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PHYSICAL EDUCATION AND SPORT, VARY SECTION

STUDY REGARDING THE SATISFACTION LEVEL OF 8TH GRADE STUDENTS IN BACAU CONCERNING THE PHYSICAL EDUCATION CURRICULA CONTENT

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Abstract

A school curriculum represents the base of the education system. Researchers and users of the school curricula propose its modification, highlighting the large quantity of information that the students have to assimilate, and the solicitation beyond the students' possibilities. Given the fact that students are the main beneficiaries of the educational system, and implicitly of the content of the curricula, we consider important and pertinent the realisation of a satisfaction enquiry for 8th grade students regarding the content of school curricula for physical education. Throughout this research, we want to know the opinion of the students for this situation, which way do they feel about the content of the school curricula for physical education, and what modifications they would bring to this content, if it were in their power to do that. The hypothesis from which we started this research is the one according to which: students can contribute constructively to the formation of a general opinion on the content of the schools curricula for physical education. The methods used for this research are: documentation method, the investigation method through the enquiry method, the calculus method of data processing, and the graphic method.

Keywords: curricula, physical education, students.

THE CONTROVERSY REGARDING EARLY SPECIALIZATION IN ATHLETICS

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Abstract

The International Association of Athletics Federations (IAAF) has promoted a series of international competitions starting with children III category, meaning children between 7 and 8 years old, which inevitably determined the lowering of the selection age to 5-6, very small ages in the context in which great performances in athletics appear after the age of 20. If 20 years ago, being an athlete at child II category meant to participate in national triathlon or tetrathlon competitions, today there is a specialization on events, starting with the age of 7, but also participation in international competitions. Here it is enough to mention the International Relay Competition, organized annually in Thessaloniki, Greece, where category III children participate in the 8x50 m relay (4F+4M), category II children in the 5x80m (male and female), and category I children in 4x200m relays (male and female). This study was based on the working hypothesis stating that the early specialization in athletics could reduce substantially the longevity of an athlete. Such an early specialization has raised, however, a number of controversies among coaches. In this sense, the research objective was to find out the Romanian coaches' opinion in regards to the individual event competitions for all children categories.

The research methods used in this scientific endeavor were: the documentation method, the inquiry method, the observation method; the statistical-mathematical method of recording and interpreting the data. The study has confirmed partially the working hypothesis.

Keywords: athlete, children, events.

STUDY REGARDING THE FEMALE JUNIOR III HIGH JUMPERS' PHYSICAL TRAINING IN ATHLETICS

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Abstract

The juniors III (14-15 year olds) were introduced in athletics three decades ago. In women's high jumping events the winning result was around 1.55 m. Currently, the debut in athletics is around the age of 6-7, and in high jumping the winning result is over 1.60 m. This year even, during the winter competitions, the women's event was won with 1.63 m, while the value of 1.55 m wasn't even in the top three places. Of course, these performances have determined changes in the elaboration strategy of annual, stage, and weekly training plans. Because School Sports Club Bacău has had good and very good results in this event throughout time, this study aims to emphasize the main means and methods used to develop the specific high jumping motor skills in the training of female juniors III. The working hypothesis was the following: the specific means and methods used to train the female juniors III from SSC Bacău for the high jumping event could constitute a national training model and an important model in establishing the training strategies for starting out coaches.

The research methods used in this scientific endeavor were: the documentation method, the observational experiment, the observation method; the statistical-mathematical method of recording and interpreting the data. The study has confirmed partially the working hypothesis.

Keywords: high jump, female junior athletes, physical training.

STUDY REGARDING THE IMPACT OF OLYMPIC MASCOTS IN THE FINANCIAL SUCCESS OF THE INTERNATIONAL OLYMPIC COMMITTEE

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The Olympic Games are, indisputably, mankind's most important athletic event, the International Olympic Committee being currently the largest international organization in the world.

The 121 years of modern Olympics were possible also thanks to the IOC management, which starting with 1968 addressed the problem of financial sustainability, both for the Games, and for the programs of Olympic education and of support for the third world countries, helping them to participate in the Olympic Games.

Even though the Olympic Games have benefited from exceptional athletic results, it has happened that the organizing cities to remain in huge financial debts, some examples being Mexico City and Montreal, which carried the load of a budget deficit because of the Games for more than 30 years. This is why the marketing department of the IOC came up with the idea of introducing mascots among the Olympic symbols, the sales of which have helped the IOC and the organizers contribute to the IOC budget.

This paper aims to emphasize the evolution of the mascots, both artistically and financially. The paper analyzes the income from mascot sales and the impact that they had and still have on supporting the Olympic movement, highlighting the necessity for a greater importance to be given to this aspect, for both the development of the Olympic Games and the financial success of other competitions.

STUDY REGARDING THE IMPORTANCE OF WARM-UP ACCORDING TO THE SPECIFICS OF THE COMPETITION, AIMING TO IMPROVE ATHLETIC PERFORMANCE

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Warm-up is used on a large scale, in team or individual sports. Coaches who are also physical trainers should take into consideration the advantages of a well-structured warm-up routine before the actual competition.

The procedures, the routines that compose the warm-up in various sports are treated superficially in most training methods literature for each sport, its role being understood, most times, only as a set of measures meant to avoid injuries, not as a way to achieve an optimum physical state for the competition. The warm-up times, made available by the organizers, vary from one sport to another, and from one competition to another.

The warm-up practice has been universally accepted a long time ago. While the general principles regarding the necessity of warm-up remain valid, in the last few years there is evidence that question the use of the traditional warm-up methods, and introduce potential areas for future development.

This study aims to analyze the warm-up times mentioned in the competition rules for three sports - track and field athletics, boxing, and team handball. This study, conducted on Bacău athletes, highlights in its conclusions the necessity for "training" the warm-up, for the conservation of the athlete's energy for competition, and at the same time, creating multiple ways for each athlete to perform the warm-up, according to the time available - normal warm-up, warm-up followed by break, and emergency warm-up.

METHODICAL ASPECTS REGARDING THE DEVELOPMENT OF COORDINATIVE ABILITIES IN SPORTING DANCERS AGED 12-13 years old

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Abstract

Generally speaking, coordinative abilities are the necessary abilities to optimally manage situations requiring fast and rational action, being very important in accident prevention. Coordinative abilities are the basis for adequate sensorial-motor learning.

Specialised literature deals with general and special coordinative abilities. General coordinative abilities are the result of a multifaceted training in various motor actions or sports branches. Therefore they are manifest in different areas of daily life by the fact that certain motor situations are treated creatively (according to Harre, Deltow, Ritter – 1984, quoted by Tudor V., 1999). Special Coordinative abilities are mostly developed in disciplines characterised by rich technical variety.

Starting from the premise that dance is a complex sport and its practice at the highest level presupposes the optimal development of psychomotor skills, the present study aims at evincing the importance of accurately knowing the components of coordinative abilities and the methodological aspects at the basis of their development in dance.

Keywords: coordinative abilities, sporting dance, training, physical preparation.

STUDY ON THE OPTIMIZATION OF THE COORDINATIVE ABILITY IN DANCESPORT PRACTITIONERS, AGE 12 – 13

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Abstract

Specialised literature recognizes the fact that, when it comes to coordinative abilities, the intervention of the higher nervous segments in performing psychomotor voluntary actions is extremely important, offering them superior quality indices.

Unlike the other conditional qualities that give the movement its “content” or energy value, in terms of coordination, we can talk about a “game” of the psyche and the motion, it being what correctly measures dosage, intelligence value, and desirable movements.

According to the opinion of Dragnea A. and Bota A. (1999), the coordinative abilities designate, in general, a set of mostly psychomotor qualities that involve the ability to learn quickly new moves and the rapid adaptation to various conditions, specific to the different types of activities, by restructuring the existing motive background.

In our endeavour, we have set out to emphasize the role of the coordinative abilities involved in the DanceSport specific training, namely the way in which their higher level of development and expression shall reflect in our athletes’ performance.

Moreover, we want to identify those components of coordinative abilities that are the most relevant in DanceSport, so that they can be taken into account in subsequent training.

Keywords: coordinative abilities, DanceSport, training

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INDIVIDUALIZATION AND INDIVIDUAL TRAINING OF THE HANDBALL PLAYER SPECIALIZED AS A GOALKEEPER

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Abstract

I have chosen this topic because I have particularly been interested in the goalkeeper position since I had this position in my youth. Currently I am a coach at SSC (School Sports Club) Galati and USC (University Sports Club) Galati and the goalkeepers' activity is very important for me.

The present paper attempts to contribute to the enrichment of the methodical material (still insufficient) that those who have chosen this noble mission to initiate children and juniors in the "defending of the gate" have at their disposal now.

I have done nothing else but to provide the interested people with a methodical material that would be processed and adapted to the existing conditions. Based on these definitions of the hypothesis, I have formulated the following assumptions:

- a) If by using these actuation systems the optimization of the physical and technical-tactical training of the handball goalkeeper has been solved;
- b) If by using these selected actuation systems, junior 2 (goalkeeper) can first reach the somatic, motor and tactical parameters of junior 1 (goalkeeper);
- c) If the selected means are adequate;

In this paper we find four chapters in which I have dealt with various problems such as: the Goalkeeper's profile and qualities, individual training on physical preparation, individual

training on technical and tactical preparation, the importance of planning individual training, methods and means used in training.

The methods and means used were both from physical and also from technical - tactical training. Preparations using appropriate methods and means can provide considerable insights into the development of motor skills, basic technical and tactical procedures can be assimilated in order to use them with high efficiency in the actions of the game. Monitoring the various exercises and exercise structures as well as their timing, post-execution pulse investigation for certain exercises allows one to determine the level of participation of students in the training. This way of training monitoring is a method that can produce great results. Introducing patterns of exercise structures in the succession of the technical and tactical procedures improvement greatly increases the efficiency of the training process and in relation to it, the high value of the team goalkeeper is outlined.

Keywords: individual training, planning, goalkeeper, means.

STUDY ON THE OPTIMIZATION OF THE TECHNIC-TACTICAL TRAINING MEANS OF HANDBALL PLAYERS (JUNIORS I) IN ATTACK

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Abstract

Handball has become a highly practised sport today, with superstructure elements, no matter where it is practised around the world, a sport where passions are combined with scientific work. In this context, handball has become a demanding sport, new training methods, new systems and concepts emerging from year to year, technical elements and techniques are being improved by finding forms and means of expression.

Based on my own theoretical and practical knowledge, accumulated during the training practice and as a player, I aim to write to paper meant to solve the following tasks:

- a) The systematization of the means used in training, selecting the means according to their efficiency
- b) Prioritizing between physical, technical, tactical and theoretical and psychological plans in the training process, according to the training tasks and the aimed performance objectives;
- c) Increasing the players' game efficiency, by improving training and game pattern;
- d) Demonstrate the importance of general and specific physical training development and improvement for the players' efficiency, the basic element of the training process;
- e) Improving the technical and tactical training through complex means, to put the players in game situations, to form the right skills to use the technical means according to the situation.

To achieve prestigious successes in the future, in order to be able to meet the aimed performance targets, which will surely be more and more difficult to achieve, our handball must occupy an avant-garde position in the field of creation and design, of theory and methodology, application of innovative ideas and consolidation of the most efficient known and established means that can ensure a maximum level of performance.

In the future (as high-performance world sports, in general, and elite handball in particular is evolving), superclass players should not be expected to appear randomly but must be systematically discovered and shaped.

There is already enough evidence that players categorized as valuable can determine the fate of a meeting or even more meetings in major competitions. It is not far off the moment when the results will be decided in favour of those teams that can bring as many superclass players as possible. This obliges rigorous measures to ensure maximum efficiency in the selection, training, education and competitive training of the elements that fall within the sphere of exceptional players.

For this purpose, it is necessary to establish precisely which are the minimum requirements that an exceptional element must fulfil in terms of somatic type, motor skills, level of technical tactical training and level of training in general.

This is the aim and the immediacy of these studies: to gain further certainty that our high performance handball will fully succeed internationally.

Keywords: training, physical training, systematization.

STUDY ON THE ABILITY TO IDENTIFY FITNESS-SPECIFIC MISTAKES

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Abstract

Problem Statement: an important goal of of our study is to make the fitness instructor aware of the importance of correct posturing and movements during the workout aiming to prevent muscular and joint injuries.

Purpose of Study: Our study on 80 fitness instructors performend in 2017 aimed to identify the fitness movement mistakes.

Methods: The instructor had to indentify the errors in each figure and to write the number of errors. The research applied a worksheets containing 50 fitness initial positions and movements which include the most frequent errors in execution: basic aerobic, step aerobic, TRX, fitball. Before applying the test, we explained and showed the instructors the way to solve it. They were supposed to mark with arrows the errors zones of movements and they had to calculate the number of errors in each figure. After that we compared their results with our evaluation and we ranked them into one of the 5 cathegories: unsatisfactory (>125 errors), poor (126-150 errors), medium (151-175 errors), good (176-200 errors), very good (over 201 errors).

Results of study: mean \pm SD 57.8 \pm 30.93; minumum 78, maximum 212, Shapiro-Wilk normality test 0.9730 for $p \leq 0.05$; coefficient of variation 19.60%; $t=45.63$ (df=79), $p_{value} < 0.0001$.

Conclusions: The study highlights a medium level knowledge of correct posture and of the instructors' capacity to identify and correct the movement errors. The instructors have identified the following causes for this insufficient correcting of the posture and movements: the dimension of group, sometime more than 30; the unhomogeneous of group in regard of fitness level, age, and motor skills.

Keywords: fitness movements, errors, correction, kinetoprohylaxy.

STUDY ON MOTIVATION FOR PRACTISING FITNESS BY STUDENTS IN TECHNICAL HIGHER EDUCATION

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Abstract

Motivation - a vast concept in psychology - is considered one of the main factors in human action, being tightly related to one's self-image and level of personal satisfaction. Therefore we could describe it as the totality of one's inner drives determining their behaviour. Having as a starting point our nowadays reality, where the incidence of sedentariness is very high, we tried to find out how fitness (as a form of independently practised motive activity) impacted our students in Polytechnics. We also intended to highlight their reasons for participating in organised fitness programs. A number of 135 students of the Faculty of Aerospace Engineering (University of Polytechnics in Bucharest) were involved in this study. They were aged between 19 and 23. The researched was conducted during Mars 20 - April 21 2017. The main research method utilised was the inquiry questionnaire. The type of questionnaire was the opinion-based one. It consisted of 4 closed answers items, on a scale from 2 to 7. The data of each item were centralised and expressed in percentages according to the year of study and the gender of the subjects.

Keywords: Students, motivation, fitness.

THE STRENGTH DEVELOPMENT OF 16-17-YEARS OLD RUGBY PLAYERS THROUGH WEIGHT TRAINING EXERCISES METHOD IN AN ANNUAL TRAINING CYCLE

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Abstract

This article reflects the experimental argumentation of the effectiveness of applying the experimental program for the development of muscle strength to 16-17 years-old rugby players in an annual training cycle. Starting from the hypothesis that the use of weight training exercises for strength development, systematized depending on the stage of preparation of the 16-17 years old rugby players in the sport training, will directly influence the full potential of their muscular force, so the experimental program was developed and proposed to experimental group, which reflects: objectives specific to the training meso-cycle, connection ratio between effort and rest, dosing the means of force development in a training lesson, while the control group followed the traditional training in gym. In both groups were selected and analysed the tested indices for determining the maximum force at the beginning and the end of the pedagogical experiment, the data being mathematically and statistically processed and presented in tabular form. Analysing the final results, we can see that the hypothesis advanced at the beginning of the researches has been confirmed, which has allowed to raise the maximum potential of the muscular force through the use of weight training exercises for the development of force, systematized depending on the stage of preparation of the 16-17 years old rugby players in the training process.

Keywords: experimental program, strength development, 16-17 years old rugby players.

THE TEACHING AND LEARNING APPROACH FROM THE HOLISTIC VIEW OF THEORETICAL LESSON IN THE FIELD OF PHYSICAL EDUCATION AND SPORT

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Abstract

A holistic view of the teaching and learning of the theoretical lesson in the field of physical education and sports involves the elaboration and implementation of the integrated curriculum in the didactic process. Integration has several levels that should be tackled: mono-disciplinarity, focused on independent study subjects; multi-disciplinarity with reference to achieving an effective "correlation" of the efforts and potentialities of the various study disciplines in order to provide a more complete view over the researched subject; inter-disciplinarity, which involves an intersection of different disciplinary areas, which can lead to new study subjects. The essential objectives of curricular integration, grouped in two directions: linking different segments of study programmes and linking the learning process to concrete life situations can contribute to the acquisition and development of the professional competencies of an efficient specialist in the field.

Keywords: holistic model, teaching, learning, theoretical lesson, integrated curriculum.

KEY FACTORS IN CONTROL AND PLANNING SYSTEM OF THE PERFORMANCE FEMALE GYMNASTS TRAINING PROCESS

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Abstract

In this article, there are described the technical and scientific, technical and technological key factors underlying the planning, examination and organization of the training process in the modern female artistic gymnastics in Olympic cycle of sports training. Also, there is exemplified

the algorithm of the complex training system of the performance female gymnasts, as well as the model of the training technology. These ideas can complete the multiannual sports training activity, contributing to an efficient organization and performance of this process.

Keywords: performance gymnastics, training process, key factors of sports training, complex training, and technology.

