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## THE BENEFITS OF AQUAFITNESS IN SPORTS RECOVERY AND AS A METHOD OF TREATMENT OF SOME DISEASES

**Mihai Ioan**<sup>1</sup>, PhD student, teacher of physical education and sport

<sup>1</sup>"Mihail Sadoveanu" High School Fălticeni, Romania

<sup>2</sup>State University of Physical Education and Sport, Chisinau, Republic of Moldova.

**Rezumat.** *Aquafitness, ca metodă de antrenament dar și ca metodă de tratament, a intrat pe așa-numita piață a sportului încă din anii 1990, deoarece apa are efecte pozitive asupra exercițiilor de fitness.*

*Posibilitățile mediului acvatic constituie un beneficiu activ la nivelul activităților fizice și ca aport cheie pentru sănătate și petrecere a timpului liber, decurgând din caracteristicile sale speciale, acționând atât funcțional, cât și estetic.*

*Mișcarea sub aspectele motrice, împreună cu efectele apei, amortizarea mișcărilor bruște dar și „Legea lui Arhimede”, sunt elemente esențiale ale calității exercițiilor de aquafitness.*

*Rezistența cardiovasculară, forța musculară, flexibilitatea și modificările compoziției corporale se numără printre avantajele fiziologice care pot fi obținute prin abordarea unui program de antrenament aquafitness.*

*Presiunea apei acționează ca un masaj muscular, ajutând procesul de eliminare a acidului lactic acumulat în mușchi. Apa, acționând ca o pernă uriașă, scade uzura mușchilor, tendoanelor și protejează articulațiile. Lucrul în apă, folosind doar rezistența la apă minimizează riscul rănilor care apar de obicei în timpul exercițiilor efectuate pe uscat din cauza impactului suprafețelor dure fiind „arse” 4-5 mii de calorii într-o oră, putând fi o metodă ideală de a pierde în greutate, implicând în același timp toate grupele musculare.*

**Cuvinte-cheie:** *aquafitness, recuperare, flexibilitate, antrenament, mediu acvatic.*

### Introduction

Starting from the 1990's, aquafitness also entered the so-called sports market, as a result of training, but also of treatment, because water has positive effects on the human body.

The possibilities of the aquatic environment are an active benefit of physical activities and a key contribution to health and harmony, deriving from its special characteristics, acting both functionally and aesthetically. Movement under different aspects, together with the effects of water, that of cushioning sudden movements but also "Archimedes' Law", are essential elements of the quality of aquafitness exercises.

This can be confirmed by anyone who is active in such a training or recovery program, and in general, anyone who is involved in a sporting activity.

Free time is the biggest problem of modern man and the main reason for taking care of this sports branch is not available to everyone, but the advantages are substantially more consistent, in the sense that there are (in most cases) special staff, specific devices, they are stimulated the capacity for emulation, competition, information is exchanged on fitness topics, and last but not least, there is a socialization phenomenon here.

If it must be used to recover aquafitness practiced only in specially designed pools and only under the strict supervision of specialized trainers.

Cardiovascular resistance to effort, muscle strength, flexibility and change in body composition (change in the ratio between muscle mass and fat layer) are among the

physiological advantages that can be obtained following the approach of an aquafitness training program.

Combined with a healthy diet, rest, and a stress-reduction program, exercise has a critical impact on long-term health.

### **Methods**

A more detailed analysis of the content of aquafitness does not emphasize the aspect of novelty, but rather a method taken from civilized countries where old contents are found in somewhat new forms of movement.

The human body with all its bio-morpho-psychological components is the common denominator of all sports activities.

All actions in the game, race and competition are based on the human body in motion.

Axiology teaches us that the value level of an object increases not only with the sum of intrinsic properties, but especially with the fruit of incorporated energies. In other words, much more valuable than a body "happily beautiful from nature", will be the body made beautiful by the effort of the subject.

Considering the above, we motivate our choice of the present theme by the challenge of supporting the achievement of an optimal physical condition regardless of age, through a regular and complete physical activity that includes physical exercises with weights and cardio exercises, in conjunction with the beneficial effects of swimming, with a healthy, rational and balanced diet.

The fundamental principles of aquafitness are very simple. It all boils down to serious and honest muscle exercise. Any program that crosses this limit is nothing more than "fashion", and fashion passes. If you work the muscles constantly, uniformly and with conviction, it rewards you and becomes stronger. The best exercises are sometimes boring and annoying, so willpower and motivation are required.

And aerobic exercise is good, but it's not the same as strength training; taken together are not worth much without dietary discipline.

These aspects finally name what we call aquafitness.

Humanity is continuously concerned with finding solutions to extend active life, in addition to the general interest and superior quality.

Since the 60's, the role of physical activity in human well-being has been emphasized.

An appreciable volume of research has demonstrated that vigorous physical activities can be a means of preventing or alleviating many medical problems, both physical and emotional in nature.

Thus, fitness, respectively personal fitness, has become a concern of society, the specialists of the field appreciating the relationship between the ability to move and the state of physical and mental health. In the early 1990's, combining fitness with swimming was attempted and it was found that extraordinary results could be achieved, the exercises being more complex and easier to perform.

In 1969, Hebbelink, M. develops the concept of total fitness, arguing that it is necessary to take into account, when assessing, the individual's ability to move, the connection between anatomical-physiological factors and strength, power, precision, speed of endurance of the subjects.

In 1984 Dragnea, A. completes the idea, emphasizing the influence of psychic processes.

One of the best methods to determine the level of general physical condition is reflected by the ability of each person to easily carry out certain activities such as walking, lifting, climbing stairs without the appearance of troublesome signs such as pain or discomfort. Functional fitness is based on a healthy body (especially the lungs, heart, bone, joint and muscle system).

