



Figura nr. 12. Repartizarea persoanelor chestionate în funcție de interesul pentru viață în urma efectuării curei balneare.

Pacienții chestionați au apreciat ca benefică cura balneară; cu toții au afirmat că își doresc să repete în viitor această cură.

Concluzii

În urma finalizării analizei datelor obținute din chestionar am identificat patologia specifică dominantă și segmentul populațional căruia i se adresează tratamentul kinetic asociat curelor balneare pentru Stațiunea Brădet.

Programele kinetice se asociază cu ședințe de masaj, fizioterapie și hidroterapie, specifice tratamentului balnear, cu caracter recuperator din baza de tratament din stațiunea Brădet.

Numărul mare de pacienți internați în Spitalul de Recuperare Brădet care beneficiază de kinetoterapie face extrem de dificilă individualizarea, adaptarea și diversificarea tratamentului datorită factorilor de particularitate ai pacienților.

Consecința principală a studiului a fost necesitatea implementării unor strategii de diversificare a posibilităților de tratament kinetic în stațiunile balneare, asociind activități fizice adaptate la profilul balneoclimateric al stațiunii, corelate cu nivelul funcțional inițial, intermediar și final al pacientului.

Bibliografie:

1. HOLLOSZY J.O., et al., 1992, *Health benefits of exercise in the elderly*, Med Sci. Sports Exerc., 37:91;
2. KASCH F.W., 1976, *The effects of exercise on the aging process*. Phys. Sportsmed., 4:64;
3. MILESI C.A., et al., 1976, *Effects of different durations of physical training on cardiorespiratory function, body composition, and semm lipids*. Res. Q., 47:716.

ASPECTS OF TRAINING FOR EFFORT IN FOOTBALL

Ciprian PANAIT¹
Jose PESEIRO²

¹ „Vasile Alecsandri” University of Bacau
² Saudi Arabia National Football Team

Keywords: training, exercise, football, means, purpose, training, game;

Abstract

The objectives for the training effort should correlate with requirements imposed by the effort and characterized by intensity and volume and must be met by use of specific and tailored to actual football game. Theoretical and practical lessons that I took part in various actions of professional training have offered me many and varied information and knowledge about how to realize and optimize the training, here I'm referring to the preparation technique, tactics, etc., but insufficient or no in terms of content and structure of a solid preparation for efficient and scientifically effort.

Introduction

Football performance can be conceived only in the context of a structured scientific approach, where the newest information have become indispensable, they are the ones that make the difference, in all cases, between victory and defeat.

Responsibility for outcomes, objectives, the show of a good game with many tactical and technical achievements and not least of all this revenue, led to deepening each element of the system that is the game competitive.

One by one, all factors were analyzed in football training, were designed training programs, game models, models of the players, positions, aiming to be the winner, to be constantly one step ahead of opponents.

In this context, we believe that special attention should be given to preparing for the effort, made before workout or official game.

Theoretical and practical lessons that I took part in various actions of professional training have offered me many and varied information and knowledge about how to realize and optimize the training, here I'm referring to the preparation technique, tactics, etc., but insufficient or no in terms of content and structure of a solid preparation for efficient and scientifically effort.

Material and method

Hypothesis In our opinion, having in support of this work, experience and performance in high performance football (Champions League, Europa League and League I), the use of specific resources, in a logical chain of procedures, will allow a quick adaptation to the effort required in training or playing.

Research methods used:

1. Bibliographical study;
2. Observation;

Most of times, I noticed that a good part of the time, that was assigned for "warming" is reserved for static stretching exercises. From the beginning we must establish, that the stretching and preparing for the effort are not the same thing.

The volume and intensity of effort required by the training or playing football, leading us to achieve a training structure for the effort, which includes exercises to increase the general body temperature and muscle. According to studies published in the specific literature, to be effective, "warming" should increase body temperature by 1-2 °C, with beneficial influences on speeding up the processes of energy production. Increasing the temperature by 1°C, speeds up this process with 13%.

Muscles involved in football specific effort will reach optimum working temperature in about 15-18 minutes.

A properly preparation structured and realized for the effort, must include several parts:

1. Dynamic mobility;
2. Skipping - "running school";
3. Football specific exercises;
4. Exercises decision and reaction speed;

1. Dynamic mobility is recommended, because most football shares are dynamic driving

In the first minutes of this part, players must engage in efforts aerobic nature, to activate the major muscle groups involved in the effort. This objective can be achieved by running, jumping, skipping. The aim is to increase body temperature and increase the volume of blood to the muscles involved.

