



5th INTERNATIONAL CONFERENCE

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

29-30 MARCH 2013
CRAIOVA – ROMÂNIA

Thursday, March, 28th, 2013

14.00 - 16.00 - Arrivals And Registration

16.00 – 18.00 – Finals student`s competition „Ion Constantinescu”
Gym

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

Friday, March, 29th, 2013

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

9.30 – 11.30 – Plenary Session

9.30-10.00 - dr hab. **Malgorzata Sobera**, University School of Physical Education, Department of Athletics and Gymnastics, Poland, *"The Posture Control development in young children"*

10.00-10.30 - Professor **Luminita Georgescu** PhD, MD, International Council of Sport Science and Physical Education, Executive Board Member, International Association of Sport Kinetics, Presidium Member, World Leisure Organization, Board of Directors Member, Associate *"Interdisciplinary approach of international projects for promoting health through movement"*

10.30-11.00 – Lecturer **Esra Dođru**, Mustafa Kemal University, Hatay/TURKEY, *"Sensory Impairment and Rehabilitation after Stroke"*

11.00-11.30 – Lecturer **Harun Kızılcı**, Malatya School of Health Sciences, Inonu University, Turkey “*Amputee football in Turkey and World*”,

11.30 -12.00 – Cofee break

12.00 – 13.00 – Workshop “*The price of succes*” – *chairmen: prof. Marcela Dragomir* , speakers: Laura Badea, Dan Podeanu- fencing coach, Niculina Lazarciuc – Special inspector Physical Education and Sport, Cristina Cojocaru – athletics coach, Claudia Stef (all former participants at the Olympic Games)

13.00 – 13.30 – **Award Ceremony** for the participants in sports competitions organized by the occasion of the *Faculty of Physical Education and Sport in Craiova Days*

- **Award Ceremony** for the former teachers of the Faculty of Physical Education and Sport in Craiova

14.00 – 14.30 – Lunch

14.30-16.00 POSTER PRESENTATION

14.30 – 15.15– Physical Education and Sport Session (HALL A)

Chairmen: Assoc.Prof. Doru Stoica

Assoc.Prof. Glicheria Daian

Lecturer Brabiescu- Calinescu Luminita

P.1. Cosma Germina, Orțănescu Dorina, Paunescu Mihaela, *Rhythm Development Through Means Specific to Rhythmic Gymnastics to Female Students Attending Physical Education and Sport Faculty*

P.2. Ciuvat Dragos, Georgescu Luminita, *Attractive Ways of Practicing Physical Exercise with Medicine and Pharmacy University of Craiova Students*

P.3. Dumitru Roxana, Cosma Germina, *Theoretical and Conceptual Arguments Regarding the Research on the Quality of Life at the level of students*

P4. Constantinescu AnaMaria, *The impact of differentiated sport programs over the social - professional integration of technical universities students*

- P.5.** Constantinescu AnaMaria *The popularization of certain sport games as key factor to improve the health state and to attract young students towards an active life during their free time*
- P6.** Chivu Daniel, Orțănescu Dorina, Nanu Marian Costin, *Study on the Developing of a Model Syllabus on Physical Education and Sports within the Curriculum on School's Decision for Pre-University Education*
- P7.** Chivu Daniel, Nanu Marian Costin, Cosma Germina, *Sociological Study on Students' Favourit Sports*
- P8.** Nanu Costin, Cosma Germina, *The Aerobics Course Effects on the Students of Physical Education and Sports Faculty of Craiova*
- P9.** Neferu Florin, Stăncescu Camelia, *Sports Activities and Leisure Budget of Students from the University of Targu-Jiu*
- P10.** Popescu Sorin, Cosma Germina, *Sociological study on an active lifestyle among students at the non-specialized faculties*
- P.11.** Rață Gloria, Rață Bogdan Constantin, Rață Marinela, *Self-Esteem and professional formation in physical education and sports*
- P12.** Ungureanu Aurora, *Contribution of motion games in learning technical process in the football game at representative team*
- P.13.** Pitigoi Gabriel, Păunescu Cătălin, Petrescu Silviu, *The place of handball class in medical higher education*

15.15 – 16.00 – Sport and Performance Session (HALL A)

Chairmen:

Prof. Dorina Orțănescu
Assoc.Prof. Barbu Dumitru
Lecturer Albina Alina

- P.1.** Albină Alina Elena, *Comparative study concerning training methodical line to junior I athletes of 400m flat running*
- P.2.** Albina Constantin, *Coaches' personality and its role in high performance sports activity*
- P.3.** Alexe Cristina Ioana, Alexe Dan Iulian, *The effects of psychological training on the anger-hostility mood states generated by competition stress*
- P.4.** Barbu Dumitru, Stoica Doru, Barbu Mihai Constantin Răzvan, Ciocănescu Daniel, *The model in playing and training for 16-17 year-old football players*
- P.5.** Chepea Bogdan, Orțănescu Dorina, Shaao Mirela *Study concerning the optimization of physical training of junior handball players*

- P.6.** Cosma Alexandru, Ortanescu Dorina, *Sociological Study Concerning the Role of Physical Training in Volleyball Players' Activity*
- P.7.** Cosma Alexandru, Pascu Dănuț, Lică Eliana, *Role of gymnastic and acrobatic elements in volleyball players' physical training*
- P.8.** Ciocănescu Daniel, Stoica Doru, Barbu Dumitru, Barbu Mihai Constantin Răzvan, *Medical Staff Opinion on the Possibility of Using Strength Development Methods Based on Combinations of Regimes of muscle contractions in football*
- P.9.** Forțan Cătălin, Popescu Cătălin, Mangra Gabriel, Popa Gabriel Marian, Podeanu Radu, *Sociological study on the use of psychomotricity skills during the junior fencers' training*
- P.10.** Ghețu Roberta Georgiana, Călinescu Brăbiescu Luminița, Burcea George Bogdan, *Improving psychological component, priority training of children and junior player in basketball*
- P.11.** Lică Marcelina Eliana, Dragomir Marian, *Sociological inquiry concerning the physical training to tennis beginners*
- P.12.** Dăian Gligheria, Shaao Mirela, Ilona Ilinca, Dăian Ioan, *Considerations about the planification and the dynamics of the training process*
- P.13.** Oprea Mihaela, Ion Gheorghe, *The Contribution of Skill to the Development of Motric Ability and the Appropriation of Technique For the Beginner Volleyball Players*
- P.14.** Popescu Marius Cătălin, Forțan Cătălin, Mangra Gabriel Ioan, Popa Gabriel Marian, *Study of offence efficiency in conditions of superiority and inferiority at The Handball E.C. 2012, Serbia*
- P.15.** Stoica Doru, Barbu Dumitru, Barbu Mihai Constantin Răzvan, Ciocanescu Daniel, *Comparative study on anthropometric indices related to improvement and development of motor skills to secondary education level pupils attending football special program school and "Decebal" School from Craiova*
- P.16.** Pițigoi Gabriel, *Retrospective study on university championships of handball*

14.30 – 15.15- Physical Therapy and Sports Medicine Session (HALL B)

Chairmen: Prof. Ligia Rusu
Prof. Taina Avramescu

Assoc. Prof. Iona Ilinca

- P.1.** Avramescu Elena Taina, Lupescu Olivera, Nagea Mihail, Patru Cristina, Neamtu Cristian, *The challenge of e-learning in medical education - applications in orthopedics*
- P.2.** Ciobanu Doriana, Nițu Cristian, Deac Anca, *Assessment of the components of stance and dynamic balance in elderly patients after stroke*
- P3.** Anghel Mihaela, Rață Gloria *Role of physical therapy in improvement spasticity in children with cerebral palsy*
- P4.** Anghel Mihaela, Rață Gloria, *Role of physical therapy in recovering musculoskeletal sequelae to hemiplegic shoulder ligament*
- P.5.** Babolea Oana Bianca, *Dance therapy vs conventional exercise recovery in physical therapy hours*
- P.6.** Danculescu Daniel, Stuparu Gabriela-Lia, *Effect of physical training on hemodynamic parameters in hypertensive patients*
- P.7.** Dragomir Mihai, Lica Eliana, Rusu Ligia *Kinetotherapy in knee rheumatic pathology*
- P.8.** Enescu-Bieru Denisa, Călina Mirela Lucia, Brăbiescu Călinescu Luminița, Kese Anamaria, Neamțu Oana, Neamțu Marius Cristian, Cosma Germina, *Study of neurophysiologic pattern at handball and volleyball athletes*
- P.9.** Ionescu George, Avramescu Elena Taina, Luminita Georgescu, Marius Cristian Neamtu, *Gait analysis – a normative plantar pressure study*
- P.10.** Lupu Stănică Gabriel, Cristuță Alina Mihaela, *The role of the muscular toner methods in fitness pilates*
- P.11.** Macovei-Moraru Mihaela, Luminița Diana Marinescu, Roxana Popescu, *Aerobic exercise in modulating lipid profile and cardiovascular risk*
- P.12.** Fita Ioana Gabriela, Mihaela Macovei-Moraru, Luminita Diana Marinescu, Gabriel Ioan Prada *Impact of physical exercise on the cognitive impairment in the elderly – case study*
- P.13.** Mârza-Dănilă Doina, Mârza-Dănilă Dănuț Nicu, *Simple and effective means of treating the Achilleian tendinopathies caused by overuse, in athletes*
- P.14.** Neamțu Marius Cristian, Elena Taina Avramescu, Oana Maria Neamțu, Denisa Enescu Bieru, *New approaches in synthesis and processing medical data*
- P.15.** Liviu-Alexandru Trăilă, Mircea Dănoiu, *The contribution of kinetic in hypertension*

