

Figure 1.1 Dynamics of average values on expansion at initial and final testing

We can see from the data previously interpreted that each of the 12 students who participated in this experimental study, were able to improve their expansion using parkour drills and exercises.

Conclusions:

1. Use specific parkour movements, proved that they can be applied to students of 8th grade to improve expansion and so the research hypothesis was confirmed.
2. Values of arithmetic mean registered by the research sample for expansion shows an improvement of 0,08m, with the values of 2,44m at initial testing and 2,52m for the final one. The “t” test shows significant statistical differences between the two steps ($t=3,25$; $p<0,01$), so a progress was registered.
3. The means used by parkour confirm the effectiveness of this type of movement practiced in urban areas which can be an important starting point in teaching students in 8th grade to improve expansion and other motric skills.
4. Specific parkour moves that can help improve students' expansion are: jumping cat-leap, Muscle up, precision jumps, rollers (King-kong, Speed Vault, Vault Dash, Lazy Vault, Vault Underbar, Tic-Tac Vault).

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PHYSICAL EDUCATION AND SPORT IN THE DEVELOPMENT OF THE PERSONALITY CHARACTERISTICS

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Abstract:

Personality is an issue whose complexity can not be captured only through a combination of convergence and a more cautious point of view (psychology, pedagogy, sociology, physical education). Sports games are special experience that gives a chance meeting, competition with others and with itself, representing one of the fundamental dimensions of behavioral-psio personality. Along with the specific cognitive activities, sports games contribute to achieving social-emotional, facilitating the socialization of students, familiarizându him with the thought, feelings and actions, specific professional status, cultural and scientific. Sports games, practiced in a systematic way, develop the ability to problem solve difficult situations, the ability of empathy and understanding of opinions, experience and aspirations of those around them.

Key words: physical education, sports games, personality, motivation.

1. Introduction

Given the progress of the growing phenomena of all existing social conditions imposed by the European system of education of students in general and students in medicine and particularly for modeling and crystallization of the personality characteristics required adequate growing more specialization for future health and personality assume that a well structured with good stability of character, temperament, skills, attitudes, intellect and physical aspects that determine both their unique adaptation to the bio-psycho-socio-professional. Thus, the image of students in medicine should be linked to the manifestation of personality characteristics such as responsibility, dominance, capacity for status, social presence, empathy, tolerance, self, psychological insight, orientation work, creativity, etc.

2. Purpose, Hypothesis, Tasks, Research Methods

Purpose

Modeling characteristics of personality development and motivation of students in medicine as a methodology to determine appropriate action in the lesson of physical education university by developing and implementing a strategic program in the organization, management and deployment process instructive - educational, with specific means of action games sports: basketball, handball and volleyball.

Hypothesis

I built on the idea that modeling the characteristics of specific personality variables dominantei of interpersonal orientation, ability status, sociabilității, the presence of social acceptance or self-specific variables and normative value orientation involving responsibility, socialization, self, community, and variables intellectual functioning, and role of interpersonal style, orientation toward the work of the creative temperament and managerial potential may be the consequence of using appropriate and efficient means of specific sports games, and iterate appropriate dosage for each of the personality.

Independent variables represented by the structural variables play sports basketball, handball and volleyball are manipulated in order to determine the main effects that may exist on the characteristics of personality of students in the rational organization and coordination of the educational process - the lesson of physical education.

Dependent variables - personality characteristics - a result of the operation results by applying the specific means of sports games in the lesson of physical education, with technical elements - the tactical game during the bilateral, raises the question of factors that appear in the research hypothesis, which anticipate a change of some kind, a direct result of the influence of independent variables.

Tasks

Experimental research tasks are subordinate to the purpose and consisting of:

- Organize information in order to fund theoretical and methodological fundamentării the first part of the sentence.

- Develop working hypotheses.
- Selection of research and effective action in instructive - educational as independent experimental variables.
- Establishment of the sample, experiment and control groups.
-

D

develop and test the specific means by action sports games in the process instructive - educational lesson of physical education on groups of students.

- Evaluation of quality and efficiency program implemented by the data recording.
- Storage and processing of data recorded.
- Analyze and interpret results.
- Management, monitoring and evaluation process instructive - educational lessons in the university physical education, to strengthen the personality characteristics of medicine students.
- Develop findings of general and applied.

