

WORKING PAPERS

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From the International Law of Peace, to the Global Law of Peace. Towards a Global Order of Peace

Madalina Virginia ANTONESCU¹

Abstract

ENGLISH | The XXIst century society will be marked, in our opinion, by the necessity of state and non-state actors, as well as of the global actors, to insure peace, security, prosperity for their nations, for their companies, and a general state of stability at international level. Peace is an international collective right, a fundamental principle of law in our contemporary international juridical order, a constant feature within different kind of international structures (westphalian, proto-global, global societies), and also, a basic need for insuring the survival of the entire human civilization. Peace is a good and a human value, and also, a major premise for insuring a high quality of human life and a healthy, regenerated natural environment, as well. Peace represents also the fundamental condition for providing wealth, civilizational progress for peoples and nations, as well as for the whole international society, as such. Our paper explores some future trends of the "peace" concept, and its new meanings, caused by raising the level of legal protection (from the national level to the global level, as conceiving a unanimously-recognized and respected, legal meaning of "peace").

Keywords: international law of peace, global order of peace, Charter of Global principles of Peace, pacta sunt servanda

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Abstract

ROMANIAN | Societatea secolului XXI va fi marcată, în opinia noastră, de necesitatea actorilor statali și non-statali, inclusiv a actorilor globali, de a asigura pacea, securitatea, prosperitatea pentru statele lor, pentru companiile lor, precum și o stare generală de stabilitate la nivel internațional. Pacea este un drept colectiv internațional dar și un principiu fundamental de drept în ordinea noastră contemporană internațională de drept, precum și o trăsătură constantă în cadrul diferitelor tipuri de structuri internaționale (westphaliene, proto-globale, societăti globale) și de asemenea, reprezintă o nevoie de bază pentru asigurarea supraviețuirii întregii civilizații umane. Pacea este un bun și o valoare umană dar și o premisă majoră pentru asigurarea unei înalte calități a vieții umane și pentru un mediu înconjurător curat, sănătos, regenerat. Pacea este de asemenea, condiția fundamentală pentru furnizarea de bunăstare și progres civilizațional pentru popoare și națiuni ca și pentru întreaga societate internațională. Lucrarea noastră explorează câteva din tendințele viitoare ale conceptului «păcii» și noile sale întelesuri, provocate de ridicarea nivelului de protectie juridică (de la nivelul national la nivelul global, în ceea ce privește un înțeles legal, universal-recunoscut și respectat al păcii»).

Biodata

Mădălina Virginia ANTONESCU holds a Ph. D. in European Law, at Bucharest University, Department of Law (2009) and she is scientific researcher with Romanian Diplomatic Institute. She holds a diploma of Paris I Pantheon Sorbonne University (1998) and a master of National School for Political and Administrative Studies, Bucharest, specialization "International relations and European integration" (2001-2003). She is author of several books about European Union, international law etc.

Institutionalizing the Global Order of Peace

Madalina Virginia ANTONESCU¹

Abstract

ENGLISH | The "global order of peace" paradigm, far from being an "obsolete and unsubstantial" premise for shaping the XXIst century reality, is, on a contrary, a necessary tool for pursuing some major targets in building a non-conflict type of society. This paradigm is adequate in accomplishing the basic international needs of this century: stability, mutual trust and a general will to reduce the military race (and instead, focusing on creating complex new architectures of global security and reinforcing the binding spirit of the old XXth century international treaties). Conceiving and implementing new institutions, specially designed for responding to global, asymmetrical crisis and conflicts of XXIst century (as urban terrorism, migratory massive fluxes, climate changes and rapid global responses to global or major natural /technological catastrophes and pandemics etc.) signifies to prepare adequately for the un-conventional order of XXIst century. Despite claims of necessity to return to benefices of the westphalian old formula, the XXIst century real order will never be again a classical, predictable, simple order of nations-states, gathered according to the traditional westphalian model. Instead of that, we'll be forced to face a dynamic, even multi-layered chaotic and order, permanently its belts of security and prosperity, from one region to another. It is a changing order, and nobody can predict where this order will move its chain of stability and

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prosperity, inclusively due to the lack of adequate, global, unconventional institutions.

Keywords: complex order, turbulence, global order of peace, Global Council of Engaging the Peace, global institutions for peace.

Abstract

ROMANIAN | Paradigma "ordinii globale a păcii", departe de a fi o premisă caducă și superficială pentru a ilustra realitatea sec.XXI, este dimpotrivă, un instrument necesar pentru a urmări câteva obiective majore în construirea unui tip de societate nonconflictuală. Această paradigmă este potrivită pentru îndeplinirea nevoilor internaționale fundamentale pentru acest secol: stabilitate, încredere reciprocă și o dorință generală de a reduce cursa înarmărilor (și de a se focaliza, în schimb, pe crearea unor noi, complexe arhitecturi de securitate globală si pe reîntărirea spiritului constrângător al tratatelor internaționale din sec.XX). Concepând și implementând noi instituții, special realizate pentru a răspunde la crize asimetrice și la conflicte globale ale sec. XXI (precum terorismul urban, fluxurile migratorii masive, schimbările climatice și răspunsurile globale rapide la catastrofele majore naturale/tehnologice și pandemii etc) semnifică a se pregăti adecvat pentru ordinea ne-convențională a sec. XXI. În ciuda cererilor de reîntoarcere la beneficiile vechii formule westphaliene, ordinea reală a secolului XXI nu va mai fi niciodată ordinea simplă, clasică, predictibilă, a statelor-națiune, reunite potrivit modelului tradițional westphalian. În loc de aceasta, vom fi obligați să facem față unei ordini dinamice, chiar turbulente, haotice și multi-nivel, schimbându-și permanent centurile sale de securitate si prosperitate, de la o regiune la alta. Este o ordine în schimbare și nimeni nu poate prezice în ce loc anume această ordine își va muta centrul său de stabilitate și prosperitate, inclusiv datorită lipsei de instituții adecvate, globale și ne-convenționale.

New Institutions for the XXIst Century Global Order of Peace: The Global Mediator for Peace

Madalina Virginia ANTONESCU¹

Abstract

ENGLISH | "Peace" concept has a plenty of new meanings, marked by influence of the complex kind of XXIst century society of states. Due to this fact, our paper explores the hypothesis of creating an innovative global institution, as the Mediator for Global Peace, that we are proposing here as a functional modality of harmonizing different perceptions and visions between civilizations and states about international and global disputes, in the depths of XXIst century society. This (the MGP) is conceived as a new institution designed to act outside of the old UN-XX century kind of institutional umbrella, within a complex global order (marked also, by non-state actors actions), inclusively in new fields (such as defense of the terrestrial ecosystems and planet Earth rights, endangered by state and non-state actors activities).

Keywords: peace, order of peace, global mediator, global disputes.

Abstract

ROMANIAN | Conceptul de "pace" are multiple înțelesuri, marcate de influența caracterului complex al societății de state a sec. XXI. Datorită acestui fapt, lucrarea noastră explorează ipoteza creării unei instituții inovative globale, precum "Mediatorul Global de Pace", pe care o propunem în această lucrare ca un mod funcțional de a armoniza diferitele percepții și

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viziuni dintre civilizații și state despre diferendele internaționale și globale, începând cu a doua jumătate a sec. XXI. MGP-ul este conceput ca o instituție nouă, destinată să acționeze în afara umbrelei instituționale de tipul vechiului secol onusian, într-o ordine complexă și globală (marcată de asemenea, de acțiunile actorilor non-statali), inclusiv în noi domenii (precum apărarea drepturilor ecosistemelor terestre și ale drepturilor planetei Pământ, puse în pericol de activitățile statelor și actorilor non-statali).

New Rights of Nations Derived from the Right to Peace

Madalina Virginia ANTONESCU¹

Abstract

ENGLISH | Conceiving the XXIst century as a century of international peace, signifies to encourage enforcement and development of solidarity rights, as a category of major importance, as a proof for human civilization as such, of touching the necessary line of maturity and surpassing the old traditional perceptions about a general culture of aggression ad suspicion between states. Instead of that, improving the legal content of the right to peace may represent an effort of the whole international society to build a new level of mutual trust, cooperation and dialogue between cultures and states. Our paper is focusing on exploring new legal rights, derived from the content of the right to peace, as juridical modalities to shape a culture of respect, tolerance, harmony and cooperation for peace that our century insistently claims.

Keywords: solidarity rights, right to peace, rights of nations, westphalian system.

Abstract

ROMANIAN | Imaginând secolul XXI ca pe un "secol al pacii internaționale" semnifică a încuraja întărirea și dezvoltarea drepturilor de solidaritate, ca o categorie de importanță majoră, ca o dovadă a civilizației umane în a atinge necesarul prag al maturității și în a depăși percepțiile tradiționale despre o cultură

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generală a agresiunii și suspiciunii între state. În loc de aceasta, îmbunătățirea conținutului juridic al dreptului la pace poate reprezenta un efort al întregii societăți internaționale în a construi un nou nivel de încredere reciprocă, de cooperare și dialog între culturi și state. Lucrarea noastră se axează în explorarea unor drepturi noi, derivate din conținutul dreptului la pace, ca modalități juridice în a modela o cultură a respectului, toleranței, armoniei și cooperării pentru pace, aspecte cerute cu atâta fervoare de secolul nostru.

The Optimization of the Process of Physical Education in School in Base of the Differentiated Training of the Pupils

Igor ARSENE¹

Abstract

ENGLISH | In the recent years, in Republic of Moldova there is a tendency of decrease of childrens' and teenagers' health in the educational institutions. Currently, the pupil is overloaded regarding the volume of informations, the transition from traditional methods to the use of IT equipment and telecommunication technologies. The volume of information of the pupils leads to the reduction of the active rest and of motric activity's time. All this prevents the normal physical development of children and threatens their health. In this sense, the idea of differentiated physical education was proposed, use a methodology that take into account bouth the general age of pupils, as well their individual capabilities, which are similar regarding the development and physical training of groups of children. The distinctive characteristics of the pupils, which must be taked into consideration in the physical education process, are different. The observation showed that the pupils of the same calendaristic age, often, they remain bihind of collegues regardind level of maturation, are usually with a degree of physical development below (biological age). That is why, especially during the maturation, exists a necessity in the differentiated approach of motric activity, depending on the degree of maturation of each pupil. Among new ways of solving this problem, a great importance has the rational use of

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different methods of physical education, of a differentiated program of exercises, which will be used systematically for a long period of time. Use of differentiated program of exercises in the form of relays, dynamic games, sports games with the introduction of the third extracurricular lesson of physical education per week, can contribute to the optimization of the didactic process in the basis of differentiated training, by raising student's interest for the physical education activity, the creation of conditions that ease the learning and consolidation of motric acts, ensuring the success and preventing or liquidating the failure, through formation of the capacities to overcome the difficulties, through the superior development of motric skills and the responsability of each.

Keywords: physical education; optimization; training, pupils;

Abstract

ROMANIAN | În ultimii ani, în Republica Moldova, există o tendință de scădere a stării de sănătate a copiilor și adolescenților în instituțiile de învățământ. În prezent, școlarul este supraîncărcat în ceea ce privește volumul de informații, trecerea de la metodele tradiționale, către utilizarea echipamentelor informatice și Si a tehnologiilor telecomunicații. Volumul de informații al elevilor conduce la reducerea timpul odihnei active și al activității motrice. Toate acestea împiedică dezvoltarea fizică normală a copiilor și amenință sănătatea acestora. În acest sens, a fost propusă ideea educației fizice diferențiate, utilizarea unei metodologii care să ia în considerare atât vârsta generală a elevilor, cât și capacitățile individuale ale acestora, care sunt similare în ceea ce privește dezvoltarea și pregătirea fizică a grupurilor de copii. Caracteristicile distinctive ale elevilor, care trebuie să fie luate în considerare în procesul de educație fizică, sunt diferite. Observațiile au arătat că elevii de aceeasi vârstă calendaristică,

deseori, rămân în urma colegilor în ceea ce privește nivelul de maturizare, sunt de regulă, cu un grad de dezvoltare fizică mai jos (vârsta biologică). De aceea, în special în timpul maturizării, există o necesitate în abordarea diferențiată a activității motrice, în funcție de gradul de maturitate al fiecărui elev. Printre noi modalități de rezolvare a acestei probleme, o importanță deosebită o are utilizarea rațională a diferitelor metode de educație fizică, a unei programei diferențiate de exerciții, care vor fi folosite sistematic pe o perioadă de lungă durată. Utilizarea programei diferențiate de exerciții sub formă de stafete, jocuri dinamice, jocuri sportive cu introducerea celei de-a treia lecție extracurriculară de educație fizică pe săptămână, pot contribui la optimizarea procesului didactic în baza pregătirii diferențiate, prin creșterea interesului elevilor pentru activitatea de educație fizică, crearea unor condiții care uşurează învățarea și consolidarea actelor motrice, asigurând succesul și prevenind sau lichidând eșecul, prin formarea capacitătilor de a depăși dificultătile, prin dezvoltarea superioară a calităților motrice și a responsabilității fiecărui.

Biodata



Igor ARSENE | PhD in Pedagogical Sciences, associate professor Theoretical Bases of Physical Culture Chair.

My areas of interest includes: Sports metrology, Basics of measurement theory, Statistical-mathematical methods for the

processing of measurement results in physical education and sports, The basis of the test theory, Basics of estimation and evaluation theory, Methods of quantitative estimation of qualitative indices.

Opinions about the Cultural Orientation of the People in Arab Sector of Israel: Men Perspectives

Eman AYOUB¹ Adelina STEFARTA²

Abstract

ENGLISH | This article is devoted to assessing the opinions about the cultural orientation of the people the contemporary Arab world. We try to understand why a person continues to live with another person that is violent? What are the factors and reasons for a person to live with in a violent environment? What children are growing and living in "every-day violence" as an ordinary family? What are the emotional and social damage that a person and his/her children are going to deal with if the wife/ the husband did that violent action? 120 Arab and Jewish men of different ages were interviewed during academic year 2016-2017: 40 persons of age 20-40 (group 1); 40 persons of age 41-60 (group 2); 40 persons of age 61+ (group 3). Men where asked about their sexual identification, education, family status, the living environment, appreciation of: 1. income earned; 2. living condition; 3. financial situation; 4. meal and alimentation; 5.satisfaction of actual financial and material conditions; 6. the level of the education and professional instruction; 7. professional careere; 8. professional activity that they have now; 9. working conditions; 10. the respect and understanding at the

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professional or educational environement; 11. relationship with their personal family they come from; 12. relationship with the family they have now; 13. relationship with their wife/husband family; 14. relationship with their friends; 15. relationship with their colleagues at the workplace; 16. posibility of realisation of their cultural needs; 17. posibility of realisation of their spiritual/religious needs; 18. posibility of their self-development; 19. posibility of affirmation of their personal value; 20. satisfaction of the personal need of social respect and more.

Keywords: man; opinions; cultural orientations; time; nature; human nature; activity;

Abstract

ROMANIAN | Articolul prezintă informație detaliată privind opinia a 120 persoane (bărbați) din Sectorul Arab privind orientare culturală a Israelului contemporan. Eșantionul a fost format din: 40 bărbați vârsta 20-40 ani (grup 1); 40 bărbați vârsta 41-60 (grup 2); 40 bărbați vârsta 61+ (grup 3). Respondenții au răspuns la diferinte întrebări ce au demonstrat identificarea sexuală a acestora, educație, statutul familial, mediul de trai, aprecierile privind: 1. salariul primit; 2. condițiile de trai; 3. situația financiară; 4. alimentare; 5. satisfacția privind condițiile financiare și materiale; 6. nivelul de educație șipregătire profesională; 7. carieră; 8. activitatea profesională actuală; 9. condițiile de muncă; 10. respectarea și înțelegerea mediului profesional și educațional; 11. relația cu familia din care ei provin; 12. relația cu familia acutală; 13. relațioa cu familiua din care provine soțul/soția; 14. relația cu prietenii; 15. relația cu colegii de la locul de muncă; 16. posibilitatea de a-și realiza necesitățile cilturale; 17. posibilitatea de a realiza propriile necesități spirituale/religioase; 18. posibilitatea de dezvoltare personală; 19. posibilitatea de a afirma propriile valori; 20. satisfacția privind necesitățile personale privind respostul sociale și altele.

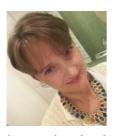
Cuvintele-cheie: bărbat; opinie; orientare culturală; timp; natură; natura umană; activitate;

Biodata:



Eman AYOUB | Supervising nurse family clinic; Supervisor and manager of two family clinics; Coordinator of student's health service in special education; Teacher of microbiology in Shfar'am high school; Supervisor of nursing domain in the chronic patient rehabilitation and geriatric unit; Coordinator and referent of violence subject in the health department in

Nazareth. Education and training: Third stage in human sexuality and group guidance; over-basic geriatric course; MPA; over-basic course; Registered nurse Rambam hospital, Haifa.



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Men Perspectives (Arab Sector of Israel) about Time, Nature and Human Nature

Eman AYOUB¹

Abstract

ENGLISH | 120 Arab and Jewish men of different ages were interviewed during academic year 2016-2017: 40 persons of age 20-40 (group 1); 40 persons of age 41-60 (group 2); 40 persons of age 61+ (group 3). Men where asked about their opinion concerning time (3 options: 1. In my culture people think that past (traditions, history) is the most important factors for taking decisions; 2. In my culture people think that present time (today, and only today) is the most important factors for taking decisions; 3. In my culture people think that future (things that will happen in the future) is the most important factors for taking decisions); nature (3 options: 1. In my culture people think that they are the victims of natural events, people think that they are not able to control the nature; 2. In my culture people think that, they live in harmony with nature, humans continue the nature, humans are not in opposite side of nature; 3. In my culture people think that, they can control nature, nature must serve the people); human nature (3 oppions: 1. In my culture we believe that, if we do not control the humans, they will make bad actions and things; 2. In my culture we believe that, if we do not control the humans, they will make bad and good actions and things; 3. In my culture we believe that, if we do not control the humans, they will make

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good actions and things); relationship (3 options: 1. In my culture we believe that inheriting and the status of the family are the most important in relationships between people; 2. In my culture we believe that big family is the most important in making relationships; 3. In my culture we believe that individuality, the originality of a person in the most important in making relationships); activity (3 options: 1. In my culture we believe that, to exist itself is good for life; 2. In my culture we believe that, the development of a person is the most important goal of the life; 3. In my culture we believe that, practical activity and the to be perfect is the best goal of the life.); other generations, another gender, relationships with others, another ethnical group, other cultures, another religion, other profession, the management, the social-economical environment, politics.

Keywords: man; opinions; time; nature; human nature; activity; interview, perspectives, Arab Sector.

Abstract

ROMANIAN | Articolul prezintă informație detaliată privind opinia a 120 persoane (bărbați) din Sectorul Arab privind orientare culturală a Israelului contemporan. Eșantionul a fost format din: 40 bărbați vârsta 20-40 ani (grup 1); 40 bărbați vârsta 41-60 (grup 2); 40 bărbați vârsta 61+ (grup 3). Respondenții au răspuns la diferinte întrebări ce demonstrate aprecierile acestora privind: timpul (3 opțiuni de răspuns); natura (3 opțiuni de răspuns); natura umană (3 opțiuni de răspuns); relații (3 opțiuni de răspuns); activitate (3 opțiuni de răspuns); alte generații (10 opțiuni de răspuns); alt gender (10 optiuni de răspuns); relațiile cu alții (10 optiuni de răspuns); alte grupuri entice (10 opțiuni de răspuns); alte culture (10 opțiuni de răspuns); alte religii (10 opțiuni de răspuns); alte profesii (10 opțiuni de răspuns); management (10 opțiuni de răspuns); mediul social-economic (10 opțiuni de răspuns); politica (10 opțiuni de răspuns).

Cuvintele-cheie: bărbat; opinie; orientare culturală; timp; natură; natura umană; activitate; interviu, perspective, Sectorul Arab.

Biodata:



Eman AYOUB | Supervising nurse family clinic; Supervisor and manager of two family clinics; Coordinator of student's health service in special education; Teacher of microbiology in Shfar'am high school; Supervisor of nursing domain in the chronic patient rehabilitation and geriatric unit; Coordinator and referent of

violence subject in the health department in Nazareth. Education and training: Third stage in human sexuality and group guidance; over-basic geriatric course; MPA; over-basic course; Registered nurse Rambam hospital, Haifa.

Comparative Study on Genders Regarding the Dynamic Balance Disorders in a School Age Population Segment

Nela Tatiana BALINT¹, Tatiana DOBRESCU². Alina-Mihaela CRISTUŢĂ³, Mihaela ANGHEL⁴

Abstract

ENGLISH | Balance is a function of the musculoskeletal system that is indispensable to the moor function because it ensures the stability of postures and the orientation of body movements in space. The sense of balance is complex and it allows the adjustment of the position of the head according to the body and of the position of the body according to the environment. Balance has two forms of adaptive reactions: dynamic balance and static balance. This paper aims to identify the possible disorders of the dynamic balance among the school age population, through a gender comparative study. The subjects of this research were children between the ages of 7 and 10. On the occasion of the International Day of Sport for Development and Peace, on April 6, 2017, within a project organized by the Faculty of Movement, Sports, and Health Sciences, at the "Vasile Alecsandri" University of Bacau, this team of authors has assessed the bio-motor potential in a school age population. The number of investigated subjects

was 150 primary school pupils, 75 females and 75 males. The

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tests used to assess their dynamic balance were the Bass test and the Fukuda test. The observational experiment evaluated the initial and the final tests for the dynamic balance.

The conclusions that can be drawn from this study show that there is a high number of children with disorder balance, both male and female. This can lead to significant long term implications for the harmonious psycho-motor development of their hodies

Keywords: disorders, dynamic balance, children.

Abstract

ROMANIAN | Echilibrul este o funcție a aparatului locomotor indispensabilă motricității, deoarece stabilitatea pozițiilor și orientarea mișcărilor în spațiu. Simțul echilibrului este complex și permite aprecierea poziției capului față de corp și poziția corpului față de mediul înconjurător. Echilibrul prezintă două forme de reacții adaptative, și anume: echilibru dinamic și echilibru static. În lucrarea de fată ne-am propus să identificăm posibile tulburări ale echilibrului dinamic în rândul populației școlare printr-un studiu comparativ pe sexe. Subiecții cercetării de față sunt reprezentati de copii cu vârsta cuprinsă între 7 – 10 ani. Cu ocazia Zilei mondiale a activităților motrice celebrată în data de 6 aprilie, 2017, în cadrul unui proiect organizat la nivelul Facultății de Științe ale Mișcării, Sportului și Sănătății din Univeristatea "Vasile Alecsandri" din Bacău am întreprins o activitate de evaluare a potențialului biomotric la populația școlară. Numărul subiecților investigați a fost de 150 elevi din clase primare, rspectiv 75 de fete și 75 de băieți. Testele de evaluare folosite pentru aprecierea gradului de echilibru dinamic au fost Testul Bass si Testul Fukuda. Experimentul constatativ organizat a presupus identificarea testelor inițiale și finale de evaluare a echilibrului dinamic. Concluziile ce s-au desprind în urma

realizării acestui studiu, ne permit să afirmăm că există un număr mare de copii cu tulburări de echilibru atât în rândul fetelor cât și în cel al băieților. Implicațiile acestora pot conduce modificări importante în cresterea si dezvoltarea psihomotrică armonioasă a corpului pe termen lung.

Biodata:



Nela Tatiana BALINT, associate professor, Ph.D, Department of Physical Therapy and Occupational Therapy, Faculty of Movement, Sports, and Health Sciences, Alecsandri" University of Bacau. She has scientific published 25 articles over internationally, 25 articles in other magazines, and she is a member of 4 research projects.

Research interests: rehabilitation of orthopedic-traumatic and athletic injuries, clinical-functional assessment, assessment of the bio-motor potential, modern strategies in the educationalinstructive process.



Tatiana DOBRESCU, Professor PhD., vice-dean of the Faculty of Movement, Sports, and Health Sciences. Alecsandri" University of Bacau, vicepresident of the Science, Human Excellence, and University Sports Society of Romania. She is the Editor in chief of the

"Gymnasium- Scientific Journal of Education, Sport and Health" of Romania, seven indexed in international databases. She wrote 36 books, chapters in scientific books, and university courses, she published over 25 scientific articles in the Web of science, ISI Thomson, 62 scientific papers in indexed in

international databases journals and with Peer-Review and editorial committee, 32 articles in volumes of international conferences, she participated in over 22 research projects.

Research focus: Individual Sports (aerobics, artistic gymnastics, rhythmic gymnastics, dance), Physical education curriculum, Physical Activity and Health.



Mihaela CRISTUȚĂ, assistant Alina professor, Ph.D, Department of Physical Therapy and Occupational Therapy, Faculty of Movement, Sports, and Health Sciences, "Vasile Alecsandri" University of Bacau. She 19 published scientific articles internationally, and 14 articles in other magazines Research interests: rehabilitation

of geriatric-gerontological disorders, prophylaxis on age groups, rehabilitation through physical therapy means.



Mihaela ANGHEL, assistant professor, Ph.D, Department of Physical Therapy and Occupational Therapy, Faculty of Movement, Sports, and Health Sciences, Alecsandri" University of Bacau. She is the author of a scientific book, of over 20 articles published internationally, and a member of 3 research projects. Research interests: anatomy

and biomechanics, rehabilitation of orthopedic-traumatic injuries, clinical-functional assessment, physical and sensory deficiencies, modern strategies in the educational-instructive process.

The Importance of Artists-Vocalists' Warming Up Bay Means of PPAT

Adela BLÂNDU¹, Anatolie BUDEVICI - PUIU²

Abstract

ENGLISH | The artistic activity has possibilities of integration as well as of personality improvement. Today, contemporary society demonstrates innovative methods of professional skills' and creative abilities' training. Thus, the generation of young vocalists has the possibility of self-learning and self-education, developing their inner world (insaigting), and allowing the rational level to understand the soul's depths of the personality. Over the last few years, the Moldavian researchers have established a complex of physical exercises, vocalizations and games for training the vocal apparatus. Compared to the vocal functional premises are manifested (gestures, mimics, position, basic movements, etc.) during the process of analyzing of young vocalists. The article reflects the content of the selected exercises and games (vocalizations) for vocalists, with the aim of training the locomotor and vocal apparatus for professional activity.

Keywords: physical professional applicative training, artist-vocalist, fonator apparatus, respiration, theoretical-practical mode.

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Abstract

ROMANIAN | Activitatea artistică, dispune de posibilități de integrare, precum și a celor de perfecționare a personalității. Actualmente societatea contemporană ne indică la metode inovaționale de formare a competențelor profesionale și a capacităților creative. Astfel colectivului de viitori vocaliști îi revine posibilitatea de autorealizare și autoeducare, dezvoltă lumea interioară (insaigting), și permite la nivel rațional a cunoaște adâncurile sufletești ale personalității. Cercetătorii din Moldova în perioada ultimilor ani au aprobat un complex de exerciții fizice,vocalize și jocuri în scopul pregătirii aparatului vocal pentru activitate. În comparație cu datele vocale, premisele funcționale, se manifestau prin mișcări (gesturi, mimică, poziția de bază, deplasare scenică etc.) s-au format în cadrul procesului de studiu al tinerilor vocalisti. În articol sunt expuse exerciții fizice și jocuri(vocalize) selectate pentru studenții vocalisti, scopul fiind pregătirea aparatului locomotor si vocal pentru activitatea profesională.

Biodata:



BLÂNDU Adela "Emeritus personality", Associate professor/ Department of Music and Jazz, The Academy of music, theatre and fine arts of Moldova, Master in Educational Sciences. Author of over 10 scientific publications, most important: "Role of

functional music within the process of motoric activity", "Functional music – a prime helping for homework's themes", "Didactic design of the physical education lesson centred on competence training".



Anatolie BUDEVICI - PUIU | PhD in historical sciences. I have participated in the seminars and international scientific conferences within the Universities and other institutions. I am the author of over 200 scientific publications. The most important are: "The Quality Manual of the

State University of Physical Education and Sport, Chisinau: 2008, Management of organization and military physical training, Chisinau: 2007.

Correction of the Pupils' Physical Development through the Means of the Bodybuilding

Gheorghe BRANISTE¹, Sergiu BUSUIOC², Pavel POBURNII³

Abstract

ENGLISH | The level of physical training of the students with different somatic type is the most important indicator of their physical health and has a great practical experience in the differentiated organization of physical education. To correct disharmonious physical development, we bodybuilding force exercises, taking into account the pupils' somatic type. For endomorphs, there was provided a reduction in body weight followed by the harmonisation of physical development and general training. At one of the lessons, of the 3 microcycles, the repeated development of the muscular strength of the upper humeral arm and abdominal muscles was watched. The other two lessons of the microcycle have foreseen "burning of fats" by the dynamic force method with crossfit elements. Ectomorphs have performed repeated resistance exercises within 2 of the microcycle lessons, that contributed to the increase of body weight due to skeletal musculature hypertrophy. For muscles development, in one of the microcycle lessons, the resistance exercises were performed using the contrast method. In the final part of the lessons, to

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improve aerobic capacity of the body, the pupils made effort for 10-15 minutes on the cardio trainer. Analysis of physical development indices and of general training has shown a positive dynamics. Thus, the growth of physical development indices and of the general training is due, on the one hand, the content of the training, and on the other - the somatic type, diet and other factors that can develop individually and in different temples.

Keywords: physical development; correction; bodybuilding; somatic type; students;

Abstract

ROMANIAN | Nivelul de pregătire fizică a studenților cu diferit tip somatic este cel mai important indicator al sănătății lor fizice și are o mare importanță practică în organizarea diferențiată a educației fizice. Pentru corectarea dezvoltării fizice dizarmonioase, noi am folosit exerciții de forță din culturism, ținând cont de tipul somatic al elevilor. Pentru endomorfi, a fost prevăzută o reducere a greutății corporale urmată de armonizarea dezvoltării fizice și a pregătirii generale. La una dintre lecții, din cele 3 microcicluri, s-a urmărit dezvoltarea repetată a forței musculare a brațului humeral superior și a mușchilor abdominali. Celelalte două lecții ale microciclului au prevăzut "arderea grăsimilor" prin metoda forței dinamice cu elemente din crossfit. Ectomorfii au efectuat exerciții de rezistență repetat în decurs de 2 lecții din microciclu, ceea ce a contribut la creșterea greutății corporale datorată hipertrofiei musculaturii scheletice. Pentru dezvoltarea mușchilor, într-o lecție a microciclului, exercițiile de rezistență au fost efectuate prin metoda contrastului. În partea finală a lecțiilor, pentru a îmbunătăți capacitatea aerobică organismului, elevii au depus efort la cardiotrenajor timp de 10-15 minute. Analiza indicilor dezvoltării fizice și ai pregătirii

generale a demonstrat o dinamică pozitivă. Astfel, creșterea indicilor de dezvoltare fizică și de pregătire generală se datorează, pe de o parte, continutului antrenamentului, iar pe de altă parte - tipului somatic, regimului alimentar si altor factori care se pot dezvolta individual si în tempouri de crestere diferite.

Biodata:



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The Dynamics of Morpho-Functional "Maturation" Indices of 7-16 Years Old Pupils with Different Way of **Organizing Motric Activity**

Gheorghe BRANISTE¹, Alexandru ANGHEL², Pavel POBURNII³

Abstract

ENGLISH | The degree of morpho-functional maturity of the pupils depends largely on physical development, of anthropometric indices, such as height and body weight, thoracic perimeter, force of the paw of the hand and lumbar force. At the same time, practicing of physical exercises in the period of growth and intense development of the body represents a current problem for the theory and methodics of physical education and sport. The purpose of this work consists in determening of the specific changes of the morphofunctional "maturity" indices of 7-16 years old pupils who practice different types of motric activities. The analysis of physical development parameters of the pupils who practice athletic gymnastics, run of speed and background and swimming demonstrated that in the morpho-functional "maturation" process, artificial selection does not exert a substantial influence on the natural growth rates of 7- 16 years old children. At the same time, the practice of athletic gymnastics greatly influences the increase in the body weight

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index and, to a lesser extent, on the vital volume of the lungs and the vital index, which are better expressed in the athletic and sport swimming groups. The values of the maximum force of the paw of the hand and the lumbar force do not differ significantly until the age of 12 years old. But in the period from 12 till 16 years old, is observed a sudden growth in the absolute and relative values of the maximum force of the paw of the hand and of the lumbar force of the pupils in the athletic gymnastics group, compared to those from the athletics and swimming groups, growth due to increasing of body weight and lessons with aerobic-anaerobic character. The researches proved that sport specialization improves selectively addaptive morpho-functional changes of the body, which are of priority importance for a concrete sporting activity and for the morphologicals restructures which represent the material basis of specialized hyperfunction.

Keywords: maturation; morpho-functional changes; students; physical development; physical exercises.

Abstract

ROMANIAN | Gradul de maturizare morfofuncțională a elevilor depinde în mare măsură de dezvoltarea fizică, de indicii antropometrici, precum înălțimea și greutatea corporală, perimetrul toracic, forța labei mâinii și forța lombară. Totodată, practicarea exercițiilor fizice în perioada creșterii și a dezvoltării intense a organismului reprezintă o problemă actuală pentru teoria și metodica educației fizice și sportului. Scopul lucrării de față constă în determinarea modificărilor specifice ale indicilor de "maturizare" morfofuncțională a elevilor de 7-16 ani care practică activități motrice cu caracter diferit. parametrilor de dezvoltare fizică a elevilor care practică gimnastica atletică, alergările de viteză și de fond și natația a demonstrat că, în procesul de "maturizare" morfofuncțională,

selecția artificială nu exercită o influență substanțială asupra tempourilor de creștere naturală a înălțimii copiilor de 7-16 ani. În același timp, practicarea gimnasticii atletice influențează considerabil asupra sporirii indicelui de greutate corporală si într-o măsură mai mică, asupra volumului vital al plămânilor si a indicelui vital, care sunt mai bine exprimați în grupele de atletism și de natație sportivă. Valorile forței maxime a labei mâinii si cele ale fortei lombare nu se deosebesc semnificativ până la vârsta de 12 ani. În perioada de la 12 până la 16 ani însă, se observă o creștere bruscă a valorilor absolute și relative ale forței maxime a labei mâinii și ale forței lombare ale elevilor din grupa de gimnastică atletică, față de cei din grupele de atletism și natație, creștere datorată sporirii greutății corporale si lecțiilor cu caracter aerob-anaerob. Cercetările realizate au demonstrat că specializarea sportivă perfecționează în mod morfofuncționale modificările adaptative selectiv organismului, care au o importanță prioritară pentru o activitate sportivă concretă și pentru restructurările morfologice care reprezintă baza materială a hiperfuncției specializate.

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The Importance of Adopting National Policy Papers on **Dual Careers in the Field of Sport**

Liliana BUDEVICI – PUIU¹

Abstract

ENGLISH | The relevance of physical education for sport to society is promoted by many states in order to achieve its social values, especially health, social inclusion, education volunteering. For example, Liechtenstein regards sport as a cultural component in society, being perceived as being of public interest. The Czech Republic, Estonia and Hungary emphasize through reforms implemented in the field of education and sports, encouraging young people to watch and take part in sporting events and to be informed about sports regularly. The economic aspects of sport, especially the sustainable financing of sporting activities for all and the elaboration of policies based on concrete elements, can be considered as strategic objectives of the Republic of Moldova. In this context, the adoption of normative acts that will lead to the establishment of a framework of national guidelines on double careers will have the effect of regulating those concrete measures regarding the education, work, health and financial means of athletes. At the same time, ensuring the continuation of physical activity levels and national policies in this area, as well as continuously promoting the regular exchange of information and good practice on the role of physical activities to improve the health of the population, are also objectives that can be Implemented at national level in close synergy and cooperation with the World Health Organization (WHO).

Keywords: reforms, education, sport, double careers, athletes, good practices.

¹ Associate Professor, PhD., SUPES.

Biodata

Professor PhD Liliana BUDEVICI - PUIU | PhD in pedagogy, docent, Prorector of State University of Physical Education and Sport (MOLDOVA)

Activating the State University of Physical Education and Sport of Chisinau office of vice rector for scientific work, holding a PhD in pedagogy, docent.

She had published over 50 scientific articles, textbooks, lecture notes and monographs in sport management and legislation.

The scientific - teaching activity is centered mainly on the physical culture and sports, professional management and legislation. She teaches courses in Cycle I, II and III and qualifying as PhD supervisor. She successfully participated in research projects of national and international, and reviewed various scientific articles.

