

At all 5 applied tests are indicated increases of average values, at both, experimental and control group. The increases are bigger at experimental group caused by conducting of sportive training hours, as well as by the use of specific exercises, coordination games for sports lessons.

The subjects of the control group did not benefit from the content of the applicative program.

CONCLUSIONS.

A good development of coordination capacities facilitates the learning ability of new technical actions, being extremely important for beginner athletes, which at this stage acquire a very large volume of motor knowledge specific to the practice test.

The pupils from the experimental group have demonstrated a high degree of activity, interest and motivation during games with coordination exercises and at games with fighting elements which are specific for taekwondo.

The results obtained by pupils included in basic experiment show the efficiency of use of the program proposed in sportive training lesson, in which are approached themes of motor qualities, especially the coordination skill. This has improved the physical training indicators, regardless of the initial level at which they was. The higher results at tests of coordination's development in experimental group are due to the work volume with emphasis on coordination's development.

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Training of Professional Competencies in Tourism Internshipsin Terms of Labor Market Requirements

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Abstract

At the present stage, the fundamental objective of the university is the formation of a quality specialist, ready for practical work, able to adapt quickly to environmental changes, find flexible and optimal solutions, use modern technologies, identify influences of the external environment on the field of professional activity. In this context, it is important to improve the training process of specialists in the field of tourism by modernising the study programs according to the needs of the labour market. Under market economy conditions, a particular attention should be paid to organizing and conducting the practice internships, because the practical skills are achieved by the students from the “tourism” specialty, mainly in this type of activity (the practice of initiation and technology).

Keywords: Internships, labour market, professional competencies, beneficiaries, employers

Introduction. The transition to market-oriented economies, the competition between universities at national and European level requires transformations that generate a new university development. The options we should make must be based on the existing reality that cannot be ignored in the transformation process. Thus, one of the priorities of higher education is the harmonization, the compatibility of the qualifications required by the labour market and those awarded within the university, requiring the elaboration of qualification requirements of the specialist in the field. In this context, one of the basic objectives of higher education of physical culture resides in the formation of a specialist in the field able to adapt to the changing conditions of the labour market [1]. The issue of improving the training process of the future specialist in higher education is currently tackled in terms of determining the mechanism in the professional training of specialists in accordance with the new social needs. Thus, according to current trends, the curricula in most European universities have been reformed and reformulated so that to meet the needs of national, European or global markets.

Aim. The problem of the proposed study is to analyse the process of training the professional competencies in the field of tourism in the internships in terms of the current labour market requirements.

Methodology of research includes: analysis and generalization of data, methodical-scientific sources; examining the curriculum for the tourism training program, pedagogical observation, survey (applied to 226 respondents: 26 teachers, 156 students, 44 tourism specialists /employers).

Results and discussions. The responses resulting from the survey to the three categories of respondents regarding the quality of the internships, the analysis of the curriculum for the tourism program and the curricular support to the *Internships* discipline, allowed the following results to be ascertained:

- The analysis of the co-report between the practical and theoretical disciplines in the curriculum and the answers obtained in the survey revealed the insufficient formation of students' practical skills; the content of the program is too theorized, without focusing enough on the formation of practical professional skills. In this context, we can mention that young people need a better career orientation, which can begin during the period of studies: during the specialty practice, study visits to different institutions, participation in various seminars with professionals from different economic fields, organization of professional guidance and counselling centres within each educational institution.

- The practice activity, included in the curriculum is mandatory and constitutes a condition of promotion for the students. During this period, students acquainted with the experience of those working in the respective institutions; succeed to acquire the pragmatic sides of the future profession, the ways of applying the theoretical knowledge to solving the problems that constitute the content of the activities specific to the field of activity where do they work. Students learn to operate with the means (instruments, specific equipment, documents, registers, etc.) with which the activity in the field of tourism is actually carried out. Also, the students learn the rigors of teamwork, the ability to set up and maintain an "optimal relationship system with business partners, with the colleagues at the same service/ office / department of institution/company organisational chart or other departments with whom they must work together in order to accomplish their tasks".

- The opinions and possibilities of the employers are very important for the university. Most companies refuse or prefer a limited cooperation with them, although theoretically they recognize the importance of effective partnership with universities. Many companies are not happy with the training of specialists. In this case, the university aims to ensure the quality of the studies and their connection with the requirements of the labour market. Currently the employment is practiced with the condition of the work experience in the field, actually missing to the graduates. In connection with this, there is a need for mutually beneficial cooperation, the use of employer's order in practice, the evaluation of employers' opinions and requests regarding the training directions and the program disciplines, the awareness that the student is the specialist in perspective.

