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PHYSICAL EDUCATION



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**POPULAR DANCE AS A MEANS OF PHYSICAL EDUCATION FOR
STUDENTS WITHOUT PROFILE**

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Abstract

Romanian popular dance, so varied in style, tempo and rhythm, is a manifestation full of strength and vitality that expresses the specificity, customs and traditions of each region, reflecting our experiences, soul and history as a nation. The aim of the hereby work is to increase the effectiveness of the instructional-educational process within the physical education lesson for students without a profile, by the use of traditional popular dances, with emphasis on improving the posture and the state of well-being. *Research methods:* studying the specialized literature; pedagogical observation; direct questionnaire survey method. The richness of the movements in folk dance springs from the thousands of traditional dances in each region's own style, each dance bringing with it joy, temperament and energy that characterise each area. Romanian folk dancing offers us a rich and diverse artistic baggage, which includes both simple and linear dances, but also lively, energetic and daring dances, with a pronounced social character. Dance can be used as an intervention to cope with stress and can help counteract depression and loneliness, while reducing stigma and external critical views of the body in today's society.

Key words: *posture, communication, socialization, state of well-being*

INVESTIGATION OF THE RELATIONSHIP BETWEEN MOBILE PHONE ADDICTION AND PHYSICAL ACTIVITY LEVEL IN ADOLESCENTS

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Abstract

Objective: In this study, determining the mobile phone addiction and physical activity level of adolescents; The aim of this study was to examine the relationship between mobile phone addiction and physical activity.

Methods: This study was planned as a descriptive relational study. The study was carried out with 165 students in a high school located in Selçuklu district of Konya province. In the collection of data; Personal information form prepared by researchers questioning socio-demographic characteristics, International Physical Activity Questionnaire and Cell Phone Addiction Scale were used. Since the data showed normal distribution, t-test and One-Way Anova were used in independent groups. Pearson correlation analysis was used to evaluate the relationship between the two scales.

Results: Adolescents' total physical activity score average was 2267.15 ± 1257.161 , and 50.9% were minimally active and 43% were very active. When the mobile phone addiction of the adolescents was evaluated, the mean deprivation subscale score was 17.04 ± 7.56 , the uncontrolled subscale mean score was 14.13 ± 5.01 , the tolerance sub-dimension mean score was 13.36 ± 7.89 , and the mobile phone total score mean It was found to be 44.54 ± 18.57 . A very strong negative correlation was found between mobile phone addiction and physical activity level.

Conclusions: In our study, in which we evaluated the relationship between the physical activity level of the students and the desire to be liked, in terms of mobile phone addiction, those who have a nuclear family structure, whose parents are primary school graduates, whose parents work in any job, who perceive their income as good, who perceive their health as bad. and those who were inactive in terms of physical activity were included in the risk group.

Keywords: *Adolescent, mobile phone addiction, Physical activity*

STUDY REGARDING THE ACCOMPLISHMENT OF HIGH SCHOOL PHYSICAL EDUCATION OBJECTIVES THROUGH BASKETBALL

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Abstract

It is important to mention that the physical education experts have started to elaborate the notion regarding recreational motor activity from its social function and in a tight connection to existent knowledge about the function of leisure time, defining its place within the physical education and sports system. Physical education gives the individuals a basic motor training, creating the premise for practicing physical activity during leisure time. Movement is considered to be a kinesthetic sense of the human being. It is what we feel when the muscles, tendons and joints work. The way in which we stand still or move can be at any time a subject of study for multiple disciplines that would make the connection between cause and effect. Exercise is recommended as a solution to the great problem of our society, being overweight, which causes medical problems and a state of discomfort for the individual. The concept of recreational motor activities reflects the need for several activity programs that would meet the multitude of motivations, needs, levels, preferences, possibilities, etc. In preparing such programs, one must take into account certain so-called external factors for practicing the activities that would directly influence them. Physical activity includes any body movement produced by skeletal muscle that leads to a substantial increase in energy consumption compared to the rest period (stillness or rest). The results of numerous studies, especially in recent years, have shown that lack of physical activity and a sedentary lifestyle pose a serious threat to health. Physical activity brings obvious health benefits, exercise being an integral part of the proper functioning of the human body. The relationship between physical activity and health is much more complex than can be seen at a glance. Going beyond the formative valences of the basketball game, I chose this topic for my study in order to gather as much information as possible regarding the achievement of the objectives of the physical education lesson through the basketball game.

Key words: *game, basketball, pupils, objectives.*

STUDY REGARDING THE DEVELOPMENT OF SPEED THROUGH SPECIFIC BASKETBALL MEANS AND METHODS IN HIGH SCHOOL PUPILS

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Abstract

Currently, basketball is one of the most important sports worldwide, considering the size of its audience, the number of professional players registered around the world and of young people aspiring to be professional players. As stated previously, basketball registers an increasing number of amateur players, the sport gaining in popularity even more in the last few years. It can be said that this phenomenon is due to mass communication means that have stirred the young people's interest, following its promotion in western and eastern European countries.

However, today it cannot be said that basketball still is so popular in the above-mentioned countries, compared to its massive popularity in the United States of America, where it is one of the most important and appreciated sports, becoming a part of popular culture.

Every human being is born with these motor skills, we just have to learn, educate and perfect them. First, we need to know what speed is, then how we can develop it through the means of basketball. Speed is defined as speed of movement. Physicists believe that speed is the ratio between space, traveled by a mobile and the time used to travel this space.

Basketball positively influences the development of motor skills and abilities both in general and in terms of specific. The practice of basketball positively influences the development of motor skills in both general and specific aspects. A developed motor skills are an advantage for the technical-tactical actions, having an important contribution in the characteristic of the basketball game. In order to educate speed, the motor quality that is genetic, it must be taken into account that the repeated and performed exercises exclusively lead in time to the formation of a stable dynamic stereotype. To avoid this, the exercises performed should be as varied as possible, using other methods and means of operation, such as sunning downhill, with low weights.

Key words: *game, basketball, pupils, speed.*

THE RELATIONSHIP BETWEEN UNIVERSITY STUDENTS' PHYSICAL ACTIVITY AND THEIR DESIRE TO BE LIKE

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Abstract

Purpose: The desire to be liked is defined as the positive feedback, wishes and feelings of well-being that individuals expect from other people in order to transform their perspectives towards themselves into a positive one and to meet their love and respect needs. *Methods:* This study was planned as a descriptive relational study. The study was carried out with 140 university students studying at the sports sciences faculty of a state university in Konya. The questionnaires were delivered to the participants via social media; The data collection process was terminated after the sufficient number of samples was reached. In the collection of data; Personal information form prepared by researchers and questioning socio-demographic characteristics, International Physical Activity Questionnaire and Desire to Be Admired Scale were used. Independent two-sample t-test and analysis of variance were used for normally distributed data. Pearson correlation analysis was used to evaluate the relationship between physical activity and the desire to be liked. *Results:* The mean age of the participants was 21.01 ± 2.33 , 60.7% of them were girls, 39.3% were boys, 49.3% of their mothers were high school graduates, 51.4% of them were high school graduates from their fathers. It was found that 58.6% of their mothers were working in any job, 67.9% of them were fathers working in any job, 39.3% of them perceived their income as medium and 45.7% of them perceived their health as medium. When the physical activity level of the students was evaluated, it was seen that 38.6% of them were in the low level of physical activity and 38.6% were in the physically inactive group. The mean physical activity score of the students was determined as 686.13 ± 252.41 . The mean score of the students' desire to be admired was found to be 19.54 ± 5.62 . A strong positive relationship was found between the level of physical activity and the desire to be liked. **Conclusions:** In our study, in which we evaluated the relationship between the physical activity level of the students and the desire to be liked, girls, those whose fathers graduated from primary school, those who perceive their income as good, those who perceive their health as bad and those who are physically active were in the risk group. In addition, it was observed that the desire to be liked increased as the physical activity level of the students increased.

Keywords: University students, Physical activity, Desire to be liked

IMPROVING PHYSICAL FITNESS OF STUDENTS THROUGH A SWIMMING TRAINING SYSTEM AT THE UNIVERSITY

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Abstract

Means of sport and physical education are among the key to improving the health of young people. Solving the current scientific and applied issue of substantiating a system approach to teaching swimming to students will allow taking into account the existing experience and current requirements, student-centred process and objectivity of criteria of provision in modern physical education at universities. Purpose: to establish the effectiveness of the swimming training system of university students at different individual and motivational levels by changes in indicators of functional and physical fitness. Material and methods. Study participants. To our study was involved 18–20 aged students (boys and girls) of Kherson State University. During the 2020–2021 academic year the main tool of their physical education classes was swimming (it was their choose). Students were training in experimental groups at four individual and motivational levels of the swimming training system. Organization of the study. During the first academic semester programmes (experimental and reference) were included 18 classes. This feature was determined in accordance with the minimum regulatory requirements on the side of physical education at the Kherson State University and the possibilities of individual trajectory of students training. Results. There was confirm the correctness of the methodological approach to differentiation of swimming programmes for boys and girls in which it was taken into account the level of swimming skills. Our study participants was allocated to four individual and motivational levels of swimming training system. The effectiveness of the developed programmes different individual and motivational levels was tested based on students' physical fitness indicators. There were significantly improved the average group results in dynamic and static strength endurance of different muscle groups, explosive power of most experimental groups and also in the demonstration of flexibility and speed qualities.

Key Words: *physical education, swimming training system, university students, physical fitness.*

ASSESSMENTS ON THE LEVEL OF PHYSICAL CONDITION OF BOYS AT THE AGE OF PUBERTY

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Abstract

We assumed that the application of fitness tests, to a segment of high school students, in two distinct stages, will highlight the level of fitness achieved, as well as the working methodology applied by teachers involved in the experiment. We selected samples from the AAHPER test, the American Alliance for Health, Physical Education and Recreation, the revised AAHPER Youth Fitness Test is a battery of six test items designed to provide a measure of physical fitness for boys and girls in grades 5-12 . The tests were selected to assess specific aspects of fitness that, taken together, provide an overview of fitness. Tests can be given in the gym or outdoors. Through the chosen topic we want to highlight the level reached by students at puberty in physical training, to contribute to the improvement of the physical condition of these students, as well as to the enrichment of the evaluation system of motor qualities through new tests, included in the Aahper test.

Keywords: *fitness, students, improvement, assessment level.*

THE ROLE OF THE PHYSICAL EDUCATION TEACHER IN ACHIEVING EDUCATION FOR A HEALTHY LIFE

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Abstract

One of the problems facing the school population is childhood obesity, the result of inappropriate eating behavior in children, due to negative examples and lack of discernment in food choices. This demonstrates the gaps in health education and in terms of discernment about physical activity. The physical education teacher has the necessary skills and tools to limit the effects of harmful factors on young people's health. The involvement of the school in the health education of the students is also observable at the level of the curriculum for physical education. Physical education and sports activities are part of the curricular activities, provided in the school curriculum as a result of its mission of health promotion and health education. The practical lessons of physical education lay the foundations for the formation of correct living habits, as well as a healthy lifestyle. We recommend that notions borrowed from health education be integrated into physical education classes, and that the contents and recommendations of this discipline be correlated and supported by the contents and competencies of school physical education, helping students understand the importance of a healthy lifestyle. We consider the research hypothesis: it has been confirmed, in support of it, we come with the recommendation of the related actions of the teachers involved, which support the relationship between new education, respectively, health education and physical education.

Keywords: *physical education, health education, gymnasium*

**TESTING AND ASSESSING THE LEVEL OF GENERAL PHYSICAL
PREPARATION OF SCHOOLGIRLS WILLING TO PLAY FOOTBALL, AGED 10 -
12 YEARS OLD, FROM DÂMBOVIȚA COUNTY**

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Abstract

Women's football has earned a definite place among performance sports, as evidenced both by the fact that the rate of participation among girls has increased considerably in recent years and by the numerous international competitions (European championships, world championships, Olympic games) organized for different age groups (female players under 17, under 19, seniors). General physical preparation represents the basis of physical training which ensures the formation and development of movement skills specific to the game of football. Physical preparation must be maintained permanently as a result of the intense and prolonged effort of the football championship and the achievement of a constant performance in the game. In the activity of young female football players, the teaching method used is identical in means and content to that of senior players, but with an appropriate level of effort. Becoming familiar with competitive sporting activities encourages the tendency to choose an organized lifestyle, which will prevent and counteract certain harmful environmental influences: sedentarism, excessive eating, stress, all of which have negative effects on human development; Our experiment reveals the level of general physical fitness of this age group. The results obtained in the tests and control tests carried out, revealed an inadequate physical preparation for the proposed objectives, the ultimate aim of which is to form a football team (10-12 years old) capable of achieving notable results in the various tournaments in which they will participate.

Key words: *football, physical preparation, schoolgirls.*

OPTIMIZING STRENGTH WITH GYM EXERCISES IN SCHOOL PHYSICAL EDUCATION LESSON

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Abstract

At the beginning of childhood and the beginning of adolescence, as well as throughout this period, we have before us the impetuous development of a personality with traits in full formation. Adolescence is an important period of human development, a period of numerous and profound biological, physical, mental, moral changes, etc., a period of development, in which the features of childhood disappear, giving way to complex and very rich features, to specific individual psychic manifestations. In terms of motor skills, they are progressing, especially in boys, although little work is being done on this goal in schools, and the conditions for the development of speed, strength and endurance are under-exploited. The processes of force development are closely related to the stages of human development. Among these phases we list: the prepubertal phase (8-12 years), the pubertal phase (12-16 years), the post-pubertal phase or adolescence (16-21 years) and maturity (after 21 years). The development of forms of manifestation of strength will be done by appropriate means, acting systematically on all muscle groups, both analytically and globally. Attention will be paid to the difficulty of the exercise and the effect obtained in optimizing strength; The hypothesis from which we started the research is that the application of a program of exercises borrowed from gymnastics at the level of 14-year-old students, will contribute to the development of motor quality. the five samples.

