

THE MANAGEMENT OF MAINTENANCE AEROBICS AND PILATES PROGRAMS FOR ADULTS

SUMMARY OF THE PhD WORK

The target of this PhD Work was to cast a spotlight on the concern for the improvement of the quality and efficiency of teaching various physical exercises with a sanogenetic purpose and, as a consequence, on the growth of adults' life quality. At the same time, by choosing this topic, "Management of Aerobics and Pilates Classes for Adults", our intention was to emphasize how important it is to grow on a professional level, which helps, up to a certain point, changing the way of thinking and acting as a teacher, the final goal being a higher efficiency of the performed sports activities by saving energy and, of course, resources.

The first research hypothesis from which we started was that: *restructuring the process of designing the Aerobics and Pilates programs by following the pattern of the praxiological chain: goals – contents – strategies – evaluation, will guarantee the efficiency of these programs in terms of optimizing the somatic, motor, psychomotor and functional parameters of the subjects.* **The second hypothesis** was that *the means contained in the Pilates programs complement optimally those of the Aerobics programs, inducing complex effects on the strength of the stabilizing core, balance, coordination and mobility.* **The third hypothesis** was that *by fully exercising the managerial functions when implementing the Aerobics and Pilates programs, their efficiency is fully guaranteed.*

The subjects sample consisted of 40 individuals, all females, who expressed their desire to do Maintenance Aerobics and/or Pilates. On the basis of individual characteristics and preferences, they were divided into two groups, as follows:

- **the control group** (20 subjects) was included in a **classic Maintenance Aerobics program**, with three classes a week;
- **the experimental group** (20 subjects) followed a **combined program, of Aerobics and Pilates routines**, of own conception, again with three classes a week, phased and combined differently, depending on the objectives of each training stage.

The PhD work is divided into three parts:

Part I - theoretical foundation, comprises 5 chapters, in which we approached a number of theoretical issues learned from the study of national and international literature.

Part II - consisted of an extensive preliminary study on the identification of the adult clientele interested in practicing systematic Maintenance Aerobics and Pilates routines in their leisure time.

Part III - revealed the personal contributions to optimizing adults' health through managing the Maintenance Aerobics and Pilates programs of own conception.

As for the conclusions drawn from the experiment, we can assert that in 74% of the parameters the experimental group achieved significant progress compared to the control group, due to the Aerobics and Pilates routines designed by us, which confirms the research hypothesis no. 1.

This progress was more obvious in the case of the motor and psychomotor tasks, due to the introduction of the independent variable, naming here the means specific to Pilates routines, which confirms research hypothesis no. 2.

Although there are no significant statistics, the differences between the circumstances of the two groups also occur in the case of the other 8 parameters, for which the null hypothesis has been accepted while the research hypothesis have been rejected, the progress being noticed again in the case of the experimental group.

By confirming the first two working hypothesis, the Maintenance Aerobics and Pilates programs designed by ourselves proved themselves to be very efficient. We believe that this would have been impossible without a full exercise of the managerial functions in the implementation of those programs. This fact confirms hypothesis no. 3.

KEY WORDS: management, programs, Aerobics, Pilates, adults.

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