

Papers submitted for the YPOM conference

1. THE DEVELOPMENT OF THE MUSCLE ELASTIC STRENGTH ON SPRING ATHLETES, **BONDOC-IONESCU A., BONDOC-IONESCU C.**
2. STUDY ON THE DEVELOPMENT OF GENERAL AND SPECIFIC MOTOR SKILLS IN THE U12 GROUP IN ALPINE SKIING, **CĂTĂNESCU A.C.**
3. RECOVERY OF QUASI-TOTAL RUPTURE OF THE MEDIAL COLLATERAL LIGAMENT AT A HANDBALL PLAYER, **FÎNTÎNĂ R., CURIȚIANU I.**
4. CONTRIBUTIONS TO THE EVALUATION OF PHYSICAL TRAINING FOR STUDENTS SPECIALISED IN ALPINE SKIING, **GROSZ W.R.**
5. STUDY OF THERAPEUTIC MANAGEMENT IN LOWER LIMB PEDIATRIC TRAUMA, **MÎNDRESCU V., MEDVID A., HAKMAN A., CRISTEA F.**
6. THE IMPORTANCE OF KINETOTHERAPY IN RECOVERYFLAPY PARAPLEGIA IN YOUNG ADULTS, **CIOROIU S.G.**
7. THE ROLE OF MOVEMENT GAMES IN THE EDUCATION OF SPEED INDICES IN THE PRE-UNIVERSITY SYSTEM, **NECHITA F.**
8. THE ANALYSIS REGARDING THE IMPORTANCE OF PHYSICAL CONDITIONS AT THE LEVEL OF JUNIOR BASKETBALL PLAYERS, **TOMELE S.C., NEAMȚU M.**
9. STUDY ON THE ROLE AND BENEFITS OF USING WATER EXERCISES IN THE TRAINING OF JUNIOR BASKETBALL PLAYERS, **TOMELE S.C., NEAMȚU M.**
10. STUDY REGARDING THE PRIMARY SCHOOL PUPILS' MOTOR SKILLS LEVEL AFTER REPRISING THEIR PHYSICAL COURSES, **ABABEI C.**

11. THE PARENT - CHILD RELATIONSHIP FOCUSED ON THE PSYCHOLOGICAL CHARACTERISTIC "MOTIVATION" OF THE YOUNG SWIMMER, **JARI S.**
12. STUDY ON THE PREPARATION OF JUNIORS IN THE VOLLEYBALL GAME, **COJOCARU A. M., COJOCARU M.**
13. EFFECTS OF RECREATIONAL ACTIVITIES NAUTICAL SPORTS IN LEISURE ON THE STRENGTHENING OF MOTOR SKILLS IN CHILDREN OF SCHOOL AGE (outdoor activities: Canoeing and Stand-up Paddle), **ALECU A., BOȚILĂ V.**
14. ESSAY REGARDING THE NEED FOR A STANDARD FRAMEWORK OF ASSESSMENT AND MEASUREMENT OF FLAT FEET IN CHILDREN, **PANAET A.E., ALEXE C.I., ALEXE D.I., GRIGORE V.**
15. HEALTH ISSUES OF THE ROMANIAN MASTERS ATHLETES, THE CORRELATION BETWEEN THE MEDICAL CONDITIONS AND THE RECOVERIES, **MARIN D., BALINT L.**
16. RECOVERY OF PATIENTS WITH CEREBRAL ISCHEMIC INFARCTION IN THE SPASTIC PHASE, **MITROI D.D.**
17. LESSON MANAGEMENT MODELS IN WHICH COMPUTERIZATION STRATEGIES PREDOMINATE, **BÎCĂ M.D.**
18. MODERN PRINCIPLES FOR APPROACHING HANDBALL TRAINING BASED ON BIOMECHANICAL ASSESSMENTS, **SAKIZLIAN E.R.**
19. STUDY ON THE IMPORTANCE OF EXTRACURRICULAR SPORTS ACTIVITIES REGARDING THE DEVELOPMENT OF MOTOR QUALITIES IN PRIMARY SCHOOL CHILDREN, **BURLUI R.M., POSTELNICU M.G., IORDAN D. A.**
20. STUDY ON THE INFLUENCE OF ALIMENTATION AND PHYSICAL ACTIVITY ON BODY WEIGHT DURING THE COVID 19 PANDEMIC PERIOD, **BUTNARIU M.**

21. EDUCATION THROUGH CHESS AND PHYSICAL MOVEMENT IN THE PRIMARY SCHOOL, **BUTNARIU M.**
22. STUDY ON THE EFFECTIVENESS OF BASKETBALL DYNAMIC GAMES AND RELAYS FOR IMPROVING VELOCITY IN PRIMARY SCHOOL CHILDREN, **CIOCAN V.C., FLEANCU J.L.**
23. STUDY REGARDING THE DEVELOPMENT OF VELOCITY THROUGH SPECIFIC BASKETBALL MEANS AND METHODS IN TEN GRADE STUDENTS, **CIOCAN V.C., VOINEA N.L., FLEANCU J.L.**
24. RECOVERY OF THE SCAPULOHUMERAL JOINT MOBILITY USING BALL EXERCISES, **CĂTUNĂ G.C., BUȚU I.M.**
25. THE GAME MODEL OF PLAYERS WHO PLAY ON POSITIONS POINT GUARD (POSITION 1), SHOOTING GUARD OR SMALL FORWARD (POSITIONS 2 AND 3) IN THE COMPETITIVE YEAR 2018 - 2019 OF THE ROMANIAN NATIONAL WOMEN'S BASKETBALL LEAGUE, **CAZAN F., GIDU D.V.**
26. STUDY ON THE ATTITUDE OF STUDENTS IN THE AIR FORCE SYSTEM REGARDING MILITARY PHYSICAL EDUCATION, **CHIRAZI M., MIHALACHE G.**
27. THE IMPORTANCE OF MOTOR PLAY IN THE CONTEXT OF THE PANDEMIC, **CODREANU T.M.**
28. METHODOLOGICAL CONTRIBUTIONS FOR THE TRAINING OF THE REPRESENTATIVE BASKETBALL TEAMS AT THE HIGH SCHOOL LEVEL, **COJANU F., NAIBA G. O., CATANESCU A.C.**
29. ANALYTICAL STUDY ON THE DYNAMIC OF PHYSICAL, FUNCTIONAL AND MOTORICAL DEVELOPMENT TO BEGINNER PRACTITIONERS OF KARATE SHOTOKAN, CADETS AND JUNIORS, **COJOCARU M., MEREUȚĂ C., IORDAN D.A.**

30. HOW TO ACCOMMODATE STUDENTS WITH CES AND BEHAVIORAL DEVIATIONS IN THE PHYSICAL EDUCATION LESSON, **CONSTANTIN I.L.**
31. STUDY REGARDING THE CLINICAL ASSESSMENT AND IMPROVEMENT OF SPINE MOBILITY IN THE CASE OF CHILDREN, **CRISTUȚĂ A.M.**
32. STUDY ON THE BEST ATHLETES AT 400 m HURDLES DISCIPLINE OUTDOOR ALL TIME, **IVAN P., GHEORGHE D.**
33. ASPECTS OF THE APTITUDE PROFILE AT A SEGMENT OF CANDIDATES ADMITTED IN THE BACHELOR: PHYSICAL EDUCATION AND SPORTS, **DOBRESCU T., AILUȚOAEI T.C.**
34. METHODS FOR ADAPTING THE PHYSICAL TRAINING IN THE COVID-19 PANDEMIC, FOR THE WOMEN'S HANDBALL TEAM, CSM GALAȚI, **GHEORGHE C., MEREUȚĂ C, BAȘTIUREA E.**
35. THE FORMS OF PRACTICE THE PHYSICAL EXERCISES DURING THE MEDIEVAL PERIOD, **GHEORGHE E.**
36. STUDY REGARDING THE IMPACT OF THE COVID-19 PANDEMIC ON THE CHILDREN'S TRACK AND FIELD TRAINING, **VOROVENCI C.M., CĂRUNTU D., COJOC F.M., JERCĂLĂU T., ȚÂMPĂU E.E.**
37. WAYS OF IMPROVING PERCEPTION-SPEED, MOTOR-COORDINATION, SELF-REGULATION, USING MODERN DANCE AT UNIVERSITY STUDENTS, **GROȘU E.F., ROZSNYAI R.A., GROȘU V.T., ORDEAN M.N., JONES A.**
38. JUMP ROPE, A GREAT ALLY IN MEXICO TO CONTINUE PHYSICAL ACTIVITY AT A DISTANCE, **HERNÁNDEZ G.**
39. PHYSICAL EDUCATION AND SPORT FOR ALL, **HILIȚANU R.L.**

