

Valid	Not at all important	3	2.0	2.0	2.0
	Much less important	3	2.0	2.0	4.0
	Less important	20	13.4	13.4	17.4
	Largely important	84	56.4	56.4	73.8
	Very important	38	25.5	25.5	99.3
	Total	149	100.0	100.0	

For the question, **How important is for you the person who sets the objective?** the results were centralized in table 10. In this case, 84 players, representing 56.4 % of the subjects, said that it is *largely important*, while 38 players, representing 25.5%, said it was *very important*.

Conclusions

The study highlighted the fact that the existence of a public relations department in a sports club is more than necessary. Most answers were in the "largely important" and "very important" categories. It must be said that in the Elche club there is the position of PR specialist. This author would like to conduct such a study also on Romanian club teams, in order to see whether the same aspects are as important for the Romanian athletes. The author of this paper believes that in order to have a increase in the number of practitioners of professional sports, and of people supporting it, one needs a real-time exact information of the members of the community in regards to the activity of the sports clubs.

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LEVEL EVALUATION OF GENERAL MOTRIC CAPACITIES AT MEDICAL PROFILE STUDENTS

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Abstract:

The systematic institutional practice of exercise at young generations level, the students are creating the base of motive and intellectual values, developing moral-volitional aspects at superscript, creating the preconditions of an active and optimal lifestyle.

The purpose of study: The highlight of difference of general motric capacity level in physical education classes at UMF Tg. Mures.

Methods: It was a two academic year research 2013-2015 which included a total of 306 students organized in 3 groups of 102, according to their specialization: medicine, stomatology and pharmacy. The applied motric test targeted the: General motric capacities level.

Results: After the research and a statistical and mathematical evaluation of individual values, stands out that each sample of research at the two tests registered obvious progress, the most evident progress was recorded at the students of stomatology.

Conclusion: We consider that would be necessary a revision of the concept of physical training, of probes, and control rule, which are necessary for students evaluation in the 'not profiled' physical education activity and the implementation of a specific activity which can have an influence on the human motricity on a long term.

Keywords: physical education, students, not profiled, general motric ability.

1. Introduction

Physical education as a discipline at a university level has the purpose to develop the personality of the youth, to cope the social requirement and to build the ability of decisional and factual independence, aiming efficiency indexes, adaption, ability and balance in the environment in which he lives.

"Motivating and guiding students to practice sistematic physical activities during their spare time becomes essential in order to change mentalities and behaviours of the young generation". (D. Bădău &co., 2012, page 83).

In the University level curricula, first two years, in all specialization at UMF Tg. Mures, there is physical education as a discipline, which has precise targets as followed; maintaining the best level of health and work potential; a harmonic physical evolution; development; social integration and to achieve a bio-psychic balance with the role in the execution of social and professional duties.

The role of the physical education with not profiled students is the physical development mainly, but corroborated with the idea of self-improvement, will reflect in their whole lifetime, beeing able to exceed certain personal and social obstacles.

An another purpose of the physical education with not profiled students, is the cultivation of will or taste for movement, such that even after hours (classes), to try to spend their time actively, relying on the refferences and informations during the years of study.

Developing the personalities of young students will create the support on which the adult will rely, in which, physical education can have a substantial contribution, by improving certain specific motric skills, a better improvement of basic motric quality and an optimal level of functional development of the organism.

Authors opinion Iconomescu T.M.; Talaghir L; Bădău D. (2013, page 101) "over the last years, this field of Physical Education and Sport has diversified considerably, at the same time the labour market demand has needed various other sport-related jobs".

Physical Education at a university level, having a perpetual feature and mainly formative attributions, represents a deliberate built process and directed to improve the students physical and psychical development, closely related with particularities of age and gender (sex); integrating young students in social life; the specific request of different professions; keeping the sense of well on mental, social, relational, emotional and physical level. (Ionescu C.L., 2010; page 39)

Regular physical activity may help improve the students academic performances, including academic achievement and grades, academic behavior such as time on task, factors that influence academic achievement such as concentration and attentiveness in the classrooms. (Nasui B., Popescu C., 2014, page107)

In higher education we should put the accent on a differential practice of motric activities within the discipline of physical education, such that any student could participate at one or more forms of motricity, of practicing physical excersize for a harmonious general physical development or different branches of sports by choice, depending on their physical condition.

The physical education curricula with not profiled sttudents should be designed according to their level of training, to their somatosensory development, their probabilities, but by their will and options as

well. This rethink should be based and structured on the psycho-motric development aiming the grow of personality of the future specialist.

2. Purpose

The setting of theory came from the assumption that in these three profiles in UMF Tg-Mures, there are differences in the general motric capacities level.

3. Material and method

a) *Period and place of research*

In the research an independent single variable was used as an experimental plan, from the didactic strategy, on improving the general motric capacity level, by selecting the methods and the specific actuating means of physical education, on medical profile.

It was a two year research, between 2013-2015 (oct. 2013-may. 2015), performing a lesson per week with a 100 minutes duration.

The length of study was determined by the evaluations at the end of year, thereby each and every group had a test at the end of the first year, representing the initial testings, whereupon the promoted subjects in year two, a second test was applied which was considered the final test.

