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CONFERENCE SCHEDULE
Oral Presentation Plenary Conference

EFFECT OF ZINC-SUPPLEMENTATION AND ACUTE SWIMMING EXERCISE ON ELEMENT DISTRIBUTION IN THE BRAIN OF DIABETIC RATS

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Introduction and objective: It was argued that plasma elements diminished in diabetic rats (1) and it was noted that the element distribution not only in the plasma, but also tissues was impaired in diabetes (2). Besides, it was reported that exercise affected the element metabolism (3), and that the post-exercise differences could result from changes in the distribution of elements to tissues (4). This study aims to explore the effect of zinc-supplementation to rats which were induced diabetes with streptozotocin and subjected to acute swimming exercise on the distribution of elements in their brain tissue.

Materials and methods: Eighty adult male rats were equally allocated to eight groups: Group 1, general control; Group 2, zinc-supplemented group; Group 3, zinc-supplemented diabetic group; Group 4, swimming control; Group 5, zinc-supplemented swimming; Group 6, zinc-supplemented diabetic swimming; Group 7, diabetic swimming; Group 8, diabetic control. The rats were injected with 40 mg/kg i.p. streptozotocin (STZ) twice with a 24-hour interval. Rats whose blood glucose was found at and above 300 mg/dL 6 days after the injections were accepted as diabetic (5). The rats were supplemented with 6mg/kg/day (i.p.) zinc for 4 weeks. Lead, cobalt, molybdenum, iron, copper, magnesium, iron, copper, calcium, zinc and selenium levels (ml/L) were analyzed in liver tissue samples by atomic emission.

Results: The highest lead, chrome, boron and magnesium levels in the brain tissue were established in groups 7 and 8 in the study. The parameters were not different from each other in other groups. Brain cobalt levels in groups 1 and 6 were higher than those in all other groups, while the highest zinc levels and the lowest selenium levels in the brain tissue were obtained in groups 7 and 8.

Discussion and Conclusion: Results obtained from the study indicate that zinc supplementation to rats which were induced diabetes with streptozotocin and subjected to acute swimming exercise significantly modifies the element metabolism in the brain tissue.

Key words: Zinc, diabetes, exercise, elements, brain.

TRAINING AT MEDIUM ALTITUDE, 1800-2000 M ABOVE SEA LEVEL (BULGARIAN TESTS)

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Introduction
“Man, altitude, sport and hypoxia” this formula has been an age-old problem. The first attempts date back to more than 100 years ago and were followed up by the French paper by Jordane in 1885, “The influence of atmospheric pressure on human life”. Further research into the subject was led by two other French national during this era, Bert (1878) and Vayany (1890). Other notable researchers include Mosso (1897), Konheim (1903), Dill (1938), B.Holman (1994), etc.

Until 1954, the main sporting element to this research lay, for the most part, in the development of training programmes for alpine expeditions and aviators. It was not until much later that the question of altitude started to arouse interest: In Mexico, 1955 during the Pan-American Games, later following the selection of Mexico for the 1968 Olympic Games and then the 1970 World Cup. Already aware of the results of exertion at high altitudes, trainers and scientists began to look into the problem. After detailed large-scale studies followed by top sporting performances from
numerous world-famous athletes from Kenya, Ethiopia, Mexico, Germany, China, Russia etc., altitude preparation became a modern training technique enabling high performances.

It was the Bulgarian tests however that showed practical scientific evidence of the effects of altitude training, and for the first time, in Bulgaria in 1953, the problem was addressed. In 1954, after attending the international Sports Medicine Conference in Belgrade, two Bulgarian professors, Prof. Kraesteu Krastev and Prof. Ilsho Ilyev presented their papers on the subject. Together with Prof. Ivan Staykov, they published the first book on the problems of altitude training in Bulgaria in 1956. Their theories and tests greatly influenced the application of altitude training for top-level Bulgarian athletes.

This was only possible however after the Bulgarian and East German (ex GDR) governments joined forces to build the Belmeken Center in 1967. Located in the heart of the forest in the Rila mountains, the center sits at an altitude of 2050 m, some 125 km from Sofia.

**Key words:** altitude, man, training

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**INFLUENCE THE MUSCLE RELAXATION ABILITY ON RESULTS IN SPORT**

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In the theory and methodology of sport training there are issues which are extremely important and which are marginal. As a rule, the first kind of issues becomes the subject of intensive research, whereas the second occasionally and fragmentarily are subject to scientific penetration. Sometimes, these extremely important, although not being sufficiently dealt with, cease to be the subject of interest. It seems that the same lot fell upon the extremely important issue which was and still is – the ability of muscle relaxation. Exercices with „....the biggest tension and the biggest relaxation” were used already in the ancient times [Ulatowski, 1981, 9]. What is this ability? A partial answer to this question was given by a physiologist W. Farfel: „... Relaxation – a concept widespread in sport, at the same time not having a precise definition and a quantitative dimension (measurement). I consider relaxation as an ability of unrestricted diminution of superfluous and reflexive muscle tension.” [1975, 16]. Despite the significant progress in the knowledge about sport training, muscle relaxation accounts for a relatively little exploited reserve in the practice of physical education and sport. There are fewer and fewer such reserves, since in contemporary record-seeking sport, more often it is the odds and ends that affect the final result. The ability to relax muscles is not trifle, since according to scientists and coaches the low level of muscle relaxation inhibits the achievement of maximal sport results.

The superficial overview of contemporary literature related to physical education and sport demonstrates that the issue has recently become rarely noted, though 20–30 years ago it was a subject of various research works, carried out by specialists of various scientific disciplines in many countries [Murawow, 1985; Fomin, 1985; Grin, Sireno, 1985; Szanskov, 1986; Lowicka, 1955, 1964; Handelsman, Jawedkomina, 1990; Michajlow, 1967; Farfel, 1960, 1975; Farfel, Nazarow, 1971]. Taking into account the evident shortage of new information, as well as the lack of interdisciplinary interpretation of the issue, particularly from the point of view of the science about human movement - antropokinesiology, the work hereby focuses on the achievement of the following aims: 1. Definition of the place of the muscle relaxation ability in the science about human movement. 2. Manifestation of the muscle relaxation ability in various sport disciplines. 3. Search for the relationship between this ability and motor abilities. 4. Establishment of the relation between the level of the ability of muscle relaxation and sport techniques. 5. Attempt to establish the influence of the ability of muscle relaxation on the effectiveness of technique and on the sport success.

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**MONITORING OF SPRET EFFECTS ON SENIOR ELEMENTARY SCHOOL PUPILS’ INVOLVEMENT IN RECREATION**

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Development of technology facilitates the production and communication, but at the same time reduces physical activities necessary for pupils in order to ensure them proper growth and development in biological, motor and social terms. The model of sporting-recreational competitions of pupils, SPRET, fosters elf-organization and it is based on public records of participating students in those activities created. Each individual participation is marked and additional points are given for successfullness in competitions and contribution to the organization. There is only a team placement that is based on participation of an individual from a particular class. The project object is the degree of pupils’ engagement in extracurricular sporting-recreational activities. We monitored the effects of SPRET model application on increase of the volume of extracurricular activities of elementary school pupils during the experimental realization of the project and three months later.

In a sample, consisting of 89 boys and 82 girls, SPRET model was experimentally applied for a period 21 days. Girls’ involvement in recreation raised after the SPRET model application from 17.1% to 31.7% in those female pupils who are regularly engaged in recreation (at least three times a week), and three months after the number of these pupils decreased slightly to 28.0%. Statistically significant difference compared to the initial measurement is p = 0.002, the value of g2 = 24,713 at 8 degrees of freedom. In boys, involvement in recreation raised from 39.3% to 40.4% after the project, i.e., 41.6% three months later, in those pupils who are regularly engaged in recreation. Statistically significant difference is on the level p = 0.02, the value of g2 = 18,212 at 8 degrees of freedom.

**Keywords:** SPRET Model, public records, encouraging to physical activity, pupils’ involvement, pupils’ organization

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**THE MODERNIZATION OF THE SPORTIVE TEACHING PROCESS AND SYSTEM**

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Essay content. This study deals with the main coordinates of the modernization of the sportive teaching process and system. This is a permanent scientific research theme, regarding the continuous changes produced within the sportive performances process. In other words, it is necessary for us to better understand the components, the nuances and the development directions of the modernization concept in our activity domain and to properly adjust them to the practical reality.

Knowledge problem. The national policy of performance in sports would be expressed through a series of principles, rules, laws and general options regarding the development and the modernization of the selection, training and participation to competition system of the athletes and sportive
Oral Presentation
Sport Performance

THE EFFECTS OF SWIMMING EXERCISE AT 20°C WATER AND L-CARNITINE ON MICE’S BLOOD PARAMETERS

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Objective: We aimed to research the effects of swimming exercise that’s water temperature 20°C on physiological functions of mice administrated exhausted exercise.

Methods and procedures: It was used 60 male mice of the type of balb/C and twelve montly age in this research. The mice were divided into four groups consist of non-training(n:15), swimming training(n:15), practical(n:15) and unpractical(n:15) L-carnitine. L-carnitine as pharmaceutical agent was used the dose 100mg/kg (0.4ml) to experiment groups. It was given saline solution the same volume of L-carnitine to control group. The mice were swim until exhaustion in the morris water tank at 20°C ambient. Swimming exercise was applied during three weeks. Both control group and experiment group mice were measured blood parameters of their pre and post measurements. Blood samples (0.5ml) was taken twice from tail veins of the experiment and control mice during experiments. The blood cell parameter findings obtained by the blood cell counter device. All mice outenasied by ether inhalation long period after from experiment three weekly. The findings were evaluated as means ± SEM. Data for the exercise-trained groups were compared to those for the sedentary groups using one-way ANOVA. Statistical significance among groups were evaluated at p < 0.05.

Results: The data that’s erythrocyte, hemoglobin, haematocrit and RDW, MPW, PDW were founded significantly (p<0.05) when it was compared to the findings of control group with only swimming group. The values of leukocyte, erythrocyte, hemoglobin, RDW and trombocyte parameters were founded differences between two groups significantly (p<0.05) when it was compared to the findings of the control group with experiment group is swimming and taking L-carnitine. The values of MCV, PLT and PCT were found significantly (p<0.05) differences between two groups when the experiment group that’s both swimming exercise and taking L-carnitine compared to with the only swimming group.

Discussions and conclusions: It was evaluated that the exhaustion swimming exercise influenced negative effect on hematologic parameters of mice because of cold stress. It must absolutely avoid from heavier swimming exercise to them. We concluded that swimming training protocols, special environment, cold stress and the other factors had to be well-programmed.

Key words: L-Carnitine, Swimming Exercise, Cold stress, Mouse Training

THE EFFECTS OF SWIMMING EXERCISE AT 35°C WATER AND L-CARNITINE ON BLOOD CELLS OF MICE

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Objective: We aimed to research the effects of swimming exercise that’s water temperature 35°C on blood cells of mice administrated exhausted exercise.

Methods and procedures: It was used 48 male mice of the type of balb/C in this research. Mice in research were divided into four groups consist of non-training(n:12), swimming training(n:12), practical(n:12) and unpractical(n:12) L-carnitine. L-carnitine as pharmaceutical agent was used the dose 100mg/kg (0.4ml) to experiment groups. It was given saline solution at the same volume of L-carnitine to control group. The mice were swim until exhaustion in the morris water tank at 35°C ambient. Swimming exercise was applied during three weeks. Both control group and experiment group mice were measured blood parameters of their pre and post measurements. Blood samples (0.5ml) was taken twice from tail veins of the control and experiment mice during experiments. The blood cell parameter findings obtained by the blood cell counter device. All mice outenasied by ether inhalation long period after from experiment three weekly. All data for the exercise-trained groups were compared to the sedentary groups using ANOVA. The statistical significance among groups were excepted at p < 0.05.

Results: The data that’s erythrocyte, hemoglobin, haematocrit and RDW, MPW, PDW were not founded significantly (p>0.05) when it was compared to the findings of control group with only swimming group. The values of leukocyte, erythrocyte, hemoglobin, RDW and trombocyte parameters were founded differences between two groups significantly (p<0.05) when it was compared to the findings of the control group with experiment group is swimming and taking L-carnitine. The values of MCV, PLT and PCT were found differences between two groups significantly (p<0.05) when the experiment group that’s both swimming exercise and taking L-carnitine compared to with only swimming group.

Discussions and conclusions: The animals’ performing exhaustion swimming exercise at 35°C water temperature obtained very low effects than 20°C water temperature on hematologic parameters of mice.

It was conclude that data were found because of these factors did the swimming training and the temperature of water near to body heat, no effects of cold stress and the other factors

Key words: L-carnitine, Swimming training, mice.
THE RELATIONSHIP AMONG BODY COMPOSITION, MAXIMAL OXYGEN UPTAKE, SPRINT ABILITY AND T-DRILL AGILITY TESTS IN FIRST DIVISION BASKETBALL PLAYERS

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Objective: The purpose of the present study was to investigate the relationship among body composition, maximal oxygen uptake (VO2max), sprint ability, and agility test in first division basketball players.

Material and Methods: 22 first division male basketball players participated in this study voluntarily (age: 24.0 ± 3.81 yrs; height: 197.9 ±8.1 cm; body weight: 98.4± 12.3 kg). Body weight and percentage body fat (PBF) were used for the determination of body composition (Tanita BC-418, Japan). Multi-stage 20-m shuttle run test was used for the determination of estimate maximal oxygen uptake, sprint-ability of the basketball players were determined by 10-30 meter single-sprint and T-drill test times were used for the determination of agility (Newtest Powertimer, Finland).

Results: Results of Pearson Product Moment correlation analysis indicated significant correlation between body weight with 10 meter sprint times (r=0.560; p<0.01), 30 meter sprint times (r=0.543; p<0.01), VO2max (r=0.684; p<0.01), T- drill test times (r=0.569; p<0.01). Similarly PBF was significantly correlated with 10 meter sprint times (r=0.604; p<0.01), 30 meter sprint times (r=0.513; p<0.05), VO2max (r=0.508; p<0.05). In addition,
THE EFFECTS OF TWO DIFFERENT ENDURANCE TRAINING PROGRAMS PERFORMED IN HOT ENVIRONMENT ON BODY TEMPERATURE AND SOME PHYSIOLOGICAL PARAMETERS

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The purpose of this study was to compare the effects of two different endurance training programs performed in hot environment by body weight (BW), body fat percentage (BF%), body mass index (BMI), body fluid (humour) percentage (BF%), basal metabolic rate (BMR), body temperature (BT) and maxVO2. The subjects Ataturk University School of Physical Education and Sports were divided into two groups randomly as Interval Running Group (IRG) (n=12) and Continuous Running Group (CRG) (n=12). The subjects participated in training program with three sessions per week during 8 weeks under the hot weather condition. Mean weather temperature and humidity ration were 30.76 °C and 57.92 ± 5.8 % during 8 weeks period. Before and after the training program all parameters that were mentioned above were examined as pre and post test. Also at the beginning and the end of the each training session some physiological parameters and body temperature of subjects were measured to examine adaptation level to the hot environment conditions.

Statistical analysis of data was done by two-way ANOVA with SPSS 11.5 for Windows statistical program.

At the end of the 8 weeks maxVO2 scores of both groups significantly increased (P<0.001). Body temperature and loss of body fluid (dehydration) significantly higher in CRG than that of IRG. Also except BMI, significant changes were observed in BW, BF%, BMR scores of both groups (P<0.01).

Consequently, although both endurance training methods are beneficial to improve aerobic capacity, to avoid damages of training in hot environment interval running method is more acceptable than continuous running method.

Key word: hot environment, endurance training, aerobic capacity, body temperature.

EFFECT OF ZINC ON BONE ELEMENT METABOLISM IN DIABETIC RATS SUBJECTED TO ACUTE SWIMMING EXERCISE

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Introduction and objective: Zinc, which is an important trace element, is known to be necessary for normal bone metabolism (1,2). In a study where rats were induced diabetes by streptozotocin and fed on a zinc-deficient diet, zinc-deficiency was shown to increase bone destruction, relative to diabetic rats fed on a normal diet, and interestingly, that although bone destruction in diabetic control rats could be corrected by insulin administration, the destruction in diabetic rats fed on a zinc-deficient diet could not be restored despite insulin administration (3). The present study aims to examine the effect of zinc supplementation to rats which were induced diabetes by streptozotocin and subjected to acute swimming exercise on element distribution in the bone tissue.

Materials and methods: Eighty adult male rats were equally allocated to eight groups: Group 1, general control; Group 2, zinc-supplemented group; Group 3, zinc-supplemented diabetic group; Group 4, swimming control; Group 5, zinc-supplemented swimming; Group 6, zinc-supplemented diabetic swimming; Group 7, diabetic swimming; Group 8, diabetic control. The rats were injected with 40 mg/kg intraperitoneal (i.p.) streptozotocin (STZ) twice with a 24-hour interval. Rats whose blood glucose was found at and above 300 mg/dL 6 days after the injections were accepted as diabetic (4). The rats were supplemented with 6mg/kg/day (i.p.) zinc for 4 weeks. Lead, cobalt, molybdenum, chrome, boron, magnesium, iron, copper, cadmium, zinc and selenium levels (ml/L) were analyzed in liver tissue samples by atomic absorption spectrophotometry.

Results: In the present study, the highest levels of lead, chrome and magnesium in the bone tissue were found in groups 7 and 8. The lowest copper and zinc levels in the bone tissue were obtained in groups 7 and 8 and the lowest cobalt levels were established in groups 2 and 5. Levels of molybdenum, boron, magnesium, iron, cadmium and selenium did not differ between groups.

Discussion and Conclusion: Results obtained from the study indicate that zinc supplementation to rats which were induced diabetes with streptozotocin and subjected to acute swimming exercise significantly modifies the element metabolism in the bone tissue.

Key words: Zinc, diabetes, exercise, elements, bone.

EXAMINATION OF THE INJURIES ON THE MUAY THAI ATHLETES

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Objective: The aim of the study, investigated the injuries of athletes who compete at elite level in Muay Thai in Turkey and seventy Muay Thai athletes participated volunteer.

Method: In the study “Athlete’s Profile Questionnaire” was applied to determine Muay Thai athlete’s level of injuries that was modeled by Kazemi et al (2005) (1). The frequency and the percentage of research results were determined by us. Chi-Square test was used for differences between some variables.

Results: To the study, 24 female athlete (ages 17.75±2.93 years, sports ages 7.00±2.88 years, heights 1.75±0.38 m, weights 56.56±7.75 kg); 46 male athlete (ages 18.33±2.76 years, sports ages 7.28±3.07 years, heights 1.77±0.17m, weights 64.48±11.08 kg) participated.

Frequency and the percentage according to the injuries types: Females; Sprain 3 (% 12.5), muscle cramp 1 (% 4.2), bruise 4 (% 16.7); Males; Sprain 8 (% 17.3), muscle cramp 2 (% 4.3), bruise 14 (% 30.4). Female athletes were injured of body %2,2, upper extremities % 109 and lower extremities % 71.7. Female athletes were injured in training of 5 (% 20.8), in competition 3 (% 12.5); male athletes were injured in training of 13 (% 28.3), in competition 11 (% 23.9).

Conclusion: It was seen that the athletes did not live very critical of injuries. Athletes used in terms of health protective equipment more in competition. It was considered that the protective equipment pay did not attention in training.

Key Words: Muay Thai; Injury; Sport

THE EVALUATION OF BODY-BALL COORDINATION FOR PROFESSIONAL SOCCER PLAYERS

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The purpose of this study was to evaluate the coordination of the ball with the body of the professional soccer players. A total of 180 soccer players were examined. These soccer players are playing at the super, second (A, B) and third leagues of Turkey. The F-MARC test battery, which was designed by FIFA, is used for soccer players. The mean age, height and the body weigh of the players playing in the super league were 22.53±2.78 (years), 1.77±0.05 (m), and 70.40±4.99 (kg) respectively. These parameters were, 25.05±3.60 (years), 1.79±0.05 (m), and 74.55±5.35 (kg) for the players playing in the 2nd division category A. 21.05±1.71 (year), 1.80±0.03 (m), 73.15±4.01 (kg) for the players playing in the 2nd division category B and 22.20±2.75 (year), 1.78±0.04 (m) and, 72.45±3.98 (kg) for the players playing in the division 3rd. In the research, we summarized data and evaluate means, standard deviations. Anova tests have been used according to the normalcy trials. The data were evaluated and the calculated values were determined with the use of SPSS 13.0 statistics package program. There were statistically significant differences in chest-foot and head and foot chest-head tests scores revealed that the scores of the super league players were significantly higher than the players playing in other divisions (P<0.05). There were no meaningful differences observed between the other groups (P>0.05).

In conclusion, professional players must be able to dominate the ball. The coordination of the ball with the body is of utmost importance and one of the primary criteria in the selection of players by the professional soccer teams.

Key Words: Soccer, Coordination, Technical, soccer player.

ANKLE JOINT POSITION SENSE IN MALE TAEKWONDO ATHLETES AFTER WOBBLE BOARD TRAINING

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Objective: The purpose of this study was to investigate the effects of a 6-week wobble board training on ankle joint position sense in male taekwondo athletes.

Method: Eighteen active male taekwondo athletes (age = 19.66 ± 2.11 years, body height = 174.89 ± 6.30 cm, body weight 66.22 ± 10.95 kg) volunteered to participate in this study. Taekwondo athletes were randomly assigned to two groups: Wobble board training group (n=10) and control group (n=8). Training group in the wobble board was trained three times a week for the period of six weeks. To assess of ankle joint position sense, passive angle-reproduction test was performed by a Biodex system 3 (Shirley/NY, USA) dynamometer. Passive angle-reproduction test was conducted on dominant and non-dominant ankle at angle velocities of 5° and 25° per second. Measurements were conducted twice before and after training.

Results: There was no significant difference in dominant ankle at 5° between joint position sense measurements before and after training (t = 1.920, p = 0.087). Joint position sense increased significantly in dominant ankle at 25° (t = 3.060, p = 0.014) and non-dominant ankle at 5° (t = 2.959, p = 0.016) and 25° (t = 3.213, p = 0.011).

Conclusion: Wobble board training in taekwondo athletes improved specially in non-dominant ankle joint position sense. Using a proprioception training with wobble board may have a advantage in using dominant leg during performing of techniques concerning taekwondo sport and in decreasing the number of ankle injuries in male taekwondo athletes.

Key Words: Ankle, Proprioception, Taekwondo.
THE COMPARATIVE STUDY OF ANTHROPOMETRICAL CHARACTERISTICS OF TABRIZ ELITE SPORTSMEN IN FOOTBALL AND VOLLEYBALL

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The purpose of this study is comparing the anthropometrical Characteristic of Tabriz elite sportsmen in two courses of Football and Volleyball. For this purpose 40 Sportmen (football and volleyball) who participated in the National championships were selected as samples. Twenty eight different Anthropometrics indexes were measured in this research, the variables was Consisted of Age, Wight, Sport Experience, and Height, Sitting height, Upper extremities, Opened hand length, Arm length and …, which of the Anthropometrical Characteristics were measured by Anthropometrics standards methods. After collecting, the data were analyzed using the statistical software, SPSS, and t-student tests (p<0.05).The results demonstrated that there is significantly difference between the Heights, Sitting height, Upper extremities, opened hand length, Fat Triceps amount, in samples within two Courses of Football and Volleyball. There is no significant difference between other variables in two groups.

Key words: Anthropometrical Characteristics, Football player, Volleyball player.

THE EFFECTS OF ANKLE PLANTAR FLEXOR AND KNEE EXTENSOR MUSCLES FATIGUE ON DYNAMIC BALANCE OF THE FEMALE ELDERLY

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Aging and decrease of physical activity will results in postural control inability and probability of injuries. The purpose of this study is to investigate the effects of ankle plantar flexor and knee extensor muscles fatigue on dynamic balance of Tehran female elderly people. The subjects of this study consist of 30 active elderly women with mean age 68±3/4 years. Star Excursion Balance Test (SEBT) applied, for dynamic balance evaluation. Ankle plantar flexor machine and knee extensor muscles machine were used for implementation of fatigue protocol on these muscles respectively; we also used Kin-Com machine for muscles strength evaluation. Sample t test as well as independent t test were applied for statistical analysis (p<0.05). Comparison of the mean distance of the eight vector Star Excursion Balance Test (SEBT) before and after implementation of the fatigue protocol, showed a meaningful decrease in each of the eight vectors. We concluded that, despite participation in general fitness programs, the female elderly people experience balance disturbances.

Key words: Fatigue, Dynamic balance, Eld.

EXAMINATION OF ADOLESCENTS' RESPONSES TO THE BASIC BASKETBALL TRAINING

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Objective: In the study, it is aimed to examine influence of 12 weeks basic basketball training on some physical characteristics of boys.

Material and method: Study; 9–14 - year old 20 boys of experimental group (E) and 9–14-year old 20 boys of control group (C), that is, total 40 volunteers from Konya Private Bahçeşehir College’s basketball school participated in study. Influences of 12 weeks basic basketball training applied in study was attempted to be determined by jump, standing long jump, flexibility, speed and equilibrium levels.

Result: After application, it was seen that there has been an important increase in Height and Body Weights (p<0.05) of groups C and E and that there was no difference in jumping and equilibrium performances. It was determined that long jump, flexibility and speed characteristics of Group E significantly developed and that development in Group C was insignificant. When looked at the difference between two groups, it was found that speed development in Group E was more significant than Group C (p<0.05), but there was no significant difference in physical parameters. Minitab package program was used in doing statistical analysis of data. Measured parameters, mean values and standard errors of all the volunteers were calculated. Independent-samples “t” test was used in determining difference between groups and paired-samples “t” test in groups.

Discussion and conclusion: As a result, it could be said that 12 weeks practice was effective on the physical characteristics of boys in adolescence period, but compared to the children in the same period, this influence remained unimportant.

Key Words: Adolescent, Basketball, Physical Characters

EFFECT OF BOXES OF DIFFERENT HEIGHTS DEVELOPMENTS EXPLOSIVE ABILITY OF LEAGS AND LEVEL OF LONG JUMP

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Introduction and the importance of research
which require Allowath during the performance in a moment promote transfer of the horizontal speed of the center of gravity to the vertical speed at the lowest possible loss of speed gained from approaching

Requirements include the effectiveness of the motor's long jump, be the outcome resulting from the approach speed, in addition to the amount of power resulting from the upgrade, access leading to high rates of speed at the beginning of aviation and to have a high flight path Allowath appropriate to be effective. (6:297)
The most important physical attributes that play an important and positive influence in the development of Falipalothb long and closely linked to motor performance and requirements is the description of the explosive capacity of the two men, and that the use of training Albblemort of the factors that lead to the explosive increase the capacity of the two men, and for the purpose of developing strength and speed of movement, where allow for the nervous system Phizezokrp number of muscle fibers and the development of Almaaqdp Nghadaddha sequence leading to the production of a larger force... (5-6) and supply only motor performance requirements as a result of the event, is to combine maximum strength and speed together to achieve a high degree of status of the explosive capacity of the two men to be developed.

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It means to be a positive influence in the development of explosive power with less effort and time is Albulaysofturk exercises that include jumping Tmarenat types of interference from various jumping exercises, including deep, *the exercises which are based on the fall of a man and a higher place one or both men to the ground followed by the vertical jumping up or forward power and high speed (11:73)

The importance of the research based on the principle of the use of different heights for wooden boxes heights of 20 cm, 40 cm, 60 cm, and find out which one is more influential in the development of explosive power and improve the level of digital Falipalothb term.

**KEY WORDS:** boxes, explosive ability, long jump.

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**RESEARCH ON THE EMPATHY SITUATIONS OF THE TRAINERS ACCORDING TO DIFFERENT PROFESSIONS**

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In this study, it has been aimed to determine empathic skill levels of trainers and see whether or not empathic skill levels differ with regard to personal variables. The research staff consisted of 30 trainers, 30 class teachers, 30 bankers working in customer services, 30 policemen, 30 lawyers and 30 doctors excluding psychiatry, in total 180 people. In the study, introductory information form was used as to determine socio-demographic features of the subjects and The Scales of Empathic Skill-B Form developed by U. Dokmen (1989) was used as to evaluate empathic skill.

At the end of the study, a meaningful relation has been found between empathic skills and marital status. Regarding empathic skills of trainers, bankers, class teachers, policemen, lawyers and doctors excluding psychiatry; it has been found that empathic skills of class teachers, lawyers and bankers are much higher in comparison to the empathic skill of trainers, policemen and doctors.

**Key words:** Empathy, Trainer, Doctor, Police, Teacher.

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**EXAMINATION OF ATTENTION LEVELS OF ATHLETES WHO DO TAEKWONDO, KARATE AND MUAYTHAI**

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Attention is one of the most important parts of cognitive functions in education, work and sports life as well as in many of our daily activities. Attention is one of the characteristics which is necessary in sports in order to reach to a good level. This research was done with the aim of examination of the attention levels of athletes who do Taekwondo, Karate and Muaythai between the ages of 10 and 20. According to this aim, 61 male and 29 female athletes took part in this research. Bourdon Attention Test which was improved by B. Dokmen (1989) was used as to evaluate empathic skill.

To conclude, the attention levels of the athletes from 10-20 age group who do Taekwondo, Karate and Muaythai were examined, it has been found that there is no significant difference between the attention levels of the subjects and age, gender and sports branch they do.

**Key words:** Taekwondo, Karate, Muaythai, Attention

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**RELATION BETWEEN MOTIVATION AND TEMPTATION FOR USING THE DOPING SUBSTANCES IN HIGH PERFORMANCE SPORTS**

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**Purpose.** The paper, realized within the project “Risk Factors of Doping Behavior related to Personality Structure and Social Environment of the Athletes”, financed by World Anti-doping Agency (WADA) (2007 – 2008) and managed by Romanian Anti-Doping Agency (ANAD) (Project Responsible Prof.Ph.D. Graziela Vajiala), has as purpose to analyze the relation between sportsmen motivation for high performance sports and temptation to use prohibited substances.

**Methods.** Among the research methods used in the project, we note for this paper momentary psychological state questionnaire (POMS) and opinion questionnaire for athletes. From the 57 items of the questionnaire for athletes, we have examined those which refer to the motivation of athletes for sports performance. This attitude was associated with those related to consumption of prohibited substances and momentary mental states. To analyze the differences between groups of athletes (1404 juniors and seniors) it was used the chi square test.

**Results.** There where found significant correlation between some type of motivation, sportsmen mood states and temptations to use doping substances.

**Conclusions.** The athletes externally motivated to practice sport, who present anger-hostility states with over average values, as well as those internally motivated to practice different sport disciplines, who have over average tension-depression values are tempted to use prohibited substances more that other athletes. No matter how content they are, the athletes experiencing certain spontaneous states of mind – such as tension, depression, fatigue might use doping substances. The risk is higher in senior athletes with weak results.

**Key words:** motivation, risk factors, doping substances, education
EFFECTS OF DIFFERENT ECCENTRIC LOADS IN BIOMECHANICAL CHARACTERISTICS IN JUMPS WITH SLOW (DJ) AND FAST (CMJ) SSC

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Introduction
Muscular strength is an important physical capacity that frequently assessed and trained in athletes before and during sporting competitions. Human movement is made possible by the relative contributions of eccentric (lengthening), isometric (static), and concentric (shortening) muscle actions. The muscular eccentric-isokinetic training load is not well established in a triangle (hip, knee and ankle) isokinetic machine for the lower extremities (3,4). The purpose of this study was to determine the effects of a 8 weeks training (16 training units) with two different velocities (low=0,20 and high=0,40m/sec) in mechanical and neuromuscular characteristics in jumps with slow (DJ) and fast (CMJ) stretch shortening cycle.

Methodology
Twenty one male volunteers (students of physical education) participated in this study and were randomly divided, in 2 groups: low velocity (0,20m/sec), (Low Velocity Group, n=10), and high velocity (0,40m/sec), (High Velocity Group, n=11). The exercise bout consisted of 3-5 series of 6-12 repetitions at 70-90% of one repetition maximum (1RM) for both groups with different velocities each time. The training units were carried out on a seated leg curl machine. A third group (control, n=10) was formed to verify the reliability of the investigated parameters and did not train. The measurement of mechanical and neuromuscular characteristics was realised with a force plate (Kistler, 9281-CA), surface electrodes (RF (rectus femoris), BF (Biceps femoris) & GAS (gastocnemius)), (motion control co.) and kinematic analysis using the Ariel system (windows XP). Changes with exercise bouts (pre-post) were analysed using Student`s paired t-test.

Results
The results shown that so much low, as also high speed of eccentric-isokinetic motion differentiated the maximal eccentric-isokinetic force, the rate of force development (RFD) and the EMG activity of RF and GAS (p<0,05). The low velocity eccentric-isokinetic training presented better results in both jumps (CMJ & DJ), on the contrary the fast velocity eccentric-isokinetic training presented better results only in the DJ’s (p<0,05).

Discussion
The lower velocity of motion have better application so much in the jumps with slow, as also in them with fast stretch shortening cycle. The results suggest that one bout of eccentric-isokinetic exercise is able to increase the force of the hamstrings muscles, allowing a differentiation of EMG activity. The coordination of agonist-antagonist muscle activation cannot be excluded for one of the factors to determine by the velocity of multi joint movements because contractions of many muscles are involved at the same time. This suggests that the mechanisms underlying the linear appearance of the force-velocity relation involve, at least partially, the coordination of muscle activity. It is suggested that the coordination of muscle activities are required to manage the proper movement (2,5). A rapid stretching of muscle during an eccentric action and following concentric action would produce a forceful movement in a short period of time. This stretch-shortening cycle (SSC), as a natural type of muscle function, is able to make the final action more powerful than is a concentric action alone or a concentric action subsequent to an isometric action. Therefore, our measurement of VJ might also be influenced by the efficacy of SSC, which can be determined by an effective generation of eccentric force during the stretching phase. Individuals with a larger proportion of FT fibers might have a higher ability to generate large eccentric force rapidly because FT fibers are predominantly recruited during the eccentric action, irrespective of the Size Principle (1). Also, it was suggested that, in untrained individuals, the speed of movement might be a more important determinant of jump performance, although both strength and velocity were correlated with vertical jump performance independently.

Keywords: eccentric-isokinetic training, stretch shortening cycle, vertical jumps.

Oral Presentation
Physical Education and Sport
Sport and Health

PHYSICAL EDUCATION AND SCHOOL SPORT IN AFRICA: CURRENT ISSUES, CHALLENGES AND PROSPECTS

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The UNESCO (1978) Charter on Physical Education (PE) states that PE is a fundamental right of children. In spite of its importance to growth, development and health, it has been reported that the status of PE has declined considerably in many countries (Hardman & Marshall, 2001). Salient among the problems facing PE and school sport world-wide are low curriculum status, inadequate equipment and facilities, limited or non-existent curriculum time allocation and poor teacher preparation. Based on documentary analysis, this paper contextualizes topical issues and challenges facing PE and school sports in African countries. Of particular interest in this paper is the need to analyze the issues from a comparative perspective. Specifically, the issues and challenges are discussed as related to curriculum, resources, equity, quality and contemporary trends. These issues are analyzed in the light of prevailing socio-economic, political and cultural contexts in specific African nations. Recommendations are proffered for the promotion of quality PE and school sports programmes in African countries.

Key words: Physical Education and school sport, curriculum, resources, equity, quality, ethics, health.
FREE TIME SPENDING WAYS OF UNIVERSITY STUDENTS, AND THE BENEFITS THEY GAINED THROUGH THESE ACTIVITIES

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The aim of the research is to define free time spending ways of university students, and the benefits they gained through the activities.

The universe of the research is Mehmet Akif Ersoy university and the sample group of the research is composed of the students of all Faculties and high schools of the University. The data of the research has been obtained through literature review and questionnaire.

After the comprehensibility, scope validity and reliability of the questionnaire which has been prepared parallel to the purpose has been tested, it has been applied to the 1,2,3,4 and 5 grade students of faculty and high schools with random sampling method. The questionnaire has been applied to 1294 male, 1629 female students. 12 of the participants did not mention their genders. The total number of the students who has participated the questionnaire is 2935.

The data obtained has been coded to SPSS packet program in electronic environment. As statistic operation, frequency (f), percentage (%) and cross table has been applied. Result of each question were interpreted in accordance with % distributions.

As a conclusion it can be said that students generally spend their free time by listening to music, walking around, watching TV and VCDs, reading books-gazettes, visiting friends, going to the cinema and theatre, researching through internet, participating social activities, having sports which requires active participation, conducting hand-craft activities who develops hand skills and watching sports programmes.

The students mention that free time activities are beneficial for their health and they create a friendly environment between participants and maket hem to know each other better. They also mentioned that these activities help them get rid of the tiredness of the day, make them happy and they increase their knowledge.

Key words: Student, Free Time, Spending , benefit

RESEARCH FOR DETERMINING ON WHAT LEVEL PHYSICAL EDUCATION AND SPORT LESSON, CARRIED OUT IN ELEMANTERY SCHOOLS, REACHES ITS AIMS

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The research has been carried out to determine on what level physical education and sport lesson, carried out in elementary schools, reaches its aims.

A survey has been developed in accordance with the aim. The comprehensibility, content validity and reliability of the research have been tested. The Cronbach’s Alpha reliability coefficient of the survey has been found as 0.84. According to researchers, this is a valid coefficient, too.

The survey scope includes Physical Education and Sport lesson teachers working in elementary schools in Ankara, Çorum and Kırşehir city-centrums. The survey has been tried to be applied for all Physical Education and Sport lesson teachers within whole scope. So, a total of 276 participants, 198 of whom are males and 78 of whom are females, have been reached.

To the data obtained, as statistical operation; frequency (f), percentage (%), cross table (crosstab), and to distinguish the differences; chi Square (X2) operations have been applied. After the operation, (% distribution has been shown for each question and to differences between views, interpretations have been made taking 0.05 as confidence interval.

As result of evaluation of the data, the curriculum program of Physical Education and Sport lesson, carried out in primary schools, generally reaches its aims on medium level and female participants are more positive in inter-gender views when they are compared to male participants.

Key word: Elementary, Physical Education and Sport, Aim.

IMPLEMENTATION OF INSTRUCTIONAL OF FORM FOUR PHYSICAL EDUCATION (PHYSICAL FITNESS)

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This research is evolved in correlation of implementing Form 4 Physical Education as the core physical fitness. In delivering it, Sufflebeam assessment model (2000) through dimensional process is applied to signify teaching elements that implemented by the physical teachers during the session existed. It indulges teaching and learning strategy, sources used and teaching materials, facilities and tools accommodations as well as the assessment. Resulted from this research, teaching and learning strategy has shown (m=3.23), sources used and teaching materials (m=3.31), facilities and tools accommodations indicate (m=3.64) at mediocre level. Whereby assessment on Physical Education is outstanding at a higher level (m=3.76).

Due to that, Canonical correlation has shown variable connections in all dimensional processes [Wilk’s lambda = .80368, F(35, 46.00) = 3.74548, p < .05]. Though, implementation on teaching and learning strategy has strongly influence on dimensional process variables (1.29) followed by facilities and tools accommodations element (.63), sources used and teaching materials (.49), and Physical Education assessment (.47).

Keyword: Instructional; Physical Education; physical fitness
THE EFFECTS OF THE APPLICATION OF GLYCEROL AND FATIGUE IN ACUTE EXERCISE AND ACID-BASE EQUILIBRIUM AND BLOOD GASES

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Objective: The aim of the research is to investigate the effect of the applied glycerol reinforcement in the acute exercise on the level of PH, PCO2, PO2, HCO3, TCO2, BEB and O2S of the sportsmen and sedantary individuals.

Material: 10 healthy sportsmen, their age average 18.20 ± 0.61, their average height 178.20 ± 1.78 cm and average body weight 65.17 ± 2.04 kg, intersted in athletism in an elite level and 10 healthy sedanter men, in their ages 19.70 ± 0.47, their average height 169.10 ± 2.21 cm and average body weight 71.09 ± 1.87 kg as a control group, that’s to say, 20 people have participated in this research as tested people.

Method: In the first day, the examples of blood have been taken from S and C’s elbow veins before and after the shuttle run test. After 1 day break, in the 3rd day, before 2 hours of the same exercise test (GET), solution has been applied to both 2 groups by mixing it with 1 gr/kg glycerol water and the same test has been applied again. Before and almost after the applied ET and GET throughout 2 days, the qualified parameter levels of taken blood examples have been determined.

Result: It has appeared the important differences (p< 0.005) in the levels of PH, PCO2, HCO3, TCO2, BEB and O2S of S and before and after ET and GET, between 2 groups after ET, the important differences (p< 0.05) of the levels of HCO3, BEB and TCO2, but the losing of these differences after GET, between S and K in both 2 days after the applied ET and GET, the absence of these differences in the levels of PH, PCO2, PO2, the similarity of the levels of PCO2 of S inside group, the absence of differences of ET in C, but after GET, the level of PCO2 has decreased in an important level and after GET and ET of C group, the increase of the level of O2S in an important level (p<0.05), after ET, the same increase in S after ET (p<0.05), but after GET, the absence of the important difference . Between S and C, there have been no important differences in the levels of O2S. After and before ET and GET of S and C groups, it has appeared the decrease of the level of BEB (p<0.05) in an important level, but the absence of difference between groups.

Discussion and conclusion: In conclusion, it can be said that in the submaximal exercise it has appeared metabolic acidosis in both 2 groups, but the applied glycerol reinforcement together with this exercise protocol has no important effect in this quantity and period at least.

Key Words: Exercise, Glycerol, Blood Gases.

EFFECTS OF ACUTE SUBMAXIMAL EXERCISE ON SOME STRESS HORMONE LEVEL

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Objective: In the study, it is aimed to examine influence of Acute Submaximal exercise in the sportsmen and sedimentary individuals who sport regularly on epinephrine and cortisol levels.

Material and method: In the study 20 student subjects were used who were average 17–20 year old and 65–75 weight of 10 healthy male sportsmen from the Higher School of Physical Education and Sports and also 10 healthy boy students studying in other faculties. Subjects were divided into 2 groups: Sedentary group (S) and Exercise Group (E). Blood samples of both groups were taken; the first one before (OD) the specified exercise test and the second (ES) right after the completion of test. The third (E2S) blood sample was taken 2 hours after the exercise and the fourth (E24S) one 24 hours after the exercise.

Result: It was seen that Epinephrine OD values of the Group S significantly increased after exercise (P<0.05), while E2S value was indifferent to ES value and E24S value significantly decreased (P<0.05). It was seen that Epinephrine OD values of the Group E significantly increased after exercise (P<0.05), while there was no significant change in ES and E2S levels, and E24S values significantly decreased (P<0.05) than the values after exercise (ES, E2S). It was found that cortisol OD values of Group S significantly increased after exercise (P<0.05). Although ES2 value was lower than the ES value, it was seen that they were statistically identical and levels of ES, E2S and E24S were significantly higher than OD level (p<0.05). E24S value significantly decreased than ES value (P<0.05). It was found that Cortisol OD values of Group E significantly increased (p<0.05) after the exercise and E2S and ES values were identical while E2S level was found identically (P>0.05) higher than E24S level. E24S value was found significantly lower than ES value (P<0.05). E24S values was determined to be significantly higher than OD level. When epinephrine and cortisol levels were compared between two groups, any important difference was not seen.

Discussion and conclusion: It was found that there is an important influence of submaximal exercised applied in this study in moderate intensity on Epinephrine and Cortisol levels.

Key Words: Exercise, Epinephrine, Cortisol

THE EFFECT OF 8 WEEKS STEP-AEROBIC EXERCISE PROGRAM ON BODY COMPOSITION AND QUALITY OF LIFE OF SEDANTERY WOMEN

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Objective: The purpose of this study was to determine the effects of 8 weeks step-aerobic exercise program on body composition and quality of life of sedantery women.

Material and method: 70 women volunteers (age 39.4 ± 8.93, height 68.89 ± 8.93, weight 159.5 ± 5.84) with stable general health were included into this study. Their quality of life was assessed by World Health Organization’s Turkish version of WHOQOL-BREF scale. Also to understand the body composition of the women; flexibility, body fat percentage, body weight and body height were assessed. As statistical analysis of data, were done by t test and ANOVA test (p <0.05) for understand relation between body composition and quality of life areas.

Result: During 8 weeks , women participated ina step-aerobic exercise program during 30 minutes and 3 times per week. Before the exercise program and at the end of the program measurements of flexibility, body fat percentage, body weight, body height and the scale of quality of life were assessed.

Discussion and conclusion: According to the analysis, the general results of the present study indicated that there was a significant relationship between the body composition and quality of life areas, especially body fat percentage.

Key Words: Sedantery Women, Step-Aerobic Exercise Program, Body Composition, Quality of Life, WHOQOL-BREF
THE EFFECT OF 8 WEEKS STEP-AEROBIC EXERCISE PROGRAM ON BODY COMPOSITION AND SLEEP QUALITY OF SEDANTERY WOMEN

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Objective: The purpose of this study was to determine the effects of 8 weeks step-aerobic exercise program on body composition and sleep quality of sedantery women.

Material and method: 70 women volunteers (age 39.4 ± 8.93, height 68.89 ± 8.93, weight 159.5 ± 5.84) with stable general health were included into this study. Their sleep qualities were assessed by Pittsburg Sleep Quality Index (PSQI). Also to understand the body composition of the women: flexibility, body fat percentage, body weight and body height were assessed. As statistical analysis of datas were done by t test and ANOVA test (p <0.05) for understand relation between body composition and sleep quality.

Result: During 8 weeks, women participated in a step-aerobic exercise program during 30 minutes and 3 times per week. Before the exercise program and at the end of the program measurements of flexibility, body fat percentage, body weight, body height and the sleep quality index were assessed.

Discussion and conclusion: According to the analysis, the general results of the present study indicated that there was a significant relationship between the body composition and sleep quality. Especially body fat percentage.

Key Words: Sedantery Women, Step-Aerobic Exercise Program, Body Composition, Sleep Quality

EXAMINATION ON THE ANTHROPOMETRIC FEATURES AND SOMATOTYPES OF THE MALE CHILDREN AT THE AGE OF 16

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The aim of the study is to examine the anthropometric values and the somatotypes of the male children from different branches taking place in physical education lessons and taking regular movement training. 218 volunteer subjects at the age of 16, namely, 68 soccer players, 89 persons doing the fitness and 70 sedentary have participated in the study. In the research, sitting height, fatmoh length, body diameter parameters, body environment and somatotypic parameters of the subjects are measured.

In the research, SPSS package program and One Way annova test to determine the difference among the groups and Tukey HSD test to find out the originating group of the difference have been applied. According to this, the highest humeral diameter value is achieved from soccer group, whereas it is found to be no different from fitness difference (P>0.05) and to be significantly higher than sedentary group (P<0.05). When femur diameter parameter is examined, it is determined that soccer group is higher than the other two groups and that fitness group is significantly higher than sedantery group. In the study, while the highest endomorph value is obtained from sedantery group, it is found to be significantly higher than the other two groups (P<0.05). While the highest mesomorph value is achieved from soccer group and the lowest value is achieved from sedentary group, it is determined that each of these three groups is significantly different from one another (P<0.05). While the highest ectomorph value is achieved from fitness group (P<0.05), it is found to be significantly higher than the other two groups (P<0.05).

Consequently, it can be said that the soccer players have more optimal dimension, environment and somatotypical structure when compared to those doing the fitness and the sedantery.

Key Words: Anthropometric measurements, somatotype, soccer, fitness, sedantery.

AN INVESTIGATION OF THE EFFECTS OF PROLONGED AEROBIC EXERCISES ON SOME HAEMATOLOGICAL PARAMETERS

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Objectives: The present study was to designed to examine the effects of prolonged aerobic exercises on some haematological parameters.

Methods: Male [n=8, age 21.38 ± 2.32 yr, body mass 66 ± 3.81 kg, height 174 ± 2.67 cm] and female [n=8, age 20.88 ± 2.42 yr, body mass 52 ± 4.40 kg, height 163.9 ± 3.98 cm] folk dancers performed prolonged dancing exercises during 3 hours until exhausting; their heart beats were 160-170 beat/minute. Blood samples were taken before and immediately after exercise and analyzed for haematological parameters. Mann-Whitney U tests used for analyzes between males and females, and Wilcoxon’s signed-rank test used for differences within groups.

Results: After acute exhausting dancing exercise a leucocytosis was found with a significant increase in neutrophil (p<0.01), lymphocytes(p<0.01), monocyte(p<0.01) and platelet(p<0.01) counts both in men and women (p<0.01). When comparing to the men, women had lower RBC (p<0.01), HGB(p<0.001),HCT(p<0.001), and NEUT(p<0.05) levels before and immediately after exercise. But after exercise MCH (p<0.05) and WBC (p<0.01) levels also showed significant differences between men and women.

Conclusions: Long duration exercise induces oxidative stress, tissue damage and inflammation. This might reflect enhanced immune system activities, such as; alteration in the circulation quantity of white blood cells and subsets. Also the inflammatory effect of exercise in tissues may be another stimulant. The present study demonstrated that exercise leads an increase in white blood cell accompanied by an increase in platelet counts.

Key words: aerobic exercises, haematological parameters.
COMMUNICATION SKILLS AND EMPATHIC TENDENCY: PHYSICAL EDUCATION AND FINE ARTS STUDENTS

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The researchers aimed to determine the communication skills and empathic tendency in the 200 students of Physical Education School (n=100, n=50) and Fine Arts Faculty (n=50). Communication Skills Assessing Scale and Empathic Tendency Scale were used as instruments in the study. The researchers gave information about the aim and scope of the study to the students, and then they completed the scales in the classrooms. The scores of communication skills for physical education and fine arts students were: xₜe=70.86±12.28; xₜf=69.16±12.35; xₜp=64.66±11.18 respectively. It meant a significant difference at p<0.001. Empathy skills scores for physical education and fine arts students were: xₜe=56,42±9.99 and xₜf=59,16±11.33 respectively. It meant a significant difference at p<0.001 for boys and p<0.05 level for girls. As a general result, the scores of physical education and fine arts students for communication skills were x=62.99±10.89; x=58.51±9.08 and they are x=70.67±10.06 and x=64.18±9.34 for empathy skills (p<0.01). As a result there were significant differences between physical education and fine arts students considering communication and empathy skills, both for sex. We think that the more frequency of physical education students’ participation in sports settings where many social relations are provided give them more opportunity to develop and improve their communications skills when compared with fine arts students. Yet, future research on this subject is suggested.

Keywords: undergraduate students, physical education, fine arts and, communication, empathy.

ACTIVITY OF SUPEROXIDE DISMUTASE DURING ACUTE EXERCISE IN ATHLETES

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Many evidences show that physical activity increases oxygen consumption by 10–15 fold over common consumption and it resulting on produces an “oxidative stress” with excessive generation of free radicals and lipid peroxidation. On the other side, a defense system of free radical scavengers minimizes these dangerous radicals. One of the main antioxidative enzyme is superoxide dismutase (SOD), enzyme involve in decomposing superoxide radicals to hydrogen peroxide and play a significant role against oxidant stress, especially in the state of hypoxia, as a consequence of intense exercise. The effects of acute exercise on SOD activity and malonaldehyde (MDA – marker of lipid peroxidation), were determinate in plasma of athletes and compared with non-athletes (healthy volunteers). Activity of SOD was measured by commercial UV spectrophotometry test, while MDA was measured by Andreeus spectrophotometry method. Acute exercise showed effect on increased concentration of MDA after exercise in both investigated groups (p<0.001), but with higher increase in non-athletes. Simultaneously, we noted statistical negligible differences in SOD activity before and after exercise, but we noted the greater base level of SOD activity in athletes vs. non-athletes (1356.5±456.8 U/gHb vs 1189.7±358.7 U/gHb; p<0.05). The presence of high MDA level in athletes suggests an increased formation of free radicals in exercise. Increase of SOD activity is a consequence of subsequently compensated by an increase of antioxidants enzymes as a compensatory mechanism to prevent skeletal muscle damage because the enhanced production of superoxides and oxyradicals during exhaustive exercise.

Key words: oxidative stress, abilities, antioxidative enzyme, sport performances.

EXAMINING THE BODY ATTRACTION OF SEDENTARY WOMEN IN TERMS OF PARTICIPATION IN ACTIVITY

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It’s known that women have traditionally applied several methods such as exercise, diet in order to be healthier and seem beautiful and attractive. The aim of this study is to examine the body attraction of sedentary women in terms of participation in activity. 100 sedentary women, whose age average is 37.31±7.506 year, height average is 162.13±5.832 cm and who don’t apply a special nutrition diet and have no health problem, participated in the research voluntarily. A step-aerobic exercise program was applied for 45 minutes 3 days in a week to the experimental group for 8 weeks by the same trainer. In order to determine body attraction of the subjects in the research, Fox Physical Self-perception Inventory (PSPI)’s “Body Attraction” sub-scale was used (K.R. Fox and C.B. Corbin, 1989). In conclusion, significant difference has been found between pre-test and post-test values of body attraction feature of sedentary women participated in the research depending on 8-week step-aerobic exercise. The body attraction feature of the subjects has been determined to increase at the end of exercise.

Key Words: Sedentary women, exercise, attraction.
EXAMINING PROBLEM SOLVING SKILLS OF THE STUDENTS PRACTISING DANCE FOR 12 WEEKS IN TERMS OF GENDER VARIABLE

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It is thought that emotional responses to themselves, their environments and life in daily life of individuals overcoming problems and finding effective solutions will be positive, too. This study has been carried out with the aim of examining problem solving skills depending of 12-week dance practice of university students. The study group of the research is consisted of 50 students practicing modern dance for 12 weeks in Dilek Sabancı State Conservatory, Selcuk University in 2009.In order to determine problem solving skills of the subjects in research sample, “problem solving scale” called Form-A (PSI-A), originally named “Problem Solving Inventory” and developed by P.P. Heppner and C.H. Peterson (1982) was used. The received data were analyzed in SPSS software package by using frequency distribution, One Sample Kolmogorow-Smirnov test and t test.

In conclusion, it has been found that the problem solving skills of the subjects participated in research differed at the beginning and at the end of dance practice.

Key Words: Dance, Problem Solving Skill, Student.

THE EFFECT OF EDUCATIONAL GAME OVER ATTENTION IN CHILDREN

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The aim of this study is to examine the effect of educational game applications over the attention levels of children in physical education lesson. The sample of the study is consisted of 80 students from 9-13 age group attending Marmaris Bayır primary school. Bourdon attention test developed by B. Bourdon (1955) was applied to both control and experimental group before and after 8-week educational game program aiming to improve attention. The SPSS statistical program (version 16.0) was used for data analysis. Independent-samples t-tests were used to determine significant differences for independent variable. For all analyses, the criterion for significance was set at an alpha level of p<0.05.

To conclude, it has been found that 8-week educational game program applied to 9-13 age group students participated in the research affects the attention level and there is difference between groups. Attention values of experimental group to which educational game program applied is higher than control groups.

Key words: child, educational game, attention.

THE EFFECTS OF 8-WEEK AEROBIC EXERCISES ON THE BLOOD LIPID AND BODY COMPOSITION OF THE OWERWEIGHT AND OBESE FEMALES

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Objective: This research has been planned to observe the effects of 8 weekly step-aerobic exercise on the body fat distribution, some biochemical parameters.

Material: 29 obese people whose average age is 41.55 ± 6.72 year, average height is 159.21 ± 18 cm, average body weight is 85.97 ± 9.60 kg and 29 overweight people whose average age is 35.10 ± 9.11, average height is 160.59 ± 5.20 cm, average body weight is 68.55 ± 6.72 kg, in total, 58 people have been accepted to this research. These groups have been arranged according to body mass index.

Method: Before and after the application of 8 weekly step-aerobic exercises to the people participating in this research, the rate of the waist to the hip, the thicknesses of skin fold, body fat percentage, some bio-chemical parameters (glucose, urea, cholesterol, LDL cholesterol, HDL cholesterol, ALT, AST, creatine, Na, Total Protein, Albumin) have been analysed.

Result: When outcomes of overweight and obese people have been compared after and before group inside exercise, while understandable decrease in the body weight, body weight percentage, the rate of the waist to the hip in obese and overweight groups have been come across (p<0.05), understandable increase in E and DKB in the overweight group has been seen. While in the overweight group, understandable decrease in SKB an DKB (p<0.05), understandable increase in E have been observed, any difference in BKO hasn’t been seen. While after and before exercise of the overweight group, the important decrease in the level of creatine and cholesterol (p<0.05) the understandable increase in the level of HDL-K, T-prot and Ab (p<0.05) have been determined, any important difference in other parameters hasn’t been seen. The understandable increase in the level of creatine, TG, ULDL-K of the overweight group has been seen. The important increase in the level of HDL-K, T-prot and Ab (p<0.05) has been determined. Any difference in other parameters has been (p>0.05) observed. While the important decrease in the level of cholesterol in the overweight and obese groups after and before exercise, in the level of LDL-K of the overweight group, increase in the overweight group hasn’t been observed. In understandable decrease (p<0.05) in the level of TG, ULDL, K of the overweight group, understandable decrease in the obese group have been observed. Understandable decrease in the level of HDL-K in the both groups has been observed.(p<0.05)

Discussion and conclusion: In conclusion, after the exercise, the decrease in the level of the cholesterol of the overweight group results from the relationship between the increasing lipooprotein and lipase in the muscle-fat tissue and the use of the consumed energy and blood lipids, free fat acids. Increase in ULDL-K results from the excessive energy load in the organisms. So the increase in the situations of the excessive nourishment of people can be seen. It can be said that in the obese group increase in LDL-K and HDL-K is not enough for only exercise’s risk factors in the obese people, they need to go on diet with the exercise. However, the increase in LDL cause atherosclerosis, so it can be said that the decrease in LDK, the increase in HDL affect the levels of blood lipids and coagulation mechanisms. The decrease in the body fat index cause the decrease of the load in the heart.

Key Words: Exercise, Sedentary, Obesity, Bio-chemical
THE EFFECTS OF STEP-AEROBIC EXERCISE IN OBESE AND OVERWEIGHT SEDENTARY PEOPLE ON THE BODY FAT DISTRIBUTION AND SOME BIO-CHEMICAL PARAMETERS

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Objective: This research has been planned to observe the effects of 8 weekly step-aerobic exercise on the body fat distribution, some biochemical parameters.

Material: 29 obese people whose average age is 41.55 ± 6.72 year, average height is 159.21 ± 7.18 cm, average body weight is 68.57 ± 5.68 kg and 29 overweight people whose average age is 35.10 ± 9.11., average height is 160.59 ± 5.20 cm, average body weight is 68.55 ± 6.72 kg, in total, 58 people have been accepted to this research. These groups have been arranged according to body mass index.

Method: Before and after the application of 8 weekly step-aerobic exercises to the people participating in this research, the rate of the waist to the hip, the thicknesses of skin fold, body fat percentage, some biochemical parameters (glucose, urea, cholesterol, LDL cholesterol, HDL cholesterol, ALT, AST, creatine, Na, Total Protein, Albumin) have been analysed.

Result: When outcomes of overweight and obese people have been compared after and before group inside exercise, while understandable decrease in the body weight, body weight percentage, the rate of the waist to the hip in obese and overweight groups have been come across (p<0.05), understandable increase in E and DKB in the overweight group has been seen. While in the overweight group, understandable decrease in SKB an DKB (p<0.05), understandable increase in E have been observed, any difference in parameters hasn’t been seen. While after and before exercise of the overweight group, important decrease in the level of creatine and cholesterol (p<0.05) the understandable increase in the level of HDL-K, T-pro and Ab (p<0.05) have been determined, any important difference in other parameters hasn’t been seen. The understandable decrease in the level of creatine, TG, UDLD-K of the overweight group has been seen. The important increase in the level of HDL-K, T-pro and Alb (p<0.05) has been determined. While the important decrease in the level of cholesterol in the overweight and obese groups after and before exercise, in the level of LDL-K of the overweight group, increase in the overweight group hasn’t been observed. In understandable decrease (p<0.05) in the level of TG, UDLD, K of the overweight group, understandable decrease in the obese group have been observed. Understandable decrease in the level of HDL-K in the both groups has been observed.(p<0.05)

Discussion and conclusion: In conclusion, after the exercise, the decrease in the level of the cholesterol of the overweight group results from the relationship between the increasing lipoporten and lipaz in the muscle-fat tissue and the use of the consumed energy and blood lipids, free fat acids. Increase in UDLD-K results from the excessive energy load in the organisms. So the increase in the situations of the excessive nourishment of people can be seen. It can be said that in the obese group increase in LDL-K and HDL-K is not enough for only exercise’s risk factors in the obese people, they need to go on diet with the exercise. However, the increase in LDL cause aterioskleroza, so it can be said that the decrease in LDLK, the increase in HDL affect the levels of blood lipids and coagulation mechanisms. The decrease in the body fat index cause the decrease of the load in the heath.

Key Words: Exercise, Sedentary, Obesity, Bio-chemical

UN PROTECTIONNISME DANGEREUX : LA PROPOSITION DU 6+5 DE LA FIFA ET LA REGLE DU 6+2 APPLIQUEE EN TURQUIE, DEUX SOLUTIONS POUR LIMITER LE NOMBRE DE FOOTBALLEURS ETRANGERS DANS LES CHAMPIONNATS NATIONAUX

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Depuis la promulgation de la loi ditte Bosman en 1995, le nombre de footballeurs étrangers a énormément progressé. Dans les cinq plus grands championnats européens, la place occupée par ceux-ci atteint de 33 à 60% des effectifs. Avec un taux de 59,6%, la Premier League anglaise occupe le sommet de ce classement, suivie par la Bundesliga allemande (46,5%), la Liga espagnole (36,9%), la Serie A italienne (36,4%) et la Ligue 1 française (33,4%). Le championnat turc, lui, se distingue avec un nombre très inférieur de joueurs étrangers (28%). L’explication est assez simple. Elle tient à la réglementation, appelée “6+2”. Dans les faits, chaque équipe peut signer un maximum de huit joueurs étrangers pour construire son effectif, à la nuance près que six d’entre eux au maximum pourront être alignés dans le onze des titulaires. Cette règle appliquée en Turquie ressemble énormément à la formule du 6+5 proposée par la FIFA. L’objectif de nos travaux est d’analyser la pertinence du 6+2 en Turquie et de discuter si, vraiment, la formule du 6+5 estampillée FIFA, qui vise aussi à réduire le nombre de footballeurs étrangers dans les ligues nationales, est la plus judicieuse. Car si l’intention de la Fédération Internationale peut sembler louable, ce genre de restriction détériore la concurrence, avec deux inconvénients majeurs à la clef. Le premier tient à la qualité des joueurs nationaux, généralement pas au niveau souhaité par les clubs. Le second, qui en découle, est lié aux exigences financières trop élevées des mêmes joueurs nationaux. Ainsi, la règle du 6+2 leur garantit cinq places dans le onze aligné au début du match. Comme le nombre de joueurs locaux formés au club ou ailleurs dans le pays n’est pas très élevé, ceux qui peuvent légitimement justifier leur place au sein de l’équipe ne se sentent pas une envie farouche de beaucoup travailler pour développer leur jeu. Conséquence directe de cette relative rareté de l’offre, les équipes se trouvent dans l’obligation de les remplacer exagérément eu égard à leur valeur sportive. Cette politique salariale imposée détériore l’équilibre au sein de l’équipe. On arrive à une situation où c’est la règle du 6+2 qui détermine les salaires des joueurs turcs, et non pas la qualité de leur football. La grande majorité des joueurs étrangers se retrouvent ainsi sous-payés comparés aux joueurs nationaux. Cette triste et injuste réalité étant une évidence, doit-on en conclure que la proposition du 6+5 émanant de la FIFA, ou bien la règle du 6+2 actuellement en vigueur en Turquie, seront et sont la solution idéale pour le développement du football dans son ensemble, et l’avenir des clubs en particulier?

