities of each sports.
- Reviewing programs for all subjects by harnessing the latest knowledge in the field of information and experience.
- Development and analysis of new courses within the department. Progress in this area require the introduction of new fields of study.
- Improving curricula and their adaptation to new instructional model studies due to restructuring in line with the Bologna process.
- Writing and made available to students of handouts, methodological guides and information materials to support learning activity. They provide a theoretical and



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methodological basis for learning and guidance in designing and organizing activities with students.

The deadlock higher education, training students should not be turned into an end in itself, the system of knowledge, skills and motor skills must have practical value, applied and to find opportunities to use in future profession. The content of lessons to be based on the specific profession, ensuring the possibility of practical application exercises and knowledge learned in the lesson.

From unanimously accepting „ Knowledge is power " or „ Those who study have more options" to the chronicler Flint and savory notes on until proaspetele profile articles (Neculau A., C. Cretu, etc., Quote V.Trifu, 2007) concept is related intellectual elite cultural power understood as education level.

Key words: *strategy, quality, higher education, physical education.*

INDEPENDENT PHYSICAL ACTIVITY- EFFICIENT MEANS OF PERMANENT EDUCATION

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Abstract

Physical education in higher education institutions to deadlock, falls in the background, the main task is incumbent teachers to motivate students and create you need to move, competition, awareness on the beneficial effects of systematic practice of physical exercise.

Learning to learn and continuously improve like you are continuing education requirements, which modern man learns to be himself receptive to change, able to anticipate and adapt to them.

In light of continuing education, physical education and sport should be integrated lifelong and designed in direct connection with their side formative and educational institutions tasks in this direction. Due to its accessibility, physical education and sports are practiced in many different forms throughout life, having her formative strategies and methods for implementing the objectives for each age category. The idea of lifelong learning is not new. We find present since ancient



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times the Greeks and Romans, Arabs and later inscribed in the Koran, the religious obligation. The whole life is a state school J.A. Comenius and N.Iorga claimed that the man who taught himself continually learn and teach.

Key words: *exercise, Cooper test, students*

THE RELATION BETWEEN CONTROL TESTS AND THE RESULT FROM CONTEST AT HAMMER THROWING

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Abstract

If the control test is correlating with the result from competition than could be taken in calculation for a prediction of the result from competition or could be relevant meaning could be used in diagnosis of the training level. The result of the control probes was taken from the training notebooks of the coaches and athletes, with three weeks before a major competition and had correlated with result from. One small part of control tests applied offer information that argument an acceptable prediction for the result of the proximal contest. In the planning of the high performance hammer throwers training, the application result, from above could improve the management of the training. The giving up at the control tests that do not have any link with the probe could lead at energy conservation and at a fast recovery of a body after the effort. It could create the possibility of specific means implementation that could lead in the final at improvement of the competition result. The control tests must to permit the appreciation of the adaptation degree of major functions at the request of the probe specific efforts. Into an anterior work paper (Anton M. 2003)” we label the control tests in: important ones, unimportant ones, relevant ones (that say something about the test).”

Key words: hammer, control test, competition result, correlation



THE RELEVANCE OF THE GENUFLECTIONS CONTROL PROBE IN PREDICTIBILITY OF COMPETITIONAL PERFORMANCES AT SPEAR THROWING

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Abstract

In high performance sport the use of the meanings so specific in the throwers training lead to a better management of the athlete energy. Regarding the control sample with dumbbell squats, I believe that the statistical correlation is linear, meaning that the veracity of probe depends on the performance of the athlete, age or level of training and ultimately the probe it-self. The subjects are the best 7 throwers man and 7 throwers women spear from Romania.

We have took into account only the control probes genuflections performed with three weeks before a major competitions. Was calculated the correlation coefficient between the control test result and the competitive performance and went over to graphic-analytical interpretations. From the histogram of the genuflection probe and other statistical aspects (such as the correlation coefficient) result that the probe is not convincing for the predictive pattern of the spear throwing probe. The result of this probe may offer us the structured and easy information in connection with: the diagnosis of the training level in different stages.

Key words: *spear, genuflections, prediction*

MUSCLE STRENGTH IMPROVEMENT JOINTS ELBOW IN THE PLAYERS VOLLEYBALL

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Abstract

In contemporary sports training, muscle training is not necessarily force development index itself. Full training is expected muscular system and sample specific physiological processes sports (sports) to develop the capacity of contraction, oxidation-stretch shortening of the muscles, coordination inter and



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intra-specific energy capacity growth respective sports in order a thorough substantiation of the other components of training (technical and tactical).

