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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. 23, VOL.1(1)/2014

Impact of physical education on psychomotor development of 1st to 8th grade students**Anemari Simona Teodorescu, Mădălina Brândușoiu***Spiru Haret University, Faculty of Physical Education and Sports, 24 Berceni Road, sector 4, Bucharest
Carol I National College, 2 Ion Măiorescu Street, Craiova*

Abstract: Psycho - motion field is one as complex as it is fascinating, both because of its beauty goals and means with which it operates, but it interdisciplinary. The two major concepts are intertwined the psychology and the mobility – make this area a true art scientific.

Our opinion is that it emphasized that one of the two terms you up or confuse the two disciplines language. Body can be expressed in a spatio - temporal situation of freedom and affective all original meaning-cognitive surprised industrial civilization for centuries and verbal. When we realize that motor development has studied and mutual accountability will be the therapist and educator and customize specific global subject that must be adopted from reality in its full realization of potential and his entire autonomy psycho - motric .

Key words: Psychomotricity; Psychomotor development; balance;

Physical training in volleyball**Danuț Pascu¹, Alexandru Cosma², Laurențiu Lică³**¹*Methodic and Theory Department, University of Craiova, Craiova, Romania*²*National College N.Titulescu, Craiova, Romania*³*University of Pitești, Romania, PhD candidate*

Abstract: Physical training is one of the most important factors to achieve performance in volleyball. The aim of this paper is to identify the papers who aboard this aspect, very important in training and to give an overview of available published evidence concerning the association between physical training in volleyball and performance and the means used by coaches. In this research we have introduced all original studies that included the two variables, physical training and volleyball. We used the Anelis Platform who provides access to some international data bases. As a conclusion, many researches think that physical training in volleyball performance is the foundation on which all other factors are optimized sports training, of particular importance at all levels of education which can act effectively, aiming at tackling of model features complete performer and many coaches start to use many unspecific means to create a good performer.

Key words: *physical training, concepts, performance*

Study about the manifest level determination of the factors involved in the handball game learning technique

Bogdan George Burcea, Brabiescu-Călinescu Luminita, Ghețu Roberta-Georgiana, Ungureanu Aurora

University of Craiova, Faculty of Physical Education and Sport

Abstract: The study aims to establish modalities, solutions for efficient learning of the technology for the handball game by conducting and monitoring the training of a sample of subjects (Junior III). From all the variety of factors that the learning process depends on I mentioned two categories: contributing factors (the knowledge level and the manifest level of physical qualities) psychological associated factors (attention, memory and thinking). By selecting and applying of some significant tests I have tried to establish the implicational level of these psychological associated factors in the technique's learning (methods) of handball game. The results achieved and presented in this study are validating the assumptions.

Key words: learning, evaluation, level of manifestation.

Sociological Study on the Use of Interactive Technologies in Promoting Health Through Movement

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Abstract: The aim of the study is to investigate students from the University of Medicine and Pharmacy Craiova about their opinion on the current style of life, the presence of motor activities in their daily schedule, in order to introduce means of promoting interdisciplinary movement among them, in the physical education lessons and in the pauses between courses. The questions applied, guiding the subjects to express their opinions about the use of the HopSport system in the physical education class. The questionnaire included 10 items and was applied to a sample of 60 persons males (25) and females (35), aged 18-30, the selected subjects were students at the University of Medicine and Pharmacy Craiova. It appears that the majority (92%) of the respondents are excited about the possibility of introducing these interactive means in the physical education class.

Key words: HOPSport, physical activity, students

Study on the Specific Actions of the Attack, the Senior Volleyball Teams.

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Abstract: Paper entitled Study on the specific actions of the attack, the senior volleyball teams, trying to outline the game in attack model parameters practiced in the elite men's world and continental levels and our internal reporting to it, hoping objective sizing differences and highlighting the driving directions to recover the value of the distance still separating Romanian male volleyball teams practiced at the leading continental and global.

Based on the relationship between structure I play (serve, reception from service, setting, attack eminently structure) and structure II of the game (blocking the takeover of attack, attack and setting after reception from attack, more than a defense structure), which is 2/1, but by rethinking defense with libero player introduction, things have changed.

