

# METHODOLOGICAL ORIENTATIONS (SUGGESTIONS) FOR ASSESSING THE POTENTIAL SOMATIC, FUNCTIONAL AND MOVEMENT OF SCHOOL POPULATION IN BRAŞOV

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**Abstract:** *In the context of a modern society where the health of the affected population is increasingly sedentary lifestyle, assess the potential somatic, functional and movement, is an ambitious endeavor that requires a large professional responsibility. Developing human body is first of all a biological phenomenon that takes place after natural laws. Normal growth and development of harmonious physical health are essential features of the general population and school age population in particular. Physical education comes in organizing and directing growth process in ensuring a harmonious development of the human body.*

**Key words:** *potential biometric, evaluation, quality of life.*

## 1. Introduction

*Physical education - role, importance and objectives*

Cognitive approaches are very diversified and physical education teacher, as well as coach, face daily becoming more and more complex. They need new concepts, learning schemes and causes of action that motivates the use of either method benefiting from a reduced time to study and keep up to date with the news domain.[1]

This need for renewal of knowledge is undoubtedly a major problem facing the "operator" sport in the multitude of information they receive and the difficulty of selecting effective contributions here, he

sometimes turns back to science refuge in traditional practices and empirical, neglecting even to discuss new information critically, colleagues or other domain specialists [7].

Importance of physical education in the overall education and training of students is emphasized by the fact that the only objects which the curriculum is primarily designed to operate in the physical and motor capacity establishes and achieve a specific balance between intellectual and physical effort, very important element in the normal growth and development of children. [4]

The main factor of civilization and culture, the school is required to cultivate

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among students desire for movement, the practice of physical activity in order to maintain and increase work capacity, multilateral and harmonious development.

## 2. The general objectives of physical education and sport

- Maintaining optimal health;
- Promote harmonious physical development;
- Develop general driving ability in basic motor qualities education and training system for skills and basic motor skills, utility-specific applications and branches of sport;
- To develop the capacity of practicing systematic and independent exercise;
- Harmonious development of personality in its entirety. [1]

## 3. The purpose of article

The aim of the article is to present proposals taken and completed by the authors, the evaluation and characterization potential somatic, functional and movement and driving ability of students to identify differences in Brasov.

## 4. Objectives of the study

1. A study of the problem of finding the county motor and somatosensory functional potential of students;
2. Formation of interdisciplinary research teams whose membership is comprised of higher education and university specialists;
3. Identifying research conducted to date nationally and internationally on biometric potential;
4. Biometric identify potential implications on health and on quality of life;

5. Develop and publish a report research results;
6. Development of scientific articles for publication in journals of national and international movement.
7. Informing decision makers on motor and somatosensory functional status of students in Brasov County.
8. Distribution of finding results by creating a brochure to be distributed to the School Specialty on potential bio-motor track of students in Brasov County.

## 5. Target Group

In the school year 2012 - 2013, the target group consists of student's grades, the fifth, ninth and twelfth in Brasov County.

## 6. Expected Results

Creating a comprehensive and coherent picture about the current level of bio-motor development of children in the county of Brasov.

Database development regarding potential school population biometric.

Develop a methodological guide on the methods, techniques and tests to measure biometric potential.

## 7. Evaluation methodology

In order to achieve a uniform evaluation of potential school population biometric the classes listed, it is recommended that the following requirements:

- Samples must be medically fit supports all students as indicated in the presentation of evidence;
- Sequencing of samples will be determined by each teacher;
- It is recommended that motive evidence supporting thematic cycles end in which to act on that ability development;

- The results of the evaluation of the evidence will be recorded in the records out. If the two test samples will record the best result [3, p. 6-20]
- Samples will support the material conditions that do not affect the physical integrity of children;
- The teacher will take all necessary measures to support evidence to achieve optimal conditions for all students of a school;
- In order to eliminate measurement errors caused by instruments used, it is recommended that the teacher evaluation maintain while performing at the same level of

classes, and replace them only for objective [8].

## 8. Control samples taken and proposals for additions to authors

### A. FUNCTIONAL AND SOMATIC MEASUREMENTS

#### Global attitude of the body [2]

Objective: To detect visible physical deficiencies

Height (size or stature)

Objective: determining the height of students



Fig.1. *Global attitude of the body*



Fig.2. *Establish weight students*

#### Wingspan [1]

Objective: To establish open upper limbs



Fig.3. *Establish open upper limbs*



Fig. 4. *Ruffier test* [5]

**Objective:** to assess the physical fitness

*B. Samples of motility*

Speed running 50 meters; [6]

*Shuttle speed 5/10 x 5 m.*

**Objective:** To measure the speed of coordination



Fig.5. *Speed coordination*

Throwing the ball rounder's place [6]



Fig. 6. *Measure explosive strength of upper limb muscles*

*Genuflexions* [6]

**Objective:** To measure the force under lower body muscle strength



Fig.7. *Genuflexions*

*Trunk flexion in sitting* [6]

**Objective:** To measure spinal mobility



Fig.8. *Measure spinal mobility*

*Running on the 2 `30 `` (cls. I) [8]*

**Objective:** To measure aerobic exercise capacity.

*Resistance Running* 600m F/800m B (degrees) / 800m F/1000m B (Class IX, Class XII).

**Objective:** To measure aerobic exercise capacity. [8]

### Conclusions

From the point of view of potential biometric, experts are unanimous agreement that health is subject to biological resources, driving the individual. The so-called "physical fitness" (motor capacity, physical condition) creates an "internal environment" healthy, balanced state of physical and mental well.

In the present context, complexity of research is given by:

- Socio-economic diversity and geographical conditions in our country, thus affecting the development of children of different ages;
- Establishment of methods, techniques and tools to measure features age appropriate;
- Linking existing national data with the reference from other U.E. countries and the world;
- Addressing interdisciplinary thematic area by specialists with different professional training;

Identification and imposition of appropriate scientific language basis; many aspects that can be studied in relation to the health of the population concerned.

By evaluating potential biometric obtain valuable information about the physical development of the individual, the existence of possible attitudes locomotor deficits and fitness information

(characterized by signs of manifestation of strength, endurance, coordination, balance, speed in various forms, suppleness etc.), thereof which in our view is the platform for the manifestation of other forms of health, with major influences in their integration in society. [3]

Potential problems biometric is a full synthetic morphological and functional dynamic and requires careful and detailed research to determine components, mean, characteristics of different stages, and the interrelations between them.

Find useful application of such tests to assess the level of development of manifestations of physical qualities, due to the multitude of information we may collect physical education teachers to teach and for students to become capable as after studies to be able to assess themselves as sports.

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