Making muscle training at the players of volleyball must meet the following specific conditions: the individual preparation, structure and specific tasks motor volleyball game peculiarities female body, duties and responsibilities of the post.

In this sense, we can state that the main aims of the training is to increase muscle musculoskeletal system working conditions workouts are concerned: the entire musculature which operates musculoskeletal, specific motor skills (technical training under the driving qualities) and physiological needed competition.

Key words: *improvement, muscular strength, parameters force.*

THE APPROACH OF FORMATIVE STAGES IN RUGBY IN FRANCE, ENGLAND AND ROMANIA

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Abstract

At each stage, the essence and characteristics of rugby, of players and coaches are highlighted as points of reference for all participants involved in the practice, training and management of the game. Rugby has known and knows substantial changes in order to improve it. Schools with tradition, as French school and IRB and FIRA guardianship bodies have developed strategies for attracting, educating and training of the rugby player. Key words: rugby, approach, formatting, lessons, training.

Formative process of the rugby player requires changing the ratio between the technical component and the tactical component during sports training player development. Thus, on beginners and advanced, the level of emphasis is on tactical training, especially collective tactical, on understanding of the game and the role that each station has it.

In the performance, the focus is on technical and physical preparation. This approach ensures the player has capacity of understanding the reason related to a game and optimal support to the organization in the context of the requirement of a high level of organization of the game.



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Content developed of sports training component is correlated with the current requirements of the modern game of rugby and under age peculiarities and specific educational process.

Rugby is in constant transformation aiming to improve its terms of both training strategies of rugby player and to adapt it to the new requirements of the game and the development needs of the movement rugby player.

Key words: *rugby, approach, formatting, lesson, training.*

ATHLETIC PREPARATION OF THE BASKETBALL PLAYER

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Abstract

Developing the human body using athletic training exercises should be carried out and consolidated at different ages. To make progress in basketball, athletic training must be part of the permanent training content. Quality athletic preparation greatly helps to prevent injury during competition, very important aspect in achieving overall performance. Quality athletic preparation greatly helps to prevent injury during competition, very important in achieving progress in basketball performance. To progress in the game of basketball it is necessary to work very hard to develop all of the motor skills and in consequence the human body. After M.Mondoni, the technical – athletic training bases are placed between ages 13 years and 16 years [Bărbuică.IS.2005, p.10]. At different ages it must be realized and enhanced the development of the body with the help of the athletic training exercises.

The results of the experiment consists in checking of athletic preparation used in training of the basketball game. This will become operational objectives in preparing technical and tactical teams of students in future years to come.

Keywords: *athletic training, coaching, playing basketball*



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TESTING THE PHYSICAL TRAINING LEVEL OF THE GIRL BASKETBALL TEAM FROM BUCHAREST UNIVERSITY

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Abstract

This work gives the possibility of practical and methodical recommendations on preparation of representative teams by increasing exercise capacity by applying the preparatory games. Research results can be used successfully in basketball training specialist in university teams.

The novelty and originality of the research is that it aims to optimize the training of students, based on increasing their exercise capacity. It was developed and applied in the practice of rating games preparatory training and the methodology for selecting and implementing them in the sport of basketball training of representative team. Preparatory games further applied in the teaching experiment showed a significant positive influence on all physical evidence tested. This conclusion is substantiated by significant differences in both arithmetic averages between tests and between groups at $p < 0.01$ and $p < 0.05$. We conclude that specific content preparatory basketball games (Sakizlian R., 2011, p. 142) can be applied successfully in athletic training of representative teams.

Key words: training, students, physical training, technical training, preparatory game, basketball game.

THE ROLE OF PHYSICAL ACTIVITY AND CORRECT NUTRITION IN OBTAINING SPORT PERFORMANCE

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Abstract

Physical activity contributes to quality of life, mental health and enhanced abilities to cope with the physical demands in different activities. Both in physical education and sport training or work in competitive sports, physical activity constitutes the specific basic means. Studies have shown that both poor nutrition



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and lack of physical activity have yielded poor results in achieving sporting performance. Recent studies have shown that with the start of a regular workout, nutrition necessities of the body increases due to increased energy consumption by changing the metabolism of carbohydrates, fats and proteins, which ultimately affects the constitution the body's constitution. Therefore a balanced diet is very important for success in sport and to improve general health (Banu C. 2005, p. 305).

Intense physical activity programs have a positive effect on academic achievement, increasing the concentration. Some exercises can help strengthen, by strengthening certain parts of the brain and produced oxygen during exercise can increase the number of neural connections (Rosoiu N., 2003, p.304).

