

Conferința Internațională
„Theories of Change in Digital Wellbeing. Evidence based practices across the disciplines”
Arad, 09-11 iunie 2022

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CONFERINȚA INTERNAȚIONALĂ

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Sub patronajul Academiei Române,
Universitatea „Aurel Vlaicu” Arad
prin Facultatea de Științe ale Educației, Psihologie și Asistență Socială
Centrul de Cercetare Dezvoltare Inovare în Psihologie

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„Theories of Change in Digital Wellbeing. Evidence based practices across the disciplines”

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Book of Abstracts

MAIN SECTION: Psychology and Educational Sciences

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MAIN SECTION: Psychology and Educational Sciences

Antifragile psychological response prediction with machine learning algorithms

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Abstract: Neural networks are becoming an increasingly significant tool for studying psychological processes experimentally. A neural network (NN) is a technique for simulating the neuronal changes in the brain that underpin cognition and perception that involves connecting a large number of basic hypothetical neural units. NN can be used to detect patterns in data or to represent complicated interactions between inputs and outcomes. Artificial neural networks have been effectively utilized in the field of artificial intelligence to voice recognition, image analysis, and behavioral predictions. The majority of artificial neural networks used in artificial intelligence today are based on statistical estimates, classification optimization, and control theory.

Researchers in statistics and artificial intelligence have created strong, flexible machine learning algorithms that may be used to large data sets. These algorithms are frequently used to forecast a certain outcome, such as classifying an individual into a group based on data or predicting a future occurrence, or in our case an antifragile psychological response.

This paper will present a methodology for Antifragile psychological response feature engineering in order to further feed data to neural networks algorithms that will model and predict such behavior from diverse input data.

Antifragility is a property of systems in which they increase in capability to thrive as a result of stressors, shocks, volatility, noise, mistakes, faults, attacks, or failures. The concept was developed by Nassim Nicholas Taleb. Antifragility is fundamentally different from the concepts of resiliency (the ability to recover from failure) and robustness (the ability to resist failure). Some things benefit from shocks; they thrive and grow when exposed to volatility, randomness, disorder, and stressors and love adventure, risk, and uncertainty. Antifragility is beyond resilience or robustness. The resilient resists shocks and stays the same, while the antifragile gets better.

Keywords: psychology, antifragility, prediction, machine learning, neural networks, feature engineering

**Ghidurile de bune practici – un reper în activitatea din domeniul psihologiei educaționale
și psihopedagogiei speciale**

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Abstract: Studiul aduce date despre modalitatea de a oferi un reper în activitatea din domeniul psihologiei educaționale, consilierii școlare și vocaționale. Necesitatea reperelor vine din apariția pe piața muncii a diferitelor schimbări în domeniu dar de asemenea și a programelor diferite ce pot fi accesate doar prin respectarea unor proceduri specifice – de exemplu înregistrarea în Registrul TSA sau cea în Registrul „Din grijă pentru copii,,. Apariția ghidurilor de bune practici în domeniul psihologiei educaționale este o muncă ce dorește să se constituie ca un reper și un punct de plecare în munca mai tinerilor colegi, care se află la început de drum în domeniu.

Keywords: ghiduri de bune practici, „Din grijă pentru copii,,

ID GAMES: Co-Create assistive games for people with Intellectual Disability to enhance their inclusion

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Abstract: The project “ID GAMES: Co-Create assistive games for people with Intellectual Disability to enhance their inclusion” is based on the belief that each person should be given the chance to be accepted, valued and have equal opportunities to develop their skills and personality. Using this as a starting point, we created within the project three intellectual outputs that have the purpose to promote the integration and the inclusion of people with Intellectual Disabilities (pwID).

To achieve our goal, we developed 6 serious games (physical and digital ones) that enhance the cognitive, social and practical skills of pwID as they are a well-known non pharmaceutical practice for pwID because they offer a pressure-free environment of experimentation as well as better capture of attention.

We know that e-learning improves access to education and is a facilitating social inclusion platform so we developed an e-learning platform and course for learning about ID, how to organize co-creational games workshops and how to use and adapt the 6 serious games created within the project. The online training for people with intellectual disabilities (pwID) is centered mainly in care provision, what highlights the need for e-courses aiming at innovative interventions and approaches that promote empowering aspects, such as media creation with or by people with ID.