Key words: championnats nationaux, fifa, footballeurs.
Section Poster

PHYSICAL EDUCATION AND SPORT

READINESS DEGREE OF PHYSICAL EDUCATION COLLEGES TO MEET THE EXPECTED NEEDS OF 21ST CENTURY IN LIGHT OF TOTAL QUALITY MANAGEMENT THROUGH ISO STANDARDS.

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The aim of this study was to identify the readiness degree at the colleges of Physical Education in Jordan through ISO standards within the domain of Total Quality Management. Two instruments were developed, one measured the application of these standards embedded in three subdomains (quality of teaching, scientific research and community service), the other one measured the readiness degree of the same standards from faculty members and Graduate students point of view. A restricted sample consisted of (181) from faculty member and graduate degree ( Yarmouk University. , Jordan University, Hashemite University , & Mutta University.). The results indicated that the ratings of all standards in the three subdomains were average, beside that there were no significant differences between the ratings at (α,05) between the two groups which revealed the readiness of these Universities in tackling the 21st challenges which it faced.

Key words: colleges, management, physical education.

THE FUNCTION OF PERCEIVED COMPETENCE IN PRACTISING PHYSICAL EDUCATION AND SPORTS BY “1 DECEMBRIE 1918” UNIVERSITY STUDENT

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“1 Decembrie 1918” University, Alba Iulia

Introduction. All the research that has been done so far, prove the existence of the multiple aspects of implication in sports activity from the part of the young people. The most frequent pattern of their motivation for this kind of activity is the desire for performance, the competition aspects, as well as the social ones.

As formal groups are gradually readjusting, motivation evolves from the pluralist ones to the individual ones, which are typical to older individuals, and which are adhering to programs that give them satisfaction.

For the newly formed groups (the transition from high school to university), the way in which the young man perceives success or failure on this side of his activity, is important.

Its perception as a means of performance (promotion of self image) is turning either towards ability: the young man is making efforts to prove what they are in control of, and to minimize what they cannot execute, or towards the target: the young man wants to perform as well as he can, no matter the result, or towards social approval, which he wants to obtain from all those who are important to him.

Young people, in general, especially students have an interior effusion towards capacity and efficient approach of the environment (physical, social). Three specific domains for perceived competence are identified, totally independent one from another: cognitive (scholastic), physic (sports), and social (human relationships). Those who consider themselves competent in a certain way will longer persist in a domain, will raise interest in a particular activity.

Working Hypothesis. This study wishes to establish the way in which perceived competence favors the participation in the sports and physical education activity, and exactly which of achievement motivation orientations have bigger chances in extending their time of active and constant involvement in a specific activity.

Research Organization. Starting with the present working hypothesis, there were identified the potential motivating factors for practicing physical activities, this study emphasizes team activities, the pleasure of self competing and competing with the others, obtaining a certain social status (the experience of success), to create pleasure to the others, and obtaining approval and rewards from these, for their own fun, for health, for a great physical condition, affiliation with a social group. Then, a questionnaire was made up, containing 36 questions, 4 for each factor, and it was applied to a group of 54 students – 29 girls and 25 boys from Science Faculty, “1 December 1918” University.

The Results Of The Research And Their Interpretation

After taking down and operating the obtained data, we have determined:
- Girls give much more importance to social motivations – 79%, than boys – 49%;
- Boys chose motivations related to competition and achievement as being the most important (62% - 33%) for sustaining the physical education and sports activity;
- Although they admit the positive impact of physical education activity over health, only 17% of the girls and 19% of the boys give one of the first three places as importance to this motivational factor, boys giving the physical condition a bigger importance than girls did (12% - 86%);
- The young people, who obtained certain results in sports activity, persist in continuing it, and they show a bigger interest than the others who, deprived of satisfactions, wish to completely abandon any form of physical movement (68% - 32%);
- The desire for fun and affiliation is making itself pretty obvious to girls and boys as well (71% - 92%), sports activity organizations being preferred to the politic or religious ones (82% sports, 5% political, 13% religious).

Conclusions

This study proves the fact that motivation that has as a basis realizations of the individual with the purpose of obtaining social approval from important persons are those that sustain the interest of the students a longer period of time for practicing sports activities. The pleasure of taking part in such activities develops ability perceptions towards sports in general, even though they are not always proved through valuable results. In this way we can talk about a positive influence of the perceived competence over the real one, but also about a negative influence over continuing an activity in which the student doesn’t obtain a minimum of satisfaction. As practical implications we remark in the end, on one hand the necessity of organizing the training of the students in sports classes, in order to promote those program structures to which they adhere, and in which they take part with pleasure, and on the other hand the need of restructuring the angular syllabus, crimped, and inhibitory for the young people that show imperfections in motion and physic training, as an important part of education, in general.

Key words: motivation, performance, failure, socialization.
THE EFFECT OF RECREATIVE ACTIVITIES ON HOPELESSNESS LEVEL OF THE STUDENTS

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The purpose of this study to verify the effects of the recreational activities to the student’s hopelessness level at 13 years old children. In our study 30 female (age:13) and 24 male (age:13) students from Kocaeli Atatürk Primary School have participated as volunteer.

The labour that was organised to observe the exchange of children’s ranks of dispair, continued 8 weeks, 2 days per weeks, 1 hours per days.

The students that have attended the research were tested before and after the activities. The test, had each 20 questions, were about “Beck Dispair Scale”.

The datas were appraised according to Beck Dispair Scale. After the evaluation of the datas, the dispersion about the frequency and percentiles were tabulated. According to results of Wilcoxon Signed Ranks Test, there were no meaningful discrepancy between the first and the last test scores of boys. However, it is founded between the first and the last test scores of girls, meaningful discrepancy about (p<0.05).

This study showed that hopelessness level can be develop by recreative activities in children. By focusing on these kinds of activities in schools, it will provide an improvement of hopelessness level of children, also a quiet and independent life.

Key words: Hopelessness, recreative activities

STUDY REDARDING THE SPORT AND PHYSICAL EDUCATION IN THE PLACEMENT CENTRES IN CARAS-SEVERIN COUNTY

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It is well known that every institutionalized child is or should be the beneficiary of a diverse range of services, of which I can mention: the educational, psychological and social services. Hence we can understand that for achieving these targets we require a holistic approach, multidisciplinary teams of specific intervention. In these activities, physical education and sport can play an important role in the growth and harmonious development of children and, not the least in their socialization and social integration.

In this way, the achieved research is of an exploratory type, and it proposed itself to collect information on how the physical education and sport facilities are employed during specialized activities carried out in foster care centres in Caras-Severin county and how the physical education teachers are involved in the activities of specialized intervention.

Keywords: physical education, institutionalised child, specialized staff, specific intervention plan

USING THE GAME OF BASKETBALL COMPETITION AS A MEANS OF ACHIEVING THE OBJECTIVES OF PHYSICAL EDUCATION LESSONS

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2University of Pitesti, Faculty of Physical Education and Sport

Research objective
To determine whether teaching the game of basketball in physical education lessons through competition has value in relation to the objectives set out in the school curriculum.

Research methods and procedures
Research methods used were documenting, analytical research, historical method, philosophical method, experiment method, methods of statistical data analysis, graphical representation method.

Description of subjects, tests
The study was conducted during the year of 2008 / 2009, at the Mihai Drăgan School in Bacău. The subjects are represented by 5th grade pupils - A, B. classes with teachers who use basketball during the physical education lesson since the 3rd grade.

Experimental group: 5th A. Group have a number of twenty five pupils, an approximately equal number of girls and boys, are homogenous concerning the training level, have two hours of physical training per week and practice basketball since 3rd grade.

Witness group: 5th B. Group has a number of twenty two pupils, has two hours of physical training per week. Both the experimental and the witness groups had identical material conditions during the didactic – educational process.

The tests applied in research relating to:
- Tests to determine the level of development of motor skills (- Running speed up to 50m in the home, - the long the long jump)
- Test to specific evidence of basketball (- Shooting basketball for 1 minutes, - technical complex).

Results
The results obtained in the motor skills development control drills show a growth in the favor of the experimental group. The pupils’ marks and the grade averages also prove that the level of learning regarding the technical elements, technical-tactical structures and game model, imposed by the curriculum, is superior in the case of the experimental groups.

Discussions and conclusions
Following the analysis of the results, we can see clearly the use of competition during the physical education lesson, with basketball elements, leads to achieving all of the reference objectives imposed by the curriculum; it raises pupils’ interest for physical activity, it stimulates initiative, it creates competences regarding the basketball game self-organization and self-refereeing, it presents advantages regarding both the motor density and teaching density, it shortens the game’s learning period, it leads to a relative homogeneity of the pupils’ motor skills.

Keywords: Basketball, competition, physical education lesson
FOR A NEW MODEL OF (INTER)ACTIVE LEARNING

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Strongly concerned with improving the assimilation of pedagogical notions, we intend to exploit a relatively new model of interactive learning.

Research objectives:
1. identifying a relatively new model of interactive learning with an increased degree of efficiency, capable of being exploited in the process of teaching-learning pedagogy concepts;
2. presenting/analysing aspects characteristic of the new model;
3. specifying its implementation and usefulness in didactic practice;
4. highlighting issues of formative relevance of the model.

Research content: By studying the reference literature, we have identified, presented and analysed the structural-functional model of interactive learning developed by L. Dee Fink (1999, 2003). It is built by reference to two experiment categories (practice and observation) and two types of dialogue (with oneself and with others).

Conclusions: The model’s structure and functionality leads to a series of effects and suggestions for any type of pedagogic practice. These are extensively discussed in the research.

Key words: active learning, interactive learning, structural-functional model of interactive learning

FEEDBACK AND FORWARD IN LEARNING PEDAGOGY

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Experience has shown that learning pedagogy is not a too easy task for the students of Physical Education and Sports specialization who opted for teacher training.

Research objectives:
1. identifying typical mistakes in solving assessment tasks;
2. presenting/analysing assessment results from the perspective of typical mistakes;
3. formulating interactive ways of overcoming the identified typical mistakes.

Research content: The study proposes a quantitative and qualitative analysis of the typical mistakes found in learning pedagogy on the occasion of a summative assessment process. The evaluation sample has been applied to a number of 50 students in the second year of didactic training.

Conclusions: We intend, on the basis of the identified typical errors, to illustrate by means of the “mirror” procedure interactive ways of overcoming them, the more so as their initial didactic training will continue with specialty and practical training.

Key words: initial didactic training, typical mistakes, assessment.

PHYSICAL EDUCATION AND SPORT AS A MEAN FOR THE IMPROVEMENT OF PUPILS’ AND STUDENTS’ HEALTH

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Reducing the physical activity during childhood and adolescence represents an important factor of risk for cardiovascular diseases at an adult age. Certain studies have established a positive relationship between the moderate effort, the intense physical activity, the cardio-vascular capacity and the weight. At the sedentary adults we can notice certain risk factors such as obesity, hyper-lipidimy and arterial high blood pressure for chronic diseases. In order to obtain health profits, a physical activity of moderate intensity until intense physical activity must be made. These recommendations include an accumulation of at least 30 minutes of moderate intensity until we reach an intense physical activity 3-4 times per week, if not each day.

In spite of the knowledge on a large scale regarding the practice of regulate physical exercises, the activity level at teenagers (with ages between 14 and 18) decreases once with ageing, the most decrease appears between the age 12 – 21.

Key words: physical education, sport, health, pupils, students.
THE COORDINATIVE CAPACITIES IMPROVED EV OF STUDENTS BY USING MOVEMENT GAMES DURING THE PHYSICAL EDUCATION LESSONS

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Research purpose consists in the optimization of the training process at the “physical education” discipline with the pupils of the gymnasium classes, developing the coordinative capacities by applying the movement games during the physical education classes.

Method. Is the training process at the “physical education” discipline of the pupils from the gymnasium classes in order to use the movement games for the coordinative capacities development.

Results. In order to verify the work hypothesis an action strategy with movement games complexes has been elaborated for the coordinative capacities development process. The volume of applied games during the physical education classes has been of approximately 45-50% (20-23 min), including: in the training part – 70-75% (7-9 min); in the base part – 30-35% (10-12 min); in the ending part – 40-45% (2-3 min). The movement games have been selected depending on the basic objectives of the class but also in correlation with the training level of the students.

Conclusions. Analyzing the pilot experiment results, we have noticed that the school learning curriculum for the physical education discipline has been assimilated more qualitative in the experiment group, progress that has proved to be net superior in comparison with the witness group. This increase can be explained by the fact that here we used movement games, of which content has insured a positive transfer effect of the motor skills. The analysis of the physical development level in the pedagogic experiment has proved that the somatic index has significantly increased both at the experimental groups and the witness one especially at girls. This situation is due to the adolescence period that children at this age go through, moments when deep changes appear in the bone and muscular system, first at girls and later at boys. So, applying the experimental method during one year of study did not influence considerably the physical development of pupils and the indexes registered represent a natural biologic increase of the youth organism.

Key words: coordinative capacities, the physical education class, students, movement games, morpho-functional development, motor training.

INCREASED EFFICIENCY PHYSICAL EDUCATION LESSONS USING PUBLIC ASSEMBLIES CHEERLEADERS

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The main purpose of the research is the diversification of the means applied in physical education lessons at secondary level. Our study subjects are students aged 12. They were selected into two experimental and control groups. To the experimental group was applied a cheerleading program for 40 minutes / physical education lessons. We looked for skills development. There were applied tests to determine the level of physical training (speed, endurance, standing long jump, high jump, abdominal strength, back muscle strength and tests to determine the level of specific motor qualities development (back muscle mobility, coxo-femural mobility, balance, coordination). Differences between groups are statistically significant at the final test at p <0.05 evidence on balance and coordination (walking on the gym bank, the Flamingo Tests and the test of sample coordination). Physical ability tests are progressing in both groups between initial and final testing but not recorded significant differences between groups at final testing. In conclusion we can say that cheerleading programs have led to significant progress in coordinating parameters. The programs stimulated the pleasure of working, team spirit, a good personality, and competitive spirit.

Key words: physical education lessons, cheerleading program, physical activity.

STATE OF ART STUDY OF THE CHANGE OF PHYSICAL EDUCATION AND SPORT IN SECONDARY SCHOOL IN ITALY

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Introduction

By CONI (Italian National Olympic Committee) researching, it carries out the decrease of the sport practitioners and the (MIUR) Minister of Education University and Research have already enacted the experimental “Guidelines of Physical Education and Sport” with the purpose to improve the sport activities into school. To realize this aim it needs of economical resource to pay the teachers for organizing, training and competitions, but the special economical resources, that the Minister gives usually, nowadays has decreased of 66 %. The aim of this study is to investigate about the increase or decrease of sport activity in schools of Naples and what is the solution that the school have adopted in this year to resolve to pay the teachers Method. Case study and qualitative method. Firstly, it requests to a sample of 10 school to start an investigation in order to collect data on sport activity and its costs in the past years. Secondly, it collects data on new and old sport activities. Thirdly, to compare all data to identify the school that increased the sport activities. Finally to find out at the school, that increased the sport activity, what is the economical solution and to describe the steps of the process. Result

The 10 school confirmed the sport activities in different form and they used justly the ministerial specific economical resources. Only 4 schools increased the sport activities in very kind excepted the additional amount economical resources. Only one school added own economical resource to improve the resources that the Minister gives. This school deliberated the school sport center with the joint collaboration to sport association to develop the educational purposes of sport activity and not sport competitive Conclusion

THE IMPROVEMENT OF THE DRIVING CAPACITY OF STUDENTS THROUGH THE MEANS OF SPORT GAMES

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Purpose. The purpose of our research consists in the emphasis of the efficiency of some sporting disciplines, in our case the sporting games, of the conditional abilities' evolution, especially those combined in the physical education classes with the students from the Petroleum Gas University of Ploiesti.

Methods. Sports games are fun activities with special involvements on the development of the player’s personalities from several points of view, including the one which contributes to the social integration. Games, generally, are complete, attractive, spontaneous and natural activities. That is why they are extremely used in the spare time of the different types of people, especially that of the young ones.

Results. The subject were submitted to the measurement of several driving tests consisting of force and speed, and in this paper we will present only the result of two tests: throwing the ball at on which from a standstill, the long jump from a standstill, 30 meters sprint from a standing position.

Conclusions. Following the statistical processing of the results, we observed that at every test applied, the tester groups were superior to the control group, the differences between the arithmetic means at the final test were significant.

Keywords: sports games, capacity, tests, measurement, interpretation

CARDIOVASCULAR RISK FACTORS, CALORIC INTAKE AND PRACTICE OF PHYSICAL ACTIVITY IN COLLEGE STUDENTS. A PRELIMINARY STUDY

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The aim of this investigation were to determine the level of physical activity practice and to define the presence of cardiovascular risk factors associated with body composition and caloric intake in college students. A total of 81 college students (38 and 41 females and males, respectively) were submitted to a complete evaluation that consisted of an analysis of food-intake behavior, measures of several body composition variables (height, weight, body mass index, fat and muscle mass, waist and hip circumferences, waist-hip ratio, and sum of 6 skin folds), blood pressure assessment, and physical activity level calculation. The results show sex differences in blood pressure and body composition variables; although an optimal food-intake patterns, a high level of physical activity practice and the absence of cardiovascular risk factors seem to generate healthy profiles in this population.

Keywords: cardiovascular risk factors, food-intake patterns, physical activity, college students

PHYSICAL EDUCATION - MEAN OF INFLUENCE OF THE INTERPERSONAL RELATIONS AT THE EDUCATION LEVEL

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The main objective that was at the basis of realizing this study has been the one to help at the youth transformation from a teacher's work object into a subject that participates at his own formation and evolution.

In realizing this research I started from the premise that, at a world level, it is being noticed the necessity of using the sport activity as an influence mean of the young students' personalities. In this way we must have in mind as a starting point the movement needs of the youth, movement organization in order to satisfy their affiliation needs, of expression through movement, to maintain relations with their siblings. Being aware of the fact that these youth needs, taking them seriously into consideration, through our actions we will receive a positive feed-back from the students, shown through the fact that they will action consciously, with pleasure, in order to accomplish the physical education and sport objectives.

Keywords: physical education, education level

DEVELOPMENT MEANS AND TECHNIQUES AND MOTOR EVALUATION OF THE PRE-SCHOLAR CHILDREN AND SMALL SCHOLARS

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It is unanimous known the fact that the motor activity at the level of the pre-scholar and small scholars education must be improved, proved being the fact that in the last years we noticed an acute lack of information concerning the data gathering that brings forward the bio-motor and psycho-motor potential of the children from the age interval of 5-7, respective from the training groups and the 1st grade. We believe that after a rigorous evaluation of the motor development of the children from this age segment, we can contribute at the elaboration of certain didactic strategies adequate to the instructive-educational process and for this age category; for this fact we will analyze how it is being developed the motor activity from schools, kindergartens and in the free time.

Keywords: children, techniques, small scholars
ADVANTAGES AND LIMITS OF THE ACTUAL SYSTEM FOR EVALUATION OF PROFESSIONAL COMPETENCES AMONG BEGINNING TEACHERS

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The approach of analyzing the actual system for evaluation and certification the studies for the didactical career must start with preliminary conditions which lead toward certification, namely from the actual programs of initial training for teachers, including: goals of training, competences, the curricula and the strategies of teaching – learning – evaluating.

Our study intends to analyze the actual model of evaluating the professional competences of beginning teachers through the definitive exam in educational system. The comparative analysis of several models of certification for teachers, based on professional standards (USA, France, Great Britain, and Romania) offers us the possibility of identifying common and different elements in establishing „the reference point of competences and qualities of the teacher”.

The research was undertaken on a sample of 80 Sports teachers and aimed the following goals:

- Identifying the aspects of continuity between the program of initial training of future teachers and the probation time;
- Establishing possible correlations regarding the criteria and indicators for evaluating the professional competences of beginning teachers, licensed in Sports, during the special inspection and of those aimed within the definitive exam in educational system;
- Pointing out the advantages and limits of the actual system for initial training of teachers and of the certifying the competences, also of passing the definitive exam in the educational system;

Suggesting the possible methodology of certifying the competences for beginning teachers and of passing the definitive exam in the educational system, including techniques and instruments validated by the educational practice and by domain researches undertaken on a global level.

Key words: beginning teachers, system of evaluation, studies certification, definitive exam in the educational system, professional standards.

The researches presented in this paper are part of the project MODECOMP – Operational model of developing professional competences at beginning teachers, financed by UEFISCUS, 834/2009.

NOTATIONS ON THE STATE OF CURRENT KNOWLEDGE OF PHYSICAL EDUCATION IN HIGHER EDUCATION

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Training of future professionals is a process which today no longer carries the chance. This process is largely governed by the phenomena of contemporary world (globalization, common market, market liberalization, extended labor mobility, the emergence of new specialties and new fields of knowledge, etc...). Which entailed a series of changes and all areas of business reorganization. In the context of this process is, of course, involved and educational. In this sense, we show that the educational curriculum reform was the chance that the entire business reorganization and restructuring of all products by rethinking curriculum: curriculum, curriculum / academic, alternative textbooks, relevant subjects to be developed, etc... Which entailed a series of changes and all areas of business reorganization. In the context of this process is, of course, involved and educational.

What will be tomorrow? (When they finish college students to start today)
What will be aware and know to do? (To fit active in social and professional life)
How can physical education help to optimize the professional profile in optimizing the man / work?

Keywords: fitness, professional profile, (profesiograma), profesiogramelor structure.

PRELIMINARY STUDY ON THE STRUCTURE OF PROFESSIONAL PROFILES PREPARING STUDENTS OF THE FACULTY OF MECHANICAL ENGINEERING

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The theoretical and methodological, has the merit of establishing the level of knowledge and research base and at the same time allows us to remember ideas or assumptions on which such questioning assertions and assumptions developed work. Therefore, taking into account the records compiled in the first part of research and taking into account the external context (psychosocial) in the Faculty of Mechanical Engineering operates, the phenomena governă contemporary society, market requirements, etc... From research highlighted the following premises:

- First, let us not forget that research is directed toward rethinking and restructuring of teaching physical education and sport in higher education (faculties of Engineering Univ. Ovidius Constanta), consistent with the requirements and demands for preparing professional profiles Polytechnic students from the faculties. This rethinking and restructuring is not done at random but is determined by the most important changes in the contemporary world;
- Contemporaneous world changes: globalization, the common market, market liberalization, labor mobility expanded European Union, the modernization of social life-economic, cultural and scientific cooperation, the emergence of new areas of scientific knowledge, etc..., have provoked have entailed a series of shifts and reorganization of all fields of activity. Undoubtedly influence the global context and the educational methodology, which must fall on the general direction of movement of said change. “(D. Colibaba, M. Niculescu, F. Cojan, 2008)
- The educational system in Romania has undergone significant qualitative changes in curriculum reform involving empire "designed and made a fundamental change in the system of education / educational orientation (changing the aims), in its structure (the basic material, the relationship management and content of the training process (changing the curricula, programs and manuals / courses school / university, and other materials for learning) "(S. Cristea, 2000, p.322)
DEVELOPMENT OF TRAINING PROGRAMS FOR ANALYTICAL OPTIMIZATION USING PROFESSIONAL PROFILES SPECIFIC MEANS PHYSICAL EDUCATION AND SPORT

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Among the following, we present the schedule for physical training and sports engineering faculties of the University Ovidius, in which are recorded the following components: instructional objectives, thematic content of the plan for conducting lessons, control samples and other requirements. A remarkable advantage for the conduct of our research was that the control group lessons preceding experimental group lessons are scheduled the same day. So they could make appropriate comments on all matters of great interest pursued. In developing curriculum for teaching physical education at the faculties of engineering and maritime we took into account all ştininşifice activities and findings of these, namely:

- results from the analysis of teaching ed. The physical F.I.M.I.M
- students and graduates opinions FIMIM on measures that should be taken to improve teaching ed. Physical and Sports
- size of graduates' professional profiles FIMIM
- powers of the 5 categories of professional profiles
- continual and characteristics of engineers working system activities: production - education - research - design
- Biometric potential students

Track all operational activities have marked the course of preliminary study into which were established components of the new training programs, or course presented, the following are distinguished: vocational skills - analytical, objective program-content - Operational strategies - corporate assessment

Summarizing all the components and supporting elements have developed experimental training programs

Keywords: analytical optimization, professional profiles, biometric potential

THE PEDAGOGICAL AND PROFESSIONAL TRAINING EVALUATION OF GRADUATE STUDENTS FROM THE ECO TOURISM CLASS

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Purpose: The paper in question wishes to point out the knowledge, skills and habits the master students have assimilated in the practical and methodical process within the tourist and ecological activities, on one hand, and to verify the contents of the curriculum regarding ecological tourism within the educational plans of the program mentioned above, on the other hand.

Methods: The main method that we used was the self-evaluation chart regarding the pedagogical and professional training, of the first year students engaged in the Tourist and Free Time Sporting Activities Master, graduates of the ecological tourism class.

Results: Through the self-evaluation chart, regarding the pedagogical and professional training of students, indicators of the degree of specialization for the future teachers have been obtained.

Conclusion: The pedagogical and professional training, realized with the help of ecological tourism, as a modern way of learning, has become an important methodological instrument that focuses on the way in which the objectives of the curriculum can be attained. Through a series of precise methods, which the theory highlights, the student is being trained to interpret and analyze the processes and the phenomena in the environment.

Keywords: ecological tourism, evaluation, self-evaluation, students.

AQUA SYSTEM – EFFICIENT METHOD OF DEVELOPING THE PHYSICAL EDUCATION CLASSES FOR GIRL STUDENTS

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Purpose: The purpose of the paper in question is to prove the efficiency of the Aqua System for the physical education classes to what girl students are concerned.

Methods: The main research method represented the longitudinal pedagogical experiment.

Results: After the final tests there was significant differences between experimental and control groups regarding: speed develop, abdominal strength, biceps and triceps strength and explosive strength.

Conclusion: The physiological advantages are due to the simultaneous combination of all the Fitness components: the Cardio Resistance and the Innervations with new programs, in this way diversifying the traditional methods of practice and proposing a “least boring” and highly entertaining, dynamic and attractive activity.

Keywords: aqua system, physical education class, girl students.
EFFECTS OF MENTHA PIPERITA INHALATION ON SOME FACTORS OF PHYSICAL AND MOVEMENT PERFORMANCE OF MALE ATHLETES STUDENTS

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Current research performed on male athlete students of Tabriz university with average age of (23/30±3/492) average weight of (71/15±9/005 kg) Average height (175/25±1/949cm)

In order to examine the effect of Mentha piperita inhalation on some factors of physical and movement performance of these students, 20 male students voluntarily participated in the study. First, reaction time, strength of back muscles and sit-up tests performed upon participants, Respectively, and then Bruce test was inducted, separately. Regarding the Maximum amount of consumed oxygen obtained from Bruce test results participants divided into two groups of (1) Experimental (control) and (2) Participants of experimental group inhaled the peppermint (pumped in experiment room) in which the 2 ml of pumped peppermint mixed with white alcohol in area of 35m², temperature of 28 c and humidity of 45-55% and used in strength of back and abdominal muscles and reaction time tests and then two drops of peppermint odor examined for the tests. Similar tests were performed on control group too, but the only difference was that peppermint replaced with white alcohol. T-test analysis used in whether results were meaningful or not current. Results suggest that there is a meaningful relationship between the administration of Mentha Piperita with aerobic performance (p<001) and reaction time (p<005).

Key words: Maximum aerobic performance, Reaction time, Abdominal muscle strength, Back muscle strength, Male athlete, Mentha piperita.

ASSESSMENT AND COMPARISON OF STUDENTS PARENTS ATTITUDE TOWARD NEW STRUCTURE OF PHYSICAL EDUCATION COURSE IN PRIMARY SCHOOLS BASED ON THEIR EDUCATION AND PHYSICAL ACTIVITIES

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Purpose: The purposes of this study were to find attitudes of student’s parents toward new physical education courses in primary schools and examine the predictive influences of their education and sport activities on their attitudes. Using descriptive-survey procedure we sampled 0.5% of 130000 parents using clustered randomization sampling method. The Participants (650 members) completed the questionnaire attitude inventory which its validity and reliability was confirmed after doing a pilot study. Statistical analysis have done in SPSS (13.00) demonstrated that the majority of students parents (96.2%) have positive attitude toward new program of physical educational courses in primary schools. There are significant differences among parents attitude based on educational background. However parent’s attitude was not statistically significant related to their sport (recreational) activities. Analysis indicated that parents with higher educational degree had better feeling to new program.(F=5.29) We conclude that new programs has been accepted by students parents and the most of them have positive attitude toward that, this fact shows the weakness and unsuitable parts of the sport courses in schools are not related to parents negative attitude or their ignorance, therefore some other reasons are likely factors causing this weakness of current programs which will be revealed by further researches.

Keywords: Attitude, Parents, New structure, Physical education.

CONSTATATIV STUDY CONCERNING THE MANIFESTATION LEVEL OF THE ANAEROBE EFFORT’S CAPACITY AT PUPILS FROM HIGH SCHOOL

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The application of the national curriculum in the domain of the physical education and sport requires the enlargement of the knowing area of age characteristics and of the manifestation level of the scholar population from high school. The theme presents the importance by knowing new data concerning the manifestation level of the anaerobe effort’s capacity, in the conditions of the physical education and sport class, also of the practical implications in the scholar physical education. By approving this theme we propose to know the level of manifestation of the anaerobe effort’s capacity at the pupils from high school depending on age and sex through a practical, significant and non-invasive method for the organism — the Sargent test. In practicing the physical education and sport the capacity term for the anaerobe effort is used in the sense to specify the organism’s possibilities to make an intense physical effort and of short duration, respectively to obtain a maximum energetic debit through the two anaerobe energetic systems (the phosphate system and the anaerobe glycolysis).

Methods: The used research methods and techniques have been the observation method, the experimental method (provoked checking experiment, in order to see the observation and to measure the produced effects, natural – made in natural conditions represented by the physical education class, in an transversal, synchronic, concomitant section), the statistic-mathematic method and the graphic method (processing, analysis and obtained data interpretation methods by applying tests).

Results: The higher percentage and the increase of the anaerobe effort’s capacity value at the girls from the 9th grade is due to the functional maturity of the neuromuscular system that intervenes much faster at girls than at boys, followed by an equalization plane, between the two sexes, at the level of the 10th grade and obtaining higher values for the boys from the 11th and 12th grades. Similar values of the maximum anaerobe power (but low as functional value), both at boys and girls, indicates a high homogeneity at the subjects from the researched group, in a negative way. Due to the social importance of the physical education and sport the taking of a decision in concordance with the realization of certain instruction programs structured on physical exercises that require the approach of interest of self-exceeding the motor possibilities.

Conclusions: The higher percentage of “weak” marks at measuring this physiologic indicator allow us to say that the researched subjects have a weak preoccupation concerning the maintenance of their health state by making independent sport activities, movement in the fresh air.

Key words: study, anaerobe effort’s capacity, pupils
EYE-HAND COORDINATION IN THIRD FORM PUPIL

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Purpose. The present study propose that eye-hand coordination in third form pupil can be enhanced by physical activities.

Methods. For recording the level of eye-hand coordination we used three motric tests – rounder-ball throw on a static mark; darts and, multiple dribble (20 m).

Results. There was significant differences between experimental and control group (p < 0.01) on all the three tests.

Conclusions. Exercises and operational structures used during the experiment were well selected and properly dosed for these subjects.

Key words: motor coordination, eye-hand coordination, school-children.

THE IMPORTANCE AND ABILITY TO ADAPT TO TEACHING PHYSICAL EDUCATION TO PARTICULARITIES OF STEP BY STEP PROGRAM, ACCORDING TO SPECIALIST STAFF

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The present study aims at finding out the opinion of expert personnel (physical education teachers) about: Step by Step program, the importance of physical education for primary pupils, the need and ability to adapt to the particularities of teaching physical education program.

Subjects: research attended a number of 39 physical education teachers who teach either in the Step by Step program is the traditional education.

Research methods used are: bibliographic study which covered the accumulation of information on Step by Step program, its features, pattern of hours during the day, the importance given to physical education lessons, the method of the investigation they are used as research tool questionnaire included 10 items and factual data, statistical-mathematical method through which we made the interpretation of results.

Following the application and interpretation of questionnaire results showed that, currently, physical education lessons Step by Step program is conducted as is traditional, but that professional teachers who teach in the program (and beyond) deems necessary and appropriate to adapt teaching physical education program features Step by Step.

Conclusion: if the basic disciplines (mathematics, reading, etc..) Have made efforts to adapt them to specific program Step by Step, physical education is taught traditionally Tried it without turning the benefits of this program. This is due both deleted from the lack of knowledge of the program specifics Step by Step by physical education teachers and the low interest shown so far by them.

Key words: physical education, Step by Step program.

THE EDUCATIONAL DIFFICULTIES OF THE PHYSICAL EDUCATION TEACHERS WHO WORK IN THE SCHOOLS FOR THE DISABLED IN ANKARA

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Education prepares individuals to life and enables them to adapt to the outside world and to the environment. As a result of education, individuals become more questioning, productive and creative. The percentage of people with disabilities in our country’s population is approximately 12.29%. Research shows that a large portion of the learning and adaptation problems of individuals with disabilities is solved with physical education and sports activities. It is also observed that these individuals, regardless of the kind of disability they have, are more successful than the individuals with no disabilities in many fields. It is also observed that individuals with disabilities are more willing to comply with social rules and they show sociable and compliant behavior. In this research, socialization and self-confidence gaining process of students with disabilities are determined. The educational difficulties of the physical education teachers in these students' schools are also determined. Research is carried out with five physical education teachers in five randomly selected disabled schools in Ankara. Qualitative method is used in the research. The results are reached by using descriptive analytical techniques for statistical procedures. The results of the study are as follows: Physical education courses in disabled schools create physiotherapy effect. More emphasis is given to these courses on paper than practice. The class hours are inadequate. Schools don’t have necessary materials. Teachers have exercise problems with students because of the school-bus service system of the disabled schools. Finally, teachers do not get adequate training during their education. According to the results of the research, the following recommendations should be taken into consideration: “Disabled schools should be sponsored more commonly and supported by policies. In-service training courses should be more common. Physical education courses and sports education for disabled students at universities should be more comprehensive and hands on. Curriculum programs should be reviewed and course hours should be increased. Indoor facilities at schools and material conditions should be improved.”

Keywords: Disabled, student, teacher
PILOT STUDY REGARDING THE STRUCTURE OF THE MOTIVATIONAL SYSTEM FOR STUDENTS MAJORING IN PHYSICAL EDUCATION AND SPORTS

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The present paper is a pilot study about the motivational systems of students majoring in various disciplines in the field of Physical Education and Sports. Knowing the characteristics of the personality orientation system, configuration of the general motivational system and of the discipline the students specializes in and emphasizing the structure of the above-mentioned, represents the purpose of our research. The main task consists in creating a hierarchy of the components of the motivational system that characterizes the students majoring in Physical Education and Sports. The investigation through questionnaire, the main method applied to 225 students of UNEFS, bachelor level, aimed at three aspects related to the motivation of each student participating in this research: personal development, the development of the psychological qualities and the importance of certain reasons in their future professional activity.

The results obtained indicate that at this level, there are no important differences between the points awarded / years of study and the majors in the field, the dynamics of the motivational system structure / different components from one year to another but there is a certain balance of the majors. We believe the study can be extended in view to obtaining objective data for the optimization of the educational management concerning the bachelor level in Physical Education and Sports.

Key words: physical education, sport, motivation, students.

THE NUTRITIONAL AND HEALTH PROFILE OF THE WEIGHTLIFTING TEAM’s STUDENTS AT THE ELEMENTARY SCHOOL: A PILOT STUDY

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Purpose, In this study, the effects of one-month nutrition education programme on the nutrition knowledge level were determined. For this reason, nutrition habits, food consumption, anthropometric measures and biochemical findings of the weightlifting team’s students who were studying at the elementary school, were assessed.

Methods, Ten male weightlifting team’s students (between ages 11-15) who were studying at an elementary school in Ankara province participated in this study. The students’ body composition analysis (Tanita BC-418) had been taken with some biochemical measures (complete blood count, urine tests), also knowledge about nutrition habits were collected through questionnaires and nutritional status were evaluated (≤ 3 bad; 4-7 medium, ≥ 8 good) by the application of healthy eating index (KIDMED). Total energy, macro and micro nutrient consumption were evaluated by taking three days food consumption records and analyzing the nutrition knowledge programme (BEBIS). Changes in the level of nutrition knowledge were evaluated before and after the education programme by using nutrition knowledge test which consisted of 40 questions. The statistical evaluation of all obtained data was made with SPSS 15.0 statistical package programme, kruskal wallis, mann-whitney U testing, kikare tests were made by taking the mean and standard deviation values.

Results: The students' age, body height, body weight, body mass index (BMI), body fat percentage, body fat weight and body fat free weight averages were found respectively; 13.1±1.3 years, 1.52±0.1 m, 51.4±13.0 kg, 22.0±3.5 kg/m², 20.9±4.6, 10.8±3.8 kg, 40.6±10.1 kg. It was identified that eight students’ body weight were more than their competition weight (1.9±0.7 kg), two students’ body weight were lower than their competition weight (1.7±0.7 kg). Also it was identified that their sport ages were 2.0±0.7 years, frequency of training was 5.8±0.4 days per week, 2.7±0.5 hours per day. All of the students reported that they did not receive any nutrition education before, their mothers were responsible from their diets at home and their coaches were responsible during training. According to evaluation of healthy eating index, 30% of students diet quality was poor, 50% of them were medium quality, 20% of them were good, and also it was identified, that the nutrition knowledge increased 58% as a result of the nutrition knowledge test evaluation which was made at the beginning (pre-test) and (last test) end of the education program. There were no significant relationship between the KIDMED values and fat percentages (x²:2.56, p>0.05) and BMI values (x²:1.14, p>0.05). Two students' hemoglobin values were determined as low, and as a result of the urine tests it was decided by physician, that the detailed kidney function analysis should be done for these two students. There were no significant relationship between the hemoglobin values and iron consumption (p>0.05). The daily energy, protein, carbohydrate and fat consumption averages of the students whose ages were between 11 and 13 were respectively; 1578.7±404.4 kcal, 1.3±0.2 g/kg (16%±2), 4.7±1.7 g/kg (53.3%±9.6), 1.1±0.5 g/kg (30.6%±10.5). However, the averages of the students whose ages were between 14 and 15 were respectively, 1832.7±319.9 kcal, 1.0±0.3 g/kg (14.5%±1), 4.1±1.7 g/kg (51.2%±5.7), and 1.1±0.4 g/kg (34.2%±6.0). Also it was determined that all the students did not consume calcium, potassium, folic acid and fiber sufficiently. There were no significant relationship between the students’ energy, macro, and micro nutrient intake, and energy distribution percentages with KIDMED values (p>0.05).

Conclusions: In the end of this study, it was reported that all of the students did not consume energy, some macro and micro nutrient sufficiently although they did active sports. It was concluded that nutrition education program increased the level of nutrition knowledge but education needed to be done more frequently and consistently.

Key words: Weightlifting, nutrition, health
**VIEWS OF PHYSICAL EDUCATION TEACHERS IN PRIMARY AND SECONDARY SCHOOLS ON IN-SERVICE ACTIVITIES AND THEIR FREQUENCIES OF PARTICIPATION IN THESE ACTIVITIES**

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The purpose of this study is to determine the views of physical education teachers in primary and secondary schools in Ankara on in-service activities as well as their frequency of participation in these activities. The voluntary participation of total 117 physical education teachers who work in 67 primary schools and 50 secondary schools in Ankara. The data were obtained via questionnaire method in the study. The views which are in the questionnaire were obtained from various sources with regards to the point and then they were made to be referred to specialists. The questionnaire is made up of five chapters and total 34 questions. Likert scale method was used for the questionnaire. Cronbach Alpha confidence coefficient was found α: .864 in the second chapter of the questionnaire while it was found α: .788 in the third part of the questionnaire.

Averages, standard deviations, frequencies and percentage distributions were noted in tables for the evaluation of the data obtained from the questionnaires. t test and one-Way Anova was made and found in p< 0.05 significance level in order to determine whether there were differences among the answers of these teachers to the questions about their age, gender and period of service. Tukey HSD test was used in order to determine from which the differences stem.

As a result of the study, teachers stated that they agreed with the questionnaires about in-service activities (X̄=3.61). The general conditions and the percentage of physical education teachers participating in in-service trainings such as courses and seminars were 3,83% whereas the peak participation was realized in “Computer and Internet Use” in the rate of 60,7%. On the other hand, the rate of not participating in this kind of trainings was 95,93%. The seminar which rendered most participation according to gender, age, educational background and period of service was “Computer and Internet Use”.

In their suggestions about in-service training the physical education teachers have stated that they would like to get their in-service training in the form of “seminar” (48,7%), and the most appropriate time period for getting in-service training is “June – September” period (33,3%).

**Key Words:** in service training, physical education teacher, primary and secondary school.

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**THE TECHNOLOGY OF TEACHING PUPILS OF THE SYSTEMS PHYSICAL EDUCATION OF SECONDARY SCHOOL THE GAME OF FOOTBALL**

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**Introduction**

The thesis in physical education and sport searching in speciality Physical culture, physical education of different population groups.

The thesis is devoted to questions of search of the most effective ways of training to football with use of the newest technologies in view of individual features of the schoolboys of the senior classes of comprehensive schools.

Object of research is educational of training process on football of the schoolboys of the senior classes in a comprehensive school.

Subject of research is the organization and technique of realization of employment (occupations) on football of the schoolboys of the senior classes in conditions of a comprehensive school.

The purpose of work - to define(determine) the effective forms, means and methods of preparation of the young football players in conditions of a comprehensive school and on the basis of introduction of the third lesson on football to improve a condition of health of student’s youth.

**Methods of research:**

The theoretical analysis and generalization of the scientific - methodical and special literature, study of the educational and competitive documentation; pedagogical research (pedagogical supervision, pedagogical testing, pedagogical experiment); medical-biological methods of research; methods of mathematical statistics.

**Conclusions**

The scientific novelty of results of research is, that for the first time is developed and the technology of teaching to football in conditions of a comprehensive school is experimentally proved. The modelling characteristics of competitive activity schoolboys of the senior classes, are developed. Dynamics (changes) of parameters of a physical condition under influence of an author's technique of training to football and competitive training on football of the schoolboys of the senior classes of a comprehensive school is established.

**Key words:** football, technical training, technology of training, schoolboys of the senior classes, technical-tactical training, multimedia the program.

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**DEVELOPMENT OF TAKE-OFF THROUGH PLIOMETRICS EXERCISES IN THE SCHOOL HANDBALL GAME**

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This paper presents a period of 12 weeks training, the dynamics of development take-off, using techniques adapted pliometrics exercises middle school age.

Knowing the particular age of the students in terms of physiological, morphological, psychological and practical results of training, use of proper techniques of pliometrics exercise a specified period, would help increase speed-strength indices, the students in Group experiment.

After processing by the statistical indicators, I propose to analyze and interpret data resulting from the research. Since this method development take-off schoolchildren using these relatively new techniques (exercises pliometrics) is not sufficiently known, can draw lessons on the effectiveness of these methods and, whenever it may be transferred within methodical side the preparation necessary expertise in handball.
Purpose Based on data provided by the literature on fostering quality driving lessons in physical education school program in secondary school and, in particular the take-off, we considered as a starting point, indicating the most effective means and methods compound motor skill development FORCE-SPEED to improve take-off and will help to optimize the development of motor ability of middle school age students.

The main objective of the research was directed at determining (defining) the specific peculiarities of content development methods of take-off, correlated with anatomical features specific physiological age secondary school students in development.

The purpose of the research has as main objective the improvement of quality development in close correlation with the principles driving means and methods that will produce maximum efficiency with direct impact on the driving take-off to students aged 11/12 years (as-improving quality of driving through pliometrics exercises).

Methods We made the first experiment and I realized the comment two groups of students, at the same time I submitted the basic experiment, lasted 12 weeks. Schoolgirls are aged between 11/12 years and are part of the General School No 2 Targoviste research was carried out in the gym of the school No 2 which has a material basis in Targoviste rich and varied. Group and has been operating throughout the period of time. We performed initial testing denoted by TI, which consisted of anthropometric measurements and tests that determine the ability of driving skill. These measurements and tests were conducted with experimental group. Establishing work programs or structures exercises.

The program addresses basic pliometric athletes youth. Time for one year in the program should not exceed 20-30 minutes. To these are added during the heating and relaxation 10-30 minutes.

Results The final tests recorded higher values. This proves that the methods used in training (exercises pliometrics) prevail over those of normal training (classical) and they improve take-off

Recorded higher values support the assumption that the training program of exercises performed by using techniques pliometrics at this age, provide a significant increase methodological content of detention in the fundamental concept of training

Conclusions Following the experiment conducted we found that use exercises pliometrics has positive effects on development in detention, and develop all qualities driving the development of take-off and develop all qualities driving and the training skills and skills new movement. There is a significant advance for pliometrics exercise program

Keywords: handball, pliometrics, teke-off,

THE COMPAREMMENT OF HAEMATOLOGICAL SYMPTOMS OF PHYSICAL EDUCATION AND SPORTS COLLAGE'S STUDENTS

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Objective The purpose of this study is to compare with the of the students in Teacher 20 male and 20 female 18 -23 years old participated voluntarily to this study. There is not any exercise applied to the volunteers. But with analyzing the theoretical and practical lessons in first year in Physical Education and Sports Collage effects of practice lessons in blood profile was searched.

Methods The taking from antecubital vein blood 5 ml with EDTA of subjects analyzed in university center laboratory with using auto-analyzer. Blood cells analyzed. For defining the differences between groups Mann-Whitney U test used.

Results The results showed that; between trainer and administrator department in lökosit, granülosit trainer department, lenfosit ve monosit percentage found high in sport management department, between trainer and teaching department iron level found high in trainer department, lökosit, granülosit number found high in teaching and sport management department, cholesterol and sodium level high in teaching department, monosit percentage total bilirubin, indirect bilirubin and iron level in sport management department found at high level (p<0,05).In females monosit number in trainer education department in sport management department is found high level, monosit number, mean corpuscles hemoglobin concentration in trainer education department, cholesterol and HDL-cholesterol levels are found high in teaching department, albumin level in sport management department and sodium level in teaching department is found high (p<0.05).

Discussion As a result; although getting increasing and decreasing variables of blood profile levels according to the education departments of subjects, great percentage of variables are in normal edge. Meaningfull differences between departments are about life style and quality, socio-economic status, and individual differences but these are not depended on educational differences between departments.

Key Words: Blood Profiles, Trainer Education, Physical, Education and Sport Management.

MEDICAL EVALUATION FOR PHYSICAL EDUCATION AND SPORT OF TRADE SCHOOL PUPILS

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Introduction One of the elements of prophylactic medical examinations of 16-year-old schoolchildren is their evaluation for physical education and school sport classes. Basing on the examination results the pupil belongs to one of the groups: A, B, C or subgroup: As, Bk, Cl, which represent the type of abilities, hindrances or disabilities for physical education and sport. Disorders in the state of health identified by the physcist require specific forms of physical activity. Adhesion to a given group is particularly important for 16-year-old trade school pupils.

Motorial system overload during practical trade education classes negatively influences the pupils health, trade education effects and in the future can hamper performance in their work.

The goal of the research was to analyse the state of health of trade school pupils and the relation with evaluation into specific physical education and sport groups in the context of the specialisation in education chosen by the researched.

Material and method. The research was carried amongst 210 schoolchildren with deviation in state of health and development. The researcher common characteristic was their year of birth (1990), education in the 1 class in a Kielce trade school. The diversifying characteristic was sex, place of birth. Diagnostic poll and document research method were used in the research.

Results Numerous disorders in state of health and development were found amongst the schoolchildren taking part in the research, including those of the motorial system and physical development. Almost 40% of the researched were evaluated into physical education and sport groups that require correction exercises. A few of the pupils due to existing health problems were excused from physical education and sport classes.
A relevant relation (p<0.01) between the result of the medical examination and evaluation into the physical education and sport groups and the specialization in education chosen by the pupils was confirmed.

**Conclusions.** The results of prophylactic medical examinations point to a need of turning the pupils' and their parents' attentions unto the aspect of health in choosing a specialization in education. It is necessary to strengthen actions connected with the researched' active participation in physical education classes, according to the physicists recommendations. It is imperative to strengthen the role of the physical education teacher and trade education practice.

**Key words:** health, prophylactic medical examinations, trade school

### COMPARISON OF UNIVERSITY STUDENTS AGAINST TO ANATOMY LESSON

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The aim of this study is to evaluate that approach of Karamanoglu Mehmet Bey University Physical Education Sports High school and Nursing students to anatomy lesson.

Study which is descriptive is carried out in Karamanoglu Mehmet Bey University 2008-09 academic year during fall. The type of descriptive study was made in Karamanoglu University Education Mehmetbey in the fall semester in the 2008-2009 school year. Totally 272 students studying in the first, second, third and fourth classes in nursing and physical education and sports have constituted the universe of research. While the datum’s were being collected, age and sex from socio-demographic datum’s were put into practice for students, for measurement devotion to anatomy lesson, negative and positive behaviors which are performed during anatomy lessons, prejudice for anatomy lesson and the equal periodic liker anatomy attitude criterion in which the belief for necessity of anatomy lesson is discussed were put into practice. While analyzing the datum’s number percent distribution and T test were used.

Students whose branches is nursing (X= 78.94) are more positive than the students whose branch is physical education and sport teaching (X=67.35) in the view of attitude to anatomy lesson. Students' attitude to anatomy lesson has a difference according to students' different branch.

In this research, nursing students have higher attitude to anatomy lesson than Physical Education Sports High school students. This difference may be derived from requirement to anatomy lesson of two distinct professions.

**Key word:** Students, nursing, physical education and sport teaching, anatomy lesson attitude criterion

### AN INVESTIGATION ON ADEQUACY OF PHYSICAL EDUCATION SPORTS HIGH SCHOOL STUDENTS ABOUT ANATOMY LESSON

**LOK SEFA¹, BASTUG GULSUM¹**

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The purpose of this study is to measure the students’ self-sufficiency status to anatomy lesson who had taken anatomy lesson and who study at Karamanoglu Mehmetbey university of physical education and sports.

The type of descriptive work has been done in Karamanoglu Mehmetbey university in the spring semester of 2008-2009 academic year. The surveying has consisted of 147 university students in all in the 1., 2., 3. and 4. classes who had taken anatomy lesson and who study in Karamanoglu Mehmet Bey University at the department of Physical Education and Sports academy (BESYO). The first stage is expected to reach all students in Academies. 147 physical education and sports teaching students in the scope of research have already been taken.

The average age of students participating in the surveying is 21.58 type. 37.2 % of students’ as women and 62.8 % as men were found. Class percentages of students participating in this study are emphasized as: 27.9% in 1. class, 25.2% in 2. class, 24.5% in 3. class, 22.4% in 4. class. Self-sufficiency statues of students to the anatomy lesson according to in the different classes shows significant differences [t (294) = 6.74, p<0.01]. First-class students' self-competence scores average (X = 76.17) is more positive than the students’ in other classes self-competence scores average. The main reason for the anatomy lesson of physical education students receive first-class over the short period of time than students from other classes can connect through.

It was found that students’ self-sufficiency perception to the anatomy lesson who study at first class was much higher than students’ self-sufficiency perception to the anatomy lesson who study at second, third and the senior class.

**Key Words:** University Students, Anatomy Lesson, Self Sufficiency.

### INTRODUCING SPORTS GAMES IN THE STRENGTH DEVELOPMENT OF THE SUPERIOR AND INFERIOR LIMBS FOR STUDENTS IN NON-PROFILE FACULTIES

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Sports game is a pleasant form of effort in each lesson. With the purpose of developing the strength of the superior and inferior limbs in students of non-profile faculties, and to increase the attractiveness of the lesson, we offered them the opportunity to choose a sports game to practice in the second part of the lesson for 30 minutes, on a period of two years, regardless of the training period where we are in. That is in addition to the typical program in each class, they would play and basketball. We randomly chose an Experiment Group on which we applied the program described, and a Control Group consisting of students from the same year of study, but who have worked with a different teacher. As a result of the implementation of this program in the body skills performances of students, positive changes were recorded, that have confirmed the hypothesis.

**Key words:** Physical education, sports game, basketball, strength, students.
THE NECESSITY FOR PHYSICAL ACTIVITY OF THE HIGHER EDUCATION YOUTH

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As the definition of the psyche states, every psychological phenomenon is expressed through behavior. This represents the total reaction of an organism through which it responds to a living situation, according to environmental stimuli and its internal tensions, and whose actions are directed towards a significant direction (purpose), in this case we may call them a necessity for physical activity. Internal attitudinal and motivational factors can serve as an explanation for the necessities of the Physical Education activity, the point where these overcome their limits, emphasize their qualities, receive a status within the group. The necessities of students may vary during the training process, should therefore be known from the beginning, and designed in a positive direction. Furthermore, they need to be reinforced by rewards (praise, marks, etc.).

Key words: need for physical activity, Physical Education, students, education, higher education.

MOTOR DEVELOPMENT AND MOVEMENT PROFICIENCY: IMPLICATIONS FOR PHYSICAL ACTIVITY AND YOUTH SPORT

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Development of voluntary control of movement begins in infancy and progresses into childhood as the child attains postural, locomotor and prehensile control. With the refinement of walking, control of locomotor and manipulative abilities improves so that a considerable amount of independent action is possible. These basic movement patterns are the foundation upon which other movements and combinations of movements are subsequently developed and refined. And, movement is the substrate of physical activity.

The development of motor competence during early childhood is the outcome of the interaction of the growing, maturing and developing child with his/her environments. Child-environment interactions should be viewed in the context of changing body dimensions and proportions (body scaling) and improving levels of motor competence (action scaling). Body size, proportions and composition change as the child grows, and levels of motor proficiency change as the child develops. These in turn influence the interactions between the child and his/her environments, specifically home, day care and nursery school. An additional factor is the emergence of the child's perception of these environments as they relate to his/her physical and motor characteristics.

There is increasing interest in relationships between proficiency in basic movement skills and habitual physical activity in young children. Evidence indicates that specific motor skill instructional and physical activity interventions are associated with improvements in basic movement skills in preschool children. By inference, improving the motor proficiency of young children has the potential to enhance levels of habitual physical activity beyond the preschool years. Moreover, motor coordination is an important predictor of physical activity during middle childhood.

Given current concern for the worldwide obesity epidemic, the movement proficiency of overweight and obese children is receiving more attention. Although the issue of reduced physical activity in obese children is somewhat equivocal, one can inquire whether proficiency in movement skills influences activity in obese children and adolescents.

The teaching of skills, rules and strategies of a sport is often indicated as an objective of youth sport programs. Observations would suggest that this objective is generally achieved. Specific evidence for participants in youth sports is limited. Relative more emphasis is given to the talented few in contrast to the majority of youth participants. Individual differences are considerable and these are often dependent on the quality of coaching/instruction.

Key words: movement, physical activity, youth sport.

NECESSITY OF ECONOMIC KNOWLEDGES FOR STUDENTS PHYSICAL EDUCATION IN UKRAINE

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MEDVYNSKY SERGEY, teacher.
KUPCHIK VOLODYMIR, KUPCHYK VOLODYMIR CHNU
the name of Yu. fedkovicha (Tchernivtsi), Chernivtsi UDK

Raising of problem analysis of the last researches and publications. The primary purposes of reforms in Ukraine is an increase of standard of life of population, foremost due to passing to the market economy, providing of defence of civil laws expansion of individual freedoms of person. A labour-market and social policy is the major components of achievement of these aims, because they are needed for providing of the productivity modern economy [5, p.119].

To according to Vachevskogo of M. In., the state submerged in new economic relations, without the decision of the most important and simplest task – to prepare people, acquaint them with bases of market relations (and in the first turn to give knowledge those, who lays ways to the new economy, and then and all other).

Therefore, on proposal of scientist, economic education of the Ukrainian young people must be organized in general, but not only specialists on an economy. It swoms out from essence of economic science, which directly influences on the state creative processes of forming for the young people of professional level of jurisdictions [1, p.120].

The ponderable element of economic education is bringing of its technology to conformity with the processes of segedennya. Above all things speech goes about preparation of young people to activity in a market environment, business structures, mark M.Kravchyna, M.Romanenko [3, p.41].

Research purpose:
To analyse processes which take place in the state as difficult socio-economic system, define priorities, basic principles and directions of development of education, in Ukraine; to describe progress trends athletic-sporting industries of education, which are predefined introduction of the market system of relations in Ukraine.

Exposition of basic results of research
In the field of physical culture there was contradiction between the requirement of society in expansion of services, which are carried out facilities of physical culture, and possibility of grant their specialists which are today produced by the athletic institutes of higher.

Exposition of basic results of research. In the field of physical culture there was contradiction between the requirement of society in expansion of services, which are carried out facilities of physical culture, and possibility of grant their specialists which are today produced by the athletic institutes of higher.
A table of contents of professional preparation of specialists is in the area of physical culture and sport, depends on a social order, from the requirement of society and everybody in to athletic-sporting to activity. Therefore, that, to put a purpose before the institutes of higher of physical culture, it is necessary to define the place of physical, cultures in social life of society and to designate the concrete, real tasks the decision of which will satisfy public necessities.

The new type of economic thought of modern graduating student of educational establishment foresees enterprise initiative in labours, efficiency, responsibility, creative search of ways of creation of new material welfares, technologies, development of intellectual property, those ways which conduct to the best economic result.

Thus, to that end in the Tchernivtsi national university of the name of Yurij Fed'kovich preparation of specialists (bachelor of physical education) of area of knowledges is founded 0102 “Physical education, sport and health of man”, with specialization “Entrepreneurial activity in industry of physical culture and sport” [4; s. 155].

This specialization is based on basic directions of realization of public policy and world experience in this sphere, to passing to the market economy which will enable to form the national model of development of sphere of physical culture and sport on democratic and humanism principles at high professional level, to inculcate the accessible, high-quality and various forms of health, rekreaciynikh, rehabilitation and sporting services for the different groups of population.

Disciplines of selective part in general make 1044 hours, that is 17 % from the cycle of disciplines of professional and practical preparation. The presence of these disciplines is given by possibility to form enterprise qualities for students. For the decision of this task during an educational process the followings tasks are selected:

- to educate ability to endeavour in a new (own) job;
- to produce ability to work in small business;
- to instil an enterprise world view on the whole;
- to develop an enterprise as line.

Conclusions and prospect of subsequent researches:

1. Passing to the market relations requires the native change of social order of society in the system of education. Educational establishments must be oriented on perspective priorities of social transformations to the state, preparing students, students, to life and creative work in the languages of economic changes.

2. Processes which take place in society put new tasks and pull out new requirements to preparation of specialists which consist in providing of solidarity of education with the maintenance of it the best traditions; humanizing and humanitarizaci edcucations; transition from an educational paradigm to kul'turotvorchei.

3. The important line of reformation of higher education is a maintainance of equilibrium between mass fundamental and elite education and narrow specialization and professional perfection.

4. The task of education in relation to preparation of young people to entrepreneurial activity consists in deepening already at school initial knowledges from organization of business, careful study of sciences of enterprise in higher educational establishment, and then – during all life in the workplace.

5. It is necessary to form the national model of development of sphere of physical culture and sport in foreshortening of entrepreneurial activity on democratic and humanism principles, to inculcate the accessible, high-quality and various forms of health, rekreaciynikh, rehabilitation and sporting services for the different groups of population in the process of including to the market economy.

QUANTITATIVE AND STRUCTURAL MATHEMATICAL MODELS FOR PEDAGOGICAL RULES IN PHYSICAL EDUCATION AND SPORTS

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The paper presents methods of measuring and modeling pedagogical rules in physical education and sports, using mathematical concepts to reveal the objective links between different properties of pedagogical phenomena.

The quantitative and structural models are built starting from symbols. The operation procedures of these symbols form the syntactical rules for building and transforming such models.

The paper shows a quantitative and structural model built to assess the way of acquiring the long jump technique by students with motrical memory at different levels of development.

Theoretical concepts:
The issue of representing the pedagogical rules is based on finding the most appropriate building process for quantitative and qualitative mathematical models.

In order to achieve this goal, the following steps are to be followed:

a) establishing the correlation between the proposed models and the realities in training and education;

b) settling on the mathematical rules that can be applied in describing the pedagogical rules;

c) determining the corresponding degree between the proposed models and the objective rules of pedagogical phenomena;

d) deciding upon the way of putting into practice and research the proposed models.

Research methods:
1. Theoretical analysis of the conditions and the limits of action for the link between the pedagogical results and two influence factors (bibliographical study);

2. Observation method used to organize the factorial scheme;

3. Experimental method;

4. Statistical and mathematical methods.

Conclusions:
The qualitative and structural model proposed reveals the distribution rules for each value of the investigated factors, the link between the values of the factors and the statistical features of the studied phenomena and the intensity of that link.

All these assumptions describe the conditions, the form and the limits of action of the studied link, i.e. they completely define the scientific law.

Keywords: quantitative model, structural model, pedagogical rule, motrical memory, long jump
NEW FEATURES IN PLANNING AND ORGANIZING THE EDUCATIONAL PROCESS IN PHYSICAL EDUCATION CLASS

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The paper presents methods of planning and organizing the instructive educative process in order to get maximum efficiency, based on the theory of “operational calculus” and on the theory of “games”.

Two experimental situations, involving pedagogical issues in physical education class, are analyzed and for each one planning programs are developed, using the theories mentioned above.

Theoretical concepts:
The operational calculus is related to the accuracy level of predicting the results of every action, i.e. in physical education class it is important to know that when choosing an action from several possibilities, the following four situations can arise:

a) each action leads to a well-known result (determining conditions);
b) each action can lead, in different circumstances, to different results, but the probability of appearance is known (risk conditions);
c) each action can lead, in different circumstances, to different results, but the probability of appearance is unknown (undetermining conditions);
d) each action can lead to a certain result or to several possible results (determining or risk conditions).

If the teacher chooses actions with determined results, the planning model is developed using the linear programming technique.
The theory of games is the solution for modeling the planning activity, when the teacher chooses actions with risk conditions, meaning that he chooses a teaching technique which will provide different results when applied on different students.

Conclusions:
The proposed models for planning and organizing the educational process in physical education class provide the best pedagogical strategy for teacher that secures the best possible result.

It is important to use the operational calculus in planning the teaching activities, but we must not neglect the development of the pedagogical researches.

Keywords: planning activities, educational process, operational calculus, theory of games

THE COMPARISON BETWEEN PHYSICAL EDUCATION AND SPORT STUDENTS’ AND ELEMENTARY EDUCATION STUDENTS’ LEARNING SKILLS AND THEIR OPINIONS ABOUT FOREIGN LANGUAGE LEARNING

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The research has been done with the aim of determining Physical Education & Sports students’ and Elementary Education students’ learning skills and their opinions about foreign language (English) learning.

The research population is Mehmet Akif Ersoy University Physical Education and Sports Department and Elementary Education Department.

The sample group, on the other hand, includes those students studying at these departments.

Results have been obtained through literature scanning and survey method. The survey has been applied to the students through random sampling method after providing the intelligibility, scope validity and reliability of the survey which has been developed to support the result of the research.

The obtained data has been coded for statistical operation in computer environment via suitable statistic program. As statistic operation, frequency (f), percentage (%), cross table (Crosstab), to test the differences X-Square ($\chi^2$) have been applied. After the operation, % distribution for each question has been shown to determine differences of opinion, comments have been made taken 0.05 as confidence interval.

As a result of the data, we can say that students have usually difficulty in learning English; when they are learning, they do it better by reading, writing, listening and speaking, and they learn it because foreign language enables them to find a job easier and they mainly learn it to pass the course.

