Universitatea „Vasile Alecsandri" din Bacău

„VASILE ALECSANDRI" UNIVERSITY OF BACAU
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BOOK OF ABSTRACTS

Physical Education and Sports Performance

Educație fizică și Sport și performanță sportive

- scientific section-

	Autor/Author	Coordonator/ Scientific coordinator	Afiliere/Afiliation	Lucrarea/ Paper	Abstract
1.	Căpâlnean Vlad Raul	Conf. Dr. Tohănean Dragoș	Universitatea Transilvania Brașov	The development of general motricity of elementary school students using handball methods	We started this research by making the assumption that if we use handball specific methods we will obtain better general motricity development in elementary students. This paper covers 14 weeks of actual observation of the progress and evolution of students and also notes the methods used during this entire time.

2.	Darredoune Akrima	Darredoune Akrima	Hassiba Ben Bouali University	The role of FINIS smart glasses in instant analysis and improving Athletic performance in swimmers	The sports field has expanded significantly in terms of concept and importance due to experience gained from practical application, scientific training, and research. These advancements have contributed to improving athletes' performance in competitions. One notable innovation in swimming is the FINIS Smart Goggles, equipped with the Ciye™ Smart Coach module. These smart goggles provide real-time data such as lap count, lap time, total time, and rest periods, displayed directly on the lens. They sync with the Ciye™ App for post-swim performance analysis using graphs and time trends. This technology helps swimmers improve pacing, reduce inefficient strokes, and achieve training goals without stopping. The goggles can be used for self-monitoring or under coach supervision. Designed to be lightweight and comfortable, they offer a battery life that lasts for several sessions. While they do not display speed directly, it can be calculated from the recorded time and distance data.
3.	Julia Hoszkiewicz, Zuzanna Komarek, Aleksandra Filip-Stachnik	Aleksandra Filip-Stachnik, PhD	Jerzy Kukuczka Academy of Physical Education in Katowice/ Nutrition and Sports Performance Research Group	The impact of sleep duration on dietary behaviors in physically active women	Purpose: The aim of this study was to assess the impact of sleep duration on dietary behaviors in physically active women. Methods: The study involved 10 healthy, physically active women (age: 23 ± 1 years, body weight: 66.4 ± 9.9kg, BMI: 23 ± 3kg/m2), whose sleep and dietary behaviors were monitored for 5 days. Two days were selected: a) with recommended sleep duration (7-9 hours) and b) with sleep duration below the recommended level (<7 hours). Energy intake, macronutrients, fiber, hunger, and satiety levels were analyzed. Results: No significant differences were observed in overall energy intake, macronutrients, fiber, hunger, and satiety levels between the analyzed days ($p>0.05$ for all). However, a trend was observed towards decreased fat intake (including saturated fatty acids) and increased carbohydrate intake (including simple sugars) on the day with <7 hours of sleep. There was a significantly higher total carbohydrate intake (57.9 ± 25.5g vs. 43.7 ± 16.8g; $p=0.037$) and simple sugar intake (21.5 ± 11.5g vs. 8.9 ± 8.4g; $p=0.013$) for breakfast on the day with <7 hours of sleep compared to the day with 7-9 hours of sleep. Conclusions: Sleep duration of <7 hours did not significantly affect overall energy intake, macronutrients, fiber, hunger, and satiety levels compared to the day with 7-9 hours of sleep. However, it was observed that sleep duration <7 hours significantly increased carbohydrate and simple sugar intake for breakfast compared to the day with 7-9 hours of sleep.
4.	Ali Mert Şendil	Prof. Dr. Umut Canli	Tekirdag Namik Kemal University	The Effect of FIFA 11+ Kids Training Programme on Injury Prevention and Athletic Performance in U-14 Basketball Players	Keywords: Strength, vertical jump, functional capacity, basketball, injury prevention. The aim of the study was to investigate the effect of the FIFA11+ KIDS exercise applied to basketball players in the U-14 category on the athletic performance and Functional Movement Screen (FMS) scores. The FMS test was administered to the participants. Later, athletic performance tests were administered to the participants. The FIFA 11+ KIDS Training Protocol, which was applied to the EG, continued with 15-20 minute practices four times for 7 weeks. There was no significant difference between the groups in agility, sprint

					and standing long jump parameters ($p > 0.05$). However, there was a significant increase in the vertical jump parameter in favor of EG ($F(1-30) = 3.745$; $p < 0.05$). It was determined that there was no significant difference between the groups in the FMS ($p > 0.05$). The FIFA 11+ KIDS program provided a significant improvement in the vertical jump performance of basketball players.
5.	Murgoce Alexandra-Ionela	Conf. univ. dr. Șufaru Constantin	Universitatea "Vasile Alecsandri" Bacău	Studiu privind folosirea structurilor de joc în predarea handbalului, la clasele a VIII-a	Lucrarea de față își propune să evidențieze importanța utilizării structurilor de joc în predarea handbalului la clasele a VIII-a, având ca obiectiv principal eficientizarea lecțiilor de educație fizică și dezvoltarea elevilor din punct de vedere fizic, cognitiv și social. Studiul pornește de la premisa că introducerea structurilor de joc, ca metodă didactică, contribuie semnificativ la formarea gândirii tactice, la consolidarea spiritului de echipă și la îmbunătățirea performanței motrice a elevilor. Cercetarea s-a bazat pe un chestionar aplicat cadrelor didactice de educație fizică, pentru a analiza frecvența utilizării structurilor de joc, percepția profesorilor asupra eficienței acestei metode și dificultățile întâmpinate în practică. Rezultatele au arătat că majoritatea profesorilor folosesc frecvent structuri de joc în predarea handbalului și consideră că acestea aduc numeroase beneficii, precum dezvoltarea autonomiei decizionale, atenției și capacității de reacție a elevilor. De asemenea, concluziile evidențiază necesitatea formării continue a profesorilor în domeniul tacticii jocului și adaptarea structurilor la nivelul de dezvoltare al elevilor. Lucrarea propune integrarea acestor metode în programa școlară, ca parte esențială a unui învățământ centrat pe nevoile elevilor și orientat spre formarea unor deprinderi durabile pentru un stil de viață activ și sănătos. Prin urmare, utilizarea structurilor de joc în handbal nu doar îmbunătățește procesul instructiv-educativ, ci și motivația și implicarea elevilor în activitatea sportivă.
6.	Mateusz Świątek	dr hab. Aleksandra Filip-Stachnik, prof. AKF, dr hab. Michał Spieszny, prof. AKF	University of Physical Education in Krakow	Who Handles Morning Strength Training Better? The Impact of Chronotype on Bench Press Performance, Pain Perception, Ratings of Perceived Exertion, and Motivation Following Acute Sleep Restriction in Physically Active Women	Keywords: morning training, chronotype, partial sleep deprivation. Who Handles Morning Strength Training Better? The Impact of Chronotype on Bench Press Performance, Pain Perception, Ratings of Perceived Exertion, and Motivation Following Acute Sleep Restriction in Physically Active Women Mateusz Świątek, Zuzanna Komarek, Aleksandra Filip-Stachnik SKN: Science for Athletic Performance Research Group Scientific supervisor: dr hab. Aleksandra Filip-Stachnik, prof. AKF, dr hab. Michał Spieszny, prof. AKF Background Chronotype reflects individual preferences for circadian rhythm. This study investigated how chronotype affects bench press performance, perceived exertion, pain, and motivation in active women training in the morning after acute sleep restriction. Methods Fourteen physically active women (average age: 25 years; BMI: 23 kg/m²) were classified as morning or intermediate chronotypes using Morningness–Eveningness Questionnaire. Each participant completed two morning training sessions: one after habitual sleep and one after a night with 3-hour sleep restriction. Sessions included

					maximal strength and strength endurance tests. Participants completed a Readiness-to-Train Questionnaire pre-exercise, and RPE (6–20) and pain (VAS 0–10) assessments post-exercise Results Two-way repeated measures ANOVA revealed no significant effects of chronotype or interaction on performance or pain ($p > 0.05$). However, motivation was significantly lower in the intermediate group following sleep restriction ($p = 0.030$). Additionally, the Wilcoxon test showed a significant increase in RPE after sleep restriction in the intermediate group ($p < 0.001$). Conclusions Chronotype modulates psychological responses to morning training under sleep restriction. While no significant differences were observed between chronotypes in performance or pain perception, morning-type participants reported higher motivation, and intermediate types showed greater RPE
7.	Pântea Corina Elena	Prof. Univ. Dr. Ababei Cătălina	Universitatea "Vasile Alecsandri" Bacău	Studiu privind metodele și mijloacele utilizate în predarea aruncării mingii de oină la elevii de clasa a V-a din mediul rural	keywords: sleep, cryotherapy, insomnia. Autor: Natalia Sokulska Introduction: Whole-body cryotherapy (WBC) has been recognized as an effective non-pharmacological support method in the treatment of chronic diseases, also contributing to enhanced quality of life. However, its potential impact on insomnia symptoms has not yet been systematically explored, despite the growing significance of sleep disorders in modern societies. Materials and methods: The study involved 6 healthy young women (mean age: 22.6 ± 1.6 years) who underwent 10 WBC sessions (3 minutes, -120°C), administered daily on weekdays. The subjective severity of insomnia symptoms was assessed before and after the intervention using the Athens Insomnia Scale (AIS), which includes eight components: a) sleep induction, b) awakenings during the night, c) final awakening earlier than desired, d) total sleep duration, e) overall quality of sleep, f) sense of well-being during the day, g) functioning capacity, h) daytime sleepiness. Results: No statistically significant differences were observed in AIS scores between the baseline and post-intervention measurements ($p > 0.05$). Conclusions: Preliminary results do not support a significant short-term effect of whole-body cryotherapy on subjective insomnia symptoms in healthy young women. Further studies with larger sample sizes and extended intervention periods are warranted to evaluate the potential role of WBC in sleep disorder management.
8.	Stavros Dionysopoulos	Dionysopoulos S., Tsoukos A., Manifavas A., Belechris N., Paradisis G and Bogdanis G.C	National and Kapodistrian University of Athens	Effects of Fatigue on Step Parameters and Speed Decline During the Final 100 Meters of a 300 m Sprint	Introduction Fatigue during long sprints is manifested as a gradual deceleration in the final part of the effort. This study aimed to assess the magnitude of speed reduction during the final 100 meters of a 300 m sprint and examine how this decline is reflected by changes in step length and step frequency. Methods Seven experienced national-level sprinters specializing in long sprints participated in the study. Each athlete performed a 300 m maximal effort sprint, without a predefined pacing strategy. Split times were obtained every 100 m using high-speed video-analysis (120 frames per second), and the Kinovea software. A paired samples t-test was conducted to compare the

					first 100 m (0-100 m) and the final segment (200-300 m) in terms of time, mean step length, and mean step frequency. Statistical significance was set at $p<0.05$. Results Mean step length decreased by 3.7 ± 3.7 % ($p<0.05$, $g=0.66$) and mean step frequency declined by 12.0 ± 3.1 % ($p<0.001$, $g=2.96$). As a result, the final 100 m was significantly slower than the first 100 m, with a reduction of 18.8% ± 7.3 % ($p<0.001$, $g= 3.99$). Discussion The results indicate a substantial decrease in speed during the final 100 m of a 300 m sprint, accompanied by reductions in both stride length and frequency. This performance decline is likely linked to neuromuscular fatigue, due to reduced phosphocreatine availability and glycolytic flux (Bogdanis et al., 1995), which impairs power output and alters sprint mechanics (Hanon and Gajer et al., 2009). These physiological limitations contribute to the observed deceleration toward to the end of the race.
9.	Abeer Mahmoud Ahmed, Fahd Hussein Sayyah and Rawad Mahmoud Issa	Prof. Dr. Faleh Jaaz Shalash Al-Qaisi	Al-Kitab University	Evaluating the role of school principals in supporting and encouraging student teachers from the student teachers' perspectives in some Kirkuk schools	Keywords: Education, Physical education, Field training.The objectives of the research are to determine the significance of the principal's role in supporting and motivating student teachers or practice teachers (students who practice teaching in schools during their final year of college), to pinpoint the factors that significantly impact the teaching performance of student teachers, to investigate the elements that are crucial to their growth in Kirkuk schools/Iraq, and to offer suggestions for enhancing their performance in the classroom. The researchers used the descriptive method in its survey style to suit the nature of the research; the research community consisted of fourth-year students at the College of Education/Al-Kitab University. As for the research sample, the Physical Education Department was chosen, and the number of students was 66 male and female students distributed in Kirkuk Governorate and its suburbs. These numbers create a percentage of 45.5% of the research of the community. The researchers used the questionnaire designed by Hussein Ali Hussein and Sareeh Abdul Karim, which consisted of 16 questions and a three-point rating scale (yes, no, sometimes).
10.	Dulceață Mara	Conf. univ. dr. Cazan Florin, Conf. univ. dr. Georgescu Adrian	Universitatea Ovidius din Constanța	The influence of handball on upper limb strength in high school students	Keywords: handball, upper limb strength, dynamic exercises, physical education, high school. Introduction: The strength of the upper limbs directly influences motor activities specific to handball, such as passing, throwing and blocking. In the context of physical education classes, the integration of exercises inspired by handball can be an effective means for the development of this motor quality in high school students. Objectives: The main purpose of this research is to demonstrate that a program of exercises taken from handball contributes to the development of upper limb strength among high school students. It was aimed to highlight the students' motor progress by applying relevant tests, before and after the intervention. Hypothesis: In our scientific approach, we started from the hypothesis that if a program based on exercises for the development of the strength of the upper limbs is

