



**MINISTRY OF EDUCATION AND RESEARCH
ECOLOGICAL UNIVERSITY OF BUCHAREST
FACULTY OF PHYSICAL EDUCATION AND SPORT**

PROGRAMME OF

International Scientific Conference

**“ACTUALITIES AND PERSPECTIVES OF PHYSICAL
EDUCATION AND SPORT SCIENCES”**

6th edition

Hybrid event, ZOOM link, starts at 2 P.M. (Bucharest time):

<https://us06web.zoom.us/j/86161953032?pwd=ph1nPbrmBtbR1azmq0jRyEb6dzHcJm.1>

April, 03rd , 2025

Romania, Bucharest, Doina Cornea Bd., no. 1G

President of Conference: Ulăreanu Marius-Viorel, Assoc. prof. Ph. D., Dean of the Faculty of Physical Education and Sport, Ecological University of Bucharest

Chair conference: Neder Florina Liliana, Assoc. prof., Ph. D., Faculty of Physical Education and Sport, Ecological University of Bucharest

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Plenary Session 14.00-15.00

14-14.10 Welcome message: **Neder Florina Liliana**, Assoc. prof., Ph. D., **Chair conference**

14.10.14.20 – Specific Activity of the Doctoral School of Sport Science and Physical Education in Romania

Mihăilă Ion, Professor, Ph.D., director Doctoral School of Sport science and physical education, National University of Science and Technology Politehnica Bucharest, University Center Pitesti, Romania

14.20-14.35: Psychophysiological State and Decision Making in Martial Arts

Korobeynikov Georgiy, Professor, Ph. D., Doctor of Biological Sciences, Uzbek State University of Physical Education and Sport, Chirchiq, Uzbekistan

14.35-14.50: Bandwidth Knowledge of Performance in Gymnastics Routine

Tomasz Niznikowski, PhD DSc, Associate Professor, Head of the Department of Gymnastics, Józef Piłsudski Academy of Physical Education in Warsaw Faculty of Physical Education and Health, Biala Podlaska, Poland

14.50-15.00: Biomechanical Aspects of Learning the Technical Elements on Balance Beam during the Initial Specialization Stage

Potop Vladimir, Prof., Ph.D., D.Sc., National University of Science and Technology Politehnica Bucharest, University Center Pitesti, Pitești, Romania

Petran Denis, Drd., Doctoral School Sport Science and Physical Education, National University of Science and Technology Politehnica Bucharest, University Center Pitesti

Parallel Sessions Physical Education

IMPROVING PSYCHOLOGICAL RESILIENCE IN LOWER SECONDARY SCHOOL STUDENTS BY PRACTICING CHESS AND PHYSICAL EXERCISE, Agache Gheorghe

IMPROVING SCHOOL INCLUSION THROUGH THE USE OF ASSISTANT MATERIALS IN PHYSICAL EDUCATION BY STUDENTS WITH SPECIAL EDUCATIONAL NEEDS, Cazan Luminița-Magda, Vizitiu Lakhdari Elena

THE IMPACT OF HYBRID EDUCATION ON THE DEVELOPMENT OF THE INSTRUCTIONAL-EDUCATIONAL PROCESS AND THE ADAPTABILITY OF PRIMARY SCHOOL STUDENTS, Lungu Adrian

EFFECTIVENESS OF SPECIFIC SKILLS COMBINED WITH MENTAL TRAINING IN THE HANDBALL GAME OF MIDDLE SCHOOL STUDENTS, Mihaila Ion, Panfiloiu Camelia, Bidireanu Florin-Valentin, Popescu Daniela Corina

THE METHOD OF PERSONALIZING PHYSICAL ACTIVITIES FOR STUDENTS WITH AUTISM SPECTRUM DISORDER, Mocanu Adina

IMPROVING THE EFFORT CAPACITY OF HIGH SCHOOL STUDENTS BY IMPLEMENTING SPINNING IN THE PHYSICAL EDUCATION PROGRAM, Scheuleac Adelina

