„VASILE ALECSANDRI" UNIVERSITY OF BACAU
FACULTY OF MOVEMENT, SPORTS AND HEALTH SCIENCES

INVITATION

We are delighted to invite you to attend the **5th International Students Conference: "Interdisciplinary Research in the Training of Future Professionals in the Field of Behavioral Sciences"**, which will be held face-to-face and virtually on „Vasile Alecsandri" University of Bacau, Romania, Faculty of Movement, Sports and Health Sciences.

Registration link:

https://forms.gle/mnLCDUrU1nxYuY4v8

Bacau, Romania, 15-16 May 2026

Chairman of the conference,
Dan-Iulian ALEXE
Dean of Faculty of Movement, Sports and Health Sciences,
Bacău, Romania

„VASILE ALECSANDRI" UNIVERSITY OF BACAU

FACULTY OF MOVEMENT, SPORTS AND HEALTH SCIENCES

LINK ÎNSCRIERE / REGISTRATION LINK

https://forms.gle/mnLCDUrU1nxYuY4v8

Termen limită pentru înscrieri / Deadline:
10.05.2026, 11.00 AM

THANK YOU!

We look forward to seeing you!

„VASILE ALECSANDRI" UNIVERSITY OF BACAU
FACULTY OF MOVEMENT, SPORTS AND HEALTH SCIENCES

INFORMATION FOR PARTICIPANTS

Dear students,

The organizing committee recommends that you consider the following technical aspects:

🗓 **Registration deadline:** **May 10, 2026**

🗓 **Conference date:** **May 15, 2026**

Participants will have the opportunity to present their papers in one of the following formats:

- **PowerPoint presentation (PPTX) - maximum 10-15 slides**
- **Scientific Poster (paper or cardboard format, with dimensions: width - 70 cm / height - 100 cm)**

The event is an excellent opportunity to share your ideas, receive feedback and interact with other students and faculty.

We look forward to your participation!

Organizing Committee

„VASILE ALECSANDRI" UNIVERSITY OF BACAU
FACULTY OF MOVEMENT, SPORTS AND HEALTH SCIENCES

ORGANIZING COMMITTEE

The 5th International Students Conference:
"Interdisciplinary Research in the Training of Future Professionals in the Field of Behavioral Sciences"
Bacău, May 15-16, 2026

Chairman of the Conference
Dan Iulian ALEXE – "Vasile Alecsandri" University of Bacău, Romania

Chairman of the organizing committee
Gabriel MAREȘ – "Vasile Alecsandri" University of Bacău, Romania

Members of the organizing committee

Adrian-Mihai SAVA – "Vasile Alecsandri" University of Bacău, Romania
Constantin ȘUFARU – "Vasile Alecsandri" University of Bacău, Romania
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Cristina-Elena STOICA – "Vasile Alecsandri" University of Bacău, Romania
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Ana-Maria VULPE – "Vasile Alecsandri" University of Bacău, Romania
Mihaela ANGHEL – "Vasile Alecsandri" University of Bacău, Romania
Carmina Mihaela GORGAN – "Vasile Alecsandri" University of Bacău, Romania
Elena Adelina PANAET – "Vasile Alecsandri" University of Bacău, Romania
Bogdan-Alexandru ANTOHE – "Vasile Alecsandri" University of Bacău, Romania
Raluca Elena BOGHIU – Secondary School No. 2 Jilava, Ilfov, Romania

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Conference program

May 15, 2026		
12.00	Registration – posters preparation	First floor - building D
13:00	The opening of the conference	Main Hall - building D
13:10	Plenary Presentations	Main Hall - building D
14:00	Coffee/tea break	Third floor- building D
14:15	Physical Education and Sports Performance/Educație fizică și Sport și performanță sportivă - scientific section	Third floor- building D and Teams-online
14:15	Physiotherapy/ Kinetoterapie și Terapie ocupațională - scientific section	Third floor- building D and Teams-online
14:15	Health and Social Well-being and Occupational Therapy / Sănătate, bunăstare socială și Terapie ocupațională - scientific section	Third floor- building D
14:15	Posters sesions	Third floor- building D
15:30	The conclusions and awards ceremony	Third floor- building D
17:00 Workshop 1	*Masajul Suedez în Practica Terapeutică: Principii, Tehnici și Demonstrații / Swedish Massage in Therapeutic Practice: Principles, Techniques, and Demonstrations* Assoc. Prof. PhD Cristina Elena STOICA	Third floor- building DP 10
May 16, 2026		
10:00 Workshop 2	*Abordarea fizioterapeutică în patologia discului intervertebral-hernia de disc lombară * Evaluare, raționament clinic și tratament / Physiotherapeutic approach in intervertebral disc pathology-lumbar disc herniation* Evaluation, clinical reasoning, and treatment* Teacher assistant PhD Elena-Adelina PANAET & Teacher assistant PhD Alexandru-Bogdan ANTOHE ("Vasile Alecsandri" University of Bacău)	Third floor- building D
11:00 Workshop 3	*Positive Psychology in Health sciences (Erasmus+ HaPo Project – resourceful model) / Psihologia pozitivă în științele sănătății (Proiectul Erasmus HaPo – un model de bună practică)* Assoc. Prof. PhD Gabriel MAREȘ ("Vasile Alecsandri" University of Bacău)	Third floor- building D

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	AUTHOR/S	SCIENTIFIC COORDONATOR	AFFILIATION	NAME OF THE PAPER
1.	Zofia Tkocz, Małgorzata Hołda, Robert Trybulski, Aleksandra Filip-Stachnik	Assoc. Prof. PhD hab., Aleksandra Filip-Stachnik	The Jerzy Kukuczka University of Physical Education, Katowice, Poland	ARE COMBAT ATHLETES DIFFERENT SLEEPERS? A PSQI-BASED COMPARATIVE SURVEY ACROSS ATHLETIC POPULATIONS
2.	Dawid Gawel, Jonatan Helbin, Agata Latocha, Agnieszka Gren	Professor PhD. hab. Michal Wilk	Jerzy Kukuczka Academy of Physical Education, Katowice, Poland	ISCHEMIC INTRA-CONDITIONING IMPROVES BARBELL VELOCITY IN ELITE ATHLETES
3.	Andrea Dylong, Zuzanna Komarek, Aleksandra Filip-Stachnik	Assoc. Prof. PhD hab., Aleksandra Filip-Stachnik	Academy of Physical Education in Katowice/University of Physical Culture in Krakow, Poland	NUTRITION CHARACTERISTICS OF ULTRA-ENDURANCE RUNNERS IN THE PRE RACE AND RACE PERIOD
4.	Mohamed Gomaa	Assoc. Prof. PhD. Mahmoud Elsayed	Benha University, Egipt	THE EFFECTIVENESS OF USING ELASTIC RESISTANCE TRAINING ON SOME PHYSIOLOGICAL AND PHYSICAL VARIABLES AMONG JUNIOR VOLLEYBALL PLAYERS
5.	Dogaru Radu Valentin	Assoc. Prof. PhD Leonard Stoica	„Dunărea de Jos" University of Galați, Romania	STUDIU PRIVIND CONȚINUTUL ALOCAT DEPRINDERILOR SPORTIVE SPECIFICE GIMNASTICII (OPINIA SPECIALIȘTILOR)

6.	CRĂCIUN COSMIN	Assoc. Prof. PhD Elena Lakhdari-Vizitiu	"Ștefan cel Mare" University of Suceava, Romania	DEZVOLTAREA CALITAȚII MOTRICE REZISTENȚA IN CICLUL GIMNAZIAL CLASA A V-A PRIN MIJLOACE SPECIFICE ATLETISMULUI
7.	Ghiuță Roxana-Elena	Assoc. Prof. PhD Elena Lakhdari - Vizitiu	"Ștefan cel Mare" University of Suceava, Romania	THE DEVELOPMENT OF THE MOTOR QUALITY SPEED THROUGH ATHLETICS-SPECIFIC MEANS IN NINTH-GRADE STUDENTS
8.	Soltan Georgiana	Assoc. Prof. PhD Leonard Stoica	„Dunărea de Jos" University of Galați, Romania	STUDIU DESCRIPTIV PRIVIND BENEFICIILE ȘI DIVERSITATEA ACTIVITĂȚILOR DE TIMP LIBER (EXTRACURRICULARE)
9.	Dumitru Drăgan Andreea-Maria	Assoc. Prof. PhD Diana-Victoria Gidu	"Ovidius" University of Constanta, Romania	THE ROLE OF MOVEMENT GAMES IN THE SOCIALIZATION PROCESS OF STUDENTS AGED 6-8
10.	Chitu Dragoș	Assoc. Prof. PhD Antoanela Oltean	"Ovidius" University of Constanta, Romania	TEHNICI DE DEZVOLTARE A MOBILITĂȚII ARTICULARE LA ELEVII DIN CLASA A VIII-A
11.	Dinu Eduard	Assoc. Prof. PhD CAZAN FLORIN	"Ovidius" University of Constanta, Romania	IMPROVING PHYSICAL FITNESS THROUGH OFFENSIVE TRAINING STRUCTURES IN SCHOOL HANDBALL TEAMS
12.	Hermeziu Maria	Assoc. Prof. PhD Gabriel Mares	"Vasile Alecsandri" University of Bacău, Romania	DEZVOLTAREA ABILITATILOR DE VIATA LA COPIII CU NEVOI SPECIALE - ABORDARI SPECIFICE EDUCATIEI FIZICE.
13.	Draghiciu Robert	Lecturer PhD Ana-Maria Vulpe	"Vasile Alecsandri" University of Bacău, Romania	STUDIU PRIVIND PERCEPȚIA ELEVILOR DIN ÎNVĂȚĂMÂNTUL GIMNAZIAL ASUPRA PRACTICĂRII GIMNASTICII CA ACTIVITATE RECREATIVĂ
14.	Ignat Simona	Assoc. Prof. PhD Cristina-Elena Stoica	"Vasile Alecsandri" University of Bacău, Romania	MASAJUL SUEDEZ ÎN PRACTICA TERAPEUTICĂ: PRINCIPII, TEHNICI ȘI DEMONSTRATI-
15.	Marian Blajuti	Assoc. Prof. PhD Gabriel Mareș	"Vasile Alecsandri" University of Bacău, Romania	FACTORII MOTIVAȚIONALI CE INFLUENȚEAZĂ SPORTUL DE CONTACT, KICKBOXING
16.	Botezatu Petruț-Bogdan	Assoc. Prof. PhD Vasile-Cătălin Ciocan	"Vasile Alecsandri" University of Bacău, Romania	STUDIU PRIVIND CONTRIBUȚIA JOCURILOR DE MIȘCARE LA ÎNDEPLINIREA OBIECTIVELOR EDUCAȚIEI FIZICE LA NIVELUL CLASEI A VI-A
17.	Ghiunghiuș Alexandra	Professor PhD. Alexandru Acsinte	"Vasile Alecsandri" University of Bacău, Romania	STUDIU PRIVIND IMPACTUL MOTIVAȚIONAL AL PRACTICĂRII JOCULUI DE HANDBAL ÎN LECȚIA DE EDUCAȚIE FIZICĂ LA NIVEL GIMNAZIAL
18.	Cretu Alexandru Dragos	Assoc. Prof. PhD Vasile-Cătălin CIOCAN	"Vasile Alecsandri" University of Bacău, Romania	STUDIU PRIVIND PARTICULARITĂȚILE DEZVOLTĂRII SOMATICE LA ELEVII DIN CICLUL PRIMAR
19.	Rențea Răzvan-George	Assoc. Prof. PhD. Dan Iulian Alexe	"Vasile Alecsandri" University of Bacău, Romania	STUDY ON THE DEVELOPMENT OF MOVEMENT SPEED UNDER DIFFERENT CONDITIONS AMONG 7TH- AND 8TH-GRADE LOWER SECONDARY SCHOOL STUDENTS
20.	Gabriel Mirt	Assoc. Prof. PhD. Dan Iulian Alexe	"Vasile Alecsandri" University of Bacău, Romania	CRITERII ȘI MOTIVE ÎN ALEGEREA ÎNCĂLȚĂMINTEI SPECIFICE LA SPORTIVII DE PERFORMANȚĂ SENIORI

21.	Emanuela Nicoleta Dancuta	Professor PhD. Alexandru Acsinte	"Vasile Alecsandri" University of Bacău, Romania	STUDIU PRIVIND EFECTUL MUZICII ASUPRA RANDAMENTULUI ELEVILOR ÎN TIMPUL ORELOR DE EDUCAȚIE FIZICĂ DIN CICLUL GIMNAZIAL
22.	Caba Florin Tiberiu	Assoc. Prof. PhD. Constantin Șufaru	"Vasile Alecsandri" University of Bacău, Romania	ROLUL ELEMENTELOR DE HANDBAL ÎN LECȚIA DE EDUCAȚIE FIZICĂ ÎN GIMNAZIU

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1.	Rotariu Andrei	Assoc. Prof. PhD. Lupu Gabriel	"Vasile Alecsandri" University of Bacău, Romania	STUDIU PRIVIND PREGĂTIREA ANUALĂ ÎN VEDEREA ABORDĂRII COMPETIȚIEI NAȚIONALE DE CULTURISM - CATEGORIA MEN'S PHYSIQUE
2.	Margaș Elena-Irina	Assoc. Prof. PhD. Cristina-Ioana Alexe	"Vasile Alecsandri" University of Bacău, Romania	STUDIU COMPARATIV PRIVIND MANIFESTAREA MOTRICITĂȚII ȘI A INDICELUI DE MASĂ CORPORALĂ LA ELEVII DE LICEU DIN MEDII ȘCOLARE DIFERITE
3.	Raducanu Ion	Professor PhD. Radu Ababei	"Vasile Alecsandri" University of Bacău, Romania	STUDIU PRIVIND DIRECȚIILE DE DEZVOLTARE ALE ANTRENAMENTULUI SPORTIV CONTEMPORAN
4.	Poiană-Țârdea Miruna-Andreea	Lecturer PhD Ana-Maria Vulpe	"Vasile Alecsandri" University of Bacău, Romania	STUDIU PRIVIND INFLUENȚA LECȚIILOR DE EDUCAȚIE FIZICĂ ASUPRA DEZVOLTĂRII SOMATICE LA ELEVII DIN CLASELE PRIMARE
5.	Maftei Cristinel Ionuț	Lecturer PhD Silviu-Ioan Pavel	"Vasile Alecsandri" University of Bacău, Romania	STUDIUL PRIVIND DEZVOLTAREA PSIHOMOTRICITĂȚII ELEVILOR DIN CICLUL PRIMAR DE LA ȘCOALA GIMNAZIALĂ „MIHAI DRĂGAN", BACĂU PRIN FOLOSIREA JOCURILOR DINAMICE ÎN ORELE DE EDUCAȚIE FIZICĂ
6.	Pandelaș Petrică	Lecturer PhD . Carmina Mihaela Gorgan	"Vasile Alecsandri" University of Bacău, Romania	STUDIU PRIVIND UTILIZAREA JOCURILOR DINAMICE PENTRU ÎNVĂȚAREA ELEMENTELOR DIN ȘCOALA ALERGĂRII ÎN LECȚIA DE EDUCAȚIE FIZICĂ, LA ELEVII DIN CICLUL GIMNAZIAL
7.	Laza Constantin	Lecturer PhD Silviu -Ioan Pavel	"Vasile Alecsandri" University of Bacău, Romania	STUDIU PRIVIND DEZVOLTAREA APTITUDINILOR PSIHO-MOTRICE LA SPORTIVII U12 ÎN JOCUL DE FOTBAL

