ABSTRACT BOOK

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icSEP 2017 Abstract Book

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<i>ANCA IORGA*</i>

*ERSAN ARSLAN**

icSEP 2017 Chairs' Message

It is a great honour and pleasure to announce the inauguration of the icSEP 2017 International Conference on Sport, Education & Psychology. icSEP 2017 provides a unique opportunity to academics and practitioners alike to interact and share knowledge on timely research. icSEP 2017 will be held at the Spiru Haret University - Universitatea Spiru Haret Bucharest, Romania on 09-11 May 2017.

All authors will be offered the opportunity to publish their full text conference papers in **The European Proceedings of Social and Behavioural Sciences (EpSBS)** and in **The Journal of Multidisciplinary Sciences EjMS**. Abstracts of all papers will be published in the *Conference Abstract Book*. During icSEP 2017, all papers will be presented as Poster Presentations at the exhibition center of the Spiru Haret University - Universitatea Spiru Haret. icSEP offers a unique opportunity for online interaction with researcher sand practitioners from around the world and it can therefore offer a venue to network and establish fruitful research collaborations.

We welcome your interest in the icSEP in May 2017 and we are looking forward to receiving your abstract submission by 15 March 2017.

Georgeta Niculescu Ph.D. Professor icSEP 2017 Co-chair

Dean - Faculty of Physical Education and Sport

Spiru Haret University

Elena Lupu Ph.D. icSEP 2017 Co-chair

Petroleum-Gas University

Study On Evolution Pole Vault At The World Championships Outdoor

Daniel Gheorghe, *Paula Ivan**

The paper aims the detachment of essential data for the selection and preparation of high performance athletes in anticipation of major international competitions.

As a research method we have used the case study, observation, statistics, mathematics and graphics. It has been processed the data of 215 women and 221 men (www.iaaf.org, 2016) in qualifications and 91 women and 99 men in finals. We have 45 citizens participating in qualifications and 27 in finals.

In what follows, we present the 10 tables and 6 figures representative undertaken research.

- In terms of results without unsuccessful attempts, men are better than women in qualifications.
- In terms of results without unsuccessful attempts, women are better than men in finals.
- In terms of maximum performance achieved on the first try, men are more efficient than women in qualifications.
- In terms of maximum performance achieved on the first try, women are more efficient than men in finals.
- In terms of what matters to citizens medals, women are more limited than men.

The Efficiency Of Attack In Volleyball In Function On Lateralization Body

*Adin-Marian Cojocaru**, Marilena Cojocaru

The main cause of lateralization in athletes is the exaggerated orientation towards the execution of the exercises with the right arm during their beginner training period, as well as the trainer chase after immediate results.

The paper aims the detachment of essential data for the selection and preparation of high performance athletes in anticipation of major international competitions. The paper aims the detachment of essential data for the selection and preparation of high performance athletes in anticipation of major international competitions. The significance of the difference between the means was calculated for the parameters recorded during the training sessions and during the game. For this purpose, the t-test was used for comparison of the arithmetical means. The Pearson's correlation coefficient was also used to calculate the correlations between practice and game parameters.

Thus, there is a direct relationship between the preference for attack zones, in practice and in official game conditions, meaning that the same evolve in the same direction. The preferences for the back-row attack zones depend on the side the ball comes from in order to be hit.

Importance To Development Motricity School Children

*Buțu Ioana Maria**, Teodorescu Simona Anemari, Cătună George Cristian

Making driving qualities are indispensable components of human physical activity, providing the possibility of specific efforts, harnessing the potential of the body (functional). Motric naturally develops to a certain level, depending on many factors and are perfectible through practice.

We believe that the development of motility medium pupils is of paramount importance because a favorable influence major indices functions and volitional qualities, have an important role in the proper physical development and harmonious contributing to better health.