Keywords: *strength, gymnastics, students, preadolescence*

THE BIO- DYNAMIC LEVEL OF CHILDREN AGED 9-10, AN OBJECTIVE FACTOR IN THE DESIGN OF DYNAMIC ACTIVITIES WITHIN THE SCHOOL AFTER SCHOOL PROGRAM

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Abstract

The evaluation of the somatic, functional and dynamic potential of the school population in Romania made in 2011 highlights the maintenance of the tendency to exceed the values of height and weight and body harmony of the current generation compared to previous generations, which is the premise of increasing risk to maintain health. The S.a.S. system is a complementary program to the compulsory school program in which other dynamic activities can be introduced than those provided in the core curriculum for the harmonious growth and physical development of children. The aim of the research was to determine the level of bio-dynamic development of children aged 9-10 in Arad County. The subjects of the research were 300 children, girls and boys from 5 schools. To answer the question of whether there is proportionality in the somatic and dynamic development of subjects and whether they fall within normal values according to their age, the evaluation aimed at two distinct and interdependent plans: the plan of somatic growth and development; dynamic capacity plan. 8 specific tests and trials were used. The results show that there is a tendency to gain weight, especially among boys, and the level of effort capacity of most subjects is only satisfactory. Children's mobility skills need to be improved in terms of speed and dexterity, strength and balance. The obtained results can represent an objective factor in the design of the subsequent motor activities in the program SaS.

Keywords: *childrens, physical development, motor skills, school after school*

THE ASSESSING OF THE LEVEL OF SOME MOTOR SKILLS DIMENSIONS OF HIGH SCHOOL ADOLESCENTS, AN OBJECTIVE ADVANTAGE IN PROMOTING EXTRACURRICULAR ACTIVITIES

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Abstract

Knowing the level of motor skills of adolescents is an important and fundamental element in designing a scientifically directed teaching approach, to improve it, in pandemic conditions, for the benefit of high school students, which has only one hour / week of physical education in the core curriculum. The aim of our study was to highlight the level of some dimensions of motor capacity, by using the four standardized tools selected by us. Based on the results, which provided us with objective information, the need for curricular and extracurricular motor activities aimed at optimizing the level of motor skills of students, enhancing the influences of school physical education, is argued. Four measurement and assessment instruments were used: the Ruffier test, the Dorgo test, the Quetelet body mass index and the Erissman body harmony index. By these evaluation tests we aimed to identify the adolescents' ability to adapt to exercise and resilience after effort and possible health risks. In order to achieve this goal, we conducted a fact-finding study at the "Constantin Brâncoveanu" High School in Horezu, Vâlcea County, on a representative group of 102 students of grades IX-XII. The centralization of the results, their processing, analysis and interpretation, according to each assessment tool, show unsatisfactory results on the body's ability to adapt to effort, a reduced ability to recover after effort in conditions of normal weight and good chest development. All these results are against the background of a relatively normal physical activity during the physical education classes in the school in pandemic conditions. The results of our evaluation allow us to consider that it is necessary, on the one hand, to restructure the contents, optimize the direction of physical effort, rethink the ways of organizing lessons in the teaching strategies of teachers, and on the other hand, initiate and optimize extracurricular motor activities, to increase the level of motor capacity of students of this category of adolescents.

Keywords: *motor capacity, body harmony, body mass index, recovery, extracurricular activity*

SOCIOLOGICAL STUDY ON THE IMPORTANCE OF THE PHYSICAL EDUCATION LESSON CARRIED OUT ONLINE IN THE CONTEXT OF THE COVID-19 PANDEMIC, AMONG STUDENTS OF THE UNIVERSITY OF PITEȘTI

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Abstracts

Society, as we knew it some time ago, has suffered profound changes, with obvious effects on the population, on people's behaviour both from the perspective of activities carried out by them in private and from that of collective manifestations. The changes that have taken place have influenced people physically, morally and economically, leading to ample changes in their behaviour. During the Covid-19 pandemic, when many of us were restricted in our movements, it became even more important to be as active as possible. While in some predominantly theoretical teaching activities, the transmission of information and the possibility of assimilating it via the online environment can apparently be carried out without too many obstacles, when it comes to subjects with a predominantly practical content, the transmission, acquisition and application of knowledge is definitely a rather difficult task. One of the teaching activities that contributes to the education of students is that which is achieved through movement within a fundamental discipline with essential contributions to the health of the individual: physical education. Through physical activity both body and mind gain a benefit. Physical activity occupies a central place in the experience of modern man. Sport and exercise constitute an essential aspect of a healthy lifestyle.

Keywords: *physical education lesson, pandemic, students.*

THE DEVELOPMENT OF BACK MUSCULARITY USING CANE EXERCISES FOR POSTURE CORRECTION IN PHYSICAL EDUCATION CLASSES AMONG STUDENTS WITHOUT PROFILE IN THE CONTEXT OF COVID 19 PANDEMIC

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Abstract

In the context of the pandemic with the COVID -19 virus when students have spent more time sitting in front of gadgets for online classes, the involvement of Physical Education teachers became even more important. They need to raise students' awareness that working at the computer without breaks while sitting in an incorrect spinal position and without any other compensating movements puts a strain on the spin. Incorrect posture can be best prevented and treated by a series of physical exercises with objects (cane, ball, elastic band) as well as by changing the way one is seated in front of the computer. A sedentary lifestyle, which entails lack of movement or other physical activity (muscle training), can affect the posture of the spine and the whole body. The good thing is that body posture can be corrected by a series of physical exercises with objects (the cane), the aim of which is to develop the muscles of the back and thus correct the bad posture.

Keywords: *posture, exercise, online system, pandemic*

STUDY ON THE IMPORTANCE OF MOTRIC ACTIVITIES DURING THE PANDEMIC PERIOD

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Abstract

Background: it is analyzed the importance of students' participation in motric activities during the pandemic, the way in which the online physical education activity was carried out. The aim of the research is to find the most effective means and methods of structuring programs adapted to work in small spaces. *Methods:* the methods used during the pandemic during the physical education classes for non-profile students, the challenges due to the adaptation to online work are presented. *Results:* despite the many shortcomings, the students understood the importance of participating in motric activities to maintain and improve their health. The students responded positively to the practice of the programs proposed by me, they worked and in their free time, most of them mastered the movements correctly and they state that they execute the movements several times a week. *Conclusions:* after participating in the programs proposed by me, the students are satisfied on the one hand because they learned new things and on the other hand because they went through hard times with the help of the movement.

Keywords: *students, motric activities, adaptation.*

THE INTERACTIVE SIDES OF PSYCHOMOTOR SKILLS IN PRIMARY SCHOOL CHILDREN

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Abstract

Specialty studies show an insufficient development of psychomotor capacity nationally, pupils in the elementary school in 3rd and 4th grades being in this category. After analysis of specialty studies relating to the planning documents in the physical education and sports subject for elementary school, certain aspects were revealed, which we think may be improved effectively. Physical education, as part of general education, pursues to achieve certain objectives, derived from the educational ideal, formulated at some point by society for which the subjects taking part in this kind of activity are being trained. Among the general objectives that physical education proposes to achieve is also the one concerning the harmonious development of human personality by influencing both in terms of prophylaxis (prevention of negative outcomes), and remedial (remedying the negative traits which can appear at some point). Research methods: Study of the specialized literature; Observation method; Questionnaire method; Measurements method – examinations and assessment tests used to identify values of the general motor skills indicators and the level of psychomotricity's parameters;. Testing the psychomotricity of pupils in elementary school: Test no. 1. – Ability to focus (Bourdon test); Test no. 2. – Visual capacity (Lalume test); Test no. 3. – General coordination (Matorin test); Test no. 4. – Vestibular balance (Romberg test). We can state that a teaching manner specifically designed to act on the psychomotor capacity of the content in the physical education and sport subject in elementary school will cover the requirements of the curricular reform, and the design of content starting from objectives achieved by examinations and assessment tests from which to result the quality and effectiveness of the instructional-educational act will resize the importance of this subject.

Key words: *action, elementary school, psychomotor capacity, optimization, strategy, psychomotor means*

STRATEGIES REGARDING CURRICULAR DESIGN IN HIGH SCHOOL EDUCATION, STARTING FROM COMPETENCES, AS FINALITIES OF LEARNING

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Abstract

The aims of the high school propose the formation of a graduate able to decide on his own career, to contribute to the articulation of his own paths of intellectual and professional development, to integrate actively in the social life. To achieve these goals, the Romanian education system capitalizes on the positive experience of European education systems, which are based on a concept of curricular thinking. The elaboration of the curricula supposes the conception of the specific objectives of the educational disciplines, with reference to the connection between competences / capacities - basic contents, pedagogically distributed on cycles, years, semesters, study modules, chapters, subchapters, training units, concrete activities, with opening methodological approach to the operationalization activity of the teacher. The curricular design of the didactic activity is the only concept able to confer the certainty that the proposed objectives or finalities will be completely solved. It is a rigorous path that ensures the quality and efficiency of the training process, promoting "thinking through objectives" and replacing the old didactic mentality "seeing and doing".

Key words: *competences, capacities, educational disciplines, curricular design*

EXTRACURRICULAR INTEREST OF STUDENTS IN THE FIELD OF PHYSICAL EDUCATION AND SPORTS, FOR THE DEVELOPMENT OF ENTREPRENEURIAL SKILLS

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Abstract

The development of entrepreneurial skills is a necessity of contemporary times and a sure premise for the economic development of every society. In Romania, economic education and the development of entrepreneurial skills have been implemented weakly, with synopes and incomplete. In the absence of a clear implementation strategy at the level of the young generation of the development of entrepreneurial skills, the Romanian school is trying to access projects and extracurricular programs for the implementation of economic education. The present study is based on the analysis of the activity of a POCU project, ID 125165. Subjects: 12 students of the physical education and sports university programs. Methods: pedagogical observation and interview survey. Results: There is a low interest of students to develop their entrepreneurial skills in the extracurricular system. Only 28% of potential beneficiaries accessed the project. Most students prefer to start a business in the field of services, usually in the legal form of a limited liability company, are mostly based on financial support from their families and consider that they can rely mainly on their work capacity.

Key words: *extracurricular programs, university programs, physical education and sports, entrepreneurial skills*

INNOVATIVE METHOD OF CONSOLIDATING THE SKATING STEP IN A GAME OF OUR OWN INVENTION, GENERICLY CALLED UP-BALL-SKATING

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Abstract

The paper deals with the application of a new, innovative method in the skating lesson for students of the Faculty of Physical Education and Sports, which essentially aims to consolidate the skating step, in a game played on ice, according to its own regulations. The paper aims to present the innovative method, called "Ball Skating", which is done through a game, our own invention, in order to consolidate the skating step and to develop coordination and speed of execution of the skating step, in slip conditions. on ice. The innovative method aims to consolidate the skating step and develop coordination and speed of execution, under the conditions imposed by the game with ball on skates, generically called Up-ball-skating. The method was tested in the practical lessons with the students of the Faculty of Physical Education and Sports, "Ștefan cel Mare" University of Suceava, starting from the improvised game directly on the ice, since 2020, within the discipline "Theory and practice in winter sports skating / alpine skiing ". The game Up Ball Skating was mentioned in a previous research paper, in 2020, but only in 2022 a game regulation was finalized that establishes exactly the conditions of gameplay development. This regulation is presented in the current paper and finalizes the rules but also the playing field, The method of consolidating the skating step is also the subject of a patent application. The theoretical study on the "Method of consolidating the skating rink" is the subject of a patent application and is the subject of the current study, including concrete information related to the regulations, conditions and organization of the game Up Ball Skating, a game that involves passing a ball in the conditions of slipping on the ice on a skating rink.

Key Words: *method, game, innovation, consolidation, skating*

A SOLUTION FOR NON-PROFILE PHYSICAL EDUCATION IN THE TIME OF THE PANDEMIC - THE CHESS GAME

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Abstract

Background: in this article are presented the methodical aspects of the online teaching of chess to non-profile students from the University of Pitești. *Methods:* The article contains a proposal for conducting physical education and sports classes at the University of Pitești during the Covid 19 pandemic, during which time online teaching was used. The study includes specific methods and means for learning or improving chess for students. Student assessment is done at the end of each semester. The evaluation must take into account the specific competencies formed, the progress of the students, the observation of their behavior, the participation in competitions. An evaluation suggestion is as follows: Knowledge of the basics of the game of chess; Ability to play a game of chess to the end; The individual progress made; Applying simple tactical procedures during the game; Ability to calculate various game variants; Knowledge of typical end positions; Participation in competitions. *Conclusions:* the game of chess is learned relatively quickly by students with the help of applications dedicated to the game. Chess is a game with multiple formative valences, being considered a means of intellectual development.

Keywords: chess, students, pandemic.

