



### Lecturer ADELA BADAU Ph.D.

I am head of Discipline of Physical Education at Department M2, Faculty of Medicine, University of Medicine and Pharmacy of Tirgu Mures, Romania.

My topics of interest are: aqua gymnastics, swimming and physical education.

My motto: "Sometimes you have succes.....and sometimes you just learn" (Robert Kyosaki).



### Aqua gymnastics

The topic of ITW 2017 will be focus on practical lesson of aqua gymnastics and aqua-pull-push gymn.

The introduction of technological innovations in materials and sports facilities induce multiple effects such as: various efforts to carry out motor tasks, increasing the attractiveness and active involvement of students in performing motor tasks, programs diversification, etc., all this being a response to modern trends of efficiency increase in education.

Aqua-gym represents one of the modern trends of physical exercise practice through the combination of various simple and complex action systems, adapted to the positive influences of the water environment and by using materials such as: sticks, ankle sandbags etc.

