

UNIVERSITATEA DIN CRAIOVA  
FACULTATEA DE EDUCAȚIE FIZICĂ ȘI SPORT  
CENTRU DE STUDIU ȘI CERCETARE A MOTRICITĂȚII UMANE  
SOCIETATEA ROMÂNĂ DE MEDICINĂ SPORTIVĂ



**UNIVERSITY OF CRAIOVA  
FACULTY OF PHYSICAL EDUCATION AND SPORT  
RESEARCH CENTRE FOR STUDIES HUMAN MOTRICITY  
ROMANIAN SPORTS MEDICINE SOCIETY**

**2<sup>nd</sup> INTERNATIONAL CONFERENCE**

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

**22-25 OCTOBER 2009**

**CRAIOVA – ROMANIA**

*Honor President:*

**Prof. Ion Vladimirescu**  
*Rector - University of Craiova*

*President:*

**Prof. Marian Dragomir**  
*Dean - Faculty of Physical Education and Sport*

*Co-presidents:*

**Assoc. Prof. Maria Mirela Vasilescu**  
**Prof. Dorina Orțănescu**

*President of scientific committee:*

**Prof. Ligia Rusu**

*Scientific committee:*

**Prof. Marcela Dragomir**  
**Prof. Taina Elena Avramescu**  
**Prof. Mircea Dănoiu**  
**Prof. Corneliu Orțănescu**  
**Prof. Sergiu Cătăneanu**  
**Prof. Corneliu Andrei Stroe**  
**Assoc. Prof. Maria Mirela Vasilescu**  
**Assoc. Prof. Anca Ionescu**  
**Assoc. Prof. Glicerchia Daian**

*Organizing committee :*

**Assoc. Prof. Sorina Cernăianu**  
**Assoc. Prof. Mirela Călina**  
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**Lecturer Constantin Albina**  
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**Asist. Germina Cosma**  
**Asist. Mihai Dragomir**  
**Asist. Mihaela Zăvăleanu**  
**Asist. Cătălin Forțan**

*Speakers:*

**JEFF KONIN – USA**  
**NILUFER CETISLI KORKMAZ – Turkey**  
**ORCIN TELLI – Turkey**

*Secretariat:*

**Lecturer Albină Alina**  
**Asist. Ana Maria Kese**  
**Asist. Enescu Bieru Denisa**

**Sessions:**

- 1. Physical education and sport -Sport management**
- 2. Sports and performance**
- 3. Kinetherapy/Kinesiology - Rehabilitation**
- 4. Sports medicine**

**Thursday, October, 22<sup>th</sup>, 2009**

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16.00 - 18.00 - **Arrivals And Registration**

**Friday, October, 23<sup>th</sup>, 2009**

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08.00 - 17.00 – **Registration**

09.00 - **Open Ceremony**

Prof. Marian Dragomir

Prof. Dorina Ortanescu

**Physical Education and Sport**

**HALL A**

**Moderators:** Prof. Dorina Ortanescu  
Assoc. Prof. Glicheria Daian

09.00 – 10.30

**Free communications** (15 minutes each x 5 presentations and 15 minutes discussion)

- 0.1 STUDY ON DEVELOPMENT OF RESISTANCE TO SCHOOLGIRLS CYCLE SECONDARY EDUCATION (CLASS VIII-A)**  
Constantin ALBINA  
*University of Craiova, Faculty of Physical Education and Sport, Romania*
- 0.3 OBSERVATIONAL STUDY REGARDING THE EVOLUTION OF THE SPECIFIC MOTOR SKILLS POTENTIAL IN CHILDREN BETWEEN 7 - 10 YEARS OLD**  
Nela Tatiana BALINT<sup>1</sup>, Lavinia CROITORU<sup>2</sup>  
*<sup>1</sup>University of Bacău, Faculty of Movement, Sports and Health Sciences, Department of Kinesiotherapy and Special Motor Skills, Romania*  
*<sup>2</sup>Kinetoterapeut*
- 0.6 PHYSICAL EDUCATION IN SCHOOL – FACTORS THAT INFLUENCE THE PERCEPTION AND THE ATTITUDE TOWARDS IT**  
Paula BICOV  
*UMF "V. Babes", Timisoara, Romania*
- 0.14 DETERMINANTS AND CONSEQUENCES OF PHYSICAL ACTIVITY AND SPORT IN ADOLESCENCE: STUDENT TEACHERS PERCEPTIONS**  
Irina MACIUC, Florentina MOGONEA  
*University of Craiova, Romania*

**O.17 THE USE OF THE INTUITIVE MEANS DURING THE LESSON OF PHYSICAL EDUCATION**

Dorina ORȚĂNESCU  
*University of Craiova*

10.30 – 11.00 - **Break**

11.00 – 13.00

**Free communications** (15 minutes each x 5 presentations and 15 minutes discussion)

**O.18 THE INDEPENDENT PRACTICE OF PHYSICAL EXERCISES - PREMISE FOR A HEALTHY LIFESTYLE DURING OF ADOLESCENCE**

Constantin PEHOIU <sup>1</sup>, Cristian SAVU <sup>1</sup>, Monica MOACĂ <sup>1</sup>, Bianca FERRARIO <sup>1</sup>, Silviu BADEA <sup>1</sup>, Andra Georgiana PEHOIU <sup>2</sup>

<sup>1</sup>*Valahia University, Targoviste, Romania*

<sup>2</sup>*University of Medicine and Pharmacy „Carol Davila”, Bucharest*

**O.20 STUDY CONCERNING PRACTICING AEROBICS BY FEMALE STUDENTS FROM THE UNIVERSITY OF CRAIOVA**

Sorin POPESCU, Sorina CERNĂIANU

*University of Craiova, Faculty of Physical Education and Sports, Romania*

**O.21 STUDY CONCERNING THE APPLICATION OF PRE-GAMES TRAINING SPECIFIC TO VOLLEYBALL PRACTICE PERFORMED DURING THE PHYSICAL EDUCATION CLASS AT ELEMENTARY SCHOOL LEVEL**