8.	Manolache (Ciuntea) Elena Simona	Assoc. Prof. PhD. Mihai Adrian Sava	"Vasile Alecsandri" University of Bacău, Romania	STUDIU PRIVIND FOLOSIREA JOCURILOR DE MIȘCARE CU ELEMENTE DIN JUDO LA ELEVII DIN CICLUL GIMNAZIAL
9.	Ioniță Denis-Andrei	Assoc. Prof. PhD. Vasile-Cătălin Ciocan	"Vasile Alecsandri" University of Bacău, Romania	STUDIU PRIVIND INFLUENȚAREA CALITĂȚILOR MOTRICE ÎN TIMPUL LECȚIEI DE EDUCAȚIE FIZICĂ ÎN CICLUL GIMNAZIAL
10.	Verman Ramona Elena	Lecturer PhD . Carmina Mihaela Gorgan	"Vasile Alecsandri" University of Bacău, Romania	STUDIU PRIVIND PREGĂTIREA PENTRU PROBA DE SĂRITURA ÎN LUNGIME IN CADRUL TETRATLONULUI ȘCOLAR
11.	Coșa Anton	Lecturer PhD Silviu Ioan Pavel	"Vasile Alecsandri" University of Bacău, Romania	STUDIU PRIVIND ROLUL PROCEDEELOR TACTICE ALE JOCULUI DE FOTBAL ÎN APĂRARE LA COPIII DE U-10
12.	Nechita Marius Mihai	Assoc. Prof. PhD. Cristian-Corneliu Drăgoi	"Vasile Alecsandri" University of Bacău, Romania	STUDIU PRIVIND DEZVOLTAREA UNOR APTITUDINI PSIHOMOTRICE LA ELEVII DIN CICLUL GIMNAZIAL PRIN PRACTICAREA ARTELOR MARȚIALE
13.	Secrieru Igor	Assoc. Prof. PhD. Constantin Șufaru	"Vasile Alecsandri" University of Bacău, Romania	STUDIU PRIVIND DEZVOLTAREA APTITUDINILOR PSIHOMOTORICE, A ELEVILOR DIN CICLUL PRIMAR FOLOSIND STRUCTURI DINAMICE DIN JOCUL DE MINI HANDBAL
14.	Vîrlan Diana Ionela	Lecturer PhD . Carmina Mihaela Gorgan	"Vasile Alecsandri" University of Bacău, Romania	STUDIU PRIVIND CRITERIILE DE SELECȚIE ÎN PROBELE DE SEMIFOND LA SPORTIVII U14 ȘI U16
15.	Atomei Ioan-Casian	Assoc. Prof. PhD. Cristian-Corneliu Drăgoi	"Vasile Alecsandri" University of Bacău, Romania	STUDIU PRIVIND EDUCAREA VITEZEI ȘI A COORDONĂRII SPECIFICE, LA FOTBALIȘTII JUNIORI U 17
16.	Munteanu Ioana	Assoc. Prof. PhD. Constantin Sufaru	"Vasile Alecsandri" University of Bacău, Romania	STUDIU DE CAZ PRIVIND UTILIZAREA COMPETIȚIILOR SPORTIVE LA ELEVII DE GIMNAZIU PENTRU OPTIMIZAREA LECȚIEI DE ED. FIZICA
17.	Crăciun Bianca Mihaela	Assoc. Prof. PhD. Vasile Cătălin Ciocan	"Vasile Alecsandri" University of Bacău, Romania	STUDIUL PRIVIND FAIR-PLAY-UL ÎN LECȚIILE DE EDUCAȚIE FIZICĂ ÎN ȘCOLI
18.	Andreea Drobota	Assoc. Prof. PhD. Mihai Adrian Sava	"Vasile Alecsandri" University of Bacău, Romania	STUDIU PRIVIND DORINȚA DE PRACTICARE A SPORTURILOR DE COMBAT LA ELEVII DIN CICLUL PRIMAR
19.	Pleșescu (Grădinaru) Livia	Assoc. Prof. PhD. Drăgoi Cristian-Corneliu	"Vasile Alecsandri" University of Bacău, Romania	STUDIU PRIVIND POTENȚIALUL DE TURISM SPORTIV ȘI RECREATIV AL ZONEI MONTANE A JUDEȚULUI BACĂU
20.	Oniceanu Darius Constantin	Assoc. Prof. PhD. Ovidiu Galeru	"Vasile Alecsandri" University of Bacău, Romania	STUDIU PRIVIND PERFECȚIONAREA PROCEDEULUI CRAUL LA ÎNOTĂTORI, CATEGORIA JUNIORI II
21.	Băisan Cătălin - George	Assoc. Prof. PhD. Conf. univ. dr. Ovidiu Galeru	"Vasile Alecsandri" University of Bacău, Romania	THE IMPORTANCE OF UTILITARIAN-APPLICATIVE SWIMMING ACTIVITIES IN IMPROVING THE GENERAL HEALTH STATUS OF MIDDLE SCHOOL STUDENTS
22.	Florin Cojan	Lecturer PhD . Carmina Mihaela Gorgan	"Vasile Alecsandri" University of Bacău, Romania	STUDIU PRIVIND REALIZAREA OBIECTIVELOR EDUCATIEI FIZICE LA CLASELE V VI PRIN UTILIZAREA MIJLOACELOR SPECIFICE ATLETISMULUI

23.	Draghiciu Robert - Nicolae	Lecturer PhD Ana-Maria Vulpe	"Vasile Alecsandri" University of Bacău, Romania	STUDIU PRIVIND PERCEPȚIA ELEVILOR DIN ÎNVĂȚĂMÂNTUL GIMNAZIAL ASUPRA PRACTICĂRII GIMNASTICII CA ACTIVITATE RECREATIVĂ
24.	Dolhascanu Andrei	Lecturer PhD Carmina Gorgan	"Vasile Alecsandri" University of Bacău, Romania	STUDIU PRIVIND ÎNVĂȚAREA ȘI CONSOLIDAREA ALERGĂRII DE VITEZĂ LA ELEVII DE CLASA A V A ȘI A VI A DIN CICLUL GIMNAZIAL
25.	Rares Neculai	Assoc. Prof. PhD. Gabriel Mareș	"Vasile Alecsandri" University of Bacău, Romania	UTILIZAREA INSTRUMENTELOR DIGITALE PENTRU MOTIVAREA ELEVILOR DE GIMNAZIU IN PRACTICAREA ACTIVITĂȚILOR FIZICE
26.	Toma Alexandru	Lecturer PhD . Carmina Mihaela Gorgan	"Vasile Alecsandri" University of Bacău, Romania	STUDIU PRIVIND UTILIZAREA MIJLOACELOR DIN ATLETISM ÎN TIMPUL LIBER LA ELEVII DE GIMNAZIU
27.	Marian Ionut Cristian	Lecturer PhD . Carmina Mihaela Gorgan	"Vasile Alecsandri" University of Bacău, Romania	STUDIU PRIVIND ÎNVĂȚAREA ȘI CONSOLIDAREA ALERGĂRII DE REZISTENȚĂ LA ELEVII DIN CICLUL GIMNAZIAL

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Physiotherapy / Kinetoterapie

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	AUTHOR/S	SCIENTIFIC COORDONATOR	AFFILIATION	NAME OF THE PAPER
1.	Cohal Ana- Maria	Assoc. Prof. PhD. Elena Vizitiu-Lakhdari	"Ștefan cel Mare" University of Suceava, Romania	RECUPERAREA POST-OPERATORIE A PACIENTULUI CU RUPTURĂ DE LIGAMENT ÎNCRUCIŞAT ANTERIOR PRIN MIJLOACE KINETICE
2.	Pricob Elisabeta	Assoc. Prof. PhD. Elena Vizitiu-Lakhdari	"Ștefan cel Mare" University of Suceava, Romania	RECUPERAREA PACIENTULUI CU DEFICIENŢA FIZICĂ LORDOZA PRIN MIJLOACE KINETICE
3.	Cobzariu Sonia Mihaela, Viorica Simona Sturza (Mclaughlin), Hăisan Petronela Lăcrămioara	Lecturer PhD Petronela Lăcrămioara Hăisan	„1 Decembrie 1918" University of Alba Iulia, Romania	THE ROLE OF KINETOTHERAPY IN FALL PREVENTION AMONG ELDERLY INDIVIDUALS: A PILOT STUDY
4.	Eșanu Victoria	Assoc. Prof. PhD. Victoria Chihai	State University of Medicine and Pharmacy, "Nicolae Testemițanu", Republic of Moldova	THE IMPORTANCE OF PHYSICAL EXERCISES IN FUNCTIONAL REHABILITATION PROGRAMS IN PATIENTS WITH RHEUMATOID ARTHRITIS
5.	Bădilă Mădălina	Assoc. Prof. PhD. Aliona Luca	Moldova State University /Institute of Physical Education and Sports, Republic of Moldova	PARTICULARITĂȚI ALE COMUNICĂRII ÎN RELAȚIA KINETOTERAPEUT - PACIENT CU DEFICIENȚE AUDITIVE

6.	Denis Bors	Assoc. Prof. PhD. Daniel Andrei Iordan	„Dunărea de Jos” University of Galați, Romania	RECUPERAREA DUPĂ LIGAMENTOPLASTIE ŞI MENISCOPATIE
7.	Lefter George Claudiu	Asst. Prof., PhD Panaet Elena-Adelina	"Vasile Alecsandri" University of Bacău, Romania	EFICIENȚA KINETOTERAPIEI ȘI A ORTEZELOR PLANTARE PERSONALIZATE ÎN CORECTAREA HIPERPRONATIEI LA ADULȚI
8.	Balint Maria	Assoc. Prof. PhD. Alina-Mihaela Cristuța	"Vasile Alecsandri" University of Bacău, Romania	MASURI DE PROFILAXIE LA PACIENTUL CU FIBROM UTERIN OPERAT. STUDIU DE CAZ
9.	Gheorghieș Evelina	Assoc. Prof. PhD. Marinela Rață	"Vasile Alecsandri" University of Bacău, Romania	STUDIU DE CAZ PRIVIND EFICIENȚA KINETOTERAPIEI ÎN ,,ENCEFALPATIA EPILEPTICĂ DE CAUZĂ GENETICĂ - MUTAȚIA SCN2A"
10.	Bidoae Mariana Adriana	Assoc. Prof. PhD. Dan Iulian Alexe	"Vasile Alecsandri" University of Bacău, Romania	STUDIU PRIVIND CUNOAȘTEREA ȘI IMPLEMENTAREA CONCEPTELOR DE ROBOTICĂ ȘI AI ÎN INTERVENȚIA KINETOTERAPEUTICĂ
11.	Lupu Mihnea-Stefan	Assoc. Prof. PhD. Alina-Mihaela Cristuta	"Vasile Alecsandri" University of Bacău, Romania	CADRU EDUCAȚIONAL PENTRU RECUPERAREA FUNCȚIONALĂ DUPĂ FRACTURI LOMBARE/TORACOLOMBARE TRAUMATICE FĂRĂ LEZIUNE MEDULARĂ SAU DEFICIT NEUROLOGIC LA ADULTUL TÂNĂR ACTIV
12.	Ambroza Alexandru	Assoc. Prof. PhD. Mihaela-Alina Cristuța	"Vasile Alecsandri" University of Bacău, Romania	EFICIENȚA KINETOTERAPIEI ÎN RECUPERAREA FUNCȚIONALITĂȚII POST FRACTURĂ HUMERUS
13.	Vasilache Vlad-Gabriel	Asst. Prof., PhD Bogdan-Alexandru Antohe	"Vasile Alecsandri" University of Bacău, Romania	STUDIU DE CAZ PRIVIND EFICIENȚA INTERVENȚIEI KINETOTERAPEUTICE ASUPRA PACIENȚILOR CU PERIARTRITĂ SCAPULO-HUMERALĂ
14.	Drăguşanu C. Adriana-lenuţa (Sardariu)	Assoc. Prof. PhD. Alina-Mihaela Cristuta	"Vasile Alecsandri" University of Bacău, Romania	STUDIU PRIVIN ROLUL KINETOTERAPIE LA COPII CU CES
15.	Gabriela Stan (Alixandrica)	Assoc. Prof. PhD. Tatiana Balint	"Vasile Alecsandri" University of Bacău, Romania	STUDIU DE CAZ PRIVIND AMELIORAREA SECHELELOR POST OPERATORII DUPĂ FRACTURĂ BIMALEOLARĂ

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Faculty of Movement, Sports and Health Sciences
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BOOK OF ABSTRACTS

Physical Education and Sports Performance
-scientific section-

ARE COMBAT ATHLETES DIFFERENT SLEEPERS? A PSQI-BASED COMPARATIVE SURVEY ACROSS ATHLETIC POPULATIONS

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ABSTRACT

Introduction and Aim: Sleep is essential for athletic performance, recovery, and cognitive functioning. This study compared sleep quality and selected sleep parameters between combat sport athletes and athletes from other individual sports. ***Materials and Methods***: The study included 98 athletes (52 combat sport athletes and 46 athletes from other individual disciplines). Sleep quality was assessed using a modified Pittsburgh Sleep Quality Index (PSQI) with one-week recall period. Global PSQI score, sleep duration, sleep latency, and prevalence of poor sleep outcomes were analyzed. ***Results:*** The mean global PSQI score was similar between combat sport athletes and athletes from other individual disciplines (4.75 ± 2.47 vs 4.78 ± 2.77). Poor sleep quality (PSQI > 5) was reported by 26.92% of combat athletes and 34.78% of athletes from other sports. Mean sleep latency was lower in combat athletes compared with the comparison group (16.71 ± 13.51 vs 24.21 ± 29.30 min), while prolonged sleep latency (>30 min) was observed in 13.46% and 17.39% of participants, respectively. Combat athletes reported slightly shorter sleep duration than athletes from other sports (7.23 ± 0.93 vs 7.37 ± 0.93 h), and sleep duration below 7 h was reported by 28.85% and 23.91% of athletes, respectively. No significant between-group differences were observed for the analyzed sleep parameters. ***Conclusions:*** Sleep disturbances were common across both groups, suggesting that sleep problems may affect athletes regardless of sport type.

ISCHEMIC INTRA-CONDITIONING IMPROVES BARBELL VELOCITY IN ELITE ATHLETES

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ABSTRACT

This study determined the acute effects of ischemic intra-conditioning on Mean Velocity (MV) and Peak Velocity (PV). The investigation quantified intra-session arterial occlusion pressure (AOP) dynamics across repeated sets in elite athletes. ***Methods:*** Eighteen elite male athletes (National Team) completed a two-stage randomized crossover protocol. Stage I (n=6) analyzed a 4.5-min occlusion / 0.5-min reperfusion ratio. Stage II (n=12) utilized a recalibrated 3-min occlusion / 1.5-min reperfusion ratio. Kinematic variables (MV, PV) were recorded during back squats via linear position transducer. Individual AOP was measured before each set to track hemodynamic fluctuations. ***Results***: Stage I ischemic intra-conditioning impaired kinematic performance, reducing MV and PV across sets (Hedges' g up to -0.43). Conversely, the Stage II protocol stabilized performance and yielded slight improvements in PV (g: 0.08–0.28). Significant intra-session AOP fluctuations occurred in both stages, with values increasing from baseline (195–202 mmHg) following high-intensity effort. ***Conclusions:*** The efficacy of ischemic intra-conditioning depends strictly on the occlusion-to-reoxygenation ratio. A 0.5-min reperfusion period impairs MV and PV, whereas 1.5 min maintains or enhances mechanical output. Resting AOP is not a static reference; its intra-session instability necessitates dynamic monitoring to ensure a consistent physiological stimulus and safety in elite strength-power training.

NUTRITION CHARACTERISTICS OF ULTRA-ENDURANCE RUNNERS IN THE PRE RACE AND RACE PERIOD

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Scientific coordinator: Prof. PhD habil. **Aleksandra Filip-Stachnik**

ABSTRACT

The purpose of this study is to analyse and verify the nutrition of ultra-marathon runners during the starting period. Ten athletes (3 women) participated in the study. The study was conducted using a nutrition register. The Kcalmar.pro programme was used to collect data. On the day of the race, the carbohydrate intake was 88.9-51g/kg body weight, which is in line with the recommendations of the International Society of Sport Nutrition (ISSN). There were statistically significant differences in energy, carbohydrate (g), protein (g), fat (g), fibre (g) and iron (mg) intake between days with usual intake and 48 and 24 hours before the start. The study showed that the athletes met the nutrition standards for endurance athletes, according to the standards set by the ISSN.

THE EFFECTIVENESS OF USING ELASTIC RESISTANCE TRAINING ON SOME PHYSIOLOGICAL AND PHYSICAL VARIABLES AMONG JUNIOR VOLLEYBALL PLAYERS

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Scientific coordinator: Assoc. Prof. PhD. **Mahmoud Elsayed**

ABSTRACT

Objective: This study aimed to investigate the impact of a proposed training program using elastic resistance on selected physiological variables (e.g., heart rate, vital capacity) and physical variables (e.g., explosive power, muscular endurance, and speed) among junior volleyball players. ***Methodology:*** The researcher employed an experimental approach using a two-group design (experimental and control). The sample consisted of junior volleyball players. The proposed training program was implemented over a period of [8-12] weeks, with [3] training sessions per week. ***Results***: The findings revealed statistically significant differences between the pre- and post-measurements for the experimental group, favoring the post-measurement in all physiological and physical variables. Furthermore, the experimental group showed superior improvement compared to the control group (which followed a traditional program), confirming the effectiveness of elastic resistance in enhancing physical performance and physiological functions. ***Conclusion:*** The study recommends integrating elastic resistance training into the training regimes for junior volleyball players to develop specific physical abilities, emphasizing the importance of progressive resistance levels suited to the athletes' age group

STUDY ON THE CONTENT ALLOCATED TO SPORTS SKILLS SPECIFIC TO GYMNASTICS (EXPERT OPINION)

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Scientific coordinator: Assoc. Prof. PhD **Leonard Stoica**

ABSTRACT

This research study investigates the current status of teaching gymnastics skills within the middle school physical education curriculum, focusing specifically on the perspectives of specialists. The primary objective is to analyze how physical education professionals perceive the importance, challenges, and modernization of gymnastics instruction. The methodology involved a descriptive research design, utilizing a fifteen-item questionnaire distributed to a sample of thirty-two physical education teachers with varying levels of professional experience. The findings reveal a strong consensus regarding the fundamental role of gymnastics in fostering harmonious physical development and psychological traits such as courage. However, significant barriers were identified, including insufficient infrastructure and equipment, with nearly half of the respondents rating the material base as merely satisfactory. Furthermore, the study highlights a concerning decline in student interest compared to traditional team sports, largely attributed to the fear of injury and the technical difficulty of the exercises.

