



# **INTERNATIONAL SCIENTIFIC CONFERENCE**

**"SPORTS, EDUCATION, CULTURE – INTERDISCIPLINARY  
APPROACHES IN SCIENTIFIC RESEARCH"**

## **BOOK OF ABSTRACTS**

**Galati, Romania**

**27-29 of May 2022**



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### ★ PHISYCAL EDUCATION AND SPORTS ★

#### Study Regarding the Satisfaction Level of Primary School Pupils Regarding the Physical Education Classes in the On-Line System

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##### Abstract

The new Covid-19 pandemic has influenced the country's population economically, educationally, mentally and emotionally. School institutions have been shut down since March 11th of 2020, initially for 10 days, with the possibility of extending the lockdown. The extension has been long-drawn until the end of the school year, and the students did not have the possibility to come back to school, the whole world being forced to resort to modern methods in teaching to continue the educational process. A various number of applications have been created to support the on-line classes, like Microsoft Teams, G Suite platform, Zoom, that came to support not only the students, but also the teachers in order to continue the educational process as it's best. Considering these aspects, the study has proposed to learn the primary school pupils opinion regarding their satisfaction level on the physical education classes in the on-line system. In the research have taken part 130 students in Bacau. The main research method in the achievement of the scientific endeavour has been the investigation method, and the enquiry was the main work instrument.

**Keywords:** *satisfaction, students, on-line, physical education*

#### Study Regarding the Motor Skills Level of Secondary School Students' After Reprising Their Physical Educations Classes

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##### Abstract

The teaching activity conducted online has revealed many serious problems that challenge the Romanian educational system, mainly its infrastructure, the teachers' adaptation to this type of teaching, and not in the least the poor economic situation of families with multiple children. The physical education lessons conducted online have raised many issues to the physical education teachers, in the sense that the exercises selected for their lessons could not physically demand the children's bodies at the same level as before the pandemic. Considering all of these aspects, the working hypothesis was the following: physical education lessons that



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are conducted online could negatively influence the secondary school pupils' motor skills. The study was conducted between October 2019 - February 2021 at the "Alec Russo" School of Bacau. The study comprised pupils from grades V-VI. This study employed the following research methods: the scientific documentation, the observation, the testing, the statistical-mathematical method, and the graphical representation method. At the end of the study, the hypothesis was validated.

**Keywords:** *pandemic, pupils, online schooling*

### The Relation of Kinesiophobia with Life Quality and the Fear of Falling Amongst Pregnant Women

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#### Abstract

This study aims to explore the relation of kinesiophobia with the life quality and the fear of falling amongst pregnant women. A cross-sectional descriptive design was used as the research model. 152 pregnant women, whose average age was 25.55, participated in the study. A demographic information form, Tampa Kinesiophobia Scale, Falls Efficacy Scale, and the SF-36 Short Form, which is used for measuring life quality, were utilised within the data collection process. To analyse the data collected, a normality test, Pearson correlation analysis, and multiple regression analysis were conducted. The results of the Pearson correlation analysis indicated a significant positive relation between kinesiophobia and fall efficacy tests ( $r = .630^{**}$ ,  $p < .001$ ). Between kinesiophobia and SF-36 tests as well as fall efficacy and SF-36 tests, however, the results showed significant negative correlations ( $r = -.574^{**}$ ,  $p < .001$ ;  $r = -.745^{**}$ ,  $p < .001$ ). The results of the multiple regression analysis, on the other hand, demonstrated no significant effect of life quality on kinesiophobia amongst pregnant women ( $p = .097$ ) whilst indicating a significant positive effect of fear of falling on kinesiophobia ( $p < .001$ ). In conclusion, it was observed that kinesiophobia increased amongst people whose Falls Efficacy results were high and decreased amongst those whose SF-36 test scores of life quality were high. It was found that increased life quality has no effect on kinesiophobia amongst pregnant women, however, fear of falling increases the kinesiophobia. Besides contributing to the literature, these results will serve as a source for gynaecologists. It is recommended that future studies increase the sample size and investigate the relationship of kinesiophobia with different variables.

**Keywords:** *kinesiophobia; life quality; fear of falling; pregnancy*



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### The Role of Leisure in Social Cohesion: The Case of International Students in Istanbul

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#### Abstract

While human mobility, one result of globalization, has had mainly positive impacts in terms of removing barriers that have previously limited interaction between those from different geographies, it raises questions within the field of social cohesion. An important component of social cohesion, the importance of leisure time, is therefore the focus of this research; specifically, it will focus on the role of leisure and recreation on the social cohesion of international students, together with suggestions to improve cohesion by facilitating students' access to recreation. In this context, the aim of the study is to understand the role of leisure and recreation in developing the social cohesion of international students studying in Istanbul, and to compare them with a number of variables. In the data collection, besides descriptive questions about demographic and leisure activity participation, the 'Sociocultural Adaptation Scale' developed by Ward and Kennedy (1999), revised (SCAS-R) by Wilson (2013), and adapted to Turkish culture by Şalvarcı and Ünüvar (2019) was used. 584 students studying at various universities in the province of Istanbul participated in the research. In the analysis of the data, descriptive statistics, t-test in paired comparisons, one-way analysis of variance in multiple comparisons, the ANOVA test and Pearson Correlation test were used. According to the research findings, there are significant differences in the scores of the 'Revised Sociocultural Adaptation Scale' of international students according to the type of university attended, whether they have a hobby, are a member of any social club or society, the programs they study, the level of perceived welfare and the leisure activity types which they prefer to attend. It was determined that as the duration of their stay in Turkey increases, sociocultural adaptation scores increase too.

**Keywords:** *Leisure; International Students; Social Cohesion; Recreation.*





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### Examination of The Relationship Between Basketball Referee's Mental Wellness and Emotional Regulation Levels

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#### Abstract

The aim of the study is to examine the relationship between the mental well-being of basketball referees and their Emotional Regulation Levels, together with certain demographic variables. The research is a descriptive study in the relational survey model. The sample of the research consists of field referees who are actively refereeing in Turkish basketball leagues in the 2021-2022 season, selected with the accessible sampling method. The referee group participating in the research consisted of 327 referees, 13.5% (n = 44) female and 86.5% (n = 283) male. The average age of the referees participating in the research is 28, and their average refereeing experience is 7 years. A personal information form as data collection tool was used in the research, the "Warwick-Edinburgh mental well-being scale (WEMWBS)" adapted to Turkish by Kendal (2015) and Karaçam et al. (2021), and the "Referee Emotion Regulation Scale (RERS)" was used. The analysis of the data was done using the SPSS 21 program. Pearson Product-Moment Correlation Coefficient, t-test for pairwise comparisons and ANOVA test for multiple comparisons were used to determine the relationships between variables. The significance level was taken as  $p < .05$ . It has been observed that there is a significant positive relationship between the ages and seniority (work experience) of basketball referees and the sub-dimensions of mental well-being, Cognitive Reappraisal and Suppression. A significant positive relationship was also found between the mental well-being levels of basketball referees and the sub-dimensions of Cognitive Reappraisal and Suppression. It was observed that there was a significant difference between the refereeing levels of the participants and the sub-dimensions of mental well-being, Cognitive Reappraisal and Suppression. It was observed that there was no significant difference between gender and educational status of the referees and the sub-dimensions of mental well-being, Cognitive Reappraisal and Suppression. As a result, the high level of mental well-being of the referees affects their emotional regulation positively. In addition, it can be said that seniority (work experience) and age are important variables in measuring the mental well-being and emotion regulation levels of the referees.

**Keywords:** *Basketball Referees, Mental Well-being, Referee, Emotion regulation*



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### Physical Performance in Swimmers: Strength and Functional Movement Analysis

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#### Abstract

Since swimming is a branch that works all the body muscles and is performed in a horizontal position, it is preferred in all age groups. Muscular strength-muscular endurance has an important place among biomotor features in swimming. Trainers, coaches or conditioners have started to prefer dryland training more and more to improve the in-water performance of swimmers. One of the most important factors to be considered in strength training is the relationship between functional movement and muscle strength. Studies indicate that functional limitation of motion increases the risk of disability (Moran et al., 2017; Bonazza et al., 2017; Chang et al., 2020). For this reason, the study was conducted to examine the relationship between strength and functional movement in swimmers. 40 swimmers who have been doing swimming training in Çanakkale Belediye Spor for at least 3 years participated in the research. In order to determine the static muscle strength of the swimmers, the plank stance test was applied, and to determine the functional movement scores of the swimmers, the Functional Movement Analysis test consisting of 7 movements was applied. SPSS package program was used for the analysis of the data obtained in the research. The demographic characteristics of the athletes were determined. The normality of the obtained data was tested with the Kolmogorov-Smirnov test. In order to determine the correlation between the FMS Movement Patterns of the athletes and the Static Strength Parameters, the Spearman Rank Differences Correlation test, one of the nonparametric tests, was performed. Significance level was determined as  $p < 0.05$ ,  $p < 0.01$ . As a result of the research, a positive and significant relationship was determined between physical performance criteria, deep squat, shoulder mobility, active straight-leg raise, trunk stability push-up, and total FMS score from functional movement patterns in swimmers.

**Keywords:** *Swimming, FMS, strength, training*



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### Relationships Between Fine and Gross Motor Skills, Self-Perceived Competences and Self-Worth in Children

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#### Abstract

In examining the relationships between self-perception and motor abilities previous studies evidenced that different motor skill constituents could be important for the academic and social domains. The present study aimed to examine the relationships of the level of motor skill proficiency, in terms of fine and gross motor dimensions with specific domains of self-perceptions in a sample of 4<sup>th</sup> grade primary school Romanian children. Participants were assessed using Fine and Gross Motor Form of the BOT-2 (Bruininks-Oseretsky Test of Motor Proficiency, 2005) and Self-Perception Profile for Children (Harter, 1985). The fine and gross motor skill proficiency were reported both as composite areas and subtests for each of them. Self-perceptions were reported both as 5 specific domains self-perceived competences and global self-worth. All four motor-area composites were significantly intercorrelated. Also, scholastic was intercorrelated with social and athletic competences, and social competence with physical appearance. The highest correlation occurred between social and athletic competences. Furthermore, multilinear regressions were performed on perceived self-competences and self-worth as criterion variables. The results indicated that running-speed coordination can be a predictor for athletic competence, strength for social competence, and fine motor integration and bilateral coordination can explain self-worth evaluation. Children with lower fine motor integration and higher bilateral coordination abilities have higher levels of global self-worth perception. Findings suggested that some fine and gross motor constituents may contribute to the perception of self-worth and specific domain competences in primary school children. Further analyses are required to better emphasize the contribution of the different motor abilities in self-evaluation in children.