Cannot talk about attack, no action defense, know the fact that between the two there is a relationship of causality and reversibility. It is very evident that the achievement section is based on the one hand, to not let the opponent to score, on the other hand provides building attack defense, which means that lead to the completion of the rally by winning the point. Favored component of the volleyball game - attack contributes to optimize the capacity performance. Addressing the training of players should be ensured in the exclusion of confusion and improvisation, which is producing the concrete approach with more effective attack specific actions. In the context of optimizing and increasing the efficiency of training players for the game of attack needed to be rethought and structured on the basis of modeling, which is found in a logical relationship between strategy, objectives, content and evaluation. Preparing for the attack involves a complex sphere, which requires addressing the multiple plans (physical, driving, technical, tactical, psychological, etc.), being an important place in the training players supporting the progress of future performance.

Key words: game, efficiency, skills, volleyball

The Role of Gymnastics Elements in the Junior Volleyball Player's Coordination Development

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Abstract: Physical training in volleyball is an important factor to achieve good performances. The aim of this paper is to highlight the specific gymnastics elements with influence on the development of coordination in junior volleyball players (n = 10, age 18 ± 1.5), by making some specific programs, which include gymnastics and acrobatic elements once a week for 10 month. The specific gymnastics exercises, acrobatic gymnastics ones, mostly (like rolling, hand standing), showed positive influence on the coordination ability of the research subjects, the program being validated through the obtaining of statistically significant results, at a p < 0.001, comparing with control group (n = 10, age 18 ± 1.5).

Key words: *physical training, volleyball, junior, unspecific means*

Determination of Angle Characteristics on Sport Performance Level in Female Pole Vault

Peter Krška, Ján Košťál, Jaromír Sedláček

Department of Physical Education and Sport, Faculty of Education, Catholic University, Slovakia.

Abstract: This research is aimed at hierarchy revelation of selected angle characteristics of competitive movement activity and their influence on the level of female pole vault sport performance. There are involved 19 female pole vault jumpers with sport performance 380 – 483 cm, divided on 2 different groups from the point of sport performance. From all watched angle parameters there were stressed in the frame of kinetic sport performance structure the angle of take-off and angle of centre of gravity movement after swing up. The group of higher performance level presented itself by higher activity at take-off, which was manifested by proper values mainly in angle of tread-down of take-off, angle of centre of gravity movement after swing up and angle between fore-arm of lower upper extremity with the pole at moment of take-off end. In activity on pole especially in the lower performance group comes at moment of lift end to greater move away of centre of gravity from axis of extension and this caused minimal increase on the centre of gravity height during last phase of jump.

Key words: *female pole vault, sport performance, competitive movement activity, sport performance structure, angle characteristics*

Study on The Evolution of Taekwondo as an Olympic Sport

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Abstract. Worldwide, the number of members affiliated to World Taekwondo Federation in 2013 has reached 205 countries, represented by the five continental unions, thus showing a steady and continuous development. On the 17th of July 1980 the International Olympic Committee admits World Taekwondo Federation as an official member, while in 1985 Taekwondo is accepted as a demonstrative game for the Olympic Games in 1988 and 1992. After these two editions, in September 1994 Taekwondo becomes an official Olympic sport at Sydney 2000 Olympic Games. For this work we used the method of bibliographical study of the most relevant existing works and of specific web pages on, or connected to this theme and the method of graphical representation provides a clear image of the obtained results, their dynamics and their structure. The results point out to the fact that the countries' percent in the Olympic Games qualification, for the four seasons, is the following: 5% of the Oceanic union, 20% of the African Union, 22% of Pan American Union, 25% of Asian Union and 28% of European Union. The number of medals in the four seasons is distributed as follows: two (2) for the Oceanic Union, three (3) for the African Union, 27 for the Pan African Union, 33 for the European Union and 43 medals for the Asian Union. Conclusions: from the data processing we can say that, out of 99 countries qualified, so far, only 26 countries have had a continuous presence in the Olympic Games and 53 countries have had a random presence.

Keywords: Taekwondo, Olympics, participating countries, Continental Union.