The research include two testings, the initial and the final, sequenced as:

- initial testings: 10th-21st may;
- the implementation of suggested programs by specific activities of this discipline, at university level, which was applied during the years 2013-2024 and 2014-2015;
- final testings: 12th may-26th may 2015.

The activity was held at UMF Tg-Mures in appointed halls for physical activities. The material basis includes two polyvalent halls, two fitness rooms for boys and girls, as well outdoor fields for soccer, tennis, handball and basketball.

b) *Subjects and groups*

The research included a number of 306 subjects, divided in 3 samples, by their specialization, Medicine, Pharmacy and Stomatology.

In this research we included the first seven groups from the three specializations, excluding those with medical exemptions. A group is made of 15 students, in some exceptions a number of 16.

Due to the medical specialization, in these groups, the preponderance is represented by the boys, with exception of pharmacists, where the number of girls is higher, reason for why we selected the first 13 girls from groups, and considered the boys from group 8 to.

The samples of research were formed of 12-13 girls and 88-89 boys from each specialization, between 19-23 years of age.

c) *Test applied*

We applied a single test, consisted the effectuation of a general physical developing exercise, the girls having 4 times and the boys 6 times.

The number of executions in a 30 second period was considered.

The girls exercise were the following:

P1: standing (slightly) apart.

T1: squat walk, palms down.

T2: recumbent jump, face down, with high support

T3: return to T1.

Boys exercise:

P1: standing (slightly) apart.

T1: squat walk,

T2: recumbent jump, face down with high support,

T3: arm bending,

T4: arm stretching,

T5: return to T1,

T6: return to initial position.

The physical education lessons at UMF Tg-Mures with not profiled students are made of two parts, the first includes the first three links and the first subject from the fourth link conducted strictly by an

entitled teacher, and the second part, where the students conduct physical exercises by their preferences and endowment, representing the two subjects of the lesson, aiming at motoric skills.

The first part has a length of approximately 45-50 minutes and the second a maximum of 40 minutes, whereupon approximately 10 minutes, the second two links will follow, consisting in the body recovery after effort which is followed by the organized closing of task.

The research methods applied in this study were: the study of specialization lecture, the statistical and mathematical analysis, and the graphical representation.

d) *statistical processing*

For statistical calculations, we used SPSS 20.0 for Windows, we calculated Pearson's correlation, as well as mean and standard deviation, based on which the t test for independent samples was applied;

4. Results and discussions

During the research by applying the test we registered the following results:

Table 1. Result centralizer for medicine

MEDICINE						
PARAMETERS	BOYS		GIRLS		MIXED	
Tests	TI	TF	TI	TF	TI	TF
Number of values	12	12	90	90	102	10
Minimum	8.000	9.000	10.00	10.00	8.000	2.000
Median	9.500	10.00	12.00	13.00	12.00	13.00
Maximum	10.00	11.00	15.00	15.00	15.00	15.00
Mean	9.250	10.00	12.33	12.70	11.95	12.18
Std. Deviation	0.8660	0.7385	1.263	1.249	1.531	1.832
P value (two tailed)		0.0021		< 0.0001		< 0.0001
Significant (alpha=0.05)?		Yes		Yes		Yes
Coefficient of variation	9.36%	7.39%	10.24%	9.84%	12.81%	15.04%
Sum	111.0	120.0	1108	1122	1219	1242

Table 2. Result centralizer for stomatology

STOMATOLOGY						
PARAMETERS	BOYS		GIRLS		MIXED	
Tests	TI	TF	TI	TF	TI	TF
Number of values	13	13	89	89	102	102
Minimum	9.000	9.000	10.00	10.00	9.000	9.000
Median	10.00	11.00	12.00	13.00	12.00	13.00
Maximum	10.00	11.00	14.00	14.00	14.00	14.00
Mean	9.769	10.46	12.30	12.83	11.98	12.53
Std. Deviation	0.4385	0.8771	1.016	1.131	1.282	1.384
P value (two tailed)		0.0011		< 0.0001		< 0.0001
Significant (alpha=0.05)?		Yes		Yes		Yes
Coefficient of variation	4.49%	8.38%	8.26%	8.81%	10.70%	11.04%
Sum	121.0	136.0	1091	1142	1222	1278

Table nr. 3 Result centralizer for pharmacy

Pharmacy						
PARAMETERS	BOYS		GIRLS		MIXED	
Tests	TI	TF	TI	TF	TI	TF
Number of values	13	13	89	89	102	102
Minimum	8.000	9.000	10.00	10.00	8.000	9.000
Median	10.00	10.00	12.00	13.00	12.00	12.00
Maximum	10.00	11.00	14.00	14.00	14.00	14.00
Mean	9.429	10.00	12.12	12.56	11.59	12.06
Std. Deviation	0.7464	0.5477	1.035	1.101	1.465	1.441
P value (two tailed)		< 0.0001		< 0.0001		< 0.0001

Significant (alpha=0.05)?		Yes		Yes		Yes
Coefficient of variation	7.92%	5.48%	8.54%	8.77%	12.64%	11.95%
Sum	188.0	210.0	994.0	1020	1182	1230

After the step of research concerning the testing, the level of motric capacities among specializations, by calculating the arithmetical average between the two tests, the girls from stomatology registered a higher value of 0,53 executions, followed by pharmacy with 0,44, and medicine with 0,37 executions.

