



## 11th INTERNATIONAL CONFERENCE

# "PHYSICAL EXERCISES - A COMPLEX AND MODERN WAY TO PROMOTE HEALTHY LIVING"

On 30th October - 1st November, 2025



# ORGANIZATION

Dear Colleagues and Friends,

On behalf of the Organising Committee of the 11th International Conference "Physical Exercise – A Modern and Complex Way to Promote Healthy Living," it is our pleasure to welcome you to Craiova, Romania, for the event taking place from October 30th to November 1st, 2025. Beginning this year, the conference is proudly organized through a strong collaboration between three Romanian universities: the University of Craiova, Ovidius University of Constanța, and "Vasile Alecsandri" University of Bacău.

In the same time it is a pleasure to invite you to be together with us at the 35th Anniversary of High Education in Physical Education and Sport at University of Craiova, that will be held on 30th October 2025.

We plan an exciting scientific programme for a multidisciplinary audience, including inspiring keynote lectures and many oral and poster presentations, during the 2-days conference and workshops, on different topics.

During the conference, the speakers and participants will share their knowledge with the audience.

During the 2-days a multidisciplinary national and international team of experts in field of sport science and physiotherapy, will present the research results in sport training, sport management, but also in clinical practice of physiotherapy and sports medicine. On 1st November, we are planning a lot of workshops.

Physical Exercise – A Modern and Complex Way to Promote Healthy Living, 2days conference will take place at the Hotel Ramada, a modern and attractive convention centre. This venue is conveniently located within walking distance of the city centre, hotels and the picturesque Craiova city.

We hope that many scientists from sport science, physicians, physical therapists will be able to join the conference as a multidisciplinary audience to exchange knowledge, ideas and friendship in the sport science and physiotherapy community.

The conference provides an excellent opportunity to share knowledge, discover new trends, and create connections in the field of sport science. We are proud to provide a stimulating and collaborative environment for all participants.

We eagerly anticipate welcoming you to Craiova, where we can exchange knowledge within the conference scientific community in the vibrant, joyful and lively backdrop of this beautiful city.

We look forward to welcoming you in Craiova.

# COMMITTEES AND CHAIRS

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- PhD, Prof. Michał KRZYSZTOFIK, The Jerzy Kukuczka Academy of Physical Education, Katowice, POLAND
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- Ștefan Alecu, Department of Physical Education and Special Motricity, Transilvania University of Brașov
- Gheorghe Adrian Onea, Department of Physical Education and Special Motricity, Transilvania University of Brașov

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- Assist. Prof. Denisa PIELE, University of Craiova, Department of Kinetotherapy and Sports Medicine, Craiova, ROMANIA
- Prof. dr. kt. Oana Bianca BUDEANCĂ-BABOLEA, School Center for Inclusive Education "Sf. Vasile", Craiova, ROMANIA
- Assist. Prof. Andreea ROȘCA, University of Craiova, Department of Kinetotherapy and Sports Medicine, Craiova, ROMANIA
- Assist. Prof. Amalia BĂZĂVAN, University of Craiova, Department of Theory and Methodology of Motor Activities, Craiova, ROMANIA

# PROGRAM AT A GLANCE

**October 30, 2025**

**16:00 – 35 Years of Physical Education and Sport at University of Craiova Anniversary Ceremony, Aula “Alexandru Buia”,** Str. Constantin Lecca No. 26, Craiova

# CONFERENCE PROGRAM

**October 31, 2025**

**Venue:** *Hotel Ramada Craiova*, Str. Calea București No. 1, Craiova

**09:00–09:45 – Registration (Ground Floor)**

**Hall "Constantin Brâncuși"**

**10:00–10:30 – Opening Ceremony**

**10:30–11:30 – Plenary Session**

- **10:30–11:00 – Prof. Dr. Hosung So**, University of California, USA  
**Title:** *Global Collaboration and Organizational Resilience: Applying Theoretical, Business, and Digital Frameworks to the Development of the International Organization for Health, Sports, and Kinesiology (IOHSK)*
- **11:0–11:30 – Prof. Anton Arndt**, The Swedish School of Sport and Health Sciences, Stockholm  
**Title:** *Advanced Footwear Technology: Performance Enhancement and Implications for Injury*