Key Words: Students, Foreign language, Learning skill

CONTRIBUTIONS CONCERNING THE IDENTIFICATION OF THE DIRECTIONS SPECIFIC TO THE OCCUPATIONAL OFFER OPTIMIZATION FOR THE SPECIALISTS OF THE PHYSICAL EDUCATION AND SPORT

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Research objectives
The objective of our paper is to identify the possibilities to optimize the occupational offer for the superior education graduates of physical education and sport, according to the market needs – present and future – and the European trends.

Research methods and procedures
The method system used to realize and write this paper was composed by: the study of some specialty references and some documents emerged by European departments; the observation of the evolution trends of the work market; processing, interpretation and analysis methods of the obtained data and information.
Results In the context appeared by the Romanian Occupations Classification (R.O.C.) the results of the investigation led to the identification of two educational offer optimization ways for the specialists of the physical education and sport domain. The first is the knowledge development concerning the present educational offer. The second aim the development of the educational offer by capitalizing the following possibilities: the competencies amplification, the growth of the necessary skills, the diversification of the skills in the context of the European trends, the rethinking of some skills.

Discussions and conclusions If we discuss only the coach skill and profession, founded in the third major group – practitioners, a group that supposes an education level below the university education level, our investigation outlines the following optimization directions: the rethinking and crossing the profession in the second major group – specialists with scientific and intellectual skills; the directing of the formative offer in our domain and the possibility to have double specialization (according the European model); the recognition of the competences concerning the scientific research.

Our approach can represent a starting point for the establishment of some reason proposals with the purpose of the optimization of the occupational offer from the C.O.R., according with the market tasks and European context, proposals that can contribute to the improvement of the formative context in the framework of specialty university education institutions.

NON-FORMAL EDUCATION - THE CORE DIMENSION OF THE INSTRUCTIVE AND EDUCATIVE PROCESS

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We live now the important result of the educational activities’ growth. Our study configure that in our time the new educational borders, extended to a new European vision, reach the non-formal education, by the values and principles regarding the building of all three features - body, spirit and nature. The formal education touch also the new quality indicators concerning continuous learning and other European criteria which relate the complementary education. Acknowledging non-formal education as an essential part of education and stimulating children and young people to get involved in promoting different values and ethical principles: justice, tolerance, peace, active citizenship, respecting the human rights, all of these represent key elements which have determined the importance of elaborating a developing strategy.

Key words: new European vision, non-formal education, body, spirit, nature.

INFLUENCE OF PHYSICAL TRAINING PLOIOMETRICS EXERCISES THE FIFTH GRADERS

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In this research we wanted to see if the application an pliometrics exercises program the fifth grade students can improve their physical preparation. The experiment was conducted in physical education classes for a period of 4 weeks in middle school no. 37 of Constanța with the fifth class boys.

Methods: The research was based on the experiment, achieving a initially test and a final test from which data were collected the necessary research.

Results: To carry out research there were two groups: an experimental group (which were applied pliometrics exercises) and a control group (who worked after school programs established in early). The results obtained allow us to say that the program we implemented resulted in improved physical preparation of secondary school students.

Conclusions: Pliometrics exercises planned over four weeks develops quality force-speed as required in increasing physical preparation of secondary school students.

Key words: physical education, pliometrics exercises, force-speed, jumping.

MONITORING OF SPRET EFFECTS ON SENIOR ELEMENTARY SCHOOL PUPILS’ INVOLVEMENT IN RECREATION

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Development of technology facilitates the production and communication, but at the same time reduces physical activities necessary for pupils in order to ensure their proper growth and development in biological, motor and social terms. The model of sporting-recreational competitions of pupils, SPRET, fosters elf-organization and it is based on public records of participating students in those activities that they themselves created. Each individual participation is marked and additional points are given for successfulness in competitions and contribution to the organization. There is only a team placement that is based on participation of an individual from a particular class. The project object is the degree of pupils’ engagement in extracurricular sporting-recreational activities. We monitored the effects of SPRET model application on increase of the volume of extracurricular activities of elementary school pupils during the experimental realization of the project and three months later.

In a sample, consisting of 89 boys and 82 girls, SPRET model was experimentally applied for a period 21 day. Girls’ involvement in recreation raised after the SPRET model application from 17.1% to 31.7% in those female pupils who are regularly engaged in recreation (at least three times a week), and three months after the number of these pupils decreased slightly to 28.0%. Statistically significant difference compared to the initial measurement is p = 0.002, the value of χ² = 24,713 at 8 degrees of freedom. In boys, involvement in recreation raised from 39.3% to 40.4% after the project, i.e., 41.6% three months later, in those pupils who are regularly engaged in recreation. Statistically significant difference is on the level p = 0.02, the value of χ² = 18,212 at 8 degrees of freedom.

Keywords: SPRET Model, public records, encouraging to physical activity, pupils’ involvement, pupils’ organization
THE NUTRITION AND HEALTH PROFILE OF THE WEIGHTLIFTING TEAM’S STUDENTS IN THE ELEMENTARY SCHOOL- PILOT STUDY

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Objectives: In this study, the effects of one-month nutrition education programme on the nutrition knowledge level were determined. For this reason, eating habits, food consumption, anthropometric measures and biochemical findings of the weightlifting team’s students who were studying in the elementary school, were assessed.

Methods: 10 male weightlifting team’s students (between 11-15) who were studying at the elementary school in Ankara province participated to this study. The students’ body composition analysis (Tanita BC-418) had been taken with some biochemical measurements (complete blood count, urine tests), also information about food habits were collected through questionnaires and nutritional status were evaluated (< 3 bad; 4-7 intermediate; ≥ 8 good) by the application of healthy eating index (KIDMED). Total energy, macro and micro nutrient consumption were evaluated by taking three days food consumption records and analyzing of the nutrition information program (BEBIS). Changes in the level of nutrition information were evaluated before and after the education programmes by using nutrition knowledge test which consisted of 40 questions. The statistical evaluation of all obtained data was made with SPPS 15 statistical package programme, and kruskal walls and kikare tests were made by taking the mean and standart deviation values.

Results: The students’ age, height, body weight, body mass index (BMI), body fat percentage, body fat weight and body fat free weight averages were found respectively; 13.1±1.3 years, 152.0±0.1 cm, 51.4±13.0 kg, 22.0±3.8 kg, 40.6±10.1 kg. It was identified, that eight students’ body weight were more than their competition weight (1.9±0.7 kg), two students’ body weight were lower than their competition weight (1.7±0.7 kg). Also it was identified that their sports profession years were 2.1±0.7, frequency of training was 5.8±.0.4 days per week, 2.7±0.5 hours per day. All of the students reported that they did not receive any nutrition education before, their mothers were responsible for their diets in the home and their coaches were responsible in the training. According to KIDMED assessment, 30% of students were fed badly, 50% of them were fed with intermediate quality, 20% of them were fed healthy, and also it was identified, that the nutrition information increased 58% as a result of the nutrition knowledge test evaluation which was made at the beginning (pre-test) and (the last test) end of the education program. There were no significant relationship between the KIDMED values and percentages of fat (r=2.56, p>0.05) and BMI values (r=1.14, p>0.05). Two students’ hemoglobin values were determined as low, and as result of the urine tests was decided by physician, that the detailed kidney function analysis should be done for these two students. There were no significant relationship between the hemoglobin values and iron consumption (p>0.05). The daily energy, protein, carbohydrate and fat consumption averages of the students whose ages are between 11 and 13, were respectively; 1578.7±404.4 kcal, 1.3±0.2 g/kg (%16±2), 4.7±1.7 g/kg (%53±39), 1.1±0.3 g/kg (%32±7). However, the averages of the students whose ages are between 14 and 15, were respectively, 1832.7±804.4 kcal, 1.0±0.1 g/kg (%14±1), 4.1±1.7 g/kg (%51±26.7), 1.1±0.4 g/kg (%34±26). Also it was determined that all the students did not consume calcium, potassium, folic acid and fiber sufficiently. There were no significant relationship between the students’ energy, macro, and micro nutrient intake, and energy distribution percentages.

Conclusions: It was determined that the students who did weightlifting which is a high active sport branch and needs much energy, macro and micro nutrient, did not take enough macro and micro nutrient although they were in the period of the growth and development. In the KIDMED assessment, it was also found that the rate of the students who had a balanced and adequate nutrition habit, was not enough. As a result of nutrition education program, it was concluded that the level of knowledge increased, but education needed to be done more frequently and consistently, parents and coaches who played an important role about the students’ nutrition, should attend the education program.

Key words: Weightlifting, nutrition, health.
THE CORRELATION BETWEEN THE ACADEMIC ACHIEVEMENT LEVEL OF PRIMARY-SCHOOL STUDENTS AND THEIR ATTITUDES TOWARD A PHYSICAL EDUCATION LESSON

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Purpose: All the previous studies focused on analyses of the correlation between the students’ academic achievements and their physical fitness or their participation in physical activities. The purpose of this study is to associate primary and secondary school students’ general academic achievement in school with their attitudes towards physical education lessons. Suggestions can then be made to improve physical education lessons and a different perspective obtained on students’ attitudes toward physical education.

Method: The study was conducted on a total of 873 students (417 female and 456 male) in the sixth, seventh and eighth grades at the Vali Necati Çetinkaya primary school, which is located in the centre of the city of Konya, Turkey.

SBS (The Placement Test) is carried out on the basis of the classroom scores, which are calculated from Behavior Score and year-end achievement score. SBS is the examination process of the System for Attending Secondary School, which aims to conduct a multi-faced assessment and evaluation of the students. The study used a Likert-type scale in accordance with the objectives in order to determine the secondary school students’ attitudes (affectionate characteristics) toward the physical education lesson.

The packages SPSS 12.0 (Statistical Package for Social Sciences) was used to conduct statistical analyses of the data obtained through the study (independent samples T test - inter-group one-way Anova /Sheffe)

Results: The study was conducted with the aim of examining some ideas about the correlation between academic achievement and attitudes toward a physical education lesson. It focused on students from one school. The study indicated that even though a physical education lesson does not interest ‘low successful’ students as much as it interests highly-successful ones, the former take more pleasure (get more motivated) than ‘intermediately’ or ‘highly’ successful students. On the basis of the findings, it can be argued that while highly-successful students attach more value and expect more from a physical education lesson than the other groups, they are more dissatisfied with the lesson than the other two groups. Although the three groups have expressed similar ideas as to the contributions of the lesson, highly-successful students are least likely to think that they have experienced affective development or progress during the lesson. The most positive attitude toward the lesson was displayed by the student group with low scores in the SBS, although not a level that would result in a statistically-meaningful difference. The highly-successful male group expressed more positive opinions than the other male groups regarding interest, motivation and acquisition, but this did not resulted in a statistically-meaningful difference. Unlike the male students, the greatest interest was displayed by the ‘low successful’ female group.

Discussions and conclusions: Physical education lessons could be carried out with a group formed through the participation of students from different departments with similar interests in, expectations from and motivations during the lessons. The students’ academic achievement in other courses could also be taken into consideration during the process of grouping. In this way, physical education lessons might prove to be more useful for all students in a school. Another way of grouping might be to measure the physical fitness levels of the students in the same classroom and to enable the students with similar physical characteristics to receive physical education lessons together. When students with similar anthropometric and physiological characteristics participate in physical education together, the lessons will be more uninterrupted, faster and more competitive, leading in turn to higher-level affective, cognitive and behavioral acquisitions.

Key Words: Academic achievement, PE lessons, interest, motivation, acquisition.

STUDY ABOUT THE INCREASING EFFICIENCY OF THE PHYSICAL EDUCATION LESSON USING THE “THEMATIC” GAMES, SPECIFIC FOR BASKETBALL GAME AT UNIVERSITARY LEVEL, WITH STUDENTS FROM FIRST AND SECOND YEARS

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The aim of this study is to contribute to the increasing efficiency of the physical education lesson with students from first and second years concerning basketball game. To achieve a high efficiency themed games in sports lessons, it is highly recommended that the form of game to run with is thoroughly analyzed and the features of the competition are discussed.

A study conducted in a university in the sixth, seventh and eighth grades at the Vaşiye High School and a difference perspective obtained on students’ attitudes toward physical education.

Key words: physical education lesson, students.

A STUDY INDENTED TO DETERMINE LEADERSHIP BEHAVIORS OF THE STUDENTS OF SCHOOL OF PHYSICAL EDUCATION AND SPORTS

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Purpose: The purpose of this study is to determine leadership behaviors of students of the physical education and sports teacher department, sport management department and trainer education department of the school of physical education and sports.

The universe of this study is consisted of the students of Gazi University School of Physical Education and Sports and the sample of this study is consisted of 322 students who are selected with random method from the students who are voluntarily participated in this study. A survey aimed at determining students’ demographic information and also “identifying leadership behavior scale” are used in this study.

Result: As a result; it is observed that 62.1% of the students are male, 37.9% of them are female, 41.2% of them are 2nd year student, and 4.6 of them are 4th year student, and most of the students show democratic leadership behaviors.

Key words: leadership, students, school, physical education and sports.
METHODOLOGY OF PHYSICAL TRAINING ON DEVELOPMENT SIXTH GRADERS THROUGH SPECIFIC ATHLETICS MEANS

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The research followed the use of specific exercises, running, jumping and throwing in physical education lesson to students of grade VI to improve their physical training. Were made and applied the system of lessons during a school semester. The level of performance achieved, homogeneity of groups, shows that both means and various specific athletics methods influenced the development of motor qualities in physical education school.

Naturalness and affordability of athletic drill, the utility of its processes, explains their great presence in the physical education programs. Adaptation of athletics exercises to particular age and gender of students, the precision with which to determine and measure the accuracy and quality of effort required are arguments for using athletics as a means of training in school physical education or sports training, as a means of maintaining status health.

The purpose of the current work is to establish the most efficient methods and exercises structures in order to increase the motor qualities development process of 12-13 years old children, throughout physical education lesson.

The following hypothesis was the basis for the draw up of this work: It is assumed that the motor qualities development at 6th grade is due with high efficiency if we use means and exercises structures as well adequate possible to age’s particularities.

In this work we established a series of tasks, as follows:
- The study of the bibliographic materials;
- To discover the most efficiency methods and means to develop motor qualities at 6th grade students;
- Check up the efficiency of means and work methods by testing the students.

Used methods of research: Method of Bibliographic Study; Method of Observation; Experimental Method; Method of Testing; Statistical-mathematical method. Used test of the research: 50 m speed running, long jump from place, force abdominal and back strength, running endurance of 600 m girls and 800 m boys.

The research took place between March 15th and May 15th 2009 at No. 196 Secondary School from Bucharest. The experiment was made with two 6th grade students, divided in 30 students for experimental group and 30 for control group.

Conclusions
1. By implementing programs to develop specific motor qualities using effective methods and means, as they grow, with great ease in the physical education lesson.
2. The principal means found in the experiment as a high efficiency line of endurance capacity development at this age, are: long running, in uniform tempo and solving the tasks on the route, long running varied in tempo; continues relays on short and medium distances, routes applied (in the form of race), focusing on endurance movement games, sports games, running "like fartlek".
3. Strength quality can successfully develop through various jumps and exercises performed with weight (lifting knees to espalier etc.), hanging, lifting of lying dorsal trunk, "baskets", raising the torso from a lying facial genulflexion etc.

Key words: running, repeat, motor qualities.

STUDY ON USE ALGORITHMS IN PHYSICAL TRAINING OF STUDENTS FROM FACULTY PROFILE

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The work was intended to find the most effective methods and procedures of acquiring the evidence athletic technique, based on algorithms, given that the number of hours granted athletics discipline in the curriculum has diminished considerably in recent years.

The process of acquiring the athletic exercises is not conducted uniformly, with equal effectiveness throughout the entire period of training. This process is influenced by the degree of general and special education students/athletes, which is always changing, by the particular exercises to learn, by the specifics of working methods chosen and the complexity of the various stages of acquiring technical exercises on the road that leads to its gradual improvement (Neder F., 2008).

Using the algorithm in the learning process involves carrying out operations in close succession, without changes in the order of operations. Algorithm should be composed of standardized measures, elementary, which depend on the readiness and capabilities of the subject.

The purpose of research is finding the most effective processes to acquire and enhance technique in as short a time using algorithms.

The following hypothesis was the basis for the draw up of this work: When applying a strategy of training the students based on algorithms, this will help to optimize properties and enhance athletic events techniques.

In this work we established a series of tasks, as follows:
- Optimize training through application exercises, knowledge and athletic rules.
- Development of fundamental motor skill involved in learning and reinforcing evidence athletic technique.
- Acquiring and strengthening the theoretical knowledge.

Used methods of research: Method of Bibliographic Study; Method of Observation; Experimental Method; Method of Testing; Statistical-mathematical method. Used test of the research were speed running, relays, long jump, hurdles and oina ball throwing.

The experiment was conducted in the second semester of the academic year 2008-2009 and took place in the stadium complex number 2 of “Lisa Manoliu. The experiment was conducted with 30 female and 60 male of first year students of the Faculty of Physical Education and Sport of the Ecological University of Bucharest.

Conclusions:
Analyzing the initial test data found that: the overall level of training is observed near the two groups, small differences are observed are insignificant.

In preparing the plan presents an additional technical superiority two groups of experimental evidence "less technical" (running speed and the relay). Instead, the evidence of a greater tech (running the hurdles and throwing oina ball) groups appear balanced in value.

By analyzing the final test data obtained by the students of both groups compared to baseline, we make the following findings: each component of the groups considered separately we have a tangible progress in all chapters and in all indicators. The most visible progress is noted in Chapter technique, it explained primarily due to the low level at which bowed in second place, rhythmicity with which to work in this regard, especially tests.

Key words: algorithms, process, training.
COMPAREMENT OF BURNOUT LEVELS OF MALE SPECIAL EDUCATION TEACHERS OF BLINDLESS AND HEARING LOST HANDICAPS

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The propose:
We aimed to compare burnout levels of male special education teacher which are working with different handicaps

Material and Method:
At this study, special education teachers of 25 blindless and 23 hearing lost were joined voluntarily. Volunteers’ working year is between 7 and 12 years. Volunteers were performed Turkish Type of Maslach Burnout Inventory(MBI)

Data was recorded on computer by using Package programe which called SPSS. Trainers’ burnout level was investigated according to their handicap groups which they work by using independent t test.

Results:
As a result of the study, while meaningful difference was found about depersonalization parametres in favour of special education teachers of blind handicappeds(p<0.05), no meaningful differences were found about emotional exhaustion and personal accomplishment parametres (p>0.05).

We thought that special education teachers of blind handicappeds’ sensitivity levels were more and special education teachers of hearing lost handicappeds’ burnout levels were more.

Key Words: Handicaps, Special Education Teachers, Burnout Inventory

PSIHOMOTRICITY RECOVERY IN PLAY MODE AND EVALUATION IN CHILDREN WITH SPECIAL EDUCATIONAL NEEDS

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Purpose Therapy and education psihomotricity relate mainly to activities for recovery, improvement, development and involvement perceptive driving behavior and structures (body schedule, laterialate, orientation, organization and structure space - time).

Methods Content of care and education psihomotricity includes methods, procedures and techniques for: recovery delays in the development of motive; positive influence of the representation of body schedule;

➢ disorders recovery orientation, spatial organization and structure;
➢ recovery of psychomotor instability;
➢ recovery of balance and coordination disorders;
➢ practical work, leisure, sports, communication, and body expression (dance, rhythmic gymnastics, aerobics).

The game as a means of assessment has a role in what the children with SEN. The game is better evaluation and also entertaining.

Play in the evaluation process is an activity that is collected, assembled and interpreted information about the condition, operation or future development of children with SEN.

Grant ratings at the end of a game, whether in groups or individually, is closing on a particular student with SEN, scale”. Grades of students with SEN are given an analyzer, making a single step that takes the ‘scale’.

Conclusions The game as a means of evaluation is not intended primarily to highlight deficiencies and bottlenecks child. Such an approach excludes irrecoverable final sentence of the child with SEN. Game elements incorporated in the evaluation process can motivate and stimulate strong process in all its forms.

Key words: children, play, special educational needs.

INFLUENCE OF MUSCLE STRETCHING TECHNIQUES TO INCREASE EXERCISE CAPACITY TO STUDENTS

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Purpose. Introduction to physical activities performed by students across the muscle stretching halves, can positively influence the general physical training and exercise capacity.

Obtaining a higher level of intensity during practical activities by replacing the break with activities stretching muscles, raise the average heart rate. We intend to find the best means for achieving a high level of general physical training. By placing between the parties has physical education class students who were afraid of basketball, volleyball, handball, athletics and football, muscle stretching halves we intend to find optimal ways to achieve the purpose.

Methods. Generally we use the methods and techniques used tests normal. By this test we try to approach the actual conditions for carrying out practical. Yield as real-time heart rate during travel in a varied speed regime. The method used is customized for each subject as the scientific significance of our results turning to the right conclusions.

Results. Final test results from the two groups of students were not significantly different.

Conclusions. Introduction to physical education lesson plan, the halves muscle stretching does not significantly influence exercise capacity growth curve.

Key words: exercise capacity, physical education lesson, muscle tension.
STUDY ON THE MANIFESTATION OF CREATIVE ATTITUDES IN PHYSICAL EDUCATION STUDENTS

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Ioan Cerghit (2006, p.343) highlights that the fundamental acquisitions in the pedagogical process lead to „easiness of thinking, dexterity and practical skills; attitude and interest!” and that the “behavior patterns are achieved through practice and exercise”; therefore we initiated a study on the creative attitudes of students in order to perform a formative education activity. Subscribing to the idea that “the approach of the compulsory contents and the appropriate assessment system... can lead to increased interest and motivation for the practice of physical exercises” (G. Raţă and Gh. Raţă, 2008 p. 142), and that physical education is a creative activity, we start from the hypothesis that students in physical education have a score above half of the reference value in all sixteen creative attitudes. The study involved twenty subjects (male and female students) and the method consists of administration of the questionnaires of creative attitudes adapted by Mihaela Roco (2001, pp.211-214). The survey is made up of fifty assertions which measure sixteen creative attitudes: Energy (En), Concentration (Cn), Orientation toward novelty (On), Argumentation of ideas (Ai), Independence (I), Nonconformity (N), Self-confidence (Sc), Moral values (Vm), Orientation toward the distant future (Of), Finalization (F), Risk (R), Preference and attraction to difficult problems (P), Diversity of interests (Di), Spiritual values (Vs), Practical Values (Vp), Lie scale (L).

The results underline that four out of twenty students get a percentage under 50 percent, whereas the other sixteen have a percentage over 60 percent for all sixteen creative attitudes, a fact which certifies that they present the attitudes required for their professional training. The lowest average is registered for the spiritual values (9.40), and the highest average value for the lie scale (16.55). The conclusions point out that students in physical education get scores above the average reference value (7.50) in all sixteen creative attitudes, thus the hypothesis is confirmed and it is certified that the attitude background for the professional training exists. The maximum value ranges from 12 to 15 points, close to the maximum value of the reference value, and this fact demonstrates that some of these students have a good potential to become creative educators.

Key words: attitude, creativity, training, professional.

DYNAMIC GAMES AND PREPARATORY EFFECTIVE MEANS OF TEACHING HANDBALL AT THE CLASS –IV

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Purpose. Increasing the attractiveness of hours of physical education and sport at primary, can be greatly increased by using appropriate means preparedness and needs of children. Dynamic games and preparatory is an important means of physical education at this age, helping to improve driving skill, driving skill enrichment number, while satisfying the need for children to compete and play.

Methods. To achieve the purpose of research we used experimental method, test method and statistical method. Results. The data resulting from the experiment shows that subjects who used the training facilities offered by us (dynamic games and preparation) have achieved superior performance, statistically significant compared with those who used traditional means.

Conclusions. Selected in accordance with the requirements of the school curriculum content, accelerates gaming handball and acquire specific techniques result in faster learning of the bilateral game. To these are added and educational aspects of the game by using common rules of conduct, cooperation and team work, fair play behavior training.

Key words: handball, dynamic games and preparatory, primary.

MOTIVATION -STRATEGY OF FORMING OF SUBJECT ACTIVITY ON LESSONS OF PHYSICAL CULTURE

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Introduction
Physical culture lessons are considered not only to be a means of physical development of students, but a matter of their personal development. In the basis of the searching we put approaches of individual formation of personalities (Rubinstein L.S.) and the ideas of the representatives of human psychology (K.Rodgers, A. Maslow) about self-realization of a person as a main condition of its development.

The solution of this problem is possible under the circumstance if the students aware themselves as the subject of the activity that are able to develop their possibilities.

Methods
The research consist of 2 stages. The first stage dealt with changes in the contents of Physical culture lessons programme. The second stage was devoted to working out the motivating strategy of programme realization.

Motivational strategy included 4 steps.
1 step - to assist students to form positive emotions to Physical culture lessons.
2 step - to assist students to form motivation of achievement of the group and individual aims.
3 step - to assist students to form the motivation to creative activity.
4 step - to assist students to form motivation for self-realisation and self-development with the help of Physical culture.

Results, conclusion.
The research that was carried out showed the possibility to use Physical culture as the factor to turn out the students into subjects of activity and development. In experimental group they showed the increase of such values as: Active life, Existence of faithful friends, Self-control, Self-confidence, Effectiveness in deeds.

Key words: Motivation strategy, subject, physical culture.
FORMATION OF SUBJECT OF THE ACTIVITY AT PHYSICAL CULTURE LESSONS

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Introduction: In our research we took as a basis the position that focuses the attention on the fact that the difference between the humanistic and the traditional models of education is to be sought not in the contents of the programme but in the methods of management and direction of the students’ educational activity, which affects the schoolchildren’s personal formation to a greater extent. Motivation technology was created for solution of this task.

Methods: The main system-forming component of the programme is the preparation of collective creative sports-dance projects by the girls. Results: In the course of the research realisation the following tendencies were revealed. Among the students of the experimental groups 76.7% of the participants had the interest to the programme of the physical training while among the students of the control groups this figure is 40.8%. The study of the formation of motivation to the innovation programme of physical training lessons showed that in the experimental groups there is the positive dynamics of the change in the leading motives during the physical training lessons while there is no such tendency in the control groups. Also it is important that in the experimental groups 76% of the girls had the motives of interest and desire to self-expression as the conscious motives to perform the creative tasks, while in the control groups only 38% of the students indicated these motives and 49% of the questioned points to fulfilling of the programme and getting a good mark as the leading motive.

Key words: technology, physical culture, schoolchildren.

THE INVESTIGATION SOMATOTYPE PROFILES OF UNIVERSITY STUDENTS

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Objective: In this study, it was aimed to investigate somatotypes of Erciyes University students which were studying in different colleges and faculties.

Method: At this study, 405 men and 282 women students of Erciyes University, aged between 20-25 were joined voluntarily. Volunteers’ height, body weight, thickness of skin which are necessary for determining somatotypes, the environment and diameter parameters were measured. After all data was collected, all values were compared according to gender and their higher education. One Way Anova test was performed for determining the differences between students. Heath-Carter method was performed for determining somatotype profiles of Study grouped. Significance level was accepted as 0.05.

Result: In the study, while, body mass index parameter wasn’t found significant between male students, it was found significant between female students according to faculties (p<0.01). Endomorph, mesomorph and ectomorph values were found significant between female students of Physical Education and Sport School and the other faculties (p<0.05), while endomorph and mesomorph parameters were found significant between male students of Physical Education and Sport School and the other faculties (p<0.05), meaningful difference wasn’t found echomorph parameter (p>0.05).

Conclusion: Because of students which were studying at Physical Education and Sport School were being more active than other faculties according to their curriculum, continuing sportsive activities and sporting facilities had a positive effect on consisting of somatotype of University Students were observed.

Key words: Anthropometry, Somatotype, Body Mass Index, University students.

ECOLOGICAL EDUCATION OF THE FUTURE PHYSICAL EDUCATION SPECIALISTS

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Introduction: The problems of health improvement in the society, safe life and human ecology are regarded as priority areas for development of the modern world. There is no doubt that one of the leading roles in solving the above problems is played by a physical education specialist whose professionalism determines, to a great extent, the nation’s health, safety and performance capability.

Ecological education is of particular importance in the training of physical education specialists because their activities are directly related to human health, and the environmental condition significantly affects the formation of health. In this respect, the system for training physical education specialists at pedagogical higher educational establishments must include the study of all relevant issues related to health formation and preservation.

Objective: to define the ecological topics that must be mastered by the future physical education specialists and to determine the level of the students’ knowledge on these topics based on their self-evaluation.

Methods: The study involved 48 students majoring in “Physical Education” and 20 students majoring in “Adaptive Physical Education”. The questionnaire developed included questions grouped according to 5 topics: 1. Evaluation of the environmental risk for human health. 2. Consideration of ecological factors in the process of physical exercise activities. 3. Connection between the human micromutrient element status and the efficiency of physical exercise activities. 4. Use of physical exercises to ensure ecological safety of the participants. 5. Formation of the participants’ ecological knowledge in the process of sport and health events. The students evaluated their knowledge based on a 10-point scale.

Results: Based on the analysis of scientific publications, the following topics were defined to be included into the training program of the future physical education specialists: 1. Physical activity as a component of human ecology. 2. Dependence of a person’s environmental adaptation on their physical fitness. 3. Ecological norms of physical activity. 4. Consideration of ecological health risk factors in the process of physical exercises. 5. Impact of ecological factors on physical fitness of the participants. 6. Connection between micromutrient element status and physical fitness indices. 7. Use of physical exercise for xenobiotic relief of human body. 8. Integration of sport, health and ecological activities at educational institutions. 9. Ecological culture of the physical activity participants. 10. Organization of physical activity in the natural environment for prevention of the megalopolis syndrome.

The analysis of the survey results shows that students evaluate their knowledge on all of the above subjects as poor (3.72±0.27 points). The students believe they are most competent in issues relating to evaluating the environmental risk for human health (4.81±0.32 points). The connection between the micromutrient element status and the efficiency of physical exercises was the most difficult for the students (2.69±0.22 points).
Conclusion. The fact that human health issue has been singled out among the priority social development objectives makes it necessary to train physical education specialists competent in the sphere of ecology. The work in this regard shall start with the basic ecological education of the future physical education specialists. This education should result in a set of skills and knowledge allowing the specialists to competently organize physical activities taking into account the effect of various ecological factors on the participants’ bodies.

Key Word: ecological education, health, the physical education specialists.

STUDY REGARDING THE INFLUENCE OF GENERAL PHYSICAL DEVELOPMENT EXERCISES ON THE IMPROVEMENT OF STRENGTH ON BOYS IN SECONDARY CYCLE

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Through this study we wanted to show that the use of the basic specific means of gymnastics, in the lesson of scholastic physical education, can significantly contribute to the improvement of general strength in boys in the secondary cycle.

Key Words: secondary cycle, mobility skills, strength, physical education, general physical development.

Theoretical concepts: The scholastic gymnastics represents an inexhaustible source of means for physical education and that is just why it is to be found during the practical activity every class, regardless of the conditions of material base, the atmospheric conditions or the level of previous training of the pupils.

Starting from these considerations, the proposed direction of research wanted to highlight the way in which the development of general strength on boys can be influenced in the end of the secondary cycle, also taking into consideration the fact that this skill contributes to the better achievement of more specific skills.

Methods of research: The used methods of research were the method of tests, the method of statistical-mathematical analysis, the method of graphic representation.

Conclusions: It can be appreciated that the orientation of the general physical development exercises in a dominant manner towards the improvement of mobility skills has a positive effect on the pupils in the secondary cycle and that these have to always be present in the concern of the specialized teachers.

STUDY REGARDING THE ROLE OF INTUITIVE MEANS IN THE QUALITATIVE GROWTH OF THE MASTERING OF THE CONTENT OF THE PHYSICAL EDUCATION LESSON

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Resume: In the performed study we wanted to present the manner in which the application during the lessons of physical education in the scholastic program (apart from the classic means of teaching) of the means with an intuitive character, contributes to the acquirement of higher results on behalf of the pupils, in the evaluation tasks in the nation system.

Key words: quality, physical education, intuitive means.

Introduction: In the scholastic instructive-educative process, the use of learning methods and means represents the essential condition of obtaining the different degrees of the skills and efficiency of the lesson on the whole value scale, from sufficient to exceptional.

The used categories of means by the teachers are oriented on more direction of which some are directly included in the process of practical exercise and others are unspecific means, that regard intuitive and informational aspects.

In order to demonstrate the possibilities of qualitative growth of the lesson in accordance with the efficiency of the use of the intuitive means during the lessons of physical education, we made up two groups of boys each consisting of 30 subjects, on which was acted differently. The used criterion for the sampling of the two groups was their homogeneity.

Methods of research: The used methods of research were the method of tests, the method of statistical-mathematical analysis, the method of graphic representation.

Conclusions: From the researches made, we observed that the work hypothesis was confirmed and it was validated in practice the fact that, the use of the means with intuitive character in the lesson of physical education in the secondary cycle, especially with the pupils in the fifth grade, leads to the increase of the efficiency of the lesson, a fact proved by the results of the experimental group in the final test.

EXAMINATION OF PERSONALITY CHARACTERS ACCORDING TO DIFFERENT VARIABLE (AHI EVRAN UNIVERSITY SAMPLE)

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Summary

The purpose of this study is to investigate personality characters of according to different variables of Physical Education and Sports School students with the students in the Department of classroom Teacher. In this research, descriptive quality screening model was used. A total of 160 students were participated to this study from Ahi Evran University School of Physical Education and Sports and Ahi Evran University Education faculty. The study groups were from each class level of Physical Education Department (20x4=80 students) and Education Faculty classroom teaching Department (20x4=80 students). "Personal Information Form” which prepared to by Researchers of this study and the Eysenck personality inventory (EPQ) were used to collect data. For Statistical analysis arithmetic averages, standard deviations, t test and one-way analysis of variance tests were used (p <0.05). In this study all these findings will be discussed by comparison with the literature and recommendations will be presented in this framework.

Key Words: Personality, Socio-economic level, education
PHYSICAL EDUCATION TEACHERS’ COLLECTIVE EFFICACY

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Introduction

The formation of collective teacher efficacy builds on the self-efficacy formulation of Bandura (1997) and the model of teacher efficacy developed by Tschannen-Moran et al. (1998). Bandura also (1997, p. 45) emphasized that self-efficacy items must represent beliefs about personal abilities to produce specified levels of performance. In schools teachers are an element of school organization and working with the other elements. In the other words teachers do not always work alone in schools. When we look at to the collective teacher efficacy construct is an emergent group-level attribute, the product of the interactive dynamics of the group members (Goddard et al. 2000: 482). Create a positive climate in schools; physical education teachers’ institutional and environmental role is extremely important. From this perspective the creation of a positive school climate physical education teachers’ collective efficacy is vital. In this study it has been examined that physical education teachers’ collective efficacy.

Methods

In this study, quantitative approach was used because there was a need for the study to reach more physical education teachers and to draw generalisations conclusions. That approach was also used to receive a variety of responses from a number of subjects participated in this study. The research group has been chosen appropriately according to the researcher. In this context; final sample size 262 subjects. Of the 262 subjects, 176 (56.6%) were males while 86 (34.4%) were females. 158 (60.4%) physical education teachers work in primary school and 104 (39.6%) physical education teachers work in high school. The data of the research have been collected following the Collective Teacher Efficacy Scale. The instrument used to assess teacher efficacy was modified from an instrument developed by Schwarzer at. al. (1999). The original instrument was tested and found to be reliable and valid. In this study, the instrument was modified by substituting the concept of “integrating movement into the classroom” for the concept of “implementing a whole-school physical activity program.” The 12-item scale was designed to measure physical education teachers’ collective efficacy. The scale consists of 12 self-report questions answered on a Likert-type scale ranging from 1 to 5. Higher scores indicate a higher level of collective efficacy. The cronbach alpha coefficient has been calculated in order to find out the reliability of collective efficacy scale. The reliability of the scale is .88.

Results

In the study, it has been found that physical education teachers achieved high average scores overall the scale (X̄ = 45, 87). In the comparison of collective efficacy with the parameter gender it has been observed that reasonable differences are obtained (p> 0.5). While the average of female physical education teachers are (X̄ = 49,02), the average of physical education teachers are (X̄ =44,33) in the collective efficacy scale. When the averages of the groups have been examined; it has been seen that the female physical education teachers have a higher average than male physical educations do. In another comparison physical education teachers’ collective efficacy according to their school level. It has been found that meaningful difference (p> 0.5). The physical education teachers who teach in high schools (X̄ =48,34) are perceived to have more collective efficacy than the teachers who teach in primary (X̄ =44,83) schools.

Discussion

In the study it has been found that physical education teachers have high level collective efficacy. Collective teacher efficacy influence the teacher behaviors by affecting the shared beliefs held by teachers in the school organization. According to social cognitive theory (Bandura, 1997), the factors that strengthen collective teacher efficacy include mastery experiences, vicarious experiences, social persuasion, and affective states (Tschannen-Moran and Bar, 2004). The comparison considering gender, it has been seen that female physical education teachers have higher collective efficacy scores than male teachers. Accordingly, female physical education teachers in the terms of collective efficacy were found to have more positive behavior. From this point we can suggested that female physical education teachers can adopt a group and work in harmony. Another comparison in this study is carried out physical education teachers’ collective efficacy focusing on their school level who they teach in. It has been seen that physical education teachers who teach in high schools perceived high efficacy than the teachers who teach in primary schools. Related to this reason we can suggest that primary schools and high schools have different curriculum and different students, high school’s curriculum and student specialty it may require works in cooperation and this may influence their collective efficacy level.

INDEPENDENT ON PHYSICAL EDUCATION STUDENTS OF ECONOMIC UNIVERSITIES

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Annotation. Korneliy Jukotynsky, Anton Vasylychuk. Independent work of students’ physical education of economic higher educational establishments. The system of physical education of students of economic higher educational establishments is directed presently only on working out problems of today – handing over of norms of controls and tests of, which is not instrumental in making in them of aspiring to independent perfection, aims at education an obedient performer, oriented to the observance of requirements of the program from physical education. On such conditions, – the physical culture of personality can not be formed. For this purpose it is necessary to change the having a special purpose options of sphere of physical culture from conception of making healthy and physical education on forming of physical culture of personality within the limits of general culture.

Keywords: physical preparation, student, physical culture, independent work.
SPORT AND PERFORMANCE

LIPID PROFILE AMONG JORDANIAN TOP ATHLETES ACCORDING TO GENDER

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One of the important effects of exercise on human body is on the metabolic system especially on lipids; elevated lipids and lipoprotein are risk factors for coronary heart disease. This study was conducted to evaluate the lipid profile among Jordanian top athletes according to gender. The sample included top athletes (males and females) participated in different national teams. One hundred twenty eight Jordanian top athletes 67 males and 61 females, mean age 18.6 ± 1 year with training experience at least 5 years and with a minimal training load of twenty training hours per week participated in competitive different sports ( aerobic, anaerobic and aerobic-anaerobic) were included in this study. Group of healthy male and female (control group), matched for age and gender was also included (n=90). No subject revealed evidences of cardiovascular disease, diabetes (fasting glucose <7 mmol/liter) or hypertension (blood pressure <130/80 mm Hg) when tested by specialized physicians. The lipid pattern included cholesterol, triglycerides, HDL-cholesterol, and LDL-cholesterol. Our results showed n significant differences appeared between the males and females in control, aerobic and anaerobic groups over the lipid profile variables except for triglycerides but significant differences P > 0.05 appeared between the males and females groups in the aerobic-anaerobic group over the HDL- C and LDL- We concluded that the most abnormalities observed on routine biochemical screening in male and female athletes are no clinical significance.

Key words: Lipid profile, cholesterol, triglycerides, HDL-cholesterol, LDL-cholesterol

COMPARATIVE ANALYSIS OF THE START REACTION TIMES IN SPRINT OR HURDLES EVENTS IN VARIOUS AGE GROUPS

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According to the up to the present data, the reaction time is the interval of time between the application of a stimulus to the receptors of the sensory systems and the detection of a behavioral response.

Purpose The main aim of the present paper is to point out the comparative analysis of the reaction times in male and female athletes in sprint and hurdles events at two major national competitions: the finals of the University National Indoor Championships, Bacau 2010 (a competition for students, young and senior athletes) and the National Contest Dorin Melinte Memorial, Bacau 2010 (for juniors).

Methods This paper presents a comparative overview of the reaction times registered by the official start system (Alge timing StartJudge SJ) in different events (flat sprint, hurdles), a time comparison between girls and boys, and the comparison of the best reaction times in two age groups (senior and junior athletes). Registered reaction times (rounds, finals) at both competitions: 125. Subjects included in the analysis: 197.

Keywords: track and field, sprint events, reaction times, reaction speed

AQUANTITATIVE ANALYSIS OF OFFENSIVE STRATEGIES OF ADVANCED TEAMS IN PROFESSIONAL SOCCER LEAGUE AT SAUDI ARABIA

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Introduction: Statistics of official matches from professional soccer league 2009 are used to estimate of variables on the offensive strategies teams.

Objective: The purpose of this study was to determine offensive technical performance of the players of the more successful teams (ranked in the first 4 positions) during official matches, further aim was to compare offensive performance of the players in the first half and second half.

Methods: A total of 76 individual games from 6 soccer players of each were analyzed using a video match-analysis system. The match performance parameters analyzed were: total distance covered with the ball, the short pass balls, number of goals as a whole team.

Results and Discussions: The players from the more successful teams covered greater distance with the ball, successful short and long pass, more shorts and shorts in target in the first half compared with second half. This study showed decline in offensive strategies between the first and second half of the match.

Keywords: soccer, strategies, successful.

VISUAL PERCEPTION SUCCESS OF FAST BALL GAME PLAYERS DURING SACCADE

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Saccadic eye movements are rapidly moving of eye balls to an interesting point within the visual field. Even if the image on the fovea is supressed by the mechanism of “saccadic supression”, the image can be detected voluntarily during saccade. Visually guided saccades are reported to be faster in fast ball game players. In this study, it is intended to measure the success of catching the perceived image of fast ball game players. 15 athletes in our study (mean age: 21.20 ± 1.32) 15 sedentary (mean age: 20.46 ± 0.91) participated voluntarily. Measurements were made using a Biopac MP-30 system. Participants tried to capture the sine wave on a CRT oscilloscope 40cm front of them. Fast ball game players and sedentaries' sine wave cathcing avarage were 10,73±2,86 and 5,60±2,50 respectively. Visual perception success score were found significant between two groups (t=-2.23, P<0.01). According to results, it was found out that fast ball game players’ visual perception abilities are better than sedentaries during saccade.

Key words: Saccadic supression, fast ball games
SOME PERFORMANCE VARIABLES IN CHILDREN FROM DIFFERENT SOCIO-ECONOMIC BACKGROUNDS

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The aim of this study was to investigate some performance variables in children from different socio-economic backgrounds. For this aim, children whose families were from different income levels included in this study. 30 girls (19 from private college student, PCS; 11 from public school student, PSS) and sixteen boys (8 from PCS, 8 from PSS) aged ten years old were voluntarily participated and the informed consent were taken from all parents. Subjects’ body height and weight were measured and flexibility, 30 m run test, standing long jump, Illinois agility test and overhead ball throw test were performed. Data were analyzed using by GraphPad Prism 5.00. Intergroup comparisons were done using by Mann Whitney U test. The statistical significance was set at p<0.05. At the end of this study, it was found that the children (PCS) from higher income families have a better physical development indices (body height and weight) compared to the children (PSS) from low income families. On the other hand, there are no significant differences at some performance tests. It was thought that the children from PCS were expected to have better performance variables considering their physical development have a similar performance values with the other group (PSS).

Keywords: Children, performance, socio-economic backgrounds

EVALUATION AND COMPARISON OF THE STATE AND TRAIT ANXIETY LEVELS BETWEEN ATHLETE AND NON-ATHLETE STUDENTS OF TABRIZ AZAD UNIVERSITY (IRAN)

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The purpose of this study is evaluation and Comparison of the state and trait anxiety levels between athlete and non-athlete students of Tabriz Azad University. For this purpose 184 were randomly selected. The assessment tool of this research is Esphipberger’s standard state-trait anxiety inventory questionnaire. The statically test used in this research is T test. The statically analyze of the results reveals that there isn’t any significant difference between the stat and trait anxiety scales of MNAS, MASIS, FASPG and FASPIS, but all of them have a significant difference with the stat and trait anxiety scales of MNAS and FANS. These results reveal that participating in sport exercises can decrease the anxiety and university students can benefit from participating in sport exercises to overcome pre test anxiety.

Keywords: State anxiety, Trait anxiety, Individual sports, Group sports.

A COMPARISON OF ANTHROPOMETRIC CHARACTERISTICS OF ELITE BADMINTON AND TENNIS PLAYERS

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The purpose of this study was to investigate the comparison of anthropometric parameters of elite badminton and tennis players. The sample of this study is consisting from 30 elite tennis and badminton players who joined the study voluntary.

As a result of this study, it has been found that badminton players have wider hip and calf breadths than the tennis players (p<0.05). Badminton players showed shorter forearm length than tennis players markedly, but their values was not statistically different. It has been found that birochanteric and femoral epicondyle diameters were wider in badminton players than tennis players; however tennis players have wider biacromial diameter.

As a result, it can be said that the wider hip and calf breadths of badminton players results from the excess of jumping movements in badminton game and the continual movements of badminton players by toe tips in a close area.

The wider biacromial diameter and longer whole arm length in tennis players can be associated with reaching actions in tennis game due to the wide court. We may also claim that, due to frequent forearm activities in badminton, the players have shorter forearm lengths than tennis players and this gives an advantage of better working lever for the amount of strengt spent.

Keywords: Anthropometry, Badminton, Tennis.

ANALYSING SEVERAL VARIABLES OF BETWEEN 13-15 YEARS OLD MALE BASKETBALL PLAYERS PROBLEM-SOLVING SKILLS

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The purpose of this research is that problem solving skills, and personal variables determined according to the different investigating between the ages of 13-15 years old male candidates of national basketball team.

In this study; 102 athletes who were selected from 3400 (candidates for the national team) athletes attended voluntarily in Turkey.

In this research, “Problem Solving Inventory” which was improved by Heppner ve Peterson (1982) for determine to problem-solving skills and ‘personal information form’, to be used as a data collection

In the analysis of data, the percentage and frequency values by taking the t-test and one-way analysis of variance (ANOVA) was used and p<0.05 significance level between.

In conclusion, problem-solving skills of basketball according to the general literature has been found to be moderate. Also in the results, problem solving subscale of the property of their mean scores differ by age and location variables have been identified.

According to sports in the variable “self-confident approach”, according to family income variable “estimator approach, self-confident approach and planned approach” is being determined, father education level variable according to the “evaluator approaches and self-confident
approach”, according to the mother’s education level variable “estimator approach and self-confident approach” were found. Other lower wage scales, according to the variable to get paid from clubs, “estimator approach”, and (p <0.05) significant differences were found.

**Keys:** Problem solving, basketball, athlete

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**EFFECTS OF AN AEROBIC REPEATED EFFORT ON THE ANAEROBIC POWER, FATIGUE INDEX, HEART RATE AND ACCUMULATION OF BLOOD LACTIC ACID FOR SPRINT RUNNERS**

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The study aimed at being acquainted with the anaerobic repeated effort on the anaerobic power, fatigue index and heart rates after each effort repetition and through various intervals of recovery in addition to the accumulation of blood lactic acid for sprint runners. The descriptive method was used because its convenience to the nature of the study. The sample included (7) runners chosen at random from the sprint runners of Ninava athletics team which were participated in (2006-2007) season. The experiment of the study included conducting an anaerobic effort test, RAST. Then, the following equation was applied to get the results:  

\[ \text{Anaerobic Power (watt)} = \text{weight} \times \text{distance}^2 / \text{time}^3 \]

The fatigue index was calculated also. The minute heart rates by using heart rate watch after each sprint repetition and through various intervals of recovery. Blood samples were taken at the fifth minute of recovery for being acquainted with the accumulation of blood lactic acid.

The study concluded the following:

* The anaerobic effort test increased the timed of all six (35) meters sprints resulted from lowering the endurance of anaerobic energy system in addition to rise the fatigue index as a result of the short time of the (10) seconds recovery.

* There was high significant increase in heart rates when moving from the rest to the first sprint repetition and continued till the fourth repetition as a result of the immediate response of the cardiovascular system to the effort. The difference became not significant when moving from the fifth sprint to the sixth one as a result of the maximum uptake of oxygen.

* There was high significant difference in blood lactic acid between the rest and post anaerobic effort as result of repeating the sprints a number of times with limited relieve interval between them which finally increased the acidity of blood (increasing H+ ion).

**Keys:** aerobic, anaerobic power, sprint runners.

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**STUDY REGARDING THE VERBAL AND NONVERBAL COMMUNICATION DURING THE TRAINING OF THE ROMANIAN NATIONAL SKI JUMPING TEAM**

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**Research objectives:** Building and maintaining a real team, meaning a united and perfectly harmonized collective, as the interests and activities are concerned, is one of the basic problems of a coach, whose activity is situated at the same level of importance as the training lesson and the competition, which are major concerns for every tactician.

The main objective of this research is a study regarding the verbal and nonverbal communication between coaches and athletes, as one of the main factors for attaining the proposed results.

**Research methods:** study of specialized literature; observation; investigation – formal interview.

**The Subjects:** are represented by the four coaches of the National Ski Jumping Team (group A and group B) and eight of the athletes in these groups (4 athletes in group A and 4 athletes in group B).

**Discussions:** A system with “entries and exits”, the communication – understood as a part of the psychological and social life, must be presented as being essentially necessary for human relations. Thus, the communication constitutes “all of the psychological and physical processes through which one person is put in relation with one or more persons, for attaining certain objectives” (C. Flament “Psychologie experimentale” vol.IX “Psychologie sociale”, P.Fraisse, J.Piaget, PUF;1969).

Starting from the unanimously known fact that the communication is a process through which two entities (E - emitter and R - receiver) exchange formal messages in a common code by using one or more transmission channels, the information flux functioning, at the same time in both ways, each of the participants playing alternatively the role of emitter and receiver, I have verified through this study the quality between the emitter (coach) and receiver (athlete) during the trampoline training process.

We must mention the fact that, unlike other sports branches in which the coach and the athlete can communicate in a direct manner, from a small distance, when the ski jumps are concerned, the athlete is permanently situated at a great distance from the coach, being on the trampoline, in flight or on the climbing mechanism, whereas the coach is obligated to verbally communicate with the athlete through a walkie-talkie or a previously common established gesture code (nonverbal communication).

This type of coach-athlete communication, specific to ski-jumping, can be very dangerous during the training process, if certain conditions are not respected, the greatest risk being that the information transmitted by the coach to be distorted, or even wrongly received by the athlete, this having negative consequences on the training process.

**Conclusions:** By using the specific instrument of the inquiry method – the formal interview, I have succeeded during this research to discover the main inconvenient processes of this type of verbal and nonverbal communication, and together with the coaches and the athletes, to elaborate a set of compulsory conditions in order to cancel these processes.

**Keywords:** verbal communication; nonverbal communication; ski jumping.
ASSESSMENT OF THE SOMATOTYPES, PHYSICAL CHARACTERISTICS AND SOME PERFORMANCE PROFILES OF TABLE TENNIS PLAYERS (9-12 IRAN)

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In this study it is aimed to examine some performance characteristics, somatotype and anthropometric characteristics of table tennis player aged 9-12 for sports training and talent identification. In this study 59 professionals paler participated. In our study 11 anthropometric measurements such as, skin fold techniques, circumference and width measurements were taken. Heath-Carter method was used to determine the somatotype characteristics and performance characteristics: standing long jump test, vertical jump test, 20 m speed run test, agility test, stability test, flexibility test, push test and table tennis player’s body mass indexes (BMI) values were calculated. The statistical analyses of the measurements were calculated by Factor analysis using SPSS (16.0). The mean performance test mean values were as follows vertical jump 27.22±1.3cm standing long jump 157.61±14.83cm, 20 m speed run 4.42±3.40sec, agility 12.23±5.86sec, stability 31.17±10.74sec, curl up18.90±3.947, flexibility 16.95±6.67cm, and push 16.58±3.51. According to the results of Factor analysis test, standing long jump test, vertical jump test, 20 m, speed run test variables were important (66%). It appears that understanding of the performance level of young players in table tennis is important factor of the assessment of their table tennis talent.

Key Words: Table tennis player, Somatotype, Anthropometry, Performance Tests

RELATION BETWEEN FAT DISTRIBUTION AND PULMONARY FUNCTION IN TRIATHLETES

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The aim of this study is to determine relationship between body composition and pulmonary function in triathletes. 15 male subjects were participated in this study at the racing period of the 9th Triathlon World University Championship in 2008. Participants averaged 21.60 ± 2.50 years of age, 176.10 ± 9.57 of height and 67.07 ± 9.18 weight. Pearson Product correlation coefficient technique was used to determine the relationship between body composition (Tanita BC 418 Body Composition Analyzer) and pulmonary function (Cosmed Pony FX Spirometer, Italy) in triathletes. The results revealed that there was a significant positive correlation between FVC (Force Vital Capacity), FEV (Force Expiratory Volume), PEF (Peak Expiratory Flow), VC (Vital Capacity), MVV (Maximal Voluntary Ventilation) and height, weight, FFM (Fat Free Mass), TBW (Total Body Water), Trunk FFM, PMM (Predicted Muscle Mass). Moreover, the results also showed that there was a significant positive correlation between FFM/FVC (%) and age, VC, FAT %. (p<0.05; p<0.01). On the other hand, the results demonstrated that there was a negative correlation, but not significant, between Fat % (Body fat Percentage), FM (Fat Mass) and FVC, FEV, PEF, VC, MVV. The results also showed that there was a negative correlation, but not significant, between FEV/FVC (%) and age, height, weight, FFM, TBW, Trunk FFM, Trunk PMM. (p<0.05; p<0.01).

It could be concluded that if the the FM rate of the triathletes increase, the parameters of pulmonary functions can decrease. If the FMM rate of the triathletes increases their pulmonary function parameters also enhance.

Key word: Triathlon, Pulmonary Function, Body Composition.

CONTRIBUTIONS TO OPTIMIZING THE FORCE CONVERSION TRAINING IN SPRINT EVENTS AT JUNIOR CATEGORY: 16 – 18 YEARS OLD

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Conversion to Power, Obtaining Maximal Speed and Specific Methods
The capacity of manifesting the greatest force with maximal execution speed means mastering the physical quality of power which depends on the efficacy of the force training. Sprinting athletes cannot maximize their motor acting potential, so as to raise performance, without converting the maximal force (non-refined, non-specific) in specific force, such as power (P= FxV), speed, agility and muscular resistance. Any rise of power must be the result of having improved either the force, or the speed, or a combination between the two. The force distribution into periods is guided so that after the conversion period, the sportsmen might attain the performance peak in the main sports competitions. For the success of this process, there concur two decisive factors: the duration of the phase and the specific methods resorted to, in transforming, synthesizing the force pluses in force specific to the event.

Key words: force, power, speed, bio-motor acting quality, explosive force, conversion

MODERN APPROACH IN PLANNING THE ANNUAL RUNNER'S SEMI FUND

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National results in long-distance race semi-fund and fund athletes in the C.S.S. Hunedoara, we have determined, given the scarcity of training, to systematize and rationalize only those methods and means of preparation leading to relatively short time to obtain valuable results by increasing performance.

Introduction
Streamlining and standardizing operations sports training is required by the need to exploit the best biological and psychological potential of the athlete and the coach available time to achieve a stable performance as a branch or sports sample. This analysis reveals an inventory of methods and means most effective in training, recovery and especially in preparation for competition.
THE ACUTE EXERCISE THE EFFECT OF THE SUPPLEMENTATION OF GLYCEROL AND THE FATIGUE ON THE LEVELS OF SOME MINERALS AND HCT, THB AND GLUCOSE

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Objective: The aim of this research is to investigate the effect of the applied glycerol reinforcement on the levels of Na, K, Ica, HCT, THB and Glucose in sportsmen and sedenter individuals before the acute exercise.

Material and method: 10 healthy sportsmen, in their average age 18.20 ± 0.61, average height 178.20 ± 1.78 cm and average body weight 65.17 ± 2.04 kg, interested in athletics in an elite level and 10 healthy sedenter men, in their average age 19.70 ± 0.47, average height 169.10 ± 2.21 cm and average body weight 71.09 ± 1.87 kg as a control group, that’s to say, 20 people have participated in this research as tested individuals and 10 healthy sportsmen, in their average age 18.20 ± 0.61, average height 178.20 ± 1.78 cm and average body weight 65.17 ± 2.04 kg, interested in athletics in an elite level and 10 healthy sedenter men, in their average age 19.70 ± 0.47, average height 169.10 ± 2.21 cm and average body weight 71.09 ± 1.87 kg as a control group, that’s to say, 20 people have participated in this research as tested individuals.

Research has resulted in investigations conducted during the annual cycle of training, the group of advanced level - junior semi-fond of CSS, Hunedoara, following application procedures methods (Spearman method, method Costilla method km reduced).

Research plan Research has resulted in investigations conducted during the annual cycle of training, the group of advanced level - junior semi-fond of CSS, Hunedoara, following application procedures methods (Spearman method, method Costilla method km reduced).

Results and discussion Group of semi-advanced level junior fund being investigated, consists of a total of 6 athletes.

Evaluation training means requires through method of reduced kilometers knowledge results earnings per distance of 10000 m on the route of training and allows us to calculate the real value of those training means used in training that correspond to specific evidence semi-fund and fund.

Individualizing training is made through the method of rationalization, Costilla method, which emphasizes the consumption of oxygen per kg / body.

Conclusions

Based on results from major competitions, we tried to find who has been the method chosen on the level of performance orientation and the implications of the main parameters of effort dynamics;

The implementation of 10 media training, and running total in km, have shown positive value of athletic performance;

Following the evaluation of running training method reduced kilometers, we find that the intensity indices are suitable for use in training and increase the difficulty increase as training.

Keywords: performance, semi-run, annual planning, methods, means;
TESTING THE COORDINATIVE CAPACITY AT THE BASKETBALL PLAYERS – BEGINNERS

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Introduction
After studying the literature, we can say that, there are very few papers that treat issues like training the components of coordinative capacity at school age, 9-11 years, alongside other motric and psihomotric qualities in the game of basketball. For early-stage groups (beginner groups), there are no concerns highlight the importance and the role of coordination capacity in a game of basketball, to influence the outcome of a match.

Research objectives
The analysis and research studies in the literature concerning the issues of coordinative capacity development at school age (9 to 11 years).

• Develop a model of training the coordinative capacity in basketball beginners stage, using specific operational structures, tailoring age, education level, etc.
• The experimental check of the effectiveness of coordinative capacity development program, integrated into the methodology of sports training in a specific test series, in basketball game at 9-11 years.

Methods
Applied research methods: studying the literature, direct and indirect observation; test method and control samples, investigation method based on questionnaire, experimental method, statistical method, graphical and tabular method.

Experiment deployment
The experiment was made in Pitesti, in the gym of the school No. 10 and Industrial High School No. 1, with two groups: control and experimental. The experiment began in July 2002 and lasted until the date of May 25, 2005. Throughout the educational experiment, the subjects of experimental group worked after our planning and the control group after the planning developed by Professor of the Sports High School, Pitesti.

Tests
At the end of the experiment, following the training programs developed and implemented by us to the experimental group, there were a series of control tests (5), made both with the control and experimental group. These tests are listed below: “Small marathon with two balls”; “10 free throws, played by tracing it’s”; “passing made to the wall in 20 seconds”, “basket shooting partner from 3 positions”; “circuit with throws from 3 positions”. All these tests provide precise data on each athlete and the degree of training and development of the coordinative capacity over two years.

Key words: coordinative capacity, basketball, testing, beginners.

STUDY ON CONVERSION OF THE OPERATIONAL STRUCTURES OF TYPE-SPECIFIC TRAINING PROGRAMS COORDINATION IN THE GAME OF BASKETBALL JUNIOR

CATANESCU CORNEL, PhD Lecturer, University of Pitesti

Currently there is no uniform understanding of concepts related to addressing capacity coordination, dexterity, skill, coordination of movements. Thus, it requires a general reconsideration of content converted into operational structures, to address these concepts, on which most scholars recognize that they have a particular importance in achieving superior performance.

Purpose
Coordination type operational structures to be converted into learning programs, which include models of structures capable of operating efficiently solve instructional objectives proposed

Methods
Direct observation and indirect method of control tests and trials, experimental method, statistical, mathematical method.

Results
Operational structures used in programs are listed below:
• operational structures that are associated with improved balance;
• operational structures that are associated with improved perceptions of space (orientation field) and temporal;
• operational structures that are associated with improved accuracy;
• operational structures that are associated with specific optimization ambidexterity;
• operational structures that are associated with improved coordination and bipodal single;
• operational structures that are associated with improving the speed of learning techniques.

Conclusions
Data analysis applied allows us to say that if we are to build capacity and increase efficiency Coordinative learning advanced techniques, it is necessary to achieve a conversion of training programs and identify the operational structures of the coordination of specific indicators (precision, control, address, coordination, kinesthetic perception, etc.), which facilitates effective learning techniques and efficient handling of the proposed instructional objectives.

Keywords: Coordination capacity, basketball, junior.

IMPROVE SPECIFIC EFFORT AMONG YOUNG HANDBALL PLAYERS - JUNIOR III

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Purpose: This paper tries to make a material contribution to the enrichment method that we have available to those who have chosen the beautiful mission to initiate in the mysteries of handball, youth school - junior level III (12-14 years), the learn the specific movements of the game as close to game conditions and the burden to the specific requirements of the game of handball.

The main purpose of the paper is to demonstrate the usefulness of a model of physical training in the training specific to the junior echelon III mass base handball performance.

Methods: We will submit to the research hypothesis by experiment to achieve superior results, so an effective preparation using drive systems. The idea behind the model to find the right way claiming the smallest amount of time, energy and investment, but also have the highest efficiency.

Calibration of the inventory of assets and proceeds from their ranking according to the result of co-participation sport.
Results: Correct interpretation of the results of screened subjects is the most important step in assessing efficiency, learning efficiency in the two groups. We used data obtained Statistical-mathematical calculating statistical indicators. I mention that the material presented, representing performance figures were determined by the particular nature of the club and the specific groups that the experiment was conducted. Social environment, the physical and situation may affect the value of performance achieved during the experiment.

Conclusions: Easy to get, flexibility, coordination and relaxation of movement, will introduce specific exercises to develop skill in terms of physical demands and mental strain. Choosing and using largely exercises are recommended for general physical training and exercises some cyclical high demand, raising the potential for functional (respiratory and cardiovascular) of players.

Keywords: capacity for effort, improvement, young handball players

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PHYSICAL TRAINING- PLANNING AND EVALUATION

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The result is to anticipate, to foresee. To provide means to plan. Organization of practice is essential in sports. Organization of physical preparation is simpler than the technical-tactics that make more problems.

Taking into account these remarks, we know from the beginning that it is useful to analyze the components of physical training as finally articulated them, to their programs and their predicted effects. Coaches must be guided by notions permanently "variations of work tasks, the general qualities transfer to the specific job. "What I try to develop, will find specific technical does this in handball?" We need an organic and functional programming resources of the athlete. Physical training plan period will be treated in each of these resources and will permanently change the training tasks. The difference between the sample and the athlete needs quantitatively determine the needs of specific work, performance objectives. It is a matter of dosage between the amount awarded physical training during preparation, on the one hand and on the other during competitions.

Physical training intervention is to register with technical and tactical components contribute to the development of performance of the athlete, treating physical means necessary discipline, in what concerns us here-November handball. All sports equipment is dependent on these natural resources. Analysis is required prior to sports-related tasks handball before physical training to develop content. It is therefore important to be suitable to evaluate the athlete with the demands and more discipline in the post or in teams

Conclusions: It is important to plan for physical training during inter-season and the season, but is also important to rebalance, to shape and work load vary depending on the effects observed. On the other hand, the more effort is better in terms of quality, the more care should be taken to recover. Game plan in the design and implementation, will be dependent on individual characteristics of players making up the team. It is therefore essential to evaluate potential players for his coaching in some ways that will contribute to sports performance: technical skills, tactical skills, mental skills, physical capabilities.