					implemented in the physical education lesson of the 10th grade students, it will determine the improvement of the execution capacity specific to handball. Methods: The experiment took place in the school year 2024–2025, and the application of the improvement program was carried out for 4 weeks. The subjects included in the experiment were 25 students from the 10th grade from the "Neagoe Basarab" Theoretical High School in Oltenita, evenly divided between boys and girls. Results and discussions: Statistically significant differences are observed between the indicators obtained by the students at the initial and final testing, in terms of progress, as a result of the application of the program. Applied tests revealed a clear improvement in upper limb strength, with a balanced mean progress and standard deviation, confirming the formulated hypothesis. Conclusions: The implementation of a program based on handball exercises in physical education lessons contributes to the development of upper limb strength in high school students.
11.	Stavros Siapis	Vassilios Panoutsakopoulos& Polyxeni G. Argeitaki	Aristotle University of Thessaloniki, Greece	Sex differences regarding the consistency of race walking technique between adult greek male and female athletes during the early stage of the 20km race walking event	Keywords: performance, athletics, biomechanical analysis, technique, variability. The aim of the study was to examine the possible sex differences in the consistency of the kinematic parameters which interpret race walking technique between adult Greek men and women athletes. Fourteen Greek male and 16 Greek female athletes competing at the 20 km National Race Walking Championship were examined during the initial 20% of the race (≈4 km). Their race walking technique was recorded with a high-speed camera (sampling frequency: 300 fps). The consistency of the race walking technique was evaluated using the coefficient of variation (CoV = Standard Deviation/mean value). The values of CoV ranged from 1.0% (knee angle at touchdown in Women) to 6.6% (right leg step length in Men). Results of the Independent Samples T-test and Mann-Whitney test revealed that no significant ($p > 0.05$) differences between Men and Women were observed in the average values of the examined kinematic parameters. No significant ($p > 0.05$) differences between Men and Women were also observed regarding the CoV of the examined kinematic parameters, except for step length with take-off from the right foot and the average step length, where Men showed a two-fold higher CoV compared to Women. In conclusion, no sex differences were detected in the initial phase of the 20km race walk race between adult Greek Men and Women race walkers regarding the consistency in the kinematic parameters. Thus, it is not essential for coaches to design sex-specific training programs to optimize the consistency in the race walking technique in national level adult Greek athletes.

12.	Lăcustă Maria - Marinela	Lector univ. dr. Gorgan Carmina Mihaela	Universitatea "Vasile Alecsandri" Bacău	Study on speed education through specific means of jumping school in middle school students	The present work aims to investigate the efficiency of specific means of jumping school in developing speed in middle school students. The study aims to apply motor exercises from the jumping category, adapted to the age characteristics and level of preparation of the students, with the aim of improving reaction speed and execution during physical education classes. The research subjects were represented by 20 middle school physical education teachers, coming from both Bacău County and other counties, who agreed to participate in a questionnaire-based survey (16 items), in the virtual environment, between October 2024 and May 2025. The results indicated that 50% of the subjects occasionally use the standing long jump to teach speed, over 30% of the subjects frequently use this jump, while over 18% of the teachers very rarely use the standing long jump to teach speed. [20:54, 11.05.2025] Maria Blănaru: Regarding gender, the questionnaire was completed by a significant sample of teachers, predominantly female, which reflects the real structure of the Romanian educational system, in which the teaching staff at the gymnasium level is predominantly female. In conclusion, the analysis of the results indicates that most teachers constantly use specific exercises from the jumping school, in the process of educating speed in middle school students. Teachers are largely open to active involvement, but there are also limiting factors, such as: limited time provided in the school curriculum, inappropriate spaces for conducting lessons and insufficient equipment.
13.	Culea (Solomon) Diana Cosmina	Conf. univ. dr. Dan-Iulian Alexe	Universitatea "Vasile Alecsandri" Bacău	Study on the level of intensity of physical effort carried out in lessons among middle school students in the 2024-2025 school year	The aim of the study was to determine the opinion of physical education teachers regarding the level of effort intensity in the physical education lesson. The subjects of this research were 28 physical education and sports teachers, from 19 urban educational units, from different counties in Romania. The research was based on the survey of the subjects' opinions through the questionnaire-based survey method (14 items). The results showed that, referring to the two semesters of the 2024-2025 school year, the increase in the intensity of the exercise structures included in the lesson was significant towards the second semester, and the students' breathing (as a biological sign) and the decrease in the degree of coordination of movements (as a behavioral motor sign) represented, for the vast majority of the subjects, the benchmark according to which they evaluated the intensity of the effort demand made by the students. Also, the application paths included in physical education lessons would have required, from the perspective of almost 80% of the subjects, efforts with moderate to high intensity. The conclusions highlighted that, during the 2024-2025 school year, physical education lessons did not uniformly require the execution of means with a certain level of effort intensity, which determined that the level of effort intensity in physical education lessons was moderate, with slight tendencies towards high in certain cases.

14.	Stavarache Laura	Conf. univ. dr. Dan-Iulian Alexe	Universitatea "Vasile Alecsandri" Bacău	Study on the involvement of middle school students in leading, partially or fully, general physical development complexes	The involvement of students in leading parts of the physical education lesson increases their active participation, makes them responsible and contributes to the formation of the ability to practice, organize and freely carry out sports activities, both in an organized setting and in their free time. The research subjects were represented by 50 physical education teachers from different counties in Romania, who agreed to participate in a questionnaire-based survey (19 items), in the virtual environment, between January and April 2025. The results indicated that 50% of the subjects ask students in grades VII and VIII to get involved in leading parts of the physical education lesson, and over 40% ask students to lead partially or fully general physical development exercise complexes. A percentage of 40% of students volunteered to lead, partially or fully, such complexes, while over 50% of students were delegated by teachers. Regarding gender, female students were more involved in such activities compared to male students. In conclusion, the analysis of the results indicates a frequent and constant practice of physical education teachers in involving students of middle school in the partial or full management of general physical development complexes. Teachers are largely open to the active involvement of students, considering that this practice supports the formation of essential motor, social and psychological skills.
15.	Pîțu David	Lector univ. dr. Larionescu Virgil	Universitatea "Ștefan cel Mare" Suceava	Reducerea timpului necesar măsurătorilor antropometrice prin folosirea aparatului - Morfic	Keywords: anthropometry, measurements, innovation, device. Abstract This article is based on a patent application in the field of anthropometric measurements for physical education lessons, presenting a device called Morfic, designed to help teachers in the rapid and accurate assessment of students. The study explores the development, benefits and applicability of this device, reducing the time budget allocated to anthropometric measurements and helping to create an automatic database through a WI-Fi module.
16.	Horhocea Dragos	Conf. univ. dr. Sava Mihai Adrian	Universitatea "Vasile Alecsandri" Bacău	Ciclismul în școală si în afara școlii	Ciclismul are patru valente importante in viata noastra: este un sport, o modalitatea de recreere, o alternativa de transport dar si un mod de viata. Interdependenta acestora pot influenta intr-un mod pozitiv viata si educatia copiilor nostri intr-o Europa moderna.
17.	Melinte Codrin-Florian	Lector univ. dr. Vulpe Ana-Maria	King's College London	The effects of acetaminophen ingestion on performance during fixed intensity and time trial cycling	Keywords: pacing, VO2max , central regulation, pain perception , power output. The aims of the study were to investigate whether the ingestion of acetaminophen would decrease perceived pain and RPE scores during a fixed intensity test and 10-mile (16.1 km) cycling time trial, which would therefore improve completion times. Also, the aims were to also assess if there’s a significant relationship between an individual’s VO2max and their perceived pain scores. A total of 20 healthy and recreationally active participants (10 males and 10 females with a mean □ SD: age 21.2 □ 1.5) with were included in a repeated-measures, double-blind, randomised, and placebo-controlled design study. Significant levels were set at p □ 0.05. It was discovered that completion times significantly improved with the ingestion of acetaminophen in

					comparison to both control and placebo conditions. ($p < 0.001$). Furthermore, it was found that the ingestion of acetaminophen significantly decreased pain ($p < 0.001$) and RPE ($p < 0.001$) in comparison to the control and placebo condition during the fixed intensity trial (FI). Regarding the 10-mile (16.1 km) trial, no significant differences in pain ($p = 0.269$) and RPE ($p = 0.457$) were found across all conditions. On the contrary, significant differences in power output (PO) across all conditions were found ($p < 0.001$). The Pearson product moment correlation analysis revealed a weak positive correlation between VO2max and perceived pain scores in the 10th minute of the 10-mile (16.1 km) time-trial which was not statistically significant ($r = 0.136$, $n = 20$, $p = 0.568$). These findings therefore confirm the fact that pain perception regulates exercise and also by increasing pain tolerance, performance is enhanced however it cannot be concluded that individuals with a high VO2max have lower pain scores.
18.	Ionica Teona Mihaela	Lector univ. dr. Vulpe Ana-Maria	Universitatea "Vasile Alecsandri" Bacău	Studiul privind interesul manifestat de elevii din ciclul gimnazial asupra practicarii diferitelor ramuri ale gimnasticii in timpul liber	Scopul acestui studiu este de a determina care dintre ramurile de gimnastică este mai populară în rândul elevilor de gimnaziu. Profesorii și antrenorii pot modifica strategiile lor de predare pentru a implica tinerii și a le oferi oportunități de antrenament adecvate prin identificarea preferințelor lor. Prin evidențierea valorii activității fizice pentru creșterea și bunăstarea copiilor, sperăm să promovăm gimnastica și activitatea fizică în general. Pentru părinți, educatori și antrenori, rezultatele cercetării pot oferi informații utile care pot ajuta la construirea unor planuri de succes pentru a spori implicarea elevilor în activități fizice recreative. Această cercetare își propune să analizeze și să evalueze interesul manifestat de elevii din ciclul gimnazial pentru practicarea diferitelor ramuri ale gimnasticii în timpul liber, având ca obiectiv identificarea factorilor care influențează această preferință, a motivațiilor și a beneficiilor resimțite, precum și a obstacolelor care ar putea împiedica desfășurarea acestor activități. Scopul acestei cercetări este de a oferi o perspectivă detaliată asupra modului în care gimnastica este percepută de elevi, atât din punct de vedere al impactului fizic și mental, cât și al rolului său în dezvoltarea socială. Prezentă în viaţa omului modern, gimnastica are ca scop principal formarea şi dezvoltarea armonioasă a organismului, asigurarea suportului fizic pentru practicarea diferitelor sporturi, dar şi pentru îndeplinirea sarcinilor de serviciu, ori a celor sociale. De asemenea, prin această cercetare ne propunem să generalizăm date relevante care să sprijine implementarea unor strategii educaționale și recreative eficiente, menite să promoveze gimnastica drept o activitate benefică pentru sănătate, echilibru emoțional și integrare socială în rândul elevilor din ciclul gimnazial. Studiul va include elevi din clasele V-VIII, provenind dintr-o singură școală. Elevii vor fi aleși aleatoriu sau pe baza unor factori precum vârsta, sexul și nivelul lor de implicare în activitățile fizice. Vor fi incluși atât cei care fac gimnastică în timpul lor liber, cât și cei care nu

					practică această activitate. Cercetarea se va desfășura la o singură școală aleasă pentru studiu. Vor fi organizate sesiuni cu elevii, în cadrul orelor de educație fizică sau în timpul unor întâlniri speciale, dedicate completării chestionarelor și interviurilor. Pentru aceast studiu va fi utilizat ca și instrument chestionarul. Chestionarele vor fi completate de elevi în cadrul orelor de educație fizică sau în sesiuni speciale organizate, pentru a evalua interesul și percepțiile lor față de gimnastică
19.	Miron Vlad	Prof. Univ. dr. Ababei Cătălina	Universitatea "Vasile Alecsandri" Bacău	Aspecte teoretico metodice privind dezvoltarea forței generale la elevii de clasa a V-a	In the specific context of physical education, the harmonious development of children is a priority objective, being important for their health and physical development, especially in a society where sedentary lifestyle and the practical lack of any type of physical activity increasingly affect the younger generations. In this situation, the development of general strength is a major aspect of the educational process, having an important task in increasing the dead capacity and in maintaining a good state of health. During this period, the child's organism is in continuous change, and the development of physical capacities, including strength, must be carried out in a progressive manner and adapted to the particularities of age. What is strength? Strength is the basic motor quality conceived by the human body's ability to make efforts to overcome, maintain or yield in relation to external or internal resistance, through the contraction of one or more muscle groups. Over time, numerous studies and research have taken place internationally on the development of strength in 12-year-old children. Thus, these studies were carried out by several researchers who had the role of highlighting the importance of strength development in the prepubertal period, thus providing us with a wide range of information necessary to be able to look broadly at the development of strength in 12-year-old children. Below, we will present some extensive examples from several researchers: 1. Baechle & Earle (2008) – In the work “Essentials of Strength Training and Conditioning”, the authors state that “strength training should be gradually integrated into children’s training, using correct techniques and appropriate loads”. They argue that “strength can be developed effectively without the use of heavy weights, through exercises with body weight, elastic bands or light objects, contributing to the formation of neuromuscular coordination and preparation for future activities”. 2. Faigenbaum et al. (2009) – This team of American researchers has published multiple studies demonstrating that strength training in children aged 11-13 is not only safe, but also advisable. Faigenbaum showed that moderate training can improve body composition, bone density, posture and general health. He emphasizes that “movements must be performed correctly, under the supervision of a specialist”. Objectives, tasks and working hypotheses students. Specific objectives: • Identifying the most effective methods of developing strength in children; • Analysis of the content of the school curriculum for the 5th grade in

