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Feminin Football in the Physical Education and Sport System

Gheorghe Gabriel CUCUI¹

Abstract

Physical education and sport have become a true social phenomenon in modern society, which essentially seeks to improve the physical development and drive of individuals in order to improve their lives. The use of football game in the physical education lesson offers particularly favorable conditions for the complex development of students' skills and motor skills. As a field of bodily activities, it embodies the driving forces behind the physical education process: walking, running, jumping, and sometimes throwing in a wide variety of complexities. Also, practicing the football game contributes to the formation and improvement of coordinated movements, to the formation of the ability to engage quickly in the pace and pace of social activities, through the accumulation of some influences and positive effects with a sanotrophic and educational character. Being practiced in all forms of education, football produces some educational instructive valences, with beneficial results in the psychic, somatic, functional way, etc. The development of the football game highlights a special motricity, necessary for the aciclic execution of different technical components and tactical actions plus tactical combinations in a complex, random and heuristic setting. The complexity and diversity of game systems require the use of strategies designed to develop the tactical thinking and creativity of players, as well as teachers and coaches. In conclusion, all these formative valences of football play recommend it as an effective means of school physical education, which is why it is present in compulsory physical education classes and compulsory sports classes I - XII. As part of the training process, physical education has to find all ways and means through which to act in the direction of strengthening and maintaining health, the formation of a broad bag of knowledge,

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skills, and skills, as well as moral and will-moral education. In the case of practicing girls, it is necessary to implement the idea that, without proper orientation, selection and training in our country, there can be no quality female football that will rise to the international competition level, and all this can have a start in female school football, within the physical education and sports lessons.

Keywords: *Activity; female football; physical education and sport.*

1. Introduction

Since its inception to the present, football has been a long period of development and progress, both nationally and internationally. The stage reached by the evolution of the football game so far has led to the shaping of new ideas and solutions, established for the gameplay, the training system, as well as the training of the players.[1]

Soccer, even if it is considered a tough game, defined by force and dynamism a game for men, since 1920 began to organize and international women's football games.

How did the girls get to practice football? It is easy to guess: from passion, but also from the desire to affirm!

Female football is definitely a phenomenon that is in full swing. Both at the international level, but especially at the level of Romania. If there were less than 200 legitimate soccer players in Romania five years ago, now there are over 2,000.

Five years ago there were 8 female football teams in Romania, organized in one series in competitive, now there are 28 teams, organized on three levels.

In our country, from my point of view, female football is very poorly developed compared to other countries. At present, in Romania, I am:

- League 1 consisting of 10 teams;
- League 2 consisting of two series of 8 teams;
- League 3 consisting of two series of 6 and 8 teams respectively;
- Youth League U15 consisting of 6 series of 5 teams.

In Sweden, female football is organized as follows:

- Division I, with 12 participating teams;
- Division II, with two series consisting of 12 teams each;
- Division III, with ten series of ten teams;
- Folksan nationwide;
- The national junior championship for 15 and 16 years;

Local Competencies for Children of 8 Years with Tasks and Main Selection Objectives.

The women's football outside of our country is different and much better developed from all points of view, so that most boys teams also set up the women's football team today.

The top team of Romanian women's football in recent years is Olimpia Cluj, a group that manages performances at which male football fails to reach. This team, in addition to having won all titles in the last 4 years, has come to play in the Champions League.

I think that we should set up women's football junior centers and even compete at this level.

Also, an end point can never be made due to the evolution of the phenomenon and, implicitly, of the human nature, that desire for new and better transposition and football is due to the evolution and sometimes also changes the most intimate characteristics of the game.

Now at a higher level this sport requires the player to act as perfectly as possible during the game, from a psychological, biological, biochemical point of view, and so on. Beyond passions and rewards, football addresses profound human virtues: loyalty, honor, strength, intelligence, mastery; these qualities to all players make them become the embodiment of the ideals and passions of millions of supporters.

The changes in the current game refer to the orientation and structure of the game as a whole, to the posts, as well as to the dynamics with which the attacks pass from defense to the defense and vice versa.