Keywords: physical training, evaluation, planning

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GANODOTROPIN AND TESTOSTERONE LEVELS ON SPORTSMEN BEFORE AND AFTER TRAINING

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In this study, serum concentrations of testosterone, free testosterone follicle stimulating hormone, luteinizing hormone, adrenocorticotropic hormone, cortisol and prolactin were measured in 12 male basketball players. Measurements were made in the basal pre-exercise state and immediately after exercise, serum total testosterone and free testosterone concentrations declined significantly (p>0.05 and p>0.001, respectively) following exercise. Although the concentration of follicle stimulating hormone unchanged significantly, luteinizing hormone level decreased (0.05). Serum cortisol concentrations were parallel with the rise in adrenocorticotropic hormone. In addition, serum prolactin concentrations increased immediately after exercise (p<0.05).

Results
The present findings demonstrate that intensive continuous exercise decreased serum concentration of total testosterone, free testosterone and luteinizing hormone, but increased adrenocorticotropic hormone, cortisol and prolactin.

Key words: Sportsmen, testosterone, hormone, training.

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THE RELATIONSHIP BETWEEN SETTER ZONE, SETTER HEIGHT AND THE GAME RESULT OF ELITE WOMEN VOLLEYBALL PLAYER

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The volleyball practice implies that the seter position of teams during the contest would have significant impact on the result of the match. Therefore, to implement a strategy for the seter position could lead to considerable advantage for the team coaches.

In this study, the above expectation is empirically examined by searching the statistically significant relationship between the seter positions and game result. In addition, it is studied that if the match result is in relation with the interaction between the seter height and position. The case is studied for the Elite Woman Turkish 1. Division Volleyball League in which 8 team are playing. The research sample includes the game data of the top 8 team which gain a right for play-off among the 12 teams in the 2008-2009 Turkey First Woman Volleyball League. Totally, 164 observations (game) of 82 matches, the 54 of Turkey League, 20 of play-off, 6 of Turkish Cup, and 2 of Champions League, are taken into account for the statistical analysis.

Key Words: Volleyball, setter zone, setter height, game result
ALTERATION IN BODY COMPOSITION OF FEMALE PLAYERS IN A THIRD LEAGUE VOLLEYBALL BOUT

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In this study, we aimed to investigate the effects of single bout of volleyball on body composition in female players of third league. Seventeen professional female players that play volleyball in two clubs in Turkish Third League were enrolled in the study. Prior to one league match (pre-exercise) bioelectric impedance analyzes were performed using a bioelectric impedance analyzer. After the final period (3rd set) of match was ended, bioelectric impedance analyzes were repeated (post-exercise) in female players of two teams that are named as Diyarbakirspor and Diskispor. Seventeen biompedence parameters of body composition were measured. The results of each team before and after match were compared. However, the results of two teams were also compared with each other. Most of parameters were not found significant (p>0.05).

Key Words: Body Composition, Volleyball, Female

THE INFLUENCE OF PLYOMETRIC EXERCISES ON DETENT IN ATHLETES’ TRAINING

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Purpose: In the present thesis I started from the premise that beginning to use the plyometric exercises in athletes’ training plan for the jumping competitions may significantly influence the detent motive power quality.

Methods: This thesis is experimental and means to improve the detent motive power quality necessary in athletic jumping competitions: the long jump, the triple jump.

Results: In the present thesis I started from the premise that beginning to use the plyometric exercises in athletes’ training plan for the jumping competitions may significantly influence the detent motive power quality.

Conclusions: More strenuous contra-jumps can be initiated only after this first period. During this long-term progression it is recommended (and I have done it myself) to teach them the correct execution techniques of plyometric exercises, among which the jumping step and the leaping step from the triple-jump are the ABC in the plyometric training.

Key words: plyometrics, detent, contra-jumps, force.

OPTIMIZATION METHODS AND MEANS OF OPERATION FOR THE DEVELOPMENT OF SPECIFIC RESISTANCE TYPICAL TO LONG RUNNING ATHLETES

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Foreword

Performance in sport has accomplished a continuous development and progression from year to year regarding training methods and means necessary for improving the multitude of exercises, which have the sole purpose of improving and achieving a more and more elevated level of sports performance.

Development of specific resistance coincides with the pre-competitive and competitive period. Appropriate training method depends on sports ergo-genesis and sportsmen’s needs. The athletic trainer should focus on training intensity, often reaching beyond the goal of race intensity. By alternating different intensities the recovery from training lessons is made possible, leading to a good peak shape for the final competition.

Objectives

The present study aims to optimize the training effort in terms of accurate monitoring of parameters characteristic to specific resistance of long and very long runners - volume, intensity, rest between efforts. The method used for effort intensity degree optimization is the method of control test or objective event.

Material and method

The study was conducted by a group of 8 well-known long distance runners, with an average age of 28 ± 2 years, having conducted performances at national and international level, the objective events being semi-marathon and marathon, the experiment acting in terms of centralized training camp, during a course of 5 weeks minimum required pass into another stage of effort.

The control group consisted of 4 athletes of equal competitive values, which made the training standard proposed by the coach, after classical method without precise monitoring effort parameters and the experimental group made specific training in the same form as the control group, but the method used to develop specific resistance culminated in the control tests specific to the objective event.

The experimental group received electronic recording devices in the range of Polar heart rate RS in order to optimize trainings specific to pre-competition period. Characteristic test closely pursued was Cat Test 2000.

Results and discussions

Following the experiment conducted, it was found positive development of performance results of the field test specific to the resistance test, growth averaged 6% ± 1.5 in the experimental group representing the very best values of sport performance gain for the base test. Also by specific monitoring of training and testing parameters, a prediction of future long running performance events could be made.

Keywords: specific resistance, VO2 max, Cat 2000 test, optimization.
STUDY ON CHARACTERISTICS OF ATTENTION IN THE GAME OF VOLLEYBALL

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Research objectives Identify / analyze the characteristics of attention in the game of volleyball and highlighting their importance depending on the needs of the position played.

Research methods and procedures Research methods used were literature review, observation method teaching method of psychological tests, Statistical-mathematical processing and interpretation of data, graphical representation method.

Description of subjects, tests The experimental research was conducted on the senior female players of the Știința Bacău Club volleyball team, during August 2007- May 2008. The experiment group was formed out of 12 female senior volleyball players, out of which 4 main attackers, 3 secondary attackers, 2 setters, 2 universal attackers and one libero. The subjects have between 20 and 33 years old, and an experience in practicing volleyball of 6 – 20 years.

We used the following tests: TAIS – Test of attentional and Interpersonal Style (Nideffer, 1976), the Labyrinth test, the ADS test.

Results The results obtained from the unfolding research reveals a high level of quality and attention of all players and a specificity of styles of attention to certain position of play.

Discussions and conclusions Attention is a mental skill important and necessary in the game of volleyball. The quality of the mental skills and job specific training they play depends on the successful execution of the actions of the game of volleyball.

Keywords: Volleyball, attentional skill, game, characteristics

DETECTION OF TECHNICAL MISTAKES IN THE PROCEDURE OF BASKET SHOT FROM A STANDING POSITION, IN THE BASKETBALL BASIC COURSE BY APPLYING VIDEO ANALYSIS

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The article underlines the importance of the programs of video analysis in the objective detection of technical mistakes within the basic course in Basketball. It is based on an extensive experimental study on optimising the technical component in basketball, and also general aspects regarding the process of professional training in the faculties of sports and physical education for the basic course in the subject of basketball. The specialised video analysis for the basket shot from a standing position was performed by the “Physics ToolKitt- version 6.0 program, and focused on the trajectory of the segment articulations in 5 movement points (ankle, knee, hip, shoulder, fist). The ability of the program to also carry out the biomechanical analysis of certain spatial parameters (segment trajectory) contributed to evincing the main moments in performance and the detection of technical mistakes improving the progress of technical student training in this throwing procedure.

Key words: video analysis, spatial parameters (trajectoria segment trajectory), basket shot from a standing position, technical training, technical mistakes.

STUDY ON THE EXPRESSION OF THE TYPE OF TEMPERAMENT TO TENNIS PLAYERS OF BACAU, PIATRA NEAMȚ AND FOCSANI

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Purpose. The scope of this paper is to identify the types of athletes’ temperament and how each type of temperament correlates with sport performance.

Methods. Among other methods used to achieve our purpose the main method is the interview method based on the Belov questionnaire. The Belov questionnaire is a standard tool for investigating the personality, targeting the four temperamental types: sanguine, choleric, phlegmatic and melancholic.

Results. Following the implementation of the Belov questionnaire we established that the athletes who have very good results are those with a choleric temperament.

Conclusions. The type of temperament affects the performance in individual sports. The psychological investigation must have a priority place in the work of coaches providing them with important information concerning athletes specific behavior and the performance potential.

Key words: Belov, temperament, questionnaire, sport psychology
STUDY ON INVOLVEMENT IN LEARNING TECHNOLOGY COMPONENTS PSIHOMOTRICITY TO PLAY TENNIS

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In the game of tennis training, there is an emphasis on developing psihomotricity components and their implications in learning basic technical skills that should be involved especially in this age to have good results at junior, senior and youth levels.

Purpose In the training should be insisted on each component psihomotic as: 1.- Coordination 2.- Static and dynamic balance, 3.- Sense chinestezic 4.- side 5.- ambidexterity 6.- Speed of response, 7.- Body schema.

Methods Statistical-mathematical, test method, experimental methods.

Results Following the analytical work on the game of tennis technique we can say that psihomotricity elements are integrated into all aspects and the techniques investigated. Their share of show but not equal, in descending order it is: coordination, balance, sense chinestezic, speed of response, ambidexterity, side, body schema.

Places order of importance psihomotricity components in the percentages obtained the learning:
- 2.11% Place 1 coordination
- 1.475% Place 2 balance
- Place 3 sense chinestezic 1.025%
- 0.856% Place 4-speed response
- 0.675% Place 5 ambidexterity
- 0.575% Place 6 laterality
- 0.465% body schema Place 7

Conclusions Operational structures (drills) which include the development and training specific components psihomotricity age 8 -10 years, converted into learning programs (training), are able to address more effectively the proposed instructional objectives. Future programs should be designed to include models of operational structures belonging to each component of psihomotricity content.

Key words: psihomotic, tennis, beginner.

STUDY ON SENSORY-MOTOR CAPACITY ASSESSMENT IN JUNIOR TENNIS PLAYERS

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We plan to conduct an assessment of sensory-motor ability to enhance technical performance parameters aimed at the game of tennis to beginners.

Purpose We want to identify and evaluate the sensory-motor capacity to increase efficiency of learning elements and specific techniques to junior tennis game.

Methods Statistical-mathematical, Bonardell test.

Results In terms of performance parameters for the test record for assessing sensory-motor coordination (test Bonardell complex reactions) may be made the following observations:
- increased the number of correct answers for both the experimental group significantly increased performance being delivered to the experimental group, in the context of an aging effect for the control group;
- decreased number of errors in the experimental group;
- decreased number of omissions of psychomotor tasks in the experimental group;
- increased rate of accuracy for both the experimental group significantly increased performance being delivered to the experimental group, in the context of an aging effect for the control group.

Conclusions Upcoming programs for learning the game of tennis technique in early stage should be designed to cover operational structure models with content belonging to the level of development and education of sensory-motor ability at this level.

Key words: sensory-motor, tennis, beginner.

CONTRIBUTIONS OF FORCE DEVELOPMENT IN WOMEN'S VOLLEYBALL TEAM DINAMO BUCHAREST, DIVISION A1

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Establishing training model is determined by the game model and competitive model in which it participates. Both are produced by taking the main aspects of competition, generally the last competition (Cojocaru, A and Cojocaru, M. 2009, p. 45). Volleyball is based on sound development of strength and power, and understanding the mechanics and physics of strength training and incorporate these principles into your training program will boost the competitiveness of athletes.

The main purpose of this paper is to highlight the main aspects of content preparation means dezvoltarewa Force and the newly specialists such as documentary material. In order to solve these problems we proposed the need to verify in practice training models, well defined tasks, which led to the hypothesis set out, namely (1) development of operational models that contain scientifically standardized means of preparation, will determine an effective training process at every level of education and (2) the high level of performance nationally and internationally relatively low, requires the establishment of operational models for methodical training throughout the annual cycle, which guarantees obtaining indices training equal to those of the international media.

The object of this study was to develop strength of players from CS Dinamo Bucharest in the period from 16/07/2009 to 28/09/2009. This was the preparatory period of development. This experiment was conducted in 4 stages namely:
- stage systematic selection and training of operational resources;
- initial testing - control rules;
- application training model: model preparation period ;
- final testing – application control rules.

Data processing methods to achieve the desired objectivity of the process of preparing assessments, we operate under a complex system of assessment of level of development of motor qualities (Cojocaru, A., Ionita M. 2008, pag.31-32). Testing and verification of potential driving is done
EXERCISES FOR OPTIMIZING THE ATTACK MODEL DURING THE HANDBALL GAME

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Petroleum – Gas University of Ploieşti

Handball can be considered one of the sport games which influence the multilateral evolution of the man. The game is developed in the conditions of a considerable solicitation of the nervous system, with proper vegetative reactions, that are favorable for the development of the different movement types that require from the players a fast appreciation of the situation, taking certain decision and adequate reactions.

An essential request of the modern handball game is to render profitable the creative capacities of the players in the three domains: physical, technical and tactical. That is why in the present paper we will try to systematize certain training models for the elaboration at a maximum capacity of the game.

Key words: handball, exercises, attack, game model.

STUDY ON EXPLOSIVITY PIOMETRICAL AND NONPIOMETRICAL CHARACTERISTICS IN CHILDREN 8-9 YEARS OLD

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University of Piteşti, FPES

Physical training is a decisive structural aspect of sports training and important content that makes the tactical and technical performance ability. Specificity increasingly pronounced biomechanical structures promoted by close of proof, means of influence, but also by the size appropriate physical and mental stress, looking decisive to the development of specific motor ability. Anaerobic metabolism and Visco-elastic properties of the component muscle in situations of "stiffness" (high tone and fast-acting capacity) and all modes of expression of force in relation to speed and storage capacity and re-elastic component of muscle are factors determinants in most sports. (S. Zanoni, 1984)

The purpose of the paper is to highlight features in content explosivity piometrical and nonpiometrical muscle training in children 8-9 years.

Measurement and quality evaluation in neuromuscular explosive effort is non-specific lower level using a simple movement, vertical jump on two feet. One can appreciate and conduct orientation training for speed or power in relation to power - speed, but the overall control of the movement phases. The combination of explosive power, strength and coordination is carefully monitored and trained in all sports great efforts are made to find the most appropriate means of training and testing, highly specific and accurate measurement as the initial level of the achieved force, explosive muscular power explosive, short, elastic component muscle are factors determinants in most sports. (S. Zanoni, 1984)

Methods For performance evaluation of children selected for performance sports apply as a method of investigating the characteristics of explosive force, volleyball, team, play.

Results

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<tr>
<td>SJ</td>
<td>26.5</td>
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<td>6.2</td>
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<td>CMJ</td>
<td>26.1</td>
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<td>16.2</td>
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<td>CJB</td>
<td>20.3</td>
<td>23.1</td>
<td>15.19</td>
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Conclusion Among the most important features and nonpiometrical and piometrical explosivity characteristics we present the following indicators:

Effect of Prestretch (Re-Use Elastic Energy) (EP) indicate muscle elastic energy Reuse CMJ and SJ ratio indicates how much is the benefit produced by prestretch (CMJ compared to SJ) Effects of training stimuli will to increase capacity to learn and reuse of elastic energy muscle close to optimal values recommended. AT athlete presents lower values devoid of ability to reuse elastic energy in muscle and poorly performing vertical separation of momentum in terms of execution piometrics. Fast Twitch Fibers Percentage (estimated) indicates the percentage of fast muscle fibers responsible for explosive force. Estimates indicate the percentage of fast fibers responsible for explosive strength development. Index Leg Equilibrium Equilibrium of the functional structure of the leg including three joints (hip, knee, ankle) and the lower and upper leg (thigh, calf) functional balance concerns Jump structure around the 3 main joints, ankle, knee, neuromuscular hip show that the operation of the upper leg muscles involved is in equilibrium with the lower the neuromuscular function of the knee, ankle and lower limb is weaker than the hip and thigh. From this we concluded that leg muscle strength-training to be directed primarily at developing the muscles that strengthen the knee and ankle joints as well as neuromuscular control capacity at this level. Maximum explosive power without enthusiasm, nonpiometrical is excellent, (SJ) for this age showing a great capacity for recruitment of neuro-motor equivalent 118% of normal for age, sex. In terms of maximum explosive muscular power explosive, piometrics (CMJ) have a low capacity for elastic energy muscle to re-coordination of movement on a Visco-elastic component of EP (Effect of Prestretch) low 1.5%.

Keywords: muscle training, explosivity, piometrical, strength Bosco test
DETERMINE THE PERCENTAGE CONTRIBUTION OF PERFORMANCE SKILLS IN SOME TESTS
SKILL MOWER

DARGHAM JASSEM MOHAMMAD AL-NAIMI, Assist. Prof. Dr.

Measurements used in testing various sports sets the numeric value of the level of achievement or performance skill of the individual units and certain standard, but specialists in the field of sport need to think logically associated with these modules to elicit facts from the results of these measurements or tests, and those are the facts that give evidence and the cursor on the level physical and skill of the individual. Since the purpose built which tests the physical and skill of the games vary from the effectiveness of the collective to another, and vary depending on the nature of stimuli that contained in each test and the nature of the required response and methods of silencing and other technical measures are linked, so we find that there are many types of testing comes under the nomenclature and classification is a function of its objectives, the formulation of goals of the tests must be clear and unequivocal terms and linked to a set of standards and drawing on the theories and concepts of modern science that helps in the design and codification of the test generated a research problem in the next question is contributing to skill in some tests the skill of maximum performance at the same rate in spite of the different procedures in the field tests, rolling in football and dribbling in handball and basketball? and How much skill compared to physical status? The aim of the research to identify the contribution of skill roll in football and dribbling in handball and basketball in some tests Mower skill. As well as to identify the contribution of physical ability tests, in some rolling in football and dribbling in handball and basketball. Descriptive approach was used in a survey to reach the goals the search. And to ensure the research community and Sint students appointed by the first and second in the Faculty of Physical Education at the University of Mosul, who have been selected are intentional, bringing the total research sample (152), a (34%) of the total community Research and numbering 439) students.

Was the use of a personal interview and analyze the content and skill tests as a means to gather information and Assent researcher that the percentage of skill in most of the skill tests Mower under consideration is less than that contained in the physical ability test and recommended the need to build a dominant performance tests on the ability of physical skill.

Key words: performance skills, tests skill mower.

STUDY ON DEVELOPMENT OF THE SWING IN THE PHYSICAL EDUCATION

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Petroleum - Gas University of Ploiești

Purpose. The purpose of our research consists in the emphasizing of the efficiency of some methods of preparation for the improvement of the conditioned capacities, especially the ones combined of speed and force (the swing), of students who practice sporting games in the physical education lessons.

Methods. In sporting training, it rarely occurs that only one quality dominates both effort and movement, this usually is the product or the combination of at least two driving qualities. There are situations when force and speed are equal, the combination of endurance and force produces muscular endurance; the result of combining endurance and speed is speed-resistance; agility is a combination of speed, power and coordination; agility and flexibility results in mobility. It is recommended that specific exercises are practiced, concurrent with the exercises specific to the development of the driving exercises. The development of the dominant driving qualities can have a positive or a negative transfer effect.

Results. There was significant differences, the biggest progress were made by the experimental group, and for the control group the progress was insignificant.

Conclusions. Following this research, the obtained results demonstrate that the plyometric method used during the physical training produces significant swing growth, the subjects of the experimental group having significant diminished values at the end of the training program.

Key word: swing, plyometric, leaps, anaerobic-alactacide power

STUDY ON THE FREQUENCY OF WRIST PAIN CASES IN JUNIOR FEMALE GYMNASTS

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Frequently encountered in the junior female gymnasts, the affections of the hand can represent the result of multiple micro traumas at which the hand is subjected during the artistic gymnastics training process, where, through the forces exerted at the articulation structure level and through the developed resistance, the joint structures are debased in time, being chronically subjected to this kind of stress. On the course of evolution of these affections the prehensility is compromised, a complex function that is specifically human, and which has transformed the hand in an essential segment of the female gymnasts’ body in making the elements technique at the four apparatus. The compromising of the global functionality of the hand (the prehensility), represents a handicap that is tough to tolerate and compensate by the professional female gymnasts.

Starting from these premises, we have developed the research hypothesis that accurate identification of wrist pain cases among junior gymnasts should provide much information that should constitute the starting point for an intervention improvement method. The research methods used were: the study of the bibliographical material, the observation, the testing method, the statistical-mathematical method and the graphical representation method.

Our study wants to observe the frequency of wrist pain cases at junior female gymnasts inside a competitive institutional structure, the “Nadia Comăneci” High School of Onești. For the dynamic evaluation of the patients and the quantifying of wrist pain cases, we have used the five clinical parameters.

It has been observed from the beginning that the tested female gymnasts are situation, most of them, in the high seriousness class, at which the intensity of the clinical parameters has registered the highest point.

Conclusion. In this context, we consider to be useful a research on the ways of recovering of the injured athletes, providing a comfortable environment, and favoring the performances in artistic gymnastics.

Key Words: wrist, pain, junior, female gymnasts
METHODS AND RESOURCES OF PHYSICAL TRAINING INVOLVED IN TRIPLE JUMP EVENT, ADAPTED TO II\textsuperscript{ND} CATHEGORY OF JUNIORS GIRLS

DRAGOMIR LENUTA, Professor, Sport Club Scholar No. 1, Constanta

Purpose. Athletics, also known as sport sports, unveils its dynamic side that can lead to considerable technique and methodology used in the tests are so hard to perfected for high performance sport. This paper aims to highlight general ideas and news of spectacular evidence of triple-jump for women.

Methods. In general, in this paper we have used the survey research methods literature, talks with high-performance athletes and the comparison between the ideas of certain specialists in athletics.

Results. In terms of research results through the front which makes direct reference to peak performances of IInd category of juniors and were trained by Ms. Dragomir L, they can materialize in many medals obtained in athletic competitions, either as were national championships, european or world championships for that age category. Also, we believe the results can be extracted from the ideas arising out of qualitative comparison of the ideas cited in the work area specialists.

Conclusions. We conclude that the ideas suggested in this paper can be materialized in training athletes seeking performance very good results in triple-jump event, especially if authors follow indications quote. These results have to be taken into account by coaches in order to better understand of athletics concepts for technical effects of training.

Key words: triple-jump, athletes, juniors, girls, force, speed.

THE IDENTIFICATION AND THE PROMOTION OF THE TALENTS IN FOOTBALL

DRĂGAN AURELIAN, Lecturer PhD, Faculty of Physical Education and Sport, University Dunarea de Jos Galati

The children who express some aptitudes for football can to have a genetical substance which is favourable (hereditary factors), as and a certain experience, even if this is minimum (factors of medium).

Purpose: This it consists in to reflect who are the factors which influence the process of identification of young talents in football.

Methods: The method are used to identify the skills of young players have at the base the predictions concerning the ability of these players to touch superior level of performance.

Results: The guided selection in football operates with objective indicators: socio-economical; cultural; biological; technico-educational; methodical who to reflect the complex potential of the footballers.

Conclusions: Identification of the talents represents the process of identification of the young players which are endowed for to obtain the more good future results

Key words: to identify; sporting talent; selection; hereditary factors; factors of medium; technical qualities, tactical qualities; co-ordinated qualities.

THE IMPLEMENTATION OF THE METHODS OF KNOWLEDGE AND VALUATION OF THE PSYCHIC QUALITIES FOR THE FOOTBALLERS WITH THE AGE OF 6-10 YEARS

DRĂGAN AURELIAN, Lecturer PhD, Faculty of Physical Education and Sport, University Dunarea de Jos Galati

Under the incidence of the knowledge and the education of the psychic qualities of the footballers enter: the attention, the emotivity, the memory, the tactical thinking, the intelligence, the intention and the personality.

Purpose: We follow through this article to reflect which are the methods of knowledge and valuation the psychic qualities for the footballers of 6-10 years.

Methods: The methods of knowledge presented in this research are: the observation and the conspeaking.

Results: If we apply the methods such as the observation and the conspeaking we can to know which are the psychical qualities for the footballers with the age of 6-8 years.

Conclusions: The footballers must to be guided and oriented for to obtain a process of self-formation which to drive and at self-education.

Key words: aptitudes; methods of knowledge; methods of valuation.

PARTICULAR ASPECTS REGARDING THE SCORING CHANCES MODEL IN COMPETITIVE HANDBALL WOMEN’S TEAMS

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\textsuperscript{1}University “Vasile Alecsandri” of Bacau
\textsuperscript{2}University Miguel Hernandez – Elche, SPAIN

This paper tries to have an exhaustive approach of the handball game model by emphasizing the particularities of the teams that were ranked in the top 6 positions in the 2008 European Championship. Statistical data is emphasized, which proves that for building of the scoring chances it is necessary to know the particularities of the top teams. The particular note of the way the scoring chances are used during the game and their efficiency can constitute a model which, together with the general model, could help better the coaches’ activity.

Introduction
Building a final model of the professional top performance handball game, in order to be as good as possible, requires particular information from the teams ranked among the first in international competitions.

Subjects and methods
The subjects are the national teams that were ranked in the top 6 positions in the 2008 Women’s European Handball Championship: Norway, Spain, Russia, Germany, Romania, and Croatia. Each team has been observed and data was recorded from 6 games for each team. The statistically and mathematically analyzed data was used to emphasize the game particularities for each team.
Conclusions

- The fast break, with 22.6% goals and 76.7% efficiency represents the first particularity for Norway which, through the percentage of the 9m throws, fast break and wings for shots and goals, completed with an efficiency of shots at the goal of other situations, ensures a varied and balanced game that positions it on first place.

- For Spain, in relation to the first 6 teams in this competition, we gather that: the whole behaviour regarding the frequency and efficiency of the shots at the goal represents a particularity of this team:
  - proportions close to using shots at the goal;
  - the semicircle play is predominant, most of the goals being scored from 6m throws (21.9%) and wings (16.4%) in relation to the goals scored from 9m (15.0%) respectively 3.6 goals on average per game.

**Key words:** particular aspects, efficiency, scoring, handball, indicators, model, game situations.

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**METHODOLOGY OF TRAINING FOR DEVELOPING YOUNG TENNIS PLAYERS (AGED 10 – 12 YEARS OLD)**

**ENE-VOICULESCU CARMEN, ENE-VOICULESCU VIRGIL**

1. Ovidius University*, Faculty of Sport and Physical Education, Constanta/ROMANIA
2. "Mircea cel Batran" Navy Academy, Constanta/ROMANIA

**Objective:** This research is made to determine the implementation of the ITF (International Tennis Federation) Programme for 12& under tennis players. This programme focuses on the training and competitive needs of players at 12& under level group. The aim of the ITF is to support our National Associations' programmes, in fact our research objective: to give the players the best coaching in order to help them to achieve a good standard of competitive play. In the same time we have apply a questionnaire for discover how the tennis players view their psychological characteristics.

**Method:** In the research we have establish the methodology of training – annual and monthly programme. A typical periodisation programme is usually broken up into four phases (preparatory, pre-competition, competition, transition or active rest). After to apply our methodology of training we have establish the psychological profile for players. In this respect we have purpose a questionnaire for discover how the tennis players view their psychological characteristics. Data’s have been collected. The findings have been analyzed stastically by using frequency method.

**Key words:** Methodology training, Tennis players, Psychological profile.

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**THE RELATIONSHIP BETWEEN LOCUS OF CONTROL, SELF-ESTEEM AND GOAL ORIENTATION, MOTIVATIONAL CLIMATE IN BADMINTON PLAYERS**

**EYLEM GENCER Ms,** Research Assistant,
Ahi Evran University Physical Education and Sports High School, Kırşehir /TURKEY

The purpose of this study is to research the relationship between locus of control, self-esteem and goal orientation, motivational climate in badminton players. The research was carried out in Badminton Turkey Clubs Championship where 12 clubs and 87 athletes participated in 2009. 56 badminton athletes (42 national, 14 non-national) that participated in Badminton Turkey Clubs Championship in 2009 whose mean age 18.78±3.46 constitute our research sample. Wingate Sport Achievement Responsibility Scale that was developed by Tannenbaum and Weingarten (1984), Rosenberg Self-Esteem Scale that was developed by Rosenberg (1963), The Task and Ego Orientation in Sport Questionnaire (TEOSQ) and The Perceived Motivation Climate Questionnaire (PMCSQ) were used to gather tha data. The data were analyzed by using the techniques such as descriptive statistics and bivariate correlation. Results showed that there is positive and significant relationship between locus of control and mastery climate (r=0.398, p<0.01), there is positive and significant relationship between self-esten and ego orientation (r=0.513, p<0.01), there is no significant relationship between locus of control and ego, task orientation. There is positive and significant relationship between self-esteem and mastery climate (r=0.398, p<0.01), there is positive and significant relationship between self-esteem and ego orientation (r=0.513, p<0.01), there is no significant relationship between self-esteem and performance climate, task orientation.

**Keywords:** locus of control, self-esteem, goal orientation, motivational climate.

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**BIOMECHANICAL ANALYSIS OF FRONT CRAWL SWIMMING**

**BIOMECHANICAL ANALYSIS OF FRONT CRAWL SWIMMING**

**(elite-beginner)**

**FARSHID FAKHERAN ESFAHANI**
Department of Physical Education and Sport sciences, University of Isfahan, Iran

**Purpose.** Biomechanical analysis play important roles for improving the function and technique corrections in coaching and during the teaching of sports skills. The purpose of this study was biomechanical analysis of front-crawl swimming.

**Methods.** In general, there are two approaches used to study mechanical aspects of human movement: quantitative approach & qualitative approach. In this comparative study, we applied qualitative approach. The experiments were performed on two groups of subjects: high level athletes and beginning (recreational) swimmers. Three national level swimmers who were members of Waterpolo and swimming Iran national team and three beginning swimmers volunteered to enter the study. All the subjects were informed about the methods and aims of the study and gave their informed consent. Using a digital camera and then get framed with premier software program, the swimmers movements exhibited during performance of the front-crawl stroke were identified and then were compared between two subject groups.

**Results.** There was significant differences between professional swimmers and beginners movement including: breathing pattern, hand drag and stroke, fingers distances, angle of elbow and knee flexion.

**Conclusions.** These results have to be taken into account by coaches in order to better understand of biomechanical concepts for technical effects of training.

**Key words:** Biomechanic, front crawl, elite, begginer.
THE DYNAMICS OF THE TECHNICAL TESTS FOR THE PREPARATION OF THE JUNIOR FOOTBALLERS

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¹ Faculty of Physical Education and Sport, The University of Ecology from Bucharest
² Faculty of Physical Education and Sport, West University Timișoara

The centralized preparations especially the ones long term based contribute to obtaining of a good physical condition, to the improvement of the technique and to the composition of a tactical behavior more inventive.

Methods The groups. The analyzed subjects were the footballers of the national junior groups: the footballers of the National Group U16 and U19, 2001; Ionescu V. I., Dinu C. 2005; Motroc F., Motroc 1999; Ionescu V. I., Dinu C. 1982) durind an yearly cycle training and the footballers of the National Group UEFA 86 as a controlling group, which functioned accordingly with the imposed requirements imposed by the available programmes from Romania, at that age.


Tests for calling the technical preparation: “juggling”, “lead ball”, “kick”, “the control of the ball”, “head shot”, “care long”.”. The results were manufactured from a grafo-analytical point of view using the statistical functions: arithmetic average, error of the average, coefficient of variability (V), statistical significant (the student test), range of significance, standard exception, correlation index.

The results The technical test “juggling”, the average final level of the group test which was the experiment was 49 points higher than the control group which was only of 45 pints. So, this index, with 8,76%, which represent a significant difference from a statistical point of view (p<0,05). Finally, we could say that the homogenization of the results of the experimental group being compared with the control group is better, because the coefficient of variation of the levels of the test of the experimental group of 6,91% is higher than that one of the control group which is 5,72%.

Key words: football, centralized preparation, experiment, test, technical preparation

THE PHYSICAL PREPARATION AND THE EFFICACY OF THE PREPARATION PROGRAMMES AT THE NATIONAL FOOTBALL GROUP-JUNIORS

FIRITEANU VASILE ², DIMA MARIUS ¹, ANTON MARGARETA ¹, TIMNEA OLIVIA ¹
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The preparations especially the ones long term contribute to obtaining a good physical condition, to the improvement of the techniques and to compose a tactical behavior more inventive.

Aims The improvement of the physical-technical-tactical through changing the trainings in centralized systems of preparing at the national group level having as aim the improvement of the sport performance of the football games at the level of juniors.

Methods a) The groups. The analyzed subjects were the footballers of the national junior groups: the footballers of the National Group UEFA 85, which forms the experimental group and which is being influenced, on the shaping physical-technical-tactical “total training” during an yearly cycle
training and the footballers of the National Group UEFA 86 as a controlling group, which functioned accordingly with the imposed requirements imposed by the available programmer from Romania, at that age.

The centralizing table includes the individual values at each parameter taken into consideration the analyze, the group environments, superior and inferior and the variation inside the tested group.

Results

The MGM test. If we compare the initial and the final results of the biometrical parameters (from the first table) we will consider that during the physical test ‘‘MGM’’ of the experimental group, at all the parameters (Unitarian force H for flying, Cve and Cvs) registered superior parameters comparing with the control group. Inside the biometrical test ‘‘The equilibrium’’ the average level of the ray vector R1,R2, R3 and R4 inside the experimental group registers superior values comparing to the witness group.

Conclusions. The implementation of the preparation methodology which had as base the sharpening of the physico-technical-tactical preparation during 60-70 days from the year when the sportsmen were available for the national team has positively influenced the level of the physical preparation and the biometrical qualities first of all (this derives from the statistical manufacture of the values control checking of the physical indicators).

Key words: football, centralized checking, experiment, tests, physical preparation

THE GROUP CLIMATE ANALYSIS AT THE BASKETBALL DIVISION A, B.C.A. PITESTI

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The various studies which have as their object climate diagnosis at different levels of analysis have a practical motivation in basketball, given that management needs information on the socio-human system of organizations, which influences the performance of individual/member of the team, group and organization. In this article we intend to argue the usefulness of the group climate analysis and provide a model for such types of analysis.

We try to propose an analysis model for the climate of basketball group. The essential idea is to capture in a manner as detailed as possible specific aspects related to the climate of the work group which is the subject of our case study, aspects that can be useful for managing the organization.

To achieve a group climate diagnosis we made up two special questionnaires. While questionnaire with standard responses on a Likert type scale reveals a psychological climate oriented to positive extreme, the questionnaire with free answers and with response alternatives captures some detailed problematic aspects of the climate, specific in the basketball team from Pitesti.

Key words: climate (group, unit-level, psychological)

DECISION MAKING SELF-ESTEEM AND DECISION MAKING STYLES OF TURKISH TENNIS REFEREES

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2Faculty of Physical Education and Sports, University Ovidius Constanta

The aim of this study is to examine the decision making self-esteem and decision making styles of the tennis referees. The working group is constituted of 130 tennis referees, 47 of them are female and 87 are male. For this study Melbourne Decision Making Questionnaire I-II (MDMQ) is used. Cronbach Alpha Reliability Coefficient of the Questionnaire is found to be .73. For the analysis of the data Mann-Whitney U Test, Kruskal-Wallis Test and Wilcoxon Signed-Rank Test are used. A significant difference could not be found between the tennis referee’s decision making self-esteem and lower dimension of decision making styles with respect to their educational status, gender, referee ratings and umpiring periods (p>0.05).

It has been observed that as the self-esteem levels of the referees increase, their vigilant decision making styles also increase, while procrastinating, buck-passing and panicking decision making levels decrease. A meaningful relation has been found between the ages of the referees and panic decision making styles. It has been detected that the older the referees are, they panic less during decision making. A significant relation has been observed between the tennis playing time and abstaining decision making styles. It has been confirmed that the back-passing decision making style is more common among referees who played tennis for longer periods.

Key words: Tennis referee, decision making self-esteem, decision making style

SPORTS TRAINING SYSTEMIC CONCEPT IN TRAINING FOR PERFORMANCE

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1Faculty of Physical Education and Sports, University Ovidius Constanta
2Faculty of Physical Education and Sports, University of Pitesti

Sports training objectives require the use of a large number of exercises of various kinds imposed certain conditions and environmental hygiene, and their use in the methods or combination of methods, of devices, installations and equipment. Means training is practical tools used by the coach to prepare athletes to obtain skills, ability or sports performance; they also addressed the scope of physical, motor and mental, personality, and to amplify effects can be applied under different conditions the natural environment or material.

Profiles of organizational forms of sports activity are determined by structural features that are included, especially those of the periods of the macro-cycli-chlori, thus requiring the choice of training.

Conclusions: Learning any technical process be based on models established by specialists, of numerous and extensive biomechanical studies. These relate mainly to the basic mechanism of the process and details specific to the different stages of execution. Navigate the learning stages of implementation requires continuous reporting to model, analyze the positive and negative aspects of the implementation and establishment of corrective measures; circuit (feed-back) repeated until the stage of learning over.

Key words: Concept, training, performance
INFLUENCE OF FITNESS TRAINING ON THE COEFFICIENT OF APPLICATION RATE OF BODY

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²Spiru Haret University, Bucharest, Romania
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Aim: Any physical activity that involved large muscle groups and is sustained for prolonged periods of time has the potential increase cardiorespiratory fitness. The purpose of this study was to investigate the effects of 8-week training physical fitness over application rate of body for athletes’ children girls, 12 years old age that practice athletics for 6 months.

Method: 15 active athletes girls from experimental group (age = 12.2 ± 0.32 years, body height = 1.48 ± 0.08, body weight 33.8 ± 2.02 kg) volunteered to participate in this study and was trained three times a week for the period of 8 weeks and control group (n=15) with age =12.4 ± 0.4 years, body height=1.45±0.07m and body weight 39.06± 1.15kg was trained three times a week for the period of 4 weeks. Measurements were conducted twice before and after training. Main test was coefficient of application rate of body: (heart rate differential/ target heart rate)x100

Results: There was significant difference in dominant application rate of body between experiment group and control group before and after training t=3.87, p<0.005

Conclusion: Fitness training has a more significant influence over the body coefficient request application rate of body if the training period is bigger.

Key words: training fitness, girls, coefficient of application rate of body.

OBSERVATIONS ON PREPARATION JUNIOR TEAM "D", FC BIHOR, NATIONAL CHAMPION IN FOOTBALL IN SEASON 2008/2009

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The paper deals with the work of junior team ‘D’, FC Bihor, national champion in 2008/2009 season, focusing on deployment training. The objective is to improve readiness at this age level.

Material and methods
The paper is based on observations made over the 2008/2009 season on the consignment of 20 team players and their behavior analysis to all phases of competition: Phase district, zonal, semifinal and final.

Results
Along with the competition results are presented and results indicators morpho-functional and physical preparation of players who can be compared with existing data in the literature for this age.

Conclusions
Performance obtained in competition is the result of good training in all training factors (physical, technical, tactical). Indices of development and physical preparation of players fit the data presented in the literature for this age.

Keywords: team of junior, football, training.

COUCHING OPTIMIZATION OF THE GOALKEEPER IN HANDBALL GAME

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Purpose. The sport appearance of the goalkeeper is a concern of great importance to coaches and obtaining and maintaining and going out of shape should be done on the basics of scientific arguments,

Method: In studies ,tests ,questionnaires ,applied to the most renowned specialists and athletes participating at the World Championships in Croatia-2009,we have developed the basic rules on selection and training for handball goalkeepers as well and those on obtaining and maintaining the sport shape.

Results: The goalkeeper coach in collaboration with the head coach , elaborate a weekly training cycle(training content in a physical, technical, theoretical and psychological manner and means of regulating those contents depending on the evolution and the effects of the initial program.

Conclusions: Team training plan should include situations in which the opponents can not show their strengths Goalkeepers and defenders follow to reduce the frequency of the agreed actions of the opponents, and lead to action from awkward positions, less practiced in which the goalkeeper and defenders are more likely to deal.

Key words: goalkeeper, sport shape, training plan, goalkeeper coach.

PSYCHOLOGICAL CHARACTERISTICS ON WOMEN SOCCER PLAYERS

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In soccer game, the mastery level corresponds to executions that rely primarily on skills highly automated, with elements of originality, risk. Required all higher mental processes, but also a number of analyzers.

Mental processes involved in football activity are tightly correlated with temperamental type of athlete.

Key words: psychological characteristics, soccer, women soccer players.
CONTRIBUTIONS TO THE TRAINING METHODS IN DANCE SPORT FOR JUVENILE LEVEL, 6 TO 9 YEARS OLD

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Premises. As in these last years the dance sport became very popular in Romania thanks to the large number of specific clubs accepted in the family of the Romanian Federation of Dance Sport, the rivalry of these clubs grew stronger: each club looks for methods of progress, of obtaining goods results in the domestic events and in the international ones afterwards. The main objective of the study is the initiation into the dance sport and the debut in the first event of this kind. For the materialization of the notions specific to the training in dance sport, one considers that every two weeks one training session should be exclusively dedicated to the development of the other motor skills, without ignoring the development of the motor skills specific to the dance sport during all training sessions. This strategy will contribute to the improvement of the training methods in the dance sport at beginners’ level.

Research methods and procedures. The study was carried out along two years (2003-2004), with juveniles, 6 to 9 years old, belonging to the Sports Club „Pygmalion“ Association of Bucharest. With a number of 250 children, separated in several groups, the school year 2002-2003 included 34 weekly training cycles, 3 weekly cycles of pause and 54 hours of training. As noticed during the first training sessions, the diversity and the playful character were the most obvious features of the work with children under school age. Because the age particularities, during the first four months it was considered necessary to review all the exercises already taught after every four sessions. Thus, one part of the program carried on the learning process, and the other part included the consolidation and the rehearsal of the dances prepared for the school festival. During the five training sessions left until the school year end, the dances to be executed during the school festival were learned up. These children performed three dances out of the four dances they had learned; in the same time, this thing represented the final control event of the children members of the advanced dancers’ group. Thus, at the beginning of February a new training stage of the kindergarten best dancers started. There were 24 children (12 girls and 12 boys), separated in two groups of 6 couples, all of them belonging to the preparatory groups that enrolled in school in September. The unselected children carried on the planned program until the end of the school year. For a better materialization of the activity, at least two individual training sessions with the six couples supposed to have their debut at the first competition in November 2004 were held during the 7 days of training. Therefore, the couple who had a training session during the last interval was spared at the last training session. The individualization principle has been applied even since this age, in order to correct the execution mistakes and to supplement the training program above the tolerance threshold.

Results. The results of the study proved the efficiency of the specific means utilization within the dance sport training at juvenile level. Thus, 6 couples out of 12 had their debut in the first competition and were supposed to participate in the next event. Out of the first 6, three qualified for the semifinals, and the other ones for the quarterfinals, in the 14th, 18th and 21st place.

Conclusions. We consider that the research objective has been reached, and the planning (although succinctly introduced in this paper) has been formulated correctly, as it is based on all the principles of the sports training (the principle of the consecutive, monotonous, multilateral training, specialization, individualization and progressive teaching), the training factors (physical, technical, psychical, etc.), the pedagogical principles “teaching” (from simple to complex, from easy to difficult, from fragmented to whole, etc) and, equally important, the factual confirmation during the events. In the final part of the work, we can point out that the utilization of a training session exclusively meant to develop the other motor skills every two weeks, without ignoring the development of the motor skills specific to the dance sport in any session, contributes to the improvement of the training methods in the juvenile level dance sport, fact confirmed by the results of the study.

Key words: dance sport, training, planning, selection.

ISOKINETIC ANALYSIS OF HAMSTINGS AND QUADRICEPS MUSCLES IN TURKISH SECOND DIVISION BASKETBALL PLAYERS

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Objective: Muscle balance ratios are difficult to measure accurately. However, once they have been measured, they can be key designing training program. The purpose of this study was to examine the maximal voluntary peak torques of the quadriceps and hamstring muscles, and the torque ratio between these muscle groups in second division basketball players.

Material and Methods: Isokinetic peak torques were measured using the Isomed 2000 dynamometer at 60 and 180°s. Twenth-three second division basketball players (age: 22.7±4.14 years, height: 195.9±6.59 cm, weight: 94.3±13.4 kg, BF%: %11.98±3.6) involved in this study.

Results: Table 1 shows the maximal voluntary peak torques of the quadriceps (Q) and hamstring (H) muscles and the torque ratio between these muscle groups.

Table 1 Peak isokinetic knee torques and H/Q Values at 60 and 180°s (Concentric/Concentric) (Con/Con)

<table>
<thead>
<tr>
<th></th>
<th>Mean</th>
<th>Std. Deviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q60 Right</td>
<td>250.43</td>
<td>46.65</td>
</tr>
<tr>
<td>Q180 Right</td>
<td>181.52</td>
<td>40.02</td>
</tr>
<tr>
<td>Q60 Left</td>
<td>250.00</td>
<td>43.56</td>
</tr>
<tr>
<td>Q180 Left</td>
<td>187.86</td>
<td>34.33</td>
</tr>
<tr>
<td>H60 Right</td>
<td>178.26</td>
<td>36.89</td>
</tr>
<tr>
<td>H60 Left</td>
<td>173.69</td>
<td>31.22</td>
</tr>
<tr>
<td>H180 Right</td>
<td>160.17</td>
<td>35.71</td>
</tr>
<tr>
<td>H180 Left</td>
<td>153.34</td>
<td>32.47</td>
</tr>
<tr>
<td>H/Q60 Right</td>
<td>71.60</td>
<td>10.29</td>
</tr>
<tr>
<td>H/Q60 Left</td>
<td>70.03</td>
<td>9.21</td>
</tr>
<tr>
<td>H/Q180 Right</td>
<td>88.89</td>
<td>11.26</td>
</tr>
<tr>
<td>H/Q180 Left</td>
<td>82.15</td>
<td>11.97</td>
</tr>
</tbody>
</table>
The average right and left H:Q ratios at 60°'s were above the "normal" isokinetic range of 60%–69%. However, at 180°'s, the mean right and left H:Q ratios were within the "normal" range.

Conclusion: The peak moment Hcon/Qcon ratio of 0.60 has previously been used to assess thigh muscle imbalance, but the functional Hcon/Qcon ratio increased above 1.00 with increasing velocity and more extended knee joint positions. The present study may be useful as comparison basis for future studies aiming evaluate the isokinetic muscle function in basketball players, coaches and physical therapists may use this information when evaluating and planning exercise programs of ankle musculature during training and rehabilitation.

Key Words: Isokinetic muscle function, basketball, the torque ratio

DETERMINING THE VENTILATION PARAMETRES OF ELİTE SWIMMERS OF PRE- AFTER SEASON

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At this study, it was determined the effects of swimming trainings on elite female and male swimmers’ ventilation parametres during the season. 12 Female and 12 male swimmers were joined to the study voluntarily. Volunteers performed 6 unit training weekly which was average 3.5 kilometres endurance, interval and sprint trainings during 24 weeks. Also, 20% all of trainings were performed on the land.

Volunteers’ Vital Capacity (VC), Forced Vital Capacity (FVC), Forced Expiration Volume/1 second (FEV1sic) and Forced Expiration Volume Percentage (FEV1%) parametres were measured.

As a result, it was thought that regular swimming trainings had an important effect on elite swimmers children during fastly growing and improving age, their improvement was specially elite male swimmers’ reaching to pubertal age, higher than expected.

Key Words: Elite swimmers, Vital Functions, Pulmoner Functions

THE STUDY OF COMMUNICATION LEVEL BETWEEN THE TAEKVANDO TRAINERS AND THE SPORTSMEN ACCORDING TO SEVERAL VARIABLES

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Effective communication is one of the most powerful tools of that a coach, the athletes, sports administrators and sports psychologist can have. The aim of this study also is to examine the communication level of Taekvando trainers with athletes according to several variables. Totally 300(23 female and 277 male) Taekvando trainers who participated in to Coach and refree Development Seminar in Antalya –Side formed a basis for the control group.

First of all, available information related to the objectives of the research was given in a systematic manner by scanning the literature. Thus, a theoretical framework has been formed about the study. Secondly, the scale, which is based on the communication scale, formed by Flanders was applied to Taekvando trainers through random sampling by Kavlu (2002).

For the solution and the interpretation of data, t test, (2X2) Kİ KARE test were used and the significance was taken as P<0.05. To evaluate the data and find the calculated values, SPSS (Statistical package for social sciences) packet program was used and the reliability of the scale (Cronbach Alpha) found as 0.90.

At the end of the study, communication levels of Taekvando trainers varied according to their professional experience levels but a meaningful relation was not found according to their education level. A successful Taekvando trainer is a person who communicates rightly with the members of his group, and establishes a warm atmosphere for the members of the group so that they can communicate with each other. A successful Taekvando trainer should consider some important points to make a well established communication atmosphere. The communication between the trainer and sportmen can be handled by two dimensions, and these dimensions are the verbal and behavioral messages. Within the communication between the trainer and the sportman, verbal and behavioral messages should absolutely be in harmony.

Key words: Taekvando, Trainer, Sportsman, Communication.

THE IMPACT OF A TRAINING CURRICULUM IN THE DEVELOPMENT OF SOME PHYSICAL AND FUNCTIONAL CAPACITIES OF YOUTH FOOTBALL PLAYERS

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The aim of research
1 - Preparation of a training curriculum to develop some of the physical abilities and functional.
2 - Understanding the impact of the training curriculum in the development of some physical and functional capacities of members of the study sample.
3 - Recognizing the significance of statistical differences between the control and experimental groups in the variables under study.

Methods:
Researcher used the experimental method for its convenience nature of the search. Were selected in a deliberate research community of youth soccer players in the province of (Sulaymanya) ages (15-18) year’s (165) as a player, either select the research sample represents youth club (Sirwan new) sports football, consisting of (26) players were selected (20) are indiscriminate and systematic manner and divided into two groups, one
THE EFFECT OF TRAINING PROGRAM PLYOMETRIC TO DEVELOP EXPLOSIVE POWER AND SPEED AND POWER CHARACTERISTICS HIGH JUMP ACHIEVEMENT FOR YOUTH

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The goal of research to:
1. There are significant differences between the before-and-after tests of the two strands of explosive power and strength characteristics of the members of the sample as soon as the search and for the benefit of a posteriori tests.
2. There are significant differences between the before tests-and-after the completion of high jump members of the research sample and for the benefit of a posteriori tests.

Research sample was selected of the best five (5) of the players to high jump for youth and are elected by the Governorate of Sulaymaniyah, the original community (5) players have been selected to deliberate the best level they exist.

By the application of the training curriculum on research over the sample (8) weeks and two courses per week, including the reconstruction of fit players.

Note that the duration of the exercises Albulayomturk ranged between (16 to 20) minutes from the main time of the unit basic training, taking into consideration the training curriculum that applied to the sample preparation through the end of the training and the time for unity between all the training (90) minutes taking into account the points the following:

1. The severity of pregnancy are training between 75% - 95% of the maximum intensity.
2. The use of equipment and tools and the capacity rises to the occasion and the age-old biological weapons training.
3. The rest ranged desirable when the positive pulse to reach 110 to 120 z minute.
4. Exercises were used higher plyometric tools or without tools.
5. Rest between the groups, which are (1-2) minutes.

Sample in the light of research and the method used and after the presentation of results and discussion the following conclusions can be drawn:

1. The use of the exercises regularly for plyometric (8 weeks) by (2 times) per week to increase the impact of the explosive force of the muscles of the two players to high jump.
2. Plyometric the use of the training led to fast development of the distinctive power of the two men expressed test jump forward to the players to high jump for young people.
3. Albulayomturk training program has led to a positive impact in improving the range of players to jump high jump of youth as a result the development of explosive power

THE CONTRIBUTION OF THE APPLICATION OF DIDACTIC STRATEGIES TO CONSOLIDATE THE SKILLS SPECIFIC TO ACROBATIC GYMNASTICS

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Summary: The research framework was intended to study the effects of the application of the contemporary didactic strategies meant to strengthen and consolidate the acrobatic elements within the national evaluation system for 9th class.

Objectives:
1. The analysis in theory and practice of physical education with regard to the efficiency of the teaching process based on the modern teaching didactic strategies.
2. The elaboration of the didactic programme (model) for the utilisation of didactic strategies within the instructive-educative process for physical education and the consolidation of skills and motor abilities specific to acrobatic gymnastics.
3. The experimental argumentation of the efficiency of the application of contemporary didactic strategies with a view to strengthening and consolidating the skills and motor abilities specific to acrobatic gymnastics.

Methods: Test method, Experts method, Statistical and mathematical methods
Subjects: The experiment was made the National College „Costache Negri” in Galati and two groups comprising 62 students, representing the witness group and respectively 61 students representing the experiment group (two 9th classes for each group) were used.

Tests: In order to evaluate the gymnastics discipline, we have chosen the acrobatic gymnastics by testing five static and dynamic acrobatic elements for girls and boys: Tuck front somersault with legs spread sideways; Standing on hands; Cartwheel; Bridge (girls); Standing on head (boys); Tuck backward somersault with legs held straight (girls); Somersault with body and legs held straight towards backward (boys).

Conclusions: At the end of experiment, the comparative analysis of the initial and final results of the tests made by the students and evaluated during the pedagogical experiment demonstrates the significant predominance of the experimental group versus the witness group (P<0.05). The results of the pedagogical experiment prove that the contemporary didactic strategies applied to 9th class students during the analysed period had a positive influence on the motor training, the level of assimilation of motor skills and abilities specific to acrobatic gymnastics.

Keywords: physical education, acrobatic gymnastics, didactic strategies, specific skills.

RESEARCHES CONCERNING THE UTILIZATION OF THE KINEMATIC ANALYSIS MOVEMENT SOFTWARE IN 2D SYSTEM – DARTFISH® IN THE MALE TRIPLE JUMP EVENT TECHNIQUE MONITORING

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Introduction
The permanent improvement of the instruments and methods used in order to monitor the technique aspects of the human movement determined the obtaining of some more accurate information regarding to the basic element of the movement, influencing in a favorable way the scientific research activity that is necessary in order to provide quality and efficiency to the means that are used in the sportive training process. "The science of the information promotes new instruments to analyze the sportive performance following some methodological and technological progresses in sportive and physical activities domain. So, using the modern technologies gives the possibility that the training process of the physical education and sport domain should be approached from a different perspective.” [DUPUL, P., 2003, pp. 7 - 13]

Research objectives
The identification of the technical features specific to the 2D movement analysis software;

The determination of the action directions which are compatible with the monitoring activity of the technique that is specific to the male triple jump event;

The establishment of the operational design that is necessary to implement the kinematic analysis movement software in 2D system – Dartfish in the framework of the monitoring means specific to the male triple jump event technique.

Research methods and procedures
The research was realized using the following research methods: case study, kinematic analysis, documentary IT, experiment, table and graphic and it was focused on the National and Olympic Team components of the Romanian Track and Field Federation, specialized in the triple jump event.

Discussions and conclusions
Using the kinematic analysis of the movement software in 2D system for the technique monitoring of the triple jump event may represent a support element in the sportive training process – technique training component – being used in video images processing to record figures data but also in order to elaborate some visual representation instruments of the technique behaviour.

Key words: kinematic analysis, triple jump, male.

RESEARCHES CONCERNING THE KINEMATIC ANALYSIS OF THE HOP IN THE MALE TRIPLE JUMP EVENT

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Introduction
The information obtained by kinematic measurement and evaluation represents important indicators in the sportive technical monitoring activity, representing a support in the correct learning, consolidation and advanced of the different component of this modern sportive training factor.

Research objectives
The establishment of the kinematic parameters that will be measured and analyzed; The delimitation of the moments when the kinematic parameters will be measured and analyzed; The dynamics determination of the kinematic parameters used in this research that is specific to each athlete.

Research methods and procedures
In order to elaborate this research paper we used some research methods that gave us the opportunity to achieve a scientific approach based on quality and precision: case study, kinematic analysis, experiment, table and graphic and it was focused on the National and Olympic Team components of the Romanian Track and Field Federation, specialized in the triple jump event.

Discussions and conclusions
The kinematic parameters that were measured aimed at: the time of the hit action, the trajectory of the general body mass center and the angles realized in the knee and hip joints by the hit lower limb and swing leg.

The data and the means that were used in order to process the kinematic parameters obtained by achieving this scientific approach represent real and objective instruments of technique monitoring that can be used in order to provide quality and efficiency to the training process – technical factor. In the same time this kind of scientific approach has the purpose to give to the training staff exact indicators of what they are doing with the triple jumpers from the measurement and evaluation view point, knowing the fact that the triple jump is a technical event that requires a great mechanical shock during the base mechanism practice.

Key words: kinematic analysis, male, triple jump.

ANALYSIS OF THE MOTOR GESTURE: “KINEMATICS AND DYNAMICS OF THE SPORTS MOVEMENT”

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Introduction
It is certainly not easy to establish the most appropriate mechanical execution of a gesture to obtain a performance objective, moreover if this is technically defined. The reasons for this are essentially ascribable to two macro-areas. The first is the performance macro-area, meaning that a
gesture must always be as effective and efficient as possible, regardless how it is made, for example during the sport activity. For example, putting the ball in the basket in basketball and scoring in soccer. The second macro-area consists in the different morphological conformation of athletes, therefore a particular executive technique can work for an individual but not for another. In view of these indisputable facts, it must be also pointed out that a technical gesture, especially if of demanding mechanical nature can, and in our opinion it should have an optimal executive technique, despite leaving slight possibilities of differentiation (subjectivity).

In short, we deem reasonable to sustain that the technical gesture, for its utilities and purposes, for articular and muscular constitution and conformation of the athlete, can and should have its precise gestural expressiveness. Certainly the subject that can help us define the “optimal gesture” is kinematics, the dynamics of the motor gestures intended as interaction of the various components of the human body.

In sports, sometimes we note that the acquisition of gestures is dealt with the due attention, but learning takes place through an explanation that is basically erroneously focused, in our opinion, on the motor experience of the individual; this condition is even worse if belonging to the first band of the juvenile sector, eleven-fifteen years of age, where the learning of the same gesture is based, in a superficial manner, on scarce experience. This takes place for multiple reasons, but certainly, it often stands out that the reproduction of the movement is not perfected as it should be, not even at the high level of mature athletes, especially when the gesture is particularly complex. The execution of any motor gesture implies the attainment of a specific goal. Keeping a posture, walking, reaching objects in the space are for example, never random situations but aimed at projecting or keeping the body in a specific position based on precise adaptation needs.

In this regard, the analysis procedures of the movement give useful information to characterise and quantify the movements of the body segments in relation to the establish objective. Reaching an object in the surrounding space to grab it, implies that the hand moves along a precise trajectory and assumes a specific position and speed at every instant. The movement of the hand in turn, is determined by the rotations of the limb’s articulations that will be characterised at every instant, by an angular value and rotation speed. The right combination of the articular rotations will produce the movement of the hand through precise positions and with suitable speed in order to attain the established goal. Therefore, analysing a movement means to identify the position and speed that characterise the linear or angular movement of each part of the body, at every instant. The Central Nervous System (CNS) determines the precision of this process. The objective of the movement indeed, is represented in the CNS and the kinematics of the parts that must move are programmed based on this representation. Once identified the position and speed of the elements to move, the CNS must plan the distribution and entity of the muscular forces to apply in order to determine the specific kinematics (movement dynamics). In conclusion, the order of muscular activation is transferred to the motoneurons that trigger the planned forces. When the muscles are activated and the forces foresaid are applied, the articulations will produce the planned kinematic scheme with the relative movement of the appropriate body segments indicated.

The study on kinematics and dynamics of motor gestures is carried out using instruments that detect the position and speed and instruments that detect the forces applied, such as Vicon, Elite or Smart system, to mention some of the most sophisticated ones, essentially consisting of infrared telecameras and with powerful dedicated software. Instead, by using EMG, it is possible to establish the temporal relations and entity of the nervous activation of the different muscles involved in the movement.

THE FUNCTIONAL TRAINING

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Introduction
In short, the Functional Training is aimed at improving the totality and complexity of the movement, not the constituting element, not the single muscle.

In the United States, the functional training is a standard extensively applied for many years by personal trainers and trainers, in fitness and athletic preparation, in order to elaborate personalized training plans for athletes and motor activity enthusiasts.

The Functional Training is at the basis of modern workouts at the gym. Functional training means giving a finalized view, a purpose to the training, the athletic gesture must show positive effects in the management of the body in the selected sport and in life; the functional training serves as integration, to improve the general performances of who undertakes it. In order to have an actual positive effect, training must analyse and reproduce the entirety and totality of the movements made while performing the sports activity. This can be obtained through the so-called tridimensional movements, at different speeds, with different movement ranges, that stimulate the proprioceptivity and “Core” control, seeking stabilization, and using also those muscles that intervene in considerably reduced or almost null percentages during the execution of the exercises.

Therefore, “training the entire movement” rather than “training the single muscles” becomes of primary importance. The Functional Training aims at training all the physical qualities that take part in the execution of each movement in every day life, therefore strength, resistance, balance, articular mobility, flexibility and proprioceptivity skills, in all three levels of body movement in the space: frontal, sagittal, and transverse. The Functional Training is highly conditional and preventive at the same time. The functional development always focuses on the kinaesthetic control, on coordination skills and keeps in great consideration the key activity of the abdominal girdle, the “Core”, with its ability to transfer pushes and jumps, to compact the system and improve the various muscular synergies, which have a leading role in preventing accidents. The functional training respects the typical characteristics of kinetic and kinematic functions of the human body. Its purpose is to conceive exercises that respect the daily movement: movement that generally develops both on planes and axes. With just a few selected exercises, it is possible to run in the mistake of under using or even not to use some muscular zones, that would be at risk to reduce or lose their potentials, limiting in the best case scenario, the functionality of the movement gestural expressiveness.

The functional training is a complex and extremely diversified training, it adapts to the needs of every person.

The Functional Training applied to fitness, aims at putting every person in the condition to be able to make and face any movement which is useful for his life, through a type of training created ad hoc for each individual. A movement is called functional when it imitates and reproduces those of daily life, therefore natural movements made with the synergic contraction of multiple muscular groups.

Being “functional”, it means to be coordinated, strong, flexible, agile and not only; the ability to conceive and carry out a functional training lies in being able to articulate this training, by always creating new motor experiences able to stimulate the person and acquire a complete body scheme that leads to be more prompt and effective. Does it make sense to train only for aesthetic purposes, if then the muscular mass built is not functional to the natural movements? With the functional training it is possible to become better athletes in general and also in the detail: this is in short the practical and harmonious application of the physiological principles that regulate the human movement.

The evaluation of the functionality is essential to personalize the work. In order to better understand the concept of Functional Training, we would need to become tireless observers of the human movement: we should observe children (which are not subject to motor influences transmitted by daily life). We are one single body and as such, we must regain our natural movements, those that when we were children, were allowing us to fall and get up again quickly without thinking about what we were doing, and we also must regain gestures and sensations that can only be given to us by the completion of the movement in its whole. Nowadays, excessive wellbeing and comforts create dull subjects that lack those synergies that in the past were allowing to respond properly to the various stimuli of the environment. Sport and daily life are about quick, explosive gestures, sudden changes of direction, extremely quick accelerations and decelerations, which force our organism to use all the muscles in order to move contemporaneously; the human body must be trained as a single big entity.
THE EFFECTS OF THE GYMNASTICS ELEMENTS APPLICATION IN RECREATIVE ACTIVITIES IN GIRLS AGES 9-10 YEARS

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Purpose. The basis for this study was the intention of which is to considerably intensify the influence on intellectual area of 9-10 years old girls during the recreational activities, using the elements of gymnastics, as a means in recreation program.

