



'Alexandru Ioan Cuza' University of Iasi,  
Faculty of Physical Education and Sport



**FEFS**

West University of Timisoara,  
Faculty of Physical Education and Sport



Babeş-Bolyai University of Cluj-Napoca,  
Faculty of Physical Education and Sport

# ICEU 2021

*12-13th November, Iaşi - România*

**7th International Conference of the Universitaria Consortium  
in Physical Education, Sports and Physiotherapy**

# CONFERENCE PROGRAM

# 7th International Conference of the Universitaria Consortium in Physical Education, Sports and Physiotherapy



## CONFERENCE PROGRAM Friday, November 12, 2021

Activity	Connection Link	Time
<b>Opening of the 7th Conference of the Universitaria Consortium</b>	<a href="https://us02web.zoom.us/j/89125465536?pwd=QTdKNWNZR2dLTUpzTmdSOVY5aTg0Zz09">https://us02web.zoom.us/j/89125465536?pwd=QTdKNWNZR2dLTUpzTmdSOVY5aTg0Zz09</a> <b>Meeting ID: 891 2546 5536</b> <b>Passcode: 239982</b>	11 <sup>00</sup> -11 <sup>30</sup>
<b>Keynote Speaker</b> <b>Assoc. Prof. Antonio TESSITORE</b> Universita degli Studi di Roma, ITALY	<a href="https://us02web.zoom.us/j/89125465536?pwd=QTdKNWNZR2dLTUpzTmdSOVY5aTg0Zz09">https://us02web.zoom.us/j/89125465536?pwd=QTdKNWNZR2dLTUpzTmdSOVY5aTg0Zz09</a> <b>Meeting ID: 891 2546 5536</b> <b>Passcode: 239982</b>	11 <sup>30</sup> -12 <sup>00</sup>
<b>Keynote Speaker</b> <b>Dario ŠKEGRO</b> Head of Department of General and Applied Kinesiology, University of Zagreb, CROATIA	<a href="https://us02web.zoom.us/j/89125465536?pwd=QTdKNWNZR2dLTUpzTmdSOVY5aTg0Zz09">https://us02web.zoom.us/j/89125465536?pwd=QTdKNWNZR2dLTUpzTmdSOVY5aTg0Zz09</a> <b>Meeting ID: 891 2546 5536</b> <b>Passcode: 239982</b>	12 <sup>00</sup> -12 <sup>30</sup>
<b>Keynote Speaker</b> <b>RNDr. Zdeněk MUSIL</b> Institute of Biology and Medical Genetics of the 1st Faculty of Medicine and General University Hospital in Prague (VFN), CZECH REPUBLIC	<a href="https://us02web.zoom.us/j/89125465536?pwd=QTdKNWNZR2dLTUpzTmdSOVY5aTg0Zz09">https://us02web.zoom.us/j/89125465536?pwd=QTdKNWNZR2dLTUpzTmdSOVY5aTg0Zz09</a> <b>Meeting ID: 891 2546 5536</b> <b>Passcode: 239982</b>	12 <sup>30</sup> -13 <sup>00</sup>
<b>Lunch break</b>	-	13 <sup>30</sup> -15 <sup>00</sup>
<b>The Forum of Deans within the Faculties of Physical Education and Sports</b>	-	15 <sup>00</sup> -18 <sup>30</sup>

# 7th International Conference of the Universitaria Consortium in Physical Education, Sports and Physiotherapy



Activity	Connection Link	Time
<p><b>Workshop:</b> <b>THE OLYMPIC MOVEMENT IN THE CONTEXT OF THE TOKYO OLYMPICS</b></p> <p>Moderators: Assoc. Prof. PhD. Liliana-Elisabeta RADU Lecturer PhD. Simona AMÂNAR-TABĂRĂ Director Alexandra NICA</p>	<p><a href="https://us02web.zoom.us/j/81480823141?pwd=MUhYWUhpQ3l5VGh5Z1JsZlVaOTINUT09">https://us02web.zoom.us/j/81480823141?pwd=MUhYWUhpQ3l5VGh5Z1JsZlVaOTINUT09</a> <b>Meeting ID: 814 8082 3141</b> <b>Passcode: 988537</b></p>	<p><b>14<sup>00</sup>-15<sup>30</sup></b></p>
<p><b>Workshop:</b> <b>HAPPY BONES</b></p> <p>Moderators: Prof. PhD. Beatrice ABALAȘEI Lecturer PhD. Iulian DUMITRU Assoc. Prof. PhD. Cristina MORARU</p>	<p><a href="https://us02web.zoom.us/j/82043757381?pwd=WnZTNlUxnVzFLYy9vU2ZtUDBqQW5HZz09">https://us02web.zoom.us/j/82043757381?pwd=WnZTNlUxnVzFLYy9vU2ZtUDBqQW5HZz09</a> <b>Meeting ID: 820 4375 7381</b> <b>Passcode: 926737</b></p>	<p><b>15<sup>30</sup>-17<sup>00</sup></b></p>
<p><b>Workshop:</b> <b>HEALTHY LIFE AND WELL BEING</b></p> <p>Moderators: Lecturer PhD. Raluca-Mihaela ONOSE Lecturer PhD. Paul LUCACI</p> <p>Speakers: Prof. PhD. Madrugă Marina Holgado Prof. PhD. Drosescu Paula</p>	<p><a href="https://us02web.zoom.us/j/88623751054?pwd=K3hqakluZkdoOHl0UHMmMW1WdUJVLQT09">https://us02web.zoom.us/j/88623751054?pwd=K3hqakluZkdoOHl0UHMmMW1WdUJVLQT09</a> <b>Meeting ID: 886 2375 1054</b> <b>Passcode: 152402</b></p>	<p><b>16<sup>30</sup>-18<sup>30</sup></b></p>