After puberty, characterized by large and rapid changes somatofuncționale and psychomotor, the next stage of growth and development called post pubertal period, which is characterized by low margins and slow pace in increasing transverse dimensions. Bone structure is similar to that of the adult. Muscles also records a quantitative and qualitative increase, representing 44.2% for girls. Body weight increases both girls and boys.

Passing children from one age to another may be made only pursuant processes of growth and development that are subject to the laws of growth for the first issue and the second phase of development. The increase relates to the quantitative, qualitative sequence while surprise development. The two processes cannot be separated, they being in a process of interconnectedness.

The development consists of biological processes growth and physical maturation in biochimismului transformations of the body's internal, quantitative and qualitative changes in higher nervous activity.

Somatoscopy – An Easy Way To Identify School Aged Subjects At High Risk To Develop Scoliosis

*Elena Buhociu**

In Romania, scoliosis is a formidable health issue among children and youth, its current incidence being at 2-3%. We consider that this condition is but underdiagnosed, many scoliotic postures remaining unnoticed in early stages, when, using only conservative methods, such as kinesiology supported by orthotics (i.e. wearing a corset adapted to the respective spine deviation), its evolution can be stopped or even reversed – the deviation angle displaying a considerable, in some instances, decrease. Through this paper we aim to point out the importance of regular screenings in school aged children (both in primary and secondary school) in order to identify cases displaying scoliotic deficiencies with a potential for aggravation. The experiment – conducted in May 2012 – consisted in the somatoscopic evaluation of 105 subjects aged 9-11, studying in the IVth grade in a primary school in Bucharest. The sample consisted of the IVth grade students that were present at school during the day – the subjects were screened at location by the author following faculty and parental approval in order to identify scoliotic tendencies and the types thereof. Following collection and data analysis, we identified a total of 67 students with scoliotic postures, of which 32 with double curvature. Gender-wise, we observed a higher incidence of scoliosis in female subjects, although the differences were not very large. Instead, a significantly higher number of dual curve scoliotic deviations in females was noted.

Physical Activity In The Elderly: Importance In Balance And Risk Of Falls

*Rosa Martins**, Ana Andrade, Conceição Martins, Sofia Campos

Physical exercise in the elderly is fundamental, as it strengthens physical fitness, increases autonomy and reduces imbalance as well as the risk of falls. To identify the risk of falls in the elderly in addition to defining the influence of sedentarism/physical activity (PA) and the body mass index (BMI) in that risk. A cross-sectional, descriptive-correlational and quantitative study. A non-probabilistic sample, for convenience purposes, consisting of 124 elderly individuals, 68 female and 56 male, aged 65-88 years ($M=71.9$; $SD=5.05$), was used. The data collection instrument used was the Berg Balance Scale (BBS). We found that only 12.9% of the elderly had a recommended level of physical activity. Of the participants, 13.8% present a high risk of falling, 55.6% a medium risk of falling and 30.6% a low risk. The risk of falls is higher in the older elderly ($p=0.000$), those with higher BMI ($p=0.023$), and lower PA ($p=0.000$). There were no statistically significant differences between men and women ($p=0.668$). Evidence shows that an increase in PA along with the maintenance of a normal BMI, translate into lower levels of imbalance and risk of falls in the elderly. Therefore, raising awareness in elderly people and caregivers about these factors should be a strategy to develop in order to provide an active healthy aging.