P.16. Mirela Lucia Călina, Denisa Enescu-Bieru, Valentina Dinu, Ana Maria Stanomirescu' *Somatoscopic and somatometric evaluation at a group of volleyball women athletes*

P.17. Eugenia Rosulescu, Ilona Ilinca, Mihaela Zavaleanu, Isabela Tudorache, Germina Cosma, Monica Curelea, Lidia Constantinescu *Needs analysis of lifelong learning on neuromuscular diseases for romanian participants to nmd-pro project*

P.18. Rusu Ligia, Rusu P.Florin.,Dragomir Mihai, *Assessment of foot imbalance using biomechanical measurements*

P.29. Stănoiu Cosmina, Zăvăleanu Mihaela, Roşulescu Eugenia, *Aspects of the rehabilitation management of the spastic upper limb for the child with cerebral palsy*

P.20. Tohaneanu AAA, Basalau R, Tohaneanu LL, *The rehabilitation of a rugby player with shoulder trauma case reports*

P.21. Harun Kizilci, Fatih Erbahçeci, *Effects of pes planus deformity on the speed tests - Purpose*

15.15 – 16.00 - **Varia Session (HALL B)**

Chairmen: Assoc. Prof. Biltac Gheorghe

Lecturer Cosma Germina

Assoc.Prof. Mihai Barbu

P.1. Barbu Mihai Constantin Răzvan, Barbu Dumitru, Stoica Doru, Ciocanescu Daniel, *The impact of socio-cultural environment on the development management of sports activities*

P.2. Ileana Mihaela Chiritescu „*Sport completes human condition*”

P.3. Păsărin Daniel, Orţănescu Dorina, *Role of Mass-media for Promoting a Physically Active Lifestyle*

P.4. Mangra Gabriel Ioan, Popa Marian Gabriel , Popescu Marius Cătălin, Fortan Cătălin, *Human resources in the management of romanian sports*

P.5. Mircioagă Alexandra, Barzuca Dorian, Mircioagă Elena Doina, *Performance and Management of Performance in Sports*

P.6. Mitricof Anamaria Bianca, *News in low back pain recovery-review*

P. 7. Esra Doğru, M. Harun Kızılcı , *Dysmenorrhea's effects on quality of life*

P.8 Esra Doğru, M. Harun Kızılcı, *Evaluation of connective tissue massage's efficacy in patients with dysmenorrheal*

P.9. Harun Kizilci, Fatih Erbahçeci: *Effects of pes planus deformity on the muscle strength and flexibility*

P.10. Esra Dođru, M. Harun Kızılcı, *Profile of individuals with dysmenorrhea*

P.11. Harun Kizilci, Esra Dogru, *Poland syndrome patients using the methods of measurement and evaluation of physiotherapy*

15.30 – 16.00 – Conclusions

Saturday, March, 30th, 2013

WORKSHOPS

09.00-10.00 - **ADAPTED PHYSICAL EDUCATION ON CHILDREN WITH DISABILITIES IN LIGHT OF SOCIAL INTEGRATION**, BY

Aurora Ungureanu

Speakers:

1. MIRELA CĂLINA - *Faculty of Physical Education and Sport, University of Craiova*

2. GERMINA COSMA - *Faculty of Physical Education and Sport, University of Craiova*

3. NICULINA LAZARCIUC – Special inspector Physical Education and Sport, Dolj

4. CAROLINA BICĂ – Teacher of Physical Education and Sport – Special School „Sf Mina” Craiova.

5. VĂTAVU FĂNEL - Director / Teacher of Physical Education and Sport – „ Ion Țuculescu” School of Craiova

10.00-11.00 – **PHYSICAL AND REHABILITATION MANAGEMENT IN NEUROMUSCULAR DISEASES**, by Eugenia Rosulescu

Speakers:

ILONA ILINCA - *Faculty of Physical Education and Sport, University of Craiova*

MIHAELA ZAVALEANU - *Faculty of Physical Education and Sport, University of Craiova*

GERMINA COSMA - *Faculty of Physical Education and Sport, University of Craiova*

COSTIN NANU - *Faculty of Physical Education and Sport, University of Craiova*

11.00-12.00 – **HOW TO FINANCE A PROJECT SUCCESSFULLY**, by
Barbu Mihai Constantin Răzvan

Speakers:

AUREL DANES – Romanian Olympic Academy

MIHAI MILU - DJTS Dolj

13.00 CLOSED CEREMONY