

The “Palestra” Centre For A Healthy Development Through Physical Activities

Melania Câmporeanu¹, Nicolae Horațiu Pop¹, Cristian Batali¹, Simona Mușat¹, Ioan Nicolae Negru¹, Remus Văidăhăzan², Ioana Câmporeanu-Debeurre³

¹*University Babes-Bolyai, Cluj-Napoca, Faculty of Physical Education and Sport, „Palestra Center”*

²*3rd year student, Faculty of Physical Education & Sport*

³*Centre of Massage and Kinotherapy, Rouen, France*

Abstract

The “Palestra” Centre is a non-profit and non patrimonial managerial structure subordinated to the “Babeș-Bolyai” University administration. Its activity complies with its own statute approved by the University Senate and the “Babeș-Bolyai” University Charta.

This centre offers both teachers and students from the Faculty of Physical Education and Sport an organized framework in order to: promote physical activities among people of all ages and coming from all social backgrounds, support permanent education and the improvement of professional skills by organizing perfecting courses and developing scientific research.

Keywords: “Palestra” Centre, leisure, physical exercise, professional training.