



UNIVERSITATEA  
DIN  
CRAIOVA

MINISTRY OF NATIONAL EDUCATION  
UNIVERSITY OF CRAIOVA  
FACULTY OF PHYSICAL EDUCATION AND SPORT  
SPIRU HARET UNIVERSITY  
FACULTY OF PHYSICAL EDUCATION AND SPORT  
ROMANIAN SOCIETY FOR SPORTS MEDICINE  
SPORT SCIENCE COUNCIL OF ROMANIA



10<sup>th</sup> INTERNATIONAL SCIENTIFIC CONFERENCE

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

01-03 NOVEMBER 2018  
CRAIOVA – ROMÂNIA

# ORGANIZATION

The Conference wants to bring an important contribution to scientific research development of the mentioned fields, using some interdisciplinary themes approaching, where physical education represents a complex element, which induces debates about sportive management, but also about fundamental research of prophylaxis and rehabilitation.

**Honor President:** Rector of the University of Craiova, Romania.

PhD Professor **Cezar Ionuț SPÎNU**

**Conference president:** Dean- Faculty of Physical Education and Sport, Craiova.

PhD Professor **Marian DRAGOMIR**

**Co-presidents:** PhD Professor Dorina **ORȚĂNESCU**, PhD Professor Ligia **RUSU**

PhD Professor Georgeta **NICULESCU**

## **Scientific committee:**

Sobera MALGORZATA, Poland  
Monoem HADDAD, Qatar  
Vesna BABIC, Croatia  
Calogero FOTI, Italy  
ArzuRazakoZDINCLER , Turkey  
Ilker YILMAZ, Turkey  
NiluferCetisli KORKMAZ, Turkey  
Vasilica GRIGORE, Romania  
Marian CREȚU, Romania  
Marian DRAGOMIR, Romania  
Liliana MIHĂILESCU, Romania  
Elena Luminița SIDENCO, Romania  
Mirela VASILESCU, Romania  
Anca IONESCU, Romania  
Prasana BALAJI, India  
Boris RISNEAG, Moldavia  
Florin PELIN, Romania  
Graziela VĂJĂIALĂ, Romania  
Georgeta NICULESCU, Romania  
Elena SABĂU, Romania  
Adin Marian COJOCARU, Romania  
Dorina ORȚĂNESCU, Romania  
Ligia RUSU, Romania  
Johny PADULO, Italy  
Nevin GUNDUZ, Turkey  
Eugenia ROȘULESCU, Romania  
Mirela DAMIAN, Romania  
Dana BĂDĂU, Romania  
BelginInan GORYUREK, Turkey  
Stevo POPOVIC, Montenegro  
Germina COSMA, Romania  
Ahsana HALLACELI, Turkey  
Selçuk AKPINAR, Turkey  
Mehmet UYGUR, Turkey  
Grigoris MALOUSARIS, Greece  
Reşat KARTAL, Turkey  
Hakan UYSAL, Turkey  
Osman PEPE, Turkey  
Mustafa KAYA, Turkey

## **Scientific secretary:**

Assoc. Prof. Phd Eugenia **ROȘULESCU**

## **Head of the Organizing Committee:**

Germina-Alina **COSMA**

## **Organizing committee:**

Mircea DĂNOIU  
Marian Costin NANU  
Dănuț PASCU  
Mirela CĂLINA  
Ilona ILINCA  
Sorina CERNĂIANU  
Mihai Răzvan BARBU  
Dumitru BARBU  
Doru STOICA  
Gabriel MANGRA  
Marilena COJOCARU  
Alina ALBINĂ  
Constantin ALBINĂ  
Cătălin FORȚAN  
Roberta GHETU  
Mihai DRAGOMIR  
Luminița BRABIESCU CĂLINESCU  
Mihaela ZĂVĂLEANU  
Mirela SHAAO  
Aurora UNGUREANU DOBRE  
Denisa ENESCU BIERU  
Daniel CIOCĂNESCU  
Cătălin POPESCU  
Eliana LICĂ  
Roxana DUMITRU  
Veronica MINOIU  
Oana NEAMȚU  
Gabriel POPA  
George IONESCU  
Eva ILIE  
Alin BURILEANU  
Bogdan BURCEA  
Dragoș DIACONESCU



UNIVERSITATEA  
DIN  
CRAIOVA

**Thursday, November, 01<sup>th</sup>, 2018**

---

**10.00 -10.30** – Opening ceremony for Student National Conference “Physical exercise- from prophylaxis to performance”

**10.30-12.00** – Oral presentations

**12.00-14.00** – Poster presentations

**14.00 - CLOSING CEREMONY**

**Friday, November, 2<sup>th</sup>, 2018**

---

**08.30 - 09.00** - Arrivals And Registration **Faculty of Physical Education and Sport, Brestei Street, no.156, Craiova- HALL A**

