



WEB OF SCIENCE

STUDY ON CARDIO-RESPIRATORY ADAPTIVE MECHANISMS FOR PERFORMANCE ATHLETES WITH PHYSICAL DISABILITIESVIZITIU Elena¹, CONSTANTINESCU Mihai¹, SILIȘTEANU Călina Sînziana^{1,2}Editor: Constantin MUNTEANU, E-mail: office@bioclima.ro

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Abstract

Introduction. Recently, there has been emphasis on the problems encountered by performance athletes with physical deficiencies of the spine. The aim of the paper is to raise awareness to coaches about the physical problems, especially of the spine in swimming athletes aged 10-12 years and the development of kinetic programs on land in order to correct them.

Material and methods. There is intensive research on the effectiveness of kinetic programs as means of correction, and in this regard, we propose a selection of the most efficient exercises in order to correct deficiencies acquired by swimmers, as well as the modification of the functional parameters of the cardiorespiratory system during their preparation.

Results. As for the estimation of the adaptive possibilities of the cardio-respiratory ability, hence the need to apply a complex of tests in order to assess the athletes' effort ability. For this purpose, We will submit the performance group from the University Sports Club of Suceava whereas the recovery programs will be held in the Complex of Swimming and Kinetotherapy in Suceava.

Conclusions. . In order to point out the need for kinetic correction programs, the coach must work in collaboration with the sports doctor and with the physiotherapist in order to prevent possible deviations from normal somato-functional values.

Keywords: *physical disabilities, swimming athletes, kinetic recovery program*