OPTIMIZING THE DEVELOPMENT OF MOTOR SKILLS THROUGH BADMINTON IN MIDDLE SCHOOL STUDENTS USING A PSYCHOMOTOR APPARATUS IN PHYSICAL EDUCATION, Tanasă Bogdan Ionuț

INTEGRATION OF A DIGITAL EDUCATIONAL PLATFORM FOR OPTIMIZING THE TEACHING PROCESS IN PHYSICAL EDUCATION AND SPORT LESSONS IN PRIMARY SCHOOL, Țurcanu Alina Petruța

Parallel Sessions Sport Performance

DETERMINING THE VISUAL REACTION OF THE LOWER LIMBS IN PERFORMANCE SAMBO ATHLETES, Bodîrlău Gheorghe Cristian, Chernozub Andrii, Potop Vladimir

THE SPECIFICITY OF THE ALGORITHMIC METHOD IN LEARNING THE TECHNIQUE OF HIGH-DIFFICULTY ELEMENTS IN ARTISTIC GYMNASTICS, Bufta Victor

PERFORMANCE ANALYSIS OF SPEED RUNNERS BETWEEN 14 AND 18 YEARS OF AGE THROUGH TECHNOLOGICAL MONITORING, Casandra Silviu

ASSESSMENT OF STATIC BALANCE IN 6-8-YEAR-OLD CHILD DANCERS, Chilom Diana, Ionescu Cristina, Grigore Maria Florica, Strelnyk Dmytro, Moga Carolina

RESEARCH ON FACTORS INFLUENCING THE SPECIFIC PHYSICAL TRAINING OF JUNIOR HANDBALL TEAMS, Dănuleş Marius, Mihaila Ion, Acsinte Alexandru, Popescu Daniela Corina, Mihai Ilie, Stancu Maura

METHOD FOR DETERMINING “HANDICAP” IN RELAY RUN, Derkachenko Ivan

THE IMPACT OF CAPITALIZING ON THE DEVELOPMENT OF JUNIOR GYMNASTS III MOTOR QUALITIES AT THE BASIC STAGE OF SPORTS SPECIALIZATION, Dumitru Răzvan Constantin

DETERMINING THE CHARACTERISTICS OF DYNAMIC BALANCE IN YOUNG FOOTBALL PLAYERS, Enache Robert Aurel, Potop Vladimir, Mihai Ilie, Mihaila Ion, Mihailescu Liviu Emanuel

COMPARATIVE STUDY ON THE NUMBER AND EFFICIENCY OF PASSING TYPES BETWEEN THE LATERAL DEFENDERS OF FOOTBALL TEAMS IN THE PLAY-OFF AND PLAY-OUT, LEAGUE I, Frăţilă Ion, Enescu George Alexandru Platini

ANALYSIS OF THE RELATIONSHIP BETWEEN DYNAMIC BALANCE PARAMETERS IN YOUNG BOXERS, Iorgu Mihai, Jurat Valeriu, Ulareanu Marius Viorel

IMPLICATIONS OF THE GAME MODEL IN PERFORMANCE HANDBALL, Lusca Dragoș Mădălin, Mihaila Ion, Popescu Daniela Corina, Accinte Alexandru

COMPARATIVE ANALYSIS OF SPECIAL INDICATORS OF THE PHYSICAL TRAINING OF FEMALE JUDO ATHLETES, Mruts Ivan, Postolaki Alexei

ANALYSIS OF THE RELATIONSHIP BETWEEN BIPODAL DYNAMIC BALANCE INDICES IN YOUNG FENCERS, Popa Simona Georgiana

EFFECTIVENESS OF EXPERIMENTAL PROGRAMS ON THE TRAINING OF TECHNICAL-TACTICAL SKILLS IN MIXED MARTIAL ARTS, Reaboi Natalia, Carp Ivan

THE VALUE OF AFFECTIVE-ATTITUDINAL TRAITS IN FORMING ARTISTIC SKILLS IN 7-8 YEAR-OLD FEMALE GYMNASTS, Reaboi Natalia, Moloșag Natalia