Methods. To establish the efficiency of the programmed recreative activities in particular (with an emphasis on the gymnastics elements) to the transformation of some anthropological characteristics (intellectual characteristics) it was treated 212 the school girls in Nis (Serbia), during one school year. For assessment of examinees intellectual distinctiveness was conducted by the help of Raven’s matrix in the color (1 test): raven - Raven’s matrix in the color. Population, from which the sample of examinee for the research was taken, has been defined as the population of the schoolgirls, between 9 and 10 years age. The examinees, representing the sample, had to fulfill the following condition: to regularly attend recreative classes. The research of the longitudinal character has been conducted, in duration of 36 weeks (one school year), within which the exercises twice a week in duration of 45 minutes were performed. Before starting the experiment, an initial measuring of intellectual capabilities, which were also monitored during the experiment, was made in all subjects of both experimental and control groups. The final measurement of the relevant segments of the intellectual area was conducted at the end of the experimental treatment. In this research, multivariate statistical procedures was used, such are MANOVA, also was used Roy’s t-test, Pearson’s coefficient and coefficient of multiple correlation

Results. The basic conclusion is that the female pupils of all experimental group achieved significantly higher teaching effects than the control group, in view of partly increased intellectual distinctiveness, being the result of the effects of the experimental treatment, as well as other external and internal factors.

Conclusions. Whether the explicitly proved positive results of some research will be accepted and applied in practice, depends on many factors where, talking about the after school activities, we can currently notice a variety influences on child’s personality.

Key words: Recreative Activities, Gymnastics Elements, Development, Intellectual characteristics, Elementary school girls.

THE EXAMINATION OF THE EFFECTS OF GYMNASTICS TRAINING PROCESS ON COORDINATION DEVELOPING ON 9-10 YEARS OLD GIRLS

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Purpose. By different moving activities, learning about their body and its motoric, a child develops its motorie, acquires different motoric skills and habits and develops motoric activities. In this work, the subject of the research is just one segment of the anthropological area which refers to the appearance of appropriate motor abilities-coordination. The appropriate level of coordination is necessary during each motor activity. Size and character of coordination depends mostly on a kind of activity and on forms of the specific ability demonstration, when specific branch or discipline is concerned.

Methods. The battery for the evaluation of coordination consists of the following tests: MPON, MSL3, MONT. During the 2005/06 academic year, a research was conducted so as to determine the effects of a current program of physical education teaching on motor abilities coordination of female pupils. The research involved a total sample of 102 female pupils from 3rd and 4th grade of elementary school. The subjects were classified in an experimental and a control group. The experimental group was made of 54 female pupils and they were exercising according to the planned instructions where the gymnastics training process played the primary role. The control group of 48 female pupils was practicing according to official instructional plan and program for PE of the Republic of Serbia. Research data was processed using SPSS standard statistics procedure. The multi-variant analysis of the variable, MANOCOVA, MANOVA and t-test. Also, the mono-variant procedures were used and they were: the variable analysis, ANOVOA, ANOVA and the interval of entrust

Results. The given results lead us to the conclusion that for the experimental factor is what is responsible for the significant changes in the evaluation of coordination. Of the three motoric variables for the evaluation of coordination that we examined, the effects of the experimental treatment had the primary role with all of them, and there it gave statistically significant difference among the experimental and control groups. By analyzing the programs by which the groups practiced, we can say that these results are expected.

Conclusions. Considering the difference of the influence of the treatment, it can be pointed out that the experimental program, with all its characteristics, widely contributed to all its segments to the improvement of coordination in whole, while the treatment of the control group which represented the official actual program for PE for younger female pupils did not give better results in any of the segments of motoric ability of coordination of the examined female pupils.

Key words: Gymnastics Training Process, Coordination Developing, Young School Girls.

THE EFFECT OF L-CARNITINE SUPPLEMENTATION ON 1500 m RUNNING PERFORMANCE

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Objective: The purpose of this study was to determine the effects of L-Carnitine on 1500m running performance and blood lactate level.

Research methods and subjects: Healthy and well-trained 20 voluntary male athletes were randomly classified in two groups as the control (n=10) and study (n=10) groups. Before the treatment performance times of the athletes for running 1500 m recorded and the blood samples were obtained four minutes after the exercise. Athletes in the study group were treated with 1 x 2 g of L-Carnitine per day after the lunch for 10 days, while the control group had only fruit juice.

Results: Then performance time recording and blood taking were repeated to see the effects of L-Carnitine. The results of the control group showed no statistical significance. But in the study group both performance times and plasma lactate levels significantly reduced (p<0.001).

Discussion and conclusion: As a result of this study, 10 days L-Carnitine supplementation has provided an ergogenic benefit on blood lactate level and 1500m running performance on well-trained athletes.

Key words: L-carnitine, running performance, ergogenic factors.
THE COMPARASION OF STRESS AND BURNOUT LEVELS OF 13-15 AGED SPORTMEN BLINDS

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**Purpose.** At this study, it was aimed to investigate the stress and burnout levels of 13-15 aged sportmen blinds.

**Material and Method.** Kayseri Blind Handicapped Primary Education Scholl Sport club’s 13-15 aged, B3 level blind handicapped 15 sportmen as test group, from the same school 13-15 aged, B3 level blind handicapped 15 sedentary as control group were joined voluntarily. Test and control groups were performed stress inventory included 10 questions. These questions were prepared the five likert type included “never=1, rarely=2, sometimes=3, often=4, always=5”. Test and control group were performed Maslach Burnout inventory(MBI). MBI had 22 questions which evaluated burnout in 3 dimensions, were Emotional Exhaustion (EE), Depersonalization (D) and Personal Accomplishment (PA).Datas were recorded on computer by using SPSS 13.0 packet programme. Arithmet mean, standart deviation, standart error, minimum and maximum values were used for presentation of datas. For statistical analysis, independent-t test was performed. The statistical significance wase set at 0.05.

**Results:** As a result of the study, while no meaningful difference was found at age, emotional exhaustion, depersonalization, personal accomplishment and stress average parameters. The statistical significane wase set at p < 0.05.

**Discussion:** In conclusion, by looking to these obtained findings, struggling in a longer time of volleyball players within the ending of their long competition durations and in competition duration longing a play which oriented to continual charge like speed, agility, power, continuity in power of volleyball players are considered to supply having a higher basic metabolism and muscle mass and bone mass are measured with tanita. Besides, it is recorded by asking daily smoking to whole volunteers who join to this study. Differences between volleyball players and taekwondo players are evaluated in computer atmosphere by applying t – test.

**Key Words:** Blindness, Stress, Burnout.

COMPARING SOME PHYSICAL AND PHYSIOLOGICAL PARAMETERS OF FEMALE AND MALE SPORTSMEN IN DIFFERENT BRANCHES

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**Objective** In this study, it is aimed to reveal the difference between branches by comparing some physical and physiological parameter levels of male sportmen who are in different sports branches.

**Methods** 21 female and 23 male volleyball players whose sports age are 5 or more and who are playing volleyball at sports leagues, and 37 female and 55 male taekwondo players, who join InterUniversities Taekwondo Championship of Turkey, joined willingly to this study. Volunteers, joining to this study, whose age, length and body weightiness levels are one by one for male volleyball players are 21,6±2,7 year, 186,3±6,1 cm, 76,6±7,8 kg and for male taekwondo players are 24,3±5,4 year, 176,2±3,8 cm, 70,7±11,0 kg ; for female volleyball players are 20,1±1,6 year, 177,5±5,0 cm, 65,8±6,1 kg and for female taekwondo players are 21,9±3,3 year, 168,2±5,6 cm, 59,7±10,2 kg. Volunteers, joining to this study, whose biological age, length, body weightiness, rest pulse, systolic blood pressure, diastolic blood pressure, oxygen saturation, body liquid, interior organ’s fat level, body age, rest basic metabolism, active basic metabolism, mass proportion of muscle without oil, activity level of muscle mass and bone mass are measured for each volunteer.

As a result of the study, while no meaningful difference was found at age, emotional exhaustion, depersonalization, personal accomplishment and stress average parameters in favour of blind handicapped sportmen. We concluded that sportive activities had a positive effect on handicapped people’s stress and burnout levels even if it was a little

**Key Words:** Blindness, Stress, Burnout.

MEMBERSHIP IN THE TURKISH REPUBLIC OF NORTHERN CYPRUS INTERNATIONAL FEDERATION OF FOOTBALL/ТЕНИС INVESTIGATION

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The purpose of this study, the Turkish Republic of Northern Cyprus Footballtennis made and ensure full members of the International Federation Footballtennis is to examine factors. Study, based on relevant literature and official documents by using the build quality was prepared in the screening method. Northern Cyprus, Turkey gained official status of the Federation, the European and World Championships under their own flag and noble team can remove members Footballtennis the International Federation has one of the countries that they have been identified. Everyone is entitled to play sports under its own flag, so the sport can help to prevent the country between politics have the idea that the move could have been a force.

**Key words:** Turkish Republic of Northern Cyprus, Footballtennis
RELIABILITY AND VALIDITY OF A DISCONTINUOUS GRADED EXERCISE TEST ON DANSPRINT® ERGMETER

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The aim of this study was to determine the validity and reliability of a graded exercise test on a specific kayak ergometer (Dansprint®) in which certain physiological and technical parameters that can to define kayaking performance were assessed. Fourteen male top-level kayak paddlers (all members of Spanish Kayaking National Team) participated in this investigation. All subjects carried out two ergonomic tests (Ergo1 and Ergo2) and one flat water test (FWT) in random order. At anaerobic threshold (AnT) intensity, the results showed acceptable levels of reliability (comparison between data of Ergo1 and Ergo2 tests) in the assessment of velocity (r=0.754; p=0.004), stroke frequency (r=0.976; p<0.001), heart rate (r=0.964; p<0.001), and blood lactic acid concentration (r=0.899; p<0.001). Validity coefficients showed a strong relationships between Ergo2 and FWT tests in all physiological and technical parameters with the exception of velocity (r=0.498; p=0.121). It can be concluded that specific ergometry can be used to evaluate and to prescribe training AnT intensities of top-level kayakers attending to parameters such us heart rate, whole blood lactate concentration, and stroke frequency. Nevertheless, the training prescription through specific ergometry must be taken cautiously when velocity is the parameter of reference.

Key words: kayaking, testing, ergometry

PSYCHOLOGY SPORT: PRESENT AND FUTURE

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Introduction: During the last 50-60 years the sports psychology has become firmly established in sports. At the same time the sport practice brings evidence that it is only beginning to solve some of the most important problems in sport. It is untimely to say that the sports psychology has become a compulsory and efficient part of the sportman’s preparation.

Methods: At present the sport practice above all makes use of the methods of psycho-diagnostics and mental self-regulation. The sports psychology has succeeded significantly in the development of these methods.

Results: And at the same time the coaches react to the use of these methods in their practice quite passively. The fact is that the data of psycho-diagnostics only show strong and weak points of the sportman’s mentality, the degree of his mental preparedness to a competition. But the coach needs specific recommendations: how to form the sportman’s motivation to the training work, how to prepare the sportman to the competition. It might seem that mental self-regulation could solve this problem but, according to the results of our research, it makes to great extent the mechanisms of the psychological level join in the process of regulation. These mechanisms quite often fail in the conditions of significant competitive exertion. At this moment in the regulation of the sportman’s mental state the mechanisms of the psychological level (motives, goals, aims) are put in the forefront. The coaches and sportmen do not get the results promised by the psychologists and in the upshot they lose their interest to the method in question. The disadvantage of this method’s application is also that the psychologist uses it quite often to manipulate the sportman’s mentality making him the executor of the psychologist’s will; and this, as proved by practice, seldom gives a positive result.

Conclusion: It seems that the further development of the sports psychology can be seen, on the one hand, in the re-orientation of the psychologists from the regulation of the sportman’s mentality to the process of forming the subject of the sport activity able to take the overall responsibility for the result of the sport activity, able to independently set objectives and to overcome the psychological difficulties that arise in the process of attaining these objectives. In its turn, it will require the change in the very approach to the psychologist’s work. The psychologist and the coach will turn from the specialists in correcting the negative manifestations of the sportman’s mentality to the specialists in forming the subjects of the sport activity. It will require the creation of the technologies that can form the subjects on all the age-specific stages of the sport activity, that can form the most important psychological qualities (psychological stability, mental reliability, etc.). Getting these technologies will enable the coach to change from the consumer of the psychological knowledge to the immediate participant of the psychological process.

Key words: sport psychology, development

ACCOUNTABILITY IN PERSONALITY TRAINING OF A SOCCER PLAYER

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The coach, through the position and influence he owns, contributes decisively to the formation and shaping of a child’s system of values. Actually, there are a few situations in which a player who reached maturity makes public the names of their first coaches from when they were juniors, extolling their merits for achieving their personal success. It all goes down to the interest and the art shown by each coach.

Theoretical concepts: By looking at these things from this perspective, we have to bear in mind the fact that at the age of childhood, especially in its first stage, the behaviour of a child presents a series of particular features, which differentiate his way of acting from that of a senior. Thus, at the age of 5-6, which sometimes relates to the first encounter with football, a child mainly shows agility, intelligence and reticence in embarrassing situations. In spite of all appearances, the field of attention is dominated by a profound understanding of a situation. The interest for a game, typical for that age, is the source of numerous activities which are incorporated in games. A game is the field where personality and interest are the forces of its activation. The adolescent age – between 10 and 18 – which is the final period of secondary school, following junior school, represents the second part of an individual’s life, the transition to maturity and to becoming part of a society. The family and school guardianship gradually modify.

Conclusions: Every coach or teacher must have certain features in order to be at the top at their jobs and to provide solutions to possible problems. Authority, charisma, empathy and especially patience represent characteristics necessary for a coach to perform at this job and to have a good impact on the persons he coaches. One must be endowed with understanding of both children and factors which trigger their way of acting, in order to prevent them from abandoning their future football careers.

Key words: coach, coaching, performance, training, the future player character.
A COMPARATIVE STUDY REGARDING THE EFFICIENCY OF GAME RELATIONS IN ATTACK AT THE WOMEN’S VOLLEYBALL TEAMS

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Research objectives: The main objective of this study is the analysis of games relations in attack, during the women’s teams’ volleyball games, in order to try to find the best solutions to improve it.

Research methods: the study of specialized literature; video analysis; mathematical; graphical.

Subjects: The subjects of this study are the female volleyball players of Ştiinţa Bacău, Penicilina Iaşi and the CS Volei 2004 Tomis Constanta, teams that participate during the 2009/2010 season in the National Women’s Volleyball League.

Rezultatele cercetării: The analysis we made in our study refers, mainly, to the relations established during the attack between: setters and area 4 players, setters and centre players and the area 2 player (”false”), aspects that can lead us to an increase in game efficiency in attack for the National League women’s volleyball teams.

Following the analysis of the official games data, we observed that the attack relations between the coordinating setter and:

- The players in area 4 have an average efficiency of 0.721±0.035 and a variability coefficient of 4,902;
- The centre players have an average efficiency of 0.736±0.062 and a variability coefficient of 8,467;
- The player in area 2 has an average efficiency of 0.714±0.070 and a variability coefficient of 9,846.

Conclusions: Following the obtained results, we can say that the knowledge of the efficiency level for the attack game relations is necessary and compulsory, and it constitutes itself in main guidelines for the quality of training as the demands of today’s volleyball game are concerned.

Keywords: game relations; attack; volleyball.

SOCCER TRAINER

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Coach is a public figure, active in sports, having a certain degree. The coach is a competent person qualified in charge of selecting and training athletes in training and competition. He leads the overall activity of players and team training. We can say that the coach is an educator as complex self-training and education of athletes, in an area of quality and efficiency, with gifted individuals than the average population, usually children and youth. Pedagogical process of communication and leadership training and education is conducted individually and in groups at different levels of education and aspiration. Coach personality should be oriented towards training and development issues at various levels of the personality of the player.

Conclusions: Being a coach, like all other professions, requires knowledge and passion, sacrifice and dedication of part of your soul, children, sports, travel and all activities required performance. Future sporting world will depend not only funds, technology coaches but also for their quality.

Key words: coach, soccer.
PROGRESS IN SOME ASPECTS OF PHYSICAL TESTS, SOMATIC AND TECHNIQUES SOCCER PLAYERS FOR 12 YEARS

MELENCO IONEL, PhD Assoc. Professor , STANCULESCU GEORGE, PhD Professor

Soccer is dependent on ball control and technical skills. (Melenco I., 2008). Coaches must emphasize, from the small age (children and junior), all players, develop skills and knowledge necessary function of coordinator of the game. We understand this ability by any player who came into possession of the ball can and should begin to overrun the ball, but especially by care, the most relevant actions to attack (counter, attack quickly or point). (D’Ottavio, 2002). We consider it necessary and useful for certain periods of time children should be evaluated using different tests (Melenco I., 2008). We see how to improve training facilities at this age can lead to further positive developments of children. We believe that based on improved training methods and means we can significantly increase the level of indices physical and techniques to a group of children for 12 years.

**Purpose.** The paper aims to examine developments in particular indicators and partly physical, somatic indices and techniques over a year to a group of young soccer players aged 12 years.

**Methods.** In our research we used a number of known methods for investigating the morphological, motor and techniques.

**Results.** Comparisons made within the group as regards somatic performance, physical and technical have highlighted significant differences between tests (the initial test and the final).

**Conclusions.** We believe that progress is due to the means used by our practice. Significantly better results obtained by children from these tests confirm the hypothesis came to work.

**Key words:** soccer, kids, progress, indices

SPORTIVE PERFORMANCE OPTIMIZATION IN DECATHLON EVENT BY THE OPERATIONALIZING OF THE PSYCHIC TRAINING

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**Introduction.** The main objective of the sportive training and in the same time a finality is the sportive performance which is considered as “the excellence aspect, optimum of the human being” The athlete that has to achieve performance is engaged in the training process on three plans, with differences between them and structured in system: biological, psychological and social. In the “total training “ training, the psychological training contains: the psychological training of the athletes, the training psychology, the education psychology, the psychic training, the contest psychic training, the adjustment and self adjustment of the psychic states, prevention, psychotherapy, psychological assistance.

**Aim, objectives.** The paper emphasizes an operationalizing model of the psychic training in decathlon, by a case study, achieved in a longitudinal experiment during three years. The operationalizing of the psychic training of the athletes during the specific training of the decathlon event, can determine the maximization of the performances in the objective contest, by adjustment and self-adjustment of the psychic states specific to the athlete and the stimulation of the motivation.

**Content, methodology.** The dependent variable of the sportive training is the athletes’ performance. The research presents the relation between the independent variable – psychic training and performance in the training of a decathlon athlete. The motivation adjustment is experimental realized by specific techniques, based on the quantification of the expectancy level, the valence and instrumentality of the motivation on the two levels: extrinsic and intrinsic.

**Discussions, conclusions.** The psychic training contributes in a significant way in the performance capacity expression of the decathlon athlete in the objective contest, if the G.M.I. value is known (Global Motivation Index) and the indices of the motivational structure and if the psychic training is operationalized according to the determined indexes.

**Key words:** optimization, sportive performance, psychic performance

THE CHARACTERISTICS OF FORMING THE EFFICIENT TEAMS AT THE LEVEL OF PRIVATE LAWN TENNIS CLUBS

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The paper’s aim is to review the importance of team working at the level of private tennis clubs.

Following the economic model and at the level of private tennis clubs, the leading teams are the ones that best apply the organizational strategies due to the need of harmony between the variations of the environment, strategy and structure.

Therefore, the private clubs based on teams promote the innovation due to the interchange of opinion.

**Key Words:** lawn tennis, teams, private clubs.

PRIVATE PSYCHOLOGICAL ASPECTS CONCERNING THE EVALUATION OF THE POTENTIAL IN LAWN TENNIS

MERCEA TRAIAN IONUT, Lecturer PhD student, University of Pitesti

A systematical approach of the phenomenon created by the lawn tennis offers a series of various perspectives regarding the problems of analyzing this field. The purpose of this paper is to identify the set of psychological tests that can be useful to the lawn tennis, the setting of the role and purpose of their application.

**Key words:** lawn tennis, potential, evaluation, psychological aspects.

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ASPECTS REGARDING MUSCULO-SKELETAL TRAUMAS IN COMPETITIVE ATHLETES AND FOOTBALL PLAYERS

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Traumas occur frequently in the competitive sportsman’s life. The causes and the mechanisms of musculo-skeletal traumas vary with every sport.

The purpose of this study is:
- to determine the incidence and location of musculo-skeletal traumas in competitive sportsmen between Period I August 2006-July 2008 and Period II August 2008-July 2009 within the same sport branch and between branches (9, 10, 11);
- to identify and reduce the causes of injuries in sports practising.

Material and method. The study was performed on 27 football players from League A1 and A2 and 12 athletes (sprint and hurdles) from Timisoara, aged between 13 and 27 and with 4-17 years time spent in training. The study extended over a three-year period of competitions, during which the sportsmen were examined closely: Period I August 2006-July 2008 and Period II August 2008-July 2009. The sportsmen were monitored both while training and during competitions through video recordings, questionnaires, and observation and conversation conducted by medical sportsmen and kinetic therapy experts. The injured sportsmen were examined clinically and imagistically (radiology, ultrasound scan and in severe traumas also MRI).

Results. Two batches were studied: batch one consisted of 12 male athletes and batch two consisted of 27 male football players.

The musculo-skeletal traumas occurred in 11 body segments: forearm, thigh, elbow, spine, calf, knee, ankle, hand (palm, fist), foot and shoulder. The mean, the standard deviation and the standard error of the mean were calculated for all numerical parameters: age, time spent in training, height, weight, BMI, maximum number of traumas per body segment and total number of traumas. A comparison was made between athletes and between athletes and football players in the two mentioned periods (9, 10, 11).

The results of the comparison between the injuries occurring in each body segment separately in the two periods are significant (the Z-test was used and the significance threshold was \( \alpha = 0.05 \)).

Track and field events: the number of knee traumas (\( p = 0.001; \alpha = 0.01 \)) decreased considerably in the 2008-2009 period compared with the 2006-2008 period.

Football: the number of thigh (\( p = 0.034; \alpha = 0.05 \)) and knee traumas (\( p = 0.007; \alpha = 0.01 \)) decreased significantly, while the number of foot injuries was significantly higher (\( p = 0.034; \alpha = 0.05 \)).

Conclusions. The results of our study, validated in sports-related literature, indicate that trauma incidence is higher in athletes than in football players. Injuries occur frequently in athletes competing in technical track and field events such as hurdling.

Key words: musculo-skeletal traumas, competitive sportsmen, affected body segment.

ASPECTS ON MUSCULO-SKELETAL TRAUMA INCIDENCE IN COMPETITIVE SPORTSMEN. A COMPARATIVE STUDY OF ATHLETES AND FOOTBALL PLAYERS

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Traumas occur frequently in the competitive sportsman’s life. The causes and the mechanisms of musculo-skeletal traumas vary with every sport. The aim of this study is to compare the frequency and location of musculo-skeletal traumas in competitive athletes and football players between period I August 2006 -July 2008 and period II August 2008- July 2009 within the same sport branch and between branches (9, 10, 11); the comparison was based the track and field event and the player’s position on the football ground (9, 10, 11).

Material and method. The study was performed on 27 football players from League A1 and A2 and 12 athletes (sprint and hurdles) aged between 13 and 26 and with 4-17 years time spent in training. The sportsmen were monitored both while training and during competitions through video recordings, questionnaires, observation and conversation conducted by coaches, medical sportsmen and kinetic therapy experts.

The injured sportsmen were examined clinically and imagistically (radiology, ultrasound scan and in severe traumas also MRI).

Results. Two batches were studied: batch one consisted of 12 male athletes and batch two consisted of 27 male football players.

The musculo-skeletal traumas occurred in 11 body segments: forearm, thigh, elbow, spine, calf, knee, ankle, hand (palm, fist), foot and shoulder. The comparison of the trauma percentages in the two batches was based on the affected body segment, the player’s position on the ground and the track and field event (9, 10, 11).

The results of the comparison between the injuries occurring in each body segment separately in the two periods are significant (the Z-test was used and the significance threshold was \( \alpha = 0.05 \)).

The comparison between trauma percentages in athletes and football players had the following significant results:
- elbow (\( p = 0.016; \alpha = 0.05 \))
- spine (\( p = 0.032; \alpha = 0.05 \))
- calf (\( p = 0.011; \alpha = 0.05 \))
- knee (\( p < 0.001; \alpha = 0.001 \))
- foot (\( p = 0.027; \alpha = 0.05 \))
- shoulder (\( p = 0.002; \alpha = 0.01 \))

Trauma incidence was considerably reduced in football players than in athletes.

Conclusions. The results of our study, validated in sports-related literature, indicate that trauma incidence is higher in athletes, especially those participating in more events such as hurdling.

Key words: traumas, competitive sportsmen, track and field events, football
IMPULSE MOMENTUM RELATIONSHIP IN PERFORMING SPRINT START FOR JORDANIAN SPRITTERS

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Introduction: It’s well defined in theory that impulse is equal to momentum since both were derived from the Newton second law of acceleration. However, the application of this law should be hold true if the direction of the force was pointed at the same direction desired. If any differences have to occur, this should be observed by biomechanical analyses and corrected to feedback athletes so that optimum benefits from implementing this law can be achieved. The purpose of this study was to investigate the relationship and the differences between the impulse and the momentum and its directions for sprinters during takeoff from the starting block.

Method: Three sprinters, from the Jordanian national team were filmed using a digital video camera (Sony) (25 Hz) from the sagittal plane of their execution of three trials of starting sprint from an AMTI force platform synchronized with APAS system for further analyses. The best trial according to best time recorded for starting take off was digitized and an 18 point body model was used for determining the CG of the sprinters for analysis. Cameras were field synchronized by light bulb diot using the frame matched. Digitized data were smoothed with a Butterworth digital filter at 2-4Hz. The CG location of the subject was determined by segmental analysis and described graphically. CG velocities and accelerations were also calculated. Kinetics and kinematics data then were inputted into a computer using (SPSS) package for statistical treatment purposes. Means, standard deviation, sequence, percentage, Kendalls tau-b (non parametric) correlation coefficient and Mann Whitney test (non parametric) were calculated for comparative purposes.

Results: The analyses showed that there no statistically-significant relationship was found between impulse and momentum for all subjects of the study, and they also showed that there are some statistically-significant differences between the directions of the resultant force impulse and the direction of the trajectory CG velocity momentum at the instant of take off from the block.

Discussion: This type of results is exponential in which sprinters are not perfect in optimising their technique to the best implementation of conserving energy transform to the direction desired of their CG of their body. In this case more feedback of their impulse curve need to be mastered in order to develop the right orientation of the geometry of the body after the push off.

Conclusion: Since one tenth of a second is very important to the sprinters a scientific method and tools should be used in biomechanical analysis to help both athletes and coaches to discover weakness and improve the performance. It was suggested to design training programs that reduce force dispersion and improve the performance of sprinter at starting.

Key Words: impulse, momentum, sprint start.

Figure: The value of the GRF during the take off from the block and it was calculated based on this formula:

$$I_t = \int_{t_0}^{t_2} F dt = \left(\frac{F_n}{3n}\right) \sum_{n=1}^{3n} 4F \sum_{n=1}^{2F} \sum_{n=2}^{4F} \sum_{n=2}^{4F} ... F$$

EFFECTS OF SODIUM BICARBONATE SUPPLEMENTATION AND HIGH-INTENSITY INTERVAL TRAINING ON ENDURANCE PERFORMANCE AND BODY COMPOSITION IN MEN; A DOUBLE-BLIND TRIAL

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Introduction Intermittent bouts of high-intensity exercise result in diminished stores of energy substrates, followed by an accumulation of metabolites, promoting chronic physiological adaptations. Concurrent high-intensity interval training (HIIT) and sodium bicarbonate (SB) supplementation may result in greater adaptations than HIIT alone. The main aim of this study was to examine the effects of combining sodium bicarbonate (SB) supplementation with high-intensity interval training (HIIT) on endurance performance and aerobic metabolism in recreationally active college-aged men.

Method: Thirty-six college-aged men gave their informed consent and volunteer to participate in the study, which have the approval of the University's Ethical Advisory Commission and assessed for peak O2 utilization (VO2peak), time to fatigue (VO2TWD), ventilatory threshold (VT), and total work done at 110% of pre-training VO2peak (TWD). In a double-blind fashion, all subjects randomly assigned into one either a placebo (PL – 16.5 g dextrose powder per packet; n=18) or sodium bicarbonate (SB) (SB – 200 mg·kg-1 b.w. plus 15 g dextrose powder per packet; n=18) group. All subjects supplemented four times per day (total of 200 mg/day) for the first 21-days, followed by 2 two times per day (100 mg/day) for the subsequent 21 days, and engaged in a total of six weeks of HITT training consisting of 5-6 bouts of a 2:1 minute cycling work to rest ratio.

Results: Ingestion of sodium bicarbonate (SB) significantly increased VO2peak, VO2TWD, and TWD after three weeks of training.
IMPROVEMENT TRAINING BY PLIOMETRICS EXERCISES COMBINED WITH TECHNIQUES OF HIGH SCHOOL BASKETBALL

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This research aims to observe whether the application pliometrics exercises combined with techniques will ensure psihomotrical prepare indicators, which will ultimately provide a superior development of players in competition by increasing skill in basketball high school sports.

Methods: The research was based on the experiment, analysis and interpretation of the data obtained through research – the mathematic method and statistic method.

Results: Test was used for the conduct of research Matorin (test for overall coordination) and the Flamingo (balance test). Analysis and interpretation of results obtained by both control and experimental groups, we have shown that the program had applied for new results.

Conclusions: Application pliometrics exercises combined with techniques provide optimization indicators of psihomotrical prepare high school basketball.

Key words: sports training, psihomotrical, techniques, basketball, high school students.

EXAMINING PHYSICAL AND MOTOR DEVELOPMENT OF ADOLESCENT FEMALE TAEKWONDO PLAYERS

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In the study it was generally purposed to examine physical and motor developments of adolescents that make physical taekwondo training regularly.

Taekwondo players whose 87 were female between 10-14 years old, voluntarily participated in the study.

It was measured level, age, height, weight, body mass index (BMI), competition weight, band, vertical jump, speed, claw force of right hand, claw force of left hand, leg force, maximal oxygen consumption (VO2), balance duration, balance point, reaction time, fat percentage of body (BF%), anaerobic endurance, hip flexions, hip extension, hip internal rotation, hip external rotation, knee flexions, knee extension parameters of the volunteer sportsmen that participated in the study.

In statistical analysis, it was calculated averages of groups and their standard deviations. For comparison made inter groups it was applied independent’t and One Way Anova tests.

As a result of comparison made between female sportsmen that were competitors and female sportsmen that were not competitors, it was determined meaningful differences at the level of p<0,05, in view of light reaction time of left hand, selective light reaction time, foot light reaction time, anaerobic endurance, hip flexions, hip external rotation and knee flexions parameters. It was determined meaningful differences at the level of p<0,01 in view of weight, height, body mass index, balance duration, balance points, reaction time, fat percentage of body (BF%), hip internal rotation knee extension, parameters.

As a result of comparison made between female sportsmen that were degree entered competitors and female sportsmen that were not degree entered competitors in Turkey Competitions, it was determined meaningful differences at the level of p<0,01 in view of height, vertical jump, balance duration, voice reaction time of right hand, hip external rotation parameters. It was determined meaningful differences at the level of p<0,001 in view of band, claw force of right hand, claw force of left hand, maximum VO2, balance point, light reaction time of right hand, voice reaction time of left hand, light reaction time of left hand, selective light reaction time, foot light reaction time, fat percentage of body (BF%), hip extension, hip internal rotation, level parameters.

As a result; it can be said that the reason why a meaningful difference occurred that was in favor of sportsmen that were competitors between physical and motor parameters compared between sportsmen that were competitor and not competitor and between sportsmen that were placed and not placed in Championship of Turkey is resulted from the fact that competitor sportsmen trained regularly and those regular trainings affected both physical and motor measurements positively.

Key words: Adolescent, Taekwondo, Motor feature, Physical feature.

EXAMINING PHYSICAL AND MOTOR DEVELOPMENT OF ADOLESCENT MALE TAEKWONDO PLAYERS

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In the examination it was generally purposed to examine physical and motor development of adolescents that make physical taekwondo training regularly.

Taekwondo players who were 65 male between 10-14 years old participated in the study voluntarily.
It was measured level, age, height, body weight, body mass index (BMI), competition weight, band, vertical jump, speed, claw force of right hand, claw force of left hand, leg force, maximal oxygen consumption (VO2), balance duration, balance point, voice reaction time of right hand (RT), light reaction time of right hand, voice reaction time of left hand (RT), light reaction time of left hand, selective light reaction time, reaction time to voice by foot, reaction time to light by foot, fat percentage of body (BF%), anaerobic endurance, hip flexions, hip extension, hip internal rotation, hip external rotation, knee flexions, knee extension parameters of the volunteer sportmen that participated in the examination. In statistical analysis, it was calculated averages of groups and their standard deviations. For comparison made inter groups it was applied independent’t and One Way Anova tests. As a result of comparison made between male sportmen that were competitors and sportmen that were not competitors, it was determined meaningful differences at the level of p<0.05, in view of balance duration, balance points, selective light reaction time, knee flexions parameters. It was determined meaningful differences at the level of p<0.01 in view of age, band, speed, grip strength of right hand, grip strength of left hand, maximum VO2, foot light RT, anaerobic endurance parameters. It was determined meaningful differences at the level of p<0.001 in view of vertical jump, leg strength, light RT of right hand, light RT of left hand, voice by foot RT parameters. As a result of comparison made between male sportmen that were placed in the championship in Türkiye and male sportmen that could not be placed in the championship in Türkiye, it could not be determined any meaningful differences in view of it was determined meaningful differences at the level of p<0.05 in view of height parameters. It was determined meaningful differences at the level of p<0.01 in view of age, vertical jump, grip strength of right hand, grip strength of left hand, balance duration, balance point, light RT of left hand, selective light RT, voice by foot RT, fat percentage of body (BF%), hip extension and level parameters. It was determined meaningful differences at the level of p<0.001 in view of hand, strength, maximum VO2, light reaction time of right hand, foot light reaction time, parameters. As a result of comparison made among male sportmen in view of age; it was determined meaningful differences at the level of p<0.05 in view of speed, balance point, light by foot RT, hip flexions, hip internal rotation and level parameters. It was determined meaningful differences at the level of p<0.01 in view of weight, competition weight, vertical jump, strength, selective light reaction time, voice by foot RT and knee flexions parameters. It was determined meaningful differences at the level of p<0.001 in view of height, grip strength of right hand, grip strength of left hand, maximum VO2, light reaction time of right hand, parameters. As a result, it can be said that the reason why a meaningful difference occurred that was in favor of sportmen that were competitors between physical and motor parameters compared between sportmen that were competitor and not competitor and between sportmen that were placed and not placed in Championship of Türkiye is resulted from the fact that competitor sportmen trained regularly and those regular trainings affected both physical and motor measurements positively.

Key words: Adolescent, Taekwondo, Motor feature, Physical feature.

INVESTIGATING MOTORIC IMPROVEMENT OF ADOLESCENT MALE TAEKWONDO ATHLETES

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In the examination, it was purposed to examine physical and motor developments of adolescents male taekwondo athletes which were training regularly. At this study 10-14 aged, 65 male Taekwondo athletes were participated voluntarily. Volunteers’ level, age, height, kilo, body mass index (BMI), competition weight, band, vertical jump, speed, grip strength of right hand, grip strength of left hand, leg strength, maximal oxygen consumption (VO2), balance duration, balance point, voice reaction time of right hand Reaction Time(RT), light reaction time of right hand, voice reaction time of left hand (RT), light reaction time of left hand, selective light reaction time, reaction time to voice by foot, reaction time to light by foot, fat percentage of body (BF%), anaerobic endurance, hip flexions, hip extension, hip internal rotation, hip external rotation, knee flexion, knee extension parameters were measured. For statistical analysis, it was calculated, by averages of groups and their standard deviations. As a result of comparison of male athletes according to age, meaningful differences were found at the speed, balance point, foot light reaction time, hip flexions, hip internal rotation and level parameters (p<0.05). Athletes’ view, competition weight, vertical bouncing, leg force, selective light reaction time, knee flexions parameters were found significant (p<0.001). Athletes’ height, grip strength of right hand, grip strength of left hand, maximum VO2, light reaction time of right hand parameters were found significant (p<0.001).

As a result, it can be said that the reason why a meaningful difference occurred that was in favor of sportmen that were competitors between physical and motor parameters compared between sportmen that were competitor and not competitor and between sportmen that were placed and not placed in Championship of Türkiye was resulted from the fact that competitor sportmen trained regularly and those regular trainings affected both physical and motor measurements positively.

It was seen that athletes had different motor and physical skill improvement at different age and level during adolescent period. However it wasn’t seen that differences occurred between age groups hadn’t a linear variability in an important section

Key words: Adolescent, Taekwondo, Motor feature, Physical feature.

INVESTIGATING MOTORIC IMPROVEMENT OF ADOLESCENT FEMALE TAEKWONDO ATHLETES

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Fatih Private Education Center.

In the examination, it was purposed to examine physical and motor developments of adolescents female taekwondo athletes which were training regularly. At this study 10-14 aged, 87 female Taekwondo athletes were participated voluntarily.

Participants’ level, age, height, kilo, body mass index (BMI), competition weight, band, vertical jump, speed, grip strength of right hand, grip strength of left hand, leg force, maximal oxygen consumption (Maximum VO2), balance duration, balance point, reaction time, body fat percentage (BF%), anaerobic endurance, hip flexion, hip extension, hip internal rotation, hip external rotation, knee flexion, knee extension parameters of the volunteer sportmen were measured in the examination. For statistical analysis, averages of groups and their standard deviations were calculated by Independent’t and One Way Enova tests that were performed for comparison of groups.
**Results:** As a result of comparison according to athletes’ increasing age factor, hip extention, knee flexion parameters were found significantly different (p<0.05). Athletes’ BMI, hip flexion and knee extention parameters were found significantly different (p<0.01). Athletes’ level, height, weight, competitions weight, band category, vertical jump, speed, right hand grip strength, left hand grip strength, leg strength, max. VO2, right-hand sound Reaction Time(RT), RT light right-handed, left-hand sound RT, RT left hand light, choose light RT, RT footstep, foot lights RT, BF%, anaerobic endurance, hip internal rotation, hip external rotation, parameters were found significant (p <0.001). Although differences between age groups showed a linear variability about force and RT parameters, there was not a linear variability about motor skills and ability of athletes.

**Conclusion:** It was seen that athletes had different motor and physical skill improvement at different age and level during adolescent period. While it was seen that age factor had an important effect on maximal produced values, it hadn’t and important effect on relative produced values

**Key words:** Adolescent, Taekwondo, Motor feature, Physical feature.

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**COMPARISON OF ANTHROPOMETRIC MEASUREMENTS OF DOMINANT HANDS BETWEEN ADULT ELITE VOLLEYBALL PLAYERS AND SEDENTARY**

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**Objective:** The aim of the study is the comparison of dominant hand anthropometric rational differences between adult elite volleyball players and sedentary.

**Method:** In this study, a total of 100 subjects (mean age 23.9±3) participated to the study, as 25 male volleyball players, 25 female volleyball players, 25 sedentary male and 25 sedentary female respectively. If objects volleyball levels (elite or non elite) are evaluated to by an individual questioner data form. Length, weight, hand length, hand width, metacarpal width, hand finger length, hand wrist circumference and hand wrist width are measured by anthropometer, stick, tape measure (international standards, mili-metrically) and the data are analyzed statistically with t-test and two-way ANOVA.

**Result:** With the measurements meaningful differentials found between volleyball players and sedentary related to length, weight, hand length, hand width, metacarpal width, hand finger length, hand wrist circumference and hand wrist width.

**Conclusion:** Theoretically, it’s assumed that elite sportsman and woman represents the most appropriate physical structure related to the sport branch performed. In this context, anthropometric measurements of sportsman and woman are at higher degrees than sedentary. In this study, anthropometric hand measurements of volleyball players and sedentary (related to gender variable) are found different. As a result, it’s found that the meaningful difference related to anthropometric measurements of dominant hand caused from the performed sport branch.

**Key words:** Sport, Anthropometric Hand Measurements, Volleyball Player, Sedentary

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**USING SUBSTANCES B2 AGONISTS IN SPORT PERFORMANCE**

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Years ‘90 have brought to the fore sports competitions substances β2 adrenergic agonists (β2 agonists) to improve sports performance. Traditionally they are used to treat lung and especially asthma. However it became apparent that certain substances β2 agonists have the ability to increase skeletal muscle mass and reduce body fat levels. The objective of this research was to study the bibliographic sources to achieve a point of view regarding the use of substances B2 agonists in sports.

The conclusions of this study revealed that not enough evidence to support β-agonist substances administered by inhalation would have any significant energetic effect but extensive research on animals clearly demonstrates that administration of β-agonist substances (especially in high doses) can cause significant unwanted side effects that physiological level, long term, could adversely affect the sport performance.

**Key words:** Doping, β2 agonists’ substances, sport performance.

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**ANABOLIC ANDROGENIC STEROIDS FROM TREATING DEPRESSION TO IMPROVING EFFORT CAPACITY**

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At the beginning anabolic steroids were successfully used to treat various psychiatric disorders, effects have not gone unnoticed by the "researchers" who glimpse the possibilities of improving the effort capacity and indirect of sport performance.

The objective of this research was to study the bibliographic sources to achieve a point of view regarding the use of anabolic androgen steroids in daily life and in sports performance.

The conclusions of this study revealed that research results indicate an increase in muscle mass and muscle strength by using anabolic steroids and while there is an association of use with increased levels of irritability, aggression, personality disorders and psychiatric diagnose. Although long-term effects of anabolic steroids are unknown, the best documented are the physiological effects on the liver, blood lipid concentrations and reproductive system.

**Key words:** Doping, anabolic steroids, effort capacity
TECHNICAL LEVEL OF JUNIORS IN RHYTHMIC GYMNASTICS

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Rhythmic Gymnastics is a complex sport both in terms of technique but also in terms of evidence. So try to put emphasis on individualization which leads to development per sport in all motor and mental to the success of individual samples, but must take into account the collective aspect of this sport in a whole requiring complex sample whole motrical and psychomotrical repertoire of gymnasts.

Material and method Rhythmic Gymnastic tests were created in accordance with the requirements of the Code of points for the two mandatory targets for class IV - rope and ribbon. Because each object in the Code of points specifies a particular group of elements essential assets, the tests were designed to comply with this rule. Mandatory group for ribbon is pirouette, and for the rope is jumping.

Discussions and conclusions Specific tests of rhythmic gymnastics show us a detailed picture about technical level of the gymnasts before and after exercises program recommended to the coaches. Individual differences are observed from each sportive analyze. This thing was useful to the coaches because they understand much better with what to interfere in future training for each sportive, how much time need to be given for some exercises so the gymnasts have an optimum balance of psychomotrical components.

Key words: technique, code of points, individualization

PSYCHOMOTRICAL COMPONENTS APPROACHING IN RHYTHMIC GYMNASTICS TRAINING

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Introduction
Psychomotrical successful education must take into account the entire complex of proprio-and exteroceptive sensations, movement, kinesthetic, balance, tactile, visual and internal factors that control movement initiation.

Objective Stimulate natural developmental of psychomotricity components by applying the specific operating systems in the rhythmic gymnastics training. Identification and application of tests to check levels of psychomotricity gymnastics

Methods In order to verify the level of development of psychomotricity quality and basic technical level gymnasts we have opted for School Sports Club team No. 1 Constanta rhythmic gymnastics. Psychomotrical tests were grouped according to what they seek, as follows:

A. Adjustment Motor - 4 proof ; B. Perception of body scheme - 3 proof ; C. Perception of spatial and temporal information - 2 proof

Discussions and conclusions Psychomotrical preparation by specific means focusing on developing coordination, body scheme, laterality and spatio-temporal organization is shown in training gymnasts, but repeatedly so as not to interfere boredom that is installed very quickly in the early years age performance.

Key words: psychomotricity components, proprio-and exteroceptive sensations, technical level

STUDY ABOUT PERFORMANCE BEHAVIOUR OF MEN'S BASKETBALL TEAM FROM U.P.G. PLOIESTI

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In this paper I pointed out the importance of getting and use the informations in the basketball game. The situations appeared in basketball game, can demonstrate that the optimal manipulation of the informations, by trainers and players serves to the precise and fast conation of an unexpected game situation and will ease the anticipation and the motor behavior of the players.

Key words: basketball, performance, team.

THE EFFECTS OF 4 MONTH VOLLEYBALL TRAINING ON FLEXIBILITY, JUMP, SPEED, AND AGILITY IN PREadoLESCENT GIRLS

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Training programs for volleyball players can benefit their physical and physiological development (Lidor R., and Gal Z., 2010). Therefore, the purpose of this study was to determine the effects of 4 month volleyball training on flexibility, jump, speed, and agility in preadolescent girls. Twenty girls (x_bar: 10.5±1.5, x_perm_age: 1.1±0.4) volunteered to participated in this study. The informed consent was taken from all parents. Pre-test, mid-test (on the 2nd month) and post-test (on the 4th month) measurements were taken. The body height and weight, flexibility (sit and reach test), speed (20 m run test), vertical jump (with arm swing allowed), standing long jump, agility (Illinois agility run test) were measured. Data were analysed using by Sigma Plot 11.0 Friedman repeated measures analysis of variance on ranks. The statistical significance was set at p<0.05. 4 month volleyball training significantly affected subjects' body height, body weight, flexibility, jump, speed, and agility performance (p<0.05). The jump, speed and agility performance were significantly improved, although flexibility decreased for this period. Our results were parallel to the previous studies (Malina R.M. 1994, Melrose et al. 2007). Subjects’ body height and body weight was increased, this results could be related the motor development. In the further study, these performance tests would also be applied on the control group at the same age, to test whether this positive improvement arose from the volleyball training.

Keywords: volleyball training, preadolescent, performance.
COMPARISON OF SOME PERFORMANCE VARIABLES ACCORDING TO AGE GROUP OF 10-13 YEAR OLD CHILDREN SELECTED WITH TALENT SEARCHING METHOD IN ATHLETICS

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The purpose of this study was to compare some performance variables of 10-13 year old children who were selected with talent searching method in athletics according to age group. Top 10% of children were selected to the athletics at their age group according to the normative study in Ankara (Pekel H.A., 2007). 147 children (30 girls & 18 boys at 10 aged, 14 girls & 24 boys at 11 aged, 11 girls & 22 boys at 12 aged, 12 girls & 16 boys at 13 aged) were volunteered to participate in this study and the informed consent were taken from all parents. Body height and weight were measured before the tests. Each subject performed flexibility, 30 m run test, standing long jump, and Illinois agility test. The statistical analyses were performed using the Sigma Plot 11.0. Kruskal Wallis one way analysis of variance on ranks was applied to ascertain any differences between the groups. Statistical significance was set at p<0.05. Some performance parameters were statistically different in girls and boys.

Keywords: Children, talent searching, athletics

ANALYSING AND EVALUATING OF ATTACK AND DEFENCE RELATIONSHIPS OF THE TEAMS ATTENDED 2009-2010 TURKEY FEMAVER VOLLEYBALLEVECTİVE CUP.

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There is an importance fort he technics used in volleyball due to it’s systematic structure. The numeral values of those technics, determine the success of the play. The numeral values used in both attack and defence, maket the teams ready for every situation they may face. In this study, it’s aimed to evaluate success percentage statistically, service, service receiving, attacking and blocking technics that are consist of attack and defence parameters of the play fort his purpose, only Çanakkale team and Karayolları team’s plays were computed out of total 8 teams attended 2009-2010 season female’s Tele world Turkey Cup elimination games were the most meaningful ones according to the criterias already determined.

The dates collected by this survey, analysed by paper and pen, video and computer that they are the analyse types.Also, the results were shown by charts. As a result of the evaluations, it’s determined that being dominand in attack, block, service and service shot technics who are effective ways of determining defence and attack relationship and particularly one of the defence parameters; the block technic domination are effective ways of losing or winning a game and a structure for coming through. SPSS 17.0 software was used for determining frequency and percentage of the data collected.

Key Words: Volleyball, match analys, defence, attack.

STUDY ON THE STAGE OF PHYSICAL COMPONENT DURING THE TRAINING PERIOD AT THE LEVEL OF A SENIOR TEAM - PROGRESUL BUCHAREST

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Purpose The study tries to emphasize the role of physical preparation within a senior team in the context of playing a football match at a high level, in accordance with the requirements of modern football. Also, a correct approach of motric component leads to a development of motric qualities (speed, force, resistance) to superior values applicable both in sport and social-esthetical issues.

Methods The bibliographic study, the method of observation as well as statistical-mathematical one helped me to create a clearer image about the motric potential of players.

Results The parameters followed were improved, being included in the sphere of qualification “good”, as well as with excellent and satisfactory evolutions.

Conclusions The results reveal the fact that a special attention paid to motric component leads to a positive manifestation of the payers in the game and represents a new start point for the selection of new standards of physical component.

Key words: football, training, physical preparation

A NORMATIVE STUDY ON SOME PARAMETERS IN TEN YEAR OLD CHILDREN ON TALENT SEARCHING IN ATHLETICS (A SAMPLE OF ANKARA CITY)

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In sports applying appropriate tests for talent search in different sports and diverting children accordingly is very important. There are lots of different test batteries and parameters in talent research. The children has been tested according to these parameters and those had a good performances were selected. The purpose of this study was to set normative values for talent search among children in athletics. In the measurements; height, weight, body mass index, hand grip, sit&reach test, vertical jump, standing long jump, medicine ball throw, 20m, sprint, 30 m. deparlense run, 30 sec. and 1 min. abdominal, 1.000 m. run and walk have been tested. Children aged 10 years old from 11 primary schools from seven municipalities in Ankara were tested. The study group was approximately 92% of its population. During the normation, these tests were applied to children from different socio-economical backgrounds, studying in the private or government schools. At the end of these tests, total of 1360 children past the evaluation criteria. Data was statistically analyzed with SPSS 15 for Windows. From the measurement results; mean, standard deviation, %1, %10 and %25th level of measurements were determined. Our findings are in parallel with other studies conducted nationally, but some differences exist compared to other nationalities. Observations of the trainer are the most important factor at this point. Sometimes, children who can’t present his/her performance during the tests, can show a better performance than children that have a good performance scores in the tests. In this age group, applying only these performance tests are not enough to evaluate the capabilities of children, trainers’ observations are also important.

Key Words: Talent search, children, normation, athletics
THE EFFECT OF COMBINED TRAINING ON SOME CONDITIONAL PARAMETERS OF BASKETBALL PLAYERS AGED 12-14

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This research has been performed on 34 volunteer male basketball players aged 12-14 age groups from junior male basketball team of Ankara University and Uluslarım Sports Club. The subjects have been randomly divided into the experimental and control groups. Before training program resting heart rate, systolic-diastolic blood pressure, aerobic-anaerobic capacity have been evaluated for both groups, besides some measurements have been also performed on some parameters by using Eurofit test battery. The same measurements have been performed again after the 8 weeks combined training program for the experimental group and the effect of combined trainings on these parameters has been tried to determine. In this 8 weeks period, the subjects in the control group have not been put to an extra training program, they have carried on their daily sports life.

SPSS 8.0 statistical package program has been used for the statistical analysis and arithmetic average, standard deviation, standard error and range of the values have been determined. The differences between groups have been examined by t-test in the significance level 0.01 and 0.05.

In consequence of this research, it has been observed that while the values of body height (% 0.61 ; p < 0.001), leg power (% 17.21 ; p < 0.001), pull-up motion (% 32.06 ; p < 0.001), standing long jump (% 6.85 ; p < 0.001) and aerobic capacity (% 8.65 ; p < 0.001) have showed an increase, the values of resting heart rates (% 7.71; p < 0.001), 10 x 5 m (% 13.15; p < 0.01) and left hand reaction time to light (% 7.31; p < .0005) have showed a decrease after the first and the last measurements of combined training program for the experimental group. It has not been observed any changes in the control group.

As a result, it has been determined that the combined trainings performed on experimental group have been more efficient than technical trainings.

Key words: eurofit tests, combined training, training in children, basketball.

DETERMINING SOME PHYSICAL PARAMETERS OF SOCCER AND IN DOOR SOCCER PLAYERS

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The purpose. At this study, it was aimed to determine some physical parameters of in door soccer and soccer players.

Methods. At this study, 32 indoor soccer players which age average was 22,53±0,98 (year) and 37 soccer player which age average was 21,16±1,95 (year) were participated voluntarily.

Age, lenght, body weight, flexibility, vertical jump, 30 seconds shuttle, 10 metre sprint, body mass index and body fat percentage parameters of volunteers were measured.

Data were recorded on computer by using Package programe which was called SPSS. For statistical analysis between groups, independent test was performed.

Results. According to comparement between groups, it was not found meaningful difference at the lenght, body weight, flexibility and body mass index parameters (p>0.05). While meaningful difference was found about body fat percentage parameter at the level of p<0.05, meaningful differences were found about age, vertical jump, 30 second shuttle and 30 meter sprint parameters at the level of p<0.01.

Conclusion. Indoor soccer players were more dominant than soccer players about short timed and high intensive excercises. We thought that this situation could be based on difference of game field sizes.

Key words: Soccer, Indoor soccer, Physical Parameter

ANALYSIS OF THE RELATIONSHIP BETWEEN A DROP JUMP & MULTIJOINT ISOMETRIC AND ISOKINETIC TESTS OF STRENGTH

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Introduction Previous investigations have compared performance in jumps with slow stretch-shortening cycle (CMS) to strength and power in single-joint isometric tests (1), multijoint isometric tests (2), and multijoint dynamic tests (3). A jump requires the use of muscles that create movement across multiple joints; thus, it may be assumed that multijoint isometric and isokinetic tests can provide a better indication of the ability to create power in an explosive lower body movement such as a vertical jump. Some studies have reported significant correlations between the variables that define these 2 tests (2), while other studies have reported no significant correlations between the same variables (4). Thus, it appears that more investigation is necessary to clarify the relationships between multijoint isometric and isokinetic tests of strength and the DJ. The unique aspect of this study is that no previous study that used the multijoint isometric and isokinetic (eccentric and concentric) tests of strength has compared all these variables in the context of a single investigation.

Methods Eighteen (n=18) healthy students, without any neuromuscular impairment, were randomly chosen of the DPES in Serres and participated in the study (age 19,78±1,63y, height 178,06 ±5,99cm and weight 74,42±8,54Kg). They were informed of all the risks associated with the study and they gave their written consent to participate. The investigation took place in the Laboratory of Sport Biomechanics. A force plate (Kistler, 9281CA) was used to assess the subjects’ mechanical characteristics of their lower extremities in DJ. The concentric force testing was performed on a custom-built multijoint isokinetic instrument in order to assess the force-time characteristics at a given low velocity (0,35m/sec). A Panasonic PV-900 (60Hz) video camera was used for the 2-D kinematic analysis in order to determine the angular displacements of the 8 ankle, knee and hip joints in both tasks with the APAS. Data were analyzed with descriptive statistics, and results are summarized as means±SD. Pearson correlation coefficients were used to describe the relationships between variables. Statistical analysis performed using SPSS Version 17.0 for Windows. The significance level for all statistics was set at p<0.05.
Results The maximal isometric force at 100ms was significantly correlated with the maximal force of the DJ (r=0.615, p=0.007), the mean power (r=0.635, p=0.005) and the mean force of the DJ (r=0.691, p=0.001). The isometric index of relative force (IRF) was significantly correlated with the maximal force of the DJ (r=0.755, p=0.000), the mean power (r=0.811, p=0.000) and the maximal value of the power (r=0.847, p=0.000). Also, the index of RFD was significantly correlated with the maximal force of the DJ (r=0.572, p=0.013), the mean power (r=0.822, p=0.000) and the maximal power (r=0.800, p=0.000). The value of concentric rate of force development showed significant correlation with the maximal force (r=0.488, p=0.015) and the maximal power that evolved in DJ30 (r=0.531, p=0.023). The maximum concentric force was significantly correlated with the maximal power that evolved in DJ30 (r=0.531, p=0.023). There was also, found negative correlation between the range of the angular displacement of the hip joint in DJ30 and the concentric force at the first 100ms and the peak concentric force (r=-0.488, p=0.028 and r=-0.469, p=0.031 respectively).

Discussion The most significant finding from this investigation was that both absolute and relative measures of multijoint isometric and isokinetic (eccentric-concentric) strength tests best correlate with measures of performance in a DJ. Two basic variables of maximal isometric force: index of rate of force development (Fmax & IRFD), and index of relative force (IRF) appear to have relation with character-istics of the DJ, which plays an important role in the final performance (r=0.488, p=0.015). The findings in the current study are not in agreement with previous investigations that did not find significant correlations between absolute measures of strength when compared to jump measures (44). The force developed in the isokinetic instrument (Fmaxconst) correlated only with the maximum value of the power (Pmax) that attained in the DJ30. This might be happened because the SSC is a specific type of muscle contraction with a characteristic neuromuscular behavior (2). In addition, the subjects that showed greater values in both maximum concentric force and the maximum concentric force at the first 100ms, appeared to perform the DJ30 with short-range of the angular displacement of the hip joint. Thus, it appears that training programs should aim to improve both maximal strength and maximal power, in order to increase power production and improve vertical jump performance.

THE INVESTIGATION OF ANXIETIES AND BRIEF SYMPTOM INVENTORY LEVELS OF FEMALE VOLLEYBALL PLAYERS

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Objective: The aim of this study was to investigate the pre and post game state and trait anxiety levels and brief symptom inventory of female volleyball players.

Methods and procedures: The research sample includes 20 females who participated in the games of Turkey Universities Volleyball Championships which was held in Erciyes University. A voluntary players completed a 20-item state and trait anxiety and a 53-item brief symptom inventory before and after the game. Statistical analysis was carried out after the results of the questionnaire were evaluated, using Wilcoxon Rank Test which is a nonparametric test used to determine the significance of the difference between dependent groups. The significance level was determined as p<0.05.

Results: It was found statistically no significant difference between the pre and post game state and trait anxiety scores (p>0.05). Pre-game hostility, paranoid thinking and the index of additional items were found statistically higher when the results of brief symptom index inventory were compared (p<0.05). Furthermore, levels of pre-game somatization, obsessive compulsive, depression and anxiety were observed to be higher than those of the post game’s. There was a significant difference between the pre and post game index of the positive symptom total when sub-indexes of the additional items were compared (p<0.05). Although no statistical difference was observed in the levels of the general severity index and the positive symptom distress index, the pre-game results were found to be higher than the post-game results (p>0.05).

Discussion and conclusions: We assume that players suffer from more pre-game sensitive stress as a result of club, institution and social pressure, the urge not to make a mistake, the desire for deep concentration as well as taking risks to become the champion and therefore they have higher hostility, paranoid thinking, additional items and the index of the positive symptom total scores.

Key words: Brief Symptom Inventory, Volleyball, Female Player, Anxiety.

IMPROVEMENT OF THE INITIAL TECHNICAL TRAINING CONTENTS IN WOMEN’S ARTISTIC GYMNASTICS

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Premises. The main goal of the training in the artistic gymnastics is the improvement of all possibilities of the body in order to achieve the performance, the high performance at the events held on dates fixed beforehand. To this effect, we have considered that an optimum relation of the general physical training and the technical training, reached through the selection of the most efficient specific means, will contribute to the improvement of the technical knowledge of the girls beginner gymnasts.

Methods of research. We decided to organize a study within the Sports Club during a period of 8 months, from October 2008 to May 2009. The subjects of the study were a group of 7 girls beginner gymnasts selected out of the whole training group. In order to find out the level of the gymnasts’ training, evaluation tests of anthropometrical measurements and control trials were applied, in order to assess the muscular strength and joints mobility physical training and the technical training at apparatus: acrobatics, uneven parallel bars, balance beam and supported vaults. During the study, the method of observation was used: the gymnasts' evolution all along the training period was closely watched and the results obtained were processed and interpreted by means of the standardizing-statistical and graphical representation methods.

For a more efficient contents of the beginner gymnasts’ initial technical training, a training program was elaborated, which points out the contents of the means used within the artistic, technical and physical training.

Results. The results of the study emphasize the following practical-methodical aspects that are the basis of the technical training contents improvement at beginner gymnasts’ level:

- the results of the somatic development prove a significant evolution of the anthropometrical measurements data with a poorer homogeneity as for the weight;
- the results of the physical training show significant differences of the control trials average scores and a good homogeneity at both tests;
- the results of the initial technical training point out significant differences at all apparatus, with a good homogeneity at both tests and a close connection to the physical training level of these ones.

Conclusions. Following up the conducted research we can confirm the following aspects:
DEVELOPMENT OF BACK LEVEL MUSCULAR STRENGTH UNDER ENDURANCE CONDITIONS IN PERFORMANCE BODYBUILDING

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Premises. The bodybuilding is the sport practiced by the persons who intend to develop a proportioned body and a musculature massive and symmetrical as much as possible, but to reduce drastically the fat layer under the skin in the same time. With this aim in view we have considered that an efficient use of the training method by „giant sets” for the back strength development will contribute to the muscular strength development under endurance conditions, to the contouring of the muscular groups involved in the effort and to the diminution of the body weight.

Method. That is why we decided to organize a study of case within the „Tonik Fitness Club” of Bucharest, along a one year long training mezzo-cycle period (December 2009), four training sessions a week, with only one subject aged 34. The athlete’s evolutions were recorded at each workout for back strength, by means of the statistical-mathematical method and of the anthropometrical measurements and control trial results graphical representation method.

Results. The results of the anthropometrical measurements make evident a decrease of the waist and an increase of the thoracic amplitude at the final test. And the results of the control trials regarding the back musculature strength under endurance conditions, appraised by pull-ups and by tractions at the cable machine, prove an increase of the reps number at both trials. The growing of the back musculature strength was obtained thanks to an efficient use of the method by „giant sets” during the training sessions and by the observance of a proper diet, elements that lead to the increase of the muscular mass and to the weight loss.

Conclusions. The correct use of the methodic procedure for the muscular strength development under endurance conditions at the back level during the body building training sessions lead to an increase of the muscular strength and of the muscular mass.

The efficient utilization of the procedure by „giant sets” during the back strength training sessions contributed to the development of the muscular strength under endurance conditions and to the contouring of the muscular groups involved in the effort and to the decrease of the body weight.

Key words: body building, strength under endurance conditions, muscular mass, training.

COMPARATIVE STUDY ATHLETES JUDOKA, -100 KG CATEGORY OF PARTICIPANTS AT THE OLYMPIC ATHENS 2004 AND BEIJING IN 2008 TO REALIZE THE TECHNICAL MODEL

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Introduction Following the technical report, after carrying out the 2004 Athens Olympics, the International Federation has established a round of arbitration, in order to creating a more dynamic and spectacular. These measures we applied to the qualification tournament for participation in the 2008 Beijing Olympics.

Content – methods This work presents a study on the share techniques during meetings at the exhibition by weight - 100 kg and enabling scores given model's technical presentation to the two editions of the Olympic Games and orientation training for future developments. To achieve the study used the method of observation and recording techniques during the two editions of the Olympic Games.

Materials used
Record sheets and technical equipment records including the scores awarded.

Results By comparing the recorded data of two groups of athletes, is observe for the value in terms of dynamism, and degree granting for the technique score achieved by athlete’s medal in Beijing in 2008.

