



YPOM 2023

WORKSHOP

March 9-11, 2023

International scientific conference:

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT

Workshop I

"PLYOMETRIC TRAINING FOR TEAM SPORTS"

Activity Coordinator



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



ELENA MAINIER PARDOS, Lecturer, PhD - Faculty of Health Sciences,

University of San Jorge, Zaragoza, Spain:

"Neuromuscular training programs in soccer. It will be a workshop"

Workshop II

"STEP BY STEP TO BECOME A PHYSIOTHERAPIST"

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, Fascia 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 Speaker



DANIELA STANCA, President - College of Physiotherapists from Romania –
"Why choose physiotherapy as a career"