PSYCHOMOTOR SKILLS IN PRIMARY SCHOOL CHILDREN - FEEDBACK IN THE DEVELOPMENT PROCESS

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Abstract

Following the research relating to different sources of information on psychomotricity in pupils within elementary school, lack of interest was found out as to the knowledge of the bio-psycho-social potential of this age group on the part of various researchers. The influence of physical education is noticed in relation with that exercised by moral, esthetic and intellectual one. Physical education activity has specific, but also general influences, whose goal is to achieve general educational objectives. Currently, in the syllabus for training-educational activities specific to elementary school, the space assigned for these activities of (correct) learning of motor capacities is reduced or it only limits to "refreshing exercise"; it does not mention how to be done correctly. No accent is laid on this basic component of child's harmonious growth and development in this period in which the law of great inter-changes becomes more and more visible. Conclusions: Implementation and preliminary experimentation of thematic systems to act on the psychomotor capacity components of the young pupil, in 3rd and 4th grades; Identification of tests and assessment examinations specific to the psychomotor capacity in elementary school, this aspect separated on trials and tests specific to the motor behavior, but also trials and specific tests to identify the level of psychomotor components of pupils in elementary school; Identification of the future steps, both relating to the design of planning documents laying accent on the design of learning units provided with operational objectives, and the thematic systems of action design under operational objectives. Also, optimization of the psychomotor component's quality is pursued, and the setting out of the testing system and control trials to identify the real level separated for each component in the action plan of psychomotricity and implicitly on the psychomotor capacity of pupils in primary school.

Key words: *psychomotor capacity, inquiry, optimization, strategy, psychomotor means*

KNOWLEDGE OF THE FUNDAMENTALS NECESSARY FOR THE SCIENTIFIC RESEARCH ACTIVITY IN THE FIELD OF PHYSICAL EDUCATION AND SPORTS SCIENCE

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Abstract

Purpose. Knowledge of the fundamentals needed for the activity of scientific research in the Physical Education and Sports Science. *Material.* The participants in the study were 94 students of the Department of Physical Education and Sports in the University of Pitesti, study programs: Physical Education and Sports (PES), n=40, Sport and Motor Performance (SMP), n=31 and Performance in Sport (PS), n=23. The experimental study monitored both teaching activity and evaluation of the subjects, in conformity with the requirements of the course syllabus (performance standard) and the instructions on the rules of evaluation in the credit system and the grade book filling in. The assessment of knowledge focused on: course activity, seminar activity, attendance and final evaluation. The seminar activity involved the preparation of 4 papers regarding the method of bibliographic study, the historical method, the survey method (questionnaire) and the test method. *Results.* The following matters are presented: comparison of the weight of fulfillment of the seminar activity requirements for each study program; weight of the assessment of the fundamentals in the Research Methods discipline in bachelor's and master's degree studies. The results of the differences between the groups investigated in the field of Research Methods and Methodology in the Physical Education and Sports Science highlight the comparative analysis of the median of the groups during the elective and mandatory activity and the final evaluation (colloquium and exam). It is also noticed that at least two means differ significantly at $p < 0.05$ in the seminar, elective and mandatory activity; insignificant differences are observed at $p > 0.05$. *Conclusions.* The knowledge of the fundamentals necessary for the activity of scientific research in the field of Physical Education and Sports Science contributed, at the end of the course, to the outlining of a dynamic and integrative vision on the main theoretical perspectives and of some concepts concerning the applied scientific research.

Key Words: *methods of research, teaching, evaluation, standards of performance, higher education*



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COMPARATIVE ANALYSIS OF PSYCHOPHYSIOLOGICAL STATES AMONG CROATIA AND UKRAINIAN WRESTLING

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Abstract

Problem Statement. The task of psychophysiological control is to obtain operational information about the state of the main characteristics and qualities of the athlete, which can be used to correct the training system. Psychophysiological control includes of complex of assessments of personal-typological, sensorimotor, psychocogial and cognitive characteristics of the athlete. There is a need to develop a system for diagnosing of psychophysiological states and correction of deficits of adaptation process for elite athletes. *Purpose:* The aim of this study is to compare psychophysiological state among Croatia and Ukrainian wrestlers and add to a more holistic psychophysiological diagnostic in expert athletes. *Methods:* Participants are the elite Greco-Roman wrestlers and members of the national teams of Ukraine (20 athletes) and Croatia (12 athletes). The psychophysiological states of wrestlers were studied by a holistic methodological approach which includes: estimate of psychological state, balance of nervous process and functional mobility of nervous process. *Results:* The results indicated higher performance in visual perception and the ability of information processing speed of Ukrainian wrestlers compared to Croatian wrestlers. Differences have been observed as well in optimal impulsiveness, emotional stability and stress resistance that is less optimal Croatian wrestlers. Croatian wrestlers have an increased level of impulsivity and, as a result show low emotional stability. This may indicates possible spontaneous and premature actions of wrestlers. For Ukraine wrestlers arousal and fatigue management are future goals for improvement. *Conclusions:* We conclude that Ukraine Team should improve preparedness to training given the fatigue and arousal. For Croatian wrestlers' emotional instability and improvement of visual perception need to be considered.

Keywords: psychophysiological state, elite wrestlers, diagnostic

PARTICULARITIES OF THE BIOMECHANICAL CHARACTERISTICS OF LEARNING THE ACROBATIC EXERCISES ON BALANCE BEAM IN JUNIOR III CATEGORY (AGED 9-10 YEARS)

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Abstract

This paper aims at showing which are the particularities of the biomechanical characteristics in learning the acrobatic exercises on balance beam by the junior gymnasts of category III. *Material.* The study was conducted within the Gymnastics Department of the „Dinamo” School Sports Club of Bucharest, over a period of 2 years (2018- 2019). The subjects of the study were 4 gymnasts’ level 3 (9-10 years old). The biomechanical analysis of the acrobatic exercises on balance beam was performed using the Physics ToolKit program. The linear and branching algorithmic programming was employed for learning and making better the acrobatic exercises specific to this gymnastics category. The statistical analysis and the graphical representation of data were done by means of KyPlot program. The performances on balance beam were monitored in three national competitions (C): C1 –National School Championship, junior III, level 1, 2018; C2 - National Championship for Juniors III, level 1, 2018 and C3 - National School Championship, junior III, level 2, 2019. *Results.* This study highlights the efficiency of implementing the algorithmic programs for improving the acrobatic exercises on balance beam in juniors III, level 1 and 2. The dynamics of acrobatic exercises learning according to the classification program and the improvement of these exercises led to the good results achieved during the national competitions. The video biomechanical analysis focused on the study of the technical execution of two or three acrobatic elements and the round-off back tuck dismount. At the same time, the trajectory of the body general center of mass and the angular velocity of the segments of the body in each moment and position of the exercise phasic structure were analyzed. Also, the particularities of the kinematic characteristics consistent with the movement general bases, direction of execution (from right to left or vice versa), amplitude of the split, rhythm – tempo of execution (succession of arms-legs movement) and execution velocity were identified. *Conclusion.* The use of the computerized video method for the biomechanical analysis of the routines on balance beam helped to identify the particularities of technique basic elements, the deeper knowledge of the phasic structure and last but not least the execution faults.

Key words: *balance beam, algorithmic learning, improvement, juniors, kinematic characteristics, performance*

USE OF THE SPECIFIC PREPARATION FOR A BETTER PERFORMANCE OF THE COMPETITION CHOREOGRAPHIES IN DANCERS OF JUNIOR I CATEGORY (12-13 YEARS)

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Abstract

Purpose. The paper aims at proving the efficiency of the specific preparation methodology in the improvement of the quality indicators associated to the competition choreographies performed by the dancers Junior I. *Material.* Two groups of Junior I dancers (12-13 years old) were monitored during this research: the experimental group (12 subjects) and the control group (12 subjects). The quality of the technical and artistic performance was evaluated by scores from 0 to 10 points, using the Barrow and McGee test adapted for dance sport. A program of exercises related to the competition choreography was created for the experimental group dancers so as to analyze the effect of the specific preparation. *Results.* The Standard and Latin choreographies performing quality was assessed by comparing the technical and artistic results according to the methodology applied. The scores for the Standard dances were around the mean of 7.43 points in the control group and 8.78 points in the experimental group; there were significant differences between means at $p < 0.001$. As regards of the scores for the Latino dances, an average of 7.73 points was obtained for the control group and 8.62 points for the experimental one, with significant differences between averages at $p < 0.01$. *Conclusions.* The monitoring of the quality indicators of the artistic and technical execution of the competition choreographies made possible the assessment of the Standard and Latin dances in terms of quality. The specific preparation methodology used in the training sessions of the dancers contributed to the improvement of the segmental coordination capacity and speed of execution, the increase of the specific endurance, development of the major muscle groups strength, joints mobility and muscles elasticity.

Key Words: *assessment, technical and artistic execution, quality indicators, methodology, junior athletes*

THE INFLUENCE OF A PRE-COMPETITION TRAINING PROGRAM WITH PLYOMETRIC EXERCISES ON THE TRAINING OF PERFORMANCE HANDBALL PLAYERS

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Abstract

This study shows the opportunity to use plyometric workouts in the pre-competitive period to improve jumping, for men's handball players. The main purpose of this paper is to demonstrate the usefulness of a pre-competitive PT program. We will assume that if we use an 8-week PT program, we will get effective results in jumping performance tests. There are 18 research subjects, members of Team Handball, with an average age of 22.64 (± 1.28 years), stature 192.41 (± 3.22 cm), body mass 94.23 (± 7.61 kg). The team is playing in the National Championship, Second League. The study was conducted during the precompetitive period. The subjects were tested twice, before and after applying the work program that was conducted for 8 weeks. The subjects completed the following in this order: squat jump, counter-movement jump with arm-swing, continuous 6 jumps with straight legs without arm-swing. Within eight weeks during the two tests, the team included in the training process, the new program designed to improve the jumping performance. The program provides three workouts per week, on Monday, Wednesday and Friday, 30 min each, included in the team's training session. After 8 weeks of training, the group made significant ($p \leq 0.05$) improvements in SJ (from 46.44 ± 1.54 to 50.50 ± 1.47 cm; 8.73%), CMJ (34.83 ± 1.54 to 37.44 ± 1.15 cm; 7.5%) and CJSL (from 29.78 ± 1.26 to 32.61 ± 1.33 cm; 9.51%) performance compared with the initial test. The research hypothesis was confirmed, an 8-week pre-competitive PT program with three workouts per week, can get effective results in jumping performance tests.

Keywords: plyometrics, jumping, handball.

THE EFFECTIVENESS OF USING POWER FITNESS TRAINING LOADS TO INCREASE ADAPTIVE RESERVES OF FEMALE ATHLETES IN HAND-TO-HAND COMBAT

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Abstract

Purpose. To study the peculiarities of adaptive body changes and the level of special training in female athletes of hand-to-hand combat using power fitness programs with different structure, parameters, and means. *Methods.* We examined 36 female athletes (18-20 years old) who had been engaged in hand-to-hand combat for the last 4 years. To achieve the purpose of the study we divided these women into two groups, 18 people in each group, who used completely different power fitness training programs. To assess the adaptive body changes in both groups' athletes we used methods of testing special training (the number of accurate kicks on the mannequin for 30 s) and laboratory monitoring of blood biochemical parameters (cortisol and LDH) before and after training load during 3 months. *Results.* The obtained results showed that indicators of special training positively changed by 10.4% ($p < 0.05$) in group B athletes, who used well-known exercises with their own body weight with a complete change of kinematic and dynamic characteristics of the technique during 3 months of training. At the same time, the studied indicator increased by 2.2% compared to initial level in group A athletes, who used the standard power fitness training program for women of this age (exercises on simulators). At the end of the study we observed an increase in cortisol level in the blood serum of group B athletes in response to physical stimuli which was almost 10 times lower than the results recorded in group A. The results of monitoring LDH activity in the blood serum showed that its level increased by 19.5% ($p < 0.05$) during the entire study period only in group B athletes. The controlled indicator remained almost unchanged in group A. The dynamics of the studied steroid hormone and enzyme in the blood serum in group B indicated an increase in the level of organism resistance to training loads under specified conditions of muscular activity and their pronounced adaptive changes. *Conclusion.* Determining the most effective power fitness training program for special training of female athletes in hand-to-hand combat, will help to increase their adaptive body reserves and their level of fitness using different in structure and parameters training load.

Key words: *hand-to-hand combat, adaptive changes, power fitness, female athletes, training programs.*

MONITORING THE ASSESSMENT OF THE SWIMMING SKILLS FORMATION AMONG SWIMMERS-PRIZE-WINNERS AT STAGES I-II-III OF THE OLYMPIC GAMES (1896-2021)

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Abstract

Purpose: to assess the level and degree of formation of swimming skills among swimmers-prize-winners in the distances of sports and marathon swimming at the Olympic Games at the I-III stages of their holding from 1896 to 2021. *Material:* the official protocols of competitions at all past Olympic Games at I-III stages of holding, respectively: 1896-1948, 1952-1992, 1996-2021 (among 193+420+387=1000 men and 75+388+387=850 women). *Results.* At the first stage of the Olympic Games from 1896-1948, the age of swimmers-medalists (men and women: 22-19 years) was determined. The overall difference in the average speed of swimming at all distances in different ways was 0.17 m/s (1.35-1.18). At the second stage of the Olympic Games from 1952-1992, the age of the swimmers-medalists was revealed: the difference between men and women was 1-4 years (21-19 years). The overall difference in the average speed of swimming at all distances in different ways was 0,17 m/s (1,70-1,53). At the third stage of the Olympic Games from 1996-2021, the difference of age of the swimmers-medalists was 1-3 years (24-23 years). The overall difference in the average swimming speed was 0.16 m/s (1,82-1,66). The smallest difference of speed in marathon swimming at 10000 m – 0,11 m/s, in stayer freestyle swimming – 400-800-1500 m at the level – 0,12 m/s, in complex swimming 200-400 m – 0,15 m/s, in relay swimming – 0,15 m/s, breaststroke at 100-200 m to – 0,17 m/s, in backstroke swimming up to – 0,18 m/s at 100-200 m, as well as in swimming 100-200 m butterfly – 0,19 m/s. The largest speed difference in swimming at 50-100-200 m freestyle was noted – 0,21 m/s. The overall difference of speed in all the results of swimmers-prize-winners in the formation of swimming skills in competitions from 1996-2021 was revealed at the level – 0,16 m/s (men – 1,82; women – 1,66; p<0,05).

