

evidente din aria componentelor capacității coordinative.

► Nivelul scăzut al capacităților de mișcare și al capacităților coordinative, datorat bagajului sărac de priceperi și deprinderi motrice, trebuie corectat și ameliorat printr-o pregătire cu caracter multilateral.

► Implementarea structurilor operaționale de tip coordinativ în programele de antrenament vizează ridicarea gradului de tehnicitate în execuția procedeele tehnice și acțiunilor tehnico-tactice.

► Mijloacele folosite în programele de pregătire trebuie să fie cât mai variate și să vizeze elementele de bază din jocul de handbal corespunzător vârstei: • deplasările în teren; • driblingul; • pasele; • aruncarea; • combinațiile tehnico-tactice simple:

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SPORT MOTILITZ STRUCTURE AND IMPACT IN JUNIOR HANDBALL GAME

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Abstract

Handball is a complex game that requires speed, power, strength, agility, precision and transmission of balls in directions that do not admit even the smallest errors. Of specific game of handball must be remembered self and precision in carrying out movements, but also the rules of the game in direct combat with opponents. In handball, a player can dribble and throw better, the better the chances of success, but techniques sports is minimized if the player is in a weak physical condition.

Introduction

For young players it is recommended in particular the development of general strength. During increase body will be used with caution means necessary, because the programming of

excessive exercise of force can have serious track of the development agency. Therefore the schedules of force exercises lasting less and a smaller number of repetitious. In the game of handball force is associated with speed, skill and strength. Therefore, the complexity of movements that runs handball player, is a suspicious movement of the body as a whole or a segment without a little intervention as a force. In these movements, handball player needs to organize in a short time a large number of units acts at the neuromuscular junction in order to achieve the following priorities:

- to conduct forced to get a highest speed of movement or pass the ball thrown;
- to conduct a required strength jump as high;
- to conduct the force necessary to travel as fast.

Muscle strength. Starting at junior and finishing with seniors, the modern game of handball requires strength: the ability to generate and use force. Successful players are strong enough to go to the ring, to throw after being fault, to return the position to fight and join in the attack. Dosage strength also helps prevent injury.

As methodology in addressing the physical preparation in handball, to highlight a sequence of operations:

► indication of the prevailing driving skills, so for handball, field specialists have characterized the effort as being specifically based on the motility quality resistance shown in the speed, strength and dexterity;

► characterization effort specifically handball game, correlated with dominant quality; mention that the effort is characterized by the following parameters: intensity, duration (volume), complexity, metabolic processes for the release of energy;

► in handball, specific effort is characterized as: under max and maximal, as variable intensity and duration, with brief interruptions, very complex and diverse arrangements in the event of driving skills and performance factors, namely the resistance as speed, detention, technical, tactical and psychological tension, mixed (aerobics with moments anaerobe);

► determining the dynamics of the training effort (growth and decrease the effort), that is how it is planned and scheduled physical training.

The intensity of a season workouts can measure both the degree of difficulty, as well as considerations on the duration. Given the nature of anaerobic handball, most exercises are held with short breaks. The exercises are made to the need for anaerobic energy through high-intensity lasting less than 3 min. Aerobic system also requires attention. An aerobic system will effectively help the body to better tolerate increasing levels of lactose, to facilitate removal and to increase the speed of recovery. This finally allows the player to evolve more to maximum.

During training exercises, the players often miss more than throw during workouts. Coaches have to remember that an increase in the intensity of preparation falls coordination and precision. The intensity and the rest should be targeted to the needs of the player and assessed in accordance with the requirements of the game of handball.

Is dependent on the duration and intensity reflects the length of training. If the intensity of exercise is high, the duration will be shorter accordingly.

Frequency refers to how often they lead or play a player, over a given period of time. The positive results of the exercise are obtained when the load is deposited at an appropriate intensity level for a predetermined period, several times a week.

Driving qualities combined, play an important role in the game of handball, which are related to: power-resistance, strength-speed, power and land side, the power side, the power of detachment, power start, power acceleration, power braking.

Any gesture Physiotherapy involves competition, especially in preparing a mixture to a difficult to distinguish the force, strength, speed, flexibility and dexterity.

Everything depends on the orientation of the direction of preparation, then the

selection of means of dosing - load (force), speed movements, duration and number of re-made in it (resistance). Relationship is inversely proportional size of the force, speed and strength makes these values are, in general, average or variations against average.

Resistance power. Jump on board the players' movements represent the dominant power, but to be successful in such actions throughout the game, you need a workout for power. In the game of handball is important for the player to jump high to recover a ball from the panel, to make a throw of the spring and also doubled a jump.

Very important are training for power (the power of detachment from the soil of the players, throwing power, power to react to landing), as the muscle strength.

Resistance - Speed - this refers to the ability to maintain or renew a high speed. This quality is seen handball, where there is a need to repeat the same kind of speed, several times a game. As such players must train and develop an adequate capacity for resistance-speed.