Today, one can not speak of achieving a scientific training of the game without a detailed, quantitative and qualitative knowledge of the dynamic constituent elements of its unfolding in different competitive conditions, interpreting the game according to: the particularities of the players, the tactical conceptions approached, the place of the game, stake and factors involved in organizing and conducting the competition.

2. Theoretical Background

The football game has recently seen a rapid evolution and we could say, spectacular. The high level of results achieved at the current stage, especially internationally, can only be achieved by players / players whose performance capacity is particularly high and steadily increasing.

Psychological preparation for competition is a component of training, in addition to their physical, technical, tactical, iological, which is geared towards ensuring effective performance of the competition [2].

Motivation is the factor that activates, coordinates and guides all the actions and reactions of the athlete [3].

The motivation is based on all the needs and interests for sport performance [4].

Motivation determines the focus of attention and will support and support in an energetic way efforts to prepare and participate in contests [5].

Watching a game between two clubs or national teams today, we can not fail to notice the tendency for players in the field to score "faster than the opponent". Why this? In order to intervene faster than the opponent, it is a problem that can determine the outcome of the match. This situation has increased with the passage of time and continues to exert different effects on technique and tactics.

The field of technology has expanded a lot, and individual team and team tactics have also been enriched, increasingly diversifying solutions to solving various game situations. All of these have implications for all components of the training model of football players, which differ in age groups. Thus, in our country, the foundations of the football game were established at the end of the 19th century, thanks to the Romanian students studying abroad [6].

Soccer has now reached a much more spectacular level due to its many personal processes and forms of execution of the elements and of the action, with the emphasis on striking, taking over, dribbling and also managing the ball. Thanks to all the actions of the game and the accuracy of the actions, the perfection of execution often reaches an artistic level. In order for players to cope with space and time, they participate in the improvement of the technique.

The increasing demands force the players to self-indulge continuously, offering more and more, in all aspects, both training and, above all, better performances. By making some references to the training factors, we could emphasize the achievement of a high level physical training on the development of physical fitness as a whole, representing the support of the complex activity of all the players who can use all their technical-tactical and psychological qualities [7].

The complexity of technical actions is given by the number of technical elements. In contemporary football, these technical actions are simplified to give the course of attack or defense. For the game to be upgraded, players must learn and practice the action.

Today's football, as it is well known, is much more complex and harsher than the one in the past. We do not exaggerate if we assert that football at the current stage is a "total football". The continuous, rapid and

spectacular performance of sports performs the superlative football in the race, causing a whole series of changes, starting with the actual game technique and up to the most various methodological, pedagogical, social, psychological aspects.

The modern game is characterized by a constant movement of the players, through rapid attacks from the attack defense and vice versa, the increased maneuverability, through quick technical elements of finesse and efficiency, all subordinate to the purpose of the game.

3. Argument of the paper

The last decade has seen a vast drop in the number of children involved in the sport, and as a consequence, the decreasing number of coaches and clubs has had its effect on the country's results of late. This problem has sparked many different discussions and campaigns aimed at getting more children involved in sport activity. [8]

The emergence and development of female football nationally and internationally "is an extremely extensive theme, highlighting how women's football has developed since its appearance so far.

The changes in the current game refer to the orientation and structure of the game as a whole, to the posts, as well as to the dynamics with which the attacks pass from defense to the attacks and vice versa. Today, one can not speak of achieving a scientific preparation of the game without a detailed, quantitative and qualitative knowledge of the dynamic constituent elements of its deployment in different competitive conditions, interpreting the game according to: the particularities of the players, the tactical conceptions approached, the place of the game, stake and factors involved in organizing and conducting the competition.

The football game enjoys: beauty, elegance, strength, dedication. Moments of suspense created in some unpredictable situations, increase attraction and participation in "show".

4. Arguments to support the thesis

Football, the most widely spread sport discipline in the world, has since its emergence and today has been a long period of development and progress.

This true social phenomenon, called the "football game", has led to numerous studies and researches addressing its most varied aspects, from methodical to physiological and psychological.