Keywords: *prestigious competitions, male swimmers, female swimmers, swimming distances, state of achievements, average speed, difference in indicators, assessment of achievements, stages, Olympic Games.*

FUNCTIONAL TRAINING AND ACTIVE FORCE TRANSFER SPECIFIC TO THE GAME OF FOOTBALL

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Abstract

The aim of this paper says that functional training is intended to create exercises that emulate continuous movement: movement that usually uses muscle synergies and develops in a combined way in planes and axes. Functional strength training is much more complex than training the strength of a muscle or muscle group: it requires a greater commitment to increase the connection between the nervous system and the muscles. *The method* in which functional training uses complex movements involves an increase in strength, which in turn directly influences the quality of execution, so it is easier to move in everyday life. *Results* is to made the goal of functional training is to ensure that the specific results obtained by training one movement can consequently improve the performance of another, acting on the entire nervous system! This is known as "transfer potential". In functional training, it is crucial to train the specific movement as well as the training of the muscles involved in the movement: the brain, which controls the movements of the muscles, thinks in terms of continuity, the whole movement, not the separate muscles. *In conclusions*, mono-joint isolation exercises train muscles, not movements, therefore they are less suitable for a functional program instead, multi-joint exercises will be optimal. A knee bend, for example, has a high pulling potential compared to the lifting movement of a chair, which is not suitable, for example, for abduction of a thigh.

Key words: *functional training, football, plyometrics.*

ASSESSMENT OF PHYSICAL TRAINING IN THE GAME OF VOLLEYBALL - CADETS

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Abstract

In the modern methodology of training in the field of sports games, as well as in volleyball, there have been important changes in the design of the content, in the structure and organization of the training of players and teams. The lower the physical training of an athlete, the faster he gets tired. When the athlete gets tired, the skills deteriorate. A high level of fatigue also affects tactical reasoning during the game, which means more mistakes, and consequently poorer performance. Therefore, physical training must be perpetuated and evaluated in this way, having an effective control over the training of athletes. *Purpose of the paper:* the role of physical training is known. However, it is important to evaluate and systematize the level of each player, having a permanent concrete situation on the physical potential, necessary to obtain victory. Research hypothesis: because in performance, physical training is decisive, in order to achieve victory, we consider that only through a permanent, objective evaluation, we can help athletes in achieving high performance parameters. The initial and final evaluation took place in the gym of Dacia Pitești High School. The sample subjected to the experiment being made up of volleyball players participating in the Romanian National Cadet Championship (2021-2022 edition). The experimental group consisted of 12 players who represent a part of the leading cadets of Romanian volleyball. From the evaluation of the records at each test, we notice improvements from the initial test to the final one, but summing up the final results we notice that the volleyball index falls in average values, which shows us that the physical training at the club level is below the desired level. According to the results, energetic measures are required to optimize the physical specialization training of players with waist at the level of juniors.

Key words: *volleyball, physical training, volleyball index.*

THE ROLE OF PLYOMETRICS IN THE DEVELOPMENT OF STRENGTH IN CADET VOLLEYBALL PLAYERS

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Abstract

The game of volleyball, like other sports games, is characterized by explosive efforts that are repeated several times during a match, so that the main characteristics of volleyball are explosiveness and repeatability. The major role that the force has in the practice of volleyball in the current period, requires the realization of a modeling of the muscular training and its periodization during a competitive season. Most authors who have dealt with this motor quality believe that the strength of the human body lies in the ability to make efforts to overcome, maintain or yield to an external or internal resistance, by the contraction of one or more muscle groups. The experiment took place in the gym of the Alexandru Dima National College, the sample submitted to the experiment being the LPS Pitești cadet girls volleyball team participating in the National Volleyball Championship. The team consists of 12 players and is registered in the LPS Pitesti Sports Club. In order to confirm the hypothesis we used the following research methods: - analysis and generalization of data from the specialized and interdisciplinary literature; method of pedagogical observation; method of measurements and testing (somatic, physiological, motor); pedagogical experiment; benchmarking; statistical-mathematical method; graphic and tabular method. Analyzing the strength of the human body, we can say that it is the object of study of physiological and methodological investigations aimed at sports training. It is especially important to ensure a relaxing interval during training, after each repetition, series, between exercises and between sessions, to allow the recovery of muscle energy reserves.

Key words: *volleyball, strength, plyometrics*

THE PARTICULARITIES OF THE COMPETITIONAL STRESS AND THE ANXIETY IN THE WOMEN’S BASKETBALL

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Abstract

The undeniable essence of sport is particularly the race, the contest. The whole social and educational activity put in the service of sport has as a major objective the “the efficiency confirming” moment in the competition. Everyone knows that in most cases the race has the gift of stimulating the competitors. This phenomenon is of a psychosocial nature and bears the imprint of the relationships between people. This present work consists in presenting the causes of stress and anxiety in competitive sport and the ways to fight against them. The sports psychologist meets these anxious feelings of anxiety by investigation forms of the precompetitive anxiety- most commonly used method is direct observation of the sportsman behavior and the techniques of removing the negative feelings. Understanding the physiological and psychological mechanisms underlying the onset and the fixation of the anxious emotional reactions. Mentally exposure of the subject in the anxiogenic situation with the desensitization scope to the trigger stimulus for anxiety. A growing modern form of psychotherapy can be very aplicativitate in pre-competitive situation. Solution-focused therapy (Steve de Shazer, Insoo Kim Berg) operates on a very simple principle: it assumes that people are able to behave efficiently, but their effectiveness was blocked by a fixed negative attitude (fear of competition basketball woman). Basically it is about remembering situations in which the subject was faced with the anxiogenic situation but it achieved a positive result. Thus, the success of the previous situation serves as a resource for similar situations, in this case related to another competition. Psychotherapy often uses a holistic approach of the methods to meet the diverse issues of various situations specific to the pre-competitive anxiety.

Key words : *sports, stress, anxiety, basketball, woman*

COMPARATIVE ANALYSIS OF THE TECHNICAL TRAINING OF BASKETBALL TEAMS IN THE MALE CATEGORY U 18 LPS VIITORUL PITEȘTI

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Abstract

The technical training is a prerequisite condition for increased performance in basketball, watching the learning and the continuous improvement of the execution mechanism by analytical approach to individual stock components of the game. This article makes a comparative study of the level of technical preparation of the 2 teams of LPS Viitorul Pitești participating in the national championship 2021-2022 of U18. Knowing that the technical training is closely related to indications developing motor skills, we tested the subjects from LPS 1 and those from LPS 2 at the beginning and the end of the base experiment, to comparatively see the level reached by the two U18 teams from Pitesti and if the technical training indices reflect the correct position in the championship. Thus, the subjects of the two teams were tested on five samples of technical training (complex of free throws, complex of throws by jumping, transmission of the ball in the wall complex, short marathon with a ball complex and contretemps ball complex) both at the initial testing, and at the final test, and the results are shown below. Analyzing the results of the technical training, we can conclude that the final testing results are better than the initial test. Progress realised by LPS 1 are more representative than those of LPS 2 for all 5 tests. We can appreciate that the process realised with the basketball players at U 18 was a positive one.

Key words: *basketball, technical training, U 18*

COMPARISON OF BODY COMPOSITION, BONE MINERAL CONTENT AND MUSCLE STRENGTH VARIABLES BETWEEN ELITE TAEKWONDO AND SWIMMING ATHLETES

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Abstract

This study aimed to compare the body composition, bone mineral contents, and isokinetic muscle strength variables (maximum strength and muscular endurance) between young elite taekwondo and swimming athletes. Twelve taekwondo athletes (age 16.66 ± 2.46 years, height 167.90 ± 7.89 cm, body mass 57.31 ± 5.63 kg, and BMI 20.34 ± 1.68 kg/m²), and 7 swimmers (age 14.00 ± 1.00 years, height 170.95 ± 5.97 cm, body mass 59.98 ± 7.76 kg, and BMI 20.44 ± 1.53 kg/m²) volunteered to participate in this study. All athletes were well trained and engaged approximately more than 8 years to the specific training (mean training experience: 8.23 ± 1.75 years). The body composition and bone mineral content were evaluated with DXA (Lunar Prodigy Pro; GE, Healthcare, Madison, WI, USA). The concentric isokinetic maximum muscle strength of the knee extensors and flexors was evaluated at angular velocity of 180°/sec for 5 repetitions, and muscular endurance was evaluated at angular velocity of 180°/sec for 30 repetitions using the CSMI-Humac/Norm TM – 770 model (HumacNorm Testing & Rehabilitation System) device. Statistical analysis was done using the Univariate-ANOVA using SPSS-23.0 program, and $p < 0.05$ value was taken as the significance level. The findings of the current study show that the body fat (%) was significantly higher in taekwondo athletes, consequently tissue lean (%) was significantly higher in swimmers ($p < 0.05$). The bone mineral density (g/cm²) was recorded significantly higher in taekwondo athletes ($p < 0.05$), therefore, the bone mineral content (g) and Z-score were not significantly different between groups. The comparison of maximum torque values of knee extensors and flexors were not significantly different between groups ($p > 0.05$). On the other hand, the muscular endurance evaluated with the fatigue index was significantly different between groups: higher fatigue index values were calculated for taekwondo athletes ($p < 0.05$). In consequence, body composition differs according to the sport training, and this reflects to the maximum strength and muscular endurance performance.

Key words: *body composition, bone mineral density, strength, isokinetic, fatigue index.*

VOLLEYBALL-SPECIFIC FITNESS PROGRAM

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Abstract

The current trend in female performance volleyball requires the presence of a large size player in the team, but with great motor potential also. Because of this, it is required a specific superior and technical-tactical level of physical training. By individualization of specific physical training program, I have contributed to the optimum development of the specific motor skills and the performance potential. The methods used in this paper are: the study of specialty literature and the method of the experiment. Paper assumption. I believe that the identification of specific volleyball motor skills on scientific bases will be a relevant support in developing specific physical training programs which may have significant effects in raising the sports performance. Applying the presented program and on the bases of obtained results in specific volleyball training will contribute in increasing the level of physical training which will assure a superior level of organized competition in Volleyball National Championship. The paper confirms the hypothesis that by applying an elaborated program of specific physical training, of identification and development of motor skills in feminine performance volleyball, we can significantly optimize the level of those indicators and sports result

Key words: *model, program, volleyball, performance*

TRAINING OF NOVICE ATHLETES IN INTERDISCIPLINARY COACHING

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Abstract

This paper brings to the fore appropriate ways to initiate psychological skills that can determine in a relatively short time the transition from the age of initiation in athletics to novice athletes through theoretical knowledge at a higher level of practicing a sport. of performance. The various techniques that can be incorporated in the activity of a high-performance coach that makes distinct reference to the activity of a high-performance coaching can represent role models in this part of sports psychology that can be successfully applied to novice athletes. The performance that is expected to be achieved at a certain competition can be influenced by those achieved at the previous competition or competitions, if the coach does not have the pedagogical mastery to make comparisons and analyzes with positive influences on the mind of the athlete in question. A special situation, from a psychological point of view, is represented by decathlonists who must understand that decathlon is practically learned, the athlete must know, for example, how to approach a height competition after three more tests or how to run in the 110m fences, at 8 o'clock in the morning, after a hard night that followed a day in which he competed in only less than five races. Thus, it is often found, especially in beginners, that a counter-performance will be followed by a collapse or even an abandonment. Conversely, a good performance, poorly managed psychologically, becomes too euphoric and can cause in the next stage, through a lack of psychological training and concentration, a counter-performance or even a failure.

Key words: *athlete, psychology qualification in competition, psychology qualification in training.*

TESTING AND ASSESSING THE LEVEL OF GENERAL PHYSICAL PREPARATION OF SCHOOLGIRLS WILLING TO PLAY FOOTBALL, AGED 10 - 12 YEARS OLD, FROM DÂMBOVIȚA COUNTY

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Abstract

The aim of the research: was to identify the level of general physical preparation in the 10–12-year-old school population with the purpose of making a preliminary selection followed by the practice of female performance football in this age group. *Methods of investigation:* analysis and generalisation of speciality literature data, measurement and testing methods, statistical-mathematical method. Women's football has earned a definite place among performance sports, as evidenced both by the fact that the rate of participation among girls has increased considerably in recent years and by the numerous international competitions (European championships, world championships, Olympic games) organized for different age groups (female players under 17, under 19, seniors). General physical preparation represents the basis of physical training which ensures the formation and development of movement skills specific to the game of football. Physical preparation must be maintained permanently as a result of the intense and prolonged effort of the football championship and the achievement of a constant performance in the game. In the activity of young female football players, the teaching method used is identical in means and content to that of senior players, but with an appropriate level of effort. Becoming familiar with competitive sporting activities encourages the tendency to choose an organised lifestyle, which will prevent and counteract certain harmful environmental influences: sedentarism, excessive eating, stress, all of which have negative effects on human development; Our experiment reveals the level of general physical fitness of this age group; The results obtained in the tests and control tests carried out, revealed an inadequate physical preparation for the proposed objectives, the ultimate aim of which is to form a football team (10-12 years old) capable of achieving notable results in the various tournaments in which they will participate.

Key words: football, physical preparation, schoolgirls.

