



UNIVERSITATEA  
DIN  
CRAIOVA



## MINISTRY OF NATIONAL EDUCATION AND SCIENTIFIC RESEARCH

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



## 8<sup>th</sup> INTERNATIONAL CONFERENCE

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

October 28-29<sup>th</sup>, 2016  
BUCHAREST – ROMANIA



UNIVERSITATEA  
DIN  
CRAIOVA



## 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 – Spiru Haret University**  
**Assoc. Prof. PhD Aurelian A. BONDREA**

**Presidents:**  
Dean – FPES *Spiru Haret*, Bucharest  
Prof. PhD. Georgeta NICULESCU  
Dean - FPES Craiova  
Prof. PhD Marian DRAGOMIR

### **Scientific committee:**

Sobera MALGORZATA, Poland  
Vasilica GRIGORE, Romania  
Alina Daniela MOANȚĂ, Romania  
Vesna BABIC, Croatia  
Arzu Razak OZDINCLER, Turkey  
Ilker YILMAZ, Turkey  
Nilufer Cetisli KORKMAZ, Turkey  
Mariana CORDUN, Romania  
Marian DRAGOMIR, Romania  
Liliana MIHĂILESCU, Romania  
Lumița SIDENCO, Romania  
Mircea Neamțu, Romania  
Cecilia GEVAT, Romania  
Prasana BALAJI, India  
Boris RISNEAG, Moldavia  
Graziela VĂJĂIALĂ, Romania  
Georgeta NICULESCU, Romania  
Elena SABĂU, Romania  
Adin COJOCARU, Romania  
Dorina ORȚĂNESCU, Romania  
Johny PADULO, Italy  
Nevin GUNDUZ, Turkey  
Ioan TURCU, Romania  
Ligia RUSU, Romania  
Mirela DAMIAN, Romania  
Dana BĂDĂU, Romania  
Belgin Inan GORYUREK, Turkey  
Stevo POPOVIC, Montenegro  
Ahsana HALLACELI, Turkey  
Selçuk AKPINAR, Turkey  
Mehmet UYGUR, Turkey  
Grigoris MALOUSARIS, Greece

Reşat KARTAL, Turkey  
Germina COSMA, Romania  
Hakan UYSAL, Turkey  
Osman PEPE, Turkey  
Mustafa KAYA, Turkey

### **Scientific secretary:**

Marilena COJOCARU  
Germina COSMA

### **Organizing committee :**

Marilena COJOCARU  
Florentina POPESCU  
Daniel GHEORGHE  
Simona Anemari TEODORESCU  
Toma PETRESCU  
Eugenia ROȘULESCU  
Elena BUHOCIU  
Ioana Georgeta GHEORGHE  
Ioana Maria BUȚU  
Paula IVAN  
Cătălin FORȚAN  
Constantin ALBINA  
Claudiu Cristian TEUSDEA  
Dan Gheorghe PĂUN  
Cristian George CĂTUNĂ  
Anca IORGA  
Anca JIANU  
Mihai DRAGOMIR



UNIVERSITATEA  
DIN  
CRAIOVA



## Friday, October 28<sup>th</sup>, 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 ” *Nonverbal communication and body language*”, Chairperson: Prof PhD Georgeta Niculescu

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

**19.00** – Dinner at PREMIUM WELLNESS INSTITUTE

## Saturday, October 29<sup>th</sup>, 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



UNIVERSITATEA  
DIN  
CRAIOVA



**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 – Kinetotherapy and Sports Medicine Session**

**13.30 – 14.00 – CLOSED CEREMONY**



UNIVERSITATEA  
DIN  
CRAIOVA



## 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 through 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 students 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,,*



UNIVERSITATEA  
DIN  
CRAIOVA



- 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”*



UNIVERSITATEA  
DIN  
CRAIOVA



## 13.00 – 13.30 - Kinetotherapy and Sports Medicine Session

**Chairmen: Prof. PhD Rusu Ligia**

**Assoc.. Prof. PhD. Petrescu Toma**

**Assist. Prof. PhD. Zăvoianu 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. Buşneag Răzvan, Buşneag 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. Ţurcanu Florin ”*Customized individual plan for people with disabilities,*”
- P5. Zăvoianu Mihaela, Enescu-Bieru Denisa, Brăbieru Luminiţa, Stăicuţ Cristina “*Neck pain in chronic cervical degenerative diseases and rehabilitation therapy,*”
- P6. Ilinca Iona, Roşulescu 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