796
D75

ADRIAN DRAGNEA AURA BOTA

TEORIA ACTIVITĂȚILOR MOTRICE

FIŞA DE TERMENE
DE RESTITUIRE

Numărul permisului	Data restituirii	Numărul permisului	Data restituirii
SV46	8.05.2017		

© ROMDIDAC S.A. / 2002 19-1-7/a X7

ADRIAN DRAGNEA AURA BOTA

TEORIA ACTIVITĂŢILOR MOTRICE

(educaţie fizică, sport, activităţi de timp liber, kinetoterapie, activităţi de expresie corporală)

MINISTERUL EDUCAŢIEI NAŢIONALE
UNIVERSITATEA "VALAHIA" TÂRGOVIŞTE
BIBLIOTECA
Facultăţii de Ştiinţe Umaniste
30910

EDITURA DIDACTICĂ ŞI PEDAGOGICĂ, R.A.
BUCUREŞTI, 1999

99. Weineck, J., *Biologie du sport*, Ed. Vigot, Paris, 1993.
100. Zamfir, C., *Metoda normativă în psihosociologia organizării*, Editura Ştiinţifică, Bucureşti, 1972.
101. *Enciclopedia Universalis*, Editeur a Paris, France, 1990.
102. *Le Petit Larousse*, Nouvelle, Paris, 1994.
103. *Terminologia educaţiei fizice şi sportului*, Ed. Stadion, Bucureşti, 1978.
104. *Dictionary of Sport Spince*, 1987.

CONTENTS

Intoroduction 1
Chapter 1 Movement - a manifestation form of the living world 7
1.1. Movement category and philosophical interpretations 7
1.2. Space and temporality in movement 13
Chapter 2. Importance and place of science in motor activities research 16
2.1. Brief history of the theoretical disciplines that studied human motricity 18
Chapter 3. Can we make up a theory of motor activites? 22
3.1. General considerations 22
3.2. Objectives of motor activities 30
Chapter 4. Human motricity-concept delimitations, structure elements 32
4.1. Motor activity concept 32
4.2. Explanatory theories of motor activities 34
4.3. Motricity level-motor capacity 40
4.4. Psycho-motricity concept 46
Chapter 5. Motricity - cause and effect 50
5.1. Physiological mechanisms 53
5.2. Motricity and adaptation 65
Chapter 6. Characteristics and laws of human movements 68
6.1. Determining factors of corporal movement 70
6.2. Laws of the corporal movements 71
Chapter 7. Theory of action - an alternative in human motricity interpretation 73
7.1. Action and event. Ontological status of motor actions 74
7.2. Motor action and motor behaviour 76
7.3. Multilaterality of human motor actions 79
7.4. Subject (agent) and object of motor actions 87
7.5. Motor task 89
7.6. Motor actions'goal 91
7.7. Classification of human and motor actions 96

Chapter 8. Scientific research methodology within motor activities theory . . . 100
8.1. Types of research . . . 105
8.2. Research methods . . . 107
8.3. Patterns of biomechanical analysis in human movements . . . 113
Chapter 9. Motricity - a phylogenetic and ontogenetic approach . . . 124
9.1. Phylogenetic aspects . . . 124
9.2. Ontogenetic aspects . . . 126
9.3. Theoretical perspetives in motor development approach . . . 128
9.4. Characteristics of motricity in different age stages (0-65 years old) . . . 131
Chapter 10. Motor learning . . . 150
10.1. General aspects . . . 150
10.2. Types of motor learning . . . 151
10.3. Motor skills . . . 156
10.4. Motor abilities . . . 159
10.5. Instructional design in motor learning . . . 164
Chapter 11. Motor activity, effort and fatigue . . . 184
11.1. Amplitude, orientation and characteristics of the effort . . . 184
11.2. Theories about fatigue . . . 193
11.3. Recovery role in motor activities . . . 199
11.4. Effort capacity . . . 202
Chapter 12. Physical exercise - a means to improve the motor capacity . . . 208
12.1. Contents and form of physical exercise . . . 210
12.2. Physical exercise, from automatic motor act, to operationalized act . . 211
12.3. Physical exercise as a regulating act . . . 213
12.4. Classification of physical exercises . . . 216
Chapter 13. Fitness - a synthesis of movement capacity (characteristics of speed, strength, endurance, flexibility, co-ordination and body composition) . . . 223
Chapter 14. Motricity- a form of inter-human communication . . . 250
14.1. Communication - concept, typology . . . 250
14.2. Corporal language and expressiveness . . . 254
14.3. Didactic aspects concerning communication through corporal language . . . 262
Chapter 15. Human motricity, form of expressing excellence . . . 266
15.1. Brief history of motor excellence . . . 266
15.2. Factors determining motor excellence . . . 270

FIŞA CĂRŢII

Cota ..... Nr. inv. 3094U Preț lei 35000

Autor A. DRAGNEA, A. BOTA
Titlu TEORIA ACTIVITĂȚILOR MOTRICE

Data împrumutului	Nr. permisului	Semnătura cititorului	Data restituirii	Semnă bibl
06.11	C 730			
30.08	C 3284			
[illegible]	C 327			
11.11	C 3058			
[illegible]	C 3205			
[illegible]	C 3252			
[illegible]	C 31			
[illegible]	—			
06.11				
2007/9 01				

Prin completarea fișei cărții de către bibliotecar, se asigură evidența împrumutului, se poate ști la cine se află volumul și de câte ori a fost citit.