Influence of Biological Rhytms on Sports Results

Anatolie BUDEVICI-PUIU¹, Alexandru ANGHEL²

Abstract

ENGLISH | At present, the issue of biological rhythms and their influence on the sports training process is studied in great detail, however the obtained results are not publicly advertised and accessible to the general public, athletes and coaches. This state of affairs has led to the fact that our research with multiple data on the present biological rhythms in the literature, on sports training requires that the athlete's individual condition be taken into account and adapted to that, such as "a lock key". Individualisation of the training process is one of the main conditions for achieving sports performance and maintaining their health condition. The essential parameters of biological rhythms are: period, acrophase, mesor and amplitude. Dysregulation and restructuring of biological rhythms are often influenced by stress, which can lead to dangerous, even pathological deviations for body, in the state of dyssynchrony. Verifying the body's ability to withstand training efforts, the physician and coach examination offers the possibility of developing a training system capable of organizing playful activities and training efforts in accordance with individual athletes' capabilities.

Keywords: biological rhythms, training, individualization of the training process, acrophase, average of circadian rhythm cycles, amplitude;

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Abstract

ROMANIAN |În prezent problema ritmurilor biologice și influența acestora asupra procesului de pregătire sportivă este studiată foarte detaliat, totuși rezultatele obținute nu sunt public mediatizate, nefiind accesibile publicului larg, sportivilor si antrenorilor. Această stare de lucruri a condus la aceea, că cercetarea noastră cu date multiple despre ritmurile biologice prezente în literatura de specialitate, cu privire la antrenamentul sportiv necesită să ia în considerare starea individuală a sportivului si să fie adaptat acesteia, precum "o cheie pentru lacăt". Individualizarea procesului de pregătire reprezintă una din condițiile principale ale obținerii performanțelor sportive și a menținerii stării de sănătate a acestora. Parametrii esențiali ai ritmurilor biologice sunt: perioada, acrofaza, mezor și amplitudinea. Dereglarea si restructurarea ritmurilor biologice deseori sunt influențate de stres, fapt ce poate conduce la devieri periculoase, chiar patologice organismului, în stare de desincronoză. Verificarea capacității organismului de a suporta eforturile de antrenament, examenul medicului antrenorului oferă posibilitatea elaborării unui sistem de pregătire, în stare să permită organizarea activitătilor ludice si a eforturilor de antrenament în concordanță cu capacitățile individuale ale sportivilor.

Biodata:



Anatolie BUDEVICI-PUIU PhD in historical sciences. I have participated in the international seminars and scientific conferences within the Universities and other institutions. I am the author of over 200 scientific publications. The most important "The Quality Manual of the State

University of Physical Education and Sport, Chisinau: 2008,

Management of organization and military physical training, Chisinau: 2007.



Alexandru ANGHEL | PhD student, university lecturer at the Theory and Methodology of Sports Games Chair. My activity is focused on researching scientific papers. I have participated in the seminars and international scientific-practical conferences within the Universities and other institutions. I am the author of over 13

scientific publications

Control and Planning in the Development of Female Gymnasts' Complex of Motor Skills within a Training Macro-cycle

Victor BUFTEA¹

Abstract

ENGLISH | This paper aims at monitoring the integral training through an efficient control and planning in the development of the female gymnasts' motor skills complex within a training macro-cycle. For this purpose, experimental ascertaining study was carried out throughout a training macro-cycle of the Olympic cycle 2013-2016, with a group of 20 athletes (n=10 - experimental group and n=10 control group) belonging to women's artistic gymnastics national team of the Republic of Moldova. The following methods were used: bibliographic study; pedagogical observation; method of specific tests; pedagogic experiment, statistical-mathematical method and method of graphical representation of data. In order to determine gymnasts' motor training, 14 parameters were tested, highlighting the level of complex motricity needed to reach elite sports performances in women's artistic gymnastics. Most of the tests are included in gymnasts' physical training. Significant differences were revealed in the experimental group based on the results obtained and compared with each other during the 1st training macro-cycle. Following these results, some models and strategies meant to improve the control and planning system were proposed to the experimental group subjects. The analysis

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of the performances share achieved in motor training by the two groups under study showed significant differences at P<0.05 in calculating the statistical indicators tested during the first macro-cycle of the Olympic cycle. The implementation of the control and planning system of the activities for motor skills development provided useful information for the efficient monitoring of the full training of the female gymnasts under research

Keywords: Gymnastics; test; monitoring; motor training; performance.

Abstract

ROMANIAN | Scopul lucrării este monitorizarea pregătirii intergrale prin folosirea eficientă a controlului și planificării în dezvoltarea complexului de calităti motice a gimnastelor în cadrul unui macrociclu de pregătire. Pentru aceasta s-a realizat un studiu experimental constatativ pe un macrociclu de pregătire din cadrul ciclului olimpic 2013-2016, în cadrul lotului national de gimnastică artistică feminine a Republicii Moldova, pe un grup de 20 sportive (n=10 - grupa experimentală si n=10 - grupa de control). În cadrul acestei cercetări s-au folosit următoarele metode: studiul bibliografic; observatia pedagogică; metoda testărilor specifice; experimentul pedagogic, metoda statistico-matematică și a reprezentării grafice a datelor. Pentru a determina nivelul de pregătire motrică a gimnastelor s-au testat 14 parametri, evidențiind gradul de motricitate complexă în vederea atingerii performanțelor sportive înalte în gimnastica artistică feminine. Majoritatea probelor fac parte din pregătirea fizică a gimnastelor. În baza rezultatelor obținute s-au evidențiat diferențele semnificative la subiecții grupei experimentale, aceste rezultate fiind comparate între ele în cadrul macrociclului I de pregătire. Deasemenea în urma rezultatelor

obtinute obținute, subiecțiilor grupei experimentale li s-a propus elaborarea unor modele și strategii în vederea îmbunătătirii sistemului de control si planificare. Analiza ponderii performantelor obtinute la cele două grupe studiate în pregătirea motrică s-a constat diferențe semnificative la P<0.05 la calcularea indicatorii statistici testați în primul macrociclu al ciclului olimpic. Aplicarea în cadrul pregătirii a sistemului de control si planificare a activitătilor de dezvoltare a calităților motrice a oferit informații utile pentru monitorizarea eficientă a pregătirii integrale a gimnastelor aflate în cercetare.

Biodata



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Republic of Moldova. He is a coach in artistic gymnastics and a referee in artistic gymnastics and aerobic gymnastics as well. Scientific research path: professional training of the specialists in the field of physical education and sport; theory and methodology of sports training; physical education in the preuniversity and university education system; recreational physical culture (loisir - fitness); physical culture for recovery (kinesiotherapy); psycho-pedagogical aspects of physical culture. He is the author of more than 70 scientific and methodological-didactic works: textbooks, monographs, methodical papers, course notes, scientific and methodologicaldidactic articles published in national and international conferences, university compendium etc.

The Importance of Knowing the Emotions and the Personality of the Patient in Completing the Odontal Therapeutic Act

Oprea-Valentin BUSU¹, Elena-Cristina ANDREI²

Abstract

ENGLISH | If, a few years ago, dentistry focused strictly on the treatment of somatic symptoms, without giving importance to the psychological and emotional composition of the patient, the dentists recently sought to improve themselves in the patient's psychology and mood to presenting to the cabinet, and in time and post-operator. It is known that most of the population have a certain fear of visiting the dentist, some people even developing phobias, which will have harmful effects not only at the oral cavity but also throughout the body. The success of the odontal treatment is largely conditioned by the physician's ability to empathize with the patient, to know his lifestyle and how he manages his emotions, but also to determine the type of personality he / she falls into. Also, the dentist should also take into account the patient's bio-psychosocial factors in order to be able to issue a correct diagnosis. At present, a correlation between the oral and psychological and social cavities can easily be observed. For example, psychological stress is in most cases the causal factor of gingival inflammation. Another example may be the social factor: parents' beliefs about how oral hygiene and nutrition are achieved. Therefore, it is highlighted that correct interpretation

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and correlation of psychological and social factors with buccal dentistry can be an efficient method of diagnosis and establishment of the treatment plan.

Keywords: odontal treatment; emotions; personality; diagnosis;

Abstract

ROMANIAN | Dacă până în urmă cu câțiva ani stomatologia s-a axat strict pe tratarea simptomatologiei somatice, fără să acorde importantă componentei psihice si emotionale a pacientului, de curând medicii dentiști au căutat să se perfecționeze în domeniul psihologiei in pacientului și stărilor acestuia atât înainte de prezentarea sa în cabinet, cât și în timp și post-operator. Este cunoscut faptul că majoritatea populației prezintă o anumită teamă de vizita la medicul dentist, unele persoane ajungând chiar să dezvolte fobie ceea ce va avea efecte nocive nu numai la nivelul cavității orale, ci și la nivelul întregului organism. Succesul actului terapeutic odontal este condiționat în mare măsură de capacitatea medicului de a empatiza cu pacientul, de a-i cunoaste stilul de viată si modul în care acesta își gestionează emoțiile, dar și de a stabili tipul de personalitate în care se încadrează. De asemenea, medicul trebuie să țină cont și de factorii bio-psiho-sociali ai pacientului pentru a putea emite un diagnostic corect. În prezent, se poate observa cu ușurință o corelație între afecțiunile cavității orale și cele de ordin psihologic și social. Spre exemplu stresul psihologic reprezintă în cele mai multe situații factorul de cauzalitate al inflamației gingivale. Un alt exemplu poate fi reprezentat de factorul social: convingerile părinților în ceea ce privește modul în care se realizează igiena orală și alimentația. Astfel, se evidențiază faptul că interpretarea și corelarea corectă a factorii psihologici si sociali cu afectiunile buco-dentare pot reprezenta o metodă eficientă de diagnosticare și stabilire a planului de tratament.

Biodata

Oprea-Valentin BUŞU is assistant, PhD, Teaching Staff Training Departament - TSTD, at University of Craiova (Romania). He is author or co-author of more professional books and articles, published in Romania, Switzerland, Poland, Australia and USA.

Elena-Cristina ANDREI is student of University of Medicine and Pharmacy of Craiova. She is author or co-author of more professional books and articles, published in Romania.

Sport and Motor Values Expressed through **Olympic Movement**

Diana CACIAN¹

Abstract

ENGLISH | "Mens sana in corpore sano" is not only a famous adage – entirely applicable to the IIIrd millennium state of things, but also a sure, viable way to educate and to rise the young generation. Sport - generally, and Olympic spirit especially, give us the real globalizing and well changing things of self power dimension. Pierre de Coubertin believed that sport contributed to the harmonious and well-balanced development of the body, personality and mind. Actually, interaction between sport, education and culture is encouraged by the Commission for Culture and Olympic Education. Its aims are to promote Olympism and Olympic ideals throughout the world and reinforce cooperation with educational institutions and NOSC with projects, especially targeting young people. Through Olympic education, they should maintain their interest in sport and physical activity. Born from the community development necessity, Olympism constitutes itself - historically - from specific values, particularly sports ones cooperation with other values from various fields, being a state of spirit and a specific attitude of intra human behavior, as well as a peculiar human activity mode.

Keywords: Olympism, Olympic Education, young generation, sport, culture education.

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Abstract

ROMANIAN | "Mens sana in corpore sano" nu este doar o zicală celebră – în întregime aplicabilă pentru starea de lucruri a mileniului al III-a, dar, de asemenea, un drum sigur, viabil pentru a educa și de a crește tânăra generație. Sportul - în general, si spiritul Olimpic - mai ales, ne oferă lucruri reale de globalizare și de schimbare a dimensiunii puterii de sine. Pierre de Coubertin a crezut că sportul a contribuit la dezvoltarea armonioasă și echilibrată a corpului, a personalității și minții. De fapt, interactiunea dintre sport, educatie si cultură este încurajată de Comisia pentru Cultură si Educație Olimpică. Scopurile ei sunt de a promova Olimpismul si idealurile Olimpice în întreaga lume și de a consolida cooperarea cu instituțiile de învățământ și CNOS cu proiecte care vizează în special tinerii. Prin educație Olimpică, acestea ar trebui să mentină interesul lor în sport și activitatea fizică. Născut din dezvoltării comunității umane, Olimpismul constituie în sine, din punct de vedere istoric, față de valorile specifice, în special sportive, cooperarea cu alte valori din diverse domenii de activitate, fiind o stare de spirit si o atitudine specifică de comportamentul interuman, precum și un mod de activitate specific umană.

Biodata:



Diana CACIAN | PhD student, university lecturer at the Foreign Languages Chair. My activity is focused on researching foreign languages texts, scientific papers for students. I have participated in the seminars and scientific-practical conferences within the Universities and other institutions.

Education for Health - Educational Approach

Viorica CALUGHER¹, Artur LESCU²

Abstract

ENGLISH | Education for health as a desiderate of "new education", appeared as a response to one of the modern world imperatives - the deterioration of human health. As a system that includes consciousness of health, education for health has as a purpose formation and development among the population of a concept and hygienic, sanogenic behaviour for the health strengthening, harmonious development and body fortification; adoption to a new conditions of the natural and social environment. In this context it is required formation of a mass opinion, scientifically substantiated with the observing of the individual and collective hygiene, with the training of eating, clothing, work and rest skills, with the rational use of the free time and natural factors of the tempering the body, with the avoiding risk factors as well as directing the mode of the healthcare request and various means of investigation and treatment. Nowadays exists number of approaches to a education for health: medical/pharmaceutical, educational, directioned towards individual and social change. We consider that education for health at the learning institutions level represents one the most important ways for promoting correct knowledge about different aspects of the health and at the same time for formation of attitudes and rights that are indispensable for a responsable and healthy behavior. In a lot

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of countries education for health is mandatory in schools starting from the first grade till the end of the studies, using for each educational level programs and didactic materials suitable for age. The arguments that can be brought in favor of making education for health a priority in the educational units are the following: school is a perfect place for broadcasting such knowledge among youngsters it represents an institution with a high authority in society, offering an optimal frame for formal and non-formal education, and at the same time, the activities held in educational units are more efficient from methodological and scientific point of view; not a single other institution has an ability and possibility to include and to address in a short time to such a big percent of population; one of the essential elements for development of a desired impact is initiation and realization of educational programs for education for health beginning with an early age. Thus, a healthy behaviour becomes a comportment that is formed in time in parallel with the personality development.

Keywords: health, educational program, educational units.

Abstract

ROMANIAN | Educația pentru sănătate, ca deziderat al "noilor educații", a apărut ca răspuns la unul dintre imperativele lumii contemporane – deteriorarea sănătății omului. Ca sistem, care include conștiința stării de sănătate, educația pentru sănătate are drept scop formarea și dezvoltarea în rândul populației a unei concepții și unui comportament igienic, sanogenic, în scopul consolidării sănătății, dezvoltării armonioase fortificării organismului; adaptării lui la condițiile mediului natural și social. În acest context, este necesară formarea unei opinii de masă, fundamentată științific, față de respectarea igienei individuale și colective, față de formarea deprinderilor de alimentație, îmbrăcăminte, muncă și odihnă, față de

utilizarea rațională a timpului liber și a factorilor naturali de călire a organismului, față de evitarea factorilor de risc, precum și a dirijării modului de solicitare a asistenței medicale și a variatelor mijloace de investigație și tratament. Actualmente există mai multe abordări ale educației pentru sănătate: medicală/farmaceutică, educațională, orientă spre individ și schimbare socială. Considerăm, că educația pentru sănătate la nivelul institutiilor de învățământ, reprezintă una dintre principalele căi de promovare a cunostintelor corecte privind diferite aspecte ale sănătății și totodată de formare a atitudinilor și drepturilor indispensabile unui comportament responsabil și sănătos. În multe țări educația pentru sănătate este obligatorie în scoli, începând din clasa întâi până la finele studiilor, folosind-se pentru fiecare treaptă de învățământ programe și materiale didactice adecvate vârstei. Argumentele, ce pot fi aduse în favoarea realizării educației pentru sănătate prioritar în cadrul unităților de învățământ sunt următoarele: școala este un loc ideal pentru difuzarea acestor cunoștințe în rândul tinerilor, reprezintă o instituție cu o mare autoritate în societate, oferind un cadru optimal de educație formală și nonformală, iar activitățile desfășurate în unitățile de învățământ sunt mai eficiente din punct de vedere metodologic și științific; nici o altă instituție nu are abilitatea și posibilitatea de a cuprinde și de a se adresa, în timp, unui procent atât de mare din populație; unul dintre elementele esențiale pentru dezvoltarea impactului dorit este inițierea și realizarea programelor de educație pentru sănătate începând cu vârsta fragedă. Astfel, conduita sănătoasă devine un comportament care se formează în timp în paralel cu dezvoltarea personalității.

Biodata



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I have published over 50 scientific papers, courses and monograph in the field sociohumanistic sciences. The publication are mainly focused on the issues that are related on the development of higher

education of physical culture and sport, for the integration of this one in the unique European area of the higher education. At present, I am the institutional coordinator of Erasmus+. Also, I am the Director of the Institutional Centre for Career Guidance and Counseling and vice-president of The Quality Council of SUPES.



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and international conferences, workshops and seminars, either in republic of Moldova and abroad. I have published a number of articels in different magazines with international categories.

Preparatory Aspects of the Quarterback Marker

Cristian Mihai CARACALEANU¹

Abstract

ENGLISH | The deeper understanding of the trends that are always present in the evolution of the football game is of great importance for establishing priorities in the technical-tactical content of the game, among the other factors of the training, as well as for a more correct orientation of the training process and training players, in line with these trends and priorities, resulting in qualitative enhancements marked by team and player performance in all physical, technical, tactical and psychological components of the game. The individual action by which the central defense marker prevents the opponent from directly receiving the ball or directing towards the goal. The main research method used is the arithmetic tactic in which the data obtained will be used in a positive change in the training process to achieve better performance in the near future. For good performance, they work in conditions close to playing with semiotic opponents, which will lead to a good tactical and psychical evolution in future sports competitions. It can be concluded that significant aspects, such as the need to adapt the characteristics of modern football to age specifics, to eliminate the deficiencies, to exercise the functions of a central marker defender, require additional skills and knowledge that can be acquired through the full use of time of collective training and especially individual.

Keywords: knowledge, strategy, research, performance, evolution.

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Abstract

ROMANIAN | Cunoașterea, cât mai aprofundată tendințelor mereu prezente în evoluția jocului de fotbal, are o mare importanță pentru stabilirea unor priorități în conținutul tehnico-tactic al jocului, în cadrul celorlalți factori antrenamentului, cât și pentru o mai corectă orientare a procesului de instruire și de pregătire a jucătorilor, în concordanță cu aceste tendințe și priorități, ce au ca rezultat creșterile calitative, marcate prin prestațiile echipei și jucătorilor în toate componentele jocului -fizic, tehnic, tactic si psihologic. Actiunea individuală prin care fundasul central de marcaj în apărare, împiedică adversarul direct să primească mingea sau să se îndrepte direct spre poartă. Metoda de cercetare folosita principala este cea aritmetico tactica in care datele obtinute vor fi folosite intr o modificare pozitiva a procesului de instruire pentru a obtine o mai buna performanta in viitorul apropiat. Pentru o buna performanta se lucreaza în conditii apropiate de joc cu adversari semiactivi, care va duce la o evolutia tactica si psihica buna in cadrul viitoarelor competitii sportive. Se poate concluziona ca aspectele semnificative, cum ar fi: necesitatea de adaptare a caracteristicilor fotbalului modern la particularitătile de vârstă, înlăturarea carențelor, exercitarea funcțiilor pe post de fundaș central de marcaj, necesită aptitudini și cunoștințe suplimentare, care pot fi achiziționate prin folosirea integrală a timpului de antrenament colectiv si mai ales individual.

Cuvinte cheie: cunoastere, strategie, cercetare, performanta, evolutie.

Biodata:

Cristian Mihai CARACALEANU | I attended the courses of the Bucharest Ecological University specializing in football, then a masters in the same field. I am interested in books

related to this sport, the publications of some great coaches as an example, but also the articles on the psychology of sport. Multimedia platforms are an important milestone in developing and deepening this area through specialized sites.

Strategies and Performance in Martial Arts

Sorin Gabriel CARACALEANU¹

Abstract

ENGLISH | Practicing karate by students means not only special work in the field, pursuing physical strengthening, spiritual perfection, but also the establishment of a certain kind of inter-human relations, communication, approach and understanding. The theme is to achieve karate performance by referring to the techniques and tactics used in this sport. Researching and harvesting data will be done through the analysis of the training programs provided in the various specialized publications: courses, books, magazines, programs for awarding grades and masters classes in Karate. The tactical training and the technique are the basis for the mechanism for achieving the highest level of performance. Martial arts are not only a sport, a competition in itself, but also a way of life that seeks to achieve a higher physical and mental mentality.

Keywords: performance, strategy, competition, research, modeling.

Abstract

ROMANIAN Practicarea karate-ului de către elevi, înseamnă nu numai munca deosebită, în domeniu, urmărind întărirea fizică, perfecționarea spirituală, dar și stabilirea unui anumit tip de relații interumane, de comunicare, de apropiere și înțelegere. Tema are ca scop atingerea performantei, elevilor in karate referindu-se la tehnicile si tacticile folosite in acest sport.

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Cercetarea și recoltarea datelor o voi face prin analiza programelor de instruire, prevăzute în diversele publicații de specialitate:cursuri, cărti, reviste, programe pentru acordarea treptelor si claselor de măiestrie în Karate. Pregatirea tactica si tehnica reprezinta baza si totodata mecanismul pentru atingerea performantei la cel mai mare nivel. Artele martiale nu reprezinta numai un sport, o competitie in sine, ci si un mod de viata prin care se doreste atingerea unei mentalitati fizice si psihice superioare.

Cuvinte cheie: performanta, strategie, competitie, cercetare, modelare.

Biodata:

Cristian Mihai CARACALEANU | I attended the courses of the Ecological University of Bucharest specializing in martial arts and a master in the same field. I am currently training at the martial arts personal club where I want the performance to be attained to the best level. Martial arts are a way of life, the tools necessary for good inspiration being books written by great masters as well as different multimedia tutorials specialized in this. By participating in various training sessions, I fully understand the structure and importance of this sport in the positive modeling of children.

The Impact of Physical Education Activities on the Pupils' Health Condition from Special Medical Group

Ion CARP¹, Gheorghe BRANISTE², Leonid HINCU³

Abstract

ENGLISH | The studies conducted by the Ministry of Health, with the support of the World Health Organization and some specialists in the field of physical education, sports, kinesiotherapy and recreation demonstrate that health state, development and motor trainingof pupils in pre-university institutions are decreasing year after year. As a consequence of unsolving the listedstringent deficiencies, in this paper we addressed the issue on the impact of physical education activities on the health state of pupils from special medical group and on the development of human potential. The objectives of the present research are oriented towards experimental restructuring and argumentation of the curriculumcontents for pupils from special medical groups as well as of the organizing methodology and carrying out physical education activities that will influence improvement of the health conditionindices. By applying theoretical conceptualization methods (theoretical analysis and generalization of literature data, studying and generalizing documents regarding the design, organizing and monitoring of physical education lessons in special medical groups) and praxiological (pedagogical observation, medical-pedagogical

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examinations, pedagogical experiment; testing the indices of motor development and physical training, sociological survey, statistical and mathematical methods of processing and interpreting the obtaineddata) we found that the research results contributed to the improvement of the health indices of the children in the pre-university education by organizing and performing the activities of physical education with pupils from special medical groups.

Keywords: health, physical education, curriculum, physical deficiencies, pupils, special medical group, motor activities.

Abstract

ROMANIAN | Studiile realizate de Ministerul Sănătății, cu suportul Organizației Mondiale a Sănătății și al unor specialiști din domeniul educației fizice, sportului, kinetoterapiei și recreației demonstrează că starea sănătății, gradul de dezvoltare și de pregătire motrice a elevilor din instituțiile preuniversitare scad din an în an. Drept consecință a nesoluționării carențelor stringente enumerate, în prezentul articol am abordat problema referitoare la impactul activităților de educație fizică asupra stării de sănătate a elevilor din grupa medicală specială și asupra dezvoltării potențialului uman. Obiectivele cercetării de față rezidă în restructurarea și argumentarea experimentală a conținutului curriculumului de instruire a elevilor din grupe medicale speciale, precum și a metodologiei de organizare și desfășurare a activităților de educație fizică, ce ar influența direcționat asupra îmbunătățirii indicilor stării de sănătate. Prin aplicarea unor metode de conceptualizare teoretică (analiza teoretică si generalizarea datelor literaturii de specialitate, studierea și generalizarea documentelor privind proiectarea, organizarea și monitorizarea lecțiilor de educație fizică în grupe medicale speciale) și praxiologice (observația pedagogică; examinări medico-pedagogice; experimentul pedagogic; testarea

indicilor dezvoltării motrice și ai pregătirii fizice, sondajul sociologic, metodele statistico-matematice de prelucrare și interpretare a datelor) am constatat că rezultatele obținute în cercetare au contribuit la îmbunătățirea indicilor stării de sănătate a copiilor din învățământul preuniversitar prin organizarea și desfășurarea obligatorie a activităților de educație fizică cu elevii din grupele speciale medicale.

Biodata



Ion CARP has a Doctor's Degree in pedagogical sciences. He is currently working as a professor Department of Theoretical Bases of Physical Culture, head of the Scientific Research Center of Physical Education and Sport from the State University of Physical Education and Sport, Chisinau,

Republic of Moldova. His didactical experience ensures quality instructive-educational process and scientific research activity of teachers, students, master students and PhD students. Under the guidance of Mr Carp Ion there were defended 8 PhD theses in Pedagogical Sciences, out of which the most representatives are: "Sports selection in tennis in the system of multi-annual training" (2007); "Development of motor skills of middle school students based on differentiated dosing of physical effort" (2011). He is author of the courses: "Epistemology and methodology of scientific research in culture", "Theoretical and methodological physical fundamentals of physical culture", "Technologies of motor skills education" and co-author of "Theory and methods of physical education" and " Theory and methods of sports training". His priority directions of research are: improvement of educational process of Physical Education subject in the pre-university and university education system; basic sports

physical culture (sport for all) and specialized one (performance sport); pedagogical professional preparation of specialists in physical culture and rehabilitation physical culture field.



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theory and methodology of physical education; theory and methodology of recovery physical culture.



Leonid HÎNCU, Chief Specialist in General Education, Youth and Sport of the Chisinau Municipal Council, inspector in physical education, cumulating the teaching profession in the Private Higher Education Institution "Orizont" High School. My research

interests include the education of professional competencies of the specialists in the field of physical culture and sport. My activity is focused on: theory and methodology of physical education, monitoring, organizing and development of physical education activities with different subjects quota.

Training in Cyclegometer, Awarded with Gold Medal, in the Recovery of the patient with Metabolic Syndrome (MS)

Gina CIORNOVALIC¹

Abstract

ENGLISH | Metabolic syndrome is an exacerbating factor of the increasing cardiovascular or overall mortality. Sedentarism is recognized alone as an major risk factor not only for hypertension, but also for obesity, being responsible for about 3,5% of MS prevalence. The purpose of this research consists in creating a cycloergometer training program for the recovery of the patient diagnosed with metabolic syndrome. Research methods-In order to achieve this goal, the following research methods were used: the bibliographic study, the observation and the graphical method. The research was conducted at the Clinical Recovery Hospital in Iasi, in the Cardiovascular Recovery Section, for 6 months, and targeted a 38-yeared old female patient- I.A. After establishing the diagnosis, the subject was included in a cardiometabolic recovery prognosis, preceded by cardiopulmonary stress testing on cyclogergometer. Training program was structured on two phases with different objectives and methods. The progress criteria for each phase was the decrease of FC, TAS, TAD and BORG values. Analyzing the training's parameters indicated a significant decrease in the TAS, TAD, FC, SpO2 values in all training times. Conclusions. The training on cycloergometer, by its specific means, systematically and methodically applied

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constitutes a real non-pharmaceutical tool in the process of recovery for patients with metabolic syndrome.

Keywords: Metabolic Syndrome (MS), cycloergometer, abdominal obesity, hypertension.

Abstract

ROMANIAN | Sindromul metabolic este un factor exacerbator al creșterii mortalității de cauză cardiovasculară și al mortalității generale. Sedentarismul este recunoscut ca factor independent de risc major nu doar pentru hipertensiunea arterială și obezitate, fiind astfel răspunzător de aproximativ 3,5% din prevalența SM. (1). **Scopul cercetării.** Constă în realizarea unui program de antrenament la cicloergometru pentru recuperarea pacientului cu sindrom metabolic. Metodele de cercetare. Pentru realizarea scopului, obiectivelor au fost utilizate următoarele metode de cercetarestudiul bibliografic, metoda observației și cea grafică. Cercetarea s-a derulat în cadrul Spitalului Clinic de Recuperare Iasi, în Secția de Recuperare Cardiovasculară, timp de 6 luni, si a vizat o pacientă I.A, de sex feminin, de 38 de ani . În urma stabilirii diagnosticului, subiectul a fost inclus înt-un program de recuperare cardiometabolică, precedată de testarea cardiopulmonară de efort la cicloergometru. Programul de antrenament la cicloergometru a fost structurat pe doua faze cu obiective si metode diferite. Criteriile de progres în cadrul fiecărei faze au fost- scăderea valorilor FC, TAS, TAD și a BORGUL. În urma analiza parametrilor de antrenament s-a constatat o scădere semnificativă a valorilor TAS, TAD, FC, SpO2, pe toti timpii de antrenament. Concluzii Antrenamentul la cicloergometru aplicat în mod sistematic si metodic, prin mijloacele sale specifice constituie un veritabil instrument nonfarmaceutic în procesul de recuperare a pacienților cu sindromul metabolic.

Cuvinte cheie: Sindrom Metabolic (SM), cicloergometru, obezitate abdominală, hipertensiune arterială.

Biodata

Gina CIORNOVALIC | My name is Gina Ciornovalic and I am a kinetotherapist at the Clinical Recovery Hospital in Iasi, PhD student at the State University of Faculty of Physical Education and Sport Chisinau and assist. professor at "Alexandru Ioan Cuza"the University of Iasi, Faculty of Physical Education and Sport. Field of interest is related to education, cardiovascular recoveiry, respiratory and metabolic recovery, science motor activities, physical therapy and special motility and promoting health through movement.

Emotional Intelligence- Determinant Factor for Professional and Social Success in University Students

Rela-Valentina CIOMAG¹

Abstract

ENGLISH |The emotional intelligence has no limits; anyone who is prepared and has the wish can improve their emotional intelligence levels. Segal (2002) states: "our IQ can help us understand the world but it is our emotions that help understand ourselves and eventually, others". Successful people have a have emotional coefficient as they permanently maintain relationships, work efficiently as a team, can approach subjects from others perspectives, have social skills, show easiness in communication and socialization, all attributes of emotional intelligence which can be trained via systematic, formal and informal education. Powerful emotions always come first as positive thinkers always motivate and drive others around them, eventually ending up loved by those around. Emotions are results of the human nature, of the inner feeling that are under the influence of education and personal development. All attempts belonging to scientists trying to build instruments and techniques which could measure the inner workings of emotions are shy. They used charts and questionnaires as universal tools for evaluating feelings on various subjects, methods which revealed different yet still right answers to socio- professional questions, revealing different emotional states and personalities. The emotional intelligence is a must in all fields. Those with high EI coefficient can work and communicate with anyone, having

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skills required for leadership, coordination and achieving excellent results. The main role of school is to insert within their programs, sequences which contain components of emotional intelligence: self-confidence (by the support of their family and their teacher), positive and creative thinking, action drive (along with efficiency in what they do), communication and last but not least cooperation (the ability to balance requirements with others' personal needs in the performed group activity).

Keywords: emotional intelligence, creativity, positive thinking, communication, empathy, self-identity, self-respect.

Abstract

ROMANIAN | Inteligenta Emoțională nu are limite; oricine e pregătit și dorește, poate să-și îmbunătățească nivelul de Inteligență Emoțională. Segal(2002) subliniază: "coeficientul nostru de inteligență (IQ) ne poate ajuta să înțelegem și să abordăm lumea, la un anumit nivel, emoțiile ne ajută să ne întelegem pe noi însine si, prin aceasta, si pe ceilalți". Oamenii de succes au un coeficient de emotionalitate ridicat, ei "cultivă" în permanență relații, lucrează eficient în echipă, pot aborda și puncte de vedere ale celorlalți, prezintă abilități sociale, lejeritate în comunicare și socializare, atribute ale inteligenței emoționale, care pot fi dezvoltate prin educație sistematică, formală, informală și nonformală. Întotdeauna emotia puternică se impune, persoanele cu sentimente pozitive îi inspiră și-i motivează pe ceilalți și sunt îndrăgite de cei din jur. Emoțiile sunt rodul naturii umane, al trăirilor lăuntrice aflate sub imboldul educației, autoeducației și dezvoltării personale. Încercările cercetătorilor de a construi instrumente si tehnici care să evidențieze sustraturile și dedesupturile inteligenței emoționale sunt timide. S-au folosit chestionare, ca instrumente informative orientative, aplicabile tuturor subjectilor, în situații

diferite, iar rezultatele sunt elocvente, în ciuda generalității (nonspecificității), evidențiind un stil creativ personal, abilități ale subiectilor intervievati de a da răspunsuri creatoare la probleme socioprofesionale, trăiri controlate, constructive în directia stabilirii de relații benefice cu ceilalți, colaborarea cu aceștia, empatiza. Inteligența emoțională este absolut necesară în toate domeniile. Cei cu un coeficient ridicat IE pot lucra și comunica cu oricine, posedând abilități necesare în funcții de conducere, coordonare, obtinând performante deosebite. Rolul școlii și tuturor instituțiilor de învățămât este de a insera în programele curiculare secvențe care să prelucreze toate aspectele determinante ale inteligenței emoționale: încrederea în sine (sustinerea de către familie sau educator, astfel încât să fie sprijiniți și ghidați, atunci când întâmpină dificultăți), gândire pozitivă, creative, intenționalitate (competență și eficiență în scopurile propuse), comunicare (abilitatea de a te angaja in relații și discuții cu ceilalți, capacitatea de a-i înțelege și de a le putea împărtăsi emoțiile și de asemeni de a împărtăsi propriile emotii cu altii) și nu în ultimul rând cooperarea (abilitatea de a echilibra pretențiile, nevoile personale cu ale celorlalți în activitatea de grup desfășurată.

Biodata:

Born 24.021969, Bucharest.

Professional training.

- 1988 1992 Bachelor's degree in A.N.E.F.S. Bucharest, specializing in rhythmic gymnastics sportive.
- 2004 2011 PhD in Physical Education and Sport Professional experience.
- 1994-1995 Teacher high –school D-na Stanca, Bucharest
- 1998-5-1998 Aerobic Teacher (Mona Lisa, Pit Gym)
- 1998-1999 Teacher Collegé des Pères Antonins Baabda, Lebanon

- 2000 2001 Sport Teacher (aerobics, fitness and sportive gymnastics) Point O' Points, Brand Lake, New York SUA,
- 2003 2006 University Preparator, Department of Physical Education and Sport, ESA. Bucharest
- 2006 2008 Assistant Professor, Department of Physical Education and Sports, ESA Bucharest
- 2009 -2016, Lecturer, Department of Physical Education and Sports, ESA Bucharest
- 2016 present, Associate Professor, Department of Physical Education and Sports, ESA Bucharest

Professional and scientific activities and responsibilities.

- Member of the Board of Directors of Department of Physical Education and Sport
- Member of the editorial staff of the specialized journal of the Department of Physical Education and Sport of ASE Bucharest: MARATHON Review of the Human Motors Science Index, indexed in international databases: RePEc, J-Gate, ULRICH, and Index Copernicus;
- Member of the Scientific Committee of the International Session of Scientific Communications, with an annual DEFS in ASE, Bucharest.
- Referent and member of the scientific board for publishing specialized books at DEFS level at ASE Bucharest
- Member of the organization committee of the International Session of Scientific Communications, with an annual activity of DEFS within ASE, Bucharest.
- Design and elaboration of methodology and work programs for aerobics and fitness sport discipline, taught in practical lessons;
- Organizing and conducting various sports competitions held at university level;
- Prepare and lead the representative aerobics and cheerleaders teams of the academy in competitions organized at university or country level

• Participation in national and international scientific manifestations, concretized by the presentation of scientific papers, published in prestigious magazines indexed in international databases, in the volumes of scientific conferences in the country or abroad listed ISI, ISSN or ISBN.

