



**1st INTERNATIONAL WORKSHOP
HEALTH, FITNESS AND PHYSICAL ACTIVITY RESEARCH**

*November 4-5 2022
Craiova, Romania*

PROGRAM

November 4- 2022

10:30-Open ceremony

<https://us02web.zoom.us/j/2269338490?pwd=VHdzek4rL0lIWXA4aWFIQVRrL3FLUT09>

Meeting ID: 226 933 8490

Passcode: 576551

10:45- Prof. Hosung So, California State University-San Bernardino, USA, Chief Executive Officer & Founder International Organization for Health, Sports, and Kinesiology (IOHSK)

11:00-12:00 Workshop –Active Ageing-Eva Ilie,University of Craiova,Romania-Hall 1, FEFS,Craiova

12:00-12:30 Workshop- Spinal mouse evaluation-Andreea Maria Rosca,University of Craiova,Romania Hall 1, FEFS,Craiova

12:30-13:00 Physiomed Presentation- Hall 1, FEFS,Craiova

13:00-13:30 Sensorial techniques for neuromotorr rehabilitation of children with special needs-Oana Bianca Budeanca Babolea, Special School Sf. Vasile, Craiova,Romania Hall 1, FEFS,Craiova

13:30-14:45 Lunch

15:15-Parallel sections(online sessions)

15:15 Open of the section

Section 1-Physical education and sport - 1

Coordinators: Prof. dr. Germina Cosma, University of Craiova, Romania

Conf. univ. dr. Dumitru Barbu, University of Craiova, Romania

Join Zoom Meeting

<https://us05web.zoom.us/j/89789705295?pwd=NDRuVExGNWlQeWxGZ2ltQXAzL3dFdz09>

Meeting ID: 897 8970 5295

Passcode: 0FuDNJ

15:20-15:35

Optimizing sports training by introducing isoinertial exercises using a flywheel: a systematic review

Andreea Mihaela ALBINA

University of Craiova, Faculty of Physical Education and Sport, Romania

15:35-15:50

Modeling Sports Training in the Technique of Ball Hitting for the Forehand in the Game of Tennis

Adrian ALISTARH

University of Craiova, Romania

15:50-16:05

Study regarding the perception about practicing physical exercises on students

Andreea BUGA

University of Craiova, Romania

16:05-16:20

Periodization of Preparation in the Utility Swimming Event in Naval Pentathlon

Cristian Stefan CARAPCEA

University of Craiova, Romania

16:20-16:35

Ways to improve the selection in children's alpine skiing

Maria Vaduva

University of Craiova, Romania

16:35-16:50

Emotional intelligence and its role in fencing performance

Liliana Georgeta CIUPITU

University of Craiova, Romania

16:50-17:05

Modeling Technical Training in the Consolidation of Attack Shots in the Tennis Game at the Age of 12-14 Years

Liliana CONSTANTINESCU (OCHESEL)

University of Craiova, Romania

17:05-17:20

New methods to improve physical training in handball elite

Roxana GATZEL

University of Craiova, Romania

17:20-17:35

The role of plyometric exercises in the development of the explosive strength of junior basketball players

Loredana ION, Dorina ORȚĂNESCU

University of Craiova

Section 2-Physical education and sport - 2

Conf. univ. dr. Costin Nanu, University of Craiova, Romania

Conf. univ. dr. Sorina Cernaianu, University of Craiova, Romania

Join Zoom Meeting

<https://us02web.zoom.us/j/81382161994?pwd=Z2ZFNWU0cm9Idkxaa2pPV08rT1diUT09>

Meeting ID: 813 8216 1994

Passcode: 710829

15:15 Open of the section

15:20-15:35

The Strategy of Athletics Development in Romania

Augustin IANCU

University of Craiova, Romania

15:35-15:50

Study regarding the improvement of the agility using BLAZEPOD system

Sorin ALBEANU

University of Craiova, Romania

15:50-16:05

Effect of strength training on speed running performance

Robert MUNTEANU

National University of Physical Education and Sport, Bucharest

16:05-16:20

Tuishou - the traditional Chinese method for learning the basics of martial arts

Negoescu Mihai Cristian

State University of Physical Education and Sports of the Republic of Moldova – Chisinau

16:20-16:35

Artistic Training - Means of Physical Training for the Development of the Strength of the Lower Limbs, in Dancesport - Rumba, Youth Level

Magdalena RADULESCU (MARTINESCU)

University of Craiova

16:35-16:50

Optimizing Physical Training in Football Game for Children

Emil Costin SANDOI

University of Craiova

16:50-17:05

Study regarding the asymmetry in COD at junior football players"

Constantin Daniel NICOLAE

University of Craiova

17:05-17:20

Physical training of cadet swimmers 12-14 years old

Cristian TARTALEANU

Emil Racovita" National College

15:15-Open of the section

Section 3-Physical Therapy

Coordinators: Prof. dr. Rusu Ligia, University of Craiova, Romania

**Prof. Nilufer CETISLI-KORKMAZ PT.PhD., Faculty of Physiotherapy
and Rehabilitation, Pamukkale University, Denizli, Turkey**