**11:30–12:00 – Coffee Break** ☕🍵🍷 / **Meet the Sponsors**

**12:00–13:00 – The Science Behind Training Monitoring**

- *Radu Bidiugan, Andrei Dragomir, Octavian Amzulescu, Cristian Baltaretu*, National Institute of Sports Science, Bucharest, Romania
- *Mihnea Marin, Ligia Rusu, Germina Cosma*, Doctoral School of Sports Sciences and Humanities, University of Craiova, Romania

**13:00–14:00 – Lunch – Ramada Restaurant**

**14:00 - 17:30 – Oral Session  
Session**



## **Physical Education and Sports, Sport Performance, Sport Management**

**Chairs:** *Alina Albină, Andreea Buga*

**14:00 - Andrei Antonie, Arto Nevala, Is God protecting me during the match? The religion as part of Romanian Elite football referees' life, University of Eastern Finland, Joensuu, Finland**

**14:15 - Spinu Andreea, Carmen Ene-Voiculescu, Tomescu Gabriela, Integrating Dance to Optimize Expressiveness in Aerobic Gymnastics, Doctoral School of Sport Science and Physical Education, Institute of Doctoral Studies, Ovidius University of Constanța**

**14:30 - Marius-Ionuț Borța, Niculina-Liliana Mihăilescu, Effects of Integrated Recovery On Performance And Perceived Recovery: A Year-Long Case Study in a Female 100-M Hurdler, Doctoral School of Sport Science and Physical Education, Pitești University Center, National University of Science and Technology Politehnica Bucharest**

**14:45 - Eron HOXHA - Competition anxiety in children training in football clubs vs. those not practicing any sport after school using the SCAT Test, American School of Kosova, Prishtina, Kosovo**

**15:00-15:30-Q&A**

**15:30 – Coffee Break ☕🍵 / Meet the Sponsors**

**16:00 -16:30 – Assessing the Validity of Computational Models for Power Output in Repeated Vertical Jump Testing: A Critical View**

*Prof. Pierre de Hillerin, Doctoral School of Sport Science and Physical Education, Pitești University Center, National University of Science and Technology Politehnica Bucharest*

**16:30-17:00 - Smart Data, Stronger Athletes: VALD Innovations in Performance Tracking,**

*Brandon Garcia*

**Hall " Henri Coandă "**

**14:00 – Oral Session**

**Session**

**Physiotherapy and Sports Medicine Session**

**Chairs:** *Ligia Rusu, Eva Nicoleta Ilie*

**14:00 –Taina Avramescu, Innovative EU Projects in Rehabilitation: FEFS Insights & Impact”, University of Craiova, FEFS, Romania**

**14:15- *Ligia Rusu, Pain Phenotyping*, University of Craiova, FEFS, Romania**  
**14:30- *Invited Symposia, Adrian Covaci, Michi Geambesa, Plagiocephaly: from early diagnosis to multidisciplinary intervention — the role of physiotherapy and cranial orthoses*, Ortoprotetica, Romania**  
**14:45- *Invited Symposia- Lorenzo Lusvardi Guazzoni (Italy), Optimizing Return-to-Play: Dynamic TECAR and Myofascial Strategies for Late Sport Injury Phase, TECAR, KINEO, Italy***

**15:30- Coffee Break/Meet the sponsors**

**16:00 - *Arif Erdal, Alin Larion, Beyond Limits: A smart hydrotraining approach using HUR machines and biometric analysis*, University Ovidius Constanta, Romania**

**16:15- *Klara Kalman, Diastasis Recti Abdominis in Romanian Mothers: Experiences, Awareness, and Implications for Healthy Living*, University of Oradea, Romania**

**16:30- *Eva Ilie, The Education of Pain: Tools for Patients and Specialists*, University of Craiova, FEFS, Romania**

**16:45- *Deniz Bayraktar, Let's Collaborate for Mother Nature: A COST Action for Environmental Physical Activity*, Izmir Katip Celebi University, Turkey**

**17:00- *Invited Symposia- Lorenzo Lusvardi Guazzoni, Closed Kinetic Chain Testing in Athletes: A Foundation for Data-Driven Performance*, KINEO, Italy**

**17:15 - *Alin Horia Burileanu, Muscle injuries in sports*, University of Craiova, FEFS, Romania**

**17:30- *Adrian Titus Serseniu Urzică, Luciela Vasile, Emilian Tarcău, Theodora Ursu, Klara Kalman, The influence and reliability of physical activity level, evaluated by the pai (physical activity index) questionnaire, on spinal postural deficiencies in students with kyphosis and lordosis*, University of Oradea, Romania**

**17:45-*Simona Pața, Telemedicine in Prenatal Recovery, Kineto ELS, Craiova, Romania***

**18:00- *Oana Bianca Budeanca Babolea, The Dialogue of Pain: Effective Communication in Pain Management*, University of Craiova, FEFS, Romania  
Simona Pata**

**18:15- *Ugur Cavlak, Motor Imagery in Rehabilitation*, Biruni University, Turkey**

**18:15-18:30- Q&A**

**14:00-18:00-e-Poster session**

**Hall " Amza Pellea "**

**14:00 – 15:30 - Deans Faculty of Physical Education and Sport Forum**

**15:30 – 17:00 - Physiotherapy higher education institutions Forum**

**17:00-18:00 – Doctoral School Sports Sciences Forum Session**

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**University of Craiova, A. I. Cuza Street, no.13**

**Hall 444, First Floor**

**14:00-16:00 - A Systemic Framework of U16-U19 football players' Training for Performance Progression**

*Assoc.Prof. Lucian Burchel, Lucian Blaga University Sibiu, Faculty of Sciences, Director*

*of the Federal Coaching School within the Romanian Football*

*Assoc. Prof. Andrade Bichescu - Babeş-Bolyai University, Cluj-Nacopa, Romania*

*Assoc.Prof. Dumitru Barbu, University of Craiova*

**19:30-23:00 - Galla Dinner- Ramada Restaurant, Str. Calea Bucureşti No. 1, Craiova**

## LIST OF E-POSTERS

### RAMADA HOTEL

October 31, 2025

14:00-18:00-e-Poster session

### SPORTS SCIENCES (SS)

*Chairs: Dumitru Barbu, Cătălin Forțan, Mihai Răvan Barbu*

**1. Adelina SCHEULEAC**

*The effects of implementing spinning as a complementary discipline on the psychomotor development of 11th-grade students*

**2. Adrian GEORGESCU, Emilia-Andreea DAN-ZAMFIR, Cristian POPA, Ionel MELENCO**

*Study on the development of motod skills in high school students through the use of handball-specific training methods*

**3. Adriana SLUSAR**

*The role of aquatic exercise in maintaining health and morpho-functional performance in young adults*

**4. Alexandra Reta IACOBINI, Pierre Joseph DE HILLERIN**

*The impact of speed on lower limb control asymmetry in triple extension movement during psycho-neuro-motor training*

**5. Alexandra STAN, Laurențiu-Gabriel TALAGHIL, Teodora-Mihaela ICONOMESCU, Germina-Alina COSMA**

*Differences in body expression between professional and amateur dancers*

**6. Alexandru ABRAMIUC**

*The interaction of energy systems in the specific effort of the applied swimming and drowning rescue events in the naval pentathlon*

- 7. Alexandru SIMION, Andreea-Adriana SIMION, Andreea-Ioana VĂCUȚ**  
*Integrating sustainability and digitalization principles into sports management practices*
- 8. Alexandru VLĂESCU, Ionel MELENCO**  
*Modernizing youth football training through technology-assisted global coaching*
- 9. Alex-Paul SECIU, Roxana-Nicoleta POPA, Virgil ENE-VOICULESCU, Carmen ENE-VOICULESCU**  
*From stability to performance: Integrating proprioceptive assessments into the training of junior II handball athletes*
- 10. Andreea Natalia JURESCHI (GHEORGHE), Luciela Maria VASILE**  
*Pacing strategies and performance determinants in 200m freestyle: A cluster analysis of world championship finalists*
- 11. Andreea PARSEGHIAN (FERARU), Dumitru BARBU, Roxana DUMITRU, Cătălin Ionuț FORȚAN**  
*Effects of implementing a folk dance program on certain components of coordination abilities in children aged 9-11 years*
- 12. Andreea SPINU, Carmen ENE-VOICULESCU**  
*Integrating dance to optimize expressiveness in aerobic gymnastics*
- 13. Andreea-Mihaela ALBINĂ, Alina-Elena ALBINĂ, Andreea-Aurora-Maria BUGA, Constantin ALBINĂ**  
*Comparative analysis of flywheel and conventional resistance training in the development of lower-limb strength in youth athletes*
- 14. Andrei ANTONIE, Arto NEVALA**  
*Is God protecting me during the match? The religion as part of Romanian elite football referees' life*
- 15. Cătălin PĂUNESCU, Teodor PĂUNESCU**  
*The effect of swimming on sleep quality in university combat sport athletes following intense training*