# 7th International Conference of the Universitaria Consortium in Physical Education, Sports and Physiotherapy



## CONFERENCE PROGRAM Saturday, November 13, 2021

Activity	Connection Link	Time
Plenary Presentations PHYSICAL EDUCATION	<a href="https://us02web.zoom.us/j/89304813194?pwd=UJZhTEzaEppY2kzekx3cWhGMXNTZz09">https://us02web.zoom.us/j/89304813194?pwd=UJZhTEzaEppY2kzekx3cWhGMXNTZz09</a> Meeting ID: 893 0481 3194 Passcode: 075143	09 <sup>00</sup> -11 <sup>00</sup>
Plenary Presentations SPORTS AND MOTOR PERFORMANCE	<a href="https://us06web.zoom.us/j/81712729636?pwd=a096Zkcyeno5dEMrbkxkdEJxUldoQT09">https://us06web.zoom.us/j/81712729636?pwd=a096Zkcyeno5dEMrbkxkdEJxUldoQT09</a> Meeting ID: 817 1272 9636 Passcode: 734856	10 <sup>00</sup> -12 <sup>00</sup>
Plenary Presentations PHYSICAL THERAPY	<a href="https://us02web.zoom.us/j/86569017267?pwd=VEhxdmROcjZjR2NvM0NuQW10MkViZz09">https://us02web.zoom.us/j/86569017267?pwd=VEhxdmROcjZjR2NvM0NuQW10MkViZz09</a> Meeting ID: 865 6901 7267 Passcode: 055907	10 <sup>00</sup> -12 <sup>00</sup>
Plenary Presentations SPORTS FOR ALL	<a href="https://us02web.zoom.us/j/87648606334?pwd=ZnNQtkVzMkRiR3djQm1xRUYrWm8vdz09">https://us02web.zoom.us/j/87648606334?pwd=ZnNQtkVzMkRiR3djQm1xRUYrWm8vdz09</a> Meeting ID: 876 4860 6334 Passcode: 787312	09 <sup>30</sup> -11 <sup>30</sup>
Plenary Presentations PhD	<a href="https://us02web.zoom.us/j/83580241630?pwd=aHArbHFENTIRZUNHZ2Q4TIZNc2RRdz09">https://us02web.zoom.us/j/83580241630?pwd=aHArbHFENTIRZUNHZ2Q4TIZNc2RRdz09</a> Meeting ID: 835 8024 1630 Passcode: 088773	09 <sup>00</sup> -10 <sup>30</sup>
Plenary Presentations PhD	<a href="https://us02web.zoom.us/j/88136984448?pwd=MXNZMUludFBPR0I5Njg0T0tLc3U2Zz09">https://us02web.zoom.us/j/88136984448?pwd=MXNZMUludFBPR0I5Njg0T0tLc3U2Zz09</a> Meeting ID: 881 3698 4448 Passcode: 196032	10 <sup>30</sup> -12 <sup>00</sup>
Conference Closing	<a href="https://us02web.zoom.us/j/83514980874?pwd=OVJrQmZycTIWc0kveXZLdVRmV2o0Zz09">https://us02web.zoom.us/j/83514980874?pwd=OVJrQmZycTIWc0kveXZLdVRmV2o0Zz09</a> Meeting ID: 835 1498 0874 Passcode: 295440	12 <sup>15</sup> -12 <sup>45</sup>

**WORKSHOP**  
**THE OLYMPIC MOVEMENT IN THE CONTEXT**  
**OF THE TOKYO OLYMPICS**

**Date: November 12, 2021**  
**Time: 14<sup>00</sup>-15<sup>30</sup>**

**Moderators:**

**Assoc. Prof. PhD. Liliana Elisabeta RADU**

"Alexandru Ioan Cuza" University of Iași (Romania)  
Director of AOR Iași branch

**Lecturer PhD. Simona Amânar TABĂRĂ**

West University of Timișoara (Romania)  
Director of AOR

**Alexandra NICA**

Director, Department of Sport Scholar, Sport University and Olympic  
Education, Romanian Olympic Sport Committee (Romania)



**Connection link:** <https://us02web.zoom.us/j/81480823141?pwd=MUhYWUhpQ3lSVGh5Z1JsZlVaOTlUT09>

**Meeting ID: 814 8082 3141, Passcode: 988537**

<b>Crt. No.</b>	<b>Authors and Presentation / Paper Title</b>
1.	<b>Muresan Alexandru, Buldus Codruța-Florentina (Romania)</b> Perspectives of the Olympic Education in school.
2.	<b>Ababei Cătălina, Ababei Alina (Romania)</b> Ethic vs. non-ethic in Sport
3.	<b>Jakimovska Karolina (Republic of North Macedonia)</b> Ethics, Integrity and Well-Being in Sports
4.	<b>Larionescu Virgil (Romania)</b> Touchball – A new sport

