

VOLLEYBALL AT THE BUCHAREST UNIVERSITY OF ECONOMIC STUDIES

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Abstract

Volleyball in universities is a popular and widespread activity that brings students together around sports values and promotes social interaction. Many universities organise internal volleyball competitions and championships for students, promoting competition and team spirit. Participating in university-level volleyball brings physical benefits, develops motor skills and coordination, and contributes to social connections and the formation of friendships among students. In some universities, the representative women's and men's volleyball teams participate in national university championships, competing against other academic institutions to achieve remarkable results. Additionally, the involvement of faculty members and coaches in the training and coordination of representative teams is essential to their success and performance. Volleyball in universities offers students the opportunity to develop both athletically and personally, promoting values such as fair play, collaboration, and perseverance. By participating in this activity, students can experience the joy of competition and achieve notable accomplishments both nationally and internationally, proudly representing their higher education institution.

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1. Introduction.

The game of volleyball was invented in 1895 by William G. Morgan, a physical education professor from the United States. He aimed to create a new and fun sport that would be an easier and less violent alternative to basketball.

The history and development of volleyball can be divided into the following stages:

1. Invention of volleyball: In 1895, William G. Morgan invented the game of volleyball at the YMCA (Young Men's Christian Association) in Holyoke, Massachusetts. Initially, the game was called "Mintonette." The first volleyball was larger than the one used today, and the initial rules were less restrictive.

2. Development and popularisation: Volleyball started to rapidly develop and gain popularity among sports and educational organisations in the United States. In 1896, the first volleyball association, called the "United States Volleyball Association" (USVBA), was founded.

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3. Internationalisation: Volleyball began to spread internationally. In 1947, the International Volleyball Federation (FIVB) was established to coordinate and regulate the game globally. In 1964, volleyball was included in the Olympic Games program.

4. Over time, the rules of volleyball have changed and evolved to make the game more dynamic and appealing. Rules regarding the number of team touches, player rotation, scoring system, and others have been introduced. The playing techniques and strategies have also advanced, leading to the development of modern volleyball.

2. Discussions

Volleyball among students represents a popular and widespread activity within university communities. Volleyball is a team sport that involves two teams with six players each, trying to send the ball over a net and make it touch the opposing team's floor. The objective of the game is to score points by directly earning them or by forcing the opponent to make errors. The ball is played using specific hitting techniques, with each team being allowed only three hits.

Here are some relevant aspects of volleyball among students:

- Physical and social benefits: Volleyball is appreciated among students due to the benefits it brings. Participation in this sport can help improve overall physical fitness, develop coordination and motor skills, as well as create social connections, and form friendships through interaction with other players and teams.
- Student volleyball follows the general rules of volleyball set by the International Volleyball Federation (FIVB). These rules include the number of players on the court, the match format, the scoring system, and others.
- Student volleyball can vary depending on the level of competition. There are recreational teams and competitions where anyone can participate to have fun and enjoy the sport, as well as teams and competitions with a higher level of difficulty, which may include more experienced players and intense training.
- Many universities organise internal volleyball competitions and championships for students. These can be organised by the faculty or even within university student leagues and associations, and may include regular matches, tournaments, and even national competitions between different academic institutions.
- Student volleyball can cover a wide range of performance levels, from amateur and recreational teams to elite teams with high-quality players and regular training. The level of competition may vary depending on the university and the type of event being participated in.



- At the highest level, volleyball is represented by university representative teams, where experienced and performance-orientated players can be found, as well as championships organised at the municipal and national levels by the respective ministries.

It is interesting to mention that volleyball has had a significant presence within the Bucharest University of Economic Studies, specifically in the Department of Physical Education and Sports. It is noteworthy that volleyball has been included in the curriculum and taught during physical education classes, demonstrating the importance given to this sport in the academic environment.

Such initiatives and efforts contribute to creating a favorable environment for the development of students' sporting abilities, while promoting the benefits of physical activity and teamwork within the ASE.

The establishment of representative teams for both girls and boys, which have participated in national university championships, showcases the commitment and level of involvement of the University in sports development and the promotion of sports competition among students.

