



**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
15th Edition**

Trends and Challenges for Human Movement Sciences in AI Era

Bucharest, 12 - 14 June 2025

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Rector of the National University of Physical Education and Sports

Bucharest

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Raluca COSTACHE, PhD Researcher, UNEFS Bucharest

Voluntary students

OVERALL PROGRAMME

Thursday, 12.06.2025

Students Scientific Conference

10⁰⁰ - 11⁰⁰ Plenary session (Amphitheatre Hall)

11³⁰ - 13³⁰ Students Conference Sections

13³⁰ Lunch

14⁰⁰ – 16⁰⁰ ICEHHM Workshops

Friday, 13.06.2025

9⁰⁰ – 10⁰⁰ Registration (Congress Desk)

10⁰⁰ – 10¹⁵ ICEHHM Opening Ceremony (Amphitheatre Hall)

10¹⁵ – 11⁴⁵ ICEHHM Plenary session

12⁰⁰ – 13³⁰ ICEHHM Sections and workshops

13⁴⁵ – 14⁴⁵ Lunch

15⁰⁰ – 16³⁰ International Conference of Healthcare (Amphitheatre Hall)

ICEHHM workshops

16³⁰ – 18⁰⁰ International Conference of Healthcare (Sections and workshops)

18⁰⁰ – Official Dinner

Saturday, 14.06.2025

10⁰⁰ - 13⁰⁰ International Conference of Sport Psychology (Plenary session and Workshops)

International Conference of Healthcare (Workshops)

13¹⁵ – 14³⁰ Lunch

14³⁰ – 18³⁰ International Conference of Sport Psychology (Sections)

19⁰⁰ Dinner

DETAILED CONGRESS PROGRAM

STUDENTS SCIENTIFIC CONFERENCE

Thursday, 12 June 2025

10⁰⁰ – 11⁰⁰ Plenary presentations (Amphitheatre Hall)

ETHICS AND AI IN SCIENTIFIC RESEARCH ON SPORTS SCIENCE

*Alexandru Dancu,
CS II, UNEFS, Bucharest*

SMART RECOVERY: A 36-MONTH CASE STUDY OF WHOOP WEARABLE INTEGRATION IN ELITE SWIMMING

*Andreea Jureschi
PhStudent, UNEFS, Bucharest*

*Moderator:
Lect.univ.dr. Cristina Vărzaru
UNEF, Bucharest*

11³⁰ – 13³⁰ Students Conference Sections

C1 Hall Section 1 Moderators: Associate Prof. Ph.D. Adina Geambaşu	C2 Hall Section 2 Moderators: Lecturer PhD Stefan Toader	F1 Room Section 3 Moderators: Lecturer PhD Viorel Ceascai	F2 Room Section 4 Moderator: Lecturer PhD Roxana Bejan	F3 Room Section 5 Moderator: Lecturer PhD Aurel Marin
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F4 Room Section 6 Moderator: Lecturer PhD Ana Maria Gavojdea	Athletics Room Section 7 Moderator: Lecturer PhD Diana Ligia Tudor	Handball Room Section 8 Moderator: Lecturer PhD Dan Murăreţu	Basketball Room Section 9 Moderator: Lecturer PhD Ana Maria Mujea	H Room Section 10 Moderator: Lecturer PhD Silvia Stroescu	Biochemistry Section 11 Moderator: Associate Prof.PhD. Laurenţiu Bocioacă
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- The Students Conference program is available on [congress website](#).

Thursday, 12 June 2025

Section 1 - PhD Students (Oral presentations)

Paper ID	Title	Authors' names	Institution	Country
2264	CHANGES IN HEIGHT, WEIGHT, AND BMI AMONG ALBANIAN ELEMENTARY SCHOOL CHILDREN: A COMPARISON BETWEEN 2013 AND 2024	JUEL JARANI, ANDI SPAHI	SPORTS UNIVERSITY OF TIRANA	ALBANIA
2265	RELATIONSHIPS BETWEEN CARDIORESPIRATORY FITNESS AND PHYSICAL PERFORMANCE COMPONENTS IN U12 BASKETBALL PLAYERS	LEDINA KOCI, NATASHA KOTORRI	SPORTS UNIVERSITY OF TIRANA	ALBANIA
2266	MONITORING ANTHROPOMETRIC AND MOTOR PERFORMANCE CHANGES IN U16 BASKETBALL PLAYERS OVER A 12-WEEK COMPETITIVE PERIOD	AFRIM BILALI, DANIELA DASHEVA	SPORTS UNIVERSITY OF TIRANA	ALBANIA
2267	RELATIONSHIPS BETWEEN FLEXIBILITY AND ATHLETIC PERFORMANCE PARAMETERS IN YOUTH FOOTBALL PLAYERS	ANDI BAZE, BASHKIM DELIA	SPORTS UNIVERSITY OF TIRANA	ALBANIA

13³⁰ – 14³⁰ Lunch (Calyse Restaurant)

14⁰⁰ – 15⁰⁰ (Gymnastics Hall)

Bridge4Fitness – Experiences, evidence-based practices, and guidelines for adapted fitness programs (Erasmus Plus Sport Project - 101181099)

Guests: representatives and beneficiaries of NGO acting in adapted and inclusive sport

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

14⁰⁰ – 15³⁰ (Museum)

Sustainable Social and Educational Integration through Sports Activities

Moderator: Corina Stancu, Associate Prof.PhD, (UNEFS Bucharest)

14⁰⁰ – 15³⁰ (F3 Room)

Water Skyball in Europe Training of Trainers (Multiplier Event) (Erasmus+ Sport 2023 - SCO-101134194) - ONLINE - <https://meet.google.com/xeb-jiub-fiy>

Moderator: Valeria Bălan, Associate Prof.PhD (UNEFS Bucharest)

14⁰⁰ – 15³⁰ (Sports Hall)

Inclusion Through Movement: Creating Opportunities from Challenges for Future Students with Disabilities (Project CNFIS-FDI-2025)

Moderator Oana Stoian, Lecturer PhD (UNEFS Bucharest)

15⁰⁰ – 16⁰⁰ (Gymnastics Hall)

JustMove – References for the Development of Fitness in Individuals with Sensory Disabilities (Erasmus Plus Sport Project - 101179933)

Guests: Vera Pâslaru, students from Special School no. 3 (Bucharest)

Moderators: Monica Stănescu, Prof.PhD, Alina Rusănescu, Assist.PhD. (UNEFS Bucharest)

15⁰⁰ – 16³⁰ (Sports Hall)

Evolutionary Aspects in Scientific Documentation (F1 Hall)

Guests: Adrian Cîmpeanu (The Romanian-Finnish High School), Ana Gornoviceanu, Student (UNEFS Bucharest)

Moderators: Roxana Bejan Mureșan, Lecturer PhD (UNEFS Bucharest)

Friday, 13 June 2025

9⁰⁰ – 10⁰⁰ Registration (Congress Desk)

10⁰⁰ – 10¹⁵ ICEHHM Opening Ceremony (Amphitheatre Hall)

Welcome Speech

Marius STOICA, Prof.PhD

Rector UNEFS, Romania

Monica STĂNESCU, Prof.PhD

ViceRector UNEFS, Romania

Moderator

Alexandra Predoiu, Lecturer PhD,

UNEFS Bucharest, Romania

10¹⁵ – 11⁴⁵ ICEHHM Plenary session

AI IN SPORT

Valeriu Tomescu, Ph.D

Director COTAS,

Romanian Olympic and Sport Committee

APPLICATION OF AI AND NEW TECHNOLOGIES IN SPORT

Professor Ph.D. Nenad Stojiljkovic,

University of Nis, Serbia

IMPACT INVESTMENTS: INNOVATIVE APPROACHES AND METHODOLOGIES TO ENSURE SOCIAL CHANGE THROUGH SPORTS ALONG SDG17 AND ESG STANDARDS

Paolo Bertaccini,

Italian International Institute for Study, Sport and Society, Milano, Italy

MOTOR IMAGERY AND ACTION OBSERVATION IN SPORT PERFORMANCE

Professor, PhD.Ugur Cavlak,

Biruni University, Istanbul, Turkey

Friday, 13 June 2025

ICEHHM Online session

12⁰⁰ – 13³⁰ (ONLINE)

12⁰⁰-13³⁰ – Online Session via Google Meet

Moderators:

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

Paper ID	Title	Authors' names	Institution	Country
	HOW TO INTEGRATE PSYCHOLOGICAL MODELS INTO THE DEVELOPMENT OF YOUNG PLAYERS	JURG BUHLER	UNIVERSITY OF BERNE	SWITZERLAND
2279	ASSESSMENT OF THE EFFICIENCY OF VARIOUS TRAINING APPROACHES TO INCREASE THE LEVEL OF ENDURANCE OF ATHLETES	JENNET HANOVA, SELBI TACHMUHAMMEDOVA	TURKMEN STATE INSTITUTE OF PHYSICAL EDUCATION AND SPORTS	TURKMENISTAN
2282	QUALITY OF LIFE AMONG GERIATRIC PATIENTS BEFORE AND AFTER TOTAL KNEE ARTHROPLASTY	OANA HĂRȘAN, PATRICIA-MARIA CRIȘAN-MĂLÂNCRĂVEAN, TIBERIU-ANDREI CONSTANTIN, ALEXANDRA-CAMELIA BAHAR	GEORGE EMIL PALADE UNIVERSITY OF MEDICINE, PHARMACY, SCIENCE, AND TECHNOLOGY OF TARGU MURES, MUNICIPAL HOSPITAL OF SIGHISOARA, COUNTY CLINICAL EMERGENCY HOSPITAL OF TARGU MURES	ROMANIA
2289	PCA IN FOOTBALL COACHING: COMPETENCIES AND LEADERSHIP	SIMONE FORNARI, CĂTĂLINA-FELICIA MANCAȘ, LIGIA RUSU	ACADEMY AL QADSIH SC, UNIVERSITY OF CRAIOVA	SAUDI ARABIA, ROMANIA
2291	EVALUATION OF THE VALIDITY AND RELIABILITY OF THE SATISFACTION SCALE FOR ATHLETES (SSA) IN INTERNATIONAL FOOTBALL CONTEXTS: A COMPARATIVE AND CROSS-CULTURAL ANALYSIS	SIMONE FORNARI, CĂTĂLINA-FELICIA MANCAȘ, LIGIA RUSU	ACADEMY AL QADSIH SC, UNIVERSITY OF CRAIOVA	SAUDI ARABIA, ROMANIA
2275	SPORT DIPLOMACY AS A DIALOGUE FOR PEACE	KERIMGELDI ANNAGULYEV, SHAMUHAMMET NEPESOV, BERDIMYRAT OWEZOV, ELIZAWETA RAHMANOVA	TURKMEN STATE INSTITUTE OF PHYSICAL EDUCATION AND SPORTS	TURKMENISTAN
2276	SPORTS MANAGEMENT: MANAGING SPORTS ORGANIZATIONS AND EVENTS IN A GLOBALIZED WORLD	SELBI AMANNAZAROVA, OGULNAZIK ISENOVA	TURKMEN STATE INSTITUTE OF PHYSICAL EDUCATION AND SPORTS	TURKMENISTAN

12⁰⁰-13³⁰ – Online Session via Google Meet

Moderators:

- *Lucian Eftimie, Associate Professor PhD (UNEFS Bucharest, Romania)*
- *Mircea Bratu, Associate Professor PhD (UNEFS Bucharest, Romania)*

Paper ID	Title	Authors' names	Institution	Country
2262	THE EFFECT OF A GAME-BASED EDUCATIONAL PROGRAM ON THE IMPROVEMENT OF COORDINATION AND BALANCE IN PRIMARY SCHOOL STUDENTS.	AMEUR HOUSSEYN, BELKHEYR KADDOURBEY, ZERF MOHAMMED	UNIVERSITY OF ABDEL HAMID IBN BADIS	ALGERIA
	PSYCHOLOGICAL PREDICTORS OF MOTIVATION IN ATHLETES	KATRINA VOLGEMUTE, GUNDEGA ULME,	LATVIAN ACADEMY OF SPORT EDUCATION, RIGA STRADIŅŠ	LATVIA ITALY

		VIKTORIJA PEREPJOLKINA, AGITA ABELE, RODRIGO LAVINS, KRISTERS ANSONS, ALĪNA KLONOVA	UNIVERSITY, DEPARTMENT OF NEUROSCIENCE, BIOMEDICINE, AND MOVEMENT, UNIVERSITY OF VERONA	
2268	EVALUATING THE EFFECTIVENESS OF PHYSICAL ACTIVITY INTERVENTION PROGRAMS ON PHYSICAL ACTIVITY LEVELS AND MOTOR SKILL DEVELOPMENT IN PRESCHOOL CHILDREN: A LITERATURE REVIEW	GENTIANA NICAJ, AIDA SHEHU	LUIGJ GURAKUQI UNIVERSITY, SPORTS UNIVERSITY OF TIRANA	ALBANIA
2269	COMPARATIVE STUDY ON MEMORY AND ATTENTION IN YOUTH INDIVIDUAL AND TEAM WATER SPORTS: SWIMMING VS. WATER POLO	JOZSEF-ATTILA BAN, PATRICIA-MARIA CRIȘAN- MĂLĂNCRĂVEAN, RĂZVAN ALEXANDRESCU, ALEXANDRA- CAMELIA BAHAR	GEORGE EMIL PALADE UNIVERSITY OF MEDICINE, PHARMACY, SCIENCE, AND TECHNOLOGY OF TARGU MURES, MUNICIPAL HOSPITAL OF SIGHISOARA, UMFST GEORGE EMIL PALADE HIGH SCHOOL OF TARGU MURES, COUNTY CLINICAL EMERGENCY HOSPITAL OF TARGU MURES	ROMANIA
2274	THE IMPORTANCE OF DETERMINING BODY COMPOSITION USING THE BOD- POD IN ELITE ATHLETES	OGULNABAT NOBATOVA, HOSHGELDI KADYROV	TURKMEN STATE INSTITUTE OF PHYSICAL EDUCATION AND SPORTS, TURKMEN STATE MEDICAL UNIVERSITY NAMED AFTER M. GARRYEV	TURKMENISTAN
2277	THE ROLE OF BODY PLETHYSMOGRAPHY IN DETERMINING PHYSICAL PERFORMANCE OF HIGH-QUALIFIED ATHLETES	GUNCHA BABAMURADOVA, AYGOZEL ORAZMUHAMEDOVA	TURKMEN STATE MEDICAL UNIVERSITY NAMED AFTER M. GARRYEV, TURKMEN STATE INSTITUTE OF PHYSICAL EDUCATION AND SPORTS,	TURKMENISTAN

Friday, 13 June 2025

**ICEHHM Section 1 – Physical Education
12⁰⁰ – 13³⁰ (F1 Hall)**

Moderators

- *Bota Aurelia, Prof.Ph.D (UNEFS, Bucharest, Romania)*
- *Liliana Dina, Associate Professor PhD (UNEFS Bucharest, Romania)*

Paper ID	Title	Authors' names	Institution	Country
2270	THEORETICAL AND METHODOLOGICAL FUNDAMENTALS REGARDING THE EARLY SELECTION OF CHILDREN FOR WRESTLING PRACTICE	ANDREEA CONSTANTINA ANDREI (PĂTRU)	UNIVERSITATEA DUNAREA DE JOS GALATI	ROMANIA
2271	MODERN RECOVERY STRATEGIES AND TACTICAL ADAPTATION IN PRE- COMPETITION TRAINING OF ELITE FEMALE WRESTLING ATHLETES	ALINA EMILIA VUC (GRIGORE)	UNIVERSITATEA DUNAREA DE JOS DIN GALATI	ROMANIA
2285	THE RELATIONSHIP BETWEEN PHYSICAL FITNESS AND THE PERCEPTION OF ADAPTABILITY IN CRISIS SITUATIONS IN THE CONTEXT OF JEWISH EDUCATION	IOSIF ADRIAN ALIN, MONICA STANESCU, AURA BOTA, MARIUS STOICESCU, MINCU CORNEL	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT UNIVERSITY OF	ROMANIA

2300	STUDY REGARDING THE INFLUENCE OF SPEED EXERCISES UPON JUMPING SKILLS IN 5TH GRADE STUDENTS	ALINA ABABEI, ANDREI GABRIEL ANTONESCU	„GEORGE BACOVIA” UNIVERSITY, NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT	ROMANIA
2435	IDENTIFYING DISTINCTIVE HARDSHIPS REGARDING MIDDLE SCHOOL STUDENTS INTEGRATION FROM BISTRITA-NASAUD COUNTY, ROMANIA	DAN BADEA, DOINA CROITORU, GRIGORE GHEORGHE	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT	ROMANIA

Friday, 13 June 2025

ICEHHM Section 1 – Sport and Performance
12⁰⁰ – 13³⁰ (F2 Room)

Moderators

- *Silvia Teodorescu, Professor PhD (UNEFS Bucharest, Romania)*
- *Cezar Hantău, Associate Prof.PhD (UNEFS Bucharest, Romania)*

Paper ID	Title	Authors' names	Institution	Country
2280	CARBOHYDRATE LOADING DIET FOR BETTER PERFORMANCE IN FOOTBALL	DAN CRISTIAN MĂNESCU	BUCHAREST UNIVERSITY OF ECONOMIC STUDIES	ROMANIA
2281	KEY FACTORS AND TRAINING PRINCIPLES FOR COMPETITIVE RESULTS IN TEAM SPORTS	DAN CRISTIAN MĂNESCU	BUCHAREST UNIVERSITY OF ECONOMIC STUDIES	ROMANIA
2288	NORMOBARIC HYPOXIA AMPLIFIES STRENGTH TRAINING IN ICE HOCKEY PLAYERS: ANAEROBIC PERFORMANCE AND MUSCLE CONTRACTILITY	ARTUR TERBALYAN, KAROL SKOTNICZNY, ROBERT ROCZNIOK, MARCIN ZAK	THE JERZY KUKUCZKA ACADEMY OF PHYSICAL EDUCATION IN KATOWICE	POLAND
2296	THE EFFECT OF SWIMMING ON BLOOD LACTATE LEVELS AFTER INTENSE PHYSICAL EFFORT IN CONTACT SPORTS	CĂTĂLIN PĂUNESCU, TEODOR PĂUNESCU	UNIVERSITY OF MEDICINE AND PHARMACY "CAROL DAVILA" BUCHAREST, NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT	ROMANIA
2297	ULTRA SLOW MOTION INTELLIGENT TRAINING USMIT(R) UNDERSTANDING THE LEARNING PROCESS.	PETRE RADESCU	R BARN FOUNDATION FOR MEDICINE AND HEALTH	ROMANIA
2298	THE RELATIONSHIP MULTIPLE INTELLIGENCES - MOTOR LEARNING IN TENNIS	DANA IOANA ION- MUȘAT, MONICA STANESCU	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT	ROMANIA
2304	ACTUAL PLAYING TIME IN THE ROMANIAN FOOTBALL SUPERLEAGUE	CIOLCA SORIN, PALADE TUDOR	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT	ROMANIA

Friday, 13 June 2025

ICEHHM Section 2 – Sport Performance
12⁰⁰ – 13³⁰ (F3 Room)

Moderators

- *Joszeif Hidi, Professor PhD (UNEFS, Bucharest, Romania)*
- *Răzvan Petre, Associate Professor PhD (UNEFS Bucharest, Romania)*

Paper ID	Title	Authors' names	Institution	Country
2315	ANALYSIS OF THE "DUO" COMPETITIVE SYSTEM IN JU JITSU	DORU GALAN	ALEXANDRU IOAN CUZA POLICE ACADEMY	ROMANIA
2308	CONCENTRATION TIME VALUES IN TWO-ARM CLEAN AND JERK WEIGHTLIFTING, WOMEN'S 55-KG JUNIOR CLASS (UNDER 20)	CONSTANTIN DANIEL MURARETU, PETRE RAZVAN-LIVIU, DANIELA MURARETU	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT, MIHAI I TECHNICAL COLLEGE	ROMANIA
2379	EVALUATION OF LEG POWER AND FATIGUE RESISTANCE IN ELITE BREASTSTROKE SWIMMERS VIA OPTOJUMP ANALYSIS	JARI MAHDI, LUCIELA MARIA VASILE, DANCU ALEXANDRU	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT	ROMANIA
2380	THEORETICAL AND PRACTICAL CONSIDERATIONS REGARDING THE DEVELOPMENT OF BALANCE AND COGNITIVE FLEXIBILITY IN FOOTBALL	GALAMAN MIHAI, VIRGIL TUDOR, RADU PREDOIU, DAN CRISTIAN MANESCU, CRISTINA VARZARU, ANA MARIA MUJEA	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT	ROMANIA
2393	OFFENSIVE EFFICIENCY IN U18 WOMEN'S BASKETBALL: A COMPARATIVE STUDY BASED ON POINTS PER POSSESSION DURING THE 2024 EUROPEAN CHAMPIONSHIP	ALIN MIHAITA SAFTEL, ALINA DANIELA MOANTA, NICOLETA LEONTE, ALEXANDRA DUMITRACHE	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT	ROMANIA

Friday, 13 June 2025

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

Moderators

- *Doina Croitoru, Professor Ph.D. (UNEFS Bucharest, Romania)*
- *Sorin Ciolcă, Associate Professor PhD (UNEFS, Bucharest, Romania)*

Paper ID	Title	Authors' names	Institution	Country
2316	INFLUENCE OF PHYSICAL ACTIVITY ON THE QUALITY OF LIFE OF PEOPLE WITH DISABILITIES	VALERIA BĂLAN, DENISA-LUCIA NESTIAN, MIHAELA ZAHIU	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT	ROMANIA
2370	SUSTAINABILITY THROUGH MOVEMENT: HOW PHYSICAL ACTIVITY PROMOTES HEALTH AND WELL-BEING	CATALIN OCTAVIAN MĂNESCU	BUCHAREST UNIVERSITY OF ECONOMIC STUDIES	ROMANIA
2371	INTEGRATING PHYSICAL EDUCATION FOR IMPROVED ACADEMIC PERFORMANCE: A SUSTAINABLE STRATEGY ALIGNED WITH SDG 4	CATALIN OCTAVIAN MĂNESCU	BUCHAREST UNIVERSITY OF ECONOMIC STUDIES	ROMANIA
2389	MODELING THE PREDICTIVE POWER OF EMOTION RECOGNITION (VIA CNN) ON SPORTS SOCIAL MEDIA ENGAGEMENT	ROCSANA BUCEA- MANEA-ȚONIȘ, MONICA STĂNESCU, CARMEN GRIGOROIU, ANDREEA VOINEA	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT, NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY POLITEHNICA BUCHAREST, UNIVERSITY OF ECONOMIC STUDIES	ROMANIA

2406	UNIVERSITY STUDENTS' ATTITUDES TOWARD LEISURE ACTIVITIES	MARIUS STOICESCU, MONICA STANESCU, RUSANESCU ALINA GABRIELA	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT	ROMANIA
2436	BEING A FEMALE ATHLETE IN THE INTERWAR PERIOD. THE CASE OF LENKE ZISZOVITS-POPPER	POMPILIU NICOLAE CONSTANTIN	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT	ROMANIA
2450	CHARTING STRATEGIC FRONTIERS IN SPORT MANAGEMENT: A BIBLIOMETRIC INQUIRY INTO SHIFTING RESEARCH PARADIGMS	MARIN AUREL	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT	ROMANIA

Friday, 13 June 2025

Section 1 - PhD Students (Oral presentations)

12⁰⁰ – 13³⁰ (Handball Room)

Moderators:

- *Luciela Vasile, Professor PhD (UNEFS, Romania)*
- *Raluca Costache, Researcher PhD (UNEFS Romania)*

Paper ID	Title	Authors' names	Institution	Country
2272	THE ROLE OF COORDINATIVE CAPACITIES IN DEVELOPING ATTENTION IN PRIMARY SCHOOL CHILDREN: A SYSTEMATIC LITERATURE REVIEW	MARIA CRISTINA DRAGUSIN, VIRGIL TUDOR, ANA TRANCAN	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT	ROMANIA
2284	ASPECTS REGARDING THE SPECIFICS OF STRENGTH AND CONDITIONING TRAINING FOR THIRD LEAGUE FOOTBALL PLAYERS IN ROMANIA	ANDREI GABRIEL ANTONESCU, MONICA STANESCU, SILVIA TEODORESCU, GRIGORE GHEORGHE, MELENCO IONEL	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT UNIVERSITY OVIDIUS OF CONSTANȚA	ROMANIA
2286	STUDY ON PARENTS' PERCEPTION OF URBAN SPORT	ALEXANDRA DUMITRACHE, MONICA STĂNESCU	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT	ROMANIA
2293	ASSESSMENT OF SPORT IMAGERY ABILITY IN RHYTHMIC GYMNASTICS THROUGH THE SIAQ QUESTIONNAIRE	ROXANA-MARIA CIORĂȘTEANU, LORAND BALINT	TRANSILVANIA UNIVERSITY OF BRASOV	ROMANIA
2451	JUDO MEETS NEUROSCIENCE: A BIBLIOMETRIC MAPPING OF EEG STUDIES IN MARTIAL ARTS	PATRICIA PANTAR, RARES STANESCU, DANA RAD	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT, AUREL VLAICU UNIVERSITY OF ARAD	ROMANIA

Friday, 13 June 2025

Section 2 - PhD Students (Oral presentations)

12⁰⁰ – 13³⁰ (Basketball Room)

Moderators:

- *Alina Moanță, Professor PhD (UNEFS, Romania)*
- *Rocsana Manea Tonis, Associate Professor PhD (UNEFS, Romania)*

Paper ID	Title	Authors' names	Institution	Country
2307	SCREEN TIME AND CHILD DEVELOPMENT: A SYSTEMATIC REVIEW	MARIA-ALEXANDRA BRĂILEANU, MARIUS STOICA,	NATIONAL UNIVERSITY OF	ROMANIA, ITALY

	OF COGNITIVE, MOTOR AND ACADEMIC OUTCOMES	MAURIZIO BERTOLLO, ALEXANDRA PREDOIU, ALIN-NICOLAE GHIȚĂ	PHYSICAL EDUCATION AND SPORT, UNIVERSITY OF PESCARA	
2295	THE EFFECT OF THE MULLIGAN TECHNIQUE AND KINESIOTAPING ON KNEE INJURIES IN BASKETBALL PLAYERS	SELDA SOKOLI (VEIZAJ), KLOTILDA VRENJO, AIDA ZOTAJ (LAKO), MARSIDA KRASNIQI, REZARTA KALAJA, LULJETA STANAJ	FACULTY OF PROFESSIONAL STUDIES, DURRËS, SPORTS UNIVERSITY OF TIRANA, 'MOTHER THERESA' UNIVERSITY HOSPITAL CENTRE	ALBANIA
2309	RETIREMENT AND RETURN TO COMPETITIVE WATER POLO: MOTIVATIONS AND CHALLENGES AMONG ATHLETES AGED 40 TO 43	LIXANDRU ANDREI-FLORIN, LUCIELA VASILE	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT	ROMANIA
2310	BREATHING TECHNIQUES INTEGRATED INTO THE PILATES METHOD - A RAPID - ANALYSIS OF THEIR EFFECT ON CARDIORESPIRATORY FUNCTION, POSTURAL BALANCE, AND EMOTIONAL REGULATION	VLAD COSMESCU, RAREȘ STĂNESCU	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT	ROMANIA

Friday, 13 June 2025

Section 3 - PhD Students (Oral presentations and poster)

12⁰⁰ – 13³⁰ (Athletics Room)

Moderators:

- *Virgil Tudor, Professor PhD (UNEFS, Romania)*
- *Liliana Dina, Associate Professor PhD (UNEFS, Romania)*

Paper ID	Title	Authors' names	Institution	Country
2312	PHYSICAL EXERCISE FOR MENTAL RESILIENCE: A SYSTEMATIC REVIEW ON ANXIETY REDUCTION AND COPING SKILL DEVELOPMENT IN ADOLESCENTS	ALIN-NICOLAE GHIȚĂ, MARIUS STOICA, GEORGETA MITRACHE, MARIA-ALEXANDRA BRĂILEANU	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT	ROMANIA
2388	ASPECTS OF SPEED ABILITY IN FEMALE CADET VOLLEYBALL PLAYERS.	IORDACHE VALENTINA-GABRIELA, DINA GEORGE, MARIUS STOICA	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT	ROMANIA
2400	OPTIMIZING RECOVERY AND PERFORMANCE THROUGH SPLIT MORNING SESSIONS IN COMPETITIVE SWIMMING: A LOGISTICAL AND PHYSIOLOGICAL ANALYSIS	MATEI GIURCĂNEANU, SILVIA TEODORESCU	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT	ROMANIA
2314	STRATEGIC MANAGEMENT OF DINAMO BUCHAREST SPORTS CLUB IN THE EUROPEAN CONTEXT	IONUT-ADRIAN POPA, MARIUS STOICA	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT	ROMANIA
2390	IMPROVING EXPLOSIVE STRENGTH IN U16 FOOTBALL TRAINING BY USING THE SMALL SIDED GAMES METHOD	UDREA ANDREI, PALADE TUDOR, MONICA STĂNESCU, GRIGORE GHEORGHE, RECEP GORGULU	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT ULUDAG UNVIERSTY	ROMANIA TURKEY

13⁴⁵ – 14⁴⁵ Lunch

ICEHHM Congress
WORKSHOPS
Friday, 13 June 2025

15⁰⁰ – 16³⁰ (F1 Room)

IMPLEMENTING VIDEO ANALYSIS TOOLS IN FOOTBALL TEAM TRAINING

Massimon Pedrazzini, Head Coach

Renzo Rossi, Head Coach

Romanian Football Federation

Moderator:

Tudor Palade, UNEFS Bucharest

15⁰⁰

FORUM - Deans of the Faculties of Physical Education and Sports from ROMANIA

18³⁰ Official Diner

INTERNATIONAL CONFERENCE OF HEALTHCARE

Scientific Committee

- Bogdan Almăjan**, Associate Professor PhD, West University of Timișoara, Romania
- Mihaela Apostu**, Professor PhD, National University of Physical Education and Sports, Faculty of Physical therapy, Bucharest, Romania
- Filiz Can**, Professor PhD, Hacettepe University, School of Physiotherapy and Rehabilitation, Orthopaedic Rehabilitation Unit, Ankara, Turke,
- Marilena Cojocaru**, Associate Professor PhD, Spiru Haret University, Bucharest, Romania
- Marius Dima**, Associate Professor PhD, Romanian-American University, Bucharest, Romania
- Ruxandra ElBsai**, Associate Professor PhD, National University of Physical Education and Sports, Faculty of physical therapy, Bucharest, Romania
- Carmen Liliana Gherghel**, Associate Professor PhD, National University of Physical Education and Sports, Faculty of physical therapy, Bucharest, Romania
- Jean-Michel Gracies**, Professor MD, PhD, Paris-East University, Hospital Henri Mondor, Creteil, France
- Marilena Rață**, Associate Professor PhD, Vasile Alecsandri University of Bacău, Romania
- Ligia Rusu**, Professor PhD, University of Craiova, Romania
- Ioan Turcu**, Associate Professor PhD, Transylvania University of Brașov, Romania

Organizing Committee

- Mircea Bratu**, Associate Professor PhD, National University of Physical Education and Sports, Bucharest, Romania
- Cozetta Minculescu**, Associate Professor PhD, National University of Physical Education and Sports, Bucharest, Romania
- Lucian Eftimie**, Associate Professor PhD, National University of Physical Education and Sports, Bucharest, Romania
- Remus Glogojeanu**, Lecturer PhD, National University of Physical Education and Sports, Bucharest, Romania
- Oana Cojocaru**, Assistant PhD, National University of Physical Education and Sports, Bucharest, Romania
- Alexandra Ghezea**, Assistant PhD student, National University of Physical Education and Sports, Bucharest, Romania

Friday, 13 June 2025

12⁰⁰ – 13³⁰ Workshop (Amphitheatre Hall)

Mobilization, Manipulation, and Stabilization: Advanced Manual Therapy Strategies for Low Back Pathology

*Guest: Vladimir Botezatu, Physiotherapist PhD,
Instructor Physio Sport Therapy Academy*

Moderator: Lucian Eftimie Associate Professor PhD, UNEFS Bucharest, Romania

15⁰⁰ – 16³⁰ Plenary Session – Amphitheatre Hall

*Moderator:
Mihaela Apostu, Professor PhD, UNEFS Bucharest, Romania*

Keynote speakers:

REPETITIVE STRAIN INJURY - BETWEEN ACUTE AND CHRONIC - AN ISSUE OF RECOVERY AND PERFORMANCE SPORTS

Ramona Szekeres Pavel, Physiotherapist, Bucharest, Romania

PHYSICAL ACTIVITY, AEROBIC ENDURANCE, BMI, AND BLOOD PRESSURE IN OFFICE WORKERS: A HEALTH AND PRODUCTIVITY PERSPECTIVE

*Aleksandra Keizane, Andra Fernate, Jana Mestalo, Jelena Reste,
Ivars Vanadzins, Denize Androne, Vineta Silkane, Kristine Vende-Kotova,
Nadina Rimere, Jelizaveta Marcenko, Darja Kaluznaja, Marija Burcena,
Riga Stradins University, Riga, Latvia*

ELECTROTHERAPY - A PARADIGM IN PHYSIOTHERAPEUTIC PRACTICE

*Tatiana Balint Associate Professor PhD, Vasile Alecsandri University of Bacau, Romania
Ilie Onu, Lecturer PhD, Grigore T. Popa University of Medicine and Pharmacy, Iasi, Romania*

TRACKING RECOVERY AFTER SHOULDER STABILIZATION: THE POWER OF ISOKINETIC TESTING

*Andrei Gheorghiu Physiotherapist PhD student,
Centrokinetic, Brasov, Romania*

Friday, 13 June 2025

Section 1 Healthcare and Physical Therapy

16³⁰ – 18⁰⁰ (Amphitheatre Hall)

Moderators

- *Cozeta Minculescu, Associate Professor PhD, UNEFS Bucharest, Romania*
- *Alexandra Ghezea, Assistant PhD, UNEFS Bucharest, Romania*

Paper ID	Title	Authors' names	Institution	Country
2287	PREDICTING FACTORS OF PERIPHERAL NEUROPATHY AND PAIN AFTER MULTIDISCIPLINARY TREATMENT OF BREAST CANCER. A PROSPECTIVE OBSERVATIONAL STUDY.	CRISTIAN IOAN BORDEA, RUXANDRA EL-BSAT, MIHAELA APOSTU, BORDEA MIHNEA PETER	UNIVERSITY OF MEDICINE AND PHARMACY "CAROL DAVILA" BUCHAREST, NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT	ROMANIA
2290	LUMBAR SPINE DEFORMITIES - HEALTH IMPLICATIONS	GEAMBASU ADINA, LUCIAN EFTIMIE, REMUS RELU GLOGOJEANU, MIRCEA BRATU	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT	ROMANIA
2292	CRANIOSACRICAL THERAPY: THE NATURAL SOLUTION FOR NON-SPECIFIC CERVICAL PAIN AND MIGRAINES	ANCA MARIA OLTEAN, GEORGESCU MAGDALENA, DORIANA IOANA CIOBANU	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT	ROMANIA
2299	PHYSIOTHERAPEUTIC MANAGEMENT IN BREAST NEOPLASM	ANA-MARIA-GABRIELA ȚĂRANU, BOGDAN-IOAN GOGA, COZETA-ANCA MINCULESCU, OANA-CRISTIANA STOIAN , CRISTINA ALEXANDRA GOGOREANU, MARIA ALEXANDRA CHIVU	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT, TERAPIE PENTRU MIȘCARE	ROMANIA
2301	EFFECTIVENESS OF PILATES EXERCISES IN OPTIMIZING POSTURAL CONTROL AND REDUCING PAIN IN PEOPLE WITH CHRONIC NON-SPECIFIC LOW BACK PAIN	TIMU MIHAELA MARIA	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT	ROMANIA
2302	PREDICTIVE AND THERAPEUTIC INSTRUMENTS TO ASSESS SPONTANEOUS MOVEMENTS IN PREMATURE INFANTS	MANEA ANDREEA	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT	ROMANIA

Friday, 13 June 2025

Section 2 Healthcare and Physical Therapy

16³⁰ – 18⁰⁰ (Sala C1)

Moderators

- *Ruxandra El-Bsat, Associate Professor PhD, UNEFS Bucharest, Romania*
- *Remus Glogojeanu, Lecturer PhD, UNEFS Bucharest, Romania*

Paper ID	Title	Authors' names	Institution	Country
2303	THE CURRENT APPROACH TO RESTORING KNEE STABILITY THROUGH THE KNEE SYMMETRY MODEL LITERATURE REVIEW	ANDREEA-DANIELA BRĂGUȚĂ, RAREȘ-ANDREI CÎRCIUMARU, ILEANA CRĂCIUN	UNIVERSITY OF CRAIOVA	ROMANIA
2306	MOVEMENT AS SPIRITUAL RESISTANCE: THE SYMBOLIC DIMENSION OF PHYSIOTHERAPY IN PEDIATRIC PALLIATIVE CARE	ALEXANDRA-MIHAELA IONICA	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT	ROMANIA
2313	THE POWER OF LAW, THE STRENGTH OF WILL. PARALYMPIC SPORTS IN THE LIGHT OF FUNDAMENTAL HUMAN RIGHTS.	FLORENTINA CAMELIA MEDEI, ALINA NARISA CRISAN, EDUARD CAROL NOVAK	WEST UNIVERSITY OF TIMIȘOARA, UNIVERSITY OF AGRICULTURAL SCIENCES AND VETERINARY MEDICINE CLUJ-NAPOCA, NATIONAL PARALYMPIC COMMITTEE	ROMANIA
2375	EARLY REHABILITATION PROTOCOLS IN TRAUMATIC HAND INJURIES: A MULTIDISCIPLINARY APPROACH TO PREVENTING STIFFNESS AND RESTORING FUNCTION	ADRIANA SERBAN, MARIUS STOICA	BUCHAREST EMERGENCY CLINICAL HOSPITAL, NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT	ROMANIA
2419	EXTENDED PHYSICAL THERAPY PROGRAM IN PEDIATRIC ONCO-HEMATOLOGY FROM DIAGNOSIS TO REMISSION	MOCANU (FARCASANU) MARIANA CRISTINA, CHRISTINA GIANNO, LILIANA VLADAREANU, MIHAELA APOSTU, ANCA COLITA, SILVIA TEODORESCU	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT, FUNDENI CLINICAL INSTITUTE, OVIDIUS UNIVERSITY, UNIVERSITY OF MEDICINE AND PHARMACY "CAROL DAVILA" BUCHAREST	ROMANIA

WORKSHOP

16³⁰ – 18⁰⁰ Workshop (F1 Room)

BALANCED INTESTINAL MICROBIOME - THE PATH TO OPTIMAL HEALTH

Guest: Marina Ivan, Nutritionist consultant, Bucharest, Romania

Moderator: Mihaela Apostu, Professor PhD, UNEFS Bucharest, Romania

Oana Maria Cojocaru Assistant PhD, UNEFS Bucharest, Romania

18³⁰ Official Dinner (Calyse Restaurant)

Saturday, 14 June 2025

10⁰⁰ – 11³⁰ Workshop (F1 Room)

RECOVERY OF SHOULDER FUNCTION, CLINICAL CHALLENGES AND MODERN INTERVENTIONAL STRATEGIES

Guest: Loredana Stoian, Physiotherapist, Bucharest, Romania

Moderator: Cozeta Minculescu, Associate Professor PhD, UNEFS Bucharest, Romania

11³⁰ – 13⁰⁰ Workshop (F1 Room)

THE ROLE AND IMPORTANCE OF PHYSIOTHERAPY IN THE MANAGEMENT OF SPORTS TEAMS

Guest: Mihai Eduard Andrei, Physiotherapist, Rapid, Bucharest, Romania

Moderator: Mircea Bratu Associate Professor PhD, UNEFS Bucharest, Romania

13.30 Lunch (Marble Hall)

SPORT PSYCHOLOGY - NATIONAL CONFERENCE WITH INTERNATIONAL PARTICIPATION

SCIENTIFIC COMMITTEE

Maurizio Bertollo, Professor Ph.D., University G. d'Annunzio of Chieti-Pescara, Italy

Anne-Marie Elbe, Professor Ph.D., University of Leipzig, Germany

Ștefan Tüdös, Professor PhD, National University of Physical Education and Sport Bucharest, Romania

Zermena Vazne, Professor PhD, Latvian Academy of Sport Education, Latvia

Alessandro Quartiroli, Professor PhD, University of Wisconsin - La Crosse, USA; Visiting Reader, University of Portsmouth, UK

Georgeta Pânișoară, Professor PhD, University of Bucharest, Romania

Cristian Vasile, Professor P.D, Petroleum-Gas University, Ploiesti, Romania, President of International Society for Applied Psychology

Emilia Grosu, Professor PhD, Babes-Bolyai University, Cluj-Napoca, Romania

Ryszard Makarowski, Professor PhD, Academy of Applied Medical and Social Sciences, Elblag, Poland

Georgiana Mitrache, Associate Professor PhD, National University of Physical Education and Sport Bucharest, Romania

Dagmara Budnik-Przybylska, Associate Professor PhD, University of Gdańsk, Gdańsk, Poland

Cornel Laurențiu Mincu, Associate Professor PhD, University of Bucharest, Romania

ORGANIZING COMMITTEE

Radu Predoiu, Associate Professor PhD, UNEFS, Bucharest

Alexandra Predoiu, Lecturer PhD, UNEFS Bucharest

Roxana Bejan-Mureșan, Lecturer PhD, UNEFS Bucharest

Alin Mihaiță Săftel, Lecturer PhD, UNEFS Bucharest

Adrian Rădulescu, Lecturer PhD, UNEFS Bucharest

9⁰⁰ – 10⁰⁰ Registration (Congress Desk)

10⁰⁰ – 13⁰⁰ International Conference of Sport Psychology - Plenary session and Workshops

10⁰⁰ – 11⁰⁰ (Amphitheatre Hall)

Moderator:

- *George Dina, Associate Professor Ph.D. (UNEFS Bucharest, Romania)*
- *Alexandra Predoiu, Lecturer Ph.D. (UNEFS Bucharest, Romania)*

Keynote speakers

INTEGRATING APPLIED STRATEGIES AND SCIENTIFIC INNOVATIONS THROUGH PUPIL-BASED NEUROFEEDBACK

Zsanett Bondár

Department of Elite Sport, Swiss Federal Institute of Sport Magglingen (SFISM), Magglingen, Switzerland

IRONIC PROCESSES OF MENTAL CONTROL IN SPORT: PAST, PRESENT AND FUTURE

Recep Görgülü

Bursa Uludag University, Faculty of Sport Sciences, Bursa, Türkiye

Special Guest

THE PERSONALITY AND RESILIENCE OF COMPETITIVE ATHLETES AS BMW DRIVERS – A MULTICULTURAL STUDY

Andrzej Piotrowski

Pomeranian University in Słupsk, Słupsk, Poland

11⁰⁰ – 12⁰⁰ Workshop (Amphitheatre Hall)

RESILIENCE IN SPORT – THE KEY TO LONG-TERM SUCCESS AND BALANCE

- *Special Guest: Georgeta Pânișoară, Prof. PhD (University of Bucharest, Faculty of Psychology and Educational Sciences)*

Moderator: Georgeta Mitache, Associate Prof. PhD (UNEFS, Bucharest)

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

12⁰⁰ – 13⁰⁰ Workshop (Amphitheatre Hall)

FLOW STATE AND PSYCHOPHYSIOLOGICAL COHERENCE: OPTIMAL EXPERIENCES FOR SPORTS PERFORMANCE

- *Special Guest: Cornel Laurențiu Mincu, Associate Prof. PhD (University of Bucharest, Faculty of Psychology and Educational Sciences)*

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

13¹⁵ – 14³⁰ Lunch (Marble Hall)

Oral Presentations - Sport Psychology

14³⁰ – 16⁰⁰ Amphitheatre

Moderator:

- *Adrian Rădulescu, Lecturer Ph.D. (UNEFS Bucharest, Romania)*
- *Georgeta Mitrache, Associate Professor Ph.D. (UNEFS Bucharest, Romania)*

Title	Authors' names	Institution	Country
USING MIXED METHODS TO EXPLORE THE RELATIONSHIP BETWEEN CHRONIC PAIN AND PSYCHOLOGICAL WELL-BEING IN ENDURANCE ATHLETES	LLOYD EMEKA	FACULTY OF SPORT, TECHNOLOGY AND HEALTH SCIENCES, ST MARY'S UNIVERSITY, LONDON	UNITED KINGDOM
IMPLICIT/UNCONSCIOUS AGGRESSION OF FUTURE SPORT COACHES	RADU PREDOIU, CRISTIAN VASILE, VLAD GLĂVEANU, HERLI PARDILLA, MIHAI CIOLACU, GERMINA COSMA	UNIVERSITY OF CRAIOVA, PETROLEUM-GAS UNIVERSITY, DUBLIN CITY UNIVERSITY, SEKOLAH TINGGI OLAHRAGA & KESEHATAN BINA GUNA, UNIVERSITY OF BUCHAREST	ROMANIA IRELAND INDONESIA
THE EMOTIONAL CONDUCT OF CHILDREN AND ADOLESCENTS WHO ARE INVOLVED IN PERFORMANCE SPORTS	DORINA MARIA NIJLOVEANU, ȘTEFANIA SANDU, MIHAELA LUNGU, ANDRADA ESTERA ROȘU	UNIVERSITY OF BUCHAREST, SPORTUL STUDENȚESC CLUB, NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY POLITEHNICA BUCHAREST, SIMON FRASER UNIVERSITY	ROMANIA CANADA
THE EFFECTS OF INSTRUCTIONAL AND MOTIVATIONAL SELF-TALK ON GAZE BEHAVIOUR IN A VIRTUAL REALITY SETTING	SAHIL PAWADE	VRIJE UNIVERSITY, AMSTERDAM	NETHERLANDS
THE IMPACT OF PERSONAL VALUES AND PERSONALITY TRAITS ON HIGH PERFORMANCE OUTCOMES IN PROFESSIONAL MOTORSPORT	CĂTĂLIN STANCIU	OEDIP PRIVATE PSYCHOLOGY PRACTICE BRAȘOV	ROMANIA

16⁰⁰ – 16¹⁵ Coffee break

Oral Presentations - Sport Psychology

16¹⁵– 17⁴⁵Amphitheatre

Moderators

- *Alin Mihăiță Săftel, Lecturer Ph.D. (UNEFS Bucharest, Romania)*
- *Gabriela Iordache, Assistant Ph.D. (UNEFS Bucharest, Romania)*

TITLE	AUTHORS' NAMES	INSTITUTION	COUNTRY
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KEY PSYCHOLOGICAL COMPETENCIES IN SPORT COACHING: A STUDY USING THE VIENNA TEST SYSTEM	ZERMENA VAZNE, KATRINA VOLGEMUTE, ANDRA FERNATE, VIKTORS VELIKS, JURIS GRANTS, VALERIJA STEIMANE, DINASS TALENS, EILINA ANTAPSONE	LATVIAN ACADEMY OF SPORT EDUCATION, RIGA STRADIŅŠ UNIVERSITY	LATVIA
INTEGRATING MINDFULNESS TECHNIQUES IN THE MENTAL PREPARATION OF PRETEEN BASKETBALL ATHLETES	ADRIAN MOLDOVAN	A.C.S. SEDU TÂRGU MUREȘ	ROMANIA
THE EXISTENTIAL NATURE OF TOUCH EXCHANGE FOR BLIND PEOPLE AS A BRIDGE TO CONFIDENCE AND PARTICIPATION IN PHYSICAL ACTIVITIES. A QUALITATIVE PREPARATORY STUDY USING REFLEXIVE THEMATIC ANALYSIS	MATHIAS ALBERTON	MARTIAL ATTITUDE C.I.C. LONDON	UNITED KINGDOM
THE ROLE OF MENTAL TRAINING IN OPTIMIZING PERFORMANCE IN SHOOTING SPORTS - A SYSTEMATIC REVIEW	LILIANA CIUPITU, GERMINA-ALINA COSMA, AMALIA-RALUCA STEPAN, DUMITRU BARBU	UNIVERSITY OF CRAIOVA	ROMANIA
HEYMANS' CUBE MODEL OF TEMPERAMENT IN THE CASE OF BASKETBALL COACHES	ALEXANDRA PREDOIU, ALIN MIHĂIȚĂ SĂFTEL, ALESSANDRO QUARTIROLI, ALINA DANIELA MOANȚĂ	U.N.E.F.S, UNIVERSITY OF WISCONSIN - LA CROSSE/UNIVERSITY OF PORTSMOUTH	ROMANIA U.S.A. UNITED KINGDOM
CHAOS OR SUPERPOWER? WHAT THE RESEARCH SAYS ABOUT ADHD IN SPORT	LUKASZ PARTYKA	SPORT PSYCHOLOGIST AT DEEPHELP, WARSAW	POLAND
EXPLICIT AGGRESSION IN OPEN (WUSHU KUNGFU) AND CLOSED (TRACK AND FIELD) SKILLS SPORTS	IONUȚ ALEXANDRU CIUDOIU, MARIUS STOICA, ANDREI MARICA, RADU PREDOIU	NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS	ROMANIA

Oral Presentations - Sport Psychology

17⁴⁵ – 19⁰⁰ Amphitheatre

Moderators

- *Mihaela Zahiu, Lecturer Ph.D. (UNEFS Bucharest, Romania)*
- *Sonia Albu, Assistant PhD (UNEFS Bucharest, Romania)*

TITLE	AUTHORS' NAMES	INSTITUTION	COUNTRY
RISK-TAKING BEHAVIOR IN PREDICTING INJURY SEVERITY AMONG MARTIAL ARTS ATHLETES	IONUȚ PATENTEU, RAFAL LAWENDOWSKI, CONSTANTIN OZARCHEVICI, RYSZARD MAKAROWSKI	UNIVERSITY OF MEDICINE AND PHARMACY "CAROL DAVILA" UNIVERSITY OF GDAŃSK, "ALEXANDRU IOAN CUZA" POLICE ACADEMY, ACADEMY OF APPLIED MEDICAL AND SOCIAL SCIENCES IN ELBLAG	ROMANIA POLAND

AN EXPERIENTIAL WAY, THE ROLE OF MUSIC AND RHYTHM IN THE DEVELOPMENT OF THE SPORTS TEAM COHESION	MPOFO KITATA LUKIBADIKU (ACACIA)	COLLEGE OF ARTS & SPORTS, KONA	HAWAII
WHAT ATHLETES SAY ABOUT THEMSELVES: A QUALITATIVE INVESTIGATION INTO PSYCHOLOGICAL EXPERIENCES IN SPORT	ANDREEA CHIOVEANU, MIHAELA DOBRE, NELA-ALICE DINU, OANA MONICA NAE, ALEXANDRA-CRISTINA NICOLESCU, BOGDANA DOBRE, VLAD-ALEXANDRU POPA, AURELIA CAMELIA CORBU	UNIVERSITY OF BUCHAREST, FACULTY OF PSYCHOLOGY AND EDUCATIONAL SCIENCES	ROMANIA
PSYCHOLOGICAL RESILIENCE IN OLYMPIC COMBAT SPORTS	RADU PREDOIU, MAURIZIO BERTOLLO, ANDRZEJ PIOTROWSKI, RAREȘ STĂNESCU, FATEN HAMDI, GABRIELA SZABO, GERMINA COSMA	UNIVERSITY OF CRAIOVA, UNIVERSITY "G. D'ANNUNZIO" OF CHIETI-PESCARA, UNIVERSITY OF GDAŃSK, UNIVERSITY OF JENDOUBA, "GEORGE EMIL PALADE" UNIVERSITY OF MEDICINE	ROMANIA ITALY POLAND TUNISIA

19.30 Official dinner (UNEFS Marble Hall)

**WE LOOK FORWARD TO MEETING YOU
AT ICEHHM 2026!**