



Transilvania
University
of Brasov
FACULTY OF PHYSICAL EDUCATION
AND MOUNTAIN SPORTS



**TRANSILVANIA UNIVERSITY FROM BRASOV
FACULTY OF PHYSICAL EDUCATION AND MOUNTAIN SPORTS**



PROGRAM

International Scientific Conference

**YOUTH IN THE PERSPECTIVE OF THE OLYMPIC
MOVEMENT**

March, 09-11, 2023

Brasov, Romania

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Dean, Faculty of Physical Education and Mountain Sports, Brasov

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Health Research Centre, University of Almeria, Spain

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Health and Physical Education Department, Prince Sultan University, Riyadh, Saudi Arabia

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President of the organizing committee

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Faculty of Kinesiology, University of Zagreb, Croatia

Lovro ŠTEFAN, Assistant, PhD

CONFERENCE SCHEDULE

Thursday, March 09, 2023 – University auditorium

11:00 - Guests arrival and accommodation

13:30 - Coffee break and snack

14:00 - Conference opening works

Chairman of the Conference

Mr. Assoc. Prof. **Ioan Turcu**, PhD - Dean Faculty of Physical Education and Mountain Sports

Official from Transilvania University of Brasov - **Rector/ Vice-rector**;

Mr. **Allen Coliban** - Mayor of the city of Brasov;

Mrs. Prof. **Mercedes Valdés Pedroso**, PhD - First Vice Chancellor in University of Sciences of Physical Culture and Sport "Manuel Fajardo" Havana, Cuba;

Mr. **Radu Bidiugan**, PhD - Director of the National Sports Research Institute, Romania;

Mr. Prof. **Geoff Thompson**, PhD - Founder YOUTH CHARTER, UK (online)

Mrs. Prof. **Alina Moanță**, PhD – President of the Forum of Deans of Physical Education and Sport in Romania;

Mr. **Giovanni Di Cola**, PhD - Special Advisor to Deputy Director General for Field Operations and Partnerships, International Labor Organization, Switzerland;

Mr. Prof. **Leon Gomboș**, PhD – Dean, Faculty of Physical Education and Sport, Cluj Napoca, Romania;

Mr. Prof. **Paulo Rocha**, PhD - Head of Sports for All Division, Sport Department, National Sport for All Program, Portugal;

Official from Brasov County School Inspectorate - **General/Specialist Inspector**;

Mr. Assoc. Prof. **Leonardo Alexandre Peyré-Tartaruga**, PhD - School of Physical Education, Physical Therapy and Dance University Federal do Rio Grande do Sul, Brazil;

Mrs. **Irina Deleanu** - President of the Romanian Rhythmic Gymnastics Federation;

Mr. **Michael Michaelides**, PhD - Scientific Director of Cyprus Sports Medicine & Research, Center at Cyprus Sports Organization Cyprus;

Mr. **Alexandru Dedu** - General Manager CSM Corona Braşov, Romania;

Mr. Assist. **Peter Sagat**, PhD, Director - Head of the Health and Physical Education Department, Prince Sultan University, Riyadh, Saudi Arabia;

Mr. Assist. Hab. **Michal Krzysztofik**, PhD - The Jerzy Kukuczka Academy of Physical Education, Institute of Sport Science, Katowice, Poland;

Mrs. **Daciana Drăcea**, Director - High School with Sports Program, Brasov, Romania;

Mr. **Vassilios Panoutsakopoulos**, PhD, Special Teaching Staff Biomechanics Laboratory, Department of Physical Education and Sports Science Aristotle University of Thessaloniki, Greece;

Mr. **Vasilios Koronas**, PhD, Tennis coach - Private College Apostolas Pavlos, Thessaloniki, Greece.