Study on Medical Students' Behavioral Risks

Cătălina CROITORU¹, Elena CIOBANU², Virginia SALARU³, Angela CAZACU-STRATU⁴

Abstract

ENGLISH | **Background:** To reduce behavioral risk factors is a priority of health policies in Republic of Moldova. However, the promotion of health is a prerogative of health system and less in educational activities in schools or universities. The aim: to identify medical students' behavioral risks and their perception in health promotion. Materials and methods: A cross-sectional study was performed using the CORT questionnaire (elaborated and validated at UMF "V. Babeş", Timişoara, Romania). Data on demographic and socioeconomic characteristics and student's behaviors was collected: dietary habits, drugs, smoking, family and school environment etc. A structured interview with 473 students was performed. This study was conducted according to the principles of the Helsinki Declaration (1996) and approval of the Nicolae Testemitanu SUMPh ethics committee no.16 from 14.11.2016.

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Results: There were 473 students integrated in the study, including 359 (75.9%) females and 114 (24.1%) males, mean age 20.42±1.57 years old. The anthropometric indices showed that the average height was 1.69±0.09 m and the body mass was 61.31±0.53 kg. Only 0.2% of young people mentioned that their body mass was approximately normal; 21.8% of young people smoked the first cigarette at the age of 17; 4.9% of young people used drugs at the age of 17 and 1.5% at the age of 15. Conclusion: Our results require us to develop measures to reduce and, in some cases, eliminate health problems, students' negative behavioral attitudes and risk factors responsible for the health condition, mental health and health culture.

Keywords: health; youth; risk behaviors; mental health; health culture.

Abstract

ROMANIAN | **Actualitate:** În Republica Moldova acțiunile de promovare a sănătății, comunicării și implicării în activități educationale necesită a fi dezvoltate si sustinute. Scopul evaluarea pluridimensională cercetării fost a comportamentelor cu risc la medicinisti. Materiale si metode: fost proiectat un studiu epidemiologic transversal populational cu utilizarea chestionarului CORT (elaborat si validat la UMF "V. Babes", Timisoara, România), care prevede investigarea unor comportamente de risc pentru sănătate la tineri: obiceiurile alimentare, consumul de alcool, droguri, fumat, mediul familial și școlar etc. Au fost chestionați 473 de studenți. Studiul a fost realizat conform principiilor Declarației de la Helsinki (1996) și avizat favorabil de Comitetul de Etică al Cercetării, USMF "Nicolae Testemițanu", nr.16 din 14.11.2016. Rezultate: Din 473 de tineri luați în studiu, 359 (75,9%) au fost femei și 114 (24,1%) - bărbați. Vârsta medie a fost de

20,42±1,57 ani. Determinarea indicilor antropometrici a evidențiat că înălțimea medie a tinerilor a fost de 1,69±0,09 m, iar masa corporală 61,31±0,53 kg. Doar 0,2% dintre tineri au mentionat că masa lor corporală a fost aproximativ normală; 21,8% dintre tineri au că au fumat prima tigară la vârsta de 17 ani; 4,9% tineri au consumat droguri la vârsta de 17 ani, iar 1,5% la vârsta de 15 ani. Concluzii: Rezultatele obtinute ne obligă să elaborăm măsuri pentru reducerea, iar în unele cazuri si eliminarea problemelor pentru sănătate, atitudinilor negative comportamentale ale studenților, factorilor de risc responsabili de starea de sănătate, sănătatea mintală și cultura sanitară.

Cuvinte cheie: sănătate; tineri; comportamente cu risc; sănătatea mintală: cultura sanitară.

Biodata



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qualification - Doctor of philosophy, on thesis "Hygienic assessment of the environmental impact on rural population morbidity trough osteoarthritis". In 2002 she received her Master's Degree Diploma - Certificate in Business Administration, University of Nantes, France on thesis "Nosocomial diseases in urology department". She has published more than 80 papers in reputed journals and was as an organizing member of two international conferences.



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Doctor of philosophy, on thesis "The impact of knee osteoartrithis on patient's health". In 2013 she received her Master's Degree Diploma in Management in Public Health -School of Public Health (SPH), Chisinau, Republic of Moldova on thesis "Socio-economic impact of knee osteoarthritis". She published more than 60 papers in reputed journals and Municipal Scholarship; Government Merit received Scholarship "Nicolae Anestiadi".



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philosophy, on thesis "Hygienic estimation of training and living conditions of primary school pupils with chronic respiratory diseases". In 2016 she received her Master's Degree Diploma in Management in Public Health - School of Public Health (SPH), Chisinau, Republic of Moldova on thesis "Particularities of road accidents to children'. She has published 92 papers in reputed journals.

The Impact of the Pilates Concept on the Health Condition of the Contemporary Man

Diana COJOCARI¹, Eugeniu AGAPII², Igor CAMBUR³

Abstract

ENGLISH | Actuality. Life becomes more agitated because, from day to day, the requirements to which we are subject are increasing. Instead as a society, we become more sedentary: we spend more time sitting in the office, in the car or in front of the TV etc. Thus, if the mioartrokinetic system is not maintained and sustained systematically by specific physical activities, some muscle groups will become more hypotone, which will lead to a muscle imbalance and physical deconditioning. And this in its turn will be over other aspects of life. In this work we proposed to bring attention to the value, benefits and importance of Pilates concept on the postural re-education, prophylaxis and maintenance of the state of health of the contemporary man. The purpose of research is apparent from the title of our work and consists in to highlight the Pilates concept improve the behaviour, health, quality of life, maintaining or restoring its natural balance, through controlled, individualized systematized and mouvements in co-report with the internal and external environment. Research methods: the theoretical analysis and generalization of literature data. Ascertainment and results:

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Analysis of specialized literature and socio-pedagogical research conducted over the last decade has highlighted the Pilates system as one of the most effective methods with obvious impact on the state of well-being, health and the maintenance of psychophysical balance with a high level of satisfaction, for those who practice it. Conclusions and recommendations: Sedentarism determines negative effects on somato-functional parameters. By systematized practicing of physical exercises based on the Pilates concept, we can develop or maintain the motric qualities, influencing the restoration of reduced functional qualities, improving the behaviour, health and quality of life.

Keywords: Pilates, physical exercises, health, postural re-education, prophylaxis, maintenance;

Abstract

ROMANIAN | Actualitate. Viața devine tot mai agitată pentru că, de la o zi la alta, solicitările la care ne supunem cresc. În schimb, ca societate, devenim tot mai sedentari: petrecem tot mai mult timp stând la birou, în mașină sau în fața televizorului etc. Astfel, dacă sistemul mioartrokinetic nu este întreținut și susținut în mod sistematic prin activități fizice specifice, unele grupe de mușchi vor deveni mai hipotoni, ceea ce va duce la un dezechilibru muscular și decondiționare fizică. Iar aceasta la rândul său se va răsfrânge asupra altor aspecte ale vieții. În această lucrare ne-am propus să aducem în atenție valoarea, beneficiile și importanța conceptului Pilates asupra reeducării postulare, profilaxiei și întreținerii stării de sănătate a omului contemporan. Scopul cercetării reiese din titlul lucrării noastre și constă în a scoate în evidentă impactul conceptului Pilates pentru îmbunătățirea ținutei, sănătății, calității vieții, menținerii sau refacerii echilibrului său natural, prin mișcări specifice,

controlate, individualizate si sistematizate în coraport cu mediul intern și extern. Metode de cercetare: analiza teoretică și generalizarea datelor din literatura de specialitate. Constatări si rezultate. Analiza literaturii de specialitate și cercetările sociopedagogice desfășurate din ultimul deceniu a evidențiat sistemul Pilates ca unul dintre cele mai eficiente metode cu impact evident asupra stării de bine, sănătății și a menținerii echilibrului psihofizic cu un nivel de satisfacție înalt, acelor care îl practică. Concluzii și recomandări. Sedentarismul determină efecte negative asupra parametrilor somato-functionali. Prin practicarea sistematizată a exercițiilor fizice bazate pe conceptul Pilates, vom putea dezvolta sau întreține calitățile motrice, refacerea influentând calităților functionale îmbunătățind ținuta, sănătatea și calitatea vieții.

Biodata:



Diana COJOCARI | PhD in Pedagogical Sciences, university lecturer Psychopedagogical and Sociohumanistic Chair. Kinetotherapist Sciences upper the Medical Clinic category "Neokinetica". Master of sport in artistic gymnastics. The field of interest are: kinetotherapy, gymnastics, Pilates.



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psychology and pedagogy.



Igor CAMBUR | Master student at the State University of Physical Education and Sport, kinetotherapist, "Sancos" clinic.

The Correlation between Mental Training and the **Evolution of Individual Performance**

Paula DROSESCU¹, Beatrice ABALAŞEI², Cezar HONCERIU³, Florin TROFIN⁴

Abstract

ENGLISH | Mental training is an important component of general training, which contributes to the increase of individual performance and perfecting the execution of motor acts. Its purpose is to form representations, with the help of the motor intelligence, through which the processed movement, which resembles its design, can be adapted to concrete athletic tasks. Aside from the fact that the adaptation occurs in record time, it also helps find alternatives to the motor situations, which are strategic in an athletic environment, based on motor schemes and ideomotor representations updated in a short time and in agreement with the action. The investigative research that we have initiated aims to highlight the connection between motor performance and mental training and identify a simplified formula for mental training that can be applied in the times when the athlete loses focus, or in the breaks of a game. The ideomotor technique applied to the subjects was innovative, the results of the research supporting the idea of performance achieved through this type of training, as an important part of

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the athletes' evolution. Thereby, after applying the mental training program, the explosive force of the subjects of our research has significantly increased, this being obvious in both groups of subjects – and, moreover, the results can validate the technique of applying this type of intervention in favor of athletic performance.

Keywords: mental training, visualization, (self-) motivation, jumps, performance, cardiac frequency.

Abstract

ROMANIAN | Antrenamentul mental este o componentă importantă a antrenamentului general, contribuind la creșterea performanței individuale și la perfecționarea execuției acțiunilor motrice. Rolul lui este de a forma reprezentări, cu ajutorul inteligentei motrice, prin intermediul cărora miscarea prelucrată, apropiată de model, se adaptează sarcinilor sportive concrete. Pe lângă faptul că adaptarea se realizează în timp record, se găsesc și alternative la situațiile motrice, strategice din spatiul sportiv, pe baza schemelor motorii si a reprezentărilor ideomotorii reactualizate în timp scurt și în acord cu acțiunea. Demersul investigativ inițiat dorește să evidențieze legătura dintre performanța motrică antrenamentul mental și să identifice o formulă simplificată de antrenament mental care să poată fi aplicată în momentele în care sportivul își pierde concentrarea, ori în pauzele meciurilor. Tehnica ideomotorie aplicată subiecților a fost novatoare, rezultatele cercetării susținând ideea de performanță prin acest tip de antrenament, ca parte importantă a evoluției sportivilor. Astfel, în urma aplicării programului de antrenament mental, forța explozivă a subiecților cercetării noastre a crescut semnificativ, acest lucru fiind evident la ambele grupe de lucru și mai mult, rezultatele pot valida tehnica de aplicare a acestui tip de intervenție în favoarea performanței sportive.

Biodata



Prof. Paula DROSESCU has a PhD in Medicine and is a Professor at the Faculty of Physical Education and Sports at "Al. I. Cuza" University of Iasi. Her main interests of study and research are the fields of sports medicine and mental training for top-level athletes. Her publications include: The use of visualization technique in sports (6th

European Sports Medicine Congress, 2009), The modification of one's belief system as an important factor in improving athletic performance (2013), A study of the relation between self-esteem and athletic success (co-author, 2013), Building athletic success using techniques borrowed from Coaching (2014).



Beatrice ABALAŞEI | I am associate professor at the Faculty of Physical Education and Sport, Physical Education and Sports specialization. I graduated of the MBA in sports and the first education program in the country that cover conflict mediation, continuing with doctoral graduation in Social Psychology.

The research is oriented towards the role

of psychomotor components in getting athletic performance and factors witch affecting output players in the handball game.



Cezar HONCERIU, graduate of the Faculty of Physical Education and Sports from "Alexandru Ioan Cuza University" of Iasi (Romania), class of 1999, has had a university career since 2002. Ph.D. in Physiology since 2008

and Head of the Interdisciplinary Research Center for Human Motor Science since 2012, Cezar Honceriu has a rich research activity related to dozens of articles published in specialized journals, books and university courses.

Recognized specialist in the field of sports training on the part of bio-motor evaluation and physical training, Cezar Honceriu has a rich practical experience as a physical trainer in sports performance. He is part of interdisciplinary research teams with theoretical and practical input on the ergo physiology.



Florin TROFIN | I am an assistant professor with a PhD at "Alexandru Ioan Cuza" University from Iasi and I'm same time. involved, at the performance sports as a physical trainer. I worked in the last few years with athletes from sports disciplines such as tennis, football, futsal, handball, minifootball,

basketball, the gained experience helping me in teaching. My areas of interest in scientific research are biochemistry,

physiology, physical evaluation and psychology, from 2009 I started publishing scientific articles. The majority of the publications have pursued the effort biochemical and physiological effect on trained or untrained persons, the psychological manifestations of people involved in physical activity or new trends in physical evaluation.

Study on Maximum Strength Development Influence on Jump Height

Cristina FILIP¹

Abstract

ENGLISH | At present, we can say with confidence that in professional sports and high performance through the development of training methods to reach standardization of technical and tactical value. As a result, its real dimension to physical training must be read, since it is this is what can make the difference between the two teams. The in-depth knowledge of the high jump development mechanism requires a very careful analysis of all the training-specific processes. Athletic performance is a result of adaptation athletes body, with all its complexity, the high or maximum demands of training and competition. Increased exercise capacity is analyzed by a controlled process, well organized and conducted in such a way as to ensure maximum efficiency. Determination of the maximum force is of great utility since the expansion legs is directly proportional to the maximum force and the load force used for all periods is expressed as a percentage of the maximum force. It is therefore very useful to know at any time of preparing the maximum force a muscle group or muscle chain.

Keywords: sports, training, maximum force, high jump, experiment.

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Abstract

ROMANIAN | În prezent, se poate afirma cu convingere că în sportul de performanță și mare performanță, datorită evoluției metodelor de antrenament s-a ajuns la o uniformizare a valorii tehnico-tactice. Ca urmare, trebuie redată dimensiunea sa reală pregătirii fizice, deoarece tocmai aceasta este cea care poate realiza diferența între două echipe. Cunoașterea aprofundată a mecanismului de dezvoltare a săriturii în înălțime, presupune o foarte atentă analiză a tuturor proceselor specifice antrenamentului. Performanta sportivă constituie un rezultat al adaptării organismului sportivilor, cu toată complexitatea lui, la solicitările mari sau maxime din antrenamente sau competiții. Creșterea capacității de efort se analizează printr-un proces dirijat, bine organizat și condus, în așa fel încât să se asigure o eficiență maximă. Determinarea forței maxime este de mare utilitate, deoarece detenta membrelor inferioare este direct proportională cu forța maximă și pentru că încărcătura pentru toate exercițiile de forță utilizate este exprimată în procente din forța maximă. Ca urmare, este de mare utilitate să cunoaștem în orice moment al pregătirii forta maximă a unei grupe musculare sau a unui lant muscular.

Biodata:

Cristina FILIP

Born 31.01.1973, Bucharest.

Professional training.

- 1994 1998 Bachelor's degree in A.N.E.F.S. Bucharest, specializing in volleyball.
- 1999 2000 Diploma of in-depth studies with the specialization "psychomotricity in physical education and sport".
- 2001 2009 PhD in Physical Education and Sport Professional experience.

- 1998 2000 Teacher School with class. I-VIII no. 41, Bucharest
- 2000 2002 University Preparator, Department of Physical Education and Sport, A.S.E. Bucharest
- 2002 2006 Assistant Professor, Department of Physical Education and Sports, A.S.E. Bucharest
- 2006 -2016, Lecturer, Department of Physical Education and Sports, A.S.E. Bucharest
- 2016 present, Associate Professor, Department of Physical Education and Sports, A.S.E. Bucharest

Professional and scientific activities and responsibilities.

- Member of the Board of Directors of Department of Physical Education and Sport
- Member of the editorial staff of the specialized journal of the Department of Physical Education and Sport of ASE Bucharest: MARATHON - Review of the Human Motors Science Index, indexed in international databases: RePEc, J-Gate, ULRICH, Index Copernicus;
- Member of the Scientific Committee of the International Session of Scientific Communications, with an annual DEFS in ASE, Bucharest.
- Referent and member of the scientific board for publishing specialized books at DEFS level at ASE Bucharest
- Member of the organization committee of the International Session of Scientific Communications, with an annual activity of DEFS within ASE, Bucharest.
- Design and elaboration of methodology and work programs for volleyball sport discipline, taught in practical lessons;
- Organizing and conducting various sports competitions held at university level;
- Prepare and lead the representative volleyball teams of the academy in competitions organized at university or country level

- Participation in national and international scientific manifestations, concretized by the presentation of scientific papers, published in prestigious magazines indexed in international databases, in the volumes of scientific conferences in the country or abroad listed ISI, ISSN or ISBN.
- The journalistic activity materialized in the elaboration of specialized books of a theoretical or practical nature 8 books or methodical guidance and over 25 scientific works in the general field of Physical Education and Sport.

Legal Responsibility of the Authorities of the Public Administration of Child Protection in the Republic of Moldova

Tatiana FOCSA¹

Abstract

ENGLISH | Public power is not absolute, but it is strictly limited by the legislative framework which should be respected and followed by the public administration in order to create order. The supremacy of the iudicial/legal administration in the hierarchy of legal norms means just the principle of legality. In order to verify the manner in which the administrative acts were done, one could use a variety of administrative controlling operations. In order to ensure the normal running of the social life in the country, it is not sufficient to adopt laws that would regulate the social behavior, but also it requires to assure a subordination of all citizens and state authorities to the norms contained in these laws. This subordination could be realized, first of all, by the fact that the citizens being conscious of the necessity of the given regulation comply spontaneously, as well as they comply being imposed by the state structures that have in this sense the force of coercion. In the given study we would like to research the protection of the rights and freedoms of the child against the illegal activities of the public authorities that have support as in the national acts as well as in the European and international acts related to the fundamental rights and freedoms of the human. Analyzing the situation at the moment, we can mention the importance of the liability and responsibility in

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exercising the service duties of the guardianship authorities taking into consideration the peculiarities of the age and the specificity of the subject of the provided services. Thus, the professional competence of the guardianship authorities of the child should be observed by the state authorities that concern the respect of legality of the order of law in relation with the ethical and moral values generally accepted within the society.

Keywords: liability; responsibility; guardianship authority for child; administrative responsibility; disciplinary liability; civil liability.

Abstract

ROMANIAN | Puterea publică, nu este absolută, ci este strict limitată de cadrul legislativ căruia, administrația publică, trebuie să se supună și care formează ceea ce se numește ordine juridică. Supremația administrației publice ierarhiei normelor juridice nu semnifică altceva decât principiul legalității. Spre a verifica modul în care au fost executate actele administrative, poate fi utilizată o gamă variată de operațiuni administrative de control. Pentru a asigura desfășurarea normală a vieții sociale în stat, nu este suficient să se adopte legi care să reglementeze comportamentul social, dar se cere și o asigurare a subordonării tuturor cetățenilor și autorităților de stat normelor conținute în aceste legi. Această subordonare poate fi realizată, în primul rând, prin faptul că cetățenii, fiind conștienți de necesitatea reglementării respective, se conformează spontan, cât și prin impunerea ei silită din partea organelor de stat, care dispun, în acest scop, de forța de constrângere a statului. În studiul inițiat, ne propunem cercetarea protecției drepturilor și libertăților copilului împotriva activităților ilegale a autorităților publice, care își are suportul atât în actele naționale, cât și europene și internationale referitoare la drepturile libertătile si fundamentale ale omului. În urma analizei situației existente la moment, putem menționa importanța răspunderii

responsabilității în exercitarea atribuțiilor de serviciu a autorităților tutelare, având în vedere particularitățile de vârsta si specificul subiectului serviciilor prestate. Astfel, competenta profesională a autorităților de protecție a copilului, trebuie să fie vegheată de autoritățile de stat, care urmăresc respectarea legalității, dar și a ordinii de drept în raport cu valorile etice și morale general acceptate în societate.

Cuvinte cheie: răspundere, responsabilitate, autoritate de protecție a copilului, răspundere administrativă, răspundere disciplinară, raspundere civilă.

Biodata:



Tatiana FOCSA | University lecturer and researcher in Social Work and Law, working on developing a new concept named "Legal statute of the authorities of public administration in establishing the child's residence". Scientific activities and interests based on researching and expanding topics as: "Considerations regarding the notions of 'family', 'child',

'minor' in the context of the national and international regulations"; "national and international normative framework of regulating the concepts of family and child's rights"; "The Procedural Practices of Establishing the Child's Residence in the Republic of Moldova"; "Mediation in the cases of establishment the child's residence and the role of foster authorities in these situations", etc. Besides the scientific activity, I'm working as Expert in accrediting the providers of social services.

The Role of Consultancy in the Management of Customer Relationships to Entities with Sporting Profile

Anna FRANT¹

Abstract

ENGLISH | At all times, meeting the customer needs has been the premise of the conduct of foreign affairs. Thus, considering fact that the customer migrates easily from one producer to another, thus customer loyalty has been imposed through various actions and loyalty programs (promotional offers, price reductions, loyalty points, etc.). The ways of encouraging the customer enthusiasm have been studied in order to develop sets of recommendations and strategies for sports centers provided by relevant managerial consultants. The study has highlighted specific advocacy actions that focus on streamlining customer communication and improving the representation of the sporting entity. The first dimension is to increase customer contacts, adapting the language understanding level and consumers' knowledge, invitations to professional, cultural, sporting events; in order to improve the presentation, the consultant offers strategies to increase the quality of deliverables in line with socio-economic progress and customer expectations.

Keywords: Customer relationship management, assisting the management of customer relationships, managerial consulting in sport.

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Abstract

ROMANIAN | Din toate timpurile, satisfacerea nevoilor clientului a reprezentat premisa conduitei afacerilor externe. Astfel, având în vedere faptul că clientul migrează ușor de la un producător la altul, a fost impusă acțiunea de fidelizare a clientului prin diferite acțiuni si programe de loialitate (oferte promoționale, reduceri de preț, puncte de fidelitate etc.). Au fost studiate modalitățile de stimulare a entuziasmului clientului în scopul elaborării unor seturi de recomandări și strategii pentru centrele sportive, oferite de către consultanții manageriali de profil. Studiul a permis evidentierea unor actiuni specifice ale consultantei ce se focalizează în directia eficientizării în comunicare cu clienții și îmbunătățirea reprezentării despre entitatea sportivă. Prima dimensiune vizează sporirea contactelor cu clienții, adaptarea limbajului la gradul de înțelegere și cunoștințele consumatorilor, invitații la evenimente profesionale, culturale, sportive; în direcția îmbunătățirii prezentării consultantul oferă strategii de creștere a calității livrabilelor în ritm cu progresul socio-economic și asteptările clientului.

Biodata:



Anna FRANT | PhD student, university lecturer at the Management of Physical Culture Chair. My activity is focused on researching scientific papers in the field of Management of Physical Education and Sport. I have participated in the seminars and international scientific-practical conferences within the Universities and other institutions

Informed Consent in Medical Practice. Qualitative Inquiry on Ethical Values.

Ana FRUNZĂ¹, Antonio SANDU²

Abstract

ENGLISH | Ever since the beginning of bioethics, one of the mandatory actions in medical practice and medical research was the Informed consent, as key ethical requirement. When IC was first used, it was oriented towards the professional confidentiality and personal privacy. The paternalistic view of the medical practice has been reduced over the years. The professionals are not seen as the experts anymore, in relationship with their patients, as the "proper judges of the patients' best interests", the focus migrating towards on the "patients's capacities to make their own decisions" (O'Neill, 2001). The Informed Consent became the instrument who turns the patient into the expert of its own health state, able to decide for its own life, based on correct information he/she receives. This research aims to identify the significance of the informed consent in the medical staff's daily practice. The research does not aim to validate a hypothesis, but it does aim to identify what meaning professionals give to the ethical tools they use. We wish to explore whether or not IC is understood

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by medical staff as a means of respecting patient's autonomy, or if it acts as a protective measure for healthcare staff. In order to identify the meanings attributed to IC by health professionals in healthcare institutions, we developed and conducted individual interviews and analysed the acquired data using a grounded theory (GT) qualitative approach.

Keywords: informed consent process; ethical instrument; Romanian medical practice; medical ethics; ethical values.

Biodata:

Ana FRUNZĂ obtained a PhD in philosophy at Al. I. Cuza University of Iasi, in 2014, presenting a thesis entitled "A deconstructive approach to ethical values. Ethics expertise". She obtained an MA degree in Supervision and Social Planning in 2011, with a Bachelor's degree in Social Work in 2009. She is Scientific Researcher III at the LUMEN Center for Social and Humanistic Research. Her main scientific interests are applied ethics, applied philosophy, social work, supervision and ethics expertise. She is associated university assistant PhD at "Stefan cel Mare" University from Suceava, Faculty of Law & Administrative Sciences, Romania. Ana Frunza is currently working on defining a new model of ethics expertise - the supervision of ethics, in conjunction with Professor Antonio Sandu, Doctor in Philosophy at LUMEN Center for Social and Humanistic Research from Iasi, Romania.

She is the author of three books, "Etica si dezvoltarea comunitară/ Ethics and community development" and "Către o nouă expertiză etică. Deconstruind valorile etice/ Towards a new ethics expertise - deconstructing the ethical values", "Supervizarea si dezvoltarea profesională a asistentilor sociali/ The supervision and the professional development of the social workers" published by LUMEN Publishing House between 2013 and 2017

Her research interests are ethics, research ethics, ethics expertise, supervision of ethics, applied philosophy.

Antonio SANDU. He is Professor PhD at "Stefan cel Mare" University of Suceava, Romania, and Senior Researcher at the LUMEN Research Center in Social and Humanistic Sciences, Iasi, Romania.

His main areas of interest include ethics, bioethics, social work and social philosophy.

The original contributions of the author's scientific activities start from the social construction of reality and social constructionism as seen from a semiological perspective. He analyses the social construction of reality by developing his very own version of social constructionism operating at the intersection between the constructionist paradigm and the theory of communicative action.

He is the author of the book: Social Construction of Reality as Communicative action, to be published at Cambridge Scholar Publishing this year, and also of "Social Work Practice: Research Techniques and Intervention Models: From Problem Solving to Appreciative Inquiry", "Appreciative Ethics: A constructionist version of ethics" and "Social-Constructionist Epistemology: A transmodern overview", all three published by Lap Lambert between 2012 and 2013. He has also authored more than 10 volumes in Romanian, published by national publishing houses.

Acknowledgement

Paper elaborated within the doctoral studies, with the title: "The Social Construction of Supervision in Social Work. Research in Institutions of Child Protection in the N.-E. area of Romania", the Doctoral School of Sociology, University of Oradea.

From Ethical to Administrative Use of Informed Consent in Medical Practice

Ana FRUNZĂ¹, Antonio SANDU²

Abstract

ENGLISH | We explore the ethical issues derived from obtaining the Informed consent (IC) in medical practice and research in institutions from North Eastern Romania. We performed a content analysis of 11 IC forms (standardized hospital documents), retrieved from different medical care institutions involved in medical research activities. We also interviewed 10 professionals on how they are using the IC in their medical care practice and medical research. The research started from the presupposition that there is a lack of ethical understanding of inform consent both from the issuer of the IC documents as from the medical staff are using these documents in their relationship with the patients. The analyzed IC documents show a formal respect for the legislative framework and for the protection of the doctor and the medical institution towards possible litigations. We conclude that the administrative meaning of the IC overlaps the ethical one, turning the IC from an instrument of ensuring the

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promotion of patient's autonomy to the institutionalization of the patient's mandatory trust in the medical team.

Keywords: Informed consent; ethical risks; Romanian medical practice; content analysis.

Influence of Interpersonal Relations on Aspiration to **Increase Motivation of Student Learning**

Nadejda GAGEA¹

Abstract

ENGLISH | Students, during their studies closely interact different types of social and psychological relationships, that exercise an important role in personal development and professional growth in group interaction. It is through that diversity group interaction shape the spiritual qualities and values of society in transition. The technical and scientific progress has facilitated the access to the information through the availability to study and learn at distance without meeting directly the teacher or the group of interest. This has led to many developmental benefits, but also in group communication and interaction, raise a number of issues. In the context of specific economic development, new interaction patterns in some student groups, lead to the lack of unity, discomfort, predominance of informal relations over formal ones, all those advance the ineffective outcomes and diminish the person or students group morale. The student group psychological climate greatly points on the specificity of effective interaction, success of personal development and on professional growth desire. Group interpersonal relationship, professional growth, learning motivation in a number of valuable scientific papers have been well-elucidated, but the relationship between group interpersonal relationships, learning motivation and professional growth is still an research

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interest. The paper purpose was to expound the influence of interpersonal relationships on increasing learning motivation process towards professional growth of students from different specialties and to determine the underlying catalysts. The research embed the methodological principles of social and psychological sciences.

Keywords: learning; increase motivation; interpersonal relation; students:

Abstract

ROMANIAN | Studenții în timpul studiilor interacționează strâns prin diferite tipuri de relații sociale și psihologice care exercită un rol important în dezvoltarea personală și creșterea profesională la interacțiunea în grup. Prin diversitatea de interactiune a grupului se formează calitățile spirituale si valorile societății în tranziție. Progresul tehnic și științific a facilitat accesul la informații prin disponibilitatea de a studia și a învăța la distanță fără a se întâlni direct cu profesorul sau grupul de interese. Acest lucru a dus la multe beneficii de dezvoltare dar și la comunicarea și interacțiunea în grup ridică o serie de probleme. În contextul dezvoltării economice specifice noile modele de interacțiune în unele grupuri de studenți conduc la lipsa unității, disconfortului, predominării relațiilor informale față de cele formale, toți aceștia avansează rezultatele ineficiente si diminuează moralul persoanei sau grupului studenților. Climatul psihologic al grupului de studenți evidențiază în mod deosebit specificul interacțiunii eficiente, succesul dezvoltării personale și dorința de creștere profesională. Relatia interpersonală a grupului, cresterea profesională, motivația învățării într-o serie de lucrări științifice valoroase au fost bine elucidate, dar relația dintre relațiile interpersonale de grup, motivația învățării și creșterea profesională este încă un interes de cercetare. Scopul lucrării a

fost de a exprima influența relațiilor interpersonale asupra creșterii procesului de motivație a învățării către creșterea studentilor din diferite specialități profesională a determinarea catalizatorilor subiacenți. Cercetarea încorporează principiile metodologice ale științelor sociale și psihologice.

Biodata:



Nadejda GAGEA is a PhD student and university lecturer at the department of psychology, Science of education and social Work and at the department of Biomedicine and Ecology International University of Moldova (ULIM). She hold degree Forensic Medicine at State University of Medicine and Pharmacy "Nicolae Testemitanu" of

Moldova; MA in Clinical Psychology and Psychological Counselling at Free International University of Moldova (ULIM). Previously she has been forensic doctor, trainer at the project "Localizing COMMIT, for Empowering Women in Moldova" at the Association against Violence "Casa Marioarei". Also in his association he has worked as a voluntary psychotherapist for rehabilitation of victims of domestic violence. The most relevant domain of interest in psychology, social science, social inclusion, anthropology, sociology, social impact of psychiatric disorders, suicide in adult and children, bipolar disorder, psychological judicial expertise, organic psychiatric disorders; psychological assistance conditional to the victims and their families from road traffic crashes and their subsequent rehabilitation; learning motivations to students. Scientific acknowledgment in Erikson Hypnosis; Systemic therapy and Contemporary Business Psychology technologies, Psychodrama.

The Promotion of Education for Health within the General Education Institutions – Necessity and Reality

Adelina GHETIU²

Abstract

The education for health in the general **ENGLISH** education institutions represents one of the important means to promote the acurate knowledge regarding various health's aspects and the formation of attitudes and skills essential for health. The actuality of the approached topic is determined by the capitalization of the physical education activities in order to facilitate for the students of all ages the formation of attitudes and skills which are indispensable for health. Currently, physical development is less capitalized in this respect, the number of physical education hours is limited, and as a result, the percentage of students with health problems at all levels of schooling is high, and the success rate is low. That is why we consider that it is actual, real and important to increase the time reserved for the students' motric activity within the educational institutions from the country, via the reform of compulsory physical education, which will contribute to the fortification of their health, and, overall, the formation of adapt capacities to the high requirements of the current educational process. The purpose of research: the theoreticalexperimental substantiation of the impact of the promotion of education for health during physiscal education lessons on the training of students attitudes and skills indispensable for responsible and healthy behavior. The methods of research: observation, testing the level of psycofunctional and motor development; mathematical-statistical data processing. The

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results of research: It was analytically demonstrated that the students' motivation for a healthy lifestyle is possible also through the appropriate, systematic organization of physical education, which presupposes their optimal functional and motivational training, according to their age, having a positive impact on the formation of attitudes and skills indispensable for a responsible and healthy behavior. Conclusions: The field of physical education and sport must assume the role of health promoter through the complementary competences of the specialists (teachers, coaches, kinetotherapists), by imposing prophylactic framework programs, by age group, in the direction of achieving the specific objectives of the area of competence of the specialists.

Keywords: health; physical education; behavior; necessity; reality;

Abstract

ROMANIAN | Educația pentru sănătate în instituțiile de învățământ general reprezintă una din principalele căi de promovare a cunostintelor corecte privind diferite aspecte ale sănătății și de formare a atitudinilor și deprinderilor indispensabile sănătății. Actualitatea temei abordate este determinată de valorificarea activităților educației fizice în scopul facilitării formării la elevii de toate vârstele a atitudinilor și deprinderilor indispensabile stării de sănătate. La momentul actual, dezvoltarea fizică este puțin valorificată în acest sens, numărul orelor de educație fizică este limitat, ca urmare, procentul elevilor cu probleme de sănătate la toate treptele de scolaritate este mare, iar al reusitei - scăzut. Anume din acest motiv considerăm că este actual, real și important faptul, că majorarea timpului rezervat activității motrice a elevilor din instituțiile de învățământ din țară, prin intermediul reformei educației fizice obligatorii, va permite fortificarea sănătății acestora, iar, în ansamblu, formarea capacităților de adaptare la cerințele înalte ale procesului

educațional actual. Scopul cercetării: fundamentarea teoreticoexperimentală a impactului promovării educației pentru sănătate la orele de educație fizică asupra formării la elevi a atitudinilor si deprinderilor indispensabile unui comportament responsabil si sănătos. Metodele cercetării: observația, testarea nivelului dezvoltării psihofuncționale și motrice; prelucrarea matematicostatistică a datelor. Rezultatele cercetării: A fost demonstrat analitic că motivarea elevilor pentru un mod de viată sănătos este posibilă și prin organizarea corespunzătoare, sistematică a educației fizice, care presupune pregătirea lor funcțională și motrice optimă, conform vârstei, având impact pozitiv asupra formării atitudinilor și deprinderilor indispensabile comportament responsabil și sănătos. Concluzii: Domeniul educației fizice și sportului trebuie să-și asume rolul de promotor al stării de sănătate prin competențele complementare ale specialistilor (profesori, antrenori, kinetoterapeuți), prin impunerea unor programe-cadru profilactice, pe categorii de vârstă, în directia realizării obiectivelor specifice ariei de competentă a specialistilor.

Biodata:



Adelina GHETIU, PhD in Pedagogical Sciences, University lecturer, Department of Psyco-pedagogical and Socio humanistic Sciences, The State University of Physical Education and Sport. Author and co-author scientific papers, regulations, of 21 methodologies, guides and articles in the

field of psyco-pedagogy and educational management, published by national and international publishing houses. The research activity, therefore the publications, are focused on the theory and method of teaching physical education, the elucidation of problems regarding the insurance and promotion of quality's management within general and higher education.

Algorithmized Strategies in the Teaching – Learning – Evaluation Process of the English Lexic

Tatiana GHIRILA¹

Abstract

ENGLISH | The article addresses issues related to the axiological crisis in education and the lack of motivation of the educator for training. In this context, the algorithmic teaching and learning strategies of the English lexicon could be a prerequisite for overcoming these difficulties and creating an effective context for the educational and teaching activity of both the teacher and the pupil. The study presents basic definitions, interpretations and classifications of strategies in tandem with the English-language teaching-learning-evaluation process.

Keywords: Strategy; didactic/pedagogical strategy; algorithm; algorithmization; algorithm strategies.

Abstract

ROMANIAN | Articolul tratează problemele legate de criza axiologică în educație și de lipsa motivației educatului pentru instruire. În acest context, strategiile algoritmizate de predare-învațare a lexicului englez ar putea constitui o premisă în vederea depășirii acestor dificultăți și crearea unui context eficient pentru activitatea educațională și didactică atît a profesorului, cît și a elevului. Studiul prezintă definiții,

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interpretări și clasificări de bază a strategiilor în tandem cu procesul de predare-învățare-evaluare a lexicului englez.