					terms of objectives regarding the development of strength; • Initial assessment of the strength level of 5th grade students through specific motor tests; • Development of a set of exercises and methods adapted to age characteristics; • Evaluation of the progress achieved following the application of the program, based on the final testing; • Identification of teachers' opinions on the difficulties and efficiency of applying some methods of developing strength in this age category. Research tasks: • Selection of the group of subjects (5th grade students); • Choice of research methods (observation, testing, questionnaire); • Establishment of a set of exercises appropriate for the development of general strength; • Applying initial tests to establish the level of students' abilities and physical capacity; • Applying the intervention program for a specific period; • Final testing and analysis of the results; • Interpreting the results obtained and formulating conclusions. Working hypotheses: 1. We assume that a motor program oriented towards the development of strength, systematically applied and adapted to the development level of 5th grade students, will lead to a significant improvement in the level of general strength. 2. We assume that the use of attractive exercises, with a playful and varied character, will increase the degree of active participation of students and will lead to obtaining the greatest possible motivation for physical activity. 3. We assume that the level of development of general strength in 5th grade students varies depending on the frequency of participation in extracurricular physical activities. Final Conclusion The development of general strength in 5th graders should not be neglected, but should be seen as an important factor in the process of physical, mental and social formation of the child. Through a very well-established, intelligent and organized approach, teachers can be the craftsmen of the physical evolution of 5th graders in terms of strength development.
20.	Tabacariu Matei	Lector univ. dr. Vulpe Ana-Maria	Universitatea "Vasile Alecsandri" Bacău	Studiu privind eficiența parcursurilor aplicative in dezvoltarea forței la elevii de gimnaziu	Lucrarea de față își propune să investigheze eficiența parcursurilor aplicative în dezvoltarea forței musculare la elevii de gimnaziu. Studiul a fost realizat pe un eșantion de elevi cu vârste cuprinse între 11 și 14 ani, fiind implementat un program de exerciții fizice structurat sub forma unor parcursuri aplicative adaptate nivelului de dezvoltare al copiilor. Prin aplicarea unor teste motrice inițiale și finale, s-au urmărit progresele înregistrate în ceea ce privește forța membrelor superioare, inferioare și a trunchiului. Rezultatele obținute au evidențiat o îmbunătățire semnificativă a nivelului de forță la elevii care au participat constant la activități, comparativ cu grupul de control. Studiul confirmă faptul că parcursurile aplicative reprezintă o metodă eficientă, dinamică și motivantă pentru dezvoltarea capacităților motrice în rândul elevilor de gimnaziu.

21.	Carabulea Ștefan	Lungu Ecaterina, PhD	Institute of Physical Education and Sport of Moldova State University	Specificity of Articular Mobility Development in Artistic Gymnastics	Exceptional articular mobility is fundamental in artistic gymnastics, directly influencing technical execution, injury prevention, and the artistic potential of athletes. This study investigates the specifics of developing this essential physical quality, considering the unique demands of different apparatus and elements. The study involved a comparative analysis of articular mobility training methods used by gymnasts of different levels and specializations. Static and dynamic stretching techniques, strength exercises with a large range of motion, and proprioceptive neuromuscular facilitation (PNF) methods were evaluated. The evolution of articular mobility in a group of gymnasts was also tracked throughout a competitive season, correlating it with training intensity and competition performance. The results highlighted the importance of an individualized approach in mobility development, adapted to the specific apparatus and the individual characteristics of the gymnast. It was found that a balanced combination of static and dynamic stretching, integrated with strength exercises, is more effective than the exclusive use of a single method. PNF techniques demonstrated significant benefits in rapidly increasing the range of motion. A positive correlation was also observed between the level of articular mobility and the difficulty of the elements performed in competitions. The study emphasizes the need for rigorous and specific planning of articular mobility training in artistic gymnastics. Coaches should implement individualized programs that combine various methods of improving flexibility and constantly monitor the progress of gymnasts. Optimal development of mobility not only improves technical performance but also plays a crucial role in injury prevention and prolonging the athletic career of gymnasts.
22.	Munteanu Ruxandra	Conf univ dr Galeru Ovidiu	Universitatea "Vasile Alecsandri" Bacău	Studiul privind învățarea procedeului bras în lecțiile de educație fizică din cadrul disciplinelor alternative la clasele gimnaziale	Am ales această temă deoarece am practicat sărituri în apă timp de 11 ani, iar în această perioadă am avut rezultate la nivel național, internațional și balcanic. Îmi doresc să lucrez cu copiii, pentru a-i putea modela și crește în acest sport. În cadrul orelor de de educație fizică, înotul este predat sub forma sa globală, sub forma unor exerciții de învățare pentru copii ce întotdeauna sunt și interactive, atractive, care stimulează interesul elevilor către educație fizică.
23.	Enache Bianca-Elena	Prof. univ. dr. hab. Dobrescu Tatiana	Universitatea "Vasile Alecsandri" Bacău	Studiu privind dinamica rezultatelor lotului reprezentativ de gimnastică artistică la Jocurile Olimpice	Este de a evidenția contribuția loturilor reprezentative de gimnastică artistică a României pe parcursul istoric al Jocurilor Olimpice.Ipoteza elaborată pornește de la presupunerea că rezultatele obținute de loturile de gimnastică artistică ale României, atât feminin, cât și masculin, au contribuit în mod semnificativ la consolidarea prestigiului sportului românesc, prin performanțele remarcabile înregistrate la Jocurile Olimpice.

24.	Nedelcu Bianca-Antonia	Prof. univ. dr. Ababei Cătălina	Universitatea "Vasile Alecsandri" Bacău	Studiu privind pregătirea tehnica a sportivilor juniori lll în proba de aruncare a ciocanului	Lucrarea își propune să investigheze pregătirea tehnică a sportivilor juniori III în proba de aruncare a ciocanului, având în vedere complexitatea acestei discipline atletice, care presupune dezvoltarea coordonării, forței, mobilității și echilibrului. Studiul are la bază metoda anchetei, aplicată prin intermediul unor chestionare distribuite antrenorilor și sportivilor cu vârste între 14 și 15 ani, din cadrul mai multor cluburi sportive din Bacău, Vaslui și Galați. Instrumentele de investigare au fost concepute pentru a evidenția percepțiile și practicile privind instruirea tehnică a sportivilor la această categorie de vârstă. Deși analiza datelor este în curs de desfășurare, lucrarea evidențiază deja importanța utilizării unor mijloace auxiliare – precum bastonul de tehnică și mingea medicinală – în formarea și consolidarea mișcărilor specifice. Studiul contribuie la identificarea unor direcții eficiente de optimizare a procesului de pregătire tehnică în aruncarea ciocanului pentru sportivii juniori, cu scopul de a asigura o bază solidă pentru performanțele viitoare.
25.	Raclariu Nicoleta	Prof. univ. dr. Ababei Radu	Universitatea "Vasile Alecsandri" Bacău	Studiu privind contributia jucatorului de pe postul de coordonator de joc, in faza a -iv-a a atacului in handbal, la nivelul juniorilor ii	Keywords: playmaker, junior handball, positional attack, technical-tactical efficiency, individualized training. This dissertation aims to analyze the contribution of the center back (playmaker) in phase IV of the handball attack at the junior level (Junior II). The topic is highly relevant due to the growing need to adapt training programs to the modern demands of handball, which now requires high speed, advanced technique, and complex tactical understanding. The author emphasizes the importance of individualized training based on each player's position on the field, focusing specifically on developing the technical and tactical skills essential for the playmaker. The research was conducted over the course of one year and involved detailed analysis of official matches from the National Handball Championship, Series E, Junior II. The technical-tactical actions of players occupying the center back position were closely observed. The methodology included direct observation, video analysis, graphical representation, and statistical processing. Eleven recurring technical-tactical actions were analyzed, evaluating their frequency and effectiveness in competitive settings. The findings enabled the identification of the most effective exercise structures and the real contribution of the playmaker within positional attacks. The study highlighted the decisive role of this position in organizing and finalizing offensive phases, having a direct impact on the team’s overall performance. The paper offers a practical model of training tailored for the playmaker, which can be applied in the instructional process to enhance competitive efficiency and performance.
26.	Luchin Iulian	Conf. univ. dr. Serghei Sîrghi	Universitatea de Stat din Moldova, Institutul de Educaţie Fizică și Sport	Impactul substanțelor de creștere musculară asupra sănătății sportivilor bodybuilderi	Keywords: Bodybuilding, Anabolic steroids, Athlete health, Cardiac disorders, Liver failure, Kidney failure, Stroke, Doping in sports. Abstract. Bodybuilding is a sport discipline that requires a high level of dedication, nutritional control, and intense physical training, with the main objective of developing muscle mass and achieving aesthetic body definition. However, the desire to

					accelerate the process of muscle hypertrophy has led many athletes to resort to muscle growth substances, particularly anabolic steroids. This research analyzes the impact of these substances on the health of bodybuilding athletes, offering a scientific perspective on the associated physiological risks. The most common health conditions caused by anabolic steroid use are highlighted: high blood pressure, cardiac arrhythmias, liver and kidney failure, hormonal imbalances, and an increased risk of strokes. Recent clinical and statistical studies indicate a worrying rise in these issues among athletes using such substances without medical supervision. The paper also emphasizes the importance of educating athletes on the side effects of these substances and the need to implement preventive programs and regular medical monitoring. An integrative approach is proposed, including psychological support, endocrinological supervision, and natural alternatives for muscle development. The conclusion underscores that, although aesthetic performance is a major goal in bodybuilding, it should not be pursued at the expense of long-term health. Promoting a sports culture based on ethics, informed choices, and health awareness is imperative in the current context.
27.	Kovac Stevan	Bojan Bjelica, PhD	University of East Sarajevo, Bosnia and Herzegovina, Faculty of Physical Education and Sport,	Effects of Testosterone Enanthate on Muscle Performance	Keywords: hormonal modulators, neuromuscular adaptation, physiological response, ergogenic aids, metabolic regulation. Abstract. Testosterone enanthate is one of the most commonly used forms of exogenous testosterone, known for its potent anabolic properties. This literature-based paper aims to examine how the administration of testosterone enanthate influences various aspects of muscle performance, including strength, endurance, and adaptation to physical exertion. Special attention is given to the underlying physiological mechanisms, such as enhanced protein synthesis, increased muscle mass, and improved neuromuscular function. The review also considers differences between therapeutic and non-therapeutic use, as well as potential health risks and side effects associated with prolonged application. It is concluded that testosterone enanthate can significantly enhance muscular capabilities, but its use requires careful monitoring to balance the benefits against possible adverse outcomes.

