

## LEADING ARTICLE

# Palestra's paradigm Paradigma palestricii

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*There are many upsetting and difficult to deal with things in life: aren't they really just as unpleasant at the Olympic festivities? Don't you really feel oppressed by the intense heat? Don't you feel crushed by the crowd around? Isn't it very difficult to refresh yourself? Don't you get soaked to the skin when it rains? Aren't you annoyed by the noise, the bustle and such things? However, you seem able to cope with all this quite well and bravely bear it as you look forward to the breath-taking show to come.*

Epictetus, A. D. c60-c120, *Dissertations* I 6.23-9 (Swaddling, 2004)

### A decade of the 3rd Millennium Palestra

It is ten years since the first issue of the Cluj-Napoca periodical *The Palestra of the 3rd Millennium. Civilization and Sport* first came out. Since then it has become well-known in Romania's scientific and cultural life. The magazine has been successfully promoting physical activity and sport in Romanian society thus playing an active and formative role and serving as a highly useful instrument in the hands of the people who study and put palestric civilization into practice. Numerous writings, articles, paragraphs have been taken over and made known by the media. Moreover, bases have been provided for the journal to become known in Europe and the world.

The efforts to promote physical activity made by *The Palestra of the 3rd Millennium. Civilization and Sport* have been enlarged upon in other research fields and editorial plans by the Cluj-Napoca team: editor in chief Traian Bocu (Bocu, 2007; Bocu, 2008), deputy chief editor Simona Tache (Tache, 2002; Mureșan, Tache, Orășan, 2006; Tache, Bogdan, 2007; Tache et al., 2009) and the senior of Romanian stressology Petru Derevenco (Derevenco et al., 1992; Derevenco, 1998; Derevenco, Tache, 2004).

Thus, the Cluj-Napoca University Center, through the Department of Physiology of "Iuliu Hatieganu" University of Medicine and Pharmacy, the Faculty of Physical Education and Sport of "Babeș-Bolyai" University and through *The Palestra of the 3rd Millennium. Civilization*

and Sport periodical has become an important "vector" of sanogenesis, preventive medicine and public health in Romania.

### Palestra's Civilization

The concept of palestra's civilization was first introduced by the authors of this editorial (Riga et al., 2009) and it practically stands as a shortened form for the title *The Palestra of the 3rd Millennium. Civilization and Sport*. At present, palestra's civilization comprises the beliefs, customs and culture of the ancients, the Renaissance ideals of physical beauty attained by exercise, and the XIXth and XXth centuries efforts to institutionalize, generalize and popularize physical education and sports. The Ancient Greek Olympic phenomenon and movement (Postolache, 2004) have been a symbol of antique Greece and Rome, the Olympic victory thus turning into a beautiful and magnificent festivity: *the lives of some towns and countries helped the awareness of personal meritorious grandeur to reach the hearts of the winner's fellow countrymen, as well as educational systems and doctrines* (Zamarowsky, 1988).

As education was the most important factor, the palestric concept was implemented from an early age. The Greeks and later the Romans followed Seneca's teachings: ... *Pauci sunt, qui consilio se suaque disponant; ceteri eorum more, quae fluminibus innatant, non eunt, sed feruntur. Ideo constituendum est, quid velimus, et in eo perseverandum.* = ... *Few are those who organize their activities and themselves according to a (certain) programme; the others (live) like those who float (haphazardly) on water, they do not walk, they drift (on the waves). This is why we need to know what we want and stick to the decision* (Seneca, *Epistolae*. 23, 8). So, in ancient times, the health of the body and the health of the psyche were two valid and necessary targets for all stages of life, from childhood to old age.

Today in Romania, physical activity for health's sake has become an actual must (Dumitru, 2008), so that society needs to clearly and efficiently ensure its development on a national scale in an institutionalized and organized manner. At the same time, it is necessary to insist on the importance of the role of physical education and sport in order that key competence in the educational system be achieved (Bocu, 2009).

