ABSTRACT BOOK

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icSEP 2018 Abstract Book

TABLE OF CONTENT

Table of Contents

ICSEP 2018 HONORARY CHAIR'S MESSAGE	1
ASSESSMENT OF MOTIVATION FOR PHYSICAL ACTIVITY IN GYM CLIENTS THROUGH PALMS	2
<i>FRANCISCO MENDES*, ANTÓNIO ROSADO, EMÍLIA MARTINS, CÁTIA MAGALHÃES, ROSINA FERNANDES.....</i>	<i>2</i>
PHYSICAL ACTIVITY AND SUBJECTIVE WELL-BEING IN ELDERLY	3
<i>ADRIANA SILVA, BRUNA TEIXEIRA, CRISTINA GUIMARÃES, PAULA PEREIRA, FRANCISCO MENDE, ROSINA FERNANDES*</i>	<i>3</i>
EATING HABITS, PHYSICAL ACTIVITY AND QUALITY OF LIFE IN CHILDREN/YOUTH: GENDER ISSUES	4
<i>ADRIANA PARADA, CÁTIA MARQUES, MARIANA SANTOS, MARTA FIGUEIREDO, EMÍLIA MARTINS*, FRANCISCO MENDES</i>	<i>4</i>
MEANS OF CORRECTING SPINE DEVIATIONS IN PUPILS AGED 6 TO 10 YEARS	5
<i>OCTAVIAN HORATIU RUSU*</i>	<i>5</i>
DIET AND PHYSIOTHERAPY IN THE TREATMENT OF OBESITY AND ITS COMORBIDITIES	6
<i>ELENA BUHOCIU*</i>	<i>6</i>
TEACHING MEDICAL LANGUAGE TO FOREIGNERS	7
<i>OLGA BĂLĂNESCU*</i>	<i>7</i>
ROLE OF MOTRICITY IN RELATIONSHIP DEVELOPMENT SELF-BODY	8
<i>ELENA LUPU*</i>	<i>8</i>
IMPORTANCE OF MOTOR ACTIVITIES IN TEMPERING IMPULSIVITY TO THE YOUNGER GENERATION	9
<i>ELENA LUPU*</i>	<i>9</i>
ACCELERATED REHABILITATION FOOTBALL PLAYERS FOLLOWING ACL RECONSTRUCTION	10
<i>MIRELA DAMIAN, DRAGOS TEODOR*, ANTOANELA OLTEAN</i>	<i>10</i>
THE MAIN PHYSICAL CHARACTERISTICS OF THE JUNIORS VOLLEYBALL TEAMS IN ROMANIA	11
<i>FLORIN VOINEA*, LAURENTIU LICĂ, MARIAN ALEXANDRU COSMA, GERMINA COSMA.....</i>	<i>11</i>
MANAGING THE STUDENTS' EFFORT FOLLOWING THE APPLICATION OF THE CIRCUIT-FEMALE SOCCER	12
<i>UNGUREANU-DOBRE AURORA*, DAIAN GLICHERIA, ALBINA CONSTANTIN, ALBINA ALINA, BRABIESCU CALINESCU LUMINITA</i>	<i>12</i>
MOTIVATION FOR FEMALE FUTSAL PRACTICE	13
<i>CONCEIÇÃO MARTINS*, TERESA MOREIRA, SOFIA CAMPOS, ROSA MARTINS, JOÃO DUARTE, MARCO VIEIRA.....</i>	<i>13</i>
ASSESSING THE INFLUENCE OF KNOWLEDGE, SOCIO-ECONOMIC STATUS AND SELF- CONSCIOUSNESS ON NUTRITION MANAGEMENT	14
<i>DANIELA ADUCOVSKI*, REMUS DUMITRESCU, BOGDAN GOZU, CĂTĂLIN ȘERBAN, ADRIAN OȚOIU, MONICA GULAP</i>	<i>14</i>

EFFECT OF FEEDBACK ON SERVE AND BUMP SKILLS TRAINING IN VOLLEYBALL	15
<i>BEHROUZ GHORBANZADEH*, PERICAN BAYAR, ZIYA KORUC</i>	<i>15</i>
USING CASES WHILE IMPLEMENTING DRAMATIZATION IN TEACHING ESL IN ECONOMIC SCHOOLS	16
<i>VITALLY CHERENKOV*, NATALIA CHERENKOVA</i>	<i>16</i>
SATISFACTION SURVEYS FOR THE CONSUMERS OF DAILY EXERCISES STUDIO IN KAOHSIUNG	17
<i>MING-HSIEN WU*</i>	<i>17</i>
TALENT IDENTIFICATION AND DEVELOPMENT LITERATURE; LESSONS FOR SPORTS DEVELOPMENT IN NIGERIA	18
<i>ADEBOYE ISRAEL ELUMARO*</i>	<i>18</i>
BODY MOVEMENTS AND WELL-BEING: EXPERIENCES OF SENIOR HIGH SCHOOL STUDENTS	19
<i>DOMINGO BARCARSE*</i>	<i>19</i>
STUDY ON MANAGERIAL FUNCTIONS, APPLIED TO PHYSICAL ACTIVITIES IN HIGHER EDUCATION	20
<i>ROBERT SAKIZLIAN*, REMUS DUMITRESCU, ALINA, MONICA CRISTINA SAKIZLIAN, FLORIN LITOI</i>	<i>20</i>
FOOTBALL REFEREE'S TRAINING	21
<i>DAN MONEA*</i>	<i>21</i>
MOTIVATIONS AND SPORTS PRACTICE IN ADOLESCENTS	22
<i>BENYOUCEF HAFSAOUI*</i>	<i>22</i>
AN ATHLETE'S PSYCHOLOGICAL PERSONALITY TYPE AND SOCIAL ADAPTATION IN SPORTS	23
<i>SERGEJS CAPULIS*, VALERIJS DOMBROVSKIS, SVETLANA GUSEVA</i>	<i>23</i>
ANTHROPOMETRIC RISK INDEX AND THEIR ASSOCIATION WITH LIPID PROFILES AMONG MARRIED V'S SPINSTER PE TEACHERS	24
<i>MOHAMMED ZERF*</i>	<i>24</i>
COMPARATIVE STUDY ON FREE TIME ACTIVITIES	25
<i>TEODORESCU ANEMARI SIMONA*, BUTU IOANA MARIA, CATUNA GEORGE CRISTIAN, ALEXANDRESCU VALENTINA, PETREANU, MANUELA</i>	<i>25</i>
SEGMENTATION ANALYSIS OF PARTICIPATORY BEHAVIOR IN ROAD RACE EVENTS IN TAIWAN	26
<i>CHAO-CHIN LIU*, MING-HSIEN WU, YUNG-CHUAN TSAI</i>	<i>26</i>
BIKE CULTURE IN ROMANIA	27
<i>IRINA-ANA DROBOT*</i>	<i>27</i>
HOW CAN TEACHER TRAINING BEST SUPPORT EFFECTIVE PEDAGOGY IN PHYSICAL EDUCATION?	28
<i>ALAN RINGLAND*</i>	<i>28</i>
'BETTER PEOPLE MAKE A BETTER TEAM'	29
<i>ALAN RINGLAND*</i>	<i>29</i>
CONTEMPORARY TOP EUROPEAN DESTINATIONS TO PUSH FORWARD THE FRONTIERS OF SPORT CLIMBING	30