Keywords: physical activity, nutrition, sports performance

INITIAL TECHNICAL TRAINING IN STANDARD DANCES AT THE LEVEL OF CHILDREN IN HOBBY CATEGORY

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Abstract

The main purpose of the study is to highlight the contents of initial technical training in Standard dances section at the level of 6-9 years old children. This methodic approach intended to prove that the efficient use of the preparatory exercises necessary for learning the basic elements of Standard dances at Hobby category children level will contribute to the improvement of technical training and to successful participation in competitions. In order to present the initial technical training in Standard dances we have conducted a study in the Sports Association „Joie de Vivre” of Bucharest. A number of 3 couples of children aged 6 to 9 participated in this study; they were selected out of the entire group. The study was carried out during a 6 months period (from October 2011 to March 2012) aiming at the initial technical training in Standard dances of 6 to 9 years old children, Hobby category. It was found out that the efficient use of the preparatory exercises needed to learn the basic elements of Standard dances by Hobby category children contributed to the improvement of technical training level and to the preparation for participating in competitions.

Key words: *dance sport, Hobby category, technical training, performance, standard.*



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INFLUENCE OF EFFORT PARAMETERS ON THE SOMATO-FUNCTIONAL DEVELOPMENT OF JUNIOR GYMNASTS AGED 12 TO 15

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Abstract

This study is intended to point out the influence of training effort parameters on the somato-functional indicators development of junior gymnasts aged 12 to 15. With this aim in view we have considered that athletes' sports-medical examination will enable us to make the physiometry measurements and also to reveal the main components of junior gymnasts' growth and development. For highlighting the functional issues of performance gymnasts, we have conducted a study within the Olympic junior team of artistic gymnastics located for training in the National Center of Izvorani. The study was carried out throughout the period 2012-2013 with a group of 14 female athletes of junior II and junior I category. The research was performed in three stages, using the data of the reports of the medical examination made in the National Institute of Sports Medicine of Bucharest. Following the sports-medical examination, the anthropometrical and functional measurements applied contributed to the physiometric examination and highlighted the main components of junior gymnasts' physical development and growth. The review of the obtained results determined the dynamics of health status, somato-functional development and specific fitness level of the gymnasts under training conditions, fact that confirms the hypothesis of the study.

Key words: *training, gymnastics, development, somato-functional, effort parameters.*



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SPECIFIC FEATURES OF MOTION GAMES APPLIED IN JUDO FOR CHILDREN

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Abstract

Judo is a great first step in building children fit mind and body as the the Latin saying ” men sana in corpore sano”. This harmonious development will benefit each family well being and future prospects. Physical and health benefits are just a part of it. Mental discipline and confidence gained will enable parents and children to make good decisions and positive in life.

Children with mentally strong and disciplined are least likely to be subject to peer pressure and most likely to be successful in school. In fact, many parents and teachers reported a dramatic improvement in school grades after a child joins a class of Judo. The educational valences - it has formative Judo specialists that sports contribute greatly to the education of children in this age group in preparation for subsequent classification into different sections for different sports branches . In connection with this claim, all years experience has shown that only a small part continue to practice Judo and after the age of 10 to 12 - 15 years , others demonstrating skills for other sports or giving all the activity(Deliu, D., 2014, p.29).

Key words: *judo, children, physical development, education, games.*

STUDY ON JUDO TECHNIQUES APPLIED IN THE NATIONAL DEFENSE SYSTEM

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Abstract

Goshin Jitsu is an eclectic self defense and combat system you choose from different most convenient views, combining elements from different schools and different types of fighting after the requirements of different situations. Likewise,



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like all systems Goshin Jitsu is a hermetic martial arts passed only from master to student through diligent practice on the mat.

At its most basic, Goshin Jitsu is structured on the skills we need to survive a confrontation. Kodokan Goshin Jitsu No Kata was created in 1956 by a working group to update the Kodokan kata measures 's oldest modern forms of self-defense. He is heavily influenced by Kenji Tomiki 's view , one of the students of Professor Kano, he studied under the guidance of its founder Aikido Sensei Morihei Ueshiba O. Kodokan Goshin Jitsu No Kata contains 21 techniques against an attacker . It is divided into two sets and three sets us armed with guns. The first seven techniques are against an attack nearby and the following five are against attacks by the arm and leg. Then , three knife attacks , three attacks and three attacks baton gun. Techniques used here can not be fully successful in practical situations wrestling , but because the techniques are learned this Kata are a good exercise for educational instruction that teaches advanced techniques later in practice by high grades (Burlacu, G., 2008, p.76). Practicing this kata is regularly increases attack speed

Key words: *martial art, athlet, judo, competition, education.*

ASPECTS OF APPLIED PSYCHOLOGY IN SPORT

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Abstract

Nowadays, inter disciplinary technical developments makes science, to a greater extent, a direct production force, which opens wide possibilities for achievements in sport, as a humanity cultural heritage of applied skills and practical movement skills. We can not apply psychology in sport without proper pedagogy, these two being complementary disciplines.