# 7th International Conference of the Universitaria Consortium in Physical Education, Sports and Physiotherapy



<b>Crt. No.</b>	<b>Authors and Presentation / Paper Title</b>
5.	<b>Albelkalns Ilvis (Latvia)</b> Olympic Education in Latvia
6.	<b>Rus Cristian-Mihail (Romania)</b> Romanian Artistic Gymnastics – past and present
7.	<b>Sterea Anita-Diana, Nica Alexandra, Tabără-Amânar Simona, Ababei Radu, Radu Liliana-Elisabeta, Vanvu Gynetta-Ionela (Romania)</b> Five Decades Of Olympic Education In Romania
8.	<b>Balatska Larisa, Moseychuk Yuriy, Moldovan Andriy, Nakonechnyi Ihor, Goriuk Petro, Dotsyuk Lidiia, Vaskan Ivan (Ukraine)</b> Education Of Students Majoring In "Physical Education And Sports" On The Knowledge Of Olympic Education (On The Example Of Yuriy Fedkovych Chernivtsi National University)
9.	<b>Prystupa Yevhen, Briskin Yuriy, Neroda Neonila, Perederiy Alina, Svistelnik Iryna (Ukraine)</b> The First Stage Of Development Of The Modern Olympic Movement According To The Author's Complex-Factual Periodization
10.	<b>Zadorozhna Olha, Perederiy Alina, Kozhokar Maryna, Semeryak Zoryana, Stefanyshyn Markiiian (Ukraine)</b> Participation Tactics Of Elite Greco-Roman Wrestlers In Competition System In 2013-2016 Olympic Cycle



**WORKSHOP  
HAPPY BONES**

**Date: November 12, 2021  
Time: 15<sup>30</sup>-17<sup>00</sup>**

**Moderators:**

**Prof. PhD. Beatrice-Aurelia ABALAȘEI**

“Alexandru Ioan Cuza” University of Iași (Romania)

**Lecturer PhD. Iulian DUMITRU**

“Alexandru Ioan Cuza” University of Iași (Romania)

**Assoc. Prof. PhD. Cristina-Elena MORARU**

“Alexandru Ioan Cuza” University of Iași (Romania)



Co-funded by the  
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**Happy Bones**

**Connection link:** <https://us02web.zoom.us/j/82043757381?pwd=WnZTNUxnVzFLYy9vU2ZtUDBqQW5HZZ09>

**Meeting ID: 820 4375 7381, Passcode: 926737**

**Crt. No. Authors and Presentation / Paper Title**

1.	<b>Abalasei Beatrice-Aurelia, Dumitru Iulian, Moraru Cristina-Elena (Romania)</b> Innovative Perspectives Of Physical Exercises In Osteoporosis Prophylaxis
2.	<b>Bendíková Elena, Iováková Michaela, Jančoková Ľudmila, Rozim Robert, Daubnerová Jana (Slovakia)</b> Organized Leisure Physical Activity In Terms Of Consolidating The Quality Of The Musculoskeletal System Of Pupils
3.	<b>Croitoru Horia, Teodorescu Silvia Violeta, Ene-Voiculescu Carmen, Ene-Voiculescu Virgil (Romania)</b> Evolution Of Heart Rate Following Exercising In Postpartum Women
4.	<b>Roșca Vladimir, Mihailov Natalia, Pogorlețchi Ala (Republic of Moldova)</b> The Influence Of The Kinetic Program On The Quality Of Life In Elderly Patients With Physical Deconditioning

**WORKSHOP**  
**HEALTHY LIFE AND WELL BEING**

**Date: November 12, 2021**  
**Time: 16<sup>30</sup>-18<sup>30</sup>**

**Moderators:**

**Lecturer PhD. Raluca-Mihaela ONOSE**

“Alexandru Ioan Cuza” University of Iași (Romania)

**Lecturer PhD. Paul LUCACI**

“Alexandru Ioan Cuza” University of Iași (Romania)

**Speakers:**

**Prof. PhD. Madruga Marina Holgado**

University of Salamanca (Spain)

**Prof. PhD. Drosescu Paula**

“Alexandru Ioan Cuza” University of Iași (Romania)



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**Connection link:** <https://us02web.zoom.us/j/88623751054?pwd=K3hgakluZkdoOHl0UHMyMW1WdUUVLQT09>

**Meeting ID: 886 2375 1054, Passcode: 152402**

<b>Crt. No.</b>	<b>Authors and Presentation / Paper Title</b>
1.	<b>Madruga Marina Holgado (Spain)</b> Exercise And Cognitive Function In Elderly. A Systematic Review
2.	<b>Drosescu Paula (Romania)</b> The Role Of Communication In Generating The State Of Wellbeing In The Elderly
3.	<b>Nemček Juraj, Nemček Dagmar (Slovakia)</b> Subjective Well-Being Of Elite Junior Racket Sports Players