At this stage, players must avoid acceleration, sprints and changes of direction.

Means of implementation:

- Running in tempo 2 / 4;
- Running sideways, with added step / cross;
- Running back;

2. Perfecting the running technique (running school)

In this time of "warming" we will move to the exercises that involve speed.

Now, proper means must be used to request the nervous system to be able to react quickly
- rapid movements of arms, legs.

Means of implementation:

- 10 m sprint, jogging, running back;
- Driving the ball, 10 m sprint, running sideways, with the added step;
- Driving the ball, skipping, 10 m sprint;
- Sending the ball, the two players, led 5m sprint - back, sending the ball;

3. Football specific exercises (specific "warming")

The most complex part of the preparation for the effort, because it involves exercises that are similar to actual situations encountered in the game.

The means used must be designed starting from the simple transmission of the ball, directly or by taking over, standing, then from movement.

Once sending the ball, an opponent it must be used in the exercise program, first semi-active, then active.

Game situations must be found in the structures used at the end of training exercises for the effort.

And in this part, the objective is to increase the capacity of the nervous system to make effective decisions in specific conditions of the game.

Means of implementation:

- Sending the ball, picking the ball, kick;
- Sending the ball, sprinting, tackling;
- Sprint takeover dribble, kick;
- Sprint takeover, one-two, kick;
- Sending the ball, sprint, download, dribbling, centering, sprints;
- Transmission, one-two, kick;

4. Exercises for decision and reaction speed

"Warming" can be considered complete after making the last stage, the stage which refers to taking of the right decisions in the shortest time. This is done through games theme, on low field (20x25m).

Means of implementation:

- 2 teams (5v5) with two balls; theme: passing only with teammates;
- 2 teams (5v5) with two balls; theme: passing only with opponents;
- 2 teams (5v5) with two balls; theme: passing only after two touches of the ball;
- 2 teams (5v5) with two balls; theme: a touch of the ball;

Besides those mentioned at the beginning of this work, we can say that a defining objective of preparing for another effort in football, is to prepare the brain and nervous system to work more quickly, in these crisis conditions, of space and time, in today's football.

Conclusions:

1. The preparation for the effort, designed and built with specific means, leads to rapid and efficient adaptation for the players to the effort of modern football, confirming the hypothesis.

2. "Warming" should produce a significant and effective impact on the brain and nervous system.

3. The minigames on reduced field have decisive role in achieving the preparation for effort, in terms of demands imposed by today's football.

Bibliography

1. CAPANNA R., ONETO M., FERRERRA G., 2003, Total Soccer Coaching, Reedswain Publishing;
2. CRITCHELL M., 2002, Warm Ups for Soccer, A Dynamic Approach, Reedswain Publishing;
3. GATZ G., 2009, Complete Conditioning for Soccer, Human Kinetics Reedswain Publishing;

4. JAMES C., 2003, Warm Up Drills for Soccer, Reedswain Publishing;
5. SCHREINER P., 2000, Coordination, Agility and Speed Training For Soccer, Reedswain Publishing;
6. SHERRY K., HARRIS A. J., 2002, Fitness Training For Soccer, Reedswain Publishing.

ASPECTE ALE PREGATIRII PENTRU EFORT IN FOTBAL

Ciprian PANAIT¹

Jose PESEIRO²

¹Universitatea „Vasile Alecsandri” din Bacău

²Echipa nationala, Arabia Saudită

Cuvinte cheie: pregatire, efort, fotbal, mijloace, obiectiv, antrenament, joc;

Abstract

Obiectivele pregatirii pentru efort trebuie sa se coreleze cu cerintele impuse de efortul caracterizat de intensitate si volum si trebuie indeplinite prin utilizarea mijloacelor specifice si adaptate jocului de fotbal actual. Lectiile teoretice si practice la care am luat parte, in cadrul diferitelor actiuni de perfectionare profesionala, mi-au oferit informatii si cunostinte numeroase si variate despre cum se realizeaza, optimizeaza pregatirea, referindu-ma aici la pregatirea tehnica, tactica etc, dar insuficiente sau chiar deloc in ceea ce priveste continutul si structura unei pregatiri eficiente pentru efort si solid argumentata stiintific.