- The role of the practice in the new conditions is the development of practical skills, and as a result - the total insertion into the professional environment and the acquisition of the professional communication skills. At the same time, a series of problems arise in organizing the internship, such as: the discrepancy between theory and practice; difficulties in finding an internship; the limited time of the internship; attracting the students to unqualified work; limited access to information of the trainee-students (Figure 1):

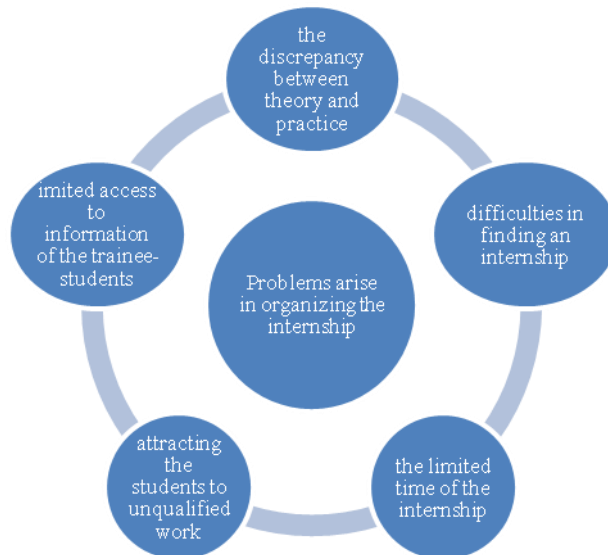


Figure 1. Problems regarding the internship organization

- The observations made during the internship and the responses of the trainee-students allowed to identify the following trends: the use of students as cheap labour; solving problems within the organization by applying the new ideas, coming from students; exemption of routine work; solving some problems for which companies do not have time; attracting the students to unqualified work (Figure 2):

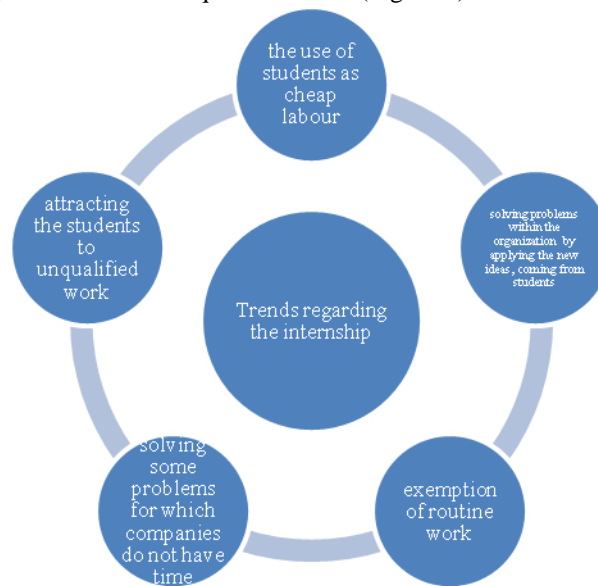


Figure 2. Trends regarding internship

- The results of the performed analysis confirm the need to increase the training of practical skills in order to improve their competencies. Thus, the main premises for the formation and application of practical skills can be formulated: the gap between theory and practice; low level of organizational skills; low level of practical skills to the students [2, 3].

Conclusions and recommendations

The discrepancy between the university offer and labour market requirements implies the need to review the process of training the professional skills of the future tourism specialist. The ever-changing labour market requires a reforming of the skills required for the young specialist to be employed according to his or her qualification. The role of practice in the new conditions - is the development of practical skills. Thus, under market economy conditions, a particular attention should be paid to organizing and conducting the practice internships. The result of technological and training practice is the total insertion into the professional environment and, as a result, the acquisition of communication skills.

On the basis of our study, some recommendations can be formulated regarding the improvement of internships in terms of the labour market requirements of the students from the “tourism” specialty:

- Internships should be designed in such a way as to support the beneficiaries in all the career planning (the period, planning of some activities regarding the options in career).
- Improving, disseminating and promoting some specific rules and procedures (regarding the internship, traineeships performance, volunteering) doubled by a responsible assumption from all stakeholders (employers, university environment).
- In the internships (defining the student-employer relationship), ways of consulting should be identified to find out what would be type of desirable institutional behaviour (discussions, workshops, focus-group, etc.); works to promote the internships (which can be achieved in partnership with universities and beneficiary companies) should be designed in a win-win manner, emphasizing multiple benefits (for student, university, employer).
- The development of theoretical training is recommended not only within the university, but also in hotels, restaurants, the organization of trainings and master-classes in companies, the acquisition of socialization and communication skills.
- Attracting the students in the development of projects , business-plans for companies, that will constitute methodical recommendations for the company administration.
- Sustainability monitoring (post-internship - newsletter, discussion group, forums, etc.).

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Pedagogical Control of Special Training of Professional Basketball Players Based on Measurement Procedures and Testing

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Abstract

The given paper summarizes the experience of using special training control professional basketball players, the approximate content of measurement procedures and tests used for the pedagogical control of basketball players. The monitoring of the functional condition is accomplished by using tests which shall provide information for coaches on the impact of training on the body, and will help to choose the optimal strategy for training the athletes. Also, the organization of the pedagogical control of the special training of basketball players is described.

Keywords: basketball, measuring procedures, testing, abilities, qualified basketball players, pedagogical control, coordination abilities

Introduction. In sport field, measuring and testing represent important components of the athletes' training management process. These allow:

- to individualize the process of athletes' training;
- to evaluate the effectiveness of various training programs;
- to control the adaptation processes of the athletes;
- to predict predisposition to certain sport activities.

Basketball is a sport with non-standard movements and variable power operation. For a basketball player, the significant length of body is typical, as well as relatively narrow chest, disproportionate body weight (under - developed) towards the body's length and chest circumference. Professional basketball players should have