40. THE EFFECTS OF MODERN RADIOFREQUENCY THERAPIES IN THE ACUTE REHABILITATION OF HAMSTRING STRAINS, **IACOB G.S., VRABIE D., STEGARIU V.I., ZELENOVIĆ M., BOŽIĆ D.**
41. EXECUTION OF *PLIES* – BASIS OF CLASSICAL DANCE TECHNIQUE, **IORGA A.**
42. INFLUENCE OF DIFFERENT STRENGTH TRAINING PROGRAMS ON THE DEVELOPMENT OF STRENGTH INDICATORS AND SOMATOMETRIC CHARACTERISTICS OF ARM FLEXORS AND KNEE JOINT EXTENSORS, **CAHA J.**
43. MAINTAINING THE MOTOR CAPACITY OF FIREFIGHTERS MILITARY THROUGH THE BASKETBALL GAME, **LOLUȚĂ A.G.**
44. NUTRITIONAL SUPPLEMENTS AND THEIR USE WEIGHTS AMONGST THE AMATEUR BODYBUILDERS, **LUPU G.S.**
45. EVALUATION OF THE PSYCHOMOTOR DEVELOPMENT OF RUGBY TAG PLAYERS (U12)-PILOT STUDY, **MARTINAȘ F.P., COJOCARIU A.**
46. STRENGTH TRAINING VERSUS POWER TRAINING A CRITICAL REVIEW FOR MILITARY STUDENTS, **MARTINESCU-BĂDĂLAN F.**
47. STUDY REGARDING THE ASSESSMENT OF FITNESS IN STUDENTS FROM THE "VASILE ALECSANDRI" UNIVERSITY OF BACĂU, **MILON A.G., VOROVENCI C.M.**
48. STUDY REGARDING THE ATTRACTIVENESS OF BADMINTON WITHIN SCHOOL ACTIVITIES, FOR PRIMARY SCHOOL CHILDREN, **MILON A.G.**
49. FINGERPRINTING IN HANDBALL SELECTION AND ORIENTATION, **MIHĂILĂ I., MOJOIU (DIN) M.C.**
50. INTERCULTURAL COMPETENCE - A NEED FOR CONTEMPORARY TEACHER, **CALUGHER V., AMELICICHIN E.**

51. REFLECTING THE SYSTEM OF FUNDAMENTAL CONCEPTS IN MODELING THE TRAINING PROCESS OF PERFORMANCE SWIMMERS IN DIFFERENT STAGES OF TRAINING, **NEUMANN O.V., NINICU A.**
52. THE PLURALITY OF BIO-PSYCHO-ELECTROMAGNETIC PHENOMENA IN THE TRAINING OF PERFORMANCE FEMALE ATHLETES, **CONSTANTIN D.R., GRIMALSCHI T.**
53. EXTRACURRICULAR MOTOR ACTIVITIES: FROM NECESSITY TO OPPORTUNITIES IN THE FORMATION OF ADOLESCENT PERSONALITY, **POZÎNĂREA R., CALUGHER V.**
54. STUDY REGARDING THE IMPORTANCE OF THE ACTIVITIES CARRIED OUT IN THE FORM OF PLAYING IN THE LEISURE TIME OF CHILDREN IN THE PREPARATORY CLASS, **BUTNARIU M.I., IORDACHE I.G.**
55. PHYSICAL ACTIVITIES FOR CHILDREN IN THE PREPARATORY CLASS CARRIED OUT WITH PARENTS INDOOR, **BUTNARIU M.I.**
56. STRATEGIES FOR ACHIEVING PHYSICAL TRAINING IN CROSS-COUNTRY SKIING, **NAIBA G.O.**
57. THE AEROBIC STEP - AN EFFICIENT WAY TO IMPROVE THE RESISTANCE TO EFFORT, OF THE STUDENTS OF THE UNIVERSITY OF BUCHAREST, IN THE PHYSICAL EDUCATION CLASSES, **GANCIU O.M.**
58. IMPROVING THE QUALITY OF LIFE THROUGH SPORTS AND RECREATIONAL ACTIVITIES, **GANCIU O.M.**
59. THE ROLE OF SMALL FIELD TRAINING GAMES, IN IMPROVING THE VALUES OF AEROBIC EFFORT CAPACITY, AS PART OF THE BIOLOGICAL MODEL OF LEAGUE 1 FOOTBALLERS IN ROMANIA, **PANAIT M.C.**