Since records are on the following results: Total number of judoka 33 athletes Beijing. 44 contests, Ippon scores 28 / 63, 64% wazari-avansete 3 / 6, 82% wazari 2 / 4, 55%, Yuko 5 / 11, 36 % Other 6 / 15.66 Athens 33sportivi-44 contests, Ippon 24/55, 81% wazari-avansate 2 / 4, 65% wazari 3 / 6, 98%, Yuko 6 / 13, 95%, other 8 / 18.61%.

Conclusions

• Olympics athletes participating in Beijing had a higher technical score;
• New regulation changes have created more tech arbitration, spectacular, dynamic;
• This study, by setting up a technical model information technology in future models Buckets creating high performance level.

Key words: judo, techniques groups, scores

TECHNICAL MODEL FOR GROUPS OF JUNIOR JUDO

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Introduction Given the large number of techniques that are used during a judo competition, technical Model, to do a study on several components, to do a study on several components, so it was the number of techniques and technical scoring.

Content – methods This paper is base on a test 235 athletes to national championships, the Olympic category. During the study, we followed: the number of shares by group processes, the score awarded, and techniques used, finally realized the model for this age category.

To achieve the study used the method of data analysis and theoretical generalization literature, graphic method, observation of teaching, noting the observation in the schedule results in the competitions, the scores given and techniques used.
THE RELATIONSHIP BETWEEN AEROBIC AND ANAEROBIC CAPACITY OF ELITE BASKETBALL PLAYERS AT KING SAUD UNIVERSITY

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This study aimed to identify the correlation between aerobic and anaerobic capacity of elite basketball players at King Saud University (KSU), and to identify the differences in aerobic and anaerobic capacity for players according to the player location. The study applied on (12) player from KSU basketball team, during the preparation period for the participation in Arab universities championship. The researcher used the Beep test to estimate the value of aerobic capacity (VO2-max), and the Step test to estimate the value of anaerobic capacity. Pearson correlation & Mann Whitney test was used to achieve the goals of the study. The study found: a statistically significant relationship between aerobic and anaerobic capacity, & statistically significant differences in both of aerobic and anaerobic capacity according to the player location in favor guards players. The study recommended the need to take attention for development of aerobic and anaerobic capacity for the players, especially centers players.

Key words: basketball, aerobic capacity, anaerobic capacity.

VOLLEYBALL STUDY ON TACTICAL CHOICE OF THE CENTRAL BLOCKER TO THE ATTACKS WITH THE BODILY COMMUNICATION HELP

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Due to the ball in volleyball is continuously rejecting, to analyze the perception data is very difficult in game by the players. The speed of the ball is too high to be well perceived always by the athletes in different events and they sometimes perform unconsciously because bodily communication helps to encode and decode the messages. Body language is more quick than the verbal message and the usual skills, that are learnt in training, could be optimized when it occurs the conditions of the low time to play. Motor control research has already investigated on system theory (closed loop, open loop, motor imagery) in relationship to reaction time, but it has not searched yet the function of bodily communication, included the feint, in volleyball game. Particularly in the same cases, it could help the players to choice rightly when he jumps to play the block to the spikes or the second ball and so to reduce the reaction time to anticipate the performance of the block fundamental. The blocker has two tactical choices: 1) the anticipation the start of the jump without analyzing data, called option block; 2) the start of the jump after analyzing data, called read block. For coaching it is useful to train in the same conditions of the real context and for this reason to share the relating data at those events that associate the reaction time of the central blocker at the skills of the attackers (central or lateral) and of the setter (plays second ball). The aim of this study is to associate the above skills at the tactical choice of the blockers in 1) option block or in 2) read block. By video analysis with slow down mode and go back mode, it analyzes the reaction time of the blocker at the three volleyball skills: the off speed hit goes over the opposing block, the second ball to the opposite court and the powerful spike as fast as possible in the middle of the net. Then it divides the reaction time in three kinds: a) before the setter touches the ball, b) when the setter touches the ball and c) after the setter touches the ball. Finally to associate the tactical choices of the blocker of option and read one at the kinds of the reaction time and the single skill. Results show the interesting relationship that could help the analysis of the phenomenon.

Key words: Bodily communication, reaction time, tactical choice.

VOLLEYBALL PERFORMANCE ANALYSIS ON BODILY COMMUNICATION

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Many volleyball coaches have not agreed yet how to attribute the outcomes for particular fast event in volleyball game and to give a point in the scout of the single player because if the borderline situation between the attacker and the defender. The effects of these outcomes is due to the feint and, generally, the use of bodily communication in fast motor skills. The exact evaluation helps the coach to analyze the performance of all athletes to aim well in the training. What tools needs to utilize when analyzing and evaluating these affects on the final outcomes. This study would analyze and quantify three specific skills relating the attacker role and the setter one in relation to the skills of the attackers (central or lateral) and of the setter (plays second ball). The aim of this study is to associate the above skills at the tactical choice of the blockers in 1) option block or in 2) read block. The method is following description: the coach trains the performance analyst how to analyze the three fast skills and at who to attribute exactly the outcomes applying the defined performance indicators. The analysis is in real time, that is the recruitment of data is direct by hand notation when the analyst observes the match, and in different time, that is the analyst recruits data by using the performance analysis software with slow down and go back mode. The same analyst, by traditional match analysis system, analyzes the data of the same matches. Finally, it compares the results of the new way performance analysis system and the old way that using the match analysis system. The result shows the difference of data between two performance analysis system and the significance of bodily communication outcomes on the performance. The percentage of bodily communication data is more significant of the other kinds of percentage of data.

Key words: performance analysis, bodily communication, volleyball.
CORRELATIONS REGARDING THE INDICATORS RESULTED FROM THE EVALUATION OF THE VERTICAL TAKE-OFF, USING THE MODIFIED MIRON GEORGESCU BOARD

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This paper is the result of a research regarding the correlations between the indicators calculated through the 15 Jumps Test. The study followed 15 boys and 15 girls between the age of 8 and 18. We tried to emphasize the dynamics of the correlations between the take-off height and the 10 indicators calculated by a special program. For the evaluation of the take-off height we used the “15 Jumps Test”, recorded with the “modified Miron Georgescu” sensor board. The results were recorded and analyzed with the “Microsoft Office Excel 2003” and “SPSS” (Statistical Package for Social Science) software. The conclusions of this study show that there are in boys and in girls, positive correlations between the average take-off height (H jump) and the unit power, maximum take-off height, accomplished maximum unit power and the maximum possible unit power, with values between 0.843 and 0.989. The values are closer to 1 in girls, in comparison with the boys. It appears a reversed correlation between the average take-off height and the energy variability coefficient, whereas in other indicators we see alternating the non-correlation and the reversed correlation in girls and boys.

Keywords: correlations, take-off, evaluation, indicators.

THE ANALYSIS OF THE EFFICIENCY OF USING FASTBREAKS IN FEMALE HANDBALL DURING THE WORLD CHAMPIONSHIP IN CHINA, 2009

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Fastbreak has become, for all good teams, one of the main concerns, and also an efficient way of scoring goals. From the statistical data we can notice the fact that the finalist teams in the Olympic Games, World Championships and European Championships scored about 20-30% goals by this kind of actions.

The hypothesis of the research: We have assumed the fact that studying the fastbreak efficiency on the teams from the first four places at the World Championship in China, 2009, will have a substantial contribution in modelling the performance capacity of the female national handball teams.

The object of the research consists of the performance capacity of the handball female players of the national teams participating in the World Championship in China, 2009.

The objectives of the research: to study and generalize the data from the handball studies, as regarding the model of the game in the female handball teams; to appreciate the importance of using the fastbreaks by the female handball teams in accordance with the latest results in the world; to determine the parts of the prospective game model for fastbreaks for the female handball teams.

The research methods we have used are: analysing speciality studies, pedagogical observation, statistical method of processing and analysing of the research data. In order to centralize the data we have used the official statistics of the International Handball Federation for this tournament, statistics that are published on the internet at the following address: http://www.ihf.info/front_content.php?idart=2200.

The subjects of the research are the female national handball teams which have taken part in the final tournament of the Handball World Championship in China, 2009. We have included in the research those teams situated in the first four places at the end of the tournament.

Conclusions: The place of the fastbreak in the modern female handball is extremely precise, because when this is being used during the match, the players score 23% (1351) from the whole number of goals at this championship. Among all the finalizing situations, the fastbreak is the most efficient, about 69%, because by the means of this attacking form, players remove a lot of fighting with the opponent. The team from Spain have scored 14.60% of the goals using the fastbreaks. Norway have scored 33.33% of the whole number of goals by counterattack. France have succeeded to score 29.84% of the total number by the means of fastbreaks, and the world champion, Russia, have scored 26.98 % of the whole number of goals by using the first two phases of the attack.

Keywords: fastbreak, handball, women national teams, World Championship, efficiency.

THE STUDY OF THE RELATION BETWEEN PERCEPTION AND ATTENTION, TO SUPPORT THE LEARNING PROCESS AT BEGINNING SKIERS

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Aim: Analysis of the relation between perception and attention at beginning skiers and the optimal methodical solution in two situations which are common to learning ski process

Methods: Observation and experimentation.
Subjects: 30 girls, studying at the Faculty of Physical Education and Sport in Piteşti, who are in a didactic process of learning alpine ski.

Results: The actuating behavior of a significant number of beginning skiers (approximately 50%), in two situations which are common to learning ski process, demonstrates the important role played by the relationship between perception and attention in the results of the ski learning process. The results reveal the opportunity of easily manipulating the attention and, implicitly, the perceptions of the students by the ski trainer in order to support the learning process.

Key words: ski, beginners, perception, attention.
THINKING SKILLS THAT BASKETBALL BEGINNER PLAYERS DEVELOP THROUGH PARTICIPATING IN SUMMER CAMPS

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The purpose of this study was to identify thinking skills that beginner soccer players develop through participating in the basketball schools camps in Jordan from players' perspective. The participants in this study were and (75) beginner basketball players (14 -16 years old), who were participated in summer basketball schools camps in Andman- Jordan 2008. To answer the study’s questions, the researcher established a survey reflects thinking skills that beginner basketball players used in through training and competitions. He also utilized appropriate statistic tools. The results of data analysis indicated that beginner basketball players develop many thinking skills through participating in the schools camps. Study recommended that coaches should more concentrate on thinking skills when they planning training programs.

Key words: basketball, players, summer camps.

EFFECT OF VIDEO MODELING ON SKILL ACQUISITION IN LEARNING THE HANDBALL SHOOT

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The purpose of this study was to determine the effects of video modeling on skill acquisition in learning the handball shoot. Sixty girl students (age mean 1634 years) participated in this study. All participants were pretested to determine initial skill level. Participants have no experiences in handball shot. Each participant was randomly assigned to one of two groups: 1) Traditional group (control) learned this skill via teacher instructions. 2) Experimental group viewed a film demonstration for 20 minutes and teacher instruction. The demonstration was performed by professional players. After 5 weeks of film viewing, practice and class instruction, participants were analyzed to determine the level of improvement by Johnson test and power test. T-test analyzing information indicated significant within group pretest to posttest differences (p<0.05). Experimental group significantly were better than traditional group in shoot carefulness and angle test, but there were no significant differences in power test. 5-weeks Video modeling significantly improved the accuracy in handball shot. Furthermore, the finding showed no effect in shoot power. Then video modeling may not be associated with muscle strength.

Key word: Video Modeling, Traditional Method, Skill Acquisition.

PSYCHOSOCIAL SKILLS OF HANDBALL PLAYERS AND THEIR RELATIONSHIP TO THE DIMENSIONS OF SPORTS EXCELLENCE

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The skills of psychological factors affecting the level of performance motor sports. From the foregoing, the players (handball) are affected by psychological phenomena, and in light of what we've shown we see that the mental skills of a significant role in the outcome of games through its impact on the performance of Vice Admiral Fadel especially the player and the team fully. My goal is to search:
1 - Identifying the psychosocial skills of players of handball clubs Kurdistan to participate in the Champions League in the Kurdistan Region - Iraq.
2 - Understanding the dimensions of excellence in the handball players of the club Kurdish participation in the Champions League in the Kurdistan Region - Iraq.

Represents a sample search teams players from the Premier League soccer Ogilm hand in Kurdistan of Iraq. As the researcher measuring the psychosocial skills through a special form and thus has also been measuring the sporting excellence of the research sample was then to find the relationship between the researcher has reached the following main conclusions:
1 - characterized the research sample with a high degree of psychosocial skills.
2 - characterized the research sample dimensions with a high degree of excellence in sport.
3 - showed a strong relationship between skills and psychological dimensions of sporting excellence in the research sample.

STUDY REGARDING THE INFLUENCE OF THE AGRESIVITY ON SPORT PERFORMANCE

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Purpose. The fundamental scope of this research is the referral of the way of manifestation of aggression from primary and secondary school on sport performance and the developing of a special program of prevention and intervention of this phenomenon for the athletes who encounter problems in this regard.

Methods. I selected from the research methods those which correspond the best to the level of children development , seeking the optimal observation of aggressive behavior present in schools, at primary and secondary students, (one of the methods used was, “the role play” method).

Results. It may be noted that “the pushing”, “the outrages” and “the arguments” are the aggressive manifestations occurring with the highest frequency. The verbal aggression as a way of discharge of the physical aggression is used by players more than other forms of aggression, perhaps because it draws no immediate penalty.

Conclusions. If we want violence to disappear from schools we have to be proactive in our decisions and to analyze the origins of the problem. The violence can be prevented in schools when the children are not predisposed to many risk factors. The research indicates that the antisocial behavior models which appear too early to children, represents a enormous risk factor with negative implications on a long term.

Key word: athletes, aggression, sport performance.
AN INVESTIGATION ON ADEQUACY OF PHYSICAL EDUCATION SPORTS HIGHSCHOOL STUDENTS ABOUT ANATOMY LESSON

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The purpose of this study is to measure the students’ self-sufficiency status to anatomy lesson who had taken anatomy lesson and who study at Karamanoglu Mehmetbey University of Physical Education and Sports. The type of descriptive work has been done in Karamanoglu Mehmetbey University in the spring semester of 2008-2009 academic year. The surveying has consisted of 147 university students in all in the 1., 2., 3. and 4. classes who had taken anatomy lesson and who study at Karamanoglu Mehmet Bey University at the department of Physical Education and Sports academy. The first stage is expected to reach all students in Academies. 147 physical education and sports teaching students in the scope of research have already been taken.

The average age of students participating to the surveying is 21.58 years, %37.2 of students’ as women and %63.8 as men were found. Class percentages of students participating in this study are emphasized as: %27.9 in 1. class, %25.2 in 2. class, %24.5 in 3. class, %22.4 in 4. class. Self – sufficiency statuses of students to the anatomy lesson according to in the different classes shows significant differences [t(294)=6.74, p<.01]. First-class students’ self-competence scores average (X = 76.17) is more positive than the students’ in other classes self-competence scores average. The main reason for the anatomy lesson of physical education students receive first-class over the short period of time than students from other classes can connect through.

It was found that students’ self-sufficiency perception to the anatomy lesson who study at first class was much higher than students’ self-sufficiency perception to the anatomy lesson who study at second, third and the senior class.

Key Words: University Students, Anatomy Lesson, Self-Sufficiency

STATISTICAL ANALYSIS OF BALANCE AND ANTHROPOMETRIC VARIABLES OF MALE BASKETBALL PLAYERS, AGES 9–11.

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Basketball is a physically demanding team game, utilizing dynamic movements, such as jumping, shooting, passing, dribbling, rebounding, and running at different intensities and lengths of times. In order to effectively coordinate these movements and to achieve maximum potential, players must master balance, which is essential for success in any sport. Furthermore, anthropometric characteristics are one of the most significant factors that affect body movements and sports performance. The purpose of this study is to determine whether there is a relationship between body fat percentages and extremity segmental lengths with balance in 26 players, ages 9 to 11, of the Gazi University Junior Male Basketball team. Each subject performed six different equilibrium measurements: 1) the transferring of weight from left foot to right foot and from right foot to left foot, 2) height, 3) weight, 4) skinfold measurements taken from 7 different body points, 5) length of full arm and leg, and 6) length of overarm. Body fat percentages were calculated according to the “Zorba Formula” (BF% = 0.99 + 0.0047 (body mass)) + 0.132 (body fat thickness from 7 different points). Body fat measurements were taken with a Holtain brand skin fold caliper, length measurements with a Holtain tape measure and equilibrium measurements with a Lafayette 16020 IRF/E stadiometer. By means of a statistical analysis (mean values, maximum and minimum values, and standard deviation), the results showed that anthropometric measurements highly affect balance parameters. To determine the parameters of balance and to develop training systems to minimize negative factors effecting balance, this study analyzed whether body fat ratios and extremity length of junior basketball team players of the Gazi University Sport Club were related with balance levels.

Key Words: Balance, Anthropometric, Basketball

COACHING QUALIFICATIONS OF THE COACHES IN TURKISH WOMEN’S BASKETBALL FIRST LEAGUE

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In the present study, it is aimed to determine the coaching qualifications of the coaches in the Turkish Women’s Basketball First League. The related domestic and foreign literatures were reviewed for collecting data; the questionnaire forms were analyzed. The data obtained as a result of the application were subjected to a non-parametric statistical analysis using the SPSS software. Consequently, it was found that all the coaches of the women’s basketball teams included under the scope of this research are male and most of them perform coaching as their primary profession which causes intensive work tempo for them. In addition, it is seen that the coaches follow the developments and the scientific publications about basketball, and they continually participate in the training programs related to basketball. Moreover, they perform the first player choice benefiting from their past experiences and considering the physical characteristics of players. The coaches with a good coaching quality are of great importance as they improve the performance of a team and their.ssls, which can allow them to follow the related publications about basketball, participate in seminars, make analysis and comparisons about the philosophies of other coaches, support their studies with scientific data, seeing the qualified coaches are conscious about continually improving themselves.

Key Words: Coaching Qualifications, Basketball, Coaches
AN ANALYTICAL STUDY OF CASES OF SCORING (SHORT - MEDIUM - TERM) TO THE IRAQI LEAGUE PLAYERS WOMEN BASKETBALL LEAGUE

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Take the end of the scoring skill offensively for the team and is of great importance to control the results be contested. Through the game interesting watching basketball and field coach for one of the clubs Sulaymaniyah and watching the field for a large number of contested only by the difference of the discharged Ahouda a vital problem of direct relevance to the outcome of matches that there is weak and uneven performance Aalaaat my level in different regions, so the diagnosis and knowledge of tide level and the success of the scoring Aalaaat in areas on the pitch we must strive to develop them according to what the problems to deal with less mistakes as possible.

The objective of the research analyzed the cases of scoring areas (near - medium - term).

While the research sample b (12) Player of the Players Club Norouz Sports The researcher has analyzed the cases of scoring used by members of the research sample through the use of a special analysis of this Form and then reached to the most important the following conclusions:
1. Weakness in the scoring from remote areas
2. Weakness in the scoring average Manalmimtp

SELECTION PROCEDURE OF MEASUREMENT MOST OBJECTIVE METHODS OF LEVEL JUMPING ABILITY IN SPORTSMEN

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A high level of jumping ability is a prerequisite of success in many sports. The study aimed at comparing two methods of measuring jumping ability - a simple, direct test and another one by tensometric platform. The results were compared to selected anthropometric variables. In a group of 39 athletes representing 5 sports a high correlation between the results obtained by those 2 methods was found (r=0.93, P<0.001). However, the results obtained by the direct method-Starosta’s test were about 15 8% higher (P<0.001) than those obtained by tensometric method.

Introduction A high level of jumping ability is a prerequisite of success in many sports, e.g. track and field jumps, volleyball, basketball, handball, ice figure skating, rhythmic gymnastics. Thus, determining jumping ability is of paramount importance for assessing the athlete’s motor potential. The height of vertical jump is associated with a large number of degrees of freedom, due to the involvement of many joints, thus being a task of a complex coordination (M.F. Bobbert, J.I. Schenau, 1988). The height of a vertical jump depends on its performance (O. Aura, J.T. Viitasalo, 1989, J.D. Dowling, L. Vamos, 1993, F.V. Koml, C. Bosco, 1978, M. Radzińska, W. Starosta, 2002), as well as on the knee flexion angle and swing range (G., Bartosiewicz, E. Danielewicz, J. Gajewski, Z. Trzaskoma, A. Wit, 1990, R.A. Harley, J.H. Doust, 1994).

The methods used for measuring of jumping ability vary regarding their objectiveness and reliability as reported by many authors (G., Bartosiewicz, E. Danielewicz, J. Gajewski, Z. Trzaskoma, A. Wit, 1990, K. Fidelus, T. Gradowska, 1965, M. Radzińska, W. Starosta, 2002, W. Starosta, 1978) who pointed out weak points in some of them which resulted in a decreased reliability (table 1). The reports comparing various methods of measuring of the jumping ability are rather scarce. Fidelus and Gradowska (6) studied the displacements of the centre of body mass in the jump tests of Sargent and Abalakov (M. Radzińska, W. Starosta, 2002, W. Starosta, 1978) and found the results to diverge considerably, differences between both methods ranging from -5 to 6 cm. Those methods were compared with a modified test of Starosta (M. Radzińska, W. Starosta, 2002, W. Starosta, 1978) and the latter was found to be more precise than the other two tests.

No published, comparative study has been found in the available literature, concerning the jumping ability. The aim of this work was thus to compare the results of measuring the jumping ability by two methods - a simple, direct method – Starosta’s test (M. Radzińska, W. Starosta, 2002, W. Starosta, 1978) and another one employing the Kistler’s tensometric platform.

Material and Methods A total of 39 athletes - 34 male and female ones, engaged in various sports (track and field jumps, volleyball, soccer, rowing and ice hockey), volunteered to participate in the study. Their training experience ranged from 3 to 14 years and their sport class - from the national (Class 2) to international elite. Basic characteristics of the subjects studied are presented in Table 2.

Every subject performed 3 jumps on a recording device mounted on Kistler’s tensometric platform. This enabled simultaneous recording of results by both methods. The mode of the jumping abilities test: wooden square platform (the jumping-meter) with each side 1m long, a leather belt with a centimetre tape placed on the cord. In the middle of the platform there was an opening with a tape passed through it. The tape was connected by a thin cord with a belt which was put on round the hips of the individual examined. A slack connection of the tape with the belt made impossible overstating of measurement results because of hips motion forward or back during the jump.

The test and the measurements: after mounting the belt with the tape, the individual examined stood barefoot on the jumping-meter with their ankles in a line with the opening for the tape. Then jumped upwards with a swing of arms, pulling out the tape from the opening. The result of the jump was the remainder between the numerical value of the tape after and before the jump. The place of landing was limited by two concentric circles (larger with 62cm in diameter for the youths and adults, smaller with 42cm in diameter for children). Crosssing the limit of the appropriate circle made impossible to recognition of the test. In the opening for the tape there was the tape transport limiter fitted to eliminate pulling it out by force of inertia. Measurements were repeated three times and the best result was taken into consideration.

Results The results of jump tests obtained by the direct method – Starosta’s test and from the tensometric platform are presented in Table 3. Individual results obtained by those 2 methods were highly correlated (r=0.93; P<0.001) although the direct method rendered systematical higher results (by 15.8% on the average; P<0.001). Individual differences ranged from 3.8 to 16.4 cm, mean values for groups - from 7.7 to 11.1 cm (x = 8.8±2.3 cm). The foregoing interrelationship was observed: the higher was result of jumping ability, the greater was difference of both methods results.

Discussion A high correlation (r=0.93) between the measurements of jumping ability obtained from tensometric platform and by a direct method evidences that both methods provide measures of the same trait. However, all individual results obtained by the direct method were considerably higher than those obtained from the tensometric platform due, probably, to different execution of the measurements. Namely, in the tensometric method, the moment of full take-off was recorded and thus the rise of heels and metatarsal support before the take-off did not affect the final result. That latter phase considerably improved the jump height (by 15.8%) measured by the direct method. The length of foot is probably another contributing factor. This rises the question whether the tensometric platform method, not taking into account the displacement of the center of gravity until the take-off adequately reflects the jumping ability. There is also a question of applying jumping ability measurements in practice in view of the differences between tensometric measurements and those obtained by simpler techniques, e.g. that of Sargent or of Starosta (M. Radzińska, W. Starosta, 2002, W. Starosta, 1978). Tensometric platform produces accurate results but difficult to employ due to its high cost (cf. Table 1). For that reason, the test of Starosta (M. Radzińska, W. Starosta, 2002, W. Starosta, 1978) may be easily
adopted, especially for screening purposes, monitoring the sport training, at schools, etc., owing to its simplicity, accuracy and low cost of the device.

Table 1

Methods of measuring jumping ability – an overview

<table>
<thead>
<tr>
<th>Segment</th>
<th>Abnormality</th>
<th>Status</th>
<th>Technical platform</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disadvantages</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

- Inadequate initial measurement (e.g., shoulder distance to jump) results (6)
- Failure of horizontal wall
- Touching the board too late or too early increases measurement error (6)
- Fixed board is of some disadvantage

- Subject's feet set in position relative to the tape
- Various jump-down point (2, 10)
- Fixed shoulder at jump may increase the result
- Pelvic motions forward or backward may improve the result (6, 10)

- Frequent replacement of the tape
- Various jump-down point and fastening belt
- Subject has to be instructed in detail as to the jump technique (2, 10)

- Unavailable for screening purpose
- Expensive equipment
- Heat and moisture-sensitive
- Excessive weight after prolonged use (3)
- Not simple to use

Advantages

- Simple and easy in use
- Expensive equipment
- Enables screening measurements

- Simple and easy in use
- How to set up
- Enables screening measurements in adverse, even primitive conditions
- Fixed place and position of feet before and after jump
- For determination of feet to one another: Tech and tape fixed to subject's hips
- Tape protected against pulling out by lap sections (9, 10)

- High mobility
- Universal portable equipment
- Simultaneous recording of many variables (3)

Table 2

The basic characteristics of the studies subjects (n = 39)

<table>
<thead>
<tr>
<th>n</th>
<th>Discipline of sport</th>
<th>Sport class</th>
<th>Training experience(years)</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>Track and Field</td>
<td>First and second</td>
<td>6.10</td>
</tr>
<tr>
<td>5</td>
<td>Volleyball</td>
<td>First</td>
<td>7.13</td>
</tr>
<tr>
<td>5</td>
<td>Bowling</td>
<td>Master (National Team)</td>
<td>2.14</td>
</tr>
<tr>
<td>6</td>
<td>Soccer</td>
<td>Second</td>
<td>4.10</td>
</tr>
<tr>
<td>8</td>
<td>Ice hockey</td>
<td>First (Junior National Team)</td>
<td>3.5</td>
</tr>
</tbody>
</table>

TECHNICAL AND TACTICAL EVOLUTION OF EVIDENCE RESULTS IN THE JUNIOR II TRAINING IN APPLICATION PROGRAMMING BASED OPERATIONAL OBJECTIVES OF THE SCHOOL SPORTS CLUB BACAU

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Objectives of research Since the tactical and technical training to junior level II, is strictly a topical issue in the application programming sports training based on operational objectives, to verify quality of sports training programming that was for testing samples recommended by the Romanian Federation of Handball.

Thus, four samples were selected which was suggestive of progress and quality of programming training.

Research hypothesis It was assumed that testing tactical and technical training in sports coaching at juniors level II, could lead to a proper programming of sports training and knowledge of details of their preparation.

Research methods used in this paper were: bibliographic documentation method, experimental method, method demonstration, statistical method and graphical method.

Research subjects have been formed in Group II of the Junior School Sports Club Bacau. The tests applied were applied for the correct interpretation of the evolution of tactical and technical preparation consisted of initial testing and final and three interim tests.

The research results Data on technical and tactical training are included in some graphs and reflects the evolution of players over the three tests and assessment of the competitive reaction during the game in terms of technical and tactical.

Discussions and conclusions After each test were made that led analysis program for the next steps. Chain of operational objectives designed specifically for technical and tactical training and testing after interim analysis resulted in an increase of 3 individualized training on post. Subjects results from Bacau Sport School team (experimental subjects) were very good, they conquered the title of national champion, resulting in the timing of operational objectives and means of action, led to a good to very good progress in all factors of training Sports.

Keywords: programming, technical and tactical training, juniors II, sports training, development.
CONTRIBUTIONS TO MAKING MODEL FOR GAME OF HANDBALL FOR THE JUNIORS II

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Introduction The existence of the relationship binding the game-design model for training, determining coverage of the presentation model of the concept of integrative game nationally, and systemic vision of the game sports (E. Colibaba, I. Bota 1998) requires coverage model team player model, the model fundamental components of the game (tactical, technical, physical, mental, theoretical).

The objective of our research was to contribute to a certain extent in filling in the handball game, by proposing models are encouraged by the good results last for handball in our country.

Research methods used in our research were bibliographic documentation method, experimental method, method demonstration, statistical method and graphical method.

Research subjects have been formed in Group II of the Junior School Sports Club Bacau.

The research results Objectified models were developed based on the model of the game and the annual plan of training for juniors II, determined from the experiment that we conducted in C.S.S. Bacau competitive in the years 2001-2003. On this basis were developed 10 models objectified whose content is dependent on the period of preparation (preparatory, before the competition, competitive), the form of training (joint training, individualized, game preparation, game official), the factors of training (tactical, technical physical, psychological, theoretical), morphological development, physical training posts, training technical and tactical positions.

Discussions and conclusions At the end of this experiment believe that our findings should complete model handball game at junior level II, primarily to make the relationship: the game design - game design - a model of training. Given that only technical and tactical game model provides a limited view, it must be filled with model physical capacity, mental capacity model and the model of theoretical knowledge, all tailored to the formative Juniors II.

Key words: handball, game, juniors.

BIOMECHANICS MODELING TO ASSESS THE PERFORMANCE LEVEL OF SKILL CORRECTION JUMP THE HANDBALL PLAYERS OF THE JUNIOR

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Which is characterized by objectivity in the evaluation of its dependence on variables such as quantity (time - distance - speed - power - the path of motor) in the study of movement's sports and special skills needed in performance to the speed in performance

The research problem. This prompted the researcher to try to build models using statistical methods Biomechanics different performances of some of my skills and high jump shoot forward in light of the many variables that are reliable good performance Biomechanics and physical abilities to contribute to achieving a deeper understanding of these performances and to predict the impact of any change in performance variables other variables

Aim of the research: 1 - Biomechanics variables - the physical abilities of the skill corrigendum (correction jump high - Voting jump forward). 2 - The nature of the relationship between each of the (Biomechanics variables - physical abilities) and the skill level of precision correction jump high - Voting jump forward.

Terms of sample selection:
1 - regular players, the sample in the training.
2 - All members of the sample registered by the Egyptian Union for handball.
3 - Featured players sample proficiency performance skills of skill correction (high - ahead).
Allocated for training

View and discuss the results
First: The stage of receipt of the ball: the average time to perform the stage by (0.06 d) of the total time of overall performance, where the average displacement of skill correction jump Higher (-151.1 Cm) while the average speed (217.1 cm / s) and the average outcome of the wheel (847.4 cm / s 2).

ANALYSIS OF THE ELITE SPORTS MEN’S LIFE QUALITY IN DIFFERENT SPORTS BRANCHES

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It is thought that quality of life which means a person's physical and mental healthiness in appearance, wellness for him/her, his/her happiness and enjoy his/her life by doing his/her jobs as freely, can be affected by being a international. For this reason, searchment was carried out for the purpose of searching the life quality of internationals who take course at Karamanoglu Mehmetbey University Physical Education and Sport Academy. Study's environment involves students whose branches are different at 1, 2, 3 and 4class at Karamanoglu Mehmetbey University Physical Education and Sport Academy. At the end we reach all 29 internationals.

The average of the participants age 21.79+ 1.93. It was determined that 51.7 percent of sportive are internationals in wrestle, 3.4 percent of them in cycle, 10.3 percent of them in box; 10.3 of them in taekwondo, 6.9 percent of them in field hockey, 6.9 percent of them in athleticism, 6.9 percent of them in judo and 3.4 percent of them in gymnastic branches. The average of year’s participants' being an internationals is 5.62+ 2.11. It was determined that there is a significant relationship between internationals' branches and quality of life functional condition subordinate area social function (p<0.05). It was determined that being male of internationals has a significant relationship between life quality and social area (p<0.05). It was determined that there is a significant relationship between students' spending time for themselves in residual time after sport and life quality, social and environmental areas (p<0.05).

For internationals males' soundness grade is higher. Sex has no effect on perceived social support. The person who lives in county has more family support. Global life qualities were not affected by the place where people live. As a result of our searchment, being an international has bad effects on physical, psychology, social and environment areas which are subordinate area of quality of life. Therefore being an Internationale should not affect the students and the time which they spend for near surroundings people.

Keywords: internationals, quality of life, branches.
MARTIAL ARTISTS VERSUS TEAM SPORTSMEN: AGGRESSIVENESS AND RECEIVED SOCIAL SUPPORT

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The study was conducted by the athletes in Agean Region of Turkey. The aim of this study to determine and compare the received social support and aggressiveness level of martial artists and team sportmen. The researchers gave information about the aim and scope of the study to the athletes, and then they completed the scales voluntarily. There were 180 athletes in both martial arts in team sports group. The instruments of the study were Kiper’s Aggressiveness Inventory and Multidimensional Scale of Perceived Social Support. The scores of aggressiveness for martial artists and team sportmen were $x_{ma}= 46,51\pm7,85$; $x_{ts}= 47,74\pm7,26$ and $x_{s}= 46,64\pm7,42$; $x_{t}= 47,69\pm7,46$ respectively. There is not significant differences between male and female martial artists and team sportmen ($p>0,05$) in aggressiveness. Received social support scores for martial artists and team sportmen were: $x_{ma}= 35,19\pm14,07$, $x_{ts}= 40,20\pm12,31$ and $x_{s}= 66,86\pm6,25$, $x_{t}= 48,07\pm8,13$ respectively. Thus, the scores of male team sportmen were significantly higher than martial artists ($p<0,001$). On contrary this, the social support scores of martial artists for women are higher than team sportsmen significantly ($p<0,001$). In total, aggressiveness and received social support scores of martial artists ($x_{ma}= 46,58\pm7,62$; $x_{s}= 51,02\pm19,23$) and team sportmen ($x_{ts}= 47,72\pm7,34$; $x_{t}= 54,13\pm12,05$) showed no significant differences. Aggressiveness is not related to sports branches. Future research on this subject is a need.

Keywords: martial artists, team sportmen, social support, aggressiveness.

EFFECTS OF ECCENTRIC LOADS ON BIOMECHANICAL CHARACTERISTICS IN JUMPS WITH SLOW (CMJ) AND FAST (DJ) SSC

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Introduction Vertical jump test constitutes a very good index for the peak power generated from lower limbs (2). Eccentric training is a special method for great improvement in strength, muscle hypertrophy (7) and neuromuscular adaptations, with some particular effects on muscles and tendons (6). Especially the effects of pure eccentric isokinetic training load (velocity and resistance load) with the use of a multijoint dynamometer, on vertical jump characteristics remain unclear. The purpose of our study was to evaluate the effects of an eccentric training programme, using a multijoint, isokinetic dynamometer (MJID) on mechanical and myoelectrical characteristics of vertical jumps with slow (CMJ) and fast (DJ) stretch shortening cycle (SSC).

Methods Nineteen (n=19) male students of Physical Education (age=21,26±0,94years, height=180±6,7cm, and weight=78,34±7,98Kg), were randomly divided in two groups, experimental (n=10) and control (n=9). The training group carried out 16 sessions (two sessions per week) of eccentric training that fulfilled in a MJID (Hydromechanics Co.), in a velocity regulated at 0,20m/s, the range of motion (ROM) in the knee joint was from 130-160° and the training loads was from 80-90% of maximal eccentric force. Loads were evaluated every two weeks and each exercise bout consisted of 3-6 series and 10-6 repetitions. First week was set as a familiarization period. Assessment measurements included vertical jumps elicited by slow (CMJ) and fast (DJ) SSC from 40cm drop height. Jumps were performed on a force plate (Kistler 9281-C). Surface electrodes (motion control co.) were used to detect EMG activity (RF, BF & GAS). The recording of dynamic and EMG data carried out with APAS (Ariel Performance Analysis System). ANOVA after repeated measurements, and paired t test were chosen for the statistic process of the recorded data. Statistical analysis performed using SPSS Version 17.0 for Windows. The significance level for all statistics was set at $p<0,05$.

Results The eccentric training caused statistical significant changes on many mechanical characteristics in both jumps including increase in vertical jump heights, CMJ (from 28,23±4,47 to 32,43±7,97cm) and DJ (from 34,53±8,09 to 38,56±10,12cm). Particularly, in CMJ there was statistical significant $p<0,001$ increase of jumps (4). RMS (Root Mean Square) activity was also differentiated in all three muscles, otherwise in both jumps, but only the difference in RMS EMG from biceps femoris in DJ was statistical significant.

Discussion The results suggest that eccentric training in the multi joint dynamometer, that matches enough to three joint movements (8), like jumps, was effective, increasing jumping performance and muscle power from lower limbs. An explanation to this is that eccentric training resulted in activation of more fast twitch fibres that are responsible for power generation (1), indispensable to increase the height of jumps (4). Other differences, effects of eccentric training on strength (5), muscle-tendon complex (6), reflex actions and co-activation of competitor muscles (3) are also possible reasons for the results of our research.

PERSONALITY AND PERFORMANCE SPORT

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This work has proposed to address several broad objectives and some specific objectives.

**General objectives:**
- Identify personality traits and motivational structures of athlete performance profile in order to optimize the current patterns of selection in sport performance;
- Highlighting the effects it has long practice of sport in the individuals personality;
- Identifying the specific type of motivation that has significant influence in obtaining performance;

**Specifically, we pursued the following objectives:**
- Presentation of personality factors underlying the differentiation of personality profiles of the two groups of subjects.
- Identification of specific temperamental type for each group of athletes examined.
- Highlighting the weight of the intrinsic and extrinsic motivation reported to sports success.
Research is certifying and descriptive study, which has the target population for a total of 40 athletes, who are divided into two groups: one consisting of 20 persons who practice or have practiced individual sports performance and other composed of 20 current or former collective sports performers.

The tests used were:
A. Sixteen Personality Factor Questionnaire (R.B. Cattell)
B. Personality Questionnaire of Guilford – Zimmerman
C. Questionnaire for temperamental identification (Belov)
D. Questionnaire for motivation identification (made by the authors)

Under these tests, can be concluded that the first test significant differences were observed in 5 of those factors 16. In this regard can be said that differences between groups are in terms of self-image, how to assert personal and expression of conventional trends. In the second, are obvious differences in the 3 factors of 10, the direction of effective emotion in shares obedience. Belov test emphasize the significant differences concerning the type of temperament and objectivity in conduct various events here. The weight of internal and external motivation for sport is different aspects in the 2 groups of athletes, and this is shown by the last test applied. As a general conclusion one can say that long practice relevant to a particular sport help shape a profile of personality. The essential characteristics that define the personality profile for individual sports group subjects are: courage, dynamism, a desire to be independent, assuming responsibilities and risks, the ability to make decisions in short, slight tendency emotional instability, impulsivity and excessive consumption of energy carried. For athletes other relevant group following basic features: constant interest and attitude, emotional stability, depending on group, perseverance, hesitation to communicate with the public. This study completes a series of proposals to optimize the less favorable aspects highlighted in the personality of the members of 2 groups to improve performance both in life and in sports performance.

Key words: personality, individually, collectively, performance sport

STRATEGIES TO PREVENT AND TREAT POST - TRAUMATIC LESIONS IN HANDBALL GAME

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Introduction: The game of handball is a harmonious combination between natural movements as running, throwing and jumping on the one hand and simple specific movement skills, accessible and attractive on the other hand. Also the game of handball takes place on a background of intense psychological demands, which are highly educational and formative. Obtaining great performance requires from the athlete remarkable physical effort which leads to wear of body with permanent damage to health, especially when the preparation process is guided by empiricism and improvisation rather than scientific principles.

Aims and Objectives: The risk of accident is always present in sports activity and is often generated by known causes like exaggerations in graduation of effort, inadequate warm-up or aggressiveness in the play field. Detection and treatment of clinical forms, therapeutic conduct and athlete recovery are just some of the directions that need to be followed in order to obtain sustainable solutions to ensure performance. The main purpose of this research consists in bringing a prospective study of injuries in handball, giving a precise definition of the concept of trauma, following on personal data upon injury mechanisms and examining of these injuries for obtaining accurate information on such mechanisms and for recommending effective prevention methods.

Methods: Accident prevention is possible only if causes that lead to them are known. These causes vary depending on the sport particularities, the environment, the play ground, equipment and installations, gender, pedagogical experience of the teachers etc. The subjects involved in the research were represented by the handball players that were monitored for a long period of time. A special attention must be given both to the body care which is related to recovery training and also to other parameters related to sports performance, throughout the whole competition year. The proposed prevention and conditioning program addresses to strengthening tendons and ligaments, together in the same time with muscles in order to strengthen the joints they cross, to help prevent injuries and to achieve full range of motion and stability. It is also important to increase flexibility and joints range of motion, using static stretching exercises for general flexibility, specific warm-up procedures, power training and resistive exercises according to specific activity.

Results: Recovery is a complex interdisciplinary action involving professional medical and social aspects. According to the research, we observed that the body segment most exposed to trauma is the lower leg, which represents 63% of total disorders. The less affected area in terms of trauma is the trunk, which is 0,5% of the total. Statistical analysis and processing of survey’s data showed that the most requested body segment in terms of traumatic diseases is the knee and the least required are the thorax and the abdomen. Taking into account the nature of the condition, we observed that the most common affection in handball player is represented by the direct trauma, followed by the strain and then the meniscus injury. Other lesions that are not in proportion as those mentioned above are: pseudoarthritis and essential osteolysis. In conditions of modern handball practicing that involves total commitment, players are sometimes exposed to injuries. These traumas occur less frequently in training and official games.

Conclusions: According to the records and the medical observed descriptions of handball players, we noticed that there was an analysis or an "examination" of the musculoskeletal system that has to include both the macro and microstructure of musculoskeletal system in order to determine an accurate diagnosis and to achieve a fair and effective therapy. For this achievement it must be established first a certain and detailed medical history, then the group of anatomical formations injured, which must determine the correct location of the lesion, the exact formation injured, either solitary or in combination with other formations localized in the immediate vicinity, superficially or in depth, through inspection and palpation. It is noted that one characteristic of the handball game is that this sport exposes to acute trauma that generates fractures, capsule-ligament injuries, muscle lesions and lesions of the meniscus.

Key words: handball game, traumatic lesion.
THE MOTRIC PROFILE FOR THE COMPONENT POSITIONS OF A RUGBY TEAM

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Purpose: The game of rugby has changed dramatically in the last 10 years, these changes had important impacts on the game components of training, of training cycles, but especially on those demands made to the players. The purpose of this paper is to learn the nature of demands in rugby game.

Hypothesis: Rugby game is characterized by the ability of speed-force and speed-resistance on endurance fund and coordination. Also, should be mentioned specific efforts for each position, according to intensity, type of contraction and systems involved.

Conclusions: By its nature, the game of rugby involves the presence of speed in all forms. This is highlighted by the specific effort’s motric structure: running 2/4, running 3/4, running 4/4, jump, shock, pushing and fighting. From this listing, results the decisive role of combined forms of speed: speed-force and speed-resistance. The importance of these forms is reflected in the motric profile related component positions of a rugby team.

Key words: rugby, speed, positions, team.

THE IDENTIFICATION OF THE MAIN PHYSIOMOTOR PREDISPOSITIONS IN FAVOR OF SPEED SKATING

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The present paper had as main purpose the identification of the main physiomotor predispositions considered in favor to practicing speed skating and pointing out their importance in the performance sport, considering that, by their correct identification, sport results can appear at a world level, avoiding, at the same time, the gearing of certain athletes that do not have the required physiomotor qualities for practicing speed skating, their classification being made on the basis of a hierarchy scheme, schemes filled out with the help of certain specialists with notable results from the Romanian speed skating.

Key words: physiomotor, speed, skating.

COMPARATIVE ANALYSIS OF THE ANTHROPO-MOTOR DEVELOPMENT LEVEL BETWEEN BOYS AND GIRLS AT THE SELECTION AGE IN SPEED SKATING

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This study has as purpose the study of the anthropo-motor availabilities of the age at which the selection in speed skating is realized and we want to be a reference point for the agents (coaches, teachers, instructors etc.) that are in charge with this complex process. The hypothesis that was at the base of this study was that the more we know the exact actual development level of the children potentially performance athletes, in our case skaters, the more we can adapt more exactly the specific requests necessary to their initial selection, both at boys and girls. Also, I wished to make a comparison between the anthropo-motor development level of the boys and girls, knowing that at the age the selection takes place in skating there are certain variations specific to the growth period in what concerns the anthropo-motor data, these being more or less different at boys in comparison with the girls.

Key words: anthropo-motor, speed, boys.

FEEDFORWARD, FEEDBACK AND UNCONTROLLED MANIFOLD IN MOTOR CONTROL

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From among possible movements’ control methods, the basic and most efficient one is no doubt the feedforward mode. Unfortunately, it may be adopted only in predictable environment, i.e. when the probability of achieving a desirable result by applying a given pattern of action is acceptably high. Unfortunately, this control mode has not much flexibility, thus it cannot be adopted in not predictable environment, which forces to current regulation according to instantaneous changes in environment, when the changes cannot be fully anticipated with acceptable probability. In such situation necessary is application of feedback mode, providing high flexibility, but slower and involving higher information processing load. Pure feedforward and feedback modes are in fact some extreme theoretical models of movements’ control, thus neither of them can be applied in reality in its “pure” form. In practice some mix of both these modes has to be employed, and its theoretical description is termed uncontrolled manifold (UCM). However, this notion is not homogenous and unambiguous. The presented paper is devoted to its more detailed description in the light of Bernstein’s theory.

Keywords: motor control, feedforward, feedback, uncontrolled manifold, Bernstein’s theory

ETHICAL ISSUES IN TURKISH SPORT MEDIA: PERCEPTIONS OF PROFESSIONAL FOOTBALL PLAYERS

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The media plays a significant role in today’s world. The most important being its effect on the general perception within a society and the provision of a public forum for debate about important social issues. The media’s ability to function constructively in these roles is directly related with its acceptance of, and adherence to certain ethical codes. Although, the list of ethical codes helps to explain ethical issues, determine preliminary and behavior standards and, is accepted as valuable for journalism, it cannot guarantee the ethical behaviors and cannot resolve
plagued with significant ethical codes difficulties. For this reason, ethical codes remain a problematic area in journalism. In the light of this generally weak image of journalism, the ethical problems are experienced. Similar observations are noted Turkish sports media and sports journalism. The practice is widely tolerated since media outlets are conveying non-ethical news, especially by the sports clubs, coaches, managers and players. Many of the ethical code violations are related to football, the most popular sport in Turkey. These infractions take their toll on football clubs, players, coaches and club managers. Unfortunately, there is little effort made to either verify sources or confirm the accuracy of information about the players who are the source and subject of the news.

This study is based on feedback received from 138 professional football players, representing 11 teams participating in Turkey’s premier football league. Each participant was asked a series of five questions related to the media’s news gathering techniques, treatment of their personal lives, prevalence of gossip, general accuracy of news stories, as well as the tendency of the media to stimulate and encourage violence. For statistical analysis, ANNOVA test was used for age and covering media, Kuruskal Wallis test was used for following the media tools. It has been determined that the ethical codes namely gossip, private life and honesty are frequently violated, and the ethical codes, namely news gathering and violence are sometimes violated by Turkish sport media. According to these results, Turkish sports media outlets are plagued with significant ethical codes difficulties.

**Keywords:** sport, media, ethics, football player.

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**THE CONTRIBUTION OF RHYTHMIC GYMNASTICS MEANS IN EDUCATING THE RHYTHMICITY IN SECONDARY SCHOOL STUDENTS**

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Due to the means’ accessibility, the dance character and the special emotional climate created by the presence of music, the rhythmic gymnastics is a sportive discipline that is loved by female students. For matching movement and the music it is necessary a certain education of the specialized auditory sensations (Dobrescu T., 2008). The rhythmical-musical education envisages the development of personality, of artistic sensitivity and motor skills of the pupils. The motor rhythmicity represents the ability to perceive and express through the motor act, the rhythm particularities of the musical pieces, concretized through a different duration of the musical notes value and the symmetrical and periodical succession of the strong times (accentuated) (Macovei S., 1992, pag.3). The rhythmical-musical education is done through rhythmicity and motor musicality educational exercises, using the games and rhythmic themes as means.

The aim of this paper is to research the education of rhythmicity through the use of specific means, during the secondary school physical education lessons, in female students. In developing our research, we started from the following hypothesis: the use of rhythmical themes during the physical education activity will lead to a movement performance that will match the musical background. The research methods we used: the study of the bibliographical material, the observation, the analyzing experiment, the statistical-mathematical method and the graphical representation method. The experiment was conducted at School no. 27 in Bacău and was composed of 30 subjects, with the age between 12-14 years old. The experimental group was subjected to the influencing factor, comprising specific exercises that had as aim to master a large number of rhythmic gymnastics means. The physical education lessons were conducted in gymnasiuems, twice a week, musical games and rhythmic themes being used as means of action.

The means created and applied during the experiment were proven to be benefic for educating the rhythmicity. They were proven to be attractive leading to an increase in the participants’ interest for this activity.

The results of the research confirm the hypothesis, thus constituting a strong argument for the use on a large scale of the rhythmic themes during secondary school physical education lessons.

**Keywords:** rhythmic gymnastics, education, rhythmicity, students, secondary school.

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**HEART DIMENSIONS OF THE ELITE WEIGHTLIFTING AND BODYBUILDING PLAYER (COMPARATIVE STUDY)**

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To compare the dimensions of the hearts of the players in the Jordanian Weightlifting National Team and the Jordanian National Bodybuilding Team.

This study was carried out in the laboratories of Jordan University Hospital between April and October 2007. A sample of 6 players from each of the Jordanian Weightlifting and the Jordanian Bodybuilding team were used. The researcher used Two Dimensional Echocardiography to study the following variables: stork volume, left ventricular end diastolic diameter, left ventricular end systolic diameter, interventricular septum thickness, left ventricular posterior wall, left ventricular mass, and left ventricular mass index.

After carrying out the study on the members of the Jordanian Teams the following results were collected. The values show the mean and standard averages for the dimensions of the hearts. The comparisons are shown for the two groups. They are listed for the Weightlifting Team and the Bodybuilding Team respectively: Stork volume (11 ± 80.5) (9 ± 78.6) Left ventricular end diastolic diameter (1.6 ± 50.3) (3.2 ± 49.8) Left ventricular end systolic diameter (2.2 ± 35.6) (3.7 ± 35) Interventricular septum thickness (0.9 ± 10.8) (.8 ± 10.5) Left ventricular posterior wall thickness (.8 ± 10.3) (1.3 ± 9.6) Left ventricular mass (28 ± 200.50) (36 ± 184.50) Left ventricular mass index (12 ± 104) (15 ± 93.9).

There were no distinctive differences in the dimensions of the hearts of the elite players of the Jordanian Weightlifting and Bodybuilding Teams.

**Key words:** Heart dimensions, Echocardiography , elite players.
KINETOTHERAPY

EARLY INTERVENTION THROUGH PROPRIOCEPTIVE TRAINING IN CHILDREN WITH DOWN SYNDROME

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Introduction Studies made on groups of children with Down syndrome and groups of children without disabilities in similar conditions of gender, age, social class have pointed out the fact that the medium age which the main milestones of motor development is realized is significant delayed. The evaluation of motor development of those children, as well as the physiotherapeutic intervention guaranties an optimum motor development of their potential and improves the well-being status.

Objectives: to demonstrate the early intervention through proprioceptive training program performed in all the motor development stages, we’ll enhance the quality of motor behavior, we’ll achieve a faster acquisition of the main milestones and we’ll improve the postural tonus, the balance and transfers.

Method and material: the study was performed at Speranta Special Care Center Timisoara, during october 2006-october 2009. Lot studied consisted in 30 randomized patients aged between 2 months-5 years with the mean age 2 years and 3 months. The subjects were divided in two groups: control group 15 subjects, classical kynetotherapeutic program 3 times/week/45 minutes; study group 15 subjects, proprioceptive training 3 times/week/45 minutes. The children were assessed before and after intervention using Bayley Motor Scales of Infant Development and we evaluated 12 milestones.

Results and discussion: following the proprioceptive training all the subjects have presented an improvement in the development milestones compare to control group. Significant results have been obtain for: standing, walking, climbing stairs, running and jumping (p<0,05). At the end of the experiment, motor performance was: control group 1 subject normal performance -7%, 9 subjects late performance -60%, 5 subjects significant late performance -33%; study group 2 subjects normal performance -13%, 10 subjects late performance -67%, 3 subjects significant late performance -20%.

Conclusions: all the children have improved their performances because of the development of them during the study and cause of the kynetotherapeutic intervention. Still, the proprioceptive training had determined a significant diminution of the mean age of occurrence in the main milestones compare to classical intervention. The proprioceptive training must be included in the kynetotherapeutic management of each child with Down syndrome. The early intervention is desired for the achievement of maximum potential of the child.

Key words: Down syndrome, early intervention, proprioceptive training.

ROLE OF KYNETOTHERAPY IN ACUTE HEMORRHAGIC STROKE

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Introduction Hemorrhagic stroke represents 10% of total stroke number, with high mortality and devastating impact on patients life’s. Because hemorrhagic stroke is associated with severe invalidity and high costs for hospitalization and recovery it is important to now first and second stroke prevention.

Material and method Our study included 30 patients diagnosed and treated in our clinic over a period of 4 months. We measured the volume of hemorrhage and assessed the impact of disease with FMA (Fugl-Meyer Assessment) scale.

Results and discussions Our study proved a high mortality among hemorrhagic stroke patients. The majority number of patients involved in study have shown an improvement of initial clinical state after kynetotherapy in early days of stroke.

Conclusions Mortality in hemorrhagic stroke is high, comparable with that cited in literature. The volume of hemorrhage is a predictable factor for the evolution of patient. Kynetotherapy in early days oh hemorrhagic stroke proved to be useful.

PHYSICAL THERAPY IN THE RECOVERY OF WALKING FOR HEMIPLEGIC PATIENT

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Functional recovery of hemiplegic lower limb and walking is one of the components of hemiplegic patient rehabilitation program.

The purpose of the study is to observe the efficiency of kinetic program implemented in the complex rehabilitation of the patient with hemiplegia, so that the patient becomes independent social integration and professional even as early.

The major objective of recovery of the lower leg consists to obtain balanced orders of antagonist muscle groups for a walk as physiological rehabilitation.

Research methods: observation and data recording method, test method, statistical, mathematical processing method, graphical method.

Performing the experiment. The study is a descriptive study, which followed the evolution of patient clinical and functional status and individual scores of the scales used initially and after the recovery, with kinetic program.

In conclusion for hemiplegic patient recovery effort must be made for walking (even running the risk of anesthetic, not meeting the physiological parameters of walking), it means independence of the person affected, with significant improvement in the quality of his life and his family.
CONTRIBUTIONS TO THE OPTIMIZATION OF KINETIC MEANS OF RECOVERY FROM TRAUMA SUFFERED IN PERFORMANCE VOLLEYBALL

FIEROIU ION EMIL, Asst. PhD, University of Pitesti

Introduction The ever growing number of people who love and practice sports, as well as the necessity and wish to achieve performances and to compete have all led to an continuously stronger commitment to sports, but also to a constant rise in the number of wounded sportspersons.

Objectives
1. The theoretical objective approaches the specific problems of posttraumatic recovery of performance volleyball players.
2. The practical objective of the paper focuses on the study of the effects that kinetic programs have on the recuperation from shoulder and ankle trauma and on the appropriate reintegration of sportspersons in performance sports.

Research tasks
1) Bibliographical research on the connections between the causes for traumas, the kinetic program, sport performances and ways of optimizing the recuperation capacity of sportpeople and the reintegration in high performance sports activities; the identification of major traumas and the their relation to certain parts of the body;
2) The study of certain references related to the methodology of research on posttraumatic recovery activities, while also remembering the instrument evaluation, used in the kinetic programs.
3) Experimental research on the problematic traumas specific to the practice of volleyball.

Research results The role of the kinetic program used in the recovery of a dislocated shoulder and a sprained fibula was evaluated according to three characteristics of the dependent variable:
- Pain control
- Improving joint mobility
- Improving muscle force

Conclusions
1. Kinetic therapeutic methods are indispensable in the recovery from trauma in the case of volleyball players.
2. Applying these recuperation methods correctly has assured the quick return of sportspersons (investigated for case studies) to performance sports (training and competition).

Key Words: kinetic means, recuperations, trauma, volleyball.

OPTIMIZING HEALTH STATUS IN AEROBIC GYMNASICS

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Aim of study This work is intended to be a plea for what negative effects of sedentary life represent, but also of the manner they could be prevented and removed, for optimizing body health status, through training in which effort shall be dosed, depending on a series of individual traits (age, sex, trouble).

Methods The study has been performed on a number of 10 persons, of feminine sex (5 from the control lot and 5 from the experimental one) aged between 34 and 46 years old. For better emphasizing the favorable dynamic to subjects from experimental lot, as compared with control lot, initial and final results obtained from subjects in the two lots have been analyzed by Hettinger and Ruffer tests.

Results Final testing of the subjects from experimental lot shows an improvement in rates for mobility, strength and resistance, as opposed to initial testing. The subjects from the control lot who developed a normal daily activity, with no aerobic training, obtained feebler results, both in initial, and in final testing, not being registered any significant modification of rates following both tests.

Conclusions Aerobic gymnastics training within weekly training program leads, in time, to individual health status improvement. Training on a regular basis and in an organized manner contributes to removal of some effects induced by sedentary life: negative physical conditions, low effort capacity and to improvement of motor qualities (strength, resistance, mobility).

Key words: health, gymnastics

BRAIN ATROPHY AND MELOTHERAPY: CLINICO-IMAGING CORRELATIONS

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Introduction Our study presents correlations between brain atrophy measured by CT-scan images and clinical diagnostics of these patients and the way in which melotherapy modify possible associated depression.

Material and method: Our study consisted of 210 patients admitted to Neurology Department Constanța between June-December 2007 and diagnosed (by means of brain CT-scan done in the first days from admission) with diffuse brain atrophy in majority of cases and secondary to a neurologic affection. For all patients we performed BECK depression scale. Our patients were admitted to a musical program consisting in 15 minutes, three times a day. We divided the study group in four smaller group.

Results: The majority of our patients proved to have two or more risk factors, specially hypertension and dyslipidemia, age over 61 in 80%. Brain atrophy was present in almost half of patients. On Beck scale evaluation we discovered medium and severe degree of depression. Patients with brain atrophy associated withBinswanger’s disease were presenting pseudobulbar syndrome associated or not with gait disturbances, with or without dementia, and leukoaraiosis on CT-scan.

Conclusions: The majority of our patients were age over 61. Hypertension is the main risk factor. Correct treatment of arterial hypertension, dyslipidemia, diabetes mellitus and other cerebral vascular risk factors delays development of brain atrophy.

Melotherapy seems to have a positive impact in patients with acute ischemic stroke, and less important in those with large brain atrophy and Binswanger disease.

Keywords: brain atrophy, CT-scan, vascular brain diseases, risk factors, associated diseases, lacunarism, leukoaraiosis.
THE EFFECT OF THE PARTICIPATION OF EDUCABLE MENTALLY RETARDED CHILDREN IN THE SPECIAL PHYSICAL EDUCATION CLASSES UPON THE ANXIETY LEVELS OF THE PARENTS OF THE CHILDREN

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Mentally retarded children live by depending on their parents in accordance with their level of disabilities. The parents may develop certain psychological disorders due to having a mentally retarded child. The situation may affect their way of life and cause high levels of anxiety. Whereas the special physical education classes give the mentally retarded children an opportunity to learn how to do several activities on their own while enjoying themselves; they also help alleviate the dependency of children upon other people.

The research is built around a hypothesis which suggests that the parents of the children who participate in the special physical education classes are going to have a decrease in their anxiety levels. The purpose of the study is to determine the anxiety levels for the parents of the children who participate and do not participate in the special physical education classes. The research group consists of 16 couples whose children are receiving physical education classes, which makes a total of 32 parent subjects. The children are within an age range of 6 to 11. A total of 16 (8 practice, 8 control) children have been divided into two groups. The research was figured by an experimental (type with preliminary test-final test control group). As the contents, a special physical education program consisting of warm-up exercises, functional exercises (individual, paired, group staffed, station-racecourses) and sports games (paired, types of helping each other, group competitions and games with rules) was applied to the practice group, 2 days a week and 1 hour each day. Program was implemented 20 weeks. Spielberger Trait and State Anxiety Inventory was used as a data collecting instrument. The data collected at the beginning and final of the practice program as group based with the evaluations of the mothers and special education teachers of the children were compared. “Wilcoxon Test” was used for the dependent comparisons.

A decrease in the anxiety levels has been observed at the anxiety levels for the parents of the children at the application group, compared to those of the parents whose children are at the control group. This decrease, however, is not found to be statistically meaningful. There has been no change at the constant anxiety levels of the control group. Observing their children move independently has had an effect on the parents of disabled children that greatly helped them reduce their levels of anxiety. The continuity of this kind of special physical education programs and parent cooperation can help achieve more effective results.

Keywords: educable mentally retarded children, special physical education, anxiety, parents

THE ROLE OF PHYSICAL TRAINING REGARDING THE KINETICALLY IMPROVEMENT AND RECOVERY TO CHILDREN HAVING PHYSICAL DEFICIENCY, THE FLAT FOOT

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The present article describes the notion of the flat foot, the architecture of the foot, the influence of a model-programmer for its recuperation. A lot of attention is given to the analysis of the geometrical modification of the foot before and after the application of the model-programmer. By this analysis way we can observe the real progress registered by individual pupils. Only knowing the medical and biological data of every pupil, the physical education teacher can establish the integration possibilities of the pupil in the process of physical education can decide and apply the most adequate measure for preventing and correcting the physical deficiencies. We are suggesting the conduction of a study on improving the physical deficiency through physical exercises, which is the flat foot. In analyzing the flat foot, we have come to the conclusion that through the application of certain individualized programs, the followed parameters have evolved favourably bearing in mind the existence of all the articulate alterations which could have delayed or dragged out the success of the recovery treatment.

Key words: flat foot, recuperation, physical education, prevention, treatment

CHARACTERISTICS OF COGNITIVE STATUS IN INSTITUTIONALIZED ELDERLY

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GEORGESCU LUMINIȚA, PhD., University of Pitesti, Kinesitherapy

Aim of study This work has the role of assessing the cognitive status of elderly institutionalized, as well as of differences between institutionalized and non institutionalized persons, starting from the hypotheses that there are differences to cognitive status level between institutionalized and non institutionalized elderly, differences related to cognitive status according to the length of institutionalization and to cognitive status of institutionalized elderly, according to person’s sex.

Methods In this correlational study two groups of third age persons were included, aged between 65 and 75 years old. In the first group, non institutionalized elderly persons were evaluated, and in the second group elderly persons institutionalized within the Center for Care and Assistance of Pitesti. Cognitive status has been assessed with the help of Mimi Mental Studies Examination test.

Results Results’ analysis to MMSE evaluation shows that cognitive status is better in non institutionalized persons ($x^2 = 7,21; p \leq 0,05$), the period of institutionalization influences cognitive status of elderly institutionalized($x^2 = 12,43; p \leq 0,05$), females get a smaller score, by comparison to men, in performed tests ($x^2 = 6,28; p \leq 0,05$).