Introducere

Fotbalul de performanta nu poate fi conceput decat in contextul unui demers stiintific bine structurat, in care informatiile de ultima ora au devenit indispensabile, fiind cele care fac diferenta, in toate cazurile, intre victorie si infrangere.

Responsabilitatea rezultatelor, obiectivele, spectacolul unui joc bun, cu multe reusite tehnico-tactice si nu in ultimul rand veniturile generate de toate acestea, au determinat aprofundarea fiecarui element al sistemului care este reprezentat de jocul competitional.

Rand pe rand au fost analizati factorii antrenamentului in fotbal, s-au conceput programe de pregatire, modele de joc, modele ale jucatorilor, pe posturi, din dorinta de a fi invingator, de a fi in permanenta cu un pas in fata adversarilor.

In acest context, consideram ca o atentie deosebita trebuie acordata pregatirii pentru efort, realizata inaintea antrenamentului sau jocului oficial.

Lectiile teoretice si practice la care am luat parte, in cadrul diferitelor actiuni de perfectionare profesionala, mi-au oferit informatii si cunostinte numeroase si variate despre cum se realizeaza, optimizeaza pregatirea, referindu-ma aici la pregatirea tehnica, tactica etc, dar insuficiente sau chiar deloc in ceea ce priveste continutul si structura unei pregatiri eficiente pentru efort si solid argumentata stiintific.

Material și metodă

Ipoteza Dupa parerea noastra, avand in sprijinul acestei lucrari experienta acumulata in fotbalul de performanta si mare performanta (Champions League, Europa League si Liga I), utilizarea mijloacelor specifice in pregatirea pentru efort, intr-o inlantuire logica, va permite o adaptare rapida la efortul solicitat in antrenament sau joc.

Metode de cercetare utilizate:

1. Studiul bibliografic;
2. Observatia;

De cele mai multe ori, am observat ca o buna perioada din timpul alocat „incalzirii” este

rezervata exercitiilor statice de stretching. De la inceput trebuie sa stabilim ca stretchingul si pregatirea pentru efort nu sant unul si acelasi lucru.

Volumul si intensitatea efortului solicitate de antrenamentul sau jocul de fotbal ne conduc catre realizarea unei structuri a pregatirii pentru efort, care include exercitii menite sa creasca temperatura generala a corpului si a muschilor. Conform studiilor publicate in literatura de specialitate, pentru a fi eficienta, "incalzirea" trebuie sa creasca temperatura corpului cu 1-2 grade C, avand influente benefice asupra accelerarii proceselor de productie a energiei. Cresterea temperaturii cu un grad C creste viteza acestui proces cu 13%.

Musculatura implicata in efortul specific fotbalului va atinge temperatura optima de lucru dupa aproximativ 15-18 minute.

O pregatire pentru efort corect structurata si realizata trebuie sa cuprinda mai multe parti:

1. Mobilitate dinamica;
2. Skipping – „scoala alergarii”;
3. Exercitii specifice fotbalului;
4. Exercitii de decizie si viteza de reactie;

1. Mobilitatea dinamica este recomandata, datorita faptului ca marea majoritate a actiunilor motrice in fotbal sant dinamice.

In primele minute ale acestei parti, jucatorii trebuie sa se angreneze in eforturi cu caracter aerob, care sa activeze marile grupe musculare implicate in efort. Acest obiectiv se poate realiza prin alergari, sarituri, skipping. Scopul este de a creste temperatura corpului si a mari volumul de sange catre musculatura implicata.

In aceasta faza jucatorii trebuie sa evite accelerarile, sprinturile si schimbarile de directie.

Mijloace de realizare:

- Alergare in tempo 2/4;
- Alergare laterala, cu pas adaugat/ incrucisat;
- Alergare cu spatele;

2. Perfectionarea tehnicii de alergare („scoala alergarii”)

In acest moment al „incalzirii” se trece la efectuarea exercitiilor care sa implice viteza.

Acum trebuie utilizate mijloace care sa solicite sistemul nervos, capacitatea acestuia de a reactiona rapid – miscari rapide de brate, picioare.

