

NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND  
SPORTS, BUCHAREST

# DISCOBOLUL

*Physical Education, Sport and Kinetotherapy  
Journal*



## Index Coverage of Discobolul

**ERIH PLUS, CROSSREF, EBSCO, DOAJ, Index Copernicus,  
Journals Master List, SCIPRO, Romanian Editorial Platform,  
J-Gate, DAIJ, The Journals Impact Factor (JIFACTOR),  
OAJI.net (Open Academic Journals Index),  
Google Academic**

**APPEARS QUARTERLY  
Year XVII, Volume 60, Issue 3  
September 2021**

**ISSN (online) 2286 – 3702; ISSN–L 1454 – 3907**

**[www.discobolulunefs.ro](http://www.discobolulunefs.ro)**

**Copyright © 2021 by *Discobolul* Publishing House  
All rights reserved**

## CONTENT

Study on approaching the compositional criterion in group rhythmic gymnastics for junior representative teams Mihaela MANOS, Lavinia POPESCU .....	208
Opportunities and constraints in online physical education Ioan AUGUSTIN, Nicu OLOGEANU, Doina CROITORU .....	223
Analysis on the vulnerabilities of middle school students in Mehedinți county Dan BADEA, Alina MOANȚĂ, Gheorghe GRIGORE, Virgil TUDOR, Ana-Maria MUJEA, Cristina VĂRZARU .....	232
Predictors of superior performance in coaches – the role of A-trait Radu PREDOIU, Alexandra PREDOIU, Ryszard MAKAROWSKI, Andrzej PIOTROWSKI, Raluca PELIN, Georgeta MITRACHE .....	243
Current trends in the training of elite judo athletes Laurențiu BOCIOACĂ, Aurel MARIN .....	254
The duration of technical elements in rhythmic gymnastics jumps – a longitudinal and correlational study Ștefania CHIRIAC, Silvia TEODORESCU, Aura BOTA, Mariana MEZEI .....	265
Motivations for the training effort of Romanian masters athletes Daniela BABA, Lorand BALINT .....	280
Determining the risk of disease based on Body Mass Index in higher education Ionuț CORLACI, Adina GEAMBAȘU, Oana IONESCU, Ana Maria GAVOJDEA .....	294
Professional responsibility of coaches Alexandru-Virgil VOICU, Rareș STĂNESCU, Bogdan-Iosif VOICU .....	307
Football in the third wave of the COVID-19 pandemic – considerations regarding competition organization Ciprian PANAIT, Jeferson COLARES .....	328

The beneficial effects of dryland training on prepubertal swimmers – a case study

Sonia ALBU ..... 338

The importance of using circuit training in the development of speed endurance, agility and body control in male U17 handball players

Narcis CRISTEA-MIC, Sorin ŞIMON, Liana Maria COSTEA ..... 348