THE ROLE OF PHYSICAL TRAINING FOR FEMALE BEGINNERS, AGED 10-12 IN THE FOOTBALL GAME

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Abstract

In the contemporary period, general physical training implies a sequential approach, which within the annual training plan will start with the first part of the preparatory phase where emphasis is placed on increasing muscle mass, the next will be the second part the development of maximal strength, with the aim of achieving a good working capacity of body under the conditions of specific physical effort of the football game, then the third part will focus on the development of strength, while in the competitive phase the strength will be maintained at the level of the parameters reached previously. Specialists, theoreticians have more and more concerns regarding improving performance at all the levels. Techniques and procedures, actions and goals, they all aim and raise to the specialists the need to be more efficient and to have a better performance in preparation and team game. But for these, each coach has to own an arsenal of information and preparation techniques from which he can select those which give the safest way to touching the goals, in the specific conditions in which the activity takes place. Plyometrics used predominantly at the age of 10-12 years is first and foremost a way of improving the specific strength capacity of the game, with rapidly transferable effects on motor acts and actions, having the advantage of gaining in a short period of time a specific explosive force surplus, and in comparison to classical methods of strength development in football training, it is an isolated way of protecting joint capsules, ligaments and tendons (especially the knee joint), alternating between light, medium and heavy plyometrics.

Key words: *football, periodization, physical training, female beginners.*

CONTRIBUTIONS ON THE ROLE OF PERSONALITY IN THE SELECTION OF CHILDREN AND JUNIOR FOOTBALL PLAYERS

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Abstract

The efficiency of the use of games in the physical education lesson is given by a series of aspects, such as: sports games, which represent for children and juniors, the most attractive global activity, through which one can act on a background of motor and mental stress. in order to fulfill the instructive-educational objectives of the physical education lesson. Thus, elements of basic sports such as football, basketball, handball, volleyball, etc. are rarely applied in physical education lessons. Applying the technical elements of these games will lead to a significant increase in the effectiveness of physical education lessons on the development of motor skills, learning and improvement of motor skills and abilities. The means of physical education and sports are tools that help achieve both physical education and sports goals. As an organized educational instructional process, physical education is a bilateral process in which, under the guidance of specialized teachers, subjects are systematically subjected to influences in constant accordance with the objectives of education, in general and those for each stage of improving physical development. and motor skills. The organization of physical education represents a complex action of orderly, rational and coherent assurance of the formative activity, of the human and material resources necessary to achieve the general and operational objectives of physical and sports education, and secondly, the educational resources we have. In the training of the specialist, the high-performance footballer, a very important role is played by his tendency towards self-affirmation as a concretization of his aspirations. By mastering these behavioural action patterns, the player becomes able to effectively resolve situations on the field of play. In this case, we can talk about the awareness of our own game and the choice of the most favourable development direction. The personality traits of high-performance footballers define personality as stable indicators of behaviour, state, dynamics and performance. The qualities that distinguish one personality from another belong to the field of consistency, level of development, structure, mobility and the degree of integration of mental states. Personality is not a definitive, closed structure, but on the contrary, a dynamic one with a permanent tendency of development.

Keywords: *physical education, personality, football*

THE CORRELATION ON THE JUMPS WITH THE ROPE AND THE TRIPLE JUMP ON THE SPOT

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Abstract

The main objective of this paper is to answer a question on the lips of athletics specialists, especially since skipping rope is nowadays an exercise that warms the body very well for effort: if these skipping rope performed at a fast pace they influence the triple jump without momentum, a means often used by performance athletes and more. In this experiment, 40 male athletes were studied, who practiced different sports and who were divided into two groups with an equal number of subjects - the control group and the experiment group. In this longitudinal experiment (the experiment lasted 3 months) the behavior of the dependent variable, ie the evolution of the results in triple jump without momentum, depends on the number and content of training, how the independent variable is applied (rope jumps) and of the actual test conditions. Both tests (initial test and final test) for triple jump without momentum (dependent variable) were performed in the stadium (at the sand pit and on the synthetic track, at a temperature between 13° C and 19° C, in the afternoon The subjects were rested at around 2 pm The subjects performed two tests each, the best result being recorded for the statistical processing of the data. Rope jumps influence the triple jump without momentum in a proportion of 4.058% (omega2 or cause-effect relationship), the rest, respectively 95.942%, is explained by the influence of other factors. The effect size (ES) is average (0.607), which means that skipping rope has an average influence on the triple jump without momentum. The conclusion of this research is that rope jumping has an average influence on the triple jump without momentum in subjects aged between 17 and 18 years, as evidenced by the effect size and omega2.

Key words: *performance, triple jump without standing, jumping rope*

COMPARATIVE STUDY REGARDING THE FITNESS OF JUNIOR BADMINTON PLAYERS AND JUNIOR TRACK AND FIELD ATHLETES

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Abstract

Objectives. This study aimed to evaluate the fitness and dexterity of badminton players and track and field athletes (U15 and U17). The evaluation used the Carlson fatigue curve test, the 6x20+20 meters test, and the eye-hand coordination test. The tested subjects belong to CSM Bacau (the track and field department) and to CSS Bacau (the badminton department), and were between 14 and 16 years old. These tests were used because the authors wanted to see all the athletes' training level. *Method.* The study contained 5 badminton players (3 males and 2 females) from CSS Bacau, and 5 track and field athletes (3 males and 2 females) from CSM Bacau. The badminton players performed 4 training sessions per week, while the track and field athletes, 5 training sessions per week. *Results.* The recorded results showed differences between badminton players and track and field athletes in regards to their cool down capacity and their dexterity. *Conclusions.* The conclusions are that from the standpoint of their work capacity, the track and field athletes are better trained, however they encountered some difficulties during the eye-hand coordination test.

Key words: *fitness, track and field, badminton, evaluation*

IMPROVING THE PRECISION OF EXECUTION OF THE TWO-HANDED OVERHEAD PASSES IN THE MINI VOLLEYBALL TEAM ACS EXTREM PITEȘTI, THROUGH EXERCISES FROM A SEATED POSITION

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Abstract

The modern volleyball game consists in the increasing speed of execution but also in the complexity and variety of tactical actions. The main motor skills required to achieve these goals are speed and skill. In the beginner groups, concern for the development of these skills must be a primary aspect. Speed and skill are the qualities that must be a constant concern for any specialist, and especially for those working with beginners, to try to find the most effective solutions for perfecting these indispensable qualities in the training of performance volleyball players. Speed is the physical quality that generally expresses the rapidity of movements, and more specifically the speed of motor reaction, the speed of movements separated from the frequency of movements, and the physical quality of skill expresses the degree of coordination of motor actions. The unit of measurement of skill is precision. Research methods: study of the specialized literature method, observation method, test method, experiment method, statistical-mathematical method, graphical representation method. *Research tasks:* establishing the hypothesis, purpose, objectives and specific training within the experiment; establishing the sample of subjects in the research; periodization of the research and setting the conditions for the experiment; selecting and establishing the content of the proposed training programme; establishing specific tests and control samples; initial testing of subjects; implementation of the proposed programme; final testing; processing and interpretation of test results; drawing up conclusions and theoretical and practical-methodical recommendations. *Research sample.* The research sample consists of the mini volleyball team of the sports club ACS Extrem Pitesti. This team is composed of 12 female players aged 10-12 years.

Key words: *mini volleyball, player, precision*

THE PARADIGM OF THE MANIFESTATION LEVEL OF PROPRIOCEPTION IN TRIPLE JUMPERS - CASE STUDIES

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Abstract

The triple jump is one of the most demanding and complex events in athletics due to its physical and technical requirements. The successful practice of the triple jump event does not only involve the development of the main determinant motor qualities in the performance equation and the continuous improvement of the specific technique, but also the education/development of some perceptual-cognitive components, which isn't explored enough in the specialized studies. Proprioceptive information plays a very important role in cognitive actions, body image, control of body movements and its segments, balance and coordination, helping into increasing performance. The aim of the research is to determine the paradigm of the level of manifestation of proprioception, that includes balance and agility, in the top national athletes in the triple jump. For this reaserch we performed a series of tests such as Agility test, Static Balance test, Dynamic Vertical Balance test, March in place with open eyes 20 seconds test, March in place with closed eyes 20 seconds test, on a number of eight national top athletes, 1 woman and 7 men, from 16 to 33 years old, specialized in the triple jump event. The results collected can provide a diagnosis of the level at which these skills are manifested in the case of the athletes specialized in triple jump, and an objective premise in the methodological direction of their training, by highlighting the positive and negative aspects, of each, and the differences between them in the lower and upper limbs, aspects that play an important role in individualizing their preparation for better performance in this complex athletic event both technically and physically. For this research we used measuring and evaluation equipment from the laboratory of the Research Center for Human Performance, University of Pitesti, logistics that provides objective information in the direction of our research: Sensamove Mini Board balance platform, Optojump Next motion analysis system and system Witty Sem.

Key Words: *triple jump, proprioception, agility, balance*

THE EFFICIENCY OF THE PHYSICAL TRAINING WITH A BALL SPECIFIC TO THE FOOTBALL GAME AT THE JUNIOR LEVEL B

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Abstract

The specific physical training with and without the ball in football aims at developing the motion qualities and the effort capacity of the body, adapted to the technical and tactical tasks of the football game. *The purpose:* Consists of demonstrating the effectiveness of the approach of a new type of training in terms of the administering, during practice in all the training periods, the specific physical training programs with and without the ball to the level of B youth footballers, dosed and programmed appropriately to the preparing period, aiming, by this process, at the optimization of the specific physical training that will eventually lead to the increase of the technical tactical game capacity. Research Methods used within the experimental process: The national and international specialty literature study method: The observation method; The modern method of conception and presentation of the training themes by use of the Soccer software; Tutor – Tactics Manager; Tests and measurements’ method; Statistical- mathematical method; Experimental method; Graphical and tabular method. A) Tests for assessing the general physical training level: Sprint running of 30 m and 100 m (V30 and V100) – for the running speed; Resistance running on 30 m and 100 m (V30 and V100)- for the running speed; Resistance running on 1600m and the Cooper Test (ALR1600m and TC); Push- ups (FL); Pull-ups (TR); Trunk lifts lying on the back (ABD); Trunk extensions (SP); Genuflexions (G); Long jump (SLG); Vertical jump (SV); Trunk bending by arms elongated (ITR). B). Tests for assessing the level of specific physical training of the football players: Holding the ball in the air from the ground with the foot and with the head (MML); Holding the ball in the air from motion with the foot and with the head (MMD); Kick from 30 m (Ş30); Commutation (N); Striking the ball with the head (LMC); Complex test no. 1 (PC1); Complex test no. 2 (PC2). C). Specific tests for the goalkeeper: Drop kick with the foot on a target point (DMPF); Drop with the hand on a target point (AMPF). *Conclusion.* In order to accomplish the specific physical training programs with and without the ball, there have been carried out previously, as a guiding source patterns of: (annual plan, regular training plan, weekly microstructure of training and specific physical training programs in the four periods, preparing, precompetition, competition and of transition)

Key words: *experimenting, instruction, footballers, physical capacity, program, objectives, planning, tests, specific.*

TENNIS COACH STRATEGIES FOR TRAINING LESSON IN PRIVATE SPORTS CLUBS

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Abstract

In the game of tennis, the training lesson is the basic form of organizing the instructional-educational process. The general requirements of the organization of the tennis lesson are included in the formulations presented in the general didactics of physical education and sports training, with some aspects of differentiation, determined by the qualitatively superior objectives, pursued in the preparation of performance athletes. Thus, i believe that when it comes to planning and evaluating the training lesson in the game of tennis, the following strategies must be followed: positive attitude, exercise management, modeling, instructions and comments to athletes, evocative questions and terms, recording player results, feed -back, contingency management, recording the behavior of the coach. The peculiarities of the tennis lesson appear in the forms of organization of the players' activity, in the content of the training, as well as in the methodical procedures used. The permanent improvement of these aspects regarding the content and structure of the training lesson contributes to the increase of the efficiency of the instructive-educational process, to the obtaining of superior performances in a shorter period of time.

Keywords: *tennis, coach, strategies, training lesson*

BIOMECHANICAL ANALYSIS OF THE PHASE STRUCTURE OF PAK SALTO ON UNEVEN BARS

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Abstract

Purpose. The aim of the paper is to highlight the biomechanical characteristics of the phase structure in the transition from the high bar to the low bar with flight phase – Pak Salto. *Material.* The comparative biomechanical analysis was carried out during two international competitions, in 2017 and 2018. Seven female gymnasts (14-15 years old) on the uneven bars participated in this research. The comparative computerized video analysis of the phase structure of the transition from the high bar (HB) to the low bar (LB) –Pak Salto – was performed by means of Physics ToolKit program. The Kinovea program was also used to measure the segmental angular characteristics in each key position of the phase structure of Pak Salto execution technique. *Results.* The key components of the phase structure of the execution technique used for the transition from the HB to the LB with Pak Salto were identified by analyzing the segmental angular characteristics. The results of these angular characteristics of the key components revealed the values of the angle between hip-torso and torso-arms. In order to perform the video analysis, the biomechanical parameters were calculated. The results of the angular velocity in the phase of the preparatory movement indicate a decrease of the value before releasing the bar; in the basic movement phase, at the multiplication of the body posture (MP), the general center of mass (COM) shows an increase in the angular velocity at the toes. In the concluding body posture - final position 1 (CP1) – there is a decrease of the angular velocity of the toes and in CP2 – the angular velocity decreases in all segments. The force in the preparatory movement phase has higher values at the toes and COM. There is a decrease in the shoulders in SPh1 and an increase of the toes force value in SPh2-LP; in the phase of basic movement, at MP – an increase is noticed at the pointed toe; in the concluding body posture, at CP1.1 – there is a decrease in toes and arms; in CP1.2 – a decrease in all body segments. *Conclusion.* The biomechanical video analysis revealed the spatio-temporal characteristics of the COM trajectory, the value of the angular velocity in relation to the COM and the resultant of the force during the execution of the transition from the HB to the LB with Pak Salto flight phase, according to the method of motion postural cues. **Key words:** comparative analysis, key components of the technique, angular characteristics, spatio-temporal characteristics, angular velocity, force.