DEVELOPMENT OF MOTOR QUALITY ENDURANCE IN THE GYMNASIUM CYCLE FIFTH GRADE THROUGH SPECIFIC ATHLETICS MEANS

Crăciun Cosmin
Assoc. Prof. PhD Elena Lakhdari-Vizitiu
Scientific coordinator: Assoc. Prof. PhD **Elena Lakhdari-Vizitiu**

ABSTRACT

This research aims to develop the motor quality of endurance in lower secondary school students (5th grade) by using means and methods specific to athletics. The study objectives are to improve students' effort capacity and physical performance through the application of exercises and long-distance running adapted to their age, gender, and bio-psychomotor characteristics. During the research, heart rate values will be monitored before and after effort, alongside the results obtained from initial and final testings, in order to evaluate the effectiveness of the applied program. The research sample consists of students aged between 11 and 12, who are at an important stage of physical and motor development. The activities took place in the sports hall, utilizing materials and equipment appropriate for the instructional-educational process. The results of the research led to the optimization of teaching strategies in the field of physical education by integrating specific means for endurance development into school activities. The research hypothesis is partially confirmed, as the applied program contributed to the improvement of endurance; however, the results indicate the need for a longer intervention period to achieve more visible progress.

THE DEVELOPMENT OF THE MOTOR QUALITY SPEED THROUGH ATHLETICS-SPECIFIC MEANS IN NINTH-GRADE STUDENTS

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ABSTRACT

The development of the motor quality speed represents a fundamental objective of school physical education. The research aims to highlight the effectiveness of using athletics-specific training means in optimizing speed among ninth-grade students. The study was conducted on a sample of high school students, organized into an experimental group and a control group, over the course of two school modules. The experimental group followed an intervention program based on athletics-specific exercises, such as short-distance sprinting, starts to signal, coordination exercises, and drills for developing step frequency. The control group carried out activities according to the standard school curriculum. The level of speed development was assessed using standardized motor tests applied at the initial and final stages of the research. The results revealed significant improvements in speed indices within the experimental group compared to the control group, confirming the effectiveness of the athletics-specific means used. The objectives of the research are: to improve the instructional and educational process of physical education and sport at the high school level in order to increase speed indices; to assess the level of development of the motor quality speed among high school students; to determine training means, methods, and forms of instruction oriented toward speed development; and to highlight progress through final testing. Reasearch hypothesis: If athletics-specific exercises are systematically applied in physical education and sport lessons for ninth-grade students, the motor quality speed will develop, as demonstrated by the comparison between initial and final test results.

DESCRIPTIVE STUDY ON THE BENEFITS AND DIVERSITY OF LEISURE (EXTRACURRICULAR) ACTIVITIES

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Scientific coordinator: Assoc. Prof. PhD **Leonard Stoica**

ABSTRACT
Extracurricular activities represent an important component of the educational process and contribute significantly to the physical, social, emotional, and educational development of students. The present study aims to analyze the diversity and benefits of extracurricular activities organized in three middle schools from Galați municipality. The research focused on educational, cultural, recreational, and sports activities carried out within the school environment. The main method used in the study was comparative analysis, based on the examination of school documents and the identification of extracurricular activities organized in the selected educational institutions during the 2025–2026 school year. The study also highlighted the level of student involvement and the role of teachers in organizing these activities. The results of the research emphasized the importance of extracurricular activities in developing communication skills, cooperation, social integration, and the adoption of an active and healthy lifestyle among students. At the same time, differences were identified between the analyzed schools regarding the diversity and frequency of the organized activities. The research supports the necessity of diversifying extracurricular activities and increasing student participation in educational and recreational programs.

THE ROLE OF MOVEMENT GAMES IN THE SOCIALIZATION PROCESS OF STUDENTS AGED 6-8

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Scientific coordinator: Assoc. Prof. PhD **Diana-Victoria Gidu**

ABSTRACT
This paper highlights the fact that the ages of 6–8 are essential for the development of social skills. We hypothesized that the systematic integration of movement games into physical education classes significantly contributes to the development of social skills in children aged 6–8, promoting cooperation, empathy, and group integration. The experiment was conducted at Școala Gimnazială nr. 2 „Sfântul Andrei" between October 2025 and April 2026, involving 36 students aged between 6 and 8 years. The movement games program implemented in this research was carried out twice a week in an organized setting. The duration of the activities was adapted to the students' attention span: 20–25 minutes for preparatory grade (Grade 0) and 30–40 minutes for second grade. The results show that girls recorded higher average values in terms of empathy, cooperation, and fairness. These traits reflect a stronger orientation toward relationships, interpersonal understanding, and respect for others. Boys obtained higher scores in courage, initiative, and willpower, indicating a tendency to take risks, engage actively, and seek affirmation within the group. In conclusion, movement games represent an effective educational tool, capable of stimulating social interaction, emotional expression, cooperation, and the assumption of responsibilities within the school group.

TECHNIQUES FOR DEVELOPING JOINT MOBILITY IN 8TH GRADE STUDENTS

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Scientific coordinator: Assoc. Prof. PhD **Antoanela Oltean**

ABSTRACT

This study examines the effectiveness of specific techniques for developing joint mobility in eighth-grade students during physical education classes. The research was conducted at Casimcea Middle School over an 8-week period, involving 16 experimental lessons. The sample consisted of 30 students aged 13 to 14, divided into an experimental group and a control group. The aim of the study was to highlight the influence of mobility exercises on range of motion and the harmonious development of the musculoskeletal system. The program applied to the experimental group included progressive exercises for the mobility of the hip, shoulder, and spine joints, integrated into both the warm-up and the cool-down phases. To assess the program's effectiveness, standardized tests such as the "Sit and Reach," "Back Scratch," and trunk lateral flexion test were administered at the beginning and end of the study under identical conditions. The results were statistically analyzed by calculating the arithmetic mean, standard deviation, and applying Student's t-test. The data revealed significant improvements in joint mobility in the experimental group, demonstrating that the systematic use of age-appropriate exercises contributes to motor development, improved posture, and the prevention of functional imbalances specific to this age group.

IMPROVING PHYSICAL FITNESS THROUGH OFFENSIVE TRAINING STRUCTURES IN SCHOOL HANDBALL TEAMS

Dinu Eduard
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Scientific coordinator: Assoc. Prof. PhD **CAZAN FLORIN**

ABSTRACT

Introduction: Handball requires the development of all motor abilities of the athlete. Speed is essential both in offense and defense, while coordination is predominantly required in offensive actions. Endurance plays a crucial role, enabling players to maintain optimal performance throughout the entire match. It should also be noted that handball specifically demands speed-endurance capabilities. ***Objectives:*** The aim of this study was to demonstrate that a training program based on practicing offensive technical structures can effectively improve the physical fitness of female students in the school's representative handball team. Hypothesis: The study started from the assumption that implementing a training program focused on practicing a diverse range of offensive technical structures during training sessions can lead to improvements in both general and specific physical fitness levels of the female players involved. ***Methods:*** The experiment was conducted during the 2025–2026 school year, with the training program implemented between October 7 and March 16, over a period of 22 weeks. The participants were 22 female students aged 12–13, from the 6th and 7th grades at Făcăeni Secondary School, all members of the school's representative handball team. They were divided into two homogeneous groups, based on physical development: a control group (CG) and an experimental group (EG). ***Results and Discussion:*** Statistically significant differences were observed between the initial and final testing results in the experimental group, indicating clear progress. In contrast, the control group showed improvements that were not statistically significant. These findings support the effectiveness of the experimental program and confirm the study's objective. ***Conclusions:*** The assessment tests selected to evaluate physical fitness were appropriate for the age and level of physical and motor development of 12–13-year-old participants. The results obtained from the two testing phases validate the research hypothesis formulated at the beginning of the study. Keywords: handball, physical fitness, representative team, offensive structures.

DEVELOPING LIFE SKILLS IN CHILDREN WITH SPECIAL NEEDS - SPECIFIC APPROACHES TO PHYSICAL EDUCATION.

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Scientific coordinator: Assoc. Prof. PhD **Gabriel Mares**

ABSTRACT

This paper examines the importance of sport-specific activities in the development of life skills among children with special educational needs. Adapted physical activities contribute to improving communication, teamwork, self-confidence, emotional control, and social integration. The study is based on the analysis of specialized literature and the observation of children participating in adapted sport programs. Different activities were selected to stimulate motor skills, cooperation, and active participation. The findings highlight that regular involvement in sport activities supports both personal development and social inclusion. In addition, collaboration between teachers, coaches, therapists, and families plays an essential role in achieving positive educational outcomes. The paper concludes that sport is an effective tool for supporting the holistic development and integration of children with special educational needs.

STUDY ON THE PERCEPTION OF MIDDLE SCHOOL STUDENTS REGARDING THE PRACTICE OF GYMNASTICS AS A RECREATIONAL ACTIVITY

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Scientific coordinator: Lecturer PhD **Ana-Maria Vulpe**

ABSTRACT

This paper analyzes the perception of middle school students regarding the practice of gymnastics as a recreational activity in a context characterized by decreasing levels of physical activity and increasing sedentary behaviors among children and adolescents. The research is based on the idea that gymnastics, through its accessible, varied, and adaptable character, can represent an effective alternative for active leisure time and for promoting a healthy lifestyle. The study aims to identify the way students perceive gymnastics, their interest in practicing it outside physical education classes, and the main benefits associated with this activity. In addition, the research examines the factors that influence students' participation in recreational gymnastics activities and the place gymnastics occupies in their physical activity preferences. The research was conducted on a sample of 50 eighth-grade students, using the questionnaire as the main research instrument. The collected data were processed through statistical methods and graphically represented in order to highlight the general tendencies identified during the study. The results indicate that most students have a favorable perception of gymnastics and consider that it contributes to harmonious physical development, health maintenance, and the improvement of psychological and emotional well-being. At the same time, the study highlights the necessity of adapting physical education activities to students' interests and needs in order to increase the attractiveness of practicing gymnastics during leisure time.

MOTIVATIONAL FACTORS THAT INFLUENCE CONTACT SPORTS, KICKBOXING

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Scientific coordinator: Assoc. Prof. PhD **Gabriel Mareș**

ABSTRACT
This study analyzes the motivational factors that influence the practice of combat sports and martial arts. Motivation plays an important role in maintaining participation in training, improving sports performance, and supporting personal development. The research focuses on the difference between intrinsic motivation, based on personal satisfaction, discipline, and self-improvement, and extrinsic motivation, based on rewards, competition results, and social recognition. The study was conducted using a questionnaire applied to people who practice combat sports and martial arts. The purpose of the research was to identify the factors that influence athletes to begin and continue practicing these sports. The collected data suggest that intrinsic motivation has a stronger influence on long-term participation and emotional balance. Many participants stated that combat sports help them become more disciplined, confident, and emotionally controlled. In my opinion, understanding motivation in combat sports is important because it can help create a healthier training environment focused on both performance and personal development. Keywords: motivation, combat sports, martial arts, athletes, performance.

STUDY ON THE CONTRIBUTION OF MOVEMENT GAMES TO THE ACHIEVEMENT OF PHYSICAL EDUCATION GOALS AT THE 6TH GRADE LEVEL

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Scientific coordinator: Assoc. Prof. PhD **Vasile-Cătălin Ciocan**

ABSTRACT
The present study examines the contribution of movement games to the achievement of physical education objectives at the sixth-grade level. Physical education plays an important role in the harmonious development of pupils by improving motor abilities, health status, social behavior, and participation in physical activities. In this context, movement games represent an effective teaching method because they combine physical exercise with elements of cooperation, competition, and motivation. The research was conducted during the 2025–2026 school year at "Mihai Eminescu" Secondary School from Buhuși and involved pupils from class VI A. The study aimed to identify the effects of introducing movement games into physical education lessons in order to improve the efficiency of the educational process and support the achievement of curricular objectives. Several research methods were used, including bibliographic study, observation, modeling, testing, statistical processing, and graphical interpretation of results. The experimental program included dynamic games and relay activities integrated into physical education lessons. The evaluation of pupils was carried out through control tests focused on speed, coordination, and throwing ability. The results showed visible progress between the initial and final testing stages, confirming that movement games contributed positively to the development of motor qualities and to the active participation of pupils during lessons. The study highlights the importance of using movement games as an attractive and efficient educational tool in middle school education.

STUDY ON THE MOTIVATIONAL IMPACT OF PLAYING HANDBALL IN PHYSICAL EDUCATION LESSONS AT THE MIDDLE SCHOOL LEVEL

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Scientific coordinator: Professor PhD. **Alexandru Acsinte**

ABSTRACT

The topic" is based on the idea that motivation is a decisive factor in students' active participation in physical education classes. Numerous studies show that the level of motivation influences the frequency of participation in physical activity, persistence in effort, and the adoption of a healthy lifestyle (Sallis & McKenzie, 1991; Biddle, Sallis, & Cavill, 1998). Without motivation, even the best-designed physical education programs lose their effectiveness. Team sports have high motivational potential because they combine competition with cooperation and offer students the opportunity to assert themselves within the group. According to self-determination theory, activities that satisfy the needs for autonomy, competence, and relatedness support intrinsic motivation and sustained engagement in physical activity (Deci & Ryan, 2000; Ntoumanis, 2012). Handball is characterized by dynamism, numerous game situations, and varied roles, which can stimulate both students' interest and their sense of personal efficacy.

STUDY ON THE CHARACTERISTICS OF SOMATIC DEVELOPMENT IN PRIMARY SCHOOL STUDENTS

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Scientific coordinator: Assoc. Prof. PhD **Vasile-Cătălin CIOCAN**

ABSTRACT

This study investigates the peculiarities of somatic development in primary school students, emphasizing the fundamental role of continuous physical evaluation in the context of modern sedentary tendencies. The primary objective is to conduct a comparative analysis of somatic indices to observe their evolution over time and to determine if contemporary students maintain harmonious physical growth. The research hypothesizes that somatic development indicators increase progressively with age and that historical averages remain relatively constant within the same age categories across different generations. To test these hypotheses, a constative study was performed involving twenty-eight fourth grade students, comprising twenty boys and eight girls, from the Vasile Alecsandri Secondary School in Roman. The recorded measurements included height, weight, body mass index, and arm span. These current values were then compared with historical data extracted from a comprehensive national report published in two thousand fifteen, focusing specifically on local county and national averages for young primary school children. The results successfully confirmed both hypotheses. Data analysis revealed a normal, progressive increase in all somatic parameters. In the fourth grade, boys demonstrated slightly higher averages across all measurements compared to girls. Furthermore, the comparison with historical records indicated that contemporary physical development values remain consistent with previous generations, showing no significant negative deviations. The study concludes that the evaluated students exhibit harmonious physical development, reinforcing the necessity of regular anthropometric measurements to optimize physical education lessons and prevent potential physical deficiencies in early school years.

STUDY ON THE DEVELOPMENT OF MOVEMENT SPEED UNDER DIFFERENT CONDITIONS 7TH- AND 8TH-GRADE LOWER SECONDARY SCHOOL STUDENTS

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ABSTRACT

This paper analyzes the ways in which physical education teachers develop students' movement speed in various motor contexts. The research aimed to identify the exercises, means and conditions used in physical education lessons, as well as to highlight the difficulties encountered by students in this process. The study was based on the questionnaire-based survey method, applied to a number of 38 physical education and sports teachers from urban and rural areas, with an average professional experience of approximately 14 years. The research was conducted between October 30, 2025 and May 5, 2026. The questionnaire investigated the frequency of use of relays, applicative courses, movement games and accelerated runs, as well as the efficiency of various conditions such as changes of direction, obstacles and reaction to sound or visual signals. The results highlight that diversifying exercises and adapting working conditions contribute to optimizing the process of developing movement speed, increasing student involvement and the efficiency of activities carried out during physical education lessons.

CRITERIA AND REASONS IN CHOOSING SPECIFIC FOOTWEAR FOR SENIOR PERFORMANCE ATHLETES

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ABSTRACT

Introduction. This paper addresses the issue of criteria and reasons that influence the choice of specific footwear by senior performance athletes, considering its role in optimizing sports performance, improving biomechanical efficiency and preventing injuries. The research highlights the importance of correlating the technical-functional characteristics of footwear with the individual characteristics of athletes, the specifics of the discipline practiced and the competition requirements. The purpose of the study was to identify, analyze and rank the main criteria and reasons that determine the selection of sports footwear at the performance level. ***Methods.*** The research was conducted on a sample of 133 senior athletes from different sports branches, using the survey method based on a questionnaire, structured on dimensions regarding the biomechanical, functional, technological, economic and psychosocial characteristics of the decision-making process. ***Results.*** The results obtained demonstrated that athletes prioritize functional and biomechanical criteria, such as comfort (77.44%), sole grip (67.67%), advanced technologies and modern innovations (67.67%), shock absorption (60.15%) and stability (51.13%). Aesthetic and commercial factors, such as design, the influence of famous athletes, advertising or online trends, had a secondary importance in the choice process. ***Conclusions.***The research conclusions confirm that the choice of specific footwear in performance sports must be based primarily on biomechanical, prophylactic and functional criteria, which contribute to increasing performance, reducing the risk of injury and extending the sports career.