28.	Marko Janković	Prof. Bubanj Saša PhD	Faculty of Sport and Physical Education, University of Niš, 18000 Niš, Serbia	The Influence of Muscle Mass on Squat Jump Height in Young Basketball Players	Keywords: countermovement jump (CMJ); segmental body composition analysis; basketball; biomechanics; adolescents. Abstract. The ability to perform explosive vertical jumps is a key motor skill in basketball, influencing performance in shooting, rebounding, and defensive actions. While it is well-established that muscle mass contributes to strength and explosive power, the relationship between segmental muscle mass in the lower limbs and vertical jump height in youth basketball players remains underexplored. This study aimed to investigate the correlation between muscle mass percentage in a single leg and vertical jump performance in adolescent basketball players. A sample of 13 healthy male junior basketball players (age 17) with at least five years of training experience was assessed using unilateral countermovement jump (CMJ) tests and segmental body composition analysis via bioelectrical impedance (InBody). Jump performance variables included jump height, relative maximal force during concentric and eccentric phases, and average power. Pearson's correlation analysis revealed a significant positive correlation between muscle mass in one leg and jump height ($r = 0.671$, $p = 0.012$), indicating that players with greater muscle mass tend to achieve higher vertical jumps. Moderate positive correlations were also observed between muscle mass and relative eccentric force ($r = 0.585$, $p = 0.036$), while associations with concentric force ($r = 0.547$, $p = 0.053$) and average power ($r = 0.449$, $p = 0.124$) were weaker and statistically non-significant. These findings suggest that increased muscle mass alone is not a sufficient predictor of strength and power without accompanying neuromuscular coordination and technique. The study highlights the importance of a balanced approach to training, incorporating not only hypertrophy but also movement efficiency and strength development. Practical implications support the development of individualized training protocols aimed at optimizing muscle distribution to enhance jump performance in youth basketball players.
29.	Mihailov Maxim	Prof. univ. dr. Carp Ivan	Facultatea de Educație Fizică și Sport, USM/IEFS	Strategii pentru dezvoltarea calităților motrice la elevii din ciclul gimnazial prin intermediul mijloacelor specifice fitnessului	Cuvinte-cheie: strategii, curriculum, educație fizică, elevi, model, calități motrice, fitness. Rezumat. În articolul de față este abordată problematica dezvoltării calităților motrice ale elevilor din clasele gimnaziale, prin identificarea și utilizarea eficientă a mijloacelor din fitness în cadrul modulelor curriculare. Pentru a răspunde problematicii cercetate, au fost analizate conținuturile modulelor prevăzute în curriculumul pentru învățământul gimnazial, în urma cărora au fost stabilite strategiile de influențare selectivă a procesului de dezvoltare a calităților motrice prin intermediul exercițiilor din domeniul fitnessului. Modelul strategic propus în cadrul lecțiilor de educație fizică a fost centrat pe unități de conținut specifice modulelor obligatorii (atletism, baschet, fotbal și

					volei), precum și pe complexe de exerciții speciale cu scop bine determinat (extracurriculare), orientate spre dezvoltarea calităților motrice precum: îndemânarea, viteza, viteza în regim de coordonare, rezistența etc. În urma aplicării și implementării acestor mijloace în cadrul lecțiilor de educație fizică, s-a realizat evaluarea nivelului de dezvoltare a calităților motrice înainte și după aplicarea strategiilor didactice propuse. Testările inițiale au evidențiat faptul că subiecții grupelor experimentale și martor (GE și GM), atât fete cât și băieți, au înregistrat valori relativ apropiate la toți indicatorii analizați. Analiza datelor colectate și a rezultatelor obținute în etapa finală a cercetării confirmă eficiența strategiilor aplicate pentru îmbunătățirea indicatorilor de dezvoltare a calităților motrice ale elevilor din clasele gimnaziale, în special în ceea ce privește viteza, viteza în regim de coordonare și echilibrul, cu un prag de semnificație de $P < 0,01$.
30.	Gugles Irina ROXANA	Conf. univ. dr. Șufaru Constantin	Universitatea "Vasile Alecsandri" Bacău	Studiu privind realizarea obiectivelor educației fizice, în lecția de educație fizică, prin utilizarea jocului de handbal, în gimnaziu	Lucrarea de față își propune să evidențieze rolul jocului de handbal în atingerea obiectivelor educației fizice în învățământul gimnazial, cu un accent deosebit pe percepțiile profesorilor de educație fizică din județul Bacău. Cercetarea a fost realizată pe parcursul unui an și s-a bazat pe aplicarea unui chestionar sociologic adresat profesorilor, vizând aspecte legate de utilizarea handbalului în lecțiile de educație fizică, eficiența acestuia, motivația elevilor, siguranța și dezvoltarea personală și socială. Metodologia utilizată a inclus metode precum observația, ancheta prin chestionar, metoda statistico-matematică pentru analiza răspunsurilor și reprezentarea grafică a rezultatelor, oferind o imagine clară asupra datelor colectate. Chestionarul a fost compus din 15 întrebări grupate tematic și a fost completat de 57 de profesori din școlile din Bacău și Onești. Rezultatele arată că handbalul este apreciat ca fiind o activitate atractivă, motivantă și eficientă pentru dezvoltarea abilităților fizice, coordonării, reflexelor și lucrului în echipă. De asemenea, profesorii consideră că handbalul contribuie pozitiv la starea de spirit a elevilor și la dezvoltarea socială a acestora. Concluzia generală a studiului este că handbalul are un potențial educațional ridicat și poate fi un instrument eficient în cadrul orelor de educație fizică, susținând obiectivele curriculare și contribuind la formarea unor deprinderi motrice și atitudini pozitive față de mișcare. Astfel, se recomandă includerea frecventă a jocului de handbal în programa școlară pentru a spori atractivitatea și eficiența lecțiilor.
31.	Rusu Danut Alexandru	Lector univ. dr. Gorgan Carmina	Universitatea "Vasile Alecsandri" Bacău	Studiu privind dezvoltarea rezistenței prin mijloace specifice atletismului în cadrul lecțiilor de educație fizică la clasele gimnaziale	Dezvoltarea rezistenței fizice reprezintă un aspect fundamental al educației fizice și al sportului, având un impact semnificativ asupra sănătății, performanței și capacității motrice a elevilor. În contextul învățământului gimnazial, în care elevii se află într-o perioadă de dezvoltare rapidă a capacităților fizice și cognitive, importanța unui program de educație fizică bine structurat, care să includă exerciții specifice pentru îmbunătățirea rezistenței, este esențială.

32.	Tancău Sabina-Valentina	Conf univ.dr. Ciocan Cătălin	Universitatea "Vasile Alecsandri" Bacău	Studiu cu privire la educarea îndemânării prin mijloace specifice jocului de baschet la elevii de gimnaziu	În cadrul orelor de educație fizică, baschetul ocupă un loc important, oferind elevilor oportunitatea de a-și îmbunătăți coordonarea, viteza de reacție și capacitatea de colaborare în echipă. Totodată joacă un rol esențial in educarea îndemânării prin intermediul mijloacelor jocului de baschet.

Physiotherapy and Occupational Therapy/
Physical Therapy and Occupational Therapy
-scientific section-

	Author	**Scientific coordinator**	**Affiliation**	**Work**	**Abstract**
1.	Anghel Cristi Daniel	Associate professor, PhD Raţă Marinela	"Vasile Alecsandri" University - FSMSS	Efficiency of using assistive technology in occupational therapy in stroke patients	Alegerea acestei teme este fundamentată pe necesitatea de a aborda o problemă complexă și actuală din domeniul reabilitării post-AVC. Deși terapia ocupațională (TO) reprezintă o componentă esențială în recuperarea pacienților, potențialul tehnologiei asistive (TA) de a optimiza acest proces este încă incomplet explorat. Aspecte insuficient cunoscute: Impactul pe termen lung al diferitelor tipuri de tehnologie asistivă asupra calității vieții și reinserției socio-profesionale a pacienților rămâne parțial elucidat. Variabilitatea răspunsului pacienților la intervențiile cu tehnologie asistivă, datorată factorilor individuali și specificităților tehnologice, necesită investigații suplimentare.
2.	Lăbonțu Petronela Crina	Associate professor, PhD Sandovici Anișoara	"Vasile Alecsandri" University - FSMSS	Restructuring and adapting daily routines to the mother diagnosed with mental deficiency through specific means of occupational therapy	Lucrarea de licență se concentrează asupra impactului deficienței mintale asupra rutinei zilnice a unei persoane, în contextul specific al unei mame diagnosticate cu această condiție, și analizează modul în care terapia ocupațională poate contribui la restructurarea și adaptarea activităților cotidiene pentru a sprijini o viață de calitate. Această fundamentare teoretică va explora concepte cheie, cum ar fi deficiența mintală, terapia ocupațională și impactul adaptării rutinelor zilnice asupra persoanelor cu această tulburare.
3.	Tricolici Vasile	Associate professor, PhD Raveica Gabriela	"Vasile Alecsandri" University - FSMSS	The role of the occupational therapist in the integration of the elderly in the community through leisure activities -	Lucrarea evidențiază beneficiile utilizării bicicletei de către persoanele vârstnice, atât din perspectivă recreativă, cât și terapeutică, subliniind impactul pozitiv asupra sănătății fizice, psihice și sociale. Este analizat rolul terapeutului ocupațional în promovarea ciclismului recreativ ca mijloc de menținere a autonomiei și de prevenire a izolării sociale. În acest context, se propune un program de intervenție ocupațională centrat pe activități de ciclism adaptate nevoilor vârstnicilor. De asemenea, este evaluat impactul acestei activități

				the use of bicycles	asupra integrării sociale, demonstrând potențialul ciclismului recreativ în creșterea calității vieții la vârsta a treia.
4.	Gabriela Stan	Associate professor, PhD Balint Tatiana	"Vasile Alecsandri" University - FSMSS	Case study on the improvement of postoperative sequelae after bimalleolar fracture	During the research period, we carried out the final evaluation, as a result of which we were able to observe: - reduction of pain and local sensitivity; - reduction of the difference in circumference between the segments of the two lower limbs; - improvement of joint mobility and muscle strength in the affected lower limb; - improvement of balance and gait; - increase of the subject's functional independence by increasing the distances traveled without pain or functional discomfort. The research subject resumed his household activity within 3 months of the end of the immobilization period, noting that it is necessary to continue the physiotherapy program until all specific and global functions of the affected limb improve. Therefore, considering the above, the research hypothesis is confirmed: it is assumed that, by using physiotherapy means, we can contribute to the improvement of postoperative sequelae after bimalleolar fracture.
5.	Macovei Cătălin Răducu	Assistant professor, PhD Panaet Elena-Adelina	"Vasile Alecsandri" University - FSMSS	Study on the Effectiveness of Physical Therapy Means in Flat Foot Recovery in Children Aged 10-12 Years	Keywords: flatfoot, kinesiotherapy, children, rehabilitation, physical therapy. The current study investigates the effectiveness of kinesiotherapeutic methods in the recovery and management of flatfoot in children aged between ten and twelve years. Flatfoot is a common condition during childhood that may lead to postural imbalance, gait alterations, and discomfort if not addressed appropriately. The research was conducted on a group of children diagnosed with flatfoot, aiming to assess the impact of a structured kinesiotherapy program over a defined period. The therapeutic intervention included specific exercises designed to strengthen the muscles of the foot and lower limb, improve proprioception, and support the development of the medial longitudinal arch. Assessment tools such as posture analysis, footprint analysis, and functional tests were used to evaluate the initial condition and monitor progress throughout the intervention. The results demonstrated significant improvement in foot posture and functional abilities in the majority of participants following the intervention. This study highlights the crucial role of early intervention and individualized therapeutic exercises in correcting biomechanical deficits associated with flatfoot. Furthermore, it emphasizes the importance of consistent application and monitoring to achieve long-term benefits. The findings support the inclusion of kinesiotherapeutic strategies as a non-invasive and effective approach in pediatric physical therapy aimed at correcting flatfoot. The study contributes valuable insights to the field of rehabilitation and offers practical recommendations for clinicians working with pediatric populations.
6.	Drăgușanu Adriana	Associate professor, PhD Cristuta Alina Mihaela	"Vasile Alecsandri" University - FSMSS	Study on the role of physical therapy in children with SEN	Am ales această temă plecând de la convingerea profesională, întărită de cei 20 de ani de experiență în învățământul special, că prevenția este esențială. În cazul copiilor cu CES, măsurile de prevenție și intervenție timpurie, în special prin kinetoterapie, sunt vitale pentru menținerea funcționalității și a unei

					dezvoltări fizice cât mai apropiate de normal. Este mult mai eficient să acționăm înainte ca deviațiile să se agraveze, decât să încercăm corectarea lor într-un stadiu avansat. Exercițiile fizice adaptate contribuie semnificativ la ameliorarea dezechilibrelor morfologice și motorii și susțin integrarea socială a copiilor CES. Lucrarea de față își propune să evidențieze importanța kinetoterapiei ca metodă esențială în prevenirea și corectarea deficiențelor posturale, dar și ca suport fundamental în procesul de educație și reabilitare specifică acestui grup vulnerabil.
7.	Rogojină Alexandru Petruț	Lecturer, PhD, Anghel Mihaela	"Vasile Alecsandri" University - FSMSS	The role of physical therapy in restoring knee functionality after total arthroplasty	Total knee arthroplasty is a widely used surgical procedure aimed at reducing pain and restoring mobility in patients with advanced degenerative joint disease, particularly osteoarthritis. The role of physiotherapy in the postoperative recovery process has become increasingly recognized as essential for restoring functional independence, improving joint mobility, muscle strength and enhancing quality of life. This study aims to evaluate the effectiveness of physiotherapeutic interventions in regaining knee functionality after total knee replacement. The research was performed on a single patient who underwent total knee arthroplasty and included a personalized rehabilitation program based on progressive, functional and patient-centered therapeutic exercises. Assessment tools used included functional mobility tests, range of motion measurements, muscle strength assessment, gait analysis and quality of life scales. The study found that consistent and individualized physiotherapy led to significant improvements in knee mobility, reduced pain, increased muscle strength and an overall improvement in functional autonomy. The results support the essential role that structured physiotherapeutic protocols play in short- and long-term recovery. In addition, the research emphasizes the need for an interdisciplinary approach and continuous follow-up after discharge to maintain the functional gains achieved during the inpatient rehabilitation period. The findings reinforce the importance of physiotherapy as a core component of post-arthroplasty care and suggest directions for optimizing rehabilitation protocols for future clinical practice.
8.	Moisei Ștefan	Associate professor, PhD Ochiană Gabriela	"Vasile Alecsandri" University - FSMSS	Virtual reality recovery in Parkinson's disease	This research explores the use of virtual reality as a modern therapeutic tool for patients diagnosed with Parkinson’s disease, the second most common neurodegenerative condition after Alzheimer’s disease. Given the increasing incidence of Parkinson’s disease and its impact on motor and non-motor functions, this study investigates whether virtual reality can be integrated effectively into rehabilitation programs. The theoretical framework includes the pathology of the extrapyramidal nervous system and the role of dopamine and the substantia nigra in motor control. The practical part of the research was conducted over six months and focused on a 76-year-old male diagnosed with idiopathic Parkinson’s disease at stage III Hoehn and Yahr. A personalized virtual reality therapy program was implemented, including cognitive and motor