**Keywords:** *fine motor skill, gross motor skill, self-perceived competence, self-worth*



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### Particularities Of Compound Muscle Action Potential' Parameters For Different Sports

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#### Abstract

Our study's object was to emphasize the neurophysiological particularities for each different studied sports, by comparing the recorded values of compound muscle action potential (CMAP) parameters. The subjects we tested, were represented by a group formed of 23 professional sportsmen, 12 boys and 11 girls, with ages between 17 and 22 years old, which practiced different sportive discipline, as handball, fence and volleyball for at least 5 years, sports where the use of upper limbs is different. Was recorded at abductor pollicis brevis muscle, the motor response, with the help of surface electrodes placed at a distance of at least 25 millimeters between them, by stimulating the median nerve, at three levels: proximal (bicipital groove = level 3), elbow (level 2) and distal (radiocarpal joint = level 1) successively, at both upper limbs. The CMAP' parameters we evaluated, were latency, duration, amplitude, area and interval, that were recorded with a Nihon-Kohden MEB 9100 device and were statistically analyzed and compared, by using the Student and Pearson tests. Were obtained results, that prove significant statistic differences at athletes that practice volleyball in comparison with the entire group, for amplitude and area, at stimulation of bicipital groove and elbow of left upper limb, also, for fencers were reported important differences for area parameter, by stimulating right arm, at proximal level. Comparing the whole lot of athletes with the ones that practice handball, was remarked a difference regarding the duration of motor response, after the left elbow was electrically stimulated. The differences between the obtained results, outlined the neurophysiological particularities of each studied sports, due to the morphofunctional muscles changes, determined by the specificity of professional training.

***Keywords: compound muscle action potential, parameters, sports, professional training.***





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### Differences Between Sportive Disciplines Regarding Cortical Areas Activity

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#### Abstract

Indexes characterizing most relevant the electroencephalographic changes, characteristic to different sports, is edge frequency, from which all inferior frequencies represent 90% of whole electroencephalographic (EEG) line length, and theta wave, one of the four types of EEG waves, characterized by a frequency of 4-7 Hz. Our objective was to emphasize the differences between sports, regarding cortical areas activity, by evaluating and comparing the edge frequencies and theta wave of athletes, practicing volleyball and fence. Research was made on 19 professional athletes, 10 volleyball players and 9 fence athletes, both genders, with ages between 18-22 years, similar anthropometric characteristics and a long professional career, for at least 10 years. Programme EEG Mapping QP-220AK, applied to athletes, during all tested moments (R1 - initial repose, A- right hand contraction, R2 - repose after right hand activity, B - left hand contraction, R3 - repose after left hand activity, C - right hand contraction mental exercise, R4 - repose after right hand contraction mental exercise, D - left hand contraction mental exercise, R5 - repose after left hand contraction mental exercise), was used for edge frequency and theta wave analyze. Average obtained results of EEG edge frequencies for the studied sports, were 14 Hz for volleyball athletes and 16 Hz for fence players, regarding theta wave for volleyball players, was remarked an increases of theta values in comparison with fencers. Were outlined significant differences between the studied sports, in correlation with the activated cortical area specific to each sportive discipline and depending on the moments of testing.

**Keywords:** *cortical areas, edge frequency, theta wave, sportive disciplines*



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### Study Regarding Balance Level of Primary School Students

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#### Abstract

Psychomotricity is considered an important issue into infant development, already proven that during childhood exists interconnection between motor, intellectual and affective development. Without any kind of doubt, the concept is in a permanent evolution and change and it requires continuous study. Through a profound perspective, beside other aspects which involve global and segmentary coordination, psychomotricity assumes the acknowledgement of the own body and the acquirement of balance. Psychomotricity is built according to a global perspective over the human being, mostly in the childhood, which is considered the core of the body development and the grown process. The purpose of this study is to develop and to experimentally testing the level of balance using a standardized test battery of children from primary school and to identify the psychomotor acquisition, respectively the improvement of the balance. The experiment took place at „Ștefan cel Mare” School, Galați county, on a number of 114 students ( 4 classed of second grade) who were spread into a monitor and experimental group. The monitor group respected the curricula and the traditional structure and content of the physical education lessons. The experimental group was the one on who we applied our model of intervention (the modify of the structure of the traditional physical education lesson) and they were tested with Bruininks-Oseretsky Motor Proficiency Test- Second Edition. Most children had below average or average results for their age group, as adjusted by Bruininks-Oseretsky index for the score-indicative age group, indicating an insufficient development of balance for their age. The diminished level of balance can be justified by a small psychomotor content developed during physical education lessons prefigured in the curricula and also, it requires an active involvement from children’s sight, as like a frequent approach of psychomotor skills during school lessons.

**Keywords:** *psychomotricity, balance, primary school, Bruininks-Oseretsky test*



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### Impact of the Optimum Development of Coordinative Capabilities in the School Results of Primary School Students

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#### Abstract

An important feature of the learning capacity is the student's receptivity to the assimilation of informational content, the ability to interpret this information and the development of skills based on the knowledge acquired to solve similar problems / situations. From the point of view of the somato-psychic field, the student must have an optimal state of health, sensory integrity and a harmonious physical development. If these requirements are not met, there are a number of unwanted manifestations, of which the most commonly observed are: psychomotor agitation, poor attention, fatigue, reduced ability to achieve school goals. School success is the optimal alternative to school performance. It is given by the theoretical training, but also by the ability to put these notions into practice, with optimal efficiency. School success is expressed by grading with grades from 7 to 10 or with the grade "good" or "very good", as well as by obtaining awards and diplomas for activities carried out nationally and internationally of a practical nature: technical-scientific, cultural, artistic, sports, etc. Another important aspect of school success is given by the special qualities of the students' personality, materialized by: intellectual abilities (creativity, imagination, abstract thinking, logic), ability to adapt to the school and social environment, outstanding skills, desire to overcome and perform, etc. The purpose of this research is to intervene in the instructional-educational process so that these problems do not increase with the transition of the student to higher grades. That is why we tried to find out if by acting in the sense of developing coordination skills, we can influence the annual school results of students in terms of improving them.

**Keywords:** *students, primary school, school results, coordination skills, physical education*

### Insights on the Prominent Events and Famous Thinkers of the 18th - 19th Centuries that Triggered the Rebirth of the Modern Olympic Games

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#### Abstract

Our research focuses on the analysis of the events that triggered the reviving the Olympic Games, which started to become more and more popular in the late eighteenth and nineteenth centuries not only in Europe but also on the American continent. Our approach



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follows an introspection of various sports and entertainment events that took place during the period mentioned above in different cities and countries, that were based on the premises of the cultural and historical heritage of Ancient Greece, contributing considerably to promoting the idea of reintroducing the Olympic Games on the frame of world sports. In pursuit of our goal, we describe a special page in the history of the 19th century Olympic movement as a result of the initiatives regarding the Olympic Games in Greece, which had recently been liberated from Turkish rule following the liberation war of 1821-1829, and, in addition to this, the desire for their rebirth manifested in England, Sweden, Germany and many other European countries. Thus, we are advancing here an analytical description of the greatest event in the Olympic history of nineteenth-century that took place in Greece - the large-scale games organized in 1859 by Evangelos Tsappas - which led to the re-establishment of an environment that allowed the first modern Olympics to be held in Athens only a few years after, in 1896, at a time when all countries, including France, were skeptical of Pierre de Coubertin's belief in reviving the Olympic Games. The paper demonstrates the existence of the factor of interest for the Olympic heritage of ancient Greece in the nineteenth century, which was perpetuated through literature, and fundamental works of some important historians and world culture representatives. The work capitalizes on the rich cultural heritage of ancient Greece, related to the Olympic Games as reflected in literature, architecture, sculpture, philosophy, training and education, which have been a source of inspiration for many artists, poets, composers, musicians, representatives of the visual and dramatic arts that approached the Olympic Games due to the fact that they always illustrated fundamental concepts for the evolution of mankind, such as inspiration, spirituality, divine intervention, nobility, honor, glory, honor.

**Keywords:** *Olympic Games, Olympic movement, Olympic heritage, cultural heritage, education.*

### Tools for Objectifying Motor Assessment and Functional Adaptability of Children with SEN in Special Education

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#### Abstract

The motor activities for children with special educational needs (SEN) are personalized and adapted to their deficiencies. It is also considered that the development of motor skills facilitates their participation in various educational activities carried out at school, thus providing some learning opportunities. The article analyzes the influence of motor skills in the school adaptation of children with SEN. The research was conducted between January and February 2022 at the School Center for Inclusive Education Brașov (Romania). The study included 8 subjects with intellectual disabilities and associated disabilities, aged between 4.3





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and 5.9 years ( $M=5.8$ ,  $SD=1.3$ ). The motor skills test was performed by applying Movement Assessment Battery for Children - Second Edition (M ABC-2), using assessment items for balance, manual dexterity and for throwing and catching objects. School functionality was assessed by the School Function Assessment (SFA), through which the ability to perform the physical and cognitive-behavioral tasks of the children concerned was determined. The results obtained showed that there is a significant relationship ( $r=.934$ ) between the variable of motor skills and the variable of school functionality, which leads us to conclude that motor skills can improve the functional adaptation of children with SEN to educational activities in the school environment.

**Keywords:** *special education needs, motor skill, special education*

### Study Regarding the Use of Fitness Exercises During Middle School Physical Education Classes

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#### Abstract

In the current structure of Romanian pre-university education, primary school and middle school represent mandatory and free stages of education, ensuring elementary education, forming the children's personalities and giving them the knowledge and skills to stimulate their effective and creative relation to their social and natural environment, allowing the continuation of their education. The middle school physical education class must combine the most representative and interesting games that would harmoniously develop the children's bodies, as well as develop a series of moral skills, such as a solidarity with their team's interests, defeating their own egotistical and brutal urges, taking responsibility for their own actions, will, tenacity, self-control, etc.

**Keywords:** *exercise, physical education, pupils, fitness.*



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### Study Regarding the Use of Basketball-Themed Games with a Reduced Number of Players on a Reduced Court, in Middle School

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Cristuta Alina Mihaela\*

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#### Abstract

School, which comprises the years of a young person from an early age to university, constitutes the main factor of training young people with high capabilities for adaptation, improving all their physical and intellectual skills. In Romania, physical education, as a school subject, benefits from a great tradition and experience that is continuously enriched and perfected. A constitutive part of the training and educational process of the younger generations, physical education is seen as contributing to the multilateral development of the child's personality. The current societal demands confer to physical education and sports an important role in the development and training of the younger generations, preparing it for the winding road of life. Physical education is the only school subject that acts to physically develop and train, realizing a good balance between the intellectual and physical effort, influencing the biological side and the personality of the developing generations.

