

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. Lecturer PhD. Bogdan Almăjan-Guță: "*Energy for a clean city*", nr.2213, National Plan 2, the Energy Partnership in preferential domains.

2. Lecturer PhD. Bogdan Almăjan-Guță"Project Manager: "National Plan II. Improvement of life quality in children with cystic fibrosis by the implementation of a new strategy regarding physical therapy based on incentive techniques and individualized physical training" The research project is financed by UEFISCSU Romania, Contract no. 13/09.08.2010

3. Lecturer PhD Bogdan Almăjan-Guță"Partnership in priority domains,the work pace's D9 Ergoengineering-applications in dental medicine.

BOOKS

1. Almăjan-Guță Bogdan: Conceptual syntheses in physical education and sports scientific research
2. Almăjan-Guță Bogdan: Interdisciplinary approaches in physical education and sports
3. Almăjan-Guță Bogdan.: Aquagym, Compendium
4. Almăjan-Guță Bogdan: Aerobics, Compendium

5. Almăjan-Guță Bogdan: Physiotherapy, Compendium
6. Almăjan-Guță Bogdan: Stretching in physical education course and in students physical activities, Compendium
7. Chirilă Daniel: Athletics, Compendium
8. Groza Luminița, Ionescu Dan: Basketball, Compendium
9. Sărândan Sorin: Body-building, Compendium
10. Ciorsac Alecu: Footbaal, Compendium
11. Olariu Ovidiu: Fotbal –Tennis, Compendium
12. Alexandru Mihai: Physical training in tennis, Compendium
13. Răileanu Tudor: Volley-ball, Compendium
14. Chirilă Daniel: Jogging for everyones understanding
15. Chirilă Daniel: Practicable guide of sporting management responsible with the management of human resources

PhD THESIS

1. Assist. dr. Daniel Chirilă: Contributions brought to the human resource management in sporting organizations, Scientific leader: prof.univ.dr. Gh.Gh. Ionescu, West Universitaty Timișoara, 2010
2. Assist. dr. Ionescu Dan:
3. Assist. Dr. Mihai Alexandru: Optimisation through specific means of power in execution of technical procedures of the tennis game among sportsman which are 10-16 years, Scientific leader: prof.univ.dr. Vasile Marcu, București, 2010

PUBLISHED PAPER WORKS ISI QUOTATION

1. Almăjan-Guță Bogdan, Avram C., Orăvișan M., Nagel A., Bârză M., Crăciun L., Avram A.C.: *Individualized exercise training benefit on hemodynamic parameters in young metabolic syndrome patients*, *European Journal of Physical and Rehabilitation Medicine*, ISBN 13:978-88-7711-616-1
2. Almăjan-Guță Bogdan, Almăjan-Guță V., Avram C.: *Sports and airway clearance techniques in children with cystic fibrosis*, *European Journal of Physical and Rehabilitation Medicine*, ISBN 13:978-88-7711-616-1

PUBLISHED PAPER WORKS IN INTERNATIONAL CONFERENCES

1. Almăjan-Guță Bogdan, Almăjan-Guță V., Orăvișan M., Avram: *Aerobics and airway clearance techniques in children with cystic*, European Human Genetics Conference, Gothenburg, Sweden, 12-15 june, 2010
2. Almăjan-Guță Bogdan, Almăjan-Guță V., Chirilă D., Chirilă M. *Optimization methods and means of operation for the development of specific resistance typical to long running athletes*, 10-th International Scientific Conference "Perspectives in Physical Education and Sport", 21-23 mai 2010
3. Almăjan-Guță Bogdan, Almăjan-Guță V., Chirilă D., Chirilă M. : *Early intervention through proprioceptive training in children with Down Syndrome*, 10-th International Scientific Conference "Perspectives in Physical Education and Sport", 21-23 mai 2010