					exercises designed as interactive games. The patient's progress was evaluated using standardized clinical tools, such as the Unified Parkinson's Disease Rating Scale, goniometry, manual muscle testing, balance and gait assessments, and the Barthel Index for functional independence. The results showed improvements in mobility, fine motor skills, balance, and independence, supporting the hypothesis that virtual reality enhances therapeutic adherence, motivation, and functional outcomes. While the effects were not significantly superior to conventional therapy, the innovative and engaging nature of virtual reality showed promise in enhancing the patient's rehabilitation experience. This research contributes to the ongoing exploration of technology-assisted rehabilitation and suggests that virtual reality could serve as an effective complementary method in the treatment of Parkinson's disease.
9.	Năstase Elena Cristina	Associate professor, PhD Gabriel Mareș	"Vasile Alecsandri" University - FSMSS	Occupational therapy intervention to facilitate school inclusion of children with motor tics	Experiența directă și personală în lucrul cu elevii cu cerințe educaționale speciale (CES) , m-au determinat să aleg această temă pentru lucrarea de licență. Este un fenomen aflat într-o continuă creștere de aceea consider că, implementarea unei strategii de incluziune școlară din perspectiva terapiei ocupaționale este mai mult decât necesară. Am luat ca studiu de caz un elev de clasa a XI a, care are ca diagnostic "Ticuri Motorii", și am facilitat incluziunea școlară aplicânt strategii de Terapie Ocupațională, începând de la elaluarea elevului pâna la planul de intervenții. Cercetarea aplicativă desfășurată în cadrul acestui studiu de caz a urmărit modul Modelul Persoană – Mediu – Ocupație (PEO) , ghidată de structura procesuală a Modelului Performanței Ocupaționale (OPPM). Întregul proces s-a desfășurat pe o perioadă de 6 luni, în intervalul septembrie 2024 – martie 2025. Am folosit intrument de evaluare COPM(Canadian Occupational Performance Measure), care m-a ajutat să identific cele 5 activități prioritare. În urma planului de intervenții negociat si acceptat de elev, am reușit să cresc nivelul de performanță și sadisfacție pentru cele 5 activități.
10.	Dumitru Laura Nicoleta	Associate professor, PhD Ochiană Gabriela	"Vasile Alecsandri" University - FSMSS	The specifics of physical therapy intervention in Parkinson's disease	The bachelor's thesis explores the evaluation and functional rehabilitation in Parkinson's disease through the implementation of an innovative protocol that combines the LSVT BIG method with neuromuscular facilitation techniques and passive stretching. The study included three subjects diagnosed with Parkinson's disease, with the intervention conducted during the optimal medication response period (ON period), at the Physiomed clinic. The results showed significant improvements in motor parameters, such as increased range of motion, reduced rigidity, enhanced movement speed, improved balance, and muscle strength, with effects maintained at a 3-month follow-up. The study highlights the importance of raising patient awareness regarding the continuation of home-based exercises and the integration of BIG movements into daily routines. It also suggests the need to promote this protocol through a

					dedicated publication accessible to both patients and therapists. The conclusions emphasize the potential of this approach to enhance the effectiveness of physical therapy interventions in clinical practice. Parkinson's disease, LSVT BIG, motor rehabilitation
11.	Nelea Silvia	Associate professor, PhD Mares Gabriel	"Vasile Alecsandri" University - FSMSS	Occupational therapy applications in the school integration of the child with school phobia	The choice of this topic is motivated both by my personal interest in the field of educational psychology and occupational therapy, and by the desire to better understand the difficulties encountered by children with school phobia. During my academic career, I had the opportunity to delve into topics related to anxiety, emotional disorders and educational intervention methods, and this work offers me the opportunity to apply and expand this knowledge in a concrete way.
12.	Lungu Antonia Lavinia	Lecturer, PhD ȘLICARU Adina-Camelia	"Vasile Alecsandri" University - FSMSS	Study on the effectiveness of physical therapy intervention in elderly patients with osteoarthritis of the spine	Keywords: osteoarthritis, pain, mobility, cervical spondylosis. Abstract. The paper "Study on the effectiveness of physiotherapeutic intervention in elderly patients with osteoarthritis of the spine" presents the stages of research, development and application of the recovery program to improve the functionality of the spine. The research was conducted between December 2024 and May 2025 and was carried out on 2 subjects: a 68-year-old man and a 65-year-old woman with a clinical diagnosis of cervical spondylosis. Within the recovery program, I used various specific techniques and means such as: passive mobilizations of the cervical spine, stretching, free active exercises and exercises with objects.
13.	Grosu Maria Isabela	Associate professor, PhD Cristuță Mihaela-Alina	"Vasile Alecsandri" University - FSMSS	The efficiency of physical therapy in improving the symptomatological picture in the elderly with multiple degenerative processes	The subject of this topic is relevant both from a scientific point of view and from a social and economic perspective. According to the World Health Organization (WHO), aging is a natural stage of development or a normal part of human existence. Clinical and statistical studies have shown that older people have a greater participation in chronic diseases compared to other population groups. According to some studies, each person over 65 has, on average, 3-4 chronic diseases. The patient with multiple degenerative diseases represents not only a public health problem, but also a personal and family one, in terms of marked impairments in functionality and quality of life.
14.	Camanaru Elena-Casiana	Lecturer, PhD Șlicaru Adina Camelia	"Vasile Alecsandri" University - FSMSS	Case study on the effectiveness of physical therapy interventions in the re-education of patients with psoriatic arthritis	Keyword: physiotherapy, psoriatic arthritis, case study, rehabilitation, functional recovery. The paper presents a case study that follows the effectiveness of physiotherapy interventions applied to a patient diagnosed with psoriatic arthritis. The recovery program was individualized and included specific exercises aimed at improving joint mobility, muscle strength and general functionality. Based on the assessments performed before and after the intervention, a significant improvement in the patient's symptoms and quality of life was observed. The study emphasizes the essential role of physiotherapy in the rehabilitation of people with inflammatory rheumatic diseases.

15.	Camanaru Patricia-Ștefania	Lecturer, PhD Șlicaru Adina Camelia	"Vasile Alecsandri" University - FSMSS	Comparative study on the effectiveness of the physical therapy intervention program in young and elderly patients with chronic bronchitis	Keywords: chronic bronchitis, respiratory rehabilitation, functional assessment, age differences, physiotherapy. This bachelor's thesis investigates the impact of physiotherapeutic intervention in the rehabilitation of patients diagnosed with chronic bronchitis, with an emphasis on the differences between young and elderly subjects. The study was conducted on two female participants from different age groups—one aged 22 and the other aged 66—both presenting distinct physical tolerances and respiratory symptoms. The research focused on assessing their respiratory function, tolerance to physical effort, and quality of life through observation, interviews, and clinical evaluation methods such as chest circumference measurements, respiratory tests, and the analysis of signs and symptoms like dyspnea and cough. A personalized kinetic therapy program was designed for each case, based on theoretical documentation and methodological principles specific to respiratory pathology. Although the intervention program itself has not yet been fully developed, the preliminary evaluations allowed for a relevant comparison between age groups. The study highlights the significance of adapting physiotherapeutic approaches to the functional capacity and age of patients. Differences in responsiveness, adaptation to effort, and patient cooperation underline the need for individualized rehabilitation plans. This research contributes to the understanding of how chronic bronchitis rehabilitation should be approached and supports the development of therapeutic strategies tailored to age-related needs.
16.	Beca Valentina Petronela	Lecturer, PhD Șlicaru Adina Camelia	"Vasile Alecsandri" University - FSMSS	Study on the effectiveness of physical therapy intervention in overweight patients diagnosed with rheumatological diseases	Keywords: kinesiotherapy, osteoarthritis, overweight patients, rehabilitation, joint function. The present study aims to evaluate the effectiveness of a structured kinesiotherapeutic intervention program in overweight patients diagnosed with rheumatologic conditions, with a focus on improving joint mobility, muscular strength, and functional capacity. The research included a female patient with a clinical diagnosis of knee osteoarthritis who had previously undergone surgical intervention. The patient presented with limited range of motion, reduced muscle strength, pain during movement, and difficulty performing daily activities. An individualized rehabilitation plan was developed, consisting of therapeutic exercises, stretching, muscle strengthening, and functional re-education, adapted to the patient's physical status and specific needs. The assessment protocol included articular and muscular testing, functional tests specific to the affected joint, and the use of a global functional score. The results revealed a significant improvement in joint flexibility, with flexion increasing from 85 degrees to 115 degrees and full extension restored. Muscle strength improved in all key muscle groups, particularly in the quadriceps. Functional test outcomes also demonstrated enhanced mobility and reduced pain, while the global functional score reflected better adaptation to physical effort. This case study highlights the importance of early and

					consistent kinesiotherapeutic interventions in managing rheumatologic conditions in overweight individuals. The findings support the hypothesis that a personalized and progressive rehabilitation program contributes to improving joint function, reducing pain, and enhancing the patient's quality of life.
17.	Țarelea Ion	Lecturer, PhD Șlicaru Adina Camelia	"Vasile Alecsandri" University - FSMSS	Case study regarding the effectiveness of physiotherapeutic intervention in improving the functional independence of the patient with post-surgery sequelae in the brain	Keywords: physical therapy, functional independence, surgery recovery, motor rehabilitation. This case study explores the effectiveness of a structured physical therapy intervention program in improving functional independence in a patient presenting with neurological deficits following brain surgery. The patient, a 71-year-old individual, experienced motor impairment, balance disturbances, and reduced autonomy in daily living activities due to postoperative sequelae. The intervention program was tailored to the patient's needs and focused on neuromotor re-education, postural control, muscle strengthening, gait training, and functional mobility exercises. The rehabilitation process was conducted over a period of eight weeks, with sessions held five times per week. Functional outcomes were assessed using standardized clinical tools such as the Functional Independence Measure at the beginning, midpoint, and end of the intervention. The results demonstrated significant improvements in balance, coordination, and the ability to perform daily activities independently. The patient's level of dependence decreased markedly, highlighting the importance of early and individualized kinetic therapy in optimizing recovery after surgery. The findings of this case study support the value of consistent, targeted therapy interventions in enhancing and facilitating the regaining of autonomy in individuals affected by brain surgery sequelae. Further research involving a larger sample size is recommended to confirm the generalizability of these outcomes and to refine rehabilitation protocols for similar clinical scenarios.
18.	Nejneru Mioara-Tatiana	Associate professor, PhD Stoica Cristina	"Vasile Alecsandri" University - FSMSS	Efficiency of physiotherapeutic intervention in the treatment of tibial plateau fracture - case study	The choice of this topic is based on the importance of functional recovery in the reintegration of patients with tibial plateau fractures into daily and professional activities. Tibial plateau fractures are complex injuries, affecting not only the bone structure, but also the stability and functionality of the knee joint, requiring a well-structured rehabilitation process to avoid long-term complications. This topic is also relevant in the field of physiotherapy, as recent recovery possibilities emphasize the importance of an individualized patient program, adapted to the characteristics of each patient. The choice of this topic is also an opportunity to deepen my knowledge of post-fracture recovery, which will be useful in my future professional practice. I chose this topic because I believe that functional recovery after tibial plateau fracture is an essential area of physiotherapy, and in-depth analysis of this topic can contribute to optimizing rehabilitation strategies, giving patients a greater chance of fully regaining their mobility and independence.