<b>Crt. No.</b>	<b>Authors and Presentation / Paper Title</b>
4.	<b>Hrițcu Bogdan, Silvia Nicoleta Mirica, Cristian Negrea, Martin Domokoş, Eugen Bota, Adrian Nagel, Avram Claudiu (Romania)</b> The Importance Of Sleep Quality In Running Training: A Case Study
5.	<b>Maniu Emese-Agnes, Maniu Dragos-Adrian, Grosu Vlad-Teodor, Grosu Florina-Emilia (Romania)</b> The Effect Of Climbing And Swimming Activities On Self-Esteem Of Visually Impaired Children
6.	<b>Hakman Anna, Duditska Svitlana, Medvid Anzhela, Tymchuk Liudmyla, Koshura Andrii, Hulciaeva Mariia, Yachniuk Maksym, Mykyteichuk Khrystyna (Ukraine)</b> Comorbidity And Life Quality Of The Elderly
7.	<b>Negru Ioan Niculaie (Romania)</b> Level Of Physical Activity And Perception Of Anxiety
8.	<b>Drosescu Paula, Honceriu Cezar, Trofin, Florin-Petrut, Puni Alexandru-Rares (Romania)</b> The Post-Pandemic Eating Behavior
9.	<b>Dumitru Iulian-Marius (Romania)</b> Local Active Tourism - A Hybrid Perspective Of Reconfiguring A Healthy Lifestyle And A Sustainable Tourism In The Post-COVID Era



## PLENARY PRESENTATIONS PHYSICAL EDUCATION

Date: November 13, 2021  
Time: 09<sup>00</sup>-11<sup>00</sup>

**Moderators:** Assoc. Prof. PhD. Bogdan-Constantin UNGUREAN, “Alexandru Ioan Cuza” University of Iași (Romania)

Lecturer PhD. Codruta-Florina BULDUS, Babeș-Bolyai University, Cluj-Napoca (Romania)

**Session coordinator:** Lecturer PhD. Alexandru OPREAN “Alexandru Ioan Cuza” University of Iași (Romania)

**Connection link:** <https://us02web.zoom.us/j/89304813194?pwd=UjZhbTEzaEppY2kzekx3cWhGMXNTZz09>

Meeting ID: 893 0481 3194, Passcode: 075143

### Crt. No. Authors and Paper Title

1.	<b>Abalasei Beatrice-Aurelia, Popescu Lucian</b> Modelling Valences Of Physical Education And Sport
2.	<b>Albu Adriana, Onose Raluca-Mihaela, Abdulan Irina, Abalasei Beatrice-Aurelia</b> The Time Allocated Daily To Physical Activity And The Eating Habits Of A Lot Of Students From Iasi
3.	<b>Balushka Lyudmyla, Khimenes Khrystyna, Briskin Yuriy, Torlo Olena, Chychkan Oksana</b> Improvement Of The Physical Education Content Of Students Lyceum With Enhanced Military And Physical Preparation By Using Wrestling Means
4.	<b>Bilavych Halyna, Vlasii Olesia, Kohanovska Olena, Iliichuk Liubomyra, Blavt Oksana, Kondur Oksana, Oliiar Mariia, Matishak Marianna, Malona Svitlana, Savchuk Borys</b> Development Of Motor Activity Of Primary School Students Under Conditions Of Digitalization Of Education And Distance Learning Caused By The Covid-19 Pandemic
5.	<b>Bogdan Mihaela, Mardare Ioana, Moraru Cristina-Elena</b> Study Regarding The Level Of Strength As A Motor Quality Among High School Students In The Context Of The COVID-19 Pandemic
6.	<b>Corman Mariana, Zavalisca Aurica</b> Incidence of obesity in young school-age students in the Republic of Moldova

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## Crt. No. Authors and Paper Title

7.	<b>Hlukhov Ivan, Drobot Katerina, Hlukhova Hanna</b> Effectiveness Of The Content Of The Personal Motivation Levels Of The Swimming Education System In The Development Of The Strength Quality Of Students Of Higher Education Institution
8.	<b>Larion Alin, Popa Cristian, Melenco Ionel</b> Taxonomy Of Study Programs In The Interference Of The Physical Education And Sports Profile
9.	<b>Mykytyuk Zinoviy, Blavt Oksana, Kozibroda Larissa, Andres Andrii, Stadnyk Volodymyr, Gurtova Tatyana</b> System-Information Support Optimization Of Control Of Physical Preparedness In Physical Education Of Students
10.	<b>Onose Ionuț, Onose Raluca-Mihaela, Abalașei Beatrice-Aurelia</b> Dual Career - Concept and Representation for a Group of Students of the Faculty of Physical Education and Sports
11.	<b>Onose Raluca-Mihaela, Popescu Lucian, Onose Ionut, Albu Adriana</b> Correlation Between Body Mass Index and Perception Of Body Weight In A Lot Of Students From The Faculty Of Physical Education And Sports From Iasi
12.	<b>Patsiaouras Asterios, Nounos G., Stirbu Ilie-Catalin</b> Cross-Cultural Adaptation of the STARS Questionnaire for Greek-Speaking Athletes
13.	<b>Rata Bogdan, Larion Alin</b> The role of physical exercises in improving coordination in 6-7-year-old children
14.	<b>Ungurean Bogdan-Constantin, Cojocariu Adrian</b> The Benefits Of Exercising And Sports Practising For Young People With And Without Intellectual Disability
15.	<b>Vukić Željko, Gerdijan Nikolina, Zrnić Radomir, Trivun Milomir</b> Effects Of Body Position During Walking Incline On Oxygen Consumption
16.	<b>Zoriy Yaroslav, Kyselytsia Oksana, Moseichuk Yurii, Moroz Olena, Bohatyrets Valentyna</b> The Key Role Of Pedagogy In Enhancing Pe Teachers' Professional Development



