



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



9th INTERNATIONAL CONFERENCE

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

November 03-04th, 2017
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, November 03th, 2017

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

16.00 – 18.00 – Workshop *”Osteopathy - concurrent therapy or complementary to kinotherapy”*, Chairperson: Assist. Prof PhD Buhociu Elena
Speaker: Savin Robert Kinetotherapist

19.00 – Dinner at PREMIUM WELLNESS INSTITUTE

Saturday, November 04th, 2017

09.00 - 10.00 – Registration PREMIUM WELLNESS INSTITUTE

10.00 – 10.30 – 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. Zsolt GYONGYOSSY, Undersecretary of State at the Ministry of Youth and Sport

Prof. PhD Tudorel BUTOI, *Spiru Haret* University, Bucharest

10.30 – 13.00 – Plenary Session

10.30-10.50– **Cristina Iureși, Otilia Geavlete** *”Emotional intelligence and empathy in the therapeutic relationship”* Fluency Foundation

10.50 -11.20 – **Cosma Germina** *“New assessment in vertical jump evaluation using vert device”* Craiova University, Faculty of Physical Education and Sport.



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11.20-11.40 – Butoi Tudorel “*The role of psychological investigation in high performance sports*” Spiru Haret University

11.40 -12.00 – Sidenco Elena Luminița “*Management of locomotory degenerative diseases by physical means*”

12.00 -12.20 – Gyongyossy Zsolt “*The strategy of developing sports performance in Romania*” Undersecretary of State at the Ministry of Youth and Sport

12.20 -13.00 - Coffee break

- Visit of PREMIUM WELLNESS INSTITUTE

13.00 – 15.00 POSTER PRESENTATION Conference Hall PREMIUM WELLNESS INSTITUTE

13.00 – 13.30 – Physical Education and Sport Session

13.30– 14.00 – Sport and Performance Session

14.00 – 14.30 – Kinetherapy and Sports Medicine Session

14.30 – 15.00 – CLOSED CEREMONY



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13.00 – 13.30 – Physical Education and Sport Session

Chairmen: Assoc Prof. PhD Cojocaru Marilena

Assoc Prof. PhD Ghețu Roberta

Assist Prof. PhD Lică Marcelina Eliana

Assist. Prof. PhD Buțu Ioana Maria

- P1. Petreanu Manuela, Petreanu Adrian Gheorghe **”Aerobic dance and aerobic step in higher education ,**
- P2. Petreanu Manuela, Petreanu Adrian Gheorghe **”The study of the motor capacity indicator in academic medical students,,**
- P3. Popovici Adrian **”Opportunities in the explosive power development for children in the gymnasium,,**
- P4. Popovici Adrian **” Study about growth of attractiveness physical education classes by using means of gymnastics in gymnasium ,,**
- P5. Sabău Elena, Niculescu Georgeta **“Fitness for Elderly,,**
- P6. Popescu Marius Catalin, Popa Gabriel Marian **“The Influence of the specific means of handball on the development of motor qualities at high school students,,**

13.30 – 14.00 – Sport and Performance Session

Chairmen: Prof. PhD Cojocaru Adin-Marian

Prof. PhD Sabău Elena

Assoc. Prof. PhD Barbu Dumitru

Assoc. Prof. PhD Albină Alina

- P1. Stoica Doru, Barbu Dumitru **”The development of coordinating capabilities in the football at junior level C,,**
- P2. Stoica Doru. Barbu Dumitru **”Priority aspects of the development of resistance to specific effects of the football game at junior B,,**
- P3. Burcea George Bogdan, Brabiescu-Călinescu Luminița Maria, Ghețu Roberta Georgiana, Costin Dan-Eugen **“Ways and conditionings in handball game training,,**
- P4. Cojocaru Adin-Marian, Cojocaru Marilena **“The profile of outside spiker in male volleyball,,**
- P5. Ciocănescu Daniel, Albină Alina, Albină Mihai **“The role of athletic training for junior football players in precompetitive period,,**



