Important progress has been achieved for trunk lifting (18.77%) which shows an development of the explosive strength of the trunk, respectively Ruffier test (12.86%) which indicates an improvement in the subjects' anaerobic fitness.

The other two tests pushups (3.79%) and Step test Harvard (1.9%) were achieved small progress, which should result in the creation of programs for developing arms strength and aerobic fitness.

Based on the results obtained and the analysis made we can say that the research hypothesis is confirmed because positive effects were achieved for each component of fitness of the subjects.

In context of these results should be performed an weekly physical activity program, which includes exercise sessions to maintain explosive strength and anaerobic physical fitness of the subjects, and exercises to help develop muscular strength and aerobic physical fitness.

The study limits are on the number of participants (36), but can be a benchmark for other studies aimed the fitness level at youths.

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EXPERT OPINION ON PROGRAMMING GYMNASTICS TRAINING IN SPORTS

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The Faculty of Physical Education and Sport Galati

The big performance in gymnastic or the simple learning process cannot be made without a methodical thinking and a practice of the trainer, without a right directing of the content of the preparing process regarding the load, repetition series for each equipment, number of elements, used methods, the volume and the intensity of the effort (Grigore V., 1998).

The purpose of the quiz enquiry is determined by the finding and recording of expert opinions in the field of gymnastics regarding the level of technical preparation of female gymnasts.

For the questions proposed, the specialists chose only one response variant, function of the importance of the issue and personal opinions about sports training planning. The lot of specialists under investigation consisted of 90 coaches and teachers. The quiz consists of 10 questions, with response variants and the results obtained are presented in diagrams.

For *question no. 1,*"whether the training of gymnasts can also be achieved without prior planning", 10 specialists chose the" a" variant, considering that they can manage the training of gymnasts without carefully thinking it ahead. 75 specialists chose the "b" variant considering that it is necessary to plan the gymnasts' training, and 5 specialists chose the "c" variant, with other opinions – fig. 1.

Regarding *question no.2* about" elaborating a common training programme for female gymnasts on various sports classification categories", 81 specialists chose the"a" variant, considering it useful to elaborate a common training programme for various sports categories and 9 specialists chose the"b" variant, considering that it is not necessary to elaborate a common training programme in women's artistic gymnastics for various classification categories – fig. 2.

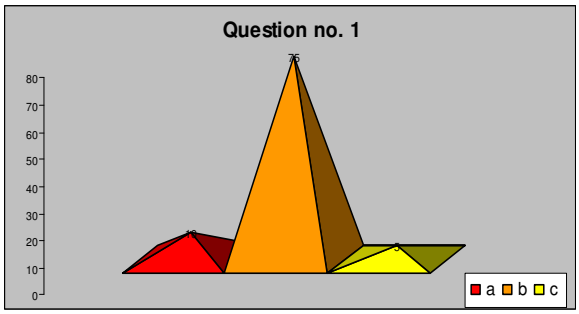

Fig.1 Role in preparedness planning

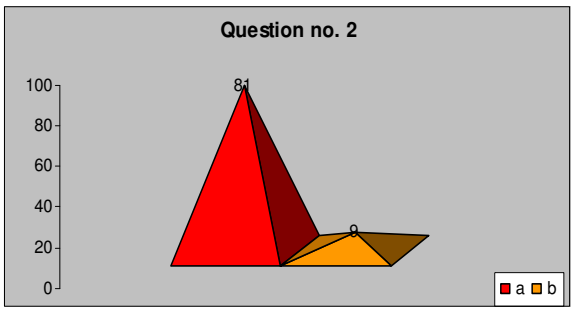

Fig. 2 The importance of a single planning

For question no.3, regarding the ”technical training level of female gymnasts”, 51 specialists chose the ”a” variant, considering that the level of technical training is satisfactory, 27 specialists chose the ”b” variant, considering that the level is unsatisfactory and 12 specialists chose the ”c” variant, having other opinions – fig. 3.

For *question no. 4,*”whether they consider that the working style and the training output will register modifications in case a common training programme is applied”, 61 specialists chose the ”a” variant, considering that it will bear upon their working style, while 29 chose the variant ”b”, considering that a common training programme will not affect their working style and the training output – fig. 4.