19.	Șăndreanu Serafima	Assistant professor, PhD Panaet Elena-Adelina	"Vasile Alecsandri" University - FSMSS	Identifying postural changes in martial arts athletes	This paper aims to identify and analyze the postural modifications commonly observed in athletes practicing martial arts. Body posture is a key element in physical performance, balance, and injury prevention, especially in sports that involve repetitive movements, asymmetric positions, and intense musculoskeletal strain. Due to their specific technical and tactical requirements, martial arts can lead to long-term postural adaptations, some of which may enhance athletic performance, while others may contribute to musculoskeletal imbalances. The study explores how systematic martial arts training influences body alignment, highlighting common patterns among practitioners. While certain postural changes may represent normal adaptive responses to repeated physical demands, others may become risk factors for chronic conditions if not properly monitored or corrected. Understanding these modifications is essential for improving training programs and ensuring long-term health benefits for athletes. This research provides a comprehensive overview of postural changes related to martial arts practice, offering valuable insights for professionals in sports medicine, physiotherapy, and coaching, as well as for athletes themselves. Recognizing and addressing these postural patterns can support better injury prevention strategies and optimize overall athletic development.
20.	Damii Paula	Associate professor, PhD Vizitiu Lakhdari Elena	Stefan cel Mare University of Suceava	The impact of physical therapy on functional rehabilitation in amputee patients	Cuvinte cheie: Kinetoterapie Reabilitare Amputare Bont. Articolul explorează rolul esențial al kinetoterapiei in procesul de reabilitare a pacienților cu amputații ale membrelor inferioare. Pe baza unei analize a literaturii de specialitate și a observațiilor clinice, articolul evidențiază strategii eficiente pentru reducerea durerii, îmbunatățirea funcționalității si creșterea calității vieții pacienților. Kinetoterapia aplicata în trei faze-postoperatorie imediată, adaptare la proteză și consolidare a funcționalității-contribuie semnificativ la prevenirea complicațiilor, precum contracturile și atrofia musculară și la optimizarea utilizării protezei. Rezultatele includ reducerea durerilor fantomă și postopratorii, îmbunătățirea echilibrului și a mersului precum si creșterea încrederii pacienților în utilizarea protezei. Comparativ cu alte metode de reabilitare, kinetoterapia s-a dovedit a fi o soluție non-invazivă, cu beneficii durabile, fiind recunoscută ca element central în recuperarea fizică și psihologică. Articolul subliniază necesitatea personalizării intervențiilor pentru a răspunde nevoilor individuale ale pacientilor și încurajează integrarea acestei metode în programele de reabilitare multidisciplinara. Concluzia reiterează importanța kinetoterapiei în asigurarea unei recuperări complete și a unei calități de viață îmbunătățite pentru pacienții cu amputații ale membrelor inferioare.
21.	Mocanu Maria Mirela	Associate professor, PhD Stoica Cristina - Elena	"Vasile Alecsandri" University - FSMSS	Efficiency of physical therapy intervention in the	Radius fractures are one of the most common musculoskeletal injuries, occurring in all age groups, although the incidence is higher in children and the elderly. This high frequency makes the treatment and effective recovery of

				treatment of bilateral radius fracture - case study	these fractures a constant concern in medical and physiotherapy practice. In the context of an aging population and the increase in recreational and sports activities, the number of cases of radius fractures is expected to remain or even increase. According to a report published in the Journal of Orthopaedic Trauma, distal radius fractures represent approximately 15% of all fractures treated in emergency departments and are the most common upper limb fractures in adults (Chung et al., 2001). The incidence is estimated at 250-350 cases per 100,000 people per year, with a significant increase after the age of 50, especially among women, due to osteoporosis (Oyen et al., 2011). In children, radius fractures – especially at the distal level – represent up to 25% of all pediatric fractures (Landin, 1983). Also, the global incidence of fractures is 11.13‰ per year, in men 11.67‰, and in women 10.65‰ (Pop & Opriș, 2015). Bilateral radius fracture, although less frequent than unilateral, represents a significant challenge from a functional and therapeutic point of view. Immobilization of both upper limbs has a major impact on the patient's independence in activities of daily living, affecting the ability to take care of oneself, feed oneself, dress oneself, and interact with the environment. This extensive functional limitation can lead to a significant decrease in quality of life, dependence on the help of others, and considerable socio-economic costs. In this context, physiotherapy intervention plays a crucial role in the recovery process of patients with bilateral radius fractures. The main objective of physiotherapy is to restore joint mobility, muscle strength, coordination and function of the affected upper limb, allowing the patient to return to their usual activities as quickly and efficiently as possible. The topicality of the topic is supported by the ongoing need to optimize recovery protocols for bilateral radius fractures. Although the general principles of physiotherapy are well established, the specificities of treatment in bilateral injuries require a careful and individualized approach. Case studies, such as the proposed one, can provide valuable information about the effectiveness of different physiotherapy techniques and approaches in this particular context. Case studies represent an important research methodology in the field of physiotherapy, allowing for an in-depth analysis of the individual patient response to the therapeutic intervention. In the case of bilateral radius fractures, a detailed case study can highlight the particularities of the clinical evolution, the specific challenges encountered in the recovery process and the results obtained by applying a personalized physiotherapy program. The topicality of the topic is also emphasized by the need to identify the most effective physiotherapy strategies to reduce the period of immobilization, minimize complications (such as joint stiffness, persistent edema or complex regional pain syndrome) and accelerate the return to full functionality. A case study can explore specific combinations of therapeutic exercises, mobilization techniques, manual therapy,

					electrotherapy and other treatment modalities, evaluating their impact on different aspects of recovery (pain, range of motion, strength, function).
22.	Verciuc Taisia	Associate professor, PhD Vizitiu Lakhdari Elena	"Stefan cel Mare" University of Suceava	Recovery of the patient with bone cancer by kinetic means	Cuvinte cheie: recuperare, pacient, cancer osos, mijloace kinetice. Acest studiu își propune să exploreze impactul kinetoterapiei asupra stării generale a pacienților cu cancer osos în stadiul metastazic, cu boala asociată osteoporoza, concentrându-se pe mai multe aspecte ale sănătății și bunăstării acestora. Cancerul osos metastatic, în care celulele canceroase s-au răspândit din alte părți ale corpului către oase, poate duce la multiple complicații fizice, inclusiv pierderi semnificative ale masei osoase și ale densității osoase, precum și la scăderea mobilității și forței musculare. Aceste efecte negative pot influența drastic calitatea vieții pacientului, făcându-l vulnerabil la durere cronică, fracturi și pierderea funcționalității motorii. În acest context, kinetoterapia devine un instrument esențial în gestionarea acestor efecte secundare, având un impact direct asupra mai multor domenii ale sănătății pacientului: Calitatea vieții: Prin îmbunătățirea mobilității și reducerea durerii, kinetoterapia poate contribui la creșterea autonomiei și independenței pacientului. Un program de exerciții adaptat nevoilor fiecărui pacient poate ajuta la gestionarea simptomelor și poate preveni scăderea funcționalității zilnice, aspecte esențiale pentru calitatea vieții acestora.
23.	Negoiță Decebal	Associate professor, PhD Cristina Elena Stoica	"Vasile Alecsandri" University - FSMSS	The effectiveness of physical therapy intervention on improving psychomotor skills in subjects with Down syndrome	Keywords: Down syndrome, psychomotor development, physiotherapy, motor coordination, rehabilitation, kinetic therapy. Abstract. This study examines the psychomotor and physiotherapeutic implications for children diagnosed with Down syndrome (DS), with a focus on the role of individualized kinetic interventions. Based on a multidisciplinary theoretical foundation and empirical data from a comparative study in the Romanian county of Vrancea, the research identifies key psychomotor challenges—such as muscular hypotonia, delayed coordination, postural instability, and diminished motor planning. The intervention program involved 13 children with DS, aged 6 to 17, and evaluated the impact of therapeutic exercises on balance, strength, and functional autonomy. The methodology included case studies, structured observation, surveys, and standardized motor evaluations. Results demonstrated significant improvements in motor control, muscle strength, and psychomotor integration, underscoring the importance of early, personalized physiotherapy in enhancing quality of life and promoting social inclusion for children with DS. The findings advocate for consistent, interdisciplinary rehabilitation approaches as essential tools in managing developmental delays associated with this genetic condition.
24.	Butucelea Vasile Alexandru	Assistant professor, PhD Antohe Bogdan-Alexandru	"Vasile Alecsandri" University - FSMSS	Case Study on the Effectiveness of Physical Therapy in the Recovery of External Left	Lucrarea de față își propune să evidențieze eficiența kinetoterapiei în procesul de recuperare funcțională a pacientului cu fractură de condil femural stâng extern. Această afecțiune, frecvent întâlnită în urma traumatismelor directe sau indirecte la nivelul genunchiului, implică adesea intervenții chirurgicale urmate de un program riguros de reabilitare. Studiul de caz prezentat a fost realizat pe

				Femoral Condyle Fracture	un pacient cu diagnostic confirmat de fractură de condil femural extern stâng, tratat chirurgical, ulterior integrat într-un program personalizat de kinetoterapie. Intervenția terapeutică a fost structurată pe etape: faza acută post-operatorie, faza de recuperare activă și faza de reintegrare funcțională. S-au urmărit parametri precum mobilitatea articulară, forța musculară, stabilitatea și independența funcțională. Rezultatele au demonstrat o recuperare progresivă și semnificativă a funcției membrului afectat, subliniind rolul esențial al kinetoterapiei în accelerarea procesului de vindecare și în prevenirea complicațiilor pe termen lung.
25.	Chira Crina	Assistant professor, PhD Antohe Bogdan	"Vasile Alecsandri" University - FSMSS	Case Study on the Effectiveness of Physical Therapy in the Treatment of Postoperative Carpal Tunnel Syndrome	This paper analyzes the effectiveness of physiotherapy in the postoperative recovery of patients with carpal tunnel syndrome, highlighting the importance of therapeutic exercises, functional assessment, and a personalized rehabilitation program in restoring mobility and reducing pain.
26.	Deac-Haja Constantin	Assistant professor, PhD Panaet Adelina	"Vasile Alecsandri" University - FSMSS	Physical therapy intervention strategy using proprioceptive means in ankle sprain in athletes	Abstract: Functionally, the ankle is the main joint of locomotion, allowing—although trochlear—alongside the foot's joint assembly, the adaptation (including through possible rotational movements) of foot support to the irregularities of various support surfaces. An ankle sprain is an injury caused by an abnormal movement beyond the joint's physiological limit, leading to stretching or tearing of ligaments, tendons, and periarticular connective tissue. Proprioception is defined as the neuronal process through which the body receives sensory input from the environment and integrates this information to produce a motor response. The purpose of this paper is to highlight the importance of proprioceptive exercises in the recovery from ankle sprains, the balance issues caused by them, and the involvement of muscles, which can lead to a recurrence of the sprain. Evaluation methods used: visual examination, palpation, VAS scale, joint testing, muscle testing, talar tilt test, anterior drawer test, and the Y Balance test. The intervention plan aimed to increase joint mobility, tone the affected muscles, improve joint stability, and enhance balance.
27.	Ștoc - Grosu Monica	Assistant professor, PhD Antohe Bogdan	"Vasile Alecsandri" University - FSMSS	Case study on the effectiveness of physical therapy in the treatment of malleolus fracture	Lucrarea de față își propune să evidențieze eficiența kinetoterapiei în tratamentul fracturii de maleolă, prin intermediul unui studiu de caz realizat pe un pacient aflat în perioada post-imobilizare. Fractura de maleolă, frecvent întâlnită în cadrul traumatismelor gleznei, necesită nu doar o imobilizare adecvată, ci și un program bine structurat de recuperare funcțională, care să vizeze restabilirea completă a funcției articulației. Intervenția kinetoterapeutică a fost adaptată în funcție de stadiile clinice și funcționale ale pacientului și a inclus exerciții de mobilizare articulară, tonifiere musculară, reeducarea mersului și antrenamentul echilibrului și al stabilității. Programul s-a desfășurat

					pe o perioadă de șase săptămâni, cu sesiuni regulate, monitorizate prin evaluări funcționale periodice (mobilitate, forță musculară, durere, stabilitate articulară). Rezultatele au arătat o recuperare progresivă, cu reducerea semnificativă a durerii, recâștigarea mobilității și revenirea la mersul normal. În urma aplicării unui plan de tratament personalizat și progresiv, pacientul a reușit să-și reia activitățile zilnice fără limitări funcționale majore. Studiul demonstrează faptul că kinetoterapia joacă un rol esențial în reintegrarea funcțională a pacientului și în prevenirea complicațiilor secundare, cum ar fi rigiditatea articulară, instabilitatea sau atrofia musculară. Concluzia generală subliniază necesitatea includerii timpurii și active a recuperării kinetoterapeutice în schema de tratament a fracturilor de maleolă pentru a asigura o vindecare completă și eficientă.
28.	Costea Stefan Andi	Lecturer, PhD Anghel Mihaela	"Vasile Alecsandri" University - FSMSS	The importance of physical therapy in spinal deviations dictated by the workplace	Lucrarea de licență abordează un subiect de actualitate și importanță majoră pentru sănătatea populației active: impactul locului de muncă asupra sănătății coloanei vertebrale și rolul kinetoterapiei în prevenirea și corectarea deviațiilor posturale. În contextul stilului de viață modern, caracterizat prin activități sedentare prelungite, poziții incorecte la birou sau eforturi fizice repetitive, tot mai mulți angajați dezvoltă afecțiuni ale coloanei, precum scolioza, cifoză sau lordoză. Lucrarea evidențiază cauzele principale ale acestor deviații, inclusiv lipsa ergonomiei la locul de muncă, sedentarismul și lipsa educației posturale. În acest sens, kinetoterapia devine un instrument esențial în reechilibrarea posturală, prin programe personalizate de exerciții fizice, stretching și tehnici de reeducare neuromusculară. Prin metode specifice, kinetoterapia contribuie nu doar la ameliorarea durerii și disfuncțiilor, ci și la prevenirea agravării acestor afecțiuni. De asemenea, sunt prezentate studii de caz și exemple practice care demonstrează eficiența intervenției kinetoterapeutice în recuperarea posturală a pacienților din diverse domenii profesionale. Concluzia lucrării subliniază necesitatea integrării kinetoterapiei în cadrul programelor de sănătate ocupațională și promovarea educației posturale în rândul angajaților. Prin această cercetare, se evidențiază importanța unei abordări multidisciplinare în prevenirea deviațiilor coloanei și rolul activ pe care kinetoterapeutul îl are în menținerea sănătății coloanei vertebrale în context profesional.
29.	Kinza Jamil	Associate professor, PhD Sahreen Anwar	University of Lahore, Pakistan	Physiotherapists' beliefs about use of artificial intelligence: survey study	Keywords Physical Therapists, artificial intelligence, perception. Background: Artificial intelligence (AI) is the capability of computerized systems to do complicated tasks that require human cognitive levels of intellect. Objective: The objective of the study was to evaluate the perception of the use of artificial intelligence applications by physiotherapists. Methodology: This was a cross-sectional survey carried out using a structured questionnaire administered both online and in person. The sample was collected by non-probability convenient sampling according to the inclusion criteria. 150 Physical