Keynote speaker:

Mr. **Giovanni Di Cola**, PhD, Switzerland: **“The position of the athletes in the present larger sport ecosystem”**

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15:30 - Cofee break and snack

16:00 - Paper presentations (hall U.I.6)

Keynote speakers:

Mr. Prof. **Paulo Rocha**, PhD, Portugal: **"The challenges of young people participating in sports after the period of the COVID-19 pandemic"**

Mr. Assoc. Prof. **Leonardo Alexandre Peyré-Tartaruga**, PhD, Brasil: **"Elastic mechanism and metabolic economy in distance runners"**

Mr. **Michael Michaelides**, PhD, Cyprus: **"Sports Medicine for All"**

Mr. Assist. Hab. **Michal Krzysztofik**, PhD, Poland: **"Benefits of Flywheel Resistance Training for Youth"**

Mr. Assist. **Peter Sagat**, PhD, Saudi Arabia: **"Kinosiotape in Sports - Doping or Permitted Aid?"**

Mr. **Vassilios Panoutsakopoulos**, PhD, Special Teaching Staff, Greece: **"Asymmetries in track and field jumpers: Connection of Laboratory tests and competition kinematic parameters with performance"**

16:00 - The Deans' Forum (hall U.I.7)

16:00 – Workshop 1: "PLYOMETRIC TRAINING FOR TEAM SPORTS"

(hall U.I.2)

Activity Coordinator: Mr. **Hadi Nobari**, PhD Professor in Exercise Physiology Faculty of Sports Science, University of Extremadura, Cáceres, Spain, Faculty of Physical Education and Mountain Sports, Transilvania University of Brasov, Romania, Sports Scientist at Professional Football Club S&C Coach of Iran's National Youth Football Team

Invited speaker:

Mrs. Lecturer **Elena Mainer Pardos**, PhD - Faculty of Health Sciences, University of San Jorge, Zaragoza, Spain: **"Neuromuscular training programs in soccer. It will be a workshop"**

16:00 – Workshop 2: "STEP BY STEP TO BECOME A PHYSIOTHERAPIST" (hall U.I.3)

Activity Coordinator: **Mircea Ionuț Olteanu**, PhD Student Faculty of Physical Education and Mountain Sports, Transilvania University of Brasov, Romania, Orthopedic Medical and Neurological Recovery Specialist, Fasciq Myofascial Therapy Specialist, Medical Taping, Kochi Method, Trigger Points, Joint Technique, Advanced Kinesiotaping Volcanic Rock Massage, Masseur Technician, Yumeiho Therapist grade I, Sports Instructor.

Invited speakers:

Mrs. **Daniela Stanca**, President - College of Physiotherapists from Romania - **"Why choose physiotherapy as a career"**

Mr. **Radu Drăgan**, physiotherapist - **"The importance of therapeutic massage in chronic but also acute pain"**

Mr. **Bobîț Ionuț**, physiotherapist - **"The benefits of chiropractic therapy in musculo-skeletal disorders"**

Mr. **Căpriță Florin**, PhD Student Faculty of Physical Education and Mountain Sports, Transilvania University of Brasov, Romania, - **"Motor assessment tools for preschoolers with special educational needs"**

20:00 - Social evening (ARO PALACE – Restaurant)

Friday, March 10, 2023 – University auditorium

9:30 - Coffee break

10:00 - Paper presentaiions (hall U.I.6)

Invited speakers:

Mr. Assoc. Prof. **Michal Wilk**, PhD - Department of Sports Theory, The Jerzy Kukuczka Academy of Physical Education, Katowice, Poland: **"The importance of movement tempo in resistance training. From science to practice"**

Mr. Assist. **Peter Bartik**, PhD - Health and Physical Education Department, Prince Sultan University, Riyadh, Saudi Arabia: **"Nicotine in sports - why do many young athletes use it, and does it really improve performance?"**

Plenary presentations:

Mrs. **Singuran Andra Ioana**, PhD Student, National University of Physical Education and Sport, Bucharest, Romania: **"The importance of swimming and aquatic exercises in the development of the body scheme of children with Down syndrome"**

Mrs. **Ciupitu Liliana Georgeta**, PhD Student, University of Craiova, Romania: **"Intrinsic versus intrinsic motivation for leisure time sport activities after COVID-19 pandemic"**

12:00 - Posters session

13:00 - The awards ceremony

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Saturday, March 11, 2023 – University auditorium

11:00 - Specific student activities

THE SECTIONS OF THE CONFERENCE

The current Olympic movement

Nicolae Constantin Daniel: THE INFLUENCE OF SPEED IN THE INCREASE OF SPORTS PERFORMANCE IN THE FOOTBALL GAME;

Marinova Tereza: BIOMETRIC MODEL AND OPTIMAL AGE FOR REALIZATION IN THE WOMEN'S TRIPLE JUMP;