Taking all this into consideration, there arises the

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necessity of making up a National Physical Health Programme, similar to the National Mental Health Programme. The National Physical Health Programme can be initiated, worked out, promoted, legislated, implemented and applied by government, legislature, ministries, governmental and nongovernmental organizations working together doing their shares. Physical activities will have a beneficial effect on health regarding both the individual and society and will become manifest immediately, on a medium and long term.

### **Palestra's Principle and Remedy**

Systematic practicing of physical culture and education, as well as palestric civilization will ensure all human beings' best physical and mental health regardless of age.

The palestric principle has clearly defined and highly positive characteristics, since it is:

- applicable along ontogenesis: child, adolescent, adult, old person (Riga & Riga, 2009);
- universal, efficient, long-term, easily put into practice, pleasant (entertaining) and low-cost;
- sanogenetic-prophylactic, therapeutic and recuperative (Bogdan & Bogdan, 2009);
- entropic, reorganizing, physical and cerebral activator, motivating, volitive, re-balancing (Riga & Riga, 2007; Riga & Riga, 2008).

The palestric remedy works quite efficiently owing to the strong, long-term, multiple, positive effects that daily physical activity displays. That is what makes it an important factor in:

- anti-stress, by lowering distress and raising eustress;
- anti-impairment, wear and tear being multiple: by lack of utilization, by socio-sensory deprivation, by physical inactivity, which is a complex deprivation, namely socio-sensory-effectorial deprivation (tactile, exercise and physical activity deprivation) and by overwork;
- anti-senescence, since it is a somatic and psychic aging decelerator;
- anti-polypathology, resulting from sedentariness and dysmetabolic syndrome: muscular atrophy, joint stiffness, osteoporosis, obesity, high blood pressure, diabetes, cardiovascular diseases, chronic fatigue syndrome.

There is a positive correlation between nourishment and exercise. Both rational nutrition and regular physical activity contribute to good health maintaining and improving (Simopoulos, vol. 1 and vol. 2, 2005). Moreover, the palestric solution also takes into account the bio-psycho-socio-ecological human dimension (Riga et al., 2010). Physical education is a contributing factor in biologically and socially harmonizing a human being, as well as in integrating humans in their natural surroundings.

### **Globalization of Palestra's Education**

There is a strong world concern that palestric paradigm, scientifically backed up by a large number of studies and researches, to become a custom for every individual irrespective of age to lead a healthy life style.

*The Declaration of Olympia*, May 28-29, 1996, drawn out and published one hundred years after 1896, when the modern and contemporary Olympic games were resumed in Athens, *WHO Documents and Recommendations* and

*European Union Legislation (White Book - concerning sport, 2008; White Book - European strategy concerning health issues related to nutrition, weight excess and obesity, 2008)* officially advocate the necessity of physical culture and education for each individual, as well as for the whole human society.

On the evening of November 25, 1892 in the amphitheatre of Sorbonne, no older than 29 young Pierre de Coubertin finished his lecture entitled *Les exercices physiques dans le monde moderne* with the following words: *We must internationalize sports, we must organize Olympic Games.*

The archaeological diggings of the Germans in Olympia which enjoyed worldwide scientific fame, the Olympic Games initiated and financed by the Greek Evangelie Zappa in Athens on August 15, 1858 went on organized up to May 1889, the inauguration of the Olympic Museum in Olympia on May 18, 1877 by king George the 1st of Greece, and the prodigious activity of Pierre de Coubertin, secretary general of the French Societies Union on Athletics represent the main landmarks which led to the renewing of the International Olympic Games in Athens on April 6-15, 1896.

National, regional and international sporting events, as well as the Olympic Games highly contributed to the acceptance of the necessity of physical culture and education by both the individual and society. In 2004 during the Olympic Games in Athens was organized *The 5th International Conference on Nutrition and Fitness*, Athens, Greece, June 9-12, 2004 entitled *Positive Health - Exploration of Relevant Parameters* (Simopoulos, vol. 1 and vol. 2, 2005). The event practically marked the indissoluble link between human sanogenesis and physical activity.