Women's football has earned a safe place between performance sports. This proves that the rate of football among girls has increased considerably in recent years, as well as the many international competitions organized for different age groups [9].

The beginnings of female football are reported between 960 and 1297 in China under the Tang and Song dynasty.

Between 1694 and 1911, Qing Dynasty banned the practice of female football. It was not until 1920 that the Chinese women's football was rejuvenated, being practiced in schools on the South East coast and encouraged by the authorities.

After 1980, female football has a real organization and development. Thus, in 1981, in Chuxiang Fuxan province, the first international women's football tournament was organized, attended by 11 teams.

The year 1982 is the official date of the Chinese women's football discipline as sporting discipline, materialized by affiliation of the teams to the specialized federation, 27 teams in 1983, 35 teams in 1986.

In 1986, a women's football tournament takes place across China, with the participation of 16-year-old players. Also this year, the national women's football team participates in two international tournaments in Europe and has the first presence in the Asian Games, which it wins.

Sweden is one of the first initiators of female football in Europe. The activity began in the 1970s by setting up clubs across the country that played regional evenings.

In 1973, the first national championship was organized and the first international game with the Finnish team was played.

In 1978, the Swedish Specialized Federation took over the female activity, recognized and officially recognized the Women's National Championship.

Developing and increasing the value of Swedish women's football has materialized through a series of outstanding performances:

- 1984 - winner of the European Championship's first edition;
- 1987 - 2nd place in the 2nd edition of the European Union;
- 1988 - 2nd place in the FIFA World Tour, held in China;
- 1989 - 3rd place in the 3rd European Championship;
- 5 times winner of the Scandinavian women's championship;

The popularity and development of Swedish female football is on the rise. Thus, if in 1970 there were only 725 legitimate players, in 1990 the number of players was 33 000. This figure adds another 40 000 girls who work in the group and teams with juniors under 15 and who, after the selections will be recommended for participation in official competitions.

Norway, one of the Nordic countries with a well-organized, developed and refined football, has succeeded in imposing itself internationally and has achieved remarkable results.

As a historian, Norway has won its first international game in 1978 with the national team of Sweden. She has an impressive record:

- 1987 - Wins 2nd European Championship;
- 1988 - Wins the World Championship FIFA, held in China;
- 1989 - 2nd place in the European Championship 2nd edition, after the German team, and in 1991 he will be the same place after Germany;
- 1991 - takes second place at the first World Championship.

And Germany is among the European countries with a rich experience in female football.

- In 1970, the women's football discipline became official;
- In 1974 the first women's championship final is organized;
- In 1981 the first Women's Cup of Germany is organized and completed
- In 1982, the first international official game with the Swiss team was won, 5-1;

Internally, the activity takes place with the participation of a number of 521 029 legitimate players, in the number of 3 109 affiliated teams;

Denmark, another pioneering Scandinavian country of European female football, began its activity around the 1970s. This year, the Danish club Femina in Copenhagen played in an unofficial world championship with Italy in front of 65,000 spectators, a match won 2 -0.

On July 27, 1974, Denmark played the first international feminine match with the Swedish team.

Internationally, Denmark is represented in competitions by the national team of youths, the youth team up to 20 years and juniors up to 16 years.

The financial support of the Danish national female teams depends on the performance of the male national team; a certain percentage is allocated for the development of feminine football.

In Denmark, female football is ranked third in 1991 among women's sporting disciplines.

Brazil, with a strong performance in female football, has achieved fewer favorable results.

Brazilian women's football came into being in 1981, when the first domestic tournament was held.

In 1988, the Brazilian national team supported the first international game in the national team of Spain. Most Brazilian team players came from Clubuk Radar.

In 1983, the first national women's football championship in Rio de Janeiro was officially dominated by Radar Club, the team that won six championship editions.

Concerning the organization of internal competitive activity, only two states are local champions. The best teams of these states play in the national championship for the Brazilian Championship Team.

In New Zealand, women's football has been born since 1975, when the senator's representation participates in Hong Kong at the Asian Confederation Cup, which she wins.