Conclusions In what concerns the relation between institutionalized persons and civil status, we noticed that in the group of institutionalized persons there are no married subjects, which suggests that losing the life partner increases the probability of institutionalization. Concerning socio-demographic characteristics of cases included in the study, in the group of institutionalized persons are predominant the persons with elementary studies, and in non institutionalized persons the higher frequency belongs to the group of persons who graduated from high school.

Key words: elderly, analysis
CORRECTION COLUMN DEVIATIONS USING CYRIAAX METHOD

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Deviations spine adversely influences both musculoskeletal and other functions (respiration, circulation, digestion, metabolic exchanges, etc.). In this study, I have decided to check two aspects, check to what extend Cyriax method specific techniques are an effective treatment means of problems caused by lesions of intervertebral disc (correcting such deficiencies column) and whether prophylactic compliance measures within this method can prevent the disc lesions.

Research was conducted on 6 subjects with deviations of the spine in the sagittal plane (cifoza and lordosis) for a period of 4 months. To assess and compare the results obtained we use the evaluation form Cyriax, mobility tests and pain scale. From Cyriax method we used deep transverse massage and manipulation techniques at the spine level and the extremities.

The results, materialized by the disappearance of pain and correction of bias, confirm that the techniques of the Cyriax method are an appropriate strategy for treatment and prophylaxis in spine disorders.

Key words: pain assessment, Cyriax, treatment.

THE USE OF KINESITHERAPY IN NEUROSIS SCIATIC RECOVERY

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NECSOI IOANA CRISTINA,Tutor, Pitesti University, Kinesitherapy section

Purpose. The purpose of this research is to find a strategy to recover patients with neurosis sciatic using specific kinesitherapy methods.

Methods. The patients followed the Williams program, every day, in two stages : Williams program at home and kinesitherapy exercises at the gym.

Results. At the end of this program we ascertain the following:
- improvement in hip-thighbone joint
- improvement of trunk muscle strength and legs muscle
- decrease of pain level both standing and walking
- prevention of others pain strokes

Conclusion. The efficiency of the program consists in social life improvements and patient involvement in daily living activities.

Key words: sciatic neurosis, pain, integration

THE IMPORTANCE OF THE PHYSICAL PROGRAM IN THE RECOVERY OF CHILDREN WITH RICKETS SEQUELAE

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Purpose. Carengial rickets at children conducts to skeletal abnormalities. The purpose of this paper is to demonstrate the importance of physiotherapy in the recovery of children with rickets sequelae.

Methods. The study is done on two children (boy-4 years old; girl-4 years old) with cifo-scoliosis and genu-valgum. In implanting the program we used specific exercises associated with dynamic games.

Results. The program was conducted over a period of 10 months and the deficiency resulted in improvement but the program will continue until full recovery of them.

Conclusions. Choosing a program associated with physics effective intake of vitamin D helps the body needed to improve the sequels and the total recovery of rickets.

Key words: Carengial rickets, cifo-scoliosis, genu-valgum.

STUDY ON THE IMPLICATION OF ELDERLY PEOPLE INTO THE KYNETHO-PROPHYLAXIS PROGRAMS ORGANIZED INSIDE THE SOCIAL CARE AND ASSISTANCE CENTERS

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Introduction
The actual preoccupation of those taking care of the old aged ones is not only oriented towards increasing the life expectancy, but also towards turning this third generation into an active generation, having useful preoccupations, beneficial to their families and to the society, not to mention the creative goal of maintain their physical strength and intellectual potential all throughout their life. In this regard, the implication of the old people inside the kynetho-prophylaxis programs of the specialized centers represents their main target.

The study objectives
- Establishing the strategy of putting together the kynetho-prophylactic programs, based on the analysis of the answers given to the questionnaire we applied on the research group;
- Selection of the physical activities that the old people would gladly participate into, or that they used to practice before being included in a kynetho-prophylactic organizer program;
- Establishing the familiarity degree of the old people with the positive effects that movement has over the human organism.

Research methods:
- The conversation method.
- The questionnaire-based research.

Materials: a questionnaire composed of eleven questions.
The study results:

- A percentage of 65% of the subjects did not use to practice sport as youngsters, the only form of movement being that of their daily activities, 30.7% happily practiced sport, while the rest of 3% practiced performance sport;
- Now-a-days, the percentage of those not being involved in any kind of physical activity and never going to a physical therapy saloon is somewhere in between 42.3% and 59.6%, while only 11.5% usually go the physical therapy saloon three times per week; this fact underlines the idea that the old people practicing movement that might help them to maintain their health state are very few. This very aspect raises awareness over the health evolution of the sedentary people.
- Quite a large a percentage (44.4%) know neither the benefits of the physical activity over the organism, nor the affects of this inactivity and declare they feel tired after having been involved in light activities (46.3%), which indicates a very low effort resistance capacity.
- Over 50% of the subjects declared they have problems sleeping and over 42% consider that a daily executed exercises program would improve their health state and at the same time help them establish new friendship relationships with the other assisted persons.
- Out of the 52 questioned subjects, only 22 declare that they would want to participate into such type of programs.

Conclusions:

- Following the analysis of the questionary given answers, it has been noticed that more than half of the subjects have lead a sedentary life and do not know the importance of physical exercise over the human organism. As a consequence, it is important to choose exercises or activities to ameliorate the effort ability of the questioned subjects that had given their approval to participate into the center offered physical therapy programs.
- This study and its application on 52 subjects has provided us useful data for the process of creating efficient physical therapy programs, based on activities preferred by the study subjects and that have as main objective that of ensuring an independent life for these institutionalized elderly people.

Key words: elderly people, kynetho-profilaxis programs

**STUDY ON THE ALZHEIMER’S DISEASE PERSONS’ BEHAVIOUR WHEN FACING PAIN**

**RABOLU ELENA,** University of Pitesti

**Introduction** In the case of old persons with a cognitive dysfunction, managing pain it is quite difficult because of the patient’s inability to assess and report pain. These aspects have motivated the choice of some questionnaires of evaluating pain, in order to see if the persons having the Alzheimer illness have the ability to report and appreciate the painful states of the everyday life, if compared with the healthy elderly people.

**Objectives:**

- Realizing a study on the manner in which demented persons report and appreciate the painful phenomena in comparison with the healthy elderly people;
- The selection of some painful evaluation tests for evaluating pain, tests that would allow the identification of the phenomena and the manifestation forms in the case of persons with Alzheimer disease.

**Research methods:**

- The questionary-based research;
- The conversation method;
- The observation method.

**Materials:** 2 questionaries formed of nine and respectively of eleven questions.

**Subjects:** 10 elderly people with Alzheimer’s disease and 10 elderly healthy people.

**The study results:**

The 1st Questionary:

- When it comes to the witness group, the answers were quite similar for all persons and all tests. This fact demonstrates that in the case of the healthy elderly people the syntagms that suggest pain have been properly perceived and understood, according to their significance.
- As for the subjects from the experimental lot, the questionary application was quite difficult at times. It is noticed that the words suggesting the presence of a painful phenomenon are not always invested with the same meaning as for a healthy person. The painful phenomena of an affective nature are perceived as pain for the subjects with the Alzheimer illness. This is less the case for the physical phenomena, though these states are also perceived by patients. They feel that something aches, signal the presence of pain through grimaces or through sounds, have withdrawal reactions, but do not associate the respective words to these pains. For example, the question: “What word suggests pain?”, they all selected the word: “loneliness”, while the representatives of the witness group chose the word: “illness”.

The 2nd Questionary:

- The subjects of the witness group have succeeded to appreciate the intensity of the pain felt in the last 24 hours, as well as the associated impact the painful states had or normally have on the daily activity, over sleeping and over one’s psychical state.
- In the case of the subjects from the experimental group, none could answer to the questions referring to the slightest, average or greatest pain they had had in the last 24 hours of their life. Likewise, they could not appreciate by means of percentages how much had the treatment taken during the last 24 hours ameliorated the pain. The daily activities, the psychical state, sleeping, the pleasure of life, all of these are influenced to a pretty high extent by the painful states of any nature, no matter if physical or psychical, that affect the illness by increasing the lack of interest toward any type of activity, increasing the sleeplessness’ frequency, the lack of desire and of the pleasure of living.

**Conclusions** By analyzing the data obtained following the application of the two questionaries, we may conclude the following:

- The patients that have Alzheimer do feel the pain and express it under different forms (grimace, withdrawal reaction, sound), but because of the distortion of their cognitive and memory abilities, their possibilities of becoming aware of the painful phenomena, especially of those of a physical nature lessens in comparison with the healthy aged people who understand and properly attribute pain significance to words;
- Although they can feel pain, the word denoting pain no longer receive the same significance for the persons with the Alzheimer illness.

**Key words:** pain, behaviour, Alzheimer.
LIMBS UTILIZATION PREFERENCE EFFECT ON TRUNK MUSCLES MAXIMAL ISOMETRIC STRENGTH PRODUCTION IN ROMANIAN SPORTSWOMEN

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Straton Alexandru, Deliu Dan, Gidu Diana. Limbs utilization preference effect on trunk muscles maximal isometric strength production in Romanian sportswomen.

Background: Most problems encountered at the level of vertebral column in sportswomen is generated by asymetrical movements at the level of the trunk directly linked by preferential utilization of either superior or inferior limbs in sports training and competition.

Aims: The aim of this study is to determine the effect of limbs utilization preference on trunk muscles maximal isometric strength production in Romanian sportswomen.

Methods: This study used 15 Romanian sportswomen, white caucasian, divided in 5 handball players, 5 soccer players, 5 track and field athletes (triple jump). Body height was estimated with an error of 0,5cm. and body weight was evaluated with a calibrated digital scale (Exacta, Germany), with an error of 0.25 kilograms. The body fat percentage was estimate using a bioelectric impedance method (Omron BF-306). Maximal isometric strength of the lumbar/thoracic column was measured with special machines in all three planes – flexion with David F130 Lumbar/Thoracic Flexion at 30º angle and extension with David F110 Lumbar/Thoracic Extension at 30º angle, in sagittal plane – right lateral flexion and left lateral flexion with David F150 Lumbar/Thoracic Lateral Flexion at 0º angle, in frontal plane – right lateral rotation and left lateral rotation with David F120 Lumbar/Thoracic Rotation at -30º angle, in transversal plane.

Results: Handball players have a significantly higher maximal isometric strength for left lateral flexion then right lateral flexion (t=6,816) and track and field athletes have a significantly higher maximal isometric strength for right lateral rotation then left lateral rotation (t=5,662).

Conclusions: Sportswomen will develop the trunk strength according to preferential utilization of either superior and inferior limbs, but only in sports with strong asymetrical movements.

Keywords: maximal isometric strength, muscles, flexion, extension, lateral flexion, lateral rotation, sportswomen.

THE ETIOLOGY OF PAIN AND ABNORMAL ANATOMICAL CHANGES IN THE SPINE – A LITERATURE REVIEW

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Straton Alexandru, Gidu Diana. The etiology of pain and abnormal anatomical changes in the spine – a literature review.

Background: Pain at the level of the spine is one of the most important reasons in generating low quality of life in sedentary subjects or former athletes and poor results in athletes. Also, pain at the level of the spine causes one of the largest indirect financial costs. Identification of physiological and anatomical problems that generate pain at the level of the spine, can lead to a better process for the reduction or eradication of pain, through the implementation of exercise training.

Aim: Identification of physiological and anatomical problems that generate pain at the level of the spine.

Key words: spine, muscle, pain.

STRENGTH AND MYOELECTRIC ACTIVITY OF VARIOUS MUSCLES IN RELATION TO THE VARIOUS MOVEMENTS PERFORMED AT THE LEVEL OF THE SPINE – A LITERATURE REVIEW

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Straton Alexandru, Gidu Diana. Strength and myoelectric activity of various muscles in relation to the various movements performed at the level of the spine – a literature review.

Background: Knowing the value of maximum isometric strength and myoelectrical activity in the spine muscles for sedentary subjects and athletes, may be important in designing rehabilitation programs and training programs, especially in designing the optimal volume of training.

Aim: The setting of maximal isometric strength generation and myoelectrical activity of antagonist muscle that support the spine, realised in various movements at the level of the spine and the implications of the data found.

Key words: spine, muscle, maximal isometric strength.
PREVENTION AND CORRECTION OF SPINE DEFICIENCIES IN SCHOOL AGED CHILDREN USING PHYSICAL THERAPY METHODS

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Introduction: World Health Organization defines health as a good physical, mental and social state. Knowing very well the morpho-functional particularities of each school age group, the physical therapist may solve one of the main tasks of the physical therapy treatment represented by the training and the maintaining of a correct body attitude. When, due to functional or pathological cases, attitude or morphological (structural) deficiencies occur, physical therapy is required to contribute to their correction.

Aims and Objectives: This study seeks to highlight the effectiveness of the prophylaxis as a method for early detection, prevention and recovery of physical light deficiencies that occur in school age children. Physical deficiencies are common in early school aged children and their early detection can lead to full functional recovery through well composed physical therapy programs. Prophylaxis programs that have as main component physical exercise help in obtaining a better body tonus even in deficiencies case that require a longer period of time for recovery.

Methods: Following the somatoscopic examination, the results revealed that most of the pupils have a harmonious growing and development and a correct body attitude. Nevertheless some children have light, moderate or accentuated physical and organic disabilities. Besides somatoscopic examination and anthropometric measurements, we also used the lead line exam and the drawing with the dermatographic pencil of the spinous apophysis. Physical deficiencies considered light and in an early stage are represented by global attitude deficiency of the whole body or only a certain segments. Uncorrected in time, light deficiencies get worse and become medium deficiencies. Action of screening is carefully controlled and monitored at the beginning of each school year in conjunction with school environment. For this study the number of children selected through triage performed by school was 20 (10 girls and 10 boys).

Results: The data derived from measuring the following parameters were compared: thoracic perimeters in both complete inspire and expire and the degree of physical disability. Regarding the somatic aspect, the accurate posture is characterized by the positioned orientation of the segments corresponding to this function (physiological curvature, upper limbs in a slight flexion). Applying statistics analysis using t test for independent samples, data showed out that after treatment the following parameters had no statistical significance: thoracic perimeters in inspire (t = 0.22) and in expire (t = 0.24). Also, it was noted that the recovery of the curve (t = 2.59) had statistical significance at a significance threshold of p <0.05.

Conclusions: Screening in school aged children is of major importance in detecting and correcting physical deficiencies and parents and children must be aware of the importance of preventive factors that help children in maintaining a right attitude in classroom. Programs to detect and recover any deficiencies must be established by qualified personnel, doctors and physical therapists.

Key words: children, physical therapy methods.
THE EFFECTS OF GINSENG AND EXERCISE APPLICATIONS IN SEDENTARY INDIVIDUALS IN WOMEN ATHLETES ON HYDROPEROXIDE AND LIPID NITRIC OXIDE

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Objective: In this study, the effects of ginseng and exercise applications in women athletes on plasma hydroperoxide (LOOH) and lipid nitric oxide levels are aimed to be determined.

Material and method: As in total 21 volunteered subjects; 14 healthy women athletes whose weight are 55-65 and age 20-23 years old and 7 healthy women sedentary participated in the study. Subjects separated in 3 groups equally; Control group (C), Exercise (E), Ginseng supported exercise (GE). 20 m. shuttle run test was applied to the subjects in E and GE groups 5 days in week for 6 weeks. The subjects in GE group were provided ginseng tablets in 500 mg dosage as oral at 10.00 am and 07.00 pm for every 45 days. Blood samples had been taken from all the subjects before starting the exercise period and ginseng supplement. Second blood samples were taken from all the subjects after the exercise period and ginseng supplement for 45 days. Blood samples that were taken from elbow vena in accordance with procedures were then transformed into tubes including ethylenediaminetetraacetic acid (EDTA) and centrifuged immediately at 3500 rpm and 15min + 4°C degree, thus plasma samples were obtained. Plasma LOOH and NO levels were determined with calorimetric method from the samples.

Result: When intra-group LOOH levels of C and GE groups were examined, no significant difference was observed in pre and post application, however a significant (p>0.05) increase in LOOH levels of group E was observed. As to inter-group LOOH levels have no significant difference. When NO levels of the groups were observed, it was seen that there was no difference in C group, and NO levels of groups E and GE were increased significantly (p>0.05). In inter-groups NO levels, it was seen that there was no difference in pre application and a significant (p>0.05) increase was observed in groups E and GE comparing with C group in the post application.

Discussion and conclusion: Consequently in this study, it can be said that performed exercise protocol increased stated formation of free radicals and the ginseng supply performed with this exercise protocol showed no significant effect.

Key Words: Exercise, Ginseng, free radicals

THE EFFECTS OF GINSENG AND EXERCISE APPLICATIONS IN SEDENTARY INDIVIDUALS AND WOMEN ATHLETES ON ANTIOXIDANTS

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Objective: In this study, the effects of ginseng and exercise applications in women athletes on plasma Glutathion (GSH), Catalase (CAT) and Super oxide Dysmutase (SOD) levels are aimed to be determined.

Material and method: As in total 21 volunteered subjects; 14 healthy women athletes whose weight are 55-65 and age 20-23 years old and 7 healthy women sedentary participated in the study. Subjects separated in 3 groups equally; Control group (C), Exercise (E), Ginseng supported exercise (GE). 20 m. shuttle run test was applied to the subjects in E and GE groups 5 days in week for 6 weeks. The subjects in GE group were provided ginseng tablets in 500mg dosage as oral at 10.00 am and 07.00 pm for every 45 days. Blood samples had been taken from all the subjects before starting the exercise period and ginseng supplement. Second blood samples were taken from all the subjects after the exercise period and ginseng supplement for 45 days. Blood samples that were taken from elbow vena in accordance with procedures were then transformed into tubes including ethylenediaminetetraacetic acid (EDTA) and centrifuged immediately at 3500 rpm and 15min + 4°C degree, thus plasma samples were obtained. Plasma GSH, CAT and SOD levels were determined with calorimetric method from the samples.

Result: No significant difference was seen statistically both among and intra-groups in the findings gained.

Discussion and conclusion: Consequently in this study, it can be said that performed exercise protocol and ginseng supply showed no significant effect for stated antioxidant levels

Key Words: Exercise, Ginseng, Antioxidants

EFFECTS OF EXERCISE AT HIGH ALTITUDE ON MICRONUCLEUS FREQUENCY

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Objective: The aim of this work is to study effects of acute hypoxia on micronucleus frequency during exercise.

Research methods and subjects: Study group was formed with students of Erciyes University Vocational School of Physical Education and Sports. Students were within similar age and fitness range, mean age 23.35 ± 1.66 year, mean height 168.20 ± 7.32 cm, mean body mass 60.05 ± 8.76 kg, body mass index 21.12 ± 2.17 kg/m². 10 female and 10 male totally 20 students were included in the study. All students were stayed at Mount Erciyes (2200-2500m) and exercised ski, 3 hours a day for 5 days. 1st day and 5th day oxygen saturation, systolic and diastolic blood pressures, heart rate were measured and blood samples were collected. In order to analyze heart rate, systolic and diastolic blood pressures, oxygen saturation between male and female groups Independent Sample Test was used. Paired sample test was used to compare 1st and 5th day data. Linear regression analyses were used to analyze micronucleus frequency between male and female students.

Results: In the first day and fifth day no significantly difference was observed before and after exercise in micronucleus frequency (p>0.05). However after 5 days exercise at high altitude, micronucleus frequencies when compared to 1st day pre and post exercise micronucleus frequencies showed very significant increase (p<0.001). In the first day no statistically significant difference was observed before and after exercise in systolic and diastolic blood pressures between male and female groups (p>0.05), oxygen saturation decreased after exercise, heart rate increased after exercise (p>0.05). In the fifth day between male and female groups systolic and diastolic blood pressures, heart rate and oxygen
EFFECT OF EIGHT WEEKS PILATES EXERCISES ON BODY COMPOSITION OF MIDDLE AGED SEDENTARY WOMEN

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Purpose: The purpose of this study was to assess the effects of 8 weeks regular pilates mat-work exercises program on body composition of sedentary middle aged women.

The total of 20 healthy middle aged sedentary women were voluntarily participated in this study. The mean age and body weight of subjects in control and experiment group were 41±8.67 years and 67.1±16.106 kg, 38.5±3.89 years and 62.8±8.766 kg respectively. While experiment group performed three exercise sessions per week and each session lasted 45 minutes with %40-60 intensity, control group did not participate in any activity during study. All subjects’, height, weight, waist-hip ratio, body mass index, body fat percentage, body fat weight and lean body mass were measured by standardized tests and equipments before and after exercise program. The data were analyzed with Wilcoxon Signed Rank Test by using SPSS 10.0 Package Program.

Results: As a result of this study; significant decrements were observed in percent body fat of women in Pilates exercise group (p<0.05).

Conclusion: As conclusion it could be said that; this type of regular pilates exercises are effective on reducing percent body fat of middle aged sedentary women..

Key words: Pilates, Sedentary Women, Body Composition

A RESEARCH ABOUT THE PERCEPTION LEVELS OF THEIR BODIES OF FEMALE ATHLETES AND GENDER ROLES

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It is observed that female athletes have behaved like masculine which is known sport branches special to males’ participation with females. This research has been carried out in order to determine the gender roles and the perception levels of their bodies of elite female athletes doing individual and team sports and females who don’t do sports and to ascertain the relationship between them. The working group consists of 360 females, 180 of whom are female elite athletes in Volleyball, Basketball, Football, Wrestling, Boxing and Weight lifting branches and 180 of whom are non-athlete females. In the research, “Multidimensional Body-Self Relations Questionnaire” was used to determine the perception levels of female athletes; “BEM Gender Roles Inventory” was used to determine the gender roles; and “Personal Information Form” was used to determine the characteristics of the students which is improved by the researcher as data collection means. To conclude; a meaningful relationship between the perception of gender roles and gender roles has been determined. It has been found that females doing sports care about health, appearance, physical competence and are more pleased of their bodies’ parts than non-athletic females. When the gender role of females participated in the research is examined, athletic females have been found to have more masculine features. It is thought that sports affect body perception level and gender role in individuals.

Keywords: body perception, gender role, females, sport, sedentary.

ADOLESCENTS’ PHYSICAL ACTIVITY – THE INFLUENCE OF THE FAMILY ENVIRONMENT

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Purpose of the study
This study investigated if there is an influence of family and friends on the exercise habits of adolescents.

Subjects and method
The sample consisted of 10-11th grade students ranging in ages 16-17 years (70 boys and 80 girls) from three high schools in Timisoara. Each individual completed a questionnaire. The questionnaire consisted of multiple choice questions about exercise habits of the subject and significant others. The data from the questionnaire were analyzed.

Results Results indicated that parents and friends do have a great influence in the physical activity of adolescents.

Conclusions The influence of the family on exercise habits might be helpful as the adolescent progresses into adult life.

Key words: adolescents, physical activity, family influence.
Relationship between Body Mass Index (BMI) and Physical Self-Esteem in Romanian Adolescents

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Increased knowledge of physical activity levels in children an adolescents and its relation to body composition and to individual perceived physical self-esteem ought to be of interest for professionals working with physical activity and sciences dealing with human bodily movement. It is generally acknowledged that as physical activity increases, BMI decreases (Tudor-Locke et al., 2001).

Objectives: The purpose of this study was to identify determinants of physical self-worth in Romanian adolescents and in particular, the relationship between physical self-esteem and body mass index (BMI).

Design and methods: A quantitative correlational research design was utilized. The Children and Youth Physical Self-Perception Profile (CY-PSPP, Ecklund, Whitehead, & Welk, 1997) was completed by a sample of 168 high school students (age range = 15-18 years), from city of Cluj. CY-PSPP was recently adapted to Romanian norms (Craciu et al., 2010). Body composition measure for the studied population was calculated from height and weight measurements.

Results: Quantitative data from this study revealed significant negative correlations between BMI and Physical Condition (r = -.270, p < 0.01), Sports Competence (r = -.135, p < 0.05) and Physical Self-worth (r = -.210, p < 0.01), with Attractive Body (r = -.320, p < 0.01) being the most significant. A positive correlation existed between BMI and Strength Competence (r = .180, p < 0.01).

Discussion: This paper was conducted with the intention of understanding the relationship between perceived physical self-esteem and BMI. The majority of components of physical self-esteem were negatively correlated with BMI increases. Thus, it means that physical self-perceptions will decrease as physical activity levels decrease. Focusing on an increase in physical activity rather than a decrease in body weight will be a much more constructive approach for adolescents, avoiding the stigma put on these when weight is the only focus. With obesity levels rising and a decrease in children and adolescents’ physical activity levels evident, it is imperative to stand on interest in children’s health work towards developing opportunities to encourage and support daily participation in physical activities.

Keywords: physical activity, BMI, physical self-worth, global self-worth, self-perceptions
SPORTIVE WARMUP AND STRETCHING

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Objective: This research, the examination of the effect of aerobic exercise on the body composition and hematologic parameters in the obese and overweight, sedentary women has been aimed.

Material: 29 obese people whose average age is 41.55 ± 6.72 year, average height is 159.21 ± 7.18 cm, average weight is 85.97 ± 9.60 kg, 29 overweight people whose average age is 35.10 ± 9.11 year, average height is 160.59 ± 5.20 cm, average weight is 68.55 ± 6.72 kg, in total, 58 people have been accepted to this research. These groups have been arranged according to the body mass index.

Method: In this research, 8 weekly period- aerobic exercise in 3 days of the week have been applied to people. Before and after the exercise protocol, the body fat percentage, the rate of the waist to the hip, elasticity, some hemotologic parameters (WBC, RBC, MCV, HGB, HCT, DLT), systolic and disostolic blood pressure have been measured.

Results: Before and after the exercise of the obese and overweight groups, the understandable increase in the level of RCB, HGB, HCT, understandable increase in E and DKB have been seen. There are understandable decrease in the level of UB, BMI, YYY, SKB and DKB (p<0.05), understandable increase in E (p<0.05), there is also no difference in BKO.

Discussion and conclusion: In conclusion, it can be said that in the obese and overweight women, the applied exercise protocol have an important effect on the antropometric and hemotologic levels, regular aerobic exercises will reduce the body fat percentage without the loss of the muscle.

Keywords: Step-aerobic exercise, Antropometric Measurements, Obesity, Hemotologic Parameters.
position). The rhythm of the increase and development processes has slowed down, fact that had pointed out also the insignificant differences resulted from the calculation of the arithmetic mean after the initial testing and the final one of the anthrop-motor parameters.

Conclusions: The unification of the tasks for the physical condition evaluation in a battery of “Eurofit” tests, on different age segments of the university population in order to organize a data base that will confirm a comparison point concerning the manifestation level of the physical condition, depending on the individuals’ ages. The development and maintenance of the physical condition components assures the permanent motor functionality once with the ageing of the individual.

Key words: management, evaluation, motor aptitudes, physical condition.

COORDINATION WITH RESPECT TO QUALITY DEVELOPMENT IN CHILDREN AGE

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Coordination motive is regarded as a highly complex skill psicomotricial rely on other skills and has psicomotrice interrelationship with driving skills and especially the skills. Report of space and objects around us is reflected in the body scheme. It is mnezico and current data that are based Interio and exteroceptive sensory information. Been shown as the important role they have skin sensitivity, the kinesthetic, visual and auditory information role. The degree of coordination of movements is influenced by the level of mastery of driving skills, their level of automation, but disruptive factors or random characteristics of the environment. Psychomotor development in the important objectives pursued are: development of perceptual, sensory acuity (kinesthetic), visual and auditory memory, oculo-motor coordination. The same may be driving qualities and development of complex movements. Between motor and sensory capacities are relational links caused by the indissoluble senzo-motor processes, representative of the preoperative, the operations of concrete and finally to the logical, formal.

Conclusions: A motive coordination leads to opportunity to answer whatever motive driving task complexity. Quality of response is foreshadowed by the precision movements, subject to spatial characteristics, temporal and dynamic movement.

Key words: Development, coordination, report, age.

PHYSICAL ACTIVITY PROFILES ON A SAMPLE OF ROMANIAN ADULTS

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Research objectives With this study we pursue to describe the prevalence and characteristics of physical activities among Romanian adults.

Research methods and procedures We applied a Physical Activity Questionnaire designed to analyze physical activity data on four domains: work, active transportation, domestic and garden and also leisure time.

We had one study group represented by active working adults (N = 30, sex ratio 1/1, average age: 44 years) and they were asked to complete the questionnaire. Based on the score that they obtained, we determined total physical activity of the participants in terms of energy expenditure (MET –minutes/week), but also as a categorical level: low, moderate and high. Before completing the questionnaire, the subjects were asked to include themselves in a category based on their perceived level of total activity as: inactive, active and very active.

Results We had 23.3% of subjects who self-reported as being inactive, 60% considered that they are active and only 16.6% said that they are very active. The questionnaire’s scores showed that 30% of the investigated adults had a low level of physical activity, 53.3% reached a moderate level and the percent of those with high level of physical activity remained the same. There is a significant difference (p<0.01) on how men appreciate their activities, comparing with women’s perception.

Discussions and conclusions Despite the importance of physical activity and the continuous recommendations for being more active, the magnitude of sedentary is still high. There is also a discrepancy between what people think of being physically active and what it really means according to international standards. Efforts are needed for a better understanding of the amount of physical activity recommended for a healthy and active life.

Key words: physical activity, profile, sample, adult.

THE EVALUATION OF THE NUTRITION STATUS OF INDIVIDUALS WHO ASSIGNED TO SPORT’S DIFFERENT AREAS.

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Objectives In this study, the status of the nutrition and physical activity of the individuals (such as coaches, masseurs, sports administrators, physical education teachers, referees, provincial sports branch representatives), who assigned to sport’s different areas was tried to be identified.

Methods This study was performed in the 5 cities (Aydın, Eskişehir, Osmaniye, Konya and Bingöl) that had been visited for the purpose of nutrition education. It was performed between the years 2008-2009, with total 311 participants (48 female, 263 male) who assigned to sport’s different areas. A questionnaire which had 35 questions were conducted to participants about their personal information, awareness of healthy nutrition/applications and their sports branches before education. For statistical evaluation of data, that frequency distributions, t test, correlation and one-way anova tests were made by using SPSS 15.0 statistical package programme.

Results: 84.6% of the participants were male, 15.4% were female. According to cities, the highest participation were respectively from Aydın (34.7%), Eskişehir (19.9%) and Bingöl (18.0%), the first three lines of occupational groups were physical education teachers/lecturer, coaches and club managers. According to body mass index (BMI) classification: 45.3% of participants were normal body weight (BMI 18.5-24.9), 35.0% were overweight (BMI 25-29.9), 11.6% were obese (BMI≥30), 8% were underweight (BMI<18.5). In the past, according to their sports
branches (n=230), the first five lines of the most involved branches were football (20.9%), volleyball (9.3%), basketball (9.0%), running (6.8%) and fighting sports (5.1%), as to now the sports branches which were still active (n=265) the first five lines were football (32.5%), swimming (8.0%), basketball (7.1%), volleyball (6.8%) and jogging (6.1%). There is no significant relationship observed between the involved sports branches in the past as well as now and the BMI values (p>0.05). It was found that the participant’s (n=226) average sport ages were 15.4 ± 9.3 years. There were a strong and significant relationship between sport ages and BMI values of participants (p<0.01<0.05, r=0.2). It was determined that those who said that they were doing sport regularly were 82.3%; weekly average were 3.6±1.6 days, daily average was 2.4 ± 1.2 hours.

There is a significant relationship observed between education level and the BMI values of participants values (p=0.00 <0.05). According to BMI classification, it was determined that the individuals who had normal BMI values were predominantly university and high school graduates. There were a significant relationship between their assigned position and the BMI values (p= 0.01<0.05). It was also determined that the highest averages of BMI were respectively masseurs (28.2±6.6 kg/m²), provincial representative of the sports branch (26.5±4.1 kg/m²) and the administrators of sport clubs (26.4±3.4 kg/m²). It was determined there was no significant difference between the BMI values and disease states with statistically, but BMI values of those who had no chronic disease were lower than average. For those who use nutritional supplements (12.5%), the first three lines were respectively; multivitamin (7.1%), omega-3 (3.5%) and iron tablets (1.6%). When the distribution between the education level and distribution of the nutrition knowledge sources was examined, it was determined that sources of knowledge were mainly gained at school for the university graduates, however for primary and high school graduates, they were mainly gained at the seminars, courses, books and newspapers.

Conclusion It was determined that when education level increased, both their BMI values and the risk of catching diseases was decreased and also their nutrition applications were done more accurately. According to the task distribution, the BMI values were determined higher in some professional groups such as province sport branch representatives and club managers who have more passive work. When asked about their sport branches which was still active, it was determined, that most of the participants were involving at least one sports branches and also they were spending time for the sports.

Key words: Nutritional status, sports, nutrition education.

INSTITUTIONAL ENVIRONMENT OF ADULT TRADITIONAL SPORTS AND GAMES, AND SOCIAL HEALTH

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Summary:
Since the industrial revolution, the development of free time has gradually permitted the creation of a sporting system in conformity with the image of the surrounding merchant society, turned more and more toward the elitism and the sport industry, model now copied by the system of management in the enterprises. This is to the detriment of a form of participative democracy, which saw the local actors taking ownership of their leisure, as the practice of their traditional sports and games. The original environment and its values of rude were denigrated, and then relegated to an inferior status as images of an old fashioned world.

The presentation of modern sports as an irreversible process of civilised progress has permitted the sporting system lobbies to impose themselves at the highest level bodies of decision making. This has been used as a springboard to install an institutional system, which devalues any activities not in conformity with the new norm, such as regional or cultural sports and games. A rhetoric of the myth of sport to the large administrations and the public has been created by the general environment, by the exploitation of emotions associated with major events, the use of ancient mythology and the deep human need for collective identification and admonition of extraordinary feats.

One of the processes used to reduce the social impact of traditional sports and games was their infantilisation similar to a neo-colonial process of acculturation, which has a secondary effect of destroying mechanical solidarity and generating social pathologies that can be profound. The market, which manoeuvres today the sports industry, has tendency to eliminate any obstacles which can prevent it from rationalising and controlling the economy generated by sporting activity. Commercial sport is not simple entertainment; it is the result of a choice of civilisation. It is with more democracy between nations at the highest level and more power to civil societies that societies will be able to express the most fundamental of their rights; their cultural diversity, a major factor of social health.

Key words: acculturation, democracy, mechanical solidarity, infantilisation, social health.

THE COMPARISON OF BLOOD ELECTROLYTE LEVELS OF SEDENTARY AND ATHLETIC PERSONS

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Objective The aim of this study was to compare the blood electrolyte levels of sedentary persons and athletic persons who have done sports for 5 year or above.

Methods There were 2 groups in this study. Groups were composed of 54 athletic male students at a university and 54 sedentary male students from same university. Before applying tests, participants were informed that they had not to take any food and beverage after 10:00 pm of previous day and test methods were explained. Blood samples were taken between 08:00 and 09:00 am in a laboratory.

The blood 5 cc (hunger) was taken from forearm vena and put in to test tube in the laboratory conditions. So, all participant's blood samples were explained. Blood samples were taken between 08:00 and 09:00 am in a laboratory.

Discussion It was determined that athletes loosened more minerals than sedentary persons via sweating depending on physical activities. So, athletes' diet can be supported with minerals in order to prevent from this deficiency.

Key Words Blood Electrolyte Level, Athletes, Sedentary
THE OPPORTUNITY OF PROMOTING THE CONCEPT OF „BODY AUTOPLASTY USING PHYSICAL EXERCISE”

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Introduction The work promotes a new concept in the context of „Contemporary world problems”, which are also the threats to individual health plan by the proliferation of modern world diseases (obesity, heart disease, diabetes, inactivity and nutritional consequences), the concept of „body modelling through physical exercise”. World Health Organization statistics show that 17% of the adult population of the world is completely inactive from physical point of view, and a rate of 41% of it is represented by adults who are not moving enough (B. W., Martin, 2006, p. 53-57).

Content, methods, means Promoting the new concept is done in order to improve quality of life for adults and is a viable alternative to plastic surgery because of the advantages in multiple plans: health, economic, aesthetic, psychological, etc.

The paper proposes to identify and promote the new concept dimensions and its promotion will be done by stimulating psychological resources of the self-consciousness and self-image, in each individual’s awareness of the need for body shaping actions to increase the quality of his life, by experimental means.

Debates, conclusions Body autoplasty is a necessity for nowadays society and it must become a social reality. The concept of body autoplasty should be perceived as an alternative to plastic surgery methods, area that is nowadays an unprecedented development.

Key words: autoplasty, body modelling, plastic surgery.

ROLE OF SPORT IN THE SOCIALIZATION PROCESS OF YOUTH

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Today, The socialization which is an important concept for communities and individuals can be identified in the form of gaining membership of individuals in society, like all of his phases. The social relations of individuals located within the integration into society and accomplishing specific tasks depends on development of social process. Not developing socialization in individuals can lead to very bad drawbacks.

Especially today its assessment and the outlook of societies to young people on the basis of youth issues are seen as an important cause. On the one side, society that doesn’t help young to transform into adult, on the other hand, accuse him/her of unable to adopt banned his/her behaviors immediately until then. In other words, society that avoids giving a particular responsibility to the young till particular age, calling him/her to account why he/she doesn’t have a sense of responsibility suddenly. To handle youth in a healthy way is passed from well-known him.

Both for youth and other individuals, there are many factors that affect socialising process. In this study ‘sport’ notion is handled which is one of the important part of social life and this study will be a compilation about the relation between sport and youth and will show the effects of socialization via sport.

Key words: socialization, youth, sport

THE EVALUATION OF THE SOME PHYSICAL PARAMETERS WITH BIA ANALYSIS OF THE 12 – 14 AGE GIRLS AND BOYS CHILDREN

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The aim of this study was to evaluate the body weights, body mass index, BMR, body fat percentage, body fat mass, body mass without fat, TBW, waist and gluteus maximus percentage for the 12, 13, and 14 year old age group, and also students in 6th, 7th, and 8th grades in middle school.

All of the volunteer students were randomly selected and measured for the study. The total of 301 volunteer students participated in this study. The participating students: male students n=219, female student n=82. In addition, the students were divided into their age group of 12, 13 and 14 year olds and evaluated accordingly to their age group.

The students were measured with Bioelectric Impedensa Analysis (Tanita BC-418 MA model). The students’ waist and gluteus maximus were measured with a tape measure and the ratio between their waist and gluteus maximus was determined. The “T-Test” analysis is used to determine the statistical differences between the independent groups. The significant analysis of 0.05 was used.

The statistical analysis showed (p<0.01) differences between male and female physical parameters when their age, body weight, and body weight without fat are analyzed. The statistical analysis also showed (p<0.001) differences between male and female students for height, BMR, percentage of body fat, body mass without fat, TBW, waist and gluteus maximus.

The result of this study found that girls height, body weight and , body shape change as they get older and the boys height, body weight and body mass without fat change, but the body shape did not significantly change compared to that of girls.

Key Words: bia, adolescent, physical evaluation, adolescent.
RELATIONSHIP BETWEEN CHARACTERISTICS OF PHYSICAL AND FUNCTIONAL DEVELOPMENT IN CHILDREN AGED 7 – 10

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The purpose of the research presented in this paper was to determine relationship between characteristics of an individual and the level of physical and functional development in pupils aged 7 - 10. The research was carried out in a primary school in the Świętokrzyskie Province. In total, 549 pupils were examined, including 379 boys and 170 girls. The following characteristics were measured: height /B-vl/, chest diameter at the xiphoidale level /xi/, body weight.

Research results The research subject was a phenomenon of ontogenetic development, including an assessment of the level of physical development in the aspect of pupils' functioning. Characteristics such as the level of physical and locomotor development are strongly related to socioeconomic conditions. Prior to comparing specific areas of pupils' development, examined subjects' development conditions were determined. It is evident from the analysis that pupils' socioeconomic conditions are similar and do not statistically differ from those referenced in literature. The group of children aged 7-10 included in the research departs from developmental standards for children at this age. Body height of examined boys is lower by 1.09 cm and body height of examined girls is lower by 0.30 cm than the ones provided in the standard. Significant differences were determined in the examined subjects' body weights. It is worth mentioning that 59.4 % boys and 73.6 % girls had their body weights lower than standard weights. Furthermore, differences in chest diameter were determined for the two genders. An arithmetic mean of measurements was higher by 0.79 cm (boys) and by 1.72 cm (girls) than standard values.

Among the examined locomotor features, the most significant differences were determined in strength, and the least significant differences in suppleness. In the light of selected tests, examined boys and girls' fitness is average. The research undertaken suggests that there is a relationship between morphological and functional characteristics. A child in the process of development should be dealt with in the most comprehensive possible way to reflect the great number of factors that affect physical and locomotor development. Children's development depends on social background, parents' education, a number of children in a family and the extent of characteristics physical development /body height and weight/socioeconomic factors/prosperity and pay, ect. Conclusions of the research are of great importance in practical terms, as they do not only reveal lower development indexes in a great share of examined subjects, but also a rather clear differentiation of the indexes.

Key words: characteristics of physical and functional, children.

INVESTIGATION OF THE DEVELOPMENT OF THE ABSOLUTE AND THE RELATIVE TENACITY OF WOMEN PRACTISING STRENGTH EXERCISES WITH WEIGHTS

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Tenacity is in the basis of every physical overtaxing. It is characterized by a maximum number of repetition of physical exercises with different strength indexes.[3,4] The absolute tenacity considerably depends on the maximum strength, while the relative tenacity indexes are not influenced by it. Sports experience shows that the number of the maximum repetitions for a single attempt depends not only on the weight value but also on the volitional training, psychological state, individual abilities and mostly on the means and methods applied. The following factors are very important for the muscle tenacity, the increase of blood circulation and the greater amount of excretion in the course of training.

Key words: overtaxing with weights, absolute tenacity, relative tenacity, maximum number of repetitions, women.

STATE AND DYNAMICS OF THE SOMATIC TYPES INDEXES AND THE FATTY TISSUE FOR WOMEN, PRACTISING STRENGTH EXERCISES WITH WEIGHTS

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The methods of the somatic scientific research work usually do not include individual analysis of the interrelations among the various skin flaps and the rest of the indexes. More often than not these interrelations are commented through the indexes of bodily fat and the absolute amount of bodily fat. Such approach is of great importance to women, who practice strength exercises with weights, because it gives information about fat accumulation. The method enables us to define precisely the character and degree not only of fat depots, but also the eventual type of corpulence. All this makes it possible for us to find out adequate means and methods of overcoming such unwanted states through physical overtaxing, diets, hormone intervention, etc.

Key words: fat tissue, overtaxing, thigh muscle measurements, women

FITNESS: A SPECULUM TO HEALTH

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Fitness involves mind as well as body. A person is not sick, does not mean that he/she is healthy. Then, what it means to be healthy? Being healthy doesn’t mean “the absence of illness”. People, who possess a good health, are capable to cope with everyday activities and spend a high quality of life. Fitness is a combination of physical, mental and emotional development of the body. But fitness still remains confined within a sports arena. When one talks of fitness it is generally observed that either he is an athlete or a coach who matters for sports. Nonsportpersons forget that it does matter for them too. Every individual in a society must be fit. Healthy diet is a major factor of physical health in addition to exercise which refers sound body of an individual. Sound body influences mental process too.
Scientific advancement of course is able to give an individual comfort in every walk of life in a society but it increases socioeconomic disparities in health. This paper is aimed at analyzing the socio-economic influence on functional fitness parameters which links to socioeconomic disparities in health. The disparity is meant here to be condition of being unequal or lack of equality as of opportunity, treatment or status.

**Key words:** Fitness, physical health, mental health, social health, ketone bodies, obesity, disparity.

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### ACUTE EFFECTS OF AEROBIC AND RESISTANCE EXERCISE ON SERUM LEPTIN AND SOME RISK FACTORS OF CORONARY HEART DISEASE IN OBESE FEMALES

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Six young obese girls (20.5 ± 2.2 y, BMI = 34.5±4.3 kg/m²) participated in resistance protocol (12 exercises, 4 sets × 15 repetitions at 60% of 1 RM), aerobic exercise (3 sets × 10 min ergometer cycling at 60% of maximal heart rate with 5 min of rest between sets) and control sessions. Blood samples were collected before and immediately after exercise and 10 hrs of recovery. All protocols were done in follicular phase of menstrual cycle. Serum leptin immediately and 10 hrs past aerobic exercise exhibited significant reductions (p< 0.05). Serum Insulin was also lower at the two trials after aerobic exercise (AE) than resistance (RE) and control(C) sessions (p<0.05). Furthermore, no differences were found in serum leptin and insulin between resistance protocol and control sessions immediately after exercise and 10 hrs of recovery (p>0.05). Blood glucose, triglycerides, total cholesterol, HDL-C and LDL-C were unchanged on either exercise protocols (p> 0.05). In conclusion, typical AE protocol designed same as this study resulted in serum leptin reduction and suppressed circadian rhythm of serum insulin when sampled immediately or 10 hrs post exercise; but the RE protocol did not result in serum leptin and insulin changes.

**Key words:** obesity, leptin, exercise, coronary heart disease.

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### PHYSICAL AND MENTAL FITNESS IN SPORTS PERSON-ROLE OF YOGA-FITNESS PRESCRIBE IN ANCIENT BOOKS.

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Although yoga has been practiced as Indian culture and science for thousands of years as part of life philosophy, classes in the United States only recently have been offered to patients and sports persons for curing the disease and rehabilitation and to improve the performance in sport (Clin J Oncol Nurs. 2008 Feb;1)

The word yoga is derived from the Sanskrit root yuj, meaning to bind, join, and yoke.

This reflection of the union of the body, mind, and spirit is what differentiates yoga from general exercise programs but Age, Sex, Religion, Race, Caste or Creed is no bar with yoga.

You will only gain from it and not loose anything in life. *Physical and mental fitness* is the fundamental part of life as healthy body boasts the healthy mind so to express oneself full potential in every walk of life and specially in sports every person must be physically and mentally fit. Yoga being the ancient Indian science has been endorsed time to time, even by most of the religions of the world to achieve this goal. In contemporary, competitive world its importance becomes even more. (J Bodyw Mov Ther. 2010 Jan;14(1):50-4).

**Research** on mind-body exercise programs such as yoga and tai chi reveal they have significant mental and physical value. There also are numerous primary and secondary preventive indications for cardiovascular disease in which yoga can play a primary or complementary role.

Mind-body exercise programs will be a welcome and necessary addition to evolving disease management models and improving sport performances that focus on self-care and decreased health care use. (La Forge R., J Cardiovasc Nurs. 1997 Apr;11)

**Key words:** Yoga, Fitness, Ancient books

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### HEALTH, FITNESS AND ECONOMIC STATUS: A COMPARATIVE STUDY

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**Introduction** Body composition is considered to be an important measure of health fitness. A high percentage of body fat relative to bone and muscle has been shown repeatedly to be predictor of wide range of degenerative diseases. Body composition is much better measure of health fitness. Suitable body composition is important for general health and appearance for maximizing athletic performance. For these reasons accurate measurements of body components are needed to develop sound preventive health and athletic programme. With growing supply of literature supporting the value of regular physical activity for health and fitness, the evaluation of body composition has become an important aspect of adult fitness and medically supervised rehabilitation programme. Body composition is a primary component of health related fitness. Exercise specialist typically assumes responsibility for evaluating the body composition of adults. Evaluation of body composition permits quantification of major structural components of body – muscle, bone, and fat. The accurate calculation of percent body fat is the true definition of fitness and obesity. The accurate measurement of lean body mass is now the most rational basis for nutritional and exercise prescriptions.

**Purpose of Study** The purpose of study was to compare body composition of adult men of Delhi on the basis of economic status of living. Another purpose of the study was to prepare the body fat estimates for college youth on the basis of their age.

**Methodology** For the purpose of present study five thousand adult males of Delhi State were selected randomly as the subjects for the study. The age of the subjects were ranging from 18-25 years. Subjects were from various colleges of Delhi State. On the basis of family income, subjects were divided into three different age groups namely: low income group, middle income group and high income group.

Following variables were selected for the purpose of present study: Body Density, Body Fat Percentage, Body Mass Index, Fat Mass and Skin folds thickness (Chest, Triceps, Sub scapular and Sum of three skin folds), Height, Weight and Activity. The scores for each variable
were gathered for all the subjects separately and then pooled age wise. Analysis of variance was employed to compare the subjects belonging to different age groups, on different variables. The level of significance was set at 0.05. For the purpose of analysis of data, Software SPSS for Windows (11.0 version) and Microsoft Excel 2000 were used to compare different groups on selected variables.

SPORTS-LEISURE PHYSICAL ACTIVITY AND ITS EFFECTS ON WOMEN WHO PRACTICE IT IN ORDER TO INCREASE THE QUALITY OF LIFE

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Introduction. Sports and physical education has an important role because it can grow, both among the young people and adults, healthy habits through the practice of sport-recreational physical activities, providing forms of organization and rules of progress, in order to increase the quality of life (QOL). In specific literature, QOL is described as having two major outcomes: functioning and well-being. The aim of our study was to assess the evolution of quality of life of girls and women aged 20–40 years after practicing sports-leisure physical activities.

Materials and methods. The women who participated in the study (aged 20–40 years, n=20) were involved in an exercise program for 3 months, 3 sessions of exercises per week, one hour each. In order to assess the QOL, questionnaires drawn up for this purpose were used. The questions were based on recognized psychological scales.

Results. The study indicated that physical exercise, practiced long term, improves not only physical abilities, but also the relationship to the emotional well-being, self concept and overall perceptions.

Conclusion. Therefore, by practicing sports-recreational activities, not only that the two outcomes of QOL are achieved (functioning and well-being), but also the corporal and intellectual health are improved, with a positive contribution to reducing the risk of physical and mental disorders associated with modern lifestyles.

Keywords: exercise, sports-recreational activity, quality of life.

EXERCISES WITH HAND APPARATUS IN ADAPTED PHYSICAL ACTIVITIES

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During the latest years, social policies have promoted new strategies for the activity optimization in the special education field. The more and more extended use of the different types of motor activities and their approach under a more complex perspective require the use of some peripheral systems where the motor and psychomotor development aspects interpenetrate with the social, artistic and cultural education ones. From this angle, we thought it would be opportune to synthesize the advantages brought by the education of motor control capacities, by using some hand apparatus.

We took into consideration the fact that the aspects related to the forming of some skills and abilities engage and develop the motor and sensory-perceptive factors and, implicitly, coordination, by stimulating the creative-imaginative and socialization sides, so important to special education.

Exercises with hand apparatus may turn into a “play”, during which the child makes friends with his partners, knows and controls himself. The ludic concern becomes thus an activity with many formative, educative and corrective valences.

Keywords: motricity, coordination, sensorial plans.

NEW STUDY REGARDING THE PHYSICAL ACTIVITY LEVEL AND NUTRITIONAL STATUS OF HEALTHY OLD PEOPLE (60 -70 YEARS OLD)

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Research objectives The main objectives of this study were to highlight the level of physical activity, nutritional status and the possible needs for intervention among old people in order to promote a successful aging.

Research methods and procedures Our study group was represented by 40 healthy people (N = 40), 22 women and 18 men, with different age, from 60 to 70 years old. For assessment we used specific inventory tools considering the age category and also different anthropometric measurements. Thus, we evaluate the level of physical activity using the International Physical Activity Questionnaire (IPAQ) for leisure time activity. Nutritional status was evaluated with an adapted version of Mininutritional Assessment, which offers a view on nutritional habits and anthropometric dimensions. We also used some anthropometric measurements like: height, weight, BMI, waist girth, mid-arm and calf circumference.

Results From the total number of the study participants, 14 (35 \%) didn’t achieve a minimum level of 600 MET-minutes/week of free-time physical activities and they were catalogued as sedentary. The rest of the subjects (57, 5 \%) had a moderate level of physical activity and respectively (7, 5 \%) a high one. Considering the level of physical activity on sex groups, it seems that most of women have a moderate level (59 \%), while more men are involved in intense physical activities (11.1 \%). There was no case of malnutrition or risk of malnutrition, but in return more than one third of the subjects (35 \%) had a high score of BMI and it represents a risk factor for their health. We also observed a positive correlation between the level of physical activity and the nutritional status of healthy old people aged 60 to 70 years.

Discussions and conclusions Maintaining a high level of physical activity can help in reducing the consequences of aging on each person’s nutritional status. More than this, the constant practice of different types of physical activity leads to cumulated health benefits and this represents the base of a successful aging.

Keywords: physical activity, nutritional status, healthy, old people.
NEW METHOD TO MARKET RESEARCH FOR REBUILDING THE SPORT FACILITIES

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Architecture, engine, design, market research

Introduction
The game court of team sport, part of Sport Centre of Arturo Collana, was closed after structural accident in 2006 and the local administration is now designing the rebuilding of it. For this reason, it has already allocated economical resource to study a partial reconstruction of it to realitze optimally the actual structure. The result of this study concludes that it is not possible the partial reconstruction but it is useful the plenty reconstruction of game court. The local organization of CONI (Italian National Olympic Committee) designed a new project according to a specific parameter that follows the same characteristic of the old game court without searching the other engineer and architectural solutions. Thus the question is a mix of engine and architectural aspects, economical and functional elements of it. The customers for day, before the partial closure, were 3000 and after 2200. The problem is what the solution is that can satisfy the customers according to suggesting the old and the other solutions. The aim is to recognize the expected demand about the real choice of the customer with the proposal for a various architectural aspects (i.e. periscope tribunes or stable tribune, wide disposition or long disposition). Method

The survey carries out the data by using statistical model to correlate a demand of multi game sport relating to various hypothesis, already designed and everyone with a different solution. The sample is 100 customers that are submission the questionnaire with the specific parameters about the architecture and engine. To apply the qualitative research method at the market research. Result


Key words: marketing, sport facilities.

THE ANALYSIS OF CONFLICT MANAGEMENT STRATEGIES OF THE TEACHERS OF PHYSICAL TEACHER WHO WORKS IN STATE OR PRIVATE HIGH SCHOOLS IN ANKARA

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This study aimed to identify to the analysis of conflict management strategies of the teachers of physical teacher who works in state or private high schools in Ankara.

The conflicts physical education teachers experience were analyzed within the frameworks of their personal variables. These were kind of school,age, sex, education, length of service number of teachers at the same school, length of service at his/her school, whether he/she attended a conflict management course or not).

In this research, totally 412 physical education teachers who were 114 private school and 298 government school teachers, were targetted. Totally 275 Subjects were identified through convenient In this study, the “Personal Information Form” and the “Scale of Conflict Management Strategies” which were developed by (Ozgan) were used as data collection tools.

Data collection tools were the “Personal Information Form” and the “Scale of Conflict Management Strategies” which were developed by (Ozgan). Analyses of data confirmed that there are no significant variance between personal variables (age, , education, length of service number of teachers at the same school, length of service at his/her school, whether he/she attended a conflict management course or not) apart from sex and school type. The findings were analyzed within the context of literature. Some suggestions were drawn from the findings.

Key Words: conflict management, physical education teachers, sports management, conflict management strategies.

HUMAN RESOURCE- DECISE FACTOR IN SPORT ENTERPRISE MANAGEMENT

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Abstract: When someone invests their time in finding out people’s general interests and fighting for the achievement of the entire group’s goals more than for those of their own, that individual has all the rights to pursue his personal and valuable plans or ideas.

Unfortunately, this is not a utopia, as we all are still dominated by “an only boss” who takes all the decisions and who doesn’t treat nicely those in his entourage!

Introduction: Most managers are intensely preoccupied with their own image or that of… their unit, in which they are the first-string. The results are primary, sometimes achieved under any circumstances, because they assure the employees the minimum wage and social support; managers, whether they are acquainted with them or not, are very interested at present in commercial activities, neglecting on the side the essential factor which is indispensable in the entire sports activity and not only! THE HUMAN BEING. Moreover, attempts to use people as “tools” (or “instruments”) in order to gain personal advantages, even if only informational or distorted ones, without involving directly (don’t you feel the same way at your own workplace?) do not lead to maximizing everyone’s potential.

Research methods: Methoda convorbirii, Metoda observatii pedagogice, Metoda,anchetei tip chestionar,Metoda analizei si generalizarii teoretice a datelor literaturii de specialitate

Conclusions. A manager should not take his power too far by manipulating people and using them. Creativity is to be looked for when hiring someone. Indifference towards what is happening at the workplace is not useful, and that is why a manager must make himself understood, must justify his decisions in order not to cause any conflicts between his subordinates. Interpersonal competence is useful for an entire workgroup
including the boss and the employees. People need to change their way of acting, but besides their own initiative, stimulation ought to come from a very good leader.

**Key words:** management, human resource, interpersonal competence, leadership, commercial sport activities.

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**CONTEXTUAL DESIGNING CONCERNING THE MANAGERIAL STRATEGIES IN SPORT**

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**Research objectives**
The objective of our research is to emphasize a contextual design concerning the scientific investigation of the organizational environment as a base of managerial strategies fundamentation in sport, in the context that the strategies represent an essential instrument in sportive management by who the sportive organizations protects their evolution and action on medium and long term.

**Research methods and procedures**
The research approach was realized by using the following methodological instruments: the references’ study method; the extrapolation and adaptation of some concepts of well practice from other domains; the SWOT analysis method applied in correlation with the investigation based on questionnaire; the direct observation about the specific management and the research ways of the organizational medium.

**Results**
The results of our research are presented as a contextual design shape concerning the way of combined utilization of some methodological instruments, regarding to the SWOT analysis and the investigation based on questionnaire, in order to search the features of the organizational environment and the identification of the support elements that are necessary to fundament the managerial strategies in sport. The arguments were identified, their stages and contents were delimited, the features of the organizational environment were outlined, aspects that allow the fundamentation of the managerial strategies on the following coordinates: growth strategies, development strategies in risk conditions and restriction or reorientation strategies.

**Discussions and conclusions**
The outline of the example of well practice concerning the application of the SWOT analysis in two hypotheses – as a scientific research method of the internal and external environment in correlation with the investigation based on questionnaire and as method of fundamentation of the managerial strategies - can have positive effects that are relevant for the theory and practice of the management specific to the physical education and sport domain.

Our inquest can represent a contribution to the knowledge growth, the professional of the specific management by the awareness of the essential role of the research and scientific determination of the organizational environment features and by the identification of the praxiological route of this approach that may have effects in achieving a rational strategic planning and in managerial resources efficient administration.

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**POLITICAL INTERFERENCE IN THE SPORT ASSOCIATIONS IN THE COUNTRIES OF THE WESTERN BALKANS**

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The goal of this paper is to explain the existence and the level of poitical interference in the activities and programmes of the sport associations in the countries of the Western Balkans. The influence of the politics into the activities of the sport associations is usually negative and it is misused for political purposes. Politics destroys the sport spirit and demotivates young people to work on their sport career, instrumentalizing them for political interests. The political interference into the sport associations is very evident in the countries of the so-called Western Balkans and it hampers on the eurointegration processes of the candidate and potential candidate countries.

Using the comparative method, we will show the political interference in the sport associations in each of these countries, and then we can drow general conclusions. We will use the analytical and syntetical method to describe and analyze the documents, legal acts and articles which show us how are these relations regulated, but also disrespected.

The main results which we want to achieve with this paper is to prove that there is a high level of political interference in the work and activities of the sport associations in the countries of the Western Balkans, but also to try to find adequate solutions for a reduction or marginalization of these interference.

**Key words:** interference, sport, politics, Balkans.

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**ROLE OF HOSPITALITY MANAGEMENT IN SPORT TOURISM**

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**KIZANLIKLI MURAT, Res. Ass., Gazi University Tourism Faculty / Türkiye**

**Research - Objectives:**
Ease and diffuseness of travel and tourism movement due to globalization of the world is also associated with increase in participation to international organizations and activities. People not only participate to mass tourism activities, also referred as “sea- sand- sun”, but they also started to interest in different types of tourism. One of diverse tourism activities leading people to travel, namely sports tourism, can be regarded as an activity increasing international movements as different sports organizations are held at different countries and even at different continents.

Sports tourism is a social, cultural and economic case arising from unique interaction between activity, people and the location (Weed and Bull, 2004). Sports enterprises are organizations incorporated for styling social lives of people and for organizing different sports activities. Facilities structured for sports-oriented visits offer quality and sports branch-specific services and thus, they make efforts to satisfy people benefiting or desiring to benefit from such services (Ramazanoğlu and Ocalan, 2005).

As importance attached to the health is increased and sports activities became widespread and more accessible component influencing people traveling for sports activities, a rapid increase in interest to sports tourism recently occurred throughout the world. Sports-oriented tourists are people who participates to sports activities during holiday time and they are addressed in three groups (Herstein and Jaffe, 2008):

1. People participating to sports activities: They travel for participating to an organized sports activity.
2. Audiences of sports activities: They travel for watching an organized sports activity.
3. Sports lovers: They travel for participating to sports activities organized by them.

Irrespective of above mentioned roles, common issue for people traveling for sports activities is accommodation activity. Therefore, individuals traveling for participating to or watching sports activities fulfill accommodation needs at accommodation facilities at the destination point. In this end, it is the principal aim of this study to clarify issues differentiating an accommodation facility operating for fulfilling accommodation, food-beverage and entertainment and sports needs of people traveling for sports activities from other facilities and to determine qualifications required to be possessed by such facilities.

Research Methods and Procedures: Method of the research is designed as screening literature of this field. Differences between sports-oriented accommodation facilities and other (traditional) accommodation facilities shall be revealed out within a particular scope by screening local and international literature on this field. In this end, a comparison will be made between sports hotels and traditional hotels in terms of management strategies, target audience, operations and activity fields and resultant differences will be explained. At this point, some of those differences are as follows; sports hotels predominantly includes healthy and nutritive foods, which also helps keeping fit, in their menus, customer profile is comprised of sports lovers and sports teams, their advertisement activities are heavily depended on relevant media such as sports newspapers and sports channels (Herstein and Jaffe, 2008). For satisfying needs of tourists traveling for sports-oriented activities, sports facilities differentiate from other enterprises in relation with particular issues by accordingly regulating structural and managerial features.

Discussion and Conclusion: Sport is an important social case, which attracts attentions of many people from all social levels and characteristics and had become a billions-of-dollars industry (Geçen et al., 2008). Therefore, increasing interest to the sports is also associated with an increased movement in sports tourism. In this study, efforts were made to clarify structure and characteristics of accommodation facilities responding to accommodation, food-beverage and entertainment needs of people participating to sports tourism. Moreover, examples of such facilities in Turkey and throughout the world shall be addressed while efforts were made to reveal out those differences.

Results obtained from the study is characterized as an advice for comparing current features of a particular accommodation facility operating in sports sector with that of competitor facilities.

ETHICAL CHALLENGES IN SPORT MANAGEMENT

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We establish the need for the study of ethics in sport management. We also present the philosophy of existentialism as a useful approach to leadership in sport management. We begin by defining ethics and discussing the concept of values, both personal and professional. A major feature of this discussion is the effect that values have on sport managers and how they approach their responsibilities. We then present the notion of existential leadership, which includes existentialist concepts of freedom, responsibility, dread, and authenticity. The chapter ends with the important step of translating values and beliefs into action. Existentialism - a philosophy based upon free will and the responsibility for action. Value- those people, actions, and things that are worthwhile to us. Authenticity- being true to oneself, being genuine. Ethics, if nothing else. Is about how people ought to live, about preferred values and behaviors and understand valuesand behavior” (Kretchmar 2005 ). The goodness or rightness and the badness or wrongness of our actions is the level at which we experience or understand values.Ethics is prescriptive in that it is concerned about how we do human beings should treat each other rather than how we do treat each other (Morgan, Meier & Schnader 2001 ). For sport managers to assume specific responsibilities ethically, they must have an understanding of their personal and professional value, obligation, and rigts. They must also know how their values, obligations, and rights affect themselves and people for whom and to whom they are responsible. Knowledge of the difference between right and wrong from an ethical standpoint should inform sport managers conduct and decision making and serve as motivator for action.

Key words: management, ethical.