Key words: people with intellectual disability, inclusion, serious games, e-learning

Ccorelate psiho-emoționale ale adicției de social media la adolescenți

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Abstract: Cercetările privind comportamentul în mediul online au arătat că reprezentanții generației Z sunt interesați în a stabili conexiuni sociale utilizând rețele în mediul online, însă cei născuți mai aproape de 2010, adică ultimii reprezentanți ai generației Z au început să devină conștienți de implicarea excesivă în utilizarea rețelelor sociale și de consecințele serioase ce deriva de aici (Dhir, Yossatorn, Kaur & Chen, 2018).

Studiul de față își propune să evalueze multiple dimensiuni ale utilizării rețelelor sociale de către adolescenții cu vârste cuprinse între 13-16 ani, adicția, teama de a rata oportunități, percepția timpului petrecut pe rețelele sociale, scopuri în utilizarea rețelelor sociale, preferința lor pentru anumite rețele sociale etc. peste 150 de adolescenți au răspuns la un set de întrebări care au evaluat, pe lângă aceste dimensiuni, și alte dimensiuni corelate: singurătatea, atașamentul, starea de bine. De asemenea, au fost măsurate diferențe de grup (gen, subgrupe de vârstă).

Rezultatele cercetării indică o relație semnificativă între variabilele ce țin de comportamentul adolescenților pe rețelele sociale, pe de o parte, și indicatorii socio-emoționali, pe de altă parte. De asemenea, unele diferențe de grup (gen, subgrupe de vârstă) au fost identificate. Sunt discutate posibile implicații ale acestor asocieri între variabile și direcții viitoare de cercetare.

Keywords: social media, addiction

Well-being through self-determination for people with mental health problems

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Abstract: Promoting and supporting self-determined behaviors of people with mental health problems in the family and society is a fundamental principle of the United Nations Convention on the Rights of Persons with Disabilities (Dufour, O'Reilly, Charbonneau, & Chaimowitz, 2020; U.N., 2022).

Self-determined behaviors form through direct education that begins in the family and, in adulthood, continues through socialization.

The project *Who really decides? Citizen Empowerment in Mental Health (Empow'Them)* is co-financed by the Erasmus+ Strategic Partnership program under the number 2020-1-FR01-KA202-080436. It aims to develop pedagogical tools to stimulate self-determination for people with mental health problems (Gavrila-Ardelean & Kelemen, 2021).

The aim of the research is to explore and determine the dimension of stimulating self-determined behaviors by using innovative Ranciè-re-type pedagogical tools developed within the *Empow'Them* project.

The research methodology consists in building a set of animated pedagogical tools that correspond to the expectations and needs of the various life areas of people with mental health problems to stimulate the self-determination of their behaviors and empower them to manage their own lives. The sociological survey was based on building a questionnaire on the needs of the beneficiaries and applying it to the subjects in the study group.

The study sample is composed of the beneficiaries who participate in the project from each of the six research partner countries: Romania, France, Switzerland, Spain, Belgium, and Greece.

Research results are found by processing the data acquired through the questionnaires. The data will be analyzed through the SPSS program and subsequently correlated with the results of the practical training stages applied to the beneficiaries.

Conclusions: the results of the research carried out within the project help us validate the pedagogical methods of initiating and shaping self-determined behaviors for people with mental health problems. They form the basis of the recovery process in mental health and, implicitly, are the foundation of well-being and increased quality of life of the beneficiaries.

Keywords: mental health, well-being, self-determination, European project.

**Predictors that intervene in the well-being and satisfaction of a marital relationship:
Literature review**

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Abstract: Objective: The aim of the paper is to examine the literature on the identified predictors of marital satisfaction and well-being for the couple. It should also contribute to the reader's knowledge and understanding through a review of the literature published in recent years. Data source: Empirical studies were searched for in scientific databases: ScienceDirect, Ebsco, Proquest and PsychInfo. The searches generated 3245 articles, of which 20 studies met the criteria for inclusion in the analysis. Extraction methods: Systematic searches of studies published in English in the period 2012–2022 were carried out. The key search terms in English were adapted according to the search options in each database and included variations on the components or dimensions of the topic of interest: marital satisfaction, marital stress, marriage, married couples, marital disharmony, marital quality, marital relationship, factors involved in marital satisfaction, couple. The studies were selected based on their relevance according to the identification of the search terms in the title, abstract, or keywords/topic, or where necessary and possible, in the main text. Results: The most commonly identified predictors of marital satisfaction and well-being for the couple included parental stress, impulsivity, parenting, low self-efficacy, immature defense mechanism, communication, emotional stability, and marital support. The results of this study indicated, in addition to the variables mentioned, secondary variables that correlate significantly with said variables, such as socio-demographic factors: the existence of any children, duration of marriage, economic status, and equity, age of marriage, a religious factor, gender roles and culture.