60. RESULTS OF EXPERIMENTAL RESEARCH ON OPTIMIZING TECHNICAL TRAINING IN FOOTBALL IN CHILDREN AGED 9-10, **PÎRVU D.**
61. THE SYSTEM OF SAMPLES AND CONTROL TESTS USED IN THE EVALUATION OF TRAINING OPTIMIZATION PROCESSES, **PÎRVU D.**
62. ADVANTAGES AND DISADVANTAGES OF FOOTBALL GAME 1-4-2-3-1 TACTICAL SYSTEM, **PĂUN D., PĂUN L.**
63. PERMISSIVE AND LIMITING FACTORS IN THE GAME OF FOOTBALL - THE 1-4-3-3 SYSTEM, **PĂUN D., PĂUN L.**
64. STUDY OF SKILL DEVELOPMENT THROUGH PRACTICING KARATE AT THE AGE OF 12-14 YEARS, **PETRE CATALIN, ENOIU R.S.**
65. THE INFLUENCE OF ENZYMES IN THE REHABILITATION AND RECOVERY OF THE HUMAN BODY AFTER INJURIES, **LARION A., MELENCO I., POPA C., POPA C., MIHĂILESCU L.**
66. COMPLETION OF THE SPECIFIC MEANS OF MUSCLE TONING USED BY MUSCLE ELECTROSTIMULATION, **POPESCU R.**
67. STUDY ON THE DEVELOPMENT OF SPEED THROUGH THE SPECIFIC MEANS OF THE HANDBALL GAME, **POPOVICI I.M., RADU L.E., PUNI A.R.**
68. STUDY ON THE IMPORTANCE OF PHYSICAL TRAINING FOR JUNIOR FEMALE HANDBALL TEAMS FROM ROMANIA, **POSTELNICU M.G., MIHAILA I.**
69. TEACHING ONLINE LESSONS OF PHYSICAL EDUCATION AND SPORT THROUGH REVERSE CLASS, **ROMILA C., TUDOR F., PANĂ G., CIUCIULETE G., GRANCEA M.**
70. THE IMPACT OF EXTREME SPORTS ON THE INDIVIDUAL AND SOCIETY: A SHORT INTRODUCTION, **RUSU O.**
71. POSSIBLE THEORETICAL APPROACHES FOR THE ANALYSIS OF DOPING IN SPORTS, **RUSU O.**

72. THE HEALTH STATUS OF YOUNG PEOPLE AND OLYMPIC RESERVE REPLENISHMENT, **IVASHCHENKO S.**
73. STUDY ON THE CORRELATION BETWEEN SPATIAL ORIENTATION AND LOGICAL THINKING IN STUDENTS WHO STUDY CHESS IN SCHOOL, **STEGARIU V.I., IACOB G.S.**
74. VOLLEYBALL FROM THE MOUNTAINS TO THE BEACH, **ȘTIRBU I.C., ȘTIRBU C.M.**
75. STUDY REGARDING GENERAL ASPECTS OF SPECIALITY LITERATURE ABOUT SELECTION IN WEIGHTLIFTING, **CĂLIN G., CIORBĂ C., GHEORGHIU G.**
76. STUDY ON THE APPROACH OF A THEORETICAL KNOWLEDGE IN PE DURING THE COVID-19 PANDEMIC, **ICONOMESCU T.M., OLARU B., TALAGHIR L.G.**
77. STUDY ON THE PHYSICAL TRAINING OF FEMALE GYMNASTS IN BEAM, **TANASĂ A.R., MORARU C.E., TROFIN P.F., IORDACHE A. M., TOMOZEI A.R., TOADER G.N.**
78. DEVELOPING THE COMPETENCES OF STUDENTS AGED 11-12 – RURAL AREA – BY TEACHING ATHLETICS, **TIHULCĂ C.**
79. BIOMECHANICAL DETAILS OF START TECHNIQUE THAT CAN DETERMINE THE INCREASE OF PERFORMANCE IN SPRINTING EVENTS, **PETRESCU T.D, BONDOC-IONESCU D.**
80. PHYSICAL FACTOR IMPROVEMENT STRATEGIES FOR ICE HOCKEY PLAYERS, **TRANDAFIR M., BALINT L., TURCU I., MIJAICA R.D., POPESCU V.**
81. THE VALIDITY OF THE LACTACYD ANAEROBIC CAPACITY EVALUATION BY FIELD TESTS IN FEMALE RUGBY SEVENS, **TROFIN P.F., LEPCIUC G.**
82. THE PHYSICAL PROFILE OF MALE HANDBALL PLAYERS, **TROFIN P.F., HONCERIU C., TANASĂ R.**
83. THEORETICAL ASPECTS OF INTELLECTUAL DISABILITY-DEFINITION, CLASSIFICATION, **UNGUREAN B.C.**

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT

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84. INVOLVEMENT OF THE FAMILY IN THE PHYSICAL EDUCATION OF YOUNG SCHOOLCHILDREN - FACTOR THAT ENSURES THE SUCCESS OF THE SCHOOL-FAMILY PARTNERSHIP, **LEȘCO V.**

85. THE RELATIONSHIP BETWEEN SELF-ESTEEM AND AGGRESSIVITY LEVELS IN JUNIOR HANDBALL PLAYERS, **MUNTIANU V.A., VIZITIU M.E.**

86. RESISTANCE CAPACITY, COMBINED MOTOR QUALITY AND ITS ROLE IN TRAINING OF DISTANCE RUNNING ATHLETES (Resistance capacity and its manifestation forms), **RADU G.S.**