Biodata



Tatiana GHIRILA, born in july, 1988. Got my lycence in english/italian language- SPUIC, master degree in English language and culture- SPUIC, in present am a PhD in pedagogy, teaching english at the same State Pedagogical University Ion Creangă, from Rep. of Moldova. Since 2015- english teacher at Ecology Colege, member of Moldovan

English Teachers Association, interested in articles, thesis, books related to phraseological units dealing with my research, also interested in career advancement through continuous school based on professional development- in everything connected with area of strategies, algorithms, teaching effectivly, and of that, that forms a community of practice around the principles and values of pedagogy.

Bioelectromagnetic Communication - a Strategy in **Performance Sports**

Teodor GRIMALSCHI¹

Abstract

ENGLISH | With the increase of solar activity in recent years and the reduction of the ozone layer, it is necessary to study and know the effects of the electromagnetic field produced on the health of the human organism. The magnitude of the magnetic composition depends on the length and frequency of the energy waves in the environment, day by day and the whole year. When the waves are not balanced, undesirable changes occur in the body. However, the harmony of energy frequencies activates the energy storage capacity of the human body. Our body emanates and always absorbs the energy fields. Electric currents that circulate through humans generate biomagnetic fields that cross it and surround it. Biomagnetic fields in the body interact with other fields near a person's body, including the biomagnetic fields of other individuals, for example, during sports training. A magnetic field can influence magnetic through bioelectromagnetic field another communication, producing visible changes in both the electromagnetic field and the intensity and frequency of electric currents. Therefore, a person's biomagnetic field can influence the biomagnetic field of another. Effects can be manifested in the training process by balancing the spirit, the functioning of the body, but also the muscle tissues. This electromagnetic communication is important in the programming of sports and competitive training, providing scientific support and a model

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for training athletes, eliminating the inhibitions and complexes of the disciples on all levels: physical, emotional, mental and spiritual.

Keywords: Communication, bioelectromagnetism, strategy, performance sports, functional state, muscular system.

Abstract

ROMANIAN | Odată cu creșterea activității Universului Solar din ultimii ani și reducerea stratului de ozon, se impune studierea și cunoașterea efectelor câmpului electromagnetic sănătății organizmului uman. Valorile produs asupra componenței magnetice depind de lungimea și frecvența undelor energetice din mediul înconjurător, zi de zi și a anului întreg. Când undele nu sunt echilibrate apar modificări nedorite în organism. Armonia frecvențelor energetice, însă, activează capacitatea de acumulare a energiei de către organismul uman. Corpul nostru emană și absoarbe permanent câmpurile de energie. Curenții electrici care circulă prin om, generează câmpuri biomagnetice, care îl străbat și îl înconjoară. Câmpurile biomagnetice din corp interacționează cu alte câmpuri aflate în apropierea corpului unei persoane, inclusiv și câmpurile biomagnetice ale altor indivizi, spre exemplu, în timpul antrenamentului sportiv. Un câmp magnetic poate influența alt magnetic prin comunicarea bioelectromagnetică, producând schimbări vizibile. atât ale electromagnetic, cât și ale intensității, și frecvenței curenților electrici. Prin urmare, câmpul biomagnetic al unei persoane poate influența câmpul biomegnetic al alteia. Efectele se pot manifesta în procesul antrenamentului prin echilibrarea spiritului, funcționarea organismului, dar și a țesuturilor musculare. Această comunicare electromagnetică importantă în programarea antrenamentelor sportive competiționale, oferind un suport științific și un model de

pregătire a sportivilor de performanță, eliminând inhibițiile și complexele discipolilor pe toate planurile: fizic, emoțional, mental si spiritual.

Cuvinte-cheie: comunicare, bioelectromagnetism, strategie, sport de performanță, stare funcțională, sistem muscular.

Biodata

Teodor GRIMALSCHI, Doctor of Pedagogical Sciences, University Professor, Emeritus Worker in Physical Culture and Sports, Owner of Civic Merit Medal. Expert at the National Council for Accreditation and Attestation of the Republic of Moldova, specialty 533.01 - 533.04, field: pedagogy and psychology. National Expert on the Development of Educational Standards Methodology.

Didactic and research activity - State University of Physical Education and Sport of the Republic of Moldova, Gymnastics Department.

The experience of approaching didactic strategies in scientific projects published in more than 240 papers on:

- Improving the teacher training system;
- The curricular system of physical education in the primary, gymnasium and lyceum cycle;
- Standards of competence for general and university secondary education;
- Benchmarking of Efficiency Standards.

Field of interest in research: Problems of bio-psycho electromagnetic information content values in physical education and sports.

Disability and the Risk of Exclusion

Svetlana HARAZ¹

Abstract

ENGLISH | The disability is the term-umbrella for impairments, activity limitations and participation restrictions which refer to the negative aspects of the interaction between an individual (with certain condition of health) and contextual factors of that individual (personal and environmental factors). The disability refers to the difficulties faced in any area of functioning. The ICF classification could be used to understand and measure the positive aspects of functioning as the body functions, activities, social participation and environment facilitation. ICF classification adjusts a neutral language and doesn't make difference between the type and cause of the disability – as for example, between the "physical" and "mental" health. According to the experts the impairment consists in losing the abnormality with a definitive or temporary character of physiological, anatomic, psychological structure designing a stable, pathological, functional state for a long period of time, inevitable under the therapeutic action and which affects the person's capacity to have a life considered normal. The disability could be conceptualized over a continuum, from minor difficulties of functioning to major impacts on the person's life. The appraisals vary according to the localization of limits of the disability continuum, as well as according to the way the environmental factors are taken into consideration. The extension of these data further according to

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sex, age, income or occupation is important in discovering patterns, tendencies and other information on the "subgroups" of persons which confronts with disabilities.

Keywords: disability, the impairment, contextual factors, positive aspects, exclusion, inclusion, attitude.

Abstract

ROMANIAN | Dizabilitatea este un termen-umbrela pentru deficiente, limitari in activitati si restrictii in participare referitoare la aspectele negative ale interactiunii intre individ (cu o anumita stare de sanatate) si factorii contextuali ai acestui individ (factori personali si de mediu). Dizabilitatea se refera la dificultatile intimpinate in aria functionarii. Clasificarea ICF poate fi utilizata pentru a intelege si masura aspectele pozitive a functionarii cum ar fi functiile corpului, activitati, participarea sociala si facilitarea de mediu. Clasificarea ICF utilizeaza un limbaj neutru si nu face diferente intre tipul si cauza dizabilitatii - ca de exemplu intre sanatate "mintala" si "fizica". Dizabilitatea este un termen-umbrela pentru deficiente, limitari in activitati si restrictii in participare referitoare la aspectele negative ale interactiunii intre individ (cu o anumita stare de sanatate) si factorii contextuali ai acestui individ (factori personali si de mediu). Dizabilitatea se refera la dificultatile intimpinate in aria functionarii. Clasificarea ICF poate fi utilizata pentru a intelege si masura aspectele pozitive a functionarii cum ar fi functiile corpului, activitati, participarea sociala si facilitarea de mediu. Clasificarea ICF utilizeaza un limbaj neutru si nu face diferente intre tipul si cauza dizabilitatii - ca de exemplu intre sanatate "mintala" si "fizica". Dizabilitatea poate fi conceptualizata printr-un spectru larg, de la dificultati de functionare minore pana la impacte majore asupra vietii persoanei. Tarile sunt orientate mai mult in abordarea continua a masurarii, fapt ce duce la estimarea

prevalentei dizabilitatii si functionarii ce deriva din evaluarea nivelului de dizabilitatea din mai multe domenii.

Stimarea variaza in functie de localizarea limitelor de dizabilitate, precum si in functie de modul in care factorii de mediu sunt luat in considerare. Extinderea acestor date in functie de sex, varsta, venit sau ocupatie are un rol foarte important in descoperirea / constatarea / gasirea unor modele, tendinte sau a altor informatii despre "subgrupurile" de persoane ce se confrunta cu dizabilitati.

Cuvinte-cheie: dizabilitate, deficiente, excluziune, incluziune, atitudine.

Biodata:



Svetlana HARAZ | University lecturer and researcher in Social Psychology and Social Work, working on the research regarding "The prevention of social exclusion of parents caring for children with special needs". Scientific activities and interests based on researching and expanding topics

as: "Child's disability as a factor that places the family at risk of socal exclusion", "Inclusive education", "Social unadaptation and social inclusion", "Diagnosing and solving social problems". Expert in child protection; National Expert in accreditation of social services; Author and co-author of publications (5 book chapters, 3 guides, 6 booklets and 30 referred articles in national and international journals.) and training curricula.

Study on the Correction of Specific Technique by **Exercising Swimming as Recreational Activity**

Anna Maria ION¹, Valeria BĂLAN²

Abstract

ENGLISH | In a society dominated by daily worries, stress and technology, the modern individual is trying to find solutions against the negative effects of the surrounding environment. Getting out of the comfort zone has become a constant pursuit, while the recreational dynamic activities involving are more and more sought. A special place within these activities is held by the aquatic ones which can be exercised by anyone, regardless if one knows how to swim or not. The most popular sports discipline, intended for those who know how to move through water with the help of their arms and legs, is the swimming, whose technique must be correctly exercised, with low energy input. This study is seeking to prove that young adults (two women of 28 and 30 years old) taking swimming lessons in their spare time are able to correct their swimming technique applied in their favorite routines, as well as strengthen and improve there routines. To this end, the subjects have taken two swimming lessons per week, for four months, during which time they have learned thoroughly two swimming routines - backstroke and breaststroke. Following this study, we have seen that the subjects tested have improved the floating technique and the swimming technique related to

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the above mentioned routines. Correcting the execution errors and strengthening the technique have required great efforts from the subjects, backed by an adequate drive and high trust in the coach.

Keywords: Swimming; technique; correction; adults; recreational activity.

Abstract

ROMANIAN | Într-o societate dominată de grijile cotidiene, de stres și de tehnologie, individul modern încearcă să găsească soluții care să combată efectele negative pe care mediul ambiant le are asupra sa. Ieșirea din zona de conform a devenit o preocupare constantă, iar activitățile motrice de timp liber din ce în ce mai căutate. În cadrul acestora un loc aparte îl ocupa activitățile acvatice care pot fi practicate de orice individ, indiferent dacă știe sau nu să înoate. Cea mai populară disciplină sportivă adresate celor care știu să se deplaseze prin apă cu ajutorul brațelor și al picioarelor este înotul a cărui tehnică trebuie exersată corect, cu un consum energetic redus. Studiul și-a propus să demonstreze că practicarea lecțiilor de înot în timpul liber de adulți tineri (două femei de 28, respectiv 30 ani) permite corectarea tehnicii de înot în procedeele preferate, precum și consolidarea și perfecționarea acestora. Pentru aceasta subiecții au participat la două lecții de înot pe săptămână, timp de patru luni perioadă în care au aprofundat două procedee de înot – spate și bras. În urma studiului realizat am observat că subiecții evaluați și-au corectat tehnica de plutire pe apă și tehnica de înot în procedeele menționate anterior. Corectarea greșelilor de execuție și consolidarea tehnicii au solicitat eforturi mari din partea subiecților, eforturi dublate de-o motivație corespunzătoare și o mare încredere în antrenorul pe care l-au avut.

Biodata



Anna Maria ION is currently working as a PhD Lecturer at the Medical Rehabilitation Department of the "Carol Davila" Medicine and Pharmacy University in Bucharest. She has a BA in Physical Education and Sports, a Master Degree in High Performance Training and PhD in Physical Education and

Sports from the National University of Physical Education and Sports in Bucharest. She also has a Post University Diploma in Physical Preparation from the National University of Physical Education and Sports in Bucharest. Her main research interests swimming at junior and adult level, training and competition in swimming, tennis, athletics and physical preparation for tennis.



Valeria BĂLAN currently works as a lecturer at the National University of Physical Education and Sport from Bucharest (Romania). She has a BA in Physical Education and Sport from the National Academy of Education and Sport from Bucharest, an MA in High Performance Training and a

PhD in Physical Education and Sport from at the same institution. Her main research interest is swimming - training and competition, swimming as leisure time activity for people of all ages, swimming for disabled persons.

Ethics and the Integrity of Sport: Challenges for the XXIst Century. Case Study: Volleyball in EU

Claudiu Valentin IOV1

Abstract

ENGLISH | A number of questions have arisen around integrity, ethics and sports in Europe over the past decade, predominantly as a result of increased media and public attention to sports players, leagues, organisations and stakeholders in both on-field play and off-field player behaviour contexts. These issues raise questions around integrity, much of the cause involves the relationship between different perceptions of sport and different understandings of sporting behaviour. The development of sport integrity in team sports has, likewise, been in conflict with the focus on public perception and social characteristics of players. In this context, this research focuses on how integrity is perceived between amateur and elite volleyball in Europe. Are integrity and ethical concerns different across age levels and systems?

Keywords: volleyball, integrity, ethics, Europe.

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Consolidation of the School-Family Partnership in Education of Health Through Physical Activity at the Early School Age Pupils

Victoria LESCO¹

Abstract

ENGLISH | Strengthening of the school-family partnership represent an important actual problem, highlighted by various educational policy documents, at national and international level, and research on education. The present work is conceived as a necessity to improve healthy lifestyles through physical activity, that offer activities that provide useful information to teachers and parents about the education of the early age pupils. There is also is also presented information that can be used by teachers for the education of the early age pupils, in the sense of healthy lifestyle through physical activity, pointing that school is one of the most important factors in encouraging the healthy attitudes and habits of the early age pupils, the school playing an important role in promoting active healthy lives among students. This work gives to everyone the opportunity to deepen the field of health education through physical activity of the early age pupils, to analyze general perception on this subject, to think a practical and attractive methods and tools to build a family-school partnership, to give to the students, parents and teachers information, essential suggestions for adopting a healthy lifestyle through physical activity. Health is of course our most voluble assets, it is our obligation to contribute to a better future for our children. This can be realized if we will realize

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the importance of education and will give to our health the right attention, being ourselves a positive example.

Keywords: partnership, family-school, physical activity, early age pupils, education of health;

Abstract

ROMANIAN | Consolidarea parteneriatului școală – familie reprezintă o problemă actuală importantă, reliefată de diferite documente de politică educațională la nivel național și internațional și de cercetările în domeniul educației. Lucrarea de față este concepută ca o necesitate pentru a îmbunătăți stilul de viață sănătos prin activități fizice care au derulat activități care să ofere informații utile profesorilor și părinților în ceea ce privește educarea elevilor de vârstă școlară mică. La fel sânt prezentate informații ce pot fi utilizate de către profesori pentru educarea elevilor de vârstă școlară mică în sensul unui stil de viată sănătos prin activități fizice, subliniind faptul că școala este unul dintre cei mai importanți factori în încurajarea atitudinilor si obiceiurilor sănătoase ale elevilor de vârstă scolară mică, scoala jucând un rol important în promovarea în rândul elevilor a unei vieți sănătoase și active. Această lucrare ne oferă tuturor posibilitatea de a aprofunda domeniul educației pentru sănătate prin activități fizice a elevilor de vârstă scolară mică, de a analiza percepțiile generale cu privire la acest subiect, de a gândi metode și instrumente practice și atractive pentru consolidarea unui parteneriat scoală – familie, a oferi elevilor, părinților și profesorilor informații, sugestii esențiale pentru adoptarea unui stil de viață sănătos prin activități fizice. Sănătatea este fără doar și poate, bunul nostru cel mai de pret, stă în puterea noastră să contribuim la un viitor mai bun al copiilor noștri. Acest lucru poate fi realizat dacă noi înșine conștientizăm importanța educației și îi acordăm sănătății locul cuvenit, fiind noi înșine un exemplu pozitiv.

Biodata:



Victoria LESCO, PhD student, lecturer at the Psychopedagogycal and Socioumanistic Sciences Chair at the State University of Physical Education and Sport. I attended Training Courses, Specialty Psychopedagogical Module of the State University of Moldova. I have participated in a big number of national and international

congress, conferences, workshops and seminars, either in republic of Moldova and abroad, I have published a number of articles in different magazines with international categories. I participate in project "Learning-centered education" implemented with the support of UNICEF Moldova.Lexico-Semantic

Organization of the Scientific Sports Text

Aliona LUCA¹

Abstract

ENGLISH | In the last decades, the interest in the process of training and functioning of specialized languages has increased substantially, mainly due to the current needs of applied linguistics. The scientific text is the result of a creative thinking process and a specific means of communication. Its understanding depends both on the transmitter's ability to expose the results of his own research, and on the ability of the receiver to decode this information. Analyzed from the perspective of the concepts of pragmatics, the texts have degrees of terminology specialization, different terminological density being the main factor determining the differentiation of the scientific texts with specialization from the didactic ones or the vulgarization. Visions about the lexico-semantic layers of scientific texts, as well as those related to the classification of terms, are numerous, with a varied and unequivocal character. The paper is an analysis of the lexico-semantic structure of scientific texts, grouped, conventionally, in three main layers: lexical units of common language; non-terminological standard lexical units, specific for the language; as well as terminological ones. Their taxonomy is very broad and is based on various criteria: philosophical, linguistic, logical, gnoseological, sociological, historical, etc. It were also revealed the semantic functions of the standard lexical units, which make up the main focus of the

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scientific discourse. Concerning the lexicon of strict specialty, there was an acute lack of some linguistic works, in which the lexico-semantic organization of the scientific scientific text would be approached. That is why in the paper there were also some directions for further research, which would involve both linguists and specialists in physical education and sports.

Keywords: specialized languages, scientific text, semantic-functional analysis, standard lexical units, sports terms.

Abstract

ROMANIAN | În ultimele decenii, interesul față de procesul de formare și funcționare a limbajelor specializate a crescut substanțial, fapt determinat mai ales de necesitățile actuale ale lingvisticii aplicate. Textul științific este rezultatul unui proces de gândire creatoare și un mijloc specific de comunicare. Înțelegerea lui depinde atât de capacitatea emițătorului de a expune rezultatele propriilor cercetări, cât și de capacitatea receptorului de a decodifica aceste informații. Analizate prin prisma conceptelor pragmaticii, textele cunosc grade diferite de specializare terminologică, densitatea terminologică factorul principal care determină diferențierea textelor științifice cu specializare maximă de cele didactice sau de vulgarizare. Viziunile cu privire la straturile lexico-semantice ale textelor stiintifice, ca si cele referitoare la clasificarea termenilor, sunt numeroase, având un caracter variat și neunivoc. Lucrarea reprezintă o analiză a structurii lexicosemantice a textelor științifice, grupate, convențional, în trei straturi principale: unități lexicale din limbajul comun; unități lexicale standard neterminologice, specifice limbii literare; precum și cele terminologice. Taxonomia acestora este foarte amplă și se bazează pe diferite criterii: filosofic, lingvistic, logic, gnoseologic, sociologic, istoric etc. Au fost relevate, de asemenea, funcțiile semantice ale unităților lexicale standard,

care alcătuiesc fondul principal al discursului științific. În ceea ce privește lexicul de strictă specialitate, s-a constatat o lipsă acută a unor lucrări de lingvistică, în care ar fi abordată organizarea lexico-semantică a textului stiintific sportiv. De aceea, în lucrare au fost trasate și unele direcții pentru cercetări ulterioare, care ar implica, deopotrivă, lingvisti si specialisti în educatie fizică și sport.

Biodata

Aliona LUCA, university lecturer at the Department of Modern Languages of the State University of Physical Education and Sport, Master in Humanities, PhD student at the Academy of Sciences of Moldova, member of the committees for the organization of international conferences and congresses held in SUPES; Editor of the journal "Science of Physical Culture", deputy editor-in-chief of the journal "Theory and the Art of Physical Education in School".

Fields of scientific interest: Lexicology and lexicography; Terminology and specialized languages; The linguistic aspect of scientific texts in the sphere of sport and related fields; Developing the professional communication skills of students; Methodology of teaching Romanian language and specialized language in higher education institutions with non-philological profile.

Psychology of Sport: The Need for Modernization and The Ways of Its Implementation

Veaceslav MANOLACHI¹, Nicolai VIZITEI²

Abstract

ENGLISH | It is stated that there is a general crisis condition of contemporary culture due to globalization and the resulting weakening of the ideological competence of the person. The peculiarities of this situation in sport are analyzed. It is stressed the importance of the psychological component in adequate understanding by a person of the current state of things. It is noted the necessity of modernization of this component in the case of sports psychology, which involves the convergence of sport psychology with philosophy primarily with the philosophical anthropology and ethics. It is justified the possibility of "new psychology" of profound understanding of such fundamental issues in the theory of sports such as the essence of sports activities, nature of competitive relations, the impact of sports on personality, physical action of the athlete, psychological preparation of a person in sport.

Keywords: modernization of sports psychology, the essence of sports activities, psychology of competitive relations, sports and personality, motor action of the athlete, psychological preparation in sport;

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Abstract

ROMANIAN | În contextul globalizării și al diminuării competenței privind concepția despre lume a omului, condiționată de acest proces, se constată o stare generală de criză a culturii contemporane. În lucrare sunt analizate particularitătile acestei situații în sport. Este subliniată importanța componentei psihologice pentru conștientizarea adecvată a stării actuale de lucruri. Este relevată necesitatea modernizării acestei componente în cazul psihologiei sportive, fapt ce presupune apropierea psihologiei sportului de filosofie si, în primul rând, de antropologia filosofică si de etică. Este argumentată posibilitatea unei "noi psihologii" a înțelegerii aprofundate a unor probleme fundamentale din teoria sportului, precum: esența activității sportive, natura relațiilor competiționale, influența sportului asupra personalității, actiunea motrice a sportivului, pregătirea psihologică a omului în sport.

Keywords: modernizarea psihologiei sportive, esența activității sportive, psihologia relațiilor competiționale, sport și personalitate, acțiunea motrice a sportivului, pregătire psihologică în sport.

Biodata

Professor PhD Hab. Veaceslav MANOLACHI

Rector of the State University of Physical Education and Sport of Chisinau (Republic of Moldova). I am also Merited Coach, holder of the Order of the Republic, holder of the honorary title The Name in Science, Honorary Professor of the Academic Union, Oxford. I have published over 100 scientific papers, courses, textbooks and monographs. I have coordinated over 20 PhD students as Doctoral Supervisor in the field of physical culture. In the last five year we obtained two patents and registration certificates with copyright objects.

The publication are mainly focused on physical education and sports management, sports psychology and philosophy. I have participated in national and international projects, including as project manager.

VIZITEI, PhD hab. Nicolai professor at the Psychopedagogical and Sociohumanistic Sciences Chair.

Areas of interest include: Philosophical Anthropology, Sociology of Physical Culture and Sports, Problems of philosophy of Olympism, The spiritual crisis of modern society and ways to overcome it.

The author of more than 200 publications, including 10 monographs and manuals.

Architectural Design as/for Quality of Life -An Introductive Exhibition

Marina MIHAILA¹, Cristian BANICA²

Abstract

ENGLISH | Distinctive three categories as architectural design could be investigated for reaching quality of life parameters/ or concepts: from the statement design and to formulating specific project, in applicationconstructions and measures taken in consideration, and in post-production design. All these are to be set from the predesigned process in an attempt to reach qualitative, durable, friendly, cultural-contextual, ethical as contemporary recognition, aesthetic, social engaged/ public oriented engaged, notable but nonaggressive presence, creative equal design & access for all, multifunctional and in time open for activity update, continuous in the coherence and improvement of space-time setup developments. Besides being a work of art, or a masterpiece, architecture is to be a fruitful succession of essences of concepts and means for reaching best design features and parameters. Experiments of architectural life setups imprinted strong long-debated habits and changes in behaviorology studies. Some, because of their imprinted quality of life have become new models of interpreting values of architectural design. Weak examples are interpreting parameters as scales, non-adaptivity, misinterpretations on local

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culture, of limitative sensitive oppression inputs on individuals and society, degrading the quality of life through forced measures of addressing mixed messages, sentiments of oppression, deprivation or sadness. Respecting the formulated list of needs a whole pattern of matriceal decision have to be made for ensuring both low- and high-tech for woven the architectural purpose, means and signification. From the small design features as introduction a ray of light in an inner space to the sunlight and shadowing in an outdoor space, to the global issues of empowering, public space sharing and cultural activations, architecture supports and is the basis of a science of enunciate a material and immaterial landscape for quality of life

Keywords: Architectural design; quality of life; architecture innovation; cultural space; architecture; culture.

Abstract

ROMANIAN | Trei categorii distincte de design arhitectural pot fi investigate pentru atingerea parametrilor/ conceptelor de calitate a vieții: de la declarația de design si mai departe formularea proiectului specific, în aplicație-construcții și în măsurile (de design) luate în considerare, și în designul post-producție. Toate acestea urmează să fie stabilite din procesul de predesign în tentativa de a atinge parametrii calitativi, durabili, prietenosi, cultural-contextuali, etici ca contemporană, estetici, recunoastere social angajati/ angajament orientat către public, prezența notabilă dar nonagresivă, design creativ echitabil și acces universal, multifunctionalitate si deschidere în timp pentru înnoire, continuitate în coerența și îmbunatățirea spațiu-timp a setărilor de dezvoltare. Dincolo de statustul de operă de artă, sau capodoperă, arhitectura trebuie să fie o succesiune fructuoasă de esențe: concepte și mijloace, pentru atingerea celor mai bune

caracteristici de design și parametri. Experimentele de configurări de viață arhitecturală au imprimat puternice și îndelung discutate obiceiuri si schimbări în comportamentale. Unele, din cauza fixării calității lor de viată, au devenit noi modele de interpretare a valorilor de design arhitectural. Exemplele (cu puncte) slabe redau parametrii de scară, non-adaptabilitate, interpretări greșite asupra culturii locale, sau inputuri de presiune senzorială limitativă asupra individului si societății, degradarea calității vieții prin măsuri forțate de adresare de mesaje mixte, sentimente de opresie, deprivare sau tristete. Respectând lista formulată de nevoi, o întreagă paletă de decizii matriceale trebuie luate pentru asigurarea low- și high-tech (tehnologiei) pentru pregătirea scopului arhitectural, a mijloacelor si semnificatiei. De la micile atributii de design ca introducerea unei raze de lumină într-un spațiu interior, la lumina (naturală) și umbrirea unui spațiu la chestiunile globale de responsabilizare/ împuternicire, punerea în comun a spațiului public și activărilor culturale, arhitectura sustine si este baza unei stiinte a enuntării unui peisaj material și imaterial pentru calitatea vieții.

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Anxiety among School Adolescents: Descriptive Statistics

Asleh MIRIB¹

Abstract

ENGLISH | In the article there are presented results of testing the level of anxiety among adolescent in the examination period: comparing levels of anxiety among boys and girls before intervention, comparing levels of anxiety among boys and girls after intervention, paired samples statistics, comparing pre and post intervention levels of anxiety of girls, comparing pre and post intervention levels of anxiety of boys, comparing level of anxieties according to grade level, differences in anxiety level according to grade level variable, comparing pre and post 9th grade level of anxiety, comparing pre and post 10th grade level of anxiety, Comparing pre and post 11th grade level of anxiety. After the test period there are some qualitative findings, as are causes of test anxiety according to students, teachers and parents: parents - study habits, learning environment, teaching methods, lack of supporting resources; students – test quality, learning materials, expectations, teachers expectations, parent's social expectations, teachers – test preparation, test setting, expectations, learning materials, support system.

Keywords: Anxiety; adolescents; school; test; intervention.

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Abstract

ROMANIAN | In articol sunt prezentate datele obținute în urma intervenției constatative a nivelului de anxietate a elevilor în școală în perioada de examinare. Au fost studiate și comparate: nivelul anxietății la băieți și fete înainte de programul de intervenție, nivelul anxietății la băieți și fete după efectuarea intervenției, nivelurile pre- și post intervenție ale anxietății la elevi; nivelurile pre- și post intervenție ale anxietății la băieți; nivelurile pre- și post intervenție ale anxietății la fete; diferențele nivelurilor de anxietate în dependență de nivelul variabilelor, nivelurile pre- și post intervenție ale anxietății la elevii claselor a 9-a; nivelurile pre- și post intervenție ale anxietății la elevii claselor a 10-a; nivelurile pre- și post intervenție ale anxietății la elevii claselor a 11-a.

Cuvintele-cheie: Anxietate; adolescenți; școală; test; intervenție.

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The Mechanims of Sincopa after Forehead Blunt Trauma in Contact Sports

Raluca MINEA¹, Ileana ANTOHE², Luana ALEXANDRESCU³, Natalia VELENCIUC⁴, Ana-Maria FĂTU⁵, Bogdan VÂSCU⁶*

Abstract

ENGLISH | **Scope.** Our paper proposes to establish the hierarchy of the physiopathological cascade affecting the brain in implosive manner due to strong blows on forehead during contact sports. So, we imagined an original model of head functional organization that actively integrate the bone structures and soft epicranial and endocranial parts, the last ones consisting of leptomeningeal, cerebrospinal fluid and brain tissues in order to develop adequate mesures of primary aid. Materials and Methods. We have studied vast osteological and imagistical material, in conjunction with anatomical data on the brain in situ, on fixed preparations or in

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vivo CT and MRI sections for a dynamic assessment of the studied structures. Results and Discussion. The primary results refer to the resistance structures of the forehead where we have demonstrated an original model of force lines transmitting the shock of the blow from bony forehead to the brain. The data obtained on dry skulls were confirmed on CT and MRI sections through the cephalic extremity in patients without neurological disorders. The results will be presented and discussed in the caudocranial order of impact energy propagation through affected structures, id est from face to the brain. Conclusions. In the contact sports, the strong forehead blows could produce loss of consciousness, technically called knock out, that medically belongs to the large category of sincopa. Our study demonstrated that the shock on forehead activates numerous collateral mechanisms that must be considered when the first aid is applied. So, our cascade model consist of an initial shock/contrasock brain disturbance, called conccusion followed by cerebrospinal liquid movement through the ventricular system towards vital centers area postrema and vagal dorsal nucleus, inducing cardiovascular depression. Concomitently, the lateral torsion of the head straches vertebral artery and induces brain stem ischemia and also straches the carotid sheath with depresor vagal effects.

Keywords: sincopa, blow, trauma, contact sports.

Abstract

ROMANIAN | Scop | Lucrarea noastră își propune să stabilească ierarhia fenomenelor fiziopatologice care afectează sistemul nervos central în urma unei lovituri puternice la față, așa cum se întâmplă în sporturile de contact. Astfel, am imaginat un model original de organizare funcțională a capului care integrează activ elementele osoase cu părțile moi, epi și endocraniene, leptomeningiene, lichidiene și tisulare cerebrale

care să permită dezvoltarea unui protocol adecvat de măsuri de prim-ajutor. Materiale și metode | Am studiat un vast material osteologic și imagistic, pe care l-am conjugat cu datele anatomice ale creierului in situ sau pe examene CT si MRI executate la pacienți voluntari fără antecedente neurologice. Aceasta ne-a permis o evaluare dinamică a implicării craniocerebrale în producerea sincopelor structurilor traumatice. Rezultate și discuții | Rezultatele primare s-au axat pe structurile de rezistență craniofaciale, unde am identificat un sistem nou de aranjare a liniilor de forță prin care socul loviturilor se transmite de la oasele feței către creier. Aceste date au fost reproduse si confirmate pe sectiuni CT si MRI la pacienți voluntari, fără antecedente neurologice. Rezultatele sunt prezentate și discutate în ordinea propagării caudocraniale a energiei de impact de la față spre creier. Concluzii | În practica sporturilor de contact, loviturile puternice în fată produc adesea pierderea de cunoștință, numită tehnic knock out și medical, sincopa. Studiul nostru a demonstrat că șocul loviturii în față activează, în afara mecanismelor directe, si mecanisme colaterale, care trebuie luate în considerație în programarea primului ajutor. Astfel, noi am elaborat un model în cascadă care debutează printr-un shock/contrasock cerebral, numit concuzie, urmată deplasarea lichidului cerebrospinal prin sistemul bentricular până în zona ariei postrema și a nucleului dorsal al vagului, având ca rezultat deprimarea cardiorespiratorie. Concomitent, torsiunea laterală a capului pensează artera vertebrală producând ischemia truchiului cerebral și întinde teaca carotidiană, declanșând reflexul depresor vagal.

Cuvinte cheie: sincopa, lovitură, traumă, sporturi de contact.

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Illness Perception and Ability for Physical Activity Among **Patients with Chronic Diseases**

Kremena MINEVA¹, Miroslava PETKOVA²

Abstract

ENGLISH | Illness perception refers to patient'evaluation for his/her life with disease. According to the self-regulatory model (Leventhal, Brissette & Leventhal, 2003) the illness perception is subjective and is created by cognitive and emotional components. The unique combination between different parts of illness perception for every patient can predict the patient's health behaviour including motivation and performing physical activity. The purpose of this study is to examine the main predictors of illness perception and to evaluate the significance of ability for physical activity for construction of illness perceptions. Methodology: 237 patients with rheumatic arthritis, ankylosing spondylitis, hypertension and diabetes mellitus type 2 have been examined. Optimism and Negative expectancies Inventory (Velitchkov et al., 1993), Multidimensional Health Locus of control Scales (form C) (Wallston et al., 1994), Self Efficacy Chronic Disease et al., 1996), Brief Illness perception Scales (Lorig, Questionnaire (Broadbent, et al., 2006). Own contribution and results: The results of investigation supports the idea that the patients perception of illness controllability depends of health locus of control beliefs and self-efficacy for managing chronic illness. The most important are beliefs that illness depends on patients themselves and their confidence that they

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have ability at ones disposal to cope with everyday functioning and communicate with doctors. Conclusions: Self-efficacy for symptom management, Self-efficacy for physical activity and negative expectations are significant and stronger predictors of illness perception among patients with chronic diseases and pain.

Keywords: Illness perception; self-regulatory model; physical activity; patient's beliefs; Self-efficacy.

Biodata

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Organizational and Methodological Bases of the Long Term Training of Table Tennis Players

Elena MOCROUSOV1

Abstract

ENGLISH | During a long period of time, in sports theory, it is argued that the success of any sport test with complex coordination depends first of all on technical and tactical training, with a gradual increase (depending on the age criterion) of the functional tasks' complexity. In this respect, within tennis test, there is still a considerable potential to: improve the quality of technical and tactical training, including on a large scale, improve the pedagogical control system and turn it into a long-term reference point for all stages of the training; organize a system of incentives for increasing and keeping the group involved in this test in order to increase the dynamics of cognitive-motor activities. This potential should be capitalized. For table tennis, the quality improvement of technical and tactical training as well as the increase of the number of participants can be ensured by: improving the content, consistency and methodology of technical and tactical training; improving the pedagogical control system and turning it into a long-term reference point for all phases of training; organizing a system of incentives to increase and maintain the number of participants. The purpose of the activity is to increase the participations and achievement of the sporting results within the "table tennis" test due to the creation of a logical technical and tactical training system in the long run. This article highlights the aspects related to the formation of long-term technical and tactical training, maintenance of the

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same numerical group of participants for the "table tennis" test. Methods of research: analysis and generalization of literature data, interviewing, pedagogical experiments. The article presents the content of the long-term training tasks for table tennis players, taking into account the stages of training and advancement to additional levels during the initial technical training phase. The results of the competitive activity of the participants within the experiment demonstrated the effectiveness of this method. In the case of long-term training, it is impossible to overlook the issue of sport-cognitive motivation and to maintain the numerical group of pupils from sports schools. The research process has made possible to conclude that, in order to motivate sporting activities under the conditions of early specialization, it is necessary to diversify the sport tests, starting with the introduction of table tennis for the "children" category.

Keywords: long-term training, table tennis, technical-tactical training, stages of training, sports category.