SOCIAL PARTNERSHIP IN EDUCATION FOR THE STUDENTS' CAREER: REALITIES AND TRENDS

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Abstract

Choosing a career and going through the approaches necessary in training the young person as a specialist in the chosen field are complex processes that have a defining impact in their professional future. Career education, as an educational intervention to develop the skills and abilities necessary for young people to develop and manage their own careers, is an essential element of the process of university vocational training. At the same time, it is absolutely necessary to involve other social actors and to create a partnership between the stakeholders of the society in order to adjust the process of professional guidance of the students to the existing occupational context. The sociological study conducted by the Centre for Career Guidance and Counselling of the State University of Physical Education and Sport, Chisinau, demonstrates the respondents' awareness of the necessity to involve in the professional guidance, counselling and career guidance of the students of several parts, such as: their families, university and other educational agents, the resources for informing and the media, non-governmental organizations, potential employers and various economic agents. We consider, that their involvement will contribute to improving the education for the students career by: informing students and pupils about the educational offer, study programs, curricula or rights and facilities enjoyed by the university students; organizing the activities such as "job fairs and internships" in which

institutions can promote their activity and workplaces or internships to students or graduates; communicating with university graduates with a view to achieving some interest data for the university or university partners, in particular related to integration into the labour market; organizing activities designed to prepare students for the stages needed to get a new job (identifying the job opportunities, drafting the CV, preparing the interview, etc.); individual and group meetings of psychological or career counselling; analysis or research studies regarding the students' perception towards various aspects of academic or professional area; promoting the university through various visits organized for those interested in the university or by participating in different events for promoting educational offers in the country or abroad; promotion of specialized conferences or voluntary activities for students.

Keywords: carrier, vocational guidance, counseling, social partners.

DETERMINING THE EFFICIENCY INDEX OF THE REPRESENTATIVE STUDENTS' BASKETBALL TEAM

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Abstract

The paper is based on a comparative study, which is focused on determining the efficiency index of the representative basketball teams during the 1st – 3rd years of the students from the Faculty of Physical Education and Sports in Galati. The estimation of the efficiency index is an objective indicator in assessing the quality of the game regarding the acquirements made by the students during the training and competition stages, as well as their performance in the official matches. In this respect, special record sheets for student evolution were drawn up. The objectivization of the students' performance, who are members of the researched representative teams was achieved by calculating the player's efficiency index (PEI) and team's efficiency index (TEI), used by D., Colibaba-Evuleț, I., Bota, (1998). The formulas' structural elements for these two indices are the following: successful actions (number of points scored,

balls won, decisive passes), unsuccessful actions (number of missed free throws, missed throws, lost balls), number of minutes played. The teacher's bonus index (which is given in special cases) and the bonus for the time played by each student are added.

Keywords: students, basketball, team efficiency index, students' efficiency index, representative team.

OBSERVATIONAL STUDY ON THE STUDENTS' CAREER AND THEIR OPTIONS FOR THE COMPLETION OF STUDIES

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Abstract

The paper is intended to do an observational study, to interpret a series of components that form the psycho-pedagogical and psycho-social dimension of the future teacher, profession chosen by the student when applying for higher education in the pedagogic field. It will get data on how the high school student was advised, considering the future qualities a teacher must have: pedagogical competence that can be translated in educational skills, styles etc. It will analyze if after completing their studies, graduates are willing to work in the areas they have prepared for, bearing in mind that after graduation they can objectively appreciate, as well as the uprightness and consistency in applying the pedagogical rules, the appropriate professional level, the spirit of responsibility in the educational activity.

Choosing the teaching profession, for which the student makes a self-assessment on the optimal variant to remain in the educational system, supposes that he achieves a set of skills relating to: a correct analysis of the situation, imagining multiple alternatives of action, anticipating positive or negative consequences, love and empathy for and with the pedagogical act. All these answers are known after the completion of studies, and students need to know about these situations/predictivity and integration on the labour market before their admission to

higher education, expressed in the feeling of being called for subsequent tasks and able to cope with them.

A statistical analysis/questionnaire is applied concerning the attitude towards the goals that students have for their further activity and for the professional vocational skills, opting for a pedagogical career in motivating and assessing specific options in the field of physical education and sport.

Keywords: educational act; skills, profession.

LEARNING METHODOLOGY IN THE BASKETBALL AT THE BEGINNING LEVEL

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Abstract

In the literature, there are several attempts of domestic and foreign specialists to develop different methodologies for learning basketball at all levels. The vast majority, in fact, are dedicated to learning the technical elements and techniques with the ball, and few of them are dedicated to learning ball-free play. This article is intended to teach beginners basketball game by applying an experimental methodology designed to increase the level of quality of ball learning, such as movements, these being expressed by walking, running, jumping, stopping and pivoting.

Keywords: Basketball, learning, methodology, trips, beginners.

LEARNING METHODOLOGY IN THE BASKETBALL AT THE LEVEL OF QUALITATIVE ACCELERATION OF THE BODY RATES AT THE BEGINNING LEVEL

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Abstract

In the literature on basketball, there are several ways to tackle the problem of basketball basketball. However, most of them are dedicated to ball learning and very few of them are based on ball learning. In this respect, we organized a pedagogical experiment with a group of beginner basketball players where we applied an experimental methodology of learning the movements in basketball. The recorded results clearly demonstrated the effectiveness of the experimental methodology applied to learning beginner's movements, which are statistically processed and presented in the form of tables.

Keywords: Game, basketball, trips, qualifying, beginners.

ACHIEVING THE SPORTING ENTITY PERFORMANCE THROUGH MOTIVATION, BEHAVIOR AND RESULTS OF EMPLOYED STAFF

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Abstract

In order to be successful in an increasingly competitive environment, each sports organization has to face the challenges that are harder to accurately predict them, which leads management to become more and more concerned with performance. Thus, competition stimulates sports organizations to improve the quality of services which they offer, to achieve and develop the customers' satisfaction, to increase the speed and flexibility of responding to customers, and last but not least to innovate constantly in order to provide new services.

Achieving these new standards is the responsibility of the sports manager. A performance management system within the sports organization consists of all the processes used to identify, encourage, measure, evaluate, improve and compensate the performance of its employees. Thus, the performance indicators of the employed staff will define the required knowledge, capacities, practical skills and attitudes necessary for it.

Keywords: performance, factors of stimulating the performance, sports organization.

THE EFFECTS OF THE TRAINING ON THE VIBRATION PLATE ON STRENGTH AND STATIC BALANCE FOR THE WOMEN WHO PRACTICE SPORTS OF MAINTENANCE

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Abstract

The purpose of this study was to investigate the effects of a program of training on the vibration plate, simultaneous with a conventional program of strength, which consists of exercises that underlie the training of the knee flexors and extensors, and which ensures the women, the strength and the postural balance. The conclusion of this study was that the side-alternating vibration has beneficial effects on the control of the static balance, for the women of this category of age. The results of the isometric force were similarly for both of the experimental groups.

Keywords: vibration, strength, static balance, women.

TRAINING OF THE APPLICATIVE COORDINATIVE ABILITIES OF THE STUDENTS TOWARDS SUCCESSFULLY ISSUE OF CERTAIN POSSIBLE INADEQUATE SITUATIONS IN CONTEMPORARY SOCIETY

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Abstract

This article presents information on the results of a sociological survey applied to a group of physical education teachers, as well as personal opinions regarding the characteristics of contemporary society and the incapacity of school children to face some inadequate factors, which adversely affect their motor activity, with all their consequences. It has been proved that the current organization of physical education in schools does not ensure to children the necessary strength to the social environment to which they belong. It was factually justified the opinion regarding the necessity by forming the students (starting from the 5th grade), based on more accessible teaching strategies, applicative coordinative capacities, using mostly basketball means.

Keywords: students, applicative character, coordinative capacities, contemporary society, inadequate situations, social environment, children vital functions, motor activity, physical development, physical preparation level, secondary level, training of abilities , physical education.

EXPERIMENTAL STUDY REGARDING THE IMPORTANCE AND IMPROVEMENT OF PHYSICAL TRAINING IN MIDDLE-DISTANCE AND LONG-DISTANCE TRACK RUNNING TRIALS

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Abstract

All the fields and aspects of athletics and sport training are characterised by the occurrence of various progression and perfection elements, innovative elements, but also by reupdating and adjusting to superior parameters.

The competition for all the levels of performance is very tight and numerous specialists investigate and select the latest information, from various fields of activity, to adjust them to athletics, in the hope that they might become means and measures to improve and perfect the sport area and the training procedure.

Physical training for athletes is highly superior to physical training specific to other sports and covers two aspects: general or multilateral physical training and specific or special physical training.

The purpose of this study is to highlight the importance of the improvement of physical training for middle-distance and long-distance running athletes.

Materials and method: starting from the idea that performance is achieved subsequent to a very well developed training process, comes the hypothesis according to which there is a possibility of improving the sport performance of middle-distance and long-distance running athletes by perfecting the physical training on a daily basis.

Physical training in the service of specificity must serve the conditions of achieving the sport task, taking into account the psychomotor aspects connected to learning the technique, the functional means connected to their improvement and the energetic scale connected to the trial (specific intensity and resistance).

After taking a series of initial tests, (800 m, 1000 m, 3000 m), we shall act to this purpose with the specific athletics means, adequately adapted to a period of 3 months, during the training of performance athletes (juniors 1), registered at the University Sport Club, in Galați.

Keywords: sport training, physical preparation, sport achievement.

ANTHROPOMETRIC CHARACTERISTICS OF ATHLETES IN RUNNING TRIALS

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Abstract

Running trials are characterized by a diversity of distances, energy consumption, tempi. It was also demonstrated that runners have a lower body mass index in comparison to other athletic trials. (Gore,2000; Matkovic, 2003; Vucetic, Matkovic, Sentija, 2008; Alexandrescu, 1987; Drăgan, 1978)

The purpose of this study is to examine and research the anthropometric characteristics of the athletes (juniors 1) that take part in running trials and to acknowledge the differences between sexes and types of trials.

Materials and method: the subjects of the study will be 12 athletes (6 females and 6 males) from the University Sport Club, in Galați. Based on the anthropometric measurements that were conducted, the following somatic and functional indices will be calculated: Quetelet, Broca, Erissman, Adrian Ionescu, thoracic mobility, the difference between the biacromial and bitrochanteric diameter.

Keywords: athletes, robustness, harmony, body mass index.

ABILITIES AND ATTITUDES, IMPORTANT FACTORS OF THE SELECTION IN FOOTBALL

Drăgan Aurelian, Gheorghiu Gabriel

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Abstract

The problem of the selection of football talent belongs to the most critical and at the same time the most important, field of both research and sports practice. Selection is nothing more than a process by which individual individuals endowed with sport talent and capabilities are individualized, using valid scientific methods and tests. The complex selection model focuses on the determination of general psycho-behavioral skills, motor skills, psychomotor skills, adaptive cognitive skills as well as attitudinal and temperamental aptitudes. Football talent arises from the inter-relationship between endogenous and exogenous factors. The endogenous factors can be highlighted: motor capacities (force, speed, coordination, etc.); Anthropometric features; Physiological and functional systems and devices; Psychological factors, etc. The exogenous factor that most influences football performance is sports training and we must not forget the close relationship between exogenous and endogenous factors.

Keywords: selection, model, skills: general psycho-behavioral; driving; psycho-motor; Adaptive cognitive and affective regulators; Attitudinal and temperamental.

NEW ORIENTATIONS FOR TO EFFICIENCY IN THE MODERN FOOTBALL

Drăgan Aurelian, Gheorghiu Gabriel

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Abstract

In modern football, we see the existence of new guidelines in order to increase its efficiency at all levels. The first thing that everyone agrees and stands out for is that players are beginning to cope with the current demands, both in the position of defenders and as attackers.

This aspect increasingly emphasizes the collective character of the football game, expressed by all the players of a team, be they defenders or attackers. Synthesizing these developments, we can point out that the issues described are addressed in the training of players requiring systematic and tenacious work with ongoing participation and a demanding cerebral response. A brief reference to the training factors highlights new conditions for physical, technical, tactical, psychological, moral-volitional training, adapted and processed, must meet the requirements and tendencies of current football.

Keywords: guidelines; efficiency; defender; forward; physical training; Technical training; Tactical training; physical training.

AN ANALYSIS OF THE TRAINING PROGRAM FOR PERFORMANCE SWIMMERS DURING A MACROCYCLE OF TRAINING IN AN ANNUAL CYCLE

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Abstract

Swimming is an individual sport, technically characterized by a cyclical action of movements, an intense psychic participation and cumulative morpho-functional and motor efforts.

Along the years, from one edition of the Olympic Games to the next, swimming has had constantly increasing results. This development has resulted from the permanent renewal of performance, by 40-50% per annum, both at the national and world level. Also, the increase in the number of competitors in international contests has led to an increase in swimming performance.

Any strategy towards success is based on correct, well-argued and viable principles. It needs to be stated that, in view of creating a climate for great performance, the senior elite group is available only for those who are determined to accept a program for improving their training. Each member of this group is required to work towards improvement, whether it is about

techniques, intensity or any other component of training. The aim of the training programs is to produce metabolic, physiologic and psychological adaptations which will allow the swimmers to swim better. In fact, these adaptations are changes which result from the body's response to training. The planning of the training in a macrocycle has been methodologically and scientifically approached by a large number of experts, practitioners and theoreticians, who have presented thorough studies on the performance objectives, means and methods employed, the volume and intensity of the efforts applied in the training of the swimmers at this performance level.

Keywords: swimming; macrocycles and making-up their programs; mesocycles and making-up their programs; microcycles and making-up their programs.

METHODOLOGICAL APPROACHES TO THE TRAINING SYSTEM MANAGEMENT FOR YOUNG QUALIFIED ATHLETES

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Abstract

The interest to methodology of management of the long-range training system for young & qualified athletes is believed to be a fairly old established issue. The great number of terms, concepts, and definitions striped of any specific content do not allow us to make out clearly the principal directions leading to solving this topical problem.

By now we have arrived at the necessity to lay down a number of general scientific approaches that are to develop and to extend our primary perceptions, such as package, meta-object, target-oriented, system, structured, functional, and technological approaches.

Keywords: athletic training & preparation, management system, package approach, meta-object approach, target-oriented approach, system approach, structured approach, functional approach, technological approach.

FUNCTIONS OF THE EDUCATIONAL MANAGEMENT

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Abstract

The functions of the management can be structured and identified starting with „the cycle of the managerial process, which begins with the definition of the purpose, continuing with the setting of the tasks and ending with their achievement”. Establishing the functions of the educational management in relation to the specifics of education and the school institution allows us to classify them as it follows:

Keywords: strategy, projection, diagnosis, prognosis, evaluation.

TACTIC - TECHNICAL ASPECTS OF TRAINING IN SCHOOL FOOTBALL REPRESENTATIVITY

Gheorghiu Aurelian

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Abstract

In this paper I have started from the idea to demonstrate that at the basis of a representative teams school football , an important role or even decisive is preparing the technical-tactic. Being a extrascolara activity, it is stressed that, out-of-time granted by the school management as well as the matters the technical preparation in the lessons of training in football, correlated with the tactics of the approached each game, lead to acquiring success. The organization of the tactics and strategic teams in general is an notion with a broad basis, including components old and new theoretical and practical. In the definition of the organization of the team and of the game they have ways and means similar to the notions : conception of the game, idea tactics, style of play, gaming system, bilateral game, play school. In school championship at the level of the general schools were players who used the movements and

technical executions, who by their contribution have helped the team to obtain a favorable outcome. The highlighting and traceability throughout the entire championship led to obtain data which have been subsequently interpreted as being sufficient to establish the importance and the weighting of the preparation of the technical - tactical in school football representativity,

Keywords: technical, tactic, school football representativity, football.

METHODOLOGICAL GUIDELINES ON FOOTBALL IN SCHOOL

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Abstract

Football as a school subject has a great influence on the education of students. It requires compliance with certain requirements: the students' health state, standards of hygiene, understanding teaching, having a sustainable activity. By putting students in such situations to discover (problematization) by themselves new requirements of games, execution, etc. problematization develops creative thinking, interest, imagination, especially the ability to choose solutions independently (answers).

It is necessary to divide the content through a programmed training; the full game, be it with simple rules, cannot be scheduled without students having acquired a minimum of specific knowledge and skills. The training programming will be made by teaching the skills of the game separately. The motion games adapted to the demands of the football game can be used effectively. These are received with positivity and enthusiasm by students, and they contribute to the development of basic motor and even specific skills. For an optimal deployment of the game, the teams must be of equal value and equal in number, to present clear and precise rules, and as a peculiarity to have a name. Within these themes the passing drills must be done in simple groups, passes being performed at close range. The focus is on the student hitting the ball naturally with minor corrections. In order to be more attractive, it is recommended that the execution of simple actions of the football game be done in combination with exercises for the development of the

dynamic strength (back, upper limbs, etc.) and with acrobatic gymnastics and/or coordination gymnastics. The mini-football game must not be absent from the lesson.

Keywords: curricula, sports game.

THE ROLE AND IMPORTANCE OF MOVEMENT GAMES IN THE ICE HOCKEY

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Abstract

This paper aims to sublimate the importance of motion games in learning ice skating for beginners in ice hockey. By using these driving or motion games, they demonstrate their efficiency in the education process. There are no physical or intellectual qualities that cannot be developed through certain games. Through their vast variety, games are an elite means of developing physical and spiritual.

As an activity form, the game has a structure and a social function. It decorates and completes the life, being indispensable both to the human being like a biological function, and to the society, due to its merit as an utterance means, like a cultural function.

The game takes place inside the time and space limits. He starts and at a certain time, it stops. By its temporal restriction it is bound the quality of a immediate fixing as a cultural form. Staying inside the memory like a spiritual creation, it may be sent and may be repeated at any time. The review is one of the most important qualities of the game.

Keywords: beginners, ice hockey, the movement games.

INTERACTION OF THE SCHOOL AND FAMILY IN THE PHYSICAL EDUCATION OF THE LITTLE SCHOOL AGE PUPILS

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Abstract

Importance and relevance: the complexity of the functions that educational process wields nowadays, orients us to an analysis of the child physical education from a socio-pedagogical point of view, approaching the family as a learning unit in the triple hypostasis: as an actor, agent and educational partner. From this point of view educational partner becomes an important socio-psycho-pedagogical factor in the physical education process of the little school age pupils. Purpose of the research: consists of the elaboration and application of the Pedagogical model of the interaction between the school and the family in the physical education of the little school age pupils. Objectives of the research: identification of the conceptual land marks about the physical education of the little school age pupils; stabilization of the particularities of the interaction between the school and the family for the physical education of the little school age pupils; elaboration of the Pedagogical model of the interaction of the family and the school in the physical education of the little school age pupils. The results of the experimental research of the educational partnership school-family in the physical education process of the little age school children elaboration and implementation of the Pedagogical model of the interaction between the school and the family in the physical education of the little school age pupils.