Mirela SHAAO<sup>1</sup>, Monica ERTANHAN<sup>2</sup>, Ilona ILINCA<sup>1</sup>

<sup>1</sup>*University of Craiova, Faculty of Physical Education and Sports, Romania*

<sup>2</sup>*AR-EL Schools, Istanbul, Turkey*

**O.22 PHYSICAL EXERCISE, MEAN OF COMBATING THE SEDENTARINESS**

Victor STANICA

*University of Craiova, Faculty of Physical Education and Sports, Romania*

**O.25 THE EVALUATION OF MOTRIC ACQUISITIONS AND THE INTERPRETATION OF THE DEGREE OF SOCIALIZATION IN CHILDREN WITH MOTOR DISABILITIES**

Aurora UNGUREANU

*University of Craiova, Faculty of Physical Education and Sports, Romania*

13.00 -15.00 - **Lunch**

## Sport Performance

**Moderators:** Prof. Marcela Dragomir  
Assoc. Prof. Ilona Ilinca

15.00 – 17.30

**Free communications** (15 minutes each x 8 presentations and 30 minutes discussion)

**0.4 BASIC MOTRICAL REFERENCE POINTS IN SELECTING AND TRAINING BEGINNER FOOTBALLERS**

Dumitru BARBU, Doru STOICA

*Univeristy of Craiova, Faculty of Physical Education and Sport, Romania*

**0.9 COMPARATIV STUDY OF ATTENTION'S MOBILITY BETWEEN INDIVIDUAL AND COLLECTIVE SPORTS**

Germina COSMA<sup>1</sup>, Denisa ENESCU BIERU<sup>1</sup>, Cătălin FORȚAN<sup>1</sup>, Alexandru COSMA<sup>2</sup>

<sup>1</sup>*Universitatea din Craiova*

<sup>2</sup>*National College N. Titulescu, Craiova*

**0.11 CONTRIBUTIONS MEANT TO IMPROVE THE PRIMARY SELECTION SYSTEM IN ATHLETICS**

Mihai DRAGOMIR<sup>1</sup>, Marcela DRAGOMIR<sup>1</sup>, Mateo PARASCHIV<sup>2</sup>

<sup>1</sup>*University of Craiova, Faculty of Physical Education and Sport*

<sup>2</sup>*College Petruche Triscu, Craiova*

**0.12 THE STUDY OF BIOCHEMICAL PARAMETERS IN THE NAVAL PENTATHLON**

Virgil ENE-VOICULESCU<sup>1</sup>, Carmen ENE-VOICULESCU<sup>2</sup>

<sup>1</sup>*Naval Academy „Mircea cel Batran” Constanta*

<sup>2</sup>*University „Ovidius” Constanta, Romania*

**0.15 THE FINANCIAL RESOURCES OF THE MANAGERIAL ACTIVITY IN THE PHYSICAL EDUCATION AND SPORTS**

Gabriel Ioan MANGRA, Catalin POPESCU, Gabriel Marian POPA

*Faculty of Physical Education and Sports, University of Craiova, Romania*

**0.19 THE INDIVIDUAL CHARACTERISTICS OF MOTOR SKILLS STRESS IN AEROBIC GYMNASTIC, DURING THE FIRST FORMATIVE PERIOD (INITIATION)**

Georgeta Lucia PISCOI

*Universitatea de Vest "Vasile Goldis", Arad, Romania*

**0.23 DEVELOPMENT OF AMBIDEXTERITY IN HIGH PERFORMANCE FOOTBALL AT JUNIOR LEVEL**

Doru STOICA, Dumitru BARBU

*University of Craiova, Faculty of Physical Education and Sports, Romania*

**0.26 EFFORT'S CHARACTERISTICS IN RUGBY GAME AND RUGBY'S RELATIONSHIP WITH THE WORMING-UP**

Nicolae UNGUREANU

*University Pitesti, Romania*

## Kinotherapy and Sports Medicine

### HALL B

**Moderators:** Prof. Taina Avramescu  
Assoc. Prof. Mirela Vasilescu

9.00 – 10.30

**Free communications** (15 minutes each x 5 presentations and 15 minutes discussion)

**0.2 THE PATIENT OUTCOME OF KINETIC TREATMENT OF DOUBLE IDIOPATHIC SCOLIOSIS**

Oana Bianca BABOLEA, Eva Nicoleta MOLDOVEANU  
*University of Craiova, Faculty of Physical Education and Sport, Kinesiotherapy Department, Craiova*

**0.5 EXPERIMENTAL METHOD FOR MEASURING THE KINEMATICS OF THE HUMAN MOTION**

Cosmin-Răzvan BERCEANU<sup>1</sup>, Daniela TARNIȚĂ<sup>1</sup>, Florin RUSU<sup>1</sup>, Ligia RUSU<sup>2</sup>  
<sup>1</sup>*Faculty of Mechanics, University of Craiova, Romania*  
<sup>2</sup>*University of Craiova, Faculty of Physical Education and Sport, Romania*

**0.7 THE PHYSICAL EXERCISE- MEAN OF PREVENTION OF SUGARY DIABETES**

Ionica CARABAS  
*West University Timisoara, Sports and Physical Education Facult, Romania*

**0.8 DO THE AEROBIC CALISTHENIC EXERCISES BENEFICIAL FOR MYASTHENIA GRAVIS PATIENT?: A CASE REPORT**

Tuba CAN, PT.MSc.<sup>1</sup>, Nilufer CETISLI KORKMAZ, PT.PhD.<sup>1</sup>, Emre BASKAN, PT.MSc.  
<sup>1</sup>*Pamukkale University, School of Physical Therapy and Rehabilitation, Denizli, TURKIYE*

**0.10 PHYSICAL REHABILITATION IN PATELLOFEMORAL PAIN SYNDROME**

Cristina Alina CRISTEA, Alina TOTOREAN, Dan NEMES, Roxana ONOFREI, Armand GOGULESCU, Andreea NITA, Razvan DRAGOI  
*Victor Babes University of Medicine and Pharmacy Timisoara, Romania*

10.30 - 11.00 - **Break**

11.00 – 13.00 - **Course (part I) - Jeff Konin, USA**

„ Posttraumatic knee at sportsmen – evaluation, recovery, return to sportive activity”.