In 1980, he became a founding member of the Oceania Women's Football Association alongside Papua New Guinea, Australia, Fiji. The Association decided that every three years to organize an international tournament.

The domestic activity is organized, guided and controlled by the New Zealand Women's Football Association, which operates independently, but cooperates with the specialized federation to conduct national championships.

Currently, the number of players is on the rise, which highlights the puzzlement of this sport, with football heading to the 2nd place in the sports disciplines.

In Italy, the National Italian Fever is only responsible for the national youth and youth teams up to 20 years of age for enrollment in international competitions and to ensure the preparation and development of international games.

In 1991, the number of legitimate players reached about 10,000.

In Japan, the first national championship was organized in 1980 with the participation of 16 teams.

On June 11, 1981, Japan's national team backed its first international game with Thailand.

The development of Japanese female football is due to the ever-increasing numbers of players and teams. Thus, in the years 1978-1980 there were 52 affiliated teams and 919 legitimate players. In the period 1990-1991, the number increased to 573 affiliated teams and 573 992 legitimate players.

For 1991, the national team's representative had an international calendar that provided for the dispatch of 17 games, but felt the lack of qualified coaches and referees.

Nigeria, representing Africa at the first World Championship in 1991, was considered the youngest team. Players have exhibited interesting physical and technical qualities, but as the lack of experience has said their words have not achieved any outstanding results.

Today, the USA - the world champion in 1991, has more than 6 million legitimate players working in the national three-region championship. Sweden - has over 33,000 legitimate players, and female football is ranked first in popularity.

Bulgaria, officially also feminine football in 1987, competition activity where over 600 legitimate players are present.

The Bulgarian football federation, organizes and guides the activity of female football.

Referring to international activities, the team also participated in many international tours: Varna, Cagliari-Italy, Riga-Latvia, Moscow etc.

In Hungary, female football has emerged since 1970, the same year as the first official championship. The players were selected from the handball team, having advanced ages. The activity took place in clubs, especially in Budapest.

In 1985, feminine football is officially officiated within the Hungarian football federation.

In 1984, the Budapest team participated in a tournament organized in Italy.

In 1895, England's women's football teams from the British Ladies' Football Club were already attracting thousands of spectators, but at the time of the photos, the victors were shocked by the show that women dressed in pants who were running on the field after a ball.

A newspaper of the day wrote about women's football matches: "Young women are a beautiful presence on the ground, which is largely due to the colorful uniforms they wear, but also to the delicate way in which they move."

For Victorians, a woman wearing pants and a blouse instead of a bodice and dress was unusual, even shocking for the most conservative of them. The men were so enthusiastic about the women's soccer matches that they crammed and trampled on their feet to get as far ahead as possible to see them better.

The 1970s can be considered the beginning of female football in Europe (Sweden, Norway, Denmark, England, the Netherlands) and New Zealand. Many countries, in order to raise their level of competition, have resorted to introducing female football to schools, organizing competitions at this level and calling for qualified coaches, widening the selection range to 11-12 years.

After 1980 he has modern forms of organization and practice.

Many countries, in order to raise the level of competition, have resorted to introducing female football into schools, organizing

competitions at this level. Thus, school championships were organized on ages (10-12 years, 12-14 years, 14-16 years, 16-18 years) countries like: Italy, Norway, Poland, Denmark, Germany, France mixed teams, ie boys or seniors), England (4,000 school teams between 12-16 years old), Japan, USA (the national championships), China (in 1988 the national school team wins the world title in Belgium), Sweden (local school competitions from 8-15 years.) For the age of (15-16 years is organized the National Championship), Russia (school championship with 100 teams).

In order to increase the value of female football, most of the Western countries have called for qualified coaches, widening the selection range to the junior age (16-18 years), conducting a training process appropriate to modern football.

Today, the USA - the world champion in 1991, has over 6 million legitimate players working in the national championship on three geographical regions. Sweden - has over 33,000 legitimate players and footballulfeminin is ranked I as popularity. China - since 1980 it has become an international force in female football. Their national division comprises 12 teams. The rest of the football activity takes place in 2nd, 3rd and 4th divisions. Germany - celebrated female football in 1970 and has over 520,000 legitimate players active in over 3,000 teams.