Previously, after *The 3rd International Conference on Nutrition and Fitness* at the "Spyros Louis" Olympic Athletic Center, Athens, Greece, May 24-27, 1996, the executive committee of the conference met on May 28-29, 1996 at the International Olympic Academy in Old Olympia and drew up *The Declaration of Olympia on Nutrition and Fitness* (Simopoulos, vol. 1, 2005).

### **Declaration of Olympia on Nutrition and Fitness**

#### **Ancient Olympia, Greece, May 28-29, 1996**

(1) Nutrition and physical activity interact in harmony and are the two most important positive factors that contribute to metabolic fitness and health interacting with the genetic endowment of the individual. Genes define opportunities for health and susceptibility to disease, while environmental factors determine which susceptible individuals will develop illness. Therefore, individual variation may need to be considered to achieve optimal health and to correct disorders associated with micronutrient deficiency, dietary imbalance and a sedentary lifestyle.

(2) Every child and adult needs sufficient food and physical activity to express their genetic potential for growth, development, and health. Insufficient consumption of energy, protein, essential fatty acids, vitamins (particularly vitamins A, C, D, E and the B complex) and minerals (particularly calcium, iron, iodine, potassium and

zinc), and inadequate opportunities for physical activity impair the attainment of overall health and musculoskeletal function.

(3) Balancing physical activity and good nutrition for fitness is best illustrated by the concept of energy intake and output. For sedentary populations, physical activity must be increased; for populations engaging in intense occupational and/or recreational physical activities, food consumption may need to be increased to meet their energy needs.

(4) Nutrient intakes should match more closely human evolutionary heritage. The choice of foods should lead to a diverse diet high in fruits and vegetables and rich in essential nutrients, particularly protective antioxidants and essential fatty acids.

(5) The current level of physical activity should match more closely our genetic endowment. Reestablishment of regular physical activity into everyday life on a daily basis is essential for physical, mental and spiritual well-being. For all ages and both genders the physical activity should be appropriately vigorous and of sufficient duration, frequency, and intensity, using large muscle groups rhythmically and repetitively. Special attention to adequate nutrition should be given to competitive athletes.

(6) The attainment of metabolic fitness through energy balance, good nutrition and physical activity reduces the risk of and forms the treatment framework for many modern lifestyle diseases such as diabetes mellitus, hypertension, osteoporosis, some cancers, obesity, and cardiovascular disorders. Metabolic fitness maintains and improves musculoskeletal function, mobility, and the activities of daily living into old age.

(7) Education regarding healthy nutrition and physical activity must begin early and continue throughout life. Nutrition and physical activity must be interwoven into the curriculum of school age children and of educators, nutritionists and other health professionals. Positive role models must be developed and prompted by society and the media.

(8) Major personal behavioral changes supported by the family, the community, and societal resources are necessary to reject unhealthy lifestyles and to embrace an active lifestyle and good nutrition.

(9) National governments and the private sector must coordinate their efforts to encourage good nutrition and physical activity throughout the life cycle and thus increase the pool of physically fit individuals who emulate the Olympic ideal.

(10) The ancient Greeks (Hellenes) attained a high level of civilization based on good nutrition, regular physical activity, and intellectual development. They strove for excellence in mind and body. Modern men, women, and children can emulate this Olympic ideal and become swifter, stronger and fitter through regular physical activity and good nutrition.

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# Improvement in the quality of life of patients with hip arthroplasty

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## Abstract

*Background.* Total hip arthroplasty has revolutionized the care of patients with severe hip disorders, relieving pain, recovering function and improving the quality of life.

The aim of the rehabilitation treatment of total hip arthroplasty is to recover the patient's independence in daily activities, as well as to allow athletes to return to sport.

*Aims.* The main objective of the study is to improve the quality of life of patients with endoprostheses through the initiation of a preoperative and a postoperative rehabilitation programme as early as possible, using simple, reliable, inexpensive, low invasive methods.

*Method.* The study was performed at the Clinical Rehabilitation Hospital Cluj-Napoca, in the period March 2008 – December 2009, in 66 patients aged between 44-84 years, with cemented and uncemented unilateral or bilateral total hip endoprostheses. A standard study protocol was elaborated, the patients being assigned to two groups. The first group received pre- and postoperative rehabilitation treatment, the second group only postoperative treatment. The patients of both groups were clinically evaluated, based on the assessment of articular and muscular functions, the Oxford hip score, and the evaluation index for the quality of life SF-36.