Research Methods

In the process of scientific investigation was used the following methods:

a. Method study bibliographic information

Analysis and synthesis literature.

b. observations pedagogical method

- Observation Psycho - Pedagogical
- Direct observation
- Observation cross
- Longitudinal observation

In the experimental research, the method we used direct observations made during physical education lessons.

Transverse observation was made while researching the groups on age group, year of study and sex in relation to preferred sports games in physical education lesson and longitudinal observation, research has allowed evolution in time, consisting in monitoring the conduct motive, and psychological psihomotrice students since I remark that continued in the year the students of University of Medicine and Pharmacy "Carol Davila" - Bucharest.

c. Method of survey

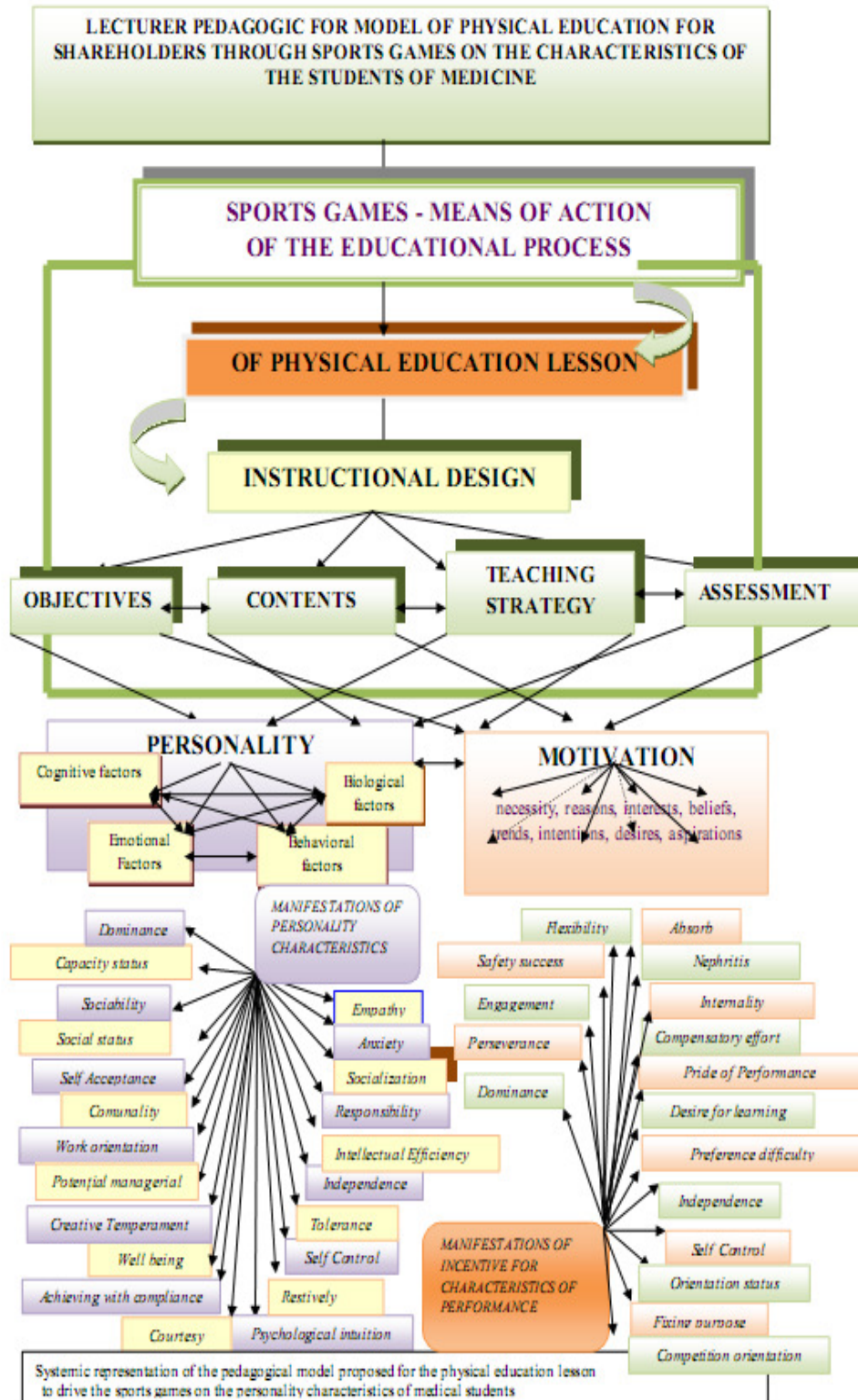
- Survey by questionnaire
- direct Questionnaires, developed by us
- Questionnaires multifazice - inventories
- test of motivation LMI Leistungsmotivationinventar
- personality test of 434 CPI California Psychological Inventory
- Interview (call)
- Survey