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THE DEVELOPMENT OF BACK MUSCULARITY USING CANE EXERCISES FOR POSTURE CORRECTION IN PHYSICAL EDUCATION CLASSES AMONG STUDENTS WITHOUT PROFILE IN THE CONTEXT OF COVID 19 PANDEMIC

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Abstract

In the context of the pandemic with the COVID -19 virus when students have spent more time sitting in front of gadgets for online classes, the involvement of Physical Education teachers became even more important. They need to raise students' awareness that working at the computer without breaks while sitting in an incorrect spinal position and without any other compensating movements puts a strain on the spin. Incorrect posture can be best prevented and treated by a series of physical exercises with objects (cane, ball, elastic band) as well as by changing the way one is seated in front of the computer. A sedentary lifestyle, which entails lack of movement or other physical activity (muscle training), can affect the posture of the spine and the whole body. The good thing is that body posture can be corrected by a series of physical exercises with objects (the cane), the aim of which is to develop the muscles of the back and thus correct the bad posture.

Keywords: *posture, exercise, online system, pandemic*

HEALTHY NUTRITION - AN IMPORTANT PART OF PREVENTING CARDIOVASCULAR DISEASES

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Abstract

With this study we aimed to determine the importance of preventing cardiovascular diseases through healthy nutrition. The purpose of this paper is, on the one hand, to identify the theoretical aspects related to risk factors for cardiovascular diseases and, on the other hand, to determine the concepts related to the influence of diet on cholesterol and triglyceride values, blood pressure and obesity - three extremely important risk factors involved in the development of cardiovascular diseases. The aim of the study is also to develop a weekly nutritional programme to help prevent cardiovascular diseases, especially for people with multiple risk factors such as genetic inheritance, age, diabetes, etc., which cannot be controlled. The method used in the research was specialty literature review. In this regard, several documents related to the incidence of cardiovascular diseases, risk factors for their settlement, the influence of diet on the maintenance of blood cholesterol, blood pressure and body weight within normal limits were analyzed. Numerous documentaries on the subject were also viewed. Primary prevention refers to the behaviour that everyone should adopt to minimise the risk of developing cardiovascular diseases. People with risk of heart diseases should have a healthy lifestyle that includes eating well, not smoking or drinking alcohol, getting enough sleep, exercising regularly, avoiding stress and doing relaxing activities in their free time. People with increased risk of cardiovascular diseases should also severely limit consumption of foods containing trans fats, i.e. hydrogenated and partially hydrogenated fats found in margarine, chips, semi-prepared products, fried potatoes, fried cheese, frozen pizza, microwave popcorn, biscuits, cakes, cookies, donuts. Over time, these will lead to increased bad cholesterol - LDL and triglycerides and lower levels of good cholesterol (HDL). Prevention of cardiovascular diseases can be achieved through a healthy lifestyle, eliminating as far as possible modifiable risk factors (diet, sedentary lifestyle, smoking, alcohol consumption, prolonged fatigue, stress, etc.), but also through regular medical check-ups, including blood pressure, cholesterol, triglycerides and blood sugar.

Key words: *nutrition, risk factors, prevention, cardiovascular diseases*

THE EFFECT OF PHYSICAL ACTIVITY LEVEL ON POSITIVE MENTAL HEALTH OF CHRONIC OBSTRUCTIVE PULMONARY PATIENTS

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Abstract

Objective: This study was planned to examine the relationship between physical activity level and positive mental health in chronic obstructive pulmonary patients. *Methods:* This study was planned as a descriptive relational study. The study was carried out with 108 patients who came to the chest diseases outpatient clinic of a hospital in Konya. In the collection of data; Personal information form prepared by the researchers questioning socio-demographic characteristics, International Physical Activity Questionnaire and Positive Mental Health Scale were used. Mann Whitney U test and Kruskal Wallis test were used to evaluate the relationship between sociodemographic characteristics and positive mental health. *Results:* The mean age of the participants was 67.93 ± 11.14 , 72.4% male, 27.6% female, 79% secondary school graduate, 77.1% married, 38.1% It was determined that 44.8% of them did not work in any job and their income was between 2501-3500 TL. In addition, it was observed that the participants had a diagnosis of COPD for 8.34 ± 3.12 (years). The mean physical activity score of the participants was 227 ± 108.18 , and the mean score of the positive mental health scale was 68.12 ± 12.57 . A high positive correlation was observed between physical activity level and positive mental health. *Conclusions:* When the results of the study were evaluated, those who graduated from high school, married and poor financial situation were in the risk group. In addition, it has been observed that individuals have a more positive mental health as the level of physical activity increases.

Key words: COPD, Positive mental health, Physical activity

THE EFFICIENCY OF PHYSIOTHERAPY MEANS ON ACUTE HYPERALGIC SHOULDER PATIENTS

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Abstract

Objectives: The main objective of the study was to demonstrate the effectiveness of the physiotherapy means for patients with acute hyperalergic shoulders. *Methods of research:* The research methods were established according to the objectives of the research, as follows: the study of the professional literature method, the testing method, the statistical-mathematical method and the graphical representation method. For a more efficient fix-up, the study was conducted 7 months, during October, 2021 – April, 2022, divided in three stages. The first step involved activities like theoretical documentation, selection of the newest intel needed for the therapeutical program, formulation of hypothesis, choosing the study subjects and the place where the research will take place; identifying ways of exploration and evaluation that can be used to track the evolution of subjects from the initial to the final phase. We selected for this research 6 subjects aged between 40 and 60 years, female and male, in the recovery office Kinetixx Bacău. *Results:* From the analysis of the data obtained, we found that by the specific means of physiotherapy, it is possible to get rid of pain, so that the patient with acute hyperalergic shoulder is able to sustain a medical gymnastics program in order for a fast recovery of the scapulo-humeral mobility. Thus, in the light of the results obtained, it can be stated that the implementation of the means specific to physiotherapy leads to the improvement of the symptoms specific to patients with acute hyperalgesic shoulder, as well as to the improvement of the evolution of the movement paramteres (mobility, strength, stability). This proves that the implementation of a specific well structured intervention program, regularly applied, could lead to the improvement and even the complete recovery of the affected movement parameters, as well as the functionality. *Conclusions:* According to the obtained results, it can be concluded that the application of the means, methods, procedures and techniques of physiotherapy ensures the optimization of the recovery results.

Key words: *mean, recovery, patient, acute shoulder*

THE EFFECT OF PHYSICAL ACTIVITY LEVEL OF INDIVIDUALS WITH CHRONIC MENTAL ILLNESS ON COPING STYLES WITH STRESS

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Abstract

Objective: In this study, the physical activity levels of individuals with chronic mental illness will be determined, and the effect of physical activity level on the way of coping with stress will be examined. *Methods:* This study was planned as a descriptive relational study. The study was carried out with 94 psychiatric patients who applied to the psychiatry outpatient clinic of a University hospital in Selçuklu district of Konya. In the collection of data; A personal information form prepared by the researchers, questioning socio-demographic characteristics, International Physical Activity Questionnaire and the Scale of Coping with Stress were used. In order to evaluate the relationship between sociodemographic characteristics and physical activity, t-test and one-way anaova tests were used with independent groups. Pearson correlation analysis was used to evaluate the relationship between the coping styles scale and physical activity. *Results:* The mean age of the participants was 33.54±12.02, 58.1% were female, 41.9% were male, 36.2% were university graduates, 61% were single, 73.3% were It was determined that 40 of them did not work in any job, 40% of them had an income of less than 1000 TL, 45.7% of them had the disease for less than 5 years, 39% of them had bipolar diagnosis and 53.3% of them perceived their health as moderate. The distribution of the physical activity levels of the participants and their stress coping styles scale mean score is presented in Table 1. It was determined that 81.6% of the participants were in the physically inactive (inactive) group, while 18.1% were in the group with low physical activity levels. The mean physical activity score of the participants was found to be 483.35±111.05. Stress coping styles scale Self-Confident Approach sub-dimension mean score 18.83±4.67, Helpless Approach sub-dimension mean 19.74±4.67, submissive approach mean score 12.53±3.45, optimistic approach score mean score of 12.68±3.32 and Seeking Social Support sub-dimension was found to be 9.14±2.88. *Conclusions:* According to the results of the study, women, married people, employees, those with chronic mental illness for 10 years or more, and those with a personality disorder diagnosis were included in the risk group in terms of physical activity. It has also been observed that there is a relationship between physical activity and self-confident approach to coping with stress, submissive approach and seeking social support.

Keywords: Chronic mental illness, Coping with stress, Physical activity

STUDY ON THE ERRORS OF THE DIAGONAL ATTACK TO THE RIGHT AND THEIR CORRECTION BY MEANS OF PHYSICAL EDUCATION AND SPORTS IN THE GAME OF FOOTBALL-TENNIS IN SENIOR WOMEN

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Abstract

According to the bibliography, the football-tennis game appeared internationally in 1922, when members of the Slavia Prague football club in the Czech Republic began to practice a sport in their free time, which they then called “football over the rope”. In fact, the name football-tennis comes from the Czech word "nohejbal". In the Czech Republic and Slovakia it is considered a national sport. The Czech and Slovak football-tennis tradition and school are very strong and well-developed, which is distinguished by the professionalism of the clubs. In Romania, football-tennis has been practiced since the 1970s, under the name of "foot tennis". Between 1982-1989, the first eight editions of the Balaci Foot Tennis Cup were organized in the student complex, Regie, together with the Romanian Students' Union and the Foreign Students' Union. Football-tennis has been growing since the 80's, being a sports game that can be played both individually and collectively, with five tests: singles, doubles and triples, plus mixed doubles and triples (men + women). The increased popularity of this game led to the establishment of the Romanian Football-Tennis Federation (F.R.F.T), in 1990, the year in which the affiliation to the I.F.T.A (International Football-Tennis Association) took place. This sport is represented at national level by the National Championship (seniors, seniors and juniors), the Romanian Cup, and at the international level by World Championships, European Championships, as well as tournaments organized by sponsors on different occasions. However, the football-tennis discipline brings together certain technical elements from the following sports: (football, volleyball and tennis), the technique of hitting the ball differs both from that applied in football and that used in tennis and volleyball, which defines that the name of the discipline football-tennis together with its theoretical and practical substantiation is independent of these sports. Safety in sports and physical activity are important prerequisites for continuous participation in sports, as well as for maintaining a healthy lifestyle. For this reason, the detection of errors / mistakes in the execution of the attack diagonally to the right and the application of an individual program to correct them can lead to the prevention of accidents. This article provides an overview of the errors / mistakes found in carrying out the attack action diagonally to the right together with their correction (at the level of the senior national football-tennis team) through physical means and sports. In this study we want to report that through the game of football-tennis we can make our contribution in terms of improving fitness and correcting execution errors through exercises: stretching, mobility, elasticity and dynamic exercises, adapted to the level of the group working and used according to the mistakes made by the players.

Keywords: *football-tennis, performance, exercises, technique, prophylactic program*

RECOVERY OF A BOTH MALLEOLUS FRACTURE WITH INTRAARTICULAR INTEREST THROUGH AQUATIC THERAPY

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Abstract

In our case study, we started from the hypothesis that by applying specific exercises systems specific aquatic therapy for the postoperative recovery of a a both malleolus fracture with intraarticular interest at the ankle level, we will achieve local recovery and walking in optimal conditions. The evolution of the gait was variable and unpredictable due to the persistent and fluctuating swelling, the ankles of the right ankle being visible only at the end of July. The most important problem was the lack of flexion in the joint of the operated limb, underlined by the negative value of -160, which made the standing position symmetrical and the walking with help and in a correct structure and coordination problematic. The difference of 3 centimeters between the legs of the two limbs and the perimeter of the right thigh larger than 2 cm led to a major muscle mass deficit reflected in the local muscle strength. The bending gain of 140 allowed, in about 4 weeks, in June, to be made symmetrical support while also moving with a single forearm crutch. The walk without help began at the beginning of August, with a long time being visible buzzing. Regarding the recovery of the muscular strength evidenced by the unipedal support, this was possible at the end of July, the delay being caused by the fear of the subject not to fall. Unipedal support and lifting on the tip of the right foot were possible in the aquatic environment that provides easy working conditions. Starting with August, the buzzing faded, and the gait regained its harmonious form. We consider that the recovery with the help of the extraordinary facilities offered by the aquatic environment and by the diverse and attractive means of aquatic therapy represents, in many cases, a support that should not be neglected by the physiotherapists. We believe that combining the methods specific to the physical therapy is much more efficient than using isolated methods and it is also an alternative for recovery based on the principle of individualization of the treatment, knowing that the patients are first and then the diseases.