<i>DAVID CHALOUPSKY*</i>	30
<u>ASSESSMENT OF RECOVERY IN ATHLETES TRAINING</u>	31
<i>GEORGETA NICULESCU*, ELENA SABAU</i>	31
<u>CROSS-CULTURAL ADAPTATION, RELIABILITY, INTERNAL CONSISTENCY AND VALIDATION OF THE ARABIC ACL-RSI</u>	32
<i>HUSAM ALMALKI*</i>	32
<u>EVENT RISK EVALUATION OF SPORTS MEGA EVENTS</u>	33
<i>ANASTASIYA BELIKOVA*</i>	33
<u>THE EFFECT OF EXERCISE TRAINING ON CORTISOL LEVELS IN THE YOUTH</u>	34
<i>BUDDE HENNING*</i>	34
<u>AN EXAMINATION OF THE RELATIONSHIP BETWEEN BASKETBALL FREE - THROW AND COGNITIVE PERFORMANCE</u>	35
<i>ABDURRAHMAN AKTOP*, RECEP GÖÇMEN, EMEL ÇETİN ÖZDOĞAN, ESİN KAPLAN</i>	35
<u>EFFECT OF DYNAMIC LOWER EXTREMITY PERFORMANCE ON KARATE ROUNDHOUSE KICK IN CHILDREN</u>	36
<i>EMEL CETIN OZDOGAN*, MUSTAFA ADA, MAHMUT UNAL BILGE, ABDURRAHMAN AKTOP, RECEP GOCMEN</i>	36
<u>AN INVESTIGATION OF HAND-EYE COORDINATION, ATTENTION, BALANCE, MOTOR SKILLS IN SCHOOL CHILDREN</u>	37
<i>İLKAY ORHAN, ABDURRAHMAN AKTOP*, YUSUF PEKAYDIN</i>	37

icSEP 2018 Honorary Chair's Message

Dear Colleagues,

The International Conference on Sport, Education & Psychology icSEP, 2018 organized by the Faculty of Physical Education and Sports - *Spiru Haret* University is a manifestation of friendship and professional relationships of the academic world.

We are honored to promote such an important and resourceful area, as education. The idea that should lead and inspire us all is to create and train a healthy in mind-and-body generation. And what else but *sports* is the best way to achieve this purpose.

The Conference is an excellent opportunity to disseminate the achievements of renowned researchers, professors, psychologists, students and, last but not least practitioners who work in the educational field, by means of their own specific methods.

We express our deepest appreciation to Dr. Zafer Bekirogullari for offering us this challenging event which is meant to help us promote education, psychology and sports in the entire academic world through the agency of the Future Academy.

May good luck and inspiration attend your entire work and publishing activity!

Prof. Dr. Aurelian A. Bondrea

Rector

Spiru Haret University - Universitatea Spiru Haret

Assessment of Motivation for Physical Activity in Gym Clients Through PALMS

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The emerging benefits of an active lifestyle, regardless of age, are now unquestioned. Nevertheless, Portugal is among the countries of the Western world with the highest levels of sedentarism. This ex-post-fact study focus on the characterization of the gymnasium client's motivations, as well as on the contrast and correlation with sociodemographic variables (e.g. gender, age and academic qualification), for establishing possible profiles or patterns of practitioners. This study had a convenience sample from the centre region of Portugal of 75 participants, of which 45.3% were males, aged 16-64 (37.53 ± 10.61) and mostly with higher education qualification (74.7%). A self-completion questionnaire (PALMS - Portuguese version) was used. The descriptive and inferential statistics were performed on SPSS-24 with $p < .05$. Statistical equality was observed in the PALMS (Global scale, Competition, Appearance, Other Expectations, Affiliation, Physical Condition, Psychological Condition, Expertise and Fun) in the different age groups. Differently, men were better in the competition and other expectations subscales, and worst in the psychological condition subscale. Higher academic background turns out to be unfavourable in the results of the appearance subscale. The practice of physical activity motivations differs according to personal characteristics that should be considered in the gym clients. The motivation in men lies in the competition as in women in psychological aspects. The appearance is most important for the practitioners with low levels of school education, but the age is not a contrasting variable of the practitioner's motivations.

Keywords: Physical activity, gym, motivation, PALMS.

Physical Activity and Subjective Well-Being In Elderly

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Physical activity, although recognized as fundamental in the prevention of non-communicable diseases and in the improvement of subjective well-being, show low levels among the Portuguese elderly, particularly among women. An ex-post-fact study was developed to characterize the levels of physical activity and subjective well-being of the elderly, as well as the possible relations between both (global level and subscale). Concomitantly, the impact of socio-demographic variables on physical activity and subjective well-being will be analysed. A convenience sample of 97 participants, 33 were males, aged 65-89 (71.95 ± 6.33), 21 living in coastal region and 30 in urban areas, 51 were married and 68 lived together. Were used Modified Baecke, SWLS and PANAS. The descriptive and inferential statistics were performed on SPSS-24 with $p < .05$. The elderly with higher median scores in Baecke have better results ($p < 0.05$) in the subjective well-being. Living alone and in coastal region don't distinguished the participants, but the higher ages practise more physical activity and the negative affect is higher in women and urban population. The practice of physical activity is a key element of subjective well-being. Also, it is a mitigator of negative affectivity and has a more pronounced positive impact than any socio-demographic variables. The practice of physical activity seems to be an important strategy to promote elderly subjective well-being.

Keywords: Physical activity, well-being, elderly.