13.00 – 14.30 – **Lunch**

14.30 – 16.00

**Free communications** (15 minutes each x 5 presentations and 15 minutes discussion)

**0.13 NEUROPHYSIOLOGIC INVESTIGATION THROUGH SOMATOSENSORY EVOKED POTENTIALS AT PROFESSIONAL SPORTSMEN**

Denisa ENESCU-BIERU<sup>1</sup>, Cătălin BOGDAN<sup>2</sup>, Daniel GEORGESCU<sup>2</sup>, Florin ROMANESCU<sup>2</sup>, Mirela Lucia CĂLINA<sup>1</sup>, Germina COSMA<sup>1</sup>, Cătălin FORȚAN<sup>1</sup>, Marius GEORGESCU<sup>2</sup>, Adrian Tudor BĂLȘEANU<sup>2</sup>, Maria IANCAU<sup>2</sup>

<sup>1</sup>*Faculty of Physical Education and Sport Craiova, University of Craiova, Romania*

<sup>2</sup>*University of Medicine and Pharmacy Craiova, Romania*

**0.16 THE DYSFUNCTIONING OF THE TEMPORAL MANDIBULAR JOINT COMPLEX EVALUATION AND MEDICAL ASSISTANCE**

Cristian Nicolae NIȚULESCU, Rodica TRĂISTARU, Roxana POPESCU

*University of Medicine and Pharmacy Craiova, Romania*

**0.24 OUR EXPERIENCE REGARDING KNEE FUNCTIONAL OUTCOMES AFTER ACL RECONSTRUCTION DEPENDING ON SURGERY TIME AND REHABILITATION TREATMENT**

Alina TOTOREAN<sup>1,2</sup>, Roxana ONOFREI<sup>1</sup>, Dan V POENARU<sup>1,2</sup>, Cristina CRISTEA<sup>1</sup>

<sup>1</sup>*UMF Victor Babes Timisoara*

<sup>2</sup>*Posttraumatic Rehabilitation Department – 2nd Clinic of Orthopedics and Traumatology Timisoara*

**0.27 THE CHRONIC LOW GRADE OF INFLAMMATORY STATUS OF OBESITY AND PHYSICAL EXERCISE**

Maria Mirela VASILESCU

*University of Craiova, Faculty of Physical Education and Sports*

**0.28 NUTRITIONAL EVALUATION FOR A GROUP OF CHILDREN WITH CEREBRAL PALSY**

Mihaela ZĂVĂLEANU<sup>1</sup>, Eugenia ROȘULESCU<sup>1</sup>, Ilona ILINCA<sup>1</sup>, Cosmina STĂNOIU<sup>2</sup>

<sup>1</sup>*Department of Kinesiology, University of Craiova, Romania*

<sup>2</sup>*Adults Residential Rehabilitation Center, Craiova, Romania*

16.00 – 16.30 - **Break**

16.30- 18.30 - **Course (part II) – Jeff Konin, USA**

„ *Posttraumatic knee at sportsmen – evaluation, recovery, return to sportive activity*”.

20.00 – 23.00 – **Welcome reception „Casa Imparatului”**

**Saturday, October, 24<sup>th</sup>, 2009**

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**Physical Education and Sport**

**HALL A**

**Moderators:** Prof. Marian Dragomir  
Prof. Cataneanu Sergiu

09.00 – 11.00 - **Poster presentation**

- P.1 IMPORTANT ASPECT OF DIFERENTIATED TREATMENT APPLICATED IN LESSON OF PHYSICAL EDUCATION IN CLASS VIII**  
Alina ALBINĂ  
*University of Craiova, Faculty of Physical Education and Sports, Romania*
- P.5 MOVEMENT PRACTICED DURING FREE ACTIVITIES**  
Violeta ARGETOIANU  
*School with class. I-VIII Breasta, Dolj*
- P.9 THE STUDY OF THE INCREASING OF EFFICIENCY OF SWIMMING IN BUTTERFLY METHOD BY INCREASING THE MOBILITY OF THE SPINE, COXOFEMURAL AND SCAPULAR-HUMERAL JOINTS OF CHILDREN OF 10 – 11 YEARS OLD**  
Gheorghe BÎLTAC  
*University of Craiova, Faculty of Physical Education and Sports, Romania*
- P.14 THE EVALUATION OF THE TEACHING PROFICIENCY OF TEACHERS OF PHYSICAL EDUCATION**  
Ion CARP  
*State University Physical Education and Sport, Chisinau, Moldova*
- P.22 SPECIFIC EFFORT ADAPTATION OF PUPILS DURING PHYSICAL EDUCATION LESSONS**  
Glicheria DAIAN, Mirela VASILESCU, Roberta GHETU  
*University of Craiova, Faculty of Physical Education and Sports, Romania*
- P.25 STUDY ON THE EFFECTS OF PRACTISING HIKING ON THE DEVELOPMENT OF TEENAGERS' VITAL CAPACITY**  
Cristian-Corneliu DRAGOI  
*Department of Sciences of Movement, Sports, and Health – University of Bacău*
- P.26 DIVERSIFICATION OF PHYSICAL AND SPORTS ACTIVITIES, THROUGH "CIRCLES OF STUDENTS" ON SPORTS BRANCHES, A RELIABLE SOLUTION FOR SPENDING THE FREE TIME IN A JUDICIOUS WAY**  
Marcela DRAGOMIR, Eliana LICĂ  
*University of Craiova, Faculty of Physical Education and Sport*
- P.30 THE DEVELOPMENT OF THE COORDINATIVE CAPACITY AT THE YOUNG PUPILS THROUGH THE USE OF MOVEMENT GAMES**  
Roxana DUMITRU  
*University of Craiova*