Abstract

ROMANIAN | În teoria sportivă, de o perioadă lungă de timo este sustinută ideea că reușita probelor sportive de o coordonare complexă depinde în primul rînd de pregătirea tehnică si tactică, cu o crestere treptată, în dependentă de criteriul de vîrstă, a complexității sarcinilor funcționale. În acest aspect, la proba de tenis de masă există, încă, un considerabil potențial nevalorificat în îmbunătățirea calității instruirii tehnice și tactice inclusiv la scară largă; îmbunătățirea sistemului de control pedagogic si transformarea acestuia într-un punct de referință pe termen lung la toate etapele pregătirii; organizarea unui sistem de stimulente pentru sporirea numărului și păstrarea grupului antrenat în cadrul acestei probe cu scopul creșterii dinamicității activitățiilor cognitiv-motorice. Acest

potențial merită fi valorificat. Pentru tenisul de masă, potențialul de îmbunătățire a calității pregătirii tehnice și tactice, cît și sporirea numărului de participanți pot fi asigurate prin: îmbunătățirea conținutului, coerenței și metodologiei instruirii tehnice și tactice; îmbunătățirea sistemului de control pedagogic și transformarea acestuia într-un punct de referință pe termen lung pentru toate etapele pregătirii; organizarea unui sistem de stimulente pentru sporirea si păstrarea numărului de participanți. Scopul activității este de a spori participarea și obținerea rezultatelor sportive în cadrul probei "tenisul de masă" datorită creării unui sistem logic de pregătire tehnică și tactică pe termen lung. Prezentatul articol evidențiază aspecte relaționate formării unei pregătiri tehnice și tactice pe termen lung, menținând același grup numeric al participanților la proba "tenis de masă". Metode de cercetare: analiza și generalizarea datelor din literatura de specialitate, intervievarea specialistilor, experimentele pedagogice. Articolul prezintă conținutul sarcinilor pregătirii de termen lung al jucătorilor de tenis de masă, ținând cont de etapele de pregătire și de avansare spre nivele suplimentare în faza inițială de pregătire tehnică. activității competitive Rezultatele a participantilor experiment au demonstrat eficacitatea metodei respective. În cazul antrenamentului de termen lung, este imposibil să nu se atingă problema motivației sportiv - cognitive și menținerea grupului numeric al elevilor scolilor sportive. Procesul de cercetare a permis concluzionarea faptului că, pentru a motiva activitățile sportive în condițiile de specializare timpurie, este necesară diversificarea probelor sportive, începând introducerea tenisului de masă pentru categoria "copii".

Biodata



Elena MOCROUSOV | PhD Pedagogycal Sciences, associate professor, Head of Theory Methodology of Sport Games Chair, Emeritus Master of the Republic of Moldova at table tennis. Her research interests include the Theory of Sport Games, especially Table Tennis, Badminton and Tennis.

She participated in the national and international scientific conferences. Published 20 scientific articles. During the professional career take part in organization of Championships in the different countries (Romania, Russia, Greece, Turkey, Qatar, Ukraine and Belarus). During 2012-2014 years she was the principal coach of Woman Table Tennis National Team in the Republic of Moldova. In the same time was as deputy director in the Sport Specialization School of Table Tennis from Dubasari city.

Starting from the year 2006 she was organized the International Table Tennis Festival for the awards of Honoured Master Mocrousov Elena, which one become traditionally.

Effects of Basketball Practice on Developing Distributive Attention

Ionela Cristina NAE¹

Abstract

Basketball is a collective sport which is known for its beauty and complexity, enjoying great popularity amongst students. Via the nature of its rules, basketball is both a way for physical training as well as a sports branch which contributes to coordination movement, forming a rapid adaption method to

everyday life and inclusion in society. Practicing basketball helps athletes develop their personalities by enhancing thought and decision making speed followed putting everything into action. In this game, distributive attention is the capacity of simultaneously figure out multiple information packages. It can be achieved when exercises are automated and all the info known. Attention distribution is a quality which can be transferred to everyday life bringing important benefits. Objectives. By the means of this study we aim to highlight that through basketball we can really contribute to developing distributive attention. Methods. Research was conducted on 12 female students, aged 20-23, all being members of the Bucharest Economic Studies Academy basketball representative team. The experimental batch was tested using the "Prague test" in two testing moments - T1 and T2 (October 2016 - May 2017). This research was done for 28 weeks (the length of a university study cycle) Results. The "Prague test" revealed significant results for the experimental batch on their final evaluation on 3 out of 4 testing moments and also in total correct answers. In minutes 4,8 and 16, as well

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as in the number of correct answers, with the help of t testing, p recorded values smaller than 0.05, which confirmed the research hypothesis. *Conclusions*. By analyzing all scientific data the researchers managed to confirm the study hypothesis, meaning distributive attention can be improved via basketball specific exercises.

Keywords: distributive attention, basketball, representative teams.

Biodata

My name is **Ionela Cristina NAE**, I graduated from UNEFS Bucharest, specializing in basketball in 2000, and in 2013 I got the title of Doctor in Physical Education and Sports. Currently I am a lecturer at the Department of Physical Education and Sports of the Academy of Economic Studies in Bucharest. My fields of interest and publication are related to the subjects: physical education, basketball, fitness, nutrition, psychology and sociology of sport.

The Importance of Promoting English Language for Future Specialists from Physical Education Domain

Natalia NASTAS¹

Abstract

ENGLISH | For many people, especially the young generation, communication in English is a must. It is functional, practical and affordable due to the fact that students have the opportunity to study it in university during English lessons. Foreign language is necessary to the future sports specialist not only as a means of selecting scientific information but also as a means of communication (in exchange of experience, in international sports competitions and for personal contacts, etc.) The better they can communicate in English, the more they have chances in career development. Teachers know that for a good speaking lesson there should be present some factors: learners and teachers must be motivated to learn/teach fluent English, an appropriate atmosphere at the lesson, the right activities and correction which increase student's fluency while speaking. Teaching fluency in speaking is a very important part of second language learning. The ability to communicate in a second language clearly and efficiently contributes to the success of the learner in university and success later in every phase of life. Thus, it is essential that English teachers pay great attention to teaching speaking. Rather than leading students to pure memorization, providing a rich environment where meaningful communication takes place is desired. With this aim, various speaking activities can contribute a great deal to students in

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developing basic interactive skills necessary for their education. These activities make students more active in the learning process and at the same time make their learning more meaningful and fun for them.

Keywords: English language, physical education, communication, skills, sports specialists.

Abstract

ROMANIAN | Pentru multi oameni, în special pentru generația tânără, comunicarea în limba engleză este o necesitate. Este funcțională, practică și accesibilă datorită faptului că studenții au posibilitatea de a o studia în universitate în timpul lecțiilor de limba engleză. Limba străină este necesar pentru viitorul specialist în sport, nu doar ca mijloc de selecție a informațiilor științifice, ci și ca mijloc de comunicare (în schimbul experienței, în competițiile sportive internaționale și pentru contactele personale etc.) Cu cât pot comunica mai bine în limba engleză, cu atât mai mult au şanse în dezvoltarea carierei. Profesorii stiu că pentru o lecție eficientă de comunicare ar trebui să existe unii factori: studenții și profesorii trebuie să fie motivați să învețe / preda fluent limba engleză, o atmosferă adecvată la lecție, activitățile corecte și corecțiile care sporesc fluența studenților în timp ce vorbesc. Predarea fluenței în vorbire este o parte foarte importantă a învătării limbilor străine. Abilitatea de a comunica într-o limbă străină contribuie în mod clar și eficient la succesul studentului în universitate și la succesul ulterior în fiecare fază a vieții. Astfel, este esențial ca profesorii de limbă engleză să acorde o atenție deosebită predării vorbirii. Bine înțeles decât să ghideze studenții la memorarea pură, oferind un mediu bogat în care are loc o comunicare semnificativă. Cu acest scop, diferite activități de vorbire pot contribui în mare măsură la studenți în dezvoltarea competențelor interactive de bază necesare pentru

educația lor. Aceste activități îi fac pe studenți mai activi în procesul de învățare și, în același timp, fac învățarea lor mai semnificativă și mai distractivă pentru ei.

Cuvinte-cheie: limba engleză, educație fizică, comunicare, abilități, specialiști în sport.

Biodata



Natalia NASTAS PhD student, university lecturer the Foreign at Languages Chair. My activity is focused on researching foreign languages texts, scientific papers for athletes specialized in Fitness. I have participated in the seminars scientific-practical and

conferences within the Universities and other institutions.

Education, Culture, Human Freedom, and Moral

Aslanbek NAZIEV¹

Abstract

ENGLISH | What is an education? Not so long ago in the Soviet Union and Russia was recognized the following answer to this question: "Education is the socially organized and regulated process of continuous transference of socially significant experience from previous to following generations. The main way to receive an education is to take a course of training in the system of educational institutions". But about twenty years ago, suddenly it became clear that such interpretation of education has significant defects. A similar answer to the proposed question was given by panelists on ResearchGate. Most of them were in agreement that "Education is the transmission of civilization". But when this writer asked if they believe that the transmission of civilization with the help of war can be considered as a kind of education, no one answered, and the debate was cut short. These remarks show that the obvious answers to the question are not as good as they seem. Meanwhile, in the early nineteenth century, it was suggested the much more acceptable definition of education. This was done by Hegel in his work "Philosophical Propaedeutics". In our report, we will recall this definition, demonstrate its advantages over the others, and explain its relationship with the other key parties of the human community, namely, with the culture, the human freedom, and the morality.

Keywords: Education, Culture, Human Freedom, Moral.

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Jan 2008 Award: Honorary Worker of Higher Professional

Education of the Russian Federation

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Teaching experience

Developed and implemented in the practice of teaching at university level about ten author's courses in mathematics and mathematics teaching;

Prepared ten PhD students who successfully defended their thesis on the methodology of mathematics teaching.

Depression and Anxiety Determines Quality of Life in Urinary Incontinent Women

Vjollca NDREU¹

Abstract

ENGLISH | Introduction and Aim: Urinary Incontinence (UI) is a disorder that affects women far more frequently than men. UI has a large impact on the quality of their lives as well causes psychological disorders such as anxiety and depression. The aim was to assess depression and anxiety in urinary incontinent women. **Methods:** In this prospective study, 70 incontinent women; two diagnostic groups: stress urinary incontinence (n=50) and idiopatic urge incontinence with or without stress incontinence (n=20), estimated the severity of urinary incontinence using a visual analogue scale and completed a validated quality of life instrument: urinary incontinence severity score. Psychiatrists evaluated depression and anxiety using a structured interview of Hamilton Depression and Hamilton Anxiety Scales. Results: Major depression occurred in 35.0% of women with idiopatic urge (+/- stress) incontinence and in 26.5% women with stress incontinence (odds ratio (OR 3.69), 95% confidence interval (95% CI 1.30-10.49)). 22 patients had severe incontinence defined as Urinary Incontinence Severity Score > or =14 points (upper quartile) and 23 patients defined as visual analogue scale > or =9 (upper quartile). Discussion: Major depression correlates with reduced incontinence specific quality of life. This data also suggests an association between depression and idiopatic urge incontinence.

Keywords: Depression, anxiety, urinary incontinence, woman.

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contribution to scientific research counts a number of articles published in international journals. She is also a member of editorial boards of many scientific journals of her field of expertise.

Psycho-Spiritual Education for Body and Soul Health of the Contemporary Family. Elements of Christian Asceticism.

Petronela Polixenia NISTOR¹

Abstract

ENGLISH | In the secularized contemporary society, marked by a profound moral-spiritual and material crisis, with profound implications on the Christian family and beyond, psychospiritual education is an important segment of prophylaxis or therapeutics, as the case may be. Today, more than ever, we witness various attempts to destroy the family, to relativize family functions, and to infect certain Christian ideologies or practices of the Christian family. The notion of health as well as family illness requires a multidisciplinary approach, and this involves the interconditioning of fundamental elements of biological / medical, psychological, social and spiritual-spiritual nature to give the family the holy vocation in which love is a determinant factor in the fulfillment of the human being. In this register, psycho-spiritual education sums up the physicalpsychological spiritualization, the harmonious development of being and the acquisition of a noble way of being in God and with God. The present study aims to bring to mind the spiritualorthodox psycho-educational perspective on the family, which, in our perspective, presupposes a return to family values and the authority developed by the consciousness of the Church during the ages, on the basis of Scriptural and patristic references, which form so many ways to heal the family in crisis.

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Keywords: family, secularization, health, spirituality, ascetism, pluridisciplinarity, spiritual psychoeducation.

Abstract

ROMANIAN | În societatea contemporană secularizată, marcată de o profundă criză moral-spirituală și materială, cu implicații profunde asupra familiei creștine și nu numai, educația psiho-spirituală reprezintă un segment important al profilaxiei sau terapeuticii după caz. Astăzi, mai mult ca oricând, asistăm la diverse încercări de destructurare a familiei, de relativizare a funcțiilor familiale, precum și la infestarea cu anumite ideologii sau practici distructive la adresa familiei creștine. Noțiunea de sănătate, precum și cea de boală a familiei, impune o abordare pluridisciplinară, iar aceasta presupune o intercondiționare a elementelor fundamentale cu specific biologic/medical, psihologic, social și spiritual-duhovnicesc pentru a reda familiei vocatia sfântă în care iubirea este un factor determinant în împlinirea ființei umane. În acest registru, educația psihospirituală însumează spiritualizarea ființială somato-psihică, dezvoltarea armonioasă a fiintei si dobândirea unui mod nobil de a ființa în Dumnezeu și cu Dumnezeu. Studiul de față dorește să aducă în atenție perspectiva psiho-educațională spiritualortodoxă asupra familiei, care, în perspectiva noastră, presupune reîntoarcerea la valorile familiale si la autoritatea dezvoltată de conștiința Bisericii de veacuri, pe baza reperelor scripturistice și patristice, care se constituie în tot atâtea căi de vindecare a familiei în criză.

Keywords: familie, secularizare, sănătate, spiritualitate, asceză, pluridisciplinaritate, psihoeducație spirituală.

Biodata:



Petronela Polixenia NISTOR (n. 1977, Neamt) este doctor în teologie, cadru didactic în cadrul Facultății de Teologie Ortodoxă, Universitatea "Alexandru Ioan Cuza" din Iasi si psihoterapeut sistemic de cuplu și familie în supervizare. Este licențiată în Teologie Ortodoxă

Didactică Asistență socială (2006) și absolventă a studiilor de masterat "Teologie biblică si sistematică" (2008), "Familia si managementul resurselor familiale" (2010) din cadrul Facultății de Filosofie și Științe Social Politice, Universitatea "Alexandru Ioan Cuza" din Iași. Din anul 2016 este doctorand în cadrul Facultății de Filosofie și Științe Social Politice, Universitatea "Alexandru Ioan Cuza" din Iași, domeniul Sociologie. A publicat până în prezent mai multe studii și articole din aria teologiei, psihoterapiei ortodoxe și asistenței sociale, dar și studii și articole cu caracter interdisciplinar. A participat la mai multe conferințe și simpozioane naționale și internaționale. Este autoarea cărții "Depresia între știință și credință", Editura Universității "Alexandru Ioan Cuza" Iași, 2015.

The Role of Kinetorherapy in the Recovery of Joint Knee Joint Mobility - Case Study of Gonarthrosis

Constantin PEHOIU¹, Cristian Florian SAVU²

Abstract

ENGLISH |The aim of the research is to highlight the role and importance of kinetic treatment in patients diagnosed with vertebral-peripheral arthritic disease (BAVP) or gonarthrosis (GN). Gonartosis is considered one of the most common conditions, and its appearance depends on the patient's life expectancy, all of whom are affected sooner or later, in a more mild or aggressive form, of the greatest arthritis of the human body. The arthrosic affection is the most commonly encountered rheumatic disorder, with the incidence increasing with age, the maximum being between 55 and 75 years. Approximately 10% of the population aged over 60 suffers from this disease, and within the general morbidity it occupies the fourth place, having, very often, an evolution that can not be validated. Elderly people are an important segment of the total population throughout the world. The osteo-articular apparatus of this age segment generates spontaneous or spontaneous pain, cramps, stiffness or ankylosis, due to senescence of cartilage and synovial, thus favoring prolonged immobilization. The identification of the strategy for the treatment of arthritic disease continues to be the subject of

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many research programs. Medication and kinesitherapeutic treatment are equal because motion prevents the appearance or stopping of other osteoarthritis, such as coxarthrosis, ankle osteoarthritis.

Keywords: movement, recovery, articulation, goal, equality.

Biodata:



Constantin PEHOIU Professor/ President of the University Senate, Valahia University of Targoviste.

Bachelor Degrees in Physical Education and in Law; PhD in the Science of Education; Master Degree in European Public

Administration.

Areas of interest - Kinesiology, Communication, Psychopedagogy, Psychomotor Skills, Didactics of Physical Education and Sport (PES), Creativity in PES, History of PES, Applied Management in PES, etc.);

Research activity - Director of the Center for the Study of Environment, Habitat and Leisure Activities - Faculty of Humanities.



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Acknowledgement

This papers has not received financial support from any program of scientific research or educational institutions. Thank you to those who make it possible to present and publish the material.

The Role of Physical Education in the Process of Adaptive Education in Middle School Age

Constantin PEHOIU¹, Cristian Florian SAVU²

Abstract

ENGLISH | The purpose of the study is to demonstrate that physical education influences the formation of the essential characteristics of behavior and attitude necessary for the educational adaptation, the exercise of physical exercise contributing to their stabilization - we are talking about perseverance, tenacity, responsiveness, courage, desire to affirm, facilitate communication, and a positive attitude towards one's own person or community. The school represents the socio-educational environment that offers the child, instead of the restricted group (usually the group in which he is playing), a community with varied and diversified interpersonal, mental, affective and willing ones, respectively of ethical and moral nature, which is transformed into an important asset of physical and psychical development. Adaptation to the socio-educational (school) environment, to its specific situations, tasks and relationships is dependent on a certain maturity of the integrated one of this kind of activity (the child), which gives it / instigates the possibility of moving away from what it could be defined the narrow affectivity specific to the family environment and the satisfaction of the immediate interests of game adventure in order to penetrate

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into a new universe of social connections and in which a new beginning of assuming responsibility and duties is made.

The activity of school physical education is transformed into an activity whose content is not only actionally but also of a pedagogical nature which aims at facilitating the physical, functional and psychological transformations / changes correlated with the ideal of the educational act and that of the full-vocal development of the child's personality.

Keywords: environment, approach, collectivity, pedagogy, physical education.

Acknowledgement

This papers has not received financial support from any program of scientific research or educational institutions. Thank you to those who make it possible to present and publish the material.

Study on the Importance of Physical Exercise in the Recovery and Social Integration of Pupils with Special Needs

Constantin PEHOIU¹, Cristian Florian SAVU²

Abstract

ENGLISH | The purpose of the study is to determine the influence of physical exercise programs on the recovery and social integration of children with special needs and on the other hand to assess the degree of improvement in the driving capacity of children in the same category, as a result of exercising. Children / pupils in the category of people with special needs must, because they have the right, benefit from an educational approach that ensures their development and recovery, on the one hand, and, on the other hand, social integration or reintegration under non-discriminatory conditions regarding capabilities, skills, abilities or personality. The data of science and social experience attest that the optimal integration in a determined social environment is not based solely on intellectual faculties and on the accumulation of moral, scientific, aesthetic values, etc., but necessarily on the development of physics embodied in an organism healthy, fortified, harmoniously structured, able to cope with social exigencies. Integration through physical development has multiple implications for the intellectual side, for the

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development of individuality as a spiritual being. Research in the field of psychology has shown that, in various situations, human consciousness is also related to the development of the body, to its concrete reality. Starting from the current level of civilization development and pointing out the negative consequences for the physical development of the human being, which undoubtedly widen and appear to deepen, the role of physical exercise in the integration process increases considerably, the experience highlighting its positive effects in this process.

Keywords: endeavor, exercise, recovery, integration, equality.

Acknowledgement

This papers has not received financial support from any program of scientific research or educational institutions. Thank you to those who make it possible to present and publish the material.

Gender Differences in Perception of Pain and Body Awareness in Athletes and Normally Active Subjects

Miroslava PETKOVA¹, Valeri NIKOLOV²

Abstract

ENGLISH | According to numbers of present studies pain perception is modifiable by physical activity. This result is important for establishing and using of non-invasive methods with few side effects for patients with chronic pain conditions. The PURPOSE of this study is to examine the gender differences in relationship between physical activity, body and pain perception. METHODOLOGY: Psychological Questionnaires: Body Awareness Questionnaire that asks subjects to rate, on a 4 point scale, the degree to which they were currently experiencing symptoms of sympathetic arousal, State Trait Anger Scale, and State Trait Anxiety Scale. Objective methods (cold pressure test) are used only to determine the pain sensation and pain tolerance thresholds. The VAS represents pain as a continuum and is sensitive to change. OWN CONTRIBUTION AND **RESULTS:** The results of investigation supports the idea for significant interaction between body awareness, perception of pain and physical activity. This relationship depends significantly on gender. The female non-athletes estimate the pain through VAS during cold pressor test as more intensive in comparison to female athletes and men from both groups. CONCLUSIONS: The complex, multi-element method for

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measuring pain used in this study is a useful model for studying effects of exercise on the perception of pain.

Keywords: gender, pain, body awareness, physical activity, anxiety.

Biodata

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Acknowledgement

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Fitness as a Leisure Activity – Sport and Health

Renato Gabriel PETREA 1

Abstract

ENGLISH | Nowadays, the term fitness has evolved into a much broader, more comprehensive concept regarding life, namely the concept of "wellness" ("bien-être"). Daily stress can be fought against only through a good physical, mental, and spiritual condition. The term health has also evolved in the current period. From a modern standpoint, health is considered a state, a condition with several components: physical, psychological, and social. In any moment of a person's life, each of these health components may be characterized as having a positive or a negative level. In order to say of someone that he/she benefits from a positive health (a modern term, which defines a state that must represent the permanent goal of each of us), it is not enough for that person not to suffer from any disease. Nowadays, health can no longer be defined through a negation. Systematically and rationally organized physical activity through fitness programs may maintain or improve the structure of various tissues and organs (blood vessels, heart, muscles, tendons, bones, etc.), improve their functions, and stymie the inherent damage due to inactivity (sedentariness) and ageing. Fitness programs lead to a qualitative lifestyle (healthy – physically, mentally, and socially), they include reaching a high level of physical condition, and they determine a minimum risk of health declining. This state is known as optimal fitness or physical condition.

Keywords: Fitness; leisure activity; sport; health;

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Biodata:



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June 2004.

PhD student in Economics at "Alexandru. Ioan Cuza" University of Iasi, 2007 – 2010 received the title of PhD graduate in Marketing in 2011.

Teaching subjects: Research Methodology, Support/Training of Dissertation, Swimming - Rowing Practice.

Research directions: sports marketing, institutional visual identity, public relations in sports.

The Concept of Loneliness in the View of Psychological Approaches

Victoria PLĂMĂDEALĂ¹

Abstract

ENGLISH | The present article is a synthesis of researches conducted in the field of loneliness psychology in order to reveal the concept of loneliness. The deficiency of a clear approaches suggests picture of loneliness phenomenon may have different nuances. These can be expressed through various contexts of social isolation (voluntary or forced) as a prerequisite for personal development as well as the multitude of causes, manifestations and consequences for the individual's life. Analyzing loneliness through various psychological approaches, we could ascertain that loneliness does not necessarily refer to the situation when a person is really alone. Therefore, loneliness should be researched through methodological a wider epistemological perception that can include many factors and experiences of loneliness. One can not reduce understanding of loneliness to a single approach that is incapable of providing a thorough understanding of the given phenomenon. In our view, an integrated approach to the interpretation of loneliness would be welcomed. Through the integrated approach to loneliness, we can analyze the multiple factors that come into play when loneliness is experienced and provide a holistic explanation of this phenomenon. Moreover, the Integrated Approach allows structured empirical data and loneliness control using both the benefits of one-dimensional

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scales and multidimensional scales, referring to the loneliness type.

Keywords: loneliness, loneliness approaches, integrated approach,. loneliness scales.

Abstract

ROMANIAN | Articolul de față reprezintă o sinteză a cercetărilor efectuate în domeniul psihologiei singurătății cu scopul de a releva abordările conceptului de singurătate. Deficitul unui tablou clar al abordărilor singurătății denotă că acest fenomen poate avea diferite nuante. Acestea pot fi exprimate atât prin diverse contexte ale izolării sociale (benevolă sau forțată), ca premisă a dezvoltării personale cât și multitudinea de cauze, manifestări și consecințe pentru viața individului. Analizând singurătatea prin diverse abordări psihologice, constatăm că singurătatea nu se referă neapărat la situația când omul realmente este singur. Menționăm că singurătatea ar trebui să fie cercetată prin prisma unei perceperi metodologice si epistemologice mai largi, care să poată cuprinde mai multi factori si experiente ale singurătății. Nu putem să reducem înțelegerea singurătății la o singura abordare care nu este capabilă să ofere o înțelegere aprofundată a fenomenului dat. După părerea noastră ar fi binevenită o abordare integrată în interpretarea singurătății. Prin abordarea integrată a singurătății putem analiza multiplii factori care intră în joc atunci când singurătatea este experimentată și oferi o explicație holistică a acestui fenomen. Mai mult ca atât, abordarea integrată permite structurarea fundamentată în date empirice si controlul singurătății utilizând atât beneficiile unidimensionale scalelor cât si cele ale scalelor multidimensionale, referindu-se la tipul singurătății.

Cuvinte cheie: singurătate, abordări ale singurătății, abordare integrate, scalele singurătății.

Biodata



Victoria PLĂMĂDEALĂ is a member of the Social Asisstance Chair within the Department of Psychology and Special Psychopedagogy of Chişinău State Pedagogical University "Ion Creangă", the last 5 years occupying the position of senior lecturer. She is PhD candidate at the Department of Psychology at the

same university. She is interested from loneliness in young adults. She is teaches courses as: Anatomy and physiology of the central nervous system; Physiology of ages; Social work in mental health; Adoption and foster care; Ethics and deontology of social assistance; Social assistance for people with disabilities. Mrs Plămădeală is the co-author of the compendiums to the "Anatomy of SNC" and "Social assistance in the domain of mental health" and over 20 scientific articles.

Physical Education Outcomes in the 21st Century

Cristiana Lucretia POP¹

Abstract

ENGLISH | Physical education main objectives are to assure a harmonious growth and to enable children and adolescents with a reasonable level of physical fitness and motor skills. The main purpose of this paper is to estimate the range in which physical education objectives were achieved in the past 17 years. Measurements and tests have been made in successive independent samples of high school graduates and compared with previous data to observe the results evolution in time. Conforming to the study aim the collected data in different moments of this time interval were quantitatively analyzed and statistically compared with reference data collected during 1999 and 2000 years. A total sample consisted of 544 students (326 girls and 218 boys) with an average 19,7 years of age, all of them enrolled in tertiary education. The study findings have highlighted an important aspect of motor fitness decrees and an increase of weight and body mass index values. There are gender differences in this evolution: men gained more in body mass and women lost more in power test. The possible reasons and consequences of these results were discussed. It seems that traditional physical education fail in achieving its' main objectives and the young generation is motivated more in investing time an energy in sedentary behaviour rather than in physical activities. One way to move forward could be to redesign physical education and training programs so that they

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provide the required fitness level and respond to the youth needs and interests.

Keywords: Fitness; motor skills; body mass index; standing long jump; sedentary behaviour.

Abstract

ROMANIAN | Cele mai importante obiective ale ducației fizice sunt pe lângă asigurarea unei stări optime de sănătate, favorizarea creșterii și dezoltării fizice armonioase dezvoltarea abilităților, deprinderilor și priceperilor motrice la un nivel rezonabil. Această lucrare își propune să estimeze în ce măsură obiectivele educației fizice au fost atinse în ultimii 17 ani. Au fost făcute măsurători antropometrice și teste fizice în eșantioane succesive independente formate din absolvenți de liceu. Potrivit obiectivelor cercetării datele culese în diferite momente ale intervalului luat în considerație, au fost analizate cantitativ și comparate cu datele de referință colectate în anii 1999 și 2000. Eșantionul studiat a cuprins 544 de studenți (326 fete și 218 băieți) având în medie 19,7 ani. Rezultatele studiului au demonstrat o scădere a nivelului abilităților motrice și o creștere a greutății și a valorilor indexului de masă corporală. S-a observat o diferență de gen în evoluția datelor: băieții au câștigat mai mult în greutate, în timp ce fetele au obținut rezultate mai slabe la testele de detentă. În sectiunea de discuții am abordat posibilele cauze și consecințe ale rezultatelor obținute. Una dintre concluziile studiului este că metodele aplicate în educația fizică tradițională nu reușesc să-și atingă obiectivele, de vreme ce tânăra generație este mai înclinată să-și petreacă timpul în activități sedentare decât să investească energie în activități fizice. O nouă abordare a programelor de educație fizică, care să răspundă nevoilor și intereselor tinerilor ar putea contribui la asigurarea unei stări optime de sănătate și a unui stil de viață mai activ.

Biodata

Cristiana POP currently works as Professor PhD at the University of Economic Studies, Physical Education and Sport Department. She has a Bachelor degree in Physical Education, a MA in sport performance and a PhD in Physical Education and sport from the National Physical Education and Sport University of Bucharest (Romania). Her doctoral thesis was entitled "Educational Management Applied to PE in Higher Education". Her primarily academic focus is youth physical activity for a healthy life.

Her main areas of interest include physical and health education, athletics, management and communication in physical education and sport, Olympic history. She has authored 11 books in Physical Education Didactics, Athletics, Educational Management, Health and well-being with more than 50 articles in scientific peer-reviewed journals.

She is member of Romanian Agency for Quality Assurance in Higher Education, member of Romanian Athletic Federation (women commission) and has had research collaboration with Romanian Academy, Anthropological Institute Research Center. She is Senior Editor and Editorial Board Member of several reviews in education, health and sport sciences domain.

Returning to Work after Cancer in Romania -Legal Constraints and Personal Experiences

Adela Elena POPA¹

Abstract

ENGLISH | A substantial proportion of cancer patients in Europe and Romania are of working age. The cancer survivorship is increasingly longer, hence the problem of the cancer-ill workforce must become a concern for employers, workforce agencies and governments to consider. The existing literature shows the substantial benefits of returning to work for the cancer patient, the employer and for the society. The literature also highlights the considerable difficulties cancer patients face when trying to return to work after a long period of sick leave. Whilst most of the European countries have already begun to address the problem of working after cancer, several other countries, including Romania, are still struggling with meeting the basic needs of cancer patients. Both the level of awareness regarding the work-related consequences of cancer and the range of services provision are a challenge in Romania and other Central and Eastern European countries. This paper will briefly present the existing policies relevant for cancer and work in Romania and insights from interviews held with cancer employees, employers and physicians. The study used triangulation of methods, employing documentary analysis for the policy review and semi-structured interviews for exploring the stakeholders' views. This research brings valuable information to a topic entirely unexplored in Romania so far and scarcely explored in other European countries.

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Keywords: cancer, return to work, policy, labour force.

Abstract

ROMANIAN | O proporție considerabilă din pacienții diagnosticați cu cancer din Europa și România au vârstă de muncă. Supraviețuirea după cancer este din ce în ce mai lungă, așadar problema persoanelor active pe piața muncii care suferă de această boală trebuie să devină o preocupare pentru angajatori, agenții ale forței de muncă și guverne. Literatura științifică subliniază beneficiile însemnate ale revenirii la muncă pentru pacientul cu cancer, pentru angajator și pentru societate. Studiile existente evidențiază de asemenea dificultățile semnificative cu care pacientii cu cancer se confruntă atunci când doresc să revină la muncă după un concediu de boală îndelungat. În timp ce o parte din țările Europei au început deja de câteva zeci de ani să caute soluții pentru problema revenirii la muncă după cancer, alte tări din Europa, incluzând România, încă fac eforturi pentru a răspunde la nevoile de bază ale pacientilor cu cancer. Atât nivelul de constientizare privind consecințele cancerului asupra muncii, cât și oferta de servicii disponibile pentru acești pacienți reprezintă încă o provocare în România și în alte tări din centrul și estul Europei. Lucrarea propusă va prezenta pe scurt politicile relevante pentru cancer si muncă existente în România, precum si aspecte din interviuri realizate cu pacienți cu cancer activi pe piața muncii, angajatori și medici. Studiul a folosit triangulația metodelor, utilizând analiza documentelor pentru revizuirea politicilor existente si interviul semi-structurat pentru explorarea perspectivelor celor implicați. Această cercetare aduce informații importante pentru înțelegerea acestui subiect neexplorat încă în România.

Cuvinte cheie: cancer, reîntoarcere la muncă, politici, forță de muncă.

Biodata



Adela Elena POPA, PhD, works as Associate Professor of Medical Sociology at Lucian Blaga University of Sibiu, Romania. Her broad research interests relate to healthcare reform and health policy. She also studied the connection between community and health, with focus on how different stakeholders

position themselves towards the health reform in Romania (perceptions, reactions). Currently, she is the principal investigator in the first research project on returning to work after cancer in Romania, a qualitative study aiming to analyse the relevant policies for cancer and work and to explore the stakeholders' perspectives on this theme. She has authored articles and books in the field of health and community.

The Effectiveness of Therapeutic Physical Exercises in Improving Balance and Coordination in Children with **Down Syndrome**

Cristina Elena POPA¹, Tatiana DOBRESCU²

Abstract

ENGLISH | This paper presents a study conducted on a group of 13 subjects, with the clinical diagnosis of Down syndrome, between 6 and 14 years old. The research was conducted between October 2015 and May 2016, at the research base of the "Vasile Alecsandri" University of Bacau, and at the sensory-motor integration laboratory. The assessment was made with the "Gross motor function measure" (GMFM) test. The specific objectives of the applicative intervention were to: increase the muscle strength and endurance; educate and rebuild the body image and scheme, the laterality, the spatial-temporal orientation and organization; increase the stability, balance, control, and coordination. The physical therapy programs comprised: various possibilities of starting motor acts and actions, the continuation of motions that are already known, the use of alternate motions, global and segmental, the improvement of stability, balance and perceptive-motor coordination, over the course of the strategy. Following the physical therapy intervention over the course of approximately 1 year and a half on the Down syndrome subjects, I noticed that the psychomotor deficiencies recorded initially have obviously

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diminished. The analysis of the GMFM test results offered us concrete data with a reduced margin of error, because the assessment consisted of simple, known actions that were implemented in children in the first stages of the basic motor skills education. The initial testing emphasized the level of functional development, during static and dynamic activities, the values being between 47.05% and 59.52%, while in the final testing the maximum values were between 99.04 % and 100%.

Keywords: Down syndrome; deficiencies; body scheme; stability; motor skills.

Abstract

ROMANIAN | Lucrarea de față reprezintă un studiu efectuat pe un lot de 13 subiecți diagnosticați clinic cu sindrom Down, având vârste cuprinse între 6-14 ani. Cercetarea s-a desfășurat în intervalul octombrie 2015 – mai 2016. Locurile de desfășurare au fost Baza didactică și de cercetare a Universității "Vasile Alecsandri" din Bacău și Laboratorul de Integrare senzorio-motrică. Evaluarea practicată a constat în aplicarea testului Evaluare motrică funcțională globală (GMFM). Obiectivele specifice ale intervenției aplicative au fost următoarele: creșterea forței și anduranței musculare; educarea si refacerea imaginii si schemei corporale, a lateralității, a orientării și organizării spațio-temporale; creșterea stabilității, echilibrului, controlului și coordonării. Conținutul programelor kinetoterapeutice a cuprins: diferite posibilități de declanșare a actelor și acțiunilor motrice, continuarea mișcărilor deja cunoscute, folosirea miscărilor de alternanță globale si segmentare, îmbunătățirea stabilității, echilibrului și coordonării perceptiv-motrice pe tot parcursul strategiei. În urma interventiei kinetoterapeutic pe o perioadă de aproximativ 1 an si jumătate asupra lotului de bolnavi Down s-a constatat că

deficiențele psiho-motrice înregistrate inițial au diminuat evident. Analiza rezultatelor obținute prin testul "Evaluare motrică funcțională globală" (GMFM) ne-a oferit date concrete cu o marjă de eroare redusă, întrucât evaluarea a constat în actiuni simple, cunoscute si implementate copiilor în primele etape ale educării deprinderilor motrice de bază. Testarea inițială a evidențiat nivelul de dezvoltare funcțională, atât în activitățile statice cât și în cele dinamice, valorile fiind cuprinse între 47,05% și 59,52%, iar la testarea finală maximele au atins valori cuprinse între 99,04 % și 100%.

Biodata:



Cristina -Elena **POPA.** Assistant Professor, Ph.D, Faculty of Movement, Sports, and Health Sciences, "Vasile Alecsandri" University of Bacau. She is Redactor of the "Gymnasium - Scientific Journal of Education, Sport and Health" of Romania, seven indexed in international databases.

She published one paper ISI Thomson in Journal of Genetics, Indian Academy of Science, over 15 scientific papers in indexed in international databases journals and with Peer-Review 10 articles in volumes of international conferences. Research focus: Physiotherapy, Physical Activity and Health.



Tatiana DOBRESCU, Professor PhD., vice-dean of the Faculty of Movement, Sports, and Health Sciences, "Vasile Alecsandri" University of Bacau, vicepresident of the Science, Human Excellence, and University Sports Society of Romania. She is the Editor in chief of the "Gymnasium - Scientific Journal of Education, Sport and Health" of Romania, seven indexed in international databases.