Keywords: marital satisfaction; literature review; parenting; well-being.

Effects of parenting programs on parental efficacy and well-being

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Abstract: Program based on positive parenting are a good way to encourage the development of parental skills. We created a study based on parental efficacy to promote a healthy lifestyle and to aid in couple satisfaction growth. In this study, we will assess the effects of a parenting intervention program. There were ten parents in the intervention group (N = 20) and ten in the control group (N = 21). Participants received group sessions (90-120 minutes each) to help them develop positive parental education and parenting skills that will lead to an increase in couple satisfaction. Prior to and after the intervention, parental efficacy and marital satisfaction were assessed. Quantitative data were examined using ANOVA and ANCOVA tests. For the analysis of open questions, a content analysis was used. They found positive results after implementing interventions in the intervention group. Parents have also reported a high level of program acceptability, resulting in a high level of satisfaction in the couple. The positive findings of this study support the development of parental program aimed at promoting a healthy family lifestyle.

Keywords: parenting efficacy, couple satisfaction, parental program, relationship satisfaction.

Implicit learning-centered edutainment video game design

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Abstract: There is generally little to no implicit learning-oriented formative effort aimed at our youth and adults. Moreover, while as educators, we do have reasons for not building the curriculum exploiting it, its efficiency cannot be denied. One must merely observe the impact media and art have on populations' tastes, preferences, thoughts, and emotions to realize not just how much we learn implicitly but also how deep we do it. Through Erasmus+ grant funds, we designed and developed an edutainment video game specifically tailored to acquire general European history effortlessly - by which we mean implicitly, through an activity perceived by the consumer as mere entertainment: gaming. The product has been deployed both on Steam and within several educational institutions, supported by account registration, initial assessment, as well as a final assessment and feedback forms for both design and development and educational experience. Current results indicate consistent and considerable gains in general knowledge and contextual understanding in the absence of active learning experience perception.

Keywords: implicit learning, video game, edutainment

Eficiență și rezultate în terapia logopedică online

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Abstract: Articolul aduce în discuție diferitele aspecte ale terapiei logopedice online privind dificultățile întâmpinate de specialiști, eficiența acestora și rezultatele obținute. Analiza noastră va avea ca punct de plecare un chestionar la care au participat un număr de 244 de logopezi care activează în diferite localități din România. Rezultatele ne conduc la concluzia că, deși eficiența terapiei logopedice online este mai scăzută datorită lipsei interacțiunii directe și apar o serie de dificultăți legate de problemele tehnice, există aspecte care s-au îmbunătățit, cum ar fi implicarea substanțială a familiei în activitățile terapeutice. Avantajele și dezavantajele folosirii terapiei online sunt dezbătute și sunt scoase în evidență oportunitățile care se deschid în ceea ce privește asigurarea și accesibilitatea serviciilor de terapie a tulburărilor de limbaj pentru toți copiii.

Keywords: speech therapy, online services

Case studies about the influence of digitalization on the work-life balance

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Abstract: Work-life balance differs from person to person, being, however, an approach to contemporary existence that comes in an attempt to resolve the increasingly common conflict between personal life, with everything that includes it: family, friends or just the need leisure, and career. The need to be remotely operational also meant that our residences were transformed into ideal locations for calls, meetings and reunions.

In our case studies we analyze how the access to use new digital technologies influences the management of activities, beyond the physical and time limits of the working day. In conclusion, if we consider time as the unit of measurement of work-life balance, we risk losing it in the beginning. What matters is the ability to consciously cultivate the areas of life, that are most important to us today. There is no one-size-fits-all balance, it is a strictly personal and constantly evolving process. Each individual has specific life priorities, different from those of his colleagues and which can change over time, depending on age, needs and family situation.