### **Results and discussions**

The concept of fitness has obviously been activated and strengthens the general strategy of maintaining health, it expresses the ability to access an optimal quality of life, being, at the same time, a dynamic, multidimensional condition, which is based on a positive state of health and includes several components. Intellectual, social, spiritual and physical fitness.

Specialists in the field appreciate the relationship between the ability to move and the state of physical and mental health. The idea is also shared by the modern man, who considers fitness an integral part of the lifestyle, appreciating the value of physical, motor activities, at all ages and in any material or social conditions.

Fitness is the ability of the body to function at an optimal level, both in emergency situations and in everyday life.

Drs Kraus H. and Raab W; mentioned by Fall, Baylor, Dishman consider that physical fitness refers to those aspects of physiological and psychological functions that offer protection against some types of degenerative diseases, such as: cardiovascular diseases, obesity and some muscular-skeletal disorders. They called these conditions hypokinetic diseases, because they are very often associated with a low level of energy expenditure, a situation especially present in sedentary people.

Health-related physical fitness is composed of the following elements: cardiorespiratory endurance, muscular strength, muscular endurance, mobility and body composition. These structural components are basic elements for many sports disciplines, the specialization being realized according to the degree or level of development that each component acquires.

People who practice vigorous physical activities, regardless of age, and who will continue this practice throughout their entire lives, will have valuable health benefits.

The most up-to-date method of assessing physical fitness is achieved through the Eurofit test battery, some of which can be self-administered and self-evaluated; through this method, the self-knowledge of the individual is achieved, the awareness of the biological potential possessed at a given moment. It should be emphasized that fitness

should reflect lifestyle, not only the activity carried out in physical education lessons.

The acquisition of the physical form, the physical condition is the result of the influences of the activities in school, but also of the extra ones, representing the activity at home, in free time, the nutritional skills, the means of recovery, the whole relationship between physical, intellectual activity and rest, the lifestyle, essentially.

From what has been reported, it follows that optimal fitness is given by the balanced development of those three components (cardio-respiratory efficiency, body composition, neuro-muscular efficiency). If we work only for strength, muscular endurance and flexibility, it means that our training is incomplete and we cannot achieve an optimal aerobic fitness, a fitness beneficial both for our health and for performance sports in which the effort is aerobic.

The concept of fitness includes three major constituents: organic, motor and cultural, which are interdependent.

The organic dimension is closely related to the body, somatic and physiological of the individual, reflecting the state of physical health; good functioning of systems and organs and optimal proportionality of body tissues. Being directly conditioned by the state of health, this component emphasizes cardio-vascular and respiratory resistance. The good functioning of the cardio-respiratory system during rest and effort determines to an important extent the general resistance of the body, respectively a good physical condition.

### **Conclusions**

Health is a quality of physical, emotional and mental well-being that allows the individual to live effectively and contentedly.

The motor dimension is determined by the psychomotor capacities necessary to control the movement, the muscular abilities, in order to achieve the requirements of the movement. Motor fitness is recognized as a complex component, which is evaluated through a combination of tests in which each one measures a certain factor. This test reveals information on the general motor skills of the individual, without including the level of technical execution of any sports skill.

The motor dimension of fitness has as its substrate the neuro-muscular component of the physical condition, which represents the individual's ability to perform a motor action with the characteristics of a performing skill; the essential feature of this component follows from the above, namely the efficiency of the movement.

The cultural dimension is determined by the way in which the behavioral acquisitions related to the formation of physical fitness become components, determined by the lifestyle, values gained through physical activity.

It is part of the contemporary, civilized man's lifestyle, to have physical activity, directed correctly, efficiently; the self-respecting person structures his programs in such a way that he practices various physical activities; there are more and more people who run, do strength exercises, aerobic gymnastics or participate in fitness programs.

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## MANAGING SPORT FOR EDUCATIONAL DEVELOPMENT

**Nastas Natalia<sup>1</sup>**, PhD, university lecturer

<https://orcid.org/0000-0001-5555-1705>

**Filipov Valerii<sup>2</sup>**, PhD

**Lungu Ecaterina<sup>3</sup>**, PhD student

<https://orcid.org/0000-0001-9262-2816>

<sup>1,3</sup>State University of Physical Education and Sport, Chisinau, Republic of Moldova

**Rezumat.** Sportul este practicat de miliarde de oameni din întreaga lume. Pe lângă îmbunătățirea sănătății publice prin activitatea fizică, el are funcții sociale, educaționale și culturale. Sportul oferă, de asemenea, valori importante precum spiritul de echipă, solidaritatea, respectul pentru ceilalți și fair-play-ul. Pentru a păstra aceste valori și a menține încrederea cetățenilor în sport, este obligatorie un management responsabil și transparent. Buna guvernare într-un context sportiv poate fi înțeleasă ca cadru și cultura în care organismele sportive își stabilesc politica, realizează obiectivele strategice, colaborează cu părțile interesate, monitorizează performanța, evaluează și gestionează riscul și raportează constituenților săi despre activitățile și progresele sale. De-a lungul anilor, organizațiile sportive au manifestat un interes real pentru asigurarea unei bune guvernări. Un argument invocat de autoritățile sportive pentru a sprijini inițiativele a fost ca aplicarea principiilor bune guvernări ar ajuta nu numai la consolidarea organizațiilor sportive în beneficiul părților interesate, ci și la prevenirea intervenției externe în afacerile sportive.

**Cuvinte-cheie:** bună guvernare, managementul sportiv, valoare educațională a sportului, sectorul sportiv.

**Introduction.** Sports organisations enjoy considerable organisational autonomy in terms of regulating sport. This autonomy means the freedom to define the rules of sport and to