STUDY ON THE EFFECT OF MUSIC ON STUDENTS' PERFORMANCE DURING PHYSICAL EDUCATION CLASSES IN THE MIDDLE SCHOOL CYCLE

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Scientific coordinator: Professor PhD. **Alexandru Acsinte**

ABSTRACT

This study explores the effect of music on students' performance and engagement during physical education lessons among middle school students, using a qualitative research approach. The aim of the study is to understand how music influences students' motivation, participation, and overall experience during physical activities. The research focuses on students' perceptions, feelings, and behavioral responses when music is integrated into physical education classes. Data were collected through observation and questionnaires administered before and after the intervention. The pre-intervention questionnaire was used to identify students' musical preferences and their initial attitudes toward the use of music in physical education. The intervention consisted of several physical education lessons in which music was incorporated in a structured manner. During these lessons, students' levels of engagement, enthusiasm, and interaction were carefully observed and documented. After the intervention, a post-intervention questionnaire was applied to gather students' reflections on their experiences. The qualitative analysis of the data revealed that music contributed positively to the learning environment. Students reported increased enjoyment, higher motivation, and a greater willingness to participate in activities. They also expressed that music helped them maintain rhythm, reduce fatigue perception, and improve their overall mood during exercise. The findings suggest that music can be an effective tool in enhancing the quality of physical education lessons by creating a more engaging and supportive atmosphere. The study emphasizes the importance of aligning musical choices with students' preferences to maximize positive outcomes.

THE ROLE OF HANDBALL ELEMENTS IN THE PHYSICAL EDUCATION CLASS IN MIDDLE SCHOOL

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Scientific coordinator: Assoc. Prof. PhD. **Constantin Șufaru**

ABSTRACT

This study examines the role of using handball elements in physical education lessons at the lower secondary school level and their influence on students' motor and social development. The research was conducted during the 2025–2026 school year and involved thirty physical education teachers working in lower secondary education. The investigation was based on the survey method, using a structured questionnaire designed to identify teachers' opinions regarding the effectiveness of integrating handball-specific exercises and games into physical education lessons. The results of the study indicate that the majority of teachers frequently use handball elements during lessons and consider them highly effective in developing students' coordination, reaction speed, dexterity, and spatial orientation. Exercises such as passing, dribbling, catching, and shooting at the goal were identified as the most commonly used activities because of their accessibility and practical applicability in school settings. The findings also show that handball activities increase students' motivation and active participation during lessons by creating dynamic and attractive learning situations. In addition, teachers emphasized the positive contribution of handball games to the development of teamwork, cooperation, communication, and respect for rules among students. The research confirms that the systematic integration of handball elements into physical education lessons represents an effective instructional strategy that supports both motor development and the formation of positive social behaviors among lower secondary school students.

STUDY ON ANNUAL PREPARATION FOR PARTICIPATING IN THE NATIONAL BODYBUILDING COMPETITION - MEN'S PHYSIQUE CATEGORY

Rotariu Andrei
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Scientific coordinator: Assoc. Prof. PhD. **Lupu Gabriel**

ABSTRACT

This study examines the role of using handball elements in physical education lessons at the lower secondary school level and their influence on students' motor and social development. The research was conducted during the 2025–2026 school year and involved thirty physical education teachers working in lower secondary education. The investigation was based on the survey method, using a structured questionnaire designed to identify teachers' opinions regarding the effectiveness of integrating handball-specific exercises and games into physical education lessons. The results of the study indicate that the majority of teachers frequently use handball elements during lessons and consider them highly effective in developing students' coordination, reaction speed, dexterity, and spatial orientation. Exercises such as passing, dribbling, catching, and shooting at the goal were identified as the most commonly used activities because of their accessibility and practical applicability in school settings. The findings also show that handball activities increase students' motivation and active participation during lessons by creating dynamic and attractive learning situations. In addition, teachers emphasized the positive contribution of handball games to the development of teamwork, cooperation, communication, and respect for rules among students. The research confirms that the systematic integration of handball elements into physical education lessons represents an effective instructional strategy that supports both motor development and the formation of positive social behaviors among lower secondary school students.

COMPARATIVE STUDY ON THE MANIFESTATION OF MOTOR SKILLS AND BODY MASS INDEX IN HIGH SCHOOL STUDENTS FROM DIFFERENT SCHOOL ENVIRONMENTS

Margaș Elena-Irina
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Scientific coordinator: Assoc. Prof. PhD. **Cristina-Ioana Alexe**

ABSTRACT

The study compares motor skills and body mass index (BMI) among high school students from different school environments, namely rural and urban. The research is based on the hypothesis that rural students exhibit a higher level of motor development and more balanced body mass index values compared to urban students, as a result of a more active lifestyle and more frequent engagement in daily physical activities. The study sample consisted of 70 high school students, both girls and boys, from schools in rural and urban areas. To assess body composition and body mass index, the Tanita MC-580 body analyzer was used, an instrument based on bioelectrical impedance analysis. The assessment of motor skills included standardized tests for running speed (50-meter run), explosive strength of the lower limbs (jump), and cardiorespiratory endurance (600-meter run). The results highlight differences between the two categories of students, with rural students recording superior results in motor tests and more stable BMI values compared to urban students. The average score on the 50-meter sprint indicated better motor ability among students from rural areas. The conclusions highlight the importance of physical activity and the socio-educational context for motor development and maintaining optimal health during adolescence.

STUDY ON THE INFLUENCE OF PHYSICAL EDUCATION LESSONS ON SOMATIC DEVELOPMENT IN PRIMARY SCHOOL STUDENTS

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Scientific coordinator: Lecturer PhD **Ana-Maria Vulpe**

ABSTRACT
The paper, titled "A Study on the Influence of Physical Education Classes on Somatic Development in Elementary School Students," aims to highlight the role of organized physical activities in the growth and physical development of elementary school children. In the thesis, I presented the importance of physical education in the harmonious development of the body, emphasizing the contribution of physical education classes to muscle development, improved posture, and the prevention of a sedentary lifestyle. We analyzed the characteristics of physical education lessons in primary education, their structure, and the instructional, educational, and physical development objectives pursued through motor activities. The practical part of the research was conducted on a sample of 40 students from 3rd grade A and 3rd grade C, aged 9 to 10. The research was conducted at the "Ștefan cel Mare" National Pedagogical College in Bacău during the school year, in two phases: in November and in April. We employed methods specific to the field of physical education, such as literature review, observation, anthropometric measurements, and statistical and mathematical data analysis. By analyzing anthropometric indicators, such as height, body weight, arm span, and various body circumferences, we sought to identify changes in the students' physical development. The research results highlighted the fact that consistent participation in physical education classes positively influences physical development and contributes to the formation of a healthy lifestyle among elementary school students.

THE STUDY ON THE DEVELOPMENT OF PSYCHOMOTOR SKILLS OF PRIMARY SCHOOL STUDENTS AT THE 'MIHAI DRĂGAN' GYMNASIUM SCHOOL, BACĂU THROUGH THE USE OF DYNAMIC GAMES IN PHYSICAL EDUCATION LESSONS

Maftei Cristinel Ionuț
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Scientific coordinator: Lecturer PhD **Silviu-Ioan Pavel**

ABSTRACT
In recent years, among children and young people, there has been a significant increase in the number of primary school pupils who are exempted from physical education and sports classes by their parents, for various medical or subjective reasons. This trend has negative consequences on the child's overall development, since motor activity represents a fundamental component in shaping personality and psycho-physical balance. The period of early schooling is essential for the development of basic motor skills, being the optimal stage for their formation. From my own teaching experience, I have observed with concern that more and more children of different ages show a decreasing interest in outdoor play and physical activities. Play, the fundamental activity of childhood, is often replaced by spending time in front of computers, gaming consoles, or other smart electronic devices. Many pupils experience difficulties in social interaction, prefer individual activities, and create their own virtual world, which limits social experiences and the development of interpersonal skills. Throughout my teaching activity, I have noticed that introducing dynamic and interactive games during physical education classes leads to a significant increase in pupils' motivation, involvement, and cooperation. Lessons conducted through these methods are perceived by children as attractive and enjoyable, facilitating the achievement of the proposed operational objectives and contributing to the development of a positive attitude toward movement and physical activity. Through this paper, structured into five chapters, I aim to highlight the importance of physical education, sports, and dynamic games as essential means for stimulating and improving the psychomotricity of primary school pupils, while also contributing to the optimal development of their motor qualities and the formation of a balanced lifestyle.

STUDY ON THE DEVELOPMENT OF PSYCHO-MOTOR SKILLS IN U12 ATHLETES IN FOOTBALL

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ABSTRACT

The choice of the topic regarding the development of psychomotor skills in U12 athletes is determined by the profound transformations undergone by modern football, where the speed of play and the density of opponents require a higher level of informational processing. In this context, the training of young football players can no longer be viewed exclusively through the perspective of physical qualities, but must also integrate the cognitive mechanisms that govern efficient movement. The relevance of this approach is supported by the fact that the 10–12 age range represents an extremely favorable stage for the development of motor coordination and psychomotor abilities, being considered in specialized literature as the "golden age" of motor learning. During this period, the plasticity of the nervous system is high, and children have an increased capacity to learn, adapt, and refine various motor actions, which allows the rapid development of coordination, speed, strength, and endurance. In football, this foundation is essential because players must perform complex movements under dynamic conditions characterized by rapid changes of direction, constant interactions with opponents and teammates, as well as the need to make quick decisions. The choice of the topic concerning the study of psychomotor skill development in U12 football players is based on the need to identify methodological solutions adapted to the current demands of high performance sport. This age stage represents a crucial moment in the child's motor ontogenesis, being considered the optimal period for refining coordination and body schema, processes that form the basis of later technical-tactical efficiency. The impact of this approach on 11–12-year-old athletes is significant, directly influencing their ability to make correct decisions in fractions of a second and to rapidly adapt their motor behavior according to the dynamics of the ball and the opponents. Keywords: skills, football, education.

STUDY ON THE USE OF MOVEMENT GAMES WITH ELEMENTS FROM JUDO IN LOWER SECONDARY SCHOOL STUDENTS

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Scientific coordinator: Assoc. Prof. PhD. **Mihai Adrian Sava**

ABSTRACT

This paper explores the use of movement games including judo elements in physical education classes for middle school students. Movement games play an essential role in the educational process because they contribute to the development of motor skills, physical abilities, social interaction, discipline, and motivation for physical activity. At middle school age, students experience significant physical, psychological, and motor development, making this educational stage particularly suitable for the implementation of attractive and dynamic teaching methods. The main purpose of this study was to identify the relevance and applicability of movement games with judo elements in physical education lessons and to analyze teachers' opinions regarding their educational value. The research objectives included the identification of key aspects related to the use of such games and the presentation of practical examples that can be integrated into school activities. The research was conducted using a questionnaire-based survey applied to twenty physical education teachers working in schools from Bacău and Neamț counties during the 2025–2026 academic year. The methods used in this study included bibliographic analysis, survey research, statistical processing, and graphical representation of results. The results showed that most teachers consider movement games highly valuable in middle school physical education classes, as they increase lesson attractiveness and contribute to the development of motor qualities and learning of motor skills. Furthermore, most participants agreed that judo elements such as gripping, pushing, pulling, and balance disruption can be successfully integrated into movement games. The study concludes that movement games with judo elements represent an effective educational tool for achieving the objectives of physical education while increasing students' motivation and active participation.

STUDY ON INFLUENCING MOTOR SKILLS DURING PHYSICAL EDUCATION CLASS IN THE GYMNASIUM CYCLE

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Scientific coordinator: Assoc. Prof. PhD. **Vasile-Cătălin Ciocan**

ABSTRACT
The paper, "A Study on the Influence of Motor Skills During Physical Education Classes in Middle School," examines the role of physical education classes in the development of key motor skills among middle school students. At this age, students are in a critical period of growth and development, and appropriately organized motor activities can significantly contribute to improving speed, agility, endurance, strength, and flexibility. The purpose of this paper is to highlight how physical exercises, dynamic games, and specific physical education methods can positively influence students' motor development.

STUDY ON THE DEVELOPMENT OF PSYCHOMOTOR ABILITIES IN MIDDLE SCHOOL STUDENTS THROUGH THE PRACTICE OF MARTIAL ARTS

Nechita Marius Mihai
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Scientific coordinator: Assoc. Prof. PhD. **Cristian-Corneliu Drăgoi**

ABSTRACT
The study presents a comparative analysis of the results from all six tests, which revealed significantly higher performance among students in the experimental group compared to those in the control group. Consequently, the data obtained fully support the initial hypothesis that regular practice of martial arts contributes positively to the development of psychomotor skills in middle school students.

STUDY ON THE TRAINING OF SPEED AND SPECIFIC COORDINATION IN U17 JUNIOR FOOTBALL PLAYERS

Atomei Ioan-Casian
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Scientific coordinator: Assoc. Prof. PhD. **Cristian-Corneliu Drăgoi**

ABSTRACT
The objective of our study was to conduct an experiment to determine whether two of the key motor skills in soccer—speed and coordination—can be significantly improved in U-17 soccer players. We selected a group of U-17 players and tested them using specific assessments, initially in October 2025 and then again in May 2026. During this period, we worked on specific speed and coordination exercises, which were more prominent than in traditional training sessions. The results partially confirm the initial hypothesis, namely that speed—and especially specific coordination—can be developed even in this age group.

STUDY ON THE ROLE OF TACTICAL PROCEDURES OF FOOTBALL GAME IN DEFENSE IN U-10 CHILDREN

Coșa Anton
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Scientific coordinator: Lecturer PhD **Silviu Ioan Pavel**

ABSTRACT
Football for children can be approached from various perspectives, considering aspects such as physical, balanced, and mental development, health benefits, character and personality formation, the coach's involvement in sports education, as well as safety and protection issues. Nowadays, there is a growing concern for children's health and safety in football and sports in general. Sports organizations, coaches, and parents are increasingly focused on practicing sports in a healthy way and ensuring a safe environment for development. The reason for choosing this topic is pure passion, but also the fact that I have practiced it from an early age until the present day. Football can bring immense joy to those who practice or watch it, and this passion can be a main reason for choosing the topic. It is a sport that combines physical, technical-tactical, and strategic skills. Many people fall in love with the beauty and elegance of the game, from spectacular dribbles to memorable goals and precise passes. Football is not only an entertaining sport, but it can also provide numerous benefits for physical health and personal development. Studying aspects related to training, nutrition, and sports psychology in football can be motivated by the desire to understand and promote these benefits. In conclusion, the motivation for choosing the topic of football may vary depending on each person's interests, goals, and aspirations, whether it is passion for the sport, cultural or social interest, career opportunities, or other reasons. Therefore, for me, it is not just a passion or something fun; it is motivation, education, and 100% involvement.

STUDY ON THE DEVELOPMENT OF PSYCHOMOTOR SKILLS OF PRIMARY SCHOOL STUDENTS USING DYNAMIC STRUCTURES FROM MINI HANDBALL GAMES

Secrieru Igor
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Scientific coordinator: Assoc. Prof. PhD. **Constantin Șufaru**

ABSTRACT
The paper: "A Study on the Development of Psychomotor Skills in Elementary School Students Using Mini-Handball Drills" aims to highlight the role of mini-handball-specific activities in developing the motor and psychomotor skills of elementary school students. The topic was chosen due to the importance of physical education in the harmonious development of children and the need to use attractive and effective methods in the teaching-learning process. The study analyzed the main psychomotor skills developed through exercises and games specific to mini-handball, such as coordination, reaction speed, spatial-temporal orientation, balance, dexterity, and divided attention. The study was conducted on a group of elementary school students during a training program organized within physical education classes. Motor and psychomotor tests administered at the beginning and end of the program were used to assess progress. The results showed that incorporating mini-handball-specific structures into physical education classes significantly contributes to the development of students' psychomotor skills. Game-based activities increased the children's level of engagement, motivation to move, and ability to cooperate within the group. The findings of the study confirm the effectiveness of using mini-handball as an educational and developmental tool in primary education, demonstrating that the exercises and games specific to this sport are modern and engaging methods for the harmonious development of students, both in terms of motor skills and psychosocial development.

STUDY ON SELECTION CRITERIA IN MIDDLE-DISTANCE EVENTS FOR U14 AND U16 ATHLETES

Vîrlan Diana Ionela
Lecturer PhD. Carmina Mihaela Gorgan
Scientific coordinator: Assoc. Prof. PhD. **Constantin Șufaru**

ABSTRACT
This paper examines the importance of the concept of athlete selection in track and field for athletes in the under-14 and under-16 age groups. In the context of modern sports, selection based on scientific data is a fundamental element of the process of identifying, training, and developing athletes capable of achieving high levels of performance. This paper successfully highlights the main guidelines and criteria used in the selection of middle-distance runners, providing a coherent overview of the factors considered relevant. Athletes in the U14 and U16 age groups are going through critical stages of physical and psychological development, which influence their ability to perform, as well as their ability to learn sports techniques and their behavior in competitions. The entire athletic training process is based on the need to maintain an optimal balance between the athlete's physical and mental development and the development of technical and tactical skills specific to the sport. The aim of this study is to analyze physiological and technical criteria in relation to somatic and environmental criteria, with a view to identifying the most effective techniques for selecting athletes aged 12 to 14 for middle-distance events. This topic is particularly relevant to the field of sports selection, as it highlights the importance of prioritizing physiological and technical criteria over static ones, especially in the 13–14 age group, where developmental potential is still emerging, and these criteria are considered more relevant for identifying athletic talent.

STUDY ON THE DESIRE TO PRACTICE COMBAT SPORTS AMONG PRIMARY SCHOOL STUDENTS

Andreea Drobota
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Scientific coordinator: Assoc. Prof. PhD. **Mihai Adrian Sava**

ABSTRACT
This study investigates the desire to practice combat sports among primary school pupils, with a focus on judo as a representative educational and sporting activity. The research was conducted on a group of twenty-three fourth-grade pupils aged between ten and eleven years from a secondary school in Bacău, Romania. The main purpose of the study was to identify the level of interest in practicing judo and to analyze the relationship between this interest, motor development, and the support provided by family and school. The research used a descriptive and correlational design. Data were collected through a questionnaire adapted to the age characteristics of the pupils, motor skill tests, pedagogical observation, and analysis of school documents. The motor tests evaluated explosive strength, speed, balance, and abdominal muscular endurance. The questionnaire explored pupils' motivation, reasons for choosing judo, and perceptions regarding encouragement from parents and teachers. The results showed that more than half of the pupils expressed a clear desire to practice judo, while many others were open to the idea. Both intrinsic and extrinsic motivational factors influenced pupils' interest, including the desire to learn new techniques, participation in competitions, media influence, and parental support. Pupils with a stronger interest in judo generally obtained better results in motor tests. Family encouragement and positive school experiences also appeared to support the desire to participate in combat sports. The study highlights the educational and motivational value of judo for children in primary education and supports the development of school and extracurricular programs adapted to this age group. Keywords: judo, primary school pupils, combat sports, motivation, motor development.

STUDY ON THE POTENTIAL FOR SPORTS AND RECREATIONAL TOURISM IN THE MOUNTAINOUS AREA OF BACĂU COUNTY

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ABSTRACT

The study aims to highlight the role of sports tourism and recreational sports activities—two complex fields, sports and tourism, combined in perfect harmony. The paper focuses on sports tourism and addresses various topics, such as the physical and psychological benefits of physical activity during vacations, as well as the impact of sports tourism on the local economy and the development of tourist destinations dedicated to outdoor sports. Therefore, this study analyzes trends in the field of sports tourism and may serve as a starting point for further research in the field.

STUDY ON THE IMPROVEMENT OF THE CRAWL TECHNIQUE IN SWIMMERS, JUNIOR II CATEGORY

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ABSTRACT

The bachelor's thesis entitled "Study on the Improvement of the Front Crawl Technique in Junior II Swimmers" analyzes modern training methods and the optimization of swimming technique in the front crawl stroke for adolescent athletes. The aim of the research is to identify the factors influencing sports performance and to apply effective training strategies for developing speed, endurance, and coordination of the movements specific to this swimming style. The theoretical part presents the physiological and motor characteristics of Junior II swimmers, as well as the importance of developing a correct execution technique. The main components of the front crawl stroke are analyzed, including body position in the water, arm movements, breathing coordination, and swimming efficiency. Furthermore, the paper highlights the role of general physical training and the importance of psychological motivation in achieving sports performance. The practical research was carried out through a training program applied to a group of athletes, using observation and sports performance evaluation methods. The obtained results demonstrate that specific coordination, technique, and breathing exercises significantly contribute to improving competition times and reducing execution errors. The conclusions of the thesis emphasize that improving the front crawl technique requires continuous, individualized training adapted to the particularities of each athlete in order to achieve competitive results, develop a solid foundation for future competitive activity, and increase the overall level of performance.

THE IMPORTANCE OF UTILITARIAN-APPLICATIVE SWIMMING ACTIVITIES IN IMPROVING THE GENERAL HEALTH STATUS OF MIDDLE SCHOOL STUDENTS

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ABSTRACT
This study analyzes the role and effectiveness of utilitarian-applicative swimming activities in improving the general health status of middle school students. In the context of an increasingly sedentary lifestyle among adolescents, swimming represents an efficient educational and health-promoting activity, contributing to the harmonious physical, psychological, and social development of students. The research was conducted on a group of middle school students aged between 11 and 14 years and focused on identifying the benefits of swimming activities regarding physical endurance, respiratory capacity, posture improvement, emotional balance, and social integration. The study combined theoretical analysis with practical investigation methods, including questionnaires, observation, and pedagogical experimentation. The results highlighted that regular participation in swimming activities positively influences students' general health condition, increases motivation for physical activity, improves self-confidence, and supports the development of useful motor and survival skills. Furthermore, utilitarian-applicative swimming activities contribute to reducing sedentary behavior and promoting a healthy lifestyle among adolescents. The study emphasizes the importance of integrating swimming activities into school and extracurricular programs, considering their educational, preventive, and therapeutic value. Swimming should be regarded not only as a sport activity but also as an essential component of health education and personal safety training for young students.

STUDY ON THE PERCEPTION OF MIDDLE SCHOOL STUDENTS REGARDING THE PRACTICE OF GYMNASTICS AS A RECREATIONAL ACTIVITY

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ABSTRACT
This paper analyzes the perception of middle school students regarding the practice of gymnastics as a recreational activity in a context characterized by decreasing levels of physical activity and increasing sedentary behaviors among children and adolescents. The research is based on the idea that gymnastics, through its accessible, varied, and adaptable character, can represent an effective alternative for active leisure time and for promoting a healthy lifestyle. The study aims to identify the way students perceive gymnastics, their interest in practicing it outside physical education classes, and the main benefits associated with this activity. In addition, the research examines the factors that influence students' participation in recreational gymnastics activities and the place gymnastics occupies in their physical activity preferences. The research was conducted on a sample of 50 eighth-grade students, using the questionnaire as the main research instrument. The collected data were processed through statistical methods and graphically represented in order to highlight the general tendencies identified during the study. The results indicate that most students have a favorable perception of gymnastics and consider that it contributes to harmonious physical development, health maintenance, and the improvement of psychological and emotional well-being. At the same time, the study highlights the necessity of adapting physical education activities to students' interests and needs in order to increase the attractiveness of practicing gymnastics during leisure time.

STUDY ON LEARNING AND STRENGTHENING SPRINTING IN 5TH AND 6TH GRADE STUDENTS IN THE GYMNASIUM CYCLE

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ABSTRACT
Study on the Learning and Consolidation of Sprint Running in Fifth and Sixth Grade Middle School Students The present study analyzes the process of learning and consolidating sprint running techniques among fifth and sixth grade students from the middle school educational cycle. Sprint running represents an important component of physical education because it contributes to the development of speed, coordination, reaction capacity, and general motor skills. The research aimed to identify effective teaching methods and practical exercises that improve the execution of sprint running in students aged between eleven and thirteen years. The study was conducted during physical education classes over one school semester and involved a group of middle school students who participated in structured training activities focused on starting technique, acceleration phase, running posture, arm movement, and finishing technique. The instructional process included demonstration, repeated practice, corrective feedback, and applied exercises adapted to the age and physical level of the students. The results of the research highlighted visible improvements in running speed, movement coordination, and technical execution. Students demonstrated better control of body posture, increased reaction speed at the start, and improved running rhythm during short distance tasks. The study also emphasized the importance of systematic practice and the role of motivation in the development of sprint running abilities at the middle school level. The conclusions underline the necessity of using age appropriate teaching strategies and diversified exercises in order to ensure the efficient learning and consolidation of sprint running skills during physical education classes.

THE USE OF DIGITAL TOOLS TO MOTIVATE MIDDLE SCHOOL STUDENTS TO ENGAGE IN PHYSICAL ACTIVITIES

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ABSTRACT
The use of digital tools in middle school students' physical education classes is a modern and effective way to increase motivation for physical activity and encourage the adoption of a healthy lifestyle. In the context of technological advancements and children's growing interest in the digital world, physical education teachers can integrate apps, online platforms, and smart devices to make PE classes more engaging and interactive. Mobile apps for tracking physical activity, such as pedometers or smartwatches, help students track their progress, number of steps, time spent moving, or calories burned. These tools foster positive competition and the desire to surpass one's limits. In addition, the use of active games and "exergaming" apps combine movement with entertainment, increasing participation among students who are less interested in traditional sports. Digital educational platforms allow teachers to create challenges, competitions, and collaborative activities, providing quick feedback and virtual rewards. As a result, students become more engaged and motivated to actively participate in physical education classes Demonstration videos and online tutorials help students understand the exercises correctly and develop their motor skills. Digital tools also facilitate communication between teachers, students, and parents, making it possible to monitor progress and encourage physical activity outside of school. The integration of technology also contributes to the development of students' digital skills, which are essential in today's society. In conclusion, the use of digital tools to motivate middle school students to engage in physical activity has numerous benefits: it increases interest in movement, encourages active participation, and supports the development of healthy habits. By adapting teaching methods to the interests of the digital generation, physical education can become more attractive and effective.

Physiotherapy / Kinetoterapie
-scientific section-

POSTOPERATIVE RECOVERY OF THE PATIENT WITH ANTERIOR CRUCIATE LIGAMENT TEAR THROUGH KINETIC MEANS

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ABSTRACT
Anterior cruciate ligament (ACL) injuries are among the most common sports injuries. They are treated surgically through a procedure known as anterior cruciate ligament reconstruction, which aims to restore knee stability. For this to be successful, the patient must follow a well-structured rehabilitation program that includes physical exercises. This study examines the benefits of physical exercise in the postoperative recovery from an ACL tear. Key objectives include reviewing scientific literature, determining the optimal rehabilitation program, and analyzing the benefits. In the program, we used various exercises tailored to the patient's capabilities over a period of time and analyzed the patient's progress throughout the program. Ultimately, we concluded that with a well-structured program, the patient made excellent progress, recovering almost completely after demonstrating remarkable dedication to recovering as quickly as possible.

RECOVERY OF THE PATIENT WITH PHYSICAL DEFICIENCY LORDOSIS THROUGH KINETIC MEANS

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ABSTRACT
This article examines the rehabilitation of a patient suffering from a sagittal lumbar deficiency, specifically lordosis. The case study involved a 26-year-old female who underwent a rehabilitation program at the Hereditas Clinic in Suceava County. The goal of the rehabilitation physical therapy program is to gradually reduce lower back pain and correct poor posture. Prior to the start of the rehabilitation itself, an assessment of spinal function was performed through visual inspection, using various tests and scales to obtain baseline values for different parameters, which could then be compared with the final values obtained at the end of the rehabilitation program. The intensity of spinal pain and the areas to which the pain radiates were assessed using the Visual Analog Scale (VAS). Functional capabilities were measured using the Oswestry Disability Index, range of motion using a goniometer via the ROM (Range of Motion) scale of the joint assessment, the Schober test, Stibor test, the Ott test, the Indice-Sol test, and finally, muscle strength was assessed using the muscle strength assessment based on the F0-F5 (MCR) scale.

THE ROLE OF KINETOTHERAPY IN FALL PREVENTION AMONG ELDERLY INDIVIDUALS: A PILOT STUDY

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ABSTRACT
Falls represent a major health concern among older adults, frequently leading to fractures, functional decline, reduced mobility, and loss of independence. The present pilot study aimed to evaluate the effectiveness of a structured, individualized kinetotherapy program in improving balance, mobility, and functional autonomy in elderly individuals at risk of falls. The study included five participants aged between 80 and 90 years. Functional assessment was performed using the Berg Balance Scale, the Timed Up and Go Test, and the Five Times Sit to Stand Test. The intervention program was conducted over four months and included three weekly sessions focused on balance and gait training, coordination exercises, postural control, and lower limb muscle strengthening. The results demonstrated improvements in balance, mobility, muscular strength, and functional stability among participants who completed the intervention program consistently. Participants affected by falls, prolonged immobilization, or post-surgical complications presented functional regression during the study period. The findings support the hypothesis that individualized kinetotherapy programs may contribute to reducing fall risk and maintaining functional independence in older adults. In conclusion, structured kinetotherapy interventions represent an important component in fall prevention and quality of life improvement among elderly populations. The small sample size remains an important limitation affecting the generalization of the results. Keywords: kinetotherapy, elderly, falls, balance, mobility.

PARTICULARITIES OF COMMUNICATION IN THE PHYSICAL THERAPIST - PATIENT RELATIONSHIP WITH HEARING IMPAIRMENTS

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ABSTRACT
People with hearing loss or deafness frequently encounter difficulties in accessing medical services and understanding treatment instructions, a fact that directly affects the effectiveness of treatment or recovery. This paper addresses certain aspects of communication between physical therapists and patients with hearing impairments. Our goal is to demonstrate the need to adapt communication to the needs of this group of people, to identify physical therapists' perceptions of communication difficulties and methods for overcoming them, as well as to formulate recommendations for optimizing professional communication when working with such patients. The research methodology included a review of the specialized literature, the administration of a questionnaire, and the analysis and synthesis of the obtained data. From a theoretical perspective, the main types of hearing impairments and their impact on physical therapist-patient communication were identified. The results of the practical research highlight the fact that, even though approximately 46% of physical therapists have encountered patients suffering from hearing loss or deafness, most of them lack sufficient experience in working with such individuals. 44.4% of respondents reported that they frequently encountered incorrect execution of exercises due to poor communication, which can affect the outcomes of the rehabilitation process. To mitigate these effects, physical therapists rely on practical demonstrations (36.7%) and nonverbal communication (33.3%), and 66.7% believe that involving a sign language interpreter would significantly contribute to optimizing the recovery process. The study's conclusions highlight the importance of using adapted communication methods, such as eye contact, practical demonstrations, gestures, images, digital applications, or modern technologies. It also highlights the need to introduce optional courses or modules dedicated to the study of sign language and specific communication techniques into professional training programs, in order to prepare future physical therapy specialists to provide accessible and effective services for patients with hearing impairments. Keywords: communication, physical therapy, rehabilitation, patients with hearing impairments, sign language.

RECOVERY AFTER LIGAMENT RECONSTRUCTION AND MENISCAL SURGERY

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ABSTRACT

This bachelor's thesis conducted at the Faculty of Physical Education and Sport (Kinesiology and Special Motor Skills specialization), "Dunărea de Jos" University of Galați, examines the effectiveness of a combined physiotherapy and kinetotherapy rehabilitation program following anterior cruciate ligament reconstruction (ligamentoplasty) and meniscus surgery (meniscopathy) of the knee. The study was conducted at the University Center of Physiokinesitherapy and Medical Rehabilitation (UDJG), under the supervision of Associate Professor Dr. Daniel Andrei Iordan. The research subject was a 43-year-old male patient (C.M.) diagnosed with post-operative status following right knee ligamentoplasty and meniscopathy. The rehabilitation program comprised 60 sessions of 120 minutes each, averaging five sessions per week over approximately ten weeks. The theoretical foundation covers knee anatomy and biomechanics, ACL and meniscus pathology, and key functional assessment tests — the McMurray test, the Lachman test, and the Anterior Drawer test — used to evaluate ligamentous and meniscal integrity. The recovery protocol was structured into five progressive phases: immediate post-operative (weeks 0–2), early recovery (weeks 2–4), intermediate recovery (weeks 4–6), advanced recovery (weeks 6–8), and functional reintegration (weeks 8–10). The therapeutic approach combined closed kinetic chain exercises (mini-squats, leg press, step-ups), neuromuscular and proprioceptive training, aerobic conditioning, and adjuvant physiotherapy modalities including deep oscillation, laser therapy, and electrostimulation. The study confirmed its documentary hypothesis: a structured, individualized rehabilitation program restores articular mobility, muscular tone, and knee stability following surgery. The conclusions recommend continued home-based maintenance exercises and a gradual return to physical activity only upon achieving at least 85–90% of the strength of the healthy contralateral limb.

THE EFFICIENCY OF PHYSICAL THERAPY AND CUSTOMIZED FOOT ORTHOSES IN CORRECTING HYPERPRONATION IN ADULTS

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ABSTRACT

Foot-strengthening exercises and customized arch support insoles are commonly used to correct foot hyperpronation. This dysfunction, characterized by the lowering of the medial longitudinal arch, hindfoot eversion, and forefoot abduction, negatively impacts the biomechanics of the entire lower kinetic chain. The study was conducted on a sample of 15 adult subjects, aged between 35 and 45 years, divided into three experimental groups: Group A (physical therapy), Group B (customized foot orthoses), and Group C (mixed approach). The intervention program spanned 16 weeks, with progress monitored at three key intervals using clinical and instrumental indicators: the Foot Posture Index (FPI-6), the Navicular Drop Test (NDT), and baropodometric analysis. The results confirm the validity of the three formulated hypotheses, demonstrating progressive improvements across all study groups. At the final evaluation, Group C recorded the most significant corrections, with a 44% reduction in the FPI-6 score and a 42% decrease in NDT values, achieving a normalization of foot posture below the established clinical thresholds. Group A showed superior results compared to Group B, confirming the importance of active strengthening of the intrinsic and extrinsic muscles in stabilizing the plantar arch. Baropodometric analysis revealed an optimal redistribution of pressure towards the lateral area of the foot, reaching an almost 50%/50% ratio in the case of the mixed approach. In conclusion, the study demonstrates that the synergy between passive mechanical correction and active neuromuscular re-education represents the therapeutic protocol with the highest efficacy. Although the results are limited by the small sample size, the research emphasizes the need for an interdisciplinary approach involving physical therapy, podiatry, and orthopedics to achieve sustainable benefits in the management of hyperpronation. Keywords: hyperpronation, physical therapy, customized foot orthoses, baropodometry.

