excitability property, the muscles generates electric and magnetic fields and as a consequence forces that sustain in balance and propels the body.

In this paper we've analyze the electrical behavior of biceps femoris muscle and rectus femoris muscle will different situation. For this experiment was used a BIOPAC MP 150 data acquisition system. The experiment consisted in five trials, 15 seconds each, departing from siting and followed by three normal steps and a relaxation phase. The resulted data revealed that although the lower limbs muscle structure is extremely complex the two muscle in question retrieve a large amount of overload, given that in some cases the electrical activity increases in amplitude with more the 200%.

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ASSESSING THE LEARNING OUTCOMES AT INSTITUTIONAL LEVEL

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Abstract:
The paper presents the results of an on-line survey aiming to assess the learning outcomes on institutional level. The questions on the questionnaire were related to recruitment stage, to the durations of studies, to the funding, to the employability, to the first contract. Thus, this study provides a real image on the graduates and a proper feed-back in the supply-demand ratio on the labor market. The survey can be considered a tool for assessing the quality of educational process.

Keywords: quality management, quality assessment, survey

1. Introduction

The quality management system of higher education has been designed on a national basis, on the requirements of European standards, on university peculiarities and requirements of strategic management, on policy and quality objectives.

Academic management provides a systemic approach to quality management; each component has a well-defined status and represents an entity within the quality management system, characterized by functional links with other entities and systems. This approach allows involvement at all levels in the implementation and continuous improvement of quality management system by understanding customers' needs and acting accordingly.

Process approach in quality management involves the following activities:

a) Identification of the processes requirements, in order to achieve the desired result;
b) Establishing the sequence and interaction processes;
c) Identification of functional interactions between processes and academic structures;
d) Identification and evaluation of input and output data processes;
e) Establishing the process indicators;
f) Choosing the methods for tracking, analysis, control and improve performance;
g) Continuous improvement according to the matrix DMADV (Define, Measure, Analyse, Design, Verify).

To increase the quality of higher education is necessary to redesign the curricula and also a more appropriate involvement of students and socio-economic environment in this process. Higher education institutions have regular assessment system for teaching, research and management that is used consistently and improved every year thus becoming an important component in quality culture.

2. Objectives and methods of work

The objectives of this study are:

a) Setting a graduates database, strengthening and establishing the conditions for updating it;
b) Assessing the educational system supply and increasing the quality of students' competencies;
c) Periodic monitoring of socio-professional insertion of graduates, in order to increase the relevance of higher education offer with respect to the demands of the labor market;
d) Establishing ways to help the graduates' professional activity by providing feed-back in the supply-demand ratio on the labor market.
e) Establishing methods to create consortiums that would consist of employers, universities and graduates to identify employment opportunities for new graduates.

The on-line survey or the printed questionnaires were to gather the data from graduates from all faculties. In summary, the effective questionnaires included the following specific activities:

- Analysis of national recommendations on the effective application of questionnaires and establishing an institutional implementation plan;
- Coordination and monitoring, at institutional level, the questionnaires drafting and ongoing;
- Coordination and monitoring at institutional level, the stages for effective implementation of questionnaires;
- Questionnaires implementation;
- Drafting stages reports;
- Setting the access codes for the on-line survey;
- Preparing letters of invitation to participate in the survey (by email or regular mail);
- Providing consultancy for graduates having difficulties in accessing the survey;
- Updating continuously the graduates' database.

3. Results and discussions

The first question in the survey aimed at establishing the candidates' recruitment pool. Thus, 17% of the respondents have a high school diploma granted by a local high-school, while the rest of the graduates originate from neighboring counties (fig.1)

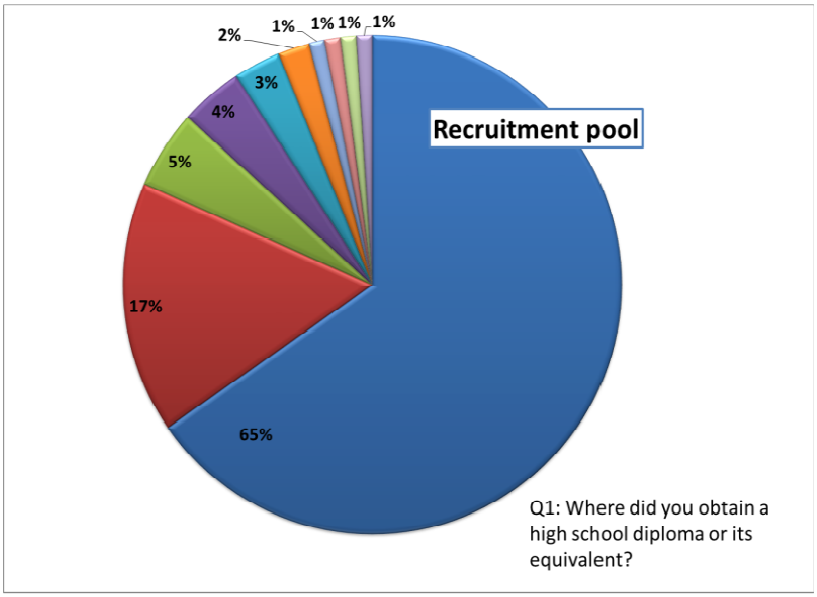

Fig.1 Recruitment pool

The results of the survey revealed that 93% of respondents have completed their studies during the standard period (fig.2), and 60% of them benefit of government funding (fig.3). 7% of respondents didn't complete the studies because of lack of credit for promotion (54%) combined with unfinished diploma (17%), working abroad (25%) or having rigid work schedule (29%). Only 9% of them blamed financial problems.

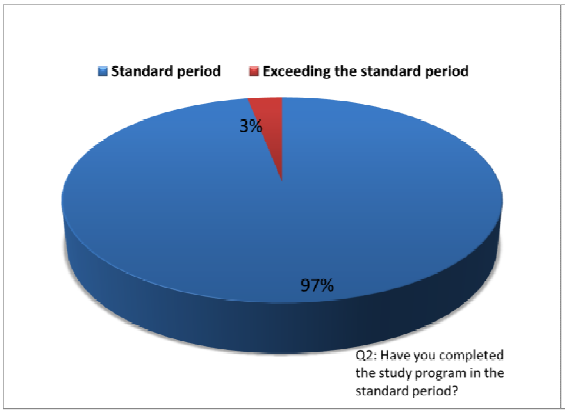

Fig.2 Graduation time

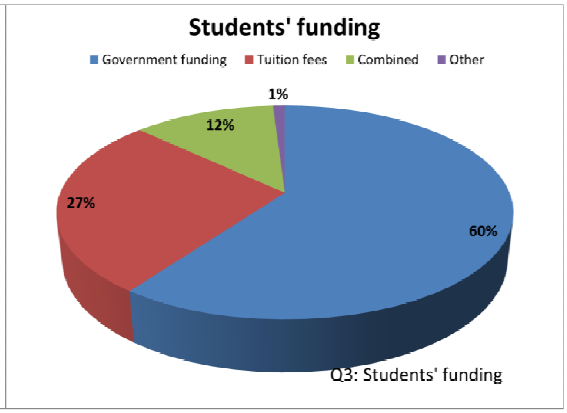

Fig.3 Students' funding

Very good results were highlighted in the section related to the assessment of level skills after graduation. The participants considered the following skills as being of high and very high impact on them: the ability to use the computer and browse the internet, the ability perform as part of a team, the ability to accumulate new knowledge, the ability to manage working time, the ability to come up with new ideas and solutions, the ability to perform well under stress.

After graduation 31% continue their studies (at master's degree or other postgraduate courses), 31% were employed in the area corresponding to the graduated program, 12% were employed in another field, 16% continue working in the service they already had and 7% didn't manage to find a job.(fig. 4).

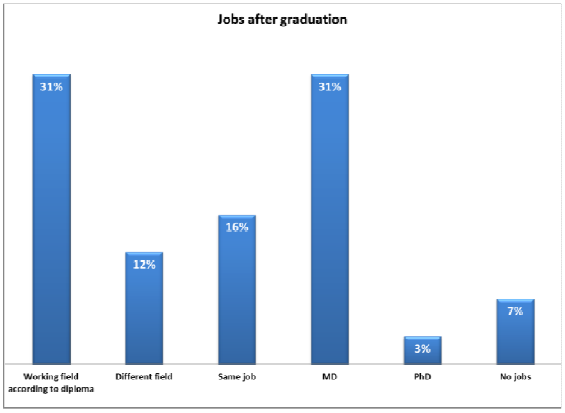

Fig.4 – Graduates' jobs

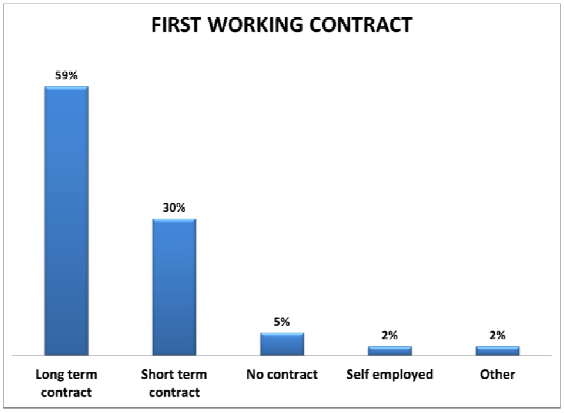

Fig.5 First working contract

The survey revealed that the graduates who managed to find a job 59% of them have obtained in long term contracts and 30% short time contracts (fig.5). Only 5% of them have found the first job abroad. To a very large extent, the knowledge and skills gained in university were useful at the first job.

Of those surveyed who are currently employed, 58% felt they did not need further education, and 67% stated they do not intend to change their job in the coming years.

The participants assessed that the curriculum followed was useful to a great extent for their personality development and long term career development and for getting a job after graduation.

4. Conclusions

This study provides a real image on the graduates and a proper feed-back in the supply-demand ratio on the labor market. It is possible to use the database for continuous monitoring their insertion on the labor market, in order to increase the relevance of higher education on the labor market. The survey can be considered a tool for assessing the quality of educational process.

Regarding the overall assessment of the bachelor's program, respondents appreciated to a great extent that it has offered more theoretical competency than practical ones, but they have appreciated the sufficient training to build competencies necessary to a job and a sufficient basis for continuous updating of knowledge and skills.

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STUDY ON THE TECHNICAL TRAINING OF JUNIOR GYMNASTS III

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Abstract

In gymnastics, the difficulty of the exercises, on the four apparatus, increases from one category to another and from one competition to another, depending on their scale, to which the specialized federations require certain regulatory requirements (Grigore V., 1998).

The transition froman inferior sports category to a superior one can be achieved only in an official competition, executing the exercises provided for the respective sports category and by obtainting a minim total score (50 points for junior gymnasts III, on the four apparatus).

By the chosen theme, the study main objective is to determine the level of technical training of junior gymnasts III of the Schools Sports Club (CSS) in the country, respecting the regulatory requirements imposed by the Romanian Gymnastics Federation (FRG).

To establish the techinical training of junior gymnasts III, was proposed a friendly competition, attended by 50 gymnasts from six specialty centers in Romania, (CSS Galati – CSSG, CSS Bucureşti – CSSB, CSS Constanţa – CSSC, CSS Oneşti – CSSO, CSS Deva – CSSD, CSS Focşani – CSSF), taking into account the difficulty and execution requirements set by the FRG on the 4 apparatus, as follows: 2 different jumps; exercises imposed on the uneven parallel bars; balance beam; free choice ground exercise. The appreciation of the gymnasts performances on the 4 apparatus was made with qualified arbitrators, arbitration was realized the same as for an official competition.

The statistical processing was realized using Microsoft Excel.

The results obtained in the competition reveled strong gasps regarding the level of learning the techinical elements that are part of the exercises required and freely chosen, so the concludion that emerges from the results obtained suggest that junior gymnasts III, have low technical training, the registered marks were way below FRG requirements.

Keyword: sports training, techincal training, junior gimnasts III

Background

The Romanian coaches experience regarding the methodology for developing the content of the training in women's artistic gymnastics cannot be disputed, but the evolution of the demands and performances on national and international plan calls for their permanent development of new training content in order to achieve great performances.

Artistic gymnastics is a field with a spectacular evolution, which over the years has made remarkable progress, enjoying succes and popularity before a large audience (Grigore V., 1998). The originality of the executions, the execution of surprise elements, depend largely of the theoretical and practical knowledge and the