**PLENARY PRESENTATIONS  
SPORTS AND MOTOR PERFORMANCE**

**Date: November 13, 2021**

**Time: 10<sup>00</sup>-12<sup>00</sup>**

**Moderators:** Prof. PhD. Adrian COJOCARIU “Alexandru Ioan Cuza” University of Iași (Romania)  
Assoc. Prof. PhD. Nicolae-Horatiu POP Babeş-Bolyai University, Cluj-Napoca (Romania)  
**Session coordinator:** Lecturer PhD. Ionut ONOSE “Alexandru Ioan Cuza” University of Iași (Romania)

**Connection link:** <https://us06web.zoom.us/j/81712729636?pwd=a096Zkcyeno5dEMrbkxkdEJxUldoQT09>  
**Meeting ID:** 817 1272 9636, **Passcode:** 734856

<b>Crt. No.</b>	<b>Authors and Paper Title</b>
1.	<b>Cojocariu Adrian, Abalaşei Beatrice-Aurelia, Ungurean Bogdan-Constantin, Martinaş Florentina-Petruţa</b> The Effect Of A Five-Week Training On Upper Limbs Specific Endurance-Speed Motor Ability In Elite Athletes Of Qwan Ki Do Martial Art
2.	<b>Cojocaru Adin-Marian, Cojocaru Marilena</b> Perfecting Through Game, Of The Technical-Tactical Actions At Juniors, In Volleyball
3.	<b>Domokos Cerasela, Dragomir Andrei, Mirica Silvia Nicoleta, Domokos Martin, Negrea Cristian, Bota Eugen, Argeşanu Veronica, Nagel Adrian</b> The Role Of Spine And Hip Joint Flexibility In Free Aerial Forward Walkover -Danilova- Element Performance
4.	<b>Fagaras Pia Simona, Ursanu Adela, Petrea Renato Gabriel</b> Study Regarding The Injuries Rate In National Basketball League From Romania
5.	<b>Muntean Raul - Ioan</b> Study On The Efficiency Of Finalisation Specific To 9-Meter Handball Players , Seniors
6.	<b>Muresan Dorin-Alexandru, Apostu Dragoş, Ordean Mircea-Nicolae, Arghir Mariana, Grosu Emilia Florina</b> Initial Assessment Of Basketball Player Performance To Study Movement Stability And Balance

# 7th International Conference of the Universitaria Consortium in Physical Education, Sports and Physiotherapy



<b>Crt. No.</b>	<b>Authors and Paper Title</b>
7.	<b>Nakonechnyy Roman, Okopnyy Andriy, Neroda Neonila, Zadorozhna Olha, Ivanska Olena</b> Psychophysiological Properties And Mental Processes Of Football Players 11-12 Years
8.	<b>Oprean Alexandru</b> Body Composition Evolution Of Romanian Professional Rugby Players – Backs
9.	<b>Ormenișan Vasile Septimiu, Radu Paul Ovidiu, Rozsnyai Radu Adrian</b> Plyometric Training – A Method For Improving Speed Running For Junior Football Players
10.	<b>Popovici Ileana Monica, Lepciuc Gabriela, Radu Liliana Elisabeta</b> Traumatology and sport injuries in professional athletes
11.	<b>Prystupa Yevhen, Tyshchenko Valeria, Omelianenko Halyna, Bessarabova Olena, Dyadechkolgor</b> Complex Control Of Special Readiness In High Performance Sports
12.	<b>Puni Alexandru-Rares, Merticaru Eugen, Budescu Emil, Iacob Mihai-Radu</b> The Kinematics Of The Serving Of The Ball In Volleyball
13.	<b>Smyrnovskyy Serhiy, Smyrnovska Sofiia, Ivchenko Anastasiia, Chervonoshapka Maryna, Potapova Olena</b> Psychophysiological Criteria Of Talent In Martial Arts
14.	<b>Sțințel Oana-Ruxandra, Oravițan Mihaela, Lazăr Cristian, Nicoară Vlad</b> Analysis Of High Speed Running And Sprint Running In Elite Female Football Competitions
15.	<b>Stoian Iulian, Burchel Lucian</b> The Enhancement Of Effort Capacity, Particular To Soccer, Through Integrated Training Process
16.	<b>Stupar Radu-Cristian, Monea Gheorghe, Șanta Cristian</b> U17 Romanian Volleyball Player's Approach Height Analysis, Related To The Jump Index As A Performance Indicator
17.	<b>Timofte Mihai, Leuciuc Florin</b> Toward A Strength Training Approach At Male Handball Players
18.	<b>Vorovenci Carmina-Mihaela, Graur Cristian, Puni Alexandru-Rares</b> Determining Lower Body Power In Junior Female Volleyball Players
19.	<b>Yu Lyuwei, Pityn Maryn, Karatnyk Ivan, Hnatchuk Yaroslav, Koloskova Iryna</b> Indicators Of Heart Rate In The Context Of The Competitive Activities Of Badminton Players 10-12 Years



**PLENARY PRESENTATIONS  
PHYSICAL THERAPY**

**Date: November 13, 2021,  
Time: 10<sup>00</sup>-12<sup>00</sup>**

**Moderators:** Prof. PhD. Dumitru- Rares CIOCOI-POP Babeş-Bolyai University, Cluj-Napoca (Romania)  
Assoc. Prof. PhD. Eugeniu AGAPII The State University of Physical Education and Sports, Chisinau (Republic of Moldova)  
**Session coordinator:** Lecturer PhD. Paul LUCACI "Alexandru Ioan Cuza" University of Iaşi (Romania)

