



UNIVERSITATEA
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MINISTRY OF NATIONAL EDUCATION AND SCIENTIFIC RESEARCH

UNIVERSITY *SPIRU HARET*
PHYSICAL EDUCATION AND SPORT FACULTY
UNIVERSITY OF CRAIOVA
PHYSICAL EDUCATION AND SPORT FACULTY



8th INTERNATIONAL CONFERENCE

**“PHYSICAL EXERCISES - A COMPLEX
AND MODERN WAY TO PROMOTE
HEALTHY LIVING”**

October 28-29th, 2016
BUCHAREST – ROMANIA



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ORGANIZATION

The Conference wants to bring an important contribution to scientific research development of the mentioned fields, using some interdisciplinary themes approaching, where physical education represents a complex element, which induces debates about sportive management, but also about fundamental research of prophylaxis and recovery therapy.

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Friday, October 28th, 2016

14.00 - 15.00 - Arrivals and Registration Faculty of Physical Education and Sport, 24, Berceni street, Bucharest – Hall 319

16.00 – 18.00 – Workshop ”*Formation mentality of sportsman*”, Chairperson: Prof PhD Adin Marian Cojocaru

Speakers: psychologist Andreas Hniatiuc - President of the Association for Sport Psychology

16.00 – 18.00 – Workshop ” *Volunteering, professional application*”, Chairperson: Prof PhD Georgeta Niculescu

Speakers: Iureși Cristina - Fluency Foundation, President
Geavlete Otilia - Fluency Foundation

19.00 – Dinner at PREMIUM WELLNESS INSTITUTE

Saturday, October 29th, 2016

08.00 - 09.00 – Registration PREMIUM WELLNESS INSTITUTE

09.00 – 09.30 – Opening Ceremony and Welcome

The opening speech of the *Spiru Haret* University

Prof. PhD. Georgeta NICULESCU, Dean of Physical Education and Sport Faculty, *Spiru Haret* University, Bucharest

Prof. PhD Marian DRAGOMIR, Dean of Physical Education and Sport Faculty, Craiova

Prof. PhD Maria ANDRONIE, Vice-rector of University *Spiru Haret*, Bucharest

Prof. PhD Ion NEACȘU, University of Bucharest

Prof. PhD Ioan LADOR, Science of Human Excellence and University Sport Society, President



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9.30 – 12.00 – Plenary Session

9.30-10.00 – Prof. PhD **Neacșu Ion** ” *Initial teacher of physical education and sport: skills and new curricular fields reflections emerging*” University of Bucharest

10.00-10.30 – Prof. PhD. **Dragnea Adrian** “*Highlights in the development strategy of the sport in Romania*” Valahia University, Târgoviște.

10.30-11.00 – **Sidenco Luminița Elena** “*Wellness versus recovery – a new concept, PREMIUM WELLNESS INSTITUTE*” Medical Director PREMIUM WELLNESS INSTITUTE

11.00-11.30 – **Lador Ioan** “*European strategy with applications in the national physical education and sport in Romania*”

11.30 -12.00 – Coffee break

12.00 – 13.30 POSTER PRESENTATION Conference Hall PREMIUM WELLNESS INSTITUTE

12.00 – 12.30 – Physical Education and Sport Session

12.30– 13.00 – Sport and Performance Session

13.00 – 13.30 – Kinetherapy and Sports Medicine Session

13.30 – 14.00 – CLOSED CEREMONY



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12.00 – 12.30– Physical Education and Sport Session

Chairmen: Assoc Prof. PhD Cojocaru Marilena

Assoc Prof. PhD Cosma Germina

Assoc Prof. PhD Gheorghe Daniel

Assoc Prof. PhD Nanu Marian Costin

- P1. Butu Ioana Maria, Teodorescu Simona Anemari, Cătună George Cristian ”*Study on development of joint mobility to middle school students,,*
- P2. Cătună George Cristian, Butu Ioana Maria, Teodorescu Simona Anemari ”*Study on speed development to schoolgirls from class VII,,*
- P3. Iorga Anca “*Study of relationship between expression and imagination students found to actors,,*
- P4. Glicheria Daian “*Specific effort adaptation of pupils during physical education lessons,,*
- P5. Ungureanu - Dobre Aurora, Stoica Doru, Dumitru Roxana “*Development of motor qualities trough means specific to football in middle schools,,*
- P6. Stoica Dănut, Jurat Valeriu “*The role of in optimizing professional preparatory games professionally applied of physical training ,,*
- P7. Pehoiu Constantin ”*Significance of Educative Values of Sport in Forming Personality and Human Socialization,,*
- P8. Cosma Germina, Orțănescu Dorina, Rusu Ligia, Dumitru Roxana”*Aerobics – a way to improve the studets physical fitness,,*

