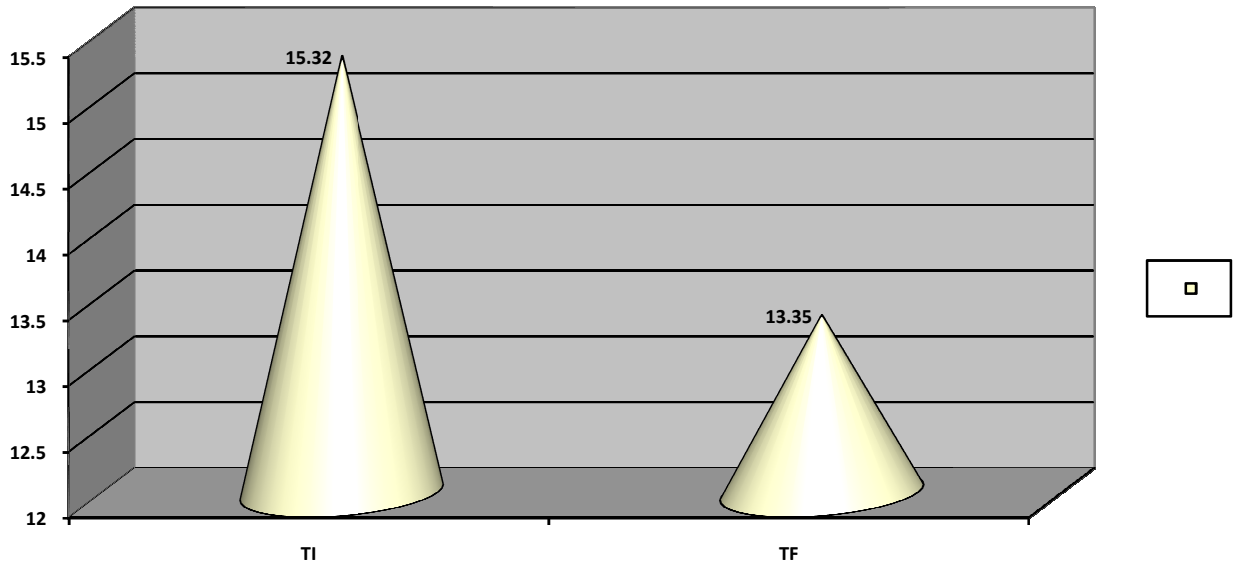

Figure no. 3 - The results for Ruffier test

At the Step test Harvard was a progress by 1.36 points (initial testing – 70.98 points, final testing – 72,34 points). The wide variation of individual results (51.22 – 134.68 points; 51.95 – 125.39 points) made to a small group homogeneity (24.69%, 20.08%) (table no. 1, figure no. 4).

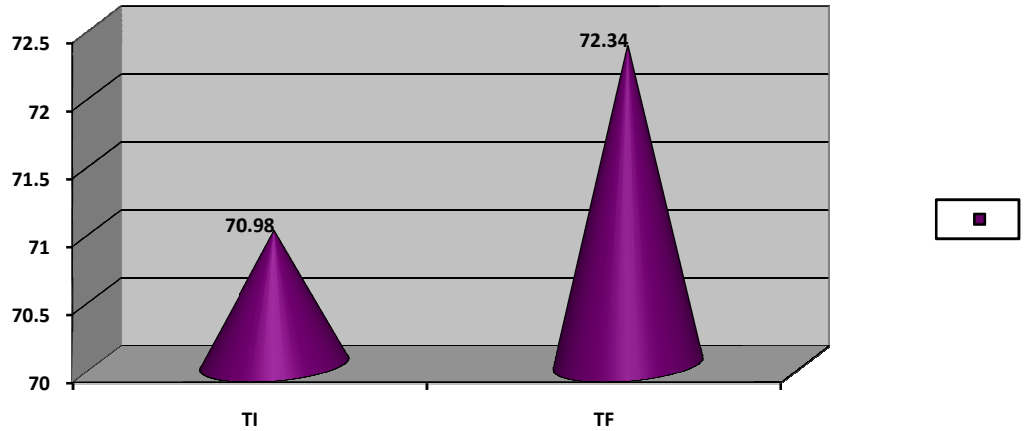

Figure no. 4 - The results at Step test Harvard

At each of the 4 tests applied to the subject were achieved progress between the two testings (Table no. 2).

Progress	Trunk lifting (no. rep.)	Push-ups (no. rep.)	Ruffier test (points)	Step test Harvard (points)
	4,33	0,95	1,97	1,36
%	18,77%	3,79%	12,86%	1,9%

Table no. 2 Progresses achieved at the tests

Conclusions

The results indicate a positive trend in the evolution of the motrical capacity of young people and also provides essential information to establish the workout programs according to their motrical possibilities.

Important progress has been achieved for trunk lifting (18.77%) which shows an development of the explosive strength of the trunk, respectively Ruffier test (12.86%) which indicates an improvement in the subjects' anaerobic fitness.

The other two tests pushups (3.79%) and Step test Harvard (1.9%) were achieved small progress, which should result in the creation of programs for developing arms strength and aerobic fitness.

Based on the results obtained and the analysis made we can say that the research hypothesis is confirmed because positive effects were achieved for each component of fitness of the subjects.

In context of these results should be performed an weekly physical activity program, which includes exercise sessions to maintain explosive strength and anaerobic physical fitness of the subjects, and exercises to help develop muscular strength and aerobic physical fitness.

The study limits are on the number of participants (36), but can be a benchmark for other studies aimed the fitness level at youths.

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EXPERT OPINION ON PROGRAMMING GYMNASTICS TRAINING IN SPORTS

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The big performance in gymnastic or the simple learning process cannot be made without a methodical thinking and a practice of the trainer, without a right directing of the content of the preparing process regarding the load, repetition series for each equipment, number of elements, used methods, the volume and the intensity of the effort (Grigore V., 1998).

The purpose of the quiz enquiry is determined by the finding and recording of expert opinions in the field of gymnastics regarding the level of technical preparation of female gymnasts.

For the questions proposed, the specialists chose only one response variant, function of the importance of the issue and personal opinions about sports training planning. The lot of specialists under investigation consisted of 90 coaches and teachers. The quiz consists of 10 questions, with response variants and the results obtained are presented in diagrams.

For *question no. 1,*"whether the training of gymnasts can also be achieved without prior planning", 10 specialists chose the" a" variant, considering that they can manage the training of gymnasts without carefully thinking it ahead. 75 specialists chose the "b" variant considering that it is necessary to plan the gymnasts' training, and 5 specialists chose the "c" variant, with other opinions – fig. 1.

Regarding *question no.2* about" elaborating a common training programme for female gymnasts on various sports classification categories", 81 specialists chose the"a" variant, considering it useful to elaborate a common training programme for various sports categories and 9 specialists chose the"b" variant, considering that it is not necessary to elaborate a common training programme in women's artistic gymnastics for various classification categories – fig. 2.