

CONTENTS

TOMA BADIU	
The Value of the Physical Growing Factors Following the Acting Systems in the Physical Education Lessons From Gymnasium “Physical – Education” in Gymnasium Through the Algorithmic Programation	11
EUGEN BASTIUREA	
The Dynamics of the Coordination Potential at the Level of the CSU Galati Handball Team	16
ADRIAN BRAILESCU	
Back Pain	19
LUCICA CALIN	
Parameters of psychological potential of success in sports	21
CONSTANTIN CIORBA	
The Efficiency of Motivational Component Formation Within the Professional Training of Physical Culture Specialists	24
IULIA-CORINA DOBROTA	
Remarks on Teaching English Communicatively to Physical Education Students	28
AURELIAN DRAGAN	
Training Priorities of a Private School in Romania	31
MIRCEA DRAGU	
The Relation Between Present-Day Football and the Training Needs of the Referee	33
MIRCEA DRAGU, BORIS RISNEAC	
The Early Training of Swimming Talents	36
DIANA GOGONCEA, GOUGOU GRAMMATOPOULOS BOGDAN	
Uneven Bars Improving Training – A Feminine Gymnastics Priority	38
CONSTANTIN HÂNSA	
European Basketball Management and Patterns at Women Junior Players	42
CONSTANTIN HÂNSA	
The Essential Factors in Learning Basketball	45
NICOLAE HOSTIUC	
Why Should We Fight Doping ?	49
MIRCEA ION-ENE	
GEORGE MOCANU	
The Optimization of the Students’ Ability to Practise Aerobic Effort by Using Jogging and Breathing Exercises During the Independent Activities	51

MIRCEA ION- ENE	
Judo - the Climax of the Sportive Condition	55
GABRIEL MANOLACHE, CONSTANTIN ROTARU	
The Educative Aspect of Scholarship Training in Sports Using Stretching Means	59
CLAUDIU MEREUTA	
Negotiation - a Mediating Process	61
PETRONEL MOISESCU	
Serve or Return of Serve	64
CARMINA LIANA MUSAT (TARABAS)	
Electro-cardiographic Effects of Sport Efforts	69
CARMINA LIANA MUSAT (TARABAS)	
The Dynamic Effort	71
LILIANA NANU	
The Young Talents in Artistic Gymnastics	73
ALEXANDRU PACURARU	
Information And The Moment Of Decision In Volleyball	75
CONSTANTIN PLOESTEANU	
The Football Game as a Means of Physical and Sportive Education	78
NICOLAE POP	
The energetic metabolism during the effort	82
GABRIEL PRISECARU, GRIGORIS MALOUSSARIS	
The Analysis of the Volleyball Match – an Important Element in Winning the Game ...	86
LUCICA SAVA	
The Athletics Trainer and the Instructive Activity	88
CRISTINA – CORINA STIR	
A psycho economical approach of sport performance activity: “cost-benefit” theory	90

The Value of the Physical Growing Factors Following the Acting Systems in the Physical Education Lessons From Gymnasium “Physical – Education” in Gymnasium Through the Algorithmic Programation

Toma Badiu

Facultatea de Educatie Fizica si Sport Galati

La mesuration en conditions standard de l'échantillon a eu comme but la constatation et puis la mise en evidence, des paramètres somatiques pour établir le niveau de développement physique des enfants du cycle gymnasial.

The Dynamics of the Coordination Potential at the Level of the CSU Galati Handball Team

Eugen Bastiurea

University "Dunarea de Jos" of Galati

Handball, as performance sport, asks the players to work hard to cope with some extreme difficult training tasks, whose solving means the maximum concentration of all physical abilities.

The coordination potential belongs to the category of the category of the physical abilities that handball players need and its development is also connected with the person's physiological development.

Back Pain

Adrian Brailescu

Due to the high incidence of the back pain, especially in elderly, and to the high costs for the treatment and to the variations of the response to the treatment, back pain is an important health problem.

Les paramètres du potentiel psychologique de la réussite sportive

Lucica Calin

L'article se propose de distinguer une série des paramètres qui peuvent être identifiés et utilisés dans le but de la mobilisation des ressources positives d'action des sportifs.

Les sportifs qui s'impliquent dans un procès dynamique de réussite (préparation pour, et participation dans les compétitions) possèdent des ressources psychologiques particulières ayant la difficile tâche d'y actionner dans le sens de stimulation ou de réglage.

The Efficiency of Motivational Component Formation Within the Professional Training of Physical Culture Specialists

Constantin Ciorba
I.N.E.F.S. Chisinau

The article dwells upon a pedagogical experiment that took place at I.N.E.F.S. Chisinau, regarding the formation of the motivational component as part of the training process of the future specialists in physical education.

Remarks on Teaching English Communicatively to Physical Education Students

Iulia-Corina Dobrota
"Dunarea de Jos" University of Galati
The Department of Applied Modern Languages

The paper deals with the problems arising in teaching Physical Education students how to adequately communicate in English, and also attempts at suggesting a few modalities of solving these problems by means of the communicative method as opposed to traditional approaches.