*Keywords: game, basketball, pupils, school.*

### The Impact of the COVID-19 Pandemic on the Cohesion of the Students Group at the "Basketball" Discipline

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#### Abstract

The article proposes a study that aimed to determine the cohesion index at groups of students in the discipline "Basketball". The game of basketball, through its collective character, dynamism, and variety of technical-tactical content, can be an important benchmark for determining group cohesion. These arguments support the qualitative increase of the teaching process in the subject "Basketball" because of the negative impact of the COVID- 19 pandemic on the quality of life of students at the Faculty of Physical Education and Sport in Galati, regarding aspects related to teaching, learning, how to manage situations from an emotional point of view, social contacts, etc. For teachers this feedback is important because it determines not only the knowledge of the group, but also allows a rethinking of the theoretical and practical-methodical content of the subject in this social context. The study was carried out



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between February and May 2021. The subjects of the research were groups of second-year students of Physical Education and Sport specialization who carried out the activities of the discipline provided in the curriculum, online in the first semester and face-to-face in the second semester. The research design followed the application of a sociometric test that indicated the relationships within the student groups. The data provided important information on the organization of the training, the forms of practice in the execution of technical-tactical structures, the structure of the game teams, the choice of the group leader. The psychosocial value of the preferential type was also centralized, thus students with the status of "popular", "accepted", "indifferent", "marginalized" were determined. A particular support in completing the research program was the support of the specific technical test, the two-handed chest pass, where the students had the possibility to choose the person to whom to pass the pass. The test was divided into two stages, initial and final. The two instruments of investigation contributed to the knowledge of the socio-affective fundamentals of the group of students researched, finding an increase in collaborative relationships (preferences) following face-to-face participation in the discipline "Basketball" and thus the research hypothesis was confirmed.

**Keywords:** *basketball, students, group cohesion, cohesion index*

### A Case Study on Young Athlets Preliminary Tennis Selection

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#### **Abstract**

Tennis is a sport for all ages, suitable for both girls and boys, some of them practicing it for performance, others just to relax. The preparation of the players in order to obtain notable results in large-scale competitions, demands the achievement of performances that far exceed the standard human potentials, even for the subjects with good aptitudes for sport activity. The process of children selection and training for high performance sport is not, a brief action, as some may believe, but a real evolutionary process, that develops in stages and in which operations are carried out gradually, even during training. Our interest in this research topic derives, above all, from the desire to bring as many elements of novelty and innovation in preliminary tennis selection process. The coaching workdrove us to constantly searchfor scientific solutions/answers regarding the selection and subsequent training of young athletes, thus the present paper aimed to clarify some aspects on this topic.

**Keywords:** *selection, tennis, children motor skills development*



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### The Use of Virtual Reality in Pain Modulation in Subacromial Impingement Syndrome

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#### Abstract

Applying Melozach and Wall's gate control theory, virtual reality plays an important role in stimulating the brain with high-quality holograms, in which users can signal the actual physical presence in a holographic world, thus reducing painful sensations in the scapulo-humeral joint: subacromial impingement syndrome. The use of virtual reality in pain modulation has shown great intercortical stimulation by largely inhibiting the nerve centers responsible for pain processing and activating the nerve centers responsible for attention, emotion and memory, regulating pain through the descending system and then inhibiting the dorsal horn of the spinal cord, where periaqueductal gray matter (PAG) plays a major role.

**Keywords:** *virtual reality, impingement syndrome, pain, stimulation, holograms, periaqueductal gray matter.*

### New Generations of Fans

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#### Abstract

In addition to technology and new competitive concepts, our focus must be on all categories of stakeholders, more precisely on the new generations of fans to whom we must create an attractive environment, perhaps even educational. Generation Z comes back very quickly with new needs, different preferences, which it wants to satisfy through different methods. An attractive but especially educational environment for the new generations of fans must be on our agenda and we on the field and at its edge must assume the role of positive model, an important role that all those involved in the football phenomenon must take his name. Football should be seen as a business because it is a business and a diversification of business lines must be a priority. The diversification of business lines is win-win, both for entities and for the fans and stakeholders involved in the phenomenon because it brings us added value, a diversified range from which supporters can have personalised experiences. In addition to involvement in the community and education, we must not neglect the involvement in the environment, which will make the new generations of fans for a cleaner planet. I believe that the development of partnerships based on social responsibility must be a priority for the future as well. Protecting the environment is also necessary to limit the natural resources we use. The





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current players involved in football and sports must create an attractive and educational environment for the new generation of fans, an environment that takes into account and meets the needs and preferences of Generation Z.

*Keywords: supporters, fans, involvement, community*

### Considerations Regarding the Use of Means in Bodybuilding Training in Performance Centers

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#### Abstract

Professional bodybuilding is defined by top performances. It depends on motor skills, cardiorespiratory power and capacity, muscle strength, endurance, body dimensions and composition, nutritional and motivational status, and perception over the somatic-functional defining disciplines. The purpose of this paper is to highlight the share of specific bodybuilding means in the training of athletes in elite sports centers. The hypothesis started from the assumption that the identification of the share of bodybuilding means in the athletes' training can emphasize their diversity in achieving the performance goals. The research methods used were: the documentation method, the observation, the statistical-mathematical method and the graphical representation method. The observational research was conducted over the period 2019-2020, during which 18 observation charts were created for the training sessions performed at the Red Gym sports center of Bacau. The research envisaged the share of specific bodybuilding exercises for each muscle group, used as means to achieve the training and performance goals. The observation chart comprised 70 specific bodybuilding means that were selected after studying the literature, inserted on the vertical axis. In the structure of the instruments used in this research, the periods of time observed (the 3 weeks) were inserted on the horizontal axis, and at the intersection of the two axes, the recorded data was inserted, which was the number of recorded means and the corresponding percentage. Conclusions. At the end of the 3 weeks of research, 123 specific bodybuilding means were identified, with a share of 6.83 per training session, alternating from one week to another. It was observed that the specific bodybuilding exercises represented a diversity of means used to optimize sports training, and their share can contribute to achieving the training and performance goals, which validates the hypothesis.

*Keywords: share, training, bodybuilding, elite sports center*



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### The Effectiveness of Flexibility Development Methods in School Girls Aged 12-13

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#### Abstract

The decrease in motor activity among secondary school students, because of the pandemic and their low interest in physical education classes, requires finding ways to encourage them to exercise. The current evaluations indicated a level of flexibility development especially among girls. The aim of the present research is to identify optimal directions of intervention to improve the level of this motor skill. To this end, we applied differentiated workout programs to 108 subjects that included 12- and 13-year-old girls from Carol I National College and Frații Buzzești National College in Craiova, who were divided into three groups. The programs comprised passive mobility exercises for the first group, active mobility exercises for the second group and combined active and passive mobility exercises for the third group. Before and after the workout programs the subjects were tested with the goniometer aiming at the range of abduction, adduction and retroduction motions at shoulder level, flexion, and extension of the spine at dorsal and lumbar level, flexion and extension at hip level, as well as anterior-posterior mobility. After a series of 12 classes, the final testing showed that all three groups had made progress, but the third group proved to have significant results in both passive and active flexibility.

**Keywords:** joint mobility; passive and active exercises; flexibility; range of motion

### Current Methods and Means of Measuring and Evaluating Biomotor Parameters in Performance Handball, in Romania

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#### Abstract

In Romania, there is currently no official testing protocol, mandatory for participation in the National League, but there are certain control tests proposed by the Romanian Handball Federation, which, however, no longer comply with current physical and effort requirements imposed by game. The aim of this study was to identify the current testing protocols in performance handball, in Romania. Many teams still use the 30 m sprint trials, 30 m dribble



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running, zigzag run around cones, 10x30 m continuous run, double-leg long jump, long-distance handball throwing or triangular movement. To determine effort capacity, some teams use the Cooper test to assess cyclic effort, although the intermittent nature of handball-specific effort involves a combination of cyclic and acyclic movements, which in turn alternate with longer or shorter periods of recovery time. We have noticed that there are recent studies that use and recommend as research methodologies the tests that best simulate the discontinuous effort, with intermittent intensities specific to the game of handball. Among them, the YO-YO, Beep or 30-15 IFT tests proved to be valid and accessible.

**Keywords:** *biomotor parameters, performance analysis, research methodologies, team handball.*

### 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, football, school*



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### Tactice - Technical Aspects of Training in School Football Representativity

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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*

### Optimizing the Effort Capacity in the Post-Pandemic Period in Primary and Secondary School Students

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#### Abstract

The lifestyle of modern man is often at risk of adopting unhealthy habits unbalanced diet, sedentary lifestyle, which have significant consequences on their quality of life. These negative lifestyle effects begin to appear from an early age and even into childhood. To these effects are added those of the pandemic period which imposed a certain way of organizing school activities, in general, and physical activities in particular. A key challenge that Physical Education must overcome is how we adapt and move forward in a changing, post-Covid-19 environment. In order to improve children's effort capacity, post-VOCID must take into account age-specific VO2max values and didactic intervention in accordance with these values. This





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requires the resumption of work in post-Covid physical activities to regain aerobic exercise capacity (resistance on 2-3 groups tested Vo2 Max to create groups as homogeneous as possible (Alan, 2020) This pandemic has disrupted the capacity for effort; various forms of manifestation of force; thermoregulation function; of joint mobility), biomechanics of movement and control of body balance. From the point of view of aerobic exercise capacity, the maximum oxygen consumption of Vo2 Max was affected due to the non-involvement of children in maximum effort. nutrition and lifestyle of children, and on social relationships.

**Keywords:** *Effort Capacity, Pandemic, Post-Pandemic Period*

### Comparison of Physical Literacy and Pedagogical Literacy Levels of Physical Education and Sports Teachers

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#### Abstract

This research was conducted to compare physical education teachers' pedagogical literacy and perceived body literacy levels. The sample of the research consists of physical education and sports teachers working in foundation and state schools in the 2021-2022 academic year. 333 physical education and sports teachers, 187 men and 146 women, participated in the study. As a data collection tool in the research, "Personal Information Form" prepared by the researcher to collect information about personal characteristics and independent variables to be used in the research, and "Perceived Body Literacy Scale" which was validated by Munusturlar and Balcı (2018) to determine the level of physical literacy. ' and finally, the "Pedagogical Literacy Scale" prepared by Usta and Uzun (2014) was used to determine the pedagogical literacy level. While conducting the data analysis of the research, first of all, normality test was performed, and non-parametric tests were applied in line with the results. Although there was no significant difference in physical education teachers' physical and pedagogical literacy levels depending on many parameters in the content of the study, it was observed that weekly physical activity duration had a positive effect on both physical and pedagogical literacy levels.