Keywords: physical education, little school age pupils, school-family partnership, pedagogical mode.

THE ANALYSIS OF THE DEVELOPMENT OF COORDINATION CAPACITIES FOR PUPILS OF 8—10 YEARS FROM TAEKWONDO WTF AT EARLY STAGES

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Abstract

The research has been focused on the importance of coordination capacities in the training of athletes of 8-10 years at the beginning of training. Through the comparative analysis and of processing of mathematical and statistical data was established the level of development of coordination capacities of pupils from taekwondo WTF.

Research methods. In the course of our study the following range of methods adequately reflecting the matter under consideration were employed: analysis and synthesis of scientific-methodical literature, pedagogical observation, methods of testing, pedagogical experiment, and methods of mathematical statistics.

Keywords: students, coordination capacities, sport training, exercises, testing, taekwondo WTF.

ELABORATION OF THE MINIHANDBALL TRAINING MODEL

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Abstract

Handball is a sport discipline with a continuous development. As a result, besides other forms of practice (beach-handball and street-handball), appeared a new form of handball adapted to the peculiarities of children aged 6 to 10 years, called mini-handball. In recent years this form of practicing handball took a great swing, currently being organized many competitions at this level.

Developing a training model for this age group is a must, because at this age we can not talk about classic handball. Because in the literature are very few works that address to this issue,

the purpose of this study is to develop a training model adapted ages 6- 10 years. The training model presented will contain the number of training hours required during the four years of training, these hours being broken down by the training factors. It will also include the scheduling of technical elements, tactical actions and the main directions for developing the motor skills. All the data contained in this model are taken from practice with children of these ages after a four-year training cycle.

Keywords: minihandball, training model, training hours, training factors.

STUDY CONCERNING THE IMPORTANCE OF USING AND PROCESSING STATISTICAL DATA IN MODERN VOLLEYBALL

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Abstract

Generally speaking in the performance sports and especially in volleyball there are constantly evolving new methods to improve the performances, methods which cover all the aspects of the volleyball game. In modern volleyball, the use of modern methods of statistical processing of data has become a goal for the optimization of the tactical-technical training. Currently, the "Data Volley" software is the most used programme of assessment and statistical analysis of the game actions, growing in time to become a part of the entire process of tactical-technical training. "Data volley" allows the rapid transformation of the game actions performed by players into statistical data, which are then processed and introduced into a form that enables their fast analysis. Basically, the statistical analysis represents a structured mode for the description of the game, becoming a valid and indispensable support in making tactical decisions. There is a fine line between victory and defeat, which is why the statistical processing offers one the possibility of making the best decisions in key-moments of the game.

Keywords: volleyball, performance, software, analysis.

INVESTIGATION OF HUMOR STYLES OF NATIONAL ATHLETES IN TERMS OF SOME VARIABLES

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Abstract

In this study, it was aimed to investigate the humor styles of the national athletes who took part in the Turkish Athletics Federation in 2016 according to some variables. The research group formed 176 (64 female, 112 male) volunteer national athletes who active in various nationality grade (A, B and C) in the Turkish Athletics Federation.

In the research, "Humor Styles Scale" developed by Martin et al. (2003) and adapted to Turkish by Yerlikaya (2003) was used as data collection tool. The data obtained in the study were analyzed by SPSS 22 packet program. The margin of error in the study was taken as $p < 0.05$. The cronbach alpha value of the study was found as 0,71.

Consequently; when the sub-dimensions with some variables of humor styles of national athletes participating in the research are examined, it was determined a statistically significant difference in the self-improving humor style sub-dimension in the gender variable. The level of self-improving humor was higher in women than in men. It was observed a statistically significant difference in subscale of aggressive and self-destructive humor styles in age variable. When the educational status variable is examined, it is observed that there is a statistically significant difference in the self-destructive humor style sub-dimension.

Keywords: National athlete, Athletics, Humor style.

SELECTED TIME SPACE CHARACTERISTICS IN FEMALE POLE VAULT

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Abstract

This research is stressed at time and space characteristics (centre of gravity movements) in female pole vault. Kinetic parameters were gained by two-dimension analyser Consport Motion Analysis System (CMAS). There are involved 19 female pole vault jumpers with sport performance 380 – 483 cm, divided on 2 different groups; higher and lower level from the point of sport performance.

We found that in time parameters reached better results high performance level jumpers in phases hanging and lifting. It is caused by better transmission on pole after take-off and by better work on the pole. As for the centre of gravity the jumpers of higher performance reached higher growth in all phases. The most significant difference can be seen in phase of lifting. Comparison of time and space characteristics enable to show the way for technique improvement in female pole-vault.

Key words: female pole vault, rhythm of the jump, centre of gravity height.

PHYSICAL EDUCATION LESSONS IN THE UNIVERSITY EDUCATION

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Abstract

The physical preparation aims to grow the level of the muscular strength by adopting different training methods, these methods distinguish themselves depending on the weight, reps

number, series number, execution speed and the rest time. The purpose of this article is to determine some series of ways and specific methods of the physical education lessons to see the development of the students' strength from a department with economic profile. The improvement of the motricity strength quality was achieved by tweaking the methods from the physical education lessons, this fact is observable in the differences of the values from the initial and the final test.

In this research was tested the primary muscular groups strength, the muscles of the abdomen, legs and arms, through crunches, squats, respectively the hanging maintain trial. The subjects involved in the experiment have the ages between 19 - 21 years old, are females und participate in the physical education lesson once a week for 100 minutes in accordance to the university policy. In the wake of the rendition of the outcomes, was proved the fact that the strength has reached a higher level than the initial one because of the systematically methods and ways chosen for that purpose.

Keywords: physical education lessons, students, physical quality of the motricity strength, workout, and specialized equipment.

STUDY BASED ON THE ASSESSMENT OF STUDENTS' QUALITY OF LIFE

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Abstract

The purpose of this research was to investigate the quality of life of the students at the "Ștefan cel Mare" University of Suceava, from the faculties with economic profile, mainly. In order to collect the necessary information, a questionnaire was made which included several questions. The questions had closed answers and were grouped into several categories. These categories were: physical health, alcohol and smoking, eating habits, physical activity and psycho-emotional health.

The questionnaire was applied to 135 female and male students aged 18-32. After interpreting the data, the main findings were that most of students have an unhealthy lifestyle, most of who are smokers, alcohol users and unhealthy food, and with a physical activity levels close to sedentary.

Keywords: quality of life, lifestyle, health, physical activity, students, evaluation.

SELECTION ADAPTATION - CONDITIONING FACTOR TO OBTAIN IN WRESTLING PERFORMANCE AT THE PRESENT TIME

Liuşnea Cristian Ştefan

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Abstract

Selection is the uninterrupted process of screening, selection and sorting of young people according to well-defined criteria and their guidance towards the practice of a certain branch or sporting evidence in which they can best value their qualities to achieve performance.

The selection process is a complex and continuous system of appreciation of the full level of training of the fighters and of the propulsion of those with the potential to progress on the upward path of training in order to achieve more and more valuable performances. The selection is closely related to the training process (through its objectives and content). Selection as a methodical process should not be reduced to the initial selection.

In wrestling, a factor of most importance is the proper selection of the most endowed among the youngsters for practicing this type of sport.

The selection is all the more advantageous as the final objectives of the training are better known. It is vital for the coaches to know the development trends of the wrestling in the world, to know the level of the technique and tactics of fighting, and also the psycho-motors of the best-performing athletes.

In view of the above, selection for practicing wrestling is an elaborate process that seeks to detect athletes with innate availability to guide them to combat wards.

Based on these considerations, it is our job to find out if there are significant differences between the Olympic champion fighters in terms of: the age of selection, the age of achieving the great performance, and the period of practice necessary to obtain it.

Conclusions. The average age of selection in battles is currently around the age of 7-9 years. The period of accumulation required (the period of practice required to achieve top performances in wrestling), according to the data obtained from the present investigation, is approximately 11-12 years. As for the average age that favours the achievement of the great performance in battles, it is 25 and 27 years, the value obtained in this respect being statistically representative. At the same time, the first medals will be achieved around the age of 20.

Keywords: methodology, specific means, wrestling, selections, initiation.

CONSIDERATIONS ON THE ROLE OF BIOMECHANICS IN THE SPORTIVE PERFORMANCE ACTIVITY - FIGHTING SPORTS

Liuşnea Cristian Ştefan

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Abstract

Sports technique is very different from discipline to discipline and its acquisition is based on a series of physical, mechanical and biomechanical laws that ultimately condition the achievement of sporting performances. Biomechanics is an important science that allows in the fighting sports to establish a specific technique by analyzing the forces involved, the lever system used, in the positions of attack, defence and counterattack techniques. In addition, the forces acting on the body are conditioned by the condition of the bone, joint and muscular system, the position of the centre of body weight, the weight of the athletes, the acceleration, and the level of their motor skills, strength, speed, skill and mobility.

Practically, the correct use of biomechanics can become an important point of support in understanding technical training, which can lead to performance. The biomechanical characteristics of the movement must always be linked to the tactical intention of the fighter. The

coach should offer the fighters the opportunity to experience how the technique will be applied in the most effective way in the combat situation.

Conclusion. There is a close link between the two areas, mechanical and biomechanical, but also interdependence between them in the field of physical education and sport. Thus, knowledge of biomechanical problems allows coaches and specialists in the field to act on: - the correct understanding of sporting techniques and the realization of programs that have the purpose of acquiring an efficient and varied technique; - improving the primary selection criteria for performance sports; - avoiding and preventing accidents in sport performance.

Keywords: combat sports, biomechanics, balance, stability, performance.

THE TRAINING OF PROFESSIONAL COMPETENCIES IN THE TOURISM FIELD OF INTERNSHIPS IN TERMS OF LABOR MARKET REQUIREMENTS

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Abstract

At the present stage, the fundamental objective of the university is the formation of a quality specialist, ready for practical work, able to adapt quickly to environmental changes, find flexible and optimal solutions, use modern technologies, identify influences of the external environment on the field of professional activity. In this context, it is important to improve the training process of specialists in the field of tourism by modernising the study programs according to the needs of the labour market. Under market economy conditions, a particular attention should be paid to organizing and conducting practice internships, because the practical skills are achieved by the students from the “tourism” specialty, mainly in this type of activity (the practice of initiation and technology). The role of practice in the new conditions is to develop practical competencies and, as a result, the total integration in the professional environment and to acquire professional communication skills. At the same time, a series of

problems arise in organizing the internship, such as: the discrepancy between theory and practice; difficulties in finding a practice place; the limited time of the internship; attracting the students to unqualified work; limited access to information for trainees-students. As a result of our study, we can formulate some recommendations regarding the improvement of the internships in terms of the labour market requirements of the students from the "tourism" specialty: the internships should be designed in such a way as to support the beneficiaries in everything which requires the career planning (period of progress, planning some activities regarding career options); improving, disseminating and promoting some specific rules and procedures (on internship, internships conducting, volunteering) doubled by a responsible risk-taking on behalf of all stakeholders (employers, university environment); in the internships (defining the student-employer relationship), the ways of consulting should be identified and to find out what would be the type of desirable institutional behaviour (discussions, workshops, focus-group, etc.); activities to promote internships (which can be done in partnership with universities and beneficiary companies) should be designed in a win-win manner, emphasizing the multiple benefits (for student, university, employer); monitoring of sustainability (post-internship - newsletter, discussion group, forums, etc.).

Keywords: Internships, labour market, professional competencies, beneficiaries, employers.

PROGRAMME THE STRETCHING -KEY FACTOR FOR PREVENT INJURIES OF "U"16 SOCCER PLAYERS.

Manolache Gabriel

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Abstract

Soccer coaches, fitness professional soccer and athletic trainers have long believed and taught that would have kept them out of the doctor’s office. Are they right? Many studies that found reaction time, movement time and balance were all reduced after 20 minutes of standard stretching before exercise. At the elite levels, even the smallest reductions in these important

variables could have a significant effect on soccer players stretching before training is vital; hence, many players are filled with guilt and regret, believing that more frequent stretching, especially given the differences in muscle growth at the age of 16 years .

And then this article just want to emphasize that if a suitable heating program resolves the problem when an appropriate muscle stretching workout day and again will help strengthen muscle flexibility.

Keywords: plan-program, stretching, precompetition-training, soccer.

VIDEO ANALYSIS-THE FIRST STEP TO PROGRESS IN SOCCER PLAY

Manolache Gabriel

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Abstract

Analysing individual and team play is essential when improving performance. In soccer and not only, results are often the best indicator of a team’s performance but insufficient to a coach to asses his team performance. Today the video is increasingly used in broad areas of research; it allows for a rich recording of soccer training or competition and provides a completely new kind of data.

A methodology of permanent work on gazes offers the team, coaches, soccer players a dimension of video-analytical work hardly used up to now: the possibility of using focused visual presentations to make tactical moments or phase to play in the context of possible interpretative patterns sensorially visible.

Keywords: video analysis, skills, tactical shape, interpretations the play, methods.

METHODOLOGICAL ASPECTS OF TRAINING FOOTBALL TEAM NATIONS FOR SELECTION ON 14-15 YEARS

Manolache Gabriel, Savu Catalin

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Abstract

During the performance sport activity in general and the more so during the football game there comes the necessity for the whole volume of work done to have a system of precise purposes, with a didactic and methodological technology capable of putting into practice, checking, decision training and evaluating in an objective manner their level to players 14-15 years.

Key words: operational model, speed training, volume, intensity, complexity to training.

CONDITIONING OF SPORTS PERFORMANCE BY THE WOMEN CONTINGENT

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Abstract

Women differ considerably in terms of psycho-physiological features, having a different mental and emotional structure from that of men. In the process of practicing physical exercises, women request more attention than men, and the sport which they want to practice it must be adapted to their body and available feminine conformation. Because of excessive emotions, women may face greater difficulties in obtaining sports results. This situation is determined by the nervous system activity of women with different dynamics closely linked by the biological functions of the body in comparison to men. The muscle strength of women is lower than that of men, as the muscles are thinner, having a more layers of fatty tissue. But women are superior to men in terms of accuracy, movement coordination and skill. The female body is characterized by a higher resistance to breakdown of an essential physiological needs range: oxygen insufficiency,

hunger, insufficient sleep (simultaneously with predisposition "to sleep much") and higher speed of development of a recovery processes number. Periods of human age in woman's life is characterized by a number of morphological and functional peculiarities. Differences between men and women become more pronounced with early sexual maturity. Among women, a special attention is called by the periodicity of a number of physiological functions that correspond to ovarian menstrual cycle (OMC).

Keywords: women, men, ovarian menstrual cycle, sport, conditioning factors.

MECHATRONIC SYSTEM FOR STUDYING THE HUMAN GAIT AND THE SIMPLE RUNNING STEP

Mereuta Claudiu

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Abstract

The paper presents a mechatronic system used to study the human gait and the running step. The device consists of a pressure sensor-electronic device assembly which acquires data collected while walking or running, emphasizing the three phases of the running step. Using the data gathered using this device, it is possible to assess the energetic and control parameters and to evaluate athlete's performance. This device can also be used in highlighting the deficiencies during gait or running, pointing the lack of synchronization between left and right lower limb during the running, the power differences between them, the pressure difference on the ground, the imbalances between the force and speed in training and beyond. All these considerations are based on the study of essential stage in running represented by the impulse action of the foot on the ground.

The problem solved by the mechatronic system proposed consists of the fact that all the data are gathered on a memory card under real conditions, including the configuration of the land on which the run (or jump) is made, the environmental factors (temperature, wind) influences.

Keywords: mechatronic system, human gait, running step.

STUDY ON THE CHOICE OF PREDICTIVE METHOD IN ESTIMATING ATHLETES' PERFORMANCES

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Abstract

The paper presents a study regarding the selection of the most appropriate predictive method in assessing the athletes' performance using the comparison of the residual value, referred to as unexplained variations. If the method used is perfect, then the unexplained variation is null. Alternatively, the average absolute deviation associated with each forecasting method can be used.

In predictive analysis the future evolution of phenomena is estimated using different methods.

The Markov chain method is a predictive model with limited utility that does not imply either the existence of a chronological series or the existence of an association. The Markov hypothesis assumes that the future state depends only on the present state, but also on a matrix of the probabilities of changing the state (the future state does not depend on past states) - the future is conditionally independent of the past.

Another approach is the dynamic series or the time series that involves the use of historical data (records of the evolution of a phenomenon in time).

The modified percentage method aims to evaluate the percentage change of the variable between successive periods of time.

The mobile modifiedpercentage method has a higher degree of accuracy than the modified percentage method and it is used when trends are observed in the data. The method involves the prior calculation of the indices expressing the percentage change of the variable from one period to another. It also assumes the pre-calculation of the moving average of the modified percentage.

The moving average method is used when we want to grant a higher important to recent observation of a set of historical data, compared to the beginning of the set.

The method is based on the property of the average regarding the error compensation, thus diminishing the influence of periodic oscillations. The data represents the trend and reflects the common, general trend of the chronological series.

The exponential smoothing method is more accurate than previous methods. In turn, it creates the possibility that the latest observations to be considered with higher rates. The method involves the selection of a smoothing coefficient whose value is determined either by using the moving average, or by testing and assessing the accuracy of the predicted values (sum of squared residuals).

Keywords: predictive analysis, Markov chain, dynamic series, time series, moving average method, exponential smoothing.