Mijloace de realizare:

- 10 m sprint, jogging, alergare cu spatele;
- Conducerea mingii, 10 m sprint, alergare laterala, cu pas adaugat;
- Conducerea mingii, skipping, 10 m sprint;
- Transmiterea mingii, in doi jucatori, sprint 5m dus – intors, transmiterea mingii;

3. Exercitii specifice fotbalului („incalzirea” specifica)

Este partea cea mai complexa a pregatirii pentru efort, pentru ca implica exercitii care sa fie asemanatoare situatiilor concrete intalnite in joc.

Mijloacele utilizate trebuie sa fie concepute plecand de la simpla transmitere a mingii, direct sau cu preluare, de pe loc, apoi din deplasare.

Odata cu transmiterea mingii trebuie sa fie utilizat in exercitiul programat si adversarul, la inceput semiactiv, apoi activ.

Situatiile de joc trebuie sa se regaseasca in structuri de exercitii utilizate in finalul pregatirii pentru efort.

Si in aceasta parte, obiectivul este de a creste capacitatea sistemului nervos de a lua decizii eficiente in conditii specifice jocului.

Mijloace de realizare:

- Transmiterea mingii, preluare, sut;
- Transmiterea mingii, sprint, deposedare;
- Sprint, preluare, dribling, sut;
- Sprint, preluare, un-doi, sut;
- Transmiterea mingii, sprint, preluare, dribling, centrare, sprint;

- Transmittere, un-doi, sut;

4. Exerciții de decizie și viteza de reacție;

„Incalzirea” se poate considera completă după ce se realizează și ultima etapă, cea referitoare la luarea deciziilor corecte, în cel mai scurt timp. Acest lucru se realizează prin jocuri cu temă, pe teren redus (20x25m).

Mijloace de realizare:

- 2 echipe (5v5) cu două mingi; temă: pas numai cu coechipierii;

- 2 echipe (5v5) cu două mingi; temă: pas numai cu adversarii;

- 2 echipe (5v5) cu două mingi; temă: pas numai după 2 atingeri ale mingii;

- 2 echipe (5v5) cu două mingi; temă: o atingere a mingii;

Pe lângă cele amintite la începutul acestei lucrări, putem spune că un alt obiectiv definitiv al pregătirii pentru efort la fotbal este acela de a pregăti creierul și sistemul nervos să funcționeze mai repede, în condițiile crizei de spațiu și timp din fotbalul actual.

Concluzii:

1. Pregătirea pentru efort concepută și realizată cu mijloace specifice, conduce la adaptarea rapidă și eficientă a jucătorilor la efortul din fotbalul modern, confirmând ipoteza.

2. „Incalzirea” trebuie să producă un impact semnificativ și eficient asupra creierului și sistemului nervos.

3. Minijocurile pe teren redus au rol determinant în realizarea pregătirii pentru efort, în condițiile impuse de solicitările fotbalului zilelor noastre.

Bibliografie:

1. CAPANNA R., ONETO M., FERRERA G., 2003, Total Soccer Coaching, Reedswain Publishing;

2. CRITCHELL M., 2002, Warm Ups for Soccer, A Dynamic Approach, Reedswain Publishing;

3. GATZ G., 2009, Complete Conditioning for Soccer, Human Kinetics Reedswain Publishing;

4. JAMES C., 2003, Warm Up Drills for Soccer, Reedswain Publishing;

5. SCHREINER P., 2000, Coordination, Agility and Speed Training For Soccer, Reedswain Publishing;

6. SHERRY K., HARRIS A. J., 2002, Fitness Training For Soccer, Reedswain Publishing.

STRATEGIES FOR KINETIC APPROACH IN BRONCHIAL ASTHMA

Elena RABOLU
University of Pitesti

Keywords: bronchial asthma, respiratory kinetotherapy, dyspnoea

Abstract

This research aims at evaluating the effectiveness of the kinetic program in terms of improving bronchial asthma, by complying with the principles and objectives of respiratory kinetotherapy. Once set up, this disease is irreversible; all the treatment can do is to restrain the descent of spirometry parameters (VEMS) and to improve dyspnoea on effort felt by the patient. Although they may seem feeble, these achievements are of major importance to a bed patient, who, following treatment, succeeds in getting out of the house and in helping himself/ herself.

Introduction

At present, bronchial asthma is one of the most common chronic diseases in the world, having an ascending prevalence. According to researches made by various authors, bronchial asthma may nowadays be kept under control, so that patients may: