



**NATIONAL UNIVERSITY OF PHYSICAL
EDUCATION AND SPORT OF BUCHAREST**



**INTERNATIONAL COUNCIL OF SPORT SCIENCE AND PHYSICAL EDUCATION
FEDERATION INTERNATIONALE D'EDUCATION PHYSIQUE
EUROPEAN NETWORK OF SPORT EDUCATION
INTERNATIONAL UNIVERSITY SPORTS FEDERATION
LONDON ACADEMY OF SPORTS AND HEALTH SCIENCES
ROMANIAN COUNCIL OF SCIENCE AND SPORT**

**INTERNATIONAL CONGRESS OF EDUCATION, HEALTH
AND HUMAN MOVEMENT / ICEHHM
14th Edition**

***Sport and Human Performance in the
Olympic Year***

Bucharest, 13 - 15 June 2024

Sponsor



CONGRESS PRESIDENT

Professor PhD Marius STOICA

Rector of the National University of Physical Education and Sports

Bucharest

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Raluca COSTACHE, PhD Researcher, UNEFS Bucharest

Alina RUSĂNESCU, Assistant Professor PhD, UNEFS Bucharest

Voluntary students

OVERALL PROGRAMME

Thursday, 13.06.2024

Students Scientific Conference

10⁰⁰ - 11⁰⁰ Plenary session (Amphitheatre Hall)

11¹⁵ – 13³⁰ Students Conference Sections

13³⁰ Lunch

15⁰⁰ – 18⁰⁰ ICEHHM Workshops

Friday, 14.06.2024

9⁰⁰ – 10⁰⁰ Registration (Congress Desk)

10⁰⁰ – 10¹⁵ ICEHHM Opening Ceremony (Amphitheatre Hall)

10¹⁵ – 11⁴⁵ ICEHHM Plenary session

12⁰⁰ – 13³⁰ ICEHHM Sections and workshops

13³⁰ – 14⁴⁵ Lunch

15⁰⁰ – 16³⁰ International Conference of Healthcare (Amphitheatre Hall)

ICEHHM Sections and workshops

16³⁰ – 19⁰⁰ International Conference of Healthcare (Sections and workshops)

Saturday, 15.06.2024

9⁰⁰ - 13⁰⁰ International Conference of Sport Psychology (Workshops)

International Conference of Healthcare (Sections and workshops)

13⁰⁰ – 14⁰⁰ Lunch

14⁰⁰ – 18⁰⁰ International Conference of Sport Psychology (Sections)

DETAILED CONGRESS PROGRAM

STUDENTS SCIENTIFIC CONFERENCE

Thursday, 13 June 2024

10⁰⁰ – 11⁰⁰ Plenary presentations (Amphitheatre Hall)

*Moderators: Rocsana Manea Tonis, Associate Professor PhD, UNEFS Bucharest
Marius Ciprian Panait, Lecturer PhD, UNEFS Bucharest*

The role and impact of outdoor walks, combined with a special recreational exercise program, in improving lower limb strength and motor balance in 55 - 65 year olds

*Henri Dibra, Bleona Beqiri
Sport University of Tirana, Albania*

Coordinator: Robert Citozi, Prof.PhD

Perspectives regarding the biological and physical features of the 3rd division football players in Romania

*Andrei Gabriel Antonescu
National University of Physical Education and Sports, Bucharest, Romania*

Coordinator: Monica Stănescu, Prof.PhD, UNEFS Bucharest, Romania

The Physiotherapist's Contribution To The Multidisciplinary Team For Patients With Acute Lymphoblastic Leukemia (All)

*Mariana Cristina Mocanu (Farcasanu)
Clinical Institute Fundeni, UNEFS Bucharest, Romania*

Coordinators: Silvia Teodorescu, Prof.PhD, Anca Coliță, Prof.PhD.

European Week of Sport - 2024 edition - EU funding and volunteer opportunities for all

*Anca-Maria Ionescu,
Manager of the EWoS in Romania, Head of the non-reimbursable funds service, National Agency for Sport*

11⁰⁰ – 11¹⁵ Coffee break

11¹⁵ – 13³⁰ Students Conference Sections

C1 Hall Section 1 PhD Students Moderators: Prof.Ph.D. Luciela Vasile Lecturer PhD Ana Maria Gavojdea	C2 Hall Section 2 PhD Students Moderators: Prof.Ph.D. Rareș Stănescu Lecturer PhD Stefan Toader	F1 Room Section 3 PhD Students Moderators: Prof.Ph.D. Aura Bota Lecturer PhD Viorel Ceascai	F2 Room Section 4 Moderator: Lecturer PhD Tudor Palade	F3 Room Section 5 Moderator: Lecturer PhD Aurel Marin
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F4 Room Section 6 Moderator: Assistant PhD Alina Rusănescu	Athletics Room Section 7 Moderator: Lecturer PhD Diana Ligia Tudor	Handball Room Section 8 Moderator: Lecturer PhD Dan Murărețu	Basketball Room Section 9 Moderator: Lecturer PhD Ana Maria Mujea	H Room Section 10 Moderator: Lecturer PhD Pompiliu Constantin	Biochemistry Section 11 Moderator: Lecturer PhD Ana Maria Vasiliu
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- The Students Conference program is available on [congress website](#).

Thursday, 13 June 2024

Section 1 - PhD Students (Oral presentations and poster)

11¹⁵ – 13³⁰ (C1 Hall)

Moderator:

- *Luciela Vasile, Professor PhD (UNEFS, Romania)*
- *Ana Maria Gavojdea, Lecturer PhD (UNEFS, Romania)*

Paper ID	Title	Authors' names	Institution	Country
2184	IMPACT OF WALKING AND THE OTAGO EXERCISE PROGRAM ON IMPROVING BALANCE PARAMETERS IN THE ELDERLY	ROBERT CITOZI, KLAJDI XHEBEXHIU <small>Coordinator: ROBERT CITOZI, Prof.PhD</small>	SPORTS UNIVERSITY OF TIRANA	ALBANIA
2123	ENHANCING BREASTSTROKE PERFORMANCE: A FOCUS ON ARM MOVEMENT ANALYSIS	JARI MAHDI <small>Coordinators: LUCIELA VASILE, Prof.PhD</small>	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS BUCHAREST	ROMANIA
2151	PHYSICAL EXERCISE EFFECTS IN KNEE OSTEOARTHRITIS - A NARRATIVE REVIEW	ILEANA STĂNESCU (BOLDEANU) <small>Coordinator: LIGIA RUSU, Prof.PhD</small>	UNIVERSITY OF CRAIOVA	ROMANIA
2153	GENES ASSOCIATED WITH SPORTS PERFORMANCE, CURRENT RESEARCH AND FUTURE CHALLENGES	MIHNEA CRISTIAN FAGARAS <small>Coordinator: SILVIA TEODORESCU, Prof.PhD</small>	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA
2191	CONSUMER PROFILE AND SEGMENTATION OF THE ADVENTURE TOURISM MARKET (CASE OF ALBANIA)	ROLAND PALUSHI <small>Coordinator: FISNIK BROVINA, Prof.PhD</small>	SPORTS UNIVERSITY OF TIRANA	ALBANIA
2156	PERFORMANCE ANALYSIS OF THE FINALISTS OF THE 200M FREESTYLE EVENT OF THE LAST 3 WORLD SWIMMING CHAMPIONSHIPS	ANDREEA NATALIA JURESCHI <small>Coordinator: LUCIELA VASILE, Prof.PhD</small>	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA
2162	THE IMPACT OF THE PANDEMIC ON THE EFFORT CAPACITY OF SECONDARY SCHOOL STUDENTS	GRECEANU SABINA MARIA <small>Coordinator: MONICA STANESCU, Prof.PhD</small>	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA
2186	REFLECTIONS ON PHYSICAL MOTOR ACTIVITY PRESCHOOL CHILDREN IN TIRANA	ORGES LICAJ <small>Coordinator: ANESTI QELESHI, Prof.PhD</small>	SPORTS UNIVERSITY OF TIRANA	ALBANIA
2200	INTEGRATION OF ISOKINETIC ASSESSMENT INTO CLINICAL PRACTICE: CHALLENGES AND BENEFITS	PARASCHIV ALIN NICOLAE <small>Coordinator: SILVIA TEODORESCU, Prof.PhD</small>	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA
	THE IMPORTANCE OF TIME STANDARDS IN ENHANCING SWIMMER PERFORMANCE	MATEI GIURCĂNEANU <small>Coordinator: SILVIA TEODORESCU, Prof.PhD</small>	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA

Thursday, 13 June 2024

Section 2 - PhD Students (Oral presentations and poster)

11¹⁵ – 13³⁰ (C2 Hall)

Moderator:

- Rareș Stănescu, Professor PhD (UNEFIS, Romania)
- Ștefan Toader, Lecturer PhD (UNEFIS, Romania)

Paper ID	Title	Authors' names	Institution	Country
2221	LIMITING FACTORS IN ACHIEVING SWIMMING PERFORMANCE	BRAT VALENTINA <small>Coordinator: SILVIA TEODORESCU Prof.PhD</small>	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA
2132	TYPES OF AEROBIC TRAINING TO IMPROVE VO2 MAX	JORIDA COBAJ, FERDINAND MARA <small>Coordinator: FERDINAND MARA, Prof.PhD</small>	SPORTS UNIVERSITY OF TIRANA	ALBANIA
2230	PARTICULARITIES OF THE SOCIAL PERCEPTION OF STUDENTS AND TEACHERS IN JEWISH SCHOOLS REGARDING THE ROLE OF PHYSICAL EDUCATION IN SOCIO-POLITICAL CRISIS SITUATIONS	IOSIF ADRIAN ALIN <small>Coordinators: MONICA STĂNESCU, Prof.PhD</small>	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA
2159	THE IMPACT OF COORDINATIVE CAPACITIES DEVELOPMENT ON COGNITIVE PROCESSES IN PRIMARY SCHOOL CHILDREN	MARIA CRISTINA DRAGUSIN <small>Coordinator: VIRGIL TUDOR, Prof.PhD</small>	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA
2133	FUNCTIONAL TRAINING AND ITS IMPACT ON PHYSICAL FUNCTIONING AND BODY COMPOSITION IN ADULTS AGED OVER 40: A COMPREHENSIVE REVIEW	KRISTIAN ANDREA <small>Coordinator: ANESTI QELESHI, Prof.PhD</small>	SPORTS UNIVERSITY OF TIRANA	ALBANIA
2192	THE METHODOICAL TEACHING-LEARNING IN SKATEBOARDING	STEFANOS HRISTODOULAKIS ZANFIR <small>Coordinator: MONICA STĂNESCU, Prof.PhD</small>	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA
2181	STUDY ON THE BIO-MOTOR CONDITION OF THE INSTITUTIONALIZED ELDERLY FROM BRASOV	EUSEBIU VELEA <small>Coordinator : MONICA STĂNESCU, Prof.PhD</small>	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA
2148	INVESTIGATING THE IMPACT OF SPECIALIZED TRAINING PROGRAMS ON YONG VOLLEYBALL PLAYERS: ENHANCING BALANCE, STRENGTH, AND SPINAL HEALTH. A CASE STUDY	ARBEN KACURRI, JUNIDA POGONI <small>Coordinator: ARBEN KACURRI, Prof.PhD</small>	SPORTS UNIVERSITY OF TIRANA	ALBANIA
2240	ASPECTS REGARDING QUALITY OF LIFE AND STRESS LEVELS IN FORMER POLO MASTERS PERFORMANCE ATHLETES	LIXANDRU ANDREI-FLORIN <small>Coordinator: LUCIELA VASILE, Prof.PhD</small>	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA

Thursday, 13 June 2024

Section 3 - PhD Students (Oral presentations and poster)

11¹⁵ – 13³⁰ (F1 Room)

Moderator:

- *Aura Bota, Professor PhD (UNEFIS, Romania)*
- *Viorel Ceascai, Lecturer PhD (UNEFIS, Romania)*

Paper ID	Title	Authors' names	Institution	Country
2149	EMPOWERING ACTIVE TOURISM THROUGH THE DEVELOPMENT AND VALIDATION OF THE ALBANIAN ACTIVE TOURISM SURVEY: A CASE STUDY	ANDUELA LILE, LUMTOR SHKRELI, ARBEN KAKURRI <small>Coordinator: ARBEN KACURRI, Prof.PhD</small>	SPORTS UNIVERSITY OF TIRANA	ALBANIA
2255	THE BRAINKINETIK APPROACH: DEVELOPING THE COORDINATIVE CAPACITY AND THE COGNITIVE PERFORMANCES IN FOOTBALL USING A MODERN PARADIGM	GALAMAN MIHAI <small>Coordinator: VIRGIL TUDOR, Prof.PhD</small>	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA
2245	STUDY OF THE DIFFERENCES BETWEEN PLAYERS IN DIFFERENT POSITIONS (DEFENDERS, MIDFIELDERS AND STRIKERS) IN A U14 FOOTBALL TEAM PLAYING IN THE ELITE LEAGUE, MEASURED USING THE CATAPULT SYSTEM	SEBASTIAN-IULIAN VICOL <small>Coordinator: SILVIA TEODORESCU, Prof.PhD</small>	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA
	ASCERTAINING STUDY ON SOMATIC, MOTOR AND TECHNICAL ASSESSMENTS IN JUNIOR BASKETBALL TO IDENTIFY SPECIFIC STANDARDS	MIRUNA TRIFAN <small>Coordinator: MARIUS STOICA Prof.PhD</small>	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA
2249	A SYSTEMATIC REVIEW OF THE EFFECTS OF PILATES ON BODY COMPOSITION IN UNIVERSITY STUDENTS AGED 18-25 YEARS	VLAD COSMESCU <small>Coordinator: Rareş Stănescu, Prof.PhD</small>	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA
2138	SUPPORTING THE DEVELOPMENT OF HARMONIZED SPORTS STATISTICS IN ALBANIA	ROVENA ELMAZI, ENTELEA KUSHTA	SPORTS UNIVERSITY OF TIRANA	ALBANIA
-	EFFECTS OF SCREEN TIME ON PHYSICAL AND COGNITIVE DEVELOPMENT OF 6-10 YEARS OLD CHILDREN	MARIA BRĂILEANU <small>Coordinator: MARIUS STOICA Prof.PhD</small>	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA
-	ANALYSIS OF JUMPING DYNAMICS IN UNDER-17 NATIONAL VOLLEYBALL TEAM USING OPTOJUMP	IORDACHE GABRIELA <small>Coordinator: MARIUS STOICA Prof.PhD</small>	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA

13³⁰ - 15⁰⁰ Lunch

ICEHHM
WORKSHOPS

Thursday, 13 June 2024

15⁰⁰ – 16³⁰ (Museum)

School Physical Education – Unity in Terminology and Diversity in Methodological Approaches

Guests: *Laurentiu Oprea Prof.PhD (School Inspectorate of Bucharest), Daniela Marcu, PhD (Ministry of Education), Gabriel Popescu, Prof.PhD Marius Stoica, Prof.PhD, Sorin Ciolcă Associate Prof.PhD (UNEFIS Bucharest)*

Moderators: *Monica Stănescu, Prof.PhD, Marius Stoicescu, Associate Prof.PhD (UNEFIS Bucharest)*

15⁰⁰ – 16³⁰ (F1 Hall)

Digitalisation Versus Real Life Sport

Guests: *Anca Ionescu, PhD, Milan Djupovac, Aleksandar Ivanovski, Dragana Drjliacic, Ida Valkova, Greta Paskociumaite*

Moderators: *Adina Geambașu, Associate Prof.PhD (UNEFIS Bucharest), Andreea Ionel, Prof. (School Tudor Arghezi, Bucharest)*

16³⁰ – 17³⁰ (Museum)

Sustainable Social and Educational Integration through Sports Activities

Moderators: *Stancu Corina, Associate Prof.PhD, Badea Dan, Associate Prof.PhD (UNEFIS Bucharest)*

Friday, 14 June 2024

9⁰⁰ – 10⁰⁰ Registration (Congress Desk)

10⁰⁰ – 10¹⁵ ICEHHM Opening Ceremony (Amphitheatre Hall)

Welcome Speech

Marius STOICA, Professor PhD

Rector of the National University of Physical Education and Sports Bucharest, Romania

Official Guests

Moderator:

Cristina VARZARU, Lecturer PhD, UNEFS Bucharest, Romania

10¹⁵ – 11⁴⁵ ICEHHM Plenary session

Application of the Wingate Test in Taekwon-do athletes

Silvia ILIEVA-SINIGEROVA, Professor.PhD.

National Sport Academy Vasil Levski, Sofia Bulgaria

Examples of inclusion strategy for physical activities from Serbia

Bojan JORGIC, PhD.

University of Nis, Serbia

Exploring the perceptions and experiences of chronic pain in endurance athletes and the association with health-related quality of life

Lloyd EMEKA, Sport Psychologist

St. Mary's University London, United Kingdom

Friday, 14 June 2024

ICEHHM Online session

12⁰⁰ – 13³⁰ (ONLINE)

12⁰⁰-12⁴⁵ – [Online Session via Google Meet](#)

12⁴⁵-13³⁰ – [Online Session via Google Meet](#)

Moderators:

- Ionuț Corlaci, Associate Professor PhD (UNEFIS Bucharest, Romania)
- Adina Dreve, Lecturer PhD. (UNEFIS Bucharest, Romania)

Paper ID	Title	Authors' names	Institution	Country
-	THE TEACHING GAMES FOR UNDERSTANDING MODEL IN PHYSICAL EDUCATION AND SPORT	ASPASIA DANIA	UNIVERSITY OF ATHENA	GREECE
2167	USEFUL WAYS TO IMPROVE THE TRAINING OF SAMBO WRESTLERS	HYDYR NUNNAYEV, JEREN GURBANOVA, SERDAR NURMUHAMMEDO	TURKMEN STATE INSTITUTE OF PHYSICAL EDUCATION AND SPORTS	TURKMENISTAN
2211	ANALYSIS OF DISPARITIES IN HANDGRIP STRENGTH AND HAND ASYMMETRY IN PRIMARY SCHOOL CHILDREN	PRISCYLA GOMES, SARA PEREIRA, JOSE MAIA, OLGA VASCONCELOS	UNIVERSITY OF PORTO	PORTUGAL
2171	ANTHROPOMETRIC INDICATORS OF PHYSICAL DEVELOPMENT AND BODY STRUCTURE OF VOLLEYBALL PLAYERS	JUMADURDY SOPIYEV, OGULNABAT NOBATOVA	TURKMEN STATE INSTITUTE OF PHYSICAL EDUCATION AND SPORTS	TURKMENISTAN
2135	URINARY INCONTINENCE AND PELVIC ORGAN PROLAPSE KNOWLEDGE AMONG POSTMENOPAUSAL WOMEN LIVING IN HUNGARY	ÉVA SZATMÁRI, ALEXANDRA MAKAI, BÉLA JÓZSEF BALLA, MÁRTA HOCK	UNIVERSITY OF PECS, UNIVERSITATEA BABES-BOLYAI	HUNGARY, ROMANIA
2127	IMPACT OF WORKPLACE PROFESSIONAL DEVELOPMENT ON PHYSICAL HEALTH EDUCATION TEACHERS AND STUDENTS' PERFORMANCE DURING TRANSITION TO IB CURRICULUM	OLUWASEYI OLUBUNMI SODIYA	KHAZAR UNIVERSITY	AZERBADJAN
2139	EFFECT OF INSTRUMENT ASSISTED SOFT TISSUE MOBILIZATION ON THE REDUCTION OF ANTERIOR KNEE PAIN IN A RUNNER: CASE STUDY	MÁRIA KÓSA-KOVÁCS, CODRUȚA FLORINA BULDUȘ, IULIANA BOROS BALINT	UNIVERSITY OF PECS, UNIVERSITATEA BABES-BOLYAI	HUNGARY, ROMANIA
2174	PECULIARITIES OF THE INFLUENCE OF SPEED AND STRENGTH TRAINING ON THE PROGRESS OF ATHLETIC PERFORMANCE OF GIRLS AGED 14-17 IN MIDDLE-DISTANCE RUNNING IN AN ANNUAL CYCLE IN THE CONDITIONS OF TURKMENISTAN	HAJYMYRAT RAHMANOV, BERDIMURAT OVEZOV, YELIZAVETA RAHMANOVA	TURKMEN STATE INSTITUTE OF PHYSICAL EDUCATION AND SPORTS	TURKMENISTAN
2168	FEATURES OF INCREASING STRENGTH ENDURANCE OF WEIGHTLIFTERS	GURBANMYRAT SAHEDOV, JEREN TUYLIYEVA	TURKMEN STATE INSTITUTE OF PHYSICAL EDUCATION AND SPORTS	TURKMENISTAN
2173	IMPORTANCE OF RELATIVE PERFORMANCE IN SPORTS	AYGOZEL ORAZMUHAMEDOVA, AYMARAL AZATGELDIEVA	TURKMEN STATE INSTITUTE OF PHYSICAL EDUCATION AND SPORTS	TURKMENISTAN
2170	THE ROLE OF ENGINEERING AND TECHNICAL PROFESSIONS IN THE MANAGEMENT OF INDUSTRIAL SECTORS OF THE ECONOMY	ASHYRMUHAMMET GURBANMAMMEDO, GULNABAT YULMEKOVA	TURKMEN STATE INSTITUTE OF PHYSICAL EDUCATION AND SPORTS	TURKMENISTAN
2175	THE SCIENTIFIC STUDY OF SPORTS PHOTOJOURNALISM THROUGH INTERNATIONAL COMPETITIONS HELD IN TURKMENISTAN	SHAMUHAMMET NEPESOV, KERIMGELDI ANNAGULYYEV, JEREN ABDULLAYEVA	TURKMEN STATE INSTITUTE OF PHYSICAL EDUCATION AND SPORTS	TURKMENISTAN

Friday, 14 June 2024

ICEHHM Section 1 – Physical Education

12⁰⁰ – 13³⁰ (F1 Hall)

Moderators

- *Liliana Dina, Associate Professor PhD (UNEFB Bucharest, Romania)*
- *Teodora Velea, Assistant Ph.D. (UNEFB Bucharest, Romania)*

Paper ID	Title	Authors' names	Institution	Country
2130	AGGRESSIVITY EVALUATION OF PRIMARY SCHOOL CHILDREN	IUSTIN COSTEA, CRISTINA ELENA MORARU	ALEXANDRU IOAN CUZA UNIVERSITY OF IASI	ROMANIA
2136	EDUCATIONAL VALUES OF DIGITALIZATION IN TEACHING PHYSICAL EDUCATION AND SPORT	GEAMBASU ADINA, IONEL ANDREEA, COSTACHE RALUCA, VERONICA MANDRESCU, AURORA MIHALCEA, VIOREL SAVULESCU, ZAHIU MIHAELA, GEANINA CHITIMIA, ALEXANDRA-STEFANIA GHEZEA	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS, TUDOR ARGHEZI SCHOOL, TRANSILVANIA UNIVERSITY OF BRASOV, VASILE VOICULESCU SCHOOL, MARGARETA STERIAN HIGH SCHOOL, SCHOOL NR. 56	ROMANIA
2152	STUDY REGARDING THE INFLUENCE OF THE IAAF KIDS ATHLETICS PROGRAM UPON THE OBJECTIVES IN PHYSICAL EDUCATION LESSONS IN PRIMARY SCHOOL	ALINA ABABEI, ANDREI GABRIEL ANTONESCU	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA
2169	THEORETICAL GUIDELINES REGARDING THE CONTENT UNITS IMPACT OF THE ATHLETICS MODULE IN THE DEVELOPMENT OF PUPILS' MOTOR SKILLS	HARDAU BOGDAN NICOLAE	STATE UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	REPUBLIC OF MOLDOVA
2203	STUDY FOR SELECTION OF TECHNICAL PROCEDURES FOR OFFICIALS WITH SPECIAL STATUS IN THE INITIAL CAREER COURSE	DORU GALAN, GALAN P. DORU	ALEXANDRU IOAN CUZA POLICE ACADEMY VALAHIA UNIVERSITY	ROMANIA
2204	METHODS TO STIMULATE PUPILS' PARTICIPATION IN PHYSICAL EDUCATION CLASS	NICOLAE ANGELESCU	ROMANIAN- AMERICAN UNIVERSITY	ROMANIA
2208	THE ROLE OF SPORTS ACTIVITIES IN OPTIMIZING THE QUALITATIVE COMPONENT OF SCHOOL PARTICIPATION AT THE SECONDARY SCHOOL LEVEL	CORINA STANCU, MARIUS STOICESCU, ALINA GABRIELA RUSANESCU	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA
	CONCEPTUAL DELIMITATIONS OF DANCE AND THE EFFECTS OF ITS PRACTICE ON CHILDREN'S DEVELOPMENT	GABRIELA TOMESCU	UNIVERSITY OVIDIUS OF CONSTANTA	ROMANIA

Friday, 14 June 2024

ICEHHM Section 1 - Sport and Performance

12⁰⁰ – 13³⁰ (F2 Room)

Moderators

- Florin Pelin, Professor PhD (UNEFS Bucharest, Romania)
- Cezar Hantău, Associate Prof.PhD (UNEFS Bucharest, Romania)

Paper ID	Title	Authors' names	Institution	Country
2128	THE IMPORTANCE OF ANALYZING LOWER LIMB MOVEMENT PATTERNS IN RACEWALKING	ACATRINEI MIHAELA	UNIVERSITY OF CRAIOVA	ROMANIA
2129	THE PLACE, ROLE AND IMPORTANCE OF SPORTS ACTIVITIES IN SOCIETY	TRAIAN VASILE GOGA	WEST UNIVERSITY OF TIMISOARA	ROMANIA
2154	THE BENEFITS OF DRY-LAND TRAINING FOR SWIMMERS: A SYSTEMATIC REVIEW	DRAGOS CONSTANTIN NEAGU, SIMONA PETRACOVSCI	WEST UNIVERSITY OF TIMISOARA	ROMANIA
2145	THE IMPORTANCE OF VITAMIN D SUPPLEMENTATION FOR ATHLETES HEALTH AND PERFORMANCE	IRIDA IKONOMI HOXHA, SILVI BOZO	ALEKSANDER MOISIU UNIVERSITY	ALBANIA
2155	EFFECTS OF RAMADAN ON PERFORMANCE IN A SAUDI LEAGUE 1ST DIVISION TEAM	SIMONE FORNARI, CATALINA MANCAS, LIGIA RUSU	UNIVERSITY OF CRAIOVA	ITALY
2158	ASSESSMENT OF MOTOR INDICES FOR DETERMINING THE PROGRESS OF SPORTS TRAINING	IONEL CAIUS DRULA	UNIVERSITY OF CRAIOVA	ROMANIA
2172	THEORETICAL FUNDAMENTALS ON THE TECHNICAL TRAINING OF JUNIORS IN SPORTS ORIENTATION USING GPS TECHNOLOGIES	ANDREI GOLOVEI	STATE UNIVERSITY OF PHYSICAL EDUCATION AND SPORT	MOLDOVA
2178	ARTIFICIAL INTELLIGENCE AND IMPLICATIONS IN FOOTBALL	CIPRIAN PANAIT	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA

Friday, 14 June 2024

ICEHHM Section 2 – Sport Performance

12⁰⁰ – 13³⁰ (F3 Room)

Moderators

- Alina Moanță, Professor PhD (UNEFS, Bucharest, Romania)
- Sorin Ciolcă, Associate Professor PhD (UNEFS, Bucharest, Romania)

Paper ID	Title	Authors' names	Institution	Country
2179	THEORETICAL ASPECTS REGARDING THE INFLUENCE OF BREATHING SIMULATORS ON THE YOUNG SWIMMERS PHYSICAL TRAINING	PAPANAGA IGOR	STATE UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	MOLDOVA
2180	THE CHARACTERISTICS OF THE JUNIOR WATER POLO PLAYERS FUNCTIONAL TRAINING IN AN ANNUAL TRAINING CYCLE	ANDREI CAVCALIUC	STATE UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	MOLDOVA

2198	NORMATIVE BASE FOR ASSESSMENT AND OPTIMIZATION MODELS OF ANAEROBIC CAPACITY IN TAEKWON-DO ATHLETES	SILVIA ILIEVA-SINIGEROVA	NATIONAL SPORTS ACADEMY VASSIL LEVSKI	BULGARIA
2238	STUDY ON THE DEVELOPMENT OF A VERTICAL JUMP SPECIFIC FOR THE GAME OF VOLLEYBALL AT THE LEVEL OF JUNIOR GIRLS 3	BIANCA COJOCARU, LILIANA GEORGETA CIUPITU	UNIVERSITY OF CRAIOVA	ROMANIA
2239	VOLLEYBALL, AT THE LEVEL OF JUNIOR GIRLS 3	LILIANA GEORGETA CIUPITU, BIANCA COJOCARU	UNIVERSITY OF CRAIOVA	ROMANIA
2256	CONCENTRATION TIME VALUES IN TWO-ARM SNATCH WEIGHTLIFTING, 55-KG JUNIOR CLASS (UNDER 20)	CONSTANTIN DANIEL MURARETU, PETRE RAZVAN-LIVIU, TEODORU MARIAN, DANIELA MURARETU, VALENTIN CARACAȘ	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS BUCHAREST	ROMANIA
	THE PERSPECTIVE OF THE PARIS 2024 OLYMPIC GAMES FROM THE ANALYSIS OF CONTINENTAL CHAMPIONSHIPS IN WOMEN'S ARTISTICS GYMNASTICS	IONUT CORLACI ANA MARIA GAVOJDEA	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS BUCHAREST	ROMANIA

Friday, 14 June 2024

**ICEHHM – Sport History, Management and Varia
12⁰⁰ – 13³⁰ (F4 Room)**

Moderators

- *Virgil Tudor, Professor Ph.D. (UNEFS Bucharest, Romania)*
- *Petre Răzvan, Associate Professor PhD (UNEFS Bucharest, Romania)*

Paper ID	Title	Authors' names	Institution	Country
2160	A QUANTITATIVE MODEL APPROACH FOR MEASURING STRATEGIC PERFORMANCE	LUCIAN CONSTANTIN PANESCU	UNIVERSITY OF CRAIOVA	ROMANIA
2131	SPORT, EDUCATION AND PERFORMANCE IN THE ROMANIAN HIGHER EDUCATION: UNIVERSITY OF BUCHAREST UNIVERSITY SPORT CLUB IN COMMUNISM	VALENTIN MAIER	UNIVERSITY OF BUCHAREST	ROMANIA
2137	PAGES OF FOOTBALL HISTORY ON TODAY'S ROMANIAN TERRITORY	DAN CRISTIAN STOICESCU, VIRGIL TUDOR	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA
2206	DECONSTRUCTING THE SOVIET MYTHOLOGY: SOME REFLECTIONS ON THE BESSARABIAN FOOTBALL DURING THE INTERWAR PERIOD (1918-1940)	TICU OCTAVIAN	INSTITUTE OF HISTORY, MINISTRY OF EDUCATION AND RESEARCH	MOLDOVA
2246	SERVING DIPLOMACY: HOW TENNIS ATHLETES BRIDGED ROMANIA AND THE US DURING THE COLD WAR	POMPILIU NICOLAE CONSTANTIN	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA

2125	EVALUATION OF THE SOCIAL IMPACT OF SMALL-SCALE DANCE FESTIVALS. THE CASE OF THE DANCE FESTIVAL IN SAMOS	DIMITRIS GOULIMARIS, PANAGIOTIS ASARIDIS	DEMOCRITUS UNIVERSITY OF THRACE	GREECE
2164	THE ROLE OF SPORTS ACTIVITIES ON THE ECONOMIC DEVELOPMENT OF THE REPUBLIC OF MOLDOVA REGIONS	MIHAIL ONOI, NATALIA NASTAS	STATE UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	MOLDOVA
2229	ACADEMIC STUDIES OR SPORT CONTINUATION? A CHALLENGING "CROSSROAD" FOR THE ROMANIAN STUDENT-ATHLETES WITH DISABILITIES	AURA BOTA, VALERIA BALAN	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA

13³⁰ – 14⁴⁵ Lunch

ICEHHM Congress

WORKSHOPS

Friday, 14 June 2024

15⁰⁰ – 16³⁰ (F3 Room)

Water Skyball In Europe Training of Trainees (Erasmus+ Sport 2023 - SCO-101134194)

Moderator: Valeria Bălan, Associate Professor PhD (UNEFS Bucharest)

15⁰⁰ – 16³⁰ (F4 Room)

Fencing For All, All For Fencing (Erasmus Project 2023-2-RO01-KA182-SPO-000180417)

Moderators: Roxana Bejan Mureșan, Lecturer PhD, Gabriela Dințică, Associate Professor PhD (UNEFS Bucharest), student Ana Gornoviceanu (UNEFS Bucharest)

15⁰⁰ – 16³⁰ (Gymnastics Hall)

Fitness For Special Population (Erasmus Project no.101089438)

Moderators: Gabriel Popescu, Professor PhD (UNEFS Bucharest), Mihaela Zahiu, Lecturer PhD (UNEFS Bucharest)

INTERNATIONAL CONFERENCE OF HEALTHCARE

Scientific Committee

Bogdan Almăjan, Associate Professor PhD, West University of Timișoara, Romania

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Remus Glogojeanu, Lecturer PhD, National University of Physical Education and Sports, Bucharest, Romania

Oana Baltag, Assistant, PhD student, National University of Physical Education and Sports, Bucharest, Romania

Alexandra Ghezea, Assistant, PhD student, National University of Physical Education and Sports, Bucharest, Romania

Thursday, 13 June 2024

12⁰⁰ – 13³⁰ Workshop (Amphitheatre Hall)

The role and importance of physiotherapy in the management of sports teams

Guest: *Mihai Eduard Andrei, physiotherapist
Rapid Bucharest*
Moderator: *George Dina, Associate Prof. Ph.D.*

15⁰⁰ – 16³⁰ Workshop (Amphitheatre Hall)

Passive mobilizations in shoulder instability, phase II

Guest: *Andrei Gheorghiu Physiotherapist
Kinetodidactica Manager, Bucharest*
Moderator: *Carmen Gherghel, Associate Prof. Ph.D.*

16³⁰ – 17³⁰ Workshop (Amphitheatre Hall)

Conservative treatment of idiopathic scoliosis by Schroth therapy

Guest: *Bogdan Ioan Goga Physiotherapist
Terapie pentru mișcare, Bucharest*
Moderator: *Corina Predescu, Associate Prof. Ph.D.*

Friday, 14 June 2024

15⁰⁰ – 16⁰⁰ Plenary Session – Amphitheatre Hall

Moderator: *Mihaela Apostu, Professor Ph.D.*

Keynote speakers:

Physiotherapy in Romania. Current trends and perspectives

*Dana Nicoleta Stanca, Physiotherapist Ph.D.
The President of the College of Physiotherapists from Romania*

Physiotherapy in the musculoskeletal pathology of the oncological patient

*Ilie Onu, Lecturer Ph.D.
Grigore T. Popa University of Medicine and Pharmacy, Iasi*

Section 1 Healthcare and Physical Therapy

16¹⁵ – 17³⁰ (Amphitheatre Hall)

Moderators

- *Cozeta Minculescu, Associate Professor PhD (UNEFIS, Bucharest, Romania)*
- *Oana Baltag, Assistant Ph.D. (UNEFIS, Bucharest, Romania)*

Paper ID	Title	Authors' names	Institution	Country
2124	INTEGRATION OF FUNCTIONAL ASSESSMENT AND HEALTH MONITORING FOR PATIENTS DIAGNOSED WITH COLORECTAL CANCER	MIHAI TATIANA ANDREEA, LIGIA RUSU	UNIVERSITY OF CRAIOVA	ROMANIA
2134	PHYSIOTHERAPY TREATMENT IN ARM LYMPHEDEMA ASSOCIATED WITH BREAST CANCER. A PROSPECTIVE STUDY.	CRISTIAN IOAN BORDEA, BORDEA MIHNEA PETER, RUXANDRA EL-BSAT, CORINA PREDESCU, MIHAELA APOSTU, OANA MARIA BALTAG, DAN VISINESCU,	UNIVERSITY OF MEDICINE AND PHARMACY CAROL DAVILA NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA
2141	THE INFLUENCE OF PHYSICAL EDUCATION AND SPORT ON THE HEALTH CONDITION	SILVIA SORINA ZUIAC, ROXANA EMANUELA GHITESCU	UNIVERSITATE A BABES- BOLYAI	ROMANIA
2142	COMPARISON OF GAIT ANALYSIS BETWEEN BRACED AN NONBRACED ADOLESCENTS WITH IDIOPATHIC SCOLIOSIS	GEAMBESA MICHU, GHEORGHE IONESCU	UNIVERSITY OF CRAIOVA	ROMANIA
2144	THE ROLE OF COMMUNICATION IN THE OPTIMIZATION OF THE PHYSICAL THERAPY ACT IN PATIENTS WITH POSTTRAUMATIC PATHOLOGY	MIRCEA BRATU, ANA MARIA VASILIU, OANA CRISTIANA STOIAN, ALEXANDRA- STEFANIA GHEZEA, MITRACHE GEORGETA, SONIA ALBU, COZETA MINCULESCU	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA
2146	EFFICIENCY OF DIGITAL KINETIC INTERVENTIONS IN PAIN MANAGEMENT FOR PATIENTS WITH ROTATOR CUFF CALCIFICATIONS	MIRCEA BRATU, ILIE ALEXANDRU, PANDARU ALEXANDRU	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA
2147	CONSERVATIVE TREATMENT OF SCHEUERMANN'S KYPHOSIS AND ITS IMPACT ON THE MUSCULOSKELETAL AND RESPIRATORY SYSTEM	DENISA PIELE, LIGIA RUSU, MIHNEA MARIN, EVA ILIE, OANA BIANCA BUDEANCA-BABOLEA	UNIVERSITY OF CRAIOVA	ROMANIA
2247	REHABILITATION APPROACH IN PATIENTS WITH MULTIPLE HAND INJURIES	ADRIANA SERBAN, CARMEN LILIANA GHERGHEL, SILVIA TEODORESCU, CORINA PREDESCU, MARIUS STOICA	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA

Friday, 14 June 2024

Section 2 Healthcare and Physical Therapy

17³⁰ – 19⁰⁰ (Amphitheatre Hall)

Moderators

- *Ruxandra El-Bsat, Associate Prof. PhD (UNEFS, Romania)*
- *Remus Glogojeanu, Lecturer PhD (UNEFS, Romania)*

Paper ID	Title	Authors' names	Institution	Country
2150	THE IMPORTANCE OF THE MONITORING THE GROWTH AND DEVELOPMENT OF INFANTS	STOIAN OANA - CRISTIANA, MIRCEA BRATU, ANA MARIA VASILIU	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA
2157	ASSESSMENT OF FITNESS AND BODY WEIGHT FOR PROPHYLACTIC PURPOSES IN MIDDLE SCHOOL STUDENTS	SERSENIUC URZICA ADRIAN TITUS, LUCIELA VASILE	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA
2161	EFFECTIVENESS OF A PHYSICAL THERAPY INTERVENTION ON MUSCLE STRENGTH AFTER MASTECTOMY	OANA MARIA BALTAG, MIHAELA APOSTU, RUXANDRA EL-BSAT, CORINA PREDESCU	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA
2165	CONTRIBUTIONS REGARDING THE CARDIAC REHABILITATION OF PATIENTS WITH SURGICALLY CORRECTED VALVULOPATHIES	RADU VALENTIN CHITA, LUCIELA VASILE, MIRCEA BRATU, MINCULESCU COZETA ANCA	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA
2166	COMPLEX TREATMENT OPTIONS IN FEMOROACETABULAR IMPINGEMENT (FAI) SYNDROME	CRISTINA UDREA	KINETIC PERFORMANCE	ROMANIA
2185	PREVALENCE OF OBESITY IN ALGERIAN WOMEN'S	MOHAMMED ZERF, HOUSSEYN AMEUR, MOKKEDES MOULAY IDRIS	UNIVERSITY OF ABDEL HAMID IBN BADIS	ALGERIA
2195	HVLA MOBILIZATION TECHNIQUES - PART OF PHYSIOTHERAPY TREATMENT.	HRISTO PANOV	NATIONAL SPORTS ACADEMY VASIL LEVSKI	BULGARIA
2196	THE BENEFITS OF USING EMS TRAINING TO IMPROVE THE GENERAL CONDITION OF PATIENTS WITH LOW BACK PAIN	HRISTO PANOV	NATIONAL SPORTS ACADEMY VASIL LEVSKI	BULGARIA
2253	THE INFLUENCE OF EXERCISE ON BODY COMPOSITION AND HEALTH EXPENDITURE IN OVERWEIGHT YOUNG PEOPLE	ELENA LOREDANA PANAIT, SILVIA TEODORESCU, CIPRIAN PANAIT	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS BUCHAREST	ROMANIA
	THE EVOLUTION OF NATIONAL PERFORMANCES IN AEROBIC GYMNASTICS IN THE TRIO COMPETITION	ALEXANDRA GHEZEA, MARIUS STOICA, AURA BOTA, SILVIA TEODORESCU, COZETA MINCULESCU, OANA STOIAN	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS BUCHAREST	ROMANIA

Friday, 14 June 2024

WORKSHOPS

16⁰⁰ – 17³⁰ Workshop (F1 Room)

The essential elixir in the recovery of human health: water and the concept of water

Guest: Petruța-Daniela Mihăilescu, Lecturer Ph.D., University of Pitesti

Moderator: Mircea Bratu, Associate Professor, UNEFS Bucharest

16⁰⁰ – 17³⁰ Workshop (F2 Room)

Human body – as functional unit. Specific Osteopathic Diagnosis

Guest: Mircea Laurentiu, Dr., Institutul Roman de Osteopatie

Moderator: Lucian Eftimie, Lecturer PhD, UNEFS Bucharest

17³⁰ – 19⁰⁰ Workshop (F1 Room)

Aslan therapy and active longevity

Guests: Daniela Grădinaru, Prof.PhD., UMF “Carol Davila”

Gabriela Anei, Councillor, Fitness Scandinavia

Delia Cristina Mielcea, Knesitherapist, Company Farmec

Moderators: Mihaela Apostu, Professor Ph.D., Oana Baltag, Assistant Ph.D., UNEFS Bucharest

17³⁰ – 19⁰⁰ Workshop (F2 Room)

Assessment and treatment of lumbar spine by using IT

Guest: Alexandru Ilie, Kinetoterapeut, RestartiX Center, CFZRO

Moderator: Remus Glogojeanu, Lecturer PhD., UNEFS Bucharest

Saturday, 15.06.2024

10⁰⁰ – 11³⁰ Workshop (F1 Room)

Orofacial education is an integral part of the complex treatment of children with cerebral palsy

Guest: Dana Nicoleta Marin, PhD student, UNEFS

Elena Căciulan Fizioclinique, Bucharest

Moderator: Cozeta Minculescu, Associate Professor PhD, UNEFS Bucharest

11³⁰ – 13⁰⁰ Workshop (F1 Room)

The complex approach to cranial deformations

Guest: Elena Căciulan, CFM Professor Pr.PhD

Elena Căciulan Fizioclinique Bucharest

Moderator: Mircea Bratu, Associate Prof.PhD UNEFS Bucharest

SPORT PSYCHOLOGY - NATIONAL CONFERENCE WITH INTERNATIONAL PARTICIPATION

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Roxana Bejan-Mureșan, Lecturer PhD, UNEFS Bucharest

Ana Maria Vasiliu, Lecturer PhD, UNEFS Bucharest

Laurențiu Ticală, Lecturer PhD, UNEFS Bucharest

8³⁰ – 9⁰⁰ Registration

9⁰⁰ – 11⁰⁰ Workshop (Amphitheatre Hall - in physical format)

Value system and personality profile in high performance racing drivers

Special Guest: Cătălin Stanciu, Senior Clinical Psychologist (Braşov)

Moderator: Roxana Bejan, Lecturer PhD (UNEFS, Bucharest)



11⁰⁰ – 13⁰⁰ Workshop (Amphitheatre Hall - in physical format)

Preparing the sports competition by working with the unconscious/ deep areas of the psyche

➤ *Special Guest: Cristian Vasile, Prof.PhD (Petroleum-Gas University of Ploiesti and International Society for Applied Psychology)*

Moderators: Georgeta Mitrache, Associate Prof. PhD (UNEFS, Bucharest)

Radu Predoiu, Associate Prof. PhD (UNEFS, Bucharest)

13⁰⁰ – 14⁰⁰ Lunch (Marble Hall)

Plenary presentation - Sport Psychology

14⁰⁰ – 15⁰⁰ Amphitheatre - hybrid format*

Moderator:

➤ *Alexandra Predoiu, Lecturer Ph.D. (UNEFS Bucharest, Romania)*

➤ *Ana Maria Vasiliu, Lecturer Ph.D. (UNEFS Bucharest, Romania)*

Keynote speakers

TITLE	AUTHORS' NAMES	INSTITUTION	COUNTRY
EXPLORING THE PERCEPTIONS AND EXPERIENCES OF CHRONIC PAIN IN ENDURANCE ATHLETES AND THE ASSOCIATION WITH HEALTH-RELATED QUALITY OF LIFE	LLOYD EMEKA	FACULTY OF SPORT, TECHNOLOGY AND HEALTH SCIENCES, ST MARY'S UNIVERSITY, LONDON	UNITED KINGDOM
UNLOCKING ATHLETIC POTENTIAL: A JOURNEY FROM STRUGGLE TO DOING WHAT YOU KNOW BEST	ALINA GHERGHIŞAN	ROMANIAN OLYMPIC AND SPORTS COMMITTEE	ROMANIA

Special Guest

TITLE	AUTHORS' NAMES	INSTITUTION	COUNTRY
THE HEAT IS ON: PSYCHOPHYSIOLOGICAL INDICATORS OF OPTIMAL MENTAL CONTROL OF HUMAN PERFORMANCE	RECEP GÖRGÜLÜ	PSYCHOLOGY OF ELITE PERFORMANCE LABORATORY (PEPLAB), FACULTY OF SPORT SCIENCES, BURSA ULUDAG UNIVERSITY	TURKIYE

15⁰⁰ – 15¹⁵ Coffee break

Oral Presentations - Sport Psychology

15¹⁵ – 16³⁰ Amphitheatre - hybrid format*

Moderators:

- *Doina Croitoru, Professor Ph.D. (UNEFB Bucharest, Romania)*
- *Gheorghe Grigore, Associate Prof. Ph.D. (UNEFB Bucharest, Romania)*

Title	Authors' names	Institution	Country
QUALITY OF LIFE IN YOUNG ROMANIAN ATHLETES	CONSTANTIN BOGDAN MATEI ALEXANDRA PREDOIU IULIAN STĂNESCU CORNEL LAURENȚIU MINCU ANDREAS HNIATIUC IULIAN DINU	UNIVERSITY OF POLITICAL AND ECONOMIC STUDIES CONSTANTIN STERE, NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS, ROMANIAN ACADEMY, UNIVERSITY OF BUCHAREST, ASSOCIATION FOR SPORT PSYCHOLOGY, INTERNATIONAL ASSOCIATION OF PSYCHOLOGY, NUTRITION, SPORT AND FITNESS	ROMANIA
PERSONAL DEVELOPMENT THROUGH SPORTS PERFORMANCE	VALENTIN COMĂNOAIA	EGOAL ASSOCIATION - EDUCATIONAL PLATFORM FOR ATHLETES	ROMANIA
EXPLORING BOXERS' EXPERIENCES OF FEAR USING REFLEXIVE THEMATIC ANALYSIS: FEAR CAN BE A LONGTIME COMPANION, GUIDE AND MOTIVATOR	MATHIAS ALBERTON	ST. MARY'S UNIVERSITY, LONDON	UNITED KINGDOM
AUTONOMY, EMOTIONAL STABILITY, AND AGGRESSIVE BEHAVIORS AMONG ROMANIAN FOOTBALL PLAYERS	IONUȚ ISCRU LAURA GIURGIU	THE EUROPEAN NETWORK OF YOUNG SPECIALISTS IN SPORT PSYCHOLOGY, EDUCATION DEPARTMENT (ENYSSP) UNIVERSITY OVIDIUS OF CONSTANȚA	ROMANIA
VISUAL REACTION TIME (SIMPLE AND CHOICE REACTION TIME) AND DECISION TIME IN MARTIAL ARTS ATHLETES	RADU PREDOIU DORINA NIJLOVEANU COSTEL OZARCHEVIZI GABRIELA DINȚICĂ VIOREL LIXANDRU ALEXANDRU SCARLAT GERMINA COSMA	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS / UNIVERSITY OF CRAIOVA, UNIVERSITY OF BUCHAREST, "ALEXANDRU IOAN CUZA" POLICE ACADEMY, SPARTACUS SPORTS CLUB, ALEX SCARLAT BOX CLUB, UNIVERSITY OF CRAIOVA	ROMANIA

Oral Presentations - Sport Psychology

16³⁰ – 18⁰⁰ Amphitheatre - in physical format

Moderators

- *Laurențiu Bocioacă, Associate Prof. Ph.D. (UNEFȘ Bucharest, Romania)*
- *Laurențiu Ticală, Lecturer Ph.D. (UNEFȘ Bucharest, Romania)*

TITLE	AUTHORS' NAMES	INSTITUTION	COUNTRY
THE ROLE OF STREET DANCE IN THE DEVELOPMENT OF STUDENTS' PSYCHOMOTOR SKILLS AND CREATIVITY	DUMITRU EDUARD VIRGIL TUDOR LILIANA DINA MONICA STĂNESCU NICOLETA DUMITRU	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA
VISUALISATION SKILLS AND SPORTS PERFORMANCE OF JUNIOR TENNIS PLAYERS	ISABELA PINTILEI RAREȘ STĂNESCU RADU PREDOIU COSTEL CURCĂ ADY AVRAM	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS, UNIVERSITY OF CRAIOVA, ROMANIAN TENNIS FEDERATION	ROMANIA
MENTAL HEALTH PREVALENCE IN OLYMPIC ATHLETES: IMPLEMENTING THE ROMANIAN VERSION OF IOC SPORT MENTAL HEALTH ASSESSMENT TOOL 1 (SMHAT-1)	ZSÓFIA NEMETI-FEHÉR ALINA GHERGHIȘAN MARIA STEFANIA IONEL ANDREI ION	UNIVERSITY OF BUCHAREST, BABES-BOLYAI UNIVERSITY, ROMANIAN OLYMPIC AND SPORTS COMMITTEE	ROMANIA
ANXIETY AS A TRAIT IN JUNIOR SPRINT ATHLETES	IONUȚ ALEXANDRU CIUDOIU MARIUS STOICA RADU PREDOIU	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS, UNIVERSITY OF CRAIOVA, DOCTORAL SCHOOL OF SOCIAL SCIENCES AND HUMANITIES	ROMANIA
MOTIVATION AND THE IDEAL SELF IN SPORTS PSYCHOLOGY: TOWARDS PERFORMANCE AND SELF-REALIZATION	GEORGE FORȚU	ASSOCIATION FOR SPORT PSYCHOLOGY	ROMANIA
CHARACTERISTICS OF STRESS, ANXIETY, AND COPING STRATEGIES AMONG U.N.E.F.S. MARTIAL ARTS STUDENTS DURING THE COVID-19 PANDEMIC	ANA MARIA VASILIU GEORGETA MITRACHE MARIUS STOICA ALIN-NICOLAE GHIȚĂ	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA
PERSONALITY FEATURES OF MARTIAL ARTS ATHLETES WHO SUFFERED MORE SEVERE SPORTS INJURIES	IONUT PATENTEU ALEXANDRA PREDOIU ANDREI BITANG ANDREI ANASTASESCU	UNIVERSITY OF MEDICINE AND PHARMACY "CAROL DAVILA", NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS, "AUREL VLAICU" UNIVERSITY OF ARAD, ANASTASESCU TYSON STYLE CLUB	ROMANIA

Oral Presentations - Sport Psychology

16³⁰ – 18⁰⁰ F1 – ONLINE presentations*

Moderators

- *Radu Predoiu, Associate Prof. PhD (UNEFB Bucharest, Romania)*
- *Sonia Albu, Assistant PhD (UNEFB Bucharest, Romania)*

TITLE	AUTHORS' NAMES	INSTITUTION	COUNTRY
BEYOND THE MIND'S EYE: PUPIL-BASED BIOFEEDBACK AS AN INNOVATIVE STRATEGY FOR AROUSAL MODULATION IN ATHLETES	RÉKA ZSANETT BONDÁR MARIEKE LIEVE WEIJS ANDREA DETTLING SARAH NADINE MEISSNER MARC BÄCHINGER NICOLE WENDEROTH DANIEL BIRRER	DEPARTMENT OF ELITE SPORT, SWISS FEDERAL INSTITUTE OF SPORT MAGGLINGEN, DEPARTMENT OF HEALTH SCIENCES AND TECHNOLOGY, ETH ZURICH, UNIVERSITY AND ETH ZURICH, SINGAPORE-ETH CENTRE, CAMPUS FOR RESEARCH EXCELLENCE AND TECHNOLOGICAL ENTERPRISE (CREATE)	SWITZERLAND SINGAPORE
DECISION MAKING IN DIFFERENT MARTIAL ARTS	GEORGIY KOROBAYNIKOV FIKRAT KERIMOV ALEXANDRU GORASCENCO	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT OF UKRAINE, UZBEK STATE UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	UKRAINE UZBEKISTAN
EXAMINATION OF SPORT MOTIVATION PATTERNS OF ELITE HUNGARIAN SWIMMERS USING Q-METHOD	GÁBOR BARTA MÁTÉ SMOHAI SZABOLCS TAKÁCS	INSTITUTE OF PSYCHOLOGY, KÁROLI GÁSPÁR UNIVERSITY, BUDAPEST	HUNGARY
DRIP FEEDING SPORT PSYCHOLOGY: REFLECTIONS ON SPORT PSYCHOLOGY DELIVERY IN A TEAM	TIM MARRON	TIM MARRON SPORT PSYCHOLOGY	IRELAND
EXPERIENCED STRESS AMONG WINTER SWIMMERS, FIREFIGHTERS, MARTIAL ARTS ATHLETES IN ITALY, LATVIA, LITHUANIA, POLAND, ROMANIA AND SLOVAKIA	ANDRZEJ PIOTROWSKI MAURIZIO BERTOLLO SELENIA DI FRONSO KAROL GÖRNER RYSZARD MAKAROWSKI ROMUALDAS MALINAUSKAS ZERMENA VAZNE DOINA CROITORU RADU PREDOIU	INSTITUTE OF PSYCHOLOGY, GDAŃSK, UNIVERSITY G. D'ANNUNZIO OF CHIETI-PESCARA, UNIVERSITY OF PRESOV, ACADEMY OF APPLIED MEDICAL AND SOCIAL SCIENCES ELBLAG, LITHUANIAN SPORTS UNIVERSITY, LATVIAN ACADEMY OF SPORT EDUCATION, UNEFB BUCHAREST/ UNIVERSITY OF CRAIOVA	POLAND ITALY SLOVAKIA LITHUANIA LATVIA ROMANIA
THE EFFECTS OF INSTRUCTIONAL AND MOTIVATIONAL SELF-TALK ON GAZE BEHAVIOR IN A VIRTUAL REALITY SETTING	SAHIL PAWADE	VRIJE UNIVERSITY, AMSTERDAM	NETHERLANDS

**WE LOOK FORWARD TO MEETING YOU
AT ICEHHM 2025!**