STUDY ON THE IMPORTANCE OF PHYSICAL AND TECHNICAL&TACTICAL TRAINING FOR JUNIORS II IN TABLE TENNIS

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Abstract

To achieve high performance in current table tennis it is necessary to identify and use mainly the most effective components of sports training to optimize the execution of the technical and tactical elements in the attack and defence phases, their improvement to the highest level during training and their subsequent use in competitions so as to favour increased performance. This paper aims to identify the importance and opportunity of using two of the most important factors of training, physical training and technical & tactical training. The study was conducted on a total of 22 technicians and athletes, using a questionnaire comprising 30 questions. Aim: We propose to increase technical and tactical efficiency of our athletes in competitions by collecting and studying information from the most talented technicians and athletes and their application in training. Premise: We believe that at present we don't have

statistics of the most prolific factors of training, physical training and technical & tactical training being in our opinion the most effective in preparing juniors II category for performance. Methods used: the registration method based on a questionnaire of views, statistical and mathematical method, audio-video recording, computer graphics method. Discussion and conclusions: 95.23 % of the interviewed specialists consider physical training the most prolific factor compared to 4.76 % rating physical training as important. Techno-tactical training is rated in terms of importance as 90.47% with 4.94% less than physical training; this aspect makes us believe that these two factors have a sensibly equal importance with a plus in favour of the second one; their use compared to other factors is the most efficient for performance.

Keywords: table tennis, junior athletes II, physical training, technical and tactical training.

STUDY ON DIFFERENTIATED STRENGTH DEVELOPMENT IN SECONDARY SCHOOL

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Abstract

The paper deals with increasing the dynamics and effectiveness of the physical education lesson, by the method of the work circuit as an alternative to reaching the objectives in the specialized curriculum. The systematic practice of physical exercise is greatly conditioned by the physical education teacher’s passionate, attractive and stimulating work, as well as his/her ability to determine his students to overcome their limitations. The age group of 10-15 is specific to dynamic, difficult, risky, strength-testing activities, which increases the competitive stakes at this particular time, thus leading to systematic exercise mainly meant to develop strength. “The circuit”, a methodological procedure used in the development of strength, may be successfully used even in poor logistic conditions, which often happens in rural schools. At the same time, it increases the attractiveness and the motor density of the physical education lesson, giving the students the necessary knowledge to practice physical exercise outdoors. The results of the study

prove that the dynamics and the attractiveness of the physical education lesson increase, without regard to the material conditions available.

Keywords: Physical education, circuit, rural environment.

THE INFLUENCE OF COORDINATIVE ABILITIES ON TENNIS-SPECIFIC DISPLACEMENTS

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Abstract

The paper aims at evincing the place that coordinative ability development should fill within the 10-12 year-old tennis player’s training programme, and finding out whether, through the methods and means selected for this experiment, one may observe an optimization of the displacements specific to the game of tennis. Good displacement skills allow the tennis player to adapt faster and better to the various surfaces he has to play on during the competition year. The forms of displacement in the court constitute the automated movement background aimed at preparing the body segments to optimally master basic and special techniques. The technical procedures of ball-hitting preparation require physical and mental effort, in different paces and rhythms, as they have to perform the technico-tactical connection between the ball actions and hitting the ball. Court displacements may take various forms, more often than not they are combined and permanently interconditioned according to the court area, the technical procedure used, and the technical skill of the player. The results of the study prove that the development of coordinative abilities positively influence the players’ ability to combine the different types of displacements specific to the game of tennis.

Keywords: tennis, specific displacements, coordinative abilities;

PEDAGOGICAL CONTROL OF SPECIAL TRAINING OF PROFESSIONAL BASKETBALL PLAYERS ON BASIS OF MEASUREMENT PROCEDURES AND TESTING

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Abstract

The given paper summarizes the experience of using special training control professional basketball players, the approximate content of measurement procedures and tests used for the pedagogical control of basketball players. The monitoring of the functional condition is accomplished by using tests, which shall provide information for coaches on the impact of training on the body, and will help to choose the optimal strategy for training the athletes. Also, the organization of the pedagogical control of the special training of basketball players is described.

Methods of research. In the started research the used scientific methods were: the analysis of the professional methodical and scientific literature about the basketball. The professional basketball players was tested - running while changing the way of movement, slalom running with the ball, distance basketball throws on speed and accuracy, evaluation of the sub-maximal force during lying press bench test, evaluation of the development of explosive strength when performance the "jump up" test, evaluation of the development of speed abilities. One of the important requirements for the test is its specificity for a certain type of sport. Testing should demonstrate how much the athlete is prepared for practicing professional basketball.

Conclusions. As a rule, during the game season, periodic parameters monitoring (functional monitoring) of the functional condition of athletes is necessary. During the monitoring process, it is necessary to evaluate how the physical condition of the basketball players is changing under the influence of the competition and the training process. One of the most important goals during the season is to maintain a high physical condition, achieved during the training period, due to competently planned training cycles. Conducting functional monitoring, due to use of tests,

provides for the coach information on the effect of training on the body and allows choosing the optimal strategy for training the athlete. The generalized experience of pedagogical monitoring of the training of professional basketball players allows composing the most effective tests for the working - training process.

Keywords: basketball, measuring procedures, testing, abilities, qualified basketball players, pedagogical control, coordination abilities.

DEVELOPING THE COMPETENCE OF COMMUNICATION IN FOREIGN LANGUAGES FOR THE STUDENTS IN THE FIELD OF PHYSICAL CULTURE

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Abstract

The professional study of a foreign language contributes to the abilities, knowledge and professional competencies development, through domains exploration of other disciplines with different contents. In the teaching-learning process of the professional foreign language are developed professional competencies, but through the strategies reference and learning individual activity, adoption and creation, characteristically to foreign languages, on the other hand to those of their mother tongue, is created a unitary ability about the language functioning as a primordial element of communication. For that purpose, it is defined the elaboration necessity of a communication competence development model for the students in physical education domain within the teaching-learning process of foreign languages. At present a foreign language aims the goals and contents of teaching-learning not only in terms of language, but also in terms of communication, the competence of communication, according to the speaking necessities of an actual activity. It is in the case of students in physical education domain from the professional education: the communication competence within the teaching-learning process of a foreign language is related to their job. At the same time, the students have the possibility to

the communication in the respective collectivity. The functional foreign language is relevant to the specialized vocabulary and an education based on competencies, the knowledge of a language, it also means the knowledge of more things about many other languages, without being forever aware of it. Knowing foreign languages ordinarily allow the stimulation of this knowledge and to do them more consciously, a factor that follows to be rather valued than neglected as if it does not even exist.

Keywords: competence of communication in foreign languages, students in the field of physical culture, foreign languages, professional language, teaching-learning process.

AN INVESTIGATION OF THE DIGITAL GAME ADDICTION BETWEEN HIGH SCHOOL STUDENTS

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Abstract

The aim of this study was to investigate digital game addiction level of the high school students according to sport participation, gender, place of accommodation and level of income. Randomly chosen 931 students (508, %54,6 women and 423, %45,4 men) voluntarily participated in the study. In addition to personal information from the Turkish version of Lemmens and colleagues' a game addiction scale was used as a data gathering tool. The Turkish adaptation of the scale was done by Irmak and Erdogan in 2015. The Turkish version of the scale consists of one factor and seven items anchored with a five likert type scale. For the evaluation of the results descriptive statistical methods such as percentage (%) and frequency (f) independent samples t-test and one-way anova were used. As a result, there were a significant result between sport participation and digital game addiction [$t(883)=2,00$; $p=0,04$] student who did not participate to sport activities found more addicted. According to participant gender men students were found more addicted [$t(931)=9,45$; $p=0,00$]. According to place of

accommodation there were not any significant result ($p=0,809$. $p>0,05$). According to level of income a significant result has been found [$f(4-931)=3,07$; $p=0,01$] to see the differences between group post hoc test showed that the differences were between good income level and bad income level, students who has good income level found more addicted.

Keywords: Digital game, Addiction, Sport.

STUDY ON THE IMPORTANCE OF USING DYNAMIC GAMES IN TEACHING TECHNICAL SWIMMING PROCEDURES

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Abstract

This paper represents a study regarding the use of motor games in teaching the technical swimming procedures. When using the games, we noticed the students were more willing, more motivated and learned to swim faster. If the teacher knows how to choose the most effective games, to be used for the topics of his lessons, he can use them throughout the classes giving students satisfaction, a well-being state, thus fighting against boredom or the lack of interest.

To sum up, we found that motor games, if used appropriately and at the right time, can contribute effectively to a faster learning of the procedures.

Keywords: swimming, motor games, students, learning.

OPTIMIZING THE DETENT OF 15-16 YEAR-OLDS BOYS PRACTICING VOLLEYBALL GAME THROUGH VIDEO/ BIOMECHANICAL ANALYSIS

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Abstract

In this scientific paper, we tried to emphasize the effects that video analysis and biomechanical analysis have on the detent. In the purview pedagogical approach were tested initially and finally, a number of parameters: Jumping in height with one hand (running) and Jumping in height with two hands (on the spot).

Following the implementation of specific means video/biomechanical analysis testing, led the final results to be significantly higher than the control group in terms of statistics; We note that "t" calculated is, higher than the "t" spreadsheet, $P < 0.05$.

In this case, we concluded that, following the pedagogical approach were satisfied with most goals, the premise from which we started, turned out to be true, therefore coaches recommend teachers to use video / biomechanical analysis in the training routine.

STUDY REGARDING THE USE OF TECHNICAL AUDIO-VISUAL RESOURCES IN PHYSICAL EDUCATION CLASS IN COMPARISON WITH OTHER SUBJECTS FROM THE LEARNING PROGRAMME OF PRIMARY SCHOOL CYCLE

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Abstract

In this essay we expound a study carried for a period of three years, in which we used the inquiring method by survey-form for 120 professors who teach other subjects and 200 students from primary school. The surveys were differently conceived and adapted in order to provide us

information regarding the familiarization of the teachers and of the students with the modern resources of teaching and learning.

The purpose of the research was to start the implementation of the technical and audio-visual means already existing in schools during the physical education classes. These methods are already being used by English, Music, Arts and Computer Science teachers during their classes.

During the research we have reached the conclusion that optimal conditions can be provided for the good development of the physical education course, as all the schools benefit from modern resources of learning: display units, computers, video-projectors, audio-video systems.

The modern technical resources improve the quality of the learning process by increasing the degree of active involvement of the students, their interest in knowledge, the ease of solution finding and by default, the easiness with which they learn the motive actions.

Keywords: technical resources, audio-visuals, physical education class, primary school.

CONCLUSIONS REGARDING THE SPECIAL INSPECTIONS – PHYSICAL EDUCATION AND SPORT-DONE IN GALATI COUNTRY

Patru Emilian

Galati County School Inspectorate

Abstract

During the inspection in speciality the front controls the pre-inspections or special inspections for granting didactic degrees II and I held along the school year 2016/2017 , a serie of disfunctions can be highlighted such as: no permanent concern in the preparation and use of the lesson outlines (exception the teacher trainee’s detailed didactic outline) as a main method in the rhythmic practice of the concept and conduct of the lessons in speciality; some minor issues that give the image of a certain respect for his/her subject: themes and learning objective are not always correctly formulated; didactic projects in many cases are copied out of the net; material

resources are not fully quantified; no specified methods and strategies used, even if found in the conduct and content of the lessons.

One of the negative findings is the management time budget for each moment of the lesson limited to a single sporting discipline of sports games throughout that cycle frequent mistakes in the specialized terminology (many at different moments of lessons), as a poor leadership team of students difficulties in the use of resources a) human exempt medical students are neglected even if they are able to achieve certain tasks of the teacher; b) time - time is not allocated correctly for certain moments; c) procedural-information students able of correct execution are not asked for correct formation mechanism of basic movement lack of a teacher's personal notebook in which the progress of each student during a school cycle can be highlighted, the results of the tests and auditing arrangements the rhythmic marking no use of a current marking at the end of each lesson most of time the ratings of the student's executions are neglected do not focus on initial testing but only an observation executions and progress from one school year to another

Keywords: inspection; lessons; results.

CONCRETE WAYS OF CONDUCTING NATIONAL DEFINITIVAT EXAMINATION IN EDUCATION

Patru Emilian

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Abstract

In accordance with new methodology for conducting the Definitivat examination ,it applies to all teachers teaching in schools under article 225,paragraph 268,(1), Art. 279 National Education Law no.1/2011, as amended and supplemented. The structure of the examination is as follows: Step I - elimination a specialized support two inspections; professional portfolio assessment; Step II – the final the written examination. The difference from the previous exams is to assess the inspector that performs inspection or the methodologist teacher, the professional portfolio of the candidate.

The professional portfolio includes:

a) Curriculum Vitae;

b) A letter of intention with words (between 200 and 400) showing the motivation for the definitivat examination, objectives and own expectations regarding the personal training as a teacher , self-assessment activities/experience got during the semester, self-esteem professional portfolio and proposals for improvement;

c) A progress report school accompanied by the following supporting documents:

Planning: annual, quarterly and learning units;

Minimum 10 teaching projects for different types of lessons;

Assessment tools (a predictive test with corresponding scale, test results actions);

The roll of the teacher;

Teaching resources adapted to the grade level /group.

d) Self professional portfolio ,according to the evaluation grid set out in Annex No.4 personal is performed according to the evaluation grid set out in Annex 4,on the day the second specialized inspection is done by the commission based on the stipulations of Article 9.(6). Personal professional portfolio is marked to notes from 1 to 10 .The grade cannot be appealed.

Keywords: portfolio; self professional; inspection.

PROMOTING SKIERS FROM THE JUNIOR III TO JUNIOR II CATEGORY BY OPTIMIZING DRY TRAINING AND TRAINING ON SNOW IN BIATHLON SKI TESTS

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Abstract

Biathlon ski is a sport whose technique is not very complex. At the level of children, as far as target shooting is concerned, the differences are not significant, and the distinction at

competition level is mainly due to the level of strength development under tough conditions and balance keeping.

Taking into account the morpho-functional and psychological peculiarities of the age group of 14-15 years to which the theme of the paper refers, we considered that the approach of physical training through resistance at a higher level than the current training is always a hot topic in the biathlon skiers' training.

The training program I propose in the paper was selected and rationalized following the pedagogical observation activity on several groups of skiers within the DinamoRasnov School Sports Club.

The purpose of this research is to experimentally determine the level of resistance improvement through the participation of a group of skiers (juniors III 14-15 years) to a different training program (junior II training program) in terms of both land-based training, and training on snow.

Starting from the premise that physical training and training requirements of the juniors III at the biathlon skiing discipline is well below the level of juniors II, we formulate the hypothesis that: "The implementation of a methodology focused on specific physical training for skiers in the juniors III category may determine the compatibility of the sport performance achieved with the competition requirements of the juniors II category".

Experimental research took place between June 2014 and April 2015, that is, the period of a calendar year within the Romanian Federation of Biathlon Skiing. It was held continuously for two periods; the first period being land-based training from June to November, and the second period, which is snow training from December to April.

The place of research was the training base of the DinamoRasnov School Sports Club, located on the Râșnoavei Valley.

The group investigated: it was made up of 14-15 year old juniors III from the CSS performance group DinamoRasnov.

The experimental group consisted of 10 skiers in the Cristian 102 performance group and the control group of 10 skiers from group 105 Zarnesti.

All 20 skiers are male, are included in the age category of 14-15 years, and are validated at the DinamoRasnov School Sport Club.

The 20 skiers were admitted to the experimental program based on the acceptance and recommendations of the club coaches Pelin Gheorghe and GârnițăNicolae from CSSDinamoRâșnov.

The processing and interpretation of the data resulted from the experiment was performed by the statistical-mathematical method. The statistical indicators that were used in the statistical processing and interpretation of the results were: arithmetic mean, standard deviation and coefficient of variability, presented in comparative graphs.

In the experiment, we can observe a higher level of the experimental group results, as evidenced by the statistical processing.

The methods used in the training process led to a significant increase in the physical training of the skiers, and the results were seen at the CSS training contest DinamoRâșnov, where the skiers in the experimental group achieved notable performances, some of them even overcoming the skiers in the junior II category. Thus, the null hypothesis is rejected and the hypothesis according to which implementation of a methodology focused on specific physical training methodology for skiers in the junior category III can determine the compatibility of the sport performance achieved with the competition requirements of the junior II category.

To train juniors III in biathlon skiing, physical training is necessary or improvement of specific motor skills of this sport highlighting strength, force and skill.

We propose that the yearly training plan used in training processes of juniors III should be as close as possible both quantitatively and qualitatively to the plan of juniors II in the Romanian biathlon.

Keywords: biathlon ski, training program, morpho-functional and psychological peculiarities, statistical indicators.

STUDY ON THE DEVELOPMENT OF MOTOR QUALITIES BY PRACTICE OF CROSS-COUNTRY SKIING AT JUNIORS II

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Abstract

Physical training in cross-country skiing is a particularly important component, as motor skills must be developed with great care at junior age to be able to reach high performances in national and international competitions. Their development is scheduled according to the content of the lessons, the existing sports materials, the seasonal conditions, the students' motor ability at a certain stage.

Cross-country skiing is a sport whose technique is not very complex. That is why the difference at competitive level is mainly due to the motor qualities level of development and especially of the qualities that this sport requires, namely resistance or endurance in conditions of force and balance keeping.

The training program we propose in the paper was selected and rationalized following the pedagogical observation activity on several junior students of the same level.

The purpose of this research is to experimentally determine the level of development of motor skills after taking up a program of initiation in the practice of cross-country skiing as sport discipline.

Starting from the premise that the level of physical development (biological particularities) and motor capacity (level of motor capacities and skills and/or motor skills - as volume and execution) have a fairly large distribution line, it is *assumed* as follows. “... *approaching the development of motor qualities using modern methods and specific cross-country skiing means can lead to an increase in motor performance indexes and, implicitly, to increased sports performance.*”

To the earlier ones, one can add the argument that these qualities (such as speed, force, strength or skill) can be emphasized only in relation to the movement, to the motor act, being parameters of the motor act.

The experimental research took place between 2015 and 2016, respectively the second semester of education. It was conducted in mixed fashion, 3 weeks in October and 3 weeks in March.

The group investigated: it was made up of children aged 13-14 who practice cross-country skiing from the sports training center CSS (School Sports Club) Brașovia.

A set of tests were used to perform the experiment once at the beginning of the experiment and the second time at the end of this experiment. The experimental group's reaction to the specific and non-specific sets of exercises in cross-country skiing, used in the lesson, was monitored.

