



**Transilvania
University
of Brasov**

**FACULTY OF PHYSICAL EDUCATION
AND MOUNTAIN SPORTS**

**FÉDÉRATION
INTERNATIONALE
D'ÉDUCATION PHYSIQUE**



International Scientific Conference

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT

March 19-20, 2021 | ONLINE





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SECTIONS

- The current Olympic movement
- Young people sports performance
- Physical education and sport for all
 - Formal and non-formal motric activities
- Orientations and current trends in Kinetotherapy

Scientific papers can be approached in the current pandemic context, this being at the free choice of the authors.

IMPORTANT DATES

The registration deadline for participants and for submitting the Abstract - March 05, 2021.
(It must contain at most 200 words and 3-5 keywords. It will be written in Times New Roman, Size 12, Justified);
Deadline for submitting scientific Full-text articles - March 30, 2020.
Certificates of participation in the conference will be sent until 30 March 2021.

PUBLICATION

The scientific articles that will be accepted will be published in the *Bulletin of the Transilvania University of Brasov, Series IX - Sciences of Human Kinetics*.
This scientific journal is covered/indexed in:
- EBSCO, ERIH Plus, ProQuest, DOAJ, CrossRef, EZD, WCOSJ, WordCat.
Template and information:
<http://webbut.unitbv.ro/Bulletin/Series%20IX/sen d9.html>

ONLINE ACCES

The intention to participate in this scientific event will be made by sending a message in this regard to the following email address:
ypom@unitbv.ro;
After this stage you will be registered and you will receive the access link for the scientific conference.
There are no access fees on the platform, for the analysis of scientific papers or for publication.

More information : <https://sport.unitbv.ro/ro/cercetare/conferințe.html>



Braşov, România
March 19-20, 2021



Dragos Ioan Tohanean - vice dean

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University
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FACULTY OF PHYSICAL EDUCATION
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TRANSILVANIA UNIVERSITY FROM BRAŞOV
FACULTY OF PHYSICAL EDUCATION AND MOUNTAIN SPORTS



PROGRAM

International Scientific Conference

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

March 19-20, 2021 | ONLINE

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Dean, Faculty of Physical Education and Mountain Sports, Braşov

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College of Education, Department of Physical Education, Qatar University, QATAR

The organizing Committee

President of the organizing committee

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Transilvania University from Brasov, Romania

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CONFERENCE SCHEDULE

Friday, March 19, 2020 | ONLINE

11:00 – The Deans' Forum

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14:00 – Conference opening works

14:20 – Online presentations

Keynote speakers:

Antala Branislav, Assoc. Prof. PhD

President, FIEP Europe, Comenius University in Bratislava, Slovakia

"Physical education in active school and its difficulties during Corona pandemic - Case of Slovakia"

Hanlie Moss, Prof. PhD

Director of Research, Faculty of Health Sciences, North-West University, South Africa

"Exercise as rehabilitation in a low-resourced community - A South African perspective"

Rodolfo Pablo Buenaventura, Prof. PhD

First Secretary FIEP World, National University from Lujan, Buenos Aires, Argentina

"School, Physical Exercise and Health"

**

15:30 - Workshop: *"Contextual Olympic reorientations"*

Chairmain:

Carmen Gugu – Gramatopol, Prof. PhD

Faculty of Physical Education and Mountain Sports, Transilvania University from Brasov, Romania, President of Olympic Club of Brasov

Guests:

Ababei Radu, Prof. PhD

Faculty of Movement, Sports and Health Sciences, Vasile Alecsandri University of Bacau, Romania

Cătălina Ababei, Prof. PhD

Faculty of Movement, Sports and Health Sciences, Vasile Alecsandri University of Bacau, Romania

Alexandru Mureșan, Prof. PhD

Faculty of Physical Education and Sport, Babeș Bolyai University of Cluj, Romania

Gynetta Vanvu, Assoc. Prof., PhD

University of Medicine and Pharmacy, Grigore T. Popa from Iași, Romania

Codruța Florina Bulduș, Lecturer PhD

Faculty of Physical Education and Sport, Babeș Bolyai University of Cluj, Romania

Virgil Adrian Moroșan Larionescu, Lecturer PhD

Physical Education and Sport, Ștefan cel Mare University of Suceava, Romania

Bulduș Codruta Florina

Secretary AOR Cluj Branch, Romania

Alexandra Nica, Director

Department of Olympic Education, School and University Sports, Romanian Olympic and Sports Committee.