*Results.* The statistical analysis of data evidenced significant differences ( $p < 0.05$ ) between the groups in all the three testings of Oxford and SF-36 scores.

*Conclusions.* The patients with pre- and postoperative rehabilitation treatment (group I) recovered their hip function more rapidly and had a significantly better quality of life compared to patients of group II, in whom physiotherapy was initiated postoperatively. The evolution of patients was also better in the case of uncemented endoprostheses.

**Keywords:** hip arthroplasty, rehabilitation, life quality, physical exercises.

# Influence of coenzyme Q<sub>10</sub> on phagocytic capacity in physical exercise

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## Abstract

*Background.* Coenzyme Q<sub>10</sub> (CoQ<sub>10</sub>) is a vitamin-like compound with a direct and indirect antioxidant role, energetic role and with an increase of the immune system. The modifications of oxidant/antioxidant (O/AO) balance in exercise with the oxidative stress (SO) production, determined us to study the effects of CoQ<sub>10</sub> supplementation on the leucocytes phagocytic capacity, which through the phagocytic function on the reactive species of oxygen (SRO) production have a favourable role in the antimicrobial defence in the body.

*Aims.* The following were studied: 1. influence of CoQ<sub>10</sub> supplementation on the aerobic exercise capacity; 2. influence of exercise and CoQ<sub>10</sub> supplement on the leukocytes and phagocytic capacity.

*Methods.* The investigation was carried out in 3 groups of 10 male albino Wistar rats: group I: animals trained to exercise; group II: animals trained to exercise with CoQ<sub>10</sub> supplementation; group III: sedentary animals with CoQ<sub>10</sub> supplementation. Venous blood samples were taken from the retroorbital vein on the 1<sup>st</sup> day, 14<sup>th</sup> day and 28<sup>th</sup> day. Leukocytes count and the leukogramme (polymorphonuclear neutrophil leucocytes: PMNN; monocytes: MO), phagocytic capacity (phagocytic index: FI; phagocytic activity: FA; peroxidase activity: Px) were detected.

*Results.* The training determined significant increases of the aerobic exercise capacity, with or without CoQ<sub>10</sub> supplementation. The exercise influence the phagocytic capacity, with the significant decreases of FI on the 14<sup>th</sup> day and on the 28<sup>th</sup> day as compared with the 1<sup>st</sup> day, the significant increases of FA on the 14<sup>th</sup> day and restoration to the initial values on the 28<sup>th</sup> day, and without significantly influence on the Px. The exercise and CoQ<sub>10</sub> supplementation did not determine significant changes of the counts of leucocytes and PMNN, but produced significant MO increases, with maximum values on the 14<sup>th</sup> day, as compared with the 1<sup>st</sup> day; influencing favourably the phagocytic capacity, while supplementation in the sedentary animals determined a significant decrease of FI after 14 days and 28 days, and significant increases of FI and FA after 28 days; Px decreased significantly, as compared with the 1<sup>st</sup> day. The CoQ<sub>10</sub> supplementation in sedentary animals determined the significant decrease of FI after 14 days and 28 days, and increases of FA which are significant after 28 days; Px increased significantly during the exercise, as compared with the 1<sup>st</sup> day.

*Conclusions.* CoQ<sub>10</sub> supplementation determined significant increases of the aerobic exercise capacity, without significant changes of the total leukocytes count; phagocytic capacity increased based on the FI and on the FA, but decreased because of Px. These changes can be attributed to the direct or indirect antioxidant role of the CoQ<sub>10</sub> and to its energetic generating effect on the exercise capacity.

**Key words:** exercise, CoQ<sub>10</sub>, phagocytic capacity.

# Anxietatea și activitatea fizică

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## Abstract

*Background.* Anxiety is often a transient state presence in sport activity that adversely affects physical performance.