PUBLISHED PAPER WORKS IN NATIONAL CONFERENCES

1. Almăjan-Guță Bogdan, Almăjan-Guță V., Popa Z., Popa I., Pop L., *Specific physical exercises for correction of postural disorders in cystic fibrosis patients*, A IV-a Conferință Națională de Pneumologie Pediatrică, 8 - 10 aprilie 2010, Cluj-Napoca
2. Almăjan-Guță Bogdan, Orăvișan M., Avram C., Bârză M., Hoble L., Dragoi R., Rusu A.: *Interval physical training benefit in the improvement of hemodynamics parameters in metabolic syndrome patients*, 33-rd National Congress of Physical and Rehabilitation Medicine, Poiana Brașov, Hotel Piatra Mare, 20-23 october, 2010
3. Almăjan-Guță Bogdan, Orăvișan M., Avram C., Bârză M., Hoble L., Dragoi R., Rusu A.: *Cardiovascular responses to interval exercise training in patients with metabolic syndrome*, 33-rd National Congress of Physical and Rehabilitation Medicine, Poiana Brașov, Hotel Piatra Mare, 20-23 october, 2010
4. Almăjan-Guță Bogdan, Avram C., Rusu A.M., Cluci O.O., Almăjan-Guță V., Pop L.: *Improving the life quality of new born babies and toddlers with cystic fibrosis through physiotherapy*, 33-rd National Congress of Physical and Rehabilitation Medicine, Poiana Brașov, Hotel Piatra Mare, 20-23 october, 2010
5. Almăjan-Guță Bogdan, Cluci O.O., Rusu A., Avram C., Ciulacu C., Hoble L., Gaita D., Sărândan S.: *Cardiometabolic risk related to body*

composition among employees living in the urban area, 33-rd National Congress of Physical and Rehabilitation Medicine, Poiana Braşov, Hotel Piatra Mare, 20-23 october, 2010

6. Almăjan-Guţă Bogdan, Cluci O.O., Rusu A., Avram C., Ciulacu C., Hoble L., Gaita D., Sărândan S. *Comparative study of the Arthritis impact regarding the physical domain concerning patients with Ankylosing Spondylitis versus patients with Rheumatoid Arthritis*, 33-rd National Congress of Physical and Rehabilitation Medicine, Poiana Braşov, Hotel Piatra Mare, 20-23 october, 2010

7. Chirilă D., Ciorsac A., Isvoran A.: The importance of continual formation of the specialised personell implicated in the sporting activity, *Al III-a Conferinţă Naţională de Educaţie a Adulţilor*, Timişoara, 19-21 martie 2010

PUBLISHED PAPER WORKS IN SCIENTIFIC U.P.T. BULLETIN – D – CNCISIS; EBSCO

1. Almăjan-Guţă Bogdan, Almăjan-Guţă V., Chiş M., Fuchs M.: *Adapted sport activities - Swimming for persons with visual Impairments*

2. Ionescu Dan, Gui Bachner Gabriela: *Motivational structure of the personality of a professional basketball playe,*

3. Groza Luminiţa: *Study regarding the evaluation of the fitness level to improve the teaching proces,*

4. Bianu Eduard: *Comparative studies on the development of expansion simple in handball for children between 14-16 years*

5. Bianu Eduard, Torok Iosif: *Improving Soccer ballkicking Technique, by Implementing an Ordinate Pattern specific for Children Between 10 and 12 years old*

6. Torok Iosif, Bianu Eduard: *Experimental Studies Regarding the Means to Perfecting the Technical Procedure of Kicking the Soccer Ball with the Lateral, in the Training Process of 12 to 14 Year Old Children*

7. Răileanu Tudor: *Study about developing motor abilities - endurance - in the volleyball game of the "Politehnica" Timişoaras students*

8. Sărândan Sorin: *Simultaneous approach of training factors especially in the training of speed runners (male-athletics)*

9. Chirilă Daniel, Chirilă Mariana: *Management of athletic training. Contributing factor of performance in athletic training*

10. Olariu Ovidiu: *Football - Model methods of learning to strike the ball with the head*

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-Guţă 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 Luminiţa
- Assist. Olariu Ovidiu
- Assist. Caba Vlad
- Assist. Răileanu Tudor
- Assist. Sărândan Sorin