

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS



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DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

GENERAL PRESENTATION

ACTIVITY DESCRIPTION

The members of the educational department provide a special training of the students from the first and second year all U.P.T. faculties. Physical Education and Sport discipline is obligatorily, being scheduled in the Syllabus during four semesters. The finality is assessed through marks (admitted-rejected), through execution of the objectives scheduled in the Syllabus.

The department team is organizing competitions in all sport disciplines during the entire university year, based on a calendar elaborated at the beginning of the university year. The sport competitions, which are organized by the department and in collaboration with the student leagues addresses to all years of studies, boys and girls.

During the base course, students can choose between the next disciplines: aerobics, medical gymnastic, basket ball, body building, fitness, football, handball, jogging, field tennis and volley ball.

A very important objective of the department team is professional perfection and self perfection, through different forms among: scientific research, scholarships, research grants, PhD, performance sports and table sports.

The entire activity is taking place on two new-fangled bases, endowed with natural and synthetically grass court, running track, fitness rooms, body building and sport games, two swimming pools, from which one is covered.

The members of the department are involved in performance sport activity representing the "Politehnica" University of Timișoara between national and international championships.

The fundamental objectives of the Physical Education and Sport Department are:

- Forming and perfecting the human resources high qualified through promoting the excellence teaching system and adapting it to current standard in priority domain at European level;

- Promoting some knowledge's and modern orientation methods in the physic education and sport, physiotherapy and physical culture in general;
- Participation of the physical culture and of another sub domain of scientifically knowledge, in affirming and developing social contemporaneous values.

RESEARCH DOMAINS

1. Physical education
2. Sport for all
3. Performance sport
4. Sport management
5. Physiotherapy
6. Medical sport
7. Tourism sport

RESEARCH PROJECTS

1. Assist.dr. Ciorsac Alecu: *"The research of some therapy agents through broken stones in silico*.
The developing and appliance of a tackling bioinformatics, 209/13.04.2009, Brîncuși Project of bilateral collaboration Romania - France, ANCS Romania and EGIGE France.
2. Lect. dr. Bogdan Almăjan-Guță: *"Energy for a clean city"*, nr.2213, National Plan 2, the Energy Partnership in preferential domains.

BOOKS

1. Lect. dr. Mariana Chirilă: *"Passport for sport performance"*, Ed. Politehnica Timișoara, 164 pages, ISBN 978-973-625-840-4
2. Assist. dr. Mihai Alexandru: *"Specific docimology of motor activities"*, Studies and researches regarding physical culture and sport evaluation. Coordinators: Marcu Vasile, Chiriac Mircea, Ed. of the University from Oradea, ISBN 978-973-625-840-4, 32 pages.

PhD THESIS

1. Lect. dr. Mariana Chirilă: *"Contributions in developing rural tourism in the Banat area"*, scientific leader: Prof.dr.eng. Liviu Sâmbotin, UASMV - Timisoara 2009.

2. Assist. dr. Gabriela Gui Bachner: *"Contributions regarding perfection of management inside the syllabus activities with sport character*, scientific leader: Prof. dr. Ion Dănaiață, UV - Timisoara, 2009

PUBLISHED PAPER WORKS ISI QUOTATION

1. Avram C., Oravițan M., Hoble L., Almăjan-Guță B., Gaita D., Branea I.: *Interval exercise training benefit on body composition and physical fitness in young obese women*, Medimond International Proceedings 6th European Sports Medicines Congress, ISBN 978-88-7587-532-9