*Aims.* The level of anxiety in youth and amateur sports' performance and physical activity influence were studied

*Methods.* 62 subjects with a mean age of 19.87, were divided into 3 groups. The research method was the application of a SCAT questionnaire with 15 items to determine the status anxiety of the subjects.

*Results.* Pre-scores were found higher in group III compared to groups I and II, and significantly higher values for items 6 and 11 in group I compared with group III; significantly higher values for items 6 and 11 in group II vs. group III. Post-competition scores were also observed: higher scores in group I and II, baseline and group III scores lower in group II compared to pre values.

*Conclusions.* A friendly competition causes a moderate level of anxiety in athletes. Amateur athletes show a moderate upward trend post-computationally anxiety score compared with the score on the pre. Performance athletes exhibit higher levels of anxiety score pre-competition compared with girl amateur athletes. Performance athletes show a downward trend post-computationally anxiety score.

**Key words:** anxiety, SCAT questionnaire, students, athletes.

# The effect of phosphocreatine supplementation on athletes and its influence on physical capacity

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## Abstract

*Background.* Creatine (CR) is one of the most widespread dietary supplements and is considered a muscular effort sustainer („ergogenic AIDS”).

*Aims.* The effect of phosphocreatine supplementation (PCR) on well trained athletes and its influence on the aerobic capacity, on cardiovascular adaptation at effort and on the muscular strength have been monitored.

*Methods.* The research was conducted on two groups of athletes, students at the Faculty of Sport and Physical Education of the Babeș-Bolyai University, Cluj-Napoca (average age  $25.4 \pm 0.6$  years, average weight 80.5 kg): group I, n=10 – control group, effort trained for 21 days; group II, n=10 – athletes, effort trained for 21 days and with daily phosphocreatine supplementation (*Phospho creatin-R*). The weekly training cycle consisted of 6 days, with an average duration of 80 minutes and aimed at the improvement of muscular strength and specific endurance. The following indicators of aerobic capacity have been determined: cardiovascular adaptation and muscular strength.

*Results.* PCR has a significant increasing effect on  $VO_2$ max under effort conditions. Before and after training, FC significantly rises during effort in the group with PCR supplementation, as well as in the control group, as compared to resting. During recovery in minute 6, FC significantly fell as compared to the values during effort, reaching normal values. PCR does not have a significant effect on the flat bench press test under effort conditions. After training in group I the values of the leg press test significantly rose as compared to the pre-training values and insignificantly as compared to group II.

*Conclusions.* 21 days monitored training determines in well-trained athletes, either with or without PCR supplementation, a  $VO_2$ max increase, normal cardiovascular reactivity in effort with increases of FC, CCB and DC in effort and return to normal values in the rest period. Muscular strength records significantly increase in well-trained athletes with PCR supplementation as compared to the study group.

**Keywords:** phosphocreatine, athletes, effort,  $VO_2$ max, cardiac rate, muscular strength.

# Comunicarea în sport și relația dintre conținut și formă

## Communication in sports and the relation between the contents and the form

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### Abstract

*Background.* We started from the premise that communication is one of the principal conditions of any type of activity.

*Aims.* In this study we proposed to research and find the proportion between contents and form in communication, and also to establish a good communication between team players and also between teachers and students in any sport, to increase sport performances. The effect of good communication in one team leads to consolidating performance, this effect being based on the peculiarities of each person, by using special techniques in order to obtain maximal result with a minimal of effort.

*Methods.* We applied the 2008 Penta communication test by Piavano validated by us through specific procedures.

*Results.* The article verifies the results obtained by the Penta communication test based on the following four dimensions: understanding, clarity, kindness and courage. The quadrant mood scale of both feminine and masculine dimensions on two axes (the relation axe and content axe) are presented in Table II, and the differences between the scores of the vertical axe (-) and vertical axe (+) and also the scores obtained for the horizontal axe (-) and horizontal axe (+) are shown in Table III.

