

EDITORIAL STAFF

Germina Cosma – Editor – in – Chief

Ligia Rusu – Scientific Editor

Costin Nanu – Managing Editor

EDITORIAL BOARD

Cătălin Forțan, University of Craiova

Mihaela Păunescu, University of Physical Education and Sport, Bucharest

Aurora Ungureanu, University of Craiova

Ilona Ilinca, University of Craiova

Luminița Marinescu, University of Medicine and Pharmacy, Craiova

Mirela Shaoo, University of Craiova

Mirela Călina, University of Craiova

Bogdan Rață, University of Bacău

Răzvan Mihai Barbu, University of Craiova

Mihai Dragomir, University of Craiova

Mihaela Zavaleanu, University of Craiova

Roberta Ghețu, University of Craiova

Nilufer Cetisli Korkmaz, Pamukkale University, Denizli

SCIENTIFIC BOARD

Malgorzata Sobera - University School of Physical Education, Wroclaw, Poland

Toganidis Theodoros – Democritus University of Thrace, Greece

Dragomir Marian – University of Craiova, Romania

Grigore Vasilica - University of Physical Education and Sport, Bucharest, Romania

Liliana Mihăilescu – University of Pitești, Romania

Gloria Rață – "Vasile Alecsandri" University of Bacău, Romania

Mariana Cordon - University of Physical Education and Sport, Bucharest, Romania

Bas Aslan Ummuhan – Pamukkale University, Denizli, Turkey

Cavlak Ugur - Pamukkale University, Denizli, Turkey

Mihaela Oravițan – West University of Timisoara, Romania

Roșulescu Eugenia - University of Craiova, Romania

Virgil Tudor - University of Physical Education and Sport, Bucharest, Romania

Ahsana Hallaçeli- Pamukkale University, Denizli, Turkey

Arzu Razak Ozdinciler-- Pamukkale University, Denizli, Turkey

Taina Avramescu- University of Craiova, Romania

Hakan Uysal-- Pamukkale University, Denizli, Turkey

Ilker Yılmaz- Pamukkale University, Denizli, Turkey

ISSN 2286 – 3524

ISSN-L 2286 – 3524

Publisher: Universitaria

156 Brestei Street, 200177, Craiova, Romania

Editorial office address:

University of Craiova, Physical Education and Sports Faculty

156 Brestei Street, 200177, Craiova, Romania

ABSTRACTS OF JOURNAL OF SPORT AND KINETIC MOVEMENT

NO. 22, VOL. 2/2013

Methods of Expression of the Athletes' Personal Autonomy after Interacting with the Media

Andreea Răducan, Mariana Cordon

National University of Physical Education and Sport

Abstract: It is well known the fact that the personal autonomy represents the capacity to control your own life together with the feeling that there is the possibility of performing this control. The study's results locate the athletes in the media's area, far from the upper limit of the „small” scores and from the lower limit of the „big” scores (considering the age and the gender of the participants). The athletes are asking for advises from other persons when they have to take decisions and, considering their opinion, they express feelings even when from time to time those feelings are different. We can conclude that the athletes are relatively sensitive of the family's and friends' influence when they build their principles.

Key words: *media, sport, athletes*

The contribution of the legislative environment on the optimization of the management of sports activities

Mihai Constantin Răzvan Barbu , Daniel Ciocănescu

Department of Theory and Methodology of Motricity Activities, University of Craiova, Romania

Abstract: Political, governmental and legislative factors represent opportunities and risks for all types of organizations, regardless of their size and category, including those working in the field of sport. For organizations largely depending on government contracts or grants, political predictions are of particular importance in an external diagnosis. The political component reflects, in a composition which is specific to each country, the political forces and the relationships between them, the degree of involvement of the State in the economy, the degree of stability of the national, regional and international political climate, etc. Moreover, the political power existing at any given time in a country can encourage business by creating a climate of stability and by cultivating among the public opinion an objective perception of the economic and business mechanisms. Also in the plan of external relations political power can create facilities for domestic economic agents, such as, for example, measures to protect domestic market or support in getting export contracts. The legislative framework is made up of all legal regulations which concern the activity of the organization. Among them, first and foremost it stands out the legislation protecting the economy and business.

Key words: *legislative environment, optimization, management, sports activities*

Junior Goalkeepers' Pattern of Playing and Training

Barbu Dumitru, Stoica Doru

University of Craiova, Faculty of Physical Education and Sport, Craiova, Romania

Abstract: The current paper aims to highlight the main features of the goalkeeper's pattern of playing and training, not only in terms of physical, technical or tactical preparation, but also from psychological point of view. The purpose of this research is to establish the junior goalkeepers' pattern of playing and training, in order to improve the methodology of selecting and training the goalkeepers, putting a great focus on their integrating and participating in the fielders' training, which will lead to more efficient use of arms and legs in the goal as well as to better collaboration with the other players.