Sports psychology is a branch of applied psychology in sport, primarily concerned with the study of human adaptation, in terms of mental processes, to the demands of professional sports. Sports psychology is a top science field for many current concerns and area subjects.

Sport psychology has a broad coverage and extensive complexity; among its concerns there are (Holdevici, I., 1988, p.102)

1. Creating best neuronal paths to achieve easy victory with minimal effort;
2. Ensuring athletes emotional stability;
3. Creating a winning mentality;
4. Facilitating and maintaining health through exercise;



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Sport pedagogy is applied pedagogy to sport performance dealing with the education process for obtaining specific sport performance outcomes.

Keywords: Performance, psychology, sports, science, performance.

SELF-DEFENSE FUNDAMENTALS

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Abstract

Self-defense without weapons is a complex sport discipline that includes a number of technical elements - tactical combat sports (Karate , Judo , Wrestling, Aikido , Ju Jitsu , Wu Shu - Kung Fu, Taekwondo , etc.) that support other means and complementary sports , equips the individual with rich motor skills and competencies which are necessary in confrontation , neutralization , immobilization and transportation of offenders. The evolution of society highlights (in most countries) a resurgence of violent offenses.

Violence is not a new phenomenon, the emergence and evolution is closely related to the evolution of society (individuals, social groups, organizations). If in the past in Romania was very small street violence today has entered aggressively in the house in the quiet family, in school, in the consciousness of people being assaulted by state institutions designed to preserve public order and peace (Adler, A, 1996, p.42).

If it reports the number of knowledge, skills and understandings contained in training programs dedicated to self defense techniques for any combat sports martial arts originated in the time allotted and the country itself and their acquisition, there is a growing agglomeration of information simultaneously constant decrease the time available for dealing with them, in order to improve their learning and desăvâr and country (Barth, B., at all., 1988, 201). Self-defense techniques can only be used when created situations can not be solved by other peaceful means.

Keywords : *self defense , fighting, self defense.*



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RUNNING, A SOCIAL BINDING AGENT

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Abstract

The transformation into a consumerist society, coupled with increasing pressure on the labor market represent only two of the factors that contribute to the uncertainty of our everyday lives. To this social and economic vulnerability that is increasingly affecting our state, we propose physical activity. Running holds a strong connection to psychological wellbeing, especially when it is practiced within a group. Runners tend to look at a group with a strong sense of belonging. It also improves an individual's state of mind, removes anxiety and depression as well as offering a mental balance and a way to unload both physical and psychological fatigue. The paper before you serves to underline the role of running within optimising our physical as well as social state of health. Running was initially attributed utility functions, recognized through our conservation instinct and the insuring of our sustenance. Little by little these functions were replaced, enabling the apparition of other behaviors that also focused on enjoyment. Today running has evolved to the point of a well regulated sport, with a triple purpose: competition, maintaining one's shape and maintaining health.

Key words:*running, social, behavior*

APPLICABILITY OF THE BODY MASS INDEX IN THE MILITARY

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Abstract

Modern society, through its means, can determine the human body to evolve or to devolve. Evolution or devolution, man must develop his ability, be it intellectual or physical, to adapt to these changes. In its entire existence, the human body suffers alterations that can be seen and measured. The present paper synthesizes



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general notions regarding one of the important parameters in physical assessment: the body mass index, creating the informational framework necessary for understanding this term. Moreover, it focuses on how the body mass index can be applied in the assessment of military men. Furthermore, following measurements, a debate emerges on applying BMI as a sole test to assess military men, thus eliminating the correctness of body composition appraisal. Throughout life, the human body experiences deep changes starting with the very first days of its existence. These changes are strongly influenced by a series of factors that can have negative or positive repercussions on man's development: environmental (geographical location, relief, climate), social (level of cultural development in the living area, religion, country), educational (factors that act upon an individual on a regular basis in an institutionalized environment – formal education, as well as those that influence him/her in other environments, outside organized settings – informal education), psychological (emotional states, grief, stress etc.).