Eating Habits, Physical Activity and Quality of Life In Children/Youth: Gender Issues

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Gender issues are relevant with regard to physical activity and eating habits that have impact on children's and youth's quality of life. The study aims to characterize the physical activity, eating habits and quality of life of children/youth and its relation, as well as to explore the influence of gender in these dimensions, to delineate socio-educational intervention in function of the specificities found. Participated in the non-experimental study 337 children/youth, ages between 8 and 17 (12.61 ± 2.96), mostly from inland and rural areas. A socio-demographic questionnaire, a weekly food ingestion record table (lunch and dinner) and Kid-Kindl (quality of life) were used in data collection. Descriptive and inferential analyses (non-parametric, $p < .05$) were performed using SPSS-IBM 24. Female children had healthier eating habits than boys that had higher sweets consumption ($p < .05$). Quality of life was positively correlated with physical activity and healthy habits and negatively with fried consumption ($p < .05$). Physical activity was positively correlated with healthy eating habits ($p < .05$). In quality of life, results were favorable in school dimension to males ($p < .05$). The trends found in this study justify empirical deepening, insofar gender was statistically relevant. Its fundamental to continue analysing sociodemographic variables, but also family and social factors with relevance in this scope, to delineate socio-educational intervention strategies with impact on the quality of life, preventing eventual health problems in the future.

Keywords: Physical activity, eating, quality of life.

Means of Correcting Spine Deviations in Pupils Aged 6 To 10 Years

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This work aims to increase the health status of pupils of low school age by preventing and correcting spine deviations using individualized physical fitness development exercises. The paper aims to provide children with a harmonious physical development, to prevent the disturbances that may occur later, using of corrective physical exercises in physical education classes, both individually and collectively, taking into account the children's features, the degree and the nature of the physical deficiencies. The experiment was carried out on several stages at the Teius High School, (III A, B), during Oct.2016-May.2017. Part of the experiment consisted in sorting and dividing children by the type and degree of deficiencies. In the actual part of the experiment we introduced complex exercises corrective in order to form a correct attitude of the body. The results of the research represent a comparative analysis of the data obtained in the experimental group and the control group from the recordings made at the beginning and the end of the school year. Deviations of the spine in the antero-posterior plane meet in a relatively high proportion in young school children with a slight form of attitude. The most common forms are lordosis in girls' case, kyphosis in boys' case, followed by kyphosis-lordosis, back plan and round back. Individualisation of treatment for problem cases has a special role in correcting these deficiencies.

Keywords: Physical Education, spine, physical exercises, pupils.

Diet and Physiotherapy in The Treatment Of Obesity And Its Comorbidities

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Obesity is a metabolic nutritional disorder induced by multiple factors: genetics, socio-economic status, family etc. Obesity contributes to the occurrence of comorbidities, which progressively deteriorate people's health. The diet has to be maintained long enough for its effects to last. A kinetic program adapted to both age and fitness level in overweight patients, can help reduce body weight and its comorbidities in optimal conditions. This experimental study was conducted during October 2015 – September 2016 on a 30 subjects sample aged 21-80 years consisting of overweight females with weight indices initially varying between 30 and 45. The gathered data was analyzed, and the results were tallied in graphical format to emphasize the combined methods' effects. Data processing shows that, by applying an adapted kinetic program, as well as a 1200 Kcal/day diet, both BMI and obesity-related complications were improved. Following the biochemical tests and clinical parameters, it is noted that the combined dietary – physical treatment did not worsen the patients' conditions. There have been improvements in comorbidities in 76.67% cases. All patients who recorded voluntary weight loss through physical activity and diet note an improvement in neuro-psychological tonus and obvious positive results in family and socio-professional relationships. The kinetic program, associated with thermotherapy, massage and an individualized food diet is a key factor both in the treatment of obesity and its associated – or secondary – pathology.

Keywords: Obesity, BMI, comorbidities, diet, physiotherapy.

Teaching Medical Language to Foreigners

*Olga Bălănescu**

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The importance of Pragmatics in the teaching-learning process for successful results. The improvement of my didactic activity, the development of the prestige of the University of Bucharest among the other university centers. I have used the methods of the qualitative research. Findings: 1. the use of the personal verbal interaction 2. the necessity of keeping the rules of the principles of communication (the cooperative principle and the principle of politeness) 3, the presence of subjective deictic elements. It is important to take into consideration the following aspects when teaching medical language to foreign students: the country they come from, their previous medical knowledge, the necessity of introducing concepts of pathology together with the anatomy ones.

Keywords: Verbal interaction, modern education, verbal acts.

Role of Motricity in Relationship Development Self-Body

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The normal psycho-physical development of individuals is a condition in the multidimensional development of self-reliance in order to adapt to daily school requirements and also to integrate into society. The research was conducted on a group of 68 students (25 boys, 33 girls) I mention that they have theoretically started with the same psychometric potential. The method of the bibliographic study, the observation method, the method of investigation (conversation, the questionnaire, entitled "Multidimensional Aspects in the Self-Body Relationship, etc."), Pedagogical Experimental Method, Statistical-Mathematical Method. The aim of the research was to verify the importance and role of motor activities in the psychomotor development of the self-body relationship. Movement is very important, and physical education is essential for multidimensional positive development of self-esteem both physically and intellectually.

Keywords: Self - body, multidimensional, movement, student.

Importance of Motor Activities in Tempering Impulsivity to the Younger Generation

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Motricity is a means of education connected with the intellectual, affective sides and conceals behind it an entire universe about how it works, thinks each individual in different situations. The research was carried out on a batch of: an experimental group consisting of 47 students; - and a control group composed of 57 students. The group was randomly chosen and at least theoretically, elected students have the same intellectual and motor potential. Method of the bibliographic study, Method of observation, Investigation method (conversation, questionnaire on "Impulsivity", etc.), Pedagogical experiment method, Statistical-mathematical method, Graphical method. The purpose of the research was to verify the importance and role of motor activities in tempering impulsivity in the younger generation. Motor activities should be at least once a week in the young generation program being one of a few things that can influence behavior and diminish the instincts of aggression and impulsiveness.

Keywords: Motor activities, student, basketball, impulsivity.

