

MINISTRY OF NATIONAL EDUCATION

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



6th INTERNATIONAL CONFERENCE

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

04-05 APRIL 2014
CRAIOVA - ROMÂNIA

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.

Honor President:
Rector - University of Craiova
Prof. PhD Claudiu DANIȘOR

Scientific committee:
Dr. Hab. Sobera MALGORZATA
Prof. PhD Dorina ORȚĂNESCU
Prof. PhD Mircea DĂNOIU
Prof. PhD Gloria RAȚA
Prof. Phd. Arzu Razak
OZDINCLER
Prof. Phd. Ilker YILMAZ
Prof. Phd. Nilufer Cetisli
KORKMAZ
Prof. PhD Vasilica GRIGORE
Prof. PhD Marcela DRAGOMIR
Prof. PhD Liliana MIHĂILESCU
Prof. PhD Mariana CORDUN
Prof. PhD Taina AVRĂMESCU
Assoc. Prof. Ahsana HALLAÇELI
Assoc. Prof. PhD Georgeta
NICULESCU
Assoc. Prof. PhD Elena SABĂU
Assoc. Prof. PhD Florentina
POPESCU
Assoc. Prof. PhD Adin
COJOCARU
Assoc. Prof. PhD Mihaela
ORAVIȚAN
Assoc. Prof. PhD Costin NANU
Assoc. Prof. PhD Eugenia
ROȘULESCU
Assoc. Prof. PhD Stevo
POPOVIC
Assoc. Prof. PhD Selçuk
AKPINAR
Assoc. Prof. PhD Mehmet
UYGUR
Lecturer PhD Germina COSMA
Assist. Prof. Hakan Uysal

Presidents:
Dean - FPES Craiova
Prof. PhD Marian DRAGOMIR
Dean - FPES Spiru Haret,
Bucuresti
Assoc. PhD. Georgeta
Niculescu

Co-presidents:
Prof. PhD Ligia RUSU
Assoc. Prof. PhD Costin NANU

Scientific Secretar:
Prof. PhD Dorina ORȚĂNESCU

Organizing committee :
Prof. PhD Ligia RUSU
Assoc. PhD Daian GLICHERIA
Assoc. Prof. PhD Dănuț PĂSCU
Assoc. Prof. PhD Mirela CĂLINA
Assoc. Prof. PhD Iona ILINCA
Assoc. Prof. PhD Marilena
COJOCARU
Assoc. Prof. PhD Simona
TEODORESCU
Assoc. Prof. PhD Mihai Răzvan
BARBU
Assoc. Prof. PhD Dumitru
BARBU
Assoc. Prof. PhD Doru STOJICA
Lecturer PhD Alina ALBINA
Lecturer PhD Constantin
ALBINA
Lecturer PhD Cătălin FORTAN
Lecturer PhD Roberta GHETU
Lecturer PhD Mihai DRAGOMIR
Lecturer PhD Luminita Brabiescu
CĂLINESCU Lecturer PhD Mihaela
ZĂVALEANU
Lecturer PhD Mirela SHAAO
Lecturer PhD Aurora
UNGUREANU
Lecturer PhD Denisa ENESCU
BIERU
Lecturer Daniel CIOCĂNESCU

Lecturer PhD Cătălin POPESCU

Lecturer PhD Eliana LICA

Asisst Prof. PhD Roxana
DUMITRU

Lecturer PhD Veronica MINOIU

Conference Secretariate:

Lecturer PhD Roberta GHETU

Lecturer PhD Luminița Brăbescu CĂLINESCU

Lecturer PhD Alina ALBINA

Lecturer PhD Eliana LICA

Lecturer PhD Mirela SHAAO

Asisst Prof. PhD George

IONESCU

Physiotherapist Oana Babolea

Friday, April, 4th, 2014

08.00 - 09.00 - Arrivals And Registration **Faculty of Physical Education and Sport, Brestei Street, no.156, Craiova**

09.00 - 10.00 - "Lifelong learning cu ajutorul platformelor educationale- proiecte dezvoltate de FEFS" By Taina Avramescu

10.00 - 12.00 - Workshop "**Multidisciplinary approach in care process: mutual care and therapeutic recreation**", Chairperson: Asoc.Prof. Eugenia Rosulescu

Speakers:

1. Asoc.Prof. Eugenia Rosulescu : **Presentation of "M-Care" Project and its main concepts**

2. Lecturer PhD Mihaela Zavaleanu, Asoc.Prof. Eugenia

Rosulescu: **Disability care evaluation tools: assessment of carers' needs**

3. Asoc.Prof. Ilona Ilinca: **Collaboration concept in Trans-disciplinary care approach**

4. Lecturer PhD Germina Cosma, Asoc.Prof. Costi Nanu: **Therapeutic recreation in ageing and disability**

10.00 - 12.00 - Workshop „Interdisciplinary technology in rehabilitation assesment using Kin Com device” Chairperson: Germina Cosma

Speakers:

Prof.PhD Pierre Joseph de Hillerin (General Manager at National Research Institute for Sport, Romania)

Prof.PhD. Ligia Rusu (Manager of Department Kinetotherapy and Sport Medicine).