Popescu Ermil, Enoiu Razvan Sandu: THEORETICAL AND METHODOLOGICAL DIRECTIONS FOR IMPROVING THE TECHNIQUE OF HANDSTAND JUMPS IN MEN'S ARTISTIC GYMNASTICS;

Fleancu Julien Leonard, Badescu Victor: CONTRIBUTIONS ON THE IMPLEMENTATION OF INFORMATION TECHNOLOGY IN THE SPECIFIC TRAINING PROCESS IN VIEW OF IMPROVING THE TECHNICAL-TACTICAL CONTENT OF THE WOMEN'S BASKETBALL GAME ON UNIVERSITY OF PITESTI TEAMS - PARTICIPATION IN THE LODS 2023 EUROPEAN UNIVERSITY CHAMPIONSHIP;

Fleancu Julien Leonard, Ghimisliu Florin Gabriel: STRATEGIES FOR ELABORATING THE METHODOLOGY FOR TRAINING FUTURE PERFORMERS IN ORDER TO INCREASE THE LEVEL OF SPECIFIC TRAINING OF BASKETBALL PLAYERS ON TEAM UNIVERSITY OF PITESTI, PARTICIPATION IN THE LODS 2023 EUROPEAN UNIVERSITY CHAMPIONSHIP;

Grosz Wilhelm Robert: THE ROLE OF BODY MOVEMENT IN PHASE I OF SKI JUMP IN ACHIEVING PERFORMANCE;

Braniște Gheorghe: COMPLEX PERSPECTIVES ON THE ANNUAL TRAINING PLAN FOR THE OLYMPIC ROWING ATHLETES.

Young people sports performance

Cojocaru Adin Marian, Cojocaru Marilena: STUDY ON THE RELATIONSHIP BETWEEN THE EFFICIENCY OF THE ACTIONS IN THE GAME AND THE RESULT OF THE MATCH;

Grigoraş Petru: CONSIDERATIONS REGARDING THE USE OF RANDOM PRACTICE IN THE PROFESSIONAL TRAINING OF SKI INSTRUCTORS;

Cosoreanu Dumitru-Marius, Iconomescu Teodora, Talaghir Gabriel Laurenţiu: THE DYNAMICS OF FANS ACCORDING TO GENDER IN THE MOMENT BEFORE A MATCH IN GERMAN FOOTBALL;

Singuran Andra-Ioana, Teodorescu Silvia, Aivaz Kamer-Ainur, Baltag, Oana Maria: THE ROLE OF TECHNICAL TRAINING IN THE DEVELOPMENT OF CHILDREN'S LATERALITY IN SWIMMING THROUGH BIOMECHANICAL ANALYSIS IN THE FREESTYLE STROKE;

Drulă Ionel Caius, Dragomir Marian: MOTOR SKILL DEVELOPMENT USING FOOTBALL-SPECIFIC METHODS;

Drulă Ionel Caius, Dragomir Marian: THE IMPROVEMENT OF COORDINATION SKILLS IN JUVENILE FOOTBALL PLAYERS BETWEEN THE AGES OF 10 AND 14 THROUGH SPORT TRAINING;

Albină Andreea-Mihaela, Buga Andreea-Aurora-Maria, Cosma Germina Alina: OPTIMIZING SPORTS TRAINING BY INTRODUCING ISOINERTIAL EXERCISES USING A FLYWHEEL: A SYSTEMATIC REVIEW;

Sandu Isabela Elena, Brăguţă Andreea, Dragomir Marian: PUBLIC POLICIES TO SUPPORT SPORT IN ROMANIA;

Bădescu Victor, Fleancu Julien Leonard: INCREASING THE EFFICIENCY OF BREASTSTROKE SWIMMING IN KIDS THROUGH IMPROVING THE SYNERGY OF PROPULSIVE MOVEMENTS;

Corenea Georgeta Gabriela: THE ATTITUDE OF ROMANIAN SPORTS FANS TOWARDS PSYCHOLOGICAL COUNSELING;

Mocioacă Daniel, Dragomir Marian: THE IMPORTANCE OF THE SPEED EXECUTION IN THE TECHNICAL PROCEDURES SPECIFIC TO THE STYLE ASHIHARA KARATE;

Mocioacă Daniel, Dragomir Marian: PECULIARITIES OF PHYSICAL TRAINING IN THE CASE OF ASHIHARA KARATE STYLE PRACTITIONERS;

Triboi Vasile: ASPECTS REGARDING THE ROLE OF THE COACH-MANAGER IN SPORTS ACTIVITY.