The results were recorded in tables for better visualization and for better accessible when the graphical is being drawn.

As in the case of the first test, the final tests took place over a three-day period to avoid over-exhaustion of the students, otherwise the results may not be conclusive. The processing and interpretation of the data resulted from the experiment was performed by the statistical-mathematical method. The statistical indicators that were used in the statistical processing and interpretation of the results were: arithmetic mean, standard deviation and coefficient of variability, presented in comparative graphs.

In conclusion, if work is organized, and performed along well-defined (mixed) periods and with modern means, the motor qualities specific to skiing are improved and the basic technique is improved as well.

We suggest that cross-country skiing trainings should be mixed for better efficiency in improving motor skills and technical procedures for non-specific and specific work.

Keywords: cross-country skiing, motor qualities, initiation program, sports performance.

ETHICAL CHALLENGES IN SPORT MANAGEMENT

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Abstract

In this chapter we establish the need for the study of Ethics in sport management. We also present the existential philosophy of the leadership in sport management. We begin by defining and discussing the concept of Ethics, both personally and professionally. A major feature of this discussion is the effect they have on managers values in sport and how they address the responsibilities. Follows the process of determining the value of an individual and putting into discussion of a hierarchy of values and commitment. Then, we introduce the concept of leadership that includes a existential concepts of freedom, responsibility, fear and authenticity. The chapter ends with the important step of translating values into action and of faith.

Ethics programs contribute significantly to the knowledge of people in the group, homogeneous group, harmonization of and between groups of related setting.

Keywords: Value: moral, social, professional, ethical, authenticity, existentialism, sport management.

EXPERIMENT CONCERNING JUMP DEVELOPMENT IN FOOTBALLERS' TRAINING

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Abstract

In the football game there are actions that have a permanent character, changing direction, jumping, stops and sudden starts. The jumping actions meant to head the ball are very important for the aerial game, in the 16 yards box, and not only. Given the fact that the jump has an important role in the development of such actions, a need to transfer some means of training from volleyball to football players are necessary, especially for the vertical jumps. The higher the force of the legs, the faster the player will perform the actions required by the competitive game.

Maximum strength training creates the conditional basis for explosive strength training. The similarities between the two types of strength are so important that for the improvement of the explosive strength the maximum strength training methods are frequently applied. The two types of strength are strongly related to nerve activation, which can be the basis of the transfer capacity from maximal to explosive. For team sports the ability to accelerate quickly is not enough, coordination is also required.

To what extent the practice of means of jumping, plyometric jumps, influence the athletic/ physical performance of footballers, with an emphasis on solving the proposed tasks, by adopting a complex set of data collection and processing methods whose value and efficiency consists in the combined use of research methods for drawing conclusions.

Keywords: maximum strength, plyometrics, motor transfer.

EXPERIMENTAL STUDY ON THE MOTOR TRANSFER CAPACITY OF THE EXPLOSIVE STRENGTH IN TRAINING FOOTBALL AND HOCKEY PLAYERS AGED 16-17

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Abstract

Modern sports’ training addresses the biological concept in the preparation of athletes. This experimental study consists in identifying opportunities of improvement for the sports training through the use of combined motor qualities strength-velocity. Football and hockey athletes have the ability to accelerate quickly, players must be able to change direction and, in particular, to decrease acceleration rapidly (to decelerate), to turn and immediately accelerate in the opposite direction. The greater the leg strength, the faster the player will execute this movement activity. Consequently, the athlete must do strength training simultaneously with speed training. In this respect it is important to mention that the share of competitive effort in the games of football and hockey is 70 for anaerobic effort to 30 for aerobic effort. Hockey means of

training strength are used for football players, and football means for training strength are used for hockey players. These means are chosen and conceived from the experimental research of the two groups of athletes, they focus on the covered distances, weights lifted, jumps, coordination.

The methodological basis of the research is supported by the theoretical aspect and the practical experience based on the ideas of sports training. It is in this context that the level of development for the capacity of strength-velocity of the two groups of athletes, 16-17 years of age will be assessed.

Keywords: sports training, programming, sports preparation process, differential training.

ANALYSIS AND DIAGNOSIS OF EDUCATIONAL POLICIES FOR THE FORMATION OF SPORTS CULTURE IN THE SCHOOL POPULATION

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Abstract

The study is registered in a scientific analysis approach that supposes the researches cooperation from the Republic of Moldova and Romania in order to achieve a common interest objective that aims the identification of the sports culture level at the school population and the approaches achievement in order to improve it through educational policies.

The study involves the analysis and the diagnosis of the educational policies, actual in the curriculum from the Republic of Moldova, Romania and the European Union;

To carry out the proposed research, was followed, are concerned the school populations' grades of each cycle of education from the two countries, as follows: 4, 9 grades (eighth respectively in Romania) 12. Besides the sporting culture evaluated, we appreciate, identify and analyze common cultural factors, contextual and ethical attitudes developed at the level of school population. It will be made comparisons and highlighted the positive aspects of the education system in the two partner countries, it will be made proposals to improve specialized curriculum

for the acquisition by the young people of some skills that will turn them into adults with higher quality life.

The research proposed by us through the analysis and diagnosis of existing educational policies is oriented towards problem solving capabilities, by integrating complex information sources into new, unknown contexts, of using experience in an interactive work environment; Developing the capacity to respond to social, scientific and ethical issues in the process of work or study; Developing the scientific research capacities of teaching staff and students; Developing research-based diagnosis capabilities to solve problems by integrating knowledge or through interdisciplinarity; developing new knowledge and skills in response to the challenges posed by the evolution of technology and science; Training leadership and innovation skills in work or study contexts, involving different factors, interacting and improving the strategic performance of teams.

Keywords: Educational policies, sports culture, ethics, curriculum.

THE TRAINING OF THE HIGH PERFORMANCE MARATHON RUNNERS IN THE ACTUAL PRELIMINARY PREPARATION STAGE FOR THE COMPETITIONS OF THE ANNUAL TRAINING MACRO- CYCLE (CASE STUDY)

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Abstract

This article examines the process of preparing for competitions, the International Master of Sports Prodius Roman, the participant at the Olympic Games in Rio de Janeiro - 2017 in marathon trail (case study).

Methods of research: analysis and synthesis of specialized scientific and methodological literature; pedagogical observation; pedagogical control research; pedagogical experiment (case study); statistical and mathematical methods of data processing; graphical and tabular method.

Results of researches It was found that, along with coming of the start day, the "speed corridor" narrows due to the reduction of the running speed on short intervals (interval method) or increasing the speed on long intervals (continuous running method). Both in the first case, as well as in the second case, the running speed maximally reaches the average of the running speed of the competition.

Conclusion in the actual preliminary preparation stage for the competitions a very important role, in the process of dosing the efforts, has the average of running speed of the runner during the competition. Depending on this, the so-called individual "speed corridor" will be calculated, and then it will be taken into account when planning the running speed and intervals lengths. The optimization of the training system in the marathon trial must be based on the principle of individualization, and it will have to be respected the more strictly, as the higher is the level of athlete qualification.

Keywords: actual preliminary preparation stage for competitions, training process, structuring, effort, marathon, runners, monitoring.

SOMATIC PARAMETERS AND PHYSICAL FITNESS LEVEL DETERMINATION BY PHYSICAL ACTIVITY ATTITUDES OF SLOVAK UNIVERSITY STUDENTS

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Abstract

In this contribution authors deal with relationships of physical activity attitudes with somatic and physical fitness parameters of 606 Slovak universities students. Attitudes were estimated by Lickert scale in three components (cognitive – COG, emotional – EMO and tendency to act – TEA), from somatic parameters were measured body height (BH) and body weight (BW), physical fitness was evaluated with reduced Eurofitbattery tests: sit and reach (SR), standing

broad jump (SBJ), medicine ball throw (MT), shuttle run 10 x 5 m (10x5m), sit-ups (SU) and endurance shuttle run (ENDUR). We have available students from the Faculty of physical education and sports (FSPORT) and from 8 different faculties (not studying sport); also we compared these measured parameters with former Slovak population norms. Differences and relationships were evaluated by t-test and correlative coefficients; we used • $p < 0,05$ and •• $p < 0,01$ significance level.

We found that there are not great differences between somatic parameters FSPORT and other faculty students, both male and female. In physical fitness factors reached clear majority FSPORT students; students from other faculties show physical fitness stagnation resp. fall comparing former population, both males and females. In attitudes reached significantly higher levels students FSPORT in all three components. Other students were slightly worse in components COG and EMO (though in all groups they were over average), but in component TEA there were principal differences (over average level reached only FSPORT students). Gender differences in attitudes were not very different. We think that lower like average values in component TEA in other faculties courses often lack of physical activity and it influence also lower level of physical fitness. Components of attitudes relate to physical fitness level mostly in groups of other faculties students, more often among females. We suppose that entrance in FSPORT studies also means that attitudes components must have relatively high level.

Key words: university students, somatic parameters, physical fitness, attitudes, physical activity.

DIFFERENTIAL TREATMENT AS A DETERMINING FACTOR IN TRAINING THE SCHOOL FOOTBALL REPRESENTATIVE TEAM

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Abstract

Multiple instructional and educational values of the football game led to this sport being included in both school curricula, which specifies the contents of the general preparation of students as well as in various forms of organisation of the football school activity.

The purpose forming the school football team is to select gifted children with specific qualities and to prepare them to successfully represent the school in competitions. It is very hard for a teacher to compile such a competitive representative team because of the small number of children, as well as because of their value, so that the group he trains is made of students of different ages and classes.

When the selected students have different ages to achieve the maximum effectiveness of the training programme, an important role lies with students' differentiated treatment according to the peculiarities of the age and to their level of education.

This paper aims at studying the content and the technology of training as well as the accumulations recorded by the school students in the school team, during six months of experimental training.

Keywords: training, school representative team; football ; differential treatment.

CONCEPTUAL APPROACHES IN PREPARING YOUNGSTERS FOR HEALTH

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Abstract

This research study responds to the concerns and directives of the European Parliament for a society of learning and knowledge, overriding measures imposed by the unproductive evolution of increasing phenomena related to: physical inactivity; nutrition; smoking; alcohol; drugs; internet, anxiety, with major consequences in the development of the personality of the individual at the social level. At the level of higher education we need an elaborated process, consolidation and interdisciplinary implementation of theoretical and practical knowledge, that meet the educational requirements for the profit of health, rest and leisure at the expense of some parasitic forms of contemporary society. This teaching approach must be an alternative, a new curricular vision, with a view to acquire abstract and concrete skills specific to motor and related activities for the physical and mental health. It is necessary to produce visible effects, transfer effects, among students at the level of the effective and achieved curriculum.

The coherence of the activity is structured on the acquisition of theoretical and practical knowledge related to the topics of lessons and objectives aimed. Through these curricular approaches the students acquire techniques of permanent education to learn and investigate, to combat the wrong life skills, to become aware of the dangers of the consumer society and the activities in which we are living for spiritual and moral values.

This experimental study has a specialized informative documentation and sources from sciences related to physical education and sport. In the inquiry we apply scientific methods of research: analysis and generalization of data in the literature of specialty; pedagogical observation; the questionnaire-type survey; testing and measurements; the graphical and tabular method; the pedagogical experiment; the mathematical and statistical method; analyses and appraisals; assessments; conclusions; proposals. It considers the conceptual recollections of teaching and learning, with a communicated content and activation that they can use throughout

their lives, forming a culture that will pass on from generation to generation, earning a profit, sustainable health with social benefits.

Keywords: training process; skills; predictiveness and health.

EXPERIMENT ON THE IMPORTANCE OF PREPARATORY MATCHES FOR THE TRAINING OF SCHOOL SOCCER TEAMS

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Abstract

Among the tasks of the PE teacher is that of finding and preparing the most gifted students for football, talents that could also be, where appropriate, subject to orientation towards sports schools or high-performance sports clubs.

The work made to select, build and train the representative football team remains and must represent one of the basic issues in the activity of physical education teachers in each school, issue that is as important as the teaching activity during the usual classes.

As a result of these actions, the teacher-coach must form a team and prepare it for participation in sports competitions as referred to in the sports calendar of competitions.

In order to make a school football team, the selection of children that are gifted with specific qualities is an aim as well as their training in order to successfully represent the school in competitions. The group which is the subject of the experiment followed a training program, it was controlled and observed throughout this period, subject to tests according to age.

Keywords: school representative team, preparatory matches, selection, training.

DIFFERENTIATED PHYSICAL TRAINING WITHIN THE FRAMEWORK OF A YEARLY TRAINING CYCLE OF YOUNG FOOTBALLERS SPECIALIZED ON THE POSITION OF DEFENDER

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Abstract

The main aim of this study was to find out the increase level of the differentiated special physical training for different age categories of footballers depending on their positions on the field, especially defenders. A complex test of special physical features has been performed in order to achieve this objective. Reevaluation of the training process of children and juniors practicing football is a complex phenomenon that requires training solutions based on multiple information, experiments, research and studies. It has a number of features, mainly due to the peculiarities that are shown by different periods of their development. That's why the problem of differentiated physical training for 13-14 year-old footballers has been approached.

The settled current major scientific issue in this area covers a differentiated approach to the development of the young footballers' specific physical qualities which will further optimize the educational process and enhance its effectiveness.

Following the review of literature in the field, teachers' observations during the experiment, and relying on survey data, there have been prioritized the development of physical qualities specific to young players depending on their game positions, the ways of their manifestations, determining the specific differentiated physical training level in the course of one-year training cycle, which, in their turn, extend and complement the existing layout in the theory and methodology of sports training in football.

Methodology and research organization. The purpose of research is to optimize the structure and the content of the physical training for the 13-14 year-old junior football players, based on differentiated exercise training of defenders in a yearly training cycle.

The research results. Analyzing the data and the opinions of experts in the field, it was found that one of the main objectives of the research was to outline the level of the development and

differentiated special physical training of footballers of different age groups and specialized as defenders in a yearly training cycle. To achieve this objective we have carried out a complex testing of motor skills specific to the position of defender in number of 16, divided into the experimental group (n = 8) and the control group (n = 8). In the ascertaining experiment, complied with the requirements of CTYF “Zimbru”, it was determined the physical growth (height and weight) and there were applied five motor tests.

Conclusion. Differentiated physical training according to the player’s field position in the game had a positive impact on the technical training department of juniors, who at the end of the experiment improved significantly their play quality indices, that is technical parameters related to the basic technical elements and methods of a football game.

Keywords: football, junior, special physical training, differentiated training, player’s field position in the game, defenders, young players.

A STUDY REGARDING THE SPECIALISTS’ OPINION ON THE IMPACT AND THE PROMOTION OF EXPERIENTIAL EDUCATION PROGRAMMES WHEN TEACHING PHYSICAL EDUCATION IN SCHOOLS

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Abstract

The present article sets its goal to underline different aspects which imply the specialists’ involvement in the physical education and sport field when we speak about alternative educational programmes that promote a non-formal education. The goal was to identify to what degree the specialists promote and take part in activities, typical for experiential education and which are their benefits. The questionnaire was applied on 52 subjects, during the March-April 2017 period, it had 15 questions with closed answers and I used a Likert scale from 1 to 5. The results showed a 73% rate in the case of the the importance taken into consideration by the

specialists in experiential education, and over 70% consider that there is a low interest in promoting programmes that include thematic trips. In conclusion, the experiential education is not presented according to its importance and we also underline the fact that there is a low attendance to alternative educational programmes which develop life skills and important veiling that define the person during the school years.

Keywords: experiential education, learning through adventure ,extracurricular ,intermediate school, specialists.

MEANS AND METHODS OF STRENGTH TRAINING OF MIDDLE DISTANCE RUNNERS AT THE STAGE OF INITIAL SPORTS SPECIALIZATION

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Abstract

It should be noted that in recent decades the importance of strength training for increasing a special capacity in middle distance runners is not called into question. The use of training tools of strength orientation has become commonplace. The opinions of experts about the use of means of the group in training young athletes is not so clear. As a result the place of means of strength training in the structure of the training impact is causing some interest, which are developed by young runners on average distances and their impact on the growth of sportsmanship.

Methodology and research organization. This study an attempt was made to get the information of interest, by interviewing experts. In this regard, respondents were presented a list of means of physical training recommended to use by runners on average distances on SISS (the stage of initial sports specialization). In consequence of this study an attempt was made to get the information of interest, by interviewing experts on this issue. The list represented a wide range of tools with different focus.

The results of research. The results of the analysis have allowed identifying the most frequently used means and methods of strength training of middle distance runners aged 13-15 years. The results of the study indicate a fairly wide variety of tools used in the training process of young runners both in aerobic-anaerobic and anaerobic areas of power supply, and a narrow range of application of aerobic orientation.

It should be noted that the detected ratio of training means should not mislead the experts, because it reflected only the preferences of respondents in relation to the diversification of exercises used with the purpose of improving the mechanisms of energy supply of muscular work. It should be noted that the most popular method used among trainers in strength training is a repeated-serial method and shock the least. As expected, the effects aimed at the development of strength endurance dominate in the structure of training loads of strength nature. At least significantly loads were mastered in means aimed at the development of speed-strength and the proper strength abilities.

Conclusions. It is founded that accentuated effect on the muscle component of the athlete allows achieving more significant development of its motor capacity and a more efficient implementation of the latter in terms of competitive activity than when using traditional means of training.

Keywords: a stage of initial sports specialization, means, methods, strength training, runners on average distances.

STUDY REGARDING MOVEMENT SPEED DEVELOPMENT IN PRIMARY SCHOOL CHILDREN BY USING MOTOR GAMES AND RELAYS

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Abstract

The development of motor qualities represents a constant challenge for specialists in the domain of physical education. The general competences from the new Physical Education school curriculum for the 3rd and 4th grades focus on improving motor quality manifestation indices in relation to the individual possibilities of pupils belonging to this age group. In the present paper, we aimed at presenting the results regarding the improvement of the speed motor quality by using movement games and relays. We used 5 movement games and 5 relays, which concentrated on developing speed. In order to test the results obtained within the physical education classes we used the 25-metre sprint, the race starting from a standing position. The results recorded in the final tests proved that the use of movement games and relays had a positive effect on the improvement of the speed motor quality manifestation indices. The experimental group obtained an average value of performance for the tested trial of 6.07 seconds whereas the control group obtained an average value of performance of 6.21 seconds. Therefore, we can assert that the obtained results prove the practical efficiency of movement games and relays.