At the boys sample the difference of arithmetical average in tests were; 0,75 at medicine, followed by stomatology with 0,47 and pharmacy with a value of 0,57 executions. The difference of average in tests in mixed groups registered the following: stomatology 0,55 executions, pharmacy 0,47 executions and medicine with 0,23 executions.

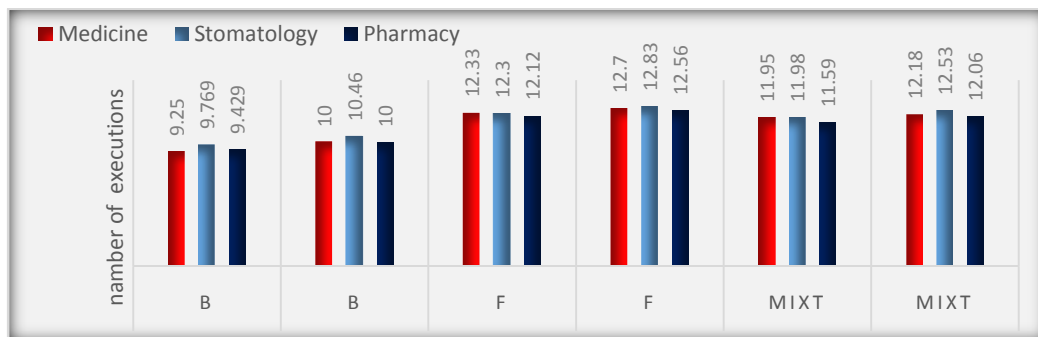


Fig. 1. Graphical representation of arithmetical differences of values between test

By applying the test „t-Student” and by calculating the index of ratio p, resulted that all values are significantly lower than 0,05, and the values of index p reveals that; the average performances obtained in the initial tests has a significantly strong vary towards the final tests in all groups, what rejects the null theory, in alternative research theory`s favour.

By calculating the variability factor, a very good homogeneity of under 10% is distinguished in both tests, the initial and final.

After the folding of research and the statistical and mathematical analysis of individual values, stands out that all samples of research in the tests, concerning the level of general capacities, registered progresses between the two tests, but the stomatology`s group progress were superior.

Conclusions:

After unfolding of research, the theory was confirmed, being able to find which group of medical specialization has the best results in terms of general physical capacities, namely stomatology, after the completion of lessons within physical education class in two university years.

The medical specializations in university, like medicine, stomatology and pharmacy, requests, besides a high intellectual ability, a good physical condition, reflected in endurance and postural requests. Beside the evaluation of motric capacities, we consider timely the introduction of tests, aiming the level of motric skills, which complete efficiently the human capacities, accomplishing physical, social, professional and intellectual activities.

Physical education as a discipline, is able to align and adapt to new social requirements by introducing activities that follows the general motric capacities evolution, as a stand for the future specialists.

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LEVEL EVALUATION OF MOTRIC QUALITIES AT MEDICINE STUDENTS

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Abstract

The practicing of physical exercises, specific for physical education at university level, improves and adjusts the capacity of work and life of the youth, aiming the streamline of possibilities of their expression, irrespective of his social and professional domain where he activates.

The purpose of research consists in highlighting the level of basic and combined motric qualities by practicing physical education lessons at students level at UMF Tg-Mures.

Methods: It was a two university year research, between 2013-2015 which included a number of 224 students, organized in two groups, each group composed by 112 subjects, according to the specialization, namely: medicine and stomatology. The applied motric test aimed specific motric qualities, abdominal and dorsal musculature, and speed by power mode (expansion and standstill longjump)

Results: Following the development of research and after a statistical and mathematical analysis of individual values, is distinguished the fact that the tests that aimed the extension and abdominal strength, resulted small decreases of their level, and the results related to dorsal musculature and the speed by power mode tested by longjumping from the spot, resulted semnificative enhancements.

Conclusions: Practicing the curricula of physical education at universities targeting the motric qualities level should be conducted in all years of study to reduce the effects produced by the professional tasks and to keep or even improve the motric indexes on all life aspects of the youth.

Keywords: physical education, students, not profiled, motric qualities

1. Introduction

The physical education and sports as a discipline at academic level for not profiled students enforces the diversification of activities in a creative way in accordance with specific objectives, teaching position, preferences and trends of the area.

Because of this way of life and types of liabilities, it is often the case that students do not have enough time for physical activities, in so far as may be necessary for optimal balance and function (Badau D., si co., 2015, p. 247).

Practicing physical exercises, can have effect on both, motric and physical development, as well as on intellectual, moral and esthetic level. By the intellectual point of view the effects materializes in two important directions: arming the subjects with specific knowledge of the domain for practicing physical exercises (hygiene, physiology, biomechanics, psychology, methodology etc.) and developing some