**P.31 ASPECTS CONCERNING METHODS USED FOR MAINTAINING PHYSICAL CONDITION**

Carmen ENACHE

*University of Pitesti Faculty of Educational Sciences*

**P.32 METHODS OF RAISING DENSITY OF PHYSICAL EDUCATION LESSON TO PRIMARY SCHOOL**

Ion Sebastian ENACHE

*University of Pitesti, Faculty of Educational Science*

11.00 – 11.30 - **Break**

11.30 – 13.30 - **Poster presentation**

**P.35 STUDY REGARDING SPENDING THE FREE TIME AMONG STUDENTS**

Carmina Mihaela GORGAN, Gloria RATA

*University of Bacău*

**P.48 STUDY REGARDING THE DEVELOPMENT OF PSYCHOLOGICAL-MOTOR SKILLS IN MIDDLE-SCHOOL STUDENTS THROUGH DYNAMIC GAMES**

Aurora MUGESCU<sup>1</sup>, Gloria RAȚĂ<sup>2</sup>

<sup>1</sup>*Take Ionescu School, Râmnicu Vâlcea*

<sup>2</sup>*University of Bacău*

**P.53 THE MULTIPLE EXPERIMENT OF THE NAVAL STUDENTS AND THE NAVAL PERSONNEL, IN ORDER TO ESTABLISH THE REFERENCE TERMS OF THE MODL- SILORPROM PHYSICAL AND SPECIFIC PSYCHOMOBILITY**

Naie Gilles OPRISAN

*Naval Academy "Mircea cel Batran", CONSTANTA*

**P.56 EVALUATION OF THE IMPACT OF TOURISM AND LEISURE ACTIVITIES ON THE FORMATION OF A HEALTHY LIFESTYLE AMONG STUDENTS**

Gica PEHOIU, Constantin PEHOIU

*Valahia University of Târgoviște – România*

**P.58 THE ROLE OF INTERACTIVE STRATEGIES IN DEVELOPING TEENAGERS' PERSONALITY THROUGH PHYSICAL EDUCATION AND SPORTS ACTIVITIES**

Alexandrina Mihaela POPESCU

*Senior Lecturer PhD Student TSDT – University of Craiova*

**P.65 POSSIBILITIES TO ACHIEVE THE PRACTISE AT PHYSICAL EDUCATION, CLASSES V-VIII, THE THIRD LINK**

Mihai Adrian SAVA<sup>1</sup>, Mihai SAVA<sup>2</sup>

<sup>1</sup>*University of Bacău, Faculty of Movement, Sports and Health Sciences*

<sup>2</sup>*Școala "Ion Creangă", Bacău*

**P.66 FITNESS, AN EFFICIENT MEANS OF BUILDING YOUR PHYSICAL IMAGE**

Cristian SAVU<sup>1</sup>, Constantin PEHOIU<sup>1</sup>, Andra Georgiana PEHOIU<sup>2</sup>

<sup>1</sup>*Valahia University of Targoviste - Romania*

<sup>2</sup>*University of Medicine and Pharmacy, Carol Davila of Bucharest*

13.30 – 15.00 – **Lunch**

## Sport Performance

**Moderators:** Prof. Corneliu Ortanescu  
Assoc. Prof. Gheorghe Biltac

15.00 – 17.00 – **Poster presentation**

**P.2 ASPECTS REGARDING THE PSYCHOLOGICAL TRAINING OF THE C.S. ȘTIINȚA BACĂU MID-DISTANCE RUNNERS DURING THE COMPETITIVE YEAR OF 2009**

Dan Iulian ALEXE<sup>1</sup>, Cristina Ioana ALEXE<sup>2</sup>

<sup>1</sup>*University of Bacău, Faculty of Movement, Sports and Health Sciences*

<sup>2</sup>*C.S. ȘTIINȚA Bacău C.T.C. „N.V.Karpen” Bacău*

**P.8 THE INFLUENCE OF PSYCHOLOGICAL TRAINING OVER BALL KICK**

Dumitru BARBU, Doru STOICA, Glicheria DAIAN

*University of Craiova, Faculty of Physical Education and Sports, Romania*

**P.11 THE TRAINING OPTIMIZATION IN ALPINE SKIING BY REORIENTING THE DIDACTIC PROJECTION OF INSTRUCTION**

Luminița BRABIESCU CĂLINESCU

*University of Craiova, Faculty of Physical Education and Sports, Romania*

**P.13 SOCIOLOGICAL APPROACHES FOR DESIGNING AND PROGRAMMING THE MANAGERIAL RESEARCH IN BASKETBALL**

Vasile Cătălin CIOCAN

Dana Maria CIOCAN

*University of Bacău*

**P.27 PHYSICAL TRAINING – IMPORTANT STANDARDIZATION FACTOR OF TRAINING FOR TENNIS BEGINNER LEVEL**

Marian DRAGOMIR, Eliana LICĂ

*University of Craiova, Faculty of Physical Education and Sport*

**P.28 METHODOLOGICAL CONDUCT OF THE COORDINATION ABILITY DEVELOPMENT & EDUCATION DURING THE FIRST FORMATIVE PHASE IN ATHLETICS**