PERFORMANCE MANAGEMENT IN THE INSTITUTION OF PHYSICAL EDUCATION AND SPORTS - THE OBJECTIVES FOR THE FOUNDATION OF THE DOCTORAL THESIS

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The path followed by this thesis covers succinctly the majority of the concepts and components of the performance management in the institutions of physical education and sports – brought to light by the greatest specialists in this field – from a new perspective of the modern organization management and knowledge based on society. Our research is based on an exploratory-descriptive investigation which serves our goal the most and allows the gathering of information from significant groups from the point of view of their contribution to identifying the problems and the solutions from the field of physical education and sports.

Hypotheses:
1. The subgroups of the research batch offer diverse information from the point of view of the problematic and solutions in the field of physical education and sports.
2. By processing the information we observe a large number of statements regarding the things that are not functional and a smaller number regarding the possible solutions.
3. Regarding the managerial solutions in the field of physical education and sports we observe mainly theoretical explanations in the detriment of practical solutions.
4. The collection of data offers per ensemble valuable and original literature for the extraction of viable solutions in the problematic of physical education and sports.

General objectives: The research goal is to integrate the institutions of physical education and sports in the economic-social structure of the country in the context of the European integration and the internationalization of the organizations.

The main objective of the research is to identify the present problems in the field of physical education and sports and to find possible solutions to get over them.

Specific objectives:
- Positioning the institutions of physical education and sports in the gear of the Romanian society.
- The role of the management in the contemporary world and its impact on the management of the institutions for physical education and sports.
Predictable mutations in the contemporary world and their impact on the management of the institutions for physical education and sports: the necessary assimilation and adaptation to change.

Elements of the general management involved in the management of the institutions for physical education and sports and their impact on creating a new segment of management.

- The economical, organizational and managerial impact based on knowledge in the management of the institutions for physical education and sports.
- The concept of performance in the activity of physical education and sports and its role in the contemporary world.
- The specificity of the management for the sports performance and its role for completing the mission of the institutions of physical education and sports.
- The material resources of in the institutions physical education and sports and the role of the financial management in the acquiring and administering these funds.
- The systemic approach of the activity of physical education and sports in the general context of education and civilization.

All these opinions form a large spectrum, but we made a selection of four categories of respondents implied in one way or another in the theme of the thesis.

**Key words:** physical education, sports, management, manager, performance.

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**PERFORMANCE MANAGEMENT IN THE INSTITUTION OF PHYSICAL EDUCATION AND SPORTS**

**SELECTIVE SCIENTIFICAL RESEARCHES OF THE DOCTORAL THESIS**

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The thesis draws the lines of the essential coordinates of the performance management in the institutions of physical education and sports under the major impact of the predictable mutations of the 21st century – change, globalization, economy, knowledge based management and organization – and offers solutions along these coordinates for some of the problems by proposing improvement for the managerial activity and by bringing arguments for some of the theories.

**Key words:** sports organization, scientific approaches, economy, change, management.

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**RECREATION AND SPORT FOR ALL**

**RITUAL ASPECTS OF SPORTS CONSUMPTION: HOW DO SPORTS FANS BECOME RITUALIZED?**
Previous research on sports fans has focused on entertainment value, collective group influence, and self-enhancement in explaining why and how they become sports fans. The research has paid little attention to ritual aspects of sports consumption, which potentially offer individuals a chance to maintain and celebrate cultural meanings embedded in the consumption. Drawing upon in-depth interviews, we suggest that an individual’s desire for cultural identity can be a possible motivation for being a sports fan. Our data indicate that sports fans actively ritualize their sports consumption activities to acquire and maintain cultural identities. Sports fans employ several fan ritualization strategies formalism, symbolic performance, traditionalism, and social interaction in order to legitimize their sports consumption as meaningful ritual practice, and, thus, to connect themselves to cultural identity in a society.

Sports have become important global contemporary consumption phenomena. Sports consumption provides individuals with entertainment, group affiliation, escape from everyday life, self-esteem, etc. (Wann et al. 2001). Over the past years, a number of sports fan studies (e.g., Fisher and Wakefield 1998; Laverie and Arnett 2000; McPherson 1976) have been conducted on why and how certain individuals become sports fans. First, sports fan socialization research posits that the degree of consumer role socialization is a function of the collective influence of significant others family, peer group, school, and community systems because they provide role models and an opportunity set for learning the behavioral, affective, and cognitive components of the role of sports consumer (McPherson 1976). Another stream of research focuses on fan identity salience research and argues that individuals get involved in sports consumption because team or/and player identification offer them a chance of self-enhancement (Fisher and Wakefield 1998; Laverie and Arnett 2000). Both streams of research have focused on entertainment value, collective group influence, and self-enhancement in explaining why and how they become sports fans. The research has paid little attention to ritual aspects of sports consumption, which potentially offer individuals a chance to maintain and to celebrate cultural meanings embedded in the consumption. Understanding the ritual aspects of sports consumption can also help marketers understand the depth and magnitude of sports, which is often downplayed or viewed simply as entertainment.

In this paper, we view sports consumption as ritualized practice. This view posits that sports consumption is one way to acquire and maintain a cultural sense of identity by attaching symbolic meanings to objects and activities, securing valuable traditions, and anchoring behavior in cultural and social orders. In order to show how individuals connect themselves to cultural identity through sports consumption, we introduce the concept of fan ritualization. With this concept, it is suggested that sport fans employ several strategies in order to legitimize their sports consumption as meaningful ritual practice and, thus, to connect themselves to cultural identity in a society. This might provide an alternative framework of the current understanding of why and how an individual becomes a sports fan because an individual’s desire for cultural identity can be a possible motivation for being a sports fan.

Some consumer research on ritual (Rook 1985; Wallendorf and Arnould 1991) suggests that ritual provides a vehicle through which individuals are able to connect their identities to social and cultural values. Individuals actively manipulate objects and symbols to heighten ritual experience which allows them to construct their cultural identity (Arnould 2001). For example, participants in the Thanksgiving ritual employ several strategies of decommodifying mass-produced and branded food product including repackaging, and temporal separation to celebrate the cultural values of "homemade" of Thanksgiving Day (Wallendorf and Arnould 1991). However, there has been little research on how sports fans acquire and maintain cultural identity in their sports consumption.

This study reports the findings from in-depth interviews with Japanese sport fans on their sports consumption, in particular, spectatorship. Japanese informants were selected because of Japan’s active interest in baseball and because of Japan’s collective nature. Drawing on the interviews, we suggest that desire for connection with one’s cultural identity can be a primary motive for sports consumption, and individuals actively employ various strategies to secure a sense of cultural identity in their sports consumption. In addition, we propose several primary sources which shape sports fans’ consumption practices in utilizing the strategies. This study contributes to scholars’ limited knowledge of the ritual aspect of sports consumption.

**Key words:** entertainment, sports consumption.

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**ENTERTAINMENT AND SPORTS ANIMATION – EFFECTS AND BENEFITS**

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Entertainment services are conceived to ensure a pleasant spending of the holiday time. The complex problem of agreement and the benefits of sport activities was approached by many authors such as: G. Stăniciulescu, N. Lupu, G. Ţigiu, D., R. Minciu a.n. The research was made during holiday at Vega Hotel on a group of 200 persons. Selected by the time spend on holiday and taking into consideration the importance of sportive activities practiced during the agreement programmes with the purpose of the improvement of functional capacity of tourists.

Hypothesis of the research - the implementation of certain sporting activities coordinated by license specialists as part of the entertainment hotel programme entails the improvement of the subjects’ functional capacity, of their physical development parameters and of their psychomotor relaxation capacity.

The research results confirmed the hypothesis. The main conclusion is that the agreement and sport programmes have multiple benefits over the tourists.

**Key words:** entertainment, sport animation, effect, benefits, functional capacity
THE DETERMINATION OF THE SPORT GAMES’ INFLUENCE IN THE DEVELOPMENT OF THE CONDITIONAL CAPACITY

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Purpose. Sporting games are characterized by a complex manifestation of all driving capacities, and in training their development - in order of requirement for competition - must be the most important aspect. Considering the characteristics and the involvement of the games, especially the sporting games, and their influence on the formation and the development of the human personality, as well as the increasing number of students who choose to play them.

Methods. We chose that in our paper to refer to the methods of the sporting games and at how these influence the development of the combined driving capacities during the physical education classes at the Petroleum Gas University of Ploieşti.

Results. The subject were subdues to the measurement of several driving tests consisting of force and speed, and in this paper we will present only the result of two tests: on-the-spot vertical jumps and from the spot horizontal jumps.

Conclusions. Following the statistical processing of the results, it was observed that at all the applied tests, the experimental groups were superior to the control group, the difference between the averages at the final test were significant. The methods of the sporting games can contribute to the improvement of the manifestation values of the conditioned capacities in the physical education and sporting classes.

Key words: sporting games, conditional capacities, tests, measurement.

HOMO LUDENS, HOMO SPORTIVUS

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Motto: “Only a man can do from a run a masterpiece…”

Sport is a specific race activity, a specific competition activity with an educational and recreational dominant, and the commercial and the professional orientation must pass in the background, and the sport as a leisure returns to the basal values: health, education, recreation. The idea of sports and leisure should be seen as an elite group as proposed by Pierre de Coubertin in 1900 under the heading of ‘Sport for All. Sport as leisure is a form of education included in the culture and contemporary civilization. If we want to isolate the methodological sport as leisure from the sport performance, then it refers to the human community, undifferentiated of economic, social, physical or age level. In the context of sport as leisure should be integrated any person. In Romanian of the last 15 years sport as leisure has become a necessity. Sport perceived as leisure insists on training of the trainers, who are required to overcome the types of economic signals and to understand the gradual change of culture. In the third millennium the physical activity became a business of first performance, on the other hand it is a clear need of harmony between the human community and the physical activity.

Key words: Sport, competition, recreation.

THE STUDY OF EFFECTIVE FACTORS ON THE MOTIVATION OF TOURISTS PARTICIPATING IN SPORT EVENTS

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Purpose: The aim of this study was to investigate the effective factors on tourist participants’ motivation in sport events.

Method: The research method was descriptive and survey. The sample of the study includes 638 tourists (529 from national team and 109 from super league) participating in the national and super league football teams. The data was collected using the Wimbledon questionnaire. Which the validity of this questionnaire approved by 10 professors of Guilan University and Allame Tabatabaei university and 10 experts tour and had a previously proven reliability of 86% using the Chronbach's Alpha.

Results: the research data were analyzed by Binomial tests (P≤0.05). The findings of this study indicate that from the tourist of the view of fans, socialization, entertainment, relaxation (push factors); fan motives, destination, (pull factors) and personal problems, risks (Deterrent factors) are the most effective factors on the motivation of the tourists attendance in sport event.

Conclusions: The results indicate that the fan motives, destination (pull factors) socialization, relaxation, and entertainment (push factors) are the most effective factors on sport events. Also, risks, personal problems, and competition are the most important Deterrent factors. Finally, it is suggested that to enhance the participation of the tourists’ motivations to attend the sport events, their motivational factors must be identified thoroughly and there must be a good informing system on attraction of event and destination, and financial costs, safety problems, and health problems must be minimized.

Keywords: Sport tourism, motivation, effective factors, sport event, tourist.
THE MEDIA AS THE FACTOR OF TENDING TO SPORT IN CHILDREN: A STUDY AFTER A TV COMPETITION PROGRAMME NAMED AS “ICE DANCING”

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This study was examined with the idea of a tv competition programme named as “Ice Dancing” that has sports and magazine aspects has an effect on children’s tending to skating. The main purpose of the study is to determine the causes of children’s tending to skating and research whether that tv programme has an effect on children’s tending to skating. The sample of the study consists of 297 parents of children between the age of 6-12 (211 mothers, 86 fathers) who skate at “Belpa Skating Palace” and “Optimum Skating Rink” in Ankara, “Olympic Skating Palace” in Kocaeli, “Galleria Skating Rink” in Istanbul. The causes of children’s tending to skating asked to parents. Answers were categorized into two main groups as the causes that are derived from parents and the causes derived from children. The other factors were categorized under these two main groups. Descriptives and frequencies of the data were shown on tables. It was discovered that % 48 of tending to skating was derived from children and % 52 of tending to skating was derived from parents. The first sub-factor of tending to skating derived from childrens was likes moving, playing and fun as %38. The second factor of tending to skating derived from childrens was the effect of tv programme named as “Ice Dancing” %27. It shows that every 1 of 4 child was affected from the tv programme and it supports our hypothesis.

Keywords: children, tending to sport, media

INVESTIGATION OF PHYSICAL PARAMETERS OF TURKISH FOLK MALE DANCERS WHO PLAY DIFFERENT REGIONAL DANCES

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The purpose of this study was to investigate the male halay, horon and zeybek Turkish folk dancers’ charactirictic and compare them according to the physical parameters.

Totaly 99 voluntary male dancers at least 5 years experienced in halay, horon and zeybek participated in the study.

In this research age, height, weight, body mass index, anaerobic power, speed, flexibility, leg power and body fat percentage of the groups were measured. The statistical analysis of data was calculated in the computer by SPSS 10.0 package program. The significant level had taken as 0.05 and 0.01 (p<0.05 and p<0.01)

In the study it was found out that there was no significant importance in the height, body mass index, anaerobic power, flexibility, leg force and anaerobic endurance at the level of significance level of p<0.05 in female groups. There was significant difference was found out in age, speed and body fat percentage at the p<0.05 level in males.

As a result; at the and of dances exercises, it had found out dancers that playing halay and horon, which practicing physical activites more intensively, have more positively affected values of flexibility, speed, body fat percentage and reaction time according to zeybek dancers.

Key Words: Turkish Folk Dances, Halay, Horon, Zeybek

INVESTIGATION OF PHYSICAL PARAMETERS OF TURKISH FOLK FEMALE DANCERS WHO PLAY DIFFERENT REGIONAL DANCES

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The purpose of this study was to investigate the female halay, horon and zeybek Turkish folk dancers’ charactirictis and compare them according physical parameters.

Totaly 99 voluntary female dancers at least 5 years experienced in halay, horon and zeybek participated in the study.

In this research age, height, weight, body mass index, anaerobic power, speed, flexibility, leg power and body fat percentage of the groups were measured. The statistical analysis of data was calculated in the computer by SPSS 10.0 package program. The significant level had taken as 0.05 and 0.01 (p<0.05 and p<0.01)

In the study it was found out that there was significant importance in the body mass index, speed, anaerobic power, flexibility, leg force and body fat percentage at the significance level of difference in grops. (p<0.05)

As a result; at the and of dances exercises, it had found out dancers that playing halay and horon, which practicing physical activites more intensively, have more positively affected values of flexibility, speed, body fat percentage and reaction time according to zeybek dancers.

Key Words: Turkish Folk Dances, Halay, Horon, Zeybek
MORE THAN A GAME

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Among all the activities of man a game can be conceived of as a great gift endowed by the Allmighty Creator. This man’s activity that we call game enables him regardless of his age to fill in “his time”.

One hand game this paper deals with has fulfilled its time. But that was a game within a (sports) game in which, by the rules of that game, such one hand game is not allowed. And within that football game which is said to be the most important trivial thing in the world, or greater part of the world, all its complexity was revealed. In that one hand game foremost its societal-psycho logical dimension was manifested.

Because one hand game of one famed football player (T. Anry) within specific football circumstances and in front of the myriad of TV viewers worldwide, having in mind the whole situation it was developed in, was not the ordinary game. It was indeed A1 game.

All the differences between the personalism and individualism viewed from the standpoint of one Berdyaev whose philosophy is based on Cant’s difference between the know man and phenomenon can be conceived of in just one game – that game of one hand. And that is to show what man actually is (even) in the times we live in.

Keywords: sports game, personalism, individualism.

SKATEBOARDING’S AN EXTREME SPORT

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Skateboarding is the act of riding and performing tricks using a skateboard. Skateboarding can be an art form, a job, a recreational activity or a method of transportation. Skateboarding has been shaped and influenced by many skateboarders throughout the years (Martin, M.). Skateboarding is relatively modern. A key skateboarding maneuver, the ollie, was developed in the late 1970s by Alan “Ollie” Gelfand as a half-pipe maneuver. Freestyle skateboarder Rodney Mullen was the first to take it to flat ground and later invented the kickflip and its variations. Go Skateboarding Day was created in 2004 by a group of skateboarding companies to promote skateboarding and help make it more noticeable to the world. It is celebrated every year on June 21st (Van Dulken, S.).

Key words: skateboarding, tricks, skateboarding’s component.

DYNAMIC GAMES AND THE IMPORTANCE OF THEIR PRACTICE FOR PRETEENAGERS AND TEENAGERS

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Purpose. The scope is the completion of an analysis regarding the recorded value of the results of preteenagers and teenagers, in order to use them for different comparisons, to highlight the differences between generations and to see the output that the free time dynamic games have on the progress or regress in children activity.

Methods. The methods used to achieve our purpose are mainly the study of the specialized literature and the interview method based on questionnaires applied to a sample of preteens and teenagers, boys and girls.

Results. As children grow up, they have less and less free time; therefore they give less importance to the harmonious development of the body and to their health. They tend to occupy their free time more with sedentary activities like browsing the Internet.

Conclusions. : As an exponent of educational games, the dynamic game applied in physical education and sport has an educational (instructional) efficiency, which carried out on a competition form, creates a good mood to all participants that engage with all the fullness of forces to reach the success.

Key words: Dynamic games, spare time, children, exercises, activities
COMPARATIVE STUDY REGARDING THE INFLUENCE OF PAIN MANAGEMENT ON LABOR DEPLOYMENT

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Purpose. For most women, pain and labor are equivalent. Pain during childbirth is considered by the pregnant woman the most concerning aspect they have to face during pregnancy. However, if we take into account the functions of pain during labor, we can say that pain is a necessary evil which can be ameliorated until it becomes bearable through specific methods and means.

Anxiety and stress are very common during pregnancy, but not a good side effect of it. Pain is a big issue that pregnant women handle with, when arrive the big moment – the delivery.

The aim of this study is to determine the role of directed or passive relaxation and breathing exercises on labor deployment. We also want to determine the relationship between these exercises, pain level and drugs administration.

Methods. The study group consist of 70 pregnant women, in the third trimester, 35 from them having a relaxation and breathing exercises program. In order to assess the presence and the severity of anxiety and also it’s evolution during pregnancy, the State – Trait Anxiety Inventory (STA) (Robu, Visore, 2009) was completed.

Results. In their majority, the outcomes are statistically representative (0<0, 01) and that’s means that the anxiety episodes are really reduced in pregnant women practiced both relaxation and breathing exercises. We also found that, the duration of labor was significantly reduced in women that practiced relaxation and breathing exercises. Drugs administration has a

Conclusions. These results come to emphasize the fact that pregnant women does not have to be afraid about their pain during pregnancy, because, as this paperwork shows, there are efficient methods of pain management. Pregnant women should know that a natural birth came with a pain that became important for their following relation with their baby.

Key words: labor, delivery, pain management, function of pain

METHODOICAL ASPECTS REGARDING THE USE OF RECREATIONAL KAYAK

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Due to the technique that is easy to assimilate, the accessibility of the materials and the minimum water traveling conditions, kayak has turned in a very short period of time into competitive tests. Thus, during modern times, the kayak competitions have greatly contributed to the promotion of this sport on world level. The sports competition has transferred quickly on the scientific level and caused the initiation of some studies in order to create the best hydrodynamic forms for increasing the rate of travel, but also for finding some cheap, light and easy processable materials.

Recreational kayak has become widespread especially due to the constructive features, the satisfaction of the adventure spirit, the movement freedom, the need for physical effort and for water traveling. People have grown fonder of it as it is regarded as a high risk sport because it can capsize easily. The use of kayak at its maximum possibilities: traveling on all kinds of water (lakes, slow and mountain rivers, sea), easy maintenance of balance, as well as the possibility to return to the initial position, through different techniques, after capsizing from various reasons.

The main learning areas refer to: creating the abilities for linear traveling, making turns, stopping and righting after capsizing (overturning), conquering fear and becoming aware of the position of the body in a capsized kayak.

Key words: Kayak, learning, capsizing, methods.
MEASURING CONSTRAINTS TO LEISURE ACTIVITIES: DEMOGRAPHIC DIFFERENCES

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Objective: The aim of the study was to measure the constraints to leisure activities participation.

Method: 270 (53.9 %) male and 231 (46.1 %) female, a total of 501 individuals aged between 18-54 ≥ voluntarily participated to this study. “Leisure Constraints Questionnaire” (LCQ) consists of 29 items as limiting factors in recreational activities as reasons for nonparticipants (Alexandris K., Carroll B., 1997). The Turkish form of the LCQ (T-LCQ) (Karaküçük S., Gürbüz B., 2006) includes 27 statements and 6 subscales: (a) facilities/services and accessibility, (b) social environment and lack of knowledge, (c) individual psychological, (d) lack of partners, (e) time and (f) lack of interests. The internal consistency for 501 adults were ranged from .73 (time) to .88 (individual psychological). Independent samples t-test and one way analysis of variance (ANOVA) were used to test the mean differences with respect to some demographic variables.

Results and Conclusion: Independent samples t-test were revealed that there was a significant difference in individual psychological [t(498) = 2.97; p<0.05], facilities/services and accessibility [t(498) = -3.16; p<0.05], and time subscale [t(498) = -2.35; p<0.05] according to gender. There was also statistically mean differences according to the marital status in facilities/services and accessibility [t(497) = 4.58; p<0.05] and time subscale [t(497) = 4.32; p<0.05]. ANOVA analysis specified a significant mean differences in the individual psychological [F(1,497) = 8.62; p<0.05], social environment [F(3,497) = 8.50; p<0.05], facilities/services and accessibility [F(1,497) = 6.46; p<0.05] and time subscale [F(1,497) = 4.15; p<0.05], with regard to educational level. However no significant differences was found in the two other subscales (p>0.05). As a results, the participants rated “facilities/services and accessibility” as the most important constraints on their recreational activities participation.

Key Words: Leisure, recreation, constraints, participation.

COMPARISON OF RECREATIONAL BEHAVIOURS OF INDIVIDUALS WITH REGARD TO DEMOGRAPHIC VARIABLES

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Purpose
The present study aimed to determine and compare recreational behaviours of individuals with regard to some demographic variables.

Methods
The survey conducted in Ankara which is the capital city of Turkey. The questionnaire administrated 212 male (59.1%) and 142 female (40.9%) a total of 354 participants aged between 18-54 ≥. Descriptive statistics (t, %) were used to determine participation rates and types of activities in the last one year and also activities that the groups willing to try. Chi-square analysis were used to test the differences between individuals spend their leisure time with whom and marital status. X² test also used to test the differences between income level and where they spend their leisure time.

Results
The results indicated that while reading newspaper (63.7%), doing sports (40.6%) and reading books (33.5%) is the three top activities that males do, the most three top activities for females reading books (40.1%), newspaper (36.6%) and fancy work (26.1%). Walking (61.9%) is the most frequently listed of all activities that the individuals participated in the last one year and they would like to try a wide range of activities from swimming (7.1%) to horse riding (6.6%). Chi-square analysis revealed significant relationship in spend their leisure time with whom according to marital status (p<0.05). There was also a significant relationship between income level and where they spend their leisure time (p<0.05).

Conclusions
As a result, it can be concluded that participants prefer to participate recreational activities in the private sectors' facilities with the increase in their income level.

Key Words: Recreation, behaviours, leisure time, demographic variables.
SEASICKNESS – SYMPTOMATOLOGY IN STUDENTS DURING THEIR PRACTICAL TRAINING ONBOARD SHIP

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Seasickness is probably the number one reason that many vacationers who love to travel do not cruise. Seasickness is simply motion sickness that occurs on ships, and is sometimes called mal de mer. Seasickness is the reaction of your body's inner ear balance system to unfamiliar motion of the ship. The movement of the ship causes stress on the balancing portion of the brain. Your brain sees things on the ship such as walls and furniture and instinctively knows from past experience that they are supposed to be still. However, since these items are actually moving with the sea and the ship, the inner ear gets stressed and confused and nausea sets in.

In order to achieve this study the following research methods were used: studying the specialty literature method, the investigation method (questionnaire).

Conclusions: Through their distinct character, the clinical manifestations of sea-sickness are a very good point of affirmation that every patient has a personal touch regarding the symptomatic field with its 4 clinical forms.

Keywords: seasickness, sailor, symptom, ship, storm.

METHYLPHENIDATE AND EXHAUSTIVE EXERCISE: A STUDY ON NEUTROPHILE AND LYMPHOCYTE OF MALE RATS

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Introduction: The purpose of this research is to examine Methylphenidate effect on male rat’s neutrophiles and lymphocytes with an exhaustive exercise session since the misuse of such drugs among athletes is increasing and less informing that its harmful effects occur.

Methodology: In order to do this research samples randomly in four groups, each group that there were ten members, age 3/5 months and mean weight 282±52 grams were divided. Control group (without exercise, without drug), exercise group (without drug) The third, drug group (With 44.5 mg/kg dose) the fourth group, exercise-drug (With 44.5 mg/kg dose) values formed. Drug dose in each group with appropriate weight to oral received. After appearing drug effects (duration of drug effect 20 – 15 minutes) each sample placed inside the treadmill with speed 35 m/minutes to complete exhaustion activity were. After complete exhaustion of the blood samples were obtained.

Results: neutrophiles and Lymphocytes of each sample were determined by differential counting and after statistical calculation, between the control group, exercise group and exercise-drug groups, results indicated that, control group and exercise group had to Average number of lymphocytes higher than the exercise-drug group. (p <0.05)

Conclusion: Difference between control and exercise groups with this fact that physical activity increases lymphocytes are same with the other research. But the drug and exercise-drug groups to control and exercise groups reduced the number of neutrophiles and lymphocytes can be seen. Perhaps its reason was use ritalin with physical activity.

Keywords: Methylphenidate, Physical Activity, Neutrophiles, Lymphocytes, Rat

IMPACTS OF GLOBALIZATION ON SPORT AND COACH EDUCATION FIELDS – (LITERATURE REVIEW)

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Abstract
Purpose. The purpose of this research paper is to present an overview of how the coach education field has become a global need by examining, in depth, the globalization phenomenon and its impacts on sport performance (generally) and on coach education (specifically).

Methods. Literature review provides access to some of the most recent research on globalization, and a global review of coach education systems, moving to a discussion of the processes and impacts of globalization on sport and coach education.

Results and Conclusions, the main section in this paper is about globalization and coach education which indicates that there are impacts of globalization on coach education systems by providing more qualification opportunities for sports coaches. For example, international coaching courses that are provided by international sports organizations provide opportunities for sports coaches to meet in one place to share coaching ideas and experiences. Therefore, these international courses perpetuate centralization and globalization of coaching theories and practices.

Key Words: Globalization, Sport, Coach Education

FORMATION AND EARLY WORKS OF „MACCABI” SPORTS ASSOCIATION ORADEA

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Purpose. The authors have put forward, based on the study of conditions and events leading to the establishment of sport associations in the Hebrew communities throughout Europe, in general, and in Transylvania, in particular, to present the foundation and the activity in the early years of the sports association Maccabi Oradea.

Importance. Although interwar Hebrew community of Oradea had an important contribution to the development of sport in our city, the history of Maccabi sports association has not been studied very slightly. Through the information provided, the work is useful for those who are interested in studying the area and the understanding of the role of the Hebrew community in the history of sport in Oradea, and the role of the Maccabi sports association in the sports achievements in our city.
ASSESSMENT OF THE LEVEL OF GENERAL MOTRICITY IN BEGINNERS WOMEN SOCCER PLAYERS (10-12 YEARS OLD)

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Purpose. Current study aims to evaluate the general motricity of the beginners women soccer players.

Methods. In order to achieve this purpose we used the following motricity tests: speed running (30 m), endurance running, vertical flash, pentasalt, sit-ups, coxo-femoral mobility.

Results. In all tests, girls obtained lower values than those proposed by the FRF, for boys the same age (10-12 years old).

Conclusion. General motricity level of beginners women soccer players was unsatisfying.

Key words: women soccer players, beginners, general motricity.

ASSESSMENT OF THE LEVEL OF SPECIFIC MOTRICITY IN BEGINNERS WOMEN SOCCER PLAYERS (10-12 YEARS OLD)

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Objective. Current study aims to evaluate the specific motricity of the newcomer female soccer players.

Methods. In order to achieve these tests we used: keeping the ball with his foot skilled, precision passing, driving the ball in straight line speed, long shoot, dribble through milestones.

Results. Girls in all samples obtained lower values than those proposed by the FRF, for boys the same age (10-12 years).

Conclusions. The specific level of motricity of the newcomer female soccer players is unsatisfactory.

Keywords: female soccer players, newcomers, specific motricity.

STUDY ON COORDINATION GENERAL

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Mental issues and events from the crowd of students in physical education and sports activities, motor behavior study is important because physical activity prevailing side driving. Motive reactions are prepared answers to some of motricity stymulation. The concept can not be viewed outside the concept of movement in general, organic movement in special. The movement can be regarded as an act, process, or result. The motor activity processes can not be separated from psychological problems and psychic life. Psychomotricity requires human understanding in physical-motor-drive-spiritual. Motric and psychic are mutually interdependent and motricity can not be discussed outside psycal dominance reducing mental automatism and developments in the mind decipher the meaning, which results, not taking into account their human specific. Allows motricity as one of the determinants of mental construcion, blocking explaining psychological phenomenon or basic mechanisms, such as operators of thinking among other structures. Curriculum in physical education and sport discipline has its contents and motor skills are basic ones that talk about (walking, running, jumping, throwing and catching), utility applications (tråfere, climbing and climbing, traction and thrust), transport difficulties or specific to sports (athletics, gymnastics, sports games) aiming at the formation, development, strengthening or improving them.

If the level of preschool and primary education put more emphasis on basic driving skills or tool applied gradually with the transition to secondary level and then move at high schools focus on the specific sport, through training, strengthening and even improving their processes or specific tactical actions.

Keywords: Motor coordination; psychomotricitate, physical education and sportAt secondary level,
INVESTIGATION OF BEIJING 2008 OLYMPIC GAMES PHOTOS IN THE TURKISH SPORTS MEDIA IN TERMS OF GENDER DISCRIMINATION

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Purpose: The research aims to investigate the Beijing 2008 Olympic Games photos published in Turkish sports media in terms of gender discrimination.

Method: The photos published in 5 daily newspapers in Turkey during the Beijing Olympic Games were analyzed with the help of an assessment form developed by the researcher. The researcher and an academician implemented the form. The data was analyzed by utilizing frequency distributions and Independent Samples t-test.

Results: Out of the 554 photos related to sports in the investigated newspapers, 37.8% (203) belonged to women whereas 62.2% (334) belonged to men. No meaningful relationship was found among the photos of the 5 newspapers in the sample in terms of variables such as presentation of the photos according to gender, the size of photos, distribution according to newspaper type, the lay out of the photos and the page that the photo appeared (p<.05). The analysis according to gender showed that the photos of Turkish sportswomen appeared in the papers more than the photos of sportswomen of other nationalities (p<.05). Frequency distributions showed that the ratio of close-up shots were higher. 8 photos of sportswomen that were classified as erotic were published during that term. The newspaper Zaman, known as a conservative newspaper, was found to have carried the least number of photos of sportswomen.

Conclusions: It can be said that sports media in Turkey did not exhibit gender discrimination in the presentation of photos of sportswomen during the Olympics. However, the number of photos of sportswomen was less than those of sportsmen. The media in Turkey prioritize the news about successful sports persons as is the case in the world. When we consider that fact that 4 of the 8 medals that the Turkish team won belonged to sportswomen, we can argue that the photos of Turkish sportswomen were not given enough representation in the Turkish sports media.

Key words: Sports, media, gender, newspaper, Olympic Games.

INCREASE MUSCULAR STRENGTH AND ENDURANCE

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Increased muscle strength is secondary to muscle hypertrophy, accomplished by ‘training’ specific static force, dynamic and izokinetică. Development is done by static force produced in isometric contractions of muscle elastic elements. Force needed a static muscle contractions, and maximal voluntary isometric maximum force is known and is denoted by 100%. To increase muscle strength through isometric contractions should respect a series of related conditions: stimulus intensity, duration and pace of implementation of isometric contractions and joint angle, muscle length at which respectively perform the contract.

Conclusion: Muscle strength depends on the aerobic-anaerobic metabolism of muscle fiber, the muscle blood circulation providing oxygen necessary metabolic substances and disposal of toxic products metabolism. Employment growth has the advantage that eccentric muscle tension frenatoare requires a lower power, the same yield with concentred effort. The disadvantage is the high joint loading, secondary trail scope muscle compresses the articular surfaces. Astfel1, explained the painful allegations in descending stairs in knee osteoarthritis

Key words: maximum force, isometric exercise, dynamic force.

IDENTIFY APPLICABLE MODELS AQUATIC THERAPY IN POSTTRAUMATIC RECOVERY

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To obtain optimum efficiency, aquatic therapy plans must include required elements derived from the swimming motion. As already mentioned, the introduction of these elements required for learning was preceded full and correct at least two styles of swimming and subject to stringent measures of compliance safety and first aid for work in the swimming pool. Swimming is an activity “total” combined movements involving the upper and lower extremities with the trunk. Also there have exemplified the principles by which we lead in introducing these changes, the styles of swimming. Almost all processes can provide swimming pool movements perfectly suited to our intended therapeutic purpose. Most often I used the stamp of the crawl process (free), in its original form or slightly modified. In addition you can use movement styles breaststroke legs, butterfly and even sideways.

Conclusion: As an extreme change, we practiced restraint in the extension of the legs, while forward thrust is achieved only on the upper limbs. Is a variant of the hanging process in deep water, but it has an advantage that the active component, represented by the upper limb traction, which can be changed continuously and without leaving the pool. Immobilization can be done by attaching weights to the ankles tied to each other or chia restraining elastic ankles with rope.

Key words: swimming items, supine, freestyle, backstroke

PREVALENCE OF SYMPTOMS OF DYSFUNCTION OF LOWER URINARY TRACT IN BETWEEN ACTIVE AND LOW ACTIVE IN SPORT WOMEN HIGH STUDENTS

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No interrelation between dysfunction of lower urinary tract and sport is discovered in world literature. It is necessary as a beginning to study the quantity of distribution of the various kinds of dysfunctions in between women athletes in order to clarify these interrelations.
The contingent of our study covers 65 women high students from “V. Levski” National Academy of Sport, out of which 33 are active and 32 are low active in sport. Standardized questionnaire, structured according to the various dysfunctions of the lower urinary tract, is made use of as an evaluation method of the lower urinary tract function. Analysis of the prevalence of the symptoms of dysfunction of the lower urinary tract is made in between active and low active in sport women high students; the distribution of the various kinds of symptoms; their reflection on the quality of life, etc.

The following more important conclusions are made: the symptoms of dysfunction of lower urinary tract are often met in between the women athletes under study; deficit symptoms upon emptying the bladder are of the greatest share of distribution; urinary incontinence is rarely met in between the contingent we have studied; dysfunction symptoms available in between the women under study do not have important negative effect on quality of life. The study we have made provokes the questions why namely the deficit symptoms upon emptying the bladder are most often met in between the women athletes under study; whether they are more often met in comparison with young women not active in sport and what is the reflection of these symptoms on the sport-competitive activity.

Keywords: dysfunction of low urinary tract, athletes

**PHYSICAL ENDURANCE OF HIGH STUDENTS ACTIVE IN SPORT AT NATIONAL SPORTS ACADEMY “VASSIL LEVSKI”, CITY OF SOFIA, BULGARIA**

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The quality of endurance is of essential importance for achieving high sports results. It is namely that importance that has provoked the scientific interest of a range of researchers as well as particularly our interest in it. The purpose of this paper is to establish the level of the physical endurance of women and men higher students of “V. Levski” National Academy of Sport in the city of Sofia, Bulgaria. A modified Cooper test – running a distance of 2413 m is made use of as a basic method of study. The analysis of the results we have received provides us with the reason about the following summary: the persons under study are of a high level of general status of physical endurance; the level of the women high students’ physical endurance is better than the level of the men higher students under study; the physical endurance level of the track and field competitors is better in comparison to the other kinds of sports.

Keywords: endurance, workability, track and field, higher students

**THE IMPACT OF HATHA YOGA PRACTICES AND SURYA NAMASKAR FOR DEVELOPING WOMEN PHYSIOLOGICAL PARAMETERS**

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Traditional Hatha Yoga is a holistic yogic path, including moral disciplines, physical postures (asana), purification procedures (shatkiyari), poses (mudra), yogic breathing (pranayama), and meditation. The Hatha yoga predominantly practiced in the West consists of mostly asanas understood as physical exercises. It is also recognized as a stress-reducing practice. Influenced our way of living and we have tended to drastically deviate from those well established ancient principles practiced and professed by our sages. We are trying to seek apparently comfortable living conditions where physical activities have been replaced by labour saving machines and appliances and thus have grossly confronted the nature.

Food habits, on the other hand, have changed. Eating of more and more artificially preserved and processed food items lacking ingredients essential for maintaining good health is on the increase. Our exaggerated expectations remaining unfulfilled, have resulted into elevated stress levels in our life. All these have given rise to so many disorders like high blood pressure, diabetes and obesity. In the promotion of physical and mental health and prevention of many of these disorders, yoga is supposed to play a vital role*. Yoga - practitioner’s integrated personality changes for the better as yoga has got holistic approach.

In the promotion of physical & mental health and prevention of many of these disorders, yoga is supposed to play a vital role/I. Yoga practitioner’s integrated personality changes for the better as yoga has got holistic approach. Dr. Gharote from Lonavala studied the therapeutic effect of yoga on cases of obesity and the results were assessed - through measurements of skin - fold at various points. Results showed significant decrease in skin - fold measurement both in males and females **. However, we have studied in the present work the effects of yogic practices on fat accumulating parameters by measuring weight, waist - line, hips etc. in a group of women.

Aim A large number of persons attend clinics or follow other practices for reducing obesity and for improving physical look. These are the cases in which influence of the state of mind of the persons on their bodies are fairly predominant. In the case of women it is seen that with increasing age there is increase in fat accumulation mainly at the hip regions. Our aim was study the long term effects (at least for 6 month duration) of yogic practices on weight, waist - line, hips and chest flexibility in case of a group of women who performed yogasanas and pranayamas regularly.

Method There has been a regular class of yoga practices in Brindavan Yoga Hall at Thilai Nagar in Trichy from 10:30 hours to 12:00 hours in the morning for women for the last 17 years.

In this study, in the beginning of admission and thereafter every month, the measurements of weight, waistline, hips, maximum value for the chest after complete inhalation and minimum value of the chest after exhalation were recorded. The women covered in the present study were in the age group of 22 to 69 years. Participants were taught yoga practices and were supervised by the trained and experienced yoga teacher. They practiced yogasanas and pranayamas followed by 20 minutes of relaxation techniques like Shavasana, Makarasana or Yogamudra. The asanas taught in this study were vajrasana, suryanamaskara, pavana-muktasana, bhujangasana, salabhasana, trkonasana, hastapadasana, cakrasana, dhanurasana, viparitkarani, sarvangasana and pranayamas followed by relaxation postures.

In this group, there were women who were overweight and some were having different ailments like asthma, spondylodiscitis (neck and back) and some were having no complaint. Due care was taken for yoga - practices contraindicated in some individual subjects depending upon their physical conditions. In the present study, in the beginning of admission and thereafter every month, the measurements of weight, waistline, hips, maximum value for chest after complete inhalation and minimum value after exhalation were recorded. They were told the importance of balanced diet and were instructed to follow moderation in dietary habits.
Results and Discussions

In this paper we have compiled the data for 26 women who had been coming continuously at least for 6 months daily except Saturdays and Sundays. Though originally we have collected data for 32 women, but six women for personal reasons could not maintain regularity and they reported to the yoga teacher after a gap of two or three months in between the fixed span of six months decided in the present study.

Yoga practitioners showed gain in body weights and increase in other parameters as compared to the general trend shown in case of regular yoga practitioners. It is worth mentioning here that the yoga practitioners were told the importance of balanced diet and they were instructed to do normal daily activity as before joining yoga class.

Key words: yoga, woman, meditation.

NEW DIMENSIONS OF EDUCATION DEVELOPED THROUGH ACTIVITIES THAT AIM AT FORMING AND CONSOLIDATING WORK TEAMS IN VARIOUS ECONOMIC AREAS

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Aims: Analysis of team building activities in Romania.

Methods: Study of specialized literature, observation of the activities undertaken by specialized companies in Romania.

Results: The study presents an image of the autochthonous team building, stressing the types of activities undertaken by specialized companies in Romania and the specific places needed for developing these projects.

Key words: team building, types of activities, education, locations.

STUDY ON SOME ASPECTS OF AGEING PROCESS LATE IN LIFE

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People’s ageing becomes a gradual and differential degrading process, varying from one person to the other, but never being stopped. Individuals get old differently as the origins of degrading process are both endogenous and exogenous. Ageing is observable and measurable too.

Therefore, the target of this study has been to determine the degree of the senior citizens’ normal functionality free of evident or serious diseases.

The basic hypothesis tried to find differences or similarities between the ageing process of both genders.

As subjects of this study there were 130 persons (men and women), 65-75 years old, corresponding to the first stage of involution, it means the adaptation period or the passing stage to the old age.

As research methods have been used: specialized literature, ascertaining study, statistical-mathematical analysis, signification of the difference between non-correlating groups, at a probability threshold p=0.05% and graphic representation.

The researching approach incorporated six (6) tests, as follows: skin elasticity, test of rule, static equilibrium, Storm test, test of apnea and thoracic elasticity. Have been carried out comparisons between the results of both groups (men and women), pointing out the manner in which there are similarities or differences between the two genders as concerns the ageing degree.

Key words: senior citizens, ageing, test, physiological degradation.

ASSESSMENT OF MULTILATERAL PHYSICAL TRAINING LEVEL OF GYMNASIUM PUPILS THROUGH ATHLETICS POLYATHLON

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Physical Education and Sports, TRANSILVANIA University of Brașov

Multilateral physical training at gymnasium pupils level is a priority objective of education since it ensures a balanced and harmonious development of all motor qualities.

The formation of a wide background of motor skills that are specific to athletics by assimilating the techniques of running, jumping, tossing as well as by participating in competitions in both individual events and polyathlons creates the pre-conditions of orientation toward performance athletics practices of an increased number of pupils.

The deficiencies ascertained regarding the level of physical preparation as well as in assimilating the athletics motor skills can be corrected through adequate action instruments during both physical education at school as well as in athletics class. By means of a multi-lateral physical training with a focus on speed and take-off, we will provide improved sports results at the athletics polyathlon events.

Key words: assessment, pupils, physical training, athletics polyathlon.

ASSESSMENT OF TRAINING LEVEL OF JUNIOR SPRINTERS IN PRE-COMpetition AND competition Stages during STRENGTH TO POWER conversion PHase

SCURT CORNELIU, Lecturer PhD
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The current training in sprint events is a key factor for accessing top performance. The junior sprinter’s body growth and development stages, the processes that take place at this level can evolve surprisingly and even produce accidents as a consequence of misunderstanding the correlation
between development level and motor qualities. Jump results, stagnations occurring along the athlete’s evolution are a natural consequence of the inconsistency of training efforts administered in correlation with the athletes’ rate of growth and development. By providing adequate training the body gradually adapts to effort which results in progress and implicitly succeeds to overcome the barriers imposed by certain training programmes. By assuring a strength training during pre-competition and competition stage at junior sprinter level, the strength to force conversion is achieved, a basis for the evolution toward performance with the pre-requisites for significant performance progress.

Strength training planning during preparatory autumn-winter stages as well as during spring-summer preparatory stages with tests in April and May, by means of a battery of tests, have demonstrated, due to the obtained results, the importance of strength training during the conversion to power stage.

**Key words:** sprinters, conversion, stages.

### GOALKEEPER TRAINING

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The goalkeeper training has to be drawn up based on specific instructional projects, adequate for the position, alone or together with other goalkeepers.

Specialized goalkeeper training seldom is incorporated into the regular practice sessions of most amateur or youth teams.

Group training with goalkeepers of different age levels is a great way to improve everyone’s performance.

The soccer goalkeeper is one of the most important players on the field - they are the last line of defense and the first line of attack. To play the position well requires special skills and training. To many coaches, though, soccer goalkeeper techniques and tactics are a mystery. This is especially true at younger age levels, where often coaches have not played much soccer at all, much less played keeper. Even experienced field players and coaches may not have much experience with goalkeeping. In soccer, as in other games the importance of the goalkeeper cannot be overstated, the goalkeeper’s performance is the deciding factor in many victories and many defeats. Training of goalkeepers starting from an early age is an up-to-date scientific research theme, taking into account the role and functions of these players in the modern football game.

In fact the tendencies and characteristics in the development of the world football game implies a large set of measures and concrete solutions regarding orientation, initial selection, training and participation in competitions, of the “human material”, promoted in the sports of performance in general and in the football of performance in special (TEODOR, D.F. 2008). Specialized goalkeeper training seldom is incorporated into the regular practice sessions of most amateur or youth teams. This is due in part to the need for a quite different type of training from that required by field players. This type of training is specifically designed for the complex demands of the position, pitting the keeper in realistic match type situations as often as possible.

**Key words:** goalkeeper training, athletic skills and abilities, football game.

### THE IMPORTANCE OF PSYCHOMOTORICITY IN THE APPARITION AND DEVELOPMENT OF LANGUAGE IN CHILDREN

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An important role in the development of personality is held by the development of language and the psychomotor structures. This constitutes a fundamental requirement in the children education process, which aims at developing the psychomotor abilities and structures, in forming and developing both the oral and the written language. Our research aims at identifying some characteristic aspects of the relationship between the psychomotor development and the language disorders (dyslalia and dysgraphia) in children.

**Research** The research sample consisted of 120 subjects (60 preschool age children and 60 young children); 60 children were selected for every language disorder (dyslalia and dysgraphia): 30 children with speech disorders for the experimental group and 30 subjects without speech disorders, for the control group. From a methodological point of view, we applied three psychological tests: the “Oseretzki” development motor scale, the Bender-Lauretta Test and the Raven coloured progressive matrices. For the interpretation of the data obtained and for the verification of the hypotheses, we used the Student Test (t) – for independent samples and the linear correlation coefficient – Pearson. We also used the data statistical processing program SPSS 10.0. The hypotheses advanced in this research were confirmed for the language disorders analysed (dyslalia and dysgraphia), by the differences between the level of visual-motor maturity, the motor age, as well as the connection between the intelligence coefficient and the motor age in the dyslalic and dysgraphic subjects, compared to the subjects with a normally developed language.

**Conclusions** The conclusions of the study highlight the interdependence between language development and the psychomotor development, an important aspect in the early education of the children, in preventing the apparition of language and psychomotor disorders. By the results obtained, this research fundamentates the necessity of the psychomotor recovery therapy within speech therapy.

**Keywords:** psychomotricity, dyslalia, dysgraphia, therapy, child.

### CARL DIEM AND THE OLYMPICS

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Carl Diem (1882-1962) was an important sports bureaucrat of his century. He was a planner and principal organizer of the Berlin Games. He served to the Olympic movement from the 1912 Stockholm Games until the year of his death. He was an energetic sports educator and traveled all around the world for consulting to various countries about sports.

The purpose of this study was to examine the Carl Diem’s life and his creative projects about sport and Olympics. The subject was searched based upon the literature. As a result, it could be said that Carl Diem is one of the most important person in German sport history and in Olympic history.

**Key Words:** Olympics, German Sports.
INTRODUCTION: Lifetime experiences and life styles of individuals shaped with their cultural and economic level, affect how and at what level they can participate to which sports branch. Because individuals with different forms of life have naturally different forms of behaviour, interests and desires. Therefore, the purpose of this study was to determine the connection between the parents who send their children to sports schools, socio-economic levels and cultural aspects of these parents and their preferred sports branches for their children.

METHODS. In order to determine the sports preference of parents with different socio-economic and cultural level for children, the questionnaire was distributed to 157 parents of student athletes at a special sports school in Bulkesir. At the end of the application, the number of surveys taken into consideration was 145. The resulting data of arithmetic average, frequencies and percentage distribution combined with chi-square analysis was done to determine whether the parents’ cultural and socio-economic level had an effect on the parents’ choice of sport branches for their children. Cronbach’s alpha coefficient was used in order to determine the reliability of the questionnaire (α=0.71).

RESULTS. In this research, in terms of education level high percentage of parents (38,6% mothers, fathers 61,4%) send their children to sports schools, have degrees of university/college education. When we check the job groups of the parents, it has seen that 42,8% of mothers are housewife and 21,4% of the fathers are self employed, 47,6% of them are regularly reading newspapers and also 41% of them regularly reading book. However, about participation in cultural activities it has seen that only 3% of parents regularly go to the theatre, 75% of them never participate in this activity and 75,9% of them occasionally go to the movies. Besides, 38,6% of parents have a good income level, more than half of the parents (53,8%) have its own house, and also 79,3% of them have own car. Parents with good socio-economic status (38,6%) have preferred primarily basketball (33,9%) and then tennis (25,0%) for their children. In families with low income levels have been seen that soccer (66,7%) is the first preference for their children. Parents with university/college education level have still preferred primarily basketball and tennis, whereas parents with low education level have preferred volleyball and football for their children.

DISCUSSION. Individuals interested in sports at which level, are closely related to their social structure characteristic. People with lower socio economic level constitute a small portion of those who participate actively in sports events (McPherson, 1989: 181). Our research has shown that 90,3 percent of parents who send their children to sports school are families of middle and upper class. Income differences between families in terms of sports participation bring about differences and also families belonging to different income groups tend to different sports (Serarslan, 1990: 106). Our research has also revealed that families with different socio-economic level choose different sports branches for their children. Renson (1976: 435) stated that adults between the pursuit of sports is directly related to the country’s class structure. Individuals who related to skating, golf, tennis and fencing comprise of individuals who belong to higher social strata and also Renson Stated that such as gymnastics, athletics, judo, boxing, football and handball branches are more popular in the lower social strata. For instance, in the context of British society, involvement in a polo match in grounds of Windsor Castle, participation in Henley’s boating regatta or playing golf convey messages about the social location of the participants (Sugden and Tomlinson, 2000: 309). And also in a study conducted by Nowak (1969: 142) showed that 70% of the elite boxers consist of working class in Poland.

INFLUENCE OF INTERNATIONAL TENNIS NUMBER TEST BASED EXERCISES OVER PERFORMANCE IN TENNIS

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Purpose. The aim of this research was to observe whether the systematic application of International Tennis Number (ITN) based exercises will increase strokes level as well as agility indicators, which will ultimately provide a superior development of players in competition by increasing skills in tennis.

Methods. The research was based on the experiment, analysis and interpretation of the data obtained through research – the mathematic method and statistic method.

Results. The test used to conduct this research was “ITN On Court Assessment”, an important tool of International Tennis Federation. The test is divided in two parts, strokes assessment and mobility assessment. Analysis and interpretation of results obtained by both control and experimental groups, helped us to show that the program had applied for new results.

Conclusions. Based on our research we suggest that systematic application of specific ITN based exercises provide optimization indicators over performance in tennis players.

Key words: sports training, mental, skills, tennis, ITN, mobility.

BENEFITS OF RED COURT VS FULL COURT COMPETITIONS FOR YOUNG STARTERS IN TENNIS

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Purpose. If we look at the way tennis is developing a question is rising – Is the starting learning period changing as well? Aim of the research was to observe whether the use of adapted tennis court – RED COURT – will improve the development of the kids under 8 years of age, comparing with the use of normal size tennis court in competition.

Methods. The research was based on the experiment, analysis and interpretation of the data obtained through research – the mathematic method and statistic method.

Results. To collect results we have used as test a 2 hours competition. The same group of kids performed in one day a 2 hours competition on normal court size (23,77 / 8,23 m) with yellow ball. Next day the same group of kids performed the same competition on red court (11 / 5,5 m) with red ball (75% slower than yellow ball). Analysis and interpretation of the results have shown significant differences.

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THE EVOLUTION OF THE CENTRE OF BODY MASS (CBM) RELATED TO BODY HEIGHT - POTENTIAL CRITERION OF ORIENTATION OF BEGINNER AND ADVANCED ATHLETES TOWARDS THE HURDLES EVENT

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The current study is mostly addressed to athletics teachers/coaches who deal with the selection and training of athletes for hurdle events. The research aims to develop a certain aspect of beginner and advanced athletes training for professional athletics, particularising on permanent selection, within the orientation stage to short distance hurdles. Our brief presentation intends to develop particular aspects, less approached in the literature of this field, that of sportive selection for hurdles in children and juniors. Some of them may describe aspects of a narrow field of investigation, consisting in supportive arguments based on good practice experiences of athletics teachers/coaches, expectantly useful in professional athletics.

Thus, we started from some premises – hypotheses: we have no objective reason to state that the curve of the evolution of body height is necessarily parallel to the centre of body mass, during the growth and development of the body; the development of the body does not necessarily happen on the basis of proportional evolution of the partial weights and the length of its segments; the distribution of muscular mass and of the adipose tissue is not uniform and identical for several individuals.

According to the results of our study, we can come to a number of conclusions: the hypothesis is confirmed also through the point of view of the results of the athletes in time; a distorted evolution of the recorded parameters is correlates with the lowering of the sporting efficiency and vice-versa; the non-framing in stage models leads, in time, to a stagnation of the results and even to their regress.

Key words: centre of body mass, constitutional morphotype, selection screening

THE EFFECTIVENESS OF PHYSICAL EXERCISES ON BONE DENSITY AND SOME VARIABLES RELATED TO IT FOR GIRLS OF 18-20 YEAR

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Research Problem:
Since bones are of a great importance in the formation of human beings body as well as their vulnerability and growth through physical exercises, and that's importance in the early stages of age where there is an opportunity for a good and balanced preparation and a strong foundations on which girls rely on in the future and therefore we are avoiding our women and daughters problems associated with bones; and through theoretical readings researchers found that osteoporosis is not associated with older age nor with menopause among females, but it's a complex disease that is linked to several variables represents whole systems of life, which means it is a serious problem list includes everyone.

Through reference research and within the knowledge of the researchers, it has been noticed that most researches and studies dealt with ladies in the older stages of age without taking into consideration the other stages, especially girls. Despite of the appearance of the disease upon them, and this is what prompt researchers to deal with that phenomenon with study and treatment in an attempt to design a proposed physical exercises program and to identify it’s impact on bone density and some of it’s associated variables for girls of 20:18 years.

Research objectives: Research aims to design a proposed physical exercises program for girls 18 – 20 in order to identify:
- The Effectiveness of the proposed physical exercises program on bone density and some of it’s associated variables include (Calcium - Phosphorus - Estrogen, Parathormone, Calcitonin Hormones- Alkaline phosphatase enzyme), the muscle strength and some physical fitness elements - and to identify the connectivity relationship among them.

Research Methodology: Experimental methodology with the experimental design with one group.

Research sample: 12 volunteers of the members of international Sports Club of Port Said in Port Said (not engaged in sport before).

Most significant results: Physical exercises have a positive effect on bone density and some variables associated with it, such improvement in bone density resulted from the impact of the proposed program to improve certain hormones and enzymes. The researchers recommended: By the application of the proposed physical exercises program in the sports clubs, the need for a ray measurements to identify the status of bone periodically.
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2Erciyes University School of Physical Education and Sports, Erciyes University Kayseri/Turkey
3Gazi University, School of Physical Education and Sports, Gazi University, Ankara/Turkey
4Adıyaman University, School of Physical Education and Sports, Adıyaman University, Adıyaman/Turkey
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NEBOJŠA RANDJELOVIĆ, assist. prof.,
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University of Pristina, Faculty of Sport and Physical Education, Leposavic
DANICA PMIRSL, senior lecturer,
University of Nis, Faculty of Sport and Physical Education, Nis
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STANCIU ADRIAN2, teacher, POPA CRISTIAN2, Lecturer PhD
1 Colegiul Comercial “Carol I” – Constanța
2 Ovidius University of Constanța, Faculty of Physical Education and Sport
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ŞALGÂU SILVIO1, PhD Professor, SAVA MIHAI ADRIAN2, Assistant, PhD. student
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2School of Physical Education and Sports, Gazi University, Ankara, Turkey
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2I.O.S.U.D., Faculty of Physical Education and Sport, Pitești, Romania
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1school: Group Machine-Building Industry-Campina
2school With Classes I-Viii, No.1-Mizil
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| 10.50-12.30  | Plenary Lectures: Faculty of Physical Education and Sport: Faculty Auditorium A 1  
Chairman: STĂNCULESCU GEORGE, Ovidius University of Constanta, Romania  
Mehmet Gunay, School of Physical Education and Sports Gazi University, Ankara, Turkey  
Bonov Peter, Prof. Ph.D., National Sport Academy, Sofia, Bulgaria  
Starosta Wlodzimierz, International Association of Sport Kinetics; University School of Physical Education and Tourism in Bialystok, Poland  
Colibaba – Evuleț Dumitru, Prof. PhD. University of Pitesti, Romania  
Dușan Mitić, Prof. PhD, Faculty of Sport and Physical Education and Sport, University of Belgrade  

Conference Sections: Gymnastics Hall  
Conference Section Sport Performance: Faculty of Physical Education and Sport  
Chairmen:  
CICIIOGLU IBRAHIM, Gazi University, Ankara, Turkey  
LARION ALIN, OVIDIUS UNIVERSITY OF CONSTANTA, ROMANIA  
DOBRESCU TATIANA, VASILE ALECSANDRI UNIVERSITY OF BACAU, ROMANIA  
POPA CRISTIAN, OVIDIUS UNIVERSITY OF CONSTANTA, ROMANIA  

12.30-13.30  | Conference Section Physical Education and Sport, Kinetotherapy, Recreation and Sport for All, Sport and Health, Management in sport, Varia: Faculty of Physical Education and Sport:  
Chairmen:  
COKSEVİM BEKİR, ERCİYES UNIVERSITY, TURKEY  
NURTEKİN ERKİMEN, SİLOJUK UNIVERSITY, KONYA, TURKEY  
RAŢĂ GLORIA, VASILE ALECSANDRI UNIVERSITY OF BACAU, ROMANIA  
ENE-VOICULESCU CARMEN, OVIDIUS UNIVERSITY OF CONSTANTA, ROMANIA  
POPEȘCU RÂDUCU, OVIDIUS UNIVERSITY OF CONSTANTA, ROMANIA  

13.30-14.30  | Lunch break (Faculty of Physical Education and Sport)  

Paper presentations  
Section: Sport performance  
Faculty of Physical Education and Sport A 1  
Chairmen:  
MEHMET GUNAY, GAZI UNIVERSITY, ANKARA, TURKEY  
WACLAW PIETRINSKY, POLAND  
PETER BONOVI, NATIONAL ACADEMY OF SPORT, SOFIA, BULGARIA  
JEAN CLAUDE FRERY, UNIVERSITY STRASBOURG, FRANCE  
EMRE EROL, PAMUKKALE UNIVERSITY, DENISLI, TURKEY  
NENAD ZIVANOVIĆ, UNIVERSITY OF NIS, SERBIA  
GEVAT CECILIA, OVIDIUS UNIVERSITY OF CONSTANTA, ROMANIA  

14.30-18.30  | ÇOKSEVİM BEKİR, Erçîyes University Physical Education and Athletics Collage, Kayseri, Turkey  
SARITAS NAZMI, Erçîyes University Physical Education and Athletics Collage, Kayseri, Turkey  
MEHMET GUNAY, Gazi University, School of Physical Education and Sports, Gazi University, Ankara, Turkey  
EMRE EROL A., Pamukkale University, Schools of Sport Sciences and Technology, Denizli, Turkey  
CICIIOGLU IBRAHIM, Ataturk Univ. School of P.E. Ankara, Turkey  
ABDULKERİM KASİM BALTACI, Selçuklu School of Medicine, Department of Biochemistry and Physiology, Selçuk University, Konya, Turkey  
TASKIN HALIL, Assistant Professor Doctor, Selçuk University Physical Education and Sport High School, Konya, Turkey  
ARSLAN FATMA, PhD, Karamanoğlu Mehmet Bey University Physical Education and Sport High School Karaman, Turkey  
SAKİR BEZİÇ, Pamukkale University, Turkey  
AMIR GHIAI RAD, Academic board Member of Iran Islamic Azad University – Tabriz Branch, Iran  
HAMAMİOGLU ÖZGÜR, Selçuk University, Higher School of Physical Education and Sports, Konya, Turkey  
READ FAEQ ABDUL JABBER, Asst. Prof. Dr. University of Suleiman, Sport College of Physical Education, Iraq  
BASTUĞ GÜLSÜM, Selçuk University- School of Physical Education and Sport, Turkey  
KUMARTASLİ MEHMET, PhD Assit., Gazi University, Institute of Education Sciences, Ankara, Turkey  
VĂJÎALĂ GRAȚIELA, Romanian Antidoping Agency, Bucharest, Romania  
PAPADOPoulos CHRISTOS, Laboratory of Sport Biomechanics, Department of Physical Education and Sport Sciences (Serres), Agios Ioannis, Greece
Paper presentations
Section: Physical Education and Sport, Sport and Health
Faculty of Physical Education and Sport

Chairmen:
VLADIMIR STAROSTA, PRESIDENT OF IASK, POLAND
DUSAN MITIC, UNIVERSITY OF BELGRAD, SERBIA
ABDÜLKERİM KASYM BALTAÇI, SELCUK UNIVERSITY, KONYA, TURKEY
ABEL TORIOLA, UNIVERSITY OF PRETORIA, SOUTH AFRICA
VICENZO BIANCALANA, UNIVERSITY OF URBINO “CARLO BO”, ITALY
RICARDO IZZO, UNIVERSITY OF URBINO “CARLO BO”, ITALY
DAMIAN MIRELA, OVIDIUS UNIVERSITY OF CONSTANTA, ROMANIA

ABEL TORIOLA, Department of Sport, Rehabilitation and Dental Sciences, Tshwane University of Technology, Pretoria, South Africa
KADİR PEPE, Assistant Prof. Dr.Mehmet Akif Ersoy University, Education Faculty Physical Education and Sports Teaching Department, Burdur, Turkey
SYED KAMARUZAMAN, SYED-ALI, Faculty of Sport Science, Sultan Idris Education University, Iran
ÇAKMAKÇI OKTAY, Selçuk University, Higher School of Physical Education and Sports, Konya, Turkey
EVİRİM ÇAKMAKÇI, Selçuk University, Higher School of Physical Education and Sports, Konya, Turkey
GEZER ENGİZ, Mustafa Kemal University, Higher School of Physical Education and Sports, Hatay, Turkey
MELEKOĞLU T., Kastamonu University, Physical Education & Sports College, Turkey
MEHMET GÜNAY, Gazi University, High School of Physical Education and Sport-Ankara, Turkey
AYKORA EMRAH, MSc., Doctoral Student, National Sports Academy, Sofia, Bulgaria
TEKİN ALİ, Phd., School of Physical Education and Sport, Muğla University, Turkey
ÖZDAĞ SELÇUK, Phd., School of Physical Education and Sport, Muğla University, Turkey
DERECİ ÇAĞATAY, School of Physical Education and Sport, Adnan Menderes University, Turkey
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ŽIVANOVIĆ NENAD, PhD, University of Niš, Faculty of Sport and Physical Education, Serbia
BAŞTUĞ GÜLSÜM, Selçuk University- School of Physical Education and Sport – Konya, Turkey
HAVŞETTİN VAFANSEV, Selçuk University, Higher School of Physical Education and Sports, Konya
BAŞTUĞ Gülsüm PhD Assist., Selcuk University, School of Physical Education and Sport, Konya, Turkey
EVİRİM ÇAKMAKÇI, Selçuk University, Higher School of Physical Education and Sports, Konya, Turkey
CETİN CEM, Assust. prof. PhD University Kocaelý, Turkey

Conclusions

19.30-23.00
Banquet