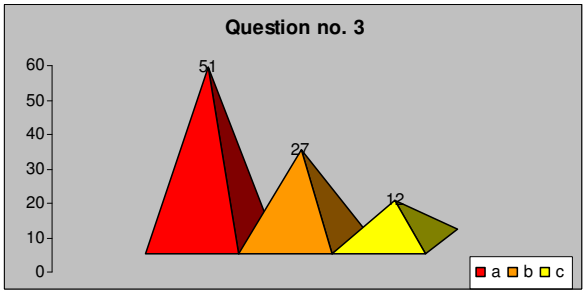

Fig. 3 The importance of physical training in training

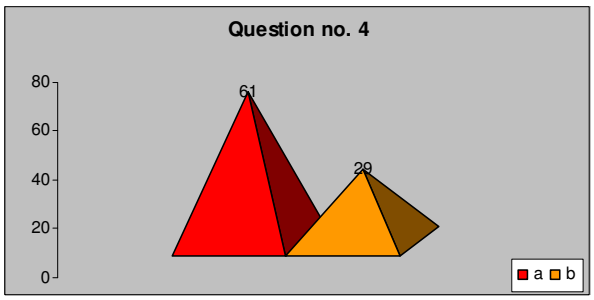

Fig. 4 Enhanced efficiency competition programs with a single application

Following the processing of responses *question no. 5,* about the prominence of the factors of sports training in women's artistic gymnastics, it was found that specialist opinions were as follows: a number of 40 specialists consider that technical training is crucial in attaining high performance in gymnastics, physical training is second in training importance, in the opinion of 22 specialists, 3 artistic training comes first in the opinion of 8 specialists, psychological training comes first in the opinion of 7 specialists, tactical training comes first in the opinion of just 1 specialist, theoretical training is extremely important in the opinion of 10 specialists – fig. 5.

Question no.6 is of utmost importance since it checks out the specialists' position regarding "the optimal training volume in a weekly cycle". For this question 4 specialists chose the " a" variant, considering that 10-12 hours of training is enough for female gymnasts aged 11-12, 24 specialists chose the "b" variant, with a volume of 18-20 hours of training per week, 40 specialists chose the "c" variant, with a training volume of 20-30 hours per week , while 22 specialists a chose the "d" variant, with a volume of over 30 hours of training per week, fig. 6.

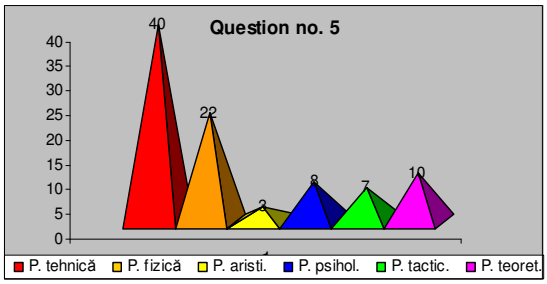

Fig. 5 The weight training five factors

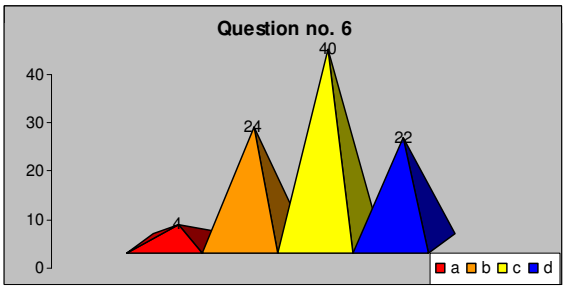

Fig. 6 Hours optimal training volume

In order to find the "optimal training to be allotted to pauses between repeats", for *question no. 7,* 18 specialists chose the "a" variant allotting under 30" to the pause between repeats, 44 specialists chose the "b" variant , considering that the pause between repeats should be 30" long, 10 specialists chose the "c" variant, allotting 45" to the pause between repeats, 10 specialists, chose the "d" variant, considering that 60" is necessary for the pause between repeats, and 8 specialists chose the "e" variant opting for a pause between repeats of over 90" – fig. 7.

Concerning the "use of the Romanian Federation of Gymnastics requirements regarding the execution of certain imposed technical elements", for *question no. 8*, specialists chose as response variants the following: 64 specialists chose the "a" variant and 26 specialists chose the "b" variant, considering that the RFG requirements are not useful in this case – fig. 8.