Reiki Complementary Therapy To Practice Of Nursing

*Rosa Martins**, Cristina Cunha, Ana Andrade, Carlos Albuquerque, Madalena Cunha

Reiki is a therapy performed through the laying of the therapist's hands on some specific points of the body and that uses the transfer of energy to provide a natural well-being. Nursing exhibits, among its specific interventions, an essential element based on the touch nurses apply on the body of the person they are providing healthcare to. This means that it is important for these health providers to possess the right kind of knowledge about these techniques. To assess the knowledge nurses have of Reiki and to identify key factors that are part of this knowledge. This is a cross-sectional, descriptive and correlational study based on a sample composed of 49 nurses who were working in Healthcare institutions located in the centre of Portugal. This study was based on a questionnaire that assesses their knowledge and that was especially designed for this investigation by the researchers who are in charge of this study. We realized that the nurses' global knowledge of Reiki was acceptable for 59,1% of the participants, vast for 38.6% and that merely 2.3% of them showed poor knowledge. We could observe (with statistically significant differences) the existence of correlations between the "Total knowledge" and the "have received an attunement in Reiki" and "have experienced Reiki treatments" when we analysed the answers given by the nurses who were working in Differentiated Care (DC). We also found statistically significant differences between the "Concept and History" dimension and the age groups, the academic qualifications, the professional category and the nurses' career length, for the same group of nurses. Nurses' knowledge of Reiki is quite positive and is clearly superior in the group who were working in DC. On the other hand, we found out that there are factors that interfere with the determination of this knowledge and that, consequently, must be controlled.

Improvement Service Issues In Tennis To Children Of 12- 14 Years

*Teusdea Claudiu Cristian**

20- 30 years ago the service was used to put the ball in play "to both summarize his contribution to the game of tennis. For these reasons, there was no emphasis on service training exercise.

Over time there have been coaches, players were concerned about the increased effectiveness of service through:- finding effects to confuse opponents;- increase the force of hitting the service, hoping to be able to make direct points (aces); - attack the net in order to complete the action by volley or smash;-exercising increasing service training.

Today, when the technique, the tactics, methods and materials have evolved so much game, the old part of the service has been exceeded, today being considered as "winning blow" and included in the category of basic strokes. Perfecting the basic technical elements included and the service has a special role in the whole process of preparation, yield influencing children in training and competition.

Methodology improving basic elements must be a part of the training process, a prerequisite indispensable tennis game that can not be replaced by any technical or tactical.

Analysis Of The Competitive Anxiety Level In Basketball And Aerobic Gymnastics

*Petreanu Manuela**, Petreanu Adrian Ghe, Buțu Ioana Maria, Mezei Mariana

This paper want to analyze and compare the level of competition anxiety to athletes in aerobic gymnastics and basketball, anxiety having an important role in coaches decisions on sport training. If we know the competitive anxiety level before competitions then we can lead the training of athletes? How influence does the anxiety have on the psychological part from training sessions? This study aimed at identifying the level of anxiety in athletes in aerobic gymnastics and men's basketball, athletes who are in different training periods, establishing the role of anxiety in psychological training depending on the specific of sport and the possibilities for optimization of sporting performances. The study was carried out by applying the test method (Sport Competition Anxiety Test). This test was performed on two groups of athletes with ages between 15 and 21, one formed by basketball players and the other of gymnasts. In this study it was observed that boys had a lower level of competitive anxiety than girls, while comparing the two sports involved in testing it was found that athletes in men's basketball are less anxious than those of aerobic gymnastics, as shown by calculated averages. The analysis of competitive anxiety at the level of performance athletes has provided differentiated information in relation to the specific and

Physical Education In The Development Of The Creative-Emphatic Potential In Students

*Elena Lupu**

Creativity is a high form of imagination which is not reduced at the manner of transforming or combining several sequences. This research started from the hypothesis according to which Physical Education can be a motor in the creative-empathetic development in students, and its absence from the school life or from the university schedule may cause negative changes at a creative and empathetic level. Physical Education has a determining role in the university schedule for the creative-empathetic development in students. Physical Education is the motor in the creative-empathetic development in students.

The Influence Of Motion Games In The Students' Personal Development

*Elena Lupu** Niculescu Georgeta, Sabau Elena, Gevat Cecilia

University stage is a change stage in the lives of young people both on psychosomatic plan and on the relational – social plan. This research was based on the hypothesis according to which weekly applied motion games on the students would be a positive starting point in their personal development while their absence would produce a visible differentiation between individuals with a negative effect in the personal relational development. “Motion Games” are well received regardless of the age of students because they support personal development. The absence of motion games produces a visible differentiation with a negative effect on personal development.