Keywords: physical education, speed, movement games, relays, primary school, motor qualities.

THE INFLUENCE OF THE EXERCISES OF FORCE IN TRAINING HOCKEY PLAYERS OF 17-18 YEARS OLD

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Abstract

The methods and means of force are part of the segment of the planning in the preparation of sports for all levels: adaptation, anatomical, preparation competition stage and competitive. It takes a judicious choice of the means of strength, dosage (number of repetitions and pause) and charging for each period in part. In this context they highlighted the means used and learned from the school of running, jumping, selecting in order to plan certain exercises that use explosive force, which later were introduced in the experimental program of the study of the development of the force explosive to hockey players with the age of 17-18 years.

Keywords: sports training, strength, planning, hockey.

OPINIONS REGARDING THE PROFESSIONAL TRAINING METHOD OF THE MANAGER COACHES IN DIFFERENT SPECIALIZATIONS

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Abstract

Currently, the educational ideal of Romanian school consists in the “free, integral and harmonious development of human individual, in formation of an autonomous and creative personality.

Methods of research. In the started research the used scientific methods were: the analysis of the professional methodical and scientific literature and the documents related to the issues of the professional training of the manager coaches.

The results of research. The culture of coach is the result of his education and preparation, his components being the general and philosophical culture, professional and psycho-pedagogical culture.

Conclusion. The performance sports is the most dynamic activity sector in the field of sport, in this way the specialists should use modern technologies in the field of cybernetics, to learn to communicate, to find new information to analyze and evaluate them, to take efficient decisions.

Keywords: coach, psycho-pedagogical culture, evaluation.

THE EFFICIENCY OF THE COURSE "MANAGERIAL RESEARCH IN PHYSICAL EDUCATION AND SPORT" IN THE VOCATIONAL TRAINING OF THE SPECIALIST

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Abstract

In this article we have conducted an experimental study on the efficiency of the course "Managerial research in physical education and sport", in the vocational training of the specialist in the field. The scientific research is the key lever in the development of physical education and sport field and has a decisive influence on the adaptation of sports organizations to the international changes.

"Managerial research in physical education and sport" is an educational discipline that substantially contributes to the formation of the general and specific competencies necessary for the specialist in his professional activity. It contributes towards shaping of the future specialist profile by forming the managerial scientific working skills necessary for all organizing forms of sports activities.

Keywords: managerial research, specialist, vocational training, physical education, university curriculum, university course, competencies, didactic strategies.

CREATIVITY AND INNOVATION - THE PREMISES OF PERFORMANCE IN HIGHER EDUCATION OF PHYSICAL EDUCATION AND SPORT

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Abstract

This article talks about creativity and innovation as premise of performance in higher education of physical education and sport. At the present stage, the creative approach is the most efficient means in solving the problems of complex, social, economic, educational etc. The development of the creative potential of the future specialists in the field of physical education and sport as a necessity in order to make their professional preparation in accordance with current requirements and for life.

Keywords: creativity, creative learning, creative thinking, innovation, higher education, performance.

KINETOTHERAPY SECTION

ANALYSIS OF THE DETERMINING FACTORS IN MAKING THE DECISION TO TRAIN PROFESSIONALLY AS A PHYSICAL THERAPIST IN NORTH-EASTERN ROMANIA

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Abstract

The provision of alternatives when making a decision, their evaluation, and the selection of the best one represent stages of the actual decision-making process. These stages are influenced by the effects determined by certain more or less objective factors. The decision to act belongs directly to the person, based on the analysis of the influence of these factors, but also of the "convenient" or "priority" solutions. This research aimed to analyze the importance of certain factors that have influenced the decision of 186 candidates who chose to be trained professionally as physical therapists at the universities in North-Eastern Romania (Bacău, Suceava, Iași), during the main admissions in the summer of 2016. The subjects were inquired using a 12-item questionnaire before the admission examination, their involvement being voluntary. In regards to the important factors, the statistical analysis has shown average values many times above the values of other analyzed factors. One can conclude that in North-Eastern Romania, for the candidates for the main admissions of 2016, the determining factors in making the decision to train as physical therapists were, mainly: living near the university, the attraction of a successful profession with future perspectives, the good name of the study program or of the university, and the advice of their friends and family.

Keywords: profession, physical therapist, decision, factors.

POSSIBILITIES AND LIMITS OF MELOTHERAPY IN TREATMENT OF ONCOLOGICAL DEPRESSION

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Abstract

A research of the relationship between music and psychology is welcome in oncology psychology. We could say that music and psychology are two communicating vessels;

The overall objective is to try to treat or even improve oncology depression with melotherapy.

The purpose of the research is to try to make an assessment of the personality of the patient, highlighting the main problems and psychic peculiarities of the patient, and drawing up a specific therapeutic plan for each patient.

Melotherapy does not replace chemotherapy or other psychotherapy but associates with them. It is not a universal remedy for all the the disorders

Keywords: melotherapy, psychology, oncological diseases, depression.

PSYCHANALYZE AS PSYCHOTHERAPY METHOD

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Abstract

The psychoanalysis proceeds inductively, and the behaviour therapy – deductively. Consequently, the psychoanalysis resorts to a historical – longitudinal investigation, starting from the individual’s unmemorable beginnings, unlike the behaviour therapy, which cuts a transversal section, by performing an actual symptomatic inventory.

Contraindications of psychoanalysis involve severe psychiatric conditions such as psychoses, which require psychopharmacological treatment. Also, patients with a weak Ego

force are contraindicated, to whom the effort required by psychoanalysis itself can psychologically disorganize them, with the danger of suicidal pulses or regressive states or psychotic development

Keywords: psychoanalysis, therapy – deductively, simptomtic.

PATIENT SCAPULOHUMERAL PERIARTHRITIS RECOVERY USING KINETIC METHODS -CASE STUDY

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Abstract

The theme deals with a case study of a patient suffering from scapulohumeral periarthritis, namely a simple painful right shoulder, where it is common to both athletes and people who do not do sports. This condition, scapulohumeral periarthritis, mainly affects people over 40 years old when wear processes are common, although the disease can remain latent clinically, distribution by sex is equal. Scapulohumeral periarthritis is part of rheumatism abarticulare, and it is characterized by the syndrome of a painful shoulder accompanied by limitation of movement in the joints, affecting the "false" joint of the shoulder (by the subacromio-deltoid slide) by degenerative lesions of the tendons, in particular of the supraspinatus and biceps, characterized by calcification or necrosis that will lead to rupture. In this way we will learn and discover in detail the causes of this disease and also will develop and implement programs and methods of patient recovery with scapulohumeral periarthritis.

Keywords: recovery, patient, periarthritis.

THE IMPORTANCE OF REGULAR PHYSICAL ACTIVITY AND SPORT IN THE DEVELOPMENT OF VESTIBULAR SYSTEM IN CHILDREN AND ADOLESCENTS

Codreanu Corneliu-Mircea

Abstract

The vestibular system is a complex component of a multimodal apparatus in charge of maintaining the static and dynamic equilibrium. During individual development, several studies showed that day-to-day experiences and especially the practice of regular physical activity and sports are beneficial to improve equilibrium.

This article is a review of the main studies concerning the effects of physical training on improving posture and response times during childhood and adolescence. Some sports have beneficial effects on adapting the individual to quickly change from one sensory system to another (for example, in combat sports), while others increase the prevalence of use of one particular information system (visual information in dancing, proprioceptive sensory system in gymnastics).

Experimental studies showed that static tests` results are mainly linked to individual patterns, while dynamic testing demonstrated that performances are related both to experience and natural skills, which is very important in choosing an individualized training plan early on for future professional athletes.

Keywords: vestibular system, equilibrium, physical activity.

PREVENTION AND MANAGEMENT OF BAROTRAUMA IN LEISURE DIVERS

Codreanu Corneliu-Mircea

Abstract

Recreational or leisure diving is becoming increasingly popular among adventure-seeking individuals, with more and more coastal resorts offering diving lessons for inexperienced tourists. While some diving schools are supervised by professionals, others don't benefit from this kind of expertise and so-called diving disorders (caused by exposure to ambient pressures significantly different from the surface atmospheric pressure) may occur, sometimes with devastating effects in the absence of treatment.

This paper focuses on the principles of recognizing this potentially life-threatening pathology, its main clinical features and the treatment options available, both as first aid and as definitive. As a general rule, two treatments are usually associated in the management of barotrauma: oxygen therapy and hyperbaric therapy.

We also emphasize on the importance of preventing these accidents to occur, by checking that the candidates are in good health and fit to engage in this challenging activity, but also on ensuring that the diving schools meet all the safety requirements and rely on trained professionals.

Keywords: diving, barotrauma, oxygen therapy, hyperbaric therapy.

STUDY OF TRAUMA AND PREVENTION OF CHILDRENS AND JUNIORS IN THE SPORTS GAMES

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Abstract

If exercise is for most people of other professions vital to maintaining health, for athletes it can turn, sometimes under circumstances harmful element. Athlete training, both the beginners and the advanced, has now become a complex science. It appeals to elements of pedagogy,

biology, chemistry, physics, medicine, mathematics and other sciences, subordinates and integrates the purpose of improving efficiency of the human body.

Sports traumatology, dealing with the study of diseases trauma that occur during exercise generally and sportier performance in particular gives us, based on the experience in the last year, a classification corresponding pathogenic factor it generates directing both therapeutic and especially preventive measures.

Keywords: sports games, sports performance, physical injuries and their prevention.

PREVENTION AND CORRECTION OF HANDBALISTS' LUMBAR SPINE INJURIES

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Abstract

In performance sport, where the human limits are permanently forced, medical problems appear more often and at a higher intensity and gravity. A real problem in performance sport is interrupting sports activity for medical reasons. The most common diseases in sports games, in general and particularly in handball, are those of lumbar spine, which have different causes. The research was done using the components of handball team CS University Suceava, from National League - masculine, who had symptoms and pathologic signs of vertebral column which imbalanced the normal sporting activity. By using a system of stretching exercises applied differentiated, we achieved the effect of reducing lumbar pain.

Keywords: stretching, vertebral column, lumbar pain, physical exercise.

PHYSICAL AND EMOTIONAL PAIN IN PREGNANCY AND CHILDBED: KINETIC THERAPY, PHYSICAL THERAPY OR COMBINED THERAPY?

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Abstract

Non-pharmacological therapies, in analogy to the pharmacological ones, may simultaneously treat physical and emotional pain. For pregnant and nursing mothers, this principle is especially true in the case of active kinetotherapy. Exercise and massage are effective in treating musculoskeletal pain in the case of pregnant women and childbeds. Although transcutaneous electrical stimulation and shortwave diathermy are used to treat musculoskeletal pain of pregnant women, their effectiveness is not fully demonstrated. Moreover, there appears to be maternal-fetal risks. In conclusion physical therapy or combined therapy may be reserved for treatment of musculoskeletal pain of pregnant women or childbeds only in cases where there are contraindications for physical effort.

Keywords: kinetotherapy, musculoskeletal pain, pregnant.

PRELIMINARY STUDY ON THE CHANGES IN MUSCLE COMPOSITION IN SPORTS GAMES

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Abstract

In order to evaluate how volleyball and basketball games and their corresponding training sessions coincide with changes in the composition of the muscles put to work, we used the method of the repeated effort at submaximal weight to test a lot of volleyball players and one of basketball players. The results show that the muscles involved in the specific effort required by volleyball exercises retain their typical proportion in muscle fiber types, while in the case of basketball the typical proportion of fast-twitch fibers is replaced by the slow-twitch fibers.

Keywords: volleyball, basketball, slow-twitch fiber, fast-twitch fiber.

THE CORRECTION OF THE DEFICIT OF THE ATTITUDE AND THE PHYSICAL RECTIFIED "CIFOZA" TO CHILDREN, USING SPECIFIC MEANS OF GYMNASTICS AND SWIMMING

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Abstract

This work proposes to submit a complex program of specific means of gymnastics and swimming for the purpose of correcting the attitude and rectified spine, cifoza in children (12-14 years), as the number of persons suffering from obesity is still higher and his sedentary ways were because has become one of the characteristics of our lives day by day. The doctors draw the alarm in order that the more children have a body weight than normal weight since the tender age and the desire to do movement is still low, little preferring the TV or the computer as a means of enjoying your free time. No physical activity shall be reflected in the deficiencies in the physical development, and in particular of the spine.

Keywords: Visually impaired individuals; specific means, gymnastics, swimming.

THE EVALUATION OF THE DOMINATING SENSORIAL PERCEPTION THROUGH TRAINING IN SPORTS PERFORMANCE

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Abstract

Performance sports is a specific activity of the limits of the individuals' physical and psychological possibilities, a social experiment in which an impressive number of sciences and disciplines with scientific character test their powers. The intervention of training and psychological assistance on athletes has as starting point the need to grow the psychological and

adapting abilities of these to the extreme challenges of the specific activity, and as a final point and the developing of the psychological “skills” that will satisfy these needs in the conditions of reliability of the psycho-behavioral system.

The aim of the research is, on the one hand, the study, analysis, and identification of the psychological particularities, of the athletes' personality and of the manner of evolution depending on the dominating sensorial perception; on the other hand the improvement of the process of sports training in order to increase the general level of sports performance, in the game of handball.

The subjects of this research were 14 female handball players with ages between 14-16 years old, members of the Handball Sports Club Association VeraflorBrașov.

The methods of research are:- the sensorial perception test, the questionnaire includes 15 items, each having four possible answers (AVKD).

Auto-observation – each subject watched selected video sequences from trainings, then they were invited to describe aloud the accuracy of their actions and the type of communication with their teammates.

Conversation – it aimed to the same formative effect through feedback, targeting the way in which the handball players select their perceptive data, organize, verbalize and introduce them into behavior.

The research highlights the importance of physical processes in the activity of sports performance. The results of the research contribute to the confirmation of the hypothesis that applying a specific methodology in the process of training contributes to the development of secondary perception channels in training and implicitly to the growth of the general level of individual and group sports performance.

Keywords: evaluation, sensorial perception, individual training, sports performance.

THE EFFECT OF 3 MONTH CARDIO BOSU EXERCISES ON SOME MOTORIC, PHYSICAL AND PHYSIOLOGICAL PARAMETERS IN SEDENTARY WOMEN

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Abstract

Purpose: In this study, the effect of Cardio Bosu exercises which applied to sedentary women for three months, on some motor, physical and physiological characteristics were investigated.

Method: In the study group, 60 sedentary women with a mean age of $35,80 \pm 7,4$ and a mean height of $163,98 \pm 5,7$ participated as volunteer. Before and after the exercise program, body weight, blood values, flexibility, hand grip strength, range jump and body composition values were measured. SPSS package program was used for the analysis of the data and the difference between the pre-test, post-test measurements was determined by Wilcoxon test.

Results: The fat percentage was 30.51% at the first measurement before Cardio Bosu exercises, and 27.84% at the last measurement. Between the first measurement and the second measurement, the decrease in fat percentage and fat mass as well as the increase in lean body mass were found significant ($p < 0,001$). There was no significant difference in body weight, body mass index and body fluid ratio ($p > 0,05$). At the end of three months of exercise, the decrease in waist and hip circumference measurements was significant ($p < 0,001$). There was a significant difference in cholesterol, triglyceride, HDL and LDL values between the first measurement and the second measurement after 3 months of exercise ($p < 0,05$). There was also a significant increase in hand grip strength, flexibility and jump ($p < 0,001$).

Conclusion: In sedentary women, 3-month Cardio Bosu exercises showed a decrease in fat percentage and a decrease in waist and hip circumference with an increase in lean mass. In mid-aged sedentary women, a positive affect in blood lipid values and motor characteristics were also found. As a result, it can be suggested that sedentary women are encouraged to do cardio Bosu exercises.

Keywords: Bosu, sedentary, physical fitness.

TREATMENT OF LUMBAR DISC HERNIATION BY SHORT-TERM KINETOTHERAPEUTIC PROGRAM

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Abstract

Background. Lumbar disc herniation, known as intervertebral disc fracture, is the protrusion of the pulpos nucleus or fibrous ring of the intervertebral disc in the spinal canal.

Purpose of Study. Treatment of lumbar disc herniation by short-term kinetotherapeutic program for high efficiency, quick recovery and improvement of quality of life.

Methods. Study group of 15 patients with lumbar disc herniation (8 men, 7 women) with mean age 40 years (25-55 years), 73% from urban area, 27% from rural area was treated with specific combined kinetic intervention for 10 days: Williams method, hold-relax method, lumbar mobility exercises, back mobility exercises, Kabat diagonal exercises.

Findings and Results. Lumbar herniation was caused by lifting heavy weights (52%), prolonged sitting (20%), prolonged standing (20%), spine trauma (7%). After kinetic program, lumbar pain was reduced or totally disappeared, scoliosis or lumbar rectitude persisted, paravertebral and lumbar muscles were relaxed (95% of cases). Complete flexion of trunk on lower limb was improved (93%) without pain (100%), dural syndrom and nerve root syndrom were negatived 100%.

Conclusions and Recommendations. Physical therapy recovery of adults suffering from lumbar disc herniation is an efficient method to relieve pain, to improve kinetic functionality and quality of life and is recommended in such cases.

KINETOTHERAPY IN CHILDREN WITH CEREBRAL PALSY

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Abstract

Background. Cerebral palsy is a group of permanent movement disorders that appear in early childhood. Symptoms include poor coordination, stiff muscles, weak muscles, tremors and, sometimes, impairment of sensation, vision, hearing, swallowing, and speaking.

Purpose of Study. Improving the health status of children with cerebral palsy following the intervention with a kinetic program both in the therapy facility and at home and tracking children's normal development parameters.