Elementary School Students' perception of Physical Education

Elena Sabău¹, Georgeta Niculescu¹

¹*Spiru Haret University*

Abstract: The work is a non-experimental study applied to a group of elementary school students from Bucharest. The aim of the study was to investigate the physical education satisfaction level in students aged 10-11 attending the elementary school. We try to find out if practicing physical education would have a positive influence on enjoyment and motivation of the young pupils in their education. The measurement research instrument used for the study was the survey of ten items. The survey items were developed based on the literature of the field and in the view of the aim and objectives of the study. The items were set to find out qualitative data collection. For this aim the samples of study consisted fifty-two elementary schoolchildren (22 boys and 30 girls), 10-11 years old in two 4th grade, from different schools.

Key words: *children, elementary school, physical education, survey*

Determinations of Somatic Parameters, by Sex, Age, Education and Sport Activity of Czech Adult Population

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Abstract: In this article are presented results of monitoring the level of physical activity (inactivity) in selected age groups of the population of men and women in the Czech Republic" (CZ.1.07/2.3.00/20.0044). During three years there were collected 5859 questionnaires by which we can learn physical activity – inactivity, age, sex, socio-cultural, education, etc. characteristics of Czech adult population older than 18 years. Some of these respondents (1443) were measured by machine Inbody 720. In this contribution there is discussed determination of 6 physical development parameters: body height (BH), body weight (BW), BMI, fat tissue percentage %FAT), waist hips rate (WHR) and fitness score (FS) by some questionnaire characteristics. Presented results show rather negative trends. Over 73% of Czech adult population does not practice regularly any movement activity. Parameters of body weight, BMI, fat tissue percentage and waist hips rate seem to be mutually connected. BH, BMI, %FAT and WHR increases according higher age in all watched periods, both in groups of males and of females, though the body height decreases. This influences also BMI, when 5 male groups and 3 oldest female groups are of overweight. Similarly results can be seen in parameters of fat tissue percentage and waist hips rate. The male groups reach in these somatic parameters significantly worse results. Fitness score parameters show greater decrease in male groups when the younger groups have the better results. This parameter in female groups keeps more equal balance and slightly falls after age of 49. Those who practice sport or are not trainees or possess good education level have better results in these watched parameters.

Key words: *somatic parameters, Czech adult population, sport practicing, sex, education*

Considerations regarding the etiology and prophylaxis of low back pain at junior athletes

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Abstract. In present, the general tendency is that the primary selection of athletes was to be made at a very young age. Thus, such body, characterized by a continuing growth and develop, with biggest changes at puberty, must adjust at different types of effort. Low back pains are frequently present at young athletes, in a proportion of 10-15% of cases (5). Their incidence is higher at sports as football, figure skating, gymnastic (1,2,4). Junior athletes low back pains must be regarded seriously, in order to avoid diagnose and treatment delays. Usually, infantile low back pain etiology is totally different from adults one. Thus, at young athletes, low back pains can have a traumatic cause (spondylolysis), while intervertebral discs pathology and muscular sprains are less frequent (1,2,3,4). The present paper aims to analyze some of the most frequent causes of low back pain at junior athletes.

Key words: low back pain, junior athletes

The role of risk factors in the cardiovascular events during the exercise

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Abstract: Cardiovascular events during the exercise, especially sudden cardiac death is a fact that raised attention of specialists. It is estimated that approximately 4-15% of heart attacks occur during an exercise in men, as in women rate is low. Low-intensity exercise performed periodically (3-5 times a week) can lead to improved quality of life, changing the chemical structure of the body and decrease of cardiovascular risk factors. Cardiovascular risk factors play an important role in the onset of cardiovascular events during the exercise. The most important cardiovascular events are myocardial infarction and sudden cardiac death, 23% of cardiovascular events occurring during physical activity. During intense exercise, the risk of a cardiovascular event increases 100 times. This risk increases with age.

Key words: cardiovascular events, risk factors, physical activity

Needs analysis of Romanian participants to M-CARE Project

Part I: Questionnaire design

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Introduction: The focus of this paper is on the role of demand and motivation, through participants's needs analyzes, in adult education. The research has been carried out within the framework of the Grundtvig Learning Partnership project "M-CARE – Mutual caring—from knowledge to action". We premised that an assessment of carer's needs is an opportunity to talk and reflect on needs as a carer, share experience of caring and to recognise the role as a carer.