Sorin Șimon, Lecturer PhD

1 December 1918, University of Alba Iulia, Romania

Saturday, March 20, 2020 | ONLINE

10:00 – Online presentations

Keynote speakers:

Gheorghe Balint, Prof. PhD

FIEP, Vice-President for East Europe, National Delegate for Romania, Vasile Alecsandri University of Bacau, Romania

“General Virgil Bădulescu - Founder of FEDERATION INTERNATIONALE D’ EDUCATION PHYSIQUE – FIEP”

Guillaume Martinet, Assoc. Prof. PhD

Laboratory of Vulnerabilities and Innovation in Sports, Claude Bernard Lyon University, France

“The effects of a mental preparation program for the development of emotional intelligence with elite adolescent table tennis players”

Giovanni Hernández, PhD

Delegate of the Commission of New FIEP Leaders in North America from Mexico

“Jump Rope, a great ally in Mexico to continue physical activity at a distance”

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11:00 – Presentations on sections

Bogdan Olaru, Asist. PhD student

Faculty of Physical Education and Sport, Dunarea de Jos University of Galati, Romania

“Study on the approach of a theoretical knowledge in PE during the Covid-19 pandemic”

Mircea Olteanu, Asist. PhD student

Faculty of Physical Education and Mountain Sports, Transilvania University from Brasov, Romania

“Coparative study on free throws in women’s U14, U16, U18 level basketball game in the last 3 years”

Stefan Alecu, Asist. PhD student

Faculty of Physical Education and Mountain Sports, Transilvania University from Brasov, Romania

“The self-control of the 110 m hurdles tehniqve in proprioceptive training”

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

MARCH 19-20, 2021

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.**

YOUTH IN THE PERSPECTIVE OF THE OLYMPIC MOVEMENT

MARCH 19-20, 2021

ONLINE ACCES

To participate in this scientific event, the following link will be accessed:

<https://conf.bbb.unitbv.ro/dra-319-npe-uho>

The enrollment method includes filling: First Name, Last Name and Country

(Ex: Ioan Pop ROMANIA)

PHOTO GALLERY

YPOM 2021



YPOM 2021 | 74:14

Branislav Antala Slov... | Mihai Borșan România

Branislav Antala S... | Rodolfo Buenave...

Active school **pe perspectives**

Before school | School day | After school

- Active transport
- Physical Education School subject
- Active transport
- Pre-school physical activities
- Recreational activities
- School clubs
- Classrooms
- Community clubs & activities

Active school is school giving many opportunities for children and youth to be physically active in school environment. Active school open opportunities to be active before school, during school day and after school. Physical activity before school are supported by active school by supporting active transport of children and youth using safe walking, bicycles

Slide 7 of 23

YPOM 2021 | 80:39

Branislav Antala Slov...

Dragos Tohanean... | Branislav Antala S... | Ioan Turcu - Dean...

Corona Pandemic in Slovakia

Two positive firsts of Slovakia at European level in the fight against the consequences of the corona pandemic

- ✓ Slovakia had the lowest number of deaths per 1 million inhabitants in Europe caused by COVID-19 during the first wave of the pandemic (March to June 2020)
- ✓ Slovakia was the first country in Europe where was implemented nationwide population screening for COVID-19 (October 2020)

Tap to add notes

Slide 10 of 25



YPOM 2021 | 97:18

Branislav Antala Slov... Emilia F. Grosu ROMA...

Dragos Toh... Branislav A... Catalin Stir... Emilia F. Gr... Ioan Turcu... Rodolfo Bu...

Thank you for your attention!

Thank you for your attention!
And something to add!

Microphone, Phone, Video icons

YPOM 2021 | 104:30

Hanlie Moss

Dragos Toh... Branislav A... Catalin Stir... Hanlie Moss Ioan Turcu... Rodolfo Bu...

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- SCREEN SHARING**: Share your screen.
- MULTI-USER WHITEBOARD**: Draw together.


For more information visit bigbluebutton.org

Microphone, Phone, Video icons



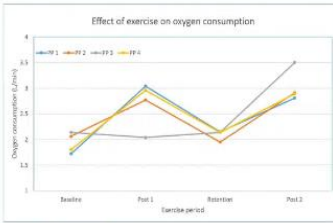
YPOM 2021 | 114:53

Hanlie Moss | Branislav Antala Slov...




Hanlie Moss | Ioan Turcu - Dean ...