**Keywords:** *Physical literacy, pedagogical literacy, physical education and sports teaching*



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### The Effects of Resistance Band Training on Several Technical Strength Parameters in Taekwondo

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#### Abstract

In this study we have investigated the effects of 8-week long resistance band training on palming chagi, dwi chagi and pushing chagi techniques in taekwondo. A total of 20 sportsmen were included in our one group pretest-posttest experimental design. Our test-group subjects had an average age of 17.10, an average weight of 57.80 kg, and an average height of 170.70 cm. Our control-group subjects had an average age of 15.40, an average weight of 55.70 kg, and an average height of 168 cm. Data was collected using Electronic Body Protectors (EBPs). Before the 8-week long training period, we have compared the data from the test and control groups using independent t-test, and we have observed that there were no significant differences. After the training period, the data was analysed using paired-sample t-test. In the test-group, no significant difference was observed with regard to palming chagi, dwi chagi and pushing chagi techniques. In the control group, at the end of the 8-week period, we have observed a reduction in performance in the palming chagi and dwi chagi techniques. In conclusion, no meaningful differences were observed at the end of the 8-week period resistance band training on the selected techniques in taekwondo. We think that our results will contribute to the existing knowledge on this subject. For future studies, we suggest to investigate the same question by increasing the training period and the sample size.

**Keywords:** resistance band; exercise; taekwondo; technical strength

### Analysis of the Efficiency Increase at Reception for the Outside Hitter by means of the Data Volley Statistic Analysis Software

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#### Abstract

One of the decisive factors at the basis of the increase of the game level and implicitly the players' game efficiency is the last generation methods and programs used in high performance volleyball, so that to allow for the objective assessment of each game action. The objective of the present research is to increase the efficiency of the game actions for the outside hitter's reception within the C.S. Arcada Club Galați by means of the Data Volley software. As



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team coaches we had access to all the statistical data of the outside hitters participating in the Male Volleyball National Championship, so that we could detail the efficiency of the reception on a national level as compared to the efficiency of our own players. The subjects of analysis were 36 players on the second position in 32 official games (match-rematch), so that to get the clearest image possible about the efficiency of the reception in the Romanian championship. Thus, because of the statistic and video analyses we could objectively assess our own players, as compared to the efficiency average in the Romanian National Championship. Therefore, we could easily identify the technical and tactical problems for the reception and came up with an individualised training plan to improve this efficiency. The results proved that the systematic use of the Data Volley software during the entire sporting training led to a notable increase in the reception efficiency of the players in outside hitter position, as backed up by statistic data.

**Keywords:** *statistics, outside hitter, soft, reception, Data Volley*

### Crisis Management in Sports

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#### Abstract

Considering the relationship between sports organizations and crisis, it has taken its place in the history books that the biggest crisis occurred in Constantinople (now Istanbul) in 532. This event, which resulted in the deaths of 30,000-35,000 people, is known as the Nika riots. In today's world, unexpected crises can occur frequently with the increasing population and increasing sports organizations. The crisis emerges as a moment that affects the entire interaction system of the individual, institution, or organization, collapses the basic units related to the management, and reveals negative results. We are in the information age and our age has created visible changes and developments in economic, technical, cultural areas, and sports services have revealed how important crisis management is. Surviving in this new world, first, requires good crisis management. In parallel with the technological and economic conditions of the world we live in, the need to be conscious of crisis management in developing sports organizations is increasing day by day. Preventing possible bad scenarios, especially intense moments that occur in sports competitions, underlies good crisis management. Many events, which may occur in society, affect sports institutions or organizations positively or negatively. In sports organizations, we encounter factors such as slang discourses, bilateral arguments, bad cheers from the stands, external appearance, and harsh interventions during the competition. Besides, some reasons cause the crisis that we cannot see from the outside; these are gender, race, sect, political views, and religious differences. Crises that arise in many aspects of sports affect athletes, coaches, and managers. Crisis management needs to be performed correctly and on time because the moment of crisis that cannot be controlled will shake the future position of sports organizations or sports competitions.

**Keywords:** *kinesiophobia; life quality; fear of falling; pregnancy*



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### Cross-Cultural Adaptation of Screening Scale of Positive and Negative Experience with Ukrainian Athletes Students

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#### Abstract

**Introduction.** The development of reliable tools and their validation according to standardized stages remain essential for further research on the wellbeing of the youth. Among successful approaches to assessing the well-being, one should recall the set of tools – the Scale of Positive and Negative Experiences (SPANE), Satisfaction with Life Scale (SWLS), and Flourishing Scale (FS) developed by Diener et al. (2009, 2010). These tools take into account that well-being is a multidimensional construct, the SWLS and FS scales are aimed at assessing the psychological and cognitive functioning of the individual, while the SPANE scale is based on the hedonic approach. The original English-language version of the SPANE has good psychometric characteristics and is interesting for use in the Ukrainian population. It can provide necessary information not only about the general level of well-being but also become part of clinical research. The study involved 779 persons aged 17-20 ( $M \pm SD = 19.8 \pm 1.7$  years, 57.51% – females), and involved students who studied physical education and sports, in particular athletes of different levels. The following questionnaires were used in the work: SPANE, SWLS, FS. The study also included the collection of socio-demographic data. SPANE was translated into Ukrainian, taking into account all recommendations and the developer's permission. Alfa Cronbach test was calculated. To test validity confirmatory factor analysis was carried out. Initial validity was studied using Pearson correlations. Each of the elements of the SPANE makes a significant contribution to the result of the scale, and  $\alpha$ -Cronbach does not improve significantly, provided that the element is excluded from the SPANE-P ( $\alpha = 0.71$ ,  $0.68 < \alpha < 0.75$ ) or SPANE-N ( $\alpha = 0.748$ ,  $0.68 < \alpha < 0.75$ ). In order to assess the fit of two-factor model the indicators of the models for males and females were analyzed separately. The obtained results showed the intrinsic validity of the tool in both the male and female samples (for males:  $\chi^2/df = 1.99$ , TLI = 0.922, RMSEA = 0.055, SRMR = 0.043, CFI = 0.937, NFI = 0.884; for females:  $\chi^2/df = 2.17$ , TLI = 0.931, RMSEA = 0.051, SRMR = 0.043, CFI = 0.944, NFI = 0.902). A positive correlation was found between the SPANE and the SWLS scale ( $r = 0.386 - 0.401$ , respectively), and the FS scale indicator ( $r = 0.410 - 0.450$ ). The SPANE tool has the necessary psychometric properties and can be used for Ukrainian student youth who study physical education and are actively involved in sports.

**Keywords:** *well-being; validation; sport*





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### Comparative Study on the Best Men Athletes at Triple Jump Discipline Outdoor all Time

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#### Abstract

The research is part of a study on sports performance, measurement and evaluation. It is a transverse type because the collected results were obtained by 30 April 2022. A review of the best performances in the world, in our opinion is welcome for making up the national team. We proposed in this research to observe the dynamics of the parameters mentioned below, worthy of being considered in the selection of athletes. The paper aims at extracting essential data for the selection and preparation of high-performance athletes in anticipation of major international competitions. As objectives, we set: the study of bibliography; the collection and tabulation of the following parameters: the performance of the men best athletes of all time, their age, height and weight; processing the above-mentioned statistical and mathematical data regarding the following indicators: number of cases, percentage, average, median, mode, range of motion, standard deviation, coefficient of variation, coefficient of correlation; evaluation of the results and their interpretation. As research methods, we used the case study, observation, statistics and graphics. Conclusions: the average performance is 17.66 m; the average age is 26.19 years; the average height is 185.79 cm; the average weight is 76.90 kg.

**Keywords:** triple jump; men; performances

### The Modifications of Erythropoietin Values While Training at Mountain vs. Seaside, Favoring the Increase of Sports Performance

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#### Abstract

Altitude training increases erythropoietin values among athletes but may have negative physiological consequences. Training at the seaside (sand surfaces) has similar effects on the haemoglobin, erythropoietin values, without negative physiological consequences. Examining the efficiency of a 21-day training cycle at high altitude and at the seaside, in producing significant increases in erythropoietin values among athletes. The participants are performance athletes (n = 10) who covered three stages of the 21-day training cycle, who had the same diet,



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and who benefited from medication supporting similar effort during the various phases of the study. Namely, the athletes carried out a 21-day training routine in 2000m altitude. During the second stage, they went through the same 21-day training routine at the seaside (0m altitude). The study ended with the third stage, carried out in 600m altitude. Data analysis has indicated, EPO values increase a  $25.3 \pm 2.7\%$ , at the end of the high-altitude training program. In the second stage, after the seaside trainings, EPO values increase a  $11.7 \pm 1.6\%$ . No significant increase was obtained after the 600 m-altitude training. Beach training (in the sand) produces physiological changes and increases in physical performance like altitude training.

**Keywords:** *altitude, erythropoietin, hypoxia, sand*

### The Role of Adapted Football Warm-Up with the Help of Dynamic Stretching Exercises

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#### Abstract

The actions with and without the ball from the football game need both the technique of movement, the feel of the ball but also the physical resistance, the whole muscular system being subjected to a great stress felt by the joints. and ligaments, especially in the lower limbs. The main difference between dynamic and static stretching is that dynamic stretching exercises use light movement to get the heart pumping and the blood flowing. Static stretches are held for a period of time (usually between thirty and ninety seconds) and are done in a stationary position. Dynamic stretches should be performed before a workout, while static stretching is best reserved for your cool-down period. The sample consisted of 40 students, 20 men (age =  $17.41 \pm 1.34$  years, weight =  $71.40 \text{ kg} \pm 1.70 \text{ kg}$ , height =  $1.70 \text{ cm} \pm 2.80 \text{ cm}$ ) and 20 women. (age =  $16.29 \pm 1.70$  years, Weight =  $50.18 \text{ kg} \pm 1.5 \text{ kg}$ , Height =  $1.69 \text{ cm} \pm 2.30 \text{ cm}$ ). Twice a week, for 12 weeks, representing a semester, these students practiced 1 hour of physical education in which 20 minutes included a dynamic stretching exercise program of active stretching and muscle relaxation. Four tests were applied before and after these 12 weeks to evaluate their effects on performance: running 20 meters, long jump from the spot, vertical jump and throwing the medicine ball. The session includes :5 minutes of warm-up, 20 minutes of main lesson topics (coordination, speed, endurance, general strength), 30 minutes of reduced field games and 5 minutes of relaxation activities. The results were presented by mean values and standard deviation. The repeat test ( $p \leq 0.05$ ) was performed to assess the difference between pre- and post-test using SPSS software. Mobility is usually associated with a good physical improvement, to show that before every training or lessons with themes from the school football game in which most of the muscle groups from the lower train are involved, a carefully warmed up pre-heating must be performed in which dynamic stretching plays an important. The dynamic



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stretching exercises can increase the physical performances as it follows, the flexibility of muscles increases, students have the opportunity to prevent some injuries which produces in a very short time, the time of aim to the physical education hour it is 20 minutes. Dynamic stretching is the type that involves movement rather than holding a fixed position. It's often done as part of a warm-up and helps warm, lengthen and loosen soft tissues like muscles and joints. It can help improve flexibility, range of motion, power, sprints, jumps, performance and recovery. In my opinion that for warming up or preparation, dynamic stretching is the safest and effective option, while for cooling down, static stretching is the best approach.