d. Experimental and statistico-mathematical method

3. Content experiment

Strategy development program took center stage in the typical student's personality to medicine, with particular, needs and interests of his experience of life. This special program developed by means sports games should be a creator of life experiences, including training, building a sense in which each student to find out its development, acting on the environment in which they work, but also on his own. The program is specifically designed to work in the educational profile of medical universities in particular. Here is a practical knowledge of individual students in relation mediciniști education, in view of practical knowledge that the person has a unique identity at the global level but also at building subsystems: physical, psycho - behavioral and socio-cultural.

Next is presented the strategic outline for the application of the experimental scheme and the pedagogic model proposed for the physical education lesson, viewed through the prism of systemic vision.



4. Results

The results for the variables of personality inventory CPI (California Psychological Inventory) - Initial Test - Final Testing

Table.1 The results obtained by the students of the personality inventory CPI

CLASELE VARIABLELOR	CARACTERISTICI DE PERSONALITATE	Indicatorii statistici								Testul t	
		Media aritmetică		Deviația standard		Eroarea Standard		Coeficient de variație		t calc.	t tab.
		$\bar{x} = \frac{\sum_{i=1}^n x_i}{n}$		$\sigma = \sqrt{\frac{\sum_{i=1}^n (x_i - \bar{x})^2}{n-1}}$		$Er.Std. = \frac{\sigma}{\sqrt{n}}$		$C_v = \frac{\sigma}{\bar{x}} \cdot 100 \text{ [%]}$			
I. VARIABILELE STILULUI ȘI ORIENTĂRII INTERPERSONALE	Momentul testării	Inițial	Final	Inițial	Final	Inițial	Final	Inițial	Final	Inițial	Final
	Dominanța (Do)	44,14	47,84	11,06	10,89	1,01	1,01	25,05	25,05	25,48	1,98
	Capacitatea de statut (Cs)	48,89	52,03	8,37	8,56	0,76	0,76	17,11	17,11	18,36	1,98
	Sociabilitate (Sy)	49,35	52,21	9,94	10	0,91	0,91	20,14	20,14	27,3	1,98
	Prezența socială (Sp)	53,05	56,05	10,03	10,14	0,92	0,92	18,91	18,91	19,11	1,98
	Acceptarea de sine (Sa)	50,05	51,9	11,68	11,85	1,07	1,07	23,33	23,33	18,34	1,98
	Independența (In)	45,96	47,54	11,59	11,76	1,06	1,06	25,21	25,21	16,16	1,98
	Empatie (Em)	48,23	50,52	11,34	11,46	1,04	1,04	23,52	23,52	16,24	1,98