12.00 - 14.00 - Special session for students

19.00 - Dinner at Lido Hotel, C-tin Brancusi Street.

Saturday, April, 05th, 2014

08.00 - 09.00 - Registration

HALL A

09.00 - 09.30 - Opening Ceremony and Wellcome

The opening speech of the University of Craiova Managerial Team
Prof. Marian Dragomir, Dean of Physical Education and Sport Faculty,
Craiova.

Assoc.Prof. Eduard Ionescu, Vicerector University Spiru Haret,
Bucharest.

Assoc.Prof. Georgeta Niculescu, Dean of Physical Education and Sport
Faculty, Spiru Haret, Bucharest.

Prof.PhD Dorina Orțănescu, Manager of Department Methodology of
Motor Activities

Prof. PhD Ligia Rusu, Manager of Department Kinetotherapy and Sport
Medicine

Prof. PhD Niculina Lazarciuc, Inspector ISJ Dj

9.30 - 12.00 - Plenary Session

9.30-10.00 - Prof. **Sedlacek Jaromir** "*Determinations of Somatic
Parameters, by Sex, Age, Education and Sport Activity of Czech Adult
Population*" Faculty of Sport Studies, Masaryk University, Brno, Czech
Republic.

10.00-10.30 - Assoc.Prof. **Pasztai Zoltan** "*Step by step to the future
with "Zoli Box" for normalizing the orto-kinetic function*"
University of Oradea.

10.30-11.00 - **Alexandrescu Valentina, Vâjială GrațIELa Elena**
"The international and national policy anti-doping" National Anti-Doping
Agency Romania

11.00-11.30 - Physicaltherapist **Pásztai Erzsébet** "*Inovative
technology used in gait and grasp rehabilitation- a case report
hemiplegic young adult*" Baile Felix Rehabilitation Hospital

11.30-12.00 - Prof. Dr. Francesco Maria Calarco "*The use of Kinesio
Calarco Method KCM proprioception and postural in professional sports*"
Director Department Fisioterapia di Ricerca Scientifica Internazionale
Santa Rita University Institute Firenze

12.00 -12.30 - Lunch

12.30 - 13.30 - Workshop "*Postural reeducation*" - chairperson:
physical therapist Alin Burileanu, Prokinetic Clinique

13.30 - 14.30 - Workshop „*Tehnica Souchard Yumeiho*" - chairperson:
physical therapist Alin Burileanu, Prokinetic Clinique

HALL B

14.00 - 14.30 - **Award Ceremony** for the participants in sports
competitions organized by the occasion of the *Faculty of Physical
Education and Sport in Craiova Days*

12.30 - 14.00 POSTER PRESENTATION

12.30 - 13.00- Physical Education and Sport Session (GYM HALL)

13.00 - 13.30 - Sport and Performance Session (GYM HALL)

13.30 - 14.00- Physical Therapy and Sports Medicine Session (HALL B)

14.30 - 15.00 - Varia Session (HALL B)

HALL A

15.00 - 15.30 - CLOSED CEREMONY

12.30 - 14.00 POSTER PRESENTATION

12.30 - 13.00- Physical Education and Sport Session (GYM HALL)

Chairmen: Prof. Dorina Orțănescu

Lecturer Cătălin Forțan

Lecturer Roberta Ghețu

P1. Popescu Sorin, Cosma Germina "The influence of aerobic gymnastics on rhythmicity and coordination,,

P2. Anemari Simona Teodorescu, Mădălina Brândușoiu "Impact of physical education on psychomotor development of 1st to 8th grade students"

P3. Sabău Elena, Niculescu Georgeta "Elementary school students' perception of physical education"

P4. Paula Ivan, Cătălin Boeriu " Study on potential motor skills Physical Education and Sports, 1 year students, compared with students of the 1 year physiotherapy students"

P5. Camelia Stăncescu, Dorina Orțănescu "The importance of extracurricular motor activities in the strength development of Craiova Faculty of Law students"

P6. Ciuvăț Dragoș, Gergescu Luminița "Sociological study on the use of interactive technologies in promoting health through movement"

P7. Georgian Badea-Miss "The influence of physical education lessons on adaptive mechanisms of the PES and non PES students"

P8. Florin Neferu, Orțănescu Dorina "Sociological studies regarding the possibility of increasing the attractiveness physical education lessons for the students of the non profile faculties"

P9. Georgian Badea-Miss "The development of psycho-motor skills through creative exercises in the game of basketball"