**16. Constantin PEHOIU, Cristian Florian SAVU, Dumitru Nicolae CRISTEA**

*Combined and complex motor qualities – their role in practicing collective sports at junior age (Nota I)*

**17. Constantin-Marian IONIȚĂ, Monica STĂNESCU**

*Integrated programs of physical exercise assisted by Artificial Intelligence: Effects on physical and mental health in amateur athletes*

**18. Costina PÎSĂ (PIPEREA), Marian DRAGOMIR**

*Impact of specific physical training program on physical performance in a U15 girls' basketball team*

**19. Costina PÎSĂ (PIPEREA), Marian DRAGOMIR**

*Development of strength in basketball using specific means and methods*

**20. Cristian ȚĂRȚĂLEANU, Marian Costin NANU, Gabriel MANGRA, Laurențiu LICĂ**

*The effects of plyometric training on explosive strength and start length in junior swimmers*

**21. Daniel CHIVU, Monica Delia BÎCĂ**

*Integration of sport technology in physical education and athletic performance: A modern perspective*

**22. Daniel CHIVU, Paul Bogdan CHIRIAC**

*Use of Artificial Intelligence-based tracking systems to optimize tactical performance in professional football players*

**23. Daniel CIOCĂNESCU, Camelia-Simona STĂNCESCU, Dragoș CIUVĂȚ, Cătălin FORȚAN**

*Comparison of accelerometric indicators in junior football players during training and competition matches*

**24. Diandra-Florentina ADAM, Cristian POPA**

*Modern research methodologies in arm biomechanics: integrating digital wall in volleyball and handball*

- 25. Doru STOICA, Dumitru BARBU, Paul Florinel VIȘAN** *Strategies for improving game speed in small-sided football among children aged 12–13 years*
- 26. Dumitru BARBU, Doru STOICA, Bogdan-Tony BUDESCU** *Training through tactical periodization, an important benchmark for developing the specific endurance of junior football players*
- 27. Ecaterina LUNGU, Mihail ONOI, Gheorghe BRANIȘTE** *The professional skills model of the future tourism specialist obtained within the instructive-tourism practice*
- 28. Elena-Daniela BADEA, Amalia-Georgeta BĂZĂVAN, Denisa NIȚU, Cristina ZAMFIR** *Mobile applications and interactive games – modern tools for developing motor competencies in rural physical education*
- 29. Emil Costin SANDOI, Sorin IORDACHE, Mihai BRALOSTITIANU** *Selection and orientation of children towards football activity in primary school: motor, educational and parental analysis*
- 30. Eron HOXHA** *Competition anxiety in children training in football clubs vs. those not practicing any sport after school using the SCAT Test*
- 31. Florin CAZAN, George Cosmin MUȘAT, Diana Victoria GIDU, Mara Iulia DULCEAȚĂ, Florin VOINEA, Adrian Dorin GEORGESCU** *Influence of a handball exercise program on the development of upper limb strength in high school students*
- 32. Florin COTOS, Bogdan-Constantin UNGUREAN** *Static balance and general coordination in middle school students: A comparative analysis by gender*
- 33. Florin NINI, Constantin CIORBĂ** *Analysis of physical effort during the game in senior basketball players*