	Responsabilitate (Re)	44,31	47,87	7,82	8,04	0,71	0,71	17,64	17,64	29,51	1,98
	II. VARIABILELE ORIENTĂRII VALORICE ȘI NORMATIVE	Socializare (So)	47,2	51,88	9,88	9,99	0,9	0,9	20,94	20,94	27,44
Autocontrol (Sc)		42,89	45,48	9	8,97	0,82	0,82	20,98	20,98	18,68	1,98
Bună impresie (Gi)		42,12	44,96	8,58	8,68	0,78	0,78	20,38	20,38	23,11	1,98
Comunalitate (Cm)		48,56	51,07	10,42	10,69	0,95	0,95	21,45	21,45	18,17	1,98
Stare de bine (Wb)		43,39	49,38	10,09	10,62	0,92	0,92	23,24	23,24	26,5	1,98
Toleranța (To)		48,21	50,3	9,17	9,26	0,84	0,84	19,02	19,02	18,23	1,98
III. VARIABILELE FUNCȚIONĂRII COGNITIVE ȘI INTELECTUALE		Realizarea prin conformare (Ac)	44,96	46,42	9,5	9,57	0,87	0,87	21,12	21,12	15,3
	Realizare prin independență (Ai)	44,88	47,11	10,54	10,49	0,96	0,96	23,48	23,48	19,14	1,98
	Eficiența intelectuală (Ie)	46,86	50,66	10,35	10,5	0,94	0,94	22,08	22,08	26,7	1,98
IV. VARIABILELE ROLULUI ȘI STILULUI PERSONAL	Intuiția Psihologică (Py,Is)	48,18	50,69	9,08	9,15	0,83	0,83	18,85	18,85	28,17	1,98
	Flexibilitate (Fx)	54,09	56,88	9,82	10,34	0,9	0,9	18,15	18,15	17,74	1,98
	Sensibilitate (Sn)	60,39	61,24	12,09	12,06	1,1	1,1	20,02	20,02	11,41	1,98
	Potențial Managerial (Mp)	43,91	46,06	9,23	9,49	0,84	0,84	21,02	21,02	19,08	1,98
SCALELE SPECIALE CPI - CALIFORNIA PSYCHOLOGICAL INVENTORY	Orientarea spre muncă (Wo)	41,44	46,17	9,14	9,53	0,83	0,83	22,06	22,06	28,02	1,98
	Temperament Creativ (Ct)	52,89	59,23	9,72	9,99	0,89	0,89	18,38	18,38	43,11	1,98
	Leadership (Lp)	44,58	47,4	10,4	10,59	0,95	0,95	23,33	23,33	39,14	1,98
	Amabilitate (Ami)	44,08	46,59	9,58	9,65	0,87	0,87	21,74	21,74	21,75	1,98
	Orientare spre respectarea legii (Leo)	45,61	48,43	10,73	10,81	0,98	0,98	23,53	23,53	27,81	1,98
	Obiectivitate în gândire (Tm)	42,96	39,33	10,55	10,83	0,96	0,96	24,55	24,55	18,58	1,98
	Masculinitate (BMs)	44,59	45,28	12,17	12,29	1,11	1,11	27,3	27,3	9,77	1,98
	Femininitate (BFm)	50,78	51,03	9,5	9,5	0,87	0,87	18,7	18,7	6,3	1,98
	Anxietate (Anx)	49,99	47	10,22	10,18	0,93	0,93	20,44	20,44	15,97	1,98
	Narcisism (Nar)	56,33	53,9	9,72	10,03	0,89	0,89	17,26	17,26	14,84	1,98
	Dezirabilitate (Dsd)	42,74	45,8	9,7	9,91	0,89	0,89	22,7	22,7	24,61	1,98
	Supunere Socială (Dac)	54,18	57,38	11,06	10,97	1,01	1,01	20,4	20,4	43,52	1,98
	Ostilitate (Hos)	56,09	53,36	8,42	8,44	0,77	0,77	15	15	20,44	1,98