Methods. Study group included one boy (one year old)-first case and one girl (two years old)-second case, with cerebral palsy who were treated with specific kinetic intervention for 6 months.

Findings and Results. After study treatment the boy (first case): maintained sitting position; rolled from the ventral decubitus to the dorsal decubitus; maintained lateral decubitus position and the ventral decubitus position with support on the palm root; four-legged walking, but not independent bipedal walking. The girl (second case) acquired use of both upper limbs; turning the head to the right; maintaining ventral decubitus; rolling from dorsal decubitus to ventral decubitus; spasticity was much lower in the upper and lower limbs; but did not walk independently and balance was impaired.

Conclusions and Recommendations. The initiation of recovery through kinesiotherapy as early as possible is a very important aspect, as the child manages to quickly acquire missed parameters. The more the child works, both in the therapy setting and at home with their parents, the more progress and better results. When the child had to pause for different reasons, he/she showed a period of stagnation.

KINETOTHERAPY IN ADOLESCENTS WITH SPASTIC TETRAPARESIS

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Abstract

Background. Spastic tetraparesis (ST) manifests with increased muscle tone (spastic hypertonia) distributed to certain muscle groups and present permanently, even during rest, affecting all four limbs, sometimes with predominance on halfbody or upper limbs, the causes being mostly prenatal (central nervous system malformations). ST is a central motor neuron syndrome often accompanied by mental disorders and debility.

Purpose of Study. Decreasing spasticity and improving motor parameters in adolescents with ST after intervention with kinetic program.

Methods. Study group included 3 adolescents with ST, 14 and 15 years old, who were treated with specific kinetic intervention for 6 months (relaxation techniques, skin stimulation – Margaret Rood method, Kabat method, Bobath method, passive techniques, balance exercises) combined with physiotherapy and warmth applications.

Findings and Results. Spasticity decreased in all cases. Sitting without support, staying four-legged with support and without support, standing on knees with support and without support, making few steps with help, climbing/descending the ladder with help improved in all cases after 6 months of therapy.

Conclusions and Recommendations. Specific physical therapy combined with physiotherapy and warmth applications was efficient in decreasing spasticity and improving motor parameters in adolescents with spastic tetraparesis. In order to obtain the best results in the recovery of ST, kinetic treatment should start as early in life as possible.

PHYSICAL TRAINING OF THE STUDENT BASKETBALL TEAM THROUGH A BIOLOGICAL APPROACH

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Abstract

The diversity and complexity of manifesting the effort, the technical processes and their realization, the tactical individual and collective actions specific to the playing phases, presuppose, in the perspective of practicing the basketball game, a longer period of time dedicated to physical development and functional adaptation. The training process must be designed to lead to the competitive game model determined by race level and performance goals. Basketball is primarily a match of anthropometric dimensions, physical fitness closely related to body composition, and then linking to the other components of the sport training that the former condition.

The contents of the training program of the UMF "Carol Davila" Basketball Team, according to the game model approached, aimed to achieve superior indices of manifestation of the motoring qualities, in close connection with the increase of the overall efficiency of the game in attack and defense, with everything involving the Two phases of the game for each post. In order to determine the level of general physical training of the students, measurements were made using six driving tests: 50m running speed, flotation, traction, lifting of the feet extended to 90° from the hanging, extension of the facial lumbar trunk (30s) and running Of resistance.

Results: The progress recorded for the specific anthropometric and motricity tests applied determines us to say that the training program and the game, the content and the methodology of the training we proposed in the basic experiment, had multiple efficiency, leading to significant results. The general and specific physical training of the student basketball team through a biological approach leads to an increase in exercise capacity and sports performance.

Keywords: physical training, students, basketball, biological approach.

IMPROVING PHYSICAL TRAINING OF BASCHET TEAM STUDENTS UNDER NEUROMUSCULAR EXPLORATIONS

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Abstract

In this experimental study, we attempted to test muscle function by the myotonometric method, a method that provided us with important data about the muscular particularities of the experimental group. The musculature presents as viscoelastic material property of materials exhibiting both viscous and elastic characteristics following deformation. Some of the stresses applied to it are stored as elastic energy while the remainder is dissipated in the heat and during the elastic energy load is gradually transformed into kinetic energy. Muscle tone is a muscular mechanical stress that, in resting conditions, helps maintain the position of the body and its segments and in conditions of movement to achieve a certain action, and it is given by the central nervous system and the morpho-physiological state of the muscle. Increased muscle tone and elasticity are signs of an overloading process in which blood intake is diminished, which requires an increased recovery time.

Evaluation criteria: - muscle tiredness index expressed also by decreasing muscle elasticity with stiffness increase (stiffness by 10% relative to baseline) with a return to lower values in the first 24 hours of bedtime; - risk of overload highlighted by increased values (over 1 week); - the overload index, when the values are kept elevated for more than 1 month.

Another useful element in assessing the effectiveness of a training program is to follow the right-left symmetry as an aspect that reflects the muscular balance and which normally should not exceed 5% (values less than 5% normal, values in the range 5 -10% limit of attention, values greater than 10% abnormal).

Results: The assessment of muscle tone at rest and shrinkage provided conclusive data on the state of muscular fatigue corroborated with the evolution of elasticity and the stiffness on the state of muscle contraction in the contraction-relaxation relationship, which allowed clear intervention to improve the symmetry index, the data Final confirming the first hypothesis of our

research that - identifying the state of some neuromuscular parameters can direct and concretely direct the content of physical training programs.

Keywords: physical training, basketball, neuromuscular exploration.

NUTRITIONAL HABITS OF HIGH SCHOOL STUDENTS, PROBIOTIC DAIRY PRODUCTS CONSUMPTION FREQUENCY AND THEIR IDENTIFICATION STATEMENTS

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Abstract

This research was carried out in order to determine information about the nutritional habits, probiotic dairy product consumption frequency and the identifications of students in their high school years. A total of 374 students participated in the research which included 183 female students and 191 male students who were still continuing their education at the central high schools attached to Pendik/Kurtköy County of Istanbul. Screening model was used in the research and questionnaire forms were used as the tool for data collection.

The average heights of female students who participated in the research was $164,89 \pm 6,14$ cm, their average weight was $55,25 \pm 7,86$ kg while average height was $172,64 \pm 7,99$ cm in male students and average weight was $63,91 \pm 11,14$ kg. 23,6 % of the students stated that they do in fact skip meals, while 46,0 % said they don't and 13,6 expressed that they sometimes skip meals. 78,3 % of the students indicated that they consume probiotic food and 21 % stated that they didn't. 32,9 % stated they do so upon recommendation while 30,7 % of those who don't consume said they don't because they didn't know about it.

According to the data obtained through the research: 41,6 % of high school students consume yogurt, 33,6 % consume milk while the same figure reduced down to 2,9 % for kefir and 3,6 % kumiss. Accordingly, solution proposals were offered in order to carry out studies on raising awareness among students about adequate and balanced nutrition as well as informing them about dairy products other than the well-known ones (yogurt, milk, etc.) and to increase their

consumption of such products. Statistical evaluation was produced using SPSS 22.0 software. Frequency, percentage distribution calculation and chi-square test were used as statistical analysis in the research.

Keywords: Consumption frequency, Nutritional habits, Probiotic food.

THE EFFECTS OF THE ZINC SUPPLEMENTATION AND WEIGHT TRAININGS ON THE TESTOSTERONE LEVELS

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Abstract

Purpose: In this study, it has been aimed to examine the effects of zinc supplementation applied with weight trainings on the testosterone levels in sedentary individuals and athletes.

Methods: 40 male, 20 sedentary male and 20 male who do physical exercises regularly, participated in the study. The participants are divided equally into 4 groups. The groups are constituted in that way: 1st Group: Control Group (S), 2nd Group: Sedentary Group which is supplied with Zinc (Z), 3rd Group: Training Group which is supplied with Zinc (ZT) and 4th Group: Athletes' Group who performs the weight training (T). The total testosterone and free testosterone values of the participants were measured from the blood samples which were drawn from the participants at the beginning and at the end of the 6-week training period.

Results: It has been asserted that the total and free testosterone values of the groups which are supplied with Zinc and perform weight training have increased depending on training and supplementation.

Conclusions: Consequently, it has been determined that 6-week zinc supplementation and weight training increase the testosterone levels. Accordingly, it may be said that this implementation contributes to the performance.

Keywords: exercise, zinc supplementation, testosterone.

EDUCATION SECTION

THE CULTURE AND EDUCATION IN THE HISTORY OF SOUTH- EAST EUROPEAN - PERSPECTIVES OF ANALYZE AND INTERPRETATION

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Abstract: The paper proposes a few modalities to analyze the culture and education evolution. From this perspective, the paper shows the role of the book in the premodern and modern Romanian society life. For example, the paper presents the educational, diplomatic and identical roles of the Romanian books.

All the roles of Romanian books are associated with a different types of books edited between the XVII-XX centuries. For a good presentation, we have analyzed the scientifically literature, the foreign travelers writings, the chronicle of the premodern time.

Keywords: history, education, culture, publications

DEVELOP THE COMMUNICATION BETWEEN THE POLITICAL STATES - THE IMPORTANCE OF THE INTERCULTURALITY

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Abstract: The cultural differences of the political states represent a very important task of the diplomacy; the diplomatic protocol and practices have to respect the cultural specific in the relationship each other state. In this reason, the diplomacy develops the cultural dialog and is able to keep the political relationship with the other states.

Our paper proposes a few aspects and techniques which allow to the political states to develop the communication one another. The paper is useful to all the people who preparing to became a diplomatic persona or who are interesting to the political relationship. These proposes show how we can use the cultural difference for develop the diplomatic communication.

Keywords: culture, communication, identity, politic

IMPLICATIONS OF EXISTENTIALISM IN EDUCATION

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Abstract: The present paper aims to investigate the extent to which existentialist philosophy contains a consistent educational message. Existentialism is hard to define – this philosophical doctrine of the twentieth century intends, in fact, to educate man in the spirit of freedom, of absolute freedom, unconstrained by principles, values, classical and absolute moral standards. Existentialism lays great emphasis on individuality, personal specificity, educating the human being in the spirit of unconstrained freedom and also in the spirit of absolute and overwhelming responsibility which is, in addition, very difficult to be precisely determined. If, as French philosopher Jean Paul Sartre, the great defender of human freedom, claimed, “existence precedes essence”, it results that every student should pay attention to their own actions and thoughts, to their own experiences, as they make up their life trajectory and give them a certain human identity. This is the reason why existentialist education focuses on the free, autonomous choice, in whose absence authentic existence cannot be conceived. It is nevertheless worth mentioning that Sartre’s philosophical stance is not irreproachable, and for this reason, the implications of existentialism in education require a closer analysis.

Keywords: Existentialism, Sartre, education, freedom, ethical choice.

PROFESSIONAL SATISFACTION OF TEACHERS FROM KINDERGARTEN

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Abstract: Professional development is a topic of great interest for all those who are involved in educational field, makers and teachers. It's approached closely related to organizational development, both representing a result of continuous changes in education. At individual level, professional development has both an internal determination (a need to perform), but it is conditioned by the new requirements of teaching and learning activity. An important variable is also the professional satisfaction. The main objective of the study is to determine the level of professional satisfaction of teachers from Kindergartens from Galati, Romania, and the relationship between this one and teaching degree.

The study is based on empirical research conducted on a sample of 124 subjects, teachers from different kindergartens from Galati, Romania. The partial results seem to indicate that, generally, the teachers from kindergarten have different levels professional satisfaction: some of them believes that adaptation to the new professional requirements generate professional satisfaction and professional development, other believes that professional success can be achieved with less involvement. School efforts for professional development of teachers become insufficient if they are not correlated with teachers' efforts. We believe that is necessary shifting focus off career management on self-management career, which involves assumption of professional becoming at individual level. In the context of deepening of educational reforms, promotion of some effective policies of teachers' professional development is absolutely necessary, especially they are the main driver of the Romanian school reform.

Keywords: professional development, career, professional satisfaction, lifelong learning, professional involvement.

THE RECONFIGURATION OF FUNDING IN ROMANIAN EDUCATION TO THE BENEFIT OF QUALITY

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Abstract: In the last 20 years, education in Romania has been under the influence of different reorganization headings, due to socio-economic changes but also to modifications in field legislation, including the adoption of the National Education Law in 2011. School results that have dropped at all educational levels are the consequence of various causes: inadequate funding in education, lack of resources, precariousness school infrastructure, professional quality, teacher motivation, etc. The current state of Romanian education generates a series of losses from both an economic perspective, but also from a social cohesion, civic commitment, and social wellbeing perspective. The paper identifies the determining factors of the quality decrease of educational results and proposes a reconsideration of the Romanian education system financing, of investment practices into education infrastructure and also a reform of the professional assessment system, salary system and career promotion of teachers.

Keywords: socio-economic changes, education system financing, professional assessment system.

THE RELATIONSHIP BETWEEN SELF-EFFICACY AND SELF-WORTH IN A ROMANIAN STUDENT SAMPLE

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Abstract: The purpose of the present paper is to explore the relationships between general self-efficacy and contingencies of self-worth. The sample consisted of 230 Romanian university students. Participants completed four self-reported instruments that measured general self-efficacy ability, self-regulation ability, global self-esteem, and the seven internal-external dimensions of self-worth.

Self-efficacy has positive significant correlations with competition, academic, virtue, and family support but negatively correlated with others approval. A series of hierarchical regression analyses were conducted. Self-esteem and self-regulation variables were entered as predictors in the first step, external contingencies of self-worth were included in the second step and all seven dimensions of self-worth were finally entered as potential predictors. The change in R² noted.

Results evidenced that self-esteem, self-regulation, competition and virtue have significant contribution to the explained variance in self-efficacy. Contingencies of self-worth accounted for 4.6% to 6.1% of variability in self-efficacy ($R^2 = .0443$, adjusted $R^2 = .431$, $\Delta R^2 = .061$). Outdoing others in competition as external, and moral virtue as internal contingencies of self-worth were found to be low important predictors of self-efficacy when controlling the other self-variables. The findings and the limitations of the study were discussed in relation with the possibilities of improving self-efficacy in students.

Key-words: self-worth, self-efficacy, self-regulation, self-esteem.

METHODOLOGICAL LANDMARKS IN STUDYING THE DISCIPLINE OF MUSIC HISTORY

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Abstract: Study of discipline The history of music requires an intellectual effort that can discourage any initiative in this regard if it is not stimulated by the affective element given by the musical audition. Even so, the multitude of names, dates, stylistic features, periods, styles, schools, and stages of creation most often cause blockages, confusion or refusal to address the content of this discipline. The present study aims to clarify those routes that could help not just to the one who wants to study the history of music, rather the one who overcome the routine or monotony of a scholastic exposition, disoriented by the variety of methods of approach and who wishes to teach this discipline. In making this approach, you can consider accessing as many sensory materials as possible, stratification of notions, schematics and tabular formulas, avoiding theorizations and excessive enumerations, presenting some synopsis about the themes approached, the balanced combination of generalizing and private visions, and the inclusion of relevant biographical data in the speech. The approach reveals not only the creative personality of the composer, but also his human side, adapting the speech to the level of reception of the audience and, last but not least, viewing the scores accompanied by concurrent auditions, as well as carrying out analyzes that support the understanding of taught notions. All of this, along with many other creative approaches, could resurrect and keep up the interest in studying this discipline.

Keywords: history of music, theoretical approach, styles, periods, methods.

PSYCHO-PEDAGOGICAL BASES OF THE BLENDED-LEARNING SYSTEM FOR CONTINUING TEACHER TRAINING

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Abstract: Continuing teacher training has re-launched in terms of the diversity of delivery methods. Classical training programs (exclusively in the classroom) they are no longer the only training programs. Innovative concepts such as e-learning (computer-based distance learning in virtual classrooms), blended-learning (combining face-to-face training sessions -small with multimedia lessons on online platforms), even isolated individual training by electronic mail, have become current approaches. Continuing teacher training providers have a wealth of software, online platforms, social networks, which they can select and use based on costs, human resources and institutional multimedia capabilities. Sometimes, however, these implementation solutions are more suited to the financial and material possibilities and less in relation to the real benefits that they can offer to learners. Therefore, a realistic cost-effectiveness (quality) analysis needs to be generalized, with a more visible involvement of teachers, with reference to the psycho-pedagogical foundations of the blended-learning training system. An effective training program provided in the blended learning system should be built on the following coordinates: adult learning, self-education and individual learner features.

Keywords: lifelong learning, adult education, distance learning, blended-learning.

BOVARISM REFLECTED IN THE MIRROR OF THE EGO AS A FICTIONAL REALITY. THE RISE AND FALL OF A MODEL IN GIB MIHĂESCU'S NOVELS

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Abstract: Novels such as *The days and nights of a late student* and *Donna Alba* propose a compromise between the denied forms of wishes and the defense instinct, a heterogeneous mixture of fragments of the immune reality and pure elements, originating in the moment of youth.

To fulfill his wishes, the fictive ego adopts many masks he consciously compose in the labor of birth of an alter ego capable of satisfying social interference, personal ambitions, narcissistic projections or erotic obsessions. The tenacity of the characters in pursuing the ideal is doubled by intuition and personal happiness subordinates all other aspects of existence. The antagonistic projections coexist in full harmony, therefore, the Bovaric can be capable of deception, malice and promiscuity, while, in front of the beloved woman, he can be altruistic, patient and available. He has an exceptional emotional intelligence and creates scenarios capable of restraining in concentric circles the most efficient way of action to achieve the goal, but also distorts reality with the ease of the self adapted to the idea, whether delusional. Ambivalent trends are indispensable in the character's structure, they appear as symptoms and they constitute reflections of survival in socially defined dystopian societies.

The symbolic and analogical manner of constructing human drama, is outlined by local figures such as Mihnea Băiatu or Mihai Aspru, emblematic in universal literature through the image of a Don Juan, or Emma Bovary. As a defining feature of our protagonists, we note the exacerbated availability of fragmentation of the possible worlds and their assimilation as acts of conscience.

