



GYMNASIUM

Scientific Journal of Education, Sports and Health

EDITORIAL BOARD

Tatiana Dobrescu - “Vasile Alecsandri” University of Bacău, Romania – **chief editor**
Alin Larion - “Ovidius” University of Constanța, Romania
Andrii Diachenko - National University of Ukraine on Physical Education and Sport, Ukraine
Antala Branislav - University of Comenius, Slovakia
Beatrice Abălașei – “A.I. Cuza” University of Iași, Romania
Bogdan Constantin Rață - “Vasile Alecsandri” University of Bacău, Romania
Carlos Hervás-Gómez - University of Seville, Spain
Dan Iulian Alexe - “Vasile Alecsandri” University of Bacău, Romania
Dragoș Tohănean - “Transilvania” University of Brașov, Romania
Emilia Florina Grosu - “Babeș Bolyai” University of Cluj Napoca, Romania
Florin Pelin - National University of Physical Education and Sport of Bucharest, Romania
Gabriel Talaghir - “Dunărea de Jos” University of Galați, Romania
Gabriela Raveica - “Vasile Alecsandri” University of Bacău, Romania
Georgiy Korobeynikov - National University of Ukraine on Physical Education and Sport
Gheorghe Balint - “Vasile Alecsandri” University of Bacău, Romania
Gloria Rață - “Vasile Alecsandri” University of Bacău, Romania
Jacek Wąsik - Jan Długosza University in Czestochowa, Poland
Jaromír Sedláček - Catholic University of Ruzomberok, Slovakia
Kadir Ildiz - Manisa Celal Bayar University, Turkey
Luminița Georgescu - University of Pitești, Romania
Martin Zvonař - Masaryk University, Brno, Czech Republic
Miran Kondric - University of Ljubljana, Slovenia
Monica Stănescu - National University of Physical Education and Sport of Bucharest, Romania
Simona Petracovschi - Vest University of Timișoara, Romania
Venceslav Manolachi - State University of Physical Education and Sport, Republic of Moldova
Vitor P. Lopes - Polytechnic Institute of Bragança, Portugal
Vladimir Potop – University of Pitești, Romania
Wojciech J. Cynarski - University of Rzeszów, Poland

EDITING TEAM

Bogdan Constantin Rață - “Vasile Alecsandri” University of Bacău, Romania - **chief edition**
Cristina Elena Stoica - “Vasile Alecsandri” University of Bacău, Romania

SCIENTIFIC COMMITTEE

Alin Larion - "Ovidius" University of Constanța, Romania
Alina Moanță - National University of Physical Education and Sport of Bucharest, Romania
Amr Saber Hamza - Aswan University, Egipt
Andrii Diachenko - National University of Ukraine on Physical Education and Sport
Antala Branislav - University of Comenius, Slovakia
Beatrice Abălașei – "A.I. Cuza" University of Iași, Romania
Bogdan Constantin Rață - "Vasile Alecsandri" University of Bacău, Romania
Carlos Eduardo Goncalves - University of Coimbra, Portugal
Carlos Hervás-Gómez - University of Seville, Spain
Cătălina Ababei - "Vasile Alecsandri" University of Bacău, Romania
Claudiu Mereuta - "Dunărea de Jos" University of Galați, Romania
Constantin Ciucurel - University of Pitești, Romania
Constantin Șufaru - "Vasile Alecsandri" University of Bacău, Romania
Dan Iulian Alexe - "Vasile Alecsandri" University of Bacău, Romania
Dănuț Nicu Mărza Dănilă - "Vasile Alecsandri" University of Bacău, Romania
Dragoș Tohănean - "Transilvania" University of Brașov, Romania
Elisabete J.C. Roldão - School of Health of the Polytechnic of Leiria, Portugal
Emilia Florina Grosu - "Babeș Bolyai" University of Cluj Napoca, Romania
Florin Pelin - National University of Physical Education and Sport of Bucharest, Romania
Gabriel Talaghir - "Dunărea de Jos" University of Galați, Romania
Gabriela Ochiană - "Vasile Alecsandri" University of Bacău, Romania
Gabriela Raveica - "Vasile Alecsandri" University of Bacău, Romania
Georgiy Korobeynikov - National University of Ukraine on Physical Education and Sport
George Balint - "Vasile Alecsandri" University of Bacău, Romania
Gloria Rață - "Vasile Alecsandri" University of Bacău, Romania
Ion Carp - State University of Physical Education and Sport, Republic of Moldova
Jacek Waśnik - Jan Długosza University in Czestochowa, Poland
Jaromír Sedláček - Catholic University of Ruzomberok, Slovakia
Kadir Ildiz - Manisa Celal Bayar University, Turkey
Kudryavtsev Mikhail Dmitrievich - Siberian Law Institute of the Ministry of Internal Affairs of Russia
Leuciuc Florin - "Stefan cel Mare" University of Suceava, Romania
Liviu Mihăilescu - University of Pitești, Romania
Lucian Daniel Dobreci - "Vasile Alecsandri" University of Bacău, Romania
Luis Carrasco Páez – University of Seville, Spain
Luminița Georgescu - University of Pitești, Romania
M.H. Tavakkoli - University of Azad, Iran
Marinela Rață - "Vasile Alecsandri" University of Bacău, Romania
Mario Baić - University of Zagreb, Croatia,
Martin Zvonář - Masaryk University, Brno, Czech Republic
Mehmet Göral - Celal Bayar University, Turkey
Milan Žvan - University of Ljubljana, Slovenia
Miran Kondric - University of Ljubljana, Slovenia
Monica Stănescu - National University of Physical Education and Sport of Bucharest, Romania
Naglaa Elbadry Noureldeen - Helwan University, Egipt
Nelu Turcu - "Transilvania" University of Brașov, Romania
Nicolae Ochiană - "Vasile Alecsandri" University of Bacău, Romania
Pamela Serra - Tshwane University of Technology, South Africa
Paul Florian Dragoș - University of Oradea, Romania
Radu Ababei - "Vasile Alecsandri" University of Bacău, Romania
Saeed Ghorbani - Islamic Azad University, Aliabad Katoul, Iran
Samantha Shann - World Federation of Occupational Therapists