Accelerated Rehabilitation Football Players Following Acl Reconstruction

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The fore crossed ligament rupture is one of the most common injuries of performance athletes causing direct knee trauma, its articular laxity, poorly developed lower limbs muscle. The means and methods specific to kinetotherapy as well as the means specific to the practised sport, which contributes to a quick recovery of the articular mobility, balance and muscle tone of the athletes, making their reintegration in the specific sport program easier, quicker and without reinjury risks. The research was conducted within the Ovidius Clinical Hospital's medical rehabilitation laboratory; subjects of the research n=2; diagnosis: fore crossed ligament rupture; recovery program: following the ligament plastic surgery, a recovery program with classical means of kinetotherapy and specific means of fitness and practised sport was applied; evaluation: knee flexion-extension movement (goniometer), muscle strength (muscle testing) and balance (The criteria for each phase progression was evaluated with Lower Extremity Functional Scale (LEFS) and are presented in the Table (2,3). Stratford (2005) consider the LEFS a valid tool for assessing change in functional status and consists in 20 items, each scored on a 5-point scale (0 to 4). After applying the kinetic program for 24 weeks, the evaluation of athletes at the level of all established parameters has made a remarkable progress, the subjects being able to re-enter the specific training program. Recovery for athletes is more effective if a complementary program with fitness means and means specific to the practiced sport is applied along with the methods specific to kinetotherapy. The results of the final evaluation, of all parameters considered have shown that the reintegration of athletes into the normal training program can be done after 24 weeks.

Keywords: Kinetotherapy, ligament injury.

The Main Physical Characteristics of The Juniors Volleyball Teams in Romania

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This research emerged from the need to develop new physical training strategies to increase long-term sports performance, because the muscular training is the foundation of the sport performance. It is to determine the level of physical training of the subjects of the research compared to the players of the other teams in Romania. The aim is also to compare the jump and global movement index according to the formulas agreed by the Romanian Volleyball Federation. The Romanian Federation provided us data for 31 teams that participated in the Federation's control tests at the beginning of the competition year, these assessments being a condition for participation in competitions, taking into account the data of 23 teams, most of them competing in the same groups with CNNT Craiova. Statistical analysis was performed through the SPSS v21. Statistically significant differences ($p < 0.05$) were found for the jump to attack but also for those tests requiring explosive force at the lower limbs. Major differences were also for frontal flexibility, the results of federation's teams being superior for almost test, except the one that assessed the speed. The study provided us with concrete data on the current methodology of action on muscular training and on certain existing malfunctions. Research results indicate a special need to improve the explosive force for NCNT team subjects, for that being recommended to use plyometric exercises, in particular. Also, it has been created a model for junior volleyball players.

Keywords: Volleyball, model, juniors, physical characteristics.

Managing the Students' Effort Following the Application of the Circuit-Female Soccer

Ungureanu-Dobre Aurora*, Daian Glicheria, Albina Constantin, Albina Alina, Brabiescu Calinescu Luminita

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As regards the heart rate in effort, during different periods of training and especially at different ages, sex and sports, there are not many concrete dates in this field. During the preparatory period, before starting the training of the athletes, it would be necessary to understand their effort capacity in order to adequately conduct the effort, all this in view to ensure a superior functional capacity of their body by obtaining optimal values of the somatic and functional indices. The Circuit - a methodical device which develops strength in resistance condition, contributing to the development of cardio-respiratory function. In performance university physical education, a workbook is required to record the pulse values and self-control, on the basis of which the individual progress can be made permanently reporting on individual progress achieved. The Classical Method of recording heart rate. Following the interpretation of the heart rate values which were recorded after each station, after twice applying a circuit of seven stations with different duration and also different intensity, it was necessary to redirect the effort by eliminating one station and also increasing the gap between the two circuits from 3 to 4 minutes, due to the high heart rate. The heart rate values recorded in the initial test (February 2017) assessed new effort management measures, also the heart rate values which were subsequently recorded from the final test (March 2017), confirmed the hypothesis we formulated and a good adaptation to the body's effort components of the representative football team of the University of Craiova (ages between 20-24 years).

Keywords: Heart rate, dynamic, stations, volume, power.

Motivation for Female Futsal Practice

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What are the female motivations for futsal practice? This is one of the questions, perhaps the most important one, that we propose to answer throughout this study. Motivation studies have highlighted those who seek out the reasons why young people engage in regular physical activity. When we choose a particular modality, we do not do it in a random way, since, behind that choice is something or someone that, consciously or unconsciously compels us to choose. Interest or simple curiosity about a physical activity is usually associated with the occupation of free time or associated with health and physical, psychic and social well-being, thus responding to our individual and social needs. To identify the sport motivations that take the athletes to the practice of the indoor soccer; To find out in that measured the age, the years of competition and the club where the modality of indoor soccer is practiced motivate the athletes for the practice of this sport. To give answer to the formulated subjects, we conceived a quantitative study, with characteristics of a study descriptive-correlational and of transverse cut. For such, a questionnaire (QMAD) was applied, with 30 motivational items, for like this to collect the data near 53 athletes of feminine indoor soccer of clubs of the area of Viseu, chosen randomly. We can verify that the difference in the medium ordinations among the groups is not significant what doesn't confirm the formulated hypothesis, or be the age is not an explanatory variable of the motivation for the practice. The differences among the clubs are just significant in what respects to the physical form, to the general affiliation, to the specific affiliation and of it equips and to the general motivation. Age not explains the motivation for futsal practice. Differences clubs are only significant with respect to fitness, specific and team affiliation and overall motivation Only in the motivation due to the statute that the differences between the groups are significant we have the notion that, in some way, we can provide some contribution to the motivation for female Futsal athletes.

Keywords: Motivation, Female Gender, Indoor Football.

Assessing the Influence of Knowledge, Socio-Economic Status and Self-Consciousness on Nutrition Management

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**Professor Dr, University of Bucharest, Romania*

Food safety conditions are set based food content, which must meet certain criteria. Terminologies and codes used in food marketing conceal shortcomings, creating interpretation or confusion induced by ignorance. The study investigates the influence that the level of education and socio-economic status have on both self-awareness and conscious or unconscious compromise made by consumers with to food choices. The aim of the research is to identify the degree of influence of the three factors, knowledge, socio-economic status, self-consciousness, in achieving nutrition management. Data was collected through a Market Research type questionnaire. Respondents were undergraduate and master's students of all 18 faculties of the University of Bucharest, aged 18 to 24 years, who attended physical education courses or not. A total of 1500 students attend this study. Among well-informed youths there is an increased interest in foods that meet the conditions of quality and origin for safe consumption, followed by those with high incomes, although this category of consumers is not more informed compared to those with lower incomes, which must often make trade-offs. There is also a category of uninformed consumers that unconsciously make trade-offs. Youths' interest in healthy foods is not influenced by their socio-economic status, and their knowledge about balanced nutrition depends on their level of education. The study identified some confusion regarding functional foods among young people in our country due mainly to names of imported foods that are more or less exotic, which signals the need for information campaigns.

Keywords: Nutrition, knowledge, socio-economic status, conscience.