PROPHYLACTIC MEASURES IN THE PATIENT WITH OPERATED UTERINE FIBROID. CASE STUDY

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ABSTRACT
The incidence of uterine fibroids is very high; surgery is often the treatment of choice, and postoperative management is crucial to the patient's quality of life. Appropriate preventive measures ensure the functional strengthening of the pelvic floor. Specific training of the affected muscles leads to an improvement in symptoms and the patient's optimal reintegration into daily and professional activities.

CASE STUDY ON THE EFFECTIVENESS OF PHYSICAL THERAPY IN 'EPILEPTIC ENCEPHALOPATHY OF GENETIC CAUSE - SCN2A MUTATION'

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ABSTRACT
This clinical study evaluates the impact of a personalized physical therapy program on a pediatric patient diagnosed with a severe neurodevelopmental encephalopathy caused by a mutation in the sodium voltage-gated channel alpha subunit 2 gene. Given the complexity of this genetic condition, which is characterized by axial hypotonia, peripheral spasticity, and impaired respiratory function, the intervention focused on maintaining vital functions and preventing secondary musculoskeletal complications. The therapeutic protocol integrated the Vojta and Bobath concepts, alongside specific orofacial stimulation and respiratory kinetotherapy. Over a period of twelve months, the patient underwent systematic monitoring of thoracic measurements, muscle tone, and joint mobility. The results indicate a discrete but clinically significant evolution. Thoracic measurements showed a slight increase, reflecting improved chest wall compliance and respiratory mechanics. Although the reduction in spasticity was minimal, it allowed for a subtle improvement in passive joint mobility and a better overall postural alignment. Furthermore, the implementation of a structured handling program for the family significantly optimized the daily care activities and the social participation of the patient. In conclusion, while the neurogenetic nature of the condition imposes rigid functional limits, a multidisciplinary rehabilitative approach is essential. This study demonstrates that even incremental progress in motor and respiratory indices is vital for stabilizing the health status and improving the quality of life for patients with severe genetic encephalopathies. The prevention of irreversible contractures and the maintenance of respiratory integrity remain the primary pillars of success in the long-term management of such complex cases. / Keywords: neurorehabilitation, genetic encephalopathy, kinesiotherapy, respiratory function, postural control.

STUDY ON THE KNOWLEDGE AND IMPLEMENTATION OF ROBOTICS AND AI CONCEPTS IN PHYSICAL THERAPY INTERVENTION

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ABSTRACT
This paper analyzes the level of knowledge and the degree of implementation of robotics and artificial intelligence (AI) concepts in physiotherapeutic intervention, highlighting the increasingly important role of modern technologies in the functional rehabilitation process. The research is based on the idea that the development of robotic systems and AI-based applications contributes to increasing the precision, objectivity, and personalization of therapeutic interventions, without replacing the role of the specialist. The theoretical foundation of the study presents the main types of technologies used in physiotherapy, such as robotic exoskeletons, gait training systems, interactive platforms, and AI applications for movement analysis and patient progress monitoring. Both the advantages of using these technologies — including increased exercise repetitiveness, real-time feedback, and the possibility of objective performance assessment — and their limitations, such as high costs, the need for professional training, and the risk of reducing human interaction in the therapeutic act, are highlighted. The practical research was carried out through the application of a questionnaire addressed to physiotherapists, aiming to evaluate the level of information and specialists' perceptions regarding the effectiveness of robotics and AI in rehabilitation. The results seek to identify the factors influencing the implementation of these technologies and to highlight the development prospects of a modern physiotherapeutic practice based on the integration of technology and human expertise.

EDUCATIONAL FRAMEWORK FOR FUNCTIONAL RECOVERY AFTER FRACTURES TRAUMATIC LUMBAR/THORACOLUMBAR WITHOUT SPINAL CORD INJURY OR NEUROLOGICAL DEFICIT IN THE ACTIVE YOUNG ADULT

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ABSTRACT
Traumatic lumbar and thoracolumbar fractures without spinal cord injury or objective neurological deficit create a recovery context in which functional goals extend beyond pain control toward autonomy, daily activities, return to work, and, selectively, return to physical activity or sport. This paper proposes an evidence-informed educational framework for young active adults after specialist assessment and therapeutic decision-making. a structured narrative review was conducted, guided by methodological criteria for narrative reviews, through targeted searches of spine trauma classifications, clinical guidelines, systematic and scoping reviews, clinical and observational studies concerning neurologically intact thoracolumbar fractures, trauma rehabilitation, patient education, self-monitoring, return to work, return to sport, and digital health technologies. The synthesis indicates that fracture morphology, neurological status, clinical modifiers, individualized conservative or surgical management, functional assessment, and clear rehabilitation goals are central to safe recovery communication. Direct evidence for staged educational interventions in this population remains limited; therefore, the proposed model should be interpreted as evidence-informed, partly expert-based, and not clinically validated. The framework is organized into five educational domains: diagnostic orientation and spinal safety; protected mobilization and basic autonomy; trunk control, walking, and reconditioning; structured discussion of return to work, physical activity, and sport; and long-term self-management with risk reduction. Its intended role is to support patient understanding, self-monitoring, shared decision-making, and communication with the rehabilitation team. The framework does not prescribe treatment, bracing, loading restrictions, exercise progression, or clearance for work or sport, and it does not demonstrate effects on pain, disability, adherence, complications, recurrence, or recovery time in patients. Keywords: thoracolumbar fracture; functional recovery; patient education; return to work; self-monitoring

THE EFFICIENCY OF PHYSICAL THERAPY IN THE RECOVERY OF FUNCTIONALITY AFTER HUMERUS FRACTURE

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ABSTRACT
The paper, "The Effectiveness of Physical Therapy in Restoring Functionality Following a Humerus Fracture," highlights the importance of comprehensive rehabilitation programs in restoring mobility and functionality to the affected upper limb. The study was conducted on a clinical case involving a 67-year-old female patient diagnosed with a humerus fracture who was in the post-traumatic recovery phase. The aim of the study was to evaluate the effectiveness of physical therapy combined with physiotherapeutic modalities, manual therapy, joint mobilization, and therapeutic massage in alleviating pain, increasing joint mobility, and restoring the functional capacity of the upper limb. The therapeutic program was individualized and adapted to the stages of recovery, including exercises to increase joint range of motion, muscle toning, coordination, and functional reintegration. The patient's evaluation was conducted through clinical observation, functional tests, and monitoring of therapeutic progress throughout the intervention. The results showed a reduction in pain, improved joint mobility, and increased functional independence in daily activities. Furthermore, a progressive recovery of muscle strength and joint stability was observed. The study's findings support the effectiveness of comprehensive physical therapy in post-humerus-fracture recovery, highlighting the essential role of personalized treatment in optimizing the recovery process and improving the patient's quality of life.

CASE STUDY ON THE EFFICIENCY OF KINETOTHERAPEUTIC INTERVENTION ON PATIENTS WITH SCAPULO-HUMERAL PERIARTHRITIS

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ABSTRACT
This bachelor thesis presents a case study regarding the effectiveness of physiotherapy intervention in patients diagnosed with scapulohumeral periarthritis. The main objective of the research is to analyze the impact of a structured physiotherapy program on reducing pain, improving shoulder joint mobility, and restoring functional independence in affected patients. Scapulohumeral periarthritis is a degenerative and inflammatory condition of the shoulder joint characterized by pain, stiffness, and progressive limitation of both active and passive movements. These functional impairments significantly affect the performance of daily activities such as dressing, personal hygiene, lifting objects, and overhead arm movements, leading to decreased quality of life. The research methodology includes clinical observation, functional evaluation, and specific assessment tools such as goniometric measurements for range of motion, manual muscle testing for strength evaluation, and pain assessment using standardized scales. Functional tests are also applied to determine the patient's ability to perform daily activities. A comparative analysis between initial and final evaluations is used to highlight the effectiveness of the rehabilitation program. The physiotherapy intervention program consists of therapeutic exercises aimed at increasing joint mobility, strengthening periarticular muscles, reducing pain, and improving neuromuscular coordination and posture. The program is individually adapted according to the severity of the condition and the functional level of each patient. The results demonstrate significant improvements in shoulder mobility, reduction in pain intensity, and enhanced ability to perform daily activities, confirming the effectiveness of physiotherapy in the management of scapulohumeral periarthritis.

THE EFFECT OF REPEATED WHOLE-BODY CRYOTHERAPY ON LOWER-LIMB VENOUS HEMODYNAMICS IN POSTMENOPAUSAL WOMEN, INCLUDING THOSE WITH TYPE 2 DIABETES

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ABSTRACT
Introduction: Type 2 diabetes mellitus (T2DM) in postmenopausal women is associated with endothelial dysfunction, chronic inflammation, and circulatory disorders. Higher body weight and BMI may also worsen lower-limb venous function. Whole-body cryotherapy (WBC) may influence vascular regulation, but its effect on venous function in these women remains unclear. This study examined the impact of 20 WBC sessions on lower-limb venous hemodynamics in postmenopausal women, including those with T2DM. Materials and methods: The study initially included 30 women without pathological venous disorders. Complete data were obtained 19 postmenopausal women aged 53–71 years, including 7 women with T2DM. 4-week control observation period without WBC followed by a 4-week with 20 WBC intervention (3 minutes at −120°C). Lower-limb venous hemodynamics was assessed at baseline (T1), after 2 weeks (T2) and 4 weeks (T3) as control period, and after 10 (T4) and 20 (T5) WBC sessions. Venous function was evaluated using venous occlusion plethysmography (VOP) and the venous reflux test - Muscle Pump Test (MPT). Results: In the left lower limb, a significant ($p<0.05$) increase in VC and VO after 20 WBC (T5) was observed in the entire group. In the T2DM group, the increase in VC and VO was not significant ($p>0.05$). In the right lower limb, a significant ($p<0.05$) increase in VC after 20 WBC (T5) was observed in the entire group, and a significant increase in VO, both after 10 WBC – T4 and after 20 WBC – T5, but only in the T2DM group. Conclusion: Twenty sessions of whole-body cryotherapy may improve lower-limb venous hemodynamics in postmenopausal women, including those with T2DM. Founding:The project is financed from the state budget, awarded by the Minister of Science and Higher Education under the "Student Science Clubs Create Innovation" program - SKN/SP/630123/2025 Key words: Diabetes, postmenopausal, vascular flow.

THE EFFECTIVENESS OF PHYSIOTHERAPY IN THE FUNCTIONAL REHABILITATION OF PATIENTS WITH PARKINSON'S DISEASE

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ABSTRACT
Physiokinetotherapy is recognized as indispensable for managing motor symptoms in patients with Parkinson’s disease; however, its effectiveness has not yet been fully determined. The article is based on the analysis of specialized literature and meta-analysis reflecting the effectiveness of physiokinetotherapy. Rehabilitation programs including high-intensity exercises, balance training, proprioceptive neuromuscular facilitation techniques, and coordination and gait exercises were analyzed, all applied individually according to the degree of functional impairment and the stage of the disease. The analysis examines the impact of physiokinetotherapeutic interventions on mobility, static and dynamic postural control, optimization of neuromuscular response, and activities of daily living. The results of the analyzed studies demonstrate that the use of physiokinetotherapy programs significantly contributes to the improvement of balance, coordination, and walking ability in patients with Parkinson’s disease. Following the examination of scientific materials, significant improvements were observed in gait speed (+0.30–0.50 m/s), functional independence measure (+25–30 points), while the Berg Balance Scale score of the experimental group increased by 25 points after kinesitherapy. In addition, a study based on the whole-body vibration method showed evident improvements according to the Unified Parkinson’s Disease Rating Scale: gait parameters demonstrated an average improvement of 15%, bradykinesia scores decreased on average by 12%, while tremor and rigidity scores improved by 25% and 24%, respectively. Following this analysis, we can conclude that physiokinetotherapy is an essential stage in the functional rehabilitation of patients with Parkinson’s disease, while the individualized application of rehabilitation techniques contributes to a clear improvement in motor functions.

CASE STUDY ON THE EFFICIENCY OF KINETOTHERAPY INTERVENTION IN ANTERIOR CRUCIATE LIGAMENT RUPTURE

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ABSTRACT

Anterior cruciate ligament rupture represents one of the most frequently encountered traumatic injuries of the knee joint, predominantly affecting physically active individuals and athletes engaged in sports involving rapid directional changes, jumping, and sudden deceleration. This injury generates significant functional impairment, considerably reducing quality of life and the ability to perform daily activities and athletic performance. The present study aims to evaluate the efficiency of a structured physiotherapeutic intervention program applied to patients diagnosed with anterior cruciate ligament rupture, both in the postoperative recovery phase following surgical reconstruction and in cases managed conservatively. The research objectives include assessment of pain reduction, restoration of joint range of motion, recovery of muscular strength of the lower limb, improvement of proprioception and neuromuscular control, as well as reintegration into daily and sports activities. Keywords: anterior cruciate ligament, physiotherapy rehabilitation, knee functional recovery, postoperative recovery.

CASE STUDY ON PHYSICAL THERAPY DEFICIENCIES IN THE TREATMENT OF CERVICAL DISC HERNIATION IN GUITARISTS

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ABSTRACT

Cervical disc herniation is a frequent musculoskeletal condition that can significantly affect professional and amateur guitarists due to prolonged static posture, repetitive upper limb movements, and inadequate ergonomic habits during practice and performance. This case study aims to identify the main physiotherapeutic deficiencies in the management of cervical disc herniation among guitarists and to emphasize the importance of individualized rehabilitation strategies. The study analyzes the clinical evolution of a guitarist diagnosed with cervical disc herniation, focusing on posture assessment, pain intensity, cervical mobility, muscle imbalance, and functional limitations related to instrumental performance. The research highlights common therapeutic deficiencies, including delayed diagnosis, insufficient postural education, inadequate exercise prescription, poor adherence to rehabilitation protocols, and the absence of preventive ergonomic interventions. Special attention is given to the lack of collaboration between medical specialists, physiotherapists, and music educators, which often leads to incomplete recovery and recurrence of symptoms. The findings demonstrate that successful treatment requires a multidisciplinary approach combining manual therapy, therapeutic exercise, posture correction, neuromuscular reeducation, and adaptation of instrumental technique. Preventive strategies such as regular physical conditioning, correct sitting position, and structured rest periods during practice are also essential. Keywords: cervical disc herniation, guitarists, physiotherapy, posture correction.

THERAPEUTIC INTERVENTION OPTIONS IN IMPROVING GENERAL FUNCTIONALITY IN INSTITUTIONALIZED ELDERLY

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ABSTRACT

Introduction: Type 2 diabetes mellitus (T2DM) in postmenopausal women is associated with endothelial dysfunction, chronic inflammation, and circulatory disorders. Higher body weight and BMI may also worsen lower-limb venous function. Whole-body cryotherapy (WBC) may influence vascular regulation, but its effect on venous function in these women remains unclear. This study examined the impact of 20 WBC sessions on lower-limb venous hemodynamics in postmenopausal women, including those with T2DM. Materials and methods: The study initially included 30 women without pathological venous disorders. Complete data were obtained 19 postmenopausal women aged 53–71 years, including 7 women with T2DM. 4-week control observation period without WBC followed by a 4-week with 20 WBC intervention (3 minutes at −120°C). Lower-limb venous hemodynamics was assessed at baseline (T1), after 2 weeks (T2) and 4 weeks (T3) as control period, and after 10 (T4) and 20 (T5) WBC sessions. Venous function was evaluated using venous occlusion plethysmography (VOP) and the venous reflux test - Muscle Pump Test (MPT). Results: In the left lower limb, a significant ($p<0.05$) increase in VC and VO after 20 WBC (T5) was observed in the entire group. In the T2DM group, the increase in VC and VO was not significant ($p>0.05$). In the right lower limb, a significant ($p<0.05$) increase in VC after 20 WBC (T5) was observed in the entire group, and a significant increase in VO, both after 10 WBC – T4 and after 20 WBC – T5, but only in the T2DM group. Conclusion: Twenty sessions of whole-body cryotherapy may improve lower-limb venous hemodynamics in postmenopausal women, including those with T2DM. Founding: The project is financed from the state budget, awarded by the Minister of Science and Higher Education under the "Student Science Clubs Create Innovation" program - SKN/SP/630123/2025 Key words: Diabetes, postmenopausal, vascular flow.