The graphical representation of the typical student profile medical variables for specific characteristics of personality inventory CPI - Initial Test - Final Testing

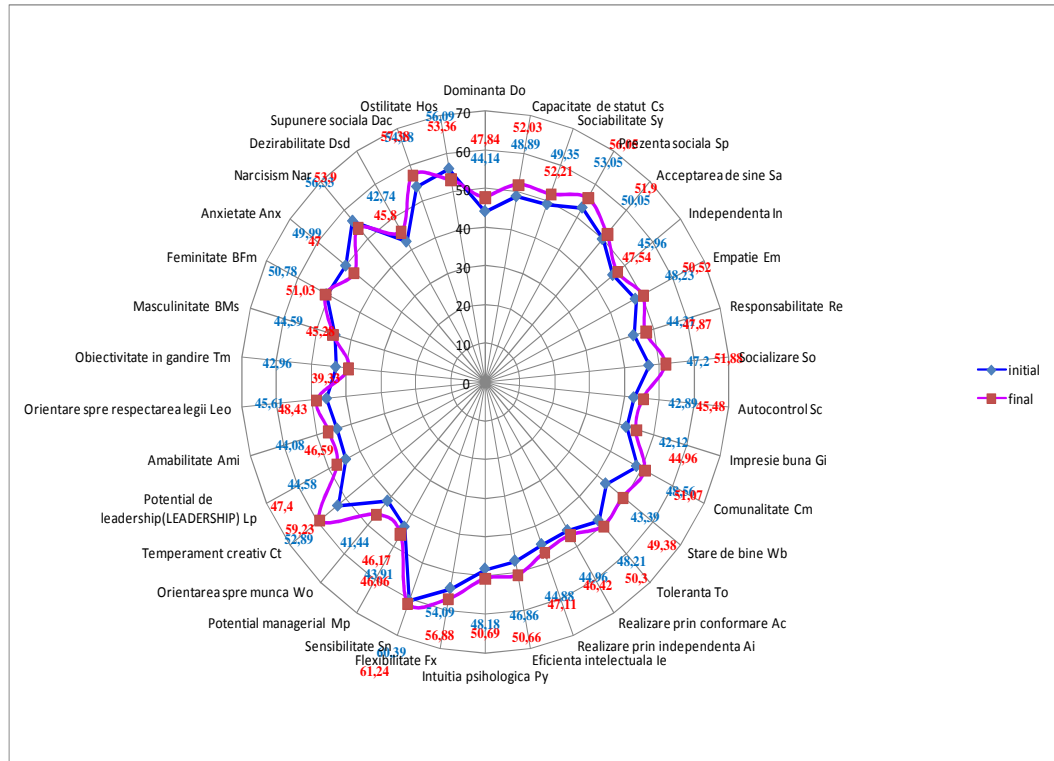


Figure 1. Circular graphic CPI - Initial Test - Final Testing

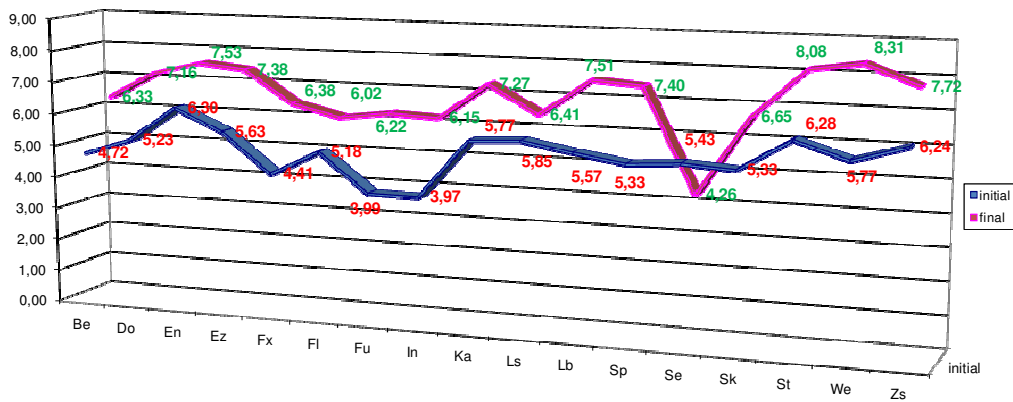


Figure 2. California Psychological inventory Liniar graphic (Initial - Final Testing)

Presentation of results from samples of evolution driven psihomotrice and involved in the experimental research