<https://us02web.zoom.us/j/2269338490?pwd=VHdzek4rL0lIWXA4aWFIOVRrL3FLUT09>

Meeting ID: 226 933 8490

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15:30-15:45

The effects of physical activity on quality of life in individuals with Type 2 Diabetes Mellitus

Aysenur YILMAZ ¹, Nilufer CETISLI-KORKMAZ ¹, M.Semin FENKCI²

¹Faculty of Physiotherapy and Rehabilitation, Pamukkale University, Denizli, Turkey

²Faculty of Medicine, Department of Endocrinology and Metabolism, Pamukkale University, Denizli, Turkey

15:45-16:00

The effects of physical activity on bone health in middle-aged women

Fatma Nur ALCIN¹, CETISLI-KORKMAZ Nilufer²

¹Burdur Mehmet Akif Ersoy University, Golhisar Vocational School of Health Services, Burdur, Turkey

²Pamukkale University, Faculty of Physiotherapy and Rehabilitation, Denizli, Turkey

16:00-16:30

Chronic musculoskeletal pain management: Bio-Psycho-Social model (BPS)

UĞUR CAVLAK

Biruni University, Faculty of Health Sciences, Department of Physiotherapy and Rehabilitation Istanbul, Turkey

16:30-16:45

Relationship Between Cough Strength And Quality Of Life In Patients With Bronchiectasis

Ayşenur YILMAZ¹, Orçin Telli ATALAY¹, Göksel ALTINIŞIK ERGUR²

¹Pamukkale University, Faculty of Physiotherapy and Rehabilitation, Denizli, Turkey

²Pamukkale University, Faculty of Medicine, Denizli, Turkey

16:45-17:00

The relationship of physical activity and fatigue in elderly people

Betul SOYLEMEZ¹, Nilufer CETISLI-KORKMAZ²

¹Burdur Mehmet Akif Ersoy University, Burdur Vocational School of Health Services, Burdur, Turkey

²Pamukkale University, Faculty of Physiotherapy and Rehabilitation, Denizli, Turkey

17:00-17:30

Physiotherapy and Rehabilitation in Geriatrics with Dementia

Nilüfer CETISLI-KORKMAZ

Pamukkale University, Faculty of Physiotherapy and Rehabilitation, Denizli, Turkey

17:30-17:45

The Effect of Comorbidities on Ambulation in Stroke Individuals

Esra YILMAZ¹, Nilufer CETISLI-KORKMAZ¹

¹Pamukkale University, Faculty of Physiotherapy and Rehabilitation, Denizli, Turkey

17:45-18.00

The Effect of Exercise on Prevention of Falls In The Older Adults

Feyza ALTINDAL

Niğde Ömer Halisdemir University, Bor Health Sciences Faculty, Department of Physiotherapy and Rehabilitation, Niğde, Turkey

18:00-18:15

The effect of a physical therapy intervention program on balance, postural stability and fall prevention in patients with osteoporosis

Elena SÎRBU¹, Şerban GLIGOR¹, Mihaela-Georgiana VARGA², Răzvan GLIGOR³, Tiberiu PUTA⁴

¹ West University of Timisoara, Faculty of Physical Education and Sport, Department of Physical Therapy and Special Motricity, Timisoara, Romania

² Polytechnic University of Timisoara, Department of Physical Education and Sport, Timisoara, Romania

³ "Vasile Goldis" Western University of Arad, Faculty of Medicine, Timisoara, Romania

⁴ West University of Timisoara, Faculty of Physical Education and Sport, Department of Physical Education and Sport, Timisoara, Romania

18:15-18:30

The influence of vertebral column deviations on foot statics

Michi Mihail GEAMBESA

University of Craiova, Sport Medicine and Physiotherapy Department, Craiova, Romania

18:30-18:45

Effectiveness of Physiotherapy and Rehabilitation in a Myasthenia Gravis Patient with Myasthenic Crisis: Case Report

Esra YILMAZ, Dilara IZANCI, Bilge Can ZORLU, Nilüfer CETISLI-KORKMAZ

Pamukkale University, Faculty of Physiotherapy and Rehabilitation, Denizli, Turkey

18:45-19:00

BA DUAN JIN – Traditional therapeutic method specific to chinese martial arts

Negoescu Mihai Cristian

State University of Physical Education and Sports of the Republic of Moldova – Chisinau

19:00-19:15 Tai Chi Practices in Stroke Patients

Busra CATALTAS¹, Nilufer CETISLI-KORKMAZ²

¹ Pamukkale University, Institute of Health Sciences, Department of Physical Therapy and Rehabilitation, (Denizli / TÜRKİYE)

² Pamukkale University, Faculty of Physiotherapy and Rehabilitation, (Denizli / TÜRKİYE)

19:15-19:30

Football knee injury incidence in male and women players: A systematic review

Alexandru CHIVARAN

University of Craiova, Romania

19:30-19:45

Postoperative recovery through physical exercises of Total Hip Arthroplasty patients - the experience of Romanian specialists

Marjan MIHAJLOV

University of Craiova

19:45 Close ceremony

November 5-2022

9:00-11:00 Interdisciplinary workshop