Keywords: *body mass index, BMI, military man, obesity.*

OLYMPIC EDUCATION IN HIGH SCHOOLS AND UNIVERSITIES

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Abstract

Man of the Millennium III is stamped by the modern technology, virtual space and was removed from the sports arena being handcuffed in the closed space of the workplace or social aspect of the House and particularly menacing is that increasingly more children playing sports on the computer today, and at the hours of physical education are exempted. Juvenal's famous dictum: "Mens sana in corpore sano" is more real than ever and we got a wake-up call for all of the factors involved in the process of formation of the younger generation. The Romanian society has an inflexible position of indifference or even contempt towards the need for practicing sports activities daily, justifying most often lack the time necessary or the efforts of facing material. The Romanian society has an inflexible position of indifference or even contempt towards the need for practicing sports activities



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daily, justifying most often lack the time necessary or the efforts of facing material. The olimpism is a social philosophy that emphasizes the role of sport in developing world, international understanding, on peaceful co-existence and on social and moral education (Alexandrescu, H., 2014, pp.73).

The first form of education to serve the communities of conscience is the school, which through its many educational disciplines, curricular Reform is aimed at, inter alia, the introduction of framework objectives and goals for your reference.

Theme of the class of physical education in the contents or topics related to olimpismului values, the desire to have a healthy mind in a healthy body and a sportsmanlike behavior (COSR, 2014, pp.36).

Key words: *olympics, sports, education, fair play.*

THE EFFECTS OF SWIMMING ON THE QUALITY OF LIFE IN CHRONIC OBSTRUCTIVE PULMONARY DISEASE DIAGNOSED PERSONS'. CASE STUDY

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Abstract

The aquatic environment has a large potential for rehabilitation, extending from the treatment of acute injuries to maintaining health in the face of chronic diseases, yet it remains an underused means. The subject BC, aged 48, male, urban environmental, chemical engineer, diagnosed 14 years ago with COPD; dysfunction, restrictive ventilatory reduction in CV of 44% and 40% FEV. Over the years they have initiated various physical therapies without significant results. Following the study we found significant changes in the lung function. The consistency and comparability of the results of the study are provided by the data analysis in comparison with other related data from similar research nationally and internationally. To determine how the quality of life for the "survivors" in intensive care units changes in time and is projected by the basic features, compared to the general population, we must specify what the quality of life is and how its different aspects can be adequately measured.

One of the most serious problems the Romanian medical system is facing in ensuring the health of the population and hence the quality of life at the national



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level is represented by the body's energy mechanism disorders. The secrets of the molecular mechanism that controls the energy consumption in muscles and allows adjustment of body weight were discovered by American researchers in studies that have been published over the years.

Key words: *swimming, lung chronic obstructive disease (COPD), quality of life;cheie.*

THE SWIMMING SPECIFIC EFFORTS IN THE CARDIORESPIRATORY FUNCTION DEVELOPMENT IN ADULTS

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Abstract

Studies indicate that swimming training can alter lung function leading to higher lung volumes and capacities higher than the forecasted values than the values obtained from adults or other sports activities. Thus, when the respiratory system is subject to maximum breathing, an improved efficiency of the diaphragm and of the abdominal muscles occurs in the coordinated movement of the chest and the abdomen, causing positive changes in the thoracic-abdominal movement. The cardiovascular system adapts by three factors: improving capillary blood supply to the muscles, improving local vasodilatation and better redistribution of blood circulatory called balance. The influence of circulation cumulated with the effect of the movement performed during swimming leads to the development of the heart muscle or the auricles and ventricles. Thus, swimming provides a substantial improvement in the respiratory rhythm, improves circulation, oxygenates the blood, favors tissue oxygenation, improves memory, concentration and attention, relaxes and increases the quality of sleep. Starting from the major effects: on the cardiopulmonary, the neuropsychiatric and neuro-vegetative, neuromuscular systems, on metabolism, we understand that swimming in warm water 32 ° - 38 ° has its valences constituting a therapeutic and rehabilitation agent in many diseases.

Key words: *swimming, sports effort, cardiorespiratory function, adults;*



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CREATIVITY IN SPORT

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Abstract

The basis of developing sections sport by sport organizations is crucial to develop ways to increase creativity to achieve continuous progress and sports results. Creativity offers a very broad range of manifestation, its object being represented by any field of human activity. In sports such as gymnastics, skating, dancing, synchronized swimming manifestation of creative potential is a necessity in achieving performance brand internationally.

Individual creativity is indispensable even in a collective context, but it can not effectively solve complex problems facing today's organizations. Therefore, all aspects of program design artistic Sports samples are together coaches, choreographers, athletes. Specialization brain dominance and characteristics explained aspirations, talents and inclinations preference to certain areas. Creativity is essential, creativity can be exploited to the maximum information and sources of intelligence and creativity, their sports organizations are infinite and inexhaustible sources. Capitalization of the latter, with permanent improvement of management and organization, an organization can transform radically changing orientation.