The research was based upon observing and analyzing the two goalkeepers' behavior throughout training sessions and official matches within one season in Junior C National Championship. During each game we noted down the goalkeepers' interventions in specific technical and tactical actions and our findings supported the hypotheses.

As a result of the exercises used during the training sessions, the goalkeeper's behavior has obviously improved, the main proof being the fact that the number of received goals were reduced by half. On this basis, it may be concluded that a goalkeeper who masters all tactical elements during the game strengthens the behavior of the players in the defending area and creates more opportunities for initiating rapid attack and counterattack.

Key words: *football, pattern, training, performance, goalkeeper.*

Study on the Efficiency of the Verification Means in Junior Handball Training

Chepea Bogdan¹, Ortanescu Dorina², Padeanu Daniela³

¹Sports Program Highschool, Targu-Jiu, ²Faculty of Physical Education and Sport Craiova, ³Sports Program Highschool, Craiova

Abstract: The research aims to look for ways to optimize the preparation of junior handball players, identifying the most effective means of action, related to the specific requirements of the competition.

Thus, we subjected/submit to evaluation a series of 24 exercises, used in training junior handball players of LPS Targu-Jiu. We determined the rate of effort of each exercise, by reporting immediately after, the heart rate recorded to the standard handball heart rate (FC = 200b/min), then we determined the usefulness of exercises through a hierarchy based on the opinion of the coach. Finally, we calculated the coefficient of efficiency, which reflects the appropriateness of using each training exercise.

The analysis of the results showed, that 4 of 24 structures are inefficient (EGC less than 0.200), 10 exercises have an effective average and 10 means have a high degree of efficiency (EGC in the range of 1 to 0,437), issues that can contribute to optimize the training programs and, thus, to the training economy.

Key words: *handball, junior, effort coefficient, usefulness coefficient, efficiency coefficient*

Vulnerability and mental health

Ileana Mihaela Chirișescu

Department of Foreign Languages – University of Craiova, Romania

Abstract: Vulnerability and courage are an integral part of the human being. We cannot be brave without being vulnerable. We must realize that we are able to act with courage in every circumstance of our lives. It is true that people become brave when their life is happy and fulfilled. We are brave and confident when you are loved and supported by dear people around us. We become vulnerable when we do not get people's support.

Courage means to be yourself at all times. Courage means that you will want to become a better human being. Courage means that you will be able to give you a chance to recover your mistakes. Courage means to have self-confidence. Courage is being able to admit when you're wrong and give you the chance to act differently in the future. Courage means to love yourself even if you know you're not perfect. Courage means to want to strengthen sensitivities and become a strong and confident human being. Courage means to take responsibility of your actions.

The vulnerability occurs when you do not trust yourself. Therefore you need to see life with confidence. If you feel the need to be supported, have the courage to ask for that support!

We must try to act perfectly using our imperfect means. For not to be vulnerable, we must have infinite faith in our strength and to love ourselves with our whole heart!

Key words: *vulnerability, courage, mental health, connection, motivation.*

Sport, Health of Human Beings and Growth of their Performances in the Present Economic Context

Mangra Gabriel Ioan, Popa Marian Gabriel, Popescu Marius Cătălin, Forțan Cătălin

Faculty of the Physical Education and Sports, University of Craiova

Abstract: An important factor positively influencing the health of the people is physical activity. If it becomes systematic and rational, physical activity boosts health and reduces the risk of coronary heart disease, hypertension, diabetes, obesity, osteoporosis and depression. Physical activity should not be separated from several other essential components that define the person's lifestyle, such as eating food (body mass index is directly dependent on it), smoking and drinking alcohol, alternation of activities, social and cultural activities and how leisure is spent etc.

Keywords: *human action, physical activity, physical education, society, work.*

Influence of Sports Training Factors on the Instructive-Educational Training Process Concerning the Game Optimization and the Somatic and Morpho-Functional Development to Juniors Aged Between 17 and 18 Years Attending “Gică Popescu” Football School

Doru Stoica, Dumitru Barbu

University of Craiova – Faculty of Physical Education and Sport

Abstract: The present paper aims at the optimization of the training process, in order to meet the requirements of the modern game implying: physical, technical, tactical, biological, psychical and theoretical factors. This study intends to make juniors aware of the instructive-educational process, of the social message, or the scientific information specific to their area of activity, giving them the opportunity to promote and to apply it in training and in the game.