She wrote 36 books, chapters in scientific books, and university courses, she published over 25 scientific articles in the Web of science, ISI Thomson, 62 scientific papers in indexed in international databases journals and with Peer-Review and editorial committee, 32 articles in volumes of international conferences, she participated in over 22 research projects.

Research focus: Individual Sports (aerobics, artistic gymnastics, rhythmic gymnastics, dance), Physical education curriculum, Physical Activity and Health.

Analysis on the Role of Sport Performance Formative, Reflected in Moral Values in the Light of Conduct Athletes

Veronica POPESCU¹, Veronica MÎNDRESCU²

Abstract

ENGLISH | Physical education and sport is a generator and stimulating training environment and the manifestation of behaviors able to showcase skills, talents and human attitudes. In this sense, the purpose of education is of paramount importance in the life of athletes who practice sports performance. We intend to demonstrate that implementation of moral values in the lives of athletes from an early age and continue educating their lifetime sports, leading to obtain proper conduct in the spirit of fair-play on both fields / gyms and in life social. Subjects undergoing study are athletes from various sports fields: sports games and individual sports (football, rugby, volleyball, handball, athletics, etc.). After the research, we conclude that the ideal human personality can only result from the harmonization of the physical with the intellectual and moral, merge later becomes basic stimulus for activating and cultivating resources and skills.

Keywords: Competition, Moral Values, Moral Behavior.

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Abstract

ROMANIAN | Domeniul educației fizice și sportului constituie un mediu generator și stimulator al formării și manifestării conduitelor, capabile să pună în valoare aptitudini, talente si atitudini umane. În acest sens, scopul educației este unul de o importanță majoră în viața sportivilor care practică sport de performanță. Ne propunem să demonstrăm că implementarea valorilor morale în viața sportivilor de la o vârstă fragedă și continuarea educării acestora pe parcursul vieții sportive, va conduce la obtinerea unor conduite adecvate în spiritul fair-playului atat pe terenurile/sălile de sport cât și în viața socială. Subiecții supuși studiului, sunt sportivi de performanță din ramuri sportive diferite: jocuri sportive și sporturi individuale (fotbal, rugby, volei, handbal, atletism, etc.). În urma cercetării efectuate, putem concluziona că personalitatea umană ideală poate rezulta numai din armonizarea dezvoltării fizice cu cea intelectuală si cu cea morală, îmbinare ce devine ulterior stimul de bază si pentru activarea si cultivarea resurselor aptitudinale.

Cuvinte cheie: Competiție, Valori Morale, Conduită.

Biodata

My name is Veronica POPESCU and I'm a teacher at the University "Alexandru Ioan Cuza" of Iasi, Faculty of Physical Education and Sport. Field of interest is related to education, ethics and deontology, science motor activities, physical therapy and special motility and promoting health through movement. During her academic career we conducted research materialized in the publication of scientific papers and involvement in European projects both as a member and as a project manager -Cross - border cooperation for common Needs: Health, Environment, Sport - HES - MIS- ETC CODE: 946, had as main objective the Movement and Health Promotion.

Assessment at Physical Education and Sport Discipline in **Primary Education**

Larisa POTOP¹, Bogdan URICHIANU², Valeriu JURAT³

Abstract

ENGLISH | The purpose of this paper is to improve the system through diversified application gymnastics means content in the discipline of physical education and sport in primary education. This scientific approach entailed the organization of an experimental study in "Valea Măcrișului" secondary school of Urziceni, Ialomița County, conducted during the school year 2016-2017, with a group of 61 students selected from the 1st - 4th grades. The following research methods were used: bibliographic study of the specialized literature, pedagogical observation, ascertaining pedagogical experiment, method of programmed instruction, method of testing, statistical-mathematical method and graphical representation method for data processing and interpretation. The assessment included 6 test events chosen from the National System of Assessment at Physical Education and Sport in Primary School. These test events are: in the 1st semester - long lasting running, memorization of a set of free general physical development exercises, the level of initiation in gymnastics regarding the execution of isolated acrobatic elements; in the 2nd semester – strength of upper limbs by

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tractions on the gym bench and strength of lower limbs standing long jump, 25 m speed running and dexterity test by 3 m distance target horizontal throwing with two hands from below. The diversified use of gymnastics means contents within the instructive-educational process in primary school contributed to the improvement of the assessment system and to the more effective achievement of the learning units included in the curricular area at this level.

Keywords: Curricular area; assessment; grading; means gymnastics; test events.

Abstract

ROMANIAN | Scopul acestei lucrări este îmbunătățirea sistemului de evaluare prin aplicarea diversificată a conținutului mijloacelor gimnasticii la disciplina educație fizică și sport în învățământul primar. Acest derers științific a condus la organizarea unui studiu experimental în cadrul școlii gimnazale "Valea Măcrișului" din Urziceni, județul Ialomița, desfășurat în perioada anului școlar 2016-2017, pe un grup de 61 de elevi, selectionati din cadrul claselor I-IV-a a scolii. In this study there were used the following research methods: bibliographic study of the specialized literature, pedagogical observation, ascertaining pedagogical experiment, method of programmed instruction, method of testing, statistical-mathematical method and graphical representation method for data processing and interpretation. Evaluarea a cuprins 6 probe de control, selecționate din Sistemul național de evaluare la educație fizică și sport la nivelul ciclului primar. Aceste probe sunt: în semestrul 1- alergare de durată, memorarea unui complex de exerciții de dezvoltare fizică generală libere, nivelul inițierii în gimnastică privind execuția elementelor acrobatice izolate iar în semetrul 2 – forța membrelor suprioare privind tracțiuni pe banca de gimnastică și forța membrelor inferioare - săritura în

lungime de pe loc, alergare de viteză 25 m și proba de îndemânare prin aruncare la țintă orizontală cu două mâini de jos de la 3 m. Folosirea diversificată a continutului mijloacelor gimnasticii în cadrul procesului instructiv-educativ la nivelul ciclului primar, a contribuit la îmbunătățirea sistemului de evaluare și realizarea mai eficientă a untăților de învățare cuprinse în aria curriculară la acest nivel.

Biodata



Larisa POTOP is a PhD student at State University of Physical Education and Sport of the Republic of Moldova; she is also a student at the Faculty of Physical Education and Sport within the Ecological University of Bucharest (Romania). She is currently working as marketing manager at S.C. CHIAJNA

MEDICAL CENTER S.R.L. Her research activity is highlighted by participation in conferences and publishing in specialized magazines with concern trends in kinesiology field, namely the study on the postoperative recovery in the case of total right hip arthroplasty, and in physical education field with reference to the methodology of application of "Physical Education and Sport" curricular area in primary school.



Bogdan URICHIANU graduated from the Faculty of Physical Education and Sport; he has a master degree of Physical Education and Currently he is a doctoral student in second year at the State University of Physical Education and Chisinau, Moldova. During the studies

he published articles in student journals, attended the national

and international scientific sessions of the students. The study topics are related to Physical Education field, sports recreation, sports performance and physical therapy. Performance in sports: he practiced swimming and got many titles and national records. The scientific research in the field of Physical Education and Sport is important because it reveals or confirms the ways of exercise efficiency on human performance and quality of life.



Valeriu JURAT is an associate professor, doctor in pedagogical sciences. He is currently working as Director at the Doctoral School; he is a member of the Scientific Council of the Doctoral School and the scientific secretary of the specialized Scientific Seminar, SUPES, Republic of Moldova.

Experience in approaching the didactical strategies: creation of motor skills of secondary school students based on applying the staged training program during physical education classes (gymnastics). Scientific research trend: projects and publications; thesis papers submitted during scientific seminars, congresses and conferences held in Romania and the Republic of Moldova; articles published in specialized magazines: Journal of Olympic Information; Scientific-Methodical Magazine. USEFS, Chisinau; Methodical recommendations on "Creation of motor skills of secondary school students during gymnastics classes", "Planning and evaluation in the training process at gymnastics" etc.; co-author of "Didactics of Gymnastics" textbook. Chisinau: USEFS, 2013.

Acknowledgement

This paper is included in the subjects of the research program of the Faculty of Physical Education and Sport of the

Ecological University of Bucharest for 2016–2017. We express our gratitude to Professor Georgescu Claudia from "Valea Măcrișului" secondary school of Urziceni, Ialomița County, for the support and help to achieve this experimental study. I hereby declare under my own responsibility that the subjects participating in the research have been informed of the voluntary nature of participation in the research, of the understanding of the information received and of the understanding that withdrawal can be done at any time, without any negative consequences on the participant. The research respected the ethical standards of the research, the participants / the next of kin of the participants gave their consent to take part in the research.

Education and Wage Inequalities under a Counterfactual Scenario of Minimum Wage

Madalina Ecaterina POPESCU¹, Eva MILITARU²

Abstract

ENGLISH | The main purpose of this paper consists in quantifying the impact of a minimum wage adjustment upon wage inequality in Romania. In general, rigorous minimum wage impact assessment upon wage distribution is quite difficult to be conducted mainly because of data access limitations to longitudinal information available at individuals' level. In this paper an innovative approach is proposed for building a counterfactual scenario through the use of quarterly survey micro-data provided by the National Institute of Statistics. The period analysed in this paper regards the timeinterval Q2 2014-Q3 2014. There are several reasons for this choice. First, there were data availability restrictions and second, it was necessary to identify two consecutive periods corresponding to a window-frame right before a minimum wage adjustment and immediately after it took place. In order to check the impact on gender wage inequalities in a more robust manner, a 1:1 matching procedure was applied in order to build two distinct gender groups of individuals that are similar in observable characteristics. Both socio-demographic and economic factors are considered. When comparing the

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changes registered right after the minimum wage adjustment, we noticed a reduction in gender wage inequalities, as males' chances to earn more and move forward to a higher wage decile of the distribution than females drop with almost 47 percentage points. Our findings also suggest that the level of education plays an important role in someone's chances of getting higher wages, especially for the case of females. Several limitations of the study are also discussed.

Keywords: wage inequalities; minimum wage; counterfactual scenario; education; wage distribution;

Abstract

ROMANIAN | Scopul acestei lucrări constă în cuantificarea impactului modificării salariului minim asupra inegalității salariale din România. În general, o evaluare riguroasă a impactului net al salariului minim asupra distribuției salariale este dificilă, în principal din cauza limitărilor privind accesul la informații longitudinale disponibile la nivel de individ. În această lucrare se propune o abordare inovatoare pentru construirea unui scenariu contrafactual prin utilizarea microdatelor trimestriale de anchetă furnizate de Institutul Național de Statistică. Perioada analizată se referă la intervalul de timp T2 2014-T3 2014. Mai multe argumente au stat la baza acestei alegeri. În primul rând, au existat restricții privind disponibilitatea datelor, iar în al doilea rând, a fost necesară identificarea a două perioade consecutive de timp imediat anterioare și ulterioare unei majorări a salariului minim.

Pentru a verifica într-o manieră robustă impactul asupra inegalităților salarizare între femei si bărbați, a fost aplicată o procedură de matching 1: 1 pentru a construi două grupuri distincte în raport de gen formate din indivizi cu caracteristici observabile similare. Au fost considerați atât factori sociodemografici, cât și economici. Comparând modificările

înregistrate imediat după ajustarea salariului minim, observăm o reducere a inegalităților salariale, întrucât, comparativ cu femeile, sansele bărbatilor de a câstiga mai mult și de a avansa spre o decilă superioară în distribuție scad cu aproape 47pp. Totodată, se remarcă faptul că nivelul de educație joacă un rol important în creșterea șanselor indivizilor de a obține salarii mai mari, în special în cazul femeilor. În final, se prezintă totodată, limitările studiului.

Biodata



Madalina Ecaterina POPESCU | She is a senior scientific researcher at the National Scientific Research Institute for Labour and Social Protection- INCSMPS from 2007 and associate professor at the Bucharest University of Economic Studies. She received her Ph.D. in Economics in 2011 and benefitted from a

post-doctoral research grant in 2014. She has 10 year socio-economic research experience in and advanced knowledge in the labour market field, contributing to the research studies by micro- and macroeconomic modelling, numerical simulations, forecasting and impact evaluation. She is especially interested in topics concerning decision theory and macroeconomics, with particular interest on wage policy, employment and program impact evaluation.



Eva MILITARU is a senior researcher at the National Research Institute for Labour and Social Protection in Bucharest from 2001. She holds a PhD in economics and a post-doctoral degree in economics, in the field of social policy evaluation. Prior to this, she has attended post-graduate

studies in quantitative economics and has graduated the Bucharest University of Economic Studies. She has over 16 year experience in social policy and labour market research. Her main fields of interests include income, wages, social policy evaluation, tax-benefit systems, labour market participation and anticipation of labour demand. She has widely published in the area of income, wages and social policy analysis.

Organizational Ethics Dilemmas in Palliative Medicine. How Properly Managed are the "Professional Pains" of Specialists in this Field?

Vladimir POROCH¹, Daniela Tatiana AGHEORGHIESEI (CORODEANU)²

Abstract

ENGLISH | This paper presents an overview of the institutional concerns for palliative medicine in Romania from the perspective of organizational ethics. Based on the findings of the studies in the field presented in the literature, a qualitative research was conducted based on an interview performed among the palliative medicine specialists in Romania and the analysis of the opinions published in the media about the organizational ethical dilemmas they face in practice. The study, one of the few on the subject held in Romania, may be useful for approaching from an improved ethical perspective the system of providing palliative medicine services in the institutions of our country.

Keywords: organizational ethical dilemmas, palliative medicine, hospitals institutions in Romania.

Abstract

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ROMANIAN | Articolul prezintă o trecere în revistă a preocupărilor instituționale pentru medicină paliativă în România din perspectiva eticii organizationale. Pe baza constatărilor studiilor în domeniu prezentate în literatura de specialitate, a fost derulată o cercetăre calitativă pe bază de interviu aplicat în rândul specialiștilor în medicină paliativă din România și analiza opiniilor publicate în mass-media cu privire la dilemele etice organizationale cu care acestia se confruntă în practică. Studiul, printre putinele pe această temă desfăsurate în România, poate fi util pentru abordarea dintr-o perspectivă etică îmbunătățită a sistemului asigurării serviciilor de medicină paliativă în instituțiile din țara noastră.

Cuvinte cheie: dileme etice organizaționale, medicină paliativă, instituții spitalicesti din România.

Biodata:



Vladimir POROCH is certified physician practicing palliative care and coordinator of the Palliative Care Unit from the Regional Institute of Oncology Iasi.

Lecturer at the Faculty of Medicine within the University of Medicine and Pharmacy "Gr.T.Popa" Iasi, teaching "palliative care".

Current research:

International projects: "Integration of medical oncology and palliative care procedures in various institutional and economical settings: Development of tailored interventions based on patient needs and testing of its preliminary efficacy on patient reported outcomes, tumour control and costs" and "Overcoming disparities in access to quality basic palliative care in the community" financed by Romanian-Swiss Research Programme and One research project, as director, "Ethical Management System Model in the NE Region Health Care

Institutions - A Support for the Improvement of the Quality of Service for Patients and of CoNAS Accreditation References" financed by the University of Medicine and Pharmacy "Gr.T.Popa" Iasi.



Daniela Tatiana AGHEORGHIESEI (CORODEANU) is Professor at the Faculty of Economics and Business Administration, Alexandru Ioan Cuza University of Iasi, Romania. Her teaching areas Management, Business Ethics, Ethics in Public Administration, Merchandising. She holds a PhD Diploma in Management. Daniela Tatiana Agheorghiesei (Corodeanu)

was postdoctoral Fellow in the Postdoctoral Studies Program in Ethics and Health Policies (September 2010- March 2013), Center for Ethics and Health Policies, "Gr. T. Popa" University of Medicine and Pharmacy Iasi, Romania.

Decoding the Ethics Codes of Hospitals in Romania. **A Qualitative Study**

Vladimir POROCH¹, Daniela Tatiana AGHEORGHIESEI (CORODEANU)²

Abstract

ENGLISH | The article presents the results of a qualitative research on the analysis of ethics codes adopted by hospital units in Romania, currently published on their website. The study used our own research tool. Based on the criteria of an effective ethics code identified in the literature, the type of published code was followed, the main elements of the structure included, the style of communication used in its elaboration, and the specified consolidation mechanisms. At the same time essential differences were highlighted in formulating the code depending on the type of hospital unit. Real examples and good practices in the autochthonous and international environment support the critical approach taken in the analysis. This research may be useful to hospital unit managers in reviewing and streamlining ethical codes for the benefit of their organization and all stakeholders, aligning it with the requirements of international standards.

Keywords: ethics in the medical system, ethics code, hospital units in Romania.

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Abstract

ROMANIAN | Articolul prezintă rezultatele unei cercetări calitative privind analiza codurilor de etică adopate de unitățile spitalicești din România, publicate în prezent pe website-ul acestora. Studiul a utilizat un instrument de cercetare propriu. Pe baza criteriilor unor coduri de etică eficace identificate în literatura de specialitate s-au urmărit tipul de cod publicat, principalele elemente de structurare incluse, stilul de comunicare utilizat în elaborarea acestuia, și mecanismele de consolidare specificate. În acelasi timp au fost evidențiate diferențierile esențiale în formularea codului în funcție de tipul de unitate spitalicească. Exemple concrete și bune practici din mediul autohton și cel internațional susțin abordarea critică adoptată în analiza întreprinsă. Această cercetare poate fi utilă managerilor unităților spitalicești în revizuirea și eficientizarea codurilor de etică în beneficiul organizației lor și a tuturor stakeholderilor. aliniindu-le cerintelelor standardelor internationale.

Cuvinte-cheie: etică în sistemul medical, cod de etică, unități spitalicești din România.

Analysis of Physical Training Influence on the Technical Execution of Yurchenko Handspring Vault

Vladimir POTOP¹, Sanda TOMA URICHIANU²

Abstract

ENGLISH | This paper is intended to show the influence of the specific physical training on the technical execution of Yurchenko handspring vault at junior gymnasts aged 12 to 15 vears. In order to achieve the aim and objectives of the research, the following methods were used: analysis of specialized literature; pedagogical observation pedagogical experiment method; tests method: video computerized method of biomechanical analysis; movement postural orientation method; statistical-mathematical method and graphical representation method. A number of 7 tests of motricity were used in this study: 3 tests for strength-speed of lower and upper limbs, 3 tests for complex, abdominal and back muscles strength and 1 test of specific endurance. The biomechanical analysis was carried out by means of Physics ToolKit program and movement postural orientation method, monitoring the key elements of the sports technique of Yurchenko handspring vault. The results of the study reveal the level of specific physical training of the junior gymnasts aged 12-15 years, the kinematic and dynamic analysis of sports technique key elements in terms of body segments trajectories,

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angular speeds and force momentum in Yurchenko handspring vault; there is also shown the dynamics of sports performances achieved in competitions. Regarding the correlation of the physical training indicators with the performances obtained in handspring vaults, we notice significant differences at P<0.05 and P<0.01, which confirms the influence of physical training on the technical training. Also, the assessment of the specific physical training consistent with the biomechanical analysis of sports technique in Yurchenko handspring vault at junior gymnasts aged 12 to 15 years prove their influence on the technical training and the performances achieved competition.

Keywords: Handspring vault; biomechanics; physical training; correlation; performance.

Abstract

ROMANIAN | Această lucrare are ca scop evidențierea influenței pregătirii fizice specific asupra executiei tehnice a săriturii cu sprijin Yurchenko la nivelul gimnastelor junioare de 12-15 ani. Pentru realizarea scopului si a obiectivelor cercetării s-au folosit următoarele metode: analiza literaturii de metoda observatiei pedagogice; specialitate: experimentului pedagogic; metoda testelor; metoda video computerizată de analiză biomecanică; metoda de orientare postural a miscării; metoda statistico-matematică si metoda reprezentării grafice. În cadrul studiului s-au folosit 7 teste de motricitate: 3 teste pentru forță-viteză a mebrelor inferioare și a brațelor, 3 teste de forță a musculaturii abdominale, spatelui și complexă și 1 test de rezistență specifică. Iar analiza biomecanică s-a realizat cu ajutorul programului Physics ToolKit si a metodei de orienare posturala a miscării, urmărind elementele cheie ale tehnicii sportive a săriturii cu sprijin Yurchenko. Rezultatele studiului evidențiază nivelul pregătirii

fizice specifice a gimnastelor junioare de 12-15 ani; analiza cinematică și dinamică a elementelor cheie ale tehnicii sportive, privind traiectoriile segmentelor corpului, vitezele unghiulare și momentul forței la săritura cu sprijin Yurchenko; de asemenea, sunt prezentate dinamica performantelor sportive obținute în concursuri. În ceea ce priveste corelarea indicilor pregătirii fizice cu performantele obtinute la sărituri cu sprijin, se evidențiază diferențe semnificative la P<0.05 si P<0.01, ceea ce ne confirmă influența pregătirii fizice asupra pregătirii tehnice la sărituri cu sprijin la nivelul gimnastelor junioare. De asemenea, evaluarea nivelului pregătirii fizice specifice, în concordanță cu analiza biomecanică a tehnicii sportive a săriturii cu sprijin Yurchenko la nivelul gimnastelor junioare de 12-15 ani, evidențiază influența acestora asupra pregătirii tehnice și performanțelor obținute în concurs.

Biodata:



Vladimir POTOP has a Doctor's Degree of science in Physical Training and Sport (2016). He is currently working as a Professor, Director in P.E.S. Department of the Faculty of P.E.S. from the Ecological University of Bucharest (Romania); he is a PhD in PES (2004). He got the entitlement

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Dance Sport. His experience and didactic training is appreciated by specialists of many countries such as England, Belgium, Bulgaria, Croatia, China, Switzerland, Italy, Malta, Moldova, Russia, Poland, Spain, USA, Ukraine, Romania, etc.



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Acknowledgement

This case study is part of the pedagogical experiment of the post-doctoral thesis; it is included in the research plan in the field of National University of Physical Education and Sport from Ukraine, with the subject matters: 2.11 (Dynamic static stability as a basis for technical training of those involved in sports gymnastics views), 2.32 (Technical training of qualified on competitive exercises technique athlete based rationalization) and plan of research for 2016 - 2017 of the Faculty of Physical Education and Sport, Ecological University of Bucharest. I hereby declare under my own responsibility

that the subjects participating in the research have been informed of the voluntary nature of participation in the research, of the understanding of the information received and of the understanding that withdrawal can be done at any time, without any negative consequences on the participant. The research respected the ethical standards of the research, the participants / the next of kin of the participants gave their consent to take part in the research.

Developing Skills and Competences in Physical Education Teachers in order to Attract Young People into **Physical Activities**

Liliana-Elisabeta RADU¹, Simona-Pia FAGARAS²

Abstract

ENGLISH | Inactivity is the trigger factor for cardiovascular disease, diabetes, cancer, and a risk factor for increased blood pressure, increased blood sugar and overweight. A study by GfK Romania in 2009 indicated that 60% of Romanians were not engaged in any sport activity, which corresponds to the survey reported in the same year by TNS Opinion Social 3, which found that 49% of Romanians did not have practiced sport, compared with 39% in the European Union. Based on this situation, our goal is to contribute to the training of Physical Education teachers involved in physical education and sport activities to free time activities involving students and to conduct moderate physical activity daily for 60 minutes or more. The process of teacher training at central and local level as well as the innovations of the Romanian teacher education system is a necessity due to the evolution of society and knowledge. On the one hand, there is a continuous improvement with the accumulation of 90 credits every 5 years, and on the other hand it is aimed at adapting to the needs of the society and to the demand on the labor market. At the level of the states of European Union, sport and the need to practice physical exercise are a priority for governments. Thus,

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the mission of the Romanian physical education and sports system is to contribute through the means, methods and techniques specific to the education of citizens with biological, psychological and social ends.

Keywords: Inactivity; competence; physical activity; mission; health;

Abstract

ROMANIAN | Inactivitatea este factorul declanșator pentru bolile cardiovasculare, diabet, cancer si un factor de risc în ceea ce privește creșterea tensiunii arteriale, creșterea zahărului din sânge și excesul de greutate. Un studiu realizat de GfK România în anul 2009 a indicat că 60% dintre români nu au fost angajati în nici o activitate sportivă, ceea ce corespunde cu ancheta raportată în același an de TNS Opinion Social 3, care a constatat că 49% dintre români nu au practicat sport, comparativ cu 39% în Uniunea Europeană. Având la bază această situație, obiectivul nostru este de a contribui la formarea-perfectionarea cadrelor implicate în activitatea de educație fizică și sport scolar spre activități de timp liber la care să participe elevii și să desfășoare zilnic o activitate fizică moderată spre intensivă timp de 60 de minute sau mai mult. Procesul de formare a cadrelor didactice, la nivel central si local, precum si inovațiile sistemului de formare continuă a cadrelor didactice din România este o necesitate datorită evoluției societății și a cunoașterii. Pe de o parte se urmărește perfecționarea continuă cu acumularea de 90 de credite la fiecare 5 ani, iar pe de altă parte, se urmărește adaptarea la nevoilor societății și la cerința pe piața muncii. La nivelul statelor din Uniunea Europeană, sportul și necesitatea practicării exercițiilor fizice reprezintă pentru guverne o prioritate. Astfel, misiunea sistemului romanesc de educatie fizică si sport este de a contribui prin mijloacele, metodele si

tehnicile specific la educația cetățenilor cu finalități biologice, psihologice și sociale.

Biodata:



Liliana-Elisabeta RADU, PhD, lecturer at Alexandru Ioan Cuza University of Iasi, holds a bachelor's degree (1995) and a master degree (2002) within the Faculty of Physical Education and Sports, as well as a PhD degree (2013) granted by the National Academy of Physical Education and Sports in Bucharest. She followed

programs in Romania and Greece, in Olympic Education, Sport Administration, Trainer, etc. Author and co-author of six books and over 50 articles published in scientific volumes and journals indexed in international databases. Among her areas of interest, it is worth noting athletics, body posture, quality of life and physical activity, Olympic education, etc.



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well as a Master degree (2008) and PhD degree (2012) granted by the "Transilvania" University of Braşov. She attended training sessions organized at home. Author and co-author of two books and over 30 articles published in scientific volumes and journals indexed in international databases. Among her areas of interest, it is worth noting basketball, body posture, anthropometry, biomechanics, and quality of life.

Training the Expression of Artistic Movements in Sports Composition in Rhythmic Gymnastics

Natalia REABOI¹

Abstract

ENGLISH | The basis of the rhythmic gymnastics creation, as a system of expression, virtuosity, elegance and aesthetics, has recently recorded impressive qualitative results, according to the difficulties required under the new Code of Points of the International Federation of Rhythmic Gymnastics (2017-2020). The tendency of the contemporary gymnastics development consists in the education of the artistic abilities, combined with the rhythm and the emotional-motor message, all expressed by the perception of the expression means of the rhythmic gymnastics compositions. The aim of research is the process of training the expression of the artistic movements in the sports compositions at the initial training stage in rhythmic gymnastics. It is found that the experimental group with a number of 16 subjects in the evaluation trials expresses essential values in all the tested indices. There were applied two experimental modules on the basis of the development technology of muscle elasticity, rotation of the lower limbs joints and difficulties of competitive artistic compositions, such as: the cognitive-choreographic training of the gymnasts by practicing the specific classical movements for training the expression of the artistic movements and the development of amplitude and plasticity of the artistic execution movements in sports compositions. In the experimental group, after applying the methodology of the gymnastics, it is found

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that the indicators are higher to the final testing compared to the initial testing, in order to form the expression of the artistic movements in the sports composition in the rhythmic gymnastics. All tested parameters indicate a significant value with a probability of 99.5-99.9% at the significant threshold of P <0.05-0.001. **Conclusions.** The qualitative analysis of the data provided by the pedagogical experiment confirms the value of the application methodology of the joint mobility modules through active, combined movements, specific to the components of the classical choreography in the sport-artistic composition used in the training process of the 6-7 years old gymnasts.

Keywords: beauty and aesthetic of movements, rhythmic composition, rhythmic gymnastics;

Abstract

ROMANIAN | Gimnastica ritmică ca fenomen sportiv s-a dezvoltat pe parcursul a mai multor ani. Baza creării gimnasticii ritmice, ca sistem de expresivitate, virtuozitate, elegantă si estetică, a înregistrat în ultimul timp rezultate calitativ impresionante, conform dificultăților impuse de noul Cod de Punctaj al Federației Internaționale de Gimnastică Ritmică (2017-2020). Tendința dezvoltării gimnasticii contemporane constă în educarea virtuozității, eleganței, creativității, esteticului, expresivității și plasticității mișcărilor, combinate totodată cu ritmul și mesajul emoțional-motric, toate exprimate în baza perceperii mijloacelor de expresivitate ale compozițiilor gimnasticii ritmice. Aceste capacități la vârsta de 6-7 ani, pretind la o dezvoltare armonioasă a corpului, o tinută corectă, controlată, sigurantă și artistism de la miscările cele mai simple pînă la cele mai complexe. Numai astfel se creează un înalt stil de clasă în gimnastica ritmică.

Scopul cercetării îl constituie procesul de formare a expresivității mișcărilor artistice în compozițiile sportive la etapa inițială de pregătire în gimnastica ritmică. Metodele folosite în cercetarea pedagogică. Pentru realizarea sarcinilor cercetării au fost folosite următoarele metode stiintifice: analiza teoretică și generalizarea datelor literaturii de specialitate; studierea și generalizarea documentelor privind planificarea, evidenta si controlul în antrenamentul sportiv: observația pedagogică; metoda testelor; metoda grafică si tabelară; experimentul pedagogic; metoda statistico-matematice de prelucrare și interpretare a datelor înregistrate. Considerații și rezultatele. Se constată că grupa experimentală cu un efectiv de 16 subiecti, la probele de evaluare exprimă valori esențiale la toți indicii testați. Rezultatele experimentului, precum și practica de pregătire a micilor gimnaste, ne demonstrează că compoziția în gimnastica ritmică ar trebui elaborată din elemente tehnice, estetice și de legătură, unde o mișcare să lin în următoarea. incluzînd contraste treacă viteză/intensitate (dinamism), amplitudine si nivele mișcărilor plastice, executate în strînsă corelație cu muzica. În baza tehnologiei de dezvoltare a elasticității musculare, rotației segmentelor articulare ale membrelor inferioare dificultătilor compozițiilor artistice de concurs, pentru formarea expresivității mișcărilor artistice, s-au aplicat două module experimentale cum ar fi: pregătirea cognitiv-coregrafică a gimnastelor prin practicarea mișcărilor clasice specifice și dezvoltarea amplitudinii și plasticității mișcărilor artistice de execuție în compozițiile sportive. În grupa experimentală, în urma aplicării metodologiei gimnasticii se constată indicatorii sunt mai superiori la testarea finală în comparație cu testarea inițială, în vederea formării expresivității mișcărilor artistice în compoziția sportivă la gimnastica ritmică. Toți parametrii testați indică o valoare semnificativă cu o probabilitate de 99,5-99,9%, la pragul semnificativ de P<0,050,001. **Concluzii:** 1. Analiza calitativă a datelor furnizate de experimentul pedagogic, confirmă valoarea metodologiei de aplicare a modulelor mobilității articulare prin mișcări active, combinate, specifice componentelor coregrafiei clasice în compoziția sportiv-artistică utilizate în procesul de antrenament al gimnastelor de 6-7 ani. 2. Indicii statistici ne-au dat posibilitatea de a aprecia capacitatea mobilității articulare în planul formării expresivității mișcărilor artistice în compoziția sportivă în gimnastica ritmică.

Biodata



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Vice Director and teacher-coach of rhythmic gymnastics at the Sports school of Olympic Reserve, Chisinau, Republic of Moldova.

Owner of the II^{nd} Degree "Merit Scholarships 2009" and "Government Excellence Scholarship", Republic of Moldova for academic merits and extracurricular activities.

The Participant and Multi-Award Winning in national competitions, international tournaments, Grand prix, European championships.

Author of two manuals and a compendium, numerous scientific communications presented in national and international communication sessions.

Scientific Research activities:

Training the cognitive competencies of the 5-8 years old gymnasts at the initial sports training stage;

The development of artistic-motor and psychomotor competencies in rhythmic gymnastics.

Study on the Relation between Classmates as Factors of Participation to the Physical Education Classes and the **Physical Activities**

Cristian Mihail RUS¹

Abstract:

ENGLISH | The current fast-paced society is developing in a multitude of domains, and physical education is part of this general trend. Besides the advantages of dynamic development, there are also a few inherent disadvantages. The drawbacks are easily noticeable in physical education, even without complicated measuring mechanism; sensing the proportions are sometimes enough. As such, effects of modern life and current society, such as obesity, are significant and worrisome. Official documents, civil society organisations and mass media point out the increasing obesity rate and its negative impact. As a consequence, due to the fact that it has been recognised as a prevalent issue, various policies and approaches have been elaborated in order to minimise the impact of obesity in our society. The Physical Education domain is a key element in all these policies, programmes, and approaches designed to resolve this issue. The projects currently under way or those already finalised have brought to our attention some situations that are not easily avoidable. Some side effects of projects involving physical education have been highlighted on individual levels and brought out lacunae in various situations, such as those mentioned by Pierre Bourdieu in his volume "Forms of Capital" (1986). After many continuous efforts on all levels of decision-making, these challenges persist and the

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need for studying the relationship between classmates appears. **Purpose:** While the specialist literature in this field is clear and accepted, and the benefits of participation to the physical education class are undeniable, there are a few factors that can limit the positive impact. As such, Bourdieu's theories on physical capital are needed to understand the influence of physical education on pupils during their time spent in which school. The study: The research is based on interviews carried out within the target groups, and has followed new, clearly defined points, in order to get as close as possible to the methodology strict rules imposed by scientific research. Conclusions: This article has highlighted the role and importance of communication between pupils belonging to the same class for the participation to physical education classes and the development of motor skills in all pupils. At the same time, this paper has also highlighted the role of the physical education teacher in improving the teacher-student relationship.

Keywords: physical education, social space, society.

Biodata:



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The author of many specialized scientific studies, sole author, and contributor to several courses and auxiliaries. The author of the books: 2012 - "Karate. For physical education and sports teacher". 2011 - "Gymnastics in School". 2009 -"Physical education teacher training. Basic gymnastics means for higher education". 2008 - "For physical education and sports teacher. Badminton". 2007 - "Physical education teacher training. Basic gymnastics methods for higher education". 2005 – "For physical education and sports teacher. Gymnastics". Coordinated volume: 2010 - "For physical education and sports teacher. Methods used in school".

Organizational Culture - the Condition of the University Excellence

Svetlana RUSNAC¹, Ludmila ZMUNCILA²

Abstract

ENGLISH | Literature, covering organizational culture provides a basic understanding of how an organizational culture influences the operation of an organization. .The importance of studying the organizational culture of the university is due to its influence on the behavior and values of people included in the educational space. Specifics University defines its main activity - education, which main objective training of competitive specialists. education and Organizational culture is one means by which organizations can achieve success. Organizational culture has a strong influence on organizations overall performance. Organization success is viewed as an ongoing effort that all employees within an organization strive to achieve. Organizational culture reflects the values and a belief embedded in an organization, shapes people's behavior, and, thus, affects performance. The organizational culture of the institution forms the vision and values a young specialist that begins their professional career.

Keywords: organizational culture; university excellence; organization performance, organization success, organization values.

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Abstract

ROMANIAN | Literatura de specialitate oferă o înțelegere de bază a modului în care o cultură organizațională influențează funcționarea unei organizații. Importanța studierii culturii organizaționale a universității se datoreazâ influenței ei asupra comportamentul și valorilor persoanelor incluse în spațiul educațional.Cultura organizațională este un mijloc prin care organizațiile pot atinge succesul. Cultura organizațională are o influență puternică asupra performanței organizației. Succesul organizatie este privit ca un efort continuu, care toti angajatii din cadrul unei organizații se străduiesc să atingă. Cultura organizațională reflectă valorile și o credință încorporată într-o organizație, modelează comportamentul oamenilor, și, prin urmare, afectează performanța. Specificul universității definește principala sa activitate - educație, al cărui obiectiv principal formarea specialistilor competitivi.Cultura educarea si organizațională a instituției formează viziunea și valorile cu care un tânăr specialist începe cariera profesională.

Cuvinte chie: cultura organizațională; succesul universitar; succesul organizațional, performanța organizației, valorile organizației.