The national championship consists of two series of 11 teams. Regional championships are organized for girls and juniors [9].

In Romania, the Romanian Women's Football Federation was founded in 1990 and has more than 40 clubs (about 1,000 legitimate players), organized in a series of A division with 12 teams, and three B series, also with 12 teams each. As a result of the selection and training difficulties, the number of teams participating in the National Championship has dramatically reduced. between 2000 and 2005, there were only 8 teams (ie, about 200 players) affiliated, and the women's national football championship was based on geographic areas. Basically, there were two groups: south and north, each with 4 teams each, the Romanian champion deciding on the disputes of play-off. From the 2005-2006 competition year, with the addition of 4 other teams, it was decided to switch to the round-trip system, also existing in male football. However, the champion of Romania is also deciding on the play-off disputes (Gidu, 2006).

At present, female football is an Olympic sport that has a well-established international competition system, both at the level of juniors and juniors. Although football does not require much different skills than other sports games, "good footballers appear especially where the family, the circle of knowledge and the wider community of the individual, believe in the utility, the opportunity of football, displaying a true cult for this activity."

In countries where female football has achieved notable successes internationally (Netherlands, France, Germany, Norway, USA), primary selection takes place around the age of 6-7 years.

The current level of international football players is placed between the high levels of skill, strength and speed, with the continuous growth of technical virtuosity and the foundation of a harmonious psio-physical development.

With the establishment of the first female soccer associations in the 1970s, the perception changes. Football up until then was similar to exercise. This year, Italy became the first country with professional female football players, and in 1989 Japan became the first country with a semiprofessional player league, present today.

This sport in the early 1990s in the UK draws to a women's football game 50,000 spectators.

The Football Federation of Romania and the leadership of the Ministry of Sport decide on April 5, 1990, the practice of women's football. A Central Committee for Women's Football is set up with the task of organizing, coordinating and overseeing the activities.

It is important to point out that the organization of the first National Women's Camponat was preceded by the "Liberty Cup", a tournament involving teams from the country and which, depending on the places occupied in the final classification, were distributed in Division A (12 teams) and Division B (24 teams).

The women's national team was invited in June 1990 to an international tournament, winning the tournament and representing the first international affirmation. There have been more and more confrontations with valuable national teams at European level and in 1991 the team participates for the first time at the European Campaign, where it is ranked 11th.

Women's football activity has now become a strong social phenomenon, with the implications being demonstrated in female games in participating in numerous tournaments.

Since the beginning of the 21st century, female football, as well as male football, has started to grow, both in terms of number of teams registered, popularity and increase in the number of professional leagues.

In 2015-2016: Level 4, the basic football for girls U14 and U12 is organized at the level of the AJFs in each county.

At present, in Romania, in the 2017-2018 season are:

- League 1 consisting of 10 teams;
- League 2 consisting of two series of 8 teams;

- League 3 consisting of two series of 6 and 8 teams respectively;
- Youth League U15 consisting of 6 series of 5 teams.

If in the year 2015 there were about 3,000 legitimate players, we currently have more than 5,000 legitimate players at AJF and FRF and around 50,000 practitioners, and here we refer to school concierge (ONSS, Tymbarc Cup, Gymnasium, Championship University).

In addition to the evolution of female football in Romania, we note that at present Romania is represented by the National Teams.

In recent years, women's football is of great interest, the primary goal of UEFA is that by 2022 soccer will be the number one sport of women.

CM Women's Football is the most important international football competition for girls. Additionally to the one reserved for boys, the World Cup for girls, has been held four in four years between the national teams of the FIFA member states. The first Worlds Cup Women tournament took place in 1991, sixty-one years after the first final tournament for boys

With such an organization and such statistical data behind, we believe that women's football should be included in development strategies at the level of decision-making bodies in our country.

5. Arguments to argue the thesis

Being practiced in all forms of education, football produces some formative valences, with beneficial results on the plans: psychic, somatic, functional, etc.