**Keywords:** *school football training, dynamic stretching, range of motion, dynamic stretching, pre-program warm-up.*

### Methodical Aspect of Intuition Principle and Video Demonstrations in Learning Tactical Situations at the School Mini-Football Game

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#### Abstract

The game of mini-football in school is not a relatively new sport, which is in a continuous dynamic, being able to be practiced both as a performance sport, if I think about futsal and as a recreational activity. Five-on-five mini-football is the result of combining football skills with rules adapted to the playing surface, which can be practiced indoors and outdoors. The mini-football game demands from the students a high level of specific physical training and a special technical-tactical dynamics. The technical-tactical coordination refers to: the fast reaction, the sustained game rhythm, the numerical balance on each field area, the spatio-temporal orientation. It has been suggested that "additional tactical training" should be practiced during childhood and adolescence to improve these game strategies. The aim of this study was to define which technical-tactical elements are the most important in mini-football and to carry out a training program for high school students, maybe even primary school to improve the performance of skills among students. The expert football coaches completed a questionnaire regarding the strategic elements of placement on the field on both phases of the game and expressed their opinion on them. Based on the results of the questionnaires, a program was designed to offer in practice those technical-tactical elements of the mini-football game based on the chinograms, recordings and video viewings to which the students were subjected. The participants in the study were 24 high school students (age  $11 \pm 2$  years). The experimental group (EG,  $n = 24$ ) performed a specific technical-tactical program twice a week for 12 weeks. Measurements of mini-football performance were taken before the start of the program and again after 12 weeks of school training. The results showed that there was a significant difference in performance before and after the training program. In conclusion, the performance



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of basic handball skills (passing, shooting, dribbling and defensive movements) improved after participating in the training program for 12 weeks. The aim of this study was to define the technical-tactical skills needed for the 40m / 20m reduced field game in conditions of adversity, five against five, which are the most important in mini-football school and to identify whether a training program based on dog charts, video demonstrations of the game's strategy will improve the performance of the constitutive skills of the game of football on a reduced field among sports students. The results of this study supported the theory that technical-tactical learning skills based on chinograms but especially video demonstration not only of other model games but of one's own experience are basic elements for both technical and tactical football skills, of strategy. In addition, practicing those skills with specific exercises has improved performance

**Keywords:** *technical-tactical skills, spatio-temporal orientation skills, reaction time*

### Amateur, Professional and Recreational Kick Boxing Sport

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#### Abstract

This study aims to evaluate the amateur and professional kickboxing sport in terms of recreation as it becomes popular day by day. This study was carried out using a compilation-type method. The literature has scanned, and associated terms related to amateur, professional, recreational, and kickboxing. While amateurism is expressed as doing a job without any profit, professionalism transforms the work done into a profession and profit. His unprofessionalism can also be considered a step before becoming a professional. There are significant differences in the competition rules of amateur and professional sports branches. Kickboxing, which is made as an amateur, makes a distinction between tatami and ring styles and allows the athletes to compete in the style that suits them. In the recreational kickboxing branch, individuals prefer kickboxing as a hobby, health, and leisure activity. Today, it is also possible to encounter that some individuals started as recreational activities and progressed to amateur and professional. As a result, in addition to the practice of kickboxing as an amateur and professional athlete, it is seen that individuals prefer a very intense form for recreational purposes. From another point of view, it can be said that the recreational features of defense and combat sports are gradually increasing.

**Keywords:** *amateur, professional, recreation, kickboxing*





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### The Relationship Between free Time Satisfaction and Mental Wellness of Individuals Member of Sports Centers

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#### Abstract

The study aims to examine the relationship between leisure satisfaction and the mental well-being of individuals who are members of sports centers. In this context, the study sample consists of 499 members, of which 333 men (66.7%) and 166 women (33.7%) receive regular service from the sports center located in the city center of Niğde. As a data collection tool in the study, "Leisure Satisfaction Scale"; "Warwick-Edinburgh Mental Well-Being Scale"; Finally, the "Demographic Information Form" was used. In the analysis of the data, normality analyzes were made, and non-parametric analyzes were applied. Spearman Correlation analyzes were applied to determine the relationship between the scales and the Mann Whitney U and Kruskal Walls H test as statistical analysis. According to the analysis results, Significant differences were found between the scores of the BASS scales according to "Gender" and "Marital Status." When the relationship between the scales was examined, it was determined that there was a highly significant positive correlation between the "Warwick-Edinburgh Mental Well-Being Scale" and the scale scores of the "SCI." As a result, it was found that the relationship between leisure satisfaction and mental well-being differs according to the various demographic characteristics of the participants.

*Keywords: Sports center, Leisure Satisfaction, Mental Well-being*

### Study Concerning the Development of Fine Motor Skills in Preschoolers

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#### Abstract

Children entering kindergarten are known to have poorly developed fine motor skills, having trouble getting dressed, buttoning up, tying their shoelaces and holding and using various objects(cutlery, crayons, toys). All of this is determined by the degree to which the central nervous system has matured, motor skills and cognition in children being dependent on both genetics and upbringing. This paper tasks itself with the conception and application of experimental programmes concerning the development of fine motor skills of level I



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preschoolers from a school in Galați. The sample chosen for this study consists of 15 children, aged 3 to 4 years old, between January and May 2022. The use of these experimental programmes proved beneficial to the development of psychomotor skills in the participants, concluding that the early implementation of programmes aimed at improving the psychomotor skills of level I preschoolers can help lay the groundwork for the development of crucial cognitive and motor skills in the years to come.

**Keywords:** *preschoolers, motor skills, psychomotor ability*

### **The Role of Physical Therapy in Correcting Posture Disorders Such as Scoliosis in Middleschoolers**

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#### **Abstract**

Kyphosis, lordosis and scoliosis are among the most common ailments affecting the spine, especially among children and teens. They are seen as posture disorders that often lead to issues with internal organs (heart problems, diminishment of lung capacity, lack of proper brain oxygenation etc.) Following the analysis of the teens that were part of the study sample, it's been concluded that most spinal disorders are due to scoliosis, which is why this study tasks itself with the investigation of this ailment. The objectives of this research paper are determining the degree to which the posture of middle schoolers from the nr. 28 school in Galați is being affected; the use of physical therapy tailored to the individual's needs in order to correct posture problems in children with scoliosis; analysis and interpretation of the gathered data. Following the use of physical therapy in order to correct back problems in the middle schoolers involved in the study, it's been found that the early screening of posture disorders such as scoliosis and the adequate use of physical therapy can be crucial factors in the correction and maintenance of proper posture.

**Keywords:** *posture disorders, scoliosis, physical therapy, middle school*



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### Determination of the Relationship between the Perception of Boredom in Leisure Time, Nutrition and Physical Activity

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#### Abstract

The aim of this study is to compare the relationship between university students' perception of being bored in leisure time, nutrition and physical activity levels in terms of different variables. The sample of the study consists of 367 (Female 172 - 46.9%, Male 195 - 53.1%) university students. In addition to the demographic information form in data collection, the "Leisure Perception Scale" developed by Iso-Ahola and Weissinger (1990), "Emotional Eating Scale" developed by Garaulet et al. (2012) and "International Physical Activity Questionnaire Short Form (IPAQ)" was used to determine MET-min/week values. Independent Groups T Test, MANOVA, ANOVA and Pearson Correlation tests were used to compare the differences between the variables. In the statistical analysis of the data, a significant result was found between the gender variable and dissatisfaction in favor of male participants ( $p < 0.05$ ). In addition to that, a significant result was found between the BMI variable and emotional eating disorder in favor of overweight individuals ( $p < 0.05$ ). A significant result was found between the weekly leisure time variable, the perception of boredom, and the MET values ( $p < 0.05$ ). It has been determined that individuals with a weekly free time of 16+ hours are bored, but in terms of MET values, individuals with a free time of 16+ hours are more active. A significant result was found between the variable of participating in recreational activities and boredom, dissatisfaction and emotional eating in favor of individuals who did not participate in activities ( $p < 0.05$ ). Moreover, a significant result was found between the nutrition variable and boredom and dissatisfaction in favor of individuals with poor nutritional conditions ( $p < 0.05$ ). In addition to these findings, a low positive significant correlation coefficient was obtained between emotional eating disorder and boredom ( $r = 0.251$ ;  $p = 0.000 < 0.05$ ) and dissatisfaction ( $r = 0.139$ ;  $p = 0.008 < 0.05$ ). As a result, according to the results of this study, it has been revealed that the perception of boredom in leisure time and the level of nutrition and physical activity of individuals who participate more in recreational activities are effective in improving the physical and social quality of life of individuals. Longitudinal follow-up of health and physical fitness levels can be suggested by examining the effects of different levels of activities on eating disorder scores and boredom perception scores to improve the quality of life.

**Keywords:** Leisure time, emotional eating, physical activity, university students



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### Study on the Identification of Motor Potential at the Level of Junior Handball Teams

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#### Abstract

The training of juniors during the specific period of sports training, registers a gradual increase in the volume and intensity of training. This study was conducted in order to determine the level of development of motor indices, the establishment of a motor model at the level of athletes aged 13-14 years, as well as the outline of an overview of compliance with a methodology based on improving the dominant motor skills in the game of handball at this age group. In this direction, we chose a number of 71 sportgirls members of four handball clubs participating in the National Junior Championship. These sportgirls took a series of control tests with a high degree of applicability at the level of the junior segment in order to identify the level of development of the motor indices directly involved in the practice of this sport. The research methods used during this study were: the method of analyzing specialized and interdisciplinary literature, the pedagogical observation method, the statistical-mathematical method, the graphic method and the tabular method. Taking into account the information gathered from the literature, as well as the aspects reported in this study, we consider that the teaching strategies for developing motor skills are a defining element of the practical activity in the training process for junior athletes.

**Keywords:** handball, motor potential, motor skills, puberty

### Considerations Concerning the Didactic Conduct in Physical Education Evaluation Within Pedagogical High Schools

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#### Abstract

This study reflects certain aspects of the usual practice of evaluation in physical education within pedagogical high schools. Teachers' attitude, the interpretation and understanding of the concept of evaluation and its values are conditioned by the dialogue between teachers and students, even if they are on different positions, most of the times of inequality. The existence of regulations, methods, and guides on this particular theme of evaluation do not guarantee the quality of instruction and formation without a high didactic conduct. The studying of teachers' conducts and behaviours during the evaluation activities of





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physical education in pedagogical high schools. 135 semi-structured interviews and 25 questionnaires, covering the behavior of teachers, pupils and their interaction. We have identified elements of the teachers' attitude towards assessment and aspects regarding students' perception. We have studied the vulnerabilities of the students' progress. School evaluation has subjective and psychosocial implications that cannot be approached without referring to the professional ethics. In the school environment, students develop a picture about the evaluation style of their teachers, and they also have a real perception of the assessment vulnerabilities. The evaluation is an interacting process between the teacher and the student, and the decisive role is played by the teacher.