Keywords: *aquatic therapy, both malleolus fracture, recovery*



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MANAGEMENT AND MARKETING IN SPORT



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THE PERSPECTIVES OF MANAGEMENT AND MARKETING OF THE SPORTS CLUBS IN ROMANIA

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Abstract

Having a bad state of development in Romanian sport overall, and in football in particular, especially in the areas of management and marketing of club teams, we were challenged to try and find some answers to a general question. *Purpose:* The purpose of this paper is to compare the richest clubs in Europe, more specifically the individuals involved in their management and marketing and those in the First League of football in Romania. Different mental states, different training techniques, and different trends in how managers prepare and how sports marketers operate can all be seen and analyzed to the financial details very effectively. *Methods:* This study used the scientific method to identify the problem, formulate hypotheses, analyze data, and the method of theoretical documentation to differentiate the sports management and marketing specializations. *Results:* From the point of view of the economic environment that is characterized by the top ten richest teams in Europe, it is understood that sports are an important source of revenue that stimulates the industry and leads to an increase in economic, social, and territorial development, which goes against the trend of the Romanian style, where owners are considered managers, general directors, and operation. The current economic and social objectives between the two situations are in antithesis. Along with this trend, the Romanian system depends on quick enrichment, specifically, marketing and management of sports contribute to greater differentiation in sports from both a theoretical and a financial standpoint. *Conclusion:* The examination of the ten football clubs demonstrates once again that a club cannot have successful sporting results without efficient management and marketing. People chosen to lead these divisions within the club have considerable experience gained in the non-governmental business sector. They have also received professional training at internationally renowned schools, which proves that today's sports are specialized areas and have become a source of income.

Keywords: *Sport, sport clubs, sports management, marketing*

COMPARATIVE STUDY CARRIED OUT BETWEEN THE PRIVATE AND STATE MANAGEMENT STYLE OF THE ROMANIAN SPORTS SECTOR

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Abstract

Objective: The present study is intended to be an alarm signal for new managers of sports organizations, who are forced to give up managing institutions and to focus more and more on the development of the organization by practicing effective leadership styles. *Methods:* We used documentation method, the direct and indirect observation method, questionnaire survey. *Results:* Having as a starting point my own experience in working simultaneously in state and private law sports organizations, we considered that one of the obvious differences is the leadership style, the working style of the directors with their employees, but also regarding the development of the organization. An equal number of directors of public and private sports units in Bucharest were interviewed to verify the hypothesis. *Conclusions:* Following the analysis of the data, the hypothesis was confirmed, the leadership styles in state sports being overwhelmingly authoritarian and bureaucratic. The focus on the task in this case is very obvious, while in the private sector there has been a greater concern for human relations. Managerial efficiency in the private system turned out to be six times higher.

Key words: *management style, private sector, state sector, sport manager.*



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DETERMINING THE RELATIONSHIP BETWEEN SLEEP QUALITY AND PHYSICAL ACTIVITY IN ADULTS

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Abstract

Objective: The aim of this study was to examine the relationship between sleep quality and physical activity. *Methods:* This study was planned as a descriptive relational study. The study was carried out with 317 adult individuals registered in a Family Health Center located in Selçuklu district of Konya province. In the collection of data; A personal information form, prepared by researchers and questioning socio-demographic characteristics, International Physical Activity Questionnaire and Pittsburgh Sleep Quality Index were used. Two independent samples t-test and one-way Anova were used for normally distributed data. *Results:* When the sociodemographic characteristics of the individuals were examined, the mean age was 33.89 ± 6.71 . 47% were female, 53% were male, 44.8% were married, 55.2% were single, 48.6% were Of the students, 51.4% of them are high school graduates and 51.4% of them are university graduates, 57.4% of them work in any job, 41.6% of them describe their income as medium, 46.1% of them perceive their health as bad and 64.7% was found to have a chronic disease. It was found that the mean physical activity total score of the individuals was 1185.14 ± 800.31 (minimal active level physical activity) and the mean sleep quality score was 8.00 ± 4.35 (poor sleep quality). A strong negative correlation was found between individuals' physical activity level and sleep quality. It was observed that as the physical activity score averages of the individuals increased, the sleep quality score averages decreased. *Conclusions:* In line with the results of the study, it was found that there is a significant relationship between the physical activity levels of individuals and their sleep quality. It has been concluded that individuals get better quality sleep with the increase in their physical activity level.

Keywords: *Adult individuals, Sleep, Physical activity*

ASSESSMENT OF THE IMPACT OF OUTDOOR ACTIVITIES IN LEISURE FACILITIES ON PHYSICAL ACTIVITY OF SCHOOLCHILDREN AGED 15 DURING THE COVID-19 PANDEMIC

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Abstract

Introduction. Given the steady decline in physical activity among all categories of Ukrainian citizens, due to quarantine restrictions caused by the Covid-19 pandemic, there is a threatening trend of declining levels of their physical health. In the last period of time, the world has undergone significant changes, namely the emergence of the Covid-19 virus, which has altered human life. During the pandemic Covid-19, fitness is essential in preventing physical and mental health problems among schoolchildren. This requires the development of preventive measures aimed at increasing the body's resistance to disease. *Material and methods.* The study was conducted on the basis of the Municipal Institution in the Lviv Regional Council “Lviv Regional Center for Local Lore, Excursions and Tourism of Student Youth”. 51 students participated in the experiment, including 32 boys and 19 girls aged 15. Drawing on their health condition, they were allocated to main medical group. The group of experts included 27 qualified specialists familiar with the issues of children's and youth tourism and physical education. The following methods were used during the research: study, systematization and generalization of literature and best pedagogical experience, expert assessment method, anthropometric, physiological research methods, pedagogical testing, Framingham method of motor activity assessment, methods of mathematical statistics. *Results.* Among the programmes aimed at high school students, their health and recreation in the framework of out-of-school educational institutions, comprehensive programmes that include lessons of theoretical and practical nature are the most effective. Thus, we offered the programme based on walking tourism. It was aimed at high school students and was introduced within the framework of the out-of-school educational institutions of tourism and local lore. The study proves the changes in the daily activities of adolescents regardless of gender. Comparing to the beginning of the experiment in the structure of their daily motor activity the time spent on a sedentary level has significantly ($p < 0.05$) decreased at the end of the experimnt. In addition, in all groups the volume of motor activity of medium and high levels statistically ($p < 0.05$) increased. There were positive changes in the indicators of the cardiovascular and respiratory systems, indicators of physical health and fitness. *Conclusions.* The obtained results testify to the effectiveness of the proposed programme of lessons based on walking tourism with 15-year-old students within the framework of out-of-school educational institutions of tourism and local lore. Therefore, the proposed programme should be included in the organizational and methodological support of health and recreational activities in educational institutions as a part of extracurricular activities focused on tourism and local lore.

Key words: *pandemic, efficiency, high school students, health and recreation activities, walking tourism.*

COMPARATIVE ANALYSIS OF THE MOTIVATION OF STUDENTS OF THE MILITARY ACADEMY OF DIFFERENT YEARS OF STUDY TO THEIR OWN PHYSICAL IMPROVEMENT

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Abstract

In recent years, the motivation of cadets of higher military educational institutions has significantly decreased towards their own physical improvement. This leads to a deterioration in physical fitness, functional status, as a result of professional training of cadets and, in general, therefore, a decrease in readiness for combat missions is noticed. The purpose of the study is the dynamics of the dominant motives of higher military educational institutions cadets and the level of their motivation for their own physical improvement. *Materials and methods.* The study was conducted at the National Ground Forces Academy. 348 people took part in the survey in 2010, and 364 in 2020. *Results.* According to the results of the research, we compiled hierarchical structures of motivation of academy cadets to their own physical improvement of both years of study. The motivation of cadets who were studied in 2010 is expressed by the formula $PR_{2-3}P_5R_{0-1}H_0$, in 2020 – $PR_{2-3}P_5R_{1-2}H_{0-1}$. *Conclusions.* Both formulas show that the motivation of cadets to their own physical improvement is at an average level. However, the analysis of the relationship and sequence of motives in their hierarchical structure suggests a negative trend of motivation of cadets of different years of study to physical improvement, and the difficulty in ensuring the proper level of efficiency of the educational process of their physical improvement.

Key words: *analysis, cadets, motivation, values, regress.*

USE FORCE TO CARRY OUT POLICE MISSIONS

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Abstract

According to the title selected to highlight the research process, a periodic training of force, followed by its optimal use, within legal limits, proportionate to the seriousness of the facts for the fight and sanction of which force is used in the Police activity, represent a solid basis for the success of the missions of public institutions, subject to comparative analysis: National/Local Police from Romania (being subject to research 12 Local Police), respectively from 2 countries in the European Community area (Kingdom of Spain) or extra-communitary area (Republic of Moldova). After the introductory terminological clarifications regarding the attributions of the 2 institutions in Romania analyzed in comparison, respectively the definition of force, we continued with operational aspects regarding the Police interventions aimed at maintaining or restoring the law through the gradual use of force, a basic driving quality whose development through specific trainings (in parallel with training of speed, resistance and skill) favors a good execution of Police missions. Starting from the premise that a periodic institutional training of the force can contribute to the success of the Police missions (besides the health benefits for personnel), we focused on achieving the objectives of the research represented by: highlighting the need for gradual intervention in force (from Police measures applied without the involvement of physical force, followed – just in case – by the use of strikes, evasion and articular techniques, the use of means of intervention and the legal use of weapons in the endowment, depending on the actions of opponents analyzed by observation their movements, from a safe perimeter. identification of anatomical areas (red, orange and green) on which the use of self-defense procedures can produce a wide range of vital effects (massive bleeding, death) or can affect organs of opponents or produce strong pain and temporary incapacity for action, giving the possibility to carry out Police measures. - analysis of how the curricula in the field of physical education used to train the employees of the Romanian Police according to O.M.A.I. no. 154/2004 or of the local policemen attending courses in the educational centers of the M.A.I. can be adapted to the physical training programs of the local policemen. - motivation to include operational procedures for the standardization of physical training activities, according to O.S.G.G. no. 600/2018. An element of originality in the current global pandemic context caused by COVID-19 is the inclusion teaching of full breathing in the annual physical training curriculum for local policemen (which ensures good oxygenation, increased lung capacity, acceleration of healing of the affected organs in post-COVID-19 status or after other diseases), respectively the use of forced exhalation for increasing the execution of force in self-defense procedures, well known to martial arts practitioners. The research has the purpose to identify instructional activities that would ensure, by training the force, the proper fulfillment of the National/Local Police missions.

Key Words: *Police, Use Force, Missions*

EFFECT OF POSTACTIVATION PERFORMANCE ENCHANGEMENT (PAPE) ON INTER-LİMB UNİPEDAL STATİC BALANCE ASYMMETRY İN PHYSİCALLY ACTIVE İNDİVİDUALS

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Abstract

The aim of this study was to investigate the effect of PAPE on inter-limb unipedal static balance asymmetry. Twenty-seven physically healthy and active individuals (25.3 ± 2.6 years, 174 ± 6.8 cm, 72.4 ± 10.1 kg) voluntarily participated in this study. Balance measurements were made before and after PAPE via whole body vibration. A paired-samples t-test was used to determine whether there was a statistically significant mean difference between pre-PAPE inter-limb unipedal static balance asymmetry angle compared to post-PAPE inter-limb unipedal static balance asymmetry angle. Data are mean \pm standard deviation, unless otherwise stated. There were no any outliers detected that were more than 1.5 box-lengths from the edge of the box in a boxplot. The assumption of normality was assumed, as assessed by Shapiro-Wilk's test ($p = 0,833-0,087$). The PAPE vibration application didn't elicited a statistically significant mean difference in inter-limb unipedal static balance values compared to pre-PAPE condition. It was observed that there was no statistically significant difference between the static balance symmetry angle values of the right and left single leg ($p > 0.05$). It can be concluded that PAPE conditioning has no significant effect on unipedal static balance asymmetry. It also shows that vibration does not have a negative effect on balance asymmetry, as it causes less destabilizing movements and improved balance ability by suppressing spinal reflex excitability such as muscle stretch reflex during stance

Keywords: *Balance asymmetry, PAPE, static balance*

DETERMINATION OF THE RELATIONSHIP OF ELITE ATHLETES' SELF-RESPECT LEVELS AND SOCIODEMOGRAPHIC VARIABLES

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Abstract

Purpose: The aim of this study is to determine the self-esteem level of elite athletes and to examine its relationship with sociodemographic variables. *Methods:* This study was planned as a descriptive relational study. The study was carried out with 147 national athletes in Turkey. In the collection of data; A personal information form prepared by researchers and questioning socio-demographic characteristics and Rosenberg Self-Esteem Scale were used. The data of the study were evaluated using the statistical package program SPSS for Windows 22.0 (Statistical Package for Social Science). *Results:* When the sociodemographic characteristics of the athletes were examined, the mean age was 25.75 ± 4.07 , 55.8% female, 44.22% male, 37.4% university graduate, 66.0% married. It was determined that 77% of them evaluated their income at a medium level, 55.1% of them perceived their health at a medium level, 55.1% of them lived in a metropolitan city and the athletes had been national for an average of 3.02 ± 0.76 years. The mean score of the self-esteem scale of the athletes was found to be 2.09 ± 0.75 , and the self-esteem was evaluated at a moderate level. A statistically significant and negative high correlation was found between the duration of being a national and self-esteem ($p < 0.05$). A statistically significant and negative high correlation was found between the age and self-esteem of the athletes ($p < 0.05$). It was observed that as the duration of being national of the athletes increased, their self-esteem scores decreased and therefore their self-esteem increased. *Conclusions:* At the end of the study, it was observed that as the age of the athletes increased, their self-esteem scores decreased and therefore their self-esteem increased. It was observed that as the duration of being national of the athletes increased, their self-esteem scores decreased and therefore their self-esteem increased.