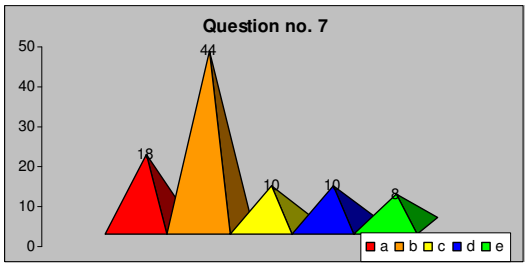

Fig. 7 The time allotted breaks between repetitions

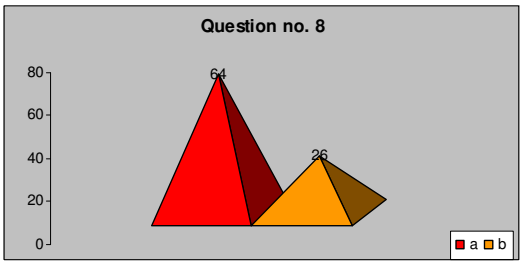

Fig. 8 Timeliness requirements FRG

Responses to *question no. 9* prove that 34 specialists chose the "a" variant, considering that a number of 175-250 elements should be executed per week, 48 specialists chose the "b" variant, considering that 300-350 elements are the optimal number of elements to be executed per week, and 8 specialists chose the "c" variant with a number of 400-600 elements per week – fig. 9.

Related to "the number of training sessions to be effected per week in order to get optimal results", for *question no. 10:* 19 specialists opted for the "a" variant considering that 5 training sessions is enough, 36 specialists opted for the "b" variant, stating that a number of 7 training sessions per week is enough to obtain high performance for children 11-12 years old, 21 specialists chose the "c" variant, 10 training

sessions being the ideal weekly training for best performance, 14 specialists chose the ”d” variant, considering that over 10 training sessions are necessary per week in order to achieve best performance in women’s artistic gymnastics - fig. 10.

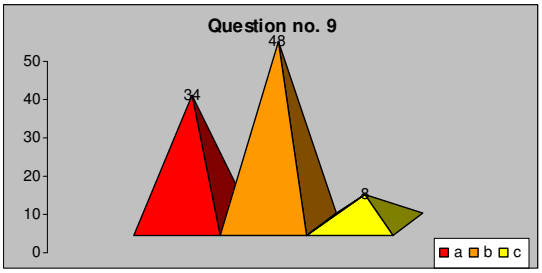

Fig. 9 The optimum number of elements

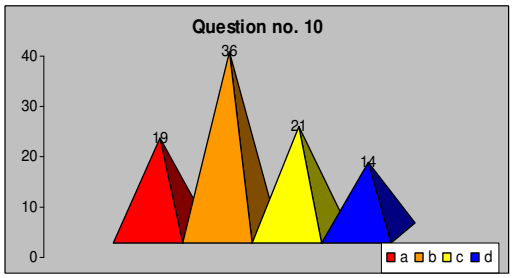

Fig. 10 Number optimal training

In conclusion, 90,3% of respondents consider it necessary planning and scheduling training gymnasts, 97,5% believe it is useful to develop a unique training program for each sports category basis, 61,4% believe that the level of training gymnasts from Romania, is satisfactory, and 73,4% of specialists believe that the performance of athletes in gymnastics will increase if the application of a unique training programs.

After analyzing the responses received, 48,1% of the specialists believe that technical training is paramount in achieving performance in gymnastics, if allocated a total of 20-30 hours of training per week in 7 structured workouts per week (43,3% specialists) with repeating elements 300-350 (57,8% specialists), with a break after 30 repetitions "(53% specialists).

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KINESITHERAPY USED TO TREAT OBESITY IN WOMEN

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Obesity is a chronic condition that has affected the whole of mankind, being the determining factor in the occurrence of the risk for developing cardiovascular, respiratory diseases, liver and biliary tract diseases, disorders of the central nervous system, of the osteo-articular apparatus, but especially many forms of cancer.

From the statistical point of view, it is assumed that by the year 2025 it is likely to have a growth of 100% in the number of overweight or obese people - Brick, L.G. (1996).