Biodata



Svetlana RUSNAC | Associate professor, argued in 1995 PhD thesis psychology on "Mutual perception between ethnic groups in mixed communities" at "Al. I. Cuza" University from Iasi, Romania. Since 1995 until present is working at the Free International University of Moldova (ULIM), Chisinau, Moldova. Is Dean of the

Faculty of Psychology, Education Sciences and Social Work. She was involved in dozens of projects at national and international scale. She is author of about 150 publications, four monographs, six manuals and guidelines, articles in journals and collections. She participated in more than 200 national and international scientific meetings. Research interests: social psychology, psychology and humanistic psychotherapies, ethnopsychology, gender psychology, etc.



Ludmila ZMUNCILA | PhD attendant, University lecturer, MA - In 2001 has defended her master's thesis in gender psychology. Since 2013 is PhD student at the Faculty of Psychology and Social Work at the Free International University of Moldova (ULIM), the theme of the

thesis "The importance of the university organizational culture for students' psychosocial skills training", and Methodistcoordinator and university lecturer at ULIM, Chisinau, Moldova. Author and co-author of different publications on domestic violence problem: Guide on intervention in domestic violence cases: multidisciplinary team, Multidisciplinary approach in domestic violence cases solving: analytical programs for master level, Domestic violence: prevention and control strategies, Psychological assistance in domestic violence cases: diagnostic and rehabilitation programs for victims and abusers, etc. Involved in number of projects at national and international scale. Research interests: social psychology, gender psychology, organizational culture, etc.

Benefits of Physical Activities on Improving Quality of Life of People with Disabilities

Oana RUSU¹

Abstract

ENGLISH | People are different. In any society, there have been, are and will be a separate group, group of people with disabilities, more or less visible and / or accepted by others over time. At least 10% of the world's population has a disability. The last decades of the twentieth century and the beginning of the 21st century have brought considerable improvements in the quality of life of people with disabilities, access to and opportunities for education, rehabilitation programs, as well as types of activities, including physical and sporting activities, facilitating social inclusion, but also gaining performance in different human areas by them. We aim to present a review of the benefits of physical activities on improving the quality of life of people with disabilities, as reflected in scientific literature. The analysis aims to highlight these influences in several directions: physical health, psychosocial development, socio-professional integration inclusion, accessibility and acceptance of this disadvantaged / vulnerable group. Adapted physical activities can be a key component in educational policies adopted and implemented at international level and, unfortunately, less at national level.

Keywords: physical activities; people with disabilities; benefits; quality of life.

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Biodata:



Oana RUSU is PhD Associate Professor at Faculty of Physical Education and Sport, "Alexandru Ioan Cuza" University of Iași, Romania. She graduated Faculty of Physical Education and Sport (1996), Faculty of Philosophy, specialization Political Sciences - Sociology (2000), Master of Public Policy and Local Systems (2003) from the Faculty of Philosophy. Her PhD, in 2009, is in

Psychology, with an interdisciplinary topic – sport groups dynamics. Her areas of interests are from the field of sport science and physical education, sports groups' psychology, violence in sport, the Olympic movement, socio-psychological aspects of physical activities for disabled people. She benefited internships documentation and training, a scholarship government in Great Britain and mobilities for teachers in Erasmus program. She has experience as a member of national and international projects, but also national director in an international project. She is a member of editorial boards for national and international journals and conferences.

Assessing the Training Needs in Probation and **Restorative Justice**

Antonio SANDU¹

Abstract

ENGLISH | We aimed to highlight a series of training needs for future probation counselors from the NE of Romania and of Moldova, to respond to the necessity of finalizing a national probation model correlated with European and world standards in the field of probation and restorative justice. In both countries, it was highlighted that the profession of probation counselor requires continuous professional training to provide the professional with a bag of transdisciplinary knowledge centered on the assistant professions - social work, psychology - but with a thorough training on the legislative area. It was highlighted the need to know about the specific methodology of working in probation, the social context in which the probation and restorative justice are being implemented, as well as the institutional normative framework for its functioning. Also, research data revealed the importance of familiarizing probation counselors with techniques, communication both institutional and interpersonal.

Keywords: Assessing; training needs; probation; restorative justice.

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ROMANIAN | Am urmărit să evidențiem o serie de nevoi de formare a viitorilor consilieri de probațiune din NE Romaniei si din Republica Moldova pentru a răspunde necesității definitivării unui model național de probațiune corelat cu standardele europene si mondiale în sfera probatiunii si justiției restaurative. În ambele țări a fost pus în evidență faptul că profesia de consilier de probațiune necesită o pregătire profesională continuă, care să pună la dispozitia profesionistului un bagaj de cunostinte transdisciplinare centrat în jurul profesiunilor asistențiale - asistență socială, psihologie dar care să aibă o temeinică pregătire juridică. A fost evidențiată nevoia de cunoaștere cu privire la metodologia specifică de lucru în probațiune, contextul social în care probațiunea și justiția restaurativă se implementează, precum și cadrul normativ instituțional de funcționare a acestuia. De asemenea, din datele cercetării a reieșit importanța familiarizării consilierilor de probațiune cu principalele tehnici de comunicare, atât instituțională cât și interpersonală.

Cuvinte cheie: probațiune; justiție restaurativa, evaluarea nevoilor.

Biodata:



Antonio SANDU | He is Professor PhD at "Stefan cel Mare" University of Suceava, Romania, and Senior Researcher at the LUMEN Research Center in Social and Humanistic Sciences, Iasi, Romania.

His main areas of interest include ethics,

bioethics, social work and social philosophy.

The original contributions of the author's scientific activities start from the social construction of reality and social constructionism as seen from a semiological perspective. He

analyses the social construction of reality by developing his very own version of social constructionism operating at the intersection between the constructionist paradigm and the theory of communicative action.

He is the author of the book: Social Construction of Reality as Communicative action, to be published at Cambridge Scholar Publishing this year, and also of "Social Work Practice: Research Techniques and Intervention Models: From Problem Solving to Appreciative Inquiry", "Appreciative Ethics: A constructionist version of ethics" and "Social-Constructionist Epistemology: A transmodern overview", all three published by Lap Lambert between 2012 and 2013. He has also authored more than 10 volumes in Romanian, published by national publishing houses.

A Qualitative Inquiry in Social Construction of Chronic Illness. Case Study on Diabetes Mellitus.

Antonio SANDU¹, Roxana NECULA², Simona DAMIAN³

Abstract

ENGLISH | Trust –in the physician – is defined as a bizarre relationship between the two partners where the trusted person is willing to accept his own vulnerability in front of the behavior of the one in whom he invests trust. Trust arises from highlighting the credible and benevolent behavior that we recognize in the person we invest with trust (Doney & Cannon, 1997). The level of trust expansion is correlated with the patient's dependence on the physician as a professional service provider (De Wulf, Odekerken-Schröder, & Iacobucci, 2001). From the perspective of the patient-centered model, Chin (2001) emphasizes the legitimacy of the patient's personal experience with a high degree of respect for his autonomy. Patients are empowered to take responsibility for their own health, and the results are generally positive. From the part of physicians, the model highlights qualities such as: sensitivity, empathy and care. Trust in the doctor increases the chances of therapeutic adherence, and the opinion is expressed in this respect that some patients require confirmation of treatment

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received from other specialists, from their prescribing physician, before accepting the proposed treatment. The central element of the patient's relationship is therapeutic education but it should not be based on the author's expert opinion but rather on a double knowledge of mutual trust of the doctor and the patient where each patient is treated as a separate individual.

Keywords: qualitative inquiry; social construction; chronic illness; Case study; diabetes mellitus; trust.

Abstract

ROMANIAN | Încrederea - în medic- este definită ca o relație biunivocă între cei doi parteneri în care cel care are încredere este dispus să accepte propria vulnerabilitate în fața comportamentului celui în care investeste încrederea. Încrederea rezultă din evidențierea comportamentului credibil si binevoitor pe care-l recunoastem la persoana în care investim încredere (Doney & Cannon, 1997). Nivelul de extindere al încrederii este corelat cu cel de dependentă a pacientului fată de mediic ca ofertant de servicii profesionale (De Wulf, Odekerken-Schröder, & Iacobucci, 2001). Din perspectiva modelului centrat pe pacient Chin (Chin, 2001) pune accentul pe legitimitatea experienței personale a pacientului oferindu-se un înalt grad de respect al autonomiei acestuia. Pacienții sunt împuterniciți să-și asume responsabilități față de propria sănătate rezultatele fiind în general pozitive. Din partea medicilor modelul evidențiază calități precum: sensibilitate, empatie și grijă. Încrederea în medic crește șansele aderenței terapeutice fiind în acest sens exprimată opinia conform căreia anumiți pacienți solicită o confirmare a tratamentului primit de la alți specialiști, de la medicul lor curant, înainte de a accepta tratamentul propus. Elementul central al relației medic pacient îl constituie educația terapeutică dar aceasta nu trebuie să se

bazeze pe expertiza medicului transmisă autoritar ci mai degrabă pe o cunoaștere dublată de încredere reciprocă a medicului si pacientului în care fiecare pacient este tratat ca un individ aparte.

Cuvinte: cercetarea calitativă; construcție socială; boala cronică; Studiu de caz; diabetul zaharat; încredere.

Biodata:



Antonio SANDU | He is Professor PhD at "Stefan cel Mare" University of Suceava, Romania, and Senior Researcher at the LUMEN Research Center in Social and Humanistic Sciences, Iasi, Romania.

His main areas of interest include ethics, bioethics, social work and social philosophy.

The original contributions of the author's scientific activities start from the social construction of reality and social constructionism as seen from a semiological perspective. He analyses the social construction of reality by developing his very own version of social constructionism operating at the intersection between the constructionist paradigm and the theory of communicative action.

He is the author of the book: Social Construction of Reality as Communicative action, to be published at Cambridge Scholar Publishing this year, and also of "Social Work Practice: Research Techniques and Intervention Models: From Problem Solving to Appreciative Inquiry", "Appreciative Ethics: A constructionist version of ethics" and "Social-Constructionist Epistemology: A transmodern overview", all three published by Lap Lambert between 2012 and 2013. He has also authored more than 10 volumes in Romanian, published by national publishing houses.



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T. Popa" in 1998 and Faculty of Juridical Sciences, University "Mihail Kogalniceanu" Iasi in 2006. Master in Penal Sciences and Criminalistics in 2007. Post-doctoral researcher in Ethics and Psychiatry. Currently works as Assistant Professor at the University of Medicine and Pharmacy "Gr. T. Popa" Iași, Romania and as MD, specialty Forensic Medicine, at the Institute of Legal Medicine Iasi. Author and co-author of various papers in journals and conferences.

The Effects of the Prosocial Behavior upon the Health of Scholars in Gymnasium

Natalia SARAGOV¹

Abstract

ENGLISH | The promotion of mental and physical health and education regarding healthy lifestyle has become an important aspect in psychosocial studies as well as in the development of health policies around the world. The actual research represents a sequence where I have analyzed the educational, social and axiological phenomenon, which is defined by informal aspect of the physical training and sport. We refer to the spectrum of socio-moral values of the proactive motor attitudes, as well as to the connections between physical education activities and sanitation impact upon scholars. The prosocial and social positive behavior implies consideration for others, desire to cooperate, selfless experiences and helpful behaviors. Physical education and sport, a significant curricular element of the educational process which take place in educational institutions, that has a significant role in the process of new generation. The teenager, who is marked by modern technology, by the alert pace of work and life, which are imposed by a dynamic society, always changing, gives little time for physical effort, exposing itself to health risk factors. In our research, we focus on general issues regarding strengthening health, which include the analysis of individual variations, as well as different aspects of social contexts in which they manifest themselves. In this way, we contribute to scientific documentation of some behavioral

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characteristics of Moldavian teenagers and the obtained results offers important support point for revealing causality and predictions related to adopting health behaviors by adolescents (teenagers).

Keywords: prosocial behavior, teenager, physical training, health, healthy lifestyle;

Abstract

ROMANIAN | Promovarea sănătății mentale și fizice precum și educația cu privire la modul de viață sănătos a devenit un aspect deosebit de important, atât în studiile psihosociologice, cât și în elaborarea politicilor de sănătate din întreaga lume. Studiul de față reprezintă un decupaj al unui studiu în care am analizat fenomenul educațional, social și axiologic definit de aspectul nonformal al domeniului educatie fizică si sport. Ne raportăm la spectrul valorilor socio-morale, al atitudinilor proactiv motrice, precum si al conexiunilor între activitățile de educație fizică și efectele cu valențe asanative asupra elevilor gimnazial. Comportamentul pro-social comportamentul social pozitiv, include consideratie pentru ceilalți, dorința sinceră de cooperare, trăiri altruiste și în mod special comportamente ajutătoare. Educația fizică și sportul, o componentă curriculară importantă a procesului educațional desfășurat în instituțiile de învățământ, ocupă un loc semnificativ în formarea tinerei generații. Lărgirea cadrului școlar al educației fizice spre a promova comportamentul prosocal răspunde necesității pentru educarea unor atitudini de responsabilitate față de propria dezvoltare a unui stil de viață sănătos. Marcat de tehnologia modernă, de ritmul alert de muncă si de viată impus de o societate dinamică, mereu în schimbare, adolescentul contemporan pare că acordă mai puțin timp efortului fizic, expunându-se astfel, pe termen lung, unor factori de risc pentru sănătate. În cercetarea noastră ne

concentrăm atenția asupra problematicii generale legate de sănătății, implicând fortificarea atât analiza variatiilor individuale cât si diferitele aspecte ale contextelor sociale în care acestea se manifestă. Contribuim astfel la documentarea unor caracteristici comportamentale adolescenților din Republica Moldova, iar rezultatele obținute oferă puncte de sprijin importante pentru dezvăluirea cauzalităților predictiilor legate si a de adoptarea comportamentelor de sănătate de către adolescenți.

Biodata:



SARAGOV, PhD Natalia student. university lector, of The Psychopedagogycal and Socioumanistic Sciences Chair.

I have published over 15 scientific papers, courses and monograph in the field sociohumanistic sciences.

The theme of the research is the development of prosocial behavior in the

physical education lessons.

My activity is focused on: sociology of physical education and sport; theory and methodology of developing prosocial behavior.

Health Education - an Organic Component of School Curricula of Physical Education

Panfil SAVA¹

Abstract

ENGLISH | Health education must become a permanent concern of the family and the school in order to educate the children's health culture. A special role in the realization of this concept lies to the contemporary school, the teaching staff. In this context, we mention that the Physical Education discipline has vast possibilities to train and develop the competences necessary for the pupils to realize the asanative potential of the various factors (natural and hygienic) and means (physical exercises). The educational contents of this educational subject included in curricula for pre-university education, contain theoretical and practical themes. The theoretical subjects contain knowledge of sanitary-hygienic, anatomo-physiological, theoretical-methodical character etc. whose communication contributes to the students' awareness of the health as a supreme human value and the way of strengthening it by practicing physical exercises, quenching the body, rational nutrition, avoiding vices, etc. Practical subjects contain multiple and very varied physical exercises, procedures and motor actions of different types of sport, which, being realized in practical lessons, contribute to increasing the development degree and physical, motor, functional training of students, being important indices that characterize the physical health of man. Therefore, the educational contents of physical education

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have a multidimensional orientation, ensuring the following values for students:

- visions and concepts about human health;
- beliefs and motivation to practice physical exercise, sports for health;
- motor experiences;
- the methodological experience regarding the use of the means of physical education for the purpose of fortifying and maintaining their own health.

Obviously, the plenary realization of the concept of "Education for Health" depends to a great extent on the didactic framework, on its professionalism (the theoreticalscientific, methodological, praxiological training of the teacher).

Keywords: health education, students, educational contents, values, teacher.

Abstract

ROMANIAN | Educația pentru sănătate trebuie să devină o preocupare permanentă a familiei și a scolii în vederea formării culturii sănătății copiilor. Un rol deosebit în realizarea acestui concept îi revine școlii contemporane, cadrelor didactice. În acest context, menționăm că disciplina de studii Educație fizică are vaste posibilități de formare și dezvoltare a competențelor necesare elevilor pentru valorificarea potentialului asanativ al diverșilor factori (naturali și igienici) și mijloace (exercițiile fizice). Conținuturile educaționale ale acestei discipline de învățământ, incluse în programele curriculare învățământul preuniversitar, conțin subiecte teoretice și practice. Subiectele teoretice conțin cunoștințe cu caracter sanitaro-igienic, anatomo-fiziologic, teoretico-metodic etc., a căror comunicare contribuie la constientizarea de către elevi a sănătății ca valoare supremă a omului și a modului de fortificare a acesteia prin practicarea exercițiilor fizice, călirea

organismului, alimentația rațională, evitarea viciilor etc. Subiectele practice conțin multiple și foarte diverse exerciții fizice, procedee si actiuni motrice din diferite genuri de sport, care, fiind realizate în cadrul lecțiilor practice, contribuie la sporirea gradului de dezvoltare si pregătire fizică, motrice, funcțională a elevilor, constituind indici importanți ce caracterizează sănătatea fizică a omului. Prin urmare, continuturile educationale la educatia fizică au o orientare multiaspectuală, asigurând formarea la elevi a următoarelor valori:

- viziuni și concepte despre sănătatea omului;
- convingeri și motivația de a practica sistematic exercitiul fizic, sportul pentru sănătate;
- experienta motrice;
- experienta metodologică referitoare la utilizarea mijloacelor educației fizice în scopul fortificării și menținerii propriei sănătăți.

Evident, realizarea plenară a conceptului "Educație pentru sănătate" depinde, în mare măsură, de cadrul didactic, de profesionalismul acestuia (de pregătirea teoretico-stiintifică, metodologică, praxiologică etc. a profesorului).

Biodata:



Panfil SAVA, associate professor, head of the Department Professional continuous training of the State University of Physical Education and Sport. Emeritus Worker of the physical culture and sports from Republic of Moldova. Graduate of the Institute of Physical Culture from Lvov

(Ukraine). Author and co-author of various conceptual and methodological materials regarding students' physical education.

"Mens - Corpore Sana" Dichotomy in the Bloom and Decay of the Ancient States and Civilizations

Alexandru SAVIN¹

Abstract

ENGLISH | Antic and medieval states and civilizations had a durable development when between sport and healthy way of life from the one side and spiritual culture development (art, science, education, literature etc.) from the other side - existed a balance. Ancient latins found for that balance a very inspired term: - "aurea mediocritas" (golden middle). Any inclination of the balance in favor of one or another extremity have inevitably led to a decay and disappearance not even of polises (Sparta or Athens) but even a global empires (Rome). Spartan polis represents a model of barracks society and state where the cult of physical power was raised to an absolute rank. As long as Spartan's tactics was defensive and the polis was relatively isolated from the rest of Hellas this system was sufficiently valid. But immediately after Sparta tried to overcome this auto isolation (Peloponnesian War), so-called Spartan values haven't resisted to a Greek civilization "temptations" and the polis became not even an economical-cultural periphery but even the military-political one of the Greek world. The form reached, as it was to expect to correspond the content. The Rome, initially focused on the raw power cult in the educational system managed before long to harmoniously combine with Greek culture realizations. In 2nd century BC dictator Marius abandoned the concept of the general military

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compulsoriness (popular militia) that supposed a permanent maintenance of good physical conditions for all citizens, in favor of a professional army. This fact led to a triumph of epicureanism, sybaritism and depravity of elites and implicit the roman society. By inertia, the empire continued expansion for a century, but the roman state was already condemned.

Keywords: crude power cult, barracks state, physical-intellectual harmonious development, epicureanism

Abstract

ROMANIAN | Statele și civilizațiile antico-medievale au avut o dezvoltare durabilă atunci, când între sport și modul sănătos de viață, pe de o parte și dezvoltarea culturii spirituale (arte, știință, învățământ, literatură etc.) – pe de altă parte, a existat un echilibru. Vechii latini au găsit pentru acest echilibru un termen foarte inspirat: - "aurea mediocritas" (mijlocul de aur). Orice înclinare a balanței în favoarea unei sau altei extremități au dus inevitabil la decăderea și dispariția nu numai unor polisuri (Sparta sau Athena), ci și a unor imperii mondiale (Roma). Polisul spartan reprezintă modelul societății și statului de cazarmă în care cultul puterii fizice a fost ridicat la rangul de a fost ridicat la rangul de absolut. Atât timp, cât tactica Spartei a fost una defensivă și polisul era relativ izolat de restul Elladei, acest sistem a fost îndeajuns de viabil. Imediat, însă, ce Sparta a autoizolare încercat depăsească această (Războiul să Peloponesiac), așa zisele "valori" spartane nu au rezistat în fața "ispitelor" civilizației eline și polisul a devenit nu numai o periferie economico-culturală, dar și militar-politică a lumii eline. Forma a ajuns, cum și era de așteptat, în corespundere cu conținutul. Roma, inițial axată și ea pe cultul puterii brute în sistemul educațional, a reușit în curând să-l combine armonios cu realizările culturii eline. În sec. II î.e.n., însă, dictatorul Marius a abandonat conceptul de obligativitate militară

generală (milițiile populare), care presupunea o permanentă întreținere a unei bune condiții fizice a tuturor cetățenilor în favoarea armatei profesionale. Aceasta a dus la triumful epicurianismului, sibaritismului si depravării elitelor si implicit, societății romane. Prin inerție, imperiul și-a mai continuat expansiunea încă un secol, dar statul roman era, deja, condamnat.

Biodata:



Alexandru SAVIN | University lecturer. My research interests include the education of professional competencies of the specialists in the field of physical culture and sport. My activity is focused on: history of physical education; theory and methodology recovery physical culture.

Particularities of the Education of the Coordination and Acquisition of the Curriculum of Physical Education by using the Specific Means of Playing Basketball

Cristian Florian SAVU¹, Constantin PEHOIU²

Abstract

ENGLISH | Sports games, due to their many positive valences, have made them one of the main means of physical education, with important contributions to the achievement of the general and specific competences of this educational discipline. The purpose of the present study is to explain experimentally the role of using basketball-specific means in the training of coordinating abilities in the preadolescence in the physical education lesson, and on the other hand the surprise of the influence of these means on the qualification, training and development of the contents of the school curriculum of physical education and school sport. It is wellknown that among all the contents of the curriculum, sports play is the main point of interest for students of all ages regardless of whether they belong to a gender category or another. This attractiveness is justified by the fact that practicing a sports game, such as basketball, leads to an increase in interest in movement that, in meeting the needs of relaxation and recreation, is of great importance if we take into account the intense intellectual demands imposed by the

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school curriculum. Taking advantage of the favorable framework offered by the practice of sports games, the teacher has to use the technical procedures in order to develop conditional and coordinating capacities, so that he / she needs to undertake a series of activities of organizational, material and methodical nature.

Keywords: coordination, lesson, sports play, role, influence.

Biodata:



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Bachelor Degrees in Physical Education and

Sport, PhD candidate at the Physical Education and Sport the National University of Physical Education and Sports, Bucharest.

Areas of interest: Basketball, Volleyball, Sports training theory,

Research activity - Member of the Center for the Study of Environment, Habitat and Leisure Activities - Faculty of Humanities



Constantin PEHOIU - Professor/ President of the University Senate, Valahia University of Targoviste.

Bachelor Degrees in Physical Education and in Law; PhD in the Science of Education; Master Degree in European Public Administration.

Areas of interest - Kinesiology, Communication, Psychopedagogy, Psychomotor Skills, Didactics of Physical Education and Sport (PES), Creativity in PES, History of PES, Applied Management in PES, etc.);

Research activity - Director of the Center for the Study of Environment, Habitat and Leisure Activities - Faculty of Humanities.

Acknowledgement

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Swimming Lesson in "Physical Education and Sport" Discipline for First-Year Students in the Higher Education of other Profiles

Elena – Diana SIMA¹

Abstract

ENGLISH | The main purpose of this paper is to highlight the muscle strength influence on movement amelioration in aquatic environment in the swimming styles practiced in the "Physical Education and Sport" discipline for first-year students in the higher education of other profiles. Research methods used: bibliographic study of specialized literature, pedagogical observation, pedagogical experiment, method of statistical-mathematical method and graphical representation method. This scientific approach led to the organization of an experimental study conducted in "Carol Davila" University of Medicine and Pharmacy of Bucharest during the academic year 2016-2017. The subjects of the research were the first-year students (149 students - 61 from the Faculty of Dentistry and 88 from General Medicine), in the discipline of Physical Education and Sport. The swimming lessons aimed at improving the muscle strength level during the test events focused on arms, abdominal and legs muscles strength. These exercises were used in each class while working off-water with the students. The on-water training used exercises for learning and improving the chosen swimming styles (freestyle, breaststroke and backstroke), the start technique, turns technique, the work of arms and legs and their coordination with breathing. The study results highlight the

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development of arms, abdomen and legs muscle strength in both girls and boys - subjects of the study, the attendance at classes, the participation in sports activities and the final grade. The effective use of exercises for muscle strength development in the off-water training within the swimming lessons in the "Physical Education and Sport" discipline for first-year students contributed to movement development in aquatic environment in the chosen swimming styles and to successful participation in competitions.

Keywords: Swimming; test events; strength; learning; performance.

Abstract

ROMANIAN | Acestă lucrare are ca scop principal evidențierea influenței forței musculare asupra perfecționării deplasării în mediul acvatic la procedeelor de înot alese la disciplina educație fizică și sport pentru studenții anului I din învățământul superior de neprofil. Metodele de cercetare folosite: studiul bibliografic al literaturii de specialitate, observația pedagogică, experimentul pedagogic, metoda testelor, metodele statistico-matematică și a reprezentării grafice. Acest demers științific a condus la organizarea unui studiu experimental în cadrul Universității de Medicină și Farmacie "Carol Davila" din București, în perioada anului universitar 2016-2017. Subiecții cercetării au fost studenții anului I, în număr de 149 (61 de la facultatea de Medicină Dentară și 88 - Medicină Generală), la disciplina de educație fizică și sport. În cadrul lecțiilor de înot s-a urmărit îmbunătățirea nivelului forței musculare la probele de control privind forța musculaturii brațelor, abdominale și a picioarelor. Aceste exerciții au fost folosite în fiecare lecție în lucrul cu studenții pe uscat iar la lucrul în apă s-au folosit exerciii pentru învățarea și perfecționarea procedeelor de înot alese (liber, bras si spate) si aprecierea tehnicii startului si a întoarcerilor, lucrul

brațelor și al picioarelor și coordonării acestora cu respirația. Rezultatele studiului scot în evidență nivelul dezvoltării forței musculare a bratelor, abdominale si a picioarelor atât la fete, cât și la băieții aflați în studiu, prezența la ore, participarea la activitătile sportive și nota finală. Folosirea eficientă a exercițiilor pentru dezvoltarea forței musculare în lucrul pe uscat din cadrul lecțiilor de înot la disciplina educație fizică și sport pentru studenții anului I, a contribuit la perfecționarea deplasării în mediul acvatic la procedeele de înot alese si participarea cu succes în concursuri.

Biodata



Elena-Diana SIMA has a PhD in PES (2012). She is currently working as an assistant lecturer in the Department of Medical Recovery at PES discipline, at the Faculty of Medicine within "Carol Davila" University of Medicine and Pharmacy of Bucharest. Collaboration with "Dinamo"

Sports Club of Bucharest, for therapeutic swimming through the agency of "Kari therapy" trading company of Bucharest where she is employed. For more than 13 years, E-D. Sima has developed scientific directions of research related to the PhD thesis: "Management of private sports clubs specialized in the selection and training of polo players", the book "Swimming – in the class of physical education of the students of "Carol Davila" University of Medicine and Pharmacy" and participations in national and international congresses and sessions of scientific communications on topics such as: swimming, water polo, hydro-kinetotherapy (aquatic medical recovery), sport management and sport in general.

Acknowledgement

As author - researcher, we are grateful to the first-year students of the academic year 2016-2017, in the 9th Department -Medical Recovery, discipline of Physical Education and Sport, from "Carol Davila" University of Medicine and Pharmacy of Bucharest, for their agreement to participate in the study conducted. I hereby declare under my own responsibility that the subjects participating in the research have been informed of the voluntary nature of participation in the research, of the understanding of the information received and of the understanding that withdrawal can be done at any time, without any negative consequences on the participant. The research respected the ethical standards of the research, the participants / the next of kin of the participants gave their consent to take part in the research.

Children's Right to Education: Opportunities, Discussions, and Debating Inclusive Education and Discrimination in Education

Adelina STEFARTA¹

Abstract

ENGLISH | Recent studies examining the integration of new comers in host societies point the difficulties in cultural integration due to misunderstandings generated in areas related to mental and physical health. These points include and are related also to the problems connected to children, because they meet emotional difficulties in adjusting emotionally themselves. The difficulties can be explained because of the traumas of transition, difficulties in ethnic identity and communication problems. How can we help children from marginalized ethnic, cultural, racial, linguistic, and religious groups attain a sense of inclusion within their schools and nation-states, political efficacy, and clarified national identities? For that we need to make an analysis of global migration, diversity, and citizenship education, advocacy and policy related to the children's rights to education. There is a great need to explore the many roles that parents play through engagement with children at home, connections to the school and community, and interactions with other parents. What does it mean to be a 'different' parent in terms of the family's relationship to education. In the same time data is important for developing inclusive policies, monitoring their implementation, and then evaluating the results. There is a need

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to discuss the applicability and potential for different data sources to meet these needs, as well a discussion of how to construct appropriate indicators for measuring success. In addition to a discussion on administrative data systems, qualitative data, and survey data, there should be an exploration of action research that focuses on improving the quality of education delivery by delving into the dynamics of how interventions work in different locations.

Keywords: Inclusive Education: rights; opportunities; discrimination; integration.

Abstract

ROMANIAN | Studiile recente detectează dificultățile ce țin de integrarea culturală a personalor adulte dar și a copiilor ce doresc să se integreze în noile societăți. Deseori, aceste dificultăți apar din cauza înțelegerii greșite a situației în care se află, în special copiii cu cerințe educaționale speciale. Respective, copii întîmpină dificultăți de integrare de ordin psiho-emotional pentru că nu reusesc sa se conformeze si să se ajusteze cerințelor noilor societăți. Aceste dificultăți pot fi explicate și prin dificultățile de tranziție (trauma tranziției), dar și prin diferențele de ordin etnic, de identitate etnică și prin problemele de comunicare.

Cuvinte-cheie: Educatie inclusivă; drepturi; oportunități; discriminare; integrare.

Biodata:



Adelina STEFARTA | Associated professor PhD., ULIM, Chişinău, Republic of Moldova. The responsible person for scientific activities at Department of Psychology, Educational Sciences and Social Work, ULIM. Work

experience - 22 years. Scientific interests: pedagogy, psychology, international relations. Grants and fellowships holder: 2016 - Visiting researcher at The Georg Eckert Institute for International Textbook Research (GEI) in Braunschweig, Germany; 2008 - Visiting fellow in Karlsruhe, Germany, the stipend of Deutscher Akademischer Austauschdienst (DAAD), Germany; 2003 - Visiting fellow (California State University Fresno) participating in the 2002-03 Regional Scholar Exchange Program sponsored by the Bureau of Educational and Cultural Affairs of the US Department of State; Publications on national and international levels. 15 textbooks and monographies.

The Characteristics of Majorettes with Pom Poms and Twirling

Silvia STROESCU¹

Abstract

ENGLISH | Long time ago, the majorettes was known throughout the world and could be described as beautiful girls with an elegant posture that had as their main purpose to animate and involve the crowd in the atmosphere of various sports team, through movements made in a specific choreography with an exciting rhythm, and accessorized with those pom poms that give color to any choreography. Over time, everything has grown and it became a very well organized and structured activity on different levels and categories. The purpose of my paper is to make known the characteristics of this activity that has become a sport and which has gained international reach, receiving in 2017, provisional recognition as Olympic sport by the International Olympic Committee. At the end of the three years of provisional recognition, the courts dealing with this sport may decide to be included in the Tokyo Olympics 2020 sports program. In Romania, this sport is still at the beginning, compared to traditional countries such as those in Western Europe or in the USA. Those involved in this mass activity want the majorettes no longer to be considered as animators, but to be recognized as sportsmen. majorettes must be regarded as a sport in their own right, because it is certified by the existence of the Romanian Majorettes Association (AMR), the European Majorettes Association (EMA) and the European Cheer Union (ECU), which, together with other international

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organizations in the field, unite their efforts to promote, support and develop this sport.

Keywords: majorettes; sport; pom poms and twirling.

Abstract

ROMANIAN | Cu mult timp în urmă, termenul de majoretă era cunoscut în întreaga lume și putea fi descris ca fiind reprezentat de fete frumoase, cu o postură elegantă, care aveau ca principal scop, animarea si captarea multimii în atmosfera diferitelor meciuri de echipă prin mișcări realizate intr-o coregrafie specifică, cu un ritm antrenant, și accesorizate cu acei pom-poni care dau culoare oricărei coregrafii. De-a lungul timpului, totul a luat amploare devenind o activitate foarte bine organizată și structurată pe diferite nivele și categorii. Scopul lucrării mele este de a face cunoscute caracteristicile acestei activități care a devenit sport de performanță și care a căpătat amploare internațională, primind anul acesta recunoaștere sport olimpic, din partea Comitetului provizorie ca Internațional Olimpic. La finalul celor 3 ani de recunoaștere provizorie, instanțele care se ocupă de acest sport, pot hotărî pentru a fi inclus în programul sporturilor pentru Jocurile Olimpice din 2020 de la Tokyo. În România, acest sport este încă la început față de țările cu tradiție, precum cele din vestul Europei sau SUA. Cei angrenați în această activitate de masă își doresc ca majoretele să nu mai fie considerate animatoare, ci să fie recunoscute ca sportive. Majoretele trebuie privite ca un sport în sine, fapt care este certificat și de existența Asociației de Majorete din România (AMR), a Asociației Europene de Majorete (EMA) și a European Cheer Union (ECU) care, alături de celelalte organizații internaționale din domeniu își unesc eforturile pentru promovarea, sustinerea si dezvoltarea acestei ramuri de sport.

Biodata



Silvia Alexandra STROESCU | I am 32 years old, assistant PhD at the National University of Physical Education and Sports in Bucharest and the head coach of the representative cheerleading team of the university that I teach. In the past, I practiced artistic gymnastics at high

performance level for 15 years, while I have obtained the following titles: European, World and Olympic champion (2004 Athens) in artistic gymnastics.

The Cheerleading Training Components

Silvia STROESCU¹

Abstract

ENGLISH | Cheerleading is a competitive and internationally popular sport, enjoying the prestige associated with various sports with tradition and even sports with Olympic status. These changes have emerged as a result of transforming from entertainment and leisure into a competitive activity that is no longer "just for girls." The current evolution of this sport highlights the unprecedented development of the human body's ability to move, as well as the exceptional level of of psychic manifestation different and motor Cheerleading is based mostly on artistic gymnastics elements, but also on dance, aerobic and rhythmic gymnastics. In this paper we propose to present a summary of the current knowledge about the innovation process in the field of sports training, applicable in cheerleading. It is based on the idea that only good sports training can support high performance and longevity in sport. Thus, the development of motor skills is an integral part of the cheerleading training, and the general and specific physical training is indispensable for a perfect training of the cheerleaders. Below is a synthesis of fundamental notions of cheerleading sport, which will help to understand the theoretical aspects of the training content that lead to a complex training.

Keywords: cheerleading; sport; training components.

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Abstract

ROMANIAN | Cheerleadingul, este un sport competițional și foarte popular pe plan internațional, bucurându-se de prestigiul asociat cu diferite sporturi cu tradiție și chiar cu sporturi cu statut olimpic. Aceste schimbări, au apărut ca rezultat al transformării dintr-o activitate de entertainment și de loisir, într-o activitate competițională, care nu mai este "doar pentru fete". Evoluția actuală a acestui sport pune în evidență dezvoltarea fără precedent a capacității de mișcare a corpului uman, precum si nivelul exceptional de manifestare a diferitelor capacităti motrice și psihice. Cheerleading-ul se bazează în cea mai mare parte pe componente din gimnastica artistică dar și pe elemente din dans, gimnastica aerobică și ritmică. În lucrarea de față ne propunem să prezentăm un rezumat al cunoștiințelor existente la ora actuală despre procesul inovației în materie de pregătire sportivă, cu aplicabilitate în cheerleading. Se pleacă de la ideea că numai o bună pregatire sportivă poate să susțină înalta performanță și longevitatea în sport. Astfel dezvoltarea aptitudinilor motrice face parte integrantă din antrenamentul în cheerleading, iar pregatirea fizică generală și specifică este indispensabilă pentru o formare desăvârsită a majoretelor acrobate din punct de vedere biomotric. În cele de mai jos va urma o sinteza de noțiuni fundamentale din domeniul sportului cheerleading, ce vor ajuta la întelegerea aspectelor de ordin teoretic din continut.