Background:



Effect of exercise on oxygen consumption





THE SOUTH-AFRICAN BUSH WAR
1966 - 1989



Prof GL Strydom


Bio = life + Kinese = movement
Biokinetics

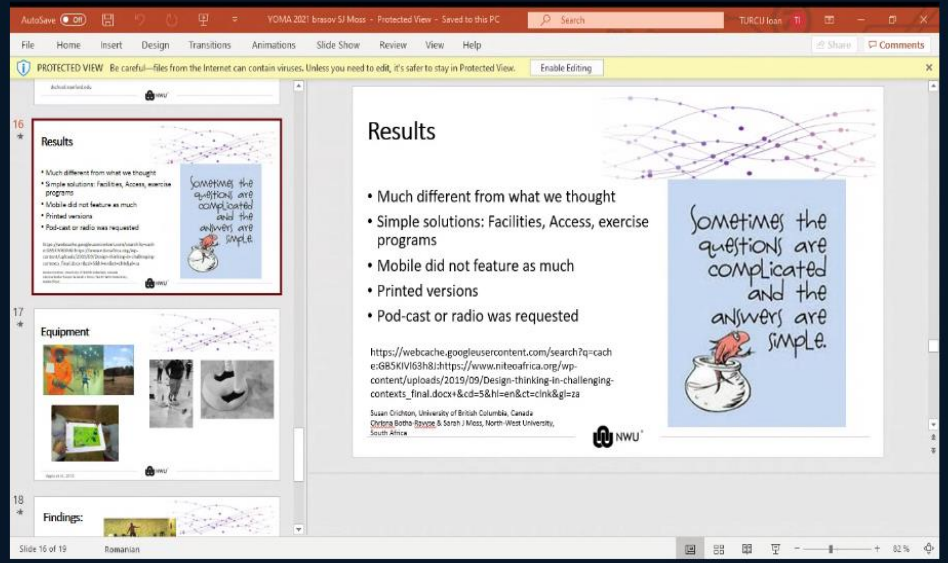
Microphone, Phone, Video call icons

YPOM 2021 | 128:06

Hanlie Moss



Dragos T... | Hanlie M... | Ioan Turcu... | Rodolfo...



YPOM 2021 | branislav S1 Moss - Protected View - Saved to this PC

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PROTECTED VIEW Be careful—files from the Internet can contain viruses. Unless you need to edit, it's safer to stay in Protected View. Enable Editing

Results

- Much different from what we thought
- Simple solutions: Facilities, Access, exercise programs
- Mobile did not feature as much
- Printed versions
- Pod-cast or radio was requested

Sometimes the questions are complicated and the answers are simple.

Equipment

Findings:

Slide 16 of 19 Romanian

Microphone, Phone, Video call icons



YPOM 2021 | 134:30

Emilia F. Grosu ROMA...

Dragos T... Emilia F. ... Hanlie M... Ioan Turc... Rodolfo ...

YOMA 2021: Brasov SI Moss - Protected View - Saved to this PC

PROTECTED VIEW: Be careful—files from the Internet can contain viruses. Unless you need to edit, it's safer to stay in Protected View. Enable Editing

Findings:

If you want to go fast, go alone. If you want to go far, go together!
An African proverb

Thank you!

NWU

Slide 19 of 19 Romanian

02%


YPOM 2021 | 141:07

Rodolfo Buenaventura

Dragos T... Ioan Turc... Rodolfo ...

DIAGNOSTIC


- BEFORE THE COVID-19 PANDEMIC THE MOST OF CHILDREN COMMUTED WALKING TO SCHOOL.



vip2.bbb.unitbv.ro está compartiendo tu pantalla. Dejar de compartir Ocultar

< 👤 YPOM 2021 | 📹 153:39 ⋮

🔊 Emilia F. Grosu ROMA... 🎧 Rodolfo Buenaventura



b

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🔊 🎧 📹

< 👤 YPOM 2021 | 📹 154:07 ⋮

🔊 Rodolfo Buenaventura



b

Dragos Tohanean ROMANIA ~

Emilia F. Grosu ROMANIA ~

Ioan Turcu - Dean BRAȘOV ~

Rodolfo Buenaventura ~

🔊 🎧 📹

YPOM 2021 | 156:24

Ioan Turcu - Dean BR... | Rodolfo Buenaventura

Dragos Tohanean ROMANIA ~

Carmen Gugu-Gramatopol ~

Ioan Turcu - Dean BRAȘOV ~

Rodolfo Buenaventura ~

YPOM 2021 | 183:42

Radu Ababei Romania

Carmen Gugu-Gramatopol ~

Ioan Turcu - Dean BRAȘOV ~

Radu Ababei Romania ~

FACULTATEA DE
EDUCAȚIE FIZICĂ
ȘI SPORTURI MONTANE

YPOM 2021 | 28:24

Giovanni Hernández, ...

Dragos Toha... Giovanni Her... Guillaume M...