PUBLISHED PAPER WORKS IN INTERNATIONAL CONFERENCES

1. Almăjan-Guță B., Bianu E.: *Adapted motor activities at children with autism syndrome*, International Scientific Conference Perspectives in Physical Education and Sport, 29-31 may, Constanța, ISBN 978-973-614-501-8
2. Ciorsac Alecu, Crăciun D., Isvoran A., Ostafe V.: *Correlation between physical and anthropometric characteristics of junior football players*, International School and Conference on Photonics (PHOTONICA09), Belgrad, 24-28.08.2009, International School and Conference on Photonics ABSTRACTS OF PLENARY AND INVITED, ISBN 978-86-82441-25-0
3. Chirilă Daniel: *Evaluation of human resources in sport organizations*, International Session of Scientific Communications: *Strategies for improving physical education and sport activity in university segment*, 10.04.2009, Bucharest, *Strategies over improving the physical education and sport in the university segment*, ISBN 978-606-505-203-1
4. Chirilă Daniel: *Managing our human resources: a review of organising behaviour in sport*, International Scientific Symposium–Rural Developing Management, 14.05.2009, Timișoara, Farm Management, Scientific paper works, No. 1, vol. 11(2), ISSN 1453-1410
5. Chirilă Daniel, Chirilă Mariana, Sîrbulescu Claudia, *Aspects regarding agriculture from Banat area*, International Scientific Symposium – Rural Developing Management, 14.05.2009, Timișoara, Farm Management, Scientific paper works, No. 1, vol. 11(2), ISSN 1453-1410.

PUBLISHED PAPER WORKS IN INTERNATIONAL CONFERENCES

1. Alecu Ciorsac, Adriana Isvoranu, Vasile Ostafe, *Correlation between physical and anthropometric characteristics of junior football players*, Workshop Exploration with international participation, NEW TENDENCIES IN COMPUTATIONAL BIOPHYSICS, Timișoara, 4-6.06.2009.
2. Adriana Isvoranu, Alecu Ciorsac, *A bioinformatic study of phosphofructokinase - 1*, National Biophysic Conference, 10th edition, Cluj-Napoca, 1-3.10.2009.

PUBLISHED PAPER WORKS IN SCIENTIFIC U.P.T. BULLETIN

1. Almăjan-Guță B. Almăjan-Guță V. - *The kinetic recovery syndromes of the elbow algorithm*, Scientific U.P.T. Bulletin, Tom, 7 Fascicola 1,2 - 2009
2. Almăjan-Guță B., Chiș M., Fuchs M. - *Assessment of specific exercises for correction of postural disorders in cf patients*, Scientific U.P.T. Bulletin 7th Tom, Fascicola 1,2 - 2009
3. Gui Bachner G., Ionescu D. Z. - *Evaluation of sport activity students*, Scientific U.P.T. Bulletin, Tom 7, Fascicola 1,2 - 2009
4. Groza L. - *Aerobic gymnastics, the value and importance of its performance by female students of the basic course within the physical education lesson*, Scientific U.P.T. Bulletin, Tom 7, Fascicola 1,2 - 2009
5. Ciorsac A. - *Study of the changes in vo2max values for junior football players after a year of daily training estimated using the cooper test*, Scientific U.P.T. Bulletin Tom 7, Fascicola 1,2 - 2009
6. Ciorsac A. - *A comparison of physical characteristics among playing positions of junior football players*, Scientific U.P.T. Bulletin, Tom 7, Fascicola 1,2 - 2009
7. Chirilă D. - *Training in altitude the athlete high-level endurance evaluation of the effects of performance*, Scientific U.P.T. Bulletin, Tom, Fascicola 1,2 - 2009
8. Olariu O. - *Soccer-the improvement of training at youth football teams (preparatory period)*, Scientific U.P.T. Bulletin Tom 7, Fascicola 1,2 - 2009
9. Răileanu T. - *Study on training the psycho-motor ability speed, using technical and tactical elements from voley ball*, Scientific U.P.T. Bulletin Tom 7, Fascicola 1,2 - 2009

10. Gui Bachner G. - *Student's motivation on practicing sport*, Scientific U.P.T. Bulletin Tom 7, Fascicola 1,2 - 2009

PERSPECTIVES

- The use of modern technologies inside Ph. E.S
- The founding of two physic effort evaluation laboratories
- The creating of interdisciplinary competences inside the research team
- The organizing of table sport competitions during the entire university year
- The organizing of a Scientific Conference

RESEARCH TEAM

- Lect.dr. Almăjan-Guță Bogdan
- Lect.dr. Chirilă Mariana
- Assist.dr. Ionescu Dan
- Assist.dr. Chirilă Daniel
- Assist.dr. Gui Bachner Gabriela
- Assist.drd. Ciorsac Alecu
- Assist.drd. Bianu Arcadie
- Assist.drd. Alexandru Mihai
- Assist. Groza Luminița
- Assist. Olariu Ovidiu
- Assist. Caba Vlad
- Assist. Răileanu Tudor
- Assist. Sărândan Sorin