Landing and the power side represent a major concern for handball. It happens a lot of accidents in handball because of the agility specific landing. The power required to control a jump landing depends on the height, weight and athletes if the landing is run by damping shock or contracted joints or rigid. For a landing Amortization shock to use a force of 3-4 times greater than body weight. Through specific training for a landing can get a force greater than the power required to have a proper and controlled landing.

The power side is a physical quality often seen in handball and refers to the ability to generate power and to jump immediately after landing. This kind of power is necessary to change direction quickly run to pass and throw quickly to gate. The power to throw a ball bearing or bird is determined by the size of muscle force exerted when discard or bird.

The power of detachment from the soil is a necessary element in handball, in which player to design the body to the highest point to retrieve the ball from the panel. Height of the jump depends directly from the athletes vertical force applied on the ground to overcome gravity. The higher the lift, the stronger must be the lower limbs.

Power start, handball is a sport that requires an increased speed to traverse a certain distance in the shortest time possible. This can be done only if at the beginning of a muscle contractions Climber is able to generate maximum force, to create a high initial velocity. A quick start depends on the reaction time and power that can exert Climber at the time.

Braking power in handball sportsmen must move quickly, changing the direction of travel is constant, fast and agility. An athlete can also accelerate, but can hold. The dynamics are changing the game so suddenly that Climber must change direction quickly, with less loss of speed and accelerate back in the direction of where it came from.

If it is accepted that for a rapid acceleration is needed to power a leg and shoulder, this is true for braking. The same muscles used for acceleration (cvadriiceps, tendons, calf) are needed for braking, except that they are eccentric contract. Therefore, to increase the ability of quick braking, for a quick move in another direction, should result in braking power.

This sprint speed or acceleration, depending on power and speed with which the muscles contract, to carry arms and legs at the highest frequency of the step, the shortest stage of contact when the leg reaches the ground and how most propulsion when the leg pushes the earth move for a stronger forwards. The ability of athletes to speed up both the strength of arm and a leg.

Conclusions

Beginners efficiency in preparation, it can not be achieved only by implementing structures that contain elements and techniques of coordinative type, depending on the particularities of individual and in accordance with the principles of didactics:

► Thus it is recommended to obtain performance sports programs work for the development of coordinative to consider the particularities morpho-functional and backbone of this echelon of age.

► The training appropriate age should be obvious gaps in coverage coordinative capacity components.

► The low level of capacity of movement and coordinative capacity due to poor baggage of driving ability and skills, should be corrected and improved through training with multilaterally.

► Implementation of operational structures in a coordinative training programs aimed at increasing the technical implementation of the technical processes and technical-tactical actions.

► The means used in training programs should be as varied and cover the basic elements of the game of handball age-appropriate: • movements on the ground; • throwing; • Technical and tactical combinations simple.

IMPORTANȚA ÎMBINĂRII KINETOTERAPIEI ȘI TERAPIEI OCUPAȚIONALE ÎN ÎMBUNĂTĂȚIREA FUNCȚIONALĂ A PACIENTULUI PARAPLEGIC - STUDIU DE CAZ -

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Cuvinte cheie: paraplegie, terapie ocupațională, kinetoterapie, interdisciplinaritate.

Rezumat

Scopul acestei lucrări este un studiu N-of-1¹, așa cum sunt numite studiile pe un singur caz. Astfel de studii sunt considerate „modeste”, prin care nu se încercă să se afle “secretele naturii” și de multe ori nici să se strângă date care să ajute pacienții viitori. Intenția este de a aduna cât mai multe date/alternative care vor ajuta la stabilirea *conduitei terapeutice optime*, cea mai bună pentru pacineta în cauză.

Cazul unei paciente paraplegice întâlnit în procesul de învățământ, studentă la facultatea de Științe Socio-Umane, Universitatea din Oradea, 30 de ani, ne-a făcut să demarăm acest studiu, abordând o problemă interdisciplinară deloc simplă. Pentru multe astfel de persoane, o viață apropiată de normal este totuși posibilă. Recuperarea prin kinetoterapie și terapie ocupațională își propune tocmai acest scop, acela de a ajuta pacientul să atingă cel mai mare nivel de independență în condițiile date, folosind la maximum ceea ce i-a rămas indemn.

Introducere

Abordarea complexă, interdisciplinară, din punct de vedere al recuperării neuro-motorii a acestor pacienți este deosebit de delicată și reclamă unități specializate care să fie capabile să rezolve problemele. Pentru eficientizarea activității kinetice și a terapiei ocupaționale trebuie respectate câteva principii de bază în această patologie:

- Precocitatea aplicării programului de tratament și recuperare, program alcătuit și aplicat în comun de o echipă complexă multidisciplinară (medic, kinetoterapeut, terapeut ocupațional, psiholog, ortezist etc.);
- Individualizarea aplicării programului terapeutic la particularitățile fiecărui caz în

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