**Connection link:** <https://us02web.zoom.us/j/86569017267?pwd=VEhxdmROcjlR2NvM0NuQW1OMkVlZz09>  
**Meeting ID: 865 6901 7267, Passcode: 055907**

<b>Crt. No.</b>	<b>Authors and Paper Title</b>
1.	<b>Agapii Eugeniu, Racu Serghei, Savitchi Svetlana</b> Recovery Balance Disorders In Virtual Reality Therapy
2.	<b>Bartíková Bianka, Daubnerová Jana, Bendíková Elena</b> Qualitative Level Of Posture In High School Girls During The Covid-19 Pandemic
3.	<b>Bulduş Codruta-Florina, Bloj Cristian-Emil</b> Basketball Players Articular Lesions Prophylaxis Through Neuromuscular Training
4.	<b>Calotă Nicoleta Daniela, Munteanu Camelia, Ionescu Elena Valentina, Petcu Damian, Georgescu Adrian, Popescu Răducu</b> The Efficiency Of The Nirvana System In The Recovery Of Scapulo-Humeral Periarthritis
5.	<b>Cebotaru Nina, Racu Serghei, Cebotaru Vasile</b> Training Communication Competence In Students With Mental Retardation Through Physical Education Activities (Pedagogical Model)
6.	<b>Gidu Diana Victoria, Muşat George Cosmin, Cazan Florin, Neumann Oana Verona, Oltean Antoanela</b> The Importance Of Recovering Grip Of Handball Players After Hand Injuries – A Case Study
7.	<b>Glazer Ciprian, Avram Claudiu, Jurjii Nicolae-Adrian</b> Personalized 3D Printed Hand Orthosis For Chronic Pain: A Case Study
8.	<b>Hagiu Bogdan-Alexandru, Dumitru Iulian Marius</b> Can HIIT Be Used For The Prophylaxis Of Severe Forms Of COVID-19?

# 7th International Conference of the Universitaria Consortium in Physical Education, Sports and Physiotherapy



<b>Crt. No.</b>	<b>Authors and Paper Title</b>
9.	<b>Honceriu Cezar, Oprean Alexandru, Jurcău Ramona, Drosescu Paula</b> Analysis Of Haematological And Biochemical Indicators Among Professional Soccer Players
10.	<b>Liute Ștefan-Octavian, Inciulescu Marius-Iulian, Pantea Corina, Vutan Ana-Maria</b> Review Study On The Efficiency Of The Use Of Kinesiologic Tape In Performance Athletes
11.	<b>Lucaci Paul, Neculăeș Marius, Drosescu Paula</b> Physical Therapy Approaches In The Recovery Of Patients With Cerebellar Infarction
12.	<b>Maniu Dragos-Adrian, Maniu Emese-Agnes</b> The Influence Of Open And Closed Chain Movements On Postural Balance In Visually Impaired Children
13.	<b>Muntean Raul - Ioan</b> Handball Player's Recovery After The Injury Of The Anterior Cruciate Ligament
14.	<b>Neculăeș Marius, Lucaci Paul</b> Methodical Aspects In The Functional Recovery Of Patients With Complex Humerus Fractures
15.	<b>Nemček Dagmar</b> Satisfaction With Life Of Female Athletes And Non-Athletes With Physical Disabilities According To Differentiated Levels Of Assistive Technology Use
16.	<b>Savițchi Svetlana, Agapii Eugeniu</b> Social Integration Of Children With Special Educational Needs In The Context Of Kindergarten – Family Educational Partnership
17.	<b>Talaghir Laurentiu-Gabriel, Coja Daniel Madalin, Georgescu Luminita</b> The Use Of Virtual Reality In Inhibiting And Modulating The Perception Of Pain In Different Medical Contexts
18.	<b>Vutan Ana-Maria, Pantea Corina, Motoc Andreea</b> Pilot Study On The Influence Of Dynamic And Postural Reflexes In Children Diagnosed With Scoliosis



## PLENARY PRESENTATIONS SPORTS FOR ALL

Date: November 13, 2021,  
Time: 09<sup>30</sup>-11<sup>30</sup>

Moderators: Assoc. Prof. PhD. Gelu BOTA, West University, Timișoara (Romania)

Lecturer: PhD. Ileana POPOVICI, "Alexandru Ioan Cuza" University of Iași (Romania)

Session coordinator: Assist. PhD Student. Alexandru-Mihai CITEA, "Alexandru Ioan Cuza" University of Iași (Romania)

Connection link: <https://us02web.zoom.us/j/87648606334?pwd=ZnNQTKVzMkRiR3djQm1xRUYrWm8vdz09>