Keywords: digitalization, work-life balance, influence, priorities.

Management style optimization techniques in the digital classroom

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Abstract: Classroom management is a tough endeavor that necessitates a diverse approach from the teacher. Certain talents are essential to continue well in the many instructional situations: specialist knowledge, social and communication skills, as well as a keen sense of observation. The instructor bases his class management actions mostly on his own assessment and interpretation of instructional situations, as well as his own convictions about action modalities. Subjective appreciations and success expectations of the teacher play a significant role in class organization and leadership. Quality schools are defined by the effectiveness of instructional frameworks and student outcomes, in the context of strong interpersonal relationships. In this sense, teacher–student relationships are critical to ensuring a positive school climate. In the present article, there is going to be presented a theoretical frame of the main concepts: management optimization techniques and also the digital classroom. There is going to be presented a research regarding the situation of the optimization techniques used in public school from Arad county, while pandemics, in the digital classroom. There have been 11 schools participating to the present research, and the main instrument used was the observation, with the observation sheet as an instrument. The preliminary results show, that the participant teachers, 74 from both middle school and high school, are not aware of the suitable management optimization techniques for the digital classroom.

Keywords: management, digital, classroom, techniques, optimization.

Developing the well-being of students by using playful and dramatic methods in the teaching-learning-assessment process

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Abstract: The paper discusses the classic teaching-learning-assessment process, which is no longer able to attract and motivate students. The educator, the teacher, the mentor must constantly adapt and improve, to use new methods of multi-, inter- and transdisciplinary type to attract the student and contribute to his well-being in school. By using non-formal strategies, a different teacher-student, student-discipline, individual and collective relationship is created. Much more attractive, non-formal strategies offer new perspectives in the instructional-educational process, the failure can be diminished or even eliminated, the student's passivity, disinterest and refusal to participate can be analyzed and corrected.

The paper presents theoretical highlights of the topic, analysis of the advantages and disadvantages of approaching learning through playful and dramatic methods and strategies, as well as the presentation of various didactic methods of playful and dramatic type, chosen to demonstrate the usefulness, diversity and versatility of this category of teaching strategies. learning-assessment.

Keywords: playful and dramatic methods, non-formal strategies, well-being in school.

Socio-emotional assessment for school maturity identification

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Abstract: It is necessary to consider the approach of the natural development in which the interconnection between the stages of child development and the transition to different stages of preschool are accentuated. According to this approach, a child can be successful in the learning process only when it reaches a certain stage of development necessary for this process. The social, emotional and academic adaptation is significant to the child and exerts a direct influence on the formation of a positive attitude towards the school, but the child can acquire socio-emotional maturity only when he is mature in development. Socio-emotional adaptation is important as a predictor of school adaptation, especially in the first years of schooling. Also, the physical and mental development of the child must reach a certain degree of maturity so that he can benefit from school learning. Otherwise, learning becomes ineffective or, in cases of overloading of the immature child, becomes even harmful. This does not mean that the psychic development of children, the rhythm of this development cannot be accelerated or slowed down. In order to prevent failures, children's medical and psychological examination is required. The identification of the degree of school maturity is necessary due to the frequent discordant between the chronological age - the classic criterion of schooling - and the psychological one (mental, motor, emotional, etc.) of children.

Keywords: Psycho-pedagogical conditions, age, school adaptation, school maturity, individual differences, social development, emotional development, learning skills, learning

An integrative psycho-educational approach for left-behind children

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Abstract: Since the '90s, from the post-Decembrist period until now, there has been a phenomenon of labour migration, especially in the European area. In this case, the family is going through a period of crisis, the most affected being children, who are no longer interested in school. Thus, absenteeism appears, poor school results, school dropout, they become emotionally vulnerable, they have communication problems with caregivers / parents and teachers and reduced possibilities to spend their free time for educational purposes. A category of vulnerable people is represented by children, who have one of the parents who left to work abroad, because it is known that the family environment contributes to the child's development process. In this context, it is necessary to specify, what are the needs felt by children in the absence of parents at home. For both the youngest and adolescents, parents represent an emotional support in school and extra-curricular activities, in terms of going to school, learning activities, involvement in certain leisure activities, as well as in making important decisions for their lives. In addition to the support and emotional support provided, communication is another important aspect felt by children in the absence of parents. Throughout childhood and adolescence, parents, especially mothers, are always close to children trying to communicate with them about the problems, which they have. Children from families with parents working abroad need unique and strong support to succeed. By strengthening the links between educational, community and social programs, a comprehensive and integrative approach is created to address school success and children's development. Starting from these general aspects, which involve major responsibilities for any teacher, if the institutions competent in the phenomenon of education are well organized and comply with their specific educational program according to all the rigors, then they have a significant contribution in the phenomenon of adaptation, in the sense that these institutions "produce" adaptation, contribute to increasing adaptation. This is an important prerequisite for the wider social integration of children, future adults, which ultimately leads to a reduction in school deviance and, more generally, social deviance.

