



GYMNASIUM

Scientific Journal of Education, Sports and Health

EDITORIAL BOARD

Tatiana Dobrescu - “Vasile Alecsandri” University of Bacău, Romania - **chief editor**
Antala Branislav - University of Comenius, Slovakia
Claude Luis Gallien - University of Rene Descartes, Paris, France
Luis Carrasco - University of Seville, Spain
Miran Kondric - University of Ljubljana, Slovenia
Stavros Douvis - University of Athens, Greece
Verena Burk - University of Darmstadt, Germany
Jaromír Sedláček - Catholic University of Ruzomberok, Slovakia
Göral Mehmet - Celal Bayar University, Turkey
Carlos Eduardo Goncalves - University of Coimbra, Portugal
Adrian Gagea - Science, Human Excellence, and University Sports Society, Romania
Ioan Ion Lador - Science, Human Excellence, and University Sports Society, Romania
Pierre Joseph de Hillerin - Science, Human Excellence, and University Sports Society, Romania
Mugurel Niculescu - University of Pitești, Romania
Dănuț Nicu Mârza Dănilă - “Vasile Alecsandri” University of Bacău, Romania
Gabriela Ochiană - “Vasile Alecsandri” University of Bacău, Romania
Gheorghe Balint - “Vasile Alecsandri” University of Bacău, Romania
Gloria Rață - “Vasile Alecsandri” University of Bacău, Romania

EDITING TEAM

Bogdan Constantin Rață - “Vasile Alecsandri” University of Bacău, Romania - **chief edition**
Tatiana Balint - “Vasile Alecsandri” University of Bacău, Romania

Responsibility for the content of the articles and iconographic representations for accuracy rests entirely with the authors.

(online) = ISSN 2344 - 5645
ISSN-L 1453-0201

SCIENTIFIC COMMITTEE

Antala Branislav - University of Comenius, Slovakia
Claude Luis Gallien - University of Rene Descartes, Paris, France
Elisabeth Burge - University of Geneva, Switzerland
Francois Plas –Fondation Metallurgique et Miniere pour la Sante, France
Gregory Cuvelier - HEPH Condorcet, Belgium
John Douvis - University of Peloponnese, Athens, Greece
Jaromír Sedláček - Catholic University of Ruzomberok, Slovakia
Luis Carrasco– University of Seville, Spain
Miran Kondric - University of Ljubljana, Slovenia
Nenad Zivanovic - University of Nis, Serbia
Piotr Glowicki – Akademia Wychowania Fizycznego we Wroclawiu, Poland
Veaceslav Manolachi - State University of Physical Education and Sport, Republic of Moldova
Verena Burk - University of Darmstadt, Germany
Virginie Cuvelier – University of Applied Sciences Geneva, Switzerland
Pamela Serra - Tshwane University of Technology, South Africa
Göral Mehmet - Celal Bayar University, Turkey
Vitor P. Lopes - Instituto Politecnico de Bragança, Portugal
Carlos Eduardo Goncalves - University of Coimbra, Portugal
Adrian Gagea - Science, Human Excellence, and University Sports Society, Romania
Ioan Ion Lador - Science, Human Excellence, and University Sports Society, Romania
Pierre Joseph de Hillerin - Science, Human Excellence, and University Sports Society, Romania
Alexandru Păcuraru - “Dunărea de Jos” University of Galați, Romania
Iacob Hañțiu - University of Oradea, Romania
Mugurel Niculescu - University of Pitești, Romania
Luminița Georgescu - University of Pitești, Romania
Tatiana Dobrescu - “Vasile Alecsandri” University of Bacău, Romania
Alexandru Acsinte - “Vasile Alecsandri” University of Bacău, Romania
Cătălina Ababei – “Vasile Alecsandri” University of Bacău, Romania
Dănuț Nicu Mârza Dănilă - “Vasile Alecsandri” University of Bacău, Romania
Doina Mârza Dănilă - “Vasile Alecsandri” University of Bacău, Romania
Florin Grapă - “Vasile Alecsandri” University of Bacău, Romania
Gabriela Ochiană - “Vasile Alecsandri” University of Bacău, Romania
Gabriela Raveica - “Vasile Alecsandri” University of Bacău, Romania
Gheorghe Balint - “Vasile Alecsandri” University of Bacău, Romania
Gloria Rață - “Vasile Alecsandri” University of Bacău, Romania
Radu Ababei – “Vasile Alecsandri” University of Bacău, Romania
Silviu Șalgău - “Vasile Alecsandri” University of Bacău, Romania