**Keywords:** *didactic conduct; evaluation; physical education; pedagogical high school*

### Analysis of Motivational Factors Among Women who Attend Fitness Gyms

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#### Abstract

Regular physical activity has important benefits for women's health. Sedentary women have an increased risk of cardiovascular disease, diabetes, high blood pressure, colon cancer and depression.<sup>1</sup> A recent large clinical study has shown that increased physical activity, along with changes in eating habits, can dramatically reduce the risk of developing diabetes. Inactivity is more prevalent among women than men, and participation in physical activity decreases as women get older. The study is designed to determine the different goals of women accessing fitness programs at licensed fitness centers. Among the female population, these programs have been encouraging since accredited people created fitness programs that can be accessed by all ages and people of all fitness levels. The fitness centers provided the necessary infrastructure for the trained staff and thus training groups were formed. By applying a questionnaire we obtained data on the time given to a fitness workout, the type of training practiced and preferred, the reasons behind the abandonment and the time allocated to meet the proposed objectives. Fitness programs cater to all ages and any fitness level, so in such programs there is no limitation on the two aspects, age and fitness level. The data obtained can be used to correctly communicate the benefits and results of such programs but also to create sustainable fitness programs.

**Keywords:** *women, fitness programs, goals, exercise, workouts*



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### Study Regarding the Mix Between Theory and Practice in Physical Education

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#### Abstract

In many education systems there is a process of transformation of the philosophy on which the teaching of physical education is based on. If the traditional vision (sport-based) focuses on physical performance, the new approach (knowledge-based) proposes the introduction of a theoretical component to complement the practical activity. In this study we want to find out what is the opinion of Romanian physical education teachers regarding the role of a theoretical component in the discipline they teach. A questionnaire was built in order to collect as many specialized opinions on this subject. It was then sent to a number of 1358 physical education teachers in Romania who teach in 8 different counties. 420 teachers completed the questionnaire. Regarding the importance of the practical component in the physical education lesson, the teachers unanimously agree that this is "Very important". But regarding the importance of a theoretical component, teachers' opinions are divided. We find the same lack of agreement when teachers are asked to express their opinion on the use of a textbook in the physical education lesson. The transition to a knowledge-based approach seems to be facing resistance from a significant percentage of physical education teachers. There is a need for these teachers to be informed about the long-term proven success of this approach in terms of engaging in intense and moderate physical activity. There is also a need for clarification on the role of the textbook in the physical education discipline.

**Keywords:** *physical education, knowledge-based approach, PE teachers, theoretical component, practical component*



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### “Effort-exempt-app” - an Application for The Integration and Assessment of Medically Exempt Students in the Physical Education Class

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#### Abstract

The quiz-type application, unique in the country, may solve the problem of the active and involved assessment/integration/ participation of the medically exempt students in the physical education class. The application comprises all the content in the school curriculum for classes V-VIII, turned into 4 corresponding sets of 160 questions each, structured according to the 6 content areas, thus providing the real-time assessment for the students' knowledge (the student gets a mark after each working session). The argument for the need of such an application consists of two preliminary studies based on two quizzes. Quiz 1 is addressed to the school inspectorates, and the results allowed for the systematic collection of information on: the number of the medically exempt students, the type of medical leave; Quiz 2 is addressed to the teachers and gathered information on the actual working time of a medically exempt student, his/her involvement in the lesson, the time distribution in each lesson slot, the provisions of the Education Act. Quiz 1 contains 5 items and was distributed in 4 counties (Galați, Brăila, Iași and Constanța), and the results showed an increasing number of medically exempt students who do not actively participate in the physical education lesson. Quiz 2 was filled in by 98 physical education teachers in the 4 counties mentioned above, and the results showed the following: 90% said that medically exempt students only take part in the first slot of the lesson, only between 0-5 mins of the class, 95% consider that the medically exempt students do not actively and engagedly take part in the lesson, and 0% requires these students the tasks stipulated in the law, and most students have partial leaves 85%. Implementing such an application is the solution aimed at making the medically exempt student actively participate in the physical education lesson. By covering the application fields such students can acquire and be assessed for the theoretical knowledge during the very class they attend by sitting at their desks. Acquiring the theoretical knowledge during the medical leave period may have a beneficial effect on the motor level as well at the moment when students become apt for physical effort.

**Keywords:** *application-quiz, assessment, notification, medically exempt students.*



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### Study About the Perception of the Personal and Social Context in Which Students Have Responsibilities

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#### Abstract

The idea of this study appeared immediately after the return to normality, after the restrictions in the pandemic and was the moment of departure to try to obtain a perception as close as possible to the new reality. The way in which the athletic and academic responsibilities are perceived that the clients of the higher education are presented with other complex implications in this paper. The study was conducted on a sample of 81 subjects, clients of the faculty, licensing studies. Before the questionnaire was conducted and applied, discussions took place with the participants in the study, so that the choice of response options to show the reality to the greatest extent and objectively. The method of study used was the questionnaire. The analysis of the results brings into attention important aspects in our opinion, the task of teachers who must recorelate the teaching objectives with the theoretical training of the clients, acquired so far in school and high school. The percentage of those who find it difficult and very difficult to achieve balancing athletic and academic responsibilities is 37.7%. After the results were centralized, we find a large percentage, which shows the level of satisfaction with the athletic training received so far in school and high school. This percentage of 48.4% is composed of the response variants: very displeased - a little satisfied. The centralization of the results leads to the need to establish well-defined and realistic objectives, correlated with the real level of theoretical and athletic knowledge and to develop adapted methods, so that the established objectives are achieved by the end of the didactic activity and by the end of the semester. This study contributes to the achievement of the objectives assumed by the participants in this study. The study shows a real challenge in how to structure a relevant training plan and what needs to be taken into account so that the entire teaching staff can be as effective as possible.

**Keywords.** *theoretical training, correlation, update*





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### The Perception of Clients from Higher Education About the Independent Practice of Physical Exercise

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#### Abstract

The trend evidenced by studies prior to the period of restrictions imposed by the pandemic revealed significantly a reduced concern for independent practice of physical exercise. The measurements of the university's clients showed a BMI 26.7% for girls and 22.4% for boys on a 19-24 years old segment, students without involvement in the regular management of any sport discipline, both values are above accepted limits. This paper brings a picture of the post-pandemic moment in which the perception and availability of the university customers confirm the tendency reported in 2018-2019. The study was conducted on a sample of 122 subjects, clients of the university, licensing studies in different disciplines, other than physical education and sport. The method of study used was the questionnaire. Discussions with the participants of the study preceded the application of the questionnaire. The concepts presented have been clarified so that the choice of response options shows reality to the greatest extent and objectively. The centralization and analysis of the results bring important aspects into our opinion and confirm the assumptions presented in the preliminary studies. The current context puts the task of high school teachers, but mainly of the higher education ones, an extra responsibility. The analysis of the reasons invoked by clients as justification of not practicing a sport or physical activity shows the percentage of those who consider it difficult and do not have information or guidance for practicing the exercises is 11% plus 13% represented by those who have no place. Lack of equipment required 0%, but the majority percentage is those who do not have time, 76%. After centralizing the results provided to all the questions by the participants in the study, we find a large percentage, who want to look good, 49.6%. The centralization of the results leads to the need to establish joint and unanimously accepted strategies with well defined and realistic objectives, correlated with the understanding level and the current context by using adapted methods, so that the awareness and understanding of the benefits of the movement to be achieved. This study contributes to understanding the major risks of sedentary for general health.

**Keywords.** *sedentary, health, understanding*



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### The Effect of a Behavioral Intervention on Total Distance, Sprint Distance, Aerobic Capacity and Motivational Climate of Youth Soccer Players

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#### Abstract

Small-sided games are often used to improve the aerobic capacity of soccer players. However, to be effective, several variables related to these games must be handled properly. The objective of this study was to test the effect of a behavioral intervention composed of goal setting, public posting, and token economy on total distance covered, total sprint distance, aerobic capacity, and task and ego motivational climate. The participants were 16 male soccer players aged 12-14 years old which participated in a couple of training sessions per week between August and November 2021. We used Playr Catapult GPS devices to assess the effect of the intervention on total distance covered and total sprint distance in a task of small-sided games. Moreover, we used Yo-Yo Intermittent Recovery Test Level 1 (YYIRT1) to test the effect of the intervention on players' aerobic capacity and Task and Ego Orientation in Sport Questionnaire (TEOSQ) to investigate levels of motivational climate. A two-factor mixed MANOVA was conducted and the results indicated that our intervention had a positive effect on total distance ( $F(1,14) = 6.235$ ;  $p = 0.0260$ ;  $\eta^2 = 0.308$ ) and total sprint distance ( $F(1,14) = 4.781$ ;  $p = 0.046$ ;  $\eta^2 = 0.255$ ) covered during small-sided games. For aerobic capacity, even if the results were not significant, they indicate a high effect size ( $F(1,14) = 2.861$ ;  $p = 0.113$ ;  $\eta^2 = 0.170$ ). However, the effect of the intervention on task-oriented motivational climate ( $F(1,14) = 0.012$ ;  $p = 0.916$ ;  $\eta^2 = 0.001$ ) and ego-oriented motivational climate was not significant ( $F(1,14) = 0.173$ ;  $p = 0.684$ ;  $\eta^2 = 0.012$ ). Discussions focus on application of the intervention in team training settings.

**Keywords:** soccer; small-sided games; effort



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### **Developing Coordinative Abilities in Primary School Students Through the Implementation of a Training Program Based on Games and Motor Activities With the Use of Colours**

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#### **Abstract**

The content of the physical education class is intended to carry out the major tasks of physical education in schools, ensuring in the first place the development of motor skills, with an emphasis on the coordinative abilities, at this age. All these require continuous physical activity, organized according to strictly scientific criteria, based on the combination of classical methods and modern training and education technologies. The purpose of the research is to develop the coordinative abilities of students in primary school by implementing within the physical education classes an operational training program, based on games and motor activities, with the help of coloured materials. The sample group consists of 26 students, 8-9 years old, from the "Stefan cel Mare" School in Galați. The experimental research took place in the gym and on the sports field of the school. The training program was implemented during the 2021-2022 school year, in the physical education lessons, during the lesson assignment time frame. The assessment was performed by applying specific tests, according to the educational level, tests held at the beginning and at the end of the experiment. To measure the differences between the initial testing and the final testing we used the t (student) test and the Wilcoxon test for independent samples. The statistical comparison data for average values was provided by the use of SPSS for Windows. The results validate the working hypotheses and ascertain the significant progress ( $p < 0.05$ ) for all the tests used in evaluating the development of coordinative abilities of the primary school students.