Informing Teaching and Learning of Badminton Overhead Smash Using Movement Analysis Technology

*Gongbing Shan**

A search of literature has shown that biomechanical studies on badminton is relatively small; as such, empirical approach is still the main stream in teaching and learning badminton skills. The purposes of the study were 1) to demonstrate the potential benefits of science-based teaching and learning in sport training and Physical Education, and 2) to foster new attitudes and methodologies in sport training and Physical Education. Using a 10-camera, 3D motion captures system (VICON MX, 200 frames/s) and 15-segment, full-body biomechanical model, badminton overhead smashes of 14 skilled and 15 novice players were measured and quantitatively analyzed.

1) Body positioning has direct influence on badminton overhead smash quality and positioning the body around 35 cm behind a shuttlecock maximizes smash quality. 2) Trunk rotation is shown to be vital for maximizing shuttlecock release speed. 3) Larger range of motion (ROM) induced by trunk rotation facilitated a whip-like control responsible for increasing racket speed.

Training a proper positioning, one could conduct a self-selected comfort position towards a statically hanged shuttlecock, then step one foot back – a practical reference marker for learning. Furthermore, training intended to increase the efficacy of smash skill needs also focusing on how the trunk rotation is incorporated into the kinematic chain of the arm and the racket.

Risky Behaviours In Adolescence: A Brief Overview Of Unintentional Injuries

*Michela Erriu**

Different adolescents' risk behaviours, such as sports accidents, impact on healthy development. Adolescents' injuries have been studied in international literature, but few works have presented a general framework including the main psychological and relational factors associated with different types of accidents. The present study aimed to present a theoretical overview of adolescents' individual and relational factors related to the phenomenon of unintentional injuries, focusing on psychological, personality functioning and different types of accidents. The review of international literature was made through researches in university libraries on paper material, and in databases such as ProQuest, PsyArticles, PsyInfo, PubMed, together with the use of Scopus index to verify the papers' scientific relevance. International literature highlights the relevance of multiple individual factors that may be associated with accidents in adolescence. Although adolescents' injuries have been widely studied, the victims' psychological profiles associated with different types of accidents still remain scarcely addressed, because of the complex set of emotional, behavioural, social elements. Given the international relevance of the phenomenon of adolescent's injuries, psychological and relational functioning and their correlates should be better investigated, for the great impact of accidents on morbidity and mortality, particularly among young population.

Adolescents' Psychological Functioning And Unintentional Injuries: Motor Vehicles And Sports Accidents

*Michela Erriu**, Giulia Ballarotto, Eleonora Marzilli, Luca Cerniglia, Silvia Cimino

Adolescence represents a crucial period for psychological development. Adolescents have been shown more prone to injuries than adults have and they are frequently involved in motor vehicle and sports accident. Although adolescents' injuries have been widely investigated in international literature, victims' psychological profiles associated with different types of accidents have been scarcely addressed. The present study aimed to identify adolescents' psychological functioning associated with different types of injuries among a population of Italian adolescents who visited an emergency department. Moreover, the present paper intended to compare psychological profiles of adolescents who have had road and sports accidents. The sample was composed by N= 60 adolescents who attended an emergency department in central Italy. Subjects completed self-report measures assessing emotional and behavioural functioning and the use of defense strategies. Both road and sport accidents were associated with adolescents' maladaptive psychological functioning. Adolescents involved in motor vehicle accidents showed a problematic emotional and behavioural functioning in general and a massive use of defense strategies; their peers who had sport accidents also show various difficulties in internalizing and externalizing functioning. Several adolescents' emotional-behavioural variables are associated with injuries rates. Risk taking behaviours and other victims' psychological profiles should be considered to