THE EFFICIENCY OF PHYSICAL THERAPY IN CHILDREN WITH MODERATE IDIOPATHIC SCOLIOSIS

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ABSTRACT

Idiopathic scoliosis is a three-dimensional deformity of the spine characterized by a lateral curvature, vertebral rotation, and alterations of the normal physiological spinal curves. The term “idiopathic” means that no clear cause has been identified, this being the most common form of scoliosis. The condition occurs mainly during periods of rapid growth in childhood and adolescence and is more frequently observed in girls. The diagnosis is established through clinical and radiological examination, the main criterion being a Cobb angle greater than 10°. Depending on the age of onset, idiopathic scoliosis may be classified as infantile, juvenile, or adolescent, the adolescent type being the most common. Clinical manifestations include asymmetry of the shoulders, shoulder blades, or pelvis, as well as the presence of a rib hump observed during the forward bending test. The progression of scoliosis depends on the severity of the spinal curve and the patient’s growth potential. In mild cases, periodic monitoring and physiotherapy exercises may be sufficient to prevent progression. In moderate cases, wearing an orthopedic brace may be recommended, while severe forms may require surgical treatment. Physiotherapy plays an essential role in the management of idiopathic scoliosis by helping to improve posture, restore muscular balance, increase mobility, and maintain respiratory function. Through early intervention and continuous monitoring, the risk of curve progression can be reduced and the patient’s quality of life can be improved.

THE PHYSICAL THERAPIST-CLIENT RELATIONSHIP AND ITS IMPORTANCE IN REDUCING THERAPEUTIC FATIGUE - CASE STUDY OF PEOPLE WITH DOWN SYNDROME

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ABSTRACT

This study examines the importance of ludotherapy in reducing emotional burnout among young patients diagnosed with Down Syndrome. Emotional burnout in children and adolescents with developmental disorders may manifest through emotional fatigue, reduced motivation, frustration, social withdrawal, anxiety, and diminished engagement in therapeutic or educational activities. Young patients with Down Syndrome are often exposed to repeated therapeutic interventions, social adaptation difficulties, and emotional stress that can negatively influence their psychological well-being and overall development. The research highlights the role of ludotherapy as a therapeutic approach centered on play, emotional expression, communication, and social interaction. Through structured playful activities, children are encouraged to participate actively in therapy while experiencing reduced emotional tension and increased comfort. Ludotherapy creates a safe and stimulating environment that supports emotional regulation, self-confidence, creativity, and interpersonal relationships. The study emphasizes that play-based interventions can improve the emotional state of young patients and contribute to greater involvement in therapeutic processes. The paper also analyzes the psychological and social benefits of integrating ludotherapy into intervention programs designed for children and adolescents with Down Syndrome. By reviewing specialized literature and practical therapeutic applications, the study demonstrates that ludotherapy may represent an effective method for reducing emotional exhaustion and improving the quality of life of young patients. The findings support the inclusion of play-centered therapeutic strategies in multidisciplinary rehabilitation and educational programs for individuals with developmental disabilities.

THE EFFICIENCY OF KINETOTHERAPEUTIC MEANS IN THE TREATMENT OF TEMPOROMANDIBULAR DYSFUNCTIONS OF DIFFERENT ETIOLOGIES

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ABSTRACT

Temporomandibular dysfunctions are complex multifactorial conditions that require an integrated and conservative therapeutic approach. This paper evaluates the effectiveness of individualized physiotherapy programs, based on manual techniques, neuromuscular reeducation and craniocervical postural correction. The targeted interventions aim to reduce pain, restore joint mobility and optimize mandibular motor control. The consistent application of these methods ensures effective functional rehabilitation and sustainable improvement of patients' quality of life.

EFFICACY OF PHYSICAL THERAPY INTERVENTION IN THE TREATMENT OF CONGENITAL HYPOPLASIA OF THE LOWER LIMB

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ABSTRACT
Congenital hypoplasia of the lower limb is a developmental malformation that occurs during the intrauterine period, characterized by insufficient, incomplete or undersized development of one or more bone, muscle or vascular structures of the lower limb. This means that the lower limb is smaller, thinner or shorter than normal, compared to the rest of the body. In congenital hypoplasia of the lower limbs, physiotherapy recovery plays a crucial role in compensating for functional imbalances, relieving pain and preventing complications in the spine and pelvis. It is important to note that physiotherapy cannot modify bone length in the case of structural inequalities (when the bones are physically shorter), it is essential for gait reeducation and postural stabilization.

PSYCHOEDUCATION - A DETERMINANT FACTOR IN INCREASING COMPLIANCE IN KINETOTHERAPEUTIC INTERVENTIONS (CASE STUDY OF U9 FOOTBALL PLAYERS)

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ABSTRACT
This research analyzes the role of psychoeducation in increasing compliance with physiotherapy interventions among U9 junior football players, highlighting the importance of integrating psychological factors into the functional recovery process. In the context of modern youth sports, recovery after injury can no longer be approached exclusively from a biomechanical perspective, requiring a biopsychosocial approach that includes educating the athlete and his family about the nature of the injury, the healing process and the benefits of therapeutic exercises. The study was conducted on a sample of 10 male athletes, aged 8 to 9, who presented various injuries or periods of functional rest. The research was conducted between November 2025 and May 2026 and included the implementation of an 8-week psychoeducational program, integrated into the standard physiotherapy protocol. The program included interactive sessions, visual materials and playful activities adapted to the age-specific cognitive level. The main objective was to evaluate the impact of psychoeducation on treatment compliance, monitoring active participation, correct execution of exercises and the level of involvement of athletes. The results highlighted a significant improvement in adherence to the recovery program, reduction of anxiety associated with the injury and increase of intrinsic motivation for returning to sports activity. At the same time, the involvement of parents and the collaboration between physiotherapist, child and coach contributed to the efficiency of the recovery process. The conclusions of the research support the fact that psychoeducation is a determining factor in optimizing physiotherapy interventions in junior athletes, recommending its integration as a standard element in pediatric sports recovery programs.
Keywords: psychoeducation; physiotherapy; U9 footballers; sports recovery.

THE EFFICIENCY OF PHYSICAL THERAPY TREATMENT IN THE RECOVERY OF WRIST JOINT PAIN IN KICKBOXING ATHLETES

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ABSTRACT

Kinetotherapy plays an essential role in improving functional capacity and reducing pain in patients with musculoskeletal disorders. The present study aimed to evaluate the effectiveness of a structured rehabilitation program in patients diagnosed with upper limb and joint dysfunctions associated with inflammatory and degenerative conditions. The intervention program was conducted over a six-week period and included therapeutic exercises focused on mobility, muscle strengthening, joint stabilization, proprioception, and functional recovery. Clinical and functional assessments were performed initially and at the end of the rehabilitation period using pain evaluation, range of motion measurements, and manual muscle testing. The results demonstrated significant improvements in joint mobility, muscular strength, pain reduction, and functional independence. Patients showed increased wrist and shoulder mobility, improved grip strength, and better tolerance to daily activities without pain during effort. Functional orthopedic tests and clinical evaluations also indicated a reduction in inflammatory symptoms and improved joint stability. The findings support the importance of individualized rehabilitation protocols in restoring functional performance and preventing long-term disability in patients with rheumatologic and orthopedic conditions. Early intervention combined with progressive therapeutic exercise contributes significantly to recovery and quality of life enhancement. This study highlights the clinical value of kinesitherapy as a non-invasive and effective therapeutic approach in musculoskeletal rehabilitation. Keywords: kinesitherapy, rehabilitation, joint mobility, muscle strength, musculoskeletal disorders.

THE ROLE OF PHYSICAL THERAPY IN THE FUNCTIONAL RECOVERY OF THE ANKLE AFTER SPRAIN IN CHILDREN

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ABSTRACT

This research investigates the impact of intense physical activity, sports practice, and anatomical or biomechanical vulnerability factors on ankle sprains in children, with the aim of restoring mobility, muscle strength, and joint stability. I conducted a research study using semi-structured interviews with two patients from a special needs secondary school. The data were analyzed using thematic analysis to identify key patterns. The study includes a literature review on current evidence-based practices and two clinical case studies of two children who followed a personalized physiotherapy program. The study concludes that functional recovery after ankle sprains can significantly improve outcomes, providing practical implications for future researchers and professionals in the field of physiotherapy.

COMPARATIVE STUDY ON THE EFFICIENCY OF CERTAIN OBJECTS AND EQUIPMENT USED IN KINESITHERAPY INTERVENTION AIMED AT INCREASING STRENGTH AND MOBILITY AFTER CRUCIATE LIGAMENT SURGERY

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ABSTRACT
This paper aims to highlight the effectiveness of certain objects and equipment used in post-operative physiotherapy intervention following anterior cruciate ligament injuries, focusing on improving muscle strength and knee joint mobility. The study was conducted on two patients aged 40 and 42, both presenting similar functional impairments, including decreased muscle strength in the quadriceps and hamstrings, limited joint mobility, pain, inflammation, joint instability, balance disorders, and reduced functional capacity in daily activities. The initial assessment included joint testing using a goniometer and manual muscle testing based on the F0–F5 scale. The rehabilitation program was carried out over a period of three months and targeted both muscle strengthening and improvement of joint mobility through exercises performed with different objects and equipment. The first patient trained using elastic equipment, while the second patient used rigid, non-elastic objects. Intermediate assessment results showed favorable progress in both cases; however, the use of elastic equipment proved to be more effective in improving muscle strength and knee joint mobility. Nevertheless, the limited number of subjects and the short duration of the intervention do not allow the generalization of the results.

THE EFFICIENCY OF KINESITHERAPY-SPECIFIC MEANS AND SOFROLOGY IN URINARY INCONTINENCE IN ELDERLY MALE INDIVIDUALS

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ABSTRACT
This paper aims to highlight the effectiveness of physiotherapy, associated or not with sophrology, in the management of urinary incontinence in elderly men. The study was conducted on a small sample, consisting of two male patients, both diagnosed with urinary incontinence and undergoing an identical functional reeducation program based on physiotherapy exercises. The program included specific techniques for toning the pelvic floor muscles, breathing control exercises and reeducation of the micturition reflex. The difference between the two cases consisted in the introduction of sophrology sessions for one of the patients, characterized by an increased level of anxiety. Sophrology was used as a complementary method, aiming to reduce stress, increase body awareness and improve voluntary control over physiological functions. In conclusion, physiotherapy is an effective method in the treatment of urinary incontinence in the elderly, and the association with sophrology may bring additional benefits, especially in patients with an anxious component. The study emphasizes the importance of a holistic approach, adapted to the individual needs of the patient.

CASE STUDY ON THE INTERVENTION OF NEUROPROPRIOCEPTIVE FACILITATION TECHNIQUES ON GRADE 3 GONARTHROSIS

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ABSTRACT
This research covers the effectiveness of proprioceptive neuromuscular tehniques on a pacient that has osteo-artrithies of the knee, grade 3. So I make my research on the PNF tehniques, the patology himself and other things. I cover for my patient treatment program some objectives that are relevant for his condition and i establish a functional diagnosis that correlate with the evaluation. So later on, I use only pnf seeing some improvements in mobility parameters, strength and stability.

KINETOTHERAPEUTIC INTERVENTION METHODS IN THE REHABILITATION OF ELDERLY PATIENTS WITH PARKINSON'S DISEASE AND STROKE

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ABSTRACT
This study investigates the role of kinetotherapeutic intervention methods in the rehabilitation and functional reeducation of elderly patients diagnosed with Parkinson disease and stroke. Aging is frequently associated with progressive motor impairment, reduced mobility, balance disorders, decreased functional independence, and diminished quality of life. Both Parkinson disease and stroke produce significant neurological and motor deficits that require a complex and individualized rehabilitation approach. The purpose of this research is to analyze the effectiveness of kinetotherapy programs adapted to the needs of elderly patients affected by these neurological conditions. The study focuses on the selection and systematic application of therapeutic exercises, postural control techniques, gait reeducation methods, coordination training, balance exercises, and functional mobility activities designed to improve motor performance and daily living abilities. The research methodology includes the evaluation of functional capacity before and after the implementation of the kinetotherapeutic intervention program, continuous monitoring of patient progress, and comparative analysis of the obtained results. Particular attention is given to patient motivation and active participation during the rehabilitation process, as these factors contribute significantly to therapeutic success. The results of the study are expected to demonstrate that individualized kinetotherapeutic interventions may contribute to improved balance, coordination, mobility, functional independence, and overall quality of life in elderly patients with Parkinson disease and stroke. The findings emphasize the importance of early, continuous, and personalized rehabilitation strategies in neurological recovery. Keywords: kinetotherapy, Parkinson disease, stroke rehabilitation, elderly patient, functional recovery.

CASE STUDY ON THE FUNCTIONAL RECOVERY OF THE VOLLEYBALL PLAYER, AFTER THE MEDIAL/INNER COLLATERAL LIGAMENT INJURY

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ABSTRACT
The study aims to highlight the role and effectiveness of physiotherapy intervention in the functional recovery of the knee following a grade one injury of the medial collateral ligament in a female elite volleyball athlete. The topic is relevant due to the high incidence of knee injuries in sports that involve repetitive jumping, landing, and sudden changes of direction, which place significant stress on the knee joint. The study is based on a single clinical case conducted between May and September 2025. The initial assessment included clinical observation, pain evaluation, measurement of joint range of motion, muscle strength testing, and assessment of functional stability of the knee joint. Based on these findings an individualized rehabilitation program was developed and progressively adapted according to the patient's clinical evolution. The physiotherapy program aimed to reduce pain, improve joint mobility, increase muscular strength, restore joint stability, and facilitate a gradual return to sports activity. The intervention included passive joint mobilizations, stretching exercises, neuromuscular proprioceptive facilitation techniques, strengthening exercises, and balance and stability training. This approach demonstrates the importance of individualized physiotherapy programs in optimizing knee function and supporting safe return to sport in elite volleyball athletes. It highlights the role of structured rehabilitation protocols combining manual techniques, therapeutic exercise, and progressive functional loading in ligament injury management. It also emphasizes the importance of early assessment and continuous monitoring throughout the rehabilitation process. Such an approach contributes to reducing recurrence risk and improving overall functional outcomes in sports rehabilitation practice settings and athletes. Keywords: knee joint, medial collateral ligament injury, volleyball athletes.

CASE STUDY ON THE EFFICIENCY OF PHYSICAL THERAPY IN THE POSTOPERATIVE TREATMENT OF KNEE PROSTHESIS

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ABSTRACT
The bachelor's thesis entitled "Case Study Regarding the Effectiveness of Physical Therapy in the Postoperative Treatment of Knee Prosthesis" aims to highlight the importance of physical therapy in restoring joint functionality and improving the quality of life of patients undergoing knee arthroplasty. The presentation includes theoretical aspects regarding the anatomy and biomechanics of the knee, focusing on the bony structures, joints, and muscles involved in movement and stability. It also analyzes the main pathologies leading to knee replacement surgery, especially gonarthrosis, a degenerative disease characterized by progressive cartilage deterioration and reduced mobility. In addition, the presentation provides an overview of the types of knee prostheses and the therapeutic approaches used before and after surgery. The practical part of the study focuses on the evaluation of a patient with total knee prosthesis using specific assessment methods for joint mobility, muscle strength, pain intensity, and functional independence. Based on the obtained results, an individualized physical therapy rehabilitation program was designed and applied according to the patient's needs. The recovery program aims to reduce pain, improve range of motion, restore muscle strength, and support the patient's reintegration into daily activities. The results emphasize the effectiveness of physical therapy in postoperative recovery after knee replacement surgery and demonstrate the importance of early and continuous rehabilitation in achieving favorable functional outcomes. Keywords: physical therapy, knee osteoarthritis, knee prothesis, rehabilitation.

Health and Social Well-being and Occupational Therapy - scientific section

THE EFFICIENCY OF PILATES TRAINING IN THE REHABILITATION OF PATIENTS WITH CHRONIC LOW BACK PAIN

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ABSTRACT

Low back pain is one of the most common musculoskeletal conditions worldwide, associated with decreased strength and activation of core muscles, impaired neuromuscular control, and reduced functional capacity. In the context of technological advancement and an increasingly sedentary lifestyle, including prolonged computer work, the incidence of chronic low back pain is rising among sedentary populations. According to the World Health Organization, 31% of the global adult population (1.8 billion people) does not engage in sufficient physical activity. This figure is expected to reach 35% by 2030, reflecting the impact of sedentary behavior. The aim of this study was to evaluate the effectiveness of Reformer Pilates training in reducing pain and improving function in patients with chronic low back pain of unknown etiology. The study was designed as a case series involving sedentary adult patients (office workers) presenting with chronic low back pain. Initial and final assessments included pain intensity evaluation using the VAS scale, analysis of joint mobility, and visual posture assessment. The intervention consisted of a personalized Pilates exercise program on the Reformer, performed twice a week over a period of 6–12 months. The results demonstrated a significant reduction in pain intensity (from an average value of approximately 7 to 0–1 on the VAS scale), an increase in joint mobility (for example, hip flexion improved from approximately 90 degrees to 120 degrees), and improved balance and postural control due to activation of stabilizing muscles. Pain relief was observed early, within the first month of training, with long-term maintenance of the results. In conclusion, Pilates training is an effective method for managing chronic low back pain, contributing to pain reduction and long-term improvement in quality of life among sedentary individuals.

THE COMMUNITY GARDEN

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ABSTRACT

The study focuses on the physical activity, health, and social well-being section by examining how consistent interaction between residents reduces feelings of isolation. By participating in shared activities, the elderly can rebuild social networks and improve their cognitive engagement. The authors provide a brief description of the most relevant aspects of these interventions, highlighting the shift from passive living to active participation. The results indicate that even small-scale collective projects can significantly enhance the quality of life for seniors. In conclusion, creating "gardens" of social interaction within centers is essential for emotional resilience. This research emphasizes that social well-being is deeply connected to regular physical and mental stimulation. By prioritizing community-based activities, care facilities can effectively mitigate the negative effects of loneliness and promote a healthier, more connected aging process.