Physical Activity in Nature being in the Context of Movement Education

Ilie Cătălin ŞTIRBU¹

Abstract

ENGLISH | We chose this topic to find out a series of data on physical exercise in kind by gymnasium students. In order to influence them for the better we must first know a number of current criteria: the motivation that causes them to move, the obstacles encountered, the favorite activities or the entourage in which they practice the most physical activity. People get to understand the role and benefits of an active lifestyle too late. It is best for health to work prophylactically. The biggest hurdle is given by the lack of basic knowledge in this direction of the large mass of the population. Most associate these activities with fun (so it is not a priority), some characterize it as being necessary only for people who have overweight, others even with an unnecessary activity that does not help even relax. If adults do not understand this phenomenon then they will not let the children or guide them to exercise physical activity in their spare time. In turn, these children will become adults and then parents who will not even make their children an active lifestyle. I believe that at this point we must act on both parents and children. This work is intended for the latter to create a small starting point for future actions that we hope to bring about a change. We primarily pursue physical activities in kind because it is the most beneficial environment for child development and growth. We need to identify the problems and then try to solve them. The

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present society brings man to a sedentary activity that takes place in a closed space. The more they will need physical activity to do in nature. We want this study to find out what physical activity in nature likes pupils (even if they do not manage to practice it constantly) and what are the obstacles that stand in their way.

Keywords: leisure, wellness, sport, lifestyle, growth.

Abstract

ROMANIAN | Am ales această temă pentru a afla o serie de date cu privire la practicarea activităților fizice în natură de către elevii din ciclul gimnazial. Pentru a-i putea influența în bine trebuie în primul rând să cunoastem o serie de criterii actuale: motivația ce îi determină să facă mișcare, obstacolele întâmpinate, activitățile preferate sau anturajul în care practică activități fizice cel mai mult. Oamenii ajung să înțeleagă mult prea târziu rolul și beneficiile unui stil de viață activ. Cel mai bine pentru sănătate este să lucrăm profilactic. Piedica cea mai mare este dată de lipsa de cunoștințe de bază în această direcție a marei mase a populației. Cei mai mulți asociază aceste activități cu distracția (deci nu este o prioritate), unii o caracterizează ca fiind necesară doar persoanelor ce au un surplus de greutate, alții chiar cu o activitate inutilă ce nu te ajută nici să te relaxezi. Dacă adulții nu înțeleg acest fenomen atunci nu vor lăsa copiii și nici nu îi vor îndruma spre practicarea unei activități fizice în timpul liber. La rândul lor acești copii vor deveni adulți și mai apoi părinți ce nu își vor îndrepta nici ei copiii spre un stil de viață activ. Cred că în acest moment trebuie să acționăm atât asupra părinților cât și a copiilor. Această lucrare este destinată celor din urmă pentru a crea un mic punct de plecare spre acțiuni viitoare care să sperăm să aducă și o schimbare. Urmărim în primul rând practicarea activitătilor fizice în natură pentru că acesta este

mediul cel mai benefic pentru dezvoltarea si cresterea copiilor. Trebuie să identificăm problemele și mai apoi să încercăm să le rezolvăm. Societatea actuală aduce omul la o activitate sedentară ce se desfăsoară într-un spațiu închis. Cu atât mai mult vor avea nevoie de o activitate fizică ce să o desfăsoare în natură. Ne dorim ca prin acest studiu să aflăm ce activitate fizică în natură le place elevilor (chiar dacă nu reușesc să o și practice constant) si care sunt impedimentele ce le stau în cale.

Biodata:



Ilie Cătălin **STIRBU** is Associate Professor PhD at "Alexandru Ioan Cuza" University in Iasi, Romania and he is also a volleyball coach to National Team of Romania (mens U 19). He had been working as Associate Professor and a volleyball coach for the past 20 years. He

had more than 20 years of progressive experience in the volleyball field, both as a professor and a coach. The professional history includes positions such as Associate Professor at "Alexandru Ioan Cuza" University, where he teach volleyball courses (Technics, Tactics and Didactics), Water Activities, Recreational Winter Sports, Methodology of prevention injuries to athletes and He was the volleyball head-coach at many teams in First and Second League in Romania (women teams), He had a Master degree in Sport Management and PhD in Educational Sciences. He had also the opportunity to teach volleyball courses through The Erasmus Teaching Program at "Sophia Antipolis University" from Nisa (France), "Albert - Ludwigs Universitat Freiburg, Institut fur Sport und Sportwissenschaft, Deutschland" from Freiburg (Germany), University of Groningen (Holland), "University of Thessaloniki", Trikala (Greece), "Akademia Wychowania Fizycznego of Krakow,

Poland", Wingate Institute Tel-Aviv, Washington Academic College (Israel) and University ISMAI, Porto (Portugal). As a coach, he was trained Penicilina Iasi, Unic Piatra-Neamt from The First League and Stiinta Miroslava Iasi from The Second League (but we qualified in The First League). He also collaborated with VFB Friedrichsafen (Germany) and Stod Volley (Norway).

Comparative Analysis of the Formation of Military Professional Skills in the Cadets to be Trained in Logistics Specializations in Bulgaria

Venelin TERZIEV¹, Vanya BANABAKOVA², Marin GEORGIEV³

Abstract

ROMANIAN | The social, political and economical changes in the Bulgarian society leave their traces in all spheres of the public life, in particular of the military education system. The implemented in the Republic of Bulgaria reforms assign to the Vasil Levski National Military University the task to train logistic officers at a high level of professional skills, who are ready to solve efficiently the assigned tasks. The specific character of the logistic officers activity sets increased requirements to their management skills and abilities and to the management effectiveness, related to them. In connection with this the disclosure of holdings of cadets from different specializations logistics management, organizational and communication skills is the topical trend to disclose ways to improve military professional training and formation of readiness for a timely and quality management decision making. The research target is the military professional training of the future logistic officers, while the developed in the course

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of their military professional training management skills, management, organizational and communication skills of the future logistic officers are subject of research. The research aim is to analyze the acquired in the course of the military professional training of the future logistic officers management skills and abilities and the related to them management effectiveness. The methods of research are: a theoretical analysis of the military education literature is used during the research; also the methods of inquiry, statistics, substantiation and general conclusion.

Keywords: Vocational education; professional competences; skills development.

Biodata



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KUZDOVA Prof. Vanva BANABAKOVA, Ph. D. is professor in National military university Vasil Levski, Veliko Tarnovo, Bulgaria.

Her scientific interests are in the areas of Marketing and Logistics.

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of scientists in Bulgaria, Branch - Veliko Tarnovo.

She has over 130 scientific publications, as follow: monographs -5; scientific studies -2; scientific articles in the Journals -27; scientific articles in the proceedings of the conferences – 84; Textbooks – 12 and others.

She is a member in scientific boards of the next scientific journals: Magazine Amfiteatru Economic Journal, Bucharest, Romania; Magazine Revista de Turism, Suceava, Romania; Magazine Security dimensions: International and National Studies, Krakow, Poland; Magazine Security, Economy and Law, Krakow, Poland and others.



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In 2007 he graduated master's degree -"Accounting and Control" with specialization- "Financial control". He is interested in the areas of Marketing, Accounting, Control and Management. Marin Georgiev has over 30 scientific publications.

Analysis and Perspectives for the Development of the Higher Education System in Bulgaria

Venelin TERZIEV¹, Vanya BANABAKOVA², Marin GEORGIEV³

Abstract

ENGLISH | The development of higher education's system in the recent years endured transformations and restructurings, having to answer number of challenges. On one hand, the main challenge was connected with the requirements of the labour market as well as with the rapidly changing outside environment. The established new requirements that regarded employers' increasing pretentions about the work positions as well as the competence of the experts, who have been "produced", are the main challenge in the new circumstances. Higher schools, put in active market relations, started looking for an answer to that new challenge. The responsibility of higher schools' adequate behaviour is their managements' and teachers' ability to react innovatively, quickly and adequately, put sometimes in extreme conditions. Very often, these days the question of which of these challenges put the Bulgarian higher schools in the unsatisfying condition to "cover" these environment requirements is asked. At first sight, the established new legal grounds, the opportunity for autonomous

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development and number of other circumstances gave them full opportunities for realization of these new circumstances. Actually, most of the higher schools couldn't effectively manage with the new assigned tasks, and reorganization and restructuring was happening in an administrative and inert manner. In most of the cases, the universities turned out being quiet and peaceful places for staying, without this "stay at the working place's" result being clear and specified. Bulgarian higher schools' development put forward some critical and basic questions for their teachers' competence, for the skills and knowledge their students get, for the financing models and in the long run, for the quality of the educational service they render.

Keywords: Higher education; professional competencies; development of academic staff.

The Development of Academic Membership and the Development of Higher Education System in Bulgaria

Venelin TERZIEV¹, Vanya BANABAKOVA², Marin GEORGIEV³

Abstract

ENGLISH | Higher education system's development and the academic membership's development is directly and immediately connected to the overall philosophy of higher education's development in Bulgaria. The economic, political and cultural transformations in the recent decades reflect these processes in a particular way. At the presence of a conservative and partially "closed" system of getting an academic ranks and titles in Bulgaria, a transition towards a system that has no objectively grounded criteria system (regarding the procedure) as well as no objective evaluating system for conducting the procedures for awarding educational and scientific degree "Doctor", scientific decree "Doctor of Science" and the procedures for habilitation for academic positions "Associate Professor" and "Professor" was made. Creating democratic conditions in the circumstances of higher schools' autonomy, a system for getting educational and scientific degrees was established at unclear and in the most general sense incorrect

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requirements from the candidates. Put in different conditions, candidates satisfy the requirements for acquiring educational and scientific degrees different way. The present article makes a detailed analysis of that process throughout the last five years, looking for the possible correct and adequate answers to the established wrong practice, and at the same time analyzes in details the possible new requirements at legislation change in this direction. Unified state requirements are the possible way out but not in all professional fields. What is looked for is the specific in the separate fields of higher education, while alternative solutions are suggested for particular fields.

Higher education; professional competencies; **Keywords:** development of academic staff.

Prospects for Development of Higher Education in Bulgaria

Venelin TERZIEV¹, Vanya BANABAKOVA², Mariva ILCHEVA³

Abstract

The system of higher education in Europe nowadays is faced number of challenges regarding standards of accreditation and quality assessment, relations to other organizations and labor market, expectations and demand of learners, university management, etc. The many-year reforms conducted in Bulgaria have led to some characteristics in higher education system and the institutions felled in the trap of changes, thus being in a situation which imposes the need of urgent and adequate actions in term of a purposeful national policy and an effective strategic management at university level. Current paper makes discussions on the most topical problems of Bulgarian universities regarding provision of quality education and competitiveness on international markets. The results presented on the basis of the analyses of the main legislative and strategic documents on national levels are complemented by the data provided by the Bulgarian University Ranking System and the information provided by the National accreditation and evaluation agency. Prospects for

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future development of the system of higher education in Bulgaria are outlined in the context of the accreditation procedures, quality assurance and ranking systems, academic staff development and links to scientific research, economy and society. The conclusions and recommendations made could be useful as an experience analyzed and a practice presented, as well as a basis for further discussions and research

Keywords: Higher education; professional competences; restructuring of the higher education system.

The Importance of Practicing Physical Activities in the Context of Scientific and Technic **Contemporary Evolution**

Alin Cătălin TOMA1

Abstract

ENGLISH | Physical activity as a social phenomenon evolved alongside humanity throughout its whole existence representing a necessary component of the social life. It is formed from an ensemble of actions which contribute to the development of human's personality by strengthening one's psychomotric qualities and by assuring an equilibrium between them. In this way, the purpose of practicing independent physical activities is that of obtaining a multitude of benefits which contribute to the improvement of life's quality from the perspective of physical an psychical health. Technical evolution, alongside its known benefits also has a negative influence on one's health, in the way that it liberates the human from the physical effort. Our purpose is to demonstrate that by making students aware of the benefits of practicing independent physical activities they will include them in their daily program. In conclusion we can state that physical activity is an activity recommended to everyone regardless one's age. One of the categories that should represent a maximum interest is represented by children. Sport improves the quality of their life and it disciplines them from an early age.

Keywords: students; physical development; physical sports activities.

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Abstract

ROMANIAN | Activitatea fizică ca fenomen social a evoluat împreună cu omenirea de-a lungul întregii sale existențe, reprezentând o componentă necesară a vieții sociale. Aceasta este formată dintr-un ansamblu de acțiuni care contribuie la dezvoltarea personalității individului prin potentarea calităților psihomotrice ale acestuia și prin asigurarea unui echiliru între ele. În acest sens, scopul practicării activităților fizice independente este acele de a se obține o multitudine de beneficii care contribuie la îmbunătățirea calității vieții din punct de vedere al sănătății fizice și psihice. Evoluția tehnologică pe lângă cunoscutele beneficii oferite are și o influiența negativă asupra sănătății, în sensul că îl eliberează pe om de tot mai mult efort fizic. Ne propunem să demonstrăm ca prin conștientizarea elevilor asupra beneficiilor practicării activităților fizice independente, aceștia le vor include in programul zilnic. Putem concluziona faptul că activitatea fizică este o activitate recomandată tuturor persoanelor, indiferent de vârstă. Una dintre categoriile care ar trebuie sa reprezinte un interes maxim o reprezintă copiii. Sportul îmbunătățește calitatea vieții acestora și îi disciplinează de la o vârstă fragedă.

Cuvinte cheie: elevi, dezvoltare fizică, activități fizice sportive.

Biodata

My name is **Alin Cătălin TOMA** and I'm a teacher at the secondary school in Gorban, Romania. I am a PhD student at the State University of Physical Education and Sports, Chisinau. the subject of the thesis is the importance of practicing physical activities by secondary school students. During my teaching career I have been involved in several training courses and professional development projects

Organizational Strategies of Hockey Sports Training

Marius TRANDAFIR¹

Abstract

ENGLISH | Athletic training is a complex, long-term process, organized according to the level of performance and the competitive objective. The study aims at highlighting the most important aspects of planning and periodization of the sport training, which lead to the achievement of the high level sports performance, related to the achievement of the sporting plate during the championship. The staging of the training is based on the level of performance of the team and the result, so it is classified into: The first preparatory stage of anatomical adaptation, the second preparatory stage, the precompetitive stage, the competitive stage and the transition stage. The content of each stage is structured and dosed based on the type of hockey effort and the main effort parameters (volume, intensity, complexity). The research methods used in the elaboration of the paper are the method of study of the specialized literature and the method of pedagogical observation, case study method. Sports training is mainly a pedagogical process, which means observing basic principles achievement established ensuring the of performances, provided that the training methods and means are well chosen, dosed and individualized according to the biopsycho-physical possibilities of Player and specializing in the post. In conclusion, in the sport training process, the physical, physiological, psychological and intellectual potential of the athlete will be capitalized, through the elements of planning

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and periodization, which will ensure the achievement of highlevel sports performances.

Keywords: Sport; Hockey; Training; Performance.

Abstract

ROMANIAN | Antrenamentul sportiv este un proces complex de lunga durată, organizat în funcție de nivelul de performanță si de obiectivul competițional. Studiul are ca scop evidențierea celor mai importante aspecte de planificare si periodizare a antrenamentului sportiv, care conduc la obținerea performanței sportive de înalt nivel, raportat la atingerea platoului de formă sportivă în timpul campionatului. Etapizarea antrenamentului se realizează în funcție de nivelul de performanță al echipei și de rezultatul vizat, astfel, se clasifică în: prima etapa pregatitoare de adaptare anatomică, etapa a pregătitoare, etapa precompetiționala, doua competițională și etapa tranziție. Conținutul fiecărei etape este structurat și dozat având la bază tipul de efort specific jocului de hochei și parametri principali ai efortului (volum, intensitate, complexitate). Metodele de cercetare utilizate în elaborarea lucrării sunt metoda studiului literaturii de specialitate și metoda observației pedagogice. Antrenamentul sportiv este în principal un proces pedagogic, ceea ce presupune respectarea unor principii de bază care asigură obținerea performanțelor sportive stabilite, în condițiile în care metodele și mijloacele de antrenament sunt bine alese, dozate și individualizate în funcție de posibilitățile bio-psiho-fizice ale jucătorului și specializarea pe post. În concluzie, în cadrul procesului de antrenament sportiv, se va valorifica potențialulului fizic, fiziologic, psihic și intelectual al sportivului, prin intermediul elementelor de planificare si periodizare, aspect care asigură obținerea performanțelor sportive de înalt nivel.

Cuvinte cheie: Sport; Hochei; Antrenament; Performanță.

Biodata

My name is Marius TRANDAFIR, I'm Teaching Assistant, PhD candidate at the Dunărea de Jos University of Galati, ice hockey coach at CSM Dunarea Galati senior team and second coach of the National Team of Seniors of Romania. In 2017, as a second coach, I won 1st place at the Ice Hockey World Championship, Romania advancing in Division 1, Group B. Fields of research: performance sports, sports training methodology, performance sports psychology, physiology in training, training and competition ethics. For professional development, I participated in national and international conferences as a participant, organizer and I was part of the scientific committee.

Grounding Values in Relationship between Social Worker and the Beneficiary. Confidentiality, Right to Private Life and Trust

Elena UNGURU¹

Abstract

ENGLISH | The three values, confidentiality, right to private life and trust, are a working triangle in the ethics of helping professions. Confidentiality also involves respect for the two other principles of bioethics: respect for autonomy, previously discussed, and justice. In case of justice, confidentiality interferes in the social transactions the beneficiary does, without fearing that the privileged information on his private life could be disclosed without his consent. Confidentiality's starting point is the professional's obligation to respect the right to privacy. This right requires the social worker not to request the beneficiary to include information on his private life in the documents, other than those that are necessary for developing the social intervention. The respect for the right to a private life and confidentiality are considered to be extremely important for establishing a relationship of trust between the social worker and the beneficiary. The trust of the beneficiary in the professional is the belief of the first one that the latter one will act to maximize the beneficiary's interest, and therefore offer the best form of intervention and the most adequate possible care.

Keywords: confidentiality; right to private life; trust; ethics of helping professions; social work.

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Abstract

ROMANIAN | Cele trei valori, confidențialitatea, dreptul la viață privată și încrederea constituie un triunghi operant în etica profesiilor asistențiale. Confidențialitatea implică două principii ale bioeticii si anume respectul față de autonomie, și dreptatea. În cazul dreptății confidențialitatea intervine în tranzacțiile sociale pe care beneficiarul le face fără a se teme că informații privilegiate referitoare la viața sa private ar putea fi făcute publice fără acordul său. Confidențialitatea are ca punct de plecare obligația profesionistului de a respecta dreptul la viată privată. Dreptul la viața privată cere asistentului social să nu solicite de la beneficiar și să nu înscrie în documente alte informații despre viața privată a acestuia, decât cele necesare pentru desfășurarea intervenției sociale. Respectarea dreptului la viață privată și confidențialitatea sunt considerate a fi desebit de importante pentru constituirea unei relații de încredere între asistentul social si beneficiar. Încrederea beneficiarului în profesionist reprezintă convingerea primului că cel din urmă va acționa în sensul promovării maxime a interesului beneficiarului si va oferi în consecintă cea mai potrivită formă de intervenție și cea mai adecvată îngrijire posibilă.

Cuvinte cheie: Confidențialitate, dreptul la viață private, etica profesiilor asistențiale, asistență socială.

Biodata:



Elena UNGURU | PhD Student at the Doctoral School of Sociology, University from Oradea and researcher at Lument Research Center in Social and Humanistic Sciences. Legal Adviser for LUMEN Association, in Iasi. She graduated from MA studies in Supervision and Family Planning,

at the Faculty of Philosophy and Social Political Sciences from Al. I. Cuza University in Iasi. She has a BA in Law and Social Work. Fields of interest: sociology, law, social sciences, public relations and communication.

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Education and Training of Specialists in Social Work in Supervision Area

Elena UNGURU¹, Antonio SANDU²

Abstract

ENGLISH | The concept of "supervision" aims at an activity contribute the continuous professional to development of practitioners in the social field (Sandu, Unguru, Ponea & Cojocaru, 2010), helping the practitioners improve their "abilities of reflection" and of transposing the social theory (Ponea, 2009) into effective welfarist practice. Bernard and Goodyear (1998) also consider supervision to be an intervention provided by a person with more professional experience, following the transfer of knowledge towards a less experienced person. Supervision is often confused with therapy, or the process of counseling, given the symmetry of the discoursive practice between the two: both counseling and supervision are based on a non-directive methodology, based on the reflection on the problem the client is facing. The supervised social workers expect an increased and continuous attention from the supervisors. Basically the social workers expect understanding, acknowledgment, validation, affirmation and confirmation from their supervisors. The relationship of supervision is seen as being an ensuring one for the fairness of the professional practice. The educational function of supervision

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aims to increase knowledge, skills and competences of the social workers (Kadushin, 2014) and the social workers' internalization of the organization's values (Frunza, 2017).

Keywords: supervision; education; training, social workers

Abstract

ROMANIAN | Termenul "supervizare" vizează o activitate venită să contribuie la dezvoltarea profesională continuă a practicienilor din domeniul social (Sandu, Unguru, Ponea & Cojocaru, 2010), ajutând practicienii să-și îmbunătățească "abilitățile de reflectarel și de transpunere a teoriei sociale (Ponea, 2009) în practica asistențială efectivă. Bernard și Goodyear (1998) consideră la rândul lor supervizarea ca fiind o intervenție furnizată de o persoană cu mai multă experiență profesională, urmărindu-se transferul de cunoastere către o persoană cu mai puțină experiență. Supervizarea este adeseori confundată cu terapia sau procesul de consiliere, datorită simetriei practicii discursive dintre cele două: atât consilierea cât și supervizarea au la bază o metodologie non-directivă, bazată pe reflecția asupra problemei cu care clientul se confruntă. asistenții sociali supervizați așteaptă de supervizori o atenție sporită și continuă. Practic asistenții sociali așteaptă de la supervizorii lor înțelegere, recunoaștere, validare, afirmare si confirmare. Relatia de supervizare este văzută ca fiind una asiguratorie pentru corectitudinea practicii profesionale. Funcția educativă a supervizării vizează creșterea cunoștințelor, abilităților și competențelor asistenților sociali (Kadushin, 2014) și internalizarea de către asistenții sociali a valorilor organizației (Frunză, 2017).

Cuvinte cheie: supervizare, formare, asistenta sociala

Antiaging Technologies

Loredana VLAD¹

Abstract

ENGLISH | The concept of extended longevity has emerged with the ever-increasing development of new technologies, and we could say, also along with the problems raised by transhumanist supporters. Transhumanism is a socio-cultural current that promotes physical and moral improvement through the use of new technologies. Among the ideas sustained by this movement, there is longevity - as unlimited life extension, artificial immortality, etc. The issue of longevity is complex, especially because it involves several aspects: theories, medical technologies, vaccines, lifestyle, personalized diets, physical improvement technologies, etc. In this paper we will analyze the main anti-aging technologies and how they can bring a better quality of life to the human individual.

Keywords: Antiaging technologies, transhumanism, longevity, development, new technologies;

Abstract

ROMANIAN | Conceptul de longevitate extinsă a apărut odată cu dezvoltarea tot mai accelerată a noilor tehnologii și am putea afirma că odată cu problemele ridicate de sustinătorii curentului transumanisti. Transumanismul este un curent socio-cultural prin care se susține perfecționarea fizică și morală cu ajutorul noilor tehnologii. Printre ideile susinute în

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cadrul acestei mișcări se află longevitatea – ca extindere nelimitată a vieții, imortalitatea artificială, etc. Problema longevității este complexă, mai ales din cauza faptului că implică mai multe aspecte: teorii, tehnologii medicale, vaccinuri, stil de viață, diete personalizate, tehnologii de perfecționare fizică, etc. În această lucrare se vor analiza principalele tehnologii antiîmbătrânire și modul în care acestea pot aduce o calitate mai bună a vieții individului uman.

Biodata:

Loredana Terec-Vlad has graduated from the Faculty of Political and Administrative Sciences (Petre Andrei Univeristy) and also Faculty of History and Geography within Ștefan cel Mare Univeristy of Suceava. She is an expert in Organizational Ethics and Ethical Auditing. She has published various scientific papers in field such as bioethics, transhumanism, philosophy and organizational sociology.

The Role of Multidimensional Education in Developing an Intercultural Skill through EFL

Cristina-Georgiana VOICU¹

Abstract

Within the context of multidimensional **ENGLISH** education, the efficiency of language teaching and assessment in English involves depolarizing the educational process, disbanding boundaries, and encouraging students to actively participate in the educational process, with reference to the students-centered training process, adjusted to their learning needs and propensities as well as their specifically linguistic, cultural and social interests, focusing on skills building activities and exploring their metacognitive, cognitive and social potential. Taking into account the fact that the process of thinking is done by the linguistic categories, this paper aims to highlight the idea that metacognition through metalanguage underscores the role of the subject in both knowledge and learning process awareness by self-control, self-appreciation and the self-refinement of his/her own cognition. This fact allows metacognitive strategies in devising communicative language skills in English - according to CEFR (writing, reading, listening and speaking skills) - by making assessment strategies more efficient. The implementation of this strategy aims at mobilizing the cognitive, metacognitive and social domain in the process of coining communicative skill in EFL (English as a Foreign Language), especially in the field of development plurilingual skills and intercultural communication though developing language acquisition and

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encouraging the use of language as well as acquiring skills as an advanced user.

Keywords: metalanguage; multidimensional education strategies; EFL; plurilingualism; communicative skills.

Abstract

ROMANIAN | În contextul prezent al educației multidimensionale, eficientizarea predării si evaluării competențelor lingvistice în limba engleză implică o depolarizare a procesului educațional, eliminare a limitelor și încurajarea studentilor de a participa activ la procesul educațional, cu referire la procesul de instruire centrat pe student, armonizat cu nevoile de învățare, ajustate la preferințele de învățare și la interesele specifice ale studenților existente în plan lingvistic, cultural și social, cu accent pe de competențe și explorarea potențialului formarea metacognitiv, cognitive si social al acestora. Luând în considerare faptul că procesul de gîndire se realizează în categoriile lingvistice, scopul acestei lucrări este de a evidenția faptul că metacogniția prin metalimbaj evidențiază rolul subiectului în cunoaștere, în conștientizarea procesului de învățare, prin autocontrol, autoapreciere și autoperfecționarea cogniției proprii. Acest lucru permite integrarea strategiilor metacognitive în formarea competențelor lingvistice de comunicare - conform CEFR (competente de scriere, citire, ascultare și vorbire) - în limba engleză prin eficientizarea strategiilor didactice de evaluare. Implementarea acestei strategii vizează mobilizarea domeniului cognitiv, metacognitiv și social în procesul de formare a competenței de comunicare în limba engleză ca limbă străină în special în domeniul dezvoltării competenței plurilingve și al comunicării interculturale cu scopul dezvoltării achizițiilor lingvistice și

încurajarea folosirii limbii, precum și dobândirea în final a competenței de utilizator avansat.

Biodata



Cristina-Georgiana VOICU is a former Fellow Post-PhD in the SOP HRD/159/1.5/S/133675 Project at The Romanian Academy, Iași Branch. research project conducting a 'Mediating Culture through Images of the Self'. She received her PhD in Humanities. specialized in Philology from Alexandru

Ioan Cuza University of Iasi (2012). Her research interests cover a broad range of analyses, from cultural studies, history of literary doctrines, philosophy of language, ethics and discourse, epistemology to cognitive science. She published articles and studies in international scientific journals with impact factors and volumes in these theoretical fields. She is also a member of several prestigious international scientific associations and academic societies. Her overall 3 H-index score shows both her productivity (based on her reported total publication) and citation in Google Scholars.

The Need for Supervision in Social Work

Corina Iulia VOICU¹

Abstract

ENGLISH | The difficulties of working in the social work field, the unexpected situations which the professionals may face, the frequent ethical dilemmas, the emotional hardships request the need of supervision for the social workers in order to achieve a better performance. From a theoretical point of view, the supervision is a solution that can bring support, competence, education, information, orientation, which will provide a good development for the professional workflow. From a practical point of view, the laws, the employment mentality, the lack of financial resources and of specialized supervisors make this process to became a luxury which only few have the chance to have it. Throw this article, I tried to explain how big is the gap between the needs and the professional realities from the supervision perspective in social work.

Keywords: supervision, social work, professional practice, theoretical models, expectations.

Abstract

ROMANIAN | Dificultățile muncii de asistare socială, ineditul situațiilor pe care le întâlnesc profesioniștii, dileme etice frecvent întâlnite, încărcătura emoțională implicată de specificul muncii, reclamă nevoia de supervizare pentru

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asistenții sociali în vederea bunei desfășurări a activității profesionale. Din perspectivă teoretică supervizarea este soluția care aduce suport, clarificare, educare, informare, orientare, adică ceea ce ar asigura desfăsurarea optimă a activității profesionale. Din perspectivă practică, însa, reglementările legislative, mentalitatea angajatorilor, lipsa resurselor financiare și a supervizorilor specializați, face ca acest proces să devină un lux, întâlnit în arii restrânse. Prin lucrarea de fată am urmărit să evidențiem cât de mare este prăpastia între câmpul nevoilor si al realităților profesionale din perspectiva supervizării în asistența socială.

Biodata



Corina VOICU is teacher assistant at the Department of Social Work, Babes-Bolyai University. She graduated Social Work and has a Doctoral degree in Sociology. She has worked at the Child Protection Department of Cluj county. Currently she was involved in national and international research projects in the field of child protection and

transition from adolescence to adulthood. Her interests are in the field of child protection, management in social work services and social work supervision. She is author and coauthor of publications in the fields mentioned.

The Need of Information Technologies in the Training of Physical Education and Sports Specialists

Gheorghe VOLCU¹

Abstract

ENGLISH | The contemporary stage is determined by a new type of approach to the educational process through new technologies. The field of education and science is increasingly influenced by information technology, revolutionizing the manual-based system. The infiltration of modern information technologies in the field of physical education and sport outlines a new model of learning and plays a very important role in the vocational training of specialists. The combination of physical education and information technologies contributes to the creation of a stimulating, learner-oriented and competence-based training process.

Keywords: vocational training, information technologies, specialist, physical education, learning, competencies, training process;

Abstract

ROMANIAN | Etapa contemporană este determinată de un nou tip de abordare a procesului educational prin intermediul noilor tehnologii. Domeniul educației și științei este influențat din ce în ce mai intens de tehnologia informației, revoluționând manuale. sistemul bazat pe Infiltrarea tehnologiilor informaționale moderne în domeniul educației fizice și sportului, conturează un nou model de învătare si joacă un rol foarte important în pregătirea profesională a specialiștilor de

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Combinația educației fizice cu profil. tehnologiile informaționale, contribuie la crearea unui proces de instruire stimulativ, orientat spre cel ce învață și dobândire de competențe.

Biodata:



Gheorghe VOLCU | PhD in Pedagogical Sciences, university lecturer Management of Physical Culture Chair. I have participated in various scientific events in several institutions, such as congresses, international conferences, etc. I possess team work skills. I want to become a successful person in my life with managerial qualities.

Creativity Development Strategies at the Physical **Education and Sport Specialist**

Irina VOLCU1

Abstract

In this article we talk about creativity development strategies for the physical education and sports specialist who has been and remains one of the key issues in developing higher education in physical culture and sports. It can be noticed that creativity is a defining attribute of modern man. Stimulating creative potential is one of the top priorities of education in the world at the beginning of the third millennium, in order to cope with complex issues and changes in different sectors. The creativity of the physical culture and sports specialist is conditioned by: pedagogical creativity, situational creativity, managerial creativity, scientific creativity. In the process of professional training of specialists in physical education and sports it is necessary to pay more attention to the development of creative potential as it influences the progress of the field.

Keywords: creativity, strategies, creative potential, the development of creativity.

Abstract

ROMANIAN | În acest articol vorbim despre strategii de dezvoltare a creativității la specialistul în educație fizică și sport, care a fost și rămâne una din problemele esențiale în

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dezvoltarea învățământului superior de cultură fizică și sport. Se poate observa că creativitatea este un atribut definitoriu al omului modern. Stimularea potentialului creativ reprezintă una din principalele priorităti ale educației în lume la acest început al mileniului III, pentru a face fată problemelor complexe si schimbărilor din diferite sectoare. Creativitatea specialistului de cultură fizică și sport este condiționată de: creativitatea pedagogică, creativitatea pe plan de situație, creativitatea managerială, creativitatea stiintifică. În procesul de pregătire profesională a specialiștilor din domeniul educației fizice și sportului este necesar să se acorde o mai mare atenție dezvoltării potențialului creativ, deoarece el influențează progresul domeniului.

Biodata



Irina VOLCU | PhD student, university lecturer at the Management of Physical Culture Chair.

My areas of interest includes: Management and Legislation in Sport; The Marketing of Sports Activity; Managerial Creativity; The management of the Project and Strategy Organisations.

The Changes in the Education System under the **AK Parti Governments**

Mehmet YILMAZ¹

Abstract

ENGLISH | The Turkish Justice and Development Party (AK Parti) after its first electoral victory in 2002 started to slowly reform the educational system of the country after a decade of economic crisis and political uncertainty. Without changing the driving principles of the 1973 law on education, the ruling party of Turkey could manage to establish a new structure in which both students and families can take their share of responsibility, the finances are ensured and Western educational fashions are taken into consideration. The original aim of the AK Parti was to strengthen democracy and make freedom an essential result of the whole system, in fact, lately it considered education more a tool for progress in a time in which Turkey has a dream to become a regional power.

Keywords: Turkey, Education, AK Party.

Biodata

My name is Mehmet YILMAZ. I am currently PhD studies in the field of International Relations. My research area is the education, democratization and political policy of Turkey.

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Career Anchors and their Interference on Work Balance in Moldova

Mariana ZUBENSCHI1

Abstract

ENGLISH | The research problem is devoted to the investigation of HR organizational space, from eco perspective, as well as to the study of positive and negative effects in professional environment, that assumes the interference relations with career motivations, needs and talents, identified constituents of Edgar Schein model or career anchors model. Schein, Bart, Feldman, Bolino, Wills, Brawn, Obi, Yueran, Liu, Öngen, Munir, Nielsen, Jafri and other researchers assume the moderator role of self-concept in the relationship with career anchors and work satisfaction. The model of career anchors is influenced by psycho-social factors that could guarantee work balance. These aspects review the professional relationship quality between profile specialists and their clients (student, patient and / or client). These arguments fostered our research aims to identify the network factors that ensure work balance and refer them to the relation of career anchors.

On a sample of 290 persons, it was investigated the peculiarities of work balance and career anchors, among humanity service oriented professionals as teachers, doctors and social workers.

Keywords: Work balance; career anchors; affective involvement in professional activity; clarity of professional role; safety at work;

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Abstract

ROMANIAN Problema cercetării este consacrată investigării spațiului om-organizație, din perspectiva ecoumană, a echilibrului efectelor pozitive și negative în muncă ce își asumă relațiile de interferență cu motivația, nevoia și talentul în carieră, componente prezente în modelul elaborat de Edgar Schein: ancorele carierei. Cercetările savanților Schein, Bart, Feldman, Bolino, Wills, Brawn, Obi, Yueran, Liu, Öngen, Munir, Nielsen, Jafri și alții, își asumă rolul moderator al conceptului de sine în relația acestuia cu ancorele carierei și satisfactia în muncă. Modelul ancorelor carierei este influentat de factorii psiho-sociali ce garantează echilibrul în muncă. Aspectul dat vizează calitatea relației profesionale dintre specialistul de profil și clientul său (elev, student, pacient și/sau client). Din acest motiv cercetarea noastră își propune să identifice rețeaua de factori ce asigură echilibrul în muncă și raportul acestora în relația cu ancorele carierei. Pe un eșantion ce cuprinde 290 de persoane, au fost examinate particularitățile: echilibrului în muncă a profesioniștilor din sfera serviciilor orientate umanității: educație, medicină și asistență socială și cel al ancorelor carierei din mediul profesional mentionat.

Biodata:



Mariana ZUBENSCHI | 2015 Civil Society Scholar Award, conferred by Open Society Foundation, 2008, 2010, 2012 international teaching experience, doctor in Clinical research, Social expert university lecturer in Social Psychology and Social Work fields. The research purposes in studying and developing the socio-

psychological criteria of work balance in different professional environments. Scientific activities and interests based on researching and expanding topics as: "Personal Development", "Businesses Ethics and Social Responsibility", "The laboratory of self-development: Teamwork and Leadership", "Research Methods in Action", "Social Medicine", "Working with "Understanding Systems", Communities", Community "Interventional Techniques in Social Work", "Clinical Counselling and Palliative Care", "Social and Psychological Counselling of People", etc. with over 10 book chapters and 50 referred articles in national and international journals.

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