Corina Ramona DULCEANU

*University of Pitești, Romania*

**P.34 ROLE OF CONTOURGRAMS IN SPOTTING TECHNICAL MISTAKES IN BACKSTROKE SWIMMING**

Ovidiu GALERU

*University of Bacău, Faculty of Movement, Sports and Health Sciences*

**P.36 STUDY REGARDING THE EFFICIENCY OF THE OPERATIONAL DIDACTIC OBJECTIVES INTRODUCES IN THE PROCESS OF THE GYMNASTS**

Gina GROZA-GOGEAN

*The University of Vest” Vasile Goldiș” Arad, Physical Education and Sport Faculty*

**P.59 STRATEGIES OF HUMAN RESOURCES MANAGEMENT IN THE ECONOMIC STREAMLINING OF SPORT ACTIVITIES**

Marius Cătălin POPESCU

*University of Craiova, Faculty of Physical Education and Sports, Romania*

- P.60 MODERN METHODOLOGICAL TENDENCIES AND THEIR ROLE IN THE MANAGERIAL OPTIMIZATION OF THE SPORTS TRAINING**  
Sică PUȘCOCI, Constantin PEHOIU  
*"Valahia" University, Targoviste, Romania*
- P.62 ORGANIZED ATTACK IN MEN'S HANDBALL LEAGUE**  
Constantin RIZESCU  
*Faculty of Physical Education and Sport, University Ovidius Constanta*
- P.68 WAYS FOR THE OPTIMIZATION OF PROSOCIAL AND MOTOR BEHAVIOURS TO CHILDREN WITH MOTOR DEFICIENCIES**  
Mirela SHAAO<sup>1</sup>, Ilona ILINCA<sup>1</sup>, Monica ERTANHAN<sup>2</sup>  
<sup>1</sup>*University of Craiova, Faculty of Physical Education and Sports, Romania*  
<sup>2</sup>*AR-EL Schools, Istanbul, Turkey*
- P.70 ASPECTS REGARDING THE MOTIVATION OF SPORT PRACTICE**  
Victor STĂNICĂ  
*University of Craiova, Faculty of Physical Education and Sports, Romania*
- P.72 STRENGTHENING AMBIDEXTERITY IN CHILDREN AND JUNIORS IN THE GAME OF FOOTBALL BY SPECIFIC GAME MEANS**  
Doru STOICA, Dumitru BARBU  
*University of Craiova, Faculty of Physical Education and Sports, Romania*
- P.75 STUDY REGARDING THE IMPROVEMENT OF LEARNING CERTAIN TECHNICAL FLOOR ELEMENTS IN BEGINNER FEMALE GYMNASTS**  
Ana-Maria ZAHARIA, Tatiana DOBRESCU  
*University of Bacău, Faculty of Movement, Sports and Health Sciences*

### **Kinotherapy and Sports Medicine**

#### **HALL B**

**Moderators:** Prof. Ligia Rusu  
Prof. Mircea Danoiu

08.30 – 9.30 – **Oral presentation**

**Invited speakers:** Nilufer Cetisli Korkmaz, Turkey  
„*Electrical Stimulating Currents*”  
Orcin Telli, Turkey  
„*Lymphedema and Decongestive Therapy*”

09.30- 10.30 - **Course (part III) – Jeff Konin, USA**  
„ *Posttraumatic knee at sportsmen – evaluation, recovery, return to sportive activity*”.

10.30 – 11.00 – **Break**

11.00 – 12.00 – **Oral presentation**

**Invited speakers:** Alexandru Thiery  
Covaci Adrian

*„Modern principles for scoliosis treatment“*

12.00 – 14.00 - **Lunch**

14.00- 17.00 - **Course (part IV) – Jeff Konin, USA**

*„Posttraumatic knee at sportsmen – evaluation, recovery, return to sportive activity“.*

17.00 – 17.30 - **Break**

17.30 – 19.30 – **Poster presentation**

**P.3 THE IMPORTANCE OF PSYCHOMOTOR EDUCATION IN CHILDREN SUFFERING FROM THE DOWN SYNDROME**

Mihaela ANGHEL, Gabriela RAVEICA

*Faculty of Sciences of Movement, Sports and Health –Bacău*

**P.6 SUPERVISED LIFESTYLE CHANGING INTERVENTION BENEFIT ON YOUNG METABOLIC SYNDROME PATIENTS**

Claudiu AVRAM<sup>1</sup>, Mihaela ORAVITAN<sup>1</sup>, Sorinel VOICU<sup>1</sup>, Gelu BOTA<sup>1</sup>, Adrian NAGEL<sup>1</sup>, Corina PANTEA<sup>1</sup>, Lucian HOBLE<sup>1</sup>, Ioan Dorel BRANEA<sup>2</sup>

<sup>1</sup>*Physical Education and Sport Faculty, West University Timisoara, Romania*

<sup>2</sup>*Victor Babes University of Medicine and Pharmacy, Timisoara, Romania*

**P.7 SWIMMING – BENEFITS FOR PREGNANT WOMEN**

V. BALAN<sup>1</sup>, A. MURGU<sup>2</sup>, A. IONESCU<sup>2</sup>

<sup>1</sup>*National Academy of Physical Education and Spor, Bucharest*

<sup>2</sup>*University of Medicine “Carol Davila” Bucharest*

**P.10 STRENGTH TRAINING BENEFIT ON WEAK MUSCLE GROUPS IN YOUNG HANDBAL PLAYERS**

Eugen BOTA<sup>1</sup>, Claudiu AVRAM<sup>1</sup>, Adrian NAGEL<sup>1</sup>, Sorinel VOICU<sup>1</sup>, Gheorghe SIMION<sup>2</sup>

<sup>1</sup>*Physical Education and Sport Faculty, West University Timisoara, Romania*

<sup>2</sup>*Physical Education and Sport Faculty, University of Pitesti, Romania*

**P.12 PROTOCOL FOR FUNCTIONAL RE-EDUCATION OF BILATERAL PATELLOFEMORAL KNEE PAIN – CASE PRESENTATION**

Mirela-Lucia CĂLINA, Denisa ENESCU-BIERU, Elena Taina AVRAMESCU, Mihai DRAGOMIR

*University of Craiova, Faculty of Physical Education and Sports, Romania*

**P.15 THE ROLE OF PHYSICAL EDUCATION ON CARDIOVASCULAR PARAMETERS AT STUDENTS**

Mirela-Lucia CĂLINA, Denisa ENESCU-BIERU, Elena Taina AVRAMESCU, Anamaria KESE, Mihai DRAGOMIR

*University of Craiova, Faculty of Physical Education and Sports, Romania*

- P.16 A CLINICAL STUDY REGARDING THE EFFICIENCY OF THE KINESITHERAPY PRACTICE IN PROGRESSIVE MUSCULAR DYSTROPHIES**  
Cristina Elena CHELMUȘ  
*University of Bacau, FSMSS*
- P.17 FITNESS AND ADOLESCENCE**  
Bianca CHERA-FERRARIO<sup>1</sup>, Silviu Andrei BADEA<sup>1</sup>, Constantin PEHOIU<sup>1</sup>, Daniela ROȘU<sup>2</sup>, Andra Georgiana PEHOIU<sup>3</sup>  
<sup>1</sup>*Physical Education and Sport Department, Valahia University, Târgoviște*  
<sup>2</sup>*Grup Scolar de Servicii "Sf. Apostol Andrei" Ploiești*  
<sup>3</sup>*University of Medicine and Pharmacy "Carol Davila" of Bucharest*
- P.18 REDUCING ANXIETY THROUGH RELAXATION AND BREATHING EXERCISES, WITH A POSITIVE IMPACT ON LABOR DEPLOYMENT**  
Doriana Ioana CIOBANU, Izabela LOZINCĂ, Anca DEAC  
*University of Oradea, Faculty of Physical Education and Sports, Romania*
- P.19 OVERTRAINING AND FATIGUE – SOME ASPECTS OF DIAGNOSIS AND PREVENTION**  
Ana-Maria COTARAN, Mirela CALINA, Denisa ENESCU BIERU  
*Faculty of Physical Education and Sport, University of Craiova, Romania*
- P.20 KNEE EXTENSION RECOVERY AFTER ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION**  
Cristina Alina CRISTEA, Alina TOTOREAN, Dan NEMES, Roxana ONOFREI, Armand GOGULESCU, Andreea NITA, Razvan DRAGOI  
*Victor Babes University of Medicine and Pharmacy Timisoara Romania*
- P.21 THE EFFECTIVENESS OF THE ANTI-INFLAMMATORY UNGUENT USAGE IN THE CHRONIC RHEUMATISM PATIENTS' MASSAGE**  
Mihaela Alina CRISTUȚĂ  
*University of Bacău*
- P.23 THE MANAGEMENT OF DISORDERS EATING IN ATHLETS**  
Rucsandra DANCULESCU MIULESCU<sup>1</sup>, Suzana DANOIU<sup>2</sup>, Mircea DANOIU<sup>3</sup>, Cătălina POIANĂ<sup>1</sup>, Denisa MARGINĂ<sup>1</sup>  
<sup>1</sup>*UMF Carol Davila Bucharest*  
<sup>2</sup>*UMF Craiova,*  
<sup>3</sup>*University of Craiova, Faculty of Physical Education and Sports, Romania*
- P.24 THE ROLE OF EXERCISE IN THE MANAGEMENT OF OSTEOPOROSIS IN POSTMENOPAUSAL WOMEN**  
Suzana DANOIU<sup>1</sup>, Mircea DANOIU<sup>2</sup>, Rucsandra DANCULESCU MIULESCU<sup>3</sup>, Cătălina POIANĂ<sup>3</sup>, Denisa MARGINĂ<sup>3</sup>  
<sup>1</sup>*UMF Craiova,*  
<sup>2</sup>*University of Craiova, Faculty of Physical Education and Sports, Romania*  
<sup>3</sup>*UMF Carol Davila București*
- P.29 THE APPLICATION OF KINETIC THERAPY IN THE TREATMENT OF ANKYLOSED SPODYELITIS**  
Andrei DUMITRU  
*University of Pitești*
- P.33 THE SPECTRAL EEG ANALYZE AT PROFESSIONAL SPORTSMEN**  
Denisa ENESCU BIERU, Mirela Lucia CĂLINA, Elena Taina AVRAMESCU, Alice GUSTI, Anamaria KESE, Germina COSMA, Cătălin FORȚAN, Mihai DRAGOMIR, Catalin POPESCU  
*Faculty of Physical Education and Sport Craiova, University of Craiova, Romania*

**P.37 CORRELATIONS BETWEEN MAGNESIUM VALUES AND CEREBRAL IRRIGATION DURING PRE-COMPETITION STRESS AT A LOT OF SPORTSMEN**

Alice GUSTI<sup>1</sup>, Denisa ENESCU BIERU<sup>1</sup>, Valentina DINU<sup>2</sup>

<sup>1</sup>*Faculty of Physical Education and Sport Craiova, University of Craiova, Romania*

<sup>2</sup>*Sport Polyclinic Craiova, Romania*

**P.38 STRATEGY TO MINIMIZE PHYSICAL RISK FACTORS FOR FALLS IN OSTEOPOROTIC WOMEN**

Ilona ILINCA, Eugenia ROSULESCU, Mirela SHAAO

*Department of Kinesiology, University of Craiova, Romania*

**P.39 THE EFFECT OF COMBINED EXERCISES TRAINING ON BODY COMPOSITION IN OBESE WOMEN**

Ilona ILINCA, Eugenia ROSULESCU, Mirela SHAAO

*Department of Kinesiology, University of Craiova, Romania*

**P.40 WILLIAMS PROGRAM EFFICIENCY ON QUALITY OF LIFE IN LOW BACK CHRONIC PAIN AT SPORTSMEN**

Anamaria KESE<sup>1</sup>, Maria COMANESCU<sup>2</sup>, Denisa ENESCU BIERU<sup>1</sup>, Mirela Lucia CĂLINA<sup>1</sup>, Mihai DRAGOMIR<sup>1</sup>

<sup>1</sup>*Faculty of Physical Education and Sport Craiova, University of Craiova, Romania*

<sup>2</sup>*University Emergency Hospital, Bucharest, Romania*

**P.41 THE IMPORTANCE OF PHYSICAL THERAPY DONE AT HEMIPLEGIC PATIENTS' RESIDENCE**

Marilena Roxana MIHĂILĂ

*University of Bacău, Faculty of Motion Sciences, Sport and Health*

**P.42 PHYSIOLOGY AND PHYSIOPATHOLOGY OF THE VERTEBRAL POSTURE – EVALUATION POSSIBILITIES FOR SCHOOLCHILDREN**

Marilena Roxana MIHĂILĂ<sup>1</sup>, Corneliu NEAMTU<sup>2</sup>, Gabriela RAVEICA<sup>1</sup>

<sup>1</sup>*University of Bacău, Faculty of Motion Sciences, Sport and Health*

<sup>2</sup>*University of Medicine and Pharmaceuticals Gr.T.Popa, Iași*

**P.43 POST-TRAUMATIC KNEE REHABILITATION IN COMPETITIVE SPORTSMEN**

Elena-Doina MIRCIOAGA

*"Victor Babes" University of Medicine and Pharmacy Timisoara*

**P.44 NUTRITIVE SUPPLEMENTS – EFFICIENCY IN THE METABOLIC SYNDROME TREATMENT**

Andreea MURGU<sup>1</sup>, Anca IONESCU<sup>1</sup>, V. BALAN<sup>2</sup>

<sup>1</sup>*University of Medicine "Carol Davila" Bucharest*

<sup>2</sup>*National Academy of Physical Education and Sport*

**Kinotherapy and Sports Medicine**

**HALL B**

**Moderators:** Prof. Ligia Rusu  
Prof. Mircea Danoiu

09.00 – 10.30 - **Poster presentation**

**P.45 EDUCATING THE CORRECT ATTITUDE OF THE STUDENTS BODY**

Elena-Doina MIRCIOAGĂ<sup>1</sup>, Alexandra MIRCIOAGA<sup>2</sup>, Margareta ANTON<sup>3</sup>

<sup>1</sup>*U.M.F. "Victor Babeş" Timișoara*

<sup>2</sup>*E.F.S. U.Vest Timisoara*

<sup>3</sup>*E.F.S. Universitatea Ecologica Bucuresti*

**P.46 EFFECTS OF OVERSTRESS IN COMPETITIVE SPORTSMEN - JUMPER'S KNEE SYNDROME**

Elena-Doina MIRCIOAGA

*"Victor Babeş" University of Medicine and Pharmacy Timisoara*

**P.47 CONTRIBUTIONS TO CREATING THE SETTER MODEL IN WOMEN'S VOLLEYBALL (SENIORS)**

Alexandra MIRCIOAGA<sup>1</sup>, Elena-Doina MIRCIOAGA<sup>2</sup>

<sup>1</sup>*University of the West Timisoara, Physical Education and Sports Department*

<sup>2</sup>*"Victor Babeş" University of Medicine and Pharmacy Timisoara*

**P.49 KINETHERAPY FOR KNEE SOFT TISSUE LESIONS TREATMENT**

A MURGU<sup>1</sup>, A IONESCU<sup>1</sup>, V BALAN<sup>2</sup>, A SORA<sup>3</sup>

<sup>1</sup>*University of Medicine "Carol Davila" Bucharest*

<sup>2</sup>*National Academy of Physical Education and Sport, Bucharest*

<sup>3</sup>*UMF "Carol Davila" - student*

**P.50 CONTRIBUTIONS TO COMPUTERIZED ANALYSIS AND EVALUATION OF WALKING IN MULTIPLE SCLEROSIS**

Marius Cristian NEAMTU<sup>1</sup>, Elena Taina AVRAMESCU<sup>2</sup>, Ligia RUSU<sup>2</sup>

<sup>1</sup>*University of Medicine and Pharmacy, Craiova*

<sup>2</sup>*University of Craiova, Faculty of Physical Education and Sport*

**P.51 MUSCLE STRENGTH TESTING WAYS IN SPE AND SPI PARALYSES FOLLOWING HERNIATED DISCS**

Marius NECULĂEȘ, Catălin STIRBU

*"Al. I. Cuza" Univ. Iasi, Faculty of Physical Education and Sport*

**P.52 ANTERIOR KNEE LAXITY IN ELITE BASKETBALL PLAYERS**

Roxana Ramona ONOFREI<sup>1</sup>, Dan V POENARU<sup>1,2</sup>, Dan IA NEMEȘ<sup>1,3</sup>, Alina Daniela TOTOREAN<sup>1,4</sup>, Cristina CRISTEA<sup>1</sup>, Corina PANTEA<sup>5</sup>

<sup>1</sup>*"Victor Babeş" University of Medicine and Pharmacy Timișoara*

<sup>2</sup>*2<sup>nd</sup> Orthopedic and Traumatology Department – Emergency County Hospital Timișoara;*

<sup>3</sup>*Medical Rehabilitation and Rheumatology Department – City Emergency Hospital Timișoara;* <sup>4</sup>*Posttraumatic Rehabilitation Department - 2<sup>nd</sup> Orthopedic and Traumatology Department – Emergency County Hospital Timișoara .* <sup>5</sup>*West University of Timisoara – Physical Education and Sport Faculty*

- P.54 STUDY REGARDING THE PHYSICAL ACTIVITY LEVEL AT YOUNG OBESE STUDENTS OF WEST UNIVERSITY FROM TIMIȘOARA**  
Mihaela ORAVIȚAN<sup>1</sup>, Endre SZABO<sup>1</sup>, Claudiu AVRAM<sup>1</sup>, Corina MUȘUROI<sup>2</sup>, Corina PANTEA<sup>1</sup>, Sorinel VOICU<sup>1</sup>, Mariana BÂRZU<sup>1</sup>  
<sup>1</sup>Physical Education and Sport Faculty, West University of Timișoara  
<sup>2</sup>Psychology Faculty, „Tibiscus” University of Timișoara
- P.55 STATISTIC EVALUATION OF THE DATA ON THE EVOLUTION OF THE ARTICULATORY MOBILITY AND OF THE MUSCULAR BALANCE AT SPORTSMEN WITH KNEE SPRAIN**  
Corina PANTEA  
*West University of Timișoara, Faculty of Physical Education and Sports*
- P.57 THE INFLUENCE OF TAI QI CHUAN AND PHYSICAL EXERCISE ON PATIENTS WITH DIABETES TYPE 2**  
Andreea POPA<sup>1</sup>, Dumitru MOTET<sup>2</sup>  
<sup>1</sup>Physiotherapist specialized in Acupuncture, student at King's College, Strand, London, Great Britain  
<sup>2</sup>Scientific Guidance
- P.61 OXIDATIVE STRESS AND PHYSICAL EFFORT**  
Marius-Daniel RADU, Stelian SCHIOPU, Dragomir COPREAN  
*Department of Physiology, Faculty of Natural Sciences, University Ovidius Constanta*
- P.63 EFFECT OF VESTIBULAR REHABILITATION THERAPY ON CERVICAL DIZZINESS**  
Eugenia ROSULESCU<sup>1</sup>, Mihaela ZAVALEANU<sup>1</sup>, Ilona ILINCA<sup>1</sup>, Cosmina STANOIU<sup>2</sup>, Lidia CONSTANTINESCU<sup>2</sup>  
<sup>1</sup>Department of Kinetotherapy, University of Craiova,  
<sup>2</sup>Adults Residential Rehabilitation Center, DGASPC, Craiova, Romania
- P.64 FUNCTIONAL OUTCOMES OF STRETCHING AND PROPRIOCEPTIVE EXERCISES IN SUBACUTE ANKLE SPRAINS**  
Eugenia ROSULESCU<sup>1</sup>, Ilona ILINCA<sup>1</sup>, Mihaela ZAVALEANU<sup>1</sup>, Cosmina STANOIU<sup>2</sup>, Lidia CONSTANTINESCU<sup>2</sup>  
<sup>1</sup>Department of Kinetotherapy, University of Craiova,  
<sup>2</sup>Adults Residential Rehabilitation Center, DGASPC, Craiova, Romania
- P.67 STUDY ON THE ROLE OF KINESITHERAPY IN PARA AND TETRAPARESIS**  
Ramona Lavinia ȘERBAN, Aura Milena TUDOR  
*University of Craiova, Faculty of Physical Education and Sports*
- P.69 THE POSTTRAUMATIC MUSCULAR-LIGAMENT SEQUELAE AT THE LEVEL OF THE ARM**  
Adina Camelia ȘLICARU<sup>1</sup>, Corneliu NEAMȚU<sup>2</sup>, Gabriela RAVEICA<sup>1</sup>  
<sup>1</sup> University of Bacău, Faculty of Movement, Sports and Health Sciences  
<sup>2</sup>U.M.F. „Gr. T. Popa” Iași
- P.71 AEROBIC EXERCISES ROLE IN MULTIPLE SCLEROSIS FATIGUE IMPROVEMENT**  
Cosmina STANOIU<sup>1</sup>, Eugenia ROȘULESCU<sup>2</sup>, Mihaela ZAVALEANU<sup>2</sup>  
<sup>1</sup>Adults Residential Rehabilitation Center, DGASPC, Craiova,  
<sup>2</sup>Department of Kinetotherapy, University of Craiova, Romania



**P.73 THE ROLE OF ORTHOTICS USED IN THE TREATMENT OF LIMB INJURIES ASSOCIATED WITH NEUROLOGICAL DISORDERS**

Andrei Aurel Anton TOHĂNEANU<sup>1</sup>, Loreta Linda TOHĂNEANU<sup>2</sup>

<sup>1</sup>*Faculty of Physical Education and Sport, University of Craiova*

<sup>2</sup>*S. C. Medicinetic S. R. L.*

**P.74 EVALUATION OF SKELETAL MUSCLE FATIGUE BY USING OF SURFACE ELECTROMYOGRAPHY IN ASSOCIATION WITH MYOMECHANOGRAPHY**

Maria Mirela VASILESCU

*University of Craiova, Faculty of Physical Education and Sports*

**P.76 LONG TERM PHYSICAL THERAPY FOR THE MANAGEMENT OF FUNCTIONING AND SPASTICITY FOR THE CHILDREN WITH CEREBRAL PALSY**

Mihaela ZAVALEANU <sup>1</sup>, Eugenia ROSULESCU <sup>1</sup>, Ilona ILINCA <sup>1</sup>, Cosmina STANOIU <sup>2</sup>

<sup>1</sup>*Department of Kinetotherapy, University of Craiova,*

<sup>2</sup>*Sf. Ap. Andrei Children Rehabilitation Center, DGASPC, Craiova, Romania*

**10.30 – Close Ceremony**