*Conclusions.* The Penta communication test was applied in several groups of sportsmen/women: artistic gymnastics, dance, aerobic gymnastics, fitness, rhythmic gymnastics, ice skating and also in a group of subjects who did not practice sport. We established that as the values were more close to +30, we had less to work on one of the vertical components: comprehension and courtesy (the relation aspect) or on the horizontal components: clarity and courage (the contents aspect). Also the negative values on the horizontal axe show us that in those groups there is plenty of accents on communication and less on form. At the same time, as the values are higher and closer to +30, there will be less work on the language form and more on the content.

**Keywords:** relation axe, content axe, communication, individualization, pent communication.

# Pedagogical aspects and social realities of school camps and trips in schools

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## Abstract

*Background.* The background of this study is the fact that extracurricular activities concur to accomplish the general and particular pedagogical aims of physical education discipline but the present situation of the Romanian system of education is not assisting the achievement of this. Before 1990 many school camps were organized for the purpose of ideological education of the youngest generation. At that time there were 178 school camps in the country; today there are only 60, due to the economical problems and the lack of financial support from the state.

*Aims.* The aim of this paper is to find out if the teachers of physical education still continue to organize school camps or trips with the pupils of general schools and high schools in Timișoara.

*Methods.* A questionnaire was used to gather the results.

*Results.* The results in graphs disclose the fact that teachers of physical education and sport from Timișoara still organise school camps and trips as a means of promoting pedagogical aims even though the state are not involved.

*Conclusions.* The conclusions emphasise the fact that without any sustainable projects from the Ministry of Development and without financial support, this activity still remains an option for the teacher according to his/her motivation to do it.

**Keywords:** extracurricular activities, tourism, aims, teacher, pupil.

# **Disfuncția endotelială și efortul fizic**

## **Endothelial dysfunction and physical exercise**

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### **Abstract**

Vascular endothelium, the monolayer structure that covers the intimal surface of the heart and the blood vessels is a functionally active organ that has an essential role in the maintenance of vascular tone. The alteration of the endothelial function is primarily the consequence of reduced nitric oxide bioavailability and it represents one of the initial modifications in the process of atherogenesis. Endothelial dysfunction was proven to be an independent predictor of cardiovascular events. Therefore, the endothelium has become an important target for different therapeutic interventions. Physical exercise is a non pharmacological means which ameliorates endothelial function by augmentation of nitric oxide concentration.

**Key words:** endothelial dysfunction, nitric oxide, flow mediated vasodilatation, physical exercise

# Swimming in the treatment of the balance disorders

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## **Abstract**

The complex sense of balance achieves a complex function, which combines the sensorial reception with the cortical organization and the effector programme. The reverse is that any deterioration of the body balance has negative effects on all co-ordination even determining psychological disorders, an inability to correctly plan the postural conditions, etc. In these conditions we consider that hydrokinesitherapy is the best solution of treatment in the less severe balance disorders and the postural control, originating from the idea that water instability makes the task of stabilizing the body on the mobile surface of the water more difficult, which in time provides the improvement of the labyrinthine function.

**Key words:** body balance, postural control, hydrokinesitherapy, adapted aquatic programmes.

# **A contribution to the optimization of training and technical tactics in alpine skiing**

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## **Abstract**

In order to achieve alpine ski performance, the preparation of the young athletes (12-14 years) should be dominated by technical and tactical aims, whereby the task of improving basic techniques specific to different areas of competition emerges.

The study aims at optimizing the technical and tactical training of skiers. The technique and tactics improvement in the early stages of the training leads, over time, to an increased efficiency and to much better results in the athletes' career.

This paper aims at materializing the knowledge gained in theoretical and practical training in sports and is of particular interest both in the professional training of the author and as an analytical document for evaluating a group of child skiers at a certain point in its evolution.

Another important matter refers to the individual awareness of the training process, in accordance with the training factors. One should always bear in mind the positive and negative aspects of personal work, continuously reporting the achievements to the team model, the specific sport Federation of specialists in the field and, last but not least, the national and international training programme.

The starting point of this paper was the study of all research and published material in this domain. To sum up, the tactical and technical training model presented for the advanced skier stage demonstrates the tasks and stages to be pursued and also the activity programme as well as the methodology of achieving the given tasks.