**Keywords:** *coordinative abilities; students; primary school; games; colored materials*



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### Research Project on Optimizing Physical Training in Football Game for Children

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#### Abstract

Football is the most popular sport in the world. The purpose of the research is based on the identification and implementation of new strategies specific to physical training, which lead to a significant increase in quality of life, if they are integrated into the training of juniors. The efficiency of physical training will be identified and highlighted by analyzing the effects of somatic, functional, motor, social and mental, and by comparing the results with the initial values of the subjects. As presented above, the main objective is to understand how fitness tests can be used to contribute to the development of juniors, their training and development, and how valid the methods of quality testing are for the possible discovery of the following talents. Today where technology and equipment are evolving every day, the need for physical training at all age levels, especially its integration into training from an early age is mandatory. The existence of a database, in which the subjects / exponents are characterized by clear methods, or by means of complex evaluations of the physical parameters, represents one of the obligatory premises of the application of the physical training in football. The study aimed to assess the physical characteristics of the respective group of juniors consisting of 15 children U9 (8-9 years). The reliability of the preliminary and intermediate tests proved to be excellent, being noticed the evolution of the children both at the physical level and at the football level, competitive level. The tests performed and the additional physical training brought significant changes in several physical abilities, the biggest improvements being observed in the strength of the shot, the plank, and the long jump. The 8-week period in which the 15 children took part by performing specific physical training had a great impact on their evolution. In conclusion, I can say that the implementation of specific physical training exercises and their inclusion in the weekly cycle, have led to a considerable evolution of juniors. Such training had a significant impact on children's play, a game that evolved from game to game. The training of the juniors' physical abilities can lead to a beneficial development in the game of football, to an increased self-confidence, to an improvement of the ball handling technique and the vision on the field. The progress of the juniors helps them to take the faster step from initiation to performance, and from performance at the junior level even to the discovery of talent and its identification by professional clubs.

**Keywords:** *physical activities, children, football, evaluation*





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### Experimental Program with Alternative Means for the Development of Resistance

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#### Abstract

The research took place during the school year 2021 - 2022 and was assigned 12 lessons in the first semester for the experimental program which was framed by 2 lessons dedicated to initial and final tests, according to planning. The proposed experimental program included 8 low-complexity exercises: long jump with the arms up, knees up, semi-knee and straight jump, plank, knees up and straight jump, plank and alternate knee lift, plank and leg distance, skater and plank diagonally and addressed a group of 86 students in the sixth grade. These have been applied in the unit specific learning of motor quality endurance and have replaced the well-known content. The proposed exercises did not involve the use of specific materials / special installations, in their realization using their own body and aimed at developing motor quality endurance. Statistical-descriptive analyzes showed significant results in the experiment group, for  $p < 0.05$ . The analysis of the level of intervention on the program, registered strongly significant results from a statistical point of view, measured with Effect Size, within the statistical analysis between groups, for  $r < 0.8$ . The diversification of the content in the discipline of physical education and its maintenance in the area of attractiveness of the student represents the main objective from the point of view of the specialist. The development of endurance motor quality is considered a challenge in the overall program, so the introduction of new and efficient elements can be a viable option.

**Keywords:** *endurance, alternative methods, physical education*



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### The Impact of Theoretical Notions During the Pandemic of Covid 19

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#### Abstract

School is not only a place for academic education, but also for learning and developing social and emotional skills, interaction and social support. The SARS-COV 2 pandemic has profoundly affected education and exacerbated social inequities in the region. The challenge came quickly and encompassed all educational actors worldwide. Teachers at all levels of education went through a whole process of recalibrating the content. The reason can be reduced to one word: online. Due to the nature of its practical significance, the discipline of physical education and sports has suffered enormously. There followed a period in which creativity played a decisive role. The research aimed to identify the impact of the theoretical notions, of the textbooks within the discipline of physical education and sports that appeared in the 5th and 6th grades. In this sense, I made and applied a questionnaire with 10 closed questions, using the Likert Scale, which was distributed to physical education teachers at the Galați Schools. It assessed the use of textbooks between September 2020 and June 2021, especially in online teaching, and the identification of digital resources used during the same period. The general conclusion is that approx. 30% of the specialists in the field used the official theoretical resource of the discipline. Specialized textbooks are still in an area of rejection rather than learning and adaptation, with only 18% of teachers resorting to theoretical notions in the classical format, although the material basis does not allow for constant classes throughout the school year. Although we have noticed a variety of online platforms and resources that specialists have used, we believe that they should follow after reading the official documents, made and recommended by specialists, ie manuals.

**Keywords:** *theoretical notions, pandemic, manual, specialist*



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### Benefits of Using Trx on Yield Increase During Training

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#### Abstract

This research aims to highlight the benefits of using TRX in training. The concept of TRX is relatively new but intensely studied. In 2005, Randy Hetrick, a former sailor, developed a rope system to maintain his muscle tone on missions. Scientists have implemented exercises that use TRX and through close studies reflect the benefits of TRX on training methods to improve health status. Some studies have focused on correcting posture, combating obesity or repairing locomotor problems. Other studies reflect the improvement in sports performance in which TRX is used.

*Keywords: TRX, sports performance, fitness training.*

### Optimization of Biomechanics in the Game of Football at the Age of 10 to 12 Years Through Computer Technology

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#### Abstract

The topic of the research presents interest for the field specialists, dealing with one of the most important aspects of the training process of footballers age 10 to 12 years. The importance of this study is represented by the use of specially elected software in order to achieve the optimal biomechanics in the game of football. The objectives of the research consider optimizing the biomechanics of kicking the ball at the age of 10 to 12 years using three basic procedures. Within the research, were used the following methods: study of the specialized literature, pedagogical experiment, graphic representation, the statistical-mathematics method. In regard to the method of pedagogical experiment, a series of specially designed tests were applied for the investigation of the components of proprioception, elements which have a very important role in optimizing the biomechanics of hitting the ball in the football game. Following the analysis and interpretation of the results, it was established the validity of the research hypothesis through the progress made by the research subjects at the final testing compared to the initial one. The research results recommend the experimental model validated for the training method of children aged 10 to 12 years with the purpose of optimization of the biomechanics of kicking the ball.

*Keywords: football, biomechanics, optimization, software, proprioception*



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### Improving the Tactical Training of the Male Handball Players - Junior I Level

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#### Abstract

We chose this research topic as a result of the current trends in current handball, trends that are aimed at increasing the pace and dynamics of the attack and defense phases highlighted in world handball at the senior level. The general objective of this paper is to implement a specific methodology that determines an improvement of individual and collective tactics of attack and defense at the level of junior I handball players. The research methods used were mainly aimed at testing some components of technical-tactical procedures as well as some tactical actions, approach included in a pedagogical experiment. The research was conducted over 10 months, the participants in this study were 30 athletes, evenly distributed in two groups: experiment and control. Participation was voluntary based on informed consent. The methodology proposed by us was implemented during the training of the first group of athletes, the other athletes participating in a type of training usual to the performance level imposed by the strategy of the sports club coaches. Specific tests were performed at two separate times, with the results showing better overall performance for subjects in the experimental group. The results obtained in our research were also correlated with the performances of the athletes within the official competitions, an aspect that reflected remarkable sport's achievements of the analyzed athletes during the matches played. The general conclusion of this study was that the actuation systems that made up our methodological approach were useful and correctly applied in the specific training, which encourages us to further study deeper effects and possibly on a larger number of athletes.

**Keywords:** *optimized methodology; tactical training; efficiency of sports results*





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### Investigation of Social Media Usage Purposes of Students who Actively Participate in University Sports Teams and Students Who Lead a Sedentary Life

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#### Abstract

The aim of this research is to examine the social media usage purposes of students who take active roles in university sports teams and sedentary students. In this direction, a questionnaire form was distributed to the students at the university and the findings were tried to be revealed. 207 university students selected by random sampling method constitute the sample of the research. 52.7% of the participants are male and 47.3% are female. It is seen that the majority of the participants are between the ages of 18-24. While 62.8% of the participants are active athletes, 37.2% are sedentary individuals. The questionnaire form used in the research consists of 3 parts and 22 questions. According to this; the first part is aimed at determining the demographic characteristics of the participants and there are 4 questions in the relevant part (gender, age, sports branch). The second part is about social media platforms and there are 11 questions in the relevant part. In the second part, the “social media usage purposes” scale, developed by Solmaz et al. (2013), was used to measure social media usage purposes and the validity-reliability study was conducted in the current study. In the third part, there are questions about social media addiction. When the data obtained are examined, the purposes of social media use include using it for communication purposes, using it for recreation, using it as a socialization tool, following the agenda and exchanging information. As a result of these purposes, it is seen that individuals can be affected positively and negatively from the use of social media. The positive effects of individuals using social media can be listed as awareness of up-to-date information, increasing personal development by consuming quality content, and experiencing positive emotional states such as renewal, rest and fun. Among the negative effects, there are effects such as problems experienced among family members and poor communication, decreased orientation to quality hobbies, neglect of responsibilities, weakening of family and friendship ties, and disconnection from real life.

**Keywords:** *Social Media Usage, Sedentary Life, Students*



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### Cultural and Periodical Examination of The Concept of Recreation

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#### Abstract

The aim of this study is to examine the cultural and historical processes that the concept of recreation has gone through from the first day it emerged. In addition, it is to reveal how important inventions, geographical discoveries, wars, human progress and technological developments shape recreation. In our study, a literature review was conducted in the field of recreation. Considering the studies carried out in the field of recreation, there is no analysis under two themes as periodical and cultural. Therefore, our study will contribute to the field in this sense. Recreation has been defined by selectivity and class privilege since the earliest civilizations. Recreation, which has made its presence felt since the first day of existence of humanity, has gone through various processes until today. In societies known as ancient civilizations, recreational activities were generally shaped according to the needs of daily life. These activities, developed under the influence of the hunter-gatherer period and seen in the light of basic needs, provided us with information about the cultural structures of the societies of that period. Recreational activities that developed in the light of religion and basic needs in ancient civilizations began to take a more planned form as humanity developed. After the industrial revolution, the Renaissance and other important developments and inventions, recreation gained a more technical and scientific meaning. As a result, while the first day's recreation was used for the continuation of life and daily activities, over time it became a hobbies used for showing off and class distinction, and finally for making use of free time and getting out of the stress of daily life.

**Keywords:** *Recreation, cultural, periodical examination*



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### An Investigation of the Anxiety Levels of Sports Management Students about Unemployment

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#### Abstract

This study aims to examine the anxiety of students studying in the department of sports management about unemployment after graduation. The study was designed according to the causal comparison method. The study group comprised of 253 sports management students, 118 females and 135 males, who were determined according to the accessible sampling method, which is one of the non-random sampling methods. The study data were collected through 12 psychometric questions developed by Ersoy-Kart and Erdost (2008) to find the unemployment anxiety of university students. In the analysis of the data, parametric tests such as One Way ANOVA and Independent Sample T Test were applied as a result of the normality distribution test. According to the findings after the analysis, the unemployment anxiety levels of the students were examined and it was determined that the anxiety levels were above the medium level, there was no significant difference according to gender, age, parental education level and being a licensed athlete, but there was a significant difference in unemployment anxiety level according to income level. As a result, it was concluded that sports management students had a significant level of anxiety about the possibility of experiencing an unemployment after graduation.