Physical education and sport for all

Buga Andreea-Aurora-Maria, Albină Andreea-Mihaela, Cosma Germina Alina: STUDY REGARDING THE PERCEPTION ABOUT PRACTICING PHYSICAL EXERCISES ON STUDENTS;

Olaru Bogdan-Sorin, Iconomescu Teodora Mihaela, Șerbu Iulian: STUDY ON THE OPINION OF THE ROMANIAN PE TEACHERS REGARDING THE TEACHING OF SPECIALIZED THEORETICAL KNOWLEDGE;

Badea (Popescu) Daniela Elena, Cosma Marian Alexandru, Stepan Raluca Amalia, Cosma Germina Alina: THE ROLE AND IMPORTANCE OF PHYSICAL EXERCISE ON THE AGGRESSION LEVEL OF HIGH SCHOOL STUDENTS;

Șerbu Iulian, Larion Alin, Popa Cristian: QUESTIONNAIRE REGARDING THE PERCEPTION AND PERSPECTIVE OF HIGH SCHOOL STUDENTS ON THE PHYSICAL EDUCATION CLASS IN THE HIGH SCHOOL CYCLE;

Stoica Leonard, Nanu Liliana: MEANS OF BASIC GYMNASTICS IN THE PHYSICAL EDUCATION CURRICULUM FROM ROMANIA;

Buțu Ioana Maria, Cătună George Cristian, Teodorescu Anemari Simona, Teușdea Claudiu, Gheorghe Ioana Georgeta, Ciu Andreea: STUDY ON THE LEVEL OF STRENGTH DEVELOPMENT IN VOCATIONAL TRAINING STUDENTS;

Petronel Cristian Moisescu, Ciocoiu Lucica Dana, Pârvu Carmen, Savu Cătălin Vasile, Gheorghiu Aurelian, Harabagiu Neculai: THE SOCIALIZATION OF PRIMARY SCHOOL PUPILS THROUGH MOTOR GAMES;

Tanasă Anca - Raluca, Abalașei Beatrice - Aurelia, Muntianu Vlad - Alexandru: COMPARATIVE ANALYSIS OF SOME STRENGTH INDICES BY GENDER IN PRIMARY SCHOOL STUDENTS AFTER THE COVID CRISIS19;

Teriș Ștefan, Enoiu Răzvan Sandu: STUDY REGARDING THE OBSERVANCE OF THE NORMS OF ETHICS AND PROFESSIONAL DEONTOLOGY WITHIN THE HENRI COANDĂ AIR FORCE ACADEMY IN BRASOV;

Gherghel Tudor Ștefan: STRENGTH MOTOR QUALITY: TRENDS AND DIFFERENCES ACCORDING GENDER AND AGE AMONG URBAN PRIMARY SCHOOL STUDENTS;

Leșco Victoria: THE INTERACTION OF SCHOOL AND FAMILY IN THE PHYSICAL EDUCATION OF YOUNG SCHOOL – AGE STUDENTS;

Razmireț Victoria: THE CONTEXT OF RESEARCH IN THE FRAMEWORK OF PHYSICAL EDUCATION REGARDING THE CORRECTION OF PRIMARY CLASS STUDENTS' WRITING;

Singuran Andra-Ioana, Teodorescu Silvia, Aivaz Kamer-Ainur: THE IMPORTANCE OF SWIMMING AND AQUATIC EXERCISES IN THE DEVELOPMENT OF THE BODY SCHEME OF CHILDREN WITH DOWN SYNDROME;

Ciocan Vasile Cătălin, Voinea Lucian Nicolae, Șufaru Constantin: STUDY REGARDING THE USE OF DYNAMIC GAMES IN LEARNING BASKETBALL FOR 5TH GRADE STUDENTS;

Ilași Roxana-Cristina: PHYSICAL EDUCATION AND SPORT BETWEEN TRADITIONAL AND MODERN;