Training Priorities of a Private School in Romania

Aurelian Dragan
The Sports and Physical Education Faculty Galati

This article presents the priorities in the training of players aged 16-18, members of the team (SALBERO) of an experimental private school in Romania who have obtained good results as compared to other clubs for young players.

The Relation Between Present-Day Football and the Training Needs of the Referee

Mircea Dragu
The Sports and Physical Education Faculty Galati

The regulations have been constant for a longtime, but the refereeing manner should permanently adjust to the new orientations of the game, in order to keep a dialectic relation between the development and orientations of football, their comprehension and objective assessment.

The Early Training of Swimming Talents

Mircea Dragu
Boris Rîsneac
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The Faculty of sports and Physical Education Galati

Early training has been practiced ever since the emergence of modern training. There are sports branches like swimming, tennis, gymnastics, etc., which start training at the age of 3 or 5. Systematic training with children has become usual, as this level should take into account the age, physical and mental peculiarities, but the methods used in many cases are not always right.

Uneven Bars Improving Training – A Feminine Gymnastics Priority

Diana Gogoncea
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Gougou Grammatopoulos Bogdan
Universitatea Atena Grecia

A relative crisis has been noticed over the last few years regarding the originality of the parallel bars exercises, which has lead to poor results at the latest international competitions. The real core of the problem, the important secrets are to be found in the learning process, namely the improvement of the movements and contest exercises.

European Basketball Management and Patterns at Women Junior Players

Constantin Hânsa
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By taking into account that the 12th edition of the Final European Basketball Championship for Cadets was organized in Romania, in Tulcea town during 23rd July – 1st August 1999, we have planned to monitor the management of this competition at the European level, as well as to establish an actual model of game for this age category, a fact that will contribute both to make the future management more efficient and to make the game efficient in itself.

Pourquoi faut-il lutter contre le dopage ?

Hostiuc Nicolae
Universitatea " Dunarea de Jos " Galati

Depuis toujours, l'homme a tenté d'améliorer artificiellement ses performances en utilisant des méthodes relativement simples. Il y a beaucoup d' exemples. Le phénomène s'étend, commence à menacer tous les sports, niant les fondements même de la pensée et de l'idéal olympique. Il faut que nous luttons contre le dopage .

La lutte contre le dopage est nécessaire pour la pureté du sport.

*Il faut indiquer aux athlètes une voie positive pour améliorer leurs performances sans sortir du cadre légal strictement institué.
C'est une lutte contradictoire et très difficile.*

The Optimization of the Students' Ability to Practise Aerobic Effort by Using Jogging and Breathing Exercises During the Independent Activities

Mircea Ion-Ene
George Mocanu
The Sports and Physical Education Faculty Galati

The study that was carried out on a sample of 30 girls and 50 boys reflects the great impact the breathing exercises and the jogging have on the health condition.

Judo - the Climax of the Sportive Condition

Mircea Ion- Ene
The Sports and Physical Education Faculty Galati

The climax of the sportive condition represents the result of a multitude of factors. Choosing the right combination of factors is the only valid method of obtaining the climax of the sportive condition. It is vital to know the fact that one single factor cannot replace or compensate for the absence of another. All factors are important in order to reach the climax of sportive condition.

The Educative Aspect of Scholarship Training in Sports Using Stretching Means

Gabriel Manolache
Facultatea de Educatie Fizica si Sport Galati

Constantin Rotaru
I.N.E.F.S. Chisinau

Modern scientific and methodical research proved that wrestling is perfectly available to children, having a positive influence on their psychical and psychological growth, responding to the youth concerns for strength, agility and psychical betty.

Negotiation - a Mediating Process

Claudiu Mereuta
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Abstract: The paper presents the steps to be followed when a negotiation process must be prepared; the rules of conduct policy in negotiation and seven techniques for settle a good negotiation. The main aspects a discussed together with all the situations involved.

Serve or Return of Serve

Petronel Moisescu
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Most professionals would agree that the two most important strokes in tennis are the serve and the return of serve. Since the serve is the only shot in tennis over which a player has complete control, it is often thought to be slightly more significant in determining the outcome of a match than the return of serve. Both shots, the serve and the return of serve, introduce the ball into play. Failing to return a serve is like hitting a double fault. Players with an outstanding serve tend to control the point in a majority of situations when they make a first serve. Similarly, players who can gain control of a point while returning serve not only determine the direction of the point but also take away, perhaps, their opponents' biggest weapons.

CONSÉQUENCES ÉLECTROCARDIOGRAPHIQUES DES EFFORTS SPORTIFS

Carmina Liana Musat (Tarabas)
Facultatea de Educatie Fizica si Sport Galati

Chaque type d'effort a donc un retentissement hémodynamique différent. Ceci conditionne la diversité de variation de l'électrocardiogramme.