**09.00 - 10.00** – Workshop “The Applications of Aquatic Therapy in Medical Rehabilitation”, Speaker: Assoc. Prof. Ilona **Ilinca**, PhD, **Hall A1**

**09.00 - 10.00** - Workshop “ The Importance of Early Detection of Poor Attitudes in Children Practicing Sport in Order to Improve Body Attitude and Sport Performance”, Chairperson: Assoc. Prof. Aurora **Ungureanu-Dobre**, PhD, Speakers: Assist. Prof. Eva **Ilie**, PhD Student, Georgiana **Balosi**n, Master Student, **Hall A2**

**10.00 – 11.00** – Workshop “Difformities and Malformations of Locomotor System -Orthesis and New Technologies for Assistive Devices”, Chairperson: Prof. PhD Ligia **Rusu**, Speaker: Michi **Geambesa (Ortoprotetica)**

**11.00 - 12.00** – Workshop „Dance - Way of Integration for Children with Special Educational Needs”, Speaker: Prof. Oana **Budeancă-Babolea**, PhD (Special School Sf.Vasile, Craiova)

**12.00 - 13.00** – Lunch

**13.00 – 14.00** - Workshop “Introduction to Schroth Three-Dimensional Therapy, Treatment of Structural Scoliosis”, Speaker: Assist. Prof. Eva **Ilie**, PhD Student

**14.00 – 15.00** – Workshop „Global Postural Re-education – Assessment and Solutions” Speaker: Assist. Prof. Alin Horia **Burileanu**, PhD

**15.00 – 16.00** – Workshop „Influence of Fascial Therapy in Sport Performance” Speaker: Toma **Vasilescu** (Romanian Football Federation).

**19.00** – Opening dinner at Europeca Hotel, Pietății Street, no. 9-11-13

**Saturday, November, 03<sup>th</sup>, 2018**

---

**09.00 - 10.00** – Registration (**Lobby MIHAI I HALL**) – **UNIVERSITY OF CRAIOVA**

**10.00 – 10.30** – Opening Ceremony and Wellcome (**MIHAI I HALL**)

The opening speech of the University of Craiova Managerial Team

**10.30 - 13.00** – **Plenary Session**

**10.30 - 11.00** – “Wearable Training – Monitoring Technology: Recent Overview”, Dr.Monoem **Haddad**, Faculty Sport Science Program College of Arts & Sciences Qatar University

**11.00 - 11.30** – “News in Evaluation and Rehabilitation of Foot Balance at Athletes” Prof. PhD Ligia **Rusu**

**11.30 - 12.00** – “Scoliosis-at Child and Younger: Multidisciplinary Approach” Assoc. Prof. PhD Mirela **Călina**

**12.00 - 12.30** – “Scientific Approach of Tactical Training in Football Game with Children and Junior Players” Assoc. Prof. PhD Dumitru **Barbu**

**12.30 – 13.00** – Cofee break

**13.00 – 15.00 - Sports Medicine Section** (conference section organized in collaboration with the *Romanian Society for Sports Medicine* and the Romanian Football Federation)

Chairpersons: Prof. PhD Mirela **Vasilescu**, Mihai **Meiu**

**13.00 - 13.20** - “Monitoring Athlete Through Biological Markers (Muscle status)” - Prof. PhD Mirela Maria Vasilescu (SRoMS vice president)

**13.20 – 13.40** -“Testing and Psychological Assessment in the Context of Achieving High Sports Performance in Football” - Silviu **Ioniță** (Romanian Football Federation Sports Psychologist)

**13.40 – 14.00** - “Nutrition in football ”- Damian **Șerban** (Sports Nutritionist accredited CIO, Romanian Football Federation)



UNIVERSITATEA  
DIN  
CRAIOVA

**14.00 – 14.20** - "Principles of Application and Functioning in Sports Pathologies using Biomechanical Dynamic Tape Bandage" - Toma **Vasilescu** (Physiotherapist Romanian Football Federation)

**14.20 – 14.40** - "The Implications of Meniscus and Cartilage Injuries in Professional Football" - Mihai **Meiu** (Staff Coordinator Romanian Football Federation)

**14.40 – 15.00** - "Global Active Stretching at Football Players" Assist. Prof. Alin Horia **Burileanu**, PhD

**13.00 – 15.00** - POSTER PRESENTATION Lobby HALL (near MIHAI I HALL)

**15.00 – 15.30 – CLOSING CEREMONY**