Huțuleac Laurențiu Ilie, Calugher Viorica, Lungu Ecaterina: THE IMPORTANCE OF HANDBALL IN THE DEVELOPMENT OF HIGH SCHOOL PUPILS;

Macovei Raluca-Andreea, Popescu Veronica: IMPROVING SPEED IN PRIMARY SCHOOL PUPILS USING INTEGRATED DYNAMIC GAMES;

Lungu Adrian Constantin: STUDY ON THE IMPORTANCE OF STUDENTS' PARTICIPATION IN ONLINE PHYSICAL EDUCATION AND SPORT ACTIVITIES;

Țugulan Cătălina Julieta: DEVELOPMENT OF COORDINATION ABILITIES IN SECONDARY SCHOOL STUDENTS BY USING THE MEANS OF RHYTHMIC GYMNASTICS IN PHYSICAL EDUCATION AND SPORTS LESSONS;

Cojanu Florin, Vișan Paul, Cătănescu Andreea: THE INTERACTIVE SIDES OF PSYCHOMOTOR SKILLS IN PRIMARY SCHOOL CHILDREN;

Talaghir Laurențiu-Gabriel, Berdilă Anamaria, Iconomescu Teodora Mihaela, Mereuță Claudiu: STUDY REGARDING IMPLEMENTATION OF THE MOMENT OF PSYCHOMOTRICITY IN THE PHYSICAL EDUCATION CLASS IN THE PRIMARY SCHOOL;

Băzăvan (Doană) Amalia, Dumitru Barbu, Alexandru Cosma, Luminița Brabiescu-Călinescu, Cătălin Forțan, Germina Cosma: THE IMPACT OF THE COLPBALL GAME ON PEOPLE WITH DOWN SYNDROME IN ROMANIA.

Ghica Bogdan, Calugher Viorica, Ionescu Mihail Leonard: THE IMPACT OF PHYSICAL EXERCISES ON THE PSYCHOMOTOR CAPACITIES OF MIDDLE SCHOOL PUPILS.

Formal and non-formal motor activities

Ciprian Prisacaru, Gheorghe Flucuș, Mircea Neamțu: STUDY ON SOCIAL INVOLVEMENT AND CIVIC ATTITUDE FOR PEOPLE BETWEEN 15-64 YEARS OLD FROM TARGOVISTE TOWN;

Stoica Leonard, Iordan Andrei-Daniel, Can Koç Mustafa: HEART RATE DYNAMICS IN ADVENTURE EDUCATION ACTIVITIES;

Nanu Marian Costin, Brabiescu Călinescu Luminița, Stepan, Dănuț Pascu Raluca Amalia, Cosma Marian Alexandru: PHYSICAL EXERCISE AS LEISURE ACTIVITIES IN YOUTH'S LIVES;

Claudia Marinela Trusca, Maria Mirela Vasilescu: THE EFFECTS OF TWO PHYSICAL EXERCISES PROGRAMS ON FITNESS IN OVERWEIGHT CHILDREN AGED 9–10;

Popova-Dobrevă Diana: HEALTH PROMOTION IN BULGARIAN BALNEOTHERAPY CENTERS;

Popova-Hristova Maria: SURVEY OF USERS INTEREST IN INITIATIVES RELATED TO THE EUROPEAN PROGRAM HEALTHY LIFESTYLE 4 ALL;

Zanfir Ciprian, Mindrescu Veronica, Cosoreanu Dumitru Marius: A STUDY ON THE USE OF THE BALANCED SCORECARD – STRATEGIC MANAGEMENT TOOL; Talaghir Laurentiu-Gabriel, Coja Daniel Madalin, Georgescu Luminița: POTENTIAL BENEFITS AND RISKS GIVEN BY THE VIRTUAL REALITY OF THE CENTRAL NERVOUS SYSTEM;

Polevaia-Secăreanu Angela: THE USE OF MARTIAL ARTS MEANS IN THE DEVELOPMENT AND SOCIALIZATION OF CHILDREN WITH AUTISTIC SPECTRUM DISORDER;

Orientations and current trends in Kinetotherapy

Stănescu Boldeanu Ileana, Vasilescu Maria Mirela, Rusu Ligia: APPROACHES AND DIRECTIONS FOR THE PHYSIOTHERAPEUTIC MANAGEMENT OF PATIENTS WITH DUCHENNE MUSCULAR DYSTROPHY;