100 lei

79
D 56

ADRIAN DRAGNEA AURA BOTA

TEORIA ACTIVITĂŢILOR MOTRICE

(educaţie fizică, sport, activităţi de timp liber, kinetoterapie, activităţi de expresie corporală)

Unchiului meu Costin ca îndemn pentru lupta continuă de [illegible] profesională!

A. Dragnea

7.10.2000
Bucureşti

UNIVERSITATEA VALAHIA
TÂRGOVIŞTE - ROMÂNIA
SEDIUL CENTRAL
Nr. inv. X29 508

EDITURA DIDACTICĂ ŞI PEDAGOGICĂ, R.A.
BUCUREŞTI, 1999

99. Weineck, J., *Biologie du sport*, Ed. Vigot, Paris, 1993.
100. Zamfir, C., *Metoda normativă în psihosociologia organizării*, Editura Ştiinţifică, Bucureşti, 1972.
101. *Enciclopedia Universalis*, Editeur a Paris, France, 1990.
102. *Le Petit Larousse*, Nouvelle, Paris, 1994.
103. *Terminologia educaţiei fizice şi sportului*, Ed. Stadion, Bucureşti, 1978.
104. *Dictionary of Sport Spince*, 1987.

CONTENTS

Intoroduction I
Chapter 1 Movement - a manifestation form of the living world 7
1.1. Movement category and philosophical interpretations 7
1.2. Space and temporality in movement 13
Chapter 2. Importance and place of science in motor activities research 16
2.1. Brief history of the theoretical disciplines that studied human motricity 18
Chapter 3. Can we make up a theory of motor activites? 22
3.1. General considerations 22
3.2. Objectives of motor activities 30
Chapter 4. Human motricity-concept delimitations, structure elements 32
4.1. Motor activity concept 32
4.2. Explanatory theories of motor activities 34
4.3. Motricity level-motor capacity 40
4.4. Psycho-motricity concept 46
Chapter 5. Motricity - cause and effect 50
5.1. Physiological mechanisms 53
5.2. Motricity and adaptation 65
Chapter 6. Characteristics and laws of human movements 68
6.1. Determining factors of corporal movement 70
6.2. Laws of the corporal movements 71
Chapter 7. Theory of action - an alternative in human motricity interpretation 73
7.1. Action and event. Ontological status of motor actions 74
7.2. Motor action and motor behaviour 76
7.3. Multilaterality of human motor actions 79
7.4. Subject (agent) and object of motor actions 87
7.5. Motor task 89
7.6. Motor actions' goal 91
7.7. Classification of human and motor actions 96

Chapter 8. Scientific research methodology within motor activities theory . . . 100
8.1. Types of research 105
8.2. Research methods 107
8.3. Patterns of biomechanical analysis in human movements 113
Chapter 9. Motricity - a phylogenetic and ontogenetic approach 124
9.1. Phylogenetic aspects 124
9.2. Ontogenetic aspects 126
9.3. Theoretical perspetives in motor development approach 128
9.4. Characteristics of motricity in different age stages (0-65 years old) . . . 131
Chapter 10. Motor learning 150
10.1. General aspects 150
10.2. Types of motor learning 151
10.3. Motor skills 156
10.4. Motor abilities 159
10.5. Instructional design in motor learning 164
Chapter 11. Motor activity, effort and fatigue 184
11.1. Amplitude, orientation and characteristics of the effort 184
11.2. Theories about fatigue 193
11.3. Recovery role in motor activities 199
11.4. Effort capacity 202
Chapter 12. Physical exercise - a means to improve the motor capacity 208
12.1. Contents and form of physical exercise 210
12.2. Physical exercise, from automatic motor act, to operationalized act . . 211
12.3. Physical exercise as a regulating act 213
12.4. Classification of physical exercises 216
Chapter 13. Fitness - a synthesis of movement capacity (characteristics of speed, strength, endurance, flexibility, co-ordination and body composition) 223
Chapter 14. Motricity- a form of inter-human communication 250
14.1. Communication - concept, typology 250
14.2. Corporal language and expressiveness 254
14.3. Didactic aspects concerning communication through corporal language 262
Chapter 15. Human motricity, form of expressing excellence 266
15.1. Brief history of motor excellence 266
15.2. Factors determining motor excellence 270

UNIVERSITATEA "VALAHIA"
TÂRGOVIȘTE - ROMÂNIA
SEDIUL CENTRAL
Nr. inv. X 29 508

400502 028070 40050
X29508

5 lei