Football as a scientific discipline through its own research object, research methods, own research field, etc.; with its own theory and methodology, underpinned by the theory and methodology of physical education, is the subject of field research by interdisciplinary teams.

Most coaches in other disciplines use football as a means of heating, relaxing, physical training, etc. Most coaches use it not only because of simple rules and equipment materials that are very easy to obtain, but also because football includes all spheres of motor, emotional-psychic, moral nature, etc.

The football game can be used very effectively in preventing and correcting certain postural or physical retrieval deficits. By the moves that football uses, they can very well prevent and correct certain physical deficiencies. But the most important thing is the psychic effect on the

individual. Through its many educational, corrective and formative spirits, football also falls into the category of sports associated with physical therapy.

Due to its popularity, football has become an effective means in both political and social spheres.

Educational goals consist of gaining self-esteem as a result of highlighting the ability to meet the demands that the team's results depend on. Also, team play also involves communication skills.

Social valences can translate into the ability to relate to others, team integration. Through football, being a team play, it helps to develop interpersonal relationships as well as to cultivate communication skills. Also, through this sport, we can consider it beneficial to overcome both physical and psychic limits.

Both nationally and internationally, football enjoys popularity, and with the fact that this sport is practiced on a regular basis, it makes all children attractive, trying their skills in this area, and by the fact that they succeed in certain executions good, yielding and receiving praise from coaches, it causes them the will to increase their attempts and progress.

There are different motives for young people motivating them to make sacrifices to become performance footballers. Many of them see this sport a much more interesting life, having the ability to travel, play high-level teams alongside famous players, and even get to represent the country.

Football game can be practiced and misguided as play, entertainment, recreation. From small ages children try to imitate their idols in different ways of technical elements and procedures. It is important that through this sport, until they reach an organized activity, they develop and shape their behaviors, but also the psychic and the will.

The presence of football in schools can bring many benefits to students, educating both discipline and respect for the teacher, colleagues, adversaries. It also can develop team spirit, physical and mental resistance as well as dedication. Involvement of a student in a sporting activity implies a responsibility, and he wishes to achieve his / her goals.

The competition, the official game, is the examinations of the assessment of the biometric and technical tactical capabilities of each player and the team, demonstrating that the level of performance may be exceeded.

Increasing performance capacity is determined by continuous improvement of selection strategies by using selection models. These models take into account the following:

- Selection strategies meet the requirements for optimal age for selection.
- The scientific advancement of sports training by conducting the training process.
- Training training according to the competition requirements.
- Restoring effort to respond to new competition requests.
- The rationalization and standardization of training means are methodological measures taken in the process of objectivizing training and competitions.

Sport information is the basis for inspiration and comparison to identify performance moments and provides benchmarks for defining the athlete's training path as well as for shaping it as a bio-psycho-social structure.

Through this research we wanted to identify the important moments of the evolution of the activity

6. Dismantling the arguments against

People are looking at football for the show, for the dynamics, for adrenaline from here, and the main interest in increasing the value of the show.

The more interest the fans, the press, the influential, the more effective it is to attract as many people as possible to the sport.

From the above, it turns out that the development of female football in our country is increasing, positive aspect, taking into account the benefits of practicing physical, mental and functional exercise.

7. Conclusions

Sport is considered the main reason for a healthy life. From early ages there should be programs and policies to attract the child to love and practice the sport.

For the development of the women's football field, we consider that measures taken at the level of the FRF are necessary to take place within the

professional football clubs in Romania that are active in the first two Leagues, women's football teams, to participate in competitions.

By creating competitions at the level of the juvenile feminine football, it will be possible to co-operate as many individuals as possible in sports activities with gains on the subsequent social life.

Physical activity being considered very important for harmonious physical development should be implemented from early ages among all sexes indifferent to the adoption of a healthy and active lifestyle and to enhance the selection area for performance sports.

A pyramid organization of women's football activity as well as the implementation of a management based on scientific foundations will lead to the development of female football in Romania.

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