Keywords: development, school dropout, communication, absenteeism, adaptation, school success

SPECIAL SECTION: Physical Education, Sports and Physiotherapy

From physical health to digital health

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Abstract: *Physical health* represents one dimension of total well-being. The term refers to the state of your physical body and how well it's operating.

Physical health and mental wellbeing are inextricably related. Physical injuries can lead to mental health issues, and vice versa.

We often think of our mind and body as separate, but our physical health and mental health are interconnected.

According to the World Health Organization (WHO): “*Mental health* is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community.”

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

The term *digital health* is rooted in eHealth, which is defined as “the use of information and communications technology in support of health and health-related fields”. More recently, the term digital health was introduced as “...a term encompassing eHealth (which includes mHealth), as well as emerging areas, such as the use of advanced computing sciences in ‘big data’, genomics and artificial intelligence”.

Digital health refers to the use of information and communications technologies in medicine and other health professions to manage illnesses and health risks and to promote wellness. Digital health has a broad scope and includes the use of wearable devices, mobile health, telehealth, health information technology, and telemedicine.

Digital health advances offer a multitude of possibilities to improve public health and individual wellbeing.

Keywords: physical health, mental health, digital health, wellbeing.

Sport, a component of pro-health behaviors in students

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Abstract: Promoting and supporting students' pro-health behaviors is the basis for prevention for the health of future families and generations. Health is a fundamental human right, enunciated by the United Nations Organization (UN) and World Health Organization (WHO) (United Nations, 1993; Mann, et al., 1994; WHO, 2002; Nygren-Krug, 2008).

The microbiome is composed of all the saprophytic bacteria of the human body. They have a role in balancing the immune system. Recent studies show the direct relationship between the gut microbiome and physical activity. Sport is a pro-health behavior. The physiological activity of the intestine is influenced by movement through sports, which regulates both intestinal transit and the level of the intestinal microbiota. A study of the Italian team Pane, Marco & collab. (2018) showed that over half (60%) of athletes with intensive sustained physical exercise had a faster recovery after taking probiotics such as Bifidobacterium breve BR03 and Streptococcus thermophilus FP4. The probiotics improved the production of mean isometric peak torque from 24 to 72 hours after recovery (Pane, 2018).

The formation of positive health behaviors through sport is achieved through direct education, which begins in the family. In students, it can be formed within the framework of university education.

The aim of the research is to evaluate the habits and lifestyles of students in social sciences to determine the need for the development of university pedagogical tools that stimulate pro-health behaviors through practicing sports, correlated with the type of human microbiome (Bostan & Gavrilă-Ardelean, 2022).

The methodology of the research consists in applying a sociological questionnaire-type survey, which assesses lifestyle and daily habits to determine the needs for education in the various areas of life, to stimulate the formation and assimilation of pro-health behaviors (Kosiba, Gacek, & Wojtowicz, 2019).

The study sample is formed of students in sociology, social work, and psychology.

Research results are obtained by processing the data from the questionnaires. The data will be statistically analyzed through the SPSS program, then correlated with the results of a qualitative case study-type research. The results show that a healthy lifestyle, sports, and the administration of probiotics adapted to the type of human microbiome have a positive effect on health.

Conclusions: The research results help us establish didactic strategies and select the best pedagogical methods of modeling determined behaviors for health in students (Jedrzejewska, Kalinowski, & Stachowicz, 2005). They are the basis of the prevention process for the public health of the next generation (Gavrilă-Ardelean & Gavrilă-Ardelean, 2016).

Key words: sport, pro-health behaviors, human microbiota, students.