Keywords: *National athlete, self-esteem, sociodemographic variables*

THE RELATIONSHIP BETWEEN UNIVERSITY STUDENTS' PHYSICAL ACTIVITY AND THEIR DESIRE TO BE LIKE

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Abstract

Purpose: The desire to be liked is defined as the positive feedback, wishes and feelings of well-being that individuals expect from other people in order to transform their perspectives towards themselves into a positive one and to meet their love and respect needs. *Methods:* This study was planned as a descriptive relational study. The study was carried out with 140 university students studying at the sports sciences faculty of a state university in Konya. The questionnaires were delivered to the participants via social media; The data collection process was terminated after the sufficient number of samples was reached. In the collection of data; Personal information form prepared by researchers and questioning socio-demographic characteristics, International Physical Activity Questionnaire and Desire to Be Admired Scale were used. Independent two-sample t-test and analysis of variance were used for normally distributed data. Pearson correlation analysis was used to evaluate the relationship between physical activity and the desire to be liked. *Results:* The mean age of the participants was 21.01 ± 2.33 , 60.7% of them were girls, 39.3% were boys, 49.3% of their mothers were high school graduates, 51.4% of them were high school graduates from their fathers. It was found that 58.6% of their mothers were working in any job, 67.9% of them were fathers working in any job, 39.3% of them perceived their income as medium and 45.7% of them perceived their health as medium. When the physical activity level of the students was evaluated, it was seen that 38.6% of them were in the low level of physical activity and 38.6% were in the physically inactive group. The mean physical activity score of the students was determined as 686.13 ± 252.41 . The mean score of the students' desire to be admired was found to be 19.54 ± 5.62 . A strong positive relationship was found between the level of physical activity and the desire to be liked. *Conclusions:* In our study, in which we evaluated the relationship between the physical activity level of the students and the desire to be liked, girls, those whose fathers graduated from primary school, those who perceive their income as good, those who perceive their health as bad and those who are physically active were in the risk group. In addition, it was observed that the desire to be liked increased as the physical activity level of the students increased.

Keywords: *University students, Physical activity, Desire to be liked*

MONITORING THE EFFECTIVENESS OF INNOVATIVE FORMS OF ORIENTEERING DURING THE COVID-19 PANDEMIC

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Abstract

Given the steady decline in physical activity among schoolchildren and due to quarantine restrictions caused by the Covid-19 pandemic, there is a threatening trend of declining levels of their physical health. Lately, the world has undergone significant changes, namely the emergence of the Covid-19 virus, which marked all human lives. Under the conditions of the Covid-19 pandemic, physical fitness is essential for preventing physical and mental health problems among schoolchildren. This requires scholars to develop preventive measures aimed at increasing the body's resistance to disease. *Materials and methods of research.* The study was conducted in Chernivtsi specialized school with physical and mathematical profile № 6. The experiment involved 36 boys who attended a club in orienteering. They belong to the main medical group. They have been introduced to the specially designed 234-hour orienteering-based program which included theoretical and practical classes, most of which were conducted outdoors in a variety of landforms. We used active and interactive forms of training, technical means, information and communication technologies of training, which contained topographic computer programs, orienteering simulators (computer games “Catching Features”, “Virtual-O”). *Results.* The results of the study indicate positive changes demonstrated by the 11-year-old boys under the influence of orienteering. At the end of the pedagogical experiment, we observed a statistically significant difference ($p < 0.05$; $p < 0.01$) in the dynamics of the right-hand dynamometer, resting heart rate, lung vital capacity, and Ruffier index. The indicators of cognitive functions, in particular, the amount of short-term memory had significantly ($p < 0.01$) improved among 11-year-old boys by 83.2 % ($p < 0.01$), and the rate of information processing improved by 101.1 bits ($p < 0, 01$). Moreover, the indicator which characterizes the coordination abilities of boys underwent the greatest changes. The average result for orienteers improved by 6.9 s, which was 90.7 % ($p < 0.01$). The most positive changes were observed in motor tests, which characterize dexterity, strength, endurance and speed-power qualities. A statistically significant difference was observed among children when they were performing the tests, such as shuttle runs 4x9 m ($p < 0.05$); long jump ($p < 0.05$); running without taking into account the timing ($p < 0,01$); flexion, an extension of the arms in the supine position ($p < 0,01$), as well as special physical training in overcoming the distance in orienteering at 8 checkpoints. *Conclusions.* The obtained results testify to the effectiveness of the proposed program based on the innovative forms of orienteering applied to the group of 11-year-old boys. Thus, the proposed program should be included in the organisational and methodological support of health and recreational activities in out-of-school educational institutions of tourism and local lore during the Covid-19 pandemic.

Key words: *program, guys, planning, efficiency, orienteering.*

COMMUNICATION IN TEAM SPORTS

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Abstract

The concept of "communication" is closely linked to our existence as humans and later as a society, because human beings and their communication are interdependent. Communication is a coach's most important tool. It is one of the most important skills a coach can have. This skill refers not only to the ability to know sports technique and tactics, but also to building a relationship with the athlete or athletes in front of you. Effective coaches embody a combination of sports knowledge, management skills, emotional intelligence and perhaps most importantly, effective communication. Generally, good coaches exhibit communication strategies such as active listening, empathy in their speech and clear enunciation when speaking. Effective communication in sport is an absolutely essential trait that quality teams must have to be successful, from coaches to team leaders to team players. In sports, there are many forms of communication and many people who are affected by the communication process. A team made up of the best players who do not communicate properly will sink into mediocrity, while a team made up of "regular" players who communicate impeccably will be at the top every year. *Suggestions.* Effective communication in sport is an absolutely essential trait that quality teams must have to be successful, from coaches to team leaders to team players. Everyone must be on the same page. Achieving such a high level of performance is directly linked to communication and having measurement tools and communication criteria in place to take internal and external influences and shape them into a coherent unit.

Key words: *communication, sport, coaches, support*

**TRANSPOSITION OF THE ACTOR INTO A CHARACTER
– CHEKHOV WORKSHOP**

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Abstract

The analysis presented in this paper has as a starting point the empathy of the performer with the character, which is based on the combination of imagination and emotional experience. The problem from which this study starts is related to the activation and development of the quantity and quality of information genetically inherited or acquired through one's own experience and their application in the elaboration of a character. This can be achieved by finding solutions to improve the level of understanding of the complexity of the approach that the student actor must take. The hypothesis starts from the fact that we must have an above average level of imagination and empathic level, in order to be able to improve through learning the elaboration capacity of the student actor. In this context, the objectives of the study are applied and aim to improve the learning process. Therefore, the level of information reached by the students until the moment of evaluation is established and the most detailed detection of the existing gaps is sought. The level of cooperation between the stage partners is observed and established. We are looking for methods, procedures and techniques that by application can help in the construction of the characters and in the development of stage actions. The factors that favor and the factors that limit the stage activity of the students are delimited. The research method started from the analysis and study of a Chekhov workshop, in which students performed scenes from the best-known plays by this author. The choice of this workshop was due to the fact that Chekhov is a master of psychological introspection, his characters being very well defined. The evaluation aimed at the level of the stage transposition capacity of the students in the characters. The results took into account, on the one hand, the level of recognition of the situations and, on the other hand, the empathy and the ability of the students to render towards the imagined character. At the same time, the aim was to determine the gap that appeared between the students' mental project and their stage realization.

Keywords: *the capacity for stage transposition, empathy, creative imagination, expressiveness.*

INFLUENCE OF CROSSFIT ON DYNAMICS INDICATORS OF PHYSICAL FITNESS OF YOUNG PEOPLE

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Abstract

Institutions of higher education in Ukraine need to transform the quantitative indicators of educational services into quality, which involves reviewing the content of higher education and filling it with modern material, the introduction of new learning technologies. The preparation of young people for professional activities is carried out within the educational system. The strategy of the current higher education should form a specialist who is able not only to realize the accumulated potential of knowledge, skills and abilities, but also to go beyond the regulated activities (Klymovych, Olkhovyi, Romanchuk, 2016). The defined strategy characterizes the tendency to increase the role of the "human factor" in all spheres of activity, including in the military direction. Distinctive features of youth education in higher education institutions are the ever-increasing amount of educational information with limited training time; intense nervous and emotional load; overload of the intellectual sphere; reduction of motor activity. One of the leading places in the education system is physical education. This is the only academic discipline that accompanies the student (cadet) throughout the period of study. The level of physical fitness is determined during the selection of an entrant to study in an educational institution, in each semester of study, during inspections and unannounced inspections, as well as during the state certification for graduation. To determine the impact of crossfit on the development of basic physical qualities, we conducted a comparative analysis of the level and dynamics of physical fitness of young people who in the learning process (I-IV semesters) regularly engaged in crossfit section (this group was marked № 1 (n =24)) and students, who were engaged in the existing program of physical education in higher education institutions (№ 2 (n = 23)). The level of physical fitness was determined in accordance with the results of exams and tests in physical education. No significant difference was found during the first three semesters ($p > 0.05$). In the fourth semester, a significant difference was found ($t = 4.44$; $p < 0.001$), that the impact of crossfit is more pronounced in the fourth semester, and the use of crossfit leads to higher results of basic physical qualities.

Key words: *crossfit, student, physical fitness, sports, physical qualities.*

THE INFLUENCE OF THE COVID-19 PANDEMIC ON PHYSICAL ACTIVITY IN GIRLS

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Abstract

This study complements other studies previously conducted and aims at determining the current level of physical activity in girls in the current pandemic context, the data obtained being compared with the mentioned studies. The research was conducted in 2022 on a number of 60 girls between the ages of 19 and 35 and was based on a questionnaire that shows the Physical Activity Index. The mentioned questionnaire has three parameters (intensity, duration and frequency) and is calculated very easily by multiplying the scores from each parameter, resulting in a value that shows us a score that can be interpreted according to a given appreciation grid. The results obtained show that, with the exception of the frequency parameter, all parameters and the Physical Activity Index decreased in 2022 compared to the other years researched, the difference between the best value of the Physical Activity Index and that obtained in 2022 being over 10 points, which shows us that the pandemic situation has affected us all, regardless of age, the girls being classified as insufficiently active/relatively sedentary, with a category of poor physical condition. Under the given conditions, it is recommended that the physical activity to be carried out permanently, even if this is done at home, at the office (during break), in the park, etc., and it can be done in the form of stretching, walking, running, fitness, etc. Movement containment measures taken during the COVID-19 pandemic have also had a negative effect on physical activity, the impossibility of leaving the house or certain restrictions that have been taken have caused regular physical activity to suffer. Realizing that during the pandemic it is quite difficult to be an active person by diminishing opportunities, I believe that a regular schedule of physical activity can be maintained, which is a matter exclusively for the person concerned, the formation of a daily routine in which involves movement being recommended, by this maintaining a state of well-being felt by those who achieve this.

Key words: *physical activity, girls, pandemic*

COMPARATIVE STUDY ON PHYSICAL/SPORTS ACTIVITY AT THE AGE OF 19-30 YEARS

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Abstract

The comparative study I present was conducted in 2022 at the Petroleum-Gas University of Ploiesti on a sample of 52 students (boys and girls, girls having a percentage of more than 90% of the total subjects), the data being compared with a previous study (2019) in order to be able to compare the evolution or involution of young people's perception of different problems aimed at physical/sports activity. The age of the participants in this comparative study was in the range of 19-30 years, the method used was the survey, which was based on an anonymous standardized questionnaire with 8 questions that concerned the importance of sports activity in young people, but also their perception of the subject presented. From the study carried out, there is an increase in awareness of the importance of sports activities in everyday life, this is also understood as an activity through which young people can overcome different difficulties or social barriers. By practicing various physical activities (professional type or amateur level) the vast majority of subjects point out that they have met new people, which is gratifying because socialization is one of the many pluses of sports activities. To the same extent, young people are aware that movement translates into health, the maintenance of the physical shape/beauty, that it can be included in their lifestyle, that in addition to all this, movement also means relaxation and even competition. In 2022, the material part related to sports activity is no longer considered a priority, the higher values obtained from the above being conclusive in this case. The fact that the vast majority of young people no longer follow sports events shows us, however, the lack of interest in performance sports, nowadays the vast majority of young people are not active members of any sports team, most of those surveyed are not aware of the conciliatory role that sport has in certain conflicts. Orientation of the population towards a lifestyle that also contains regular physical activity (at least three times a week) should become a priority of today's society, starting from kindergarten, school to state-funded programs. Regular practice of physical/sports activity should be one of the main activities of the young generation and not only, because maintaining physical, mental health, developing motor qualities, etc. should be not only a hobby and even a state policy by increasing the number of physical education classes and sports competitions.

Keywords: *physical activity, importance, young people*

STUDY ON THE DYNAMICS OF THE USE OF FOOD SUPPLEMENTS IN AMATEUR SPORTS

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Abstract

Supplements are promoted as energy enhancers and amplifiers of athletic performance and are found mainly in food supplements. The present study reveals some important aspects regarding the dynamics of the use of analeptics in table sports. The study included 580 participants who volunteered for this research. Both men and women participated (63.8% men and 36.2% women), associated with six different sports. Participants were included in the study based on the signing of their consent and their agreement to participate in the study anonymously. All participants were surveyed, where they could complete personal (but anonymous) information about the potential use of analeptics. As 70% of amateur athletes accepted that they used analeptics, and a large number of them admitted that they did not know or were unsure of the biological effects of these substances, suppliers are obliged to provide information to each buyer, informing them about these substances, as proper knowledge about these dietary supplements and their side effects could help them to avoid side effects. The major route of administration of analeptics was oral, followed by parenteral administration. As a result of their administration, amateur athletes noticed various changes due to the side effects of the abuse of analeptic substances: psychological, androgenic, cardiovascular, dermatological and muscular effects.

Key words: *Food supplements, amateur sports, abuse, dynamics, side effects.*