The impact of kinetoprophylaxy in fitness movements

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The posture and correct movements during fitness exercises are an important goal in primary kinetoprophylaxy. The effects of physical exercise are multiple and they influence the human morphological, neuropsychical and functional levels. Primary kinetoprophylaxy in fitness movements’ aim: posturing; increase of relaxation capacity; re-establishment of the correct alignment of the body; regaining of strength and muscular endurance; recovery of coordination, motor control and balance; correction of respiratory deficit; reeducation of sensitivity and; optimizing the effort capacity. An important goal of primary kinetoprophylaxy is to make the fitness instructor aware of the importance of correct posturing and movements during workout aiming to prevent muscular and joint injuries. Primary kinetoprophylaxy in fitness must focus on performing movements related to the joint structures, length of the moving segment of the body, muscular tonus, age, complexity and 3D movements. Our study on 80 fitness instructors performed in 2015, aimed to identify and correct the fitness movements. The research applied a worksheet containing 50 fitness initial positions and movements which include the most frequent errors in execution. The study highlights a medium level knowledge of correct posture and of the instructors’ capacity to identify and correct the movement errors. The impact of primary kinetoprophylaxy targets to optimize the physical fitness and health through correct physical exercises applied to the individual particularities of the subjects.

Biography

Dana Badau is working as a full Professor at the University of Medicine and Pharmacy of Targu Mures, Department of Human Motor Sciences and Department of Physiokinetotherapy. She completed her PhD in 2005 at Transilvania University from Brasov and her Habilitation in 2015 at Babes-Bolyai University of Cluj-Napoca. She is the President of the Romanian Federation Sport for All and member of several national and international academic and professional associations. She has published more than 80 papers in indexing journals and conference proceedings and has been serving as an Editorial Board Member of repute.

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