Effect of Feedback on Serve and Bump Skills Training in Volleyball

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The absence of studies about the effect of feedback on learning the serve and bump skills in volleyball constituted the basis of the present study. By taking training into consideration, the technology used by the teachers' gains importance particularly in physical education lessons. The purpose of the present study is to examine the effects of visual, verbal and verbal-visual feedback on the success of serve and bump skills training in volleyball. The total participants of the study were 42 university students. All the participants attended the PE lectures during the 2012-2013 academic years in a form of 3 different classes which consisted of 14 students per each. Each class was assigned as an experimental group and received different feedback styles for bump and serve skills in volleyball. Results showed that there were meaningful differences between the levels of success in verbal, visual and verbal-visual feedback of pre-test and post-test scores of each group in terms of cognitive domain [$F(39,2) = 26.87$; $p = 0.001$] and [$F(39,2) = 7.807$; $p = 0.001$]. For each type of evaluation, all feedback styles increased the success levels of bumps and serve skills of the participants. Consequently, the findings of the present work suggested that the use of verbal-visual feedback styles that were given by teachers' instructions and video records can positively affect the learning process of bump and serve skills in volleyball.

Keywords: Study Skills, Volleyball, Visual Feedback, Feedback.

Using Cases While Implementing Dramatization in Teaching ESL In Economic Schools

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Despite the main Soviet problems in teaching English have been resolved limited time budgets for English in Russian non-philological schools persist and are aggravated by decreased English proficiency among enrollees. Design and test a teaching-learning English method combining the advantages of dramatization and case study. Present critically outputs received and draft directions for future research. A version of phenomenological method based on observation and analysis of staged business cases is used to bring to the fore the authors' experiences and perceptions of students from their own perspectives concerning teaching-learning ESL in the frame of longitudinal iterative cases. The problem of a scanty budget of time for teaching English in non-philological schools persists and demands intensifying teaching-learning processes. The way from passive to interactive teaching-learning is a world-wide trend in the frame of transition from instructivism to constructivism. The "constructivist students" are practically required to extract relevant information from the staged case under consideration that increase a level of interactivity, competition, and creativity. The "drama-case" constructivist teaching-learning method proposed and tested seems to be a perspective one having a "pedosynergy effect" if the same cases are used, e.g., in English and Marketing Dpts. A few caveats exist in implementing this method but the lack of additional compensation for teachers is the main.

Keywords: Cases, dramatization, teaching-learning methods, pedosynergy.

Satisfaction Surveys for the Consumers of Daily Exercises Studio in Kaohsiung

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This study is to understand whether there are correlations between the basic data variables and satisfaction of Kaohsiung city daily sports studio, and whether there are significant differences in the satisfaction of different basic data characteristics. The research method adopts the questionnaire survey method, the questionnaire contains three parts: one for the customer basic information, two for the customer consumption habits for the customer satisfaction. Whether there are correlations between the basic data variables and satisfaction of Kaohsiung city daily sports studio. The research method adopts the questionnaire survey method and SPSS 22.0 software package for analysis. Whether the daily movement of the studio survey involved in the degree of membership is more than the majority. Whether the place of residence is local or other for the daily sports studio satisfaction survey involved in the degree of the other is more. Whether the place of residence is local or other for the daily sports studio satisfaction survey involved in the degree of the other is more. The degree of education for the daily sports studio satisfaction survey involved in the study.

Keywords: Kaohsiung city daily sports studio, Basic data, Satisfaction.

Talent Identification and Development Literature; Lessons for Sports Development in Nigeria

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Nigeria has experienced continuous decline in sport performance over time, with national teams failing to qualify for major international competitions, with yet no successful attempt to turn the tide. It is therefore important to understand the factors militating against sport development in Nigeria. This paper presents a review of extant Talent Identification and Development literature to unearth the major factors of effective development so that stakeholders in sport development in Nigeria can draw lessons on how best to handle the process of turning sporting potentials into successful performance. A desktop study was carried out of the literature on talent development in sports. Major sport databases were searched for studies relevant to the review, analysis of existing literature revealed models and factors of effective development, as well as some context specific practices in the Nigerian sport sector. The review revealed some inconsistencies in between the established literature and the talent development procedures in Nigeria. It was concluded that stakeholders should take advantage of this review to align their processes with evidence based practice, while recommendation were made for further studies.

Keywords: Sport, Talent, Identification, Development, Environment

Body Movements and Well-being: Experiences of Senior High School Students

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What is the impact of ICE2017 program with the theme “Sports and Body Movements for Psychological Well-Being” Among Senior High School Students? It aimed to develop a holistic, creative, balance and therapeutic student development program for psychological wellness and well-being through body movements and sporting events as they welcome themselves to the world of careers and vocations across workplaces. Qualitative research design using Interpretative Phenomenological Analysis was applied to understand their creative personal expression on the impact of ICE2017 to their psychological well-being. Thematic data analysis was used for more effective interpretation on the meaning of their experiences as athletes, artists, participants, cheerleaders, creative mass demonstration dancers, players and team managers. The themes were created from the answers of participants pertaining to their inner experiences of ICE2017 and as to the impact of sports and body movements to their well-being. These are: Management of Complex Relationship; “Continued Personal Development; Sense of Thought; Sense of Purpose in Life; Personal-Acceptance; Quality and Positive Relationship; and Pursuit of Meaningful Goals in Life. Based from the interpretation of personal creative personal reflection through journal writing, responses in the survey questionnaire, and individual interview of the participants, it revealed that the ICE2017 with the theme "Body Movements and Well-Being" had a positive influence on the lives of senior high school students.

Keywords: ICE2017, Body Movements, Well-Being.

Study on Managerial Functions, Applied to Physical Activities in Higher Education

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The new skills will contribute to improving the educational offer and will help the teaching act. Achieving these professional performances will promote the image and reputation of the said institution. Qualified university teaching staff should give a particular attention to increasing the level of knowledge of methods and techniques through acquiring new skills. The purpose of the paper was to determine the effects of certain managerial methods and techniques applied to a department of physical education and sports which have been adapted to the characteristics of unspecialized(sports-wise) higher education. The analysis covers the aspects which concern the management area, the identified functions and the features which have been adapted and applied the program of the Director of the Department of Physical Education and Sport of the University of Bucharest, structured and reported as a half-year average and during a university year, respectively 2016-2017. The planning activity amounted to an average of 6 h 50 ' / year. The organizational activity occupies, 10 h 30 ' / year. For the training and coordination activity a number of 8 h 30 ' / year. The control activity is allocated on average 5 h 30 ' / year. The identified situation implies the need to allocate more time to all the analyzed activities as well as to find realistic solutions for the application of the basic managerial principles. Success depends largely on the correctness of decisions and the ability to facilitate the development of physical education and sports activities under the best conditions.