It is also worth mentioning the work of the professors in the Department of Physical Education and Sports, such as Crișan Elena and Paicu Vasile, who have been responsible for leading the representative volleyball teams for girls and boys, respectively. Throughout their extensive careers, they have achieved notable accomplishments. The involvement of the teaching staff in the formation and coordination of the teams demonstrates their dedication to promoting sports and supporting students in extracurricular activities.

The representative women's volleyball team of the Bucharest University of Economic Studies (ASE) has participated annually in the national university championship, where the first place at the capital level was always fiercely contested between ASE (an economic profile university) and U.N.E.F.S. (a sports profile university). In addition to the national championship, the women's volleyball team has had numerous participations in international events, such as:

- In 1991-1992, the European Tournament of Economic Faculties took place in Antibes, France, where ASE won first place, emerging as the champions of the competition.

Since the year 2000 and up to the present, the team has been led by Cristina Filip. Throughout this time, the team has included numerous students from various faculties within the Bucharest University of Economic Studies, some of whom have even been part of professional volleyball teams but chose to represent the University where they pursued their studies in order to achieve top results. Over the course of these 20 years, ASE has qualified for the national final tournament 17 times, earning the national bronze medal on four occasions. It is particularly notable that the University, as a non-specialised volleyball faculty, has successfully competed against other teams specialised in this sport.



The efforts and dedication of the athletes who have been a part of the team are praiseworthy. The fact that they proudly represented their faculty demonstrates their commitment and loyalty to the institution. Moreover, their determination and sacrifice in competitions demonstrate their dedication and team spirit.

It is important to mention the most representative students from the volleyball team who effectively balanced academics with high-performance sports:

- Neagu Andra – Management
- Neagu Oana – Management
- Gherghiceanu Florentina – Management
- Olaru Oana – FABIZ
- Țiucra Cosmina – Management
- Neamu Cristina - CIG.
- Armeanu Ana-Maria - CSIE
- Irimia Alexandra Mihaela - CSIE
- Bournazou Alina Alexandra – CIG
- Florescu Cristina - CSIE
- Dragomir Ana-Maria - FABIZ
- Dinu Alexandra – Marketing
- Florea Cristina – Marketing
- Stan Ioana - CSIE
- Zăinescu Alexandra - CIG
- Matei Mariana - CIG
- Alexandru Adriana – Management
- Dulău Maria - Management

Here are the achievements of the women's volleyball team from the Bucharest University of Economic Studies at the national level:

- 3rd place in the National University Championship Final Tournament, Bacău, 2003.
- 3rd place in the National University Championship Final Tournament, Bacău, 2004.
- 3rd place in the National University Championship Final Tournament, Bacău, 2006.
- 3rd place in the National University Championship Final Tournament, Bacău, 2007.
- 4th place in the National University Championship Final Tournament, Bacău, 2010.
- 3rd place in the National University Championship Final Tournament, Bacău, 2013.
- 1st place in the University Championship, Bucharest phase, 2013, organised by the Bucharest Municipal Volleyball Association.



- 4th place in the National University Championship Final Tournament, Bacău, 2016.
- 2nd place in the University Championship, Bucharest phase, 2019.
- 3rd place in the University Championship, Bucharest phase, 2023.

These achievements demonstrate the competitive prowess and consistency of the women's volleyball team from the Bucharest University of Economic Studies at the national level.



The representative volleyball team of the Bucharest University of Economic Studies – 2023

3. Conclusion

In conclusion, these achievements are a testament to the importance of promoting sports activities in the academic environment and the benefits that sports bring to students. Student volleyball is a popular activity that provides physical, social, and entertainment benefits. Student volleyball is a popular way for students to engage in sports activities and develop their volleyball skills. It provides opportunities for socialisation, competition, and promotes teamwork in a university setting.

The aforementioned students can serve as examples for their fellow university colleagues, showcasing how they have successfully managed the challenges of both the academic and sports environments. They can be role models who motivate and inspire others to follow the same path.



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