Joint mobility - essential motor skills in the correct acquisition of swimming technique in children aged 8-11

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Abstract: Mobility is the ability of man to perform movements of different amplitudes with body segments. These movements are expressed in degrees, knowing that the movements of the musculoskeletal system make different angles between them.

Mobility conditions the efficient performance of technical procedures and other preparatory exercises in different branches of sport or for the correct acquisition of basic and applied motor skills. Mobility is usually associated with physical performance, coordinated movements and associated with a well-developed musculoskeletal system.

Good mobility is necessary in every motor act (not only in gymnastics, diving, swimming, skating, etc.), where it is necessary to perform large-scale movements. Low mobility creates many disadvantages in performing the motor act:

- prolongs the period of acquisition and improvement of motor actions.
- favors injuries
- reduces the development indices of the other motor qualities (speed, dexterity, endurance, strength) and limits their use with maximum efficiency;
- the efficiency in performing the motor actions decreases, its lack being replaced by additional efforts, by high energy expenses;
- the quality of the execution decreases, the movements can no longer be performed expressively, casually, relaxed and easily.

The complexity of swimming training, starting from the nature of swimming and ending with the values of effort indicators, offers hypothetical variations of work. The rhythmic use of specific exercises for the development of mobility in the training of swimmers can lead to the real improvement of joint mobility, as well as to the improvement of sports performance.

The present study aims at theoretical and experimental research on the efficiency of using mobility exercises. In order to increase the efficiency of the training, of the instructive-educational process, it is necessary to establish precise finalities, well-objectified action systems, as well as the choice of the most efficient methods and means of action.

In developing this study we started from the observation that most coaches neglect the physical training on land (exercises for the development of mobility) of small swimmers, paying special attention only to specific physical training in the water.

The present paper aims to give some practical-methodical suggestions in terms of mobility development. They also want to express a point of view on what is done and what is not done in swimming remains at the level of beginners (in terms of physical training on land).

Keywords: motor skill, mobility, study, efficiency, efficiency.

RO: Evaluarea motricității prin teste ce folosesc sărituri - analiză comparativă

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Abstract

RO:

Utilizarea testelor ce folosesc săriturile pe verticală, ca modalitatea de caracterizare a calităților de natură motrică pentru sportivi, are o istorie relativ lungă și este marcată de o diversitate de interpretări și modalități de referire la performanța motrică și chiar, în interpretări în zona fiziologică. Prezenta lucrare propune o analiză critică, comparativă, a principalelor teste descrise în literatura internațională și utilizate în comunicări științifice referitoare la metode de influențare sau evoluții ale calităților motrice. Sunt prezentate și observații privitoare la sursele de eroare generate de modalitățile de: executare a probelor, achiziție de date, prelucrare a lor și, cu precădere, modalitatea de interpretare a rezultatelor obținute.

Cuvinte cheie: motricitate, săritură verticală, evaluare

EN: Assessment of motor skills by jump tests - comparative analysis

Abstract

EN:

The utility of tests that use vertical jumps, as a way of characterizing the motor qualities for athletes, has a relatively long history and is marked by a variety of interpretations and ways of referring to motor performance and even in interpretations in the physiological area. This paper proposes a critical, comparative analysis of the main tests described in the international literature and used in scientific communications on methods of influencing or evolving motor skills. Observations are also presented regarding the sources of error generated by the methods of: execution of the tests, acquisition of data, their processing and, above all, the way of interpreting the results obtained.

Keyword: motorskills, vertical jump, assessment

Leadership dimensions preferred amongst Brazilian coaches in different sports from amateur to Olympic championships

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Abstract: The studies of leadership in sports has been doing since there were necessities of evolution is the human performance, in this way, looking for human behavior is an important link to discuss witch kind of orientation coaches needs to do during the training routines and during the championships.

Different Authors have been studied the parts of the hole team, that is, the coaches, the athletes', and everything that can add or separate the sports performance, and probably influences the results of the games The general purpose of this research is to discuss the profile of Brazilian coaches in different modalities and competitive contexts, and highlight the settings of data collection in a virtual and distance way during the pandemic of COVID.

Keywords: COVID, leaderships, sports, coaching

Representations of the force-speed-position relationship in swimming training in simulated environmental conditions

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Abstract: The three-dimensional representation of the relationship between force, speed and position in the execution of more or less complicated or specific movements, even if it was postulated in the literature (Chialis, 2000) Remains a technical difficulty to solve with all the more so as we want to observe this type of dependence as close as possible to the dynamic and geometric specificity of the movement.