Material and methods: The main parts of the questionnaire were discussed during Romanian partners meeting, where representatives of partners' organizations and experts took part. It was agreed that questionnaire should contain following parts: Introduction (demographic information about respondents); Personal knowledge about medical or social medical issues, legislation and standards of care; Training/educational needs on care approaches (information concerning training on care standards in which respondents took part, availability of such courses and the need for trainings on different topics of care process); Motivation (main aim of this part was to collect information why adults would participate in courses on care approaches).

Conclusions: This questionnaire offer different aspects concerning the needs for medical/caring education and point to a possibility of a gap between the EU policy and programs and the general public awareness disability themes.

Keywords: Care process, need analysis, lifelong learning.

Aspects of kinetic rehabilitation in shoulder pain

Ligia Rusu, Germina Cosma, Elvira Paun

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Abstract: The aim of this paper is to present the algorithm for assessment and treatment in infraspinatus syndrome at athletes. The study includes 20 athletes that present shoulder weakness, pain, decrease of joint mobility regards abduction and external rotation of shoulder.

Assessment of patients includes: physical examination, specific assessment use Neer and Hawkins test, electromyographic assessment for estimate the evolution during the treatment. Treatment consists in physical therapy and kinetic therapy using physical exercises for shoulder stabilizing, muscle force increase and also joint mobility increase. The results show to us a good evolution for all patients after treatment after 2 months of treatment and return to sport activity.

Key words: *infraspinatus syndrome, assessment, kinetic therapy*

Rehabilitation after arthroscopic anterior cruciate ligament reconstruction in junior female tennis player- a case study

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Abstract: Background & Purpose. For junior athletes, participating in an increased number of intense training and competitions increases the risk to injuries due to the frequency, intensity and duration of participation, associated to the high biomechanical and physiological demands of the game features. The purpose of this case study is to describe and report the results of a kinetic program of recovering a junior tennis player, who underwent a surgical arthroscopic ligamentoplasty.

Case Description. The patient was a 15 year old junior tennis player who suffered a ruptured anterior cruciate ligament of her left knee, during a tennis match, following a fall with the knee flexed and rotated, while maintaining contact with the sole ground. Three weeks later the athlete underwent an arthroscopic ACL reconstruction surgery with semitendinosus-gracilis tendon autograft, fixed proximally with tight rope RT screw and distal screw interface. The patient was included in a rehabilitation program after surgery performed with a frequency and duration appropriate to that stage / recovery stage.

Outcome Measures. Postoperatively, the patient was assessed objectively based on ligamentous laxity tests - Lachman, anterior drawer, joint testing, and subjective muscle testing by functional scale for Cincinnati "The Cincinnati Knee Rating System". The pain was assessed using visual analogue scale (VAS)

Results. Comparing the results achieved at all evaluation times, we found that knee flexion improved significantly reaching a normal value, previous to the trauma, in six months of the entry into the recovery program. The muscle strength of the knee extensor and flexor muscles improved, reaching almost the normal limits with the final testing, compared with the unaffected limb. Between 2 months and 4 months post-traumatic, the patient achieved a significant functional improvement compared with the first period of evaluation.

Key words: tennis player, anterior cruciate ligament, rehabilitation

Influence of swimming practicing upon self-esteem in adults

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Abstract. The experience of body movement is increasingly relevant in today's society, both in its volume and variety, each epoch bringing other forms of involvement in activities that were previously unimaginable. This paper presents the effects of swimming practicing on the self-esteem in adult persons, professionally active. The processing of the results demonstrates that women have better self-esteem than men because the mean of this variable is higher in their case than in men's case, both at initial testing and final testing. In conclusion, the findings of the study line up with the existing international researches which claim that the practice of swimming has significant effects on health.

Key words: swimming, self-esteem, adults;

Kinetotherapy in arterial hypertension in athletes

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Abstract. It is considered that people involved in sustained sport activities leading to an improved physical condition do not develop cardiovascular pathology. The incidence of arterial hypertension for this category of people is 50 % less than for the rest of the population. Knowing the physiopathology of this condition, associated with the effects of physical activity on the human body, may be an important factor in establishing a non-pharmacological or a new pharmacological treatment, and in maintaining arterial hypertension levels under control, allowing the physical activity progress and preventing further complications. The aim of this study is to present the incidence of prehypertension and of arterial hypertension in athletes, to identify the relations with age and sport characteristics, and to set up recommendations regarding the athletes participation in competitions and training programs. The diagnosis, evaluation, prevention and treatment of cardiovascular diseases are interconnected, and the sports doctor and trainer need to keep a close contact for this end. In arterial hypertension treatment, the effects of various drugs upon the body resistance to effort and the anti-doping regulations established by different sport federations must be taken into consideration, all these aspects being discussed in the study. According to arterial hypertension level and the presence of other factors, certain recommendations regarding physical effort are established.