**Keywords:** *sport management; unemployment; anxiety*

### Study on the Effect of 9 Weeks of Different Balance Training Methods for Ski Instructors

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#### Abstract

Balance is widely acknowledged to be one of the most important motor skills in alpine skiing. However, there are not enough studies in the alpine skiing literature on balance training, balance outcomes, intensity, duration, and frequency of balance training protocols. Although



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balance ability is a performance factor, there have been few studies on the effect of balance on alpine skiing, and the results have varied. Given the inconsistency of results reported in studies and their controversy on the effect of balance training for improving and optimizing sports performance in alpine skiing, the aim of this study is to develop a static and dynamic balance protocol to improve balance values and optimize sports performance. Because skiing is a complex sport, we have chosen to use five training methods that have been shown to be effective in previous studies. Each method, depending on its specificity, develops different aspects of balance: neuromuscular training, plyometric training, core stability training, proprioceptive training, and balance training with equipment. Twenty-four authorized ski instructors were recruited and divided into experimental group or control group who were subjected to tests on snow with CARV device and tests on the dry-land with ISOFREE a stabilometric platform with a stable surface. The results show significant improvements of the experimental group in skier technique represented by the SKI IQ variable, also the results show statistically significant improvements in two-legged balance with eyes closed represented by lower values of standard deviation from COP in the antero-posterior and medio-lateral plane, as well as in right-legged balance in the medio-lateral plane. Balance training for 9 weeks has a positive effect on balance performance and this complex of balance development methods can improve certain parameters of static and dynamic balance of alpine skiers.

**Keywords:** *balance training, dry-land training, alpine ski training*

### Analysis Of the Evolution Stages of the Balanced Scorecard Strategic Planning Tool

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#### Abstract

Starting from the premise that strategy implementation more often than not stalls when it comes to actually carrying out the action plan, the authors Kaplan and Norton proposed to remove this barrier by measuring and monitoring the achievement of strategic objectives using a scorecard. The development of the Balanced Scorecard strategic planning tool is due to the few financial indicators to express performance, so it succeeds in grouping financial and non-financial indicators, building a balance by linking the 4 items: financial perspective, customer perspective, internal processes perspective, learning and development perspective. A brief historical analysis from 1992 to 2022 shows the positive evolution from a simple performance measurement tool to a complex strategic management tool, making it one of the most widely used strategic planning tools. This concept is well known by international organizations, but it





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has been less known at the national level until recently, evolving gradually with the expansion of international business. Consequently, this study aims to trace the evolution of the implementation of this strategic planning tool at the national level, with a view to emphasizing its importance in achieving the objectives set at the initial stages. The result of the analysis shows a major interest from international organizations that have turned to the implementation of new strategic planning tools such as the Balanced Scorecard.

**Keywords:** *Balanced Scorecard, strategic management, performance, efficiency, measurement, planning*



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### ★ KINETOTHERAPY ★

#### Application of an Experimental Kinetotherapeutic Program for the Correction of Postural Attitudes

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#### Abstract

Obesity prophylaxis is a strategy of health policies, which requires careful surveillance programs of children with weight gain. Strategies to reduce the risk of childhood obesity often focus on improving eating habits and maintaining a high level of physical activity. Forming healthy eating habits from an early age is important for maintaining long-term health and preventing obesity. In Romania, several epidemiological and clinical studies on childhood obesity have been performed, especially in the western part of the country, but the prevalence of overweight and childhood obesity is still being studied and there are relatively few statistical and epidemiological data regarding the correlation between life and childhood obesity. For this reason, we conducted a retrospective and prospective clinical-statistical study on childhood obesity, with the aim of promoting a healthy lifestyle in preschool and school children. The research aimed to follow some correlations between obesity, overweight and lifestyle of children and a better knowledge, from an etiopathogenic and clinical point of view, of childhood obesity, in order to streamline the diagnosis at an early age and to develop a program to promote a healthy lifestyle in preschool and school children.

**Keyword:** obesity, overweight, body mass index, storage, nutrition

#### The Benefits of Physiotherapy in Obesity Treatment Programs

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#### Abstract

Obesity prophylaxis is a strategy of health policies, which requires careful surveillance programs of children with weight gain. Strategies to reduce the risk of childhood obesity often focus on improving eating habits and maintaining a high level of physical activity. Forming healthy eating habits from an early age is important for maintaining long-term health and preventing obesity. In Romania, several epidemiological and clinical studies on childhood obesity have been performed, especially in the western part of the country, but the prevalence



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**Keywords:** *obesity, overweight, body mass index, storage, nutrition*

### The Effect of Ozone Therapy on Musculo- Skeletal Disorders

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#### Abstract

One of the problems of the 21st century's human is represented by the muscular and skeletal issues caused by an incorrect posture. An inadequate posture not only affects the larger joints, but also creates balance disorders, usually also causing cognitive reactions and decreased quality of life. Due to the increase in the number of patients, with regard to age, the treatment needs to be tailored to the patient's age, needs, health situation and, also, potential side effects, which could further decrease their quality of life. The oxygen-ozone treatment (ozone therapy), a treatment with no side effects when properly used, and with a multitude of means to be administered, is recommended to all types of patients, in an ambulatory environment. A study in retrospect, comparing this treatment to a canonical one, recommends it for treating a plethora of muscular and skeletal issues, from acute to chronic situations, having a positive effect on the patient's recovery in both cases and on relieving pain. The increase in the quality of life, the decrease in spendings on medical services and the patient's rapid recovery are all goals which ozone therapy fulfills, especially when paired with kineto therapy.

**Keywords:** *pain, ozone therapy, prescription drugs, medical recovery, quality of life*



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### Advanced Physiotherapy Techniques for Pain Reduction in Knee Osteoarthritis Via the Endocannabinoid System

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#### Abstract

Knee Osteoarthritis (KOA) is a degenerative disease associated with the degradation of articular cartilage. Clinically KOA is manifested by limited mobility, decreased muscle strength, and specific pain that includes nociceptive and neuropathic mechanisms. At present, pharmacological treatments have limited effectiveness in controlling the progression of the disease, and the analgesic treatment has a rather limited. An alternative approach to KOA pain therapy is to exploit the anti-nociceptive effects of cannabinoids through the active participation of the endocannabinoid system in the pathophysiology of this disease. Strong evidence suggests that the physiological role of the endocannabinoid system along with the distribution of cannabinoid receptors in the regulation of low-grade inflammation is overwhelming. The successful therapeutic use of cannabinoids in the management of KOA promises new directions for approaching pharmacological treatments and more. Certain non-pharmacological therapies that are included in physiotherapy are available, and their effects on endocannabinoid stimulation are known. Novelty is the stimulation of the endocannabinoid system with advanced physiotherapy techniques, as an adjuvant to pharmacological treatments in KOA management.

**Keywords:** *knee osteoarthritis; endocannabinoid; pain; physiotherapy*

### Possibilities for a Physical Therapy Intervention in Treating Cervicalgias of Different Etiologies

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#### Abstract

The etiology of cervicalgias is varied, and their causes are multiple. They can appear as a result of vertebral degenerations, traumas, incorrect postures, or activities that put stress on the periarticular elements. The goals of this study were to select and combine several treatment methods and techniques, such as manual and mechanical therapy, aiming to diminish the subjects' symptoms in the shortest amount of time and with durable effects. The paper is a study conducted on a group of 26 subjects with cervicalgia, of various causes, divided in two, a control





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group and an experimental group. The subjects in the control group have benefited from a physical therapy program consisting in manual therapy techniques, such as myofascial release, muscle energy techniques, joint mobilizations, osteoarticular manipulations, while the subjects in the experimental group benefited from the same therapy, but they also had included in their treatment vertebral mechanical tractions. The treatment was conducted over the course of four weeks, 3 sessions/week. The results of the study have shown an improvement of the subjects' health in a shorter amount of time, as follows: diminished pain, improved muscle strength and elasticity, increased range of motion, improved ligament capsule elasticity, in the subjects who benefited from vertebral mechanical tractions besides the physical therapy treatment.

**Keywords:** *mechanical traction; vertebral degenerations; manual therapy*



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### ★ SCIENCE EDUCATION ★

#### **Motivations for the Teaching Profession: Assessing Psychometric Properties of the Orientation for Teaching Survey on Pre-Service Teachers**

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##### **Abstract**

In examining of the multicomponent construct of teacher motivation researchers have developed different theoretical models to approaching motivation for teaching career. The Orientation for Teaching Survey (OTS) measures six motivational orientations or themes for teaching profession. This instrument has been validated in samples of pre-service and in-service teachers from different countries, but the results have been ambiguous concerning OTS's number of factors. The main objective of this study was to assess the psychometric properties and factorial validity of the OTS in a sample of Romanian pre-service teachers. 284 pre-service teachers with limited teaching experience in primary, secondary and high schools completed the scale. The factorial structure, tested by explanatory factor analysis with Varimax rotation, evidenced a three-factor solution. Cronbach's alpha coefficients as measure of internal consistency had acceptable values. Then, two-factor, three-factor and six-factor models of motivations were tested using confirmatory factor analyses through relative and absolute Goodness of Fit indices. Results revealed that the three-factor model (intrinsic, extrinsic, and altruistic motivation) has the best fit out of the three compared models. Although the findings confirmed the multidimensionality of the OTS further analyses are required to better clarify the various aspects of teaching career motivation in pre-service teachers.

**Keywords:** *motivation for teaching profession; in-service teacher; Orientation for Teaching Survey; psychometric properties.*

#### **Ethical Management, Part of the Management of Educational Institutions**

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##### **Abstract**

When we think of the management of educational institutions, we consider a number of characteristics such as efficiency, productivity, performance, effectiveness, efficiency, quality and much more. But the success of an efficient management is given by the moral values on



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which it is built. This paper aims to analyze the role of ethical management, as part of the management of school institutions, to identify models of ethical management and to analyze their contribution to the development of school institutions. account of the most relevant aspects of the paper. Click here and insert abstract your text. Insert an abstract of 200-300 words, giving a brief account of the most relevant aspects of the paper.

**Keywords:** *ethical management; deontology; ethical competence*

### Teachers in the Current Contemporary Context

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#### Abstract

We live in a dynamic and knowledge-based society, which is in a continuous change, transformation, adaptation, imposed directly and indirectly by accelerating social processes. Social development has lead to a complex educational system; therefore, education must ensure, at a fast rate, the progress of the entire society, directly and indirectly. Educational changes in Romania are collected, implemented, or rejected; the change is not carried out suddenly, by itself, but also involves a chain of operations, reorganizations and adaptation. These are leading to prospective and proactive skills in accordance with the current requirements of the educational system. Romanian education system needs complete diagnosis (analysis), so as to be able to reconsider the socio-educational reality, and implement a change, i.e. educational reforms. The results of these educational changes will take a shape in time, and we must be aware of this; the educational change implies a regeneration of the mission and practices at the school level.

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