Differences On The Upper Quarter Y Balance Test Among Young People

*Elena Sabau**, Georgeta Niculescu, Elena Lupu, Cecilia Gevat

Upper Quarter Y-Balance Test is a closed kinetic chain assessment of upper quarter mobility and stability using a functional testing device. The study identifies bilateral movement limitations and asymmetries in active and not-active young people on shoulder stability and mobility as a closed kinetic chain upper extremity. 93 young students (45 females and 48 males), 22.19 average age. Subjects are organised in four groups: not-active and active (females and males). UQYBT is applied on all four groups of subjects. Mathematics methods as One Way ANOVA for Dependent samples and Post ANOVA Tukey HSD Test were used to identify the significant statistic differences between groups. The comparative analysis between active versus not-active groups suggests not significant statistic differences for males. For the female groups, there are not statistically significantly differences, with a few exceptions. There were statistically significantly differences, to benefit the active group, for the right upper limb (SL direction) and for the left upper limb (IL direction). The UQYBT may be useful in assessing functional deficit in upper extremity stability.

Effect Of Level Of Coordination Abilities On Motor Learning Progress In Slacklining

*Pavína Chaloupská**, Dagmar Hrušová

Slacklining (walking on slackline) as a sport activity is a specialized motor skill with great demands on variability, anticipation and responding to external conditions. The research study works on an assumption that motor learning progress in slacklining is influenced by the level of coordination skills. The purpose of the study was to investigate how the level of coordination abilities affects progress in slacklining. The research question relates to coordination abilities being a performance precondition for motor tasks with similar coordination demands. 40 university students (19-24) participated in the study. Indicators of the level of coordination abilities were standardised 1-leg standing balance test and Iowa-Brace battery. The participants trained slacklining within 8 sessions (10 attempts once a week). Motor learning progress was recorded. Statistical significance of difference across the sample was evaluated by Mann-Whitney test ($p < 0.05$). The progress in acquiring slacklining was recorded in terms of the best performance and the total number of attempts on slackline. A significant difference ($p < 0.05$) was found out across the sample in both selected indicators of coordination abilities, which suggests that the progress in slacklining of the participants with higher level of coordination abilities was faster. In conclusion, the level of coordination abilities, especially balance, can help the progress of motor learning in slacklining. However, slacklining is a complex and concentration-demanding skill and the progress can also be influenced by other factors, such as external conditions, personality and motivation.

Effect Of Fitness Sport Activities On Subjective Experiencing And Psychological States

*Dagmar Hrusova**, Petr Hrusa, Pavlina Chaloupska, David Chaloupsky

Psychological state is a dynamic feature, which can be characterised by a variability of psychological activation and emotional frame of mind (experiencing). The research study works on an assumption that leisure time fitness sport activities can influence subjective experiencing and psychological states. Fitness sport activities integrate both physical and psychological factors. Purpose of the study was to determine the effect of fitness activities on subjective psychological experiences and states. The selected fitness activities include aerobic group exercise, body and mind group exercise, and individual gym training. 101 university students (age 19-23) participated in the research. The method for evaluation of structure and dynamics of subjective experiences and psychological states was a standardized questionnaire (SUPSO). The change was indicated by proportional representation of positive and negative components. Statistical significance of difference between pretest and posttest was evaluated by Wilcoxon pair test ($p < 0.05$). Structure and dynamics of subjective experiences and psychological states was changed significantly ($p < 0.05$) between pretest and posttest, in the evaluated fitness activities (aerobic group exercise, body and mind group exercise, individual gym training). The change was represented by proportional representation of positive and negative components (psychological wellbeing, activeness, impulsiveness, discomfort and restlessness, anxious expectations, and sadness). Effect of fitness sport activities can merge into a positive well-being, due to a full concentration on the activity itself, and harmony of body and mind. Fitness activities significantly influenced subjective psychological experiences and states, in terms of increasing positive and decreasing negative components. It is recommended to verify the effect in a wider variety of fitness sport activities.