Key words: creativity, sport, performance.

CHOOSING THE RIGHT OF A SWIMMING POOL FOR YOUR CHILD

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Abstract

If not too far before could only find pools where to take your child to swim, in recent years, from the development of this segment of the manifestation of the sports movement in each neighborhood are a few, at least pools available to the large public populations.

The question that parents ask is whether they have the necessary information for



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a pool cues appropriate in terms of technical parameters and hygienic-sanitary European regulations concerning the operation of public swimming pools. Usually parents give their child Swimming based on the recommendations of other parents or checking websites that private clubs abound today. Or, think to take him to the pool next to the house, the time savings, minutes and hours through traffic over a burning desire not to any uniuadult, maiales accompanied by children, regardless of the means of transport. But most importantly, after choosing the instructor or coach should take into account the chosen location on several considerations. Think of how much care put into the care of the child and make sure it extends to finding a suitable pool to teach your child to swim. Find your time and carefully check pools near where you live. The pool and changing rooms must be clean and pure water, clear and warm.

Keywords: swimming pools, children, swimming.

APPLICATION OF PROBLEMATIC TRAINING IN ORDER AND SECURITY PUBLIC SYSTEM

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Abstract

The need for a theoretical and methodological work for future specialists in the public security field is evident at this point for the the evolution of professional training for military personnel to be upward and beneficial for those engaged in the process. The content and quality of the entire educational process of the subjects in the public security system are indispensable in training, retraining and continuing applicative training.

The key role plays here the didactic method used to instruct, to find the shortest path and safer at the ultimate goal. To achieve this in the public security field, the highest efficiency it is the problematical method, which works by increasing the quality of psychomotor creative thinking of the subjects, prompting them to find the final answer using acquired intensive knowledge. The teacher has a fundamental role in the educational process, it is important for him to be upper both in thought and in preparation, being the trigger and keep awake creative thinking, motivation, willingness and self-confidence by full advantage of the possibilities of its own psychomotor by solving problematic situations with the professional character. During its existence, the human being has met and always will meet



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simple or complex problems, which must find solution in a short period of time. Development of personality (temperament, skills, character) and training (theory, practice) must reach the level where the human subject should be able to find a final answer correctly, accurately and efficiently, on which depends the life of one or more people.

Keywords: *educational process, professional training, the problematic method, creativity.*

POSSIBILITY PRESCHOOLER TO APPROACH GYMNASTICS

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Abstract:

Gymnastics suffering at the country level. It's about young children who should be brought to room parents or grandparents. Working with kindergarten bodes well. Parents prefer to do hours of the morning, without having to take the child to the gym. Practicing gymnastics is very accessible, requiring a minimum: mattress, bank specific gymnastics and rhythmic gymnastics portable objects.

Fewer children practice a sport, whatever it may be. For this reason, together with director Kindergarten with extended hours, nr 28, Ploiesti, we decided to realize a strategy to attract children to the sport, especially the gym. It is known that for the ontogenetic development of the child, the first thing that appear is the movement based on its subsequently developing language and thought. Fewer children practice a sport, whatever it may be. For this reason, together with the director of Kindergarten with extended program No. 28 Ploiesti, we decided to realize a strategy to attract children to the sport, especially the gym. Pre-primary education ensures the free, integral and harmonious development of the child's personality and his needs according to its own rhythm, and creative self supporting its formation. Fundamental means and mainly used in all physical education is physical exercise that has at any age, but especially during growth, a strong educational role.

Key words: *preschooler, gymnastics, education.*



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A HEALTHY LIFESTYLE BY PRACTICING TAE BO

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Abstract

For practicing Tae Bo will not be sufficient to perform a number of training sessions a week in which to sweat or burn many calories. This discipline requires, more than any other, equal participation of our psyche during training. To achieve assimilation proper technique should always think about what we do to that Tae Bo is not a contact sport but a fight - with an imaginary opponent, a battle with ourselves, to be a dispute at a highest level of technical. Tae bo is an exercise program that combines the best of several different disciplines. A combination of martial arts, boxing, aerobics and dance exercises posted on a trained musical background, here's the secret world of this new trend in exercise. The exercise is relatively easy and convenient for anyone who wants to do maintenance but the move may be designed workouts for weight loss or development and driving qualities. As you, every stance, step, knee raise, kick, punch, exercise, or combination requires thought and focus.