The paper also refers to the influence of sports training on the morpho-functional indices expressed by the juniors' body (juniors aged between 17 and 18 years), pointing out the fact that they are mutually reliant on the development of the general and specific training, as well as on the training methods.

Key words: *football, optimization, functional development, training*

Abnormal joint variations in upper extremity of spastic cerebral palsy

Cosmina Stanoiu¹, Mihaela Zavaleanu², Eugenia Rosulescu², Diana Dinca¹

¹Children Residential Rehabilitation Center, DGASPC Craiova, Romania, ²Faculty of Physical Education and Sports, University of Craiova, Romania

Abstract: The aims of this study were to investigate the nature and extent of upper limb deformities in cerebral palsy patients that implicate the upper extremity, based on the topographic involved area, like diplegia, hemiplegia, triplegia, and tetraplegia. Classification of typical contracture and deformity of the anatomical regions was done using the following scales: Gschwind & Tonkin for the forearm, Zancolli et al. for the hand and wrist, and House et al. for thumb deformities.

Key: *deformity classification, spastic upper extremity, cerebral palsy*

Handball and fence profesional training influence over somatosensory evoked potential parameters

Denisa Enescu-Bieru, Mirela L. Călina, Germina Cosma, Luminița Călinescu Brăbiescu

Faculty of Physical Education and Sport Craiova, University of Craiova

Abstract: Our purpose was to evaluate the parameters (latencies and inter-wave latencies intervals) of somatosensory evoked potential SEP waves at a group consisted of 18 professional male sportsmen, homogenous regarding age, height, weight and training regime, active for between 5 and 12 years exclusively in either handball or fencing (different stress degrees of the upper members) and to compare the resulted data in order to emphasize the influence of profesional trainig. All the investigated sportsmen have been subjected to SEP tests and the responses obtained by stimulating the median nerve in the fist articulation (radial-carpal) bilaterally and successively were recorded and measured using the Nihon Kohden Neuropack MEB-9100 device. From the multitude of parameters provided by the analysis of recorded tracks, the values of SEP component waves latencies and those of inter-waves latency intervals were kept and statistically processed. The testing through SEP of athletes has shown the existence of higher values of the component waves latencies, for the entire group, obtained by stimulating the right median nerve, compared to those obtained by stimulating the left hand, although subjects were right handed, probably the effect of dominant member infraclinic lesions. The values of the Pearson correlation coefficient for the entire group, showed a positive left-right correlation for the wave latencies originated in the subcortical levels and specific cortical and a high left-right correlation for waves and interwave intervals, originated in the cortical non-specific areas, of association, a location more functionally and plastically changed by specific sports training.

Key words: *profesional training, handball, fencing, somatosensory evoked potentials parameters.*

Rehabilitation of an adult with operated traumatic cervical myelopathy and sphincterian disturbances - a clinical case

Iona Iinca¹, Eugenia Rosulescu^{1,2}, Burileanu Alin³,

¹University of Craiova, Faculty of Physical Education and Sport, Craiova, ²Neuromotor Adults Rehabilitation Center St. Maria, Craiova, ³Prokinetic Rehabilitation Center, Craiova

Abstract: Spine injury is a most devastating event that can occur in an individual's life, owing to which there is multisystem involvement and long term disability. The purpose of this case study is to describe and report outcomes of a conservative rehabilitation program with a locomotor training component in an adult with an incomplete Spinal Cord Injuries (myelic fracture).

Case Description. The patient was a 54 year old male who was involved in a road accident causing injury of the cervical spine with spinal cord involvement (myelic fracture). After two month the patient underwent a cervical intervertebral disc replacement surgery (metal prosthesis). As postoperative evolution is stationary maintaining motor deficit the old implant is removed and replaced with metallic Pyramesh prosthesis. One month after this surgery, following an acute generalized peritonitis, with multiple large perforations in the sigmoid colon, and with acute acalculous cholecystitis, temporary left iliac anus were performed.

Outcomes and Measures. Baseline measures included neurologic examination (manual muscle test), articular testing, functional scale (FIM), Beck Depression Scale and Berg scale. Following the baseline measurements, the patient participated in a physical therapy program. Measurements were repeated at 4-month and 8-month follow-up.

Results. The data shows an important difference in all parameters measured (muscle strength, ROM, balance, gait, functional skills and level of depression) comparing all three stages of evaluation, where the intermediate and final evaluation provided a better results compared with the initial one.