Coordination Motor Abilities Of Sport Management Students

*Dagmar Hrusova**, Petr Hrusa, Blahoslav Komestik

Coordination abilities can be seen as a prerequisite for individual performance. Sport management studies demand particular performance limits in sport practice and the students should be able to fulfill them. The research study concerns about the level of coordination abilities of sport management students. The question is if the level of coordination abilities of the sample differs from population performance. The purpose of the study is to describe coordination abilities in the given period of 5 years (2010 – 2014). The research study analysed data of 154 SM students. The evaluated indicators were: 1-leg standing stork test, balancing with a plate, Iowa-Brace, and 10 flexibility exercises. An absolute frequency of occurrence of individual scores was evaluated and compared to population performance. Significance of difference ($p < 0,05$) was tested by one-sample Wilcoxon signed rank test (two-sided). Results suggest that the level of balance abilities was better in the participating SM students, compared to population performance. Concerning flexibility and general coordination, the men performance was better, compared to population, but there was not a significant difference in women. Therefore the findings cannot be generalized. The study is considered to be pilot for further analysis of motor abilities in SM students, enlarged in number of indicators and time span.

Comparison Of Some Kinematic Parameters In 100 M Free Style Swimming Performances Of Different Age Groups

*Emel Cetin**, Eren Akdag, Abdurrahman Aktop

The purpose of the present study was to determine the effect of stroke length and stroke frequency on 100-m freestyle swimming performance. Participants were total of twenty-four swimmers from Antalya Kulac Swimming Club. Twenty-four swimmers were allocated to two groups. Group 1 consisted of twelve swimmers with training age of seven years and Group 2 consisted of twelve swimmers with training age of three years. The athletes' 100m freestyle swimming performance (as 4x25m) were recorded with two digital (50 Hz) cameras and the kinematic parameters stroke frequency, stroke length and speed were analyzed at each 25 m. There was a statistically significant difference between the two groups in the second 25-m and fourth 25 m stroke length values of 100-m freestyle swimming performance ($p < .05$). The stroke length values of swimmers in Group 2 followed an irregular form for every 25 m while Group 1 swimmers increase their 100-m freestyle swimming performance by using SL without losing the stroke frequency value at all. Swimmers in group 2 increased the stroke frequency to compensate for the decrease in stroke length and therefore the speed.

Analysis Of Attention, Eye-Hand Coordination And Reaction Time Of Young Soccer Players

*Abdurrahman Aktop**, Orhan Kuzu, Emel Çetin

The purpose of present study was to evaluate the skills that will positively influence child development, such as attention, eye-hand coordination and reaction time, among young competitors and non-competitor soccer players.

A total of twenty-six soccer players (Non-competitor soccer group: 13 players who practice two days a week at Lara Soccer School; Competitor soccer group: 13 players playing in Lara Soccer Club) aged between 10-12 years took part in present study. Cognitrone Test (Vienna Test System), Lafayette Two-Arm Coordination Test and Reaction Time Test were administered to the participants

According to the results of Cognitrone test, there was a statistically significant difference between the two groups in terms of the mean time of correct rejections and the total working time. It can be said that decision time in the attention test of competitor soccer players is better than that of non-competitor. In reaction time test, there was no significant difference between competitor and non-competitor soccer player in recessive hand reaction time, dominant and recessive hand percentage of success. However, competitor soccer players had significantly better dominant hand reaction time than the non-competitor soccer players. Results of two arm coordination test revealed that, there were no significant differences between competitors and non-competitor soccer players in

Utility Of The Method Of Circuit In The Football Training

Paun Dan, *Gheorghe Ioana**, Catuna Cristian George, Paun Laurian Ioan

Football has always been, is and will always be the sport most spread worldwide. High performance means hard work for all the players. In this respect, the training methods are adjusted to the needs of modern football, methods converging in the successful formation of some players with a good technical-tactic, physical, theoretical and psychological level. The method which I want to propose for this study is not a new one, but, applied to children and juniors, considering the particularities specific to their age and the world requisites or means used, by applicative structures, I consider that it represents a modern factor according to the trends of modern football. The method proposed for this study is not a new one, but, applied to children and juniors, considering the particularities specific to their age and the world requisites or means used, by applicative structures, I consider that it represents a modern factor according to the trends of modern football. The exercises used in the circuit method are suitable for specific particularities of age 10-12. The effort parameters are according to the specific football game. We believe that using this method to suit the specific training objectives football at this age.