The study conducted by us used the recordings made during training, in conditions of simulating the conditions of specific dynamics in swimming. Recordings were made in the conditions in which the athletes performed maximum tractions on a simulator specially designed to get as close as possible to the dynamics of movements in the aquatic environment.

The obtained results allow to highlight some deficiencies in the control and the realization of such movements when the athletes perform the movements on a track trajectory closer to the specific one, from the water, having as elements of opposition an inertia and a dissipative component (brake) with characteristics close to those of the competition movements.

Highlighting the strength-speed-position relationships provides for coaches and athletes an useful information to become aware of possible motor asymmetries as well as intervention criteria in their effective correction.

Keywords: strength-speed-position relationships

Study of knee mobility recovery in performance athletes

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Abstract

"When religion was strong and science weak, people turned to magic for medicine; today when science is strong and religion weak, people turn to medicine for magic."²⁶

The rapid evolution of professional sport has placed major demands on athletes, demands that can stagnate or even diminish athletic performance when they are not prepared to bear them. The reality is that athletes are generally not prepared to cope with these demands, which has led to an increase in injuries, illnesses and a decrease in sports performance.

Also, the increase in the amount of training athletes have to undergo is causing those who run sports to think more and more seriously about medical and paramedical care. In addition and in particular, this aspect calls for the indispensable presence of physical therapy in the immediate presence of club or national teams.

Sports traumatology, dealing with the study of traumatic injuries that occur during physical exercise in general and professional sports in particular, offers us, based on the experience of recent years, a classification that corresponds to the pathogenic factors that generate them, guiding both therapeutic and prophylactic measures. Preventing accidents or recovering from them is only possible if the causes that lead to them are known, which led me to focus my attention on this subject and on this category of patients by putting into practice the knowledge I have learned and deepening it.

The main aim of this work is to follow up the functional deficit of the knee and to design an individualized recovery program and to restore the functional deficit as quickly as possible.

For the physical therapist it is a real challenge to recover the mobility of a knee that has undergone ligamentoplasty, because the patient suffers from joint instability, which prevents him from returning to the daily activities of his previous life.

Exercise for people in other occupations is an indispensable element in maintaining health, but for competitive athletes it can, under certain conditions, become harmful to the body. The causes of injury are specific depending on the branch of sport practiced, on the factors that encourage and trigger it, depending on the athletes, on the mistakes made in organizing competitions, on the coach, on nutritional deficiencies, etc.

During this research we used several methods in order to develop the scientific material, but also to process and interpret some data to support the work carried out and the results obtained. With regard to my work, these aspects have been achieved using the following methods:

The method of studying the specialty literature, we have made it from the books in which the subject has been treated, in order to have a thorough and thorough information. Any research necessarily requires, after the choice of the theme itself, the consultation of a theoretical bibliography as wide as possible, which helps us to solve the theme.

The case study method is a research method that "investigates a contemporary phenomenon in its real-life context, especially when the boundaries between phenomenon and

context are not well defined".²⁷

Observation method, we used it for its non-interventional character, analyzing the whole body: posture, coordination, edema, color of the skin, muscle retractions.

The measurement method aimed to obtain accurate data on the degrees of joint mobility and muscle strength of the knee. We applied various tests for functional assessment of the joint and the nearby muscular system. Goniometry helped me measure range of motion in the joint, along with muscle testing to determine muscle strength, plus measuring and comparing thigh and calf perimeters.

The statistical method is made up of all the specific procedures and operations for collecting, processing, analyzing and interpreting aspects of economic and social reality.

The method of processing, graphing and interpreting the data obtained was used for a better interpretation of the results that were obtained. By means of graphs I wanted to highlight the progress obtained.

TESTS AND MEASUREMENTS PERFORMED

Clinical examination including history, somatoscopy, joint testing, muscle testing, visual analogue scale for pain.

Joint testing: following goniometric testing at the knee joint, we obtained the following values:

Table 1: Range of motion of the affected knee compared to the healthy lower limb.