- 34. Gabriel Ioan MANGRA, Alexandru Octavian SIMION**  
*Regular physical exercise and its impact on life expectancy and healthy living in the european union*
- 35. Gabriel-Benone ARMANU, Bogdan-Constantin RAȚĂ**  
*Effects of a combined plyometric and isometric exercise program on explosive strength development in U19 handball players*
- 36. Germina COSMA, Aurora UNGUREANU-DOBRE, Marian DOBRE**  
*The importance of plyometric training in the strength of soccer players*
- 37. Ilie Andrei BADEA, Luminița GEORGESCU, Julien Leonard FLEANCU, Ștefan TOMA**  
*Ways to provide training in the game of basketball at the junior level, category 16-17 years old, depending on the energy system necessary to achieve performance*
- 38. Ion MIHĂILĂ, Florin-Valentin BIDIREANU, Camelia ARAMĂ (PANFILOIU)**  
*Optimizing pedagogical strategies: A framework for operationalizing specific competencies in physical education*
- 39. Ionuț Marian GHEORGHIAN, Liliana Niculina MIHĂILESCU, Răzvan Liviu PETRE**  
*Initiation into martial arts: Characteristics of sports training in karate do in the first stage of practitioners' preparation – A systematic review*
- 40. Janina-Maria GHERDAN, Alin LARION**  
*Design and validation of an age-specific selection and training model for middle school basketball players*
- 41. Jari MAHDI, Luciela Maria VASILE, Alexandru DANCU**  
*Evaluation of leg power and fatigue resistance in elite breaststroke swimmers via optojump analysis*
- 42. Jeawoog LEE, Jin SHIXU, Sungje PARK**  
*AI driven deep learning video analytics for estimating pairwise distances and speeds in soccer*



**43. Jiyeon LEE, Sungje PARK**

*Analysis of fan perceptions for each professional baseball team using big data-based topic modeling and sentiment analysis*

**44. Jun Hee LEE, Sungje PARK**

*Visualization study of Korean professional basketball rankings and win-loss determinants using a parallel coordinate*

**45. Leonardo Daniel PĂSĂRIN, Vlad Antonius SANDU, Roberto Nicușor ȚIU, Dan Eugen COSTIN, Dragoș Laurențiu DIACONESCU, Marius Cătălin POPESCU, Marian Gabriel POPA**

*Beautifying the history of a sports club in periods of low sports performance*

**46. Liliana CIUPITU, Amalia- Raluca STEPAN, Bogdan BURCEA, Marian-Alexandru COSMA**

**47. Luminița-Maria BRABIESCU CĂLINESCU, Gheorghe IONESCU, Robert MUNTEANU, Mirela SHAAO**

*Students as consumers of fitness services*

**48. Maria SHAAO, Marian Costin NANU, Mirela SHAAO**

*Balancing game integrity and player mobility: athletes' rights in the EU legal order*

**49. Marian Alexandru COSMA, Dănuț PASCU, Florin VOINEA, Marilena COJOCARU, Adin COJOCARU**

*Analysis of the impact of a plyometric and ballistic program on explosive strength parameters in competitive volleyball players*

**50. Marius- Cristian UȚĂ, Germina- Alina COSMA**

*Training-based determinants of vault performance in junior female Gymnastics-A systematic review*

**51. Marius-Ionuț BORTA, Niculina-Liliana MIHĂILESCU**

*Effects of integrated recovery on performance and perceived recovery: a year-long case study in a female 100-m hurdler*

- 52. Mihaela PLĂEAȘU, I. MELENCO**  
*Serve placement and gaining tactical initiative in table tennis*
- 53. Mihai Constantin Răzvan BARBU, Vlad Antonius SANDU, Roberto Nicușor ȚIU, Marian Gabriel POPA, Leonardo Daniel PĂȘĂRIN, Dan Eugen COSTIN, Dragoș Laurențiu DIACONESCU, Marius Cătălin POPESCU**  
*Cultivating the fan experience through special events*
- 54. Mohamed Amine LTIFI, Cristina Ioana ALEXE, Dragoș Ioan TOHĂNEAN, Camelia Alina POTECH, Dan Iulian ALEXE, Ridha AOUADI**  
*Rapid-restart protocol, faster players: A practical strategy to maximize playtime and performance*
- 55. Radu ABABEI, Anișoara SANDOVICI, Constantin NECHIFOR, Cătălina ABABEI**  
*Study regarding the communication styles in the parent–coach relationship in beginner football teams*
- 56. Raluca Maria COSTACHE, Aurora MIHALCEA**  
*Developing the paracyclists' effort capacity in order to participate in sports competitions – case study*
- 57. Robert DIACONESCU, Nicolae BRAGARENCO**  
*The impact of integrated training on rugby referees' knowledge of the laws of the game*
- 58. Suhyeon PARK, Sungje PARK**  
*MediaPipe-based real-time feedback system for apparatus Pilates movements*
- 59. Teodora Sabina BOBEȘ, Antoanela OLTEAN**  
*Digital tools, motivation and performance in physical education*
- 60. Umut CANLI, Carla Cristina VIEIRA LOURENÇO, Marta BICHOWSKA-PAWESKA, Sohom SAHA, Dan Iulian ALEXE**  
*Assessment of the relationship between movement quality and athletic performance in young basketball players*