Keywords: Physical education, management, functions.

Football Referee's Training

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The elite-level referees are exposed to important physical demands in soccer game. Good health and fitness of soccer referees have a great importance to implement the rules of the game. The aim of the study is to report the athletics exercises effects in football referee's fitness. The research is based on specialist literature. 29 football referees aged about 36 participate in the study. We used anthropometric measures and motor tests: 4x40 m speed and Yo-Yo Intermittent Recovery Test Level 1. We processed the results by Kolmogorov-Smirnov and Shapiro-Wilk tests. Statistical differences were calculated by t bilateral dependent test. The referees were trained by submaximal intensity and speed endurance exercises, 6 months, 2 times per week. The third time was the effort in the refereeing the football game. The average body weight and the body fat at the referees decreased. The motor test has improved. The proposed training has achieved their purpose. The program with running exercises. Repeating the submaximal and speed endurance exercises after a few months is a good way to gauge progress and increased aerobic capacity in football referees.

Keywords: Football, referee, training.

Motivations and Sports Practice In Adolescents

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Given the results of some studies on motivation in the Arab world (Ettahar (2007) and Abedalbasit Abedalhafiz (2009), or in Europe (Frédérick and Ryan, 1993) (Vallerand, 1994) Reasons or motivations of sport in different situations can affect policy direction and sporting progress. The purpose of this study is to determine the nature of the motivations of the practice of sport among young adolescents in Algeria according to the variables (sex, family situation). This study was carried out among 365 adolescents selected in the west of Algeria (men: 247, women: 118) practicing different physical and sports activities. Participants were invited to respond to the 28 items making up the "ÉMS-28" (Brière, Vallerand, Blais and Pelletier, 1995), on a 7 point Likert scale ranging from none (1) (7). The results showed that the reasons for participation in physical sports activities are primarily of intrinsic origin, and for reasons of competition in the last class, and a significant difference in the motivation for participation in SPAs between men and women ($P < 0.05$). The results of this study are consistent with that of the authors (Vallerand and Thill, 1993), which state that intrinsic motivation is defined as practicing an activity for itself, the satisfaction felt following the practice and in the absence of external contingencies, as well as the conclusions of Kilpatrick et al. (2007), Bowman et al. (2001) and Kelt et al. (2004) on motivation.

Keywords: Motivation, sport practice, teenager.

An Athlete's Psychological Personality Type and Social Adaptation in Sports

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A wrestling, martial arts, and team sports athlete's psychological personality type and their social adaptation determine the effectiveness and productiveness in sports activity. Study the correlation between the social adaptation and the psychological personality types of wrestling, martial arts, and team sports athletes. Test the levels of social adaptation of athletes and their attitudes in situations of cooperation to personal and team performance in sports. 180 respondents participated: 60 wrestling, 60 martial arts, and 60 team sports athletes. A Social Psychological Adaptation Survey (Ismailov) was used to assess the level of adaptation, and the psychological personality type was determined using the Keirsey Temperament Sorter-I (D.Keirsey). A significant correlation ($r < .01$) was found between the athletes' psychological personality types with preferences for "Perceiving" and "Sensation" and social adaptation. A significant correlation exists between the athletes' personality types with preferences for "Feeling" and "Judging" and social adaptation ($r < .05$). No statistically significant correlation was found between psychological personality types with preferences for "Extraversion" and "Introversion" and social adaptation ($r > .05$). The following most significant attitude levels were found in social adaptation of athletes: to sports activity, to mutual cooperation, to satisfaction with their place in the team, to appreciation by group members, and to satisfaction with training conditions and relationships in the team. Contentment with accomplishments and attitude to the trainer's personality do not depend on the type of sport.

Keywords: Athlete's psychological personality type, social adaptation.

Anthropometric Risk Index and Their Association With Lipid Profiles Among Married V's Spinster PE Teachers

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Previous Algerian epidemiologic studies have revealed that Obesity has become an epidemic in many parts of our community, due to the cumulative body mass index (BMI) allied to upper total cholesterol and low-density lipoprotein cholesterol (LDL) asserting by medical scholarships in these topics. To evaluate the association between Anthropometric Risk Index with lipid profiles among some Algerian women's PE teachers. Study was performed involving some PE teachers and spinster in OPAPS laboratory for the academic years (2015-2016) On the basis of anthropometric characters related to blood test achieved, where the less lipid profile is for the benefit of a spinster. Our conclusions are in agreement with similar studies, which advised the positive relationship between upper quartile of ABSI related to BMI and triglycerides related to lower HDL cholesterol and its relationship to lipoprotein lipase activity as health risk among married Vs spinster.

Keywords: Lipid profiles, body mass index, married Vs spinster PE teachers.

Comparative Study on Free Time Activities

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In the context of the current life, subordinated to industrialization, mechanization, and cybernetization, free time has become an important factor in every individual's life. The main objective of this study is to make it clear how young students spend their free time, whether they prefer sports activities outside of classes. The research methods used are: questionnaire, experimental, case study, observation, study of specialized literature. The length of time spent in boys is higher compared to girls, because the latter in their spare time also helps household affairs. Leisure time for boys is 3 to 4 hours a day, in exchange for girls 2 and a half hours - 3 hours a day. There are clear differences in the allocation of free time between girls and boys. While boys prefer to have fun with friends or a bodybuilding room, the girls prefer to watch a good movie or read a book.

Keywords: Leisure activities, girls, boys.

Segmentation Analysis of Participatory Behavior in Road Race Events in Taiwan

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To exploring background, participation behaviour and market segmentation of participants of the Taiwan road race, organizers can understand participants and provide better service quality to meet their needs. To explore a segregation analysis of the participatory behavior of Taiwan's road race events' participants. To confirm the effectiveness on discriminant analysis of segmentation cluster. The purpose of this study was to explore a segregation analysis of the participatory behavior of Taiwan's road race events' participants, and to understand the difference between participants' demographic variables and participatory behaviors. The method of this study integrated relevant existing literature to develop a survey examining the effects of participation behavior for road race events. Purposive sampling was used to obtain 1,556 valid questionnaires from representatives of 12 road running events in Taiwan. The collected data were analyzed with cluster analysis, discriminant analysis, and a chi-square test. Findings: 1) Participants could be effectively segmented into “male high experience group”, “female high experience group”, and “middle and experience group”, the gender, intention, revisiting behaviour and satisfaction were the most important segregation variables. 2) The three groups were analyzed by discriminant analysis, 91.3% of observations could be correctly classified. 3) There was a significant difference among the demographic variables. In conclusion, this study found that gender and revisiting behavior were the most important segmentation variables for road race events. The marketing and planning strategies of road race events should primarily focus on gender, event quality, and event image, and strengthen the participation experience of the “low-experience group” to enhance their revisiting behavior and participation intention.