Key words: cardiovascular risk factors, coronary disease, physical effort

The relationship between smoking and incidence of physical deficiencies in athletes

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Abstract. In Romania the number of smokers represents 50% of the population, smoking registering high incidence in adolescents. The present study involved a total of 107 adolescents, aged between 15 and 18, practicing various sports, selected on the basis of their regular medical control at the Sports Polyclinic, Craiova. The subjects were medically evaluated within a period of 12 months, with initial assessments at 6 months and 12 months. The evaluation included clinical examination, orthopedic examination, somatic and somatoscopic examinations. The initial assessment consisted in a questionnaire on the subjects' conditions of life and work, quantitative and qualitative assessment of their nutrition and non-sporting habits, namely smoking. The lumbago occurring at least once a week during the prior 6 months was considered significant from the medical point of view. Of the 107 adolescents studied, 69 were smokers, and the remaining 38 non-smokers. In the first period of evaluation (0-6 months) 19% of smokers and 11% of non-smokers had low back pain and during the next assessment period, 6-12 months, 14% of smokers and 7% of non-smokers had lumbago pain. Moreover, there was a direct relationship between the number of cigarettes consumed daily and the incidence of low back pain, with a rate of 2.28 for an average consumption of 1-25 cigarettes/week, and of 3.78 for a higher consumption. Therefore, smoking is definitely a risk factor for low back pain in adolescents. Epidemiological studies have shown that low back pain in adolescence represents a predictive factor of lumbago in adulthood.

Key words: cigarettes, athletes, evaluation

Step by step to the future with “Zoli Box” for normalizing the orto-kinetic function

Pasztai Zoltan

University of Oradea.

Abstract: Aims The study evaluated the efficient use of the physical therapy, for normalizing the stato-kinetic function: the efficiency of the prophylaxis and the treatment through movement; assuring the muscular agonist-antagonist balance of the stato-kinetic function. **Methods.** The study has been performed on 5 groups children (n=76), selected lots, that were examined and tested for this research, were made of children and pupils of 6-10 years. During the research we applied different programmes using the modern approaches of physical therapy, hydro-stretching, respiratory techniques, specific methods for increasing the functional parameters. **Results** The comparisons between the groups in relations to diagnoses >following index p-p: significant level of $p < 0,002$, the value $t = -1,63$ The correlations in relation to the comparison to the entire experimental groups have an average of the minimal values of -3,51 mV with a standard deviation of 0,723, a maximum of 3,47 mV with a standard deviation of 0,760, the variable p-p has an average of 6,99 mV with a standard deviation of 1,48 and a median of -0,014 with a standard deviation of 0,008. **Conclusions** The muscular force of the quadriceps shows an increase to all experimental groups which is confirmed by the left/right knee mobility test, the combined box test, and EMG registrations for left and right limbs. As a consequence the studied aspects can be dealt with in a future research, (modul and model Bernstein and the functional comportament development)

Key words: stato-kinetic function, muscular stretching technique, functional parameters, proportionality indexes

Some personality traits that entail the efficiency of sports manager behavior

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Abstract: The current research tackles a particular aspect of psychosocial problem of efficient sports management: the extent to which psychological variables related to the personality of the leader may condition the efficiency and implicitly the performances of his managerial actions. By applying the NEO PI-R questionnaire to 10 sports managers in the district of Dolj, we have come to the conclusion that the most important psychological variables that influence the efficiency in management are: sociability, agreeability openness to new teaching experiences, analytical and emotional intelligence.

We have also tried emphasize the skills needed for a sports manager in his attempt to fulfill the requirements resulting from his status and to motivate his subordinates in achieving the goals of the organization, be it a team of students or a sporting institution/ organization.

Key words: managerial efficiency, the BIG FIVE model, sociability, openness to creative ideas, agreeability, reliability, emotional intelligence.