„*Gymnasium - Scientific Journal of Education, Sports and Health*” is **indexed in the following international databases:**

Index Copernicus,

J-Gate

DOAJ

Ulrich's

EBSCO SPORTDiscus with Full Text

ProQuest

Scipio

Erih Plus

CrossRef

SUMMARY

Author	Article	Pag
Ciorbă Constantin	Level of Involvement in the Motor Activities of Students in Higher Educational Institutions with a Pedagogical Profile	5
Cojocaru Adin Marian Cojocaru Marilena Grapă Florin	Study on the Efficiency of the Attack and in Volleyball at the Female Teams in Division A1 <i>Studiu Privind Eficiența Atacului în Volei, la Echipele de Senioare din Divizia A1</i>	12
Potop Vladimir Grigore Vasilica Cîmpeanu Mariana Buftea Victor Jurat Valeriu	Relationship of the Level of Physical and Technical Training in 9-Year Old Junior Gymnasts <i>Relația Nivelului Pregătirii Fizice și Tehnice la Gimnastele Junioare de 9 Ani</i>	23
Mocanu George Dănuț Cristea Florentina	The Role of Programmes of Adapted Physical Activities in Improving the Somato-Functional Parameters of the Elderly <i>Rolul Programelor de Activități Fizice Adaptate în Îmbunătățirea Parametrilor Somato-Funcționali la Persoanele de Vârsta A III-A</i>	36
Toma Stefan Toma Geanina	Profilaxy of Surfaces Determined by Lumber Overheading in Young Adult <i>Profilaxia Suferințelor Determinate de Suprasolicitare Lombară la Adultul Tânăr</i>	56
Grigoroiu Carmen Pricop Adrian Wesselly Teodora Netolitzchi Mihaela	Optimizing the Physical Training of the Female Students in the Cheerleading Team of the University Politehnica of Bucharest <i>Optimizarea Pregătirii Fizice a Studentelor din Cadrul Echipei de Majorete a Universității Politehnica din București</i>	68
Dobrescu Tatiana	Influences of Fitness-Type Activities in a Sample of Middle-Age People <i>Influențe ale Activităților de Tip Fitness la Nivelul Unui Segment de Populație de Vârsta a Doua</i>	85

Peñarrubia-Lozano Carlos Castellar-Otín Carlos Pradas-De la Fuente Francisco	Expectations About Specific Training in Physical Activities in Natural Environment in The Bachelor's Degree in Primary School Teaching	100
Leonte Nicoleta Porfireanu Cristiana Popescu Ofelia Ristea Cristian	Improving the Functional Profile of the Students Through the Means of the Basketball Game <i>Îmbunătățirea Profilului Funcțional al Studenților prin Mijloacele Jocului de Baschet</i>	107
Ciubotaru Mihai Leuciuc Florin Pricop Gheorghe	Analysis of Student Opinions on the Motivation of Physical Education Lessons <i>Analiza Opiniilor Elevilor Privind Motivația Frecventării Lecțiilor de Educație Fizică</i>	124
Raspaud Michel	Social Relationship Transformations During Kilimanjaro Treks, Since 2005 To 2019	139
Sava Mihai-Adrian	Study on Improving Distributive Attention by Using Movement Games Third Grade Students <i>Studiu Privind Îmbunătățirea Atenției Distributive prin Folosirea Jocurilor de Mișcare la Elevii de Clasa A III-A</i>	148
Harabagiu Neculai Păcuraru Alexandru	Study on the Individualized Training Programme of the Middle Player Based on the Statistical Results Offered by the "Data Volley" Software	162
Ulăreanu Marius Viorel Murărețu Daniel Constantin Potop Vladimir	Comparative Analysis of the Performance Results of Junior Weightlifters Aged 9 to 12 Years <i>Analiza comparativă a rezultatelor performanțiale ale halterofililor juniori de 9 -12 ani</i>	169
Balint Nela Tatiana Adam Isabela	The Dimensions of Inclusion in the Context of Cultural and Educational Diversity <i>Dimensiunile Incluziunii Școlare în Contextul Diversității Culturale și Educaționale</i>	180