					therapists from diverse educational levels and backgrounds were included in the study. The data were analyzed using the Statistical software version 26. Results The responses show mixed views on AI in healthcare. While many are skeptical about AI surpassing human expertise, with 47.2% disagreeing on its diagnostic superiority, there is strong support for AI's ability to reduce medical errors (50.5%) and speed up physical therapy care (65.6%). Privacy concerns are significant, with 52.7% agreeing that AI poses privacy risks. While AI's lack of emotional capacity is acknowledged (59.4%), its ability to work without physical or emotional limitations (53.3%) is seen as an advantage. However, many feel AI is not flexible enough for all patients (61.1%) and cannot handle unexpected situations (53.9%). Conclusion The study concludes that Artificial intelligence is perceived as a supporting tool in physical therapy practice but not an alternative to human experience. The integration of AI in practice should be used with caution as per concern of the respondents.
30.	Zunaira Fatma	Associate professor, PhD Sahreen Anwar	University of Lahore, Pakistan	The barriers to adopting artificial intelligence among physiotherapy students: A Survey	Keywords Artificial Intelligence, Barriers, Physical Therapy. Background: Artificial Intelligence (AI) has gained attention for its potential to transform patient care and medical procedures. The use of AI in rehabilitation settings has been growing quickly. Objective: The objective of the study was to assess the knowledge, barriers, and willingness to adopt AI-based tools among physiotherapy students. Methodology: A cross-sectional study was conducted, including 174 undergraduate physiotherapists from the University of Lahore, Pakistan. The sample was collected by non-probability sampling according to the sample selection. The knowledge and attitude of students regarding AI were recorded by using a structured questionnaire. The data were analyzed using statistical software SPSS version 26. Results The data revealed several key barriers to adopting AI among students. The most significant obstacle was the lack of teaching centers and hands-on applications, with 89.7% of students citing this issue. Other common barriers included ethical and privacy concerns (82.8%), lack of knowledge and expertise (79.3%), and lack of time due to educational demands (80.5%). Additionally, 77.6% of students mentioned limited access to technical equipment, and 75.9% cited the complexity of AI as a challenge. Conclusion The findings of this study highlight several critical barriers to the adoption of artificial intelligence (AI) among students. The most pressing issue identified is the lack of teaching centers and hands-on applications. This underscores the necessity for educational institutions to establish more resources and facilities dedicated to AI education, ensuring that students have the opportunity to engage with practical applications.
31.	Rotaru Vizitiu Iuliana	Associate professor, PhD Ochiana Gabriela	"Vasile Alecsandri" University - FSMSS	The role of physical therapy in supracondylar fracture of the	The choice of this bachelor's thesis topic on supracondylar fractures in children is closely linked to a personal experience that influenced my academic career. When my daughter suffered this injury, I went through a more difficult period. The moment of the accident, the uncertainty of the diagnosis and then the

				humerus	recovery process represented an emotional and intellectual journey that changed my perspective on caring for the movement part of recovery.
32.	Conea Ruslan	Lecturer, PhD Anghel Mihaela	"Vasile Alecsandri" University - FSMSS	Study on postoperative coxarthrosis recovery grade 3	Studiu abordează o temă de actualitate și relevanță despre patologia studiată. Scopul central al lucrării se evidențiază prin îmbunătățirea calității vieții pacienților cu coxartroză de grad III operată, prin diminuarea durerii, creșterea forței musculare asupra membrelor inferioare și îmbunătățirea mobilității articulare, aplicând program kinetoterapeutic adaptat pacientului studiat. Obiectivele cercetării au urmărit realizarea unui program kinetoterapeutic, structurarea și organizarea testelor în cadrul procesului de recuperare pentru a scoate în evidență efectele tratamentului asupra pacientului, evaluarea pacientului și reprezentarea grafică a rezultatelor obținute în demonstrarea progresului obținut, identificarea modalităților prin care kinetoterapia are impact asupra pacientului cu coxartroza grad III operat. Rezultatele cercetării confirmă ipoteza formulată inițial, susținând integrarea kinetoterapiei ca parte esențială a protocolului postoperator standardizat. Study deals with a topical and relevant theme about the pathology studied.The central aim of the work is evidenced by the improvement of the quality of life of patients with coxarthrosis grade III operated, by decreasing pain, increasing muscle strength on the lower limbs and improving joint mobility, applying kinesiotherapeutic program adapted to the patient studied.The objectives of the research were to develop a kinesiotherapeutic program, to structure and organize the tests during the recovery process in order to highlight the effects of the treatment on the patient, to evaluate the patient and graphically represent the results obtained in demonstrating the progress achieved, to identify the ways in which kinesiotherapy has an impact on the patient with coxarthrosis grade III operated. The research results confirm the hypothesis initially formulated, supporting the integration of physiotherapy as an essential part of the standardized postoperative protocol.
	Saic Elisei	Lecturer, PhD Anghel Mihaela	"Vasile Alecsandri" University - FSMSS	Study on the improvement of cervical spondylosis symptoms through physiotherapy	Cervical spondylosis is a degenerative condition affecting the cervical spine, often leading to chronic pain, reduced mobility, and impaired quality of life. This study aimed to evaluate the effectiveness of specific physical therapy methods in alleviating symptoms associated with cervical spondylosis. A group of 20 patients diagnosed with cervical spondylosis participated in a six-week intervention program that included therapeutic exercises, posture correction techniques, stretching routines, and manual therapy sessions. The program was tailored to each patient based on their individual symptoms and physical condition. Initial and final assessments were conducted using standardized evaluation tools such as the Visual Analogue Scale for pain, the Neck Disability Index, and range of motion measurements. The results revealed a significant decrease in perceived pain levels, improved functional mobility of the cervical spine, and enhanced overall quality of life for the majority of participants.

					Furthermore, patients reported better sleep, reduced dependence on medication, and greater confidence in performing daily activities. This study highlights the importance of personalized kinetic therapy programs in the conservative management of cervical spondylosis. It underlines the role of the physiotherapist in designing, adapting, and monitoring exercise-based interventions to ensure both efficacy and safety. Long-term adherence to the recommended therapeutic routines may prevent symptom recurrence and slow disease progression.
33.	Dragusanu Adriana-Lenuta	Associate professor, PhD CRISTUŢĂ MIHAELA-ALINA	"Vasile Alecsandri" University - FSMSS	Study on the role of physiotherapy in children with CES	Am ales această temă plecând de la convingerea profesională, întărită de cei 20 de ani de experiență în învățământul special, că prevenția este esențială. În cazul copiilor cu CES, măsurile de prevenție și intervenție timpurie, în special prin kinetoterapie, sunt vitale pentru menținerea funcționalității și a unei dezvoltări fizice cât mai apropiate de normal. Este mult mai eficient să acționăm înainte ca deviațiile să se agraveze, decât să încercăm corectarea lor într-un stadiu avansat. Exercițiile fizice adaptate contribuie semnificativ la ameliorarea dezechilibrelor morfologice și motorii și susțin integrarea socială a copiilor CES. Lucrarea de față își propune să evidențieze importanța kinetoterapiei ca metodă esențială în prevenirea și corectarea deficiențelor posturale, dar și ca suport fundamental în procesul de educație și reabilitare specifică acestui grup vulnerabil.

VARIA & Physical activity, health and social well-being
VARIA & Mișcare, sănătate și sănătate social
- scientific section-

	Autor/Author	**Coordonator/ Scientific coordinator**	**Afiliere/Afiliation**	**Lucrarea/ Paper**	**Abstract**
1.	Miłek Maria, Aleksandra Filip-Stachnik	Associate professor, PhD, Aleksandra Filip-Stachnik	Jerzy Kukuczka Academy of Physical Education, Katowice, Polonia	Impact of training period on sleep in male football players	Purpose: The aim of the study was to analyze the impact of the training period on the sleep of football players. Additionally, the levels of stress, fatigue, and pain were assessed. Methods: The study involved 14 amateur male football players (age: 23±4 years, training experience: 15±3 years). During three different training periods, i.e.: a) off-season, b) pre-season, and c) in-season, the following measures were assessed: a) quality and quantity of sleep (Pittsburgh Sleep Quality Index), b) fatigue, c) stress, and d) muscle pain. Results: Statistical analysis showed no significant differences in the quality and quantity of sleep and the level of muscle pain between training periods. Significantly increased stress levels were observed during the pre-season

					period (3,0±1,0) compared to the off-season (2,2±0,4; p=0,014) and the in-season period (2,2±0,9; p=0,012). Despite the lack of statistical significance, a trend in decreased quality and quantity of sleep and increased fatigue and muscle pain were observed in the pre-season period compared to the off-season and in-season periods. Conclusions: The training period has no significant impact on the quality and quantity of sleep, fatigue, and muscle pain in amateur male football players. However, increased levels of stress were observed during the pre-season period compared to the off-season and in-season.
2.	Pleniceanu Andrei Damian	Associate professor, PhD, Mangra Gabriel Ioan	Universitatea din Craiova, Facultatea de Educație Fizică și Sport	Legal Perspectives on Fair-Play in Physical Education and Sport	Keywords: fair-play, education, sport, legal. Fair-play is a central value in physical education and sport, promoting respect, equality, and integrity. However, these values must be supported by a strong legal framework to ensure ethical behavior and the protection of participants, especially in educational settings. Legal regulations in education, such as anti-discrimination laws and child protection policies, apply directly to school sports. International guidelines, like the UNESCO Charter on Physical Education and Sport, recognize access to sport as a fundamental right. In competitive environments, legal consequences exist for violations of fair-play, including doping, violence, or abuse. Schools and coaches have a legal duty to ensure a safe and fair environment for all students. Educators should be trained in both ethical principles and legal responsibilities. Incorporating legal knowledge into physical education helps prevent misconduct and ensures accountability. In conclusion, combining legal awareness with fair-play principles strengthens the educational value of sport and promotes justice, respect, and safety in all activities.
3.	Jonatan Helbin	Professor, PhD, Michał Krzysztofik	Jerzy Kukuczka Academy of Physical Education, Katowice, Polonia	Cardiovascular Responses to Isometric and Isotonic Strength Training in Physically Active Young Adults	Keywords: resistance training, heart rate, blood pressure Introduction: Isometric strength training has emerged as an effective method for reducing blood pressure, often outperforming traditional exercise approaches. Aim: To evaluate the effects of two six-week strength training protocols—an isometric squat and an isotonic (barbell back) squat—on blood pressure in physically active individuals. Materials and methods: Seventeen healthy, physically active participants (age: 21 ± 2 years; body mass: 80.9 ± 9 kg; height: 179 ± 6 cm) were randomly assigned to one of two groups: (i) isometric squat (n = 10); (ii) barbell back squat (n = 7). Systolic blood pressure (SBP), diastolic blood pressure (DBP), and heart rate (HR) were measured before and after the intervention. Results and conclusion: No statistically significant interaction was observed for SBP (p = 0.413), DBP (p = 0.545), or HR (p = 0.651). No between-group differences were found in any measured parameters. Neither training modality induced significant changes in resting blood pressure or heart rate. Further research with extended intervention duration or varied training intensities is recommended.