12.30 – 13.00– Sport and Performance Session

Chairmen: Prof. PhD Dragomir Marian

Prof. PhD Sabău Elena

Prof. PhD Orțănescu Dorina

Assoc. Prof. PhD Popescu Florentina

- P1. Dragnea Adrian ”*Development strategies for a national sports organization. Methodology and applications,,*
- P2. Daniel Gheorghe, Paula Ivan ” *Study on top 100 athletes in 800 m discipline outdoor all time,,*
- P3. Cojocaru Adin-Marian, Cojocaru Marilena “*Study on efficiency of actions a service and reception service, youth level in the game of volleyball,,*
- P4. Negoescu Mihai Cristian, Urichianu Toma Sanda “*Comparative study of wushu hitting and kicking technique for juniors 14-18 years,,*
- P5. Teușdea Claudiu Cristian “*Issues on learning methodology in tennis right coup in children,,*



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- P6. Teușdea Claudiu Cristian *“Issues on lapel learning methodology with two hands in tennis to children,,*
- P7. Țurcanu Florin *“Dynamic balance development to football players,,*
- P8. Albină Alina Elena, Albină Constantin *“Control tests for the selection of talents in athletics,,*
- P9. Bieru Enescu Denisa, Kese Anamaria, Neamțu Oana, Neamțu Marius Cristian *“Differences of somatosensory evoked potential parameters at athletes,,*
- P10. Bieru Enescu Denisa, Cosma Germina, Brăbiescu Luminița Călinescu, Forțan Cătălin *“Study of electroencephalographic activity at different categories of professional sportsmen,,*
- P11. Popescu Florentina, Porfireanu Maria-Cristina *“Coordination - ambidextrous - in sports games,,*
- P12. Sabău Elena, Niculescu Georgeta *“Recovery strategy in track and field speed runners,,*
- P13. Dăian Glicheria, Shaao Mirela *“Considerations about the planning and the dynamics of the training process,,*
- P14. Petrescu Tomina, Petrescu Toma *“Small details with important effects in sprinters performance,,*
- P15. Diaconescu Dragoș, Lică Eliana, Dragomir Marian *“Ways to enhance the speed in table tennis sport training at the level of the second formative phase,,*
- P16. Ghețu Roberta, Cosma Marian Alexandru, Călinescu Brabiescu Luminița, Burcea George Bogdan, *“The optimization of initial selection for the basketball beginners groups,,*
- P17. Ghețu Roberta, Orțănescu Dorina, Burcea George Bogda, Călinescu Brabiescu Luminița *“The role of associated factors in learning handball technique,,*
- P18. Minoiu Veronica *“The effect of an increased volume of training for ski orienteering over the summer orienteering performance,,*
- P19. Forțan Cătălin, Mangra, Gabriel, Vlăsceanu Camelia *“Attractive ways to improve the fencers lower limb strength through movement games,,*
- P20. Turcu Sorin, Orțănescu Dorina, Nanu Marian Costin *“The investigation of the force development level of the lower limbs in junior basketball payers using the my tonometry method,,*
- P21. Barbu Dumitru, Stoica Doru, *“Passes Contribution To The Achievement Of An Effective Possession Of The Ball In The Game Of Football In Junior Football Players ”*
- P22. Barbu Dumitru, Stoica Doru, *“The Role Of The Player Demarcation In Order To Increase The Efficiency In The Strike Football Game At The Level Of Junior Players ”*



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13.00 – 13.30 - Kinetotherapy and Sports Medicine Session

Chairmen: Prof. PhD Rusu Ligia

Assoc.. Prof. PhD. Petrescu Toma

Assist. Prof. PhD. Zăvoleanu Mihaela

Assist. Prof. PhD. Jianu Anca

- P1. Albină Alina Elena, Albină Constantin “*Exercises and movement games for correct posture education in young pupils,*”
- P2. Buhociu Elena “*The impact of recovery process on low back pain,*”
- P3. Bușneag Răzvan, Bușneag Carmen “*Optimization strategies for sports medicine services in Romania,*”
- P3. Jianu Anca “*Efficiency of physical therapy after arthroplasty of the hip joint in the elderly,*”
- P4. Țurcanu Florin ”*Customized individual plan for people with disabilities,*”
- P5. Zăvoleanu Mihaela, Enescu-Bieru Denisa, Brăbieru Luminița, Stăicuț Cristina “*Neck pain in chronic cervical degenerative diseases and rehabilitation therapy,*”
- P6. Ilinca Iona, Roșulescu Eugenia, Dănoiu Mircea “*Rehabilitation for the postsurgical Acute Achilles tendon rupture - a case study,*”
- P7. Gheorghe Ioana, Păun Dan, Păun Laurian, Negoescu Mihai Cristian “*Recovery of the hip-femoral joint diseases through specific means football,*”

13.30 – 14.00 – CLOSED CEREMONY