Meeting ID: 876 4860 6334, Passcode: 787312

Crt. No.	Authors and Paper Title
1.	<b>Chirazi Marin</b> Developing Possibilities Of The Psychomotor Capacities By Practising Judo
2.	<b>Deak Grațîela-Flavia, Boros-Balint Iuliana, Irimia Alexandru</b> Effects Of Circuit Training On General Strength In 7-10 Year Olds Basketball Players
3.	<b>Grădinaru Csilla, Popescu Silvia, Strava Cristian, Stainer Brigitte-Alexandra</b> The Impact Of The COVID-19 Pandemic On Sports Games
4.	<b>Iacob Mihai-Radu, Merticaru Eugen, Budescu Emil, Puni Alexandru-Rares</b> Aspects Regarding The Kinematics Of Direct Free Throwing At Young People Between 10 And 18 Years Old
5.	<b>Iconomescu Teodora Mihaela, Olaru Bogdan Sorin, Talaghir Laurentiu-Gabriel, Berdila Anamaria, Rus Cristian Mihail</b> Guidelines For The Physical Education And Sport Lesson In Romania
6.	<b>Khimenes Khrystyna, Pityn Maryan, Lynec Mykhajlo, Antonov Sergij, Kharchenko-Baranetska Ludmyla</b> Structure, Contents And Efficiency Of The Modern Competition System In American Football
7.	<b>Macra-Oșorhean Maria-Daniela, Crișan Cristian Sebastian, Boroș-Balint Iuliana, Ciocoi Pop Dumitru-Rareș, Radu Paul Ovidiu</b> Study Regarding The Benefits Of Managerial Coaching In Sports Organization



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Crt. No.	Authors and Paper Title
8.	<b>Nichifor Florin, Muntianu Vlad-Alexandru</b> Comparative Study On Cultural Differences In Sport Camp In Romania
9.	<b>Pop Nicolae Horațiu, Ilisei Irina</b> The Role Of Motor Control And Proprioception In Enhancing Sports Performance. Review Of The Literature
10.	<b>Popescu Silvia, Gradinaru Irinel Sorin</b> A Study Of How Worldwide Basketball Was Influenced By The Pandemic
11.	<b>Rațu Roxana Nicoleta, Onose Ionuț, Postolache Alina Narcisa, Usturoi Marius Girgi, Usturoi Alexandru, Radu-Rusu Răzvan Mihai, Veleșcu Ionuț Dumitru</b> Milk - An Important Source Of Nutrition And Hydration For Athletes
12.	<b>Rusu Oana</b> Strategies And Tools For Intervention And Prevention Of Volleyball Injuries
13.	<b>Toma Andreea Carletta, Grosu Vlad Teodor, Ordean Mircea Nicolae, Grosu Emilia Florina</b> Optimizing The Performance Behavior Of Junior Skiers Through Motivational Techniques
14.	<b>Trofin Petruț Florin, Puni Alexandru Rareș, Ungurean Bogdan Constantin, Dumitru Iulian Marius, Tanasă Anca Raluca</b> Correlations Between Food Education And Body Composition Among Students Aged 16 – 18
15.	<b>Usturoi Alexandru, Rațu Roxana-Nicoleta, Usturoi Marius Giorgi</b> Fatty Acid Egg Content - A Functional Food For Athletes
16.	<b>Vorontsov Artur, Tyshchenko Valeria, IvanenkoStanislav, Meniailo Viktoriia, Gorlach Valentyna, Tomchenko Maryna</b> The Value Of Functional Asymmetry When Improving Technical And Tactical Preparation Of Girls Aged 12-15 Years In The Process Of Boxing Classes At The Stage Of Basic Preparation



**PLENARY PRESENTATIONS  
PHD SECTION**

**Date: November 13, 2021,  
Time: 09<sup>00</sup>-10<sup>30</sup>**

**Moderators: Prof. PhD. Simona PETRACOVSCI**, West University, Timișoara (Romania)

**Assoc. Prof. PhD. Oana-Mihaela RUSU**, "Alexandru Ioan Cuza" University of Iași (Romania)

**Session coordinator: Assist. PhD Student. Vlad-Alexandru MUNTIANU**, "Alexandru Ioan Cuza" University of Iași (Romania)

**Connection link:** <https://us02web.zoom.us/j/83580241630?pwd=aHArbHFENTIRZUNHZ2Q4TIZNc2RRdz09>

**Meeting ID: 835 8024 1630, Passcode: 088773**

<b>Crt. No.</b>	<b>Authors and Paper Title</b>
1.	<b>Cîtea Mihai-Alexandru, Cordun Mariana</b> Relationship Between Posture Deviations In The Sagittal Plane And Plantar Weight Distribution In Adolescents
2.	<b>Cojocariu Adrian, Martinaș Florentina-Petruța</b> Evaluation Of Conscientiousness Among Rugby Players During Puberty
3.	<b>Doană Amalia, Stepan Amalia- Raluca, Popescu Daniela, Cosma Germina</b> Dance As A Means Of Social Inclusion For People With Down Syndrome
4.	<b>Dobreanu Ioana-Bianca, Solomon-Pârțac Sergiu</b> Study On The Efficacy Of Extracorporeal Shock Wave Therapy In The Rehabilitation Treatment Of Patients Diagnosed With Jumper Knee*
5.	<b>Farzat Sara Maria, Avram Claudiu, Nagel Adrian</b> Review Study On Different Methods Of Influencing Fatigue In Tennis Players
6.	<b>Hisham Abu Taha, Amro Mohamed, Rusu Ligia</b> The Effect Of Covid-19 Pandemic On The Body Mass Index (BMI) And Physical Efficiency Index For High Schools Students