4.	Păscăluță (Ganaite) Mirela	Associate professor, PhD, Mares Gabriel	Universitatea „Vasile Alecsandri" din Bacău	The Emerging Needs of Children and the Role of Parents in Their Identification	Nevoile emergente - delimitări conceptuale Nevoile copiilor în context social reflectă interacțiunea dintre dezvoltarea individuală și influențele mediului în care aceștia cresc. Într-o societate dinamică, copiii se confruntă cu nevoi emergente generate de schimbările rapide din mediul familial, comunitar, educațional și cultural. Printre acestea se numără nevoia de siguranță, atât fizică, cât și emoțională, nevoia de apartenență la un grup social și nevoia de sprijin în dezvoltarea competențelor academice, sociale și emoționale. Relațiile sociale stabile, susținerea familiei și accesul la resurse adecvate sunt esențiale pentru o dezvoltare armonioasă. De asemenea, societatea joacă un rol important prin instituțiile sale, cum ar fi școala și comunitatea, în crearea unui mediu care să sprijine formarea valorilor, a încrederii în sine și a capacității de adaptare a copiilor. Într-o lume interconectată și digitalizată, devine tot mai important ca nevoile legate de gestionarea tehnologiei, dezvoltarea empatiei și rezilienței să fie integrate în sprijinul oferit copiilor pentru a-i ajuta să facă față provocărilor contemporane. La nivel conceptual, nevoile emergente ale copiilor sunt acele nevoi care nu sunt imediat evidente sau nu sunt exprimabile direct, dar care devin vizibile pe măsură ce copiii cresc și se dezvoltă. Acestea sunt nevoi ce pot apărea ca urmare a unor schimbări în mediul social, familial, educativ sau cultural și care reflectă un proces continuu de adaptare și învățare. Conceptul de „nevoi emergente" este strâns legat de dinamica dezvoltării copilului, care este influențată de factori biologici, psihologici și socio-culturali și reflectă o adaptare continuă la noile condiții de viață și învățare, fiind adesea modelate de transformările rapide ale lumii în care trăiesc copiii. În lucrarea „The Needs of Children" scrisă de M. K. Pringle (1986), autorul subliniază importanța înțelegerii nevoilor complexe ale copiilor dintr-o perspectivă holistică, care include nu doar necesitățile fiziologice, dar și aspectele sociale, emoționale și educaționale. Potrivit lui Pringle, pentru ca un copil să se dezvolte armonios, este esențial ca societatea să răspundă nu doar nevoilor imediate ale acestora, dar și celor emergente, care pot apărea pe măsură ce copiii se confruntă cu schimbări în mediul social și cultural. Aceste nevoi emergente sunt adesea greu de identificat inițial, dar devin evidente pe măsură ce copilul crește, iar intervențiile timpurii sunt esențiale pentru a sprijini dezvoltarea sănătoasă a acestora. Nevoile de dezvoltare reprezintă o categorie esențială în înțelegerea nevoilor emergente ale copiilor, referindu-se la necesitățile care se formează pe măsură ce aceștia progresează în dezvoltarea lor fizică, emoțională, cognitivă și socială. De exemplu, în perioada copilăriei timpurii, copiii au nevoie de siguranță și îngrijire constantă, iar la vârsta școlară, aceste nevoi evoluează pentru a include competențe academice și sociale. În această etapă, copiii trebuie să învețe să colaboreze, să își exprime gândurile și sentimentele și să gestioneze conflictele. Astfel, satisfacerea nevoilor de dezvoltare este esențială pentru o

					adaptare armonioasă la cerințele mediului educațional și social. Nevoile educaționale sunt de asemenea un aspect semnificativ al nevoilor emergente ale copiilor, ele devenind din ce în ce mai complexe pe măsură ce copiii înaintează în vârstă și sunt legate de dobândirea abilităților cognitive avansate, dar și de dezvoltarea unor competențe emoționale și sociale. Copiii au nevoie să învețe să colaboreze, să își exprime gândurile într-un mod adecvat și să facă față provocărilor din mediul educațional. Este esențial ca aceștia să aibă acces la un mediu educațional care să răspundă acestor nevoi complexe, oferindu-le atât resursele necesare pentru învățare, cât și sprijinul emoțional necesar dezvoltării lor integrale.
5.	Natalia Sokulska	Professor, PhD, Magdalena Więcek	University of Physical Education, Krakow Poland	The effect of whole-body cryotherapy on insomnia symptoms assessed with the Athens Insomnia Scale – a pilot study	keywords: sleep, cryotherapy, insomnia. Autor: Natalia Sokulska Introduction: Whole-body cryotherapy (WBC) has been recognized as an effective non-pharmacological support method in the treatment of chronic diseases, also contributing to enhanced quality of life. However, its potential impact on insomnia symptoms has not yet been systematically explored, despite the growing significance of sleep disorders in modern societies. Materials and methods: The study involved 6 healthy young women (mean age: 22.6 ± 1.6 years) who underwent 10 WBC sessions (3 minutes, -120°C), administered daily on weekdays. The subjective severity of insomnia symptoms was assessed before and after the intervention using the Athens Insomnia Scale (AIS), which includes eight components: a) sleep induction, b) awakenings during the night, c) final awakening earlier than desired, d) total sleep duration, e) overall quality of sleep, f) sense of well-being during the day, g) functioning capacity, h) daytime sleepiness. Results: No statistically significant differences were observed in AIS scores between the baseline and post-intervention measurements ($p > 0.05$). Conclusions: Preliminary results do not support a significant short-term effect of whole-body cryotherapy on subjective insomnia symptoms in healthy young women. Further studies with larger sample sizes and extended intervention periods are warranted to evaluate the potential role of WBC in sleep disorder management.
6.	Ropota Daniel Mihail	Associate professor, PhD, Vizitiu Lakhdari Elena	Universitatea Ştefan cel Mare Suceava, Facultatea de Educație Fizică și Sport	The Role of Aquatic Activities in Obesity Management	Cuvinte cheie: Combatere, obezitate, mijloace acvatice. Trăim la începutul secolului 21, iar nivelul de trai a crescut atât de mult încât orice om de rând trăiește mai bine ca un rege din secolul al 19-lea. Toată lumea are acces la hrană, igienă și educație, dar totodată cu aceste beneficii, vin și anumite dezavantaje cum ar fi sedentarismul și excesul de hrană care se datorează lipsei condiționării individului de a lupta pentru resurse. La prima vedere acest lucru nu pare grav, dar adevărul trist este că societatea tinde a se îndrepta spre cealaltă extremă, în care oamenii nu mai suferă de malnutriție, ci de un exces de hrană nenaturală, necompatibilă în totalitate cu sistemul digestiv uman, căruia i se adaugă lipsa de mișcare acompaniată de poziții anatomic greșite pe decursul unor perioade extinse de timp, fapt care duce la anomalii,

					care odată cu timpul devin tot mai greu, dacă nu chiar imposibil de tratat și combătut. Pentru a ne bucura de beneficiile aduse de anii în care trăim ar trebui să prevenim bolile specifice vremurilor prin exerciții fizice, o dietă sănătoasă și evitarea expunerii la stres.
7.	Lozonschii Adi	Professor, PhD, Habil, Buftea Victor	Universitatea de Stat de Educaţie Fizică şi Sport, Cișinău, Moldova	Interaction of elements ”nutrition-movement” in the Loisir-Fitness system	The interaction between nutrition and exercise is fundamental for optimizing the benefits of Leisure-Fitness activities. Adequate nutrition provides the necessary energy for physical exertion, supports muscle recovery, and influences body composition. Study methodologies in this field often involve assessing nutritional intake (through food diaries, questionnaires), monitoring physical activity (with pedometers, accelerometers), measuring body composition (DEXA, bioimpedance), and evaluating physical performance indicators. Typical results highlight a positive correlation between a balanced diet (adequate intake of macro and micronutrients) and regular participation in physical activities, leading to significant improvements in strength, endurance, flexibility, and the reduction of adipose tissue. Conclusions emphasize the importance of an integrated approach to nutrition and exercise in Leisure-Fitness programs to maximize physical and mental well-being, promoting a healthy and active lifestyle in the long term.
8.	Hermeziu Maria, Andrei Razvan, Amaliței Alexandru	Associate professor, PhD, Mares Gabriel	Universitatea „Vasile Alecsandri" din Bacău	Formarea de competențe pentru schimbarea socială – Experienta Erasmus+	Keywords: Erasmus, team work, innovative and sustainable solutions Participating in the BIP was an extremely valuable experience, both professionally and personally. One of the most important aspects of the program was learning how to work effectively in a team. Collaborating with colleagues from different backgrounds and with diverse perspectives helped us develop essential skills such as communication, active listening, conflict management, and group decision-making. Moreover, by working directly with real businesses and identifying specific challenges they were facing, we gained practical insights into the business environment. We were actively involved in finding innovative solutions to issues such as declining sales, lack of online visibility, customer retention, or adapting to new technologies. This process taught us how to deeply analyze a situation, conduct market research, and propose viable and sustainable solutions. The program also provided an excellent opportunity to learn how to present ideas persuasively, support our viewpoints with solid arguments, and receive constructive feedback. We understood how important it is to build trust-based relationships with business partners and how much responsibility comes with the role of a consultant or innovator in a real-world context. In conclusion, the BIP program helped us to develop critical thinking, initiative, and adaptability—skills that are essential in today's professional environment. It prepared us not only to be part of a team but also to contribute meaningfully to the success of a business, regardless of the challenges it faces.

9.	Avram (Anişca) Vasilica	Associate professor, PhD, Mares Gabriel	Universitatea „Vasile Alecsandri" din Bacău	Parental Training from the Perspective of Contributing to the Development of Children's Critical Thinking Skills	Lucrarea de față reprezintă rezultatul preocupărilor personale de-a lungul mai multor ani, ca urmare a observării rezultatelor învățării ale preșcolarilor în funcție de interesul acordat de către părinți actului educațional din grădiniță. Astăzi, relația dintre familie și școală trebuie să fie una armonioasă și să aducă o serie de avantaje asupra dezvoltării micului școlar/elev, în învățământul primar, gimnazial, sau chiar liceal. Deci putem enunța faptul că, implicarea familiei în asigurarea calității educației este o bază solidă ce are în vedere formarea personalității umane la elevii de astăzi. Condiderăm că această temă este de actualitate, deoarece rezultatele elevilor, performanțele acestora și conștientizarea viitoarei cariere pentru fiecere dintre elevi este în strânsă legătură cu valorile, tradițiile fiecărei familii și implicarea acesteia în asigurarea calității educaționale.
10.	Curelea Ion-Adrian, Florescu Aurelia-Ștefania, Buzuriu Liviu-Ionut	Associate professor, PhD, Mangra Gabriel-Ioan	Universitatea din Craiova, Centrul Universitar Drobeta-Turnu Severin	The challenges and opportunities of artificial intelligence in the educational process	Keywords: artificial intelligence, education, personalization, automation, ethics. Abstract: Artificial intelligence (AI) is becoming an increasingly influential tool in education, offering personalized learning solutions, automated assessments, and virtual assistance. This article explores the potential of AI to enhance access to education, reduce learning gaps, and support teachers in repetitive tasks. At the same time, the risks associated with AI, such as the loss of human interaction, excessive dependence on technology, and concerns about student data privacy, are analyzed. The article emphasizes the need for a balanced integration of AI, based on clear educational policies and continuous teacher training, to harness the technological benefits without compromising the quality of the educational process.
11.	Sorescu Larisa-Angelica, Drinceanu Marius	Associate professor, PhD, Mangra Gabriel-Ioan	Universitatea din Craiova, Centrul Universitar Drobeta-Turnu Severin	Organizing motor activities: planning, resources, and infrastructure	Keywords: motor activities, planning, resources, infrastructure, organization. Organizing motor activities: planning, resources, and infrastructure Abstract: This article explores the essential aspects of organizing motor activities, with a focus on planning, scheduling, and the efficient allocation of resources. It highlights the role of organizational structure in optimizing participation and performance, as well as the need for well-established logistics to ensure optimal conditions for carrying out the activities. The analysis includes the types of resources involved—human, material, and financial—and emphasizes the importance of appropriate infrastructure in supporting motor objectives. The article offers an integrated perspective, useful for teachers, coaches, or organizers of physical activities, aimed at increasing the efficiency and impact of these activities.
12.	Cimpoeșu Codrina-Mihaela Moisei Ștefan-Lucian	Associate professor, PhD, Mares Gabriel	Universitatea „Vasile Alecsandri" din Bacău	Interdisciplinary Approaches to Community Issues – The Experience of Erasmus BIP	Keywords: interdisciplinary education, Erasmus BIP, community issues, sustainability, rural development, intercultural dialogue, qualitative research, collaborative learning, environmental studies Abstract: This paper examines the role of interdisciplinary approaches in addressing

				Programs	community issues through the experience of the Erasmus BIP (Blended Intensive Programs) in Finland. With an emphasis on sustainability and rural community revitalization, the program facilitated collaboration between students and professors from diverse academic backgrounds. It highlights the importance of integrating knowledge from various fields, such as education, social sciences, and environmental studies, to create innovative solutions for real-world challenges. Through qualitative research methods, including in-depth interviews with local community members, the study provides insights into the social, economic, and cultural dimensions of rural life. The findings emphasize the necessity of fostering intercultural dialogue, empathy, and collaborative learning to develop sustainable, community-driven solutions. Ultimately, the experience showcases how interdisciplinary education can empower future professionals to address complex societal issues effectively.
13.	Velican Cristian, Băran Daniel	Associate professor, PhD, Mangra Gabriel-Ioan	Universitatea din Craiova, Centrul Universitar Drobeta-Turnu Severin	Effective Leadership and the Role of Motivation in Motor Activities	Keywords: leadership, motivation, communication, conflict, motor activities. Effective leadership and motivation in motor activities Abstract: This article examines the role of the leader in motor activities, focusing on leadership styles and their applicability in sports and educational contexts. The main leadership theories, individual and group motivation, as well as the importance of effective communication between coordinators and participants, are discussed. Additionally, strategies for preventing and managing conflicts, along with methods for reducing stress during activities, are presented. The paper provides both a practical and theoretical perspective on how well-guided leadership and a motivational climate can enhance performance and engagement among participants.