**61. Valerică IONIȚĂ, Luminița GEORGESCU, Ștefan TOMA**

*Body composition as a key factor in elite judo training: the specialists' perspective*

**62. Horațiu Dacian GHEJAN, Vlad Teodor GROSU, Alexandra Diana ZBANCA, Nicolla MANCINIC, Carlos Hervás-GOMEZ, Emilia Florina GROSU**

*Effects of a 6-Month Virtual Reality Exergaming Intervention on Muscle Strength in 12-Year-Old Children: A Quasi-Experimental Study Using the Muscle Meter from MAT (Movement Assessment Technologies)*

## **Sports & Exercise Medicine & Health (MH)**

**Chairs:** Mirela Călina, Eugenia Roșulescu, Ilona Ilinca, Denisa Bieru Enescu

**1. Adelina SCHEULEAC, Elena VIZITIU LAKHDARI**

*Impact of spinning and swimming exercises on metabolic and functional parameters in a female patient with type 1 diabetes mellitus (T1DM)*

**2. Adrian Titus SERSENIUC URZICĂ, Luciela VASILE, Emilian TARCAŬ, Theodora URSU, Klara KALMAN**

*The influence and reliability of physical activity level, evaluated by the pai (physical activity index) questionnaire, on spinal postural deficiencies in students with kyphosis and lordosis*

**3. Alexandra-Mihaela IONICĂ, Silvia-Violeta TEODORESCU**

*The role of physiotherapy in the development of fundamental motor skills in children receiving palliative care: a case study*

**4. Anamaria GORGAN, Mihai DRAGOMIR, Alexandru Gabriel CHIVĂRAN, Denisa ENESCU BIERU**

*The relationship between resistance training and visceral fat decrease in middle aged women*

**5. Andreea Maria ROȘCA, Mihaela ZĂVĂLEANU, Cătălin POPA**

*Influence of the sedentary lifestyle on spinal mobility and grip force*

- 6. Andreea MIU MANEA, Silvia TEODORESCU**  
*The importance of early assessment using the GMA method in guiding physiotherapy intervention in newborns with perinatal hypoxia – Case study*
- 7. Andreea-Daniela BRĂGUȚĂ, Adriana-Mihaela DUMITRESCU, Taina AVRAMESCU**  
*Perceptions of telerehabilitation among physiotherapy students: opportunities and challenges*
- 8. Constantin PEHOIU, Bianca FERRARIO, Ciprian PRISĂCARU**  
*The impact of physical exercise on the shaping of a healthy lifestyle among young girls*
- 9. Cristina-Elena STOICA, Gabriel Stănică LUPU**  
*Study on the effectiveness of deep transverse massage in the treatment of Gonarthrosis*
- 10. Denisa ENESCU BIERU, Mirela Lucia CĂLINA, Oana Maria NEAMȚU, Marius Cristian NEAMȚU, Mihai Robert RUSU, Anamaria GORGAN**  
*Differences between sports regarding muscular parameters*
- 11. Denisa PIELE, Ligia RUSU, Oana Bianca BUDEANCA-BABOLEA, Eva ILIE, Catalin POPA, Andreea Daniela BRAGUTA**  
*The role of physical exercise in managing lymphedema and enhancing quality of life in post-mastectomy patients*
- 12. Dumitru Nicolae CRISTEA, Cristian-Florian SAVU, Bogdan ALEXANDRU, Luciana-Roberta CRISTEA**  
*Physical exercise, a means specific to physical education and physical therapy used in the recovery of coxarthrosis*
- 13. Elena RABOLU, Geanina TOMA, Ioana Cristina NEAGOE, Ștefan TOMA**  
*Kinesiotherapeutic approaches integrated into the functional recovery of patients suffering from coxarthrosis*