**Keywords:** ski, media training, technique, tactics, performance.

# **Developing the skills and abilities for alpine skiing and climbing through sport practiced in non-scholastic system**

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## **Abstract**

The alpine skiing and climbing activities performed by the village of Răchițele complete the life training of pupils and their motor skills for the professions specific for our mountain area, i.e. the maintenance and management of forests. For this purpose, the school organized in 2009, like every year, the following competitions during winter, in February: an alpine skiing competition for the promotion of extracurricular activities; an ice climbing competition at the “Vălul Miresei” Waterfall.

The competitions took place in the Vlădeasa mountains, village of Răchițele, Cluj county.

Some of the objectives were: to understand the importance of extracurricular activities for the pupil's life; to identify the types of extracurricular activities specific for the Răchițele area – alpine skiing and climbing; to acquire useful skills for independent activities, necessary for the maintenance and the improvement of health; to ensure a balance between school and extracurricular activities, for a good quality of life.

**Key words:** alpine skiing, ice climbing, ski school training.

# **A historical overview of water polo activity in Cluj-Napoca**

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## **Abstract**

Water polo in Cluj-Napoca has a history of more than 80 years. With the occasion of celebrating 90 years from the establishment of the “U” University Sports Club, we want to remember, in a chronological order, the evolution of water polo teams in this city during the years. However it is difficult to include all the events over such a long period in just a few pages, therefore a more detailed work in the near future will be offered.

**Key words:** water polo, game, “U” Cluj, championship, swimming pool.

## IN MEMORIAM

### Profesor Dr. Ioan Drăgan (1930-2010)

### Professor Dr. Ioan Drăgan (1930-2010)

Ne-a parvenit vestea tristă despre decesul la 6 Martie anul curent în Elveția, a Profesorului Dr. Ioan Drăgan - seniorul medicini sportive din România.

Ioan Drăgan s-a născut la 26 Februarie 1930 în București. A urmat școala primară la București și liceele militare din Chișinău și Craiova. A absolvit Facultatea de Medicină Generală din București în 1953.

Carierea sa profesională a debutat la Clubul Știința; între 1954-1963 a activat la Dispensarul Central pentru Sportivi, iar între 1963-1966, la Centrul de Medicină Sportivă din București. Timp de 20 de ani (1966-1986) a fost directorul Centrului de Medicină Sportivă București. A devenit medic specialist (1958) și medic primar (1967). A obținut titlul de doctor în științe medicale cu teza „Rinichiul de efort” la UMF „Carol Davila” 1972. A fost director al Institutului Național de Medicină Sportivă și președintele Societății Române de Medicină Sportivă (1990-2001), cercetător științific principal I (ASM, 1993) și președinte al Comisiei Naționale Antidoping (1994-2004).

Pe plan didactic a devenit conferențiar în medicina sportivă (1977) și apoi profesor universitar la UMF „Carol Davila” (1993) și membru titular al Academiei de Științe Medicale (1995).

Dintre numeroasele distincții amintim titlul de Doctor Honoris Causa al Academiei Purkinje din Praga (1997), iar dintre decorații Crucea Serviciului Credincios Clasa I-a (2001).

A participat ca medic la 10 Jocuri Olimpice de Vară de la Tokio (1964), la Sydney (2000).

Bogata activitate publicistică a Profesorului Drăgan s-a concretizat în peste 46 cărți și peste 200 articole, apărute în țară și străinătate. Dintre volume amintim „Medicina sportivă”, în calitate de editor, apărută în mai multe ediții, între 1974 și 2002 și contribuțiile la „An Encyclopedia of Sports Medicine” (CIO, 1988, Ed. A. Dirix et al.) și „Physical activity in prevention and treatment” (Ed. R. Masironi et al., 1985).

A publicat și patru cărți cu impresiile ca martor la Jocurile Olimpice de Vară.

L-am cunoscut pe Profesorul Ioan Drăgan de câteva decenii, cu ocazia participării la diverse congrese și simpozioane consacrate medicinei sportive. Cu fiecare ocazie am fost impresionat de competența cu care prezenta, adesea prin intervenții scurte, dar documentate și originale, diverse teme de fiziologie și medicină sportivă. Insista, uneori în mod critic, asupra curențelor în cercetarea și practica medicinei sportive din România sau din străinătate.