Keywords: Bovarism, narcissistic projections, obsession, dystopian societies, emotional intelligence.

REFLECTIONS ON THE USE OF STUDENT-CENTERED EDUCATIONAL STRATEGIES IN ACHIEVING ENVIRONMENTAL EDUCATION IN SCHOOL

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Abstract: It is true that education cannot solve the problems of the environment, but it can ameliorate them, because through an ecological education it is easier and more economic to prevent, than to repair and to ameliorate the damages brought to the nature by the adult generations. In the pedagogical literature, there are four types of intercessions of implementation of the ecological education in the process of study. Even though the Romanian curricula has created all the premises for the approach of the ecological education through all the four types of intercessions, the achievement of the objectives of this education remain still at the preference and judgment of the teaching staff. The problems are: “How well prepared are the teachers to put in practice the ecological education through the intercessions mentioned above, with efficient results at an intellectual and attitudinal level?”, and “How much do they see in it a foreground problem in the moulding and developing of the young’s generation personality?”.

Ecological education must be implemented on a profound level in the preschool and primary education. It must be based on a program of which fundamental objective is to awaken the sensibility of the child to the environment, while he learns to read, write and count. Using student-centered educational strategies in teaching environmental education can create opportunities for maturing the environmental behaviour of decision-making on solving environmental problems through internalization eccentrically convictions

Keywords: Cooperative learning, ecocentrism, ecological judgment.

MANAGEMENT STYLE AND LEARNING MOTIVATION

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Abstract: This paper tried to respond to the question – which is the school manager’s role in creating learning motivation and its impact for increasing the pupils’ success in learning process.

We propose to investigate the perception of the educational act beneficiaries (parents, pupils) on the factors determining motivation in learning and on the role they give to the teacher, as a manager. The general hypothesis was the one that motivation in learning among pupils is significantly influenced by the teacher’s managerial skills and its impact in learning and school performance. The sample was 97 pupils and 35 parents from rural school (Bukovina County).

The research of our paper shows the idea that both the parents and the pupils recognize the important rolls of school as an environment determining the wellbeing and performance in academically skills. The extracurricular activities in which many pupils were involved give others ways for grow up the success. The school leaders may influence the motivation level by school climate modelling thought positive aptitude upon the teachers, parents and local community.

Keywords: Management, learning motivation, performance.

TEACHERS' POSITION ON EDUCATIONAL CHANGES WITHIN THE PRE-UNIVERSITY EDUCATION SYSTEM

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Abstract: The current restructuring of the Romanian pre-university education system requires an analysis of both the opinions and the attitudes of the educational actors as well as the beneficiaries of the educational offer within the pre-university education system. Thus, this analysis would allow a real diagnosis considering the school reality that might generate an optimization and an effective change in both teachers' and students' attitudes regarding the changes in the system.

The study illustrates how teachers optimize their attitudes towards the changes in the system and the way they balance the relationship between expectations and the educational offer. The study investigates the phenomenon of educational changes from a systemic perspective, approaching it both static - descriptive and action - dynamic. The training program, attended by the sample of teachers, implied a change of attitude and an overcoming of the resistance towards the educational changes. In addition, it highlights the factors that have led to these changes, the dimensions and stages of the change in the attitude of the educational actors in pre-university education system.

The purpose of this formative approach consisted in providing the teachers a positive motivational profile that could help them perceive and relate to the changes in the pre-university education system. Everything comes from the idea that the educational reform supports the importance of the formative educational process that determines a harmonization of the cognitive, attitudinal, affective and behavioral sides. The research points out that the change in education is achieved if the teachers in the system, regardless of age, are ready to perceive, understand and respond favorably to changes.

Keywords: education; education system; professors; educational reforms.

MODEL TEACHER - A DETERMINANT FACTOR IN CHOOSING A UNIVERSITY MEDICAL CAREER

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Abstract: In general, the teaching career has a strong vocational character, performance being generally achieved by those teachers who have a "call" for pedagogical activity, but also a passion for the taught field. If in other fields of activity, professional career in the field of specialization can be delimited by university, in medicine they cannot be separated. The development of a teacher's career is conditioned by the parallel development of a physician, because much of the work of a teacher or researcher in medical sciences has to be carried out in a medical practice.

This paper aims to identify the factors that make the graduates of medical education develop at the same time a didactic career. The study was carried out on a sample comprised of 100 subjects, scholars of the didactical training module, who intend to pursue a didactic career with medical profile. The main result found was that the choice of a teaching career is mainly influenced by the identification of a model teacher, perceived as a professional mentor. In conclusion, the presence of highly educated teachers, both professionally and pedagogically, in the medical education process can generate the interest of the young graduates towards the development of a quality teaching career, in accordance with the students' needs and correlated with educational policies established at European level.

Keywords: didactic career, medical profile, professional mentor, educational policies.

THE IMPACT OF FINANCIAL POLICIES ON ROMANIAN EDUCATIONAL SYSTEM

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Abstract: In a society of knowledge, like the contemporary developed societies, the school as a social institution invested with the role to promote knowledge and values has a fundamental position. In this context the measure of a society’s development may be emphasized not only by the economic and financial indicators, but also by those related to education, indicators related to the way knowledge and learning are organized, to the types of performance expected, to the quality of educational activity, and to the ways that is supported by economic and financial policies. The development of modern societies and education became dependent on the human assets in a proportion concurrent to the economical and financial assets. The study of this present social conditions have to face allows for the delimitation of the larger context in which Romanian educational system have to operate, and proves why staying put or going back to a mythical past are no longer viable options. In our times, education development means to face the new social and economic–financial requirements and pressure and to improve the activity and performances by adopting some convenient general structural changes.

Keywords: financial policies, educational system development, social requirements, structural changes.

FROM IDENTITY-FOCUSED DISCOURSE TO PERSONAL MYTH IN MARIANA SORA'S DIARY

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Abstract: The confessing discourse carries specific traits focusing the reconfiguration of the ego identity by means of which the scriptural profile of the narrator is redefined. It is the case of Mariana Sora's diary, *Două jurnale față în față*, published in 2009, which depicts the author's personal myth. Written at different periods, the diary portrays the contemporary cultural background displaying both the status of author and literature.

Keywords: diary, identity, personal myth, Mariana Sora.

E-LEARNING. USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY BY STUDENTS LETTERS - MOODLE PLATFORM

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Abstract: Today, learning experience is increased with technology enhanced learning environment. In Teaching Learning process learning by learner is the key issue. In what way contents get delivered to learner? How teacher interacts with students?

Universities and training institutions became aware of the power and advantages of e-Learning and had recognized how it can support their business in offering new more effective services that improve the learning efficiency.

Although the adoption of e-Learning resolves many of the challenges facing traditional education including the need for large investments, yet, further reduction in needed investments

is still required in order to encourage current and future educational organizations to adopt e-Learning, especially because of the increased demand on education and training.

Moreover, new purely virtual e-Learning-based educational organizations have emerged, which conduct all of their learning activities via the Web by using e-Learning services and technologies.

MOODLE provides tools to support the learning experience, such as assignment submission, wikis, forums and programmes for distance learners where the online learning spaces are the key resource for learning materials and activities.

Keywords: e-learning, technology enabled Teaching Learning process, e-learning organizations, collaborative learning, Learning Style, MOODLE, e-Learning services.

THE PROFESSIONAL ASPIRATIONS OF STUDENTS IN THE LAST HIGH SCHOOL CLASSES IN GALATI AND IASI. PEDAGOGICAL AND CAREER MANAGEMENT ASSESSMENT

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Abstract: In this paper, we present an exploratory research on a theoretical sample of 326 students. The topic targeted for analyzing the concept of professional aspirations of students in the last high school classes, the way in which the students see their integration into the labour market, the sources of information used in the choice of the faculty and career in general.

The research involved a survey based on a questionnaire deployed on a sample of 4 high schools from Galați and Iași (on 4 high school categories, depending on the percentages obtained for the baccalaureate exam). In each high school a questionnaire was applied to a sample of students in the last high school classes (XI and XII), who are in the state education system with daily presence. The paper had several main objectives: identifying students' motivation to pursue

higher education after completing high school studies, identifying the proportion of students' propensity to migrate to another country, identifying students' sources of information in decision-making for their professional future, evaluating the professional interests of students, identifying how students assess their own educational training. The six hypotheses of the research are strictly related to the instrument used and the theoretical sample. The pedagogical dimension of research is taken into account in the assessment made by the students of the teaching staff regarding the methods of teaching and evaluation.

Finally, we mention some of the research findings. We found that the majority of students considered it appropriate to pursue higher education. We noticed the students' retention to migrate at any cost, while at the same time having the opportunity to be realized in Romania. Identifying students' information sources in decision-making for the professional future: the intimate circle of acquaintances remains priority and less of counsellors or psychologists.

Evaluating the professional interests of students: the professions indicated by the students are very diverse and the legitimate interest is related to personal skills rather than the situation of the occupation/profession on the labour market. Identify how students assess their own educational training: differentiated on the assessment of the institutional educational climate and the assessment of parental control! This research is an applicative one and descriptive, it has the role of identifying and describing the characteristics of some realities from the educational area.

Keywords: professional aspirations, pedagogy, career management, labour market, school, students.

THE ROLE OF EDUCATION IN THE FORMATION OF THE NATION

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Abstract: In the formation of the national community, school represented the fundamental institution of this process. In the birth of a nation, through the establishment of compulsory and free education, the national language, the cult and unitary language, was created, the essential link in the awareness of solidarity at this community level. In this study we are looking at the manifestation of this phenomenon in the context of the formation of the Romanian nation.

Keywords: Community, nation, education, school, language.

THE TEACHING PROFESSION IN PRE-UNIVERSITY EDUCATION - OPPORTUNITIES, LIMITS AND FUTURE DEVELOPMENT

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Abstract: In the actual social context it comes, therefore, as a necessity to elaborate a modern and coherent conception regarding teaching profession, a conception inspired from recent assets in pedagogical theory and practice, and, mostly, from the scale of values in school, from the philosophy, culture and socio-economic fundamental at the basis of the educational system. Teaching profession, in turn, brings forth strategies, actions, as logistics, which is the reason why they have to be carefully planned according to the context specific to the given school; but strategies only do not ensure improvement, at the same time pre-university schools must bear in mind the internal circumstances which maintain and support improvement, even if they are expected to appear the opportunities or limits. This study aims to explore the possibility of

making the difference between the direct characterization of the teaching profession, where the competences and the character's features are explicitly presented, and the indirect characterization, where the features must be analysed against the social perception and expectations, with opportunities and limits, all these having a meaning only if it emphasizes the typology of didactic style created at the mental level. Combining both perspectives, we propose to explore the different perspectives about the representative teaching profession profile for a society at institutional and personal level.

Keywords: teaching profession profile, social perception and expectations, school culture, opportunities and limits of development process.

DEVELOPMENT OF PSYCHOMOTRICITY BY USING OF THE INNOVATIVE TEACHING MATERIALS IN EARLY CHILDHOOD EDUCATION

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Abstract: Through this study, we want to highlight the importance of the psycho-motor field by having proper teaching materials from a very early age of children. Through the Center for early childhood education of the Al. I. Cuza University of Iasi, there were created five methodological laboratories focused on theoretical and practical solutions regarding experiential learning spaces. All those five methodological laboratories were structured to develop innovative educational practices related to on five experiential learning domains: Language and communication field; Science field; Human being and society field; Aesthetic and creative field; and Psycho-motor field. Regarding the psycho-motor field which is focused on development of intellectual skills and knowledge of hygienic habits to maintain health, there were designed and elaborated innovative teaching materials to create a safe, diverse and developmentally appropriate learning environments that can stimulate and offer benefits across teaching and learning process, to increase the creativity and to apply curriculum on developmental areas for enhancing and

exploring the variety of each basic sense and to encourage the interaction with the environment through exploring, experimenting, modeling, socializing, healing, and therapy, such as sensorial season's corners (for fine and heavy motor skills); different mazes for various types of small or interdisciplinary activities, different learning panels structured on different ages, a didactic sensory garden. The materials for this experiential domain of learning center for early childhood education are directly address to teachers who are working in nursery, kindergartens; students of preschool and primary school education; teacher trainers, researchers at universities providing early childhood education; parents or anybody interested in education of children aged 0-7.

The potential longer term benefits for using the experiential learning spaces could be reflected at least at three levels: 1. teacher training: increasing transversal competence of future and actual early childhood education and primary school teachers and making the classroom surroundings more appropriate to the children needs; 2. child development: developing a pro-learning attitude of children as future learners will help them to express or develop a sense of ownerships and tend to be more active and engage in direct learning; and 3. social context: increasing the social responsibility of future and actual teachers and parents to make a more secure and creative world for children.

Keywords: psychomotricity, development, experiential learning, early childhood education, teaching materials.

HUMAN NATURE AND EDUCATION IN EMILE DURKHEIM

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Abstract: This article will be mainly dedicated to a reflection on Durkheim's belief on human nature, belief that evolved over his work and changed depending on the point of view from which he regarded the issue of education. The affirmation of a discontinuity between society and the individual is the basis of the Durkheimist doctrine, according to which the whole social is

irreducible to the sum of the elements - the individuals that make it up. Only in terms of education, the social and individual discontinuity causes paradoxical consequences. On the one hand, this rupture justifies the educational action, for if the social being was already constitutive of man, education would be useless or would not create anything new. On the other hand, the rupture risks making education impossible, for if the social being would be completely absent from the original constitution of man, it is not clear how education could be anything more than simple training. However, the sociologist's reflections on the various pathologies that society suffers from in his time and his concern to remedy them have led him to concretely raise the question of how it is possible to act on individuals - children, in this case - capable of building in them values and behaviors necessary for the restoration of a threatened social connection.

Keywords: society, human being, social pathologies, selfish being, socialization.

EMOTIONAL DISTURBANCES IN EARLY SCHOOL-AGED CHILDREN

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Abstract: Emotional disturbances in children are frequently encountered in Romanian schools. The valid identification, by teachers, of symptoms and factors leading to the emergence and maintenance of such symptoms, as well as prevention and/or amelioration strategies represents a condition for the child's harmonious and healthy cognitive development.

This paper aims to offer a template intervention plan that can be used when emotional disturbances occur and that can be customized by teachers in the educational setting.

Keywords: anxiety, anger, attachment disturbances, personal development

HEALTH OF STUDENT - INFLUENCING BY THE HYGIENIC ACTIVITY AND LEARNING SCHEME

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Abstract: The right regime of activity and rest has an extremely important role for the school-age child, both because of the psychological and physical demands of the teacher, as well as the conditions of the modern life that require the development of the pupil's personality. Parents love their children very much and do any sacrifice for their own good, but sometimes they do not know a number of essential issues to succeed in their efforts.

Keywords: regime of activity, good of child, psycho-hygiene of learning.

ETHICS AND EDUCATION – THEORETICAL LANDMARKS

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Abstract: The teaching activity is carried out, par excellence, under the incidence of the ethical norms; education is an activity in which freedom intersects with responsibility. There is a professional ethics of teachers, a relational ethics, and the number of papers dealing with pedagogical deontology has greatly increased in the Western cultural space. The existence of such a concern is otherwise legitimate: although we live in a pluralist, individualist and secularized age, in which moral relativism prevails, the teaching staff is required to possess exemplary morality, that is, to fully adhere to certain behavioural standards agreed by their entire community. Older and newer studies in ethics and teaching deontology aim to underline the “virtues” that any teacher should display, qualities which turn the latter into a genuine guide and protector of those whom he or she educates. Although postmodern age is also a post-moral one, as rightfully assesses French philosopher Gilles Lipovetsky in his book, *The Twilight of Duty*,

ethics and pedagogical deontology still powerfully plead in favour of the teachers' awareness with regard to the cultural and social significance of their activity and also in favour of the necessity that teachers be able to combine professionalism, seen as deontological exigency, with social activism.

Keywords: ethics, education, axiology, school, teaching.

TEACHERS "PROFESSIONALIZATION" AND "PROFESSIONALISM" AT THE CROSSROAD

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Abstract: The knowledge society need to believe in their values: everyone should learn, should get involved in the development-innovation of institutions and technologies, one should search so as to solve the complex problems of the life and community in which one lives. The new assumed challenges at the level of the educational systems - the axial line of the curriculum on competences, the considerable increase of the flexibility of the curriculum and the digitalization of it - are potentialities which risk remaining poorly turned to good account without a proper training of the teaching staff and of the school managers. We must create and put at hand of schools, directors and teachers, the tools for analysing the need to learn, for analysing the pupils' characteristics, for projecting and valuation of a decentralized curriculum, so as the new curriculum should have a maximum of cognitive effects over the pupils. In a society based on information, in which knowledge and creativity are key factors, the investment made in the human capital must become an assumed priority at the level of educational politics level. The increase of quality in the field of education and implicitly in all the fields of the social life, presupposes the reconsideration of politics, of the models and of the strategies of training and developing the human resources which should contribute to the stimulating of competitiveness

and co-operation, to the promotion of innovation, change, a flexible training, and also to the turning to account the new informational and communicational technologies.

Keywords: knowledge society, quality education, informational and communicational technologies.

PROFESSIONAL DEVELOPMENT: STUDENTS' NEED FOR COUNSELING

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Abstract: Choosing a career is one of the major decisions most of the young people is facing. An informed choice regarding the career supposes self-knowledge, knowledge about various jobs and their specific skills, planning, problem solving and decision making abilities. The present study aims at making decision on choosing the career of the young people in Romania by investigating their training and development needs both from a professional and personal perspective. The research was carried out on a sample composed of 45 students (23 girls and 22 boys) aged 15 years and 17 years and. Analysing the answers given by the participants it has been noticed that most of them have highlighted the need for self-knowledge, to find out more information about himself/ herself for personal and professional development purposes. The results have also revealed an interest towards the identification of the relationship between own personality and job characteristics The findings of this study are formulated from the perspective of setting up an multi-dimensional education program for a career which aims to pursue both personal and professional development.

Keywords: needs of counseling, professional development, multi-dimensional education program, personal development.