- 14. Elena-Adelina PANAET, Huseyin Sahin UYSAL, Pamela PATANÈ, Bogdan-Alexandreu ANTOHE**  
*Research trends in the field of myofascial release techniques. A bibliometric and visual analysis*
- 15. Eugenia ROȘULESCU, Radu ROȘULESCU, Ilona ILINCA**  
*Extracorporeal shock wave therapy in spastic upper limb rehabilitation – a comparative approach*
- 16. Eva ILIE, Oana Bianca BUDEANCA-BABOLEA, Denisa PIELE, Andreea Daniela BRAGUTA, Cătălin POPA**  
*The effects of integrating breathing exercises into a rehabilitation program on vital capacity in preadolescents with postural deficit*
- 17. Gabriela Monica IONESCU, Constantin PEHOIU**  
*The impact of kinetic programs on improving the quality of life of pregnant women*
- 18. George Emilian MINOIU, Ivan SIRAKOV, Veronica MINOIU**  
*Heart rate variability and performance in orienteering: a longitudinal case study*
- 19. Ileana CRĂCIUN, Laura Ramona PĂUN**  
*Evaluation of muscle training using the tensiomyography parameters*
- 20. Ionela-Ramona MARINCA, Ligia RUSU**  
*The effectiveness of neuromuscular taping in the management of ocular torticollis in children*
- 21. Iordănica-Daniela MARCU (BUTA), Carmen ENE-VOICULESCU**  
*The effects of physical exercise with data-driven intelligent devices on mitigating digital-use-related postural risks in Generation Z*
- 22. João BOMBAÇA, Daniel DUȚĂ, Răducu POPESCU, George Cosmin MUȘAT, Nicoleta Daniela CALOTĂ, Diana Victoria GIDU**  
*The importance of physical exercise in individuals with type 2 diabetes mellitus*

- 23. Manuela Violeta BĂCĂNOIU, Andrei Ionuț SPÎNU, Mircea DĂNOIU, Gabriela OLARU**  
*Digital and physical activity interventions in neurodegenerative diseases: a systematic review on cognitive and motor outcomes in Parkinson's and Alzheimer's disease*
- 24. Michi GEAMBESA, Mihaela ZĂVĂLEANU**  
*Digital innovations and mHealth support in physical therapy for a complex rheumatological condition - Rheumatoid Arthritis*
- 25. Mihaela ZĂVĂLEANU, Michi GEAMBESA, Gheorghe IONESCU, Alin BURILEANU**  
*The perception of family members on participation and daily activities of people with disabilities*
- 26. Mihaela-Maria TIMU (VASILESCU), Marius STOICA**  
*The importance of Pilates in the management of chronic nonspecific low back pain – Case study*
- 27. Mirela Lucia CĂLINA, Denisa ENESCU-BIERU, Mihai Robert RUSU**  
*Therapeutic management of rotator cuff tendinopathies in athletes*
- 28. Mohamed Amine LTIFI, Cristina Ioana ALEXE, Michal WILK, Dan Iulian ALEXE, Mohamed Souhaïel CHELLY**  
*Enhancing early childhood development: Mini-trampoline training for cognitive and motor benefits*
- 29. Monoem HADDAD, Maha SELLAMI, Mohamed A. ELRAYESS**  
*Changes in body composition and physical activity following eight weeks of moderate-intensity training in adults 30–60 years old*
- 30. Nicoleta Daniela CALOTĂ, Adriana CHIRICĂ, Diana Victoria GIDU, George MUȘAT, Ionuț Gabriel TĂNASE, Cristian POPA, Antoanela OLTEAN**  
*The rehabilitation of the tennis player lateral epicondylitis on the dominant side by the use of the ai devices – a case study*

- 31. Nicoleta Florența CARAIVAN, Luminița Ionela GEORGESCU, Claudia Camelia BURCEA, Elena Ioana ICONARU, Ion MIHĂILĂ, Vladimir POTOP**

*Contributions to the optimization of functional recovery in patients undergoing revision total hip arthroplasty for acetabular defects through computer-assisted kinesiotherapy*

- 32. Nicoleta Florența CARAIVAN, Luminița Ionela GEORGESCU, Claudia Camelia BURCEA, Elena Ioana ICONARU, Ion MIHĂILĂ, Vladimir POTOP**

*Quality of life and rehabilitation efficiency in patients undergoing revision total hip arthroplasty with acetabular defects*