Stănescu Boldeanu Ileana, Vasilescu M.M., Rusu L SECONDARY SCOLIOSIS IN MUSCULAR DYSTROPHY – EARLY INTERVENTION;

Curițianu Ioan Maria, Stark Bogdan Nicolae: THE IMPORTANCE OF NEUROPSYCHOMOTOR DEVELOPMENT BETWEEN 0-2 YEARS;

CORMAN Mariana: THE ROLE OF PHYSIOTHERAPY IN THE DEVELOPMENT OF PHYSICAL AND PSYCHOMOTRICAL SKILLS OF PUPILS OF YOUNG SCHOOL AGE WITH OBESITY;

Anghel Mihaela, Boțoc Luiza Dumitra: THE ROLE OF OCCUPATIONAL THERAPY IN PEOPLE WITH MENTAL HEALTH PROBLEMS;

Anghel Mihaela: BIOMECHANICAL ASPECTS REGARDING RESTORATION OF SHOULDER STABILITY IN ATHLETES;

Baltag Oana Maria, Singuran Andra Ioana, Apostu Mihaela, Cordon Mariana: THE EFFECTS OF COMPLETE DECONGESTIVE THERAPY ON BREAST CANCER RELATED LYMPHEDEMA;

Solomon-Pârțac Maria Ștefana, Cojocariu Adrian, Cozma Sebastian: STUDY REGARDING THE IMPORTANCE OF PATIENTS ASSESSMENT WITH STATIC AND DYNAMIC BALANCE DISORDERS OF PERIPHERAL VESTIBULAR ETIOLOGY;

Savițchi Svetlana: STREAMLINING EVALUATION METHODS OF OBESITY AND OVERWEIGHT IN CHILDREN;

Savițchi Svetlana, Agapie Eugeniu: STABILOGRAPHIC PARAMETERS PREDICTIVE OF THE RISK OF FALLS IN PATIENTS WITH POST-STROKE HEMIPARESIS DURING THE RECOVERY PERIOD;

Vladimir Rosca: REHABILITATION OF THE ELDERLY WITH PHYSICAL DECONDITIONING SYNDROME;

Baltag Oana Maria, Apostu Mihaela, Cordon Mariana, Singuran Andra Ioana; Xhardo Kristo: THE REHABILITATION MANAGEMENT EFFICIENCY ON THE UPPER LIMB AFTER MASTECTOMY;

Zavalisca Aurica, Popescu Mihai Vasilică, Popescu Ioana: KINETOTHERAPY IN LOW BACK PAIN CAUSED BY PYRIFORM MUSCLE SYNDROME;

Hăisan Petronela Lăcrămioara, Monea Dan, Grosu Vlad Teodor: ASSESSMENT OF GERIATRIC FOOT USING THE BAROPODOMETRIC P-WALK PLATFORM;

Enescu Bieru Denisa, Albină Alina Elena, Brăbiescu Călinescu Luminița, Albină Andreea Mihaela, Albină Constantin: ROLE OF PERFORMANCE PHYSICAL ACTIVITY OVER NEUROPHYSIOLOGICAL PATTERN;

Enescu Bieru Denisa, Albină Alina Elena, Brăbiescu Călinescu Luminița, Albină Andreea Mihaela, Albină Constantin: MUSCULAR ADAPTATIONS DETERMINED BY PROFESSIONAL TRAINING;

Curițianu Ioana Maria, Stark Bogdan Nicolae: THE IMPORTANCE OF NEUROPSYCHOMOTOR DEVELOPMENT BETWEEN 0-2 YEARS;

Burileanu Horia Alin, Zăvăleanu Mihaela, Ionescu Gheorghe, Brabiescu Călinescu Luminița: REHABILITATION INTERVENTION TO RESTORE THE FUNCTIONALITY OF THE SHOULDER WITH SCAPULAR FRACTURE - CASE REPORT;

Făgăraș Pia-Simona, Teodorescu Silvia-Violeta, Anca Bacarea: CORRELATION BETWEEN BODY MASS INDEX, CONSTITUTIONAL TYPE AND BODY SHAPE;

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