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- P6. Petreanu Adrian Gheorghe, Petreanu Manuela **“Study on basketball statistical parameters for men under 16,,**
- P7. Cosma Marian Alexandru, Brabiescu-Călinescu Luminița Maria, Burcea George Bogdan, Ghețu Roberta Georgiana **“Role and significance of psychological factor in preparing children in basketball game,,**
- P8. Ivan Paula, GheorghDaniel ” **Comparative study of somatic and motor characteristics of the best athletes at one mile discipline outdoor all time ,,**
- P9. Iorga Anca **“Correction of classic dance movements base of technical body in rhythmic gymnastics,,**
- P10. Păun Dan Gheorghe, Gheorghe Georgeta Ioana **“The role of reaction and execution speed in current junior football,,**
- P11. Popa Gabriel, Pascu Danut, Popescu Catalin **“The importance of gymnastics in the training of judoka athletes,,**
- P12. Popescu Florentina, Porfireanu Maria-Cristiana **“Motricity and emotional intelligence in personality formation,,**
- P13. Teușdea Claudiu Cristian **“Monograph aspects of the single game in tennis,,**
- P14. Ungureanu - Dobre Aurora **“Organizing the Women's Football Team According to the Inter-individual Preferences of Its Members,,**
- P15. Burcea Bogdan, Costin Dan-Eugen, Brabiescu- Călinescu Luminița, Cosma Alexandru, Ghețu Roberta **“Assessment of the Physical Fitness for Female Handball Player of SCMU Craiova on Pre-Competitional Stage,,**
- P16. Cosma Germina, Ortanescu Doina, Nanu Marian Costin **“The Role of Mental Training Level to Achieving Performance in Sport,,**
- P17. Diaconescu Dragoș, Dragomir Marian, Forțan Cătălin **“Improving the junior tennis players’ movement speed by introducing movement games within the physical training period,,**
- P18. Negoescu Mihai Cristian **“Study on implementing a modern and dynamic self defense and self control system for students,,**
- P19. Minoiu Veronica, Minoiu George Emilian **“Analyzing the performance of the national team members in the sport of orienteering,,**



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14.00 – 14.30 - Kinotherapy and Sports Medicine Session

Chairmen: Prof. PhD Niculescu Georgeta

Prof. PhD. Dănoiu Mircea

Assoc. Prof. PhD. Dragomir Mihai

Assist. Prof. PhD. Jianu Anca

- P1. Corina Țifrea , Geambașu Adina, Raluca Costache , Andreea Ionel ” **Particularities of obesity/being overweight,,**
- P2. Corina Țifrea , Geambașu Adina, Raluca Costache , Andreea Ionel ” **The management of posture and equilibrium evaluation by using the electronic somatoscope and podoscope,,**
- P3. Buhociu Elena “ **The value of physiotherapy in developmental coordination disorder recovery in childhood ,,**
- P4. Butu Ioana Maria, Sidenco Elena Luminița, Teodorescu Simona Anemari, Cătună George Cristian,“ **General considerations on the use of physical exercise in correction of lordos ,,**
- P5. Cătună George Cristian, Sidenco Elena Luminița, Teodorescu Simona Anemari, Butu Ioana Maria“ **Study on the correction of scoliosis through means of ball sports,,**
- P6. Jianu Anca “ **Recovery of lumbosacral pains after lumbar disc herniation surgery ,,**
- P7. Eva Ilie, Ligia Rusu, Dorina Ortanescu “**Determining the impact of postural deficiencies upon quality of life among pediatric patients with the help of quality of life questionnaire,,**
- P8. Rusu Ligia, Rusu Mihai Robert, Neamtu Marius Cristian “**Neurophysiologic parameters evaluation in multiple sclerosis,,**
- P9. Burileanu Alin, Ionescu George, Ortanescu Dorina “**Improving posture by using Global Postural Reeducation specific means - case study,,**
- P10. Dănoiu Mircea, Manuela Băcănoiu, Zăvăleanu Mihaela “**Nervous integration of voluntary movement,,**
- P11. Denisa Enescu Bieru, Germina Cosma, Luminița Brăbiescu Călinescu, Oana Neamțu, Marius Cristian Neamțu “**Electromyography patterns at professional sportsmen,,**
- P12. Denisa Enescu Bieru, Germina Cosma, Luminița Brăbiescu Călinescu, Oana Neamțu, Marius Cristian Neamțu “**Aspects of nervous motor conduction velocity and motor response at athletes,,**
- P13. Ilona Ilinca, Eugenia Rosulescu, Mircea Danoiu “**The importance of physiotherapy intervention in the functional rehabilitation of patients with cervical postural syndrome,,**
- P14. Ilona Ilinca, Eugenia Rosulescu, Germina Cosma “**The influence of the aquatic exercises program on the postural balance and gait in people with Parkinson’s disease,,**



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P15. Olteanu Nelu, Negoescu Mihai Cristian **“Recovery of the traumas of the knee with the help of kinesiotherapy-physical exercises,,**

P16. Stăncescu Camelia, Dumitru Roxana, Lica Marcelina Eliana **”Exercise and its influence in adopting a correct posture for law students,,**

P17. Zvăleanu Mihaela, Dănoiu Mircea, Roșulescu Eugenia, Ilinca Iona, Zăvăleanu Ștefan **”Possibilities to improve physical performance and health through diet,,**

14.30 – 15.00 – CLOSED CEREMONY