Din întreaga sa atitudine și activitate reiese clar preocuparea sa permanentă către soarta științei și sportului în țara noastră.

Decesul Profesorului Ioan Drăgan reprezintă o grea pierdere pentru știința medicală românească, pe care o resimte și redacția revistei „Palestrica Mileniului III”.

We received the sad news of the death of Professor Dr. Ioan Drăgan - the Senior of sports medicine in Romania – which occurred on 6 March 2010 in Switzerland.

Ioan Drăgan was born on 26 February 1930 in Bucharest. He attended primary school in Bucharest and the Military High Schools in Chișinău and Craiova. He graduated from the Faculty of General Medicine in Bucharest in 1953.

His professional career started at the “Știința” Club; between 1954-1963, he worked at the Central Sports Dispensary and between 1963-1966, at the Sports Medicine Center in Bucharest. He was for 20 years (1966-1986) the Director of the Sports Medicine Center in Bucharest. He became a specialist doctor in 1958 and a consultant doctor in 1967. He was awarded the title of Doctor in Medical Sciences with the thesis “Rinichiul de efort” at “Carol Davila” UMPH, in 1972. He was the Director of the National Sports Medicine Institute and the President of the Romanian Sports Medicine Society (1990-2001), Principal scientific researcher I (ASM, 1993), President of the National Anti-Doping Commission (1994-2004).

Prof. Drăgan became an Associate Professor in sports medicine in 1977 and later, a Professor at “Carol Davila” UMPH (1993). He was a titular member of the Academy of Medical Sciences (1995).

Of the numerous honors and decorations he was awarded, we mention the title of Doctor Honoris Causa of the Purkinje Academy of Prague (1977) and the Faithful Service Cross Class I (2001).

He participated as a doctor in 10 Summer Olympic Games, in Tokyo (1964), Sydney (2000).

Professor's Drăgan rich publishing activity materialized in more than 46 books and more than 200 articles published in Romania and abroad. Of the volumes, we mention “Medicina sportivă”, whose editor he was, published in several editions, between 1974 and 2002, and the contributions to “An Encyclopedia of Sports Medicine” (CIO, 1988, Ed. A. Dirix et al.) and “Physical activity in prevention and treatment” (Ed. R. Masironi et al., 1985).

He also published four books with his impressions as a witness to the Summer Olympic Games.

I had known Professor Ioan Drăgan for several decades, on the occasion of various congresses and symposia on sports medicine. Each time, I was impressed by the competence with which he proposed by frequently short but well documented and original presentations various topics of physiology and sports medicine. He sometimes critically insisted on deficiencies in sports medicine research and practice in Romania and abroad.

His entire approach and activity clearly show his permanent concern with the fate of science and sports in our country.

Professor Ioan Drăgan's death represents a heavy loss for Romanian medical science, which is also felt by the editorial board of the “Palestrica Mileniului III” journal.

*Petru Derevenco*

# THE MEMORY OF THE PHOTOGRAPHIC EYE



933 – Photograph with the holographic signatures of elite gymnasts.

From left to right: Stefan Pelle, gold medalist in the pommel horse event at the Los Angeles Olympic Games in 1932 and silver medalist in the men's individual all-around event, Albin Morariu, Romanian Champion, and Antal Nandor, Hungarian Champion, in 1933 in Baia Mare.



1975 – A group of friends, outstanding professors of physical education, in front of the entrance to the "Victor Babeş" Sports Park, the present "Iuliu Hațieganu" Sports Park.

From left to right: Dorin Almășan, Lorant Szell, Vasile Geleriu, Ica Geleriu, Nicu Barabaș.



2008 - The Rhythmic Gymnastics Judges Pool to the Beijing Olympic Games, around The President of the RG Technical Committee of International Gymnastics Federation, Ms Egle Abruzzini. The second of the last row (left), standing, Sabina Macovei - Romania.

Producers  
*Octavian Vidu*  
*Dorin Almășan*