L'EFFORT DYNAMIQUE

Carmina Liana Musat (Tarabas)
Facultatea de Educatie Fizica si Sport Galati

L'adaptation cardiocirculatoire comporte l'augmentation du débit cardiaque, l'adaptation de la circulation périphérique, l'adaptation de la circulation pulmonaire et l'hypertonie vagale.

The Young Talents in Artistic Gymnastics

Liliana Nanu
Sports and Physical Education Faculty

To obtain superior results in artistic gymnastics, it is recommended that the preparation should be made with children who are extremely endowed. Of course, anyone even without talent can be specialized in one of the sports branches, but practice demonstrated that the ones that have native talent surpassed their results.

Information And The Moment Of Decision In Volleyball

Alexandru Pacuraru
Dunarea de Jos University of Galati

During a volleyball game, the player has to continuously decide which motive action to choose. He also synthesizes information on the basis of his own experience, the results of his mates' or opponents' actions, their value and probability, according to which he makes the appropriate decision.

The Football Game as a Means of Physical and Sportive Education

Constantin Ploesteanu

The Faculty of Physical Education and Sports Galati

Football is a means of physical education, its practice contributing to carrying out its tasks: the health growth, the many-sided development of motive abilities, the learning of some motive abilities and capacities useful in life, the learning of a series of special knowledge and sportive mastery. The football game is characterized by a rich motive content and a fairly great variety of movements performed in the open, which exerts a favorable influence upon the functions of the whole organism. The football has an important influence upon the central nervous system. The emotional state of the players before and during the game, the variety of actions from one stage to another permanently maintains the state of playfulness and interest for the game, which determines a growth in nervous processes mobility. This way, there is a development and progress in the intellectual, affective and volitional processes. Of great importance is the positive influence football has upon motive qualities by influencing the development of general and specific motive qualities. The motive quality above-mentioned, which is characteristic to tactical-technical actions during the game contributes to building the basic motive qualities (of running, jumping, stopping, turning, hitting, etc) whose building makes an objective of the school physical activity, this being a supplementary argument proving the formative value of the football game.

Métabolisme énergétique au cours de l'effort

Nicolae Pop
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Il y a plus de cent trente ans, J. – B. Chauveau démontrait que la glucose est principalement consommée dans les réseaux capillaires des muscles, dont il constitue l'aliment privilégié, et non dans les poumons comme le pensait Claude Bernard. Trente ans plus tard, alors qu'il vient d'être nommé au Musée dans la chaire laissée libre par le décès de Claude Bernard, Chauveau entreprend une série de travaux sur l'énergétique musculaire, considérant le muscle comme une machine au sein de laquelle s'échange de l'énergie, énergie chimique et énergie mécanique. Il fonde les lois du travail musculaire à partir de mesures de la dépense énergétique et vérifie le principe de la conservation de l'énergie au sein même du muscle, dont il détermine le rendement. Dès la fin du siècle dernier, la calorimétrie directe et la calorimétrie respiratoire, sous l'impulsion d'Atwater et Benedict aux Etats – Unis, de Jules Lefèvre à l'Institut d'hygiène alimentaire à Paris, vont connaître un développement considérable pendant une soixantaire d'années, appliquées à l'homme en réponse pendant l'exercice musculaire.

The Analysis of the Volleyball Match – an Important Element in Winning the Game

Gabriel Prisecaru
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Grigoris Maloussaris
Universitatea Atena, Grecia

Abstract: The analysis meting of a volleyball match must be held at the first training after the match and not immediately after the game is over, when the fatigue, the low psychical capacity, the nerves stretched to maximum could lead to some controversies among players and coach or even among players.

The Athletics Trainer and the Instructive Activity

Lucica Sava

Facultatea de Educatie Fizica si Sport Galati

The instructive activity of the trainer builds in the athlete is not only accurate personality features, but it also helps him to develop himself.

Une manière d'aborder du point de vue psycho-économique l'activité sportive: la théorie „coût - bénéfice”

Cristina - Corina STIR

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Axée sur l'idée d'une approche de type économique du comportement humaine, la théorie "coût - bénéfice" propose une modalité d'analyse se rapportant à l'allocation optimale des ressources en vue d'obtenir le maximum de bénéfices dans une activité. Tout en appliquant cette théorie à l'activité sportive, on peut considérer que l'exercice performant d'un sport implique certains coûts payés par le sportif et des bénéfices attendus aussi. L'application effective de l'analyse coût-bénéfice au comportement du sportif offre la possibilité d'identifier les ressources utilisées et au mesurage des effets positifs et négatifs que détient le sport de performance pour ses pratiquants. Cette technique représente un moyen d'analyse systématique de l'efficacité de la conduite sportive qui contribue au choix des décisions correctes et à l'identification des conséquences directes ou indirectes pour long et court terme, comme des coûts impliqués par l'activité sportive de performance.