Student Actors' Emotional Experiences – Simple And Complex Emotional Expressions

*Anca Iorga**

The present work aims to study the student-actors' ability of expression their emotional feelings by analysing the given expressions based on improvisation partially directed. They can be applied exercises, with a guide to boost student, in order to obtain improvements. The study objectives are applicative, having a guiding character for discovering and stimulating the student-actor's activities in practical courses. The expressions were recorded by shooting. In analyzing the data we used the judging method. In their assessment we followed the communicative level, the expressiveness level of the feelings and the number of combinations for each expression separately. If there is a creative hereditary potential (minimum average level) and if it is influenced by education, then we can introduce corrective technical elements and exercises that will improve creativity (at the fluency, flexibility and inner development level) and, thus, develop the subject's capacity of expression. Imaginary emotional experience involves maintaining the control, so it is never lived to capacity and primary intensity of an emotions from the real life. Our expression ability is revealed by considering a performance of the achieved average between expressiveness evaluation and the internal development of the expressions.

Assessment Of Physical Development In Relation To The Time To Exercise And Eating Habits To A Lot Of Teenagers From Two Computer Science Highschools In Moldova

Adriana Albu, Florin Dima, Ionut Onose, *Raluca Mihaela Hodorca**

Diet is a factor that contributes significantly to maintaining the health of young people. The study was conducted on a sample of 206 students from computer science high schools. We have quantified physical development, time allocated for physical exercise and nutrition. From the whole group 61.65% of young people have been assessed with harmonious development. The time allocated for physical exercise is often less than 30 minutes (49.51% of students). Differences calculated based on the assessment of physical development were statistically significant at $p < 0.05$ ($f=4$, $\chi^2=10.463$), drawing our attention to young people who develop disharmoniously, with excess weight, and who do not exercise enough. The dominant frequency for intake of milk (27.18%, $p > 0.05$ $f=8$, $\chi^2=7.201$), chicken meat (43.68%, $p > 0.05$ $f=8$, $\chi^2=7.242$), potatoes (40.77%, $p > 0.05$, $f=8$, $\chi^2=4.954$) and cereal products (35.43%, $p > 0.05$ $f=8$, $\chi^2=7.258$) is 2-3 times per week and the differences calculated based on the assessment of physical development are insignificant. The students surveyed do not see an adaptation of nutrition as something the body needs, which is a risk factor.

The Link Between The Diagnosis Of Physical Development And Motor Skills To A Group Of Students In Rural County Of Suceava

Ionut Onose, *Raluca Mihaela Hodorca**, Adriana Albu

The origin of the family environment and exercise are external factors that can influence the growth and development of children and young people. Material and methods: the study was conducted on a sample of 250 students in the 5th grade from rural areas. Was assessed the evolution of anthropologic indicators and motor skills with the help of the Pushup evaluation. Results: the height indicated a mean value in 45.2% and 4.0% youth with pathological values. Body weight also if its in average values in 56.8% with 11.6% students with pathological values. Harmonic development appears in 48% of the cases with 13.2% students with pathological values. The number of the relevant vote 10 pushups is present only at 42.4% of young examinees. The correlation between the diagnosis of physical development and motor skills highlights significant statistically differences on girls at a $p < 0.01$ ($f = 9$, $\chi^2 = 22.235$). Conclusions: careful monitoring is required of the students examined in order to be able to quickly replace the record of any deviation from normal evolution.