It's not unusual for people-especially as they start to tire-to let their minds begin to wonder.If you're working out and thinking about your personal problems stop and refocus.Keep yourself alert by thinking about what you're doing.Ask yourself, “How do I feel?”;” What made that punch feel so much smoother than the one I did a minute ago?”; “Why is this kick so low today?”: “Where do I feel it in my arm with the Jab?”. Use your Workout to know your body and become its master.Once you get into the habit of focusing, it will be harder to think about anything else.

Key words: Tae bo, kicks, concentration, balance, training



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DEVELOPMENT OF MUSCLE STRENGTH IN THE UPPER BODY BY ALTERNATING TRAINING METHODS IN THE FITNESS FOR MASSES

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Abstract

The aim of the study is to highlight methodical issues regarding the development of muscle strength in upper body by alternating methodical procedures in fitness for the masses. With this aim in view we considered that the efficient use of power exercises for back muscles using the same muscle area by means of giant series during a workout will help improve muscle endurance and increase strength on different apparatus. The study results show that practicing exercises regularly leads to body weight loss, increased thoracic amplitude, increased arms perimeter and last but not least to the development of strength per different muscle groups. This study highlights the methodological aspects of the development of back muscles strength by combining methodic procedures in fitness for masses by means of effort load increase and decrease in the giant sets. The favorable effects of sport and human activity in general on the individual and collectivity health are already known and scientifically proven when numerous studies describe the mechanisms by which exercise influences the functions and systems of the human body (Amziucă, N. 1993). The concept of fitness originates in the specialized Anglo-Saxon literature; it represents the topic often addressed by anyone who is looking for solutions to improve quality of life and maintain optimal health status (Baroga, 1993; Hîtru, 2002).

Key words: *fitness, strength, methods, training.*



INFLUENCE OF EFFORT PARAMETERS ON THE DEVELOPMENT OF PECTORAL MUSCLES STRENGTH IN FITNESS FOR MASSES

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Abstract

The main purpose of the study is to highlight the methodical issues regarding the development of pectoral muscles strength in the fitness for masses. We felt that an optimum relationship between exercises per different muscle areas at pectoral muscles level during workouts and the number of reps in each set will contribute to the increase of muscle strength and to the improvement of muscle endurance at effort. In order to solve these methodical issues of the development of pectoral muscles strength, we have conducted a case study in „Blue Gym” Sport Club of Bucharest. The subjects of the study were 2 athletes aged 28 and 34 respectively, practitioners of fitness for masses so far. For pointing out subjects’ evolution concerning pectoral muscles development per different muscle areas we have used tests and control events. The study results prove that the regular practice of fitness exercises leads to body weight loss, increase of thoracic amplitude and arms perimeters and last, but not least, to the improvement of strength during different exercises specific to pectoral muscles. The application of the method for pectoral muscles strength development by giant sets per different muscle areas emphasized the dynamics of muscle strength and the relationship of effort parameters during workouts.

Key words: *strength, fitness, training, effort parameters, muscle endurance.*

TAIJIQUAN – KINETIC ENERGY

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Abstract

The Taijiquan practice is one of the best physical exercise and also have a very high level of maintain the “youth” of the body, a clear mind, a good spirit and a good psychological tonus for starting a new day. Also it is a very efficient instrument to reduce the daily stress and sedentarism and connect with the



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universal energy. Tratatamentul prin miscare – metoda cu substrat stiintific, nenociva, economica si eficienta, poate fi individualizat, dozandu-se dupa natura si faza afectiunii si in functie de rezistenta si reactiile fiecaruia. Sportivii, actorii, cantaretii pot beneficia de pe urma practicarii exercitiilor, deoarece acestea contribuie la mentinerea unei forme fizice, alungarea oboselii, tonificarea fizica si psihica a intregului organism, reglarea ritmului respirator, imbunatatirea capacitatii de relaxare si prosexice (de atentie). De fapt, in momentul de fata, exercitiul fizic a devenit o necesitate normala pentru toti oamenii de orice varsta, sex, sau profesie, o permanenta obligatie in toate perioadele vietii, caci, desi nu oricine poate face orice, omul prin natura sa este perfectibil si tinde spre perfectiune. Exerciitiile fizice din TAIJIQUAN pot actiona multilateral asupra organismului in conditiile practicarii individuale la domiciliu, ceea ce nu exclude controlul periodic medical si tehnic.

Key words: modern life, movement treatment, energetic exercises, yinn yang.