- 33. Oana Bianca BUDEANCA-BABOLEA, Denisa PIELE, Eva ILIE, Catalin POPA, Andreea Daniela BRAGUTA, George IONESCU, Alexandru CHIVARAN**

*Comparative analysis of spinal deviations frequency in adolescents with multiple sensory impairments and typical adolescents using spinal mouse iddiag*

- 34. Rareș Andrei CÎRCIUMARU**

*Biomehcanic and technologic approach of knee rehabilitation after ACL reconstruction*

- 35. Ruben SANCHEZ-GOMEZ, Elena Adelina PANAET, Anna ZWIERZCHOWSKA, Dennis ČAUŠEVIĆ, Dan Iulian ALEXE**

*Foot orthoses modulate tensor fasciae latae activity during running depending on foot type*

- 36. Svetlana SAVIȚCHI, Eugeniu AGAPII, Oxana DARII, Alexandr TÎMCIUC**

*Postural stability improvement through simulated hippotherapy in adults with chronic low back pain: a practical rehabilitation approach*

- 37. Taina AVRAMESCU**

*Innovative EU projects in rehabilitation: insights and impact*

- 38. Vlad Adrian GEANTĂ, Pierre Joseph DE HILLERIN** *Assessment of lower-limb average power using jump-based models and short-duration ergometer tests: preliminary evidence of significant differences*

**November 1, 2025**

**Venue:** *Faculty of Physical Education and Sport, Str. Brestei No. 146, Craiova*

## **Hall 1**

**Chairs:** *Dumitru Barbu, Constantin Albină*

**09:00–09:30** – *Monoem Haddad*, Associate Dean for Academic Affairs, Associate Professor, Qatar University

**Title:** *Sleep, Activity, and Cognition: Integrating Objective and Subjective Approaches to Promote Health and Academic Performance*

**09:30–10:00** – *Andreea Albină, Iulia Burileanu, Germina Cosma*

**Title:** *Empowering PE Students for Complex Problem-Solving: An Interdisciplinary SPIEP Training Initiative*

**10:00- 10:30** – *Mihaela Zăvăleanu, Marian Costin Nanu*

**Title:** *Active or sedentary and quality of life*

**10:30-12:00 - Students Session**

## **Hall 2**

### **Session 1-Workshops**

#### **Physiotherapy and Sports Medicine Session**

**9:00- Phd. Jiska Kempen** - Senior Product Specialist at Lode Bv.

**Title:** *The Transformative Role of Modern Medical Technology in Sports Medicine* – A Hands-On Workshop with Excalibur Sport by Lode (ICEMED), Netherlands

**10:30-11:30-Marinela Rață**, Assoc. prof. Ph.d. PT. University Vasile Alecsandri, Bacău, Romania

**Title:** *Bio-Psycho-Social Perspectives on Enhancing Individual Functionality through Occupational Therapy*

#### **11:30-11:45 Coffee Break**

**11:45-12:30- Klara Kalman**, University of Oradea, Romania

**Title:** *Physiotherapeutic Approach to Diastasis Recti: From Assessment to Rehabilitation,*

**12:30-13:30- Adrian Dumitrache**, University of Craiova, FEFS, Romania

**Title:** *Role of new technologies tools for assessment and rehab management after ACL surgery: clinical application platform Kinvent,*

#### **13:30-14:30 Lunch**

### **Session 2-Workshops**



## **Physiotherapy and Sports Medicine Session**

**14: 30- 15:00** – *Loredana Ștefan, Simona Pața Ilie Eva*, Kineto ELS, Craiova, Romania

**Title:** *Posture Recalibration: Small Adjustments, Big Transformations*,

**15:00- 15:30** – *Oana Budeanca- Babolea*, University of Craiova, FEFS, Romania

**Title:** *Non-formal Methods Applied in Recovery*,

**15: 30- Certificate awarding ceremony**

**16:00-Closing ceremony**

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## **Promenada Mall – Cineplexx**

**12:00–14:00 – Workshop SPORT-IE**

**Implicit/Unconscious Aggression and Sports Performance** - *Assoc. Prof. Radu Predoiu, Prof. Germina-Alina Cosma*

Invited speakers: *Dr. Gabriela Szabó, Ciprian Marica, Cristina Zamfir*