

Dynamic balance development by specific means playing volleyball

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Abstract

Background. The concept of psychic and psychomotor preparation cannot be limited only to the moral and volitional factors because they implicate in a certain way also the intellectual and attitudinal factors, all these factors representing manifestations of the human psychic. So, the psychic preparation, through its psychomotor component can be considered a component of the entire educational and training process of the student.

Aims. The research aimed to monitor and determine a methodological system of actions, with specific methods of the volleyball game and its implementation in didactic sport activities with students and not only in order to develop psychomotor skills with instruments specific to volleyball, but also for dynamic balance development.

Materials and methods. The research was conducted in two groups of subjects. The experimental group included 44 first year students at the Faculty of Medicine. The control group consisted of 51 first year students at the Faculty of Medicine. Research took place from 01 October 2009-31 January 2011. For the experimental groups, the development of the didactic activities was characterized by the introduction of the training and technical procedures specific to volleyball. In the control group, for the development of dynamic balance only other sports were used with the exclusion of volleyball.

Results. As a consequence of the experimental intervention, the dynamic balance skills in the experimental group increased progressively in comparison with the performed pre-testing phase at the beginning of the 1st semester of the university year 2009/2010.

Conclusions. According to this study we can conclude that the development of the dynamic balance in students can be achieved more efficiently, by playing volleyball.

Keywords: medical students, dynamic balance, volleyball.