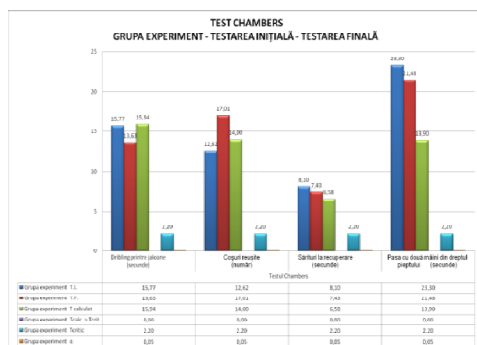


Figure 3. Basketball - Test Chambers

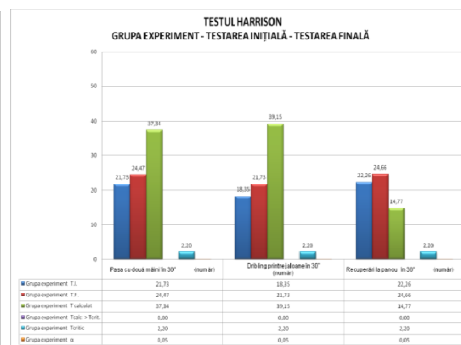


Figure 4. Basketball - Test Harrison

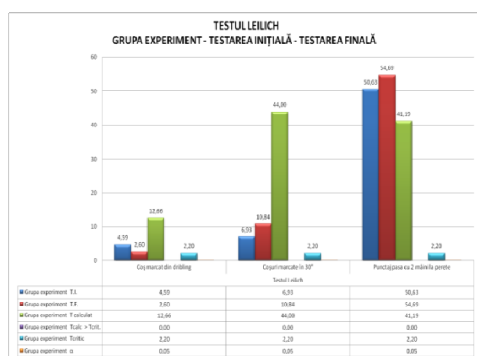


Figure 5. Basketball - Test Leilich

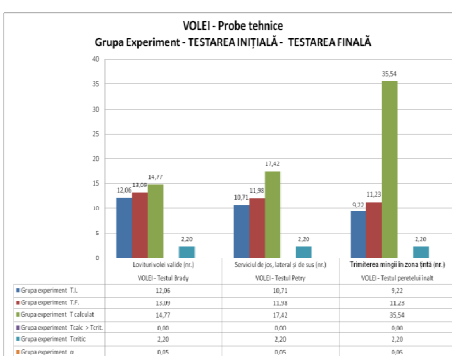


Figure 6. Volleyball - Technical

Probe

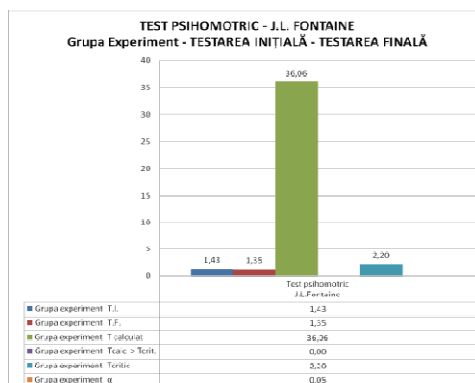


Figure 7. Psihomotric Test - JL Fontaine

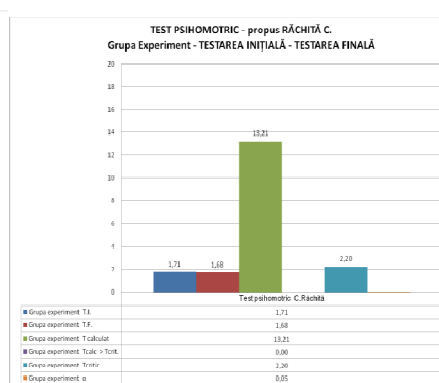


Figure 8. Psihomotric Test Răchită C.

5. Conclusions

Components fundamental game sports (technique, tactics, individual and collective actions, etc..) Is a complex structure means that acting on the driving behavior, psycho-motor and, on the characteristics of personality.

These means are exposed to modern teaching methods of organizing and conducting the lesson of physical education and sport, in which the typical student medicine is constantly in relationship with himself and with others. If the driving context develops in the right direction then the personality will be affected in the same direction.

Independent variables produced statistically significant increases on the dependent variables of personality characteristics of students to experiment with changes in sample values from the initial to final personality characteristics such as responsibility, dominance, ability status, socialization, creativity, combativeness, will, attention and memory .

Experimentation catalog in November as part of the educational physical education faculty students of general medicine, dental medicine and pharmacy, adapting content in accordance with the

operational improvements have resulted in the parameters tested at the end of research when compared with the initial sample experiment.

Experimental program effectiveness was demonstrated by the analysis of statistical indicators for evidence of motricitate, psihomotricitate, speed, agility and physical evidence, on the one hand but also by analyzing statistics for the indices we developed questionnaires and personality inventories.

In this sense the experiment group subjects had higher indices obtained from a group of control subjects at final testing, at a threshold $p < 0.005$, with a mean of 95%, thus confirming the hypothesis that the means and methods used in the original proposed program affect the positive personality characteristics of medical students.

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THE STUDY OF THE INJURY'S INCIDENCE AT THE KNEE LEVEL IN DIFFERENT SPORTS

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Abstract

This is a retrospective type of study which has as its purpose the examination of the sports injury's incidence at the knee level. Also, it incorporates the statistical datas from the observation files of the orthopedic sections from the Emergency Hospital of Bucharest in the period of 2010-2014. In the research had been included 400 patients with trauma of the knee articulation, all of them being either practitioners of the team sports (volleyball, basketball, handball, football) or individual sports (athletics, gymnastics). Each of the patients had been registered at a sports club. For every patient, had been recalled the following datas: sex, the sport, diagnosis and the location of the wound.

Keywords: injury, sport, knee, diagnosis.

1. Introduction

The large number of contusions at the knee articulation level resulted because of the sports traumas, this whole thing being a continual process in specialized studies. The sports traumas at the knee