RESEARCH ON THE IMPACT OF PHYSICAL ACTIVITIES ON THE PREVENTION OF CHILDHOOD OBESITY IN STUDENTS IN GRADE I–IV

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ABSTRACT

This study investigates the role of physical activity in preventing childhood obesity and in developing motor abilities among children in primary school grades one to four. The research is based on theoretical analysis, questionnaire data, and experimental testing applied to two groups of pupils in order to evaluate the effectiveness of a structured physical education programme. The study aims to identify factors influencing obesity, to assess initial and final levels of motor development, and to determine the impact of targeted physical exercises and games. The sample consisted of pupils from primary education, divided into experimental and control groups, who participated in a specially designed intervention programme. Data were collected through physical fitness tests, anthropometric measurements, and structured questionnaires, and were processed using statistical methods to ensure validity and reliability of results. Results indicate significant improvements in motor skills and a reduction in obesity risk factors in the experimental group compared to the control group. These findings confirm that well-structured physical education programmes can contribute effectively to healthy development in early school age children. The study emphasizes the importance of integrating regular physical activity into school curricula as a preventive strategy against obesity and as a means of enhancing motor competence. Recommendations are provided for teachers regarding the adaptation of exercises and games to age characteristics and individual motor levels. Future research should expand sample size and examine long term effects of physical education interventions on health outcomes in primary school children across different educational contexts and populations studied also.

GENERATIONAL GAP, CONNECTION LOSS, YOUNG VS OLD PEOPLE

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ABSTRACT

This project explores the gap between younger and older generations by encouraging communication, understanding, and cooperation between them. As part of the project, we created a weekly course where teenagers and elderly people meet to share knowledge, experiences, and life skills. Young participants teach modern topics and new perspectives, while older participants share traditions, advice, and personal experiences. The activity promotes respect, empathy, social inclusion, and stronger connections between generations within the community.

THE STUDY OF THE INFLUENCE OF PHYSICAL EDUCATION ON THE PSYCHOLOGICAL AND SOCIAL STATE OF STUDENTS IN GRADES V–VIII

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ABSTRACT
The study "The Influence of Physical Education on the Psychological and Social State of Students in Grades V–VIII" aimed to investigate the effects of organized physical activity on the physical, psychological, and social development of students. The research was conducted on a sample of 80 students aged 11–14 years, divided into two equal groups: an experimental group and a control group. The experimental group participated in a structured physical education program totaling 68 hours per year, including motor exercises, team games, and socio-emotional activities, while the control group followed the standard school curriculum. The research methodology included bibliographic analysis, observation, questionnaires, motor and cognitive tests, a didactic experiment, and statistical data processing. Initial results indicated a moderate level of physical activity, a high amount of sedentary behavior, and only partially developed social integration and emotional well-being. The comparison between initial and final results revealed significant improvements in the experimental group across all analyzed indicators. Students showed progress in motor tests (speed, strength, endurance, and balance), as well as increased levels of social integration, cooperation, attention, concentration, and self-confidence. In the control group, changes were minimal. The results confirm the research hypothesis, demonstrating that systematic participation in structured physical activities significantly contributes to improving students' psychological and social well-being, as well as increasing school engagement. Physical education thus proves to be an essential factor in the holistic development of adolescents.

COMBATING LONELINESS

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ABSTRACT
Loneliness among older adults has become an important social issue affecting emotional well-being, mental health, and quality of life. This study focuses on identifying ways to reduce loneliness through community involvement and social activities organized within a senior center in Bacău, Romania. The research was based on direct interaction and communication with elderly participants during visits carried out by university students involved in a community-based project. During the activities, participants shared their experiences, emotions, and perspectives regarding loneliness and social connection. Although many older adults stated that they do not feel lonely while attending the center, deeper discussions revealed that emotional loneliness, fear of abandonment, and the need for meaningful relationships still exist. The study highlights the importance of creating spaces where older adults feel listened to, appreciated, and socially included. The senior center organizes a variety of activities such as monastery visits, celebrations and social events, crocheting workshops, painting sessions, aerobics, and intergenerational activities with children. These activities encourage communication, emotional support, active participation, and a sense of belonging. The involvement of young people also contributes to reducing the social distance between generations and promotes empathy, respect, and mutual understanding. The findings suggest that loneliness cannot be reduced only through physical presence or entertainment activities, but through genuine human connection and emotional support. Community centers play an essential role in improving the emotional and social well-being of older adults by creating opportunities for interaction, friendship, and active living.

“HEALTHY ACTIVITIES FOR OLD PEOPLE”

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ABSTRACT
The study underline that Bacău city faces a challenge shared by many Romanian cities: seniors are increasingly isolated after retirement. Their daily social routines disappear, friendships gradually fade, and physical activity becomes a solitary burden rather than a source of joy. Research is clear: loneliness accelerates cognitive and physical decline, often having effects as harmful as smoking or obesity. The issue is not a lack of sports infrastructure. Bacău already has tennis courts, swimming pools, parks, and gyms. The real problem is motivation and connection. Most people do not start activities alone, do not show up alone, and rarely continue alone. Clubul Seniorilor Bacău is built on one simple truth: friendship comes before sport. Our initiative will organize weekly community gatherings, including dancing sessions, board games, coffee mornings, and friendly conversations. The goal is to create a welcoming environment where seniors can meet, connect, and form genuine relationships. From these relationships come tennis partners, swimming companions, walking groups, and yoga buddies. People are far more likely to stay active when they know someone is waiting for them. Nobody skips a swimming session when a friend is expecting them. Our model does not simply promote sport; it promotes belonging. Through one membership card, seniors gain access to a supportive social network and a vibrant community built around people, not facilities. The process is simple and effective: attend an event, meet new people, build friendships, and begin doing sports together. By combining social connection with physical activity, Clubul Seniorilor Bacău helps seniors stay healthier, happier, and more engaged in everyday life.

PARTICIPATION IN ERASMUS BIP – INTERNATIONAL EXPERIENCES OF PERSONAL, ACADEMIC, AND PROFESSIONAL DEVELOPMENT

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ABSTRACT
Participation in Erasmus BIP represents an important opportunity for personal, academic, and professional development through international collaboration and intercultural learning. This presentation highlights the experiences gained throughout four Erasmus BIP modules focused on contemporary educational and social topics, including inclusion, sustainability, diversity, intercultural communication, and active participation in international learning environments. The activities carried out within these program encouraged teamwork, cultural exchange, and the sharing of good practices among participants from different countries and academic backgrounds. At the same time, the international context contributed to the development of communication, adaptability, collaboration, and problem-solving skills, while also broadening academic perspectives and strengthening professional competences. The presentation emphasizes the impact of Erasmus BIP participation on personal growth, intercultural awareness, and professional formation. It also underlines the importance of international educational mobility in promoting European values such as equity, tolerance, inclusion, and sustainable development. Through interaction with participants from diverse cultural and educational contexts, these experiences supported both academic enrichment and the development of transferable skills necessary in an increasingly globalized society.
Keywords: Erasmus BIP, inclusion, sustainability, diversity, international education, professional development.

THE ROLE OF THE OCCUPATIONAL THERAPIST IN REGULATING SENSORY DISORDERS IN CHILDREN WITH AUTISM

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ABSTRACT
This study explores the role of the occupational therapist in the regulation of sensory processing difficulties in a child diagnosed with autism spectrum disorder. Sensory processing challenges are frequently observed in children with this condition and can significantly affect daily functioning, behavior, and participation in meaningful activities. The aim of this research is to analyze the effectiveness of an intervention program based on occupational therapy and sensory integration principles in improving self-regulation and functional performance. The study is based on a case study of an eleven-year-old child who presents sensory sensitivities, repetitive behaviors, and difficulties in attention and daily activities. The methodology includes clinical observation, parent interview, and standardized assessment tools focused on occupational performance and sensory profile. The intervention program was implemented over a period of eight weeks and included structured activities targeting proprioceptive, tactile, auditory, and visual processing. Functional tasks related to daily living activities were also integrated to support autonomy. The results indicate significant improvements in sensory tolerance, reduction of maladaptive behaviors, increased attention span, and enhanced participation in daily activities. The child demonstrated better self-regulation and increased independence in tasks such as dressing, organizing school materials, and engaging in household activities. The findings highlight the essential role of occupational therapy in supporting children with autism spectrum disorder and emphasize the importance of individualized intervention and family involvement in achieving functional outcomes. Keywords: occupational therapy, sensory integration, autism spectrum disorder, self-regulation, daily living activities

THE BENEFITS OF CALLIGRAPHY WRITING IN A SCHOOL OCCUPATIONAL CONTEXT

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ABSTRACT
This paper presents the bivalent way in which calligraphy, as a school occupational act and artistic-plastic attitude, can influence/shape/build the subject's personality, both from a neuro-motor and psychological point of view.

IMPROVING HEALTH, HUMAN CONNECTION, AND SUSTAINABILITY THROUGH NATURE-BASED OCCUPATIONAL THERAPY INTERVENTIONS IN MENTAL ILLNESS

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ABSTRACT
This study explores the therapeutic value of nature-based Occupational Therapy interventions in improving mental health, human connection, and sustainable well-being in individuals living with Dementia with Lewy Bodies. Grounded in a holistic and person-centered perspective, the research investigates how meaningful engagement with natural environments may support emotional regulation, occupational participation, social interaction, and continuity of identity in neurodegenerative conditions characterized by cognitive fluctuations, visual hallucinations, anxiety, and progressive decline. The study employs a qualitative case study methodology focused on an individual diagnosed with Dementia with Lewy Bodies who participated in structured nature-based therapeutic activities. The intervention included sensory experiences in natural environments, outdoor routines, gardening-related occupations, guided interaction with green spaces, and relational activities designed to promote belonging, safety, and emotional connection. Particular attention was given to the influence of nature on agitation, mood, participation, communication, and quality of life. Recent research demonstrates that nature-based interventions may significantly reduce agitation and psychological distress in people living with dementia while enhancing social engagement and overall well-being. Environmental and sensory stimulation associated with natural settings has also been linked to improved emotional stability and increased occupational involvement. The findings of this study support the integration of nature-based Occupational Therapy approaches into dementia care as sustainable, human-centered, and non-pharmacological interventions. Beyond symptom management, the research highlights the restorative role of nature in preserving dignity, identity, and existential meaning in the lived experience of severe mental and neurocognitive illness. Keywords: Occupational Therapy, nature-based interventions, Dementia with Lewy Bodies, mental health, sustainability.

STUDY ON THE SOMATIC EVALUATION OF STUDENTS IN HIGH SCHOOL CLASSES IN ROMAN CITY

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ABSTRACT
The chosen topic represents a subject of current relevance and embodies an element of contemporaneity, as the need to possess information regarding somatic parameters constitutes a way of quantifying the efficiency of the effort made by the teacher and the methods used, as well as by the student. Through somatic assessment, the variable aspects in each student's development are recorded. Measurements carried out repeatedly at regular intervals, by stages, or at the beginning and end of an activity, highlight physical development and the dynamics of the means used to support growth. The assessment of physical growth and development is a necessary process, as the evolution of these aspects allows us to determine whether an individual falls within normal limits, confirming that the changes occurring in the body correspond to their sex and age. Measurements carried out at different times, stages, or at the beginning and end of activities reveal the variations observed in each individual's development, highlighting the dynamics of growth processes and physical progress. Key words: assessment physical growth.

STUDY ON THE IMPACT OF TOURISM ACTIVITIES ON TEAM SPIRIT BUILDING IN HIGH SCHOOL STUDENTS

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ABSTRACT
The paper analyzes the impact of educational tourism activities on the development of team spirit in high school students. In the context of contemporary education, the emphasis is increasingly placed on the development of social and relational skills, such as cooperation, communication and responsibility. Tourist activities – excursions, camps, hikes or thematic visits – are considered favorable contexts for strengthening interpersonal relationships and group cohesion. The theoretical part highlights the role of educational tourism in the personal and social formation of students, as well as the importance of team spirit in the educational environment. The benefits of extracurricular and tourist activities on collaboration, communication, mutual trust and conflict management are presented. The applied research was conducted on a sample of 100 high school students from Neamț County, by applying an online questionnaire. The results show that most students perceive tourist activities as having a positive impact on relationships between colleagues, communication and group collaboration. Over 70% of respondents believe that these activities contribute to increasing team cohesion, developing responsibility and strengthening the sense of belonging. The study's conclusions confirm that tourism activities represent an effective educational tool for developing team spirit in high school students, contributing to the formation of social skills necessary for school and professional integration.

OCCUPATIONAL THERAPY IN IMPROVING THE SOCIAL FUNCTIONALITY OF PEOPLE WITH SCHIZOPHRENIA

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ABSTRACT
This study explores the role of occupational therapy in improving the social functioning of people diagnosed with schizophrenia. Schizophrenia is a complex mental disorder that affects communication, emotional expression, interpersonal relationships, and the ability to participate in daily and social activities. The purpose of this paper is to highlight the importance of occupational therapy interventions in supporting social integration, independence, and quality of life for individuals with this condition. The practical part of the thesis is based on a case study of an adult male living in a residential center for people with disabilities and diagnosed with schizophrenia. Through observation, assessment, and individualized occupational therapy activities, the study analyzes the patient's social behavior, level of participation, communication skills, and adaptation to group activities. The intervention program focuses on developing social interaction, daily living skills, self-confidence, and active participation in the community environment. The results of the study emphasize that occupational therapy can contribute significantly to the rehabilitation process and to the improvement of social functionality in people with schizophrenia. Keywords - occupational therapy - schizophrenia- social functioning.

TRAINING THE SKILLS NECESSARY FOR SOCIAL INTEGRATION FOR INSTITUTIONALIZED ADOLESCENTS - OCCUPATIONAL THERAPIST INTERVENTION

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ABSTRACT

This research investigates the effectiveness of occupational therapy in developing social integration skills among adolescents living in residential care. Youth in the institutionalized system often encounter difficulties in social participation and the transition to an independent lifestyle. The study aims to demonstrate how targeted therapeutic activities can facilitate the acquisition of essential life skills. The intervention focuses on structured activities designed to improve communication, emotional management, and practical autonomy. By participating in these occupational programs, adolescents gain the necessary tools to navigate social environments and build healthy relationships. The findings indicate that occupational therapy significantly contributes to the personal development and social readiness of this vulnerable group. In conclusion, occupational therapy is a vital tool for promoting social inclusion and ensuring that institutionalized adolescents can successfully integrate into the community as independent adults.

THE ROLE OF THERAPEUTIC DANCE IN IMPROVING MUSCLE TONE AND DYNAMIC BALANCE IN CHILDREN WITH DOWN SYNDROME

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ABSTRACT

This study explores the role of therapeutic dance in improving muscle tone and dynamic balance in children with Down syndrome. Children with this condition frequently present with hypotonia, reduced postural control, and coordination difficulties, aspects that can negatively influence participation in daily activities. The aim of the research is to analyze to what extent therapeutic dance-based interventions can contribute to increasing motor performance and functional independence. The study was conducted using the case study method, with a child diagnosed with Down syndrome as the subject. A personalized intervention program based on therapeutic dance was implemented over a determined period. Activities included rhythmic movements, balance exercises, coordination tasks, and guided motor sequences, adapted to the child's developmental level and needs. Progress was assessed through standardized motor tests and by observing the quality of movements, posture, and balance control. The results revealed improvements in muscle tone, increased stability during dynamic activities, and better coordination of movements. The child also demonstrated increased motivation and active involvement during therapy sessions, highlighting the emotional and social benefits of therapeutic.

PREVENTING BULLYING IN CHILDREN WITH ASD - OCCUPATIONAL THERAPY SPECIFIC STRATEGIES.

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ABSTRACT

This study explores the prevention of bullying among children diagnosed with Autism Spectrum Disorder through specific occupational therapy interventions. Children with neurodevelopmental differences often face significant challenges in social interaction and communication, which can increase their vulnerability to peer victimization in educational and social environments. The research focuses on identifying proactive strategies that occupational therapists can implement to foster inclusive environments and enhance the social participation of these individuals. The methodology involves a comprehensive analysis of current intervention techniques that prioritize emotional regulation, social skills training, and environmental modifications. By addressing the sensory and behavioral needs of children with Autism Spectrum Disorder, occupational therapy provides a unique framework for building resilience and self-advocacy. Furthermore, the study emphasizes the importance of collaborative efforts between therapists, educators, and families to create a holistic support system that discourages exclusionary behaviors and promotes empathy among peers. The findings suggest that tailored occupational therapy programs significantly contribute to reducing the incidence of bullying by improving the functional independence and social competence of affected children. Ultimately, this research underscores the vital role of the occupational therapist in advocating for the rights and well-being of vulnerable pediatric populations, ensuring they can engage meaningfully in their daily occupations without the fear of harassment. Keywords: Occupational Therapy, Autism Spectrum Disorder, Bullying Prevention, Social Participation, Pediatric Intervention.