



ROMANIA
„VASILE ALECSANDRI” UNIVERSITY OF BACAU
FACULTY OF MOVEMENT, SPORTS AND
HEALTH SCIENCES



No. 1, Vol. XVII, 2016

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
Chong Yang Kim - University of Hanyang, Seoul, South Korrea
Claude Luis Gallien - University of Rene Descarrtes, Paris, France
James S. Skinner - University of Indiana, USA
Luis Carrasco - University of Seville, Spain
Miran Kondric - University of Ljubljana, Slovenia
Admir Hadyikadunic - University of Sarajevo, Bosnia and Herzegovina
Stavros Douvis - University of Athens, Greece
Verena Burk - University of Darmstadt, Germany
Jaromír Sedláček - University of Comenius, Slovakia
Adrian Gagea - National University of Physical Education and Sport, Romania
Ioan Ion Lador - Ministry of Education, Research, Youth and Sports
Pierre Joseph de Hillerin - National Research Institute for Sport, 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 Rață - “Vasile Alecsandri” University of Bacău, Romania - chief edition
Cristina Elena Popa - “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
Chong Yang Kim - University of Hanyang, Seoul, South Korea
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
James S. Skinner - University of Indiana, USA
John Douvis - University of Peloponnese, Athens, Greece
Luis Carrasco - University of Seville, Spain
Miran Kondric - University of Ljubljana, Slovenia
Nenad Zivanovic - University of Nis, Serbia
Admir Hadyikadunic - University of Sarajevo, Bosnia and Herzegovina
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
Adrian Gagea - National University of Physical Education and Sport, Romania
Alexandru Păcuraru - "Dunărea de Jos" University of Galați, Romania
Iacob Hanțiu - University of Oradea, Romania
Ioan Ion Lador - Ministry of Education, Research, Youth and Sports, Romania
Mugurel Niculescu - University of Pitești, Romania
Pierre Joseph de Hillerin - National Research Institute for Sport, Romania
Tiberiu Ardelean - National University of Physical Education and Sport, Romania
Luminița Georgescu - University of Pitești, 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
Tatiana Dobrescu - "Vasile Alecsandri" University of Bacău, Romania

„Gymnasium” is indexed in the following international databases:

Index Copernicus,

J-Gate

DOAJ

Ulrich's

EBSCO SPORTDiscus with Full Text

ProQuest

Scipio

SUMMARY

Author	Article	Pag
Oancea Bogdan Marian	<p>Study of improving second selection strategy in women's basketball</p> <p><i>Studiu privind eficientizarea strategiei de selecție secundară în baschetul feminin</i></p>	7
Mârza-Dănilă Doina Mârza-Dănilă Dănuț Nicu	<p>Diminishing the symptoms and risks induced by chronic fatigue associated with depression, through the use of anti-stress massage</p> <p><i>Diminuarea simptomatologiei și a riscurilor induse de oboseala cronică asociată cu depresia, prin masaj antistres</i></p>	21
Günzel Ana Maria Uluöz Eren Dinç Zeynep Filiz	<p>Study on the usage status of exercise equipment and technologies by the individuals participating in physical exercise</p>	35
Mihaiu Costinel Gulap Monica	<p>Study regarding the motivational profile of the students from the university of Bucharest, enrolled in the dance course</p> <p><i>Studiu privind profilul motivațional al studenților universității din București, înscriși la cursul de dans sportiv</i></p>	45
Ochiană Gabriela Ochiană Nicolae Ochiană Mircea-Alex	<p>The role of P.N.F. techniques in the recovery of the paralysis of external popliteal sciatic nerve</p> <p><i>Rolul tehnicilor F.N.P. în recuperarea paraliziei de sciatic popliteu extern</i></p>	67

Leuciuc Florin Valentin Pricop Gheorghe Grosu Bogdan PăcuraruAlexandru	Longitudinal study for the assessment of the strength at students (female) <i>Studiu longitudinal privind evaluarea forței la studenți (feminin)</i>	81
Nichifor Florin Onose Ionuț	Management science and its relationship with the science of physical education and sport <i>Știința managementului și relația acesteia cu știința domeniului educației fizice și sportului</i>	93
Balint Gheorghe Zvonar Martin Oțelea Radu	Contributions regarding the improving of the initial selection stage for ski jumping - 6-8 year - old children <i>Contribuții privind îmbunătățirea etapei de selecție inițială pentru sărituri cu schiurile la copii în vârstă 6-8 ani</i>	103
Ferenț Raul	The optimisation of handball players' training by motivational factors in practice <i>Optimizarea pregătirii sportive a handbaliștilor prin factorii motivaționali implementați în antrenament</i>	125
Dobrescu Tatiana	Aspects regarding the promotion of movement games through the structural components of the middle school physical education lesson <i>Aspecte privind promovarea jocurilor de mișcare din prisma componentelor structurale ale lecției de educație fizică la ciclul gimnazial</i>	137
Pereira Paulo Silva Carreiro da Costa Francisco Diniz José Alves	Students thought processes in physical education: a multi-dimensional analysis	149

Cristuță Alina Mihaela	The role of physical therapy in educating a correct body posture in school children <i>Rolul kinetoterapiei în educarea posturii corporale corecte la școlari</i>	163
Dumitrescu Anca Florentina	Researches on physical training of gymnasts aged 9-10 years <i>Cercetări asupra pregătirii fizice a gimnastelor de 9-10 ani</i>	177
Balint Nela Tatiana Anghel Mihalea	The importance of specialized internship for the physical therapy and special motor skills in improving their professional skills <i>Importanța stagiilor de practică de specialitate pentru studenții de la specializarea kinetoterapie și motricitate specială în îmbunătățirea competențelor profesionale</i>	191
Uluöz Eren	Analysis of the changes made in the official game rules of volleyball through the document analysis method	205
Ababei Cătălina	Study on the spectators' perception regarding their demands and needs in relation to the promotion of the events they participate in <i>Studiu privind percepția spectatorilor referitoare la cerințele și nevoile acestora în ceea ce privește promovarea evenimentelor sportive la care participă</i>	215