13.00- 13.30 - Sport and Performance Session (GYM HALL)

Chairmen: Prof. Marcela Dragomir

Assoc.Prof. Georgeta Niculescu

- P1. Marian Dragomir, Lică Eliana *“Ways of Optimizing the Field Tennis Training to Beginners - a case study “*
- P2. Barbu Dumitru, Stoica Doru , Ciocănescu Daniel *“Tactics to Improve the Game of Football Through the Improvement of the Technique of Execution at the Level of Junior a (17-19 years old)”*
- P3. Monica Delia Bică, Mihai Dorin Budescu *“Recovery - Means and Component in Physical Activity”*
- P4. Lică Eliana, Diaconescu Dragos *“Ways of improving physical training in table tennis”*
- P5. Toma Petrescu, Tomina Petrescu *“Biomechanical`s small details witch have big effects of the technical approach in athletics jumping events“*
- P6. Cosma Alexandru, Orțănescu Dorina, Rusu Ligia, Marin Mihnea, Cosma Germina *“The role of gymnastics elements in the junior volleyball player`s coordination development”*
- P7. Juravle Ileana, Pacurar Alexandru *“Study regarding coordinative skills development in the game of handball”*
- P8. Chepea Bogdan, Ortanescu Dorina, Padeanu Daniela *“Study on improving the performance of junior handball IV by applying specific operational models rally”*
- P9. Gheorghe Daniel *“Comparative study of somatic and motor characteristics of the athletes who have national and world records in the discus throw”*
- P10. Daniel Ciocănescu, Dumitru Barbu, Doru Stoica, Mihai Constantin Răzvan Barbu *„Optimizing Junior Football Players Physical Training Using Combinations Of Muscle Contractions”*
- P11. Peter Krška, Ján Košťál, Jaromír Sedláček *“Determination of Angle Characteristics on Sport Performance Level in Female Pole Vault”*
- P12. Albină Alina Elena, Albină Constantin *„The Importance of Polyvalent Training of Junior III Athletes”*
- P13. Doina Mureșan, Buțu Ioana Maria *“Study on development of explosive force practices rhythmic gymnastics athletes “*
- P14. Cojocar Adin-Marian, Cojocar Marilena *„Study on the specific actions of the attack, the senior volleyball teams.”*
- P15. Teușdea Claudiu Cristian *“Aspects of technique and tactics of beach tennis”*
- P16. Forțan Cătălin Ionuț, Mangra Gabriel Ioan, Popescu Marius Cătălin *“Psychomotricity and its Role in Preparing Beginner Fencers”*
- P17. Turcu Sorin, Nanu Marian Costin, Orțănescu Dorina *“Study Concerning the Role of Physical Training in Achieving Sports Performances in Basketball to Junior Level (U16)”*
- P18. Popescu Florentina, Porfireanu - Maria Cristiana, Ristea Cristian *“Study regarding evolution of the model parameters on basketball game at the World Championships “*

P19. Burcea George Bogdan, Brabiescu-Călinescu Luminita, Ghețu Roberta-Georgiana, Ungureanu Aurora „Study about the manifest level determination of the factors involved in the handball game learning technique”

P20. Veronica Minoiu “The influence of the volume of training means on the performance of athletes in orienteering”

P21. Glicheria Dăian, Ioan Dăian, “Study on the Types of Jumps Specific to the Volleyball Game”

P22. Alupoae Mihaela, Cătună Cristian George, Păun Dan “Optimizing defense handball game in level juniors II”

P23. Danuț Pascu, Alexandru Cosma, Laurențiu Lică “Physical training in volleyball”

P24. Doru Stoica, Dumitru Barbu, Mihai Constantin Răzvan Barbu, Daniel Ciocănescu “Game fluency and sports performance in junior level modern football”

P25. Cătălin Păunescu, Claudia Georgescu, Gabriela Gagea, “Study on The Evolution of Taekwondo as an Olympic Sport”

13.30 - 14.00- Physical Therapy and Sports Medicine Session (HALL B)

Chairmen: Prof. Avramescu Taina

Assoc.Prof. Calina Mirela

Lecturer Zavaleanu Mihaela

P1. Denisa Enescu-Bieru, Mirela Lucia Călina, Germina Cosma, Oana Neamțu, Marius Cristian Neamțu, Luminița Brăbiescu Călinescu, Anamaria Kese” *Differences of edge frequency at athletes”*

P2. Ioana Gheorghe “Study on the Efficiency Treatment of Ankylosing Spondylitis”

P3. Ilona Ilinca, Eugenia Rosulescu, Mihaela Zavaleanu, Mihai Dragomir, “Rehabilitation after arthroscopic anterior cruciate ligament reconstruction in junior female tennis player- a case study”