Keywords: Road race events, segmentation market, participation behavior, cluster analysis, discriminant analysis.

Bike Culture in Romania

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In North America, bike culture is a subculture, while in Europe, it is rather mainstream. The purpose of this paper is to find how does Romanian bike culture fit into the features of European bike culture. I will research scientific papers in Elsevier and Springer databases on the situation of bike culture in Europe and America. I will also consult web sites related to organized events of cyclists' meetings, the situation of being able to rent bikes in parks and on campuses, as well as the opinions of bloggers on their personal sites. While bike culture could be mainstream in Romania, with people renting bikes as a hobby, there is also a hint of subculture, as there are young hipsters, Romanians who live according to the American lifestyle and who form their own social group. Bike culture is an occasion for socializing and keeping fit for Romanians, as they can take part in organized events with stopped traffic and rent bikes in parks. Many own their bikes and use them to go to work or just to go about the city. Lately, scooters and two wheel hovers are gaining popularity.

Keywords: Socializing, hipsters, hobby, meetings, subculture, mainstream.

How Can Teacher Training Best Support Effective Pedagogy in Physical Education?

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There is little empirical evidence on how trainee teachers implement or change in their practice despite innovative and pedagogical initiatives in Physical Education. The purpose of this study was to investigate final year prospective teacher's perceptions on the teaching styles and models that they have been exposed to during their 4 years in college and how much they have utilized them in practice. A mixed methods approach (electronic survey and focus group) on 35 undergraduates (f=15, m=20; x age= 23.5 years) was used to integrate the findings of what teaching models trainee teachers use, when and in what context? Qualitative themes that emerged were negative in terms of experimentation with styles and methods due to assessment and culture within the school setting. Student's mostly believed that skill learning was the most important factor in the Physical Education context followed by student health. The solutions offered were more group work, peer assessment and generic feedback without penalty of grade. There appears to be little implementation of transferring theory into practice in pedagogical practice and very limited change in the teaching of Physical Education by future teachers. There is a resistance to change, a deficit attitude to experimenting with teaching styles and methods due mainly to confidence and a fear of loss of autonomy.

Keywords: Physical Education, Pedagogy, Perception, Training.

‘Better people make a better team’

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There is increasing literature on the role of the performance environment and organisational stress in elite sport but a dearth in the Paralympic environment. This abstract is an investigation into the psychological factors of the performance environment and organisational stress in Paralympic sport from the performer's perspective. 8 Paralympic athletes ((m=5, f=3; M=39.6) who had competed in at least two Paralympic Games were interviewed with regards to the possible causes of organisational stress in preparation for international competition. Scripts were transcribed through content analysis (Mayring 2000). Deductive analysis was used for the subjective interpretation of the content of text data by identifying themes or patterns from the literature. The findings illustrate a wide range of factors in this context and provide qualitative evidence for a multi-faceted model in an elite sport context. Three main categories of stress were deducted: personal (injury, expectations, well-being), competitive (environment, preparation, resilience) and organisational (leadership, team, people, support) and when aligned provide a basis for a better understanding of Paralympic preparation. For practitioners operating in all levels of elite sport, adopting an integrated and comprehensive view of the performance environment draws attention to the numerous organisational influences on sport performers and should encourage a more coordinated approach to developing and alleviating high performance. The results illustrate that people and relationships are influential in facilitating performance.

Keywords: Organisation, Sport Culture, People.

Contemporary Top European Destinations to Push Forward The Frontiers Of Sport Climbing

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Travelling climbers have become a part of a specific form of sport tourism that can be called climbing sport tourism. Climbing have become a part of local culture and the destinations can profit from support of this form of tourism. The aim of the research is to monitor the contemporary trend in travelling of top sport climbers and use of the potential of climbing areas for the most difficult ascents. The research analysis works with data of the most difficult ascents realized by the world top 30 sport climbers. The data were collected from the ranking of 8a.nu, which is an open database where climbers around the world record their successful ascents. The ranking counts the data of 2000 best climbers and it is based on their 10 best rated ascents within the last 12 months. The analysis covered data from 220 climbing destinations and 375 different individual climbing journeys. Ascent evidence was taken in the time span of one year during the season of 2016 - 2017. The biggest numbers of the visited climbing areas (within one country) were recorded in Spain (148), followed by France (96) and Italy (48). The contemporary trend in travelling of elite sport climbers is traveling to Spain, France or Italy like the major destinations with the highest of climbing areas for the most difficult ascents. All three of the most visited climbing areas (Margalef, Oliana and Siurana) are located in Catalonia.

Keywords: Rock climbing, sport, tourism, geography.

Assessment of Recovery in Athletes Training

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Nowadays sport activities of training and competitions are designed, so that athletes to recovery within a short time. The recovery is essential for athletes in getting back for training. The purpose of the study is to assess athletes' recovery process. The athletes have to assess their effort value and the efficiency of recovery. In the same time, they have to estimate the future performances. The research is based on specialist literature. 15 athletes (8 females and 7 males), average age 24 participate in the study. They are engaged in performance sport activities as aerobic gymnastics and track and fields. Recovery Cue Inventory has seven items to assess recovery after a week of training. The subjects estimate the balance between their effort and rest. They become aware about the effort in their training activity and the level of their recovery. The athletes appreciate different the means and effects recovery. All of them had more than moderate expectations on their training performance. Recovery Cue Inventory provides useful and practical in high performance training environments to the athletes, trainers. It is a tool that can be used to improve the level of self-awareness and personal responsibility.

Keywords: Athletes, training, performance, recovery.