Simona Petracovschi - Vest University of Timișoara, Romania
Stavros Douvis - University of Athens, Greece
Stéphane Mandigout - University of Limoges, France
Tatiana Balint - "Vasile Alecsandri" University of Bacău, Romania
Tatiana Dobrescu - "Vasile Alecsandri" University of Bacău, Romania
Tetiana Yermakova - Kharkov State Academy of Design and Arts, Ukraine
Tony Monnet - University of Poitiers, France
Veaceslav Manolachi - State University of Physical Education and Sport, Republic of Moldova
Vitor P. Lopes - Polytechnic Institute of Bragança, Portugal
Vladimir Potop – University of Pitești, Romania
Wojciech J. Cynarski - University of Rzeszów, Poland

„*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,
Google Scholar,
WorldCat

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

SUMMARY

Author	Article	Pag
Răbîncă Simona Maria Moroşanu Ştefan Grosu Vlad Teodor	Pulmonary Rehabilitation Through Physical Exercise - An Essential Factor Regarding Patient Recovery In A Post-COVID-19 World <i>Reabilitarea Pulmonară prin Exerciţiul Fizic - Factor Eesenţial pentru Recuperarea Pacientului Într-o Lume Post-COVID-19</i>	7
Mateescu Adriana Mihaiu Costinel	Developing Upper Body Strength Through Water Exercises <i>Dezvoltarea Forţei Trenului Superior prin Exerciţii Efectuate în Apă</i>	29
Chirazi Marian	The Motor Gesture Between Physical Exercise, Expressiveness and Communication <i>Gestul Motric între Exerciţiul Fizic, Expresivitate si Comunicare</i>	46
Mekić Raid Aksović Nikola Bjelica Bojan Kahrović Izet Murić Benin Radenković Oliver Petković Emilija Lilić Ana Zelenović Milan	The influence of sports gymnastics on the motor skills of male students	61
Loluţa Adrian Gabriel	Maintaining the Motor Capacity of Military Firefighters Through the Football Game <i>Menţinerea Capacităţii Motrice a Pompierilor Militari prin Jocul de Fotbal</i>	74
Ciocan Vasile-Cătălin Rajdeep Das Voinea Nicolae-Lucian	Study Regarding the Education oOf Speed Through Specific Basketball Means and Methods in High School Pupils <i>Studiu Privind Educarea Vitezei de Execuţie prin Metode şi Mijloace Specifice Baschetului, la Elevii de Liceu</i>	86

Mateescu Adriana Mihaiu Costinel	Effects on Fat Mass Through 2 Types of Training <i>Efecte Asupra Compoziției Corporale prin 2 Tipuri de Antrenament</i>	106
Cristuță Mihaela Alina Lupu Gabriel Stănică	The Efficiency of Physiotherapy Means on Acute Hyperalgie Shoulder Patients <i>Eficiența Mijloacelor Specifice Fizioterapiei la Pacienții cu Umăr Acut Hiperalgic</i>	122
Vaida Marius	Comparative Study on Physical/Sports Activity at the Age of 19-30 Years <i>Studiu Comparativ Privind Activitatea Fizică/Sportivă la Vârsta de 19-30 Ani</i>	136
Vizitiu Elena Dobrescu Tatiana Slusar Adriana	Research on optimizing the morphological status in a category of adult population by means of therapeutic swimming Cercetări privind optimizarea statusului morfologic la o categorie de populație de vârstă adultă prin mijloacele înotului terapeutic	157