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<b>Crt. No.</b>	<b>Authors and Paper Title</b>
7.	<b>Iacob George Sebastian, Pantyo Valerij, Vrabie Diana, Zelenovic Milan, Măzăreanu Alexandru</b> Short-Term Therapeutic Effects Of Bioptron Light Therapy And Dry Needling For The Treatment Of Low Back Myofascial Pain In Amateur Sport Players
8.	<b>Iancu Augustin, Stepan Amalia- Raluca, Cosma Alexandru, Cosma Germina</b> Job Satisfaction And Romanian Athletes' Commitment
9.	<b>Ionescu Anca, Ionescu Vlad</b> Predicting Figure Skaters Jump Performance Using Neural Networks Based On Anthropomorphic Measurement
10.	<b>Ionescu Anca-Maria, Stănescu Monica</b> Attracting European Funds In Sport – A Comparative Analysis Of Good Governance In Romania And Italy
11.	<b>Iordăchescu (Elena) Marina, Georgescu (Bărăgăui) Carmen Mariana, Orțănescu Dorina</b> The Level Of Motor Skills Development Compared To The Requirements Of The National Evaluation System In Grade 4 Students
12.	<b>Jurjiu Nicolae-Adrian, Avram Claudiu</b> Review Study On Posture Analysis With Digital Optic System In Visual And Infrared Spectrum
13.	<b>Muntianu Vlad-Alexandru, Abalașei Beatrice-Aurelia, Trofin Florin Petruț, Vizitiu Maria – Emilia (Romania)</b> 2D:4D Ratio Of Junior Handball And Football Players In Correlation With Somatic Measurements



**PLENARY PRESENTATIONS  
PhD SECTION**

**Date: November 13, 2021,  
Time: 10<sup>30</sup>-12<sup>00</sup>**

**Moderators:** Assoc. Prof. PhD. **Constanta-Nicoleta URZEALA**, National University of Physical Education and Sport, Bucharest, (Romania)  
**Assoc. Prof. PhD. Cezar HONCERIU**, "Alexandru Ioan Cuza" University of Iași (Romania)  
**Session coordinator:** Assist. PhD Student. **Razvan-Andrei TOMOZEI**, "Alexandru Ioan Cuza" University of Iași (Romania)

**Connection link:** <https://us02web.zoom.us/j/88136984448?pwd=MXNZMUludFBPR0l5Njg0T0tLc3U2Zz09>  
**Meeting ID: 881 3698 4448, Passcode: 196032**

<b>Crt. No.</b>	<b>Authors and Paper Title</b>
1.	<b>Lepciuc Gabriela</b> Aspects Of The Analysis Of Motor Capacity According To Positions In The Game Of Rugby Seven's Female
2.	<b>Popa Catalin, Sakizlian Eduard Robert, Miron Doina, Sandu Oana Alis, Marin Mihnea, Rusu Mihai Robert, Rusu Ligia</b> Evaluation Of Specific Spine Mobility During Functional Activities
3.	<b>Purcaru Mircea, Jari Sabri, Teodorescu Silvia</b> The Link Between Heart Rate Variability And Endurance In Swimming
4.	<b>Roșa Alin Cristian</b> Physical Training, Support Of The Technical Training For Dancers, Juniors II
5.	<b>Solomon-Pârțac Maria Ștefana, Cojocariu Adrian, Solomon-Pârțac Sergiu</b> Study Regarding The Importance Of Physical Therapy In The Recovery Of Vestibular Deficit In Patients With Vertigo Syndrome
6.	<b>Solomon-Pârțac Sergiu, Cojocariu Adrian, Solomon-Pârțac Maria-Ștefana</b> The Importance Of Balance Assessing Of Patients With Anterior Cruciate Ligament Reconstruction-Pilot Study
7.	<b>Ștefan Neonila-Gabriela, Moraru Cristina-Elena</b> Influence Of The Recovery Program On The Treatment Of The Upper Limb Lesions Among Athletes



<b>Crt. No.</b>	<b>Authors and Paper Title</b>
<b>8.</b>	<b>Stegariu Vlad-Ionuț, Abalașei Beatrice-Aurelia</b> The Role Of Chess In The Development Of Attention In Primary School Children
<b>9.</b>	<b>Tanasă Anca Raluca, Moraru Cristina - Elena</b> Study On The Motor Capacity Of Female Gymnasts Aged 10-12 In The Pandemic Context
<b>10.</b>	<b>Tomozei Razvan – Andrei, Moraru Cristina Elena</b> The Differences In Reaction Values At Start In Sprint Events During The Tokyo Olympic Games – Case Study
<b>11.</b>	<b>Vrabie Diana, Abalașei Beatrice-Aurelia, Iacob George-Sebastian</b> Comparative Study Regarding The Benefits Of Using Medical Flossing In Lateral Epicondylitis
<b>12.</b>	<b>Vrabie Diana, Abalașei Beatrice-Aurelia, Iacob George-Sebastian</b> Descriptive Study Regarding The Incidence Of SARS-Cov-2 Virus Among The Romanian Population. Strategies To Reduce The Infection Rate/Mortality In High-Risk Groups
<b>13.</b>	<b>Waleed Adnan, Rusu Ligia, Ali Bediwy</b> Effect Of The Isometric - Isotonic Exercise On Ligaments Rupture Injury Of Knee And Rehabilitation For Athletic



## SCIENTIFIC COMMITTEE

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