Cross-cultural adaptation, Reliability, Internal Consistency and validation of the Arabic ACL-RSI

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A link between psychological factors and RTS following ACL was found. it is assumed that an Arabic ACL-RSI would be highly beneficial for evaluating RTS among Arabic ACLR patients. The main aim of the study is to translate and culturally adapt the ACL-RSI to make it suitable for Arabic speaking patients with ACL injuries. The secondary aim is to assess the Arabic versions of the ACL-RSI in order to test their psychometric characteristics (reliability, validity and dimensionality). According to the guidelines for cross-cultural adaptation, translation and backward translation of the English version of the (ACL-RSI) were performed. After translation into the Arabic version, 35 ACLR patients were asked to complete the Arabic (ACL-RSI), KOOS, VAS and Brabd-36 (SF-36). These patients were retested one weeks later to evaluate test-retest reliability, Construct validity by investigating the correlation. The test-retest reliability proved excellent with a high value for the intraclass correlation coefficient ($r = 0.93$) and SEM 2.36. The internal consistency was strong (Cronbach's $\alpha=0.93$). Good Construct validity with absence of floor and ceiling effects and good convergent and divergent validity were observed. The Arabic (ACL-RSI) demonstrated good measurement properties. We suggest that this instrument is an excellent evaluation instrument that can be used for Arabic patients with ACLR.

Keywords: ACL, return to sport.

Event Risk Evaluation of Sports Mega Events

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As of today, the process of monetary risk assessment of sports mega events, as well as important factors that influence such risks, still contain a number of blind spots. To evaluate the total risk of sports mega events, such as the Olympic Games and FIFA World Cup in terms of general costs and find out the main risk factors. Financial modeling, as well as complex literary source analysis and case study were used in this work as main research methods. The average cost overrun for FIFA World Cup and Olympics between 1988 and 2016 was of approximately 600% compared to its initial budget. Cost overruns for such mega events usually depend on the country's GDP and general market risks could be expressed as equity risk premium. Total cost overrun prognosis for FIFA World Cup 2018 is of approximately 700%. The overrun of the initial budget could express its total risk. This total risk of sports mega events mostly depends on the hosting country's economy's wealth: the wealthier the country, the more money it will spend on maintaining proper risk management. In addition, wealthier countries have lesser market risks, which lets them handle the expenses more efficiently in general.

Keywords: Sport event risk, event costs.

The Effect of Exercise Training on Cortisol Levels In The Youth

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The present study attempts to assess whether participants' physical activity status (PAS) has an effect on their baseline cortisol levels. To investigate physical fitness effects on C activity, a 10-week exercise program (3 x 45 min a week) with children (9-10 years) was performed. Participants were assigned to a cardiovascular exercise (CE, n=27), motor exercise (ME, n =23), or control group (n=21, homework sessions). Cortisol awakening response (CAR) (HPA-activity) was measured prior and after the 10 weeks intervention. Participants in CE who enhanced their cardiovascular fitness after intervention showed an increased cortisol activity ($B = 0.213$), whereas children in ME who gained in motor fitness exhibited a decreased CAR ($B = -0.188$). An exercise training leading to a higher cardiovascular fitness leads to an increase of the CAR in the youth. While an increase in motor fitness leads to a lower CAR which can be seen as an increased secretion of Cortisol over time impacting the homeostasis and thus leading to a decrease in CAR.

Keywords: School, exercise training, Cortisol, Motor exercise.

An Examination of The Relationship Between Basketball Free - Throw and Cognitive Performance

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Examination of the relationship between basketball and cognitive performance will provide information for coaches to plan and organize the program. The purpose of present study was to examine the relationship between basketball free-throw performance and cognitive performance. The comparison of the cognitive performance of basketball players with low and high free throw performance was also the second aim of the research. A total of twenty-four male basketball players aged 18-24 years voluntarily participated in the study. Cognitive performance was evaluated with attention (COG Cognitrone Test), sensomotor coordination (SMK-Sensomotor Coordination Test) and spatial perception (MR-Mental Rotation Test) variables. For the free-throw test, participant performed 10 shots within 3 sets (total 30 shots). According to results of statistical analysis, there was no statistically significant correlation between COG, MR and SMK variables and free throw performance ($p > .05$). It was determined that there was no statistically significant difference between low and high free-throw performer in COG, MR and SMK variables. There was a significant correlation between cognitive performance variables. The results obtained from the present study showed that there was no statistically significant relationship between cognitive performance and basketball free- throw performance, and there was no significant difference in the cognitive performance between low (below 70 %) and high free-throw (above 70 %) performer. There is a significant relationship between attention, spatial perception, and sensomotor coordination.

Keywords: Basketball, attention, spatial perception, sensomotor.

Effect of Dynamic Lower Extremity Performance on Karate Roundhouse Kick in Children

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The reactive strength describing SSC of an athlete can be regarded as the basis of force production. What is the effect of reactive force on propulsive forces during impact? The purpose of the present study was to determine the effect of dynamic lower extremity performance on some parameters of karate roundhouse kick (Mawashi Geri). A total of 15 children (9 boys and 6 girls) interested in karate sports (at least one year, 3 days/week), participated in these researches. Each participant performed DJ whilst simultaneously being recorded with a smartphone (iPhone 7 Plus) using the My Jump 2 app and RSI parameters recorded. Then, the maximum velocity reached during roundhouse kick (mawashi geri) was determined. When girls and boys were compared, there was a statistically significant difference between jump heights. Children with $RSI > 1.5$ have a positive relationship between V_{kick} (maximum velocity reached during kick) -jump height ($p=0.025$). In children with $RSI < 1.5$, a positive correlation was found between BMI-RSI (reactive strength index) ($p=0.028$), jump height-kicking time ($p=0.029$). A positive relationship between V_{kick} and jump heights of athletes with RSI values moderate may show that RSI may be effective in assessing performance. However, work with more participants should be supported.

Keywords: Reactive strength index, roundhouse kick, velocity.

An Investigation of Hand-Eye Coordination, Attention, Balance, Motor Skills in School Children

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Determination of gender differences in hand-eye coordination, attention, balance, and motor skills in school children will provide important data for physical educators. The purpose of the present study was to examine the hand-eye coordination, attention, balance and motor skill differences in school children aged 9-10 in terms of gender. A total of 38 children, 21 boys with an average age of 9.9 ± 0.41 years and 17 girls with a mean age of 9.9 ± 0.26 years, participated in the present study. Participant performed Two-Arm Coordination Test for hand-eye coordination, Coordination for attention, Flamingo-balance test for balance and ball throw test for motor skills. Statistical analyses revealed that boys had higher score in hand-eye coordination, attention and motor skills than the girls, but this difference was not statistically significant ($p > .05$). In balance test, while the girls had higher scores than the boys, there was no significant difference ($p > .05$). As a result, it can be considered that hand-eye coordination, attention, balance, and motor skill characteristics of the age of 9-10 school boys and the girls are similar.

Keywords: Coordination, Motor Skill, Attention, Balance.

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