"JUMP ROPE, A GREAT ALLY IN MEXICO TO CONTINUE PHYSICAL ACTIVITY TO DISTANCE"
(COVID-19)

Giovanni Hernández
PhD

"JUMP ROPE, A GREAT ALLY IN MEXICO TO CONTINUE PHYSICAL ACTIVITY TO DISTANCE"
 TODAY EVERYTHING BEGINS WITH ONE PROBLEM: PHYSICAL INACTIVITY
 THE NEW NORMALITY: DISTANCE CLASSES
 PROPOSAL: JUMP ROPE AS PART OF THE SOLUTION

FIEP
 FEMEXSAC
 H-RED

YPOM 2021 | 30:16

Giovanni Hernández, ... Nechita Florentina R...

Dragos Toha... Giovanni Her... Guillaume M...

THE NEW NORMALITY: DISTANCE CLASSES

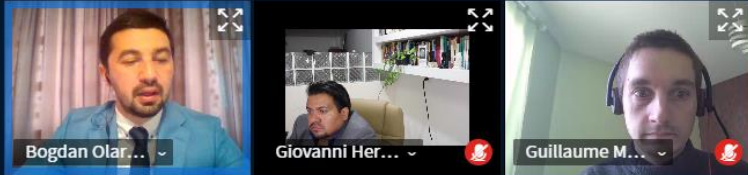
- The pandemic due to the COVID-19 virus, undoubtedly left a great void that no one had foreseen, because having face-to-face classes from one day to the next they confined us to our homes, with physical inactivity and in confined spaces.

"JUMP ROPE, A GREAT ALLY IN MEXICO TO CONTINUE PHYSICAL ACTIVITY TO DISTANCE"
 TODAY EVERYTHING BEGINS WITH ONE PROBLEM: PHYSICAL INACTIVITY
 THE NEW NORMALITY: DISTANCE CLASSES
 PROPOSAL: JUMP ROPE AS PART OF THE SOLUTION





Bogdan Olaru ROMANIA



Answers depending on the seniority within the department

Table 3 – The teachers' answers regarding the practical component after the application of the "seniority in teaching" filter

Item	Answers				
	Not at all	A little	Enough	Much	A lot
Agility	30%, 28%, 33%, 16%, 20%, 25.8%	52%, 51%, 38%, 70%, 49%, 51.8%	15%, 9%, 23%, 13%, 26%, 17.3%	4%, 6%, 2%, 0%, 6%, 3.5%	2%, 2%, 4%, 0%, 0%, 1.8%
Endurance	16%, 9%, 21%, 24%, 27%, 19.5%	49%, 70%, 49%, 47%, 46%, 52%	30%, 12%, 23%, 26%, 22%, 22.8%	2%, 2%, 2%, 3%, 6%, 3%	4%, 7%, 4%, 0%, 0%, 2.8%
Strenght	0%, 0%, 2%, 6%, 10%, 3.8%	16%, 12%, 12%, 6%, 11%, 11.3%	39%, 37%, 48%, 53%, 38%, 43%	25%, 19%, 30%, 20%, 29%, 24.8%	20%, 32%, 8%, 16%, 12%, 17.3%
Fine motor skills	2%, 0%, 2%, 7%, 13%, 4.8%	19%, 20%, 16%, 25%, 21%, 20%	42%, 25%, 46%, 36%, 41%, 38%	24%, 31%, 29%, 19%, 18%, 24.3%	12%, 24%, 8%, 13%, 8%, 13%
Suppleness	8%, 3%, 6%, 12%, 16%, 9%	33%, 36%, 27%, 32%, 24%, 30.3%	44%, 28%, 48%, 43%, 37%, 40%	9%, 18%, 14%, 10%, 11%, 12.3%	6%, 14%, 6%, 6%, 11%, 8.5%
Specific motor skills	31%, 47%, 48%, 51%, 46%, 44.5%	54%, 37%, 39%, 43%, 41%, 42.8%	8%, 9%, 5%, 6%, 12%, 8%	6%, 2%, 4%, 1%, 0%, 2.5%	2%, 6%, 3%, 0%, 0%, 2.3%

1. teachers with 0 to 5-year experience
2. teachers with 5 to 10-year experience
3. teachers with 10 to 15-year experience
4. teacher with 15 to 20 years experience
5. teacher with over 20 years experience
6. the teachers' answers without any applied filter



Ștefan Alecu



The Self-control of the 110 m hurdles technique in proprioceptive training - PowerPoint

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1 THE SELF-CONTROL OF THE 110 M HURDLES TECHNIQUE IN PROPRIOCEPTIVE TRAINING

2

3

4

5

6

Phd. student prof. Alecu Stefan
Phd. prof. Ionescu-Bondoc Dragos

Slide 1 of 13 | 63%