Movement performed	Member healthy(dominant right)	Affected limb (left)	
		Initial stage	Final stage
Flexing	150°	70°	130°
Extension	0°	0°	0°

It can be seen in the table presented above, the satisfactory 60° recovery of flexion in the 3 months postoperatively. The low initial values are due to edema, restrictions imposed by the orthopedic doctor and pain.

Muscle testing: After testing muscle strength using a scale from 0-5, we obtained the following values:

Table 2: Evolution of muscle strength of the affected knee compared to the healthy limb.

Muscle involved	Healthy membrane (right dominant)	Left affected limb	
		Initial stage	Final stage
Flexing	5	2	4
Extension	5	3	5

Following the recovery protocol applied during the 128 days of recovery, we can see how the range of motion of the operated limb has increased considerably reaching the desired standards.

Study and recovery of patellar tendonitis injuries in performance athletes

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Abstract: Overuse injuries have a higher incidence than accidental injuries among professional athletes, accounting for approximately 50%-80% of all injuries, with the highest percentage being patellar tendinitis and rotator cuff tendinitis (William W., Briner Jr., 1999).

The high prevalence of patellar tendonitis was recently confirmed by a large study on a sample of high performance athletes from different sports, in which 45% of volleyball athletes reported current symptoms of patellar tendonitis. ISS ("Injury Surveillance System") data show that this type of injury had an incidence of 0.2/1000 athletes among female performance volleyball players, but these data only recorded the time the athlete was out of sport, the actual prevalence of patellar tendonitis is assumed to be much higher.

In the current conditions, it becomes imperative the prevention of injuries(primary prophylaxis), which can be done by determining and treating the factors that favor it (low concentration of Ca or Mg, reduced circulation, virus), by specific exercise programs introduced in the training program in order to increase the elasticity of the joints and the periarticular structures, as well as by treating and recovering correctly from injuries (secondary prophylaxis). The prevention of injuries necessarily depends on the knowledge of their causes, the initiation of a study being a first step in researching this aspect.

The aim was to carry out a prospective study, giving a precise definition of the concept of injury, tracking individual data on trauma mechanisms and examining these traumas in order to obtain accurate information on the mechanisms and consequently be able to recommend effective prophylactic methods.

The research work was carried out in several stages and included:

- bibliographical study on traumatic risk factors in general; their relationship with the occurrence of injuries, especially overuse injuries;
- bibliographic study on research methodology in sports injuries; methodology of muscle strength and joint range of motion assessment, kinematic and kinetic analysis, three-dimensional computer modelling. This activity led to the formation of a comprehensive picture of the current state of research and knowledge in the field and allowed the opening of new research strategies highlighted in the subsequent stages of the present research.

In the second phase we organized the preliminary research which was carried out following the following methods:

- Study of individual medical records from the Arad County Hospital and by conducting semi-structured interviews with subjects,
- Establishing the research hypotheses based on the observations and analysis obtained from the study of literature and questioning the specialists in the field
- Identification and application of the main methods of assessing the factors involved in the production of sports overuse injuries;
- Development and creation of prophylactic exercise programs for the prevention of overuse injuries

In order to achieve the proposed goal of preventing overuse tendonitis, which has a high incidence in professional athletes, thus improving sports performance, the experimental model has the following functions:

- increasing the strength of the knee extensor muscles
- increasing the strength of the quadriceps muscle
- improving the flexibility of the knee extensor muscles
- improving the flexibility of the quadriceps muscle

Dynamic measurement of muscle strength in the lower limbs. In order to show the improvement of muscle strength in the lower limbs, following the application of the prophylactic program, the average muscle values were calculated for each player before and after the application of the exercise program and the differences were calculated as a percentage.

**The Evolution of the International Performance in the World Championships of
Powerlifting - Junior Age Category**

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Abstract: Powerlifting is unanimously considered the most representative power sport. Having a long history in Romania, the powerlifting became officially recognized in Romania in 2009, with the incorporation of the Romanian Powerlifting Federation. The purpose of this paper, is to present as an expansive case study, the main results obtained by Romanian athletes, in the world championships in the field, in the junior age category. From a defining point of view, juniors are understood in the context of sports between the ages of 14 and 23. The dynamics of the results obtained during the nine years, that we analyze in this paper, presents the image of a sport with a sports strategy, that has produced remarkable results for the Romanian sport.

Keywords: powerlifting, world championships, junior, medals

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