POSITION-SPECIFIC ANTHROPOMETRIC PROFILES IN WOMEN'S FOOTBALL, Trandafirescu Elena-Andreea, Potop Vladimir, Trandafirescu Gabriel, Stoica Doru

ANALYSIS OF STATIC BALANCE PARAMETERS IN YOUNG JUDOKAS, Roșu Călin, Potop Vladimir, Mihailescu Liviu Emanuel, Rosu Daniel, Mihai Ilie

NEW TRENDS IN ZONE DEFENSE IN MODERN HANDBALL, Tăutu George Luchian, Mihaila Ion, Popescu Daniela

PRE-COMPETITIVE PREPARATION OF ELITE FEMALE WRESTLERS: KEY FACTORS FOR OPTIMIZING TRAINING, Vuc (Grigore) Emilia Alina

FUNDAMENTALS OF EARLY SELECTION IN SPORT WRESTLING: BUILDING AN EFFECTIVE METHODOLOGY FOR CHILDREN, Andrei (Pătru) Andreea Constantina

Parallel Sessions Physical Therapy and Recovery

THE IMPORTANCE OF MANUAL TECHNIQUES IN THE TREATMENT OF ELBOW DISLOCATION, Cheran Cosmina Rodica, Neder Florina Liliana

RECOVERY OF HANDBALL PLAYERS AFTER OPERATIONAL TREATMENT OF SHOULDER DISLOCATION, Dorobăț Simona-Elena, Gîrlea Natalia

SYSTEMATIC REVIEW OF THEORETICAL, METHODOLOGICAL, AND CONCEPTUAL ASPECTS OF CARDIOVASCULAR RESPONSE TO SPECIFIC EFFORT IN FENCERS, Dranus Valentyna, Goergescu Luminița Ionela, Potop Vladimir, Mihaila Ion, Iconaru Ioana Elena, Tudor Mariana

OPTIMIZING THE MORPHOFUNCTIONAL CAPACITY OF ADULTS THROUGH THE PRACTICE OF AQUATIC ACTIVITIES, Slusar Adriana

TOTAL CIMENTED KNEE ARTHROPLASTY ASSISTED BY AUGMENTED REALITY VR.,
Stănescu Marius

Parallel Sessions Varia

AGE DYNAMICS OF THE BODY'S FUNCTIONAL RESERVES, Bosenko Anatolii, Topchii Mariia, Mykhaliuk Yevhen, Khoroshukha Mykhailo, Horokhovskiy Yehor

ANALYSIS OF SPECIALISTS' OPINIONS ON COMBINED MOTOR SKILLS IN 11–12-YEAR-OLD STUDENTS, Ionescu Alexandru Ninel

KNOWLEDGE AND DEEP COGNITION, PRODUCTIVE WAYS OF POSITIVE TRANSFER IN CREATIVE THINKING AND CREATIVITY, Nastas Natalia, Grimalschi Teodor

CONTRIBUTIONS ON TECHNIQUES AND PROCEDURES FOR SURVIVAL, LIVING AND LIFE IN EMERGENCY SITUATIONS, Neder Florina Liliana, Dogaru Vasile, Constantin Antonică, Melinte Adela

OCCURRENCE OF A DYSTONIC RESPONSE TO GRADED PHYSICAL EXERTION IN YOUNG ATHLETES IN TEAM SPORTS, Mykhaliuk Yevhen, Horokhovskiy Yehor, Bosenko Anatolii, Orlyk Nadiia, Borshchenko Valeriia

THE IMPORTANCE OF PHYSICAL EXERCISE IN THE PROCESS OF REDUCING OBESITY IN CHILDREN AGED 10-14 YEARS, Pozînărea Remus-Mihail, Calugher Viorica, Ionescu Mihail Leonard, Lungu Ecaterina

THE ROLE OF MANAGEMENT IN THE WORK OF THE PHYSICAL EDUCATION TEACHER, Volcu Gheorghe