P4. Călina Mirela Lucia, Enescu-Bieru Denisa, Dinu Valentina, Stanomirescu Ana Maria “Considerations regarding the etiology and prophylaxis of low back pain at junior athletes”

P5. Daniela Ciobanu, D. Ditescu, F.Petrescu “The role of risk factors in the cardiovascular events during the exercise”

P6. Dănciulescu Daniel, Ghiață Irina “Respiratory rehabilitative treatment for patients affected by Amyotrophic Lateral Sclerosis (A.L.S)”

P7. Dănciulescu Daniel, Ghiață Irina “The purpose of diaphragm in the acute and chronic lumbar back pain: possible therapeutic implications”

P8. Marius Cristian Neamțu, Elena Taina Avramescu, Oana Maria Neamțu, Giorgios Antonopoulos, Codruța Teodora Domnica Curteanu, Germina Alina Cosma “Kinetherapy in arterial hypertension in athletes”

P9. Marius Cristian Neamțu, Elena Taina Avramescu, Oana Maria Neamțu, Giorgios Antonopoulos, George Ionescu, Denisa Enescu Bieru *"The relationship between smoking and incidence of physical deficiencies in athletes"*

P10. Ligia Rusu, Germina Cosma, Elvira Paun *"Aspects of kinetic rehabilitation in shoulder pain"*

P11. Elena Buhociu, Jianu Anca, Pavel Ivanov *"Considerations regarding the influence of the rehabilitation treatment on the neuro-psycho-motor achievements of children with cerebral palsy"*

P12. Anca Jianu, Iuliana Pașol, Elena Buhociu *"Kinetic management applied in functional recovery to the subjects with osteoarthritis of the knee after osteotomy for tibial correction"*

P13. Eugenia Rosulescu, Ilona Ilinca, Mihaela Zavaleanu, Lidia Constantinescu, Germina Cosma, Ioana Pistol *"Needs analysis of Romanian participants to M-CARE Project Part I: Questionnaire design"*

P14. Liviu-Alexandru Trăilă, Mircea Danoiu *"Treatment of obesity through physical therapy and movement"*

P15. Liviu-Alexandru Trăilă, Mircea Danoiu *"Kinetic treatment of myocardial infarction recovery"*

P16. Mihaela Zavaleanu, Eugenia Rosulescu, Ilona Ilinca, Lidia Constantinescu *"Quality of care evaluation tools: patients' needs assessment"*

P17. Anamaria Kese, Denisa Enescu-Bieru, Mihaela Mesina-Botaran, Luminita Brabiescu-Calinescu, Mihai Barbu, Sorin Turcu *"Can physical activity improve the quality of life for the cancer patient?"*

14.30 - 15.00 - Varia Session (HALL B)

Chairmen: Assoc.Prof. Glicheria Daian

Assoc.Prof. Doru Stoica

Assoc.Prof. Mihai Constantin Răzvan Barbu

Lecturer Mirela Shaao

P1. Mihai Constantin Răzvan Barbu, Doru Stoica, Dumitru Barbu, Daniel Ciocănescu *"Ethics of Sporting Clubs Manager"*

P2. Popescu Marius Cătălin, Mangra Gabriel Ioan, Forțan Cătălin Ionuț *"Professionalization of human resources managers in sport activity"*

P3. Anemari Simona Teodorescu, Cătălin Brândușoiu *"Leisure management with young people between 18 and 30 years old"*

P4. Chivu Iacob Daniel *"The Pilates Exercises Influence on the Improvement of Motor Parameters"*

P5. Silviu Petrescu, Gabriel Pițigoi, Cătălin Păunescu *"Influence of swimming practicing upon self-esteem in adults"*

P6. Cristiana Barbulescu, Vancea Alin *"Physical Activity as a Method of Treatment for Obesity and Depression"*

P7. Ileana Mihaela Chirițescu *"Dance - to enjoy this delicate movement that makes us vibrate and exalt life"*

P8. Budeancă - Baboalea Oana Bianca, Orănescu Dorina *"Prospects for improving the quality of life in children with special educational needs through dance"*

P9. Mangra Gabriel Ioan *"Participative Management with Applications in Sport"*

P10. Mangra Gabriel Ioan, Forțan Cătălin Ionuț, Popescu Marius Cătălin *„Economic concepts applicable to the romanian sport integrated in the international sports structures"*

P11. Albină Constantin, Albină Alina Elena *„Managerial Methods of Sports activity leadership"*

P12. Burlacu Gheorghe *"The Winter Olympics in Sochi and its impact on the Olympic movement's "*

P13. Monica Delia Bîcă *"Management - system of influence on business sports complex"*

P14. Dumitru Roxana *"Experts' Opinion Concerning the Role of Aerobics on Kangoo-Jumps Boots"*

P15. Corneliu Novac *"Some personality traits that entail the efficiency of sports manager behavior"*