Notational Match Analyses Of Veteran Tennis Players

*Bulent Kilit**

There is difference in notational match analyses between male and female veteran tennis player. The purpose of this study was to compare the notational match analyses between male and female veteran tennis player. The totally 33 matches were played on a hard court and they were recorded with video cameras. Total duration of playing, duration of effective playing, duration of break, average score times, and number of shots in each rally were determined during playing matches. Independent-samples t test was performed for the comparison between male and female veteran tennis players. Total duration of match, average duration of break, average number of shot, duration of rally, duration of effective playing percentage, work and rest ratio were found significantly differences between female and male veteran tennis players ($p < 0.01$). It was seen that the female tennis players have lower average number of shot and work and rest ratio than male tennis players. Males and females played with similar durations of break. With these results, appropriate training program can be prepared according to sex and level of playing.

Differences On The Upper Quarter Y-Balance Test Between Young People

*Elena Sabau**, Georgeta Niculescu, Cecilia Gevat, Elena Lupu

Different tests are used for rehabilitation and training programs. Upper Quarter Y-Balance Test is a closed kinetic chain assessment of upper quarter mobility and stability using a functional testing device. The purpose is to examine reliability of UQYBT and to find out if there are UQYBT performance differences in young adults and young athletes. Subjects were young adults (recreationally active and athletes) no current pain, and no injury past 6 months. UQYBT procedure means to measure upper limb length, patient stands in an anatomical position, and to perform the UQYBT. Statistical analysis was performed to compare the UQYBT performance differences in normalized excursion distances and raw excursions distance for both groups each hand. The study reveals no differences on UQYBT between young recreationally active and young athletes on normalized excursion distances and raw excursions distance. Our results demonstrate that there is a significant difference for bilateral symmetry in all excursion distance, advantage dominant hand. The UQYBT may be useful in assessing functional deficit in upper extremity stability. In the same time the test is a tool for evaluation the progress during upper extremity rehabilitation. The findings of the study suggest that among young people physically individuals, hand length must be considered in normalizing performance.

Student Actor's Emotional Experiences – Simple And Complex Emotional Expressions

*Anca Iorga**

An innate creative potential, which is influenced by education lead to the improvement of the creativity and to the development of the expression capacity of the topic. The present work aims to study the student-actors' ability of expression their emotional feelings by analyzing the given expressions based on improvisation partially directed. The expressions were recorded by shooting. In analyzing the data we used the judging method. In their assessment we followed the communicative level, the expressiveness level of the feelings and the number of combinations for each expression separately. Through the assessment there was followed the connection between the scenarios proposed by the tested subjects and their achievement by metric changes, mime-pantomime and gestural signs that the subjects have induced through motivational pulsations, emotional states and processes. Imaginary emotional experience involves maintaining the control, so it is never lived to capacity and primary intensity of an emotions from the real life. Our expression ability is revealed by considering a performance of the achieved average between expressiveness evaluation and the internal development of the expressions.

Acute Effect Of Different Stretching Methods On Sprint In Recreational Soccer Players

*Ersan Arslan**

Stretching methods might be effect the sprint performance in recreational soccer players. The purpose of this study was to investigate the acute effect of different stretching methods on sprint in recreational soccer players. Static stretching (Ss), Dynamic stretching (Ds), and Control (no-stretch). The protocols included 10-min warm-up, a 2-min rest, 30-s stretching program (except for the no-stretching group), a 2-min rest, followed by the 30-m sprint test performance. Stretching protocols consisted of 5 different stretching exercises for 5 lower muscle groups. The study results showed significant differences in sprint performance after dynamic stretching compared with the other stretching protocols ($p < 0.05$). It is concluded that the acute effect of static stretching effect on sprint performance negatively. In conclusion, dynamic stretching is the more effective method in order to increase sprint performance in untrained recreational soccer players.

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