Key words: *cervical spine injury, exercises program, rehabilitation effectiveness*

A New Angle of Looking at Human Jumping Abilities

Zdzisław Kołaczkowski¹, Tadeusz Rynkiewicz¹, Włodzimierz Starosta²,

Ryszard Kopański³

¹ University of Physical Education in Poznań - Local Department of Physical Culture in Gorzów Wlkp., Poland

² High School of Physical Education and Tourism in Białystok, Poland.

³ University of Physical Education in Poznań - Local Department of Physical Culture in Gorzów Wlkp., Poland

Abstract: The aim of this study was determining the jumping ability on more measured parameters than before. It was assumed that the jumping ability will be described better when it will be determined not only by the height of elevation of the body center of gravity during the “vertical jump” test but by the ratio of the maximum height elevation of the body center of gravity and relative maximum power generated by the athletes during the test as well. The study was conducted using dynamometric platform of 30 men and 30 women aged 20 - 23 years. There were measured values of elevation of body center of gravity, values of strength, energy, generated power and weight of the subjects. Each trial was repeated five times at regular intervals. During the study was found that persons with relatively low elevation of the body center of gravity h_{max} , both men and women, have the jumping ability index s relatively high. It indicates that for people with low values of elevation of the body center of gravity and simultaneously with relatively high values of jumping ability index there is a possibility to increase their jumping ability by the way of strength training and movement techniques. Research indicates that there were very small differences between values of jumping ability indexes s for man and women in opposition to jumping ability values based on measurements of the elevation of the body center of gravity h_{max} . The proposed method of determining jumping ability using jumping ability index and eliminating the influence of human body weight and power of lower limbs, seems to be more objective particularly for young boys and girls. It seems that this new method containing calculation of jumping ability index should be assumed as an important compliment to determine jumping ability in the way of measurements of the elevation of the body center of gravity h_{max} . It also seems that jumping ability index may determine the human “inherent” jumping ability.

Key words: *biomechanics, motor abilities, jumping ability index*

The role of non-specific physical training in junior soccer's training

Daniel Ciocănescu, Mihai Constantin Răzvan Barbu

Department of Theory and Methodology of Motricity Activities, University of Craiova, Romania

Abstract: Physical training in soccer is very important who ensure the development of motor abilities. In this study, we applied nonspecific mean, in order to improve speed and flexibility to 24 junior football players (age 14-16). These means conduct to a better anterior-posterior flexibility, a better speed and lower limb force, certified by significant $p < 0.001$. Each level of human psychomotor qualities development corresponds to certain possibilities of acquiring motor skills. Along with the change in the motor skills level, the athlete's capabilities to acquire technique shall be modified, too. The technical perfection, in turn, fully and effectively promotes the manifestation of the athlete's psychomotor abilities, as his motor abilities are revealed through the physical qualities and their components: strength, speed, endurance, skill, suppleness. The means used by us led to an improvement in junior football players physical

training, the monitored parameters recording a significant progress between the two tests (initial and final).

Key words: *speed, flexibility, force.*

Leisure management with young people between 18 and 30 years old Anemari Simona Teodorescu. Cătălin Brândușoiu

Spiru Haret University, Faculty of Physical Education and Sports, Petrache Trișcu Sports High School.

Abstract: Physical education on the one hand and sport on the other hand represent two distinct elements of our system of physical education and sport but that interconnects and only in this sense one can speak of a physical education and sport consists of two components – two subsystems which in turn become systems by including all four sides – that even if the finalities are a number of differences and they are interrelated.

According to Romanian legislation, every person has the right to practise physical education and sports. Thus, in accordance with the Romanian Constitution (Art. 45) “Public authorities ensure the necessary conditions which enable students to take part freely in the nation’s political, social, economic, cultural and sport life”. Moreover, the European Sports Charter (Art. 1, par. i, para. c) provides the obligation of the Governments “to coordinate the structures responsible for developing and promoting sports..., taking into consideration all areas of policy making and planning, such as: education, health, social services, urbanism and regional planning, environment, recreational arts and services, ensuring that sports is an integral part of socio-cultural development”, as well as the obligation “to ensure that everyone with the interest and ability should have the opportunity to improve their standard of performance in sport and reach levels of personal achievement and/or publicly recognised levels of excellence”.

Key words: *leisure, sports for everyone*

Editorial

Statement regarding the evaluation of neuro-motor development

Mihaela Zăvăleanu

Faculty of Physical Education and Sports, University of Craiova, Romania