HISTORY OF PSYCHOLOGY

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Abstract

This paper presents some aspects of the history of psychology. Psychology started, and had a long history, as a topic within the fields of philosophy and physiology. It then became an independent field of its own through the work of the German Wilhelm Wundt, the founder of experimental psychology and structuralism. With Humanistic Psychology, the cause of an abnormal behavior is discrepancy between concepts of real self and desired, potential self, while with Psychodynamic Psychology is anxiety from unconscious forces and unresolved conflict between ego and superego. Over the years psychologists from all the different schools have collectively made psychology what it is today. If the last two centuries have brought psychology this far, where will psychology be in the 23rd century. In this report am looking at where Psychology as a discipline has come from and what affects these early ideas have had on psychology today, Psychology as a whole has stemmed from a number of different areas of study from Physics to Biology, But the first Psychological foundations are rooted in philosophy, which to this day propels psychological inquiry in areas such as language acquisition, consciousness, and even vision among many others. While the great philosophical distinction between mind and body in western thought can be traced to the Greeks, it is to the influential work of René Descartes, French mathematician, philosopher,



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and physiologist, that we owe the first systematic account of the mind/body relationship.

Key words: philosophy, physiology, structuralism, functionalism.

SPORT PSYCHOLOGY

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Abstract

Psychologists are also working on new methods for motivating athletes because some athletes are harder to motivate than others. Even though there are these unresolved issues in sport psychology, the future of psychology in sports, especially youth sports, looks to be on a very progressive track with many new discoveries. To fully understand Sport Psychology, we must ask ourselves two very important questions, first, what is sport psychology and second, who is it for? Put in the most simple way, sport psychology can be an example of psychological knowledge, principles, or methods applied to the world of sport. Two psychologists, Bunker and Maguire, say sport psychology is not for psychologists, but is for sports and its participants "(Murphy & White, 1978, p.2). However, it can be argued that sport psychology, can be for psychology, just as it can be for sports scientists, managers, teachers, administrators, coaches and last but by no means least, the athletes themselves. It is sport psychology that has stood apart from the discipline of psychology as a whole. "Its history is different, its concerns are often different, its centres of learning and teaching are often different, and its professional training is different "(Garfield, 1984: 34).

Key words: sport psychology, principles and methods.



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FATIGUE, RELAXATION AND RESTORATION IN PHYSICAL THERAPY

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Abstract

In order to prevent fatigue or discomfort caused by this removal, physiotherapy put first in the 9 basic objectives - general relaxation, becoming an object of primary importance, to be applied in all three chapters - preventive, therapeutic recovery.

Relaxation has a double meaning: on the one hand, it represents the inverse of muscle physiology activity of a muscle condition, so it's sleep; on the other hand, the physiology of the nervous system are the inverse state of nervous tension.

But in Kinesiology etched more complex values, becoming a psychosomatic process for its therapeutic, because it simultaneously addresses both state increased muscle tension and psychological state of tension. Perfect muscle relaxation is incompatible with anxiety, as neither can achieve mental relaxation in the presence of increased muscle tone. Relaxation must therefore be regarded as an autonomous process, aiming tonic-emotional adjustment optimal. Fatigue is a physiological state, reversible body that occurs after an applicant effort, manifested by decreasing capacity to provide psycho-physical effort. Fatigue can install a result of high stress activities physical and / or psychological, due to reasons such as:

- Poor health
- Difficult conditions of life and work
- Unfavorable factors of the physical environment and socio-professional
- Higher performance requirements of physical effort and / or psychological.

Key words: *physical therapy , fatigue , relaxation , rehabilitation.*

THE DEVELOPMENT TRENDS OF THE CONCEPT OF PLAYING IN THE MODERN PERFORMANCE FOOTBALL GAME

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Abstract

This study aims to highlight the new tactical trends noted at the last FIFA World Cup.

The research goal was to establish the specific dimensions (which reflect the reality), through which we can develop, describe, present and express the concept of playing football, as well as to identify the new trends .



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Football is innovative and cyclic in the same time. In the past, the national teams have been trying to arrive at the World Cup tournament with tactical innovations that the rest of the world had never previously even heard.

Because of the level of information, nowadays is almost impossible to bring any surprises. Scouting has become indispensable and every team is aware of the different team shapes, that's why the World Cup became a kind of barometer that indicates the prevalent style of the actual moment. Nowadays, football is considered an extraordinary popular sport, according to FIFA, almost 4% of the planet's population is being involved, at a professional level, in this phenomenon. The World Cup, the premium FIFA competition, has gathered 3,429,873 million spectators in its stands, which means 53,592 spectators in average per game, which is with almost 4000 people more than 4 years ago in South Africa.

Keywords: football, development trends, concept of playing.