



FACULTY OF PHYSICAL EDUCATION AND SPORTS
WEST UNIVERSITY OF TIMIȘOARA

**THE INTERNATIONAL STUDENT'S CONFERENCE ON
SPORT AND KINETOTHERAPY SCIENCES
- A NEW HORIZON IN PANDEMIC CONTEXT -**

28 MAY 2021

TIMISOARA - ONLINE MEETING

WWW.STUDCONFEFS.UVT.RO

❖ **Topics:**

- Physical education and teaching training
- Sport performance
- Sport and health
- Fitness
- Kinetotherapy
- Outdoor activities
- Management and marketing
- Varia

❖ **Logging information**

The event will be organized online via CISCO WEBEX MEETINGS on 28th of May 2021.

The links for the opening of the event:

<https://e-uvt.webex.com/e-uvt-en/j.php?MTID=mc469989c7013fb710c6ef7e87ca30491>

- Meeting number (access code): 137 665 1850
- Meeting password: b34YFpArhq3

Contact:

Conf. univ dr. Elena Sirbu, Editor in cheaf TPERJ - elena.sirbu@e-uvt.ro

Conf. univ. dr Serban Gligor Editor in Chief Analele FEFS Series - serban.gligor@e-uvt.ro

Lect. Univ. dr. Nicoleta Mirica - nicoleta.mirica@e-uvt.ro

We are waiting for you with great interest!

Organizing Committee

President of the conference Assoc. Prof. Adrian Nagel, PhD

SCIENTIFIC COMMITTEE

- Prof. Abalașei Beatrice PhD., Habil., „Alexandru Ioan Cuza” University Iași, România
- Prof. Avram Claudiu PhD., Habil., West University of Timișoara, România
- Prof. Ciocoi-Pop Rareș, PhD., Habil., Babeș-Bolyai” University Cluj-Napoca, România
- Prof. Gombos Leon, Phd, Babeș-Bolyai” University Cluj-Napoca, România
- Prof. Oravițan Mihaela, PhD., Habil., West University of Timișoara, România
- Prof. Petracovschi Simona, PhD., Habil, West University of Timișoara, România
- Assoc. Prof. Almajan Guta Bogdan PhD., West University of Timișoara, România
- Assoc. Prof. Boros Balint Iuliana, PhD., Babeș-Bolyai” University Cluj-Napoca, România
- Assoc. Prof. Bota Eugen, PhD., West University of Timișoara, România
- Assoc. Prof. Domokos Martin, PhD., West University of Timișoara, România
- Assoc. Prof. Gligor Serban, PhD, West University of Timișoara, Romania
- Assoc. Prof. Sirbu Elena, PhD., West University of Timișoara, România
- Assoc. Prof. Faur Mihaela, PhD., West University of Timișoara, România
- Assoc. Prof. Nagel Adrian, PhD., West University of Timișoara, România
- Assoc. Prof. Pantea Corina, PhD., West University of Timișoara, România
- Assoc. Prof. Pop Ioan Nelu, PhD., Babeș-Bolyai” University Cluj-Napoca, România
- Assoc. Prof. Pop N. Horațiu, PhD., „Babeș-Bolyai” University Cluj-Napoca, România
- Lect. Lucaci Paul, PhD., „Alexandru Ioan Cuza” University Iași, România
- Lect. dr. Trofin Florin, PhD., „Alexandru Ioan Cuza” University Iași, România
- Lect. dr. Dumitru Iulian, PhD., „Alexandru Ioan Cuza” University Iași, România
- Lect. dr. Nichifor Florin, PhD., „Alexandru Ioan Cuza” University Iași, România
- Lect. dr. Puni Alexandru Rares, PhD., „Alexandru Ioan Cuza” University Iași, România
- Lect. dr. Cristian Negrea, PhD., West University of Timișoara, România
- Lect. dr. Silvia Nicoleta Mirica, PhD., West University of Timișoara, România

ORGANIZING COMMITTEE

- President Assoc. Prof. NAGEL Adrian, PhD – Dean

Members

- Assoc Prof. Bota Eugen, PhD., West University of Timișoara, Romania
- Assoc Prof. Domokos Martin, PhD., West University of Timișoar, Romania
- Assoc Prof. Grădinaru Csilla, PhD., West University of Timișoara, Romania
- Assoc Prof. Sirbu Elena, PhD., West University of Timișoara, Romania
- Assoc. Prof. Gligor Serban, PhD., West University of Timișoara, Romania
- Lecturer Mirica S. Nicoleta, PhD., West University of Timișoara Romania
- Lecturer Negrea Cristian, PhD., West University of Timișoara Romania
- Asist. Professor, Arnăutu Gabriel, PhD., st., West University of Timișoara Romania
- Asist. Professor, Reitmayer Eric, PhD., st., West University of Timișoara Romania
- Asist. Professor, Strava Cosmin, PhD., st., West University of Timișoara Romania
- Researcher Asist, Domokos Cerasela, PhD., st., West University of Timișoara Romania

Conference Program

Friday 28th of May 2021

09.00 - 09.15 OPENING CEREMONY
09.00 The word of Assoc. Prof. dr. Adrian Nagel Dean of PES Faculty, WUT, Timisoara
09.00- 10.30 ORAL PRESENTATIONS
PhD Students - Oral communication session – Chairmans: prof. dr. Mihaela ORAVIȚAN, Conf. dr. Martin DOMOKOS, Lect. Dr. Nicoleta MIRICA
09.10-09.20 Oana-Ruxandra STÎNCEL, Mihaela ORAVIȚAN The impact of home office setup due to COVID-19 pandemic on IT professionals' physical health: a systematic review
09.20-09.30 Remus Francisc DATCU, Sorin BRINDESCU, Simona PETRACOVSKI Anxiety and athlete performance: a systematic narrative review of the mutual influence of these concepts
09.30-09.40 MODRA Cristian, DOMOKOS Martin, PETRACOVSKI Simona The Use of Digital Technologies in the Physical Education Lesson: A Systematic Analysis of Scientific Literature
09.40-9.50 ȘUNEi Mariana Cristina, DOMOKOS Martin, Simona PETRACOVSKI Development of the body scheme in children in primary education: a systematic narrative review of the influence of an intervention plan on this psychomotor component
09.50-10.00 Maria Oana VĂDUVA, Maria Luminița BRABIESCU Călinescu, Marian DRAGOMIR The instructive - educational model for 4-6 years old alpine skiers. Selection and physical training
10.00-10.10 HRIȚCU Bogdan, Silvia Nicoleta MIRICA, NAGEL Adrian The inequality benefits brought by training programs with different number of weekly sessions
10.10-10.20 Hans-Eric REITMAYER, Dan MONEA Relationship between lower limb power and dynamic stability in volleyball players
10.20-10.30 Coffee break
01.30- 12.00 ORAL PRESENTATIONS
Bachelor & Master Students - Oral communication session – Chairmans: prof. dr. Mihaela ORAVIȚAN, Conf. dr. Martin DOMOKOS, Lect. Dr. Nicoleta MIRICA
10.30-10.40 Vlad Adrian GEANTĂ Improving Muscle Size with Weider's Principle of Progressive Overload in Non-Performing Athletes
10.40-10.50 PĂUȚU Anamaria, PETRACOVSKI Simona THE IMPORTANCE OF PHYSICAL CONDITION IN CHILDRENS AGED 10-14
10.50-11.00 Paula POPESCU, Bogdan ALMĂJAN TELEPHYSIOTHERAPY: OPORTUNITY OR DIFICULTY DURING THE PANDEMIC OF SARS-COV-2
11.00-11.10 Alexandra PÎRCIOAGĂ , Mihaela ORAVIȚAN PARTICULARITIES OF THE KINETOTHERAPEUTIC APPROACH IN RECOVERY AFTER RUPTURES OF THE AHILEAN TENDON

11.10.11-20 DĂNILĂ Paul, Adrian NAGEL

Study regarding the effects of the COVID-19 pandemic on peoples physique and behavior in Timișoara

11.20-11.30 KOVACS Lavinia-Mariana

The benefits of physical exercise in relation to the nervous system's functionality - a Systematic Review

11.30-11.40 STEINER Brigitte Alexandra, GRĂDINARU Csilla

The impact of the COVID-19 pandemic on